

# Intramural Information

## **Volleyball** (Two sessions: Tue/Thu Oct. - Dec., Tue/Thu Feb. - Apr.)

Division I - Our most competitive co-ed volleyball. Players should possess a high level of skills and knowledge of the game. Play consists of good overhand serves, double blocking, power spikes and accurate bump-set-spike combinations. College/high school level playing experience.

Division II - Competitive co-ed volleyball similar to Division I except players have not refined their skills. Play consists of some overhand serves, single and some double blocking, and ability to put together bump-set-spike combinations. High school level playing experience.

Division III - Recreation co-ed volleyball. Little skill or knowledge involved. Play consists of the ability to get the ball over the net.

## **Basketball** (Two sessions: Wed Oct. - Dec., Sat Feb. - Apr.)

Division I - Our most competitive basketball league. Players possess a high level of skills and knowledge of the game. College/high school experience helpful.

Division II - Competitive basketball mixed with some recreation basketball. Players possess decent skills but the game is played on a slower pace than Division I.

## **Golf** (Thursday April - August)

Our most popular Intramural sport. Four player teams are matched up each week for nine holes of medal and match play. Players should have a good understanding of the game if not all the skills. The league is played at Elmwood Golf Course. Elmwood G. C. has 18 holes, 4598 total yards with a par of 68.

## **Softball** ( Mon., Tue. & Wed. May - August)

Our other summer sport, is played at Elmwood Park. This is co-ed softball with women hitting a 12 inch ball and men hitting a restricted flight 12 inch ball. Generally only one division with a wide range of skill levels.

Any comments or suggestions regarding this web page can be emailed to [rpruch@unmc.edu](mailto:rpruch@unmc.edu)