

## Intramural Sports

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Intramural sports are organized, structured, and competitive activities that are played within the University. At Lehigh, members form teams from IFC, Pan-Hellenic, off campus houses and dorms. The number of sport offerings will varies from 8 to 12 activities as time and space permits. Intramural sports offers students a high degree of physical fitness, helps establish habits of regular and healthful exercise, fosters the development of self confidence, good sportsmanship, and a spirit of cooperation.