

TENNIS

Tennis is usually considered a spring activity although it is used in many intramural programs in both fall and spring. See spring activities for a complete discussion.

TOUCH FOOTBALL

This game is universally accepted in the middle west as a fall activity for boys. Its use in grades below junior high schools is questionable. The technique of play should be taught either in practice periods or in the regular physical education program. Some conditioning is considered necessary. This game demands high class officials if injuries are to be minimized. Touch football is listed as having more accidents per 1000 exposures than any other activity in the high schools.* If the rules are followed carefully and the sport supervised with diligence, the accident rate can be cut down to that of less hazardous activities.

The number of officials necessary may be cut down by allowing extra downs in a series instead of four and requiring the team possessing the ball to make a touchdown instead of a yardage requirement. This does away with the chains and sticks on the sidelines and simplifies the officiating of the games. The field size can be modified considerably for the younger players. A smaller field has been used with university students with much success by Dr. Elbel at the University of Kansas. The game may be played under regular time rules or a definite number of plays may be used to determine the quarters, halves, etc. The use of a definite number of plays makes stalling tactics unnecessary and has been used in high schools with considerable success. Boys play this game vigorously, so protective equipment is desirable but not as imperative as in regular or six-man football. The number of players may also be modified so as to use less players on a side. As few as six players have been used in university competition by making all the players eligible to catch passes. This tends to make the game more open with less accidents. In the interest of safety and fun the writers recommend that this game be played by less than the regulation number of eleven players. Headguards will prevent many of the scalp wounds and concussions which make up a considerable percentage of injuries.

* Lloyd, Deaver and Eastwood, Safety in Athletics, Philadelphia, W. B. Saunders Co. 1936.