

DEVELOPMENT AND APPLICATION OF AN
INTRAMURAL TACKLE FOOTBALL PROGRAM AT THE
MANHATTAN JUNIOR HIGH SCHOOL, MANHATTAN, KANSAS

by 500

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INTRODUCTION

Recent studies have indicated that participation in athletics contributes significantly to the physical fitness of secondary youth. The National Conference of Fitness of Secondary School Youth has recommended that athletics at all secondary levels, including interscholastic and intramural, be expanded in order that each and every boy may benefit from experience in the competitive sports.

The combined varsity and intramural tackle football program presented in this report was instigated for the purpose of meeting this recommendation. Research on dressing and playing facilities and organization was done in the spring of 1968 while serving as the head football coach at the Manhattan Junior High School, Manhattan, Kansas. After plans for the program were completed it was presented to the Board of Education of Unified School District #383, and received approval to be instituted, developed, and administered during the 1968 football season.

There was no other program known to the author that was used as a reference in the research and development of this program. However, material from various books in the field was reviewed for the purpose of setting up teams, development of round robin tournaments, scheduling of teams, and guidelines for coaching.

BASIC PRINCIPLE OF THE PROGRAM

During the three preceding football seasons at Manhattan Junior High School an average of 140 boys reported for varsity try-outs in September. A majority of the boys were disappointed as it was not humanly possible to allow each boy to compete in game play. From the safety factor, the difference in physical size and ability made it dangerous and even undesirable to permit many of them to participate in varsity games. The coaches and Mr. Jack Larson, Principal of Manhattan Junior High School, decided to develop a football program that would fulfill the needs of each individual boy and give him the opportunity to participate on the football field in a competitive capacity. They also desired to teach and develop the skills, strength, attitude, and knowledge necessary to participate, and enable the boys to experience satisfaction in their efforts.

DEFINITION OF TERMS

Junior High School--Grades 7-9.

Athletics--Competitive sports involving physical activity among two or more contesting individuals or teams.

Intramural Athletics--Organized competitive sports, outside the required physical education class, in which all participants are students in the same school.

Varsity Team--Team organized within the school to compete against another representative school.

MEDICAL CARE AND TREATMENT OF INJURIES

Careful consideration was given to this aspect of the program. All the boys were required to have a complete physical examination by a Medical Doctor, and adequate insurance coverage. A letter signed by the parents

listing their insurance was also required. If the boy's parents had no insurance, a football-medical insurance policy could be purchased through the school for seven dollars per year (See Fig. 2). The check-out card shown in Figure 1 was filled out by each boy during the equipment check-out period in August.

NAME _____ BIRTH DATE _____ DATE OF EXAM _____					
AGE _____ GRADE _____ LOCAL PHONE NO. _____					
FAMILY DOCTOR _____ PHONE _____ MEDICAL INS. _____					
ARTICLE	OUT	IN	DATE	INJURY RECORD	COACH
shoulder pads					
hip pads					
pants					
shirt					
knee pads					
thigh pads					
helmet					
miscellaneous					

Figure 1. Check-out and Injury Card.

Dear Parent:

The Security Benefit Life Insurance Company has been awarded both the 1968-69 Regular School and Football Insurance contracts. Mr. Ed Copeland of Riley is the agent for this company. Mr. Copeland's business phone is HU 5-2526; and his residence phone is HU 5-2303.

It will be necessary for all boys participatin in athletics to do one of the following before they may engage in sports:

1. Purchase this insurance coverage or...
2. Bring a note from their parents stating they have adequate insurance and release the school from any liability resulting from an injury sustained while participating in athletics.

The cost of the insurance will be \$7.00 per student. This policy is only for football. The regular school insurance policy will cost an additional \$3.00 per student. The coverage is nondeductable and pays you regardless of other policies held by the student.

If you desire this insurance, checks should be made payable to the Security Benefit Life Insurance Company and delivered directly to Coach Noblitt. Your child will be insured when payment is made to Coach Noblitt.

The Claim Forms will be kept in the office of the school principal. When a child has a claim, he will pick up a Claim Form from the school office, and he and his physician will complete the form. When the form is completed, the parent will attach all bills to the form and bring the completed form with attached bills to the school for a signature to verify the accident. The Claim Form and bills are then mailed by the parent to the home office for settlement. Claim payments are always mailed to the local agent for delivery to the school or parent.

If you have adequate insurance coverage, it is not necessary to duplicate insurance. However, a note from each student to this effect is required. The policy for football is offered as a service only.

If you have further questions regarding this matter, please contact the Manhattan Junior High School office.

Sincerely,

Jack L. Larson
Principal

Figure 2. Letter sent to parents of football boys.

All injuries were recorded by date and body location of injury. The boys were instructed to report all injuries, no matter how slight, to their coach or student trainer. The student trainers consisted of eighth grade boys who were interested in football, but for varying reasons were unable to participate actively. They were chosen on the basis of their dependability and cooperation, and were given a course on treatment of minor injuries through the Cramer Trainer Supply Company of Gardner, Kansas. All recorded injuries were carefully checked by the head coach after practice and referred to the injured boy's physician if necessary. If an injury required immediate medical attention the boy was taken to a local hospital by ambulance or car, depending on the extent and seriousness of the injury. The boy's doctor and parents were notified at once by the coach in charge at the time of injury. The coach also accompanied the boy to the hospital and remained until the parents arrived.

1968 INTRAMURAL LEAGUE INJURIES

There were 3,360 man hours of participation in the intramural league during the 1968 football season. Out of the 96 boys participating there were 13 injuries reported, treated, and recorded.

1.	Sprained ankles.....	2
2.	Shoulder seperation.....	1
3.	Bruised ankles.....	1
4.	Heel blisters.....	2
5.	Charley horse--thigh.....	1
6.	Heat prostration.....	1
7.	Sprained wrist.....	1
8.	Nose bleed.....	1
9.	Broken ankle.....	1
10.	Dislocated elbow.....	1
11.	Back strain.....	1

The major injuries were considered to be the broken ankle, the dislocated elbow, the shoulder seperation, and the back strain.

PRACTICE AND PLAYING FIELDS

Practice and playing fields were located at Griffith Field, four blocks from the junior high school locker room facilities. For many years Griffith Field had been used by both local high schools and the junior high for their interscholastic football contests. The original plan, as shown in Figure 3, consisted of one regulation size football field, locker room, grandstand, bleachers, press box, and light poles.

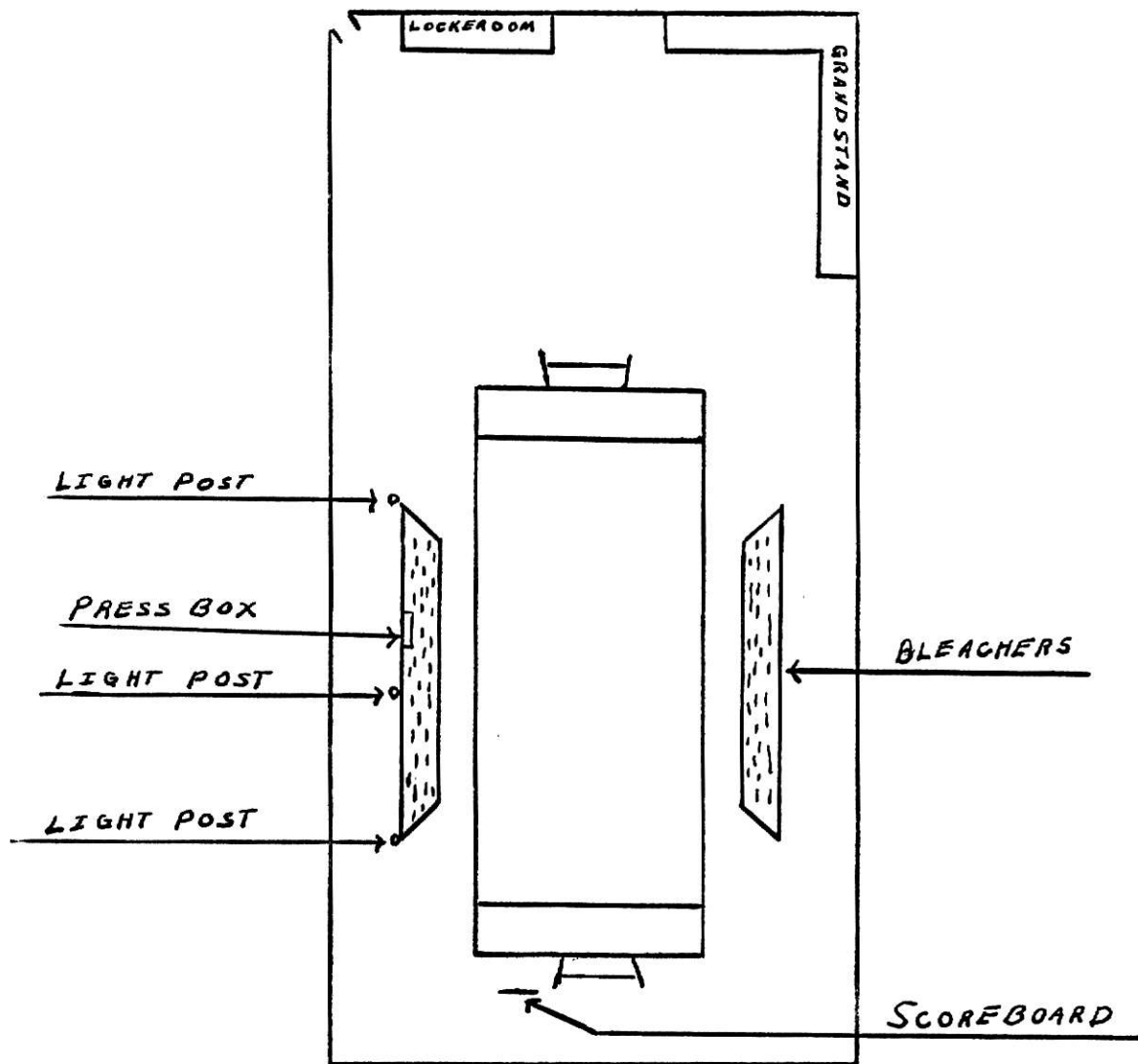


Figure 3. Original plan of Griffith Field.

After construction of a new football stadium in Ci-Co Park in 1967, all schools played their varsity games there. Griffith Field was turned over to the junior high for use as a practice field. There were 21,000 square yards of playing space after removal of three light posts, a press box, score board, bleachers, and grandstand. It was then possible to lay out four football fields. Figure 4 shows the location of these fields. Three fields were 80 yards long and 40 yards wide, with 10 yard end zones. The fourth field was for the varsity team practice, and was 100 yards long and 50 yards wide. Fields one and two were used for practice, while field three was used for the intramural league games.

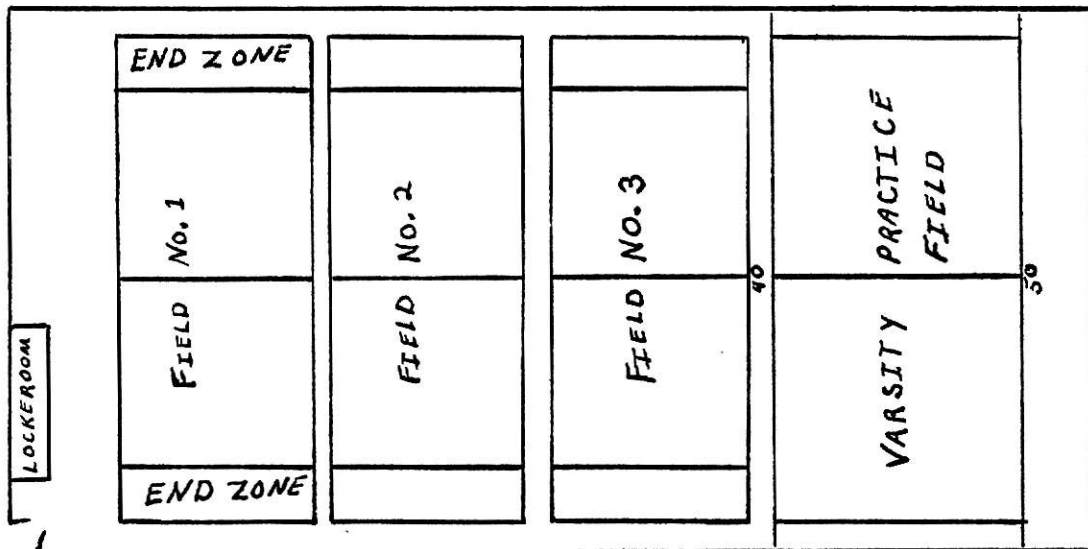


Figure 4. Rearrangement of Griffith Field.

LOCKER ROOM AND DRESSING FACILITIES

The Manhattan Junior High gymnasium was used for dressing and locker room facilities for the program. The gymnasium when constructed had two balconies four feet above the main playing floor. Directly beneath each balcony there were locker and shower rooms. The west locker room was used for boys physical education classes. At the north and south ends of each balcony were store rooms, 30 feet long and 10 feet wide. The balcony areas were 80 feet long and 35 feet wide. These balconies were closed off from the main floor with curtains that extended the full length of the balcony.

During the regular school day the balconies were used as activity areas for physical education classes. After classes the west side was converted into a dressing area for the boys playing in the intramural football program. All the football gear was hung on equipment hangers and then placed on portable racks. The racks could easily be rolled out of the store rooms into the balcony area before practice and returned when all the boys had finished practice for the day.

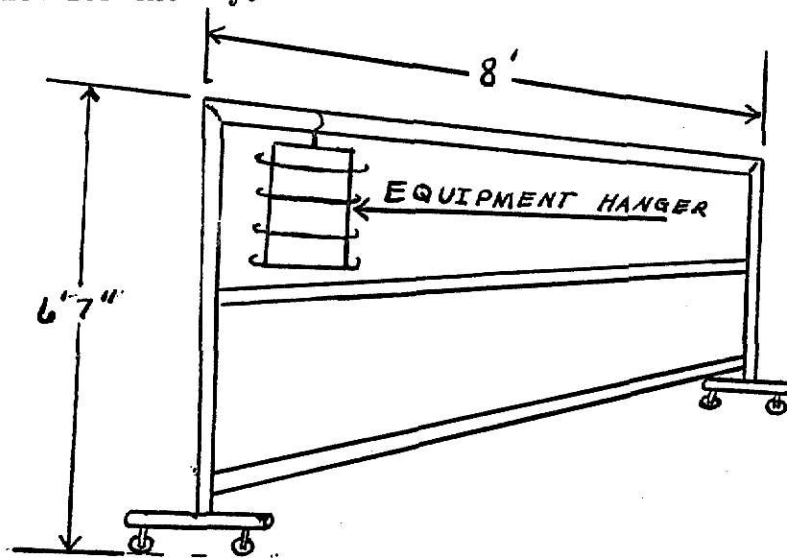


Figure 5. Portable Equipment Rack.

At the begining of the school year each boy was assigned a locker for physical education class in the locker room under the balcony. The boys used the same locker when they dressed for football practice. Prior to reporting to the balcony to dress in football uniform and shoes, the boys first went to the locker room below to dress in athletic supporters and gym shorts and to leave their street clothes in their physical education lockers. After practice they would reverse the same procedure; first to the balcony to undress and return all football equipment to the appropriate hanger, and then to the locker room to shower and dress in their street clothes. The task of completely dressing 96 boys in the regular locker room was not feasible as there was no convenient storage room for the regulation football gear.

COACHING STAFF

The football coaching staff consisted of seven members of the regular Manhattan Junior High School teaching staff. Five additional men, Physical Education majors at Kansas State University, were solicited and volunteered their services with the program. Four coaches were assigned to work with the forty-four varsity players, and the remaining eight coaches to the intramural teams.

TESTING PROGRAM

The first three practice sessions were devoted to testing for the purpose of objectively selecting a varsity team and dividing the remaining boys into four intramural teams.

Two tests were given. Each boy ran three 50 yard dashes and the best time was recorded. The second test was a face up tackle on a blocking dummy that weighed 75 pounds. A demonstration of the face up tackle was given to

show the proper procedure. Each time the boy executed the tackle properly he was given one point. The boy was given three trials with a possible of three points.

CRITERIA FOR ORGANIZING TEAMS

Selecting the varsity and intramural teams was done by recording each boy's weight, time in the 50 yard dash, and the score for the face up tackle on a master chart 24 by 28 inches. This allowed the coaches to empirically evaluate and make a comparison of each boy's abilities. The top forty-four boys were selected for the varsity program. The personal data on these boys is shown in Table I.

TABLE I
PERSONAL DATA VARSITY FOOTBALL TEAM

NAME	WEIGHT	50 YARD DASH	FACE UP TACKLE	GRADE
Fallon	145	6.2 sec.	3 points	9
Hedky	127	6.2 "	3 "	9
Vera	160	6.4 "	3 "	9
Wallace	170	6.4 "	3 "	9
Christensen	160	6.4 "	3 "	9
Jones	165	6.5 "	3 "	9
Carrender	154	6.5 "	3 "	9
Danelson	160	6.5 "	3 "	9
Reece	135	6.5 "	3 "	9
Adam, P.	130	6.5 "	3 "	9
Jenning	127	6.5 "	3 "	9

TABLE I (continued)

NAME	WEIGHT	50 YARD DASH	FACE UP TACKLE	GRADE
Werner	154	6.5 sec.	3 points	9
Lovett	150	6.6 "	3 "	9
Adams, J.	135	6.6 "	3 "	9
Collins	170	6.6 "	3 "	9
Cool	130	6.6 "	3 "	9
Crook	120	6.6 "	3 "	9
Crosby	160	6.6 "	3 "	9
Cope	127	6.6 "	3 "	9
Dodge	140	6.7 "	3 "	9
Furney	128	6.7 "	3 "	9
Frey, R.	138	6.7 "	3 "	9
Gulifor	135	6.7 "	3 "	9
Goodridge	115	6.7 "	3 "	9
Haffner	150	6.8 "	3 "	9
Lindly	115	6.8 "	3 "	9
McNair	130	6.8 "	3 "	9
Mosier	138	6.8 "	3 "	9
Olney	125	6.8 "	3 "	9
Skidmore, E.	145	6.8 "	3 "	9
Kenny	120	6.8 "	3 "	8
Skidmore, C.	120	6.8 "	3 "	9
Strever	180	6.8 "	3 "	9
Darland	130	6.9 "	3 "	8

TABLE I (continued)

NAME	WEIGHT	50 YARD DASH	FACE UP TACKLE	GRADE
Skoluat	132	6.9 sec.	3 points	9
Schellsmith	135	6.9 "	3 "	9
Upton	115	7.0 "	3 "	9
Whitney	140	7.0 "	3 "	9
White	160	7.1 "	2 "	9
Ward	215	7.1 "	2 "	9
Baxter	110	7.1 "	3 "	8
Frey, M.	135	7.1 "	3 "	8
Lindsey	115	7.1 "	3 "	8
Watson	130	7.1 "	3 "	8

The weights of the 44 boys listed in Table I ranged from a high of 215 pounds to a low of 110 pounds, with the mean average of 137.2 pounds. The times in the 50 yard dash went from a low of 6.2 seconds to a high of 7.1 seconds, with a mean average of 6.7 seconds. The face up tackle points had a high of 3 points and a low of 2 points, the mean average being 2.95 points. Six of the boys were 8th graders and the remaining 38 were 9th graders.

The ninety-six boys that were not selected for the varsity were divided into four teams of twenty-four. The most important factor in dividing the teams was body weight. All team mean averages were as equal as possible. Tables II, III, IV, and V show the personal data on each boy in the intramural program and to which team he was assigned.

TABLE II
PERSONAL DATA INTRAMURAL RED TEAM

NAME	WEIGHT	50 YARD DASH	FACE UP TACKLE	GRADE
Fair	115	7.1 sec.	2 points	9
Rush	122	7.1 "	2 "	9
Dunne	115	7.2 "	2 "	9
Larsen	144	7.2 "	2 "	9
Ingalsbe	86	7.2 "	3 "	9
Merrieweather	110	7.2 "	3 "	8
Elder	120	7.2 "	2 "	8
Tankersley	125	7.3 "	2 "	8
Simons	103	7.6 "	2 "	8
Woodruff	96	8.6 "	3 "	8
Pomerance	110	8.6 "	3 "	8
Thomas	116	8.6 "	2 "	8
Anderson	119	8.6 "	2 "	8
Rhine	140	8.7 "	2 "	8
Henry	136	8.7 "	2 "	8
Hendricks	136	8.7 "	1 "	8
Moore	95	8.7 "	1 "	8
Schrum	120	8.7 "	1 "	8
Stigge	97	8.7 "	3 "	8
Roblyer	145	8.8 "	0 "	8
Loberg	98	8.8 "	0 "	8
Loffman	106	8.8 "	0 "	8

TABLE II (continued)

NAME	WEIGHT	50 YARD DASH	FACE UP TACKLE	GRADE
Hill, S.	98	8.8 sec.	0 points	8
Glazard, C.	125	8.8 "	0 "	8
AVERAGE	113.6 lbs.	8.2 sec.	1.7 points	

The weights of the 24 boys on the Intramural Red Team listed in Table II ranged from a high of 145 pounds to a low of 86 pounds, with a mean average of 113.6 pounds. The 50 yard dash times had an average of 8.2 seconds, with a low of 7.1 seconds and a high of 8.8 seconds. The face up tackle points ranged from 3 points to 0 points, with an average of 1.7 points. Five of the boys were 9th graders and the remaining 19 were 8th graders.

TABLE III

PERSONAL DATA INTRAMURAL GREEN TEAM

NAME	WEIGHT	50 YARD DASH	FACE UP TACKLE	GRADE
Willie	122	7.1 sec.	2 points	9
Pittenger	121	7.1 "	2 "	9
Eaton	111	7.2 "	2 "	9
Elmore	105	7.2 "	2 "	9
Currie	89	7.2 "	3 "	9
Brennan	115	7.3 "	2 "	9
Snyder	140	7.3 "	1 "	8
Hileman	98	7.1 "	3 "	9

TABLE III (continued)

NAME	WEIGHT	50 YARD DASH	FACE UP TACKLE	GRADE
Campbell, J.	96	7.3 sec.	3 points	8
Rendstrom	103	7.6 "	3 "	8
Prochaska	103	7.6 "	2 "	8
Jones	110	8.6 "	2 "	8
Murphy	115	8.6 "	2 "	8
Adkins	118	8.6 "	2 "	8
Reeves	83	8.6 "	2 "	8
Carlson	131	8.7 "	1 "	8
Fitzsimmons	120	7.2 "	0 "	8
Campbell, E.	103	8.7 "	1 "	9
Wilson	94	8.7 "	3 "	8
Simmons	92	8.8 "	0 "	8
Means	100	8.8 "	0 "	8
Lake	95	9.0 "	0 "	8
Glazard, K.	98	9.0 "	0 "	8
Ewing	115	8.5 "	2 "	9
AVERAGE	115.1 lbs.	7.6 sec.	1.7 points	

The weights of the 24 boys on the Intramural Green Team listed in Table III ranged from a high of 140 pounds to a low of 89 pounds, with a mean average of 115.1 pounds. The 50 yard dash times had an average of 7.6 seconds, with a low of 7.1 seconds and a high of 9.0 seconds. The face up tackle points ranged from 3 points to 0 points, with an average of 1.7 points. There

were nine 9th grade boys on the Green Team and fifteen 8th graders.

TABLE IV
PERSONAL DATA INTRAMURAL BLUE TEAM

NAME	WEIGHT	50 YARD DASH	FACE UP TACKLE	GRADE
Tilley	121	7.1 sec.	2 points	9
Nelson	120	7.1 "	2 "	9
Cannon	125	7.2 "	2 "	9
Hayes	116	7.2 "	2 "	9
Chatelain	99	7.2 "	3 "	9
Hills, D.	100	7.3 "	2 "	9
Arthur	125	7.3 "	1 "	8
Miller	125	7.3 "	1 "	8
Bark	105	7.3 "	3 "	8
Wilson, D.	110	7.6 "	3 "	8
Musil	105	7.6 "	3 "	8
Hoffman, J.	115	7.6 "	3 "	8
Lovgren	120	7.7 "	2 "	8
Butler	122	8.5 "	2 "	8
Roach	138	8.6 "	2 "	8
Amro	135	8.6 "	1 "	8
Schmidt	115	8.7 "	1 "	8
McKee	140	8.7 "	1 "	8
Trieb	88	8.9 "	3 "	8
Sherry	96	9.0 "	0 "	8
McNair, J.	100	8.8 "	0 "	8

TABLE IV (continued)

NAME	WEIGHT	50 YARD DASH	FACE UP TACKLE	GRADE
Kaup	110	9.0 sec.	0 points	8
Hagan	99	9.0 "	0 "	8
Rosebaum	105	8.6 "	0 "	9
AVERAGE	113.8 lbs.	7.5 sec.	1.6 points	

The weights of the 24 boys on the Intramural Blue Team listed in Table IV ranged from a high of 140 pounds to a low of 88 pounds, with a mean average of 113.8 pounds. The 50 yard dash times had an average of 7.5 seconds, with a low of 7.1 seconds and a high of 9.0 seconds. The face up tackle score ranged from 3 points to 0 points, with an average of 1.6 points. There were seven 9th grade boys on the Blue Team and seventeen 8th graders.

TABLE V

PERSONAL DATA INTRAMURAL GOLD TEAM

NAME	WEIGHT	50 YARD DASH	FACE UP TACKLE	GRADE
McCarthy	120	7.1 sec.	2 points	9
Graham	122	7.1 "	2 "	9
Gowdy	145	7.2 "	2 "	9
Turner	121	7.2 "	2 "	9
Weixelman	101	7.2 "	3 "	9
Dennis	130	7.3 "	2 "	9
Koch	145	7.4 "	1 "	8

TABLE V (continued)

NAME	WEIGHT	50 YARD DASH	FACE UP TACKLE	GRADE
Johns	130	7.4 sec.	2 points	8
Baker	100	7.3 "	3 "	8
Schafer	108	7.6 "	3 "	8
Nickelson	105	7.6 "	3 "	8
Garrett	116	7.7 "	2 "	8
Leaming	120	8.0 "	2 "	8
Brooks	135	8.5 "	1 "	8
Retter	140	8.6 "	1 "	8
Wright	125	8.6 "	1 "	8
Beem	100	8.6 "	1 "	9
Launchbaugh	130	8.6 "	1 "	8
Stites	95	8.7 "	3 "	8
Roberts	74	8.0 "	3 "	8
Little	100	8.7 "	0 "	8
Horocofsky	96	8.9 "	0 "	8
Ellis	95	9.0 "	0 "	8
Hensen	125	8.9 "	0 "	9
AVERAGE	113.2 lbs.	8.0 sec.	1.7 points	

The weights of the 24 boys on the Intramural Gold Team listed in Table V ranged from a high of 145 pounds to a low of 74 pounds, with a mean average of 113.2 pounds. The 50 yard dash times had an average of 8.0 seconds, with a low of 7.1 seconds and a high of 9.0 seconds. The face up tackle score ranged

from 3 points to 0 points, with an average of 1.7 points. There were eight 9th grade boys on the Gold Team and sixteen 8th graders.

TABLE VI
INTRAMURAL TEAM AVERAGES

TEAMS	AVERAGE WEIGHT	AVERAGE DASH TIME	AVERAGE TACKLE PTS.
Red	113.6 lbs.	8.2 sec.	1.7 pts.
Green	115.1 "	7.6 "	1.7 "
Gold	113.2 "	8.0 "	1.7 "
Blue	113.8 "	7.5 "	1.6 "

The weights listed in Table VI show the Green Team with the high mean average of 115.1 pounds and the Gold Team with the low average of 113.2 pounds. The difference between the two teams was 1.9 pounds. The Blue Team had the best average time in the 50 yard dash with 7.5 seconds and the Red Team had the slowest time with 8.2 seconds, making the difference between them .7 seconds. The Red, Green, and Gold Teams were equal in the face up tackle tests with an average of 1.7 points each. The Blue Team had the low mean average of 1.6 points. The difference between the teams in the tackle points was .1 point.

GUIDELINES FOR COMPETITION

The following rules were set forth to govern the intramural teams in competitive play:

1. No boy weighing over 150 pounds shall compete in the intramural league.
2. All games will be played under official eight-man football rules.

3. No boy weighing 120 pounds or over shall play in the back field.
4. Coaches may use any type of offensive or defensive formation as long as they comply with the eight-man football rules.
5. Coaches shall not deny any boy participation time in a game in order to win.
6. Games will be limited to four eight-minute quarters, with ten minute intermissions at the end of the first two quarters.
7. At the end of a single Round Robin Tournament the team with the most wins shall be league champion. In case of a tie there will be a championship playoff.

TABLE VII
INTRAMURAL LEAGUE SCHEDULE

DATE	TEAM	SCORE		TEAM	SCORE
10-02-68	Blue	20	vs.	Red	18
10-03-68	Green	24	vs.	Gold	7
10-09-68	Blue	18	vs.	Gold	12
10-10-68	Red	26	vs.	Green	26
10-16-68	Red	14	vs.	Gold	13
10-17-68	Blue	18	vs.	Green	18

The Intramural League schedule was set up so that each team played three games, one time against each of the other teams. Six games were scheduled on six separate days in October 1968. Officials and scorekeepers for the games were volunteers from the junior high faculty.

After six games were played the Blue Team was declared the winner and no championship game was necessary. Table VIII shows the Intramural League standings at the end of the 1968 season.

TABLE VIII
INTRAMURAL LEAGUE STANDINGS

TEAMS	WINS	LOSES	TIES	PLACE
Blue	2	0	1	1st
Green	1	0	2	2nd
Red	1	1	1	3rd
Gold	0	3	0	4th

The Blue Team won the league with a record of two wins, no loses, and one tie. The Green Team placed second with a 1-0-2 record. The Red Team was third with a record of 1-1-1. The Gold Team finished in fourth place with a 0-3-0 record.

SUMMARY AND CONCLUSION

Objectives presented in the development of this program included the care, treatment, and recording of injuries. The necessity of a complete physical examination and adequate medical insurance coverage was emphasized. Practice and playing fields were re-evaluated and rearranged in order to provide space for the program. Dressing areas with maximum storage space and a system for dressing and showering were established. A coaching staff, including seven regular faculty members and five volunteers from Kansas State University, was acquired. Each boy was tested and weighed for the purpose of organizing teams of approximate equality. Guidelines for coaching and playing, and tournament schedules were set up.

With the greatest of consideration given to each of the above aspects, a low percentage of injuries occurred and 100% active participation was established.

It is hoped that this program will prove beneficial to each boy by teaching him sportsmanship, football techniques, and allowing him to develop and improve skills that formerly may have been overlooked. As the younger boys mature and gain experience they will contribute much more to the regular junior high varsity program and eventually to the Manhattan High School football team.

This investigation indicated that a combined varsity and intramural tackle football program can provide an opportunity for active participation for a large number of boys in a sport generally reserved for the highly skilled and agile athletes.

ACKNOWLEDGMENTS

Appreciation is expressed to Professor T. M. Evans and Assistant Professor R. A. Wauthier, Department of Physical Education of Kansas State University; Jack Larson, Principal of Manhattan Junior High School; and the Junior High coaching staff. Thanks is also extended to the Administration and Board of Education of Unified School District #383 for their cooperation and assistance in making this program possible.

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DEVELOPMENT AND APPLICATION OF AN
INTRAMURAL TACKLE FOOTBALL PROGRAM AT THE
MANHATTAN JUNIOR HIGH SCHOOL, MANHATTAN, KANSAS

by

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Recent studies have indicated that participation in athletics contributes significantly to the physical fitness of secondary youth. The National Conference of Fitness of Secondary School Youth has recommended that athletics at all secondary levels, including interscholastic and intramural, be expanded in order that each and every boy may benefit from experience in the competitive sports.

Research for the intramural tackle football program at Manhattan Junior High School was done in the spring of 1968 by the head football coach. Approval was granted to begin application of the program during the 1968 football season.

The basic principle of the program was to give each interested boy the opportunity to participate on the football field in a competitive capacity. An average of 140 boys had reported for football try-outs the three preceding years. It proved impossible to use each boy in game play and, therefore, many spent the season more as spectators than players.

Careful consideration was given to the medical care and treatment of injuries. All boys were required to have a physical examination and adequate insurance before they were issued equipment. The boys were instructed to report all injuries, no matter how slight, to the coach. All injuries were carefully checked and referred to the injured boy's physician if necessary. If an injury required immediate medical attention the boy was taken to a local hospital for treatment.

During the 1968 intramural season there were thirteen injuries reported. All were considered minor with the exception of one broken ankle, a dislocated elbow, a shoulder separation, and a back strain.

Practice and playing fields were located at Griffith Field, four blocks from the junior high school. After removing all unused structures at the

field, it was possible to plan four football fields. Three fields, 80 yards long and 40 yards wide, were used for intramural practice and games. The fourth field was for varsity practice.

The junior high gymnasium was used for dressing facilities. The west balcony of the gym was converted into a dressing area after regular classes were dismissed. The boys used their Physical Education locker in the gym locker room for their street clothes and reported to the balcony in athletic supporters and shorts to dress in football gear. It was not possible to use the locker room for suiting-up as there was not adequate storage for all the football equipment.

The coaching staff consisted of seven members of the regular junior high faculty. Five Physical Education majors from Kansas State University were solicited and volunteered their services. Four coaches were assigned to the varsity team and the remaining eight coaches to the intramural teams.

In order to objectively select the varsity team and divide the boys into intramural teams, two tests were given. The first was a 50 yard dash, and the second a face up tackle on a 75 pound dummy. Their scores, together with their weight, were recorded for comparison by the coaches. The top forty-four boys were selected for the varsity and the remaining ninety-six boys were divided into four teams of twenty-four.

Guidelines for competition were set forth regarding the use of eight-man football rules, length of game play, tournament schedules, and regulations regarding playing weight.

It is hoped that this program will prove beneficial to each boy by teaching him sportsmanship and football techniques, and allowing him to develop and improve skills that formerly may have been overlooked.

This investigation indicated that a combined varsity and intramural

tackle football program can provide an opportunity for active participation for a large number of boys in a sport generally reserved for the highly skilled and agile athletes.