

Intramurals offer a variety of sports to provide participants with the best competitive and recreational experience possible. Programs are open to students and staff of the University of Ottawa as well as members of the external community.

REGISTRATION PERIOD

The fall registration period is scheduled from the beginning of September until Thursday September 17, 2009. The winter registration period will run from the beginning of December until Thursday January 7, 2010.

Note: Registration will be conducted on a first-come, first-served basis! Visa, MasterCard or debit are accepted in person and Visa or MasterCard are accepted online.

INDIVIDUAL REGISTRATION VERSUS TEAM REGISTRATION

League titles displaying “- Team” are intended for team registration only. Team registrations are accepted in person only. League titles displaying “- Ind” or “- Individual” are intended for individual registration only; participants will be split into teams once the registration period has ended. Individual registrations are accepted in person and online.

For team registrations, a minimum number of participants is required. These minimums are stated in the activity descriptions. A minimum team ratio of 70 percent internal participants (students, members, and full-time staff) to a maximum of 30 percent external participants (members of the external community) is required.

For in-person registration, all completed consent and waiver forms along with applicable registration fees will be accepted in Montpetit Hall, Room 102, during the registration period. The Intramural office will be open from 08:00 to 16:00.

All the fall registration rosters must be finalized by Thursday September 17, 2009. All the winter registration rosters must be finalized by Thursday January 7, 2010. Additional players cannot be added past these dates. Exception: roster changes can be made past these dates for medical reasons only; a medical note is required.

CAPTAIN'S MEETING

A mandatory captain's meeting will be held before the start of each intramural season. If a team is not represented at the meeting, it may be dropped from the intramural program for the season. Times and dates are posted on the website at www.geegees.ca.



NEW! BALL HOCKEY

Do you want to play hockey without the skates and ice? Well now is your chance. The University of Ottawa intramural program is now offering co-ed ball hockey. Show off your hockey skills to all your friends, little do they know you can't skate. Have a great time with all your friends in a competition setting promoting fair play and sportsmanship. The league will culminate with a playoff tournament designed to determine the best of the best.

The league will fill rapidly, so do not be disappointed and sign up today.

All games take place in the gym at 200 Lees Avenue. Cancelled games will not be rescheduled. There is a minimum of eight players and a maximum of 20 players per team. Space is limited and the demand is high, so register early to avoid disappointment.

Notes: Equipment is not provided. All players must wear CSA approved helmets with full face visor.

Ball Hockey – Co-ed – Team

Games are played four on four plus goalie. One female athlete must be on the court at all times.

Cost: Team Fee \$238.10

Note: Add \$38.10 to the team fee for every external participant

Code	Day	Time	Location	Start
Fall				
2984	W	20:00 – 23:00	200 Lees	Sep 23
Winter				
2985	W	20:00 – 23:00	200 Lees	Jan 13

BASKETBALL

The Gee-Gees intramural program offers basketball players a wide selection of leagues to choose from, including men's, women's and co-ed competitive leagues.

All games take place in Gym #2 of Montpetit Hall, on the same court where the Gee-Gees varsity teams compete. Games are scheduled throughout the fall and winter semesters. Cancelled games will not be rescheduled. There is a minimum of eight players and a maximum of 20 players per team. Space is limited and the demand is high, so register early to avoid disappointment.

Basketball – Co-ed – Team

Two female athletes must be on the court at all times.

Cost: Team Fee \$238.10

Note: Add \$38.10 to the team fee for every external participant

Code	Day	Time	Location	Start
Fall				
2986	W	20:00 – 00:00	MNT Gym #2	Sep 23
2987	Th	20:00 – 00:00	MNT Gym #2	Sep 24
Winter				
2988	W	20:00 – 00:00	MNT Gym #2	Jan 13
2989	Th	20:00 – 00:00	MNT Gym #2	Jan 14



Basketball – Men’s – Individual

Cost: Student: \$28.57
 FT Staff/Member: \$38.10
 External: \$66.67

Code	Day	Time	Location	Start
Fall				
2991	M	20:00 – 00:00	MNT Gym #2	Sep 21
Winter				
2992	M	20:00 – 00:00	MNT Gym #2	Jan 11

Basketball – Men’s – Team

Cost: Team Fee \$238.10
Note: Add \$38.10 to the team fee for every external participant

Code	Day	Time	Location	Start
Fall				
2997	Tu	20:00 – 00:00	MNT Gym #2	Sep 22
Winter				
2998	Tu	20:00 – 00:00	MNT Gym #2	Jan 12

DODGEBALL

Dodge, dip, duck and dive. Have you ever wished you too could play with the greats of dodgeball? Now you can! The intramural program at the University of Ottawa has recently added a few dodgeball leagues. Come release your stress at the end of a long week by striking your opponent with an official dodgeball. This is your chance to show your four d's of dodgeball in a competitive setting aimed at promoting fair play and sportsmanship. The season will conclude with a passionate playoff tournament.

This league will fill fast and competition will be fierce, so don't be disappointed and register today.

The team consists of eight players with a minimum of three female athletes on the court at all times. The game consists of eight matches (maximum of five minutes each) with each match being worth one point. At the end of the eight matches your score will be determined based on the amount of matches you win versus your opponent. Your score will determine if you have won or lost. In the event that both teams score four points each, a ninth match will be played in order to break the tie.

Dodgeball – Co-ed – Team

Three female athletes must be on the court at all times.

Cost: Team Fee \$238.10
Note: Add \$38.10 to the team fee for every external participant

Code	Day	Time	Location	Start
Fall				
2993	M	20:00 – 23:00	200 Lees	Sep 21
2994	F	20:00 – 23:00	200 Lees	Sep 25
Winter				
2995	M	20:00 – 23:00	200 Lees	Jan 11
2996	F	20:00 – 23:00	200 Lees	Jan 15

FLAG FOOTBALL

All games take place on Matt Anthony Field at the University of Ottawa Sports Complex. No equipment is necessary. Games are only scheduled during the fall semester and are played rain or shine. Cancelled games will not be rescheduled. There is a minimum of 12 players and a maximum of 20 players per team. Space is limited and the demand is high, so register early to avoid disappointment.

Flag Football - Co-ed – Team

Two female athletes must be on the field at all times.

Cost: Team Fee \$238.10
Note: Add \$38.10 to the team fee for every external participant

Code	Day	Time	Location	Start
Fall				
3027	Su	17:00 – 23:00	Matt Anthony Field	Sep 20

HOCKEY

All games take place in Arena #2 of the Sports Complex, with change rooms 5 to 8 specifically reserved. Cancelled games will not be rescheduled. There is a minimum of 12 players and a maximum of 20 players per team. Space is limited and the demand is high, so register early to avoid disappointment.

Notes: Equipment is not provided. A CSA approved helmet with full face visor and neck guard must be worn. A piece of identification as well as the provided intramural jersey are required at each game to gain access to the ice.

Hockey – Men’s – Individual

Leagues are divided according to previous hockey experience and training. This non-contact league emphasizes sportsmanship and fair play.

Grey: House leagues and competitive B levels.
50 +: This is a non-competitive league for 50 years old and older. Priority is given to university employees that are considered full-time staff.

Cost: Student: \$57.15
 FT Staff/Member: \$71.43
 External: \$114.29

Code	Day	Time	Location	Start
Fall Leagues				
GREY LEVEL				
3029	Th	12:30 - 14:30	Arena #2	Sep 24
3030	F	10:30 – 12:30	Arena #2	Sep 25
50 + LEVEL				
3031	F	20:30 – 22:30	Arena #2	Sep 25
Winter Leagues				
GREY LEVEL				
3032	Th	12:30 - 14:30	Arena #2	Jan 14
3041	F	10:30 – 12:30	Arena #2	Jan 15
50 + LEVEL				
3042	F	20:30 – 22:30	Arena #2	Jan 15

Hockey – Men’s – Team

Leagues are divided according to previous hockey experience and training. All leagues are non-contact and run for the full year. Emphasis is placed on sportsmanship and fair play.

Garnet: Competitive A, competitive AA and higher levels

Grey: House leagues and competitive B levels

30 +: This is a non-competitive league for 30 years old and older. Priority is given to university employees that are considered full-time staff.

Cost: Team Fee \$1352.38

Note: Add \$95.24 to the team fee for every external participant

Code	Day	Time	Location	Start
Fall & Winter Leagues				
GARNET LEVEL				
3055	W	20:30 – 00:30	Arena #2	Sep 23
3056	S	13:30 – 18:30	Arena #2	Sep 26
GREY LEVEL				
3057	Th	21:30 – 00:30	Arena #2	Sep 24
3059	Sa	08:30 – 13:30	Arena #2	Sep 26
30+ LEVEL				
3054	Th	18:30 – 21:30	Arena #2	Sep 24

Hockey – Women’s – Individual

This league is non-contact and run for the full year. Emphasis is placed on sportsmanship and fair play.

Cost: Student: \$114.29
 FT Staff/Member: \$142.86
 External: \$228.58

Code	Day	Time	Location	Start
Fall & Winter League				
3060	Su	19:30 – 00:30	Arena #2	Sep 27

SOCCER

The Gee-Gees intramural program offers soccer enthusiasts a wide selection of leagues to choose from, including men’s, women’s and co-ed competitive leagues, indoors or outdoors.

All indoor leagues take place in Gyms 1 and 3 of Montpetit Hall and in the gym at 200 Lees. All outdoor leagues take place on Matt Anthony Field at the University of Ottawa Sports Complex. Games are scheduled throughout the fall and winter semesters. Cancelled games will not be rescheduled. Outdoor games are played rain or shine.

Outdoor soccer has a minimum of 12 players and a maximum of 20 players per team. Indoor soccer has a minimum of eight players and a maximum of 20 players per team. Space is limited and the demand is high, so register early to avoid disappointment.

Soccer – Co-ed – Individual

Cost: Student: \$28.57
 FT Staff/Member: \$38.10
 External: \$66.67

Code	Day	Time	Location	Start
Fall Indoor				
3061	M	20:00 – 00:00	MNT Gym #1	Sep 23

Soccer – Co-ed – Team

Co-ed soccer marks an opportunity for teams made up of men and women to battle each other in fully officiated matches. Indoor: two female athletes must be on the court at all times. Outdoor: three female athletes must be on the field at all times.

Cost: Team Fee \$238.10

Note: Add \$38.10 to the team fee for every external participant

Code	Day	Time	Location	Start
Fall Indoor				
3063	Tu	18:00 – 23:00	200 Lees	Sep 22
3100	W	20:00 – 00:00	MNT Gym #3	Sep 23
3064	Th	18:00 – 23:00	200 Lees	Sep 24

Fall Outdoor

3066	M	20:00 – 23:00	Matt Anthony Field	Sep 21
3065	F	19:00 – 23:00	Matt Anthony Field	Sep 25

Winter Indoor

3067	Tu	18:00 – 23:00	200 Lees	Jan 12
3069	W	19:00 – 00:00	MNT Gym #3	Jan 13
3068	Th	18:00 – 23:00	200 Lees	Jan 14

Soccer - Men’s – Team

This may not be the World Cup, but the University of Ottawa men’s intramural soccer league is highly competitive in nature.

Cost: Team Fee \$238.10

Note: Add \$38.10 to the team fee for every external participant

Code	Day	Time	Location	Start
Fall Indoor				
3072	M	18:00 – 00:00	MNT Gym #3	Sep 21

Fall Outdoor

3073	Tu	20:00 – 23:00	Matt Anthony Field	Sep 22
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Winter Indoor

3074	M	20:00 – 00:00	MNT Gym #1	Jan 11
3075	M	18:00 – 00:00	MNT Gym #3	Jan 11





Soccer – Women’s – Team

Looking for a sport that will offer an intense and challenging experience? Then join the University of Ottawa women’s intramural soccer leagues! Once a week players will have the opportunity to participate with a group of women to play the world’s most popular game.

Cost: Team Fee \$238.10

Note: Add \$38.10 to the team fee for every external participant

Code	Day	Time	Location	Start
Fall Outdoor				
3076	W	20:00 – 23:00	Matt Anthony Field	Sep 23

Code	Day	Time	Location	Start
Winter Indoor				
3077	W	20:00 – 00:00	MNT Gym #1	Jan 13

ULTIMATE

All games take place outdoors on Matt Anthony Field at the University of Ottawa Sports Complex. No equipment is necessary, but cleats are recommended. Games are scheduled throughout the fall semester only and are played rain or shine. Cancelled games will not be rescheduled. There is a minimum of 12 players and a maximum of 20 players per team. Space is limited and the demand is high, so register early to avoid disappointment.

Ultimate – Co-ed – Team

Intramural ultimate is a non-contact, high-energy sport everyone can enjoy. It’s a recreational sport where players officiate themselves. Enjoyed by people of all ages and skill levels, it is a fast and fun game. Three female athletes must be on the field at all times.

Cost: Team Fee \$238.10

Note: Add \$38.10 to the team fee for every external participant

Code	Day	Time	Location	Start
Fall				
3078	Th	20:00 - 23:00	Matt Anthony Field	Sep 24

VOLLEYBALL

All games take place in Gyms 1 and 3 of Montpetit Hall. Cancelled games will not be rescheduled.

Leagues are divided up according to previous volleyball experience and training.

Garnet: Provincial, regional, post-secondary or club level - highly competitive.

Grey: High school level.

There is a minimum of eight players and a maximum of 20 players per team. Space is limited and the demand is high, so register early to avoid disappointment.

Volleyball – Co-ed – Individual

Two female athletes must be on the court at all times.

Cost: Student: \$28.57
 FT Staff/Member: \$38.10
 External: \$66.67

Code	Day	Time	Location	Start
Fall				
GREY LEVEL				
3097	Th	18:00 - 19:00	MNT Gym #3	Sep 24

Code	Day	Time	Location	Start
Winter				
GREY LEVEL				
3098	Th	18:00 - 19:00	MNT Gym #3	Jan 14

Volleyball – Co-ed – Team

Two female athletes must be on the court at all times.

Cost: Team Fee \$238.10

Note: Add \$38.10 to the team fee for every external participant

Code	Day	Time	Location	Start
Fall				
GARNET LEVEL				
3081	Tu	20:00 - 00:00	MNT Gym #1	Sep 22
3083	Th	20:00 - 00:00	MNT Gym #1	Sep 24

Code	Day	Time	Location	Start
GREY LEVEL				
3085	Tu	19:00 - 00:00	MNT Gym #3	Sep 22
3087	Th	19:00 - 00:00	MNT Gym #3	Sep 24

Code	Day	Time	Location	Start
Winter				
GARNET LEVEL				
3089	Tu	20:00 - 00:00	MNT Gym #1	Jan 12
3091	Th	20:00 - 00:00	MNT Gym #1	Jan 14

Code	Day	Time	Location	Start
GREY LEVEL				
3093	Tu	19:00 - 00:00	MNT Gym #3	Jan 12
3095	Th	19:00 - 00:00	MNT Gym #3	Jan 14

