



IMLeagues Registration Instructions

All Intramural Sport registration, roster additions, and scheduling is done through IMLeagues.



To join IMLeagues:

***Note:** IMLeagues offers a **live chat support button** in the top right corner of all pages, please use this button if you encounter any difficulties. You can also scan the QR code to the left for a video walk-through of the instructions.



How To Join
IMLeagues

1. Go to the UW-L Rec Sports homepage at www.uwlax.edu/recsports and click on the Intramural tab on the left.
2. Find and click on the IMLeagues icon similar to the one at the top of this page.
3. Sign in using your Net ID and password.

Note: This pulls information directly from the university database. Please contact ITS at 608.785.8774 if you are have issues with your password or signing in.

4. If it is your first time signing in, you will be asked to complete necessary information like gender, year in school, and phone number.
5. Once signed in, your individual homepage will open where you can view your upcoming contests, create a player profile, or check player/team statistics.
6. Click on the University of Wisconsin-La Crosse tab on the top to view the school homepage where you can find upcoming leagues, create a team, join a team, or join a free agent list.



How To Create
A Team

How to register to play:

1. Log in to your IMLeagues.com account (above).
2. Click on the **“University of Wisconsin-La Crosse”** link to go to our homepage on IMLeagues.
3. Click on the sport you wish to join.

Note: Check the registration dates if you are having difficulty signing up for a sport.

4. Choose the league you wish to play in (Men’s A, Men’s B, Women’s A, etc.)
5. Choose the division you’d like to play in (Mon 6:30PM, Tues 8:15PM, etc.)
6. To join the sport, click on one of the three options below:

a. Create Team (For Team Captains)

- i. Captains create teams and will have to manage the team roster, schedule, and stay in contact with the Rec Sports Office.
- ii. Captains can invite members to their team by clicking the “Invite Members” link on the team page. Any invited members must accept the invitation to be joined to your team.

1. If they are already on IMLeagues, you can search for their name.
2. If they have not registered on IMLeagues, scroll to the “Invite by Email Address” box and input their email address.

b. Join a Team

- i. Use the Join Team button at top right of every page and select team.
- ii. Accepting a request from the captain to join his/her team.
- iii. Find the team name on division/league page and request to join.

c. Free Agent

- i. List yourself as a free agent in as many divisions within a league as you’d like. You will be visible to all members of the site and can request to join teams, or post information about yourself so teams can request to add you to their team.



How To Join A
Team



How To Become
A Free Agent

For more information visit www.uwlax.edu/recsports/intramural_sports.html.

Contact the Rec Sports Staff at 608.785.5225 with additional questions.