FAQs - IntraCity

What is IntraCity?
IntraCity is a Sport England sponsored intramural sport programme brought in to promote participation in sport and wellbeing.

What is intramural?
Intramural sport is played only within the University. This is exclusive only to City University London and not against any other Universities.

What sports are played?
Indoor Football (five a side), Basketball, Badminton.

How much do I pay?
As this is a Sport England sponsored programme, the total cost is only £10 and allows you to participate in all the IntraCity training and competitions.

How do I sign up?
The programme begins on the 10 October - this is a free taster week. From 17 October all participants can sign up to the programme at the Sports Desk (located next door to Saddlers Bar).

Where are the sessions held?
City of London Academy, Islington (Prebend Street, Islington, London, N1 8PQ).

How long does each sport section last?
Each section will be six weeks, with five weeks of training and one full week of matches.

When are the competition dates against the other Schools?
At the end of each section.

How do you gain points for your School?
Each School receives one point for each student from their School who attends a training session. During competitions each win will gain the School five points. The overall winner for the programme will be the School with the most accumulated points.

How do I know how many points my School has?
The league table will be updated each Monday on the Sport and Leisure website and Facebook page.
What standard do I need to be?
All standards are allowed to participate. This is a social, fun and flexible programme.

What do I need to bring?
All equipment is provided. You will only need to bring appropriate footwear (non-marking black soled) and comfortable clothing.

Are there changing rooms?
Yes, there are male and female changing rooms.

Is there a water fountain?
Yes, there is a water fountain.

Do I have to do ALL of the sports?
No, but the fee covers the whole 25 weeks of the programme and your School will benefit from each training session you attend.

Do the teams have to be mixed (male/female)?
Each team representing a School will require one female (at a minimum) on a team. Badminton will have separate male and female fixtures.

When are training times?
Each School will have two allocated training sessions per week. These will be 1.5 hours in duration and will start at 17:00, Monday, Tuesday, Thursday, and Friday. An open training session will be held on Saturdays from 10:00 to 12:00 (midday).

Who will be running the sessions?
All sessions will be run by a qualified Level 2 coach.

What if I can’t make the training but want to compete?
You will need to inform those participants from your School that you wish to compete.

What if I only want to train but not compete?
You will need to inform those participants from your School that you wish not to compete.

Who will select the teams for the competitive sessions?
All teams for your respective School will be chosen by those students participating in the programme. How the teams are formed is up to the participants.

I participate in Representational Sport can I still do the Intra Mural?
Yes, however, you will need to pay for the programme.

What Schools are able to compete?
All City University London Schools can participate, including Foundation students.