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Why Intramural Sports?

Student Engagement & Retention

- Greater Involvement in Campus Activities
Results in Higher Levels of Student Retention

Student Development

- Leadership, Organization / Communication Skills
- Wellbeing, Physical & Mental Wellness

The logo for intramural sports, featuring the letters 'im' in a stylized font followed by the number '8'.

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Factors Impacting IM Participation

Offerings

- Appealing Sports, Events, Activities to Play

Convenience

- Easy to Navigate Getting to Play
- Program Policies & Procedures for Registration, Check-In, Required Equipment, Eligibility, Obtaining Schedule Info

Commitment

- Willingness to Give Personal Time
& Energy to Play

The logo for intramural sports, featuring the letters 'im' in a stylized font followed by the number '8'.

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IM Participant Types

Automatic Participants

- Former High School Athletes, Strong Interest in Sports
- Seeks Out IM Programming / Anytime, Anywhere

Interested Participants

- Enjoys Sports, Some Previous Experience
- Participation More Highly Tied to Convenience

Social Players

- Seeking Activities to Enjoy with Friends

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Who's Hungry for BBQ?



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IM Programming: Decision Drivers

Lean on High School & Youth Sports

- Instant Recognition & Playing Knowledge
- Our Students Know How to Play
- We Don't Traditionally Teach People How to Play

Lower Risk, Lower Investment Versions of Sports

- Lower Risk of Injury for Our Recreational Players
- Little Money or Equipment Required to Participate



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IM Programming: Your Choices

- The Sports
- The Formats | 3v3, 7v7
- The League Types | Men's, Co-Rec, Women's, Open
- Amount & Frequency of Play | Season, Tournament
- Days & Times Offered
- Playing Locations



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IM Program Strengths & Constraints

Facility Options & Availability

- Rec Dept, On-Campus, Off-Campus

Staff Resources

- Supervisors & Game Officials

Financial Resources

- New Funds or Fund Flexibility

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Rank Your Program

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**Name the 5 Classic
Intramural Sports.**



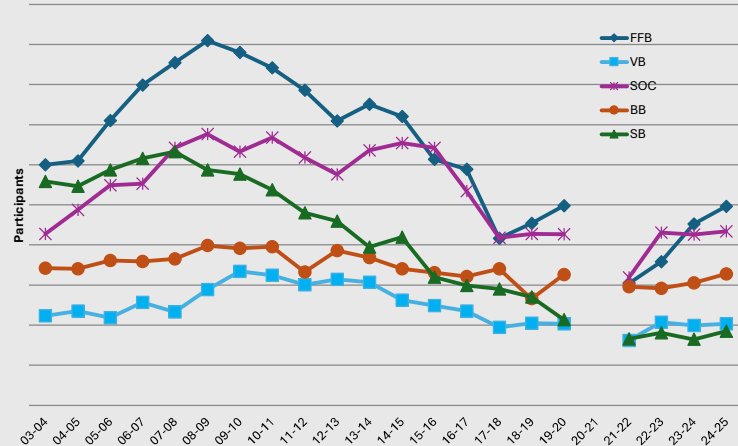
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Our Sports

Classic 5

- Basketball
- Flag Football
- Soccer
- Softball
- Volleyball

FSU Intramural Sports Major Sport Participants 2003-2025
(Counted 1x per Year - Major Season)



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Our Sports

Classic 5

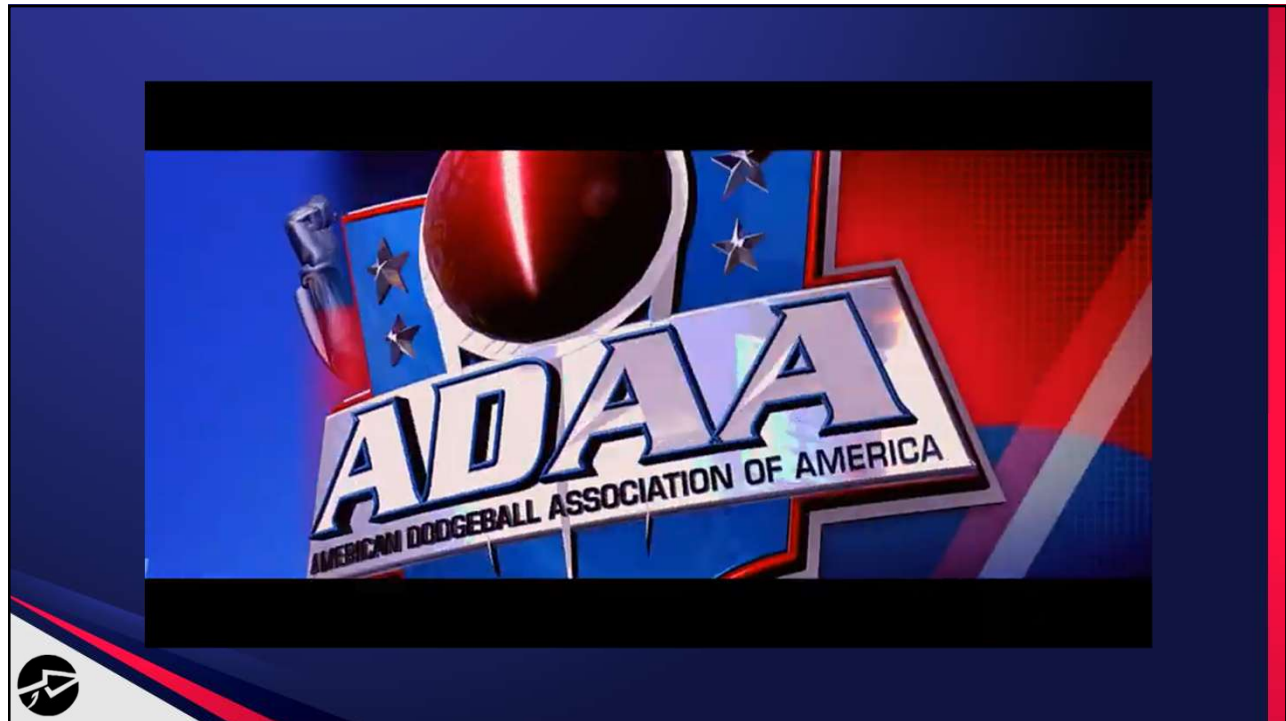
- Basketball
- Flag Football
- Soccer
- Softball
- Volleyball

Popular Additions

- Dodgeball
- Kickball
- Pickleball
- Spikeball
- Tennis
- Ultimate



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The Ocho Sports

HARD PASS



Bare Knuckle
Ice Wars



Pillow Fighting



Brewskee-Ball

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The Ocho Sports

PROBABLY NOT

- Wrestball
- Axe & Knife Throwing
- Jai-Alai
- T-Rex Races
- Pumpkin Sling
- Housekeeping
- Tractor Pulling
- Grass Drag Racing



Slippery Stairs

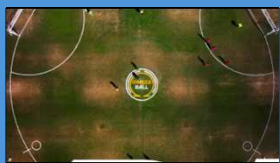


Diving Chess

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The Ocho Sports

SPORTY EVENTS



Omega Ball



Bottlebee



Paddlesmash



Bike Polo

- | | |
|--------------|-----------------|
| ▪ Pop-A-Shot | ▪ Ball Hockey |
| ▪ Fling Golf | ▪ Broom Hockey |
| ▪ Foot Golf | ▪ Soccer Tennis |
| ▪ Mini Golf | ▪ Beach Tennis |

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The Ocho Sports

GAMES & COMPETITIONS



Pop Darts



Donk Toss



Hacky Sack



Jigsaw Puzzling

- Freestyle Chess
- Speed Chess
- Bubble Gum Blowing
- Armwrestling
- Blaster Tag
- Foosball
- Golden Tee
- Pinball

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Expanding IM Sports

Around the Southeast

- Spikeball
- Cornhole
- Battleship
- Wallyball
- Pickleball
- Bucket Golf
- Pick Em
- Sports Trivia
- Lacrosse
- Sand Volleyball
- Grass Volleyball
- Skills Challenges



Wallyball



Spikeball

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What's in a Name?

Limited Marketing = Quick Familiarity

- Battleship or Canoe Battleship
- Omegaball or 3-Team Soccer
- Spikeball or Roundnet
- Blitzball or Wiffleball
- Bucket Golf
- Tailgate Games
 - Cornhole, Ladderball, Horseshoes
- Recess Challenge
 - Simon Says, Red Rover, Freeze Tag



Battleship



Blitzball

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Introducing New Activities

Evaluate Facility, Staff, and Resource Needs

Educating Your Audience

- Sport Name, Promotional Video, Staff Demo

Determine Format & Frequency

- Tournament, Short or Full Season
- Practice Game + Playoffs

Evaluate & Enhance for the Future

- Teams Learn & Strategize to Win

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Reimagining an Offering

New Formats for Current or Classic Sports

- Format Change: Rules Education

Classic 5

Format Variations

- | | |
|-----------------|-------------------------------|
| ▪ Basketball | 3v3 5v5 |
| ▪ Flag Football | 4v4 5v5 7v7 |
| ▪ Soccer | 3v3 5v5 7v7 9v9 11v11 |
| ▪ Softball | 5v5v5 9v9 10v10 |
| ▪ Volleyball | 2v2 4v4 6v6 |



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Reimagining an Offering

Creating Team Formats for Individual Sports

- Traditionally Singles or Doubles
- Doubles vs 2-Person Team (Allows for Subs)
- Team Bowling or Team Tennis
 - 4-Person Team Tennis with 2 Singles + 1 Doubles
 - Modify HS or Collegiate Team Formats



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Summary

- Make Change: Evaluate, Research, & Brainstorm
- Launch a New Sport: Consider Audience & Effort
- Format Change: New Formats for Current Sports
- Balance Facility, Staff, & Resource Needs

Success Stories & Your Questions

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Slides & Handouts at campusrec.fsu.edu/nirsa

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