How to Join an Intramural Team

- Go to myrec.uconn.edu
- Scroll down and click on the “Intramurals” icon
- Click “Find a Team” icon when the dropdown menu appears
- Filter by going to the specific Sport name (i.e. Intramurals – Basketball)
• Click “Login to Join Team”

• Log-in using your NetID and Password
• Once you find a team to join click “Request To Join Team”
• The Captain now has the choice to approve or deny your request. You will officially be on the roster once this step is completed.