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.