

A PROGRAM OF ATHLETICS AND RECREATION
FOR ARMY CORRECTIONAL TRAINING FACILITIES

by

RONALD EDWARD BOEHME

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R. W. Anthony

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A PROGRAM OF ATHLETICS AND RECREATION FOR ARMY
CORRECTIONAL TRAINING FACILITIES

INTRODUCTION

The pressures of complex modern life make it imperative for all to have an escape from the rigorous demands they experience daily. Military leaders have long known that the effectiveness of any unit is largely dependent upon the morale of its troops. In our educational system one of the cardinal principles is to prepare people with skills for "worthy use of leisure time". Army commanders have always been aware that troops with high morale make a more effective fighting force, but they have not always been in accord as to the best method to achieve high morale. Aside from food, shelter, clothing, pay and mail, commanders have varied greatly in their opinion as to what other things are essential to morale. It seems that a balance between the use of man's leisure and the worthiness of the activities in which he indulges during this free time will of necessity become not only the nature but the function of recreation. (1) We thus need to "recreate" beyond the limits and the bounds of modern society. Recreation in its nature is closely related to the mental hygiene approach to living, and its function lies in recognizing the needs for such an approach and their satisfying that need. We must be prompt to recognize a prisoner's needs for the services of recreation when these same individuals are not likely to recognize the need and satisfy it themselves. We must

be alert to recognize change and be willing to adjust to meet the needs so that our troops can live a balanced life in an ever changing environment.

PURPOSE

The primary objective of this paper is to establish the needs for a challenging and meaningful program of athletics and recreation for prisoners of the United States Army Correctional Training Command. (Note: The Correctional Training Facility will be referred to as CTF henceforth in this report.)

It is also the concern of this paper to provide a sound program that will satisfy the recognized and defined needs of the prisoners. In accomplishing this task the program will contribute greatly to the overall mission; that of "returning military prisoners to duty as well-trained soldiers with improved attitudes and motivation". Recommendations for implementation of this program will be included.

THE PURPOSE OF RECREATION

Recreation is a fundamental human need and contributes to such essentials as mental, physical, emotional and social health; community solidarity; economy; character development; and democratic living. The benefits are derived from a program of activities which includes not only athletics and physical education activities, but also such things as gardening, music, drama, arts and crafts, outings, photography, fine arts, and all sorts of hobbies. The program of activities caters to the entire population. Programs are organized in respect to the needs and interests of those they serve. (2,p.22)

HISTORY AND ROLE OF ARMY RECREATION

Active interest to provide guidance for a systematic Army-wide approach to consider all factors on troop morale has existed since World War I. The special services programs, which provides off-duty recreation and entertainment for military personnel and their dependents has been one of the results of this effort.

Since 1942 the term "special services" has been officially used; however, recreation activities in the Army can be traced as far back as the Civil War. During this period mostly spontaneous type activities, initiated by the troops took place and little direction or support was offered from higher headquarters. Sports were beginning to gain popularity during the Civil War periods and Army units at times competed against each other in team sports. Baseball appeared to have been the most popular of all competitive sports during the Civil War era.

In the late eighteen hundreds municipalities began to recognize their responsibility for recreational services and began to acquire facilities for recreational activities. Cities purchased land for parks, playgrounds were established, schools opened their facilities in the afternoons and evenings, playgrounds and recreation associations were organized, the Playground Association of America was established (this later became the Playground and Recreational Association of America) and the first Play Congress was held. During World War I the War Camp Community Service was established. President Coolidge sponsored the Conference on Outdoor Recreation, his successor called the

White House Conference on Child Health, the Playground and Recreation Association of America (formerly the Playground Association of America) now became the National Recreation Association and the American Recreation Society was organized. (1, p.10) The Red Cross and the Y.M.C.A. were organizations that contributed to the morale of military men during the late 1800's and early 1900's. However, there is no evidence of any organized sports program during this period. (3)

The task of developing an athletic program for troops was assigned to the War Department Commission on Training Camp Activities and to civilian agencies during World War I. It was during this period that the value of sports and exercise was fully recognized as a means of promoting military efficiency. A program of organized physical training and athletics in the Army took shape for the first time. It was also during this war that Congress appropriated money for an athletic program. Athletic directors and instructors were hired, facilities constructed and transportation and other expenses authorized. Early in 1918, fourteen men who had been working as athletic instructors were given direct commissions as Captains in the Army. The first school for training physical directors to carry out a uniform program was established at Princeton, New Jersey in September 1918. This program grew steadily until athletics and physical training activities were extended, when possible, to the combat lines. (4)

World War II brought the establishment of the United Services Organization, the Federal Government Sponsored and Interagency Committee on Recreation, Colleges and Universities set up curricula for the

education of recreation personnel. Recreation commissions were established in some states; in others extension education acts were created and the funds used for recreation. The national government established the Department of Welfare Education, and the Inter-National Recreation Congress (established in 1932) met again in St. Louis in 1954. (1) The term "special services" made its first official appearance in March 1942, when the morale branch became a staff division of Services of Supply, and was renamed the Special Services Division.

In January of 1947, the Special Services Division became a separate administrative service known as the Office of the Chief of Special Services. In the same year the Special Services School was reactivated at Fort Monmouth, New Jersey. Special Services today includes the Entertainment Division, the Arts and Crafts Division, the Library Division, the Service Club Division, the Theater Division, and the Supply and Maintenance Division as well as the Sports Division. (4)

Probably the best known and most widely discussed portion of the Special Services Programs is the Sports Program. Individual sports and team competitions are found wherever United States Army personnel are stationed, including Viet Nam. The mission of the sports program is to give all military personnel an opportunity to participate in a sport of his or her choice during off-duty hours. The program is designed to develop and maintain individual and group morale and increase combat effectiveness by developing esprit de corps, will to win, aggressiveness, confidence, and teamwork. The sports program does not replace, but supplements the military physical

training program. It has three phases: instructional, self-organized, and competitive. (5)

The instructional phase is the first step toward accomplishing the mission of the sports program. In this phase, selected personnel offer instruction, both basic and advanced, in techniques and rules of various sports. As the individuals progress in skill and ability their interest increases and the quality of play improves.

The self-organized phase encompasses all spontaneous, impromptu, and informal sports activities. Facilities should be located in readily accessible troop areas with equipment immediately available. The competitive phase consists of all scheduled sports contests between individuals or units including tournaments. Competition is conducted on the inter-service, Army area, installation, and small "unit level. The emphasis is on intramural participation (that is, between units within the installation) with individual and team competition organized at the lowest level possible. Also commanders are encouraged to include on-duty sports in the physical conditioning program in order to stimulate the interest of individuals who might not otherwise participate or be interested in sports.

Major commands, or Army areas, such as the Fifth Army Area, serve as implementing agencies for carrying out the sports policies established by the Department of the Army. They organize and conduct command championship competitions; conduct conferences and sports clinics for personnel within the command; give advisory service on command-sponsored championships, the selection, procurement, and

utilization of personal facilities, equipment, and supplies; make frequent visits to all installations within the command; and process budgetary requirements and requests for grants.

Following are policies taken from Regulation 28-8, the Fifth United States Army Sports Policy. (6)

Installation Sports Program: The commanders of installations and activities are responsible for the establishment of the intramural sports program to include funding, personnel staffing, facilities, supplies, equipment and transportation support.

a. The intramural sports program, aimed at maximum soldier participation, requires planning, promotion and actual supervision by unit officer personnel assisted by qualified noncommissioned officers.

(1) Sports program schedules, equipment and facilities available through special services will assist unit commanders in attaining desired participation.

(2) To achieve maximum benefits of this program, it is essential that constant coordination be maintained between unit physical training programs and special services activities.

b. Personnel requirements for the intramural programs must not conflict with current manpower regulations. Most duties connected with the program can be assigned as additional duty or from voluntary personnel.

c. The amount of funds directed toward the intramural sports program will be determined locally by installation and activity

commanders. As a minimum, commanders should fund an average of \$3.50 per man per year for essential items to support the intramural program.

d. Purchase of awards for presentation to individuals and teams will be made from non-appropriate funds. (Authors note: Non-appropriated funds are monies not appropriated by Congress but which are generated from the operation of authorized morale, recreation, and welfare activities, such as bowling alleys, theaters and the like.)

THE OBJECTIVES OF RECREATION

The objectives of recreation may be listed in four categories. They are the health development objectives, the human relations objective, the civic development objective and the self-development objective.

The health development objective is important in the field of recreation. Health, to a great degree, is tied up with activity during leisure hours as well as during hours of work and manner in which a person spends his free time determines in great measure whether his physical, mental, emotional, and spiritual health are in high quality. Through recreation, adaptive activity is available which is conducive to sound health. A range of activities exists which offers opportunities for every person to promote his organic health. Activities are present in which he may relax, escape from the tension of work, forget about problems, and thereby contribute to mental health. Activities are planned and conducted which provide enjoyment and pleasure and in this way contribute to emotional health. Activities are included requiring the participation of many persons which is conducive to better social relations and higher standard of moral and spiritual values, thus

promoting social and spiritual health. Public recreation programs are designed to provide activities which counteract the deteriorating effects of strenuous or routine work or study and complement the overall routine that a person follows. These programs overcome many of the shortages that exist when the day's work is done, and in this way contribute to the integration and development of the whole individual.

The human relations objective represents a major contribution of recreation to enriching life. Recreational programs develop many individual qualities which make for better adjustment. Such attributes as courage, justice, patience, tolerance, fairness, and honesty are only a few that are possible of development while individuals are playing and recreating together in the many activities that comprise the total recreational program. Attitudes are also developed which promote good human relations. Wholesome attitudes of social cooperation, loyalty to the group, recognition of the rights of others, and the idea that one receives from the group in direct proportion to what one "gives to the group" are a few that make for better relations and enable worthy goals and projects to be accomplished. To develop good social traits it is necessary to bring people together in a situation where there is a feeling of belonging and where each individual is recognized. There are innumerable opportunities for such interaction in the many recreational programs that exist throughout the country.

The civic development objective is a noteworthy goal for recreation. Recreation contributes in many ways to the development of any community. It contributes to community solidarity by uniting people in common

projects, regardless of race, creed, economic status, or other discriminatory factors. It helps to build the morale of the members of the community. It is a contributing factor in alleviating crime in that it provides settings and activities in which youth and other individuals may engage in constructive, worth-while activities, rather than in destructive, antisocial activities. It helps the growth and development of the individual so that he becomes a more valuable citizen in the community and has more to contribute in its behalf.

The self-development objective refers to the potentialities which participation in a program of recreational activities has for developing the individual to his fullest capacity. This is done in a variety of ways. It contributes to the balanced growth of an individual. It allows for growth in other ways than mere production of material things for utilitarian purposes. In other words, it satisfies the human desire for such things as creative music, art, literature, and drama. It allows an individual to make things not for their material value but instead for the joy, satisfaction, and happiness that go with creating something through one's own efforts. It allows for the development of skills and abilities which are latent and dormant in the individual until they are aroused by leisure hours with proper settings and leadership. These skills help to make the individual a better integrated individual. It provides an avenue for the individual to experience joy and happiness through some activity in which he has the desire to engage. In this chaotic world in which there are so many sorrows, heartbreaks, and frowns, it is essential for people to

revitalize themselves through the medium of recreational activities. This provides smiles and hearty laughs and release from the tension associated with day-to-day routine. It affords a place for many individuals to excel. Such an urge is many times not satisfied in one's regular job or profession. An opportunity is provided in recreation to satisfy this desire. It provides an educational experience. The participants learn new skills, new knowledges, new techniques and develops new abilities. He is filing away new and different experiences which will be helpful in facing situations which will be encountered from day to day. (2,p.25-28)

THE EDUCATIONAL VALUES OF RECREATION

Recreation in confinement facilities, as found in programs of intramurals and recreation, has inherent educational values which can transform mental, physical, emotional and social qualities of an individual to approach more closely the ideal of the educated man. These educational values include an understanding and respect for the human body as a means of expression; the development of the fundamental skills of movement so necessary in all daily activities; essential contribution to the physiological development of the human body; an understanding and knowledge of the care needed by the human body to enable it to function at peak efficiency; the development of interests and playing skills in a variety of wholesome leisure time activities; and the realization that recreational activities are one of the best avenues of education leading to group understanding and cooperation. (7, p.13) These values, when transferred to our task of salvaging a segment of the youth of

America become even more meaningful. They clearly suggest an avenue of approach that is relatively untouched in the current operation of the Correctional Training Facility.

GENERAL PROGRAM CONCEPT

In establishing a general program one must first consider the aspects of play, leisure and recreation.

Jay B. Nash in his Philosophy of Recreation and Leisure, says "Leisure refers to free time from other necessary activities including work and sleep. Recreation refers to a use of that leisure on some qualitative scale. For children, these activities will be called play, but for adults, certainly, recreation". (8, p. 34)

Gerald B. Fitzgerald in Community Organization for Recreation states, "Leisure is time and recreation is the expression of human interests in free time. Leisure and recreation are not one and the same. Many leisure pursuits through no stretch of the imagination can be considered recreation when viewed in biological, psychological or sociological terms. Kill, gambling, and juvenile delinquency, in the main, take place during leisure when people are free to do what they want to do. But they are not recreation." (9, p. 8)

George D. Butler in Introduction to Community Recreation points out that "the word 'recreation' is used primarily because it is considered more inclusive and satisfactory than the word 'play'. The two terms may be used synonymously, however, for of the conception of play as self-expression is accepted as most adequate, then the spirit which characterizes the recreation of adults is much the same as that found in the play of children". (10, p.8)

Charles K. Brightbill and Harold D. Meyer in Recreation, say "For reasons yet to be satisfactorily and adequately explained, wherever animal life exists there is play Play accomplished or performed by human beings during periods of leisure has, in more recent years, been termed 'recreation'. Leisure is time beyond that which is required to make a living Recreation, then may be thought of as activity voluntarily engaged in during leisure and primarily motivated by the satisfaction or pleasure derived therefrom." (11, p. 50)

In the foregoing, accepted experts in the field of education and recreation expressed their feelings and definitions of the basic elements considered in the text of this paper. For clarity, the author will seek to employ a program that will satisfy the needs and desires of the prisoners as expressed by Mr. Brightbill and Mr. Meyer.

The program, as should all programs of recreation, must be diverse enough to offer something for everyone. To accomplish this the program must offer competitive athletics which encourage play at varying skill levels; activities that are creative in nature without physical competition; and finally the program should offer an escape to those who simply want to relax and think in a quiet atmosphere or perhaps listen to music on the equipment available in the recreation center. Thus, it is necessary to establish a broad base of operation with a scope that must be attractive in some manner to each trainee in the prisoner population. The competitive athletics will span the skills of physical combat and strategy of team sports, to the sophisticated talent and dexterity of the competition of individual sports. In each of the four major team

sports the Correctional Training Facility champion will compete with the intramural champion from Kansas State University for a floating championship and possession of a revolving trophy designating the champion. The contest for the championship will not only provide the highest level of competition but will offer a spectator sport for identification and emulation for the entire population of the facility. Individual sports champions may also vie for individual honors against Kansas State University champions. The overall competition between Army prisoners and students from Kansas State University will offer a tremendous area of public relations for the facility and greater contact with the civilian community for the trainees.

GENERAL RECREATION PLAN

Purpose: To foster and develop, through a planned leisure time athletic and recreation program, competitive unit spirit, morale, and esprit de corps within the Correctional Training Facility. Further to provide adequate opportunity for personnel of this command to become better adjusted to the pressures of modern living through wholesome experiences and exposure to the worthy use of leisure time.

Scope: The provisions of this plan are applicable to all personnel assigned to the United States Army Correctional Training Facility, Fort Riley, Kansas.

General: a. Correctional Training Facility Regulation 28-52 (Appendix A) as approved by the Commander, US Army Correctional Training Facility will be the implementing instrument of this recreation plan.

b. Personnel assigned to the Correctional Training Facility

will be encouraged to maintain the highest degree of physical conditioning.

c. The need for maximum participation in organized sports and recreation is paramount in organizations of this size and type. The varied ages of the members of this organization contribute to the extreme difficulty in selecting activities which are suitable for the maximum number of personnel, therefore, the widest publicity and encouragement must be given to those activities which are selected.

d. Every effort will be taken to insure the exposure of wholesome experiences to the trainee in the use of leisure time.

e. Trainee behavior, attitudes, and actions, will be closely observed during leisure time activities. During this phase of the training day the counselor may detect some very useful traits and behavior patterns displayed by the trainee and utilize the knowledge as useful tools in treatment and motivation of the prisoner.

f. Leadership and positive human relations will be stressed and encouraged by cadre in assisting the trainee in preparation for participation in the recreation program.

g. Honesty and fair-play will be given the very highest priority.

h. Physical and emotional control will be maintained by trainees and utilized by cadre as a vehicle to reach withdrawn trainees during more relaxed situations.

i. Recreation time will seek to satisfy the fundamental human needs of the trainee and contribute to such essentials as mental, physical, emotional, and social health.

j. Implementation of this recreation program will contribute greatly to the overall mission; that of "returning military prisoners to duty as well-trained soldiers with improved attitudes and motivation".

CONDUCT OF PROGRAM

Intra-Unit Competition: The following activities will be conducted within the US Army Correctional Training Facility for the purpose of eliciting maximum participation among trainees assigned to the Correctional Training Units of the three Correctional Training Battalions:

- a. Flag Football - September through November (See Appendix B).
- b. Basketball - November through February (See Appendix C).
- c. Volleyball - February through April (See Appendix D).
- d. Softball - April through August (See Appendix E).
- e. Bowling - Free bowling on a regularly scheduled basis throughout the entire year. Team tournament for Correctional Training Units in February.
- f. Physical Fitness - Running award as in ladder tournament with the highest score holding the trophy until a succeeding higher score is achieved.
- g. Marksmanship - Running award as in a ladder tournament with the highest score holding the trophy until a succeeding higher score is achieved.
- h. Swimming - June through September, free swimming on a regularly scheduled basis. Team swim meet for Correctional Training Units in August.

- i. Table Tennis - Singles and doubles tournament in March.
- j. Horseshoes - Singles and doubles tournament in June.
- k. Golf - Team tournament for Correctional Training Units in July.

1. Additional activities to be provided as interest dictates.

- (1) Weight lifting
- (2) Arts & Crafts
- (3) Drama
- (4) Choral

Inter-Unit Competition: The champion team of the Correctional Training Facility in each of the following activities will play a best of three series with the reigning champion of the Kansas State University Intramural Leagues:

- a. Flag Football
- b. Basketball
- c. Volleyball
- d. Softball

Individual Sports Championship: Feasibility of Inter-Unit competition for individual sports champions will be determined at a later date.

TROPHIES AND AWARDS

When practicable, suitable trophies and awards will be presented by the Correctional Training Facility for attainments in Intra-Unit competition. Awards for inter-unit competition will be provided on a mutual consent basis between the Director of Intramurals &

Recreation at Kansas State University and the Athletic and Recreation Officer of the US Army Correctional Training Facility. The title Correctional Training Facility will not appear on any award or trophy presented.

ORGANIZATION AND PERSONNEL

Under the current structure and organization of the Correctional Training Facility the logical place for an Athletic and Recreation Section to be found is under the Personnel & Administrative Services Division. This Division, by the nature of its mission and responsibilities, plays an essential role in the accomplishment of the correctional objectives. It provides required services in areas concerned with the trainee's morale and welfare. These include basically his pay, personal property, mail, reassignment and recreational services. If any of these functions are not performed effectively, the trainee will be less receptive to the correctional program, and in many cases the ill effects will negate all efforts of the cadre and other sections of CTF who assist in his training and rehabilitation.

a. Organization (See Figure 1).

b. Personnel.

(1) The personnel make-up of the athletic and recreation section and job descriptions follow:

(a) Section Chief - One company grade commissioned officer; branch immaterial, with a background in physical education, recreation or athletics. Ideally this position should be occupied by a

man with a degree in either Physical Education or Recreation and some experience in either teaching, supervision or administration of a Physical Education or Recreation Program. His duties would consist of organizing, scheduling, and administering the entire athletic and recreation program of CTF.

(b) Operations Sergeant - One Sergeant First Class (E-7), MOS 03Z40 (Recreation Supervisor). The operations sergeant will act as second in command and in general the Non-commissioned Officer In Charge. He will assist the Section Chief in organization, scheduling, administering, and supervising the entire athletic and recreation program of the Correctional Training Facility. (Note: MOS is the military terminology for Military Occupation Speciality or job description of an individuals capabilities.)

(c) One each of the following:

1. Entertainment Specialist (E-5) MOS 03B20.
2. Physical Activities Specialist (E-5)

MOS 03C20.

3. Arts and Crafts Specialist (E-5)

MOS 03D20.

Above personnel would carry out the operation of the program and work at the grass root level with the trainees within their speciality.

(d) Clerk - one civilian clerk (GS5) to perform the clerical duties incumbent with the administration of a program of this nature.

US ARMY CORRECTIONAL TRAINING FACILITY

ORGANIZATION

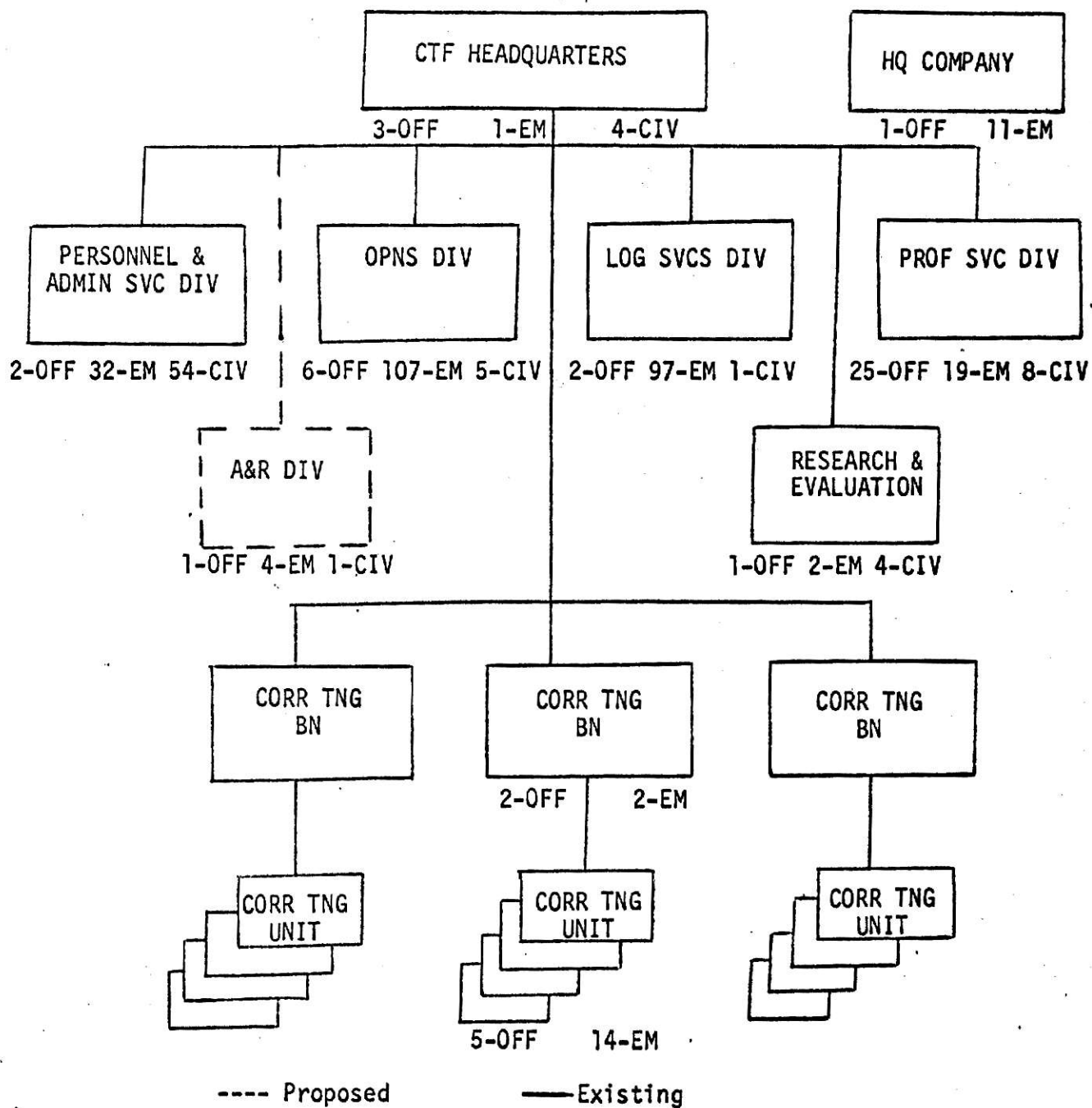


FIGURE 1

EQUIPMENT AND FACILITIES

All current facilities existing at Camp Funston, Fort Riley, Kansas, can be utilized in the implementation of this program. Additional facilities would not be required for maximum efficiency.

a. Facilities currently in existence that will support this program.

- (1) McGrath Field House & Field
 - (a) Bowling
 - (b) Weight Training
 - (c) Basketball
 - (d) Volleyball
 - (e) Football
- (2) Camp Funston Pool - Swimming
- (3) Custer Hill Golf Course - Golf
- (4) Unit Areas
 - (a) Horseshoes
 - (b) Table Tennis
 - (c) Physical Fitness
 - (d) Softball
- (5) Fort Riley Rifle Ranges - Marksmanship
- (6) Building 1250
 - (a) A & R Bldg C Music Center
 - (b) Arts & Crafts
- (7) Theater 3 & 4
 - (a) Drama

(b) Choral

b. Coordination has been effected with Chief of Occupational Therapy Section, Irwin Army Hospital, Fort Riley, for fringe area activities and dual utilization of facilities and personnel.

c. The majority of equipment necessary to implement this program is already on hand and all new necessary equipment can be requisitioned through normal Army supply channels by the Logistical Services Division.

BUDGET

Fifth Army Regulation 28-8, authorizes funding of \$3.50 per-man per-year for athletic and recreational activities. When this figure is applied to the population of CTF it amounts to approximately \$10,000.00. This money will be used in the program to provide officials, purchase trophies and awards, and for special equipment that is not available through normal Army supply channels. (Note: Weekly movies and entertainment schedule would be implemented and operated by the A&R Section but would be budgeted separately.)

SUMMARY AND CONCLUSIONS

Military leaders have long known that the morale of men has a great influence on their efficiency and performance. Leaders of education have always stressed the need for "worthy use of leisure time". Recreation today occupied a premier position because the pressures of complex modern life make it imperative for all to have an escape from the rigorous demands they experience daily.

Army Special Services, formally came into being in 1942, although recreational activities in the Army can be traced back to the Civil War era. Special Services includes the Entertainment Division, the Arts and Crafts Division, the Library Division, the Service Club Division, the Theater Division, and the Sports Division.

The endeavors of this work were to establish and define the needs for an active athletic and recreation plan at the US Army Correctional Training Facility and make recommendations for implementation of such a plan. As earlier stated, recreation is a fundamental human need and contributes to such essentials as mental, physical, emotional and social health; all of which have great influence on the prisoner the Army is attempting to rehabilitate and restore to active military duty.

In attempting to meet the objectives of recreation with the implementation of an athletic and recreation plan at CTF, the cadre will be enriching the trainees' experiences and development greatly in the area of health, human relations, civic pride and self-development. With this program the Army will utilize still another vehicle to motivate and stimulate a broken youth.

The program offered herein is diverse enough to offer something for everyone. It will offer activities to attract the attention of all sorts of individuals, and, hopefully, encompass the entire population at CTF. Competition and personal pride in self; unit; battalion, facility and country will be stressed and improve the prisoners self-image and identification. Honesty and fair play will be stressed and

become a way of life attempting to influence all action of the trainees while at CTF and as a carry-over trait upon their departure.

Participation in the activities of this program will encourage better handling of personal problems through the examples learned in competitive sports. Leadership traits and emotional control will be nurtured and build from the spirit of free play and competition.

Awards will be given to signify achievement; however, the words Correctional Training Facility will not appear on them, thereby, avoiding possible embarrassment at future dates. Both Intra- and Inter-Unit competition will be provided for the trainees on this program.

Adoption and implementation of this plan can be accomplished with little or no difficulty for the current organization and structure of CTF. Facilities now existing are sufficient to support this plan. Minor personnel augmentation would be necessary, but equipment requisitions would be minimal. The results to be gained by the implementation of this plan greatly influence its favorable consideration.

Based on this study and plan, the following conclusions were made concerning the athletic and recreation needs at the US Army Correctional Training Facility, Fort Riley, Kansas.

a. Army leaders have long recognized the affects of good athletic and recreational activities contributing to the morale of troops.

b. Recreation today occupies a premier position because the pressures of complex-modern life make it imperative for all to have an escape from the rigorous demands they experience daily.

c. Army Special Services became offically organized in 1942.

d. The Army seeks to have maximum participation in all sports.

e. The needs of all humans and certainly those of troubled young military prisoners can be better met with the implementation of a comprehensive athletic and recreation program.

f. Pleasurable experiences while in Army confinement can be increased with a comprehensive athletic and recreation program.

g. Implementation of an athletic and recreation plan at CTF will greatly enrich the trainees' experiences and development in the areas of health, human relations, civic pride, and self-development.

h. The program offered herein is diverse enough to offer something for everyone.

i. Through application of a competitive sports program, trainees will be given greater opportunities to develop personal pride and a feeling of worth.

j. Fair play and honesty in competitions will contribute to the building of good habits, character and acceptance of responsibilities.

k. Awards will be given in recognition for achievement in competitive play.

l. Adoption and implementation of the plan could be effected through a subtle transition in the current CTF operations.

m. Equipment, facility and personnel augmentations would be minimal to implement this plan.

n. The results to be gained by the implementation and execution of this plan greatly influence its favorable consideration.

RECOMMENDATIONS

1. Organization and establishment of an Athletic and Recreation Section at the Correctional Training Facility under the Personnel & Administrative Services Division for implementation of the recommended program.

2. The mission of the Athletic and Recreation Section should be wholly and completely dedicated to the effort of "offering something for everyone".

3. It is possible that this study could be used as a guide for implementation of athletic and recreation programs at other Army confinement facilities.

APPENDIX A

CTF REGULATION 28-52

CTF Reg 28-52

DEPARTMENT OF THE ARMY
US ARMY CORRECTIONAL TRAINING FACILITY
Fort Riley, Kansas 66442

REGULATION
No 28-52

1 June 1970

WELFARE, RECREATION AND MORALE

CTF Athletic and Recreation Program

1. Purpose. To foster and develop, through a planned leisure time A&R program, competitive unit spirit, morale and esprit de corps within this organization.
2. Scope. This regulation is applicable to all personnel assigned to the United States Army Correctional Training Facility.
3. Responsibility. The Athletic and Recreation Officer is responsible for administering the CTF Athletic and Recreation Program. All commanders and supervisors are responsible for giving maximum possible support of the program.
4. General.
 - a. Personnel assigned to this organization will be encouraged to maintain the highest possible degree of physical fitness.
 - b. The need for maximum participation in organized sports and recreation is paramount in organizations of this size and type. The varied ages of the members of the CTF population contribute to the extreme difficulty in selecting activities which are suitable for the maximum number of personnel; therefore, the widest publicity and encouragement must be given to those activities which are programmed.
 - c. Members of Unit Teams will not be given time off or excused from training to prepare or participate in scheduled team or individual events.

5. Conduct of Program: a. Intra-Unit Competition. The following activities will be conducted within CTF for the purpose of eliciting maximum participation among personnel assigned to the facility.

- (1) Flag Football - September through November.
- (2) Basketball - November through February.
- (3) Volleyball - February through April.
- (4) Softball - April through August.
- (5) Bowling - Free bowling on a regularly scheduled basis throughout the entire year. Team tournament for CTU's in February.
- (6) Physical Fitness
- (7) Marksmanship
- (8) Swimming
- (9) Table Tennis
- (10) Horseshoes
- (11) Golf
- (12) Additional activities to be provided as interest dictates:
 - (a) Weight lifting
 - (b) Arts and Crafts
 - (c) Drama
 - (d) Choral

b. Inter-Unit Competition: Champions of each sport may be scheduled for contests with teams from outside the Correctional Training Facility. For example, games with the Intramural Champion Team from Kansas State University.

c. Trophies and Awards: When practicable, suitable trophies and awards will be presented by the Correctional Training Facility for attainments in intra-unit competition. Individual awards will not bear the title Correctional Training Facility.

d. Officials: Competent officials at all echelons of competition will be employed. The A&R Section will select, train, and schedule sports officials to support the program. Adequate reimbursement for services rendered will be provided.

e. A&R Advisory Council: The Commanding Officer of each Correctional Training Battalion will appoint one (1) company grade commissioned officer and one (1) senior noncommissioned officer to represent his command on the A&R Advisory Council. This council will hold scheduled meetings for the purpose of determining the manner of deriving maximum benefit from the CTF athletic and recreation program. The council will submit minutes of each meeting, representative of the recommendations of the council to the Commander, US Army Correctional Training Facility.

6. References. a. AR 28-52.

b. Fifth Army Reg 28-8.

c. AG Memo 44-2.

d. AG Memo 44-3

e. Fort Riley Reg 28-

FOR THE COMMANDER:

JOHN L. MCGILLEN
MAJ, AGC
Adjutant

DISTRIBUTION:

A

APPENDIX B

INTRAMURAL FLAG-FOOTBALL RULES

DEPARTMENT OF THE ARMY
US ARMY CORRECTIONAL TRAINING FACILITY
Fort Riley, Kansas 66442

INTRAMURAL FLAG-FOOTBALL RULES

The 1970 NCAA Football Rules and Flag Football Rules as amended here-in will govern intramural flag football play at the US Army Correctional Training Facility.

RULE 1. The Field

Section 1. Dimensions.

Article 1. The dimensions of the over-all playing field shall be approximately 240 feet by 120 feet.

Section 2. Markings.

Article 1. The field shall be divided into four equal zones, with an additional zone at each end of the field, two yards from and parallel to the goal lines - known as the end-zones. The lines separating the zones in the field of play shall also run parallel to the goal lines.

Article 2. There shall be a line at each end of the field, five yards long, located ten yards into the playing field from and parallel to the goal line. This line is for the purpose of the "Try for point" after touchdown.

RULE II. Players and Substitutions

Section 1. Number

Article 1. Seven players shall constitute a team, and no team shall be allowed to play a game with less than six players.

Article 2. A minimum of three players, or a maximum four players shall be on the line of scrimmage for the offensive team at the snap of the ball. All other players shall be at least one yard behind the line of scrimmage.

Section 2. Substitutions.

Article 1. There shall be no limit to the number of substitutions a team may make, providing such substitutes remain in the game for at least one play and, providing the substitutions cause no delay of the game.

RULE III. Equipment.

Section 1. Protective Equipment.

Article 1. Players may wear approved molded rubber cleated shoes.

Article 2. No player shall wear padded suit, headgear, shoulder pads, or any other special protective body device.

Article 3. No player shall wear eye-glasses unless they are of shatterproof material or contact-lenses. With the approval of the Intramural Director, glasses may be worn under a protective mask.

Section 2. Approved Clothing.

Article 1. Long sleeved jerseys or shirts, sweat shirts or T-shirts may be worn; however, long trousers or sweat pants shall be worn as they lessen abrasions.

RULE IV. Ball

Section 1. The regulation rubber or leather football shall be used.

RULE V. The Game.

Section 1. Length.

Article 1. The game shall consist of four eight minute periods.

Article 2. Between the 1st and 2d and the 3d and 4th quarters, the teams shall change goals, and there shall be a one-minute interval for this purpose..

Article 3. There shall be a five minute rest period between halves.

Section 2. Time Out

Article 1. (a) Time-Out shall be taken when a team is scored upon.

(b) Time-Out shall be taken by the Officials in case of an injury. Limit one minute. Injured player will be replaced for one play.

(c) Each team shall be allowed two time-out periods during each half--limited to one minute each.

Article 2. (a) No time-out shall be taken for out-of-bounds, unless the ball goes more than a reasonable distance beyond the boundary lines.

(b) No time-out shall be taken for enforcement of penalties except during the last two minutes of each half.

(c) No time-out shall be taken by either team during the last two minutes of each half; however, the Referee may call time-out for injuries and penalties during that period.

(d) No time-out shall be taken for incomplete forward passes..

Section 3. Downs.

Article 1. When the ball is downed in a playing zone, the team in possession shall be given four downs to advance the ball from that point into the next zone.

Section 4. Tie Games.

Article 1. A tie after the regulation period of play will be decided by the following means:

- (a) Play will start at mid-field (40 yard line).
- (b) Each team will be allotted four downs to score as much as possible or to move the ball as far as possible toward the opponent's goal.
- (c) If neither team scores during the allotted number of downs the winner will be determined by penetration or the team that gains the most yardage toward the opponent's goal during their four plays.
- (d) A coin toss by the referee will determine which team shall put the ball in play at mid-field.
- (e) A team may lose possession of the ball during their allotted number of downs; ie, should the opposing team intercept a pass. If a pass is intercepted, play will start again at the point the ball becomes dead, in possession of the team making the interception, and their 4 allotted downs begin from this point.
- (f) No kicks shall be allowed during the overtime.
- (g) Should a team score a touchdown before the eight-play series is completed, the overtime series continues and the scoring play counts as one of the plays; after which the ball should again be put into play at mid-field.

- (h) If a score is not made, the official will notify the team on the number of yards gained at the end of their four plays.
- (i) If, at the end of the eight-play series, the score is still tied, an additional six play series will be played.

RULE VI - Kickoff.

Section 1. Put in Play.

Article 1. The kickoff is the same as in tackle football.

- (a) The game will be started by a place kick or drop kick (no punt) from the kicking team's 40 yard line.
- (b) The team receiving the kickoff may not form interference for the ball carrier.
- (c) The ball may be advanced on the return by running, passing forward, laterally, or backward.

Article 2. After a safety the team scored upon will put the ball in play by a place kick or drop kick (no punt) from the kicking team's 20 yard line.

RULE VII - Scoring and Scoring Plays.

Section 1. Scoring.

Article 1. Touchdown ----- Six Points
 Point after Touchdown ----- One Point
 Safety ----- Two Points

Article 2. The play for "point after touchdown" shall be made by a scrimmage play from the opponent's ten yard line.

Section 2. Scoring Plays.

Article 1. Touchdown (6 Points). A touchdown shall be made when the offensive team legally carries the ball across his opponent's end zone, or intercepts a pass in his opponent's end zone.

Article 2. Point-after-touchdown (1 Point). Same as above. Play starting from opponent's ten yard line.

Article 3. Safety (2 Points). It is a safety when:

- (a) A runner carries the ball from the field of play to or across his own goal line and it becomes dead when there in his team's possession.
- (b) A player forces a loose ball from the field of play to or across his goal line by his kick, pass, fumble, snap, muff, or bat and provided the ball becomes dead there in his team's possession. This does not apply to a legal forward pass which becomes incomplete.
- (c) A player on offense: commits any foul for which the penalty is accepted and measurement is from a spot in his end zone.

Article 4. Touchback (no points awarded). It is a touchback when:

- (a) Any kick touches anything while the ball is on or behind R's goal line.
- (b) A pass or fumble by a given team or their muff or bat of a backward pass is the force which sends the ball to or across the opponent's goal line. NOTE: The force that puts the ball into the end zone is the important factor in determining whether the action results in a safety or a touchback.

RULE VIII. Forward Passing.

Section 1. Forward Passes.

Article 1. Number of. A maximum of three forward passes are allowed a team in the same down, or any time after "change of possession". (i.e., after receiving a kick, intercepting a forward pass, or receiving a kick, intercepting a forward pass, or recovering a fumble in the air.)

Article 2. Any member of either team is an eligible pass receiver.

- (a) A pass receiver with one flag or no flags is an eligible receiver, but upon catching a pass, the ball becomes dead at the spot the pass is received.

Article 3. (a) A forward pass thrown from behind the line of scrimmage, which becomes incomplete, shall be put in play at the spot of the previous play.

- (b) A forward pass thrown from any other place on the field, which becomes incomplete, shall be put in play at the spot of the pass.

Article 4. No player shall pass to himself.

Section 2. Illegal Forward Pass.

Article 1. A fourth forward pass during a scrimmage-play, or during any play after "change of possession" shall be illegal and a penalty of five yards shall be inflicted from the spot of the illegal pass.

Article 2. The "sleeper play" (hiding out on the sideline) is illegal, and calls for a 15 yard penalty from the previous spot.

Article 3. The intentional grounding of a forward pass, from behind the line of scrimmage, so as to save loss of yardage, is illegal and calls for a five yard penalty from the spot of the foul. (Pass)

Section 3. Pass Interference.

Article 1. There shall be no interference with the receiver or interceptor of a forward pass, by the defensive or offensive.

- (a) Interference by the offense - Loss of ball at spot of foul.
- (b) Interference by the defense - Pass is allowed at spot of foul and a new series is awarded.
- (c) Interference in the end zone - If by offense is a touchback; if by defense a new series is awarded on the one yard line.

RULE IX. Fumble.

Section 1.

Article 1. Any ball that is fumbled or muffed and touches the ground, shall be dead immediately and shall belong to the team last in possession at the spot of the fumble or muff.

Article 2. On kicks, any ball touched, muffed or fumbled, which touches the ground, shall belong to the receiver at the spot of the touch, muff or fumble.

Article 3. A bad pass from the center which touches the ground before being touched by a player shall be dead and shall remain in possession of the offensive team at the spot it touched the ground, except on the fourth down, when it shall go over to the

opponents at the spot it touched the ground. This does not apply on a declared punt.

RULE X. Tackling (de-flag).

Section 1.

Article 1. A tackle occurs when an opponent removes one flag from the ball carriers belt, and the ball shall be declared dead at the spot of the flag removal.

Article 2. No part of the tackler's body, except his feet, shall be in contact with the ground at the time of the flag removal.

Article 3. Leaving the feet (feet off ground) to remove a flag is illegal and calls for a fifteen yard penalty from the point of the infraction.

RULE XI. Blocking.

Section 1. In the Line.

Article 1. Blocking in the line of scrimmage shall consist of "checking" with the body above the belt in a crouching or standing position. No part of the blocker's body shall be in contact with the ground except the feet. The arms shall not be extended, but must be bent at the elbow, with the hands and elbows held in contact with the body.

Section 2. In the Open.

Article 1. In the open "screening" shall be substituted for "checking".

In "screening" the offensive player shall cut off an opponent's view or approach without charging into him or using his hands. Body-blocking in the open shall be illegal and calls for a fifteen yard penalty. (To avoid injuries, this rule must be enforced.)

Article 2. In the open a defensive player is restricted in the use of his hands to the shoulders or body of his opponent (not the head) and may push his opponent to one side in order to get at the man with the ball. Roughness on the part of the defensive player shall also call for a fifteen yard penalty.

RULE XII. Kicks.

Section 1. Free Kicks: Free kicks may be made anytime, but officials and defense must be notified. Rushing will not be allowed by the defense.

Section 2. A Scrimmage Kick.

Article 1. A scrimmage kick shall be "declared" to the Referee before his ball has been centered. The Referee in turn shall notify the defensive Captain. When a scrimmage kick has been "declared" the ball must be kicked, and from behind the line of scrimmage, following a snap from the center.

Article 2. On a "declared" scrimmage kick, no player of either team may cross the line of scrimmage until after the ball has been kicked.

Article 3. On a "declared" scrimmage kick the offensive team shall have at least three and not more than four men on the line of scrimmage.

Article 4. There shall be no restriction as to the position of the defensive players, as long as they are back of their own line of scrimmage, and shall not charge until the ball has been kicked.

RULE XIII. Time Limit.

Section 1.

- Article 1. (a) There shall be a time limit of thirty seconds between plays, from the time the ball is declared ready for play by the Referee until the ball is snapped on the succeeding play.
- (b) If the Referee shall declare "time-out" then the time limit will start when the Referee again calls "time-in" (see penalty for delay of game).

RULE XIV. Penalties.

Section 1. Fifteen yard penalties.

- Article 1. (a) Unnecessary roughness in "deflagging" a player, including leaving the feet to pull the flag. (End of Run).
- (b) Illegal use of the hands or blocking in the open. (Spot of Foul)
- (c) Unsportsmanlike conduct or abusive language to officials or opponents. This also may call for a suspension from a game.
- (d) Roughing the blocker by the defense. Defense may shove or pull blockers on the line of scrimmage. Defense shall not attempt to run over a blocker off the line of scrimmage.
- (e) Intentionally removing a flag from an opposing player's belt when he is not in possession of the ball. (i.e., to stop a would-be receiver from advancing a forward pass that may be caught by him.)

- (f) Use of straight-arm by ball carrier or holding hand on flag. Ball is dead at spot of foul, and penalty of 15 yards.

Section 2. Five yard penalties.

- (a) Offside, either offense or defense. (Previous down)
- (b) Illegal offensive formation. (Previous down)
- (c) Delay of game. (Previous down)
- (d) Backfield in motion. (One offensive backfield player may be in motion at the snap, if such motion is clearly backward.) (Previous down)
- (e) Intentional grounding of ball behind line of scrimmage. (Spot)
- (f) Illegal forward pass. (Fourth pass in same play) (Spot of foul)

Section 3. Loss of Ball.

- (a) Pass interference by offensive team. (Spot of foul)

Section 4. Suspension - Plus 15 yards.

- (a) Unsportsmanlike conduct.
- (b) Wearing illegal equipment.
- (c) Flagrant roughness.
- (d) Abusive language to officials or opponents.
- (e) Failure to abide by the spirit of these rules. (Referee's discretion)

Section 5. Awarding a score.

- (a) Repeated violations with obvious attempt to prevent scoring.

RULE XV. Definitions

Section 1. "Flag pulling or De-Flagging".

In order to stop an offensive play, the defensive player must remove one flag from his opponent ball-carriers-belt.

Section 2. "Screening".

An offensive player may cut off an opponent's view or approach by running or stopping in front of him without making body contact or using his hands on the opponent. This is "screening" and is substituted in the open for blocking which is illegal.

Section 3. "Blocking" (Checking).

Blocking is allowed only in the line of scrimmage and shall consist of "checking" with the body above the belt in a crouching or standing position. The feet only may be touching the ground at the time of the block.

Section 4. The ball is dead (Out of Play) when:

- (a) It goes out of bounds - carried or loose.
- (b) Ball carrier legally has one flag removed by an opponent.
- (c) Ball carrier through his own action loses a flag from his belt.
- (d) Touchdown, touchback, or safety occurs.
- (e) Fumbled or muffed ball touches the ground.
- (f) Snap from center touches the ground before touching a player (except on snap to punter).
- (g) Forward or backward pass becomes incomplete.
- (h) Referee rules ball "not in play".

Section 5. Offside.

A player, excepting the snapperback, is offside when any part of his body is over the line of scrimmage at the time the ball is snapped.

Section 6. Declared Kick (Punt)

A declared kick is a punt from scrimmage and there shall be no attempt to block the punt and after such declaration they must kick.

Section 7. Spot of Fumble or Muff.

The spot of fumble or muff is the place where the ball first touches the ground.

Section 8. Fair Catch.

No fair catch allowed.

RULE XVI. Officials and Duties.

Section 1. Referee.

The Referee has general supervision and control of the game and is the sole judge of the ball and the score (may forfeit game by rule.)

He has final jurisdiction in matters which are not specifically delegated to another official. He shall see that the ball is put in play according to the rule and he has final authority in judging its position on the field and its progress. After a foul he shall explain any options to the Captains. He shall enforce all penalties.

Section 2. Umpire.

The umpire has a double duty. He must handle the watch and is responsible for rule violations in line play. He must also rule on action during open play, such as pass completions and pass interference. He has primary jurisdiction over equipment and conduct of players.

Section 3. Linesmen.

Each organization will furnish one man to act as linesman. They will report to the Referee for instructions. They will alternate quarters, and their special duty is to handle the "Zone Stick".

The Umpire will give them the position of the ball at each down, and they will move the stick accordingly.

RULE XVII. Protests.

Section 1. A game may be protested by the team manager at any point during the game. However, said protest must be made to the Referee, in the presence of the opponent's manager, at the time of the decision. This protest will be void unless handed in - in writing - the Intramural Office within 24 hours after the contest.

Section 2. Only misinterpretations of the rules give grounds for a protest. The judgment of an official does not justify a protest, and will not be recognized.

Section 3. A hearing of all justifiable protests will be arranged, at which time the two managers and the officials will meet with the Intramural Board. If the protest is declared to be justified, the game will be played over.

IT PAYS TO PLAY

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APPENDIX C

INTRAMURAL BASKETBALL RULES

DEPARTMENT OF THE ARMY
US ARMY CORRECTIONAL TRAINING FACILITY
Fort Riley, Kansas 66442

INTRAMURAL BASKETBALL RULES

The 1970 NCAA Basketball Rules as amended herein will govern intramural basketball play at the US Army Correctional Training Facility.

1. Games will be played in twenty minute halves with a three minute intermission.

2. The clock will not be stopped except for called time-outs by the teams.

3. The Referee may call time for injury; or necessary delay.

4. Each team will be allowed two time-outs each half. Time-Outs cannot be accumulated for use in the last half.

5. A player will be allowed a maximum of three personal fouls. A fourth foul disqualifies the player.

6. Tie games will be played off in a two-minute overtime period. Sudden death will follow the first two-minute overtime period if the game is still tied.

7. The college rule on the "one and one" will be used.

8. The college rule for an offensive foul will be used. When the offensive team has player-control and a team member fouls, the foul will be charged to the player but the shot will not be awarded. The offended team will put the ball in play by a throw-in. Player control means that a player is either holding the ball or dribbling; a pass, shot or rebound is not player control.

9. The clock will be stopped for all free throws during the last two minutes.

10. Games will be started no later than five minutes after the scheduled time.

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APPENDIX D

INTRAMURAL VOLLEYBALL RULES

DEPARTMENT OF THE ARMY
US ARMY CORRECTIONAL TRAINING FACILITY
Fort Riley, Kansas 66442

INTRAMURAL VOLLEYBALL RULES

1. Players - Six men on a team for official match. Organization may play with no less than five men.
2. Positions - Left, center and right Forwards, Left, center and right Backs.
3. Game - A game is won by the team that has scored the most points and is at least two points ahead.
 - a. When one team has scored 15 points.
 - b. When the ball becomes dead after 15 minutes of play.
4. Match - Best two out of three games constitutes a match.
5. Substitutions - May be made only when the ball is dead. Shall report to scorer and be ready to run in when ball is dead. A player must take the same position of the player who substituted for him. Positions may not be shifted during the game. Changes may be made in any subsequent game or match.
6. Side Out- When the serving team makes an error or commits a foul, the ball shall be given to its opponent to serve. The serving team will then rotate one position clockwise and the player in the right back position will serve.
7. Point - When the team "receiving" fails to return ball legally to team "serving", it is scored as a point for the team serving.
8. Forfeit - A team failing to field enough players within 5 minutes of the designated game time or a team refusing to play after having been so instructed by the Referee shall be declared to have forfeited the game. (15-0 game/3-0 match)

9. Teams shall change courts at the end of each game of a match and in the middle (at 8 points or 7-1/2 minutes) of the third game of a match.
10. The server must be behind the rear boundary line with a portion of his foot touching the floor until the ball is hit. The server must not touch line or court until ball is hit. He must be less than 6 feet behind the rear boundary line.
11. The other players must be within the court boundaries and in the proper serving order until the ball is served. After that time they may move anywhere they desire as long as a player in the back line does not spike the ball forward of the back line player's spiking line (a line drawn across the width of the court 7-1/2 feet from the net).
12. Prior to a serve, opponents shall be allowed a reasonable amount of time to return to their courts. The Referee shall call for a playover if this has not been done.
13. The service must be hit over the net without touching it.
14. A player may not contact the net, reach over it or cross the center line while the ball is in play. If the ball is driven into the net so as to cause it to contact a player on the other side or drive the net under his hands, it is not a foul.
15. The ball must be clearly hit. When, in the opinion of an official, the ball visibly comes to rest at contact, the player commits an error. The ball can be played by any part of the body, except on the service.

16. A player shall not make successive contacts with the ball except on a hard driven spike. If they constitute one attempt to play the ball, when this occurs it will count as only one hit.
17. When more than one player participates in a block, they may make successive contacts during one attempt to play the ball. Any of these players, whether or not they hit the ball on the block, may make the next play on the ball if it is still on their side.
18. When a player contacts the ball simultaneously with an opponent above or on top of the net, and the ball falls on his side, he may participate in the first of the three plays which are still allowed. If the ball lands out of bounds as a result of these simultaneous contacts, it shall be played over.
19. For the purpose of determining foul, a play shall not be considered as completed until each player participating in the play has regained equilibrium and full physical control. A player may help a teammate regain equilibrium.
20. Simultaneous contacts of the ball by two or more parts of a player's body are allowed and considered only one play.
21. Simultaneous contacts by more than one player of a team are allowed and either player may make the next play.
22. A player may go outside of his court to play a ball if he does not cross the center line or its assumed extension.
23. Two time-outs (other than for injury) of one minute each are allowed in a game, to be requested by Captain during dead ball.

24. Unsportsmanlike conduct shall be called against players who shout or stamp their feet at an opponent about to play the ball.
25. The Referee shall have the power to warn, declare side-out or point, or disqualify for the game or match any person, coach, or manager who commits any of the following gross violations of sportsmanship.
 - a. Persistently addresses the officials in regard to their decisions.
 - b. Makes derogatory remarks to or about officials.
 - c. Makes derogatory remarks to or about opponents.
26. The following are a list of the more common fouls:
 - a. Player out of position.
 - b. Contacting the net.
 - c. Reaching over the net.
 - d. Crossing the center line.
 - e. "Foot Fault" while serving.
 - f. Back line player spiking.
 - g. Unsportsmanlike conduct
 - h. Delaying the game.
 - i. Improper substitution.
 - j. Serving out of turn.
 - k. Server out of area.
 - l. Under net interference.
27. The following are a list of the more common errors:
 - a. "Scoup Lift" or "Carrying" the ball - not a distinct hit.
 - b. Ball going out of bounds, into net, or hitting floor in wrong court.

- c. Ball hit successively by different parts of a player's body.
 - d. Ball hit more than three times by a team.
 - e. Ball hit into ceiling or some other permanent fixture.
28. If more than one error occurs on a play, only the first error is penalized.
29. If an error and a foul occur on the same play, only the foul is penalized.
30. Point for opponents or side-out is the penalty for committing an error or foul.
31. Play-overs occur for the following reasons:
- a. Officials' mistake.
 - b. Foreign object entering court.
 - c. A sudden serve.
 - d. Out of bounds on simultaneous net hit.
 - e. Injured player.
 - f. Double fouls.

VOLLEY BALL IS AN "HONOR MAN'S" GAME - It is the expected tradition for each player to call his own foul, fault, or error even though the officials do not detect it.

APPENDIX E

INTRAMURAL SOFTBALL RULES

DEPARTMENT OF THE ARMY
US ARMY CORRECTIONAL TRAINING FACILITY
Fort Riley, Kansas 66442

INTRAMURAL SOFTBALL RULES

PLAYERS AND SUBSTITUTING

Sec. 1 - A team shall consist of ten players, whose positions shall be designated as follows: Pitcher, Catcher, First Baseman, Second Baseman, Third Baseman, Shortstop, Left Fielder, Center Fielder, Right Fielder, and Short Fielder. Players of the team in the field may be stationed anywhere on fair ground. The pitcher, in delivering the ball to the batter, must be in legal pitching position and the catcher must be in his box.

Sec 2 - A team must have nine players to start or to continue a game.

Special - No metal spikes allowed.

Special - Each team must provide its own scorekeeper. They will sit with each other in a place where the umpire-in-chief can consult them at any time.

THE GAME

Sec 1 - The choice of first or last bat in the inning shall be decided by a toss of a coin.

Sec 2 - A regulation game shall consist of a maximum of seven innings.

a. A full seven innings need not be played if the team second at bat scores more runs in four innings or before the third out in the last of the seventh innings.

b. No new innings shall begin after 50 minutes from actual starting time.

Special - Extra innings will be played, however, in case of tie.

Special - Games to begin on time - Officials to have: (1) Bases tied down. (2) Scorecards filled out. (3) Home team decided by flip of coin by that time. Forfeits may be called if a team is not ready to play with a minimum of 9 players after 5 minutes. Officials duties are more easily carried out on time if the teams present a lineup card to the umpire before the game.

Special - Infield practice will be held before game only not between outs or between innings when it must be immediately returned to the pitcher.

PITCHING REGULATIONS

Sec 1 - The pitcher shall take a position with feet firmly on the ground and in contact with the pitcher's plate. His arm must come to rest holding the ball in front of his body, with a pivot foot IN CONTACT WITH THE PITCHER'S PLATE. He must then deliver the ball toward home plate on the first forward swing of the pitching arm past the hip.

Sec 2 - The pivot foot must remain in contact with the pitcher's plate until the pitched ball leaves the hand. There is no restriction on position or movement of the free foot except that if a step is taken, the step must be made toward home plate.

Sec 3 - The ball must be delivered - below the hip with a perceptible arch (from the time it leaves the pitcher's hand) of at least three feet, before the ball reaches home plate. The pitched ball should not reach a height of more than ten feet at its highest point above the ground. Height is left entirely to judgment of the umpire.

EFFECT - The umpire shall warn a pitcher who delivers a pitch with excessive speed. If the pitcher repeats such fast pitch after warning, he shall be removed from the pitcher's position for the remainder of the game.

Special - Any illegal pitch which is not swung at by batter and is declared by the umpire is counted as a ball. If ball 4, batter must take his base.

Sec 4 - At no time during the progress of the game shall the pitcher be allowed to use tape, or other substance, upon the pitching hand or fingers; nor shall any foreign substance be applied to the ball, provided that, under the supervision and control of the umpire, powdered resin may be used to dry the hands.

Sec 5 - The catcher must be in and remain within the boundaries of the catcher's box until each pitch is delivered, and he must also return each pitch NOT HIT Immediately to the pitcher.

Sec 6 - No pitch shall be declared when:

- a. The pitcher pitches during a suspension of play.
- b. The pitcher attempts a quick return of the ball before the batter had taken the position or is off balance as the result of a previous pitch.
- c. The runner is called out for leaving the base too soon.

EFFECT - The ball is dead and all subsequent action on that pitch is cancelled.

Sec 7 - At the beginning of each inning or when a pitcher relieves another, no more than one minute may be used to deliver no more than five

balls to the catcher or other teammate. Play shall be suspended during this time.

Sec 8. Legal Pitch. A legal pitch is when the pitcher delivers the ball in accordance with this pitching rule.

Sec 9. Illegal pitch.

- a. A quick return pitch is illegal.
- b. An illegal pitch is when the pitcher delivers the ball not in accordance with the pitching rules.

EFFECT - In each case an illegal pitch shall be declared a ball in favor of the batsman by the umpire the ball shall be dead until put in play again at the pitcher's box provided however, if the batsman strikes at any illegal pitch there shall be no penalty for such illegal pitch and ball shall remain in play if hit by the batsman.

BATTING

Special - The batter begins with 2 Ball/1 Strike Count.

Sec 1 - The batter is out under the following circumstances:

- a. When the third strike is called.
- b. When he bunts or chops the ball downwards.
- c. When a fly ball is legally caught.
- d. Immediately when he hits an infield fly with baserunners on first and second or on first, second or third with less than two outs. This is called the infield fly rule-a-ball which an infielder could reasonably be expected to catch.
- e. When he interferes with the catcher.

- f. When he hits the ball with an illegal bat. The bat shall be marked "OFFICIAL SOFTBALL" or "SLOW-PITCH".

BASE RUNNING

Sec 1 - The batter becomes a base runner:

- a. As soon as he hits a fair ball.

EFFECT - The ball in play and the batter becomes a base runner with a liability to be put out.

- b. When four balls have been called by the umpire. Ball is dead.

EFFECT - If the pitcher desires to walk a batter intentionally may do so by notifying the plate umpire, who shall award the batter first base. Ball dead.

- c. If the catcher interferes with him or prevents him from striking at a pitched ball. Except if he hits the pitch and succeeds in reaching first base safely and no preceding runner is put out before advancing at least one base, the interference should not be called.
- d. If a fair ball strikes the person or clothing of a baserunner or umpire before touching a fielder. Ball dead.
- e. If a fair hit ball strikes the umpire or a baserunner after having passed a fielder other than the pitcher, or having been touched by a fielder (including the pitcher) the ball shall be considered in play. Also, if a fair hit ball strikes an umpire on foul ground, the ball shall be in play.

- f. When he hits the ball with an illegal bat. The bat shall be marked "OFFICIAL SOFTBALL" or "SLOW-PITCH".

BASE RUNNING

Sec 1 - The batter becomes a base runner:

- a. As soon as he hits a fair ball.

EFFECT - The ball in play and the batter becomes a base runner with a liability to be put out.

- b. When four balls have been called by the umpire. Ball is dead.

EFFECT - If the pitcher desires to walk a batter intentionally may do so by notifying the plate umpire, who shall award the batter first base. Ball dead.

- c. If the catcher interferes with him or prevents him from striking at a pitched ball. Except if he hits the pitch and succeeds in reaching first base safely and no preceding runner is put out before advancing at least one base, the interference should not be called.
- d. If a fair ball strikes the person or clothing of a baserunner or umpire before touching a fielder. Ball dead.
- e. If a fair hit ball strikes the umpire or a baserunner after having passed a fielder other than the pitcher, or having been touched by a fielder (including the pitcher) the ball shall be considered in play. Also, if a fair hit ball strikes an umpire on foul ground, the ball shall be in play.

EFFECT - (1) If the ball hits the umpire or baserunner after passing a fielder other than the pitcher or touched by infielder including the pitcher, the ball is in play. (2) If the ball hits the umpire or baserunner before passing a fielder, the ball is dead and the batter is entitled to first base without liability to be put out.

Sec 2 - Baserunners can leave their base when a pitched ball is batted or reaches home plate, but must return to that base immediately after each pitch not hit by the batter, as the catcher is returning the ball to the pitcher.

Special - Baserunner must slide for base, not for baseman.

Special - Any situation & circumstances not specifically covered in this rule sheet will be ruled on by rules governing them in the Official Rule Book & Guide. This book can be obtained by writing the: Amateur Softball Association of America

1351 Skirvin Tower

Oklahoma City, Oklahoma 73102.

Enclose 75¢ per copy.

Special - Each umpire has authority to rule on any point not covered by the rules.

PROTEST

Sec 1 - Based on the umpire's judgment in called plays will not be accepted.

Sec 2 - Based on the misinterpretation of a playing rule the notification of intent to protest must be made before the next pitch. The managers and umpires will note circumstances (Sec 3) and immediately resume play.

Sec 3 - That arise during the playing of a game must be announced by the manager or captain of the protesting team to the umpire immediately and before the next pitch is made to the batter. This will enable the umpires, opposing team and all concerned to take notice of the conditions surrounding the making of the decision to aid in determinations necessary.

Sec 4 - When a protest for the misinterpretation of a playing rule is allowed, the games should be replayed from the point of protest with decision corrected.

Sec 5 - A formal protest should contain the date, time, and place of the game, the names of the umpires and scorer; the rule and section of the Official Rules or local rule under which the protest is made; the decision and conditions surrounding the making of the decision and all essential facts involved in the matter protested.

Special - Manager to make written report of protest to Intramural Office within 24 hours.

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A PROGRAM OF ATHLETICS AND RECREATION
FOR ARMY CORRECTIONAL TRAINING FACILITIES

by

RONALD EDWARD BOEHME

B.S., UNIVERSITY OF TOLEDO, 1960

AN ABSTRACT OF A MASTER'S REPORT

submitted in partial fulfillment of the

requirements for the degree

MASTER OF SCIENCE

Department of Physical Education

KANSAS STATE UNIVERSITY
Manhattan, Kansas

1970

Military leaders have long known that the morale of men has a great influence on their efficiency and performance. Leaders of Education have always stressed the need for preparing youth with basics in the "worthy use of leisure time." Recreation today occupies a premier position essentially due to the pressures of complex modern life which make it imperative for all to have an escape from the rigorous demands of everyday life.

Army Special Services, formally came into being in 1942, although recreational activities in the Army can be traced back to the Civil War era. Special Services includes the Entertainment Division, the Arts and Crafts Division, the Library Division, the Service Club Division, the Theater Division and the Sports Division. Special Services activities at the Correctional Training Facility are almost non-existent.

The purpose of this work was to establish and define the needs for an active athletic and recreation program at the U.S. Army Correctional Training Facility. Recommendations for structure, organization, equipment and personnel to implement the proposed program were included.

Amplification of the role of recreation was expressed in relating it as a fundamental human need. Additionally it contributes to such essentials as mental, physical, emotional and social health; all of which have great influence on the prisoners that the Correctional Training Facility is attempting to rehabilitate and restore to active military duty.

Through the implementation of the proposed athletic and recreation plan the Correctional Training Facility will enrich the prisoners experiences and development in the areas of health, human relations, civic pride and self-development. By including athletics and recreation in the total program, the facility will be utilizing still another useful vehicle to motivate and stimulate a broken youth.

The program designed for the Correctional Training Facility was tailored to blend into the current organizational structure and utilize the existing facilities to the maximum. It will offer activities to attract the attention of the entire population at the facility. The program will offer such activities as flag-football, basketball, volleyball, softball, bowling, physical fitness, rifle marksmanship, swimming, table tennis, horseshoes, golf and many other team and individual activities. Competition and personal pride in self, unit, battalion, facility and country will be stressed attempting to improve the prisoner's self-image and identification. Honesty and fair play will become a way of life and this will be new for most of the participants. Hopefully it will carry over and influence all actions of the prisoner as he strives for a meaningful existence and role in society.

Both intra and inter-unit competition will be provided for the prisoners in this program. Awards will be given to signify achievement, however, the words Correctional Training Facility will not appear on them, thereby avoiding possible embarrassment in later life.

Total adoption and implementation of this plan can be accomplished with minimal adjustment to the current Correctional Training Facility organization and structure. The facilities and equipment now existing are sufficient to support the recommended plan. The results to be gained from implementation of the proposed plan greatly influence its favorable consideration.