



Meaning and values of intramural programme

INTRODUCTION

Today, "intramural" tournaments are still organized within a specific community or municipal area, between teams of equivalent age or athletic ability. For example, intramural sports programmes are often organized on college campuses to promote competition and fun among the students and teachers sometimes. For most schools and campuses, intramural sports are used to promote wellness and allow students who do not compete on a national level an opportunity to be active. The intramural provide an opportunity to the students of moderate ability for satisfaction voluntary participation and enjoyment from rich experiences in competitive sports, physical and recreational activities. The students derive pleasure as well as the educational benefits from individual and team competitions i.e. active and passive. It should be kept in mind that for the sake of attraction of large participation the educational goal of physical education and sports should never be sacrificed. The intramural programme encourages voluntary participation of a large number of students in a wide range of activities, with wholesome recreation as the primary goal.

MEANING OF INTRAMURAL PROGRAMME:

The word 'intramural' is derived from the Latin word "*INTRA*" meaning within and "*MURMUS*" or "*MURALS*" meaning wall.

It means intramural activities are those activities which are conducted or organized within the walls of the institution for the students of the institution only. it may be rightly interpreted that intramural competitions are those competitions which are conducted to promote the activities within the campus of the institution through the participants of the same institution only. The motto of the intramural may be taken as "A game for each and each for a game". While habits, skills, attitudes, knowledge, and belief are being developed in regular physical education classes, the intramural programmes may lead to further development and achievements of these characteristics to greater significance. The intramural programme offers opportunities for voluntary participation and competition among students in the same institution.

The intramural programme provides a platform to hunt the talent among the students of the institution. Those who possess greater aptitudes or natural abilities are selected for further well organised training programmes and they represent the institution in individual/ team sports in the extramural competitions. Intramural activities are the most enjoyable phase of physical education and sports programmes. It is important to mention here that it is the sole responsibility of the department of physical education to provide equal opportunities to the students who are following professional studies in physical education and sports to take part in activities.

VALUES OF INTRAMURAL PROGRAMMES:

The value of intramural programme may be well understood in the light of opportunities it provide for achieving aim and objectives of general education, viz-a-viz all round development of personality of the students/ participants.

To explain its values some of the important opportunities provided by the intramural programme are listed as follows.

1. Innovative - Researching industry standards and activities that are challenging, unique, and fun.
2. Teachable - Providing, recognizing, and using learning outcomes to further educate our participants and student staff to create a more knowledgeable programme.
3. Hospitality - Making sure our participants are comfortable through excellent customer service and interaction to create healthy physical, mental and emotional outlets
4. Accessible - Ensuring all activities are available to all community members, and providing help to make this so.
5. Commitment - Striving to create the highest quality experience for our participants by pledging our focus, energy, and service to the intramural programme.
6. Activity - Getting our participants up, out, and about to improve personal and social well-being.
7. Intramural programme provides opportunities for the students to organize and conduct competition and practice in them as a part of their training that too under the leadership of experienced teacher of physical education.
8. By involving the students in various capabilities in the organization and conduct of intramural, it provides opportunity for leadership and fellowship.
9. To provide practical experience of officiating in competitive sports.

UNITS FOR INTRAMURAL COMPETITIONS:

“Unit” is the term we give to a student group that has a representative (Unit Manager) on our Intramural Council. Most residences and faculties have a Unit Manager. Any student group not represented on the Intramural Council can apply to become a recognized Intramural Unit. A Unit Manager is responsible for managing the all teams associated with their Unit and acting as a liaison between the Intramural Council and the constituents of their Unit. Unit Managers routinely register and manage teams for their Units and advocate on their behalf, so get to know our teams associated with a Unit earn Participation Points and Achievement Points for their Units by competing in Intramural Leagues and tournaments which go towards the Intramural Cup.

The management of intramural programme depends upon the nature of institution and the streams of study offered by it, because the units to be formed are based on it. In other words, the scope of tournament depends on the number of units; depend on the nature of institution (residential, cold, number of streams being offered by the institution etc). Once the unit are identified the care should be taken to assign the student to each unit having homogenous nature to have balance and genuine competition. Highly skilled or performer students should either be excluded or equally distributed among all the units.

EVENTS:

Subject to the availability of facilities, equipment, time and personnel in adequate measure, intramural may be organised in suitable activities from out of the following activity bunch:

1. Regulation games(Football, Volleyball, Hockey, Basketball etc)
2. Minor games(tag and it games, relays)
3. Modified games(pin football,5-a side hockey etc)
4. Recreational activities
5. Indoor activities(chess, tombola, housie)
6. Outdoor adventure activities (hiking, trekking etc)
7. Pagal gym khana games(fun contests)
8. Social games
9. Water sports

POINTS SYSTEM FOR INTRAMURAL COMPETITION:

1. General Rules and Guidelines

- a. Organizations must compete in a minimum of two team events in a semester to be eligible.
- b. Organizations must use the same team name throughout the semester to be recognized (notifications are required if competing under a different name).
- c. Organizations may enter:
 - i. As many entries as desired. However:
 1. One (1) team per team sport that earns points a. If available, point teams must play in the competitive/advanced division as opposed to recreational/beginner.
 2. Four (4) entries per individual/dual sports that earn points
 3. As many individuals as desired for single day events (Special events). Only the top four (4) finishers will receive points
 4. Two (2) individuals and one (1) relay team that earns points in meets events.
 - ii. In Men's, Women's, or Co-Race to earn points for their organization.
- d. Organizations may make as many substitutions as they like until the event starts. For bracket only events, players/teams that have participated will not be able to move to another bracket spot.
- e. Organization eligibility: all organizations are responsible for who is eligible to participate in their name. Intramurals will only make judgments on Intramural participant eligibility, not organization participant eligibility.
- f. A team receiving a bye in a tournament will receive participation points (+10). If the team wins its next round, it will also receive win points (+10) for the bye contest.
- g. A team that has a rain out that is not rescheduled will receive participation points (+10) only.

2. Scoring

a. Team Sports

i. Team sports include events such as Canoe Regatta, Mud Volleyball, Tug-O-War, Basketball, Flag Football, Soccer, Volleyball, Softball, Ultimate Frisbee, Dodge ball, Kickball, Floor Hockey, Team Handball and any other events as determined by the Intramural Staff

ii. League Play, Single Elimination or Winner's Bracket (of Double Elimination)

1. Ten (+10) points for each contest participated
2. Ten (+10) points for each contest or match won until the finals
3. Thirty (+30) points for the winner in any team sport
4. Fifteen (+15) points for the runner-up in any team sport
5. Seven (+7) points for the semi-finalists not advancing

iii. Double Elimination Loser's Bracket

1. Five (+5) points for each contest participated
2. Five (+5) points for each contest won until the loser's bracket finals
3. Seven (+7) points for 3rd place contest winner

b. Individual/Dual Sports

i. Individual/dual sports include Tennis, Table Tennis, Billiards, 3 on 3 Basketball and any other events as determined by the Intramural Staff

ii. League Play, Single Elimination, Winner's Bracket (of Double Elimination), Ladder Tournament

1. Two (+2) points for each contest participated
2. Two (+2) points for each contest won until the finals
3. Ten (+10) points for the winner in any individual/dual sport
4. Six (+6) points for the runner-up in any individual/dual sport
5. Three (+3) points for the semi-finalists not advancing

iii. Double Elimination Loser's Bracket

1. One (+1) point for each contest participated
2. One (+1) point for each contest won until the loser's bracket finals
3. Three (+3) points for the 3rd place contest winner

c. Group events

i. Group event include a 5Km, road race and any other events as determined by the Intramural Staff

ii. Scoring

1. Place: 1	Points: 20
2. Place: 2	Points: 16
3. Place: 3	Points: 12
4. Place: 4	Points: 8
5. Place: 5-10	Points: 6
6. Place: 11-15	Points: 4
7. Place: 16-Over	Points: 2

SAMPLE RULES TO BE FOLLOWED FOR INTRAMURALS:

The number of units may desire to be some changes in the rules and regulations of the intramural competition. It is the responsibility of the intramural committee to decide the rule and regulation of the intramural competition well before intramural competition announced. If changes in the standard rules of any game /sports are unavoidable, those must be informed to the participants through their house captains or house masters etc. While making changes, one thing must be kept in mind that no single unit is either benefitted or may be put in loss. Rather it should be with the aim to take competition attractive and friendly to the participants. The most important duty of the secretary of the intramural committee is to keep a record of all the meeting held and decision taken, the results of the competitions and the score sheet. Because, protest, if any or championship are to be decided by the intramural committee on the basis of the intramural competition record maintained and presented by the secretary.

REWARDS AND INCENTIVES:

Prizes, awards, rewards and other material incentives are traditionally given for high performances and achievements. Whether or not this practice is justified in the case of intramurals is a debating point. Inscription of one's name on the honour board is far better than receiving a small cup or shield or a T-shirt for outstanding performance.

CONCLUSION:

Intramural competitions are an institutional affair. They are organised within the confines of the school, college or club. As a long-term objective of physical education with a view to improve the physical efficiency of all students also to evaluate their performances from time to time and instil in them spirit of time. Intramurals are not an end but a means to human development in the body, mind and spirit. Their horizons lie beyond the narrow confines of personal or institutional glorification.