Falcon Squad Weekly
November 30 - December 4

Monday

Mindset Monday & My Sabres

Tuesday

Gold Pool

Teacher or Squad Leader Choice

Maroon Pool

1	Otte vs. Giddens	5	Englert vs. Beiker
2	Gottwald vs. Herl	6	Kuehl vs. Lindenmeyer
3	Erbert vs. Schwien	7	Pantle vs. Schmidt
4	Brungardt vs. Hejny	8	Schmeidler vs. Gladow
Byes	Banker, Brown		

Wednesday

No Intramurals

Boys Basketball & Girls Wrestling Meeting

Thursday

Gold Pool

Squad Leader

Stacking Challenge

Make sure My Sabres is complete!

Maroon Pool

1	Englert vs. Hejny	5	Gottwald vs. Schwien
2	Lindenmeyer vs. Gladow	6	Herl vs. Pantle
3	Giddens vs. Schmidt	7	Brown vs. Erbert
4	Banker vs. Beiker	8	Kuehl vs. Brungardt
Byes	Otte, Schmeidler		

Friday

Gold Pool

1	Dale vs. Moritz	5	Beam vs. Quimby
2	Foster vs. Renshaw	6	Johnson vs. Tillman
3	Craig vs. Mick	7	Buller vs Straub
4	Scott vs. Walstrom	8	Treinen vs. Niernberger
Byes	Hauptman, Smith		

Maroon Pool

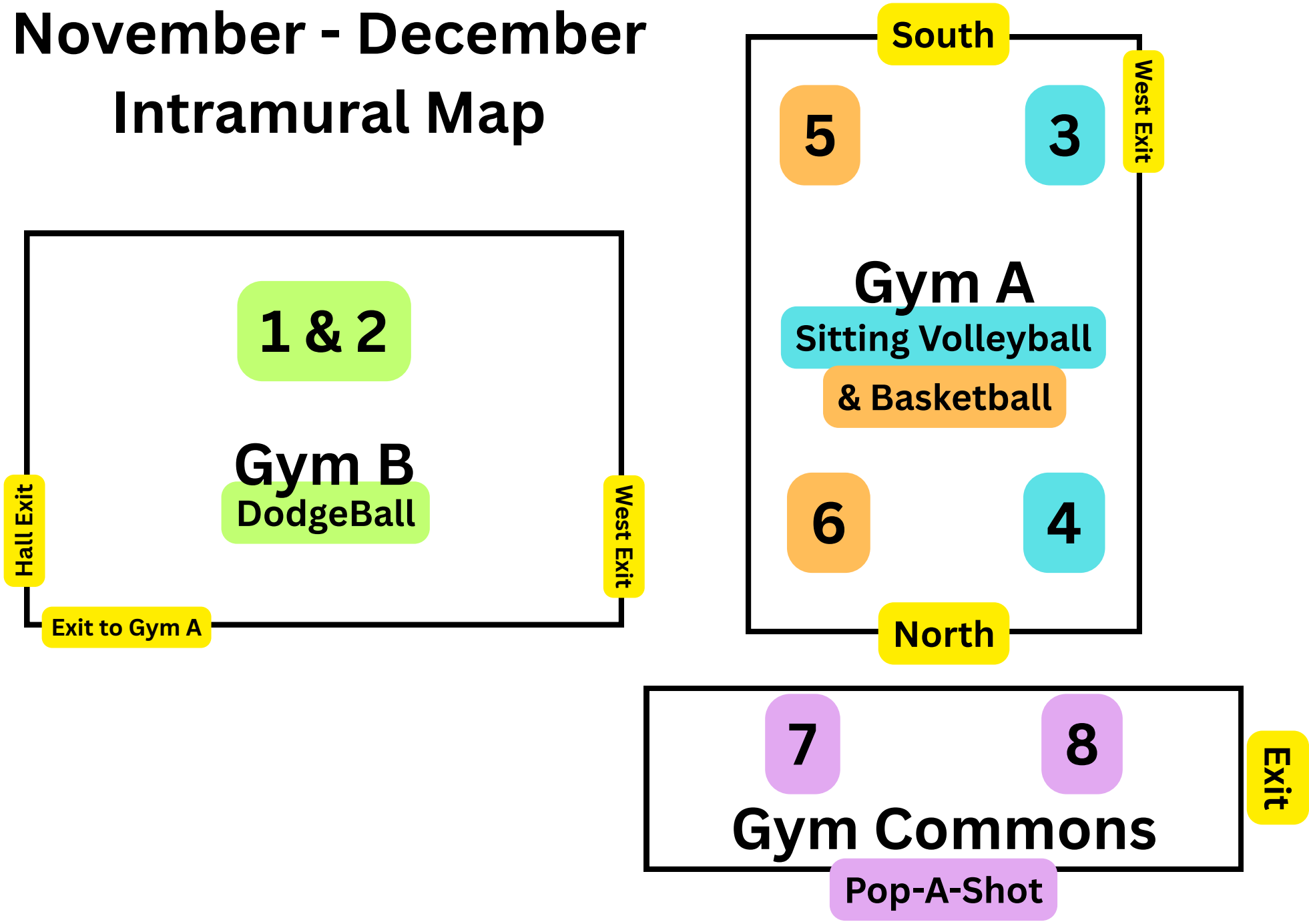
Squad Leader

Stacking Challenge

Make sure My Sabres is complete!

1/2 - Dodgeball; 3/4 - Sitting Volleyball; 5/6 - Basketball; 7/8 - Pop-A-Shot

November - December Intramural Map



Dodge Ball – Gym B

Four teams will be playing dodge ball. The teams listed on 1 will play first followed by the teams listed on 2. Then the first two teams listed will play and the second two teams will play last.

1. To begin, an intramural official will blow the whistle for play to begin. The players will need to run back and touch the base line before beginning play. Normal dodge ball rules apply.

2. **Any** body part hit results in being "out".

3. **Each squad member can have only one ball in possession at a time. The ball cannot be held for blocking purposes; it must be thrown. NO BLOCKING.**

4. A thrower is out if a thrown ball is caught by the opposing team.

5. Be a good sport and if you know you have been hit, remove yourself from the game. Do not argue with the officials!

Sitting Volleyball Rules – Gym A (West Side)

1. We will use the same rotation method as used in the regular volleyball games with 9 players on the court. Rotation moves from the back to the front. Once your row has reached the front, the row exits, and a new row comes in at the back.

2. Servers should serve behind the end of the court line. No player will be allowed to serve a second time until every member of the team has had a chance to serve, and each server only gets 5 serves. Serves can be underhand or overhand. The serve may be helped over the net by teammates, using two extra hits after the serve. A serve is playable if it hits the net and goes over.

3. Any ball that touches the floor will be ruled a dead ball and result in either a point or a side out.

4. During play, the ball may be hit three times by any one side, though no player can make contact on consecutive hits.

5. Players cannot touch the net or reach over the centerline. The front row should be behind the blue taped line.

6. If time is up and the game is tied, **it ends in a tie!** Scoring is optional and is chosen by the squad teachers.

Basketball Rules – Gym A (East Courts)

1. Each team shall have five players on the court at a time, all quarters will be coed and 6 minutes. The first quarter will be 6th graders, the second quarter will be 7th graders, and the 3rd quarter will be 8th graders. The last quarter will be any grade level. If there aren't enough of each grade level to play, both squads can play 4 or play one student from the grade level below.

2. Scoring is the same as regular basketball. Free throws will not be shot. On any foul, the opposite team will be awarded one point and the ball at the top of the key.

3. On a change of possession, the ball must be taken to the top of the arc (very light beige).

4. Players beyond the 3-point arc cannot be guarded on the dribble until there is only one minute left in the quarter.

5. Teams should have a set line-up ready when they arrive in the gym. Teachers, all students should play a minimum of two minutes (unless physically unable to do so). Equal time should be given to those students who desire to play, regardless of ability.

6. If the game is tied, **it ends in a tie!**

7. Any player who objects to an official's call or intentionally fouls another player will be ejected from the game. If a student is ejected twice, he/she will no longer be allowed to participate in basketball.

8. Remember, intramurals are for fun!

Pop-a-Shot Basketball – Gym Commons

1. Divide each squad into two teams. Each squad will line up behind the lines for their squad basket, one line on each side. Both sides will attempt to toss the ball into the basket.

2. The official will time and shooters get 20 seconds and then the shooters switch. Each squad can have two rebounders.

3. After the 20 second round, the shooters will become the rebounders.

4. The points will be tallied by the intramural officials. The team with the most points scored in a 5-minute period is the winner of that round.

4. Rounds will continue until the end of intramurals and ties will not be played off.