Intramural Sports

Come out and PLAY!

The Intramural Sports Program provides a wide variety of quality recreational programs in a safe and secure environment designed to enhance the social, mental, and physical well-being of the entire university community. The IM Sports Program performs a vital role in the recruitment, retention, and education of students and personnel.

Are you looking for some friendly, on-campus competition? Then you've come to the right place. DSU Intramurals provides opportunities to participate in over 20+ recreational activities either as a team or an individual. These sports provide a great mix of competition, exercise, recreation and fun in a relaxed yet structured environment. With over 20% of Delaware State University students participating in our programs, this is the perfect way to enhance your college experience.

League Registration & Statistics! **[1]**

Participant Signup Instructions [2]

The Spirit of Competition

Sport activities find their origin in the basic human need for the spirit of play. Winning and losing are mere outcomes of this play spirit. What is part of the game is the pure satisfaction of participation (fun, fitness, friendship, stress release, etc.) Without your opponent, you have no game, no contest, and no fun. You are as indebted to them, as they are to you. The spirit of play, then, is based on cooperation. Upholding high standards of integrity and fair play acknowledges this idea of cooperative competition. All players are encouraged to exercise good judgment in the caring for the safety of others as well as themselves. At DSU, an intentional violation of the rules is considered cheating and an offense against the spirit of competition. Abusive language toward officials, other participants, and manipulation of the rules are not "part of the game."

A lifetime interest in sports is a goal of all players, which has more meaning than that of a win or a loss — the memory of which often fades quickly. All players are asked to participate within the context of this spirit of play and competition.

Source URL: http://www.desu.edu/student-affairs/intramural-sports

Links
[1] http://www.imleagues.com/DESU
[2] http://www.desu.edu/sites/default/files/u577/Participant%20Signup%20Instructions.pdf