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A PROPOSED HANDBOOK FOR
INTRAMURAL SPORTS AT
CUMBERLAND HIGH SCHOOL

A Paper

Presented to

Professor John B. Hodapp
Department of Physical Education
Eastern Illinois University

In Partial Fulfillment
of the Requirements for the Degree
Master of Science in Education

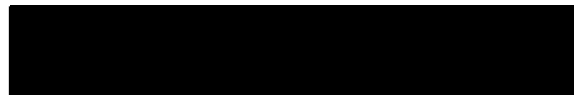
By

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July 1961

This paper has been approved by the Department of Physical Education (Men) of Eastern Illinois University in partial fulfillment of the requirements for the degree Master of Science in Education.

Approved:



Dr. John B. Hodapp, Instructor



Dr. William Groves, Advisor

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INTRODUCTION

Cumberland High School was organized as a unit in 1948. It consolidated the Toledo school system and the Greenup school system into one unit. The area of the district is one hundred and eighty-five square miles. The assessed evaluation is nearly nineteen million dollars. This district encompasses approximately two-thirds of Cumberland County.

In 1950, construction was started on a new high school located on the northeast portion of a forty-acre site approximately halfway between Greenup and Toledo on Highway 121.

At the present time, Cumberland has approximately 330 students of which about one-half are boys. Of these boys usually about one-half will be enrolled in the different athletics of the school, which consist of cross-country, basketball, track, and baseball. All athletes must enroll for cross-country, as this is used for a general conditioning sport for athletics. Basketball which is the most popular sport will have approximately all of the athletes enrolled each year. In the spring, all of the boys enrolled in athletics must be in either the baseball or the track programs.

Since all of the boys in school do not have the opportunity to participate in athletics, Cumberland will provide an intramural program for them.

Since approximately sixty per cent of the students of Cumberland are from the rural areas and ride buses to school, the intramural program will have to be carried on during the lunch period which is sixty minutes in length. In order to make this possible, those boys competing in intramurals will be allowed to go to the head of the lunch line. By being allowed to eat early, they will have time in which to dress and be ready for intramural sports at a reasonable time. With time taken out of the lunch period for eating, dressing, and showering, there will be approximately thirty minutes in which to conduct the activities of the intramural program.

Cumberland High School has the following facilities available to carry on the activities of the intramural sports program:

- 2 Softball Diamonds
- 2 Touch Football Fields
- 2 Basketball Courts
- 3 Volleyball Courts
- 2 Soccer Fields
- 4 Badminton Courts
- 1 Track
- 4 Table Tennis Tables
- 2 Sets of Horseshoe Pits

In order to meet the needs of the students of Cumberland, the intramural program will help each student develop emotionally, mentally, physically, socially, and morally. To carry out this philosophy successfully, the program will endeavor to meet the following points:¹ (1) Be based on student interest plus the understanding of the growth and developmental needs of youth, (2) Provide for each student to gain some experience in leadership so that the joys, demands and obligations of leadership are realized, (3) Provide an opportunity for the student to enter adult life equipped to participate beyond the "dub" class in several sports activities, (4) Give the student some recognition that he has a place in his groups, knows how to win, and how to lose, and (5) Encourage the student to continue to play as an adult.

¹Mary Elizabeth McCoy, "High School Intramural Sports Program," Journal of Health-Physical Education Recreation, 38:51-2, (Sept. 1957).

AIMS AND OBJECTIVES

The primary aim of intramural athletics is to give real meaning to the slogan "more athletics in education and more education in athletics."² The purpose is to afford informal, carefully organized and regularly scheduled opportunities for each and every student not of varsity caliber. Students are urged to participate voluntarily and wholesomely on a co-operative-competitive basis in a wide variety of individual and team sports.

Participation in intramural sports activities will enable the student to benefit from some of the following desirable objectives:³

1. Development of co-ordination, organic strength, and endurance.
2. Maintenance of a proper functioning body.
3. Pleasure and fun derived from engaging in activities.
4. Development of a sound nervous system.
5. Knowledge of the rules and techniques of play.
6. Wide-spread acquaintanceship which is a source of pleasure during high school and later life.

²Elmer Dayton Mitchell, Intramural Athletics (New York: A. S. Barnes Co., 1925), 3.

³Carl D. Voltmer, and Vernon W. Lapp, The Intramural Handbook (St. Louis: C. V. Mosby Company, 1949), 10.

7. Satisfaction of performing skills well.
8. Development of such personality traits as perseverance, courage, competitive spirit, co-operation, and confidence.
9. Development of standards of conduct, sportsmanship, and honesty in regard to rules, officials, and opponents.
10. Development of leadership, followership, and group spirit.

CALENDAR OF SPORTS

At Cumberland High School the academic year is divided into four (4) quarters of nine (9) weeks duration, therefore, each activity of the intramural sports program will begin on the first day of a new quarter, and will end within that quarter.

The following is a list of the sports activities and the quarter in which they will be offered:

Touch Football	First Quarter
Soccer	First Quarter
Volleyball	Second Quarter
Badminton	Second Quarter
Basketball	Third Quarter
Table Tennis	Third Quarter
Softball	Fourth Quarter
Horseshoes	Fourth Quarter
Track	Fourth Quarter

INTRAMURAL SPORTS CONSTITUTION

ARTICLE I - NAME

This organization shall be known as the Cumberland High School Intramural Sports Association.

ARTICLE II - PURPOSE

The purpose of the Intramural Sports Association is to assist in conducting a well-organized intramural sports program for the benefit of the students of Cumberland High School.

ARTICLE III - MEMBERSHIP

The Intramural Sports Association shall consist of students who have signified a willingness to participate in the Intramural Sports Program.

ARTICLE IV - COUNCIL

Section A: The governing body of the Intramural Sports Association shall be an Intramural Sports Council.

Section B: Representation of the Intramural Sports Council shall consist of two boys from the freshman, sophomore, junior, and senior classes. These representatives are to be

elected by their respective classes, and shall sit on the Intramural Sports Council for the full academic year. Officers of the Intramural Sports Council shall be elected from the student body at large of Cumberland High School. Their term of office shall be for the full academic year.

Section C: Ex-Officio members shall include the following:

1. The Director of Intramural Sports
2. The Principal of the School

ARTICLE V - OFFICERS

Officers of the Intramural Sports Council shall consist of a President, Vice-president, and a Secretary. The officers are to be elected from the student body of Cumberland High School.

ARTICLE VI - DUTIES OF OFFICERS

Section A: The duties of the President shall consist of the following: (1) presiding over the regular meetings of the Council, (2) enforcing the Constitution and By-Laws of the Intramural Sports Council, (3) promoting the work of the Intramural Sports Council, (4) forming necessary committees and, (5) in general, effectively carrying out the duties demanded of the President toward the handling of the Intramural Sports Council's business.

Section B: The duties of the Vice-president shall consist of the following: (1) assuming the duties and responsibilities of

the President in his absence, (2) acting as Parliamentarian for the Intramural Sports Council, (3) assisting the President in the maintenance of order, and (4) carrying out any other assigned duties.

Section C: The duties of the Secretary shall consist of the following: (1) carrying on all necessary correspondence for the Intramural Sports Council, (2) keeping an accurate account of a permanent roll and records (See Appendix B, C, and D).

ARTICLE VII - MEETINGS

Section A: Meetings of the Intramural Sports Council shall be held on the first Friday of each month during the academic year.

Section B: A quorum must exist to conduct business of the Intramural Sports Council. Said quorum shall consist of a majority of the total membership of the Intramural Sports Council.

Section C: In general, majority vote will rule.

Section D: In all meetings, each member shall be entitled to cast one vote for each article of business.

Section E: All policies, regulations, and decisions adopted by the Intramural Sports Council must comply with the policies of the school administration.

Section F: Special meetings may be called at the discretion of the President, or in his absence the Vice-president, or by the request of more than one-third (1/3) of the Intramural Sports Council membership. Sufficient notice of twenty-four (24) hours shall be given each member. Regulations under the Intramural Sports Council's Constitution and By-Laws govern these meetings also.

Section G: Robert's Rules of Order shall govern the Intramural Sports Council unless contradicted by the Intramural Sports Council's Constitution or By-Laws.

ARTICLE VIII - AMENDMENTS AND BY-LAWS

Section A: Proposed Amendments of the Constitution shall be presented in writing to the Secretary and shall be read at the meeting following receipt of the proposed Amendment. The Amendment motion shall then be tabled until the next regular meeting, whereupon it shall be voted on. Three-fourths (3/4) majority vote of the entire Intramural Sports Council present in favor of the Amendment motion shall constitute passage of the Amendment.

Section B: Proposed By-Laws shall be submitted in writing to the Secretary to be read at the meeting following receipt of the By-Laws proposal. The proposed By-Laws shall be tabled until the following regular meeting where a majority vote shall determine acceptance or rejection.

Section C: Amendment to the By-Laws may be made by following the same procedure established in Section A of this Article.

ARTICLE IX - BY-LAWS

Section A: Rules and Regulations.

1. A student must be enrolled in school, in order to be eligible to participate in intramural sports.

2. A student barred from Varsity Athletics shall be barred from that intramural sport or associated sport, except in the case of scholastic ineligibility.

3. A student who has received a Varsity award shall be ineligible to compete in that particular intramural sport or associated sport in which he received the award.

4. A student who may have participated in a regularly scheduled interscholastic contest on a varsity, freshman, or B-Team is ineligible to compete in that activity or the associated intramural activity for the remainder of the current season.

5. A student who has been officially dropped or withdrawn from a varsity, freshman, or B-Team squad by the coach of that sport is eligible for intramural competition in that sport for the remainder of the season, provided they have not participated in an interscholastic contest during that season.

6. In order to participate, all students must have their names on the eligibility list in the Director of Intramurals' office twenty-four hours previous to the opening of that particular sport. Additions to the teams, however, may be made at the midpoint of the quarter.

7. A student may play on only one team per sport.

8. The use of ineligible students will result in the forfeiture of all contests in which the ineligible student participated.

9. A team winning a game by forfeit shall be allowed to count all players on its eligibility list as having participated in that contest.

10. Only members of the teams competing against each other may protest a contest for any reason, or reasons, other than ineligibility of a player, or players of the opposing team. Any member of the division concerned may protest the ineligibility of a player in that division.

11. The Cumberland High School Intramural Sports Council has the right to disqualify individuals or teams for unsportsmanlike conduct.

12. Two forfeits disqualify a team or individual from further participation in that particular sport.

13. Defaults always count as contests won for the opponent.

14. Unauthorized postponements will not be sanctioned by the Director of Intramurals. If two teams postpone a scheduled game without the sanction of the Director of Intramurals; both teams shall be credited with forfeitures of the contest. Postponement may be secured only from the Director of Intramurals.

15. Scheduled participants must appear at the scheduled time. Managers are responsible for having their personnel ready at the appointed time.

16. The winner shall report the results of the contest (See Appendix C).

Section B: Protests.

1. All protests must be made in writing to the Director of Intramurals within twenty-four hours after the contest in question.

2. Both the managers and the officials in charge shall be permitted to present their versions of the case in writing before a decision is made.

3. A decision shall require the majority vote of the Intramural Sports Council.

4. Protests on matters other than eligibility must be made on the field of play to the officials of that particular contest; immediately after the decision which caused the protest.

5. Games in which a protest is sustained shall be replayed from the end of the preceding period of the contest in which the protest originated.

6. An Official's judgment may not be protested.

Section C: Forfeits.

1. If a team or individual fails to appear at the appointed place within ten minutes after the scheduled time for a contest, the officials in charge shall declare the contest forfeited.

2. A team must start a contest with the required number of players as stated in the rules for the sport. Failure to do so results in a forfeit of the contest.

Section D: Responsibility for Injuries.

Cumberland High School does not assume any responsibility for injuries sustained by a student during an intramural activity. Students must be insured through the school insurance plan, or a comparable policy.

Section E: Treatment of Injuries.

1. In case of a severe injury, the student should not be moved until a qualified person or a doctor has examined the injury.

2. In case of a cut or abrasion, the student should be taken immediately to the locker room for treatment by a qualified person or doctor.

3. After the injury has been treated, it must be reported to the Director of Intramurals on the regular school injury form.

Section F: Medical Examinations.

Each student who wishes to compete in the Intramural Sports program must file with the Director of Intramurals the results of a medical examination by a doctor, stating that he may participate in the program.

Section G: Equipment.

1. Equipment for the Intramural Sports program will be provided for by the Board of Education.

2. The storing and caring for the equipment shall be the responsibility of the Intramural Sports Council and the Director of Intramurals.

Section H: Awards

1. Suitable awards may be earned by students who participate in the Intramural Sports program.

2. Suitable awards will be given to the members of the championship teams.

Section I: Point System

A method for determining points for an award has been provided (See Appendix A).

Section I: Officials.

1. Officials shall be provided by the Intramural Sports Council for each contest.

2. Students who officiate the various contests shall also receive points toward an award (See appendix A).

Section K: Entry of Participants.

1. The entry of participants in the Intramural Sports program must be made on the official entry blank (See Appendix D).

APPENDIX A

POINT SYSTEM AND AWARDS

The Cumberland High School will award a school emblem for each one-thousand (1,000) points earned. However, there will be a limit of one award per student per school year. The points will be allowed to accumulate over to each succeeding year. In this way, interest will be maintained throughout the four-year period. Points will be given on the following basis:

League and Team Sports (maximum 150 points per sport)

15 points for each game played

25 points bonus, member of championship team

20 points bonus, member of a second-place team

15 points bonus, member of a third-place team

10 points bonus, member of a fourth-place team

5 points bonus, member of a fifth-place team

20 points deducted whenever a team forfeits

Tournaments of Individual Nature (maximum of 125 points per sport)

10 points for each match played or won by forfeit

20 points bonus, for individual champion

15 points bonus, for second-place individual

10 points bonus, for third-place individual

5 points bonus, for fourth-place individual

15 points deducted for each match forfeited

Meets of Individual and Team Nature (maximum of 100 points per meet)

20 points for each event entered and competing (number of events permissible always limited)

10 points bonus, for winning first place

5 points bonus, for any record broken

8 points bonus, for winning each second-place

6 points bonus, for winning each third-place

4 points bonus, for winning each fourth-place

2 points bonus, for winning each fifth-place

Points Received for Contributing Service as follows:

10 points Referee or Umpire for each touch football game worked

10 points Referee, Umpire, or Scorer for each basketball game worked

10 points Umpire, or Scorer for each softball game worked

10 points Referee, Scorer, or Linesman for each volleyball game worked

APPENDIX B

FOUR-YEAR CUMULATIVE RECORD CARD

Last Name	First Name				
		Freshman	Sophomore	Junior	Senior
Touch Football					
Basketball					
Volleyball					
Softball					
Badminton					
Table Tennis					
Horseshoes					
Track and Field					
Soccer					
Total					

APPENDIX D

ENTRY BLANK

Cumberland High School

Intramural Sports Blank

Sport

Individual or Team Name

If Team Sport, please fill in the names of all members.

Participant's Name

Class in School

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

APPENDIX E

THE SPORTSMAN'S CREED

The Player:

1. He lives clean and plays hard. He plays for the love of the game.
2. He wins without boasting; he loses without excuses and he never quits.
3. He respects officials and accepts their decisions without question.
4. He never forgets that he represents his school.

The Coach:

1. He inspires in his boys a love for the game and the desire to win.
2. He teaches them that it is better to lose fairly than to win unfairly.
3. He leads players and spectators to respect officials by setting them a good example.
4. He is the type of man he wants his boys to be.

The Official:

1. He knows the rules.

2. He is fair and firm in all decisions. He calls them as he sees them.
3. He treats players and coaches courteously and demands the same treatment for himself.
4. He knows the game is for the boys, and lets them have the spotlight.

The Spectator:

1. He never boos a player or official.
2. He appreciates a good play, no matter who makes it.
3. He knows the school gets the blame or praise for his conduct.
4. He recognizes the need for more sportsmen and fewer "sports."

From the National Federation of
State High School Athletic Associations
Handbook.

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