

1st place in team championship	: 10 points
2 nd place in team championship	: 6 points
3 rd place in team championship	: 3 points

Or

1 st place in individual championship	: 6 points
2 nd place in individual championship	: 4 points
3 rd place in individual championship	: 3 points

Or

Each entry	: 10 points
Each win	: 2 points
Each Draw	: 1 point
Each loss / Forfeit	: 0 point

The points gained by a team / an individual should be credited to the unit. There shall be two score-sheets, one to enter the points scored by each team in day to day competitions and the other a consolidated score-sheet showing the points gained by each unit. The total points scored by each unit at the end of the intramural competitions, will decide the intramural champion.

4.7. Awards

Some kind of recognition must be given to the winners in each activity and to the intramural champions. The names of the House/ Unit alongwith its captain and vice captain should be **written on the Intramural Honour Board**. A photograph of the Champion unit may be taken and displayed on the student notice board so that it becomes a source of recognition for the winner and a source of inspiration for the others in order to take part in the forthcoming intramural competitions.

5.0. CONDUCT OF EXTRAMURAL COMPETITIONS

To have better and result oriented extramural competition from the conduct and organizing point of view, they may be categorized and studied under three main heads:

- Practice Matches
- Closed Competitions
- Open Competitions

5.1. Practice Matches

Before the official scheduled competition, practice matches are arranged with the neighbouring institutions / clubs of a given locality and played for the training purposes. These matches help both the teams to look into their weaknesses and follow the remedial measures. It provides competition experience and also helps both the teams to develop socialization. These matches are fixed before hand with the understanding of both the teams and institutions.

5.2. Closed Competitions

The name of the competition is self explanatory. These competition are limited to particular types of institution. For instance inter-school competition, inter-college competition, inter-varsity competition and so on. Generally these competitions are conducted by their respective sports departments or sports boards / committees. To have better control and achieve desired results the entire jurisdiction of competing institution is divided into different zones. After the completion of the competitions in each zone, winners will meet in the inter-zonal competition for the institutional championship.

5.3. Open Competitions

In the open competition any body can participate through their respective affiliated units. It is not confined to any one category of people. In the open competition any institution, department, or private agency is eligible to field a team.

4.2.3. Assistant Teachers

The Director and Assistant Directors are further assisted by the class-room teachers when competitions are held.

4.2.4. A Secretary

A Secretary of the Intramural Committee is either selected or elected from among the captains of the Units (Houses).

4.2.5. A Joint Secretary

A Joint Secretary of the Intramural Committee is to be selected or elected from among the vice-captains of the Units (Houses).

It is the sole responsibility of the intramural committee to frame rules and regulations for the competitions. While framing rules for the competition of a particular game / sport, standard rules as well as prevailing condition on campus must be kept in mind. If there is any deviation from the standard rules, participants must be informed. It is the duty of the Secretary to keep a record of the meetings held, the results of the competitions and the score sheets. Protests, if any, are to be decided by the committee. To develop the leadership qualities to develop the organizing and conducting ability, to develop the decision making ability, to develop the habit of sharing responsibility, and to develop / create interest in students in the intramural competitions, their involvement should be maximum at all the levels.

4.3. Activities for the Intramural Competition

Keeping in mind the facilities, time and finances available for completing the competitions, major and minor games shall be included in the competition. The interest of the students shall also be taken into consideration while deciding activities for competition.

4.4. Time and Type of Competition

The time best suited for competition is after teaching hours and on Saturdays. The Intramural competition shall be conducted throughout the year. But heavy programme of intramural should be in the first and second term. During the third term there should be light programme because of the forthcoming examinations. Further the competitions may be conducted either on knock out or league basis. In other words, the type of competition depends upon the number of teams and number of play fields available, also depends upon the time at your disposal.

4.5. Officials

Qualified and competent officials are necessary for a sound intramural programme. Officials should be well-versed with rules of the game / sport including the level of participants, the objectives of the programme, and the organization's philosophy of competition, so that they enhance the programme. They should be fair and transparent in their decisions so that they are accepted by the participants.

4.6. Point System and Scoring Procedure

* / A point system shall be developed in such a way, that it stimulates healthy competition, maintains continued interest and is in conformance with the objectives of total programme. The point system should be readily understood by all and easy to administer. Under such conditions, points should be awarded on the basis of contests won, championships gained, standing in a league or order of finishing, unit participation, and so on. The point system is decided by the Intramural Committee before the commencement of intramural programme in the beginning of the session. The point system may be developed as given below and required modifications may be made, if needed:

4.1. Division of Student Participants for Intramural Competition

The students shall be divided into several units for the purpose of competition. The unit must be of homogeneous in nature, so that the competition becomes interesting one. The highly skilled players must be identified. Either the skilled students are divided equally in different units or their competition may be conducted separately or they should not be allowed to play intramural competition. Since the skilled students get an opportunity to play for the institution in the extramural competition. The formation of the units mainly depends upon the nature of the institution, as mentioned below:

4.1.1. Purely Residential Institutions

If the number of hostels are more, competition can be conducted on Inter-hostel basis or house basis. If there is only one hostel, then it may conducted on wing basis.

4.1.2. Partially Residential Institutions

The students residing in the hostels will be divided into several teams and the day scholars will be divided into few teams, depending upon their strength. Now the competition may be held separately for both the categories or may be between both the categories and so on.

4.1.3. Non-Residential Institutions

In the non-residential institutions, the units may be formed in any of the following ways:

- (a) On class basis, among the particular grades i.e. for instance 5th standard; 6th standard and so on.
- (b) On chronological age basis. Students are divided into seniors, juniors, sub-juniors according to their ages, competitions are conducted among each particular division separately. This is one of the best methods of forming the units because this will be useful for the selection of students for inter-institution competitions.
- (c) In colleges / universities, the units may be formed either on class / faculty / or department basis.

4.2. Intramural Competition Committee

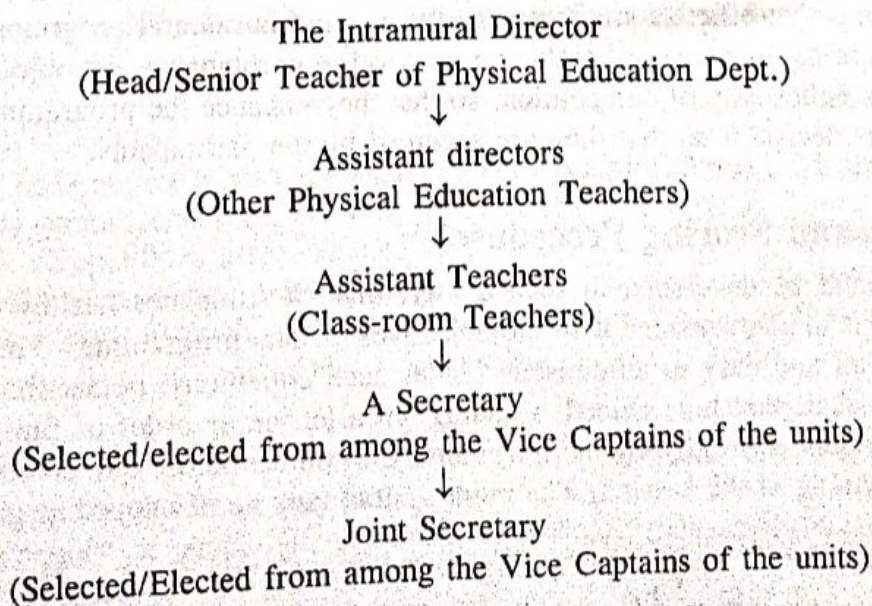
The intramural competitions are conducted by the Intramural committee. This committee usually comprises of the following:

4.2.1. The Intramural Director

He will always be the senior most teacher of Physical Education Faculty of an institution.

4.2.2. Assistant Director

One among the remaining teachers of physical education, who are assisting the Director is appointed assistant, director.



3.0. IMPORTANCE OF INTRAMURAL AND EXTRAMURAL COMPETITIONS

The worthy objectives of intramural and extramural programmes are the true indicators of their importance for an individual student, team and institution. The objectives of intramural and extramural activities are compatible with the over all objectives of physical education and also with those of education in general. The objectives of intramural and extramural are listed below:

1. To provide opportunities to the students at the institution that will be conducive to their over all development.
2. To provide opportunities to the students at the institution to develop and display their skill in various physical education activities.
3. To provide opportunities to the students for fun, enjoyment and to develop fellowship participation in sports competitions, leadership and followership qualities.
4. To provide opportunities to the students at the institution for the release of tension, depression and aggression and to provide a feeling of achievement through sports participation, all of which are conducive to mental and emotional health.
5. To provide opportunities to the professional students at the institution to gain experience in conducting and organising the intramural competitions as a part of their training.
6. To provide opportunities for the trainees to gain experience of officiating.
7. To provide opportunities to the players of various teams to have exposure to the competition.
8. To provide opportunities to all the students of the same institution or to the students of various institutions competing for socialization.

Importance of intramural and extramural may be summarised in the light of the objectives mentioned above. That the students are provided with ample opportunities to develop their physical, mental, emotional and social health through participation in activities. Through the physical activities their skill is developed to use their leisure time constructively. Further the participants get very good training for citizenship, adult living and human relations. Also the professional students are benefited by getting organizing and administrative experience of conducting intramural and extramural competitions. Further, intramural competition help in the selection of teams for extramural competitions. It is pertinent to mention here that the extramural competitions have some draw backs such as:-

1. Sometime undesirable means and methods are adopted for the sake of victory.
2. Unhealthy rivalry and jealousy are developed.
3. Too much money, time and energy are wasted.
4. There is too much of psychological strain on the part of the students.
5. Some times the participants become so arrogant and exhibit false pride of their victory.

However, the above mentioned drawbacks may be easily overcome through competent and dynamic leadership. A good leader must teach the participants to have respect for rules and regulations, officials, opponents, spectators and accept defeat and victory with open mind.

4.0. CONDUCT OF INTRAMURAL COMPETITIONS

Before conducting the intramural competitions, the following factors have to be taken into consideration for achieving the desired results:-

1. Type of the institution i.e. residential, partially residential, non residential and so-on.
2. Geographical and Climatic conditions.
3. Infrastructure / facilities available (Play-grounds, track, equipment, leadership etc.)
4. Availability of estimated finances.
5. Availability of time
6. Identification of activities in which students take keen interest.
7. Cooperation and help that can be expected from the colleagues.