

BYU INTRAMURAL ACTIVITIES COVID-19 STAY @ HOME ACTIVITIES Spring & Summer 2020

With the University conducting online classes for Spring & Summer terms, we are unable to run on-campus Intramural programming. The following stay @ home activities will be offered for all eligible intramural participants.

Sports Participation

Students and faculty are invited to submit reports of how they've participated in sports during a given week. Participants must adhere to all social distancing guidelines while participating in their sport(s) of choice. At least two hours of sports participation is required for each week (Mon-Sat). A list of sports played and a correlating time log must be submitted by Monday of the following week. Each person that submits an eligible report will be entered into a drawing for an Intramural Champion T-Shirt. There will be four winners each week, May 4 – August 8. Please refer to the Sports Participation [information sheet](#) on the Spring/Summer Activities tab for additional rules.

Fitness for Life

Students and faculty are invited to participate in fitness activities of their choice during a given week. Some ideas may include: Running, Walking, Hiking, Cycling, Mountain Biking, Paddling/Rowing, Fitness Workouts, etc. Participants must adhere to all social distancing guidelines while participating in these fitness activities. Participants who complete 150 minutes of fitness activity during a week (Mon-Sat) must submit a report of their fitness activities by Monday of the following week. Each person that submits a fitness report will be entered into a weekly drawing for an Intramural Champion T-Shirt. There will be three winners each week, May 4 – August 8. An additional winner each week will be awarded to the individual with greatest number of minutes completed. Please refer to the Fitness for Life [information sheet](#) on the Spring/Summer Activities tab for additional rules.

Trick Shot Challenge

Students and faculty are invited to submit a video of themselves doing any type of trick shot from any sport. One video may be submitted each week via email. Each person that submits a video each week will be entered into a drawing for an Intramural Champion T-Shirt. There will be two winners each week, May 4 – August 8. The weekly winning videos will be posted on the Student Wellness Instagram page. Please refer to the Trick Shot Challenge [information sheet](#) on the Spring/Summer Activities tab for additional rules.

Thank you for your understanding and patience during these unprecedented times.

