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A Proposed Boys Intramural Program for Warden High School

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A PROPOSED BOYS INTRAMURAL PROGRAM FOR
WARDEN HIGH SCHOOL

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Master of Education

by
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Everett A. Irish
FOR THE GRADUATE FACULTY

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CHAPTER I

INTRODUCTION

I. PURPOSE

The purpose of this paper is to outline the intramural program for boys at Warden High School.

It may also serve as a guide to other small high schools interested in an intramural program.

II. PHILOSOPHY

The philosophy of intramural sports is the ideal "athletics-for-all." The idea that what is good for a few is good for all might apply to intramurals.

James J. Reed, Director of Intramurals at Princeton University expresses the role of the intramural program in the over-all educational program of an institution in the following paragraphs:

The ideal desired at Princeton is to provide a place for every boy not engaged in varsity competition to play on a team in some sport. We are as much interested in the number of men participating in the program as we are in those who win the games. To teach sportsmanship, fair play, and respect for the will of others is the goal of this department. And, since the real goal of a college education is good health, a well-rounded personality, and a well-trained mind, we attempt to realize these values in our program.

Through practice, a boy develops a fondness for sports which gives him courage and self-reliance and provides him with the physical fitness so vital to carry on life's work as well as creates a sport habit

which carries over and serves in later life as a wholesome recreation for his leisure time.

The principles underlying the program, we think, are basically sound. They integrate intramural athletics into the fundamental outline of the college education. The program is varied and adaptable to our locality and facilities, providing activities that are at the same time economical and of a high recreational value. Conforming essentially to a democratic and socially-sound pattern, the intramural program has proved not only beneficial but also highly popular in the undergraduate's development, and of great interest to the student body (9:346-47).

III. OBJECTIVES

The intramural program as part of physical education shares the objectives of the physical education program. However, the intramural program has many specific objectives which are not inherent in the required physical education program. These objectives as stated by W. R. Evans are set forth in the following paragraph.

The intramural program is set up to provide the student with opportunities to put into practice the skills he has learned in his physical education classes, to provide recreation, to motivate students to improve their skills, to provide socially desirable energy outlets, to improve physical fitness, to develop group loyalty, to develop interest in wholesome activities which will carry-over into out of school life and later life, and to provide leadership training opportunities (6:114).

The objectives as listed by Princeton University are as follows:

The aim of the intramural department is to provide each man an opportunity to participate in his favorite

type of competition and explore and enjoy others that may be new to him. This program will provide:

1. An opportunity for better health through satisfying physical experience.
2. An opportunity for each man to develop the feeling of cooperation and loyalty to a group.
3. An opportunity to develop sportsmanship and honesty in regards to rules, officials, and opponents. The lessons here are important in moral education.
4. An opportunity to enjoy hard, clean competition in favorite activities (10:347-48).

The objectives of this program may be classified under four headings, namely, (A) Health, (B) Skill, (C) Social Development, and (D) Recreation (1:348).

IV. RELATION TO PHYSICAL EDUCATION PROGRAM

Intramurals are an integral part of the total physical education program. The total physical education program has been likened to a pyramid. At the base of the pyramid is the required physical education program. It is in this program that basic skills are learned. Everyone is subjected to this program. On the next level of the pyramid is the intramural program. Here the student voluntarily participates in activities which give him an opportunity to use the skills learned in the required physical education class.

At the top of the pyramid is the interschool athletic program which affords the highly skilled individual the competition he cannot find in the intramural program.

The following statement by Bucher explains the relationship of the intramural program to the interschool athletic program.

If conducted properly each phase of the program can contribute to the other and through an over-all, well-balanced program the entire student body will come to respect sports and the great potentials they have for improving physical, mental, social, and emotional growth. When a physical education program is initially developed, it would seem logical to first provide an intramural program for the majority of the students with the interschool athletics program coming as an outgrowth of the former. The first concern should be for the mass or majority, and the second, for the few or minority. This is characteristic of the democratic way of life. Although the intramural and extramural athletics program is designed for every student, in practice it generally attracts the poor and moderately skilled individuals. The skilled person finds his niche in the program for those of exceptional skill. This has its benefits in that it is an equalizer for competition (1:350).

CHAPTER II

CONSTITUTION FOR THE WARDEN COUGAR BOY'S INTRAMURAL ORGANIZATION

ARTICLE I --- NAME

The Warden Cougar Boy's Intramural Organization

ARTICLE II --- FUNCTION

The Primary purpose of this organization is to provide athletic and sports competition for all the male members of Warden High School.

ARTICLE III --- MEMBERSHIP

SECTION A. Eight intramural sporting clubs are formed. Each boy in school is a member of a club. Each club is a complete unit and competes with every other club in all activities. New students or incoming freshmen are divided by the club managers and are notified of the assignment to a particular club. The new students or freshmen may make one change if the managers of all the clubs agree. After that he remains with the club he is assigned throughout his school career.

SECTION B. A Boy's Leaders Club is the governing body or executive board of the intramural program. They appoint the league presidents for each league (Basketball league, bowling league, flag ball league, etc.) arrange schedules, and various other jobs.

The ideas for membership in the intramural organization was borrowed in part from J. E. Callary, "Intramural Program for the Small High School (2:60).

ARTICLE IV --- ADMINISTRATION

SECTION A. At the head of the school system is the Board of Education. The superintendent is responsible to the board for all programs in the school. The high school principal is directly responsible to the superintendent for all programs and organizations in the high school such as the intramural program.

SECTION B. The person responsible to the principal for the intramural program is the director of the intramural program.

SECTION C. Under the direct supervision of the director of intramurals is the club manager. He is elected each year by the members of each club. He has complete charge of the activities of his club and acts as director of athletics for his club.

SECTION D. Working closely with the club manager are the coaches of each team. They are either elected by the members or appointed by the president. Varsity players who are members of the club but are ineligible for intramural sports, make excellent coaches.

SECTION E. The team captain or manager is a playing member of the team and is elected to his position by the

team members. He is in charge of having a complete team ready to play each game.

SECTION F. Student officials will be drawn from each club. They will be set apart as officials. They will receive instruction on rules, officiating techniques, safety factor, their importance, and good sportsmanship.

Student officials will serve as referees, umpires, scorekeepers, and timers for meets and games. They will check on eligibility and report illegal participation to the intramural office.

The ideas for administration in the intramural organization was borrowed in part from J. E. Callary, "Intramural Program for the Small High School" (2:60).

ARTICLE V --- ELIGIBILITY

SECTION A. All male students of the high school in good standing shall be eligible to compete in any activity prompted by the Intramural Department, except as provided later in these articles.

SECTION B. A varsity player is one who is retained by the coach after the final cut has been made.

SECTION C. Participation on the Varsity, Junior Varsity or Freshman squads will make a man ineligible for intramural athletics in that particular sport.

SECTION D. A boy may represent but one team in a

given sport in a given season.

SECTION E. A team shall forfeit any contest in which an ineligible player was used. The director shall eliminate any points made by an ineligible boy in meets. These infractions of the rules must be discovered within forty-eight hours after the contest or there will be no forfeit.

SECTION F. The director may declare a boy ineligible to participate in intramural athletics for unsportsmanlike conduct toward officials or opponents.

SECTION G. A boy receiving a varsity award is ineligible to participate in the particular intramural sport until one complete season has passed since earning his letter.

The foregoing eligibility rules were borrowed in part from the Handbook of Intramural Athletics from Michigan State Normal College (8:361).

ARTICLE VI --- HEALTH AND SAFETY

Safety is emphasized by regular inspection of facilities, use of proper equipment, annual medical examinations, competent officiating, and adequate supervision of play. All participants will be required to have accident insurance or the school insurance. First aid will be given on the spot as required. All injuries of a serious nature will be checked and cared for by a doctor.

ARTICLE VII --- RULES

All contests shall be governed by the rules of the National Federation of State High School Athletic Association, or other accepted organizations, except in certain sports where revisions are made to suit our local needs.

ARTICLE VIII --- POSTPONEMENTS

SECTION A. Unavoidable postponements. The director of intramurals shall be the judge of playing conditions. On the days of bad weather the teams should contact the director's office the hour prior to scheduled game time.

SECTION B. Postponements by mutual request is granted by the director of intramurals if the request is legitimate and if it is possible to make up the game. The request must be made by both team managers and at least 24 hours before scheduled game time. It is the responsibility of the team managers to arrange a new playing time. After a time has been agreed upon the two team managers report it to the director who sets a new date.

ARTICLE IX --- FORFEITS

SECTION A. Each team shall be on time with the number of boys for each sport as listed below:

Flagball	9 men
Horse-shoes	both men
Bowling	4 men

Wrestling	forfeit each weight not present
Basketball	4 men
Table tennis	both men
Badminton	both men
Volleyball	5 men
Softball	8 men

SECTION B. The team that arrives late will award the prompt team with advantage points as follows:

Flagball: The team that is on time will be given possession of the ball and will advance 10 yards each five minutes or portion there of that their opponents are late.

Horse-shoes: One point per minute.

Bowling: Ten points for each five minutes or portion thereof.

Wrestling: Five points for each five minutes or any portion thereof.

Basketball: Two points per minute.

Table Tennis: One point per minute.

Badminton: One point per minute.

Volleyball: One point per minute.

Track and field: Five points for each five minutes or portion thereof.

Softball: Choice of at bat or field plus one run for every five minutes or portion thereof.

ARTICLE X --- AWARDS

SECTION A. The point system to be used for giving both club and individual awards will be the participation-achievement point system as found in Pat Mueller and Elmer D. Mitchell's book on Intramural Sports.

The minimum-maximum scale groups the various sports according to the amount of time and effort necessary to participate and achieve in these sports. This scale is arranged on the basis of three divisions: (1) 25 minimum points and 75 maximum points (minor division); (2) 35 minimum points and 100 maximum points (intermediate division); and (3) 50 minimum points and 150 maximum points (major division). . . (17:225).

In the participation-achievement point plan, the first place team in each sport receives the maximum number of points and the last place team receives the minimum number of points. Teams finishing between first and last place are assigned points proportional to their place of finish. The number of teams entered determines the size of the point interval. In the 50 minimum--150 maximum scale, the interval for 11 teams is 10: 50, 60, 70, 80, 90, 100, 110, 120, 130, 140, 150. For 21 teams the interval is 5 . . . (17:226).

SECTION B. The Intramural Club of the Year Trophy will go to the club having earned the most participation-achievement point during the year.

This trophy will be a circulating trophy. The club winning the trophy each year will have its name engraved on the trophy the year that it was won. When one club wins the trophy three years in a row the trophy will belong to that club permanently.

Each team champion or individual champion of each sport will be awarded a plaque with the name of the sport,

the team members names, and the year written on it.

Certificates will be awarded to members of teams winning championships in each sport.

CHAPTER III

PROGRAM OF ACTIVITIES

Many factors should be considered in choosing a program of activities for an intramural program. The size of the school and the age of the students should be the first consideration. Local facilities and desires should be taken into consideration also. Sports that have the most appeal in the locality will make intramurals popular from the outset. Large schools can offer more of a variety than small schools because of the wider interest developed in cosmopolitan groups. A few well promoted sports make a better program than a number of sports that are not interesting enough to encourage attention.

A comprehensive list of activities is offered by Mueller and Mitchell.

The number of sports that can be offered by any one school depends upon the available facilities, staff, and equipment. The following comprehensive list includes activities used in various elementary, high-school, and college intramural programs:

aerial darts	canoeing
archery	cards
badminton	checkers
baseball	chess
basketball	codeball
bike racing	cricket
billiards	croquet
blitzball	cross country
board track relays	curling
boat pulling	deck tennis
bowling	endball
box hockey	fencing
boxing	field floor hockey

field hockey	roller hockey
figure skating	sailing
flag football	shuffleboard
fly baitcasting	Sigma Delta Psi
football agility test	six-man football
free throw contest	skeet shooting
golf	skiing
golf putting	soccer
gymnastics	softball-fast pitch
handball	softball-slow pitch
hexathlon	speedball
hockey	speed skating
hole-in-one golf	splashketball
horseshoes	squash
ice carnival	steeplechase run
indoor baseball	sweepstakes
judo	swimming
kickball	table tennis
lacrosse	tackle football
life saving	tennis
150 lb. basketball	touch football
outdoor volleyball	track and field
paddleball	tumbling
paddle tennis	turkey run
pistol shooting	twenty-one
pushball	two-man volleyball
racquet tennis	volleyball
relays	water basketball
riding	water polo
rifle shooting	weight lifting
rowing	wrestling (17:101-102).

The activities as proposed for Warden High School were taken from the foregoing list. The activities were chosen first of all because the boys at Warden have shown an interest in them. They were also chosen because they will fit in well with our present program.

The equipment needed for the program is already being used in the required program of physical education. It is believed that this is as it should be. Since the intramural program is a part of the over-all physical education program

using the physical education equipment for the intramural program can be justified.

The activities program as outlined below is a well rounded program. Certainly it is not a stagnant one and no doubt will be changed each year. Any program that is good will change as the needs and desires of the student body dictate. Intramurals are for the students and one should strive to give them a program that will cause them to want to participate so long as the objectives of the intramural program are met.

I. THE PROGRAM OF ACTIVITIES FOR WARDEN HIGH SCHOOL
FOR 1963-64 SCHOOL YEAR

Flagball

Dates: August 26 to September 27

Time: 8:00 A.M. to 8:35 A.M.

Type of tournament: Round Robin

Rules: Flagball rules will be distributed by the Intramural office.

Regulations:

Eleven men will make up a team.

Two fifteen minute halves will constitute a game.

There will be no time outs except in the last five minutes of play when one time out will be allowed.

Tie games will be decided by total yardage gained.

Appropriate clothing should be worn. The Intramural office will furnish one team with colored vests.

Equipment will be furnished.

Officials will be provided.

Horseshoes:

Dates: September 30 to October 4

Time: 12:25 P.M. to 12:50 P.M.

Type of tournament: Ladder

Rules: Horseshoe rules will be listed by the Intramural office.

Regulations:

This will be a duel event. One game of fifteen points will decide the winner.

Equipment will be furnished.

No uniform required.

Wrestling:

Dates: October 7 to November 1

Time: 8:00 A.M. to 8:35 A.M.

Type of tournament: Double Elimination

Rules: National High School Rules will be in force.

Regulations:

A match will consist of two rounds of three minutes.

High school weight classes will be used.

Gym suits as used in physical education class will be the required uniform.

Participants will be weighed by intramural director

to establish weight classes.

Bowling:

Dates: November 4 to November 26

Time: 10:00 A.M. Saturday

Type of tournament: Round Robin

Rules: A. B. C. Bowling Rules will be in effect.

Regulations:

Teams will consist of five bowlers.

Bowling will be done at the Warden Bowling Lanes.

Participants will be required to pay half of the alley fees.

Requirements of the establishment will be observed.

THANKSGIVING VACATION NOVEMBER 27 TO NOVEMBER 30

Table Tennis and Badminton:

Dates: December 2 to December 20

Time: 12:25 P.M. to 12:50 P.M.

Type of tournament: Funnel

Rules for Table Tennis: United States Table Tennis Association.

Rules will regulate play unless
changed by intramural director.

Rules for Badminton: American Badminton Rules will govern
play.

Regulations:

Both doubles and singles will be provided and a
participant may inlist in both.

A club may enter as many teams or individuals as they desire.

Equipment will be furnished.

A match will consist of two out of three games.

CHRISTMAS VACATION DECEMBER 21 TO JANUARY 2

Basketball:

Dates: January 6 to February 28

Time: 8:00 A.M. to 8:35 A.M.

Type of tournament: Round Robin with single elimination.

Rules: The National Federation of State High School Athletic Associations Basketball Rules will govern play unless otherwise specified.

Regulations:

Games will consist of two fifteen minute periods in which the clock will not be stopped. Five minutes will be allowed between periods.

Organizations may enter as many teams as they desire.

Players will furnish their own trunks and gym shoes.

Other equipment including jerseys will be furnished by the Intramural office.

Volleyball:

Dates: March 1 to March 26

Time: 12:25 P.M. to 12:50 P.M.

Type of tournament: Round Robin

Rules: United States Volleyball Association rules will

govern play unless otherwise specified.

Regulations:

The winner of a match will be determined by a team winning two out of three games.

Gym shoes must be worn.

Free Throw Contest:

Dates: March 29 to April 2

Time: 12:25 P.M. to 12:50 P.M.

Type of tournament: Percentage shoot-offs will determine winners of free throw contest.

Rules: The rules will be distributed by the intramural director.

Regulation:

Clubs may enter as many boys as they desire.

Track and Field:

Dates: April 12 to April 30

Time: Track 8:00 A.M.

Field 8:15 A.M.

Type of tournament: Qualifying meets and championship meets.

Rules: National Federation of State High School Athletic Associations Track and Field Rules will govern play unless otherwise specified.

Regulations:

An individual may participate in two track events and one field event plus the relay, or one track event and two field events plus the relay.

Appropriate clothing should be worn, spikes may be worn.

Equipment will be furnished.

Softball:

Dates: May 3 to May 21

Time: 12:00 P.M. to 12:50 P.M.

Type of tournament: Round Robin

Rules: Umpires' Protective Association Official Softball Rules for Slow Pitching will govern play unless otherwise specified.

Regulations:

Games will consist of five innings. If time runs out the winner will be determined by reverting back to the score at the end of the last full inning of play.

Appropriate clothing should be worn.

Balls, bats, bases, catcher's protective equipment and gloves will be furnished.

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