

## **Intramural Activities**

### **Flag Football**

Flag football games are played in the fall semester against other ADLI colleges. There is a tournament held at ASU to end the season. The games are played according to Collegiate Flag Football Rules & Regulations. These games are strictly non-contact. Sign up for the football team is held the first week of school in August.

### **Volleyball**

Volleyball games are played in the fall semester against other ADLI colleges. Sign up for the volleyball team is held mid-fall.

### **Basketball**

Basketball games are played in the spring semester against other ADLI colleges. There is a tournament held at ASU to end the season. Sign up for the basketball team is held the first week of school in January.

### **Softball**

Softball games are played in the spring semester against other ADLI colleges. The games are played according to Collegiate Intramural Rules and Regulations. There is a one day jamboree in April. Softball is a co-ed sport. Sign up for the soccer team is held mid-spring.