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.