

General Reminder: IMLeagues is a third-party system utilized by the UWL Recreational Sports Department to manage daily and seasonal operations for the Intramural Sports program. Members of UWL administration did not create or develop either the IMLeagues website or its technical functionality. Administrators did, however, create web content specific to UWL Intramural Sports. UWL Recreational Sports does not necessarily promote or condone any material seen via advertisements in IMLeagues. Participants have the option to unsubscribe to emails sent via IMLeagues by non-UWL administrators and participant information will never be sold or utilized in any solicitation manner.

When in-doubt, always contact UWL Intramural Sports regarding the use of IMLeagues and any potential troubleshooting issues.



Tutorial Topic: Your Profile/Initial Login

Steps

Sign In to IMLeagues Here

1. Visit the [UWL Rec Sports website here](#).
2. There is a **maroon menu bar** on the left side of the website. Scroll down to find the “Sports” menu and click to expand.
3. A **gray sub-menu** will appear. Click to expand the “Intramurals” menu and find the “Sign Up” portion on the menu. Click that link to visit the [IMLeagues sign-in portal](#).
4. Sign in under the “Already have an account” section using your UWL-issued NetID and password. Eligible participants do not need to create an account.
5. Once your login credentials are submitted, you will be asked to double-check your name, UWL-issued email address and answer a few demographic questions/review terms and conditions.
6. You will then be asked to either link a Facebook account or set a password to download REC*IT, a FREE mobile app which allows you to manage your Intramural Sports experiences. This is optional, although it is recommended participants give it a try!
7. You should now see a page with the UWL school colors with your name across the top header. This is your individual profile. Here you can see how many teams you are on, upcoming events and personal statistics based on your Intramural Sports involvement.
8. From your personal profile page, you can click the “Get Involved” button in the upper-right corner or click “University of Wisconsin-La Crosse” to view all activities available.

See our brief profile overview pictorial on the next page.

Useful Links

[Intramural Sports Website](#)
[Participant Handbook](#)
[Frequently-Asked Questions](#)

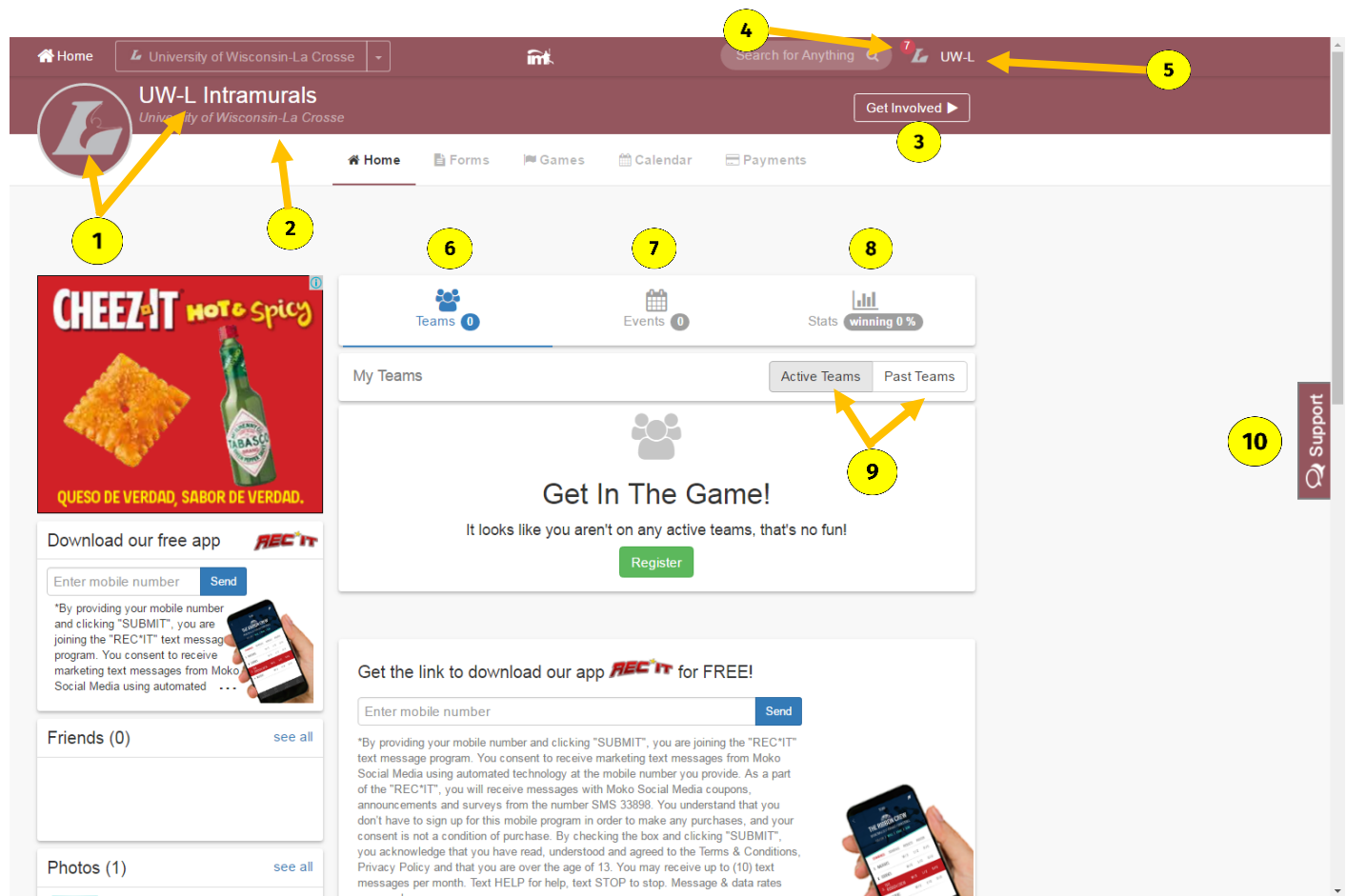
[REC*IT Website](#)
[REC*IT YouTube Page](#)
[Intramural Sports Forms and Videos Website](#)

Contact

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Tutorial Topic: Your Profile/Initial Login



- 1: Your name and image (you upload yourself)
- 2: Link to UWL Intramural Sports home page – see what we’re offering and sign up!
- 3: Button to view what we’re offering (similar to #3)
- 4: Your message notifications
- 5: Your account; edit demographic information and images
- 6: See your current teams
- 7: See your upcoming Intramural events
- 8: See your Intramural statistics
- 9: Toggle between your active vs. past Intramural teams
- 10: IMLeagues support – enables a live chat option with IMLeagues administrators (this is not to chat with UWL staff; we suggest not using this function and contacting us directly)