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A PROPOSED INTRAMURAL PROGRAM FOR ABL  
HIGH SCHOOL, BROADLANDS, ILLINOIS  
(TITLE)

BY

Elvin J. Partenheimer

**PLAN B PAPER**

SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR  
THE DEGREE MASTER OF SCIENCE IN EDUCATION  
AND PREPARED IN COURSE

Men's Physical Education 520  
IN THE GRADUATE SCHOOL, EASTERN ILLINOIS UNIVERSITY,  
CHARLESTON, ILLINOIS

1966  
YEAR

I HEREBY RECOMMEND THIS PLAN B PAPER BE ACCEPTED AS  
FULFILLING THIS PART OF THE DEGREE, M.S. IN ED.

1/24/67  
DATE



ADVISER

1/24/67  
DATE

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## CHAPTER I

### INTRODUCTION

Intramurals have an important place in our school program today and the need for this type of recreation is greater now than ever before. Every student needs some recreation to provide relaxation from tedious school work and daily living, and intramurals may help to serve this end. Intramurals provide properly supervised activities for pupils who are not involved in varsity competition. Intramurals provide a place for students to go and thus avoid loitering on streets or getting into trouble. Intramural activities tend to aid physical and mental health and serve to relieve nervous tension that may be stored in the body. Competitive exercise also develops, tones, and strengthens the muscles. Lasting and new friendships may be developed through intramurals along with the habits of exercise. The latter may create a worthy use of leisure time.

#### Background

ABL High School is located at Broadlands in east central Illinois and is a consolidation of three former

high schools, Allerton, Broadlands, and Longview. The present enrollment is 125 students with approximately 65 boys. While all students are required to take physical education daily, there has never been an intramural program at ABL nor did the three original high schools have intramurals.

#### Purpose of the Paper

The purpose of this paper will be to establish an intramural program for boys that attend a very small high school which may serve as a guide or reference for any small high school. However, primary emphasis will be directed toward establishing an intramural program for ABL High School, Broadlands, Illinois.

## CHAPTER II

### REVIEW OF LITERATURE

In order to establish a workable program the writer reviewed the following literature on definitions, and philosophies of intramurals as set forth by authorities in the field.

#### Definition of Intramurals

Mueller and Mitchell state:

The word "intramural" is derived from the Latin words *intra*, meaning within, and *muralis*, meaning wall. It has been paired off with other words such as sports, athletics, and activities, and when so combined, implies a program of sports and other activities conducted within the walls or imaginary boundaries of a school or other institution. The term "intramural sports" is generally accepted as the best title for recreational sports and activities promoted within the confines of an educational institution and under its jurisdiction.<sup>1</sup>

Leavitt and Price state:

Intramurals include all those physical recreation activities, competitive, and otherwise, sponsored by the physical education department and carried on within the environs of the institution.<sup>2</sup>

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<sup>1</sup>Pat Mueller and Elmer D. Mitchell, Intramural Sports (New York: The Ronald Press Company, 1960), p. 3.

<sup>2</sup>Norma M. Leavitt and Hartley D. Price, Intramural and Recreational Sports for Men and Women (New York: A. S. Barnes and Company, 1958), p. 7.

Means states:

Intramurals are a pleasing combination of the elements of physical education and the modern concept of recreation. They form the physical recreation phase of applied physical education. From knowledge and skill learned in the physical education class to the voluntary utilization of these basic elements in the recreation setting, one realizes the scope and potential of the good program.<sup>3</sup>

#### Philosophy of Intramurals

In order for an intramural program to succeed it must be based on a workable philosophy. The National Conference on Intramural Sports for College Men and Women, Washington, D. C. report states:

The intramural philosophy is based upon the concept that students should have freedom of choice, equality of opportunity, and responsibility for sharing in planning, supervising, and administering the program.

Sound intramural programs give all students an opportunity to enjoy satisfying experiences related to their particular needs, varying from the highly competitive type to those of a non-competitive and recreational nature. There are valuable outcomes which give immediate satisfaction and insure treasured memories in all types of activities. Participation in the intramural program can contribute to good mental health and social adjustment.

Administrative support which provides competent leadership, adequate facilities, and equipment, and a satisfactory budget for the intramural program commensurate with its opportunities and responsibilities will enable this program to make its optimum contribution to the general objectives of higher education and to effective living in a democratic society.<sup>4</sup>

<sup>3</sup>Louis E. Means, Intramurals: Their Organization and Administration, (Englewood Cliffs, New Jersey: Prentice-Hall, Inc., 1963), p. 1.

<sup>4</sup>Intramural Sports for College Men and Women, American Association for Health, Physical Education, and Recreation Pamphlet (Washington, D. C., 1956), p. 4.



Mueller and Mitchell state:

Intramural sports are a phase of the larger recreation movement that has a prominent place in American culture. This movement includes all forms of active play and sports, as well as social recreation, art, music, dramatics, dance, nature lore, hobbies, camping, social service activities, and the quieter forms of recreation such as reading, listening to the radio, and watching television. This larger recreation movement has grown in the present century to the extent that it is an accepted institution of our American way of life, and it promises to grow even more with increasing automation and the accompanying increasing leisure time. The intramural sports movement, however, is primarily concerned with active recreation,<sup>5</sup> embodying team play and individual competition.

Leavitt and Price state:

Every student should be encouraged to develop his ability in a sport or physical recreational activity. Intramural activities, as an integral part of the physical education program, offer a means of developing a variety of recreational interests and skills, of providing a wealth of powerfully motivated socializing experience, and of building desirable attitudes of cooperation,<sup>6</sup> sportsmanship, and respect for other persons.

#### Related Studies

The writer reviewed studies on intramurals from various high schools. A doctoral dissertation by Matthews was very informative and gave these conclusions:

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<sup>5</sup>Mueller and Mitchell, 3.

<sup>6</sup>Leavitt and Price, iii.

1. Few schools have given detailed attention to philosophies and objectives of their intramural programs.
2. Many of the schools are using a single head program director.
3. Written rules of eligibility tend to be found more frequently in larger schools but they are not uniform.
4. The grade or class unit of competition is used most often.
5. The trend is toward a greater emphasis of recreational sports.
6. The school newspaper is the most widely used method of publicity.
7. The lack of facilities is the most frequent restriction.
8. Hours immediately after school are found to be more favorable.
9. The intramural program is generally financed through the Physical Education budget.<sup>7</sup>

Although this study involved only a few selected high schools in Ohio, the conclusions drawn from this study could serve as useful ideas to improve an existing program or help in the planning of an initial intramural program.

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<sup>7</sup>David O. Matthews, "Programs of Intramural Sports in Selected Ohio Public High Schools" (unpublished Doctoral dissertation, Western Reserve University, Cleveland, Ohio, 1958), p. 27.

## CHAPTER III

### OBJECTIVES

Intramurals provide an opportunity for all interested students to participate in a variety of vigorous athletic activities. Before a student can attain maximum enjoyment from an activity, it is necessary for him to have some knowledge of the activity. Since skills and rules of activities are taught in the physical education class, it is conceivable that many of these same activities be included in the intramural program.

Williams and Brownell<sup>8</sup> state that in a well organized intramural program, an average student no longer spends his time watching the varsity teams practice nor wanders around on the street. He is usually participating on an intramural team of some sort, enjoying the same feeling as that of a varsity member, such as: learning to take defeat; a feeling of exhilaration as he sinks a basket, catches a pass or hits a hard single; enjoying the feeling of being a member of a team and

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<sup>8</sup>J. F. Williams and C. L. Brownell, The Administration of Health and Physical Education (Philadelphia: W. B. Saunders Company, 1947), p. 331.

forming closer relationships with those persons whom he knows. He tends to develop worthwhile habits of leisure time and form a permanent interest in sports.

An intramural program that is of value is based on sound objectives. The following are general objectives that can and should be applied to any program. The objectives as listed by Draper are not necessarily in their order of importance.

- I. To develop the participant physically
  - A. To develop the general health of the individual
  - B. To develop the muscles through exercise
  - C. To develop the endurance of the individual
  - D. To develop the coordination of the muscular and nervous system
    - (1) to provide competition that requires muscular and mental coordination
    - (2) to acquire poise and grace
- II. To develop the participant socially
  - A. Provides opportunity for social contacts
  - B. Developing citizenship and school spirit through cooperation and team play
  - C. By developing the participant into potential leaders
  - D. To develop habits and interests which will enable them to enjoy their leisure time
- III. To develop the individual morally
  - A. To provide clean recreation and worthwhile play for leisure time
  - B. To provide ethical training of a positive nature
    - (1) emphasizing the idea of fair play
    - (2) develops a point of view to that of a true sportsman
  - C. To provide strenuous activity for the student

- IV. To develop the individual mentally
- A. To provide a sound body in which a clean mind may develop
  - B. To provide activities that present opportunities for mental alertness
  - C. To outline activities which require keenness of discernment
  - D. To provide an opportunity for the participant to make prompt decisions
  - E. To provide a program<sup>9</sup> that will stimulate the student mentally

#### Administrative Objectives

The general administrative aim for intramurals should be a broad activity program which all students may engage in and enjoy. It is well to recognize that not all students able to participate will be interested. Some people seem opposed to exercise. People differ and any program whose participation depends upon interest alone will find many who are not interested. A well-rounded program should, however, reach the majority. Administrative objectives can be listed as follows:

1. To manage in a way that will make the participants boosters for the program
2. To interest as many players as possible, and provide for them an outlet for surplus energy in wholesome recreation
3. To promote physical and mental health through exercise
4. To provide both group and individual competition
5. To equalize competition
6. To provide equal opportunities for all students
7. To match competition

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<sup>9</sup>E. M. Draper, Intramural Athletics (New York: A. S. Barnes and Company, 1930), p. 16.

8. To promote safety education
9. To insure proper sanitary conditions
10. To provide necessary first-aid and medical attention
11. To recruit varsity material
12. To sell the program to the students.<sup>10</sup>

#### Student Objectives

From the student viewpoint, his objectives may be:

1. To experience competition
2. To have fun
3. To learn cooperation and self-control
4. To learn to use leisure time wisely
5. To acquire a knowledge of and liking for sports
6. To develop physical grace, strength, and stamina
7. To be physically fit<sup>11</sup>

Williams and Brownell state that the objectives of intramural athletics may be summarized in terms of their educational value:

1. To promote leisure education
2. To enrich social competence
3. To develop group loyalties
4. To provide healthful exercise<sup>12</sup>

The writer feels that the aforementioned general and administrative objectives are sound and that these

<sup>10</sup>Carl D. Voltmer and Vernon W. Lapp, The Intramural Handbook (St. Louis: The C. V. Mosby Company, 1949), p. 18.

<sup>11</sup>Ibid., 19.

<sup>12</sup>J. F. Williams and C. L. Brownell, The Administration of Health Education and Physical Education (Philadelphia: W. B. Saunders Company, 1964), p. 184.

objectives would be applicable to a proposed program for ABL High School, and should prove to be adequate in initiating an intramural program. The writer feels that he can help to establish and maintain a workable program by following these objectives.

## CHAPTER IV

### ADMINISTRATION

Regardless of the size of the institution or scope of the program, the need for good administration is evident. The administration could be the one factor determining whether the program will succeed or fail. A good administration has to propose a program in relation to the needs and interests of the student and keep the interest high by offering a variety of activities as well as keeping the program in the proper perspective to the total school program.

#### Principles

Intramural programs should be governed by a set of administrative principles. Matthews says that it shall be the aim of the administrative personnel to:

1. Establish policies consonant with the best interest of the individual and total school welfare.
2. Develop good human relationships and attitudes by stressing sportsmanship at appropriate opportunities.
3. Develop student leadership by offering opportunities for student planning and management.



4. Protect the welfare of all participants by examination, regulations, removal of hazards, first-aid procedures, and insurance.
5. Equalize competition where practical so that success may be within the reach of the lesser skilled.
6. Offer a variety of activities within the limits of sound administration to as many students as possible.
7. Provide the best officiating possible through training and supervision.
8. Give fair and equal treatment and consideration to all in redress of grievances.
9. Establish, publish, and enforce simple rules of eligibility and procedures consistent with democratic practices.
10. Finance the program through means consistent with school policy.<sup>13</sup>

#### Allocation of Responsibility

Forsythe<sup>14</sup> states that the organization and administration of the intramural program presents many problems to high school administrators. It is preferred that whoever is in charge of the intramural program should not have the major responsibility of coaching an interscholastic team (it is assumed that this refers to head coach during the season).

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<sup>13</sup>David O. Matthews, "Intramural Administration Principles," Athletic Journal, XLVI (April, 1966), p. 84.

<sup>14</sup>Charles E. Forsythe, Administration of High School Athletics (Englewood Cliffs, New Jersey: Prentice-Hall, Inc., 1962), p. 377.

In the small high school this is not very practical due to the lack of administrative personnel. It is also advisable that an intramural council be formed. This council will consist of the intramural director, assistant director, and two representatives from each of the grade levels, freshmen through senior. The intramural director will be in charge of the program.

The council will be formed so as to give the students a voice in the planning and operation of the intramural program. The student representatives will pass on all suggestions made by their classmates to the director. These suggestions might improve the program by including or excluding certain activities, or ideas on improving the program in general. All grievances will be brought to the attention of the director by the council representative. The council will discuss the merit of all suggestions and act on them. The intramural director will be in charge of the council. The council will meet once a month. The director will call special meetings if necessary.

There are a variety of ways to administer an intramural program: the student control plan, the varsity coach plan, the physical education director plan, and the intramural director plan. All of these have their points of value and they all could be objectionable under certain

circumstances. Means<sup>15</sup> states that the trend is unquestionably in the direction of one-man authority.

The proposed program for ABL will be administered by a one-man director. (Intramural director plan)

The director of intramurals has to give attention to a variety of details. To give an idea as to the extent of these details, a partial list is given below:

1. A proposed schedule of activities for the entire year
2. A careful study of school calendar as to the scheduling of different activities
3. Set a dead-line date for all entries of specific activities
4. Select student managers for teams
5. Prepare bulletin boards, publicity and pertinent information
6. Rules and regulations of specific activity prepared and posted
7. Check grounds, courts, and equipment to see that they are in proper playing condition
8. Score books or sheets made available
9. Order awards
10. Check eligibility of entries
11. Inform personnel of procedures in case of injury
12. Make available all material and equipment for check out as needed by officials, managers, scorers and timers
13. Compile schedules for all events and types of competition.

In order to administer the program effectively, the intramural director will have to delegate responsibility to certain persons involved with the program. Personnel needed to assist the director administer the program for

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<sup>15</sup>Means, 25.

a school of this size are:

1. assistant director
2. team managers
3. officials
4. score keepers and timers.

### Assistant Director

There are usually interested persons on the faculty who are more than willing to help with a program of this type. Since this individual will have to be present at all team activities, the assistant director should receive pay for this duty. His responsibilities will be to:

1. Be present at all team games.
2. Be aware of the scope of the program.
3. Have knowledge of first-aid procedures.
4. Know school policy pertaining to injuries.
5. Aid officials.
6. Supervise use of facilities.
7. Be aware of rules and regulations.
8. Be directly responsible to director.

### Team Managers

The team manager is essential to a successful program. He will handle all matters pertaining to his team. The team manager is appointed by the director after the sign up date for an individual sport and will choose team. His responsibilities will be to:

1. Be in charge of issuing and returning equipment for game.
2. Informing all team members on date and site of game.
3. Act as captain and coach of team.
4. Be responsible for arranging practice session.
5. Be familiar with rules and regulations.
6. May be assigned to officiate or keep score.

Officials

Two officials will be assigned by the director to all team sports. The officials for the teams that are playing will be secured from teams that are not playing on that particular day. Usually it will be managers of other teams but it could be any member of the non-playing team. Some effort should be made to not assign officials from one leading team to officiate a runner up leading team. The official's responsibilities will be:

1. Be in charge of administering all rules and regulations regarding game.
2. Securing needed equipment for his part of game (whistle, masks, etc.).
3. Checking date of games to be officiated.
4. Secure aid from assistant director if necessary.
5. Make arrangements for substitute if unable to be present.

Score Keepers and Timers

The method of assigning these duties are the same as those of the officials. Players from teams that are not participating will be assigned to teams that are playing on that particular day. Their responsibilities will be:

1. Check bulletin boards for date of games that are assigned.
2. Be responsible for securing and returning all equipment needed by them (watches, scorebooks, etc.).
3. Returning to director's office all pertinent information pertaining to game (winners, losers, individual scores, statistics).
4. Be in a constant state of readiness.

### Care and Maintenance of Facilities

The intramural director will see that all equipment and facilities are in proper playing condition. Facilities that need repair, or, are not in playing order, shall be corrected before a contest is played. Leavitt and Price<sup>16</sup> state that either the administrator of the department or someone delegated to take the responsibility should instruct the maintenance crew to have playing areas in proper condition for intramural participants.

At ABL custodial services will be available so that indoor areas meet at least the minimum standards for sanitation at whatever hours the facilities are in use. Outdoor areas require constant care in order to avoid hazards and to keep the facilities in satisfactory condition for activity groups.

### Problem Areas

There are a variety of problems that arise in administering an intramural program. The three problem areas below will be common to most programs and should be of concern to the director.

#### Time

The intramural program may be conducted immediately after school, during the noon hour, after

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<sup>16</sup>Leavitt and Price, 265.

lunch, twilight hours, during school hours, before school or on Saturdays. There are favorable and unfavorable reasons for each of these. Each school will have to decide which time is best suited to its own particular program.

The proposed program for ABL High School will be conducted during the noon hour and after school. Individual and dual sports will be conducted during the noon hour and after school while team sports will be after dismissal of school only.

#### Conflict of Facilities

Consideration beforehand will have to be given to facilities. Many small schools are limited in facilities, such as one basketball court, one football field, one softball or baseball diamond. An intramural program conducted immediately after school could conflict with varsity practice. Some administrators are giving the first hour after school to intramurals, preceding varsity practice. A possible solution would be to schedule out-of-season activities to different facilities (example - basketball during football season). Often facilities may be utilized by scheduling on the date of varsity games and thus avoiding conflict, or on days when practice sessions are short, such as days after or preceding

varsity games. This is not a great problem at ABL because there are adequate facilities for both intramurals and varsity athletics.

### Transportation

Transporting students to after-school activities has always been a problem regardless of the activity. Some schools have a policy of transporting varsity athletes home following practice by a special bus. There is no reason why intramural participants could not ride the same bus. If no bus is available, car pools can be used by students or parents. At ABL the students would use car pools or parents would transport them home.



## CHAPTER V

### SELECTION OF ACTIVITIES

The selection of activities for the intramural program should be based on the interests and needs of the participants, the school location, facilities and equipment, and possibilities for expansion. The size of the school may determine the extent of the program, but it should not affect the quality of it.

The report of the National Conference on Intramurals for College Men and Women, Washington, D. C. states fifteen characteristics in the selection of activities for the intramurals. The writer has listed ten of the fifteen characteristics he believes are most important. They are as follows.

1. Team games should be included.
2. Individual "carry-over" sports should be included.
3. Activities should be the type that are easily learned.
4. Activities should be the type that are easily equipped.
5. Activities should be suitable for large numbers.
6. Activities should be suitable to the facilities available.

7. Activities should be physically wholesome (vigorous; not too strenuous; safe for the novice).
8. Activities should be interesting to students.
9. The utilization of knowledge and skills which have accrued from the instructional program (Physical Education).
10. The inherent possibilities for adjustment of tensions and emotional strains.<sup>17</sup>

It is feasible that in a small high school the intramural activities could follow a similar program of activities that are presented in the physical education classes.

Nordly<sup>18</sup> states if there is interest in an activity, eagerness and readiness for participation are also present. Other things being equal, those activities should be selected which are most interesting to the students. The results of learning are greater and there is more joy in participation. It should be recognized that continued interest in an intramural activity may depend largely on how it is conducted.

Means<sup>19</sup> states that the success of the program

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<sup>17</sup>Intramural Sports for College Men and Women, American Association for Health, Physical Education, and Recreation Pamphlet (Washington, D. C., 1956), p. 21.

<sup>18</sup>Carl L. Nordly, Administration of Intramural Athletics For Men (New York City: Bureau of Publication, 1937), p. 64.

<sup>19</sup>Means, 25.

depends on the enthusiasm of the director. The program must not be static but should reflect the changing interests of the student. It should, however, have basic program features that do not change.

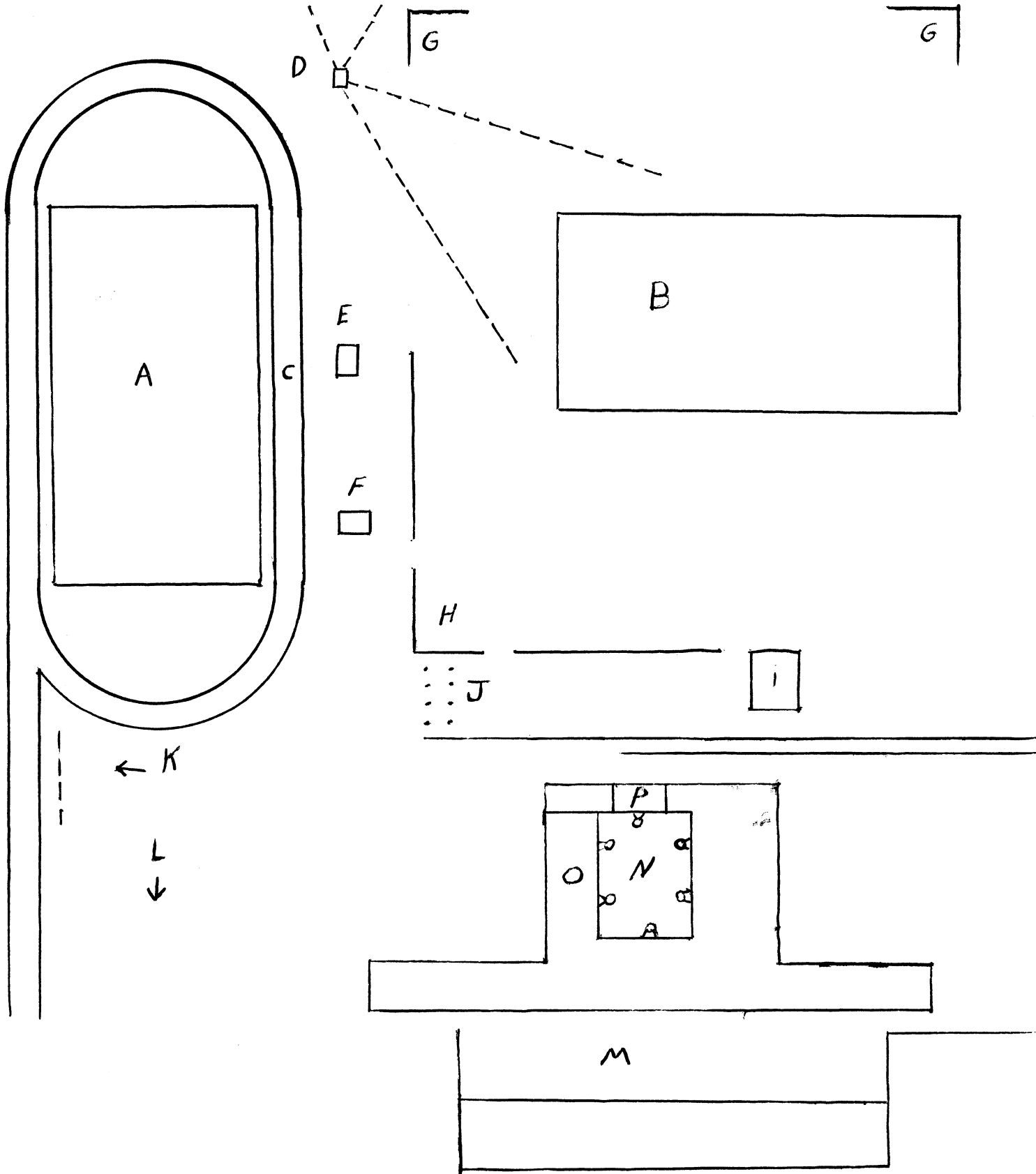
The number of sports that can be offered by any school depends on the facilities, staff, and equipment available. The indoor and outdoor facilities of ABL High School will be listed and diagrammed on the following pages:

#### Outdoor Facilities:

- A. Football field (lighted)
- B. Practice football field
- C. Quarter mile cinder track
- D. Shot and disc concrete pad
- E. Broad jump and high jump pit
- F. Pole vault pit
- G. Softball diamonds (2)
- H. Tennis court (fenced in)
- I. Baseball diamond
- J. Horseshoe Court
- K. Archery range
- L. Driving and chipping area
- M. Hard surface parking lot (black top 90' x 240')

#### Indoor Facilities

- N. Gymnasium (75' x 100')  
 Courts that are painted on the floor include:  
 One regulation high school basketball court (84' x 50')  
 Six goals (one stationary, five retractable)  
 Two cross courts  
 Two volley ball courts  
 Four badminton courts
- O. Deck area (25' x 100')  
 There are four shuffleboard courts painted on the deck.
- P. Stage (30' x 40')



Additional facilities are available one block from the high school. These include a bowling alley and gym.

The intramural program for ABL High School will consist of an after school program and a noon hour program. These programs will be conducted simultaneously. Students may participate in both programs.

After School

Activity	Sign Up Opening Date	Sign Up Closing Date	Play Begins
Football (Touch)	Sept. 12	Sept. 14	Sept. 19
Softball	Oct. 3	Oct. 5	Oct. 10
Cross Country	Oct. 24	Oct. 26	Oct. 31
Basketball	Nov. 14	Nov. 16	Nov. 21
Badminton	Jan. 3	Jan. 5	Jan. 9
Volleyball	Jan. 23	Jan. 25	Jan. 30
Bowling	Feb. 20	Feb. 22	Feb. 27
Dodge Ball (Court)	Mar. 13	Mar. 15	Mar. 19
Tennis	Apr. 3	Apr. 5	Apr. 10
Track and Field	Apr. 24	Apr. 26	Apr. 31

Noon Hour

Activity	Sign Up Opening Date	Sign Up Closing Date	Play Begins
Paddle Tennis	Sept. 12	Sept. 14	Sept. 19
Archery	Oct. 3	Oct. 5	Oct. 10
Horseshoes	Oct. 24	Oct. 26	Oct. 31
Basketball (21)	Nov. 14	Nov. 16	Nov. 21
Free Throws	Dec. 5	Dec. 7	Dec. 11
Rope Climb	Jan. 3	Jan. 5	Jan. 10
Shuffleboard	Jan. 23	Jan. 25	Jan. 29
Table Tennis	Feb. 13	Feb. 15	Feb. 20
Golf (Putting)	Mar. 6	Mar. 8	Mar. 13
Golf (Driving)	Mar. 27	Mar. 29	Apr. 3
Golf (Chipping)	Apr. 17	Apr. 19	Apr. 24

The selection of teams will be based on the number of students who sign up for intramurals. The intramural

director shall then select a number of reliable students who will act as team managers. These managers will then choose the individuals for their team. The number of managers selected will be determined by the number of students signed up for that particular activity.

The type of tournament conducted will be determined by the number of teams participating and the number of available playing dates. When elimination tournaments are used, a blind draw will determine opponents.

Individual and dual activities will be conducted during the noon hour and after school while teams sports will be after school only.

#### Touch Football

There will be seven members to a team. The game will be made up of six team players from each side. The rules of six man football will be in effect with the exception of the following: quarters will be ten minutes in duration with a three minute break between quarters and five minute break at half. The clock will run at all times. There will be no tackling allowed. Only one hand touch is required. All participants will wear soft soled shoes. There will be no kick off at any time. The ball will be put in play on the thirty (30) yard line at the beginning of each quarter and after every score. The game will be played on a regulation size football field.

### Basketball

There will be six members to a squad. The game will consist of five men on each side. The rules will be the same as stated by the Illinois High School Association book with the following exceptions: six minute quarters, two minutes between quarters and five minutes at half. All six members or the number of team members represented must play at least two full quarters. In case of a member fouling out, he or any other member who has fouled out may continue to play but the fouls accumulated thereafter by that or any other similiar individual will be a two shot foul. In case of overtime, the first two points win.

### Volleyball

There will be seven members on a squad. The game will consist of six men on each side. The rules will coincide with those of the United States Volleyball Association with the exception of the following: a game will consist of ten points. The winner will be decided by winning two of three games.

### Softball

There will be eight members on a team. The game will be played according to regular softball rules with these exceptions: the batting team will furnish their own pitcher; the batter is allowed only three pitches; there will be no bunting and the pitcher will not aid the

defense; and the game will be six innings in duration. Extra innings will be played in the usual manner.

### Track and Field

This will be strictly an individual activity. The events will consist of: mile, half-mile, quarter-mile, 220 yard dash, 100 yard dash, low hurdles, shot, broad jump, and high jump. Rules will be in accordance with the Illinois High School Association rule book. A student may enter three events, but of these three, only two can be running. The meet will be conducted three times. This will give the student an opportunity to compete in most of the events. Participants cannot enter the same event twice.

### Cross Country

There will be four members on a team. The distance to be run will be a mile and one half. The winning team will be determined by the lowest total time of the four runners.

### Bowling

This will be a dual activity. The winner will be determined by the total score of the two lines bowled.

### Tennis

The same rules will be applied as in regulation tennis. In scoring the set, the player who first wins four games wins the set. The winner of the match will be declared upon winning two sets.



### Dodgeball (Court)

A team will consist of six players. The area to be played in will be a basketball court. Two volleyballs are used. The object of the game is to eliminate the opposing players by hitting them with the ball. If a player is hit with a ball thrown by an opponent, he is out. If an opponent catches the ball on the fly, the thrower is out. Players may not move out of their half of the court. A game is declared when all team mates but one are eliminated. The winner is declared upon winning three of five games.

### Archery

This will be conducted as a dual sport. The target will be fifty feet from the shooter. The player will shoot a total of thirty-five arrows in sets of five. The total of all points scored will determine the winner.

### Horseshoes

The only modification in horseshoes will be that a match will consist of twenty-five instead of fifty points. If time is an element, a winner may be declared by the leading scorer after twelve innings. An inning refers to a player taking his turn pitching the shoes.

### Basketball (21)

The object of the game is to be the first player to score twenty one-points. A long shot counts two

points and a short shot, one point. If a player makes both shots, he is entitled to shoot again. The players shoot in turn. A long shot will be at least fifteen feet from the goal; a short shot can be attempted on the court.

#### Free Throws

A player will shoot a total of thirty free throws, five at a time. The winner will be decided by the greatest total of free throws made. Opponents will record scores on cards. In case of a tie, players will shoot five more at a time until a winner is decided.

#### Rope Climb

The object of this activity is to climb to a height of fifteen feet as quickly as possible. A mark will be placed on the rope fifteen feet above the floor. A player may reach as high as he wishes, but must keep his feet on the floor until the whistle starts the time. When the player's hand touches the mark on the rope, time is stopped. The fastest time will win the match.

#### Golf For Accuracy

The object is to putt the ball as close to the cup as possible. A player will have a total of fifteen putts, five each from distances of ten, twenty, and thirty feet. Each putt will be measured from the ball to the edge of the cup. The winner will be determined by the shortest total distance of putts.

A cup can be made by sinking a ten ounce can in any outdoor area. If hard surfaces or inside areas are to be used, a circle can be painted on the surface.

#### Driving For Distance

A total of eleven balls will be hit by each player. Players will hit one ball each for a match. The winner of the match will be determined by the longest drive. The winner of the contest will be declared by winning six of eleven matches.

#### Chipping For Accuracy

The players will hit a total of ten balls. The players will alternate chipping. The player chipping the ball closest to the cup will be the winner.

#### Badminton - Paddle Tennis - Shuffleboard - Table Tennis

These will follow regulation play. Rules may be acquired through the American Association of Health, Physical Education and Recreation.

## CHAPTER VI

### RULES AND REGULATIONS

Mitchell<sup>20</sup> states that it is as necessary to have a body of rules and regulations to govern intramural competition as it is for the successful handling of varsity competition.

#### Records and Reports

The intramural director will have all the information on hand in his office pertaining to all phases that deal with records and reports. These records and reports should prove to be of value for they:

1. justify provisions of needed facilities and equipment
2. indicate the most popular activities
3. indicate the number of students included in the program
4. stimulate interest through individual and team point totals
5. determine growth of program
6. determine cost of program
7. indicate interest change in activities.

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<sup>20</sup>Elmer D. Mitchell, Intramural Sports (New York: A. S. Barnes and Company, 1939), p. 218.

### Eligibility

All male students in the high school are entitled to be eligible as long as they are enrolled in school. In general, there should be as few as possible and preferably no eligibility regulations in effect for participation in intramural athletic activities. The only exception might be those pertaining to violations of discipline rules of the school and the requirement that all contestants must have successfully passed physical examinations. Forsythe<sup>21</sup> states that the rules of scholastic eligibility, as they apply to interschool games, should not be applied to intramurals. Such a policy would defeat the aim of having as nearly 100% participation as possible.

Individuals who are varsity letter winners in one sport should not be allowed to compete in intramurals in that activity unless their participation does not prevent any other high school student from taking part in that sport.

It will be recommended that a student have a physical prior to participation. Conditioning periods will be required prior to the more strenuous activity.

### Scheduling

All scheduling will be made by the intramural director after the sign-up deadline date for that activity.

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<sup>21</sup>Forsythe, 380.

Allowances must be made for some deviation of a set schedule. The number of participants will determine the extent of scheduling. The scheduling of individual activities should create no problem because they will be scheduled during the noon hour. Team activities may have to be scheduled around school activities or included with them.

#### Forfeits

Individual or group contestants must appear at the scheduled place within ten minutes of the scheduled time ready to play. If they do not appear, the match will be decided in favor of the team or individual who is there. If both teams fail to appear, both shall be declared losers unless the teams can play at another time at no inconvenience to anyone else.

#### Postponements

If weather is a factor or if some unforeseen circumstance occurs, these teams or individuals will be responsible for finding out their new date of play. This shall be provided by the intramural director.

#### Protests

If a protest is to be made, the manager of a team or an individual of a dual sport must inform the official at that time that a protest will be made. Only those protests that deal with the interpretation of rules

will be allowed. Official judgement will not be cause for a protest. The intramural director will handle all protests. Protests must be turned into the intramural director's office as soon as possible following the contest.

#### Scoring

This will all be on an individual basis. Each member of a team sport will receive 10 points for winning, 5 points for losing, and 0 points for a forfeit. If a member of a team is not present at a scheduled game, he will not receive any points for that individual game.

In dual and individual sports, each student will receive 6 points for winning, 3 points for losing, and 0 points for forfeit.

There will be a team champion named for each team sport, and an individual winner declared for each dual or individual activity. A winner and runner-up of the entire program will be named. Everyone is allowed to enter all activities.

Each event in track will be considered as an individual sport but the scoring will go as follows: 6-4-3-2-1.

#### Awards

Although awards are a means to motivate players, they should not be the primary reason for participation.

Awards should be used to recognize achievement. There are many types of awards that can be given. Sweater emblems of the school mascot or sweater patches of the activity won make fine awards. Loving cups, trophies, medals, and ribbons are also good awards.

The intramural program for ABL High School will make awards as follows: medals will be given to the members of a championship teams and winners of dual and individual activities; ribbons will be given for second place in team, dual, and individual sports; and ribbons will also be given to winners of each individual event in track. Trophies of appropriate value will be given to the students who place first and second in the total program. Medals and ribbons will be given after the activity is completed. The trophies will be presented on all awards night after the program is completed.

#### Officials

Officials should be furnished by the intramural director. Officials may be students with a workable knowledge of the games and preferably those of varsity athletic teams. Points could be given for officiating if desirable. School personnel could also be used whenever possible.

Officials for the intramural program at ABL High School will be provided for as stated in Chapter IV, page 17 of this paper.



## CHAPTER VII

### SAFETY

Safety is one of the primary objectives of education. There would be nothing more disheartening than to have a serious or fatal accident. The health and safety of the participants should be of primary concern to the intramural director.

Kleindienst and Weston<sup>22</sup> state that safety in the intramural program has to be a joint approach by the administration and participants. Safety precautions should be taken for all phases of the program. It is estimated that fifty percent of all accidents could have been avoided if these precautions had been practiced.

#### Injuries

Since most small schools do not have a health service, the director or assistant director will have to handle all first aid. Most schools are equipped with a first aid room. In case of an emergency or injury of a

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<sup>22</sup>Viola Kleindienst and Arthur Weston, Intramural and Recreation Programs for Schools and Colleges, (New York: Meredith Publishing Company, 1964), P. 478.

serious nature, an emergency procedure is a must. The emergency procedure for ABL High School is first to administer first aid and secondly, check the student's emergency card. At the beginning of each year, parents are requested to complete the following card:

Students Name \_\_\_\_\_.

In case of an emergency, I wish you to call:

	Name	Phone No.
1. Parents	_____	_____
2. Relative	_____	_____
3. Doctor	_____	_____
Hospital	_____	_____

Take immediately to hospital \_\_\_\_\_

Signed \_\_\_\_\_.

The parent provides the above information, listing in order how he wishes the calls to be made. If ambulance service is available, the phone number should also be listed. Duplications of this card are on file in the director's office.

### Insurance

Most schools now have a type of insurance plan that cover all students in case of injury. There are several types of insurance plans which are now available from commercial companies.

The insurance program at ABL High School is with

the Continental Insurance Company. This insurance covers the student for all high school activities with the exception of varsity football and costs \$4.00 per student annually. Students pay for this insurance at the beginning of each school year.

## CHAPTER VIII

### TYPES OF COMPETITION

There are a variety of ways to organize competition. The type of competition used is usually determined by the number of participants, facilities, and available time for the activity. The following are common methods of competition for intramurals:

1. Round robin tournaments or schedules
2. Single elimination tournament
3. Double elimination tournament
4. Meets for individual events
5. Ladder and pyramid tournaments
6. Consolation tournament.

The round robin tournament is probably the best type of competition for team sports in small schools. In the small school, there are usually few teams for each team activity. A round robin type of tournament allows maximum competition. If time is available, a double or triple round robin may be used. Not only does this type of competition arrange for each team to play all other teams, but a more realistic team champion is determined. Round robin tournaments could also be used for individual and dual activities for which there are few participants.

The single elimination tournament is essential when there are a great number of participants in an activity. A winner may be determined in the shortest possible time. If time is available, a double elimination or consolation type tournament may be used.

Almost unlimited competition is provided in the ladder or pyramid type competition. This type of competition is used to better advantage when it is strictly on the recreational level. It would be almost impossible to prepare schedules or administer a point system fairly with this type of competition for intramurals.

Meets are a necessary form of competition in track and field or similiar individual activities.

The type of competition used in the intramural program for ABL High School will depend, of course, on the number of participants in a specific activity and time available. A round robin will be used as much as possible for team as well as individual activities. When the round robin schedules can not be used, single or double elimination types of competition will be used. Meets will be conducted for track and field.

## CHAPTER IX

### EQUIPMENT AND FACILITIES

All equipment and facilities necessary for an intramural program should be provided by the school. If facilities other than that of the school are available, an effort should be made to acquire the use of such facilities. Many schools are near facilities that could be included in the program. Bowling lanes, swimming pools, golf courses, driving ranges and archery ranges are sometimes available and can be used upon request. Owners of these types of facilities are usually more than willing to help promote this type of activity as it will no doubt benefit their business in the future.

The cost of the program can be cut considerably if the same equipment used in physical education classes can be used for intramurals. Another method to cut costs would be to make some of the equipment. Since most schools have an industrial arts shop, equipment could be made at little or no expense. Wearing apparel, such as jerseys or shirts, can be passed down from varsity teams to the intramural program.

If it is the policy of the school to keep the equipment of different programs separate, then the director will have to equip the intramural program. Although quality equipment costs more, it is advisable to purchase the better equipment rather than to purchase the less expensive type.

Facilities and equipment will be checked prior to every activity by the person in charge. If equipment is not safe for participants, it should be repaired or discarded.

A schedule of activities should be given to the custodian so he may have fields and courts in satisfactory playing condition prior to the activity. Fields of play should be double checked by the person in charge before playing.

## CHAPTER X

### PROMOTION AND PUBLICITY

Publicity is very important for a successful intramural program. It brings to the attention of the school, community, and all interested persons, the scope of the program. Activities now in progress, favored participants in certain activities, individuals leading in total points and future activities of the program are explained to the public. This type of information does more than inform classmates and the public, as the participant likes to see his name in print and to see how he is doing in comparison to others. Publicity of the program motivates the participants and may encourage others to participate.

There are as many ways to publicize the intramural program as the person in charge has ideas for. The school newspaper is an ideal method. People in charge of the newspaper are always looking for news of this type and probably would furnish a reporter to cover all phases of intramurals. The intramural director might wish to place someone in charge of reporting to the newspaper.



Local community newspapers usually have plenty of space and would be more than willing to carry information pertaining to school intramurals.

Bulletin boards are fine places to post information. It would be a good idea to prepare a special bulletin board that would carry intramural information only.

Announcement by the director over the intercom or in activity or home room periods stating results or outstanding achievements are also possible methods of promoting the program.

If feasible, a handbook could be prepared to add meaningful information to those interested.

All of the aforementioned methods of publicity are sound but the best publicity is the participant talking favorably of the intramural program.

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