CrossFit League

Entries will be taken online at imleagues.com/wsu as well as at the Student Recreation Center on a first-come-first-serve basis. Online registration will open at 12:00 a.m. on Saturday, August 1 and will close at 11:59 p.m. on Wednesday, October 21. Paper entries will also be taken at the Student Recreation Center from 8:00 a.m. - 8:00 p.m. August 1 -October 21. Paper entry forms are available at the Student Recreation Center.

NEW PRICING STRUCTURE- NO refunds will be issued after schedules have been made available. Individuals can purchase a semester pass for $20. This pass would allow an individual to play on an unlimited number of teams for one semester (within league eligibility policy). This also allows individuals to play in all of our tournaments for one semester. If you plan to play on 3 or more teams, this is the option for you.

or

Individuals can pay $8 in order to compete on one team. If you plan to play on less than 3 teams, this is the option for you.

ELIGIBILITY
Intramural sports events are open to any currently enrolled student or faculty/staff, spouses or partners. Any faculty, staff, spouses, or partners who would like to play must either be a member of the Student Recreation Center or pay the $20/Semester Faculty/Staff/ Spouse/Partner participation fee. Alumni may only participate if they are members of the SRC. For complete eligibility requirements, please see the Intramural Sport Participant Handbook.

DESCRIPTION
CrossFit League is a high intensity workout competition. Participants will compete as a 4-person team in weekly workout challenges. All workouts will be timed with points awarded to the fastest or highest repetition count team for each event. The team with the most points at the end of the season will be the CrossFit League Champions. Workouts will be released on Fridays and must be completed in Smith 21 with UREC staff as judges during one of the two times available. An example of a workout that could come up during the competition may be 80 push-ups, 60 body weight squats, 40 pull-ups, 20 burpees for time. Weekly competitions will begin Sunday, October 25 with participants competing on Sunday evenings between 7:00 and 10:00pm.

All participants must show a valid WSU ID prior to each game. NO ID, NO PLAY, NO EXCEPTIONS.

REGISTRATION INFORMATION
1) Log in to your IMLeagues.com account. 2) Click the Create/Join Team button at the top right of your User Homepage page OR Click on the "Washington State University" link to go to your school's homepage on IMLeagues. 3) The current sports will be displayed; click on the sport you wish to join. 4) Choose the league in which you'd like to play (Men's Recreational, Coed Competitive, Women's Elite, etc.). 5) Choose the day/time on which you'd like to play (Sunday 7:00 p.m., Tuesday 9:00 p.m., etc.). 6) Managers 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 the team.....If the person has already registered on IMLeagues: search for their name, and invite them....If the person has not yet registered on IMLeagues: scroll down to the "Invite by Email Address" box, and input their email address.

ACCESSIBILITY INFO
University Recreation values providing programs and activities that are accessible. We are proud to provide equipment and programming that creates an inclusive environment and makes every reasonable effort to be accessible to everyone. Reasonable accommodations are available with adequate prior notification. Students with disabilities who may need accommodations to fully participate in activities at UREC must have accommodations approved through the Access Center (509-335-3417). Contact Joanne Greene at 335-9669 for more information.