

Eastern Illinois University

The Keep

Plan B Papers

Student Theses & Publications

1-1-1967

A Proposed Program of Intramural Sports for Newton High School

Robert G. Hout

Follow this and additional works at: https://thekeep.eiu.edu/plan_b

Recommended Citation

Hout, Robert G., "A Proposed Program of Intramural Sports for Newton High School" (1967). *Plan B Papers*. 518.

https://thekeep.eiu.edu/plan_b/518

This Dissertation/Thesis is brought to you for free and open access by the Student Theses & Publications at The Keep. It has been accepted for inclusion in Plan B Papers by an authorized administrator of The Keep. For more information, please contact tabruns@eiu.edu.

A PROPOSED PROGRAM OF INTRAMURAL

SPORTS FOR NEWTON HIGH SCHOOL

(TITLE)

BY

Robert G. Hout

PLAN B PAPER

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

PHYSICAL EDUCATION 522

IN THE GRADUATE SCHOOL, EASTERN ILLINOIS UNIVERSITY,
CHARLESTON, ILLINOIS

1967

YEAR

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

4 AUG. 1967

DATE

ADVISER

4 August 1967

DATE

Maynard O'Brien

DEPARTMENT HEAD

TABLE OF CONTENTS

Chapter	Page
I. INTRODUCTION	1
II. AIMS AND OBJECTIVES	3
III. SPECIFIC POLICIES	6
Allocation of Responsibility	6
Awards	8
Credit	9
Eligibility	9
Officials	10
Records and Reports	10
Injuries	10
Insurance	11
Intramural Council	11
IV. RULES AND REGULATIONS	12
Competition	12
Equipment	12
Facilities	12
Forfeits	13
Postponements	13
Protests	14
Schedules	14
Activities	15
Rules for Activities	15
APPENDIX A	16
BIBLIOGRAPHY	19

CHAPTER I

INTRODUCTION

Intramural programs in the United States are being gradually accepted as a part of the school curriculum.

P. Roy Brammel says:

"Every child who is to attain optimum physical intellectual, and emotional development must have several hours of enjoyable, vigorous, physical activity every day. The regular physical education period does not satisfy this need. Most physical education programs function mainly in developing skills, knowledges, appreciations, and desires connected with physical activities. It does not give opportunity for sufficient practice in the things taught nor for self-directed natural use of them as an integral part of daily living. The school physical education period is essentially teacher directed. It is not just a free-play period but a period of both work and play specifically controlled and directed along predetermined lines. The intramural program partially fulfills the total activity needs of the pupils and motivates further satisfactory activity. The intramural program also provides practice in desirable sports conduct which will affect behavior in such sports away from school."¹

Intramurals, according to William W. Sheerer, offer an opportunity for play without instruction and without the element of grading.²

¹P. Roy Brammel, "Intramural and Interscholastic Athletics," National Survey of Secondary Education, (Washington, D. C.: U. S. Government Printing Office, No. 17, Monograph No. 27, 1932), p. 37.

²William W. Sheerer, High School Intramural Program (Minneapolis, Minn.: Burgess Publishing Co., 1953), p. 1.

To meet the needs of students, the writer hopes that an intramural program will be initiated at Newton High School in Newton, Illinois. The implementation of an intramural program is easy to justify. Of a total enrollment of 420 boys there are only approximately 100 boys who participate in interscholastic athletics.

Newton is basically a farming community with little industry and is located at the intersection of Illinois routes 130 and 33 in the Southeastern area of Illinois. Newton High School sponsors teams in football, basketball, track, baseball, cross country, and golf. Some 300 boys do not have the opportunity to reap the benefits derived from organized athletic competition. The aims and objectives of the intramural program will provide rewards not gained from a regular physical education class regardless of the manner in which these physical education classes are conducted.

CHAPTER II

AIMS AND OBJECTIVES

The aim of the intramural program at Newton High School is to provide an opportunity for every male student to participate in some type of competitive sports activity as regularly as his interest, ability, and time will permit. The program will be available to all and participation will be voluntary. The rules and regulations which have been formulated for the activities of this program take into consideration the time necessary for preparation for the activities as well as the degree of skill of the participant.

Intramural objectives should point toward the development of the total individual--physically, socially, emotionally, spiritually, and intellectually.¹ According to Mueller and Mitchell the objectives of intramural sports should be: recreation, physical fitness, mental and emotional health, social contacts, group loyalty, and permanent interest in sports.²

¹Pat Mueller and Elmer D. Mitchell, Intramural Sports (New York, N. Y.: The Ronald Press Company, 1960), p. 10.

²Ibid., p. 11

Voltmer and Lapp feel that the following objectives should be considered: (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, and (7) to be physically fit.¹

Two ultimate aims of education are the preparation of the individual for meaningful utilization of leisure time and the development of a personality that will enable the individual to become an accepted part of society. The following objectives of the intramural program at Newton High School are devised with the hope that intramurals may eventually be considered as one of the methods through which the ultimate aim of education at this high school is pursued. The objectives are:

1. To develop desirable attitudes toward contributing to group efforts.
2. To provide an opportunity for students to spend their leisure time in supervised, competitive play.
3. To acquire habits of participation and development of interests in a variety of sports that will carry over into everyday living at the adult level.
4. To develop a respect for sportsmanship and the principles of fair play.

¹Carl D. Voltmer and Vernon W. Lapp, The Intramural Handbook (St. Louis, Mo.: The C. V. Mosby Company, 1949), p. 19.

5. To achieve sound mental health attitudes which enable individuals to lessen the tensions and frustrations inherent in today's living.

6. To develop an increased appreciation of and the desire to maintain and improve strength, endurance, flexibility, cardiovascular endurance, agility, and power.

7. To further exploit those skills acquired in the physical education program.

8. To have fun.

CHAPTER III

SPECIFIC POLICIES

Allocation of Responsibility

Intramural Director--The intramural director should be a member of the physical education department. It should be the responsibility of the administrator to make use of all available methods to assure a broad, well-organized program of intramural sports. In the development and conduct of the program of intramural activities, the director should be committed to action through a democratic process which includes both faculty and students. The director should be free of coaching duties. According to Means the coach should not be assigned duties as intramural director because:¹

1. The coach almost invariably will slight intramurals when in the midst of his varsity sport season and in some cases disregard them almost entirely.

2. A good intramural program will include many sports not usually found on the interschool calendar, and thus a leadership vacuum would develop and have to be bridged by some staff member.

3. The plan would lack unity as each coach would seek to act independently of other staff members.

¹Louis E. Means, Intramurals: Their Organization and Administration (Englewood Cliffs, N. J., Prentice-Hall Inc., 1963), p. 28.

4. Individual ideas will bring in too many types of intramural organization which might add considerable confusion to a workable program.

In many cases the coach may use the intramural program as a training ground for his particular sport.

Team Manager--Much of the success of an intramural program depends on the manager representing the participating organization, as he is the vital liaison between the intramural office and the participating unit. Each team shall appoint a team manager. All communications relating to intramural activity are directed to him and it is his duty to see that his team is informed. It is important that the selection of a team manager be given careful consideration because of his important responsibilities. The team manager should be responsible for the following matters:

1. Enter his team for competition promptly when the announcements are made at the intramural office.
2. The team manager should visit the intramural office periodically so that he may keep informed concerning progress of the intramural program.
3. Understand clearly the eligibility rules and if not clearly understood make inquiry at the intramural office.
4. Notify team members regarding the time, date, and place of all contests and insure that they are on time and ready to play.
5. Cooperate with the intramural office in the handling of postponements, protests, etc.
6. Strive to develop good sportsmanship in his team.

7. Cooperate with officials in charge of the game, with regard to score, line-up, and other data pertinent to the contest.

Awards--Trophies shall be awarded for all team and individual events to give the participants recognition. In team competition the members of the team shall be awarded medals, in addition to the team trophy. Giving these medals will provide added incentive for participation. It is felt by some authorities that awards should not be given for participation in the intramural program because the individual should be taught to participate for the enjoyment he can derive from the activity. However, since the aim of the program is to reach the maximum number of students, the writer believes that if the awards will attract some of the students who would not otherwise be participants, surely the award system is serving a significant purpose. A national conference report provided the following statement relative to awards.¹

1. Awards should not serve as the primary motive for participation.

2. Awards should have little intrinsic value.

3. Awards should be a symbol of recognition of achievement.

4. There should be a time and place for presenting the awards which will serve not only to recognize the winners, but also as a further means of publicizing the program. Awards may be presented at an appropriate assembly

¹"Intramural Sports for College Men and Women," National Conference Report, (Washington, D. C., American Association of Health, Physical Education, and Recreation, 1955), p. 13.

such as a banquet, convocation, or an intramural carnival or festival. An invitation to faculty members representing other departments to attend the event serves to promote good relations with the faculty and administration as a whole.

Credit--No academic credit shall be awarded for participation in the intramural program.

Eligibility

A. Individual Eligibility

1. All male students of the school shall be eligible to enter any activity promoted by the department, except as provided in the eligibility rules.

2. A student who has received a varsity award shall not be eligible to participate in the sport or related sports in which he lettered.

3. A squad member of any current varsity team is ineligible for intramural competition.

(a) A squad member is any student who is listed on the varsity, freshman, or sophomore roster on the opening day of the varsity season or who later joins the squad.

(b) If the squad member is cut from the team at any time for reason of lack of ability, he shall become eligible for intramural competition upon notification of the intramural office by the coach concerned.

4. Students with academic deficiencies shall be eligible for participation in the program. If the program has any educational value, it is doubtful that anything will be gained by depriving students with scholastic deficiencies of the chance to participate.

5. Related Sports-football and baseball lettermen shall be ineligible for participation in touch football and softball respectively.

6. No person will be permitted to transfer from one team to another during a season of play.

B. Organizational Eligibility

1. In order to enter a team, all members of the team shall be regularly assigned to the same homeroom.

2. The team managers must turn into the intramural office an eligibility list of the members of the team. A person is not eligible to compete if his name does not appear on the eligibility list.

3. A student who transfers from one homeroom to another shall compete with his initial homeroom until the next activity is started.

Officials--Officials shall be selected and assigned by the intramural office. Officials shall be responsible for obtaining the necessary equipment for the activity the official is to officiate. Members of the varsity squads shall be used as officials in their associated sports.

Records and Reports--All game scores, names of players participating and reports of unusual circumstances shall be turned into the intramural office immediately after the game or match by both team managers and the official-in-charge. It is important that records be maintained because they may be useful in justifying the program.

Injuries--All injuries must be reported to the person in

charge of the particular activity involved. If the nature of the injury is such that it requires more than routine first aid, the student will be referred to his family doctor.

Insurance--Participants shall be required to show sufficient proof of insurance coverage. Participation in the school insurance program shall be sufficient to meet this requirement.

Intramural Council--Each grade shall elect two class members to seats on the Intramural Council. The intramural director shall also be a member of the Council. The Council will have the power to make amendments to the program with the approval of the school principal. According to Beeman and Humphrey, it has been found through experience that intramural programs function to a higher degree of proficiency when an intramural council assists in the administration of the program. When this group serves in an advisory capacity, principles of democratic organization are in evidence.¹

¹Harris F. Beeman and James H. Humphrey, Intramural Sports (Dubuque, Iowa,: William C. Brown Company, 1954), p. 16.

CHAPTER IV

RULES AND REGULATIONS

Competition--Team competition shall be on a homeroom basis.

There shall be four leagues:

A--Seniors

B--Juniors

C--Sophomores

D--Freshmen

Some homerooms will have members of two classes in their homerooms. When this occurs the Intramural Council shall decide to what homeroom the members will be assigned. Both individual and team sports will be conducted on the grade level.

Equipment--Equipment will be furnished by the Physical Education Department except that students must furnish his shoes and wearing apparel. The student must also furnish equipment such as a glove for softball, if he desires to use a glove.

Facilities-- Sufficient space is available on the school grounds to conduct the activities, except that bowling will be conducted at the local bowling lanes. Announcements prior to commencement of each activity shall include where the activity is to be conducted.

Forfeits

1. If a team or contestant fails to appear at the scheduled place within five minutes after the scheduled time for a contest, the officials may declare the contest forfeited to the team or contestant ready to play.

2. A team automatically forfeits any contest in which it uses an ineligible player and the ineligible person is barred from competition in that sport for the remainder of the season. If the ineligible person can show just cause for his participation, he may appeal to the Intramural Council for reinstatement. The game in which he participated shall remain a forfeit whether or not he gains his eligibility.

3. Any team which forfeits two scheduled contests will be dropped from intramural competition in that sport.

Postponements

1. When teams are entered in an intramural sport, the intramural office provides facilities, schedules, equipment, and competition. If a team fails to appear, it deprives the opponents of their enjoyment of participation in addition to taking the facilities away from two other teams who are anxious to play.

2. Contests and matches may be postponed only by mutual agreement of both teams, the notification of the intramural office twenty-four hours in advance, and decision of the director that the postponement is necessary and for the best interests of the program.

3. In the event of inclement weather occurring after the publication of the hour a contest or match is scheduled, each team is responsible for contacting the intramural office for verification of postponement.

Protests

1. A protest committee composed of two members of each grade and the intramural director will act on all protests. The grade involved in the protested game shall not have member sit in on that particular protest.

2. All protests must be made at the intramural office within twenty-four hours of completion of the protested contest.

3. The team manager of the protesting team is required to make the protest to the official in charge of the contest at the time the question is raised. The official is responsible for noting the game situation, because the contest will be replayed from that point in the event the protest is allowed.

4. Matters involving an official's judgment are not a basis for protest and will not be accepted.

Schedules

1. Schedules will be published at least one week in advance of the events and will take into consideration other scheduled school activities.

2. In team competition the type of play will be on a round-robin basis (each team plays every other team once).

3. Individual competition shall be administered on a

ladder-type tournament basis. Rules for use of a ladder tournament will be published with the particular activity.

4. The program shall be conducted during the lunch hours. All students shall participate in their activity before eating lunch.

Activities

1. Fall (Sep. 15th to Nov. 1st)--Touch Football, Horseshoes, and Volleyball.

2. Winter (Nov. 15th to March 15th)--Basketball, Badminton, Bowling, and Wrestling.

3. Spring (March 20th to May 15th)--Softball, Track, and Table Tennis.

Rules for Activities--To be published prior to commencement of the activity.

COTTON COUNCIL

EXHIBIT

INTEREST

APPENDIX

APPENDIX A

Rules Supplement

1. Badminton--To be conducted in accordance with the rules of the American Badminton Association except that there will be no "setting the game" and all games will be played to 15 points.

2. Horseshoe Pitching--To be conducted in accordance with the rules of the National Horseshoe Pitcher's Association except that all matches will be played to 15 points.

3. Touch Football--To be conducted in accordance with current high school rules except for the below.

a. Layout of Field--The field shall be 60 yards in length with yardage markings every 15 yards. The area between these markings shall be referred to as zones.

b. Number of players--Seven players shall constitute a team. When on the offense, four players must be on the line of scrimmage.

c. Equipment of players--Players are prohibited from wearing the following: any cleated shoes, padded suits, or special protective devices such as shoulder pads, helmets, and so on.

d. Length of Game--Two periods of 20 minutes each, with five minutes between periods. Clock stops only after a score is made and when time out is called. A team is allowed

one time out per period. These time outs shall be one minute in length.

e. When the ball is first down in a zone, the team in possession of the ball is allowed three downs to move the ball into the next zone for another first down.

f. Eligible Pass Receivers--Any member of the team is eligible to receive a pass.

g. Any time the ball is muffed or fumbled and touches the ground, the ball is dead and belongs to the team that had control of the ball at the point the ball touches the ground.

h. Touching--A touch occurs whenever the defensive team places one hand on the offensive player in possession of the ball.

i. Blocking--Blocking shall be permitted on the line of scrimmage only and the blocker must not leave his feet and the block must be between the shoulders and knees of the offensive player. Penalty for infraction shall be 15 yards.

j. Penalty for unnecessary roughness in touching or blocking a player-15 yards.

4. Volleyball--To be conducted in accordance with the rules of the United States Volleyball Association.

5. Track

a. Events shall be: 50 yard dash, 100 yard dash, 440 yard dash, 880 yard relay, one mile relay, broad jump, high jump, shot put, and baseball throw.

b. All participants must wear tennis shoes.

c. An individual may enter three events.

6. Basketball--To be conducted in accordance with the current National Federation of State High School Athletic Associations basketball rules except that games shall be played in two 15 minute halves with a five minute rest period between halves. The clock shall stop only on time outs and free throws.

7. Softball--To be conducted in accordance with the rules of the Amateur Softball Association. The "Ten-Run-Rule" shall be in effect after four complete innings.

8. Bowling--To be conducted in accordance with the rules of the American Bowling Congress.

9. Wrestling--To be conducted in accordance with current high school rules except that there shall be only two rounds of two minutes duration.

10. Table Tennis--To be conducted in accordance with current rules of the United States Table Tennis Association.

BIBLIOGRAPHY

1. Physical Education Department, Handbook of Intramural Sports, University of Arkansas, 1954-55
2. Physical Education Department, Physical Education and Athletic Handbook, Eastern Illinois University, 1963-64
3. Physical Education Department, Intramural Sports Handbook, Indiana University, 1956-57
4. Physical Education Department, Athletics, Intramurals, and Physical Education, University of North Carolina, 1954-55
5. Physical Education Department, Intramural Handbook, University of Oklahoma, 1954-55
6. Beeman, Harris F. and Humphrey, James H. Intramural Sports, Dubuque, Iowa: William C. Brown Company, 1954
7. Means, Louis E. Intramurals: Their Organization and Administration, Englewood Cliffs, N. J. Prentice-Hall Inc., 1963
8. Meuller, Pat and Mitchell, Elmer D. Intramural Sports, New York, N. Y.: The Ronald Press Company, 1960
9. Sheerer, William W. High School Intramural Program, Minneapolis, Minn.: Burgess Publishing Co., 1953
10. Voltmer, Carl D. and Lapp, Vernon W. The Intramural Handbook, St. Louis, Mo.: The C. V. Mosby Company, 1949
11. Brammel, P. Roy, "Intramural and Interscholastic Athletics," National Survey of Secondary Education. (No. 17, Monograph No. 27) Washington, D. C.: U. S. Government Printing Office, 1932
12. "Intramural Sports for College Men and Women," National Conference Report, Washington, D. C. American Association of Health, Physical Education, and Recreation, 1955

VITA

I was born February 2, 1930 in Edgewood, Illinois. My father is still living and is employed by The Baltimore and Ohio Railroad. My mother passed away in 1943. I have four sisters who are all married and raising families.

My education started in Edgewood, Illinois, where I attended the first two grades of elementary school. The remainder of my elementary and secondary education was obtained in the public schools in Flora, Illinois. I attended college at McKendree College in Lebanon, Illinois for one semester in 1948. I enlisted in the United States Marine Corps in 1950.

While in the Marine Corp I had the fortunate experience of conducting an intramural program for approximately 15,000 Marines. In 1961 I decided, after a period of almost eleven years that I would like to teach school. I was discharged (honorably) on August 1, 1961. I entered Eastern Illinois University in September of 1961 and completed the requirements for a Bachelor of Science in Education degree in May of 1964. My undergraduate major was physical education with minors in health education and driver education. I am presently employed at Newton High School. I have been teaching physical education and driver education at Newton the past three years. I have also been active in coaching football, basketball, and track.