

MARYLAND SCHOOL BULLETIN

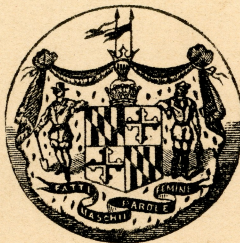
VOL. III

MARCH, 1922

NUMBER 12

SPRING ATHLETICS

IN MARYLAND



ISSUED BY
STATE DEPARTMENT OF EDUCATION
BALTIMORE

WR 695

Department Of Physical Education

STATE OF MARYLAND

Dear Teacher:

The State Board of Education through the Public Athletic League is planning for the happiness and health of your pupils another field day for all of your County. The supervisors of colored schools of Maryland are arranging for this occasion. We want the day to be the greatest school day in the year.

Our plan calls for three different activities: Athletic badge tests, track and field events and dodge ball games. The rules and blanks are enclosed, and you are to fill in the pupils' names on the proper entry blanks.

The badge tests consist of three events, different for boys and girls. We want you to have your children try them all, and if they do the first two in accordance with the rules, you will enter their names and what they accomplish on the "Athletic Badge Test" blank, and mail to me in Baltimore. We will send you an entry card for each pupil. Have them tie it on their left wrists the day of the meet, when we will complete the test by having the boys run the dash and by having the girls throw the official ball (15 to 18 oz.). Every child who is successful in doing all three events will receive a handsome bronze badge. Those who won bronze badges last year should try to win a silver one now. Do not enter a pupil for silver who has not won bronze. Recorded winners of silver badges may try for gold badges.

Enter your boys in some running or jumping event. They will learn by trying and will have the fun of competing as well as feel they are helping the school win points. Let us see if your school cannot win more points than any other school in your county! The winners of county medals may compete in the Municipal Games for colored boys in the fall at Baltimore.

We hope you will buy a dodge ball and have a team. They cost \$5.10 if bought from the Public Athletic League. It is good sport!

We would suggest that you have all the school learn songs which will encourage your competitors to do their best, as well as songs for marching.

Hoping we may help you and your school, I am

Yours truly,

WILLIAM BURDICK,
State Supervisor of Physical Education.

W. S. PITMAN,
State Field Leader, Public Athletic League.

The State Board of Education, in view of the success of county school meets for colored schools, recommends that co-operation with the Public Athletic League in the conduct of athletic meets be continued during the ensuing year.

The Public Athletic League will furnish medals as prizes for the athletic meets for each county. They will send score sheets, entry blanks and necessary instructions and forms for the principal of each school. The county is to furnish the programs and officials.

Boys shall be classified, according to their weight, into four classes, 85 pounds and under, 100 pounds and under, 120 pounds and under and unlimited weight. The latter class is to include boys who are too heavy to enter the other weight classes.

It is unwise for a boy to compete in a higher weight class than his own, but this is allowed in order that a school may have enough boys to make up a relay.

Boys will be weighed on the day of the meet in the costume in which they are to compete and **MUST NOT BE OVER-WEIGHT.**

No boy who has reached the age of 21 is eligible to compete. A boy must not represent his school after he becomes a post-graduate student. A boy must have been a bona fide scholar from February 1, 1922.

A boy may enter **ONLY TWO (2)** events in one meet—one (1) running and one (1) field event. **HE MUST NOT BE ENTERED IN TWO (2) running or two (2) field events.** This is necessary in order that the meet may be run quickly. The entry blanks will call for the entry of six (6) boys on each relay team (in a relay each boy of 4 carries a stick $\frac{1}{4}$ of the distance and passes this stick on to his team-mate). Two (2) teams may be entered in each weight class. Since it is believed that the relay team requires more team work than does running alone, this event has double the number of points scored; that is, the winning relay team is awarded ten (10) points and the second team six (6) points, whereas, in other events the winner gets only five (5) points and the second place winner three (3); third, two (2); fourth, one (1). A boy on the day of the meet cannot be transferred from a dash to a relay in order to complete a team.

In case of ties in field events, the rules state that second and third best performances decide the winner.

The events decided upon are as follows:

85-Pound Class:	100-Pound Class:
50-yards Dash.	60-yards Dash.
Standing Broad Jump.	Standing Hop, Step and Jump.
Dodge Ball Throw for Distance.	Baseball Throw for Distance.
440-yards Relay Race (4 boys).	440-yards Relay Race (4 boys).
120-Pound Class:	Unlimited Class:
70-yards Dash.	100-Yards Dash.
Running Broad Jump.	880-Yards Run.
Baseball Throw for Distance.	Running Broad Jump.
660-yards Relay Race (4 boys).	12-Pound Shot.

Three badge tests are recommended for boys and girls for which bronze, silver and gold badges will be awarded. One must pass the simpler test before trying the harder one.

In addition, the State Board of Education also recommends that each school form "Dodge Ball" teams, one composed of ten (10) girls and another of ten (10) boys. Boys must not weigh over 100 pounds.

WILLIAM BURDICK, M. D.,
Supervisor of Physical Education.

W. S. PITMAN,
State Field Leader, Public Athletic League.

THE ATHLETIC BADGE TEST FOR BOYS

The Public Athletic League of Baltimore has adopted the following standards which every boy ought to be able to attain:

First Test for Bronze Badge:	Second Test for Silver Badge:
Pull Up (chinning)—4 times.	Pull Up (chinning)—6 times.
Standing Broad Jump—5 ft. 9 in.	Standing Broad Jump—6 ft. 6 in.
60-yards Dash—9 seconds.	100-yards Dash—13 2-5 sec.
Third Test for Gold Badge:	
Pull Up (chinning)—9 times.	
Running High Jump—4 ft. 4 in.	
220-Yards Dash—28 seconds.	

No age or weight limit is fixed; any boy may enter any test at any time the teacher is willing to act as judge, *provided he has passed the preceding test.*

These tests are simple, consist of events which are interesting, and are generally understood. The test requires only simple apparatus and a comparatively small space.

CONDITIONS OF COMPETITION

The following general rules shall govern. No boy is permitted to receive more than one badge for any grade in any one year, and must pass them in order—bronze, silver, gold. No boy may receive more than three badges. It is necessary to qualify in all three events in any one class in order to win a badge. There shall be but one trial in the dashes.

1. PULL-UP (CHINNING)

A chinning bar in a doorway; a horizontal bar in the gymnasium, an iron pipe, or a limb of a tree parallel to the ground.

Each contestant begins with his hands on the bar. The contestant shall extend himself to his full length before and after each pull-up, and shall also pull-up without a kick, snap, jerk or swing to such height as to bring his "chin" higher than the bar. Lowering himself again until his arms are straight, he repeats the "Pull-up."

2. STANDING BROAD JUMP

It is best to prepare a jumping pit by digging up a piece of ground about 4 feet by 25 feet, and have imbedded in the ground at one end of the pit a wooden joist 4 inches deep by 8 inches wide, flush with the surface, to serve as a "Take off."

"The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock back and forth lifting the heels and toes alternately from the ground, but may not lift either foot clear off the ground, nor slide either foot along the ground in any direction."

The outer edge of this joist shall be called the scratch line, and the measurement of each jump shall be made at right angles to the nearest break in the ground made by any part of the person of the competitor. The jump is as if one were jumping across a branch, run, or stream of water.

3. RUNNING HIGH JUMP

A boy must jump over clear a bar or stick—resting on pegs projecting from uprights three inches—4 feet, 4 inches from the ground or floor.

4. 60, 100, OR 220-YARDS DASH

Under the direction of a starter each individual competitor takes his position on the starting mark. The starter gives the signal by saying: "On the mark," "Get set," "Go," or shoots a pistol. At the word "Go," the timekeeper starts his watch. As the runner crosses the finish line (60, 100 or 220 yards from the starting line), the timekeeper stops his watch and blows his whistle. Everyone who passes the line *before the whistle starts blowing* wins.

"A false start is one where any part of the person of a competitor touches the ground in front of his mark before the starter purposely gives his signal. The third false start shall disqualify the offender. The competitor shall keep his hands behind the mark assigned him."

This running event will be run the day of the County Meet and judged by its officials. The other two events shall be certified to by the teacher of the school on blanks which will soon follow.

THE ATHLETIC BADGE TEST FOR GIRLS

The Public Athletic League of Baltimore has adopted the following standards which girls ought to be able to attain:

First Test for Bronze Badge:

Balancing—once in 2 trials.
Leg Raising—10 times.
Far-throw Basketball—25 feet.

Second Test for Silver Badge:

Balancing—once in 2 trials.
Leg Raising—2 times.
Far-throw Basketball—35 feet.

Third Test for Gold Badge:

Trunk Raising—12 times.
Volley Ball Service—8 times in 10 trials.
Round-arm Basketball Throw—55 feet.

Any girl may try any test at any time the teacher is willing to act as judge. A girl of any age or weight is eligible. The same rules govern contests as in boys' Badge Test.

1. BALANCING

A beam, 2 by 4 inches, 12 feet long, is set so that the 2-inch side is to be walked upon. It need not consequently be over 4 inches high. Spalding sells a Balance Beam suitable for indoors which formerly sold for \$8.00. One can be made for outdoors for \$1.00.

"*First Test*—A girl should start at center of beam and walk forward to other end; without turning, walk backward to center; turn, walk forward to other end; turn, walk forward to starting point."

"*Second Test*—Start at end of beam with hands on hips, and walk to other end with following step—step with right foot, bend left knee so that thigh is at right angle to body, straighten left knee, stretch left leg forward, step forward on left foot. Same right and so on to the end of beam; turn and return with ordinary walking step to center; make quarter turn right so that shoulders are parallel with beam. Take deep knee bend, rise to position, and jump off forward."

2. LEG RAISING

Use chinning bar when boys are not using it.

"*First Test*—Each contestant begins with hands on bar. It is best to grasp bar with one or both hands facing one. She shall raise both legs, knees straight, to a right angle (without any more swinging than can be helped), then lower to original hanging position. Repeat continuously ten times."

"*Second Test*—Suspend body by hands, raise both legs, knees straight to right angle with body; slowly separate legs, without lowering, to angle of 70 degrees; bring together again and lower. Repeat once.

3. TRUNK RAISING

Contestant lies on back on floor, arms folded across chest. Raise the trunk to sitting position 12 times in succession. The knees must be kept straight and feet not raised from floor, nor held by any weight.

4. VOLLEY BALL SERVICE

Ball: Official school ball. *Court:* 25 by 12½ feet with a cord stretched from middle of one long side to middle of other, parallel to the ends, and 7 feet above the ground.

Contestant stands with both feet back of end line and serves the ball over the cord into the other court. Contestant must not step across the end line—if she does, it counts as one trial. Serve-ball is tossed up by left hand and batted *over-hand with the right* (open) hand. A ball striking on the line is considered "in." The contestant must serve 8 balls out of 10 consecutive trials to win gold pin. (Regular volley ball on regulation court should be used in high schools.)

5. FAR-THROW DODGE BALL

The ball shall be from 14 to 17 ounces in weight. It is thrown from a stand with feet apart with the toes at the line. The throw is from both hands over the head. Swinging the arms with bending of the trunk is an advantage. The toes or heels may be raised, but a jump is not permitted. Touching the ground in front of the line or stepping over the line before the throw is measured, constitutes a foul. (A foul counts as one trial.) Two trials may be given each contestant. Spalding "O" soccer ball will be the official ball. The ball must land within a lane 10 feet wide, and must strike the ground at least 25 feet from the throwing line for bronze pin, and 35 feet for silver pin.

This test will be made the day of the County Athletic Meet.

6. ROUND-ARM DODGE BALL THROW

The ball is thrown with the feet as desired, one step being permitted, providing the line is not passed. The ball is held encircled by hand, wrist and forearm, and will go farthest if the ball moves parallel to the ground and the arm is straight when the ball leaves the fingers. The ball must land within a lane 10 feet wide, and must strike the ground at least 55 feet from the throwing line to win the gold pin.

This test will be made the day of the County Athletic Meet.

CIRCLE DODGE BALL

A circle shall be drawn on the ground 35 feet in diameter for the girls and 40 feet for boys.

Teams:—Shall consist of ten players, one team stands around the outside of the circle. The other team is grouped anywhere within the circle.

Object of the Game:—The object of the game is for the outer circle team to hit the players of the inner circle team with the ball, a player so hit being "out" and having to leave the game. Only one player can be hit on a thrown ball, which must be in the air when player is hit. Ball striking ground and bouncing up and striking a player does not count as out.

Officials:—A referee, who shall be Scorer, and a Timer.

Start:—The game starts on a signal from the Referee with the ball in the hands of the outer circle team. The Referee blows his whistle for play to cease whenever an inner circle player is fairly touched with the ball; and again for play to resume. Player being hit fairly must leave the circle at once. The Referee also signals when the "Time Limit" has expired.

Rules and Points of Play:—The players on the outer team must not step within the circle when throwing; should inner player be hit, it does not count. Inner team players must not step out of the circle under penalty of being put out of game. The inner team does not play the ball, it only "dodges" it. The "dodging" may be done by stepping quickly in one direction or the other.

Time Periods:—A game shall consist of two two-minute periods or "innings" for each team, except in preliminary rounds, when innings shall be three minutes.

Score:—One point shall be scored for each member of the team remaining in the circle at the expiration of "Time Limit." The team which has had the greatest number of total members remaining in the circle at the expiration of both halves or innings wins. Should *all* members of *both* sides be retired before the expiration of time limit of *both* innings, the team remaining "in" the longer period wins. The fact that one team remains in the circle longer in either inning does not change the final score.