How to Create an Intramural team

- Go to myrec.uconn.edu
- Scroll down and click on the “Intramurals” icon
- Click “Register” icon when the dropdown menu appears
• Once you are on the main page, scroll through the intramural offerings and select a sport from the list

• Depending on the sport choose the appropriate gender

• Click the “Sign-in” box to the right
- Log-in using your NetID and Password
- Click on the “Register a Team” button

- Select a team name and submit
• Review required waivers and sign name at the bottom of the page clicking on the gray box and submit by clicking “Sign Now”

• Provide/update necessary Emergency Contact Info and click “Continue”

• On the next page, you will receive confirmation of joining the team