

# 1

## Planning in Sports

### LEARNING OBJECTIVES

- 1.1 Meaning and Objectives of Planning
- 1.2 Various Committees and their Responsibilities (Pre, During and Post)
- 1.3 Tournaments—Knock-out, League or Round Robin and Combination
- 1.4 Procedure to Draw Fixtures: Knock-out (Bye and Seeding) and League (Cyclic and Staircase)
- 1.5 Intramural and Extramural: Meaning, Objectives and their Significance
- 1.6 Specific Sports Programmes (Sports Day, Health Run, Run for Fun, Run for a Specific Cause and Run for Unity)

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Planning in sports

and sports, without it. In most of the schools in India, there is lack of adequate planning in the field of sports. Generally, for participation in various tournaments, teams are selected at the eleventh hour. Players are not given proper training. They hardly get a few days to do practice. They are not properly motivated towards sports. How can we expect their holistic development to happen? In fact, a well-planned programme of physical education and sports is the need of the hour in our schools.

Planning plays a vital role in every field of life. Physical education and sports play a significant role in the holistic development of an individual. In fact, overall development of an individual is really a difficult task without participation in regular programmes of physical education and sports. As a matter of fact, unachievable heights can be attained by involving in high quality programmes of physical education and sports. But proper and effective planning is required in the field of physical education and sports, for we cannot derive maximum benefits from the programmes of physical education

## 1.1 MEANING AND OBJECTIVES OF PLANNING

### Meaning of Planning

Planning is the process of putting thoughts together and organising activities required to achieve a desired goal. Planning comprises the process of setting goals, developing strategies and outlining tasks and schedules to accomplish the goals. In simple words, planning is deciding in advance as to what is to be performed and when, where, how and by whom it is to be performed. In fact, planning is the process which helps us in reaching our goal efficiently and smoothly. It can also be said that a plan is a predetermined course of action to achieve a specified goal. The following definitions may be helpful to understand the clear-cut meaning of planning.

1. According to **Mitchell**, “Planning is usually interpreted as a process to develop a strategy to achieve desired objectives, to solve problems and to facilitate action”.
2. According to **Allen**, “A plan is a trap laid to capture the future”.

In conclusion, it can be said that planning is an intellectual process of thinking in advance about setting goals and developing strategies which are required to attain the goals efficiently. However, in the field of physical education and sports there are various types of planning. Planning is related to organising various types of sport tournaments such as knock-out tournaments, league tournaments, combination tournaments, challenge tournaments, etc. Planning is also related to sports training such as short-term and long-term training. Planning is necessary to make the best use of what is available so as to achieve the immediate and long-term aims. There are also training session plans, namely, weekly plans, meso-cycle plans, micro-cycle plans and annual plans. Planning is necessary for optimum development of all the factors on which the performance depends. It is also necessary for the regulation and evaluation of training process. Planning is also required to conduct an athletic meet. Planning is significant in every facet of life. If you want to reach the top or apex position, you will have to undertake proper planning. The attainment of good performance in the field of sports depends on effective planning.

### Objectives of Planning

There are various objectives of planning, which are stated below:

1. **To Reduce Unnecessary Pressure of Immediacy:** When tournaments or competitions are conducted or organised without proper planning, there will be immense pressure to achieve certain results immediately. In such a hurry or immediacy, the job cannot be performed efficiently and smoothly. So, reducing unnecessary pressure of immediacy is an important objective of planning. If the organisers prepare a good plan beforehand, there will not be any unnecessary pressure. Perfect planning will naturally negate unnecessary pressure.
2. **To Maintain a Good Control Over All the Activities:** To maintain a good control over all the activities is another objective of planning. Planning and control are connected with each other. If tournaments or competitions are organised with a perfect plan, good control over all the activities related to that tournament will be easier. Planning helps in holding a good control in organising a tournament.

3. **To Facilitate Proper Coordination:** This objective of planning is related to facilitate proper coordination among the various members of committees, which are formed for organising the competition smoothly. Without proper coordination among the officials of the tournament it will not be easy to conduct or organise a sports tournament. A proper planning helps in ensuring proper coordination.
4. **To Reduce the Chances of Mistakes:** To reduce the chances of mistakes is also a significant objective of planning. A proper plan reduces the chances of mistakes and oversights. Although mistakes and oversights in any field cannot be avoided completely but they can be reduced up to some extent through proper planning. A number of mistakes in organising an event will not leave a good impression on the participants.
5. **To Increase Efficiency:** To increase the efficiency of sports officials in conducting sports events/competitions is one of the main objectives of planning. With the help of proper planning, the sports officials become more efficient. They perform their duties efficiently and effectively. It is one of the important aims of planning to increase the capability and efficiency of officials.
6. **To Enhance Creativity:** To enhance creativity is another significant objective of planning. As a matter of fact, a proper planning increases creativity among officials, coaches or physical education teachers. In fact, planning helps in innovative and creative thinking among sports officials because many new ideas are brought to the table by officials when they make a plan.
7. **To Enhance Sports Performance:** One of the significant objectives of planning is to enhance the sports performance of athletes or players. Without proper planning it is impossible to improve the performance of sports persons. For example, a well-planned training in the field of sports is essential to enhance sports performance.

## 1.2 VARIOUS COMMITTEES AND THEIR RESPONSIBILITIES [PRE, DURING AND POST]

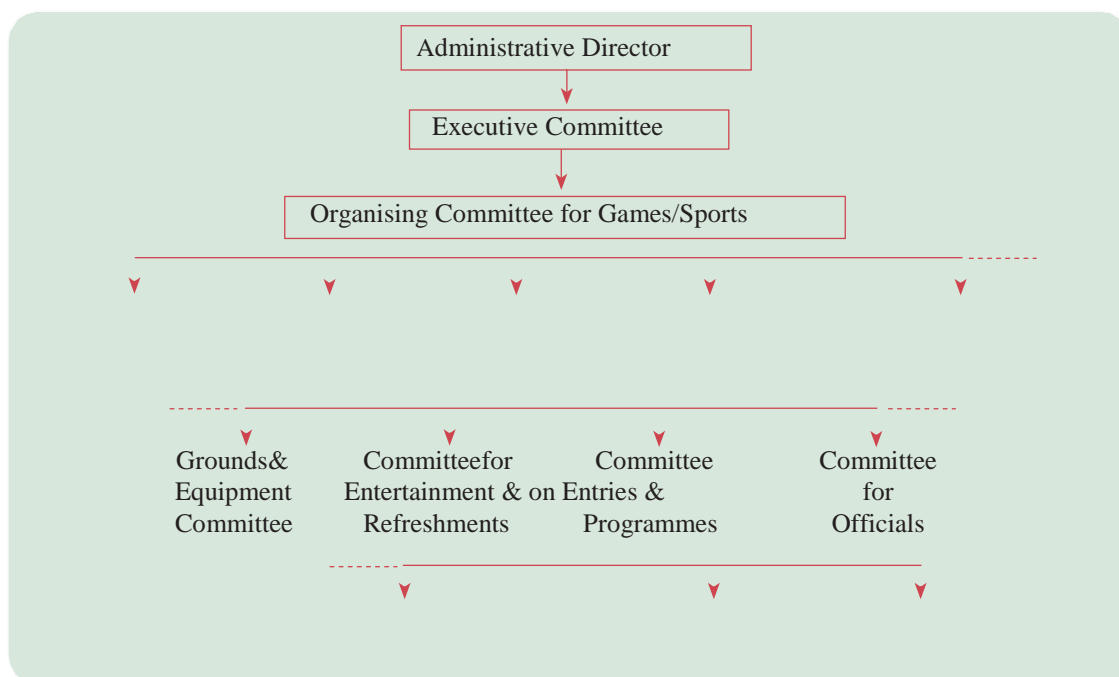
While organising sports events, various committees are formed for systematic and smooth conduct of competitions/tournaments. In fact, organising and conducting of sports events involve a lot of planning and preparation. Generally, there is a committee of management, which usually consists of one representative from each institution concerned. This General Committee takes complete responsibility for the success of a competition. It also forms various committees and delegates a variety of work among them. The General Committee is headed by an

Administrative Director under whom the Executive Committee performs its duties. The Organising Committee for games/sports events works under the Executive Committee.



Sports committees for effective planning

## Various Committees for Organising Track and Field Meet/Sports



The Organising Committee is mainly responsible for the successful and smooth conduct of the sports meet/sports events. Various committees are formed under this Organising Committee. The description of various committees and their responsibilities is stated below.

- 1. Publicity Committee:** The committee for publicity announces the date, venues and sports events, provides advance information to the institutions, undertakes printing, etc. Its main responsibility is to advertise sports events.
- 2. Transportation Committee:** This committee is responsible for providing the facilities regarding transportation of various teams to the venue of sports events or to the place of boarding and lodging as the case may be. Its main duty is to make necessary arrangements for transportation.
- 3. Boarding and Lodging Committee:** Boarding and lodging committee is responsible for making necessary arrangements for providing accommodation and serving meals to the sports persons and officials.
- 4. Decoration and Ceremony Committee:** The decoration and ceremony committee is responsible for the decoration of sports arena or stadium. It is also responsible for making necessary arrangements for the opening ceremony, victory ceremony and closing ceremony of the games/sports meet. This committee also makes arrangements for trophies, medals and certificates.
- 5. Grounds and Equipment Committee:** This committee is responsible for preparing the grounds or laying out the track and field. It also makes necessary arrangements of equipment related to the game/athletic meets. This committee is also responsible for providing equipment according to specifications.

6. **Committee for Refreshments and Entertainment:** This committee takes charge of supplying refreshments and drinks to guests, officials, competitors, etc. It also makes some arrangements for entertainment programmes during the opening ceremony and closing ceremony of the sports events.
7. **Reception Committee:** The members of this committee are responsible for welcoming the chief guests at the opening and closing ceremonies. It is also the duty of this committee to welcome other guests and spectators.
8. **Committee on Entries and Programmes:** This committee sends entry forms to the various institutions early and receives them on time, allots numbers to the competitors and arranges the seats for guests and spectators. While organising games it also prepares fixtures of teams participating in the competition. It prepares the complete programme related to games/sports events and gets it printed. In fact, this committee prepares souvenirs and circulates them among guests, managers of the teams and officials.
9. **Committee for Officials:** This committee selects various officials such as referees, judges, recorders, clerks of the course, starters, marshalls, track umpires, time keepers and lap scorers for athletic meets and referees, umpires, time keepers, recorders, judges, etc., in case of games as per their requirement.
10. **Announcement Committee:** This committee is solely responsible for making various announcements during the sports meet or games. This committee gives information regarding the opening and closing ceremonies, which and when an event is going to take place, the names of officials, who are conducting the events and also gives running commentary of games/sports events.
11. **First Aid Committee:** First aid committee is headed by a well-qualified doctor. This committee provides first aid to the injured or affected athlete/sportsperson immediately. This committee makes all necessary arrangements for providing help much before the sports events are organised because athletes or sportspersons may get injuries during the competitions.
12. **Finance Committee:** This committee is related to financial management. It prepares the budget and maintains the account of income and expenditure.

### **Pre, During and Post Tournament Responsibilities of Committees**

Nowadays participation in the field of games and sports is on the rise when compared to yester decades. So, it becomes the primary duty of the officials to organise any sports tournament or sports event in a magnificent and splendid way. So, for smooth conduct of any sports event/tournament, it is essential for the officials of the tournament to know the pre-, during and post game, responsibilities or duties. The responsibilities of officials of the various committees can be classified as stated below.

#### **Pre-Tournament Responsibilities**

The pre-tournament responsibilities/duties of the various committee officials are performed before the commencement of the tournament or sports event. The main pre-game responsibilities are as follows.

- (a) To prepare the budget of the tournament/sports event with the authority because without sufficient budget it may be difficult to organise the tournament in a splendid and systematic way.
- (b) To prepare the schedule or programme of the sports tournament i.e., the dates and venue of the tournament.
- (c) To prepare sports grounds/courts/track, sports equipment which are essential for organising a sports tournament.
- (d) To form the various committees for organising sports tournament.
- (e) To send the information to the various teams about dates and venues of the tournament.
- (f) To make necessary arrangement regarding boarding and lodging of sports persons and officials.
- (g) To arrange prizes and certificates for winners.
- (h) To send the entry forms to the various institutions early and receive them on time for timely preparation of fixtures.

### **During Tournament Responsibilities**

For organising a sports tournament/event smoothly, the following responsibilities or duties during the game or tournament are essential to be followed by the officials of the various committees.

- (a) To ensure proper arrangement during inauguration of sports tournament.
- (b) To check that the sports ground/field/court and related sports equipment are in order.
- (c) To ensure that the sports events/tournament is being organised as per schedule.
- (d) To check the arrangement of refreshments to players and officials.
- (e) To make necessary announcements regarding the progress of the tournament.
- (f) To impart first aid to the injured athlete/sports persons.
- (g) To prepare proper scoresheet for record.
- (h) To provide and update information to the electronic and print media.
- (i) To maintain proper discipline.

### **Post Tournament Responsibilities**

The following responsibilities are performed by the officials after the tournament.

- (a) To give away the prizes and certificates to the winners.
- (b) To provide detailed results and other necessary information to the media.
- (c) To provide security refunds to the departing teams.
- (d) To collect all the records/files related to the sports tournament.
- (e) To make the payments to the officials and other concerned persons.
- (f) To prepare reports related to the expenditure of the tournament.
- (g) To present mementos to the chief guest or guest of honour, etc.



### 1.3 TOURNAMENTS–KNOCK-OUT, LEAGUE OR ROUND ROBIN AND COMBINATION

#### Tournament

Competing in physical activities has been the natural tendency of human beings since the beginning of the Stone Age. Then, there were no rules and regulations. 'Might is right' was the main principle in those days. With the passage of time, some rules came into existence, and competitions began to be held in civilised ways. Now, the competitions or tournaments are held according to set rules and regulations. The tournaments are organised at various levels such as zonal, district, state, national and international levels. Olympic games and World Cups are organised in a splendid and magnificent way.



National and international tournaments

These sports competitions or tournaments provide recreation to the spectators, which helps them in reducing stress and tension of their day-to-day life. These tournaments are helpful in the holistic development of participants.

In fact, a tournament is that series of sports in which one team finally wins and rest of the teams lose the matches. Before organising a tournament, it is very essential to prepare a good plan. There are various methods to organise a tournament. To select the best method depends upon various factors such as the number of participating teams, the type of facilities of ground equipment, the number of officials available and the duration of the tournament.

#### Importance of Tournaments

Tournaments are very important in the field of sports. Players participate in tournaments with a great zeal and zest. The tournaments are significant not only to the players but to the coaches and physical education teachers also. The importance of tournaments is described below.

- 1. Development of Sports Skills:** By participating in tournaments sportsmen develop various skills of sports. The maximum number of participation in tournaments not only develops technical skills of the sports but also tactical skills. Sportspersons acquire efficiency in skills and finally, they show marked improvement in the game.
- 2. Propaganda of Sports:** Tournaments are helpful in publicising the sports. When a tournament of a new sport is organised, the spectators come to know about that sport. Thus, it creates interest in that sport.
- 3. Helpful in the Selection of Players:** In a tournament, good players can be selected easily by observing their performance in the tournament. The players who give good performance, can be selected for upper level tournaments. So, a tournament is an appropriate way to select a good team of players.

4. **Development of National and International Integration:** Sports tournaments are helpful in developing national integration as well as international unity and brotherhood. A tournament is one of the best means of enhancing international peace.
5. **Development of Social Qualities:** Social traits such as tolerance, sympathy, cooperation, group cohesion, brotherhood, discipline, etc., are developed among participants through sports tournaments. Other ethical values such as fair play, justice, honesty, respect for others are also developed through sports tournaments.
6. **Source of Recreation:** Sports tournaments provide ample recreation to the spectators. To maximise recreation, organisers do not hesitate to make a large expenditure. That is why, a large number of people go to watch the Olympic games and World Cups of various games and sports. So, a tournament is a good source of recreation.

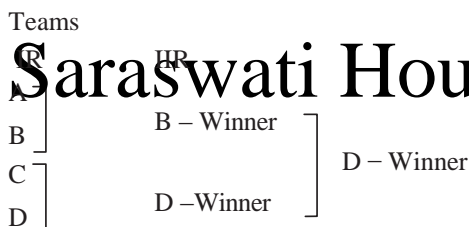
## Types of Tournaments

There are four types of tournaments, which are mentioned below.

1. Knock-out Tournament
2. League or Round Robin Tournament
3. Combination Tournament
4. Challenge Tournament

### 1. Knock-out Tournament

Most of the tournaments are organised on the basis of knock-out. In this type of tournament, a team which is once defeated, automatically gets eliminated from the tournament. Only the winning teams continue in the tournament. It means that the defeated team does not get a second opportunity. Opportunities are given to the winning teams or players. For example, if four teams participate in the knock-out tournament, the winning team is declared in the following way.



In the 1st round, teams A and B as well as teams C and D play their matches. If team B and team D become the winners of the 1st round, these teams, i.e., teams B and D get opportunity to play in the 2nd round and team A and team C will be eliminated from the tournament. Finally, if team D wins, then it is declared the winner of the tournament.

### Advantages of the Knock-out Tournament

1. The knock-out tournaments are less expensive because the team that gets defeated, is eliminated from the competition.
2. The knock-out tournament is helpful in enhancing the standard of sports, because each team tries to give the best performance to avoid defeat.
3. Owing to less number of matches, the tournament gets completed in less time.
4. Minimum number of officials are required in organising such types of tournaments.



### Disadvantages of Knock-out Tournament

1. There may be many chances of elimination of good teams in the 1st or 2nd round. So, good teams may not reach the final round.
2. There are more chances of weak teams to enter the final round.
3. Spectators may lose interest in the final match if weak teams reach in final round.

### 2. League or Round Robin Tournament

League tournament is also called 'Round Robin Tournament'. Mr Berger was the first person to imagine the league tournament and owing to that, this tournament is also called '**Berger System**'. According to this tournament, each team plays with every other team once if it is a single league tournament. If it is a double league tournament, each team plays with every other team twice. In these types of tournaments, every team plays with every other team irrespective of victory or defeat. It can be called the best type of tournament because it provides maximum number of opportunities to the teams to display their best performance. In fact, there is no element of chance and the real winner is picked up easily at the end.

### Types of League Tournament

There are two types of league tournaments, which are mentioned below.

1. **Single League Tournament:** In the single league tournament, every team plays with every other team once and the number of matches is determined with the help of the following formula.

$$\frac{N(N-1)}{2}$$

Here, 'N' means the number of teams taking part in a tournament. For example, if 7 teams are taking part in a tournament, the number of total matches that will be held is given below.

$$\frac{7(7-1)}{2} = \frac{7(6)}{2} = \frac{42}{2} = 21 \text{ matches}$$

2. **Double League Tournament:** In the double league tournament, every team plays with the other team twice. The number of matches is determined with the help of following formula.

$$N(N-1)$$

If 9 teams are taking part in a double league tournament, the total number of matches that will be held is given below.

$$N(N-1) = 9(9-1) = 9(8) = 72 \text{ matches.}$$

**Advantages of League Tournament:** Following are the advantages of a league tournament.

1. Only strong or deserving team gets victory in the tournament.
2. Every team gets maximum opportunities to show its efficiency or performance.

3. Sports and games can be made more popular through league tournament owing to maximum number of matches.
4. In such type of tournament, the sports officials do not face any difficulty while selecting or determining the appropriate players or team. They have enough time to watch the efficiency and performance of a player.
5. A team need not wait to win against the other team for playing a match.
6. Ample number of opportunities are available to the players to improve their performance.
7. The spectators also get good opportunity to watch the games for many days.

**Disadvantages of the League Tournament:** Following are the disadvantages of the league tournament.

1. It requires more time.
2. It costs more.
3. The teams coming from far and wide generally face more problems because such tournaments waste their time and money.
4. It requires making more arrangements for sports officials and teams.
5. Moral of most of the teams becomes low due to their defeat again and again. In such situations, these teams are unable to show good performance. That is why, the spectators are devoid of wholesome recreation.

### 3. Combination Tournaments

Combination tournaments are conducted when the matches are to be played on group basis or zonal basis. As a matter of fact, these tournaments depend on the suitability of the activity, the number of participating teams and the area and distance from which they come to participate. For example, in case of national-level competition, it becomes difficult for all the state teams to reach the designated place for tournament. To avoid such a type of difficulty, at least four zones can be made and a tournament can be organised at a central place in each zone. After that the winner of each zone can participate at the national level. Depending upon the number of teams in each zone and the availability of time, the tournament can be organised on the basis of knock-out or league and after that at national level the tournament can also be conducted either on knock-out or league basis. Usually, the following combinations of tournaments are used.

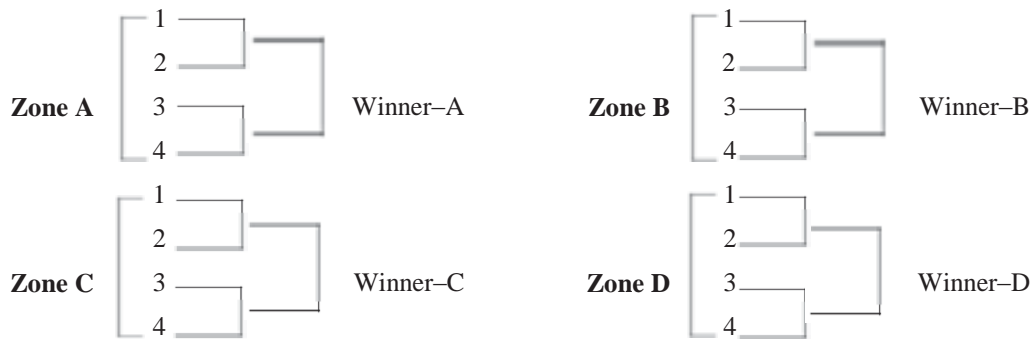
- |                            |                         |
|----------------------------|-------------------------|
| 1. Knock-out cum Knock-out | 2. League cum League    |
| 3. Knock-out cum League    | 4. League cum Knock-out |

The description of the above-mentioned combination tournaments is given below.

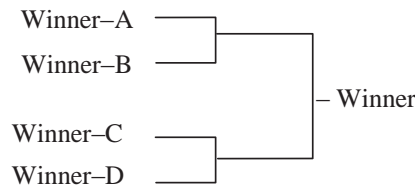
#### 1. Knock-out cum Knock-out

In this type of tournament, the total number of teams are divided into four equal zones. First of all the teams of each zone play on knock-out basis. In this way, a team becomes the winner from each zone. All the four winner teams again play their matches on knock-out basis. The team that wins in the final becomes the winner of the inter-zonal tournament.

**Example: Zonal Tournament on Knock-out basis**



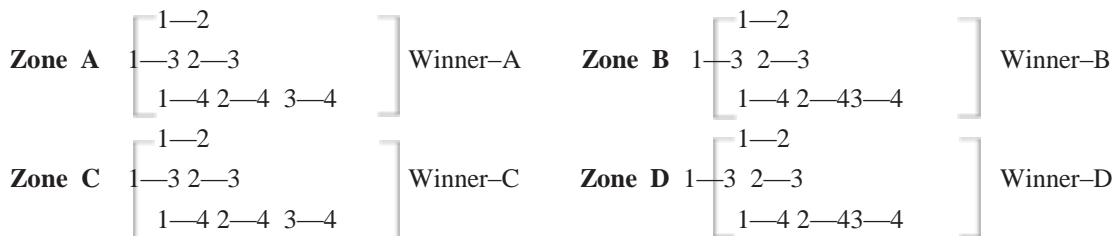
**Example: Inter-zonal Tournament on Knock-out basis**



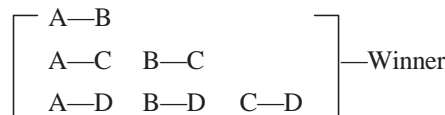
## 2. League cumLeague

In this type of tournament, total number of teams are divided into four zones. All the teams play their matches in their respective zones on league basis. One team from each zone becomes the zonal winner. It is called the zonal or group tournament. After that all the zonal winner teams again play the matches on league basis and one team becomes the winner of the inter-zonal or group tournament.

**Example: Group or Zonal Tournament on League basis**



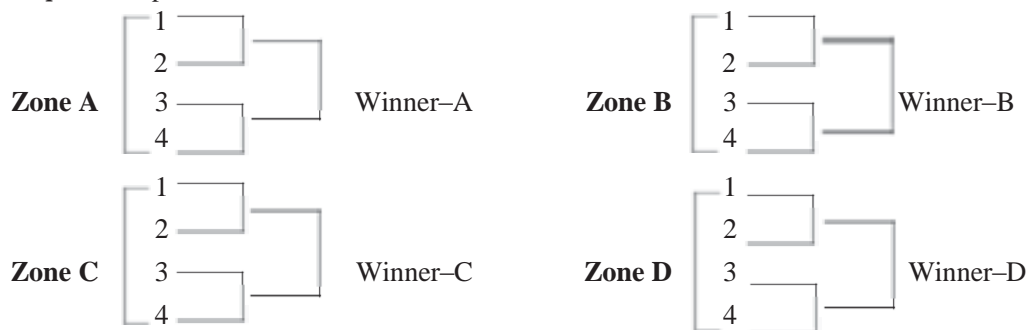
**Example: Inter-group or Zonal Tournament on League basis**



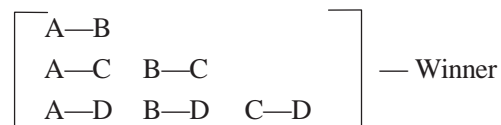
## 3. Knock-out cumLeague

All the teams are divided into four zones. First of all the teams play their matches in their respective zones on knock-out basis and one team becomes the winner from each zone. After that, the four winner teams again play their matches on league base and one team becomes the winner of the inter-group or zonetournament.

**Example:** Group or Zonal Tournament on Knock-out basis



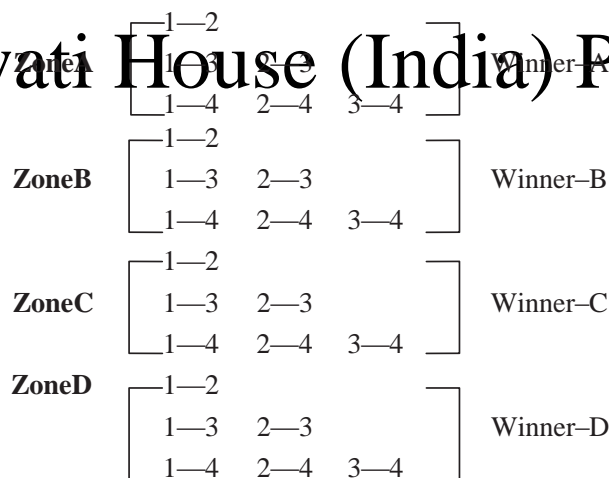
**Example:** Inter-group or Zonal Tournament on League basis



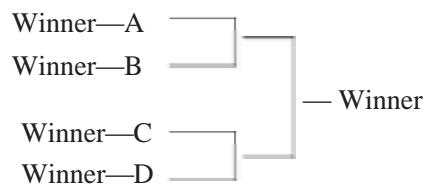
#### 4. League cum Knock-out Tournament

All the teams are divided into four zones. All the teams play their matches in their respective zones on league basis. One team from each zone or group becomes the winner. It is called the zonal tournament. After that, the four winner teams play their matches on knock-out basis and one team becomes the winner of the intergroup or zonal tournament.

**Example:** Group or Zonal Tournament on League basis



**Example:** Inter-group or Zonal Tournament on Knock-out basis



## 1.4 PROCEDURE TO DRAW FIXTURES: KNOCK-OUT (BYE AND SEEDING) AND LEAGUE (CYCLIC AND STAIRCASE)

### Essential Points for a Knock-out Tournament

To prepare the fixtures for a knock-out tournament is a significant step. The following points must be taken into consideration while preparing fixtures.

1. The total number of teams participating in the tournament.
2. The total number of byes.
3. The number of teams in each half or quarter.
4. The number of byes to be given in each half or quarter.
5. The total number of rounds.
6. The total number of matches.

### Method of Preparing Fixture in a Knock-out Tournament

In a knock-out tournament, the total number of matches can be calculated by subtracting one from the total number of teams. For example, if 8 teams are participating in the tournament, then the number of total matches will be,  $8 - 1 = 7$ . It means that there will be only 7 matches in the tournament. These teams, i.e., 8 teams should be divided into two halves. It is possible only if the total number of teams is the power of 2 such as 2, 4, 8, 16, 32 and 64, etc. It is very easy to draw the fixtures in such a case. The total number of teams is divided into equal halves and then matches are decided by draw of lots. If the total number of teams is not the power of 2 such as 3, 5, 6, 7, 9, 10, 11, 12, 13, 14, 15, 17, 18, 19, 20, 21, 22, 23, 24, etc., then byes are given. The teams, which are given byes, do not play in the first round. Byes are given in the first round because of which the number of teams playing in the later rounds is reduced to a power of 2. In fact, a bye refers to a dummy team that does not play in the first round but participates in the second round. The number of byes in a fixture is the actual difference between the number of teams participating in the tournament and the next highest number which is the power of 2.

**Example 1:** How many byes will be given if 15 teams are participating in a tournament?

**Solution:** Total number of teams = 15

Next highest number of power of two = 16

Difference between the total number of teams and the next highest number in power of 2 =  $16 - 15 = 1$

Hence, 1 bye will be given.

**Example 2:** How many byes will be given if 19 teams are participating in a tournament?

**Solution:** Total number of teams = 19

Next highest number, which is in power of 2 = 32

Difference =  $32 - 19 = 13$

Hence, 13 byes will be given.

### Method of Calculating Teams in Each Half

If the number of teams is in the power of 2, it becomes easy to divide the teams into two halves. But if the number of teams is not in the power of 2, the following procedure is applied.

$$\text{Upper Half} = \frac{\text{Total number of teams} + 1}{2}$$

It means  $\frac{N+1}{2}$ , where 'N' is the total number of teams.

$$\text{Lower Half} = \frac{\text{Total number of teams} - 1}{2}$$

It means  $\frac{N-1}{2}$ , where 'N' is the total number of teams.

**Example 1:** How many teams will be kept in the upper half and the lower half if 11 teams are participating in a tournament?

**Solution:** Total number of teams = 11

$$\text{Teams in the upper half} = \frac{N+1}{2} = \frac{11+1}{2} = \frac{12}{2} = 6 \text{ teams}$$

$$\text{Teams in the lower half} = \frac{N-1}{2} = \frac{11-1}{2} = \frac{10}{2} = 5 \text{ teams}$$

**Example 2:** How many byes will be given in total in the upper half and the lower half if the total number of teams is 11?

**Solution:** Total number of teams = 11

Next highest power of 2 = 16 Difference =

$$16 - 11 = 5 \text{ Byes}$$

$$\text{Number of byes in the upper half} = \frac{NB-1}{2} = \frac{5-1}{2} = \frac{4}{2} = 2 \text{ byes}$$

[NB stands for the total number of byes]

$$\text{Number of byes in the lower half} = \frac{NB+1}{2} = \frac{5+1}{2} = \frac{6}{2} = 3 \text{ byes}$$

### Method of Fixing Byes

The total number of teams (in case of 11 teams) from 1 to 11 is written on a plain paper. After that lots are drawn and the names of teams are written against their numbers. Then the total number of teams is divided into two halves. After that the byes are fixed in the upper and lower halves in the following order.

1. The first bye is given to the last team of the lower half.
2. The second bye is given to the first team of the upper half.
3. The third bye is given to the first team of the lower half.
4. The fourth bye is given to the last team of the upper half.
5. The next bye or byes will be given in the same order as described above.

If the total number of teams is 11, the following method is applied to fix the byes.



Teams	IR	IIR	IIIR	IVR
Upper Half	1 IIInd Bye	—	—	—
	2 —	④ -Winner	—	—
	3 ① -Winner	—	8 -Winner	—
	4 —	—	—	—
	5 ② -Winner	⑤ -Winner	—	—
	6 IVthBye	—	—	⑩ -Winner
Lower Half	7 IIIRDBye	⑥ -Winner	—	—
	8 ③ -Winner	—	—	—
	9 —	—	9 -Winner	—
	10 VthBye	—	—	—
	11 IstBye	⑦ -Winner	—	—
	—	—	—	—

### Number of Matches in a Knock-out Tournament

The number of matches in knock-out tournament is  $(N-1)$ , where 'N' denotes the number of teams participating in a tournament. For example, if 11 teams are participating in a knock-out tournament, the number of matches will be as follows.

$$N - 1 = 11 - 1 = 10 \text{ matches}$$

### Number of Rounds in a Knock-out Tournament

If the number of participating teams is in the power of 2, (in case of 16 teams), the number of rounds will be  $\log_2 N = 4$  rounds.

If the number of participating teams is not in the power of 2, the number of rounds will be based on the next highest power of 2. Suppose, there are 10 teams, the next highest power of 2 is 16. The number of rounds will be  $2 \times 2 \times 2 \times 2 = 4$  rounds. If the number of teams is 19, the number of rounds will be  $2 \times 2 \times 2 \times 2 \times 2 = 5$  rounds, because the next highest power of 2 is 32.

### Number of Teams in Each Quarter

If the number of teams is less, the teams are divided into upper half and lower half only. On the other hand, if the number of teams is more, teams are divided into upper and lower halves and these halves are further divided into two parts. It means that the upper half has two quarters, i.e., I quarter and II quarter and the lower half has III quarter and IV quarter. For determining the number of teams in each quarter, the total number of teams is divided by 4. If the remainder remains zero, there will be 4 quarters with equal number of teams. If the remainder remains 1, the first quarter will comprise 1 extra team, whereas, the remaining quarters will have equal number of teams. If the remainder remains 2, then each quarter (I and III) will have 1 extra team and the II and IV quarters will comprise the same number of teams. If the remainder remains 3, each quarter (I, II and III) will have 1 extra team. This procedure can be easily understood with the help of the following table.

Number of Teams	Ist Quarter	IInd Quarter	IIId Quarter	IVth Quarter
28	7	7	7	7
29	7 + 1	7	7	7
30	7 + 1	7	7 + 1	7
31	7 + 1	7 + 1	7 + 1	7
32	8	8	8	8
33	8 + 1	8	8	8
34	8 + 1	8	8 + 1	8

### Fixtures on Knock-out Basis

**Example 1:** Draw a fixture of 11 teams on knock-out basis.

**Solution:** Total number of teams

$$\text{Number of teams in the upper half} = \frac{N+1}{2} = \frac{11+1}{2} = 6 \text{ teams}$$

$$\text{Number of teams in the lower half} = \frac{N-1}{2} = \frac{11-1}{2} = 5 \text{ teams}$$

$$\text{Total number of byes} = 16 - 11 = 5 \text{ Byes}$$

$$\text{Number of byes in the upper half} = \frac{NB-1}{2} = \frac{5-1}{2} = 2 \text{ byes}$$

$$\text{Number of byes in the lower half} = \frac{NB+1}{2} = \frac{5+1}{2} = 3 \text{ byes}$$

$$\text{Number of rounds} = 2 \times 2 \times 2 \times 2 = 4 \text{ rounds}$$

$$\text{Number of matches} = N - 1 = 11 - 1 = 10$$

Teams	IR	IIR	IIIR	IVR
1	Bye IInd	—	—	—
2	① - Winner	④ - Winner	—	—
3	—	—	—	—
4	—	—	⑧ - Winner	—
5	② - Winner	—	—	—
6	Bye IVth	⑤ - Winner	—	⑩ - Winner
7	Bye IIId	—	—	—
8	③ - Winner	⑥ - Winner	—	—
9	—	—	⑨ - Winner	—
10	Bye Vth	—	—	—
11	Ist	⑦ - Winner	—	—

**Example 2:** Draw a fixture of 19 teams on a knock-out basis.

**Solution:** Total number of teams = 19

Total number of matches =  $19 - 1 = 18$

Number of teams in the upper half =  $\frac{N+1}{2} = \frac{19+1}{2} = 10$  teams

Number of teams in the lower half =  $\frac{N-1}{2} = \frac{19-1}{2} = 9$  teams

Total number of byes =  $32 - 19 = 13$  byes

Number of byes in the upper half =  $\frac{NB-1}{2} = \frac{13-1}{2} = 6$  byes

Number of byes in the lower half =  $\frac{NB+1}{2} = \frac{13+1}{2} = 7$  byes

Number of rounds =  $2 \times 2 \times 2 \times 2 \times 2 = 5$  rounds Teams in

each quarter

= IQuarter =  $Q + 1 = 4 + 1 = 5$  teams

= IIQuarter =  $Q + 1 = 4 + 1 = 5$  teams

= III Quarter =  $Q + 1 = 4 + 1 = 5$  teams

= IV Quarter =  $Q = 4 = 4$  teams Number of

byes in each quarter

= I quarter =  $3-5$

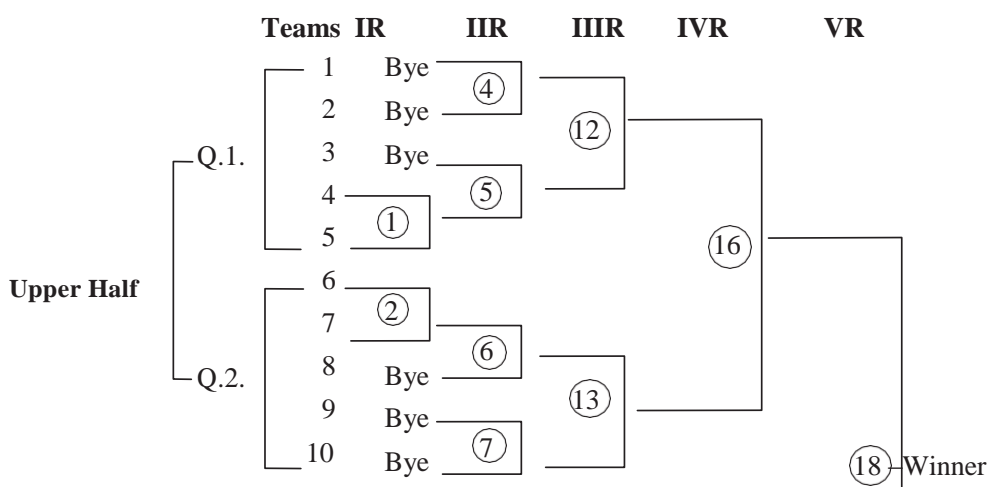
= II quarter = 3

= III quarter =  $3-7$

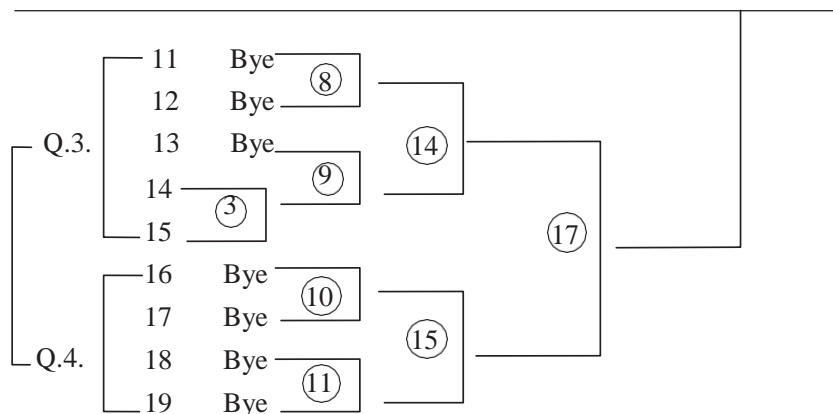
= IV quarter = 4

Byes (Upperhalf)

Byes (Lowerhalf)



Lower Half



### Consolation Tournament

In a knock-out tournament, the team once defeated is eliminated or it can be said that such team does not get second opportunity to play after losing a match. In a knock-out tournament, a good team can be eliminated if by chance it plays with another equally good team in the first round. It may be a setback to that team. Therefore, a consolation tournament is organised but it depends solely on the organisers, whether they organise it or not. In a consolation tournament, one additional chance is given to the defeated teams. In this tournament, the winner is declared from the defeated teams. The consolation tournament is of two types which are discussed below.

- 1. First Type:** In this type of consolation tournament, each team gets two opportunities to play the matches. The teams that are defeated in the first round get the opportunity to play in this type of tournament. Byes are given to those teams which did not get byes in the regular knock-out tournament.

**Example:** Draw a fixture of 9 teams.

**Solution:** Total number of teams = 9

Number of total byes =  $16 - 9 = 7$

#### Regular Rounds

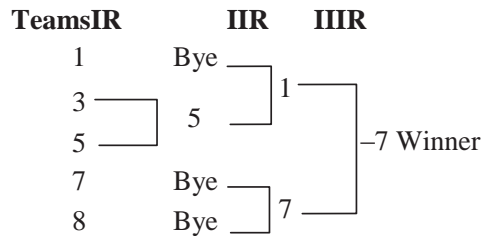
	Teams	I	R	IIIR	IIIR	IVR
①	1	Bye	_____			
	2	Bye	_____	2	_____	
③	3	_____			4	_____
	4	_____	_____			
⑤	5	Bye	_____	4	_____	
	6	Bye	_____			9 – Winner
⑦	7	Bye	_____	6	_____	
⑧	8	Bye	_____		9	_____
	9	Bye	_____	9	_____	

### Consolation Round

(Encircled teams are defeated teams in the Ist round) Total

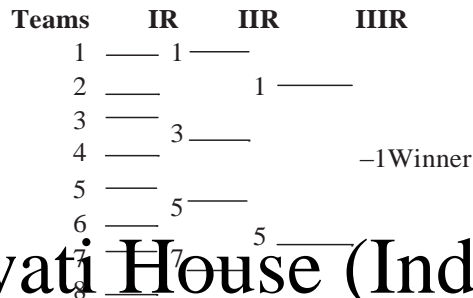
number of defeated teams = 5

Number of byes =  $8 - 5 = 3$  byes



2. **Second Type:** In this type of consolation tournament, the teams defeated in all the rounds are given an additional opportunity to take part in the competition. **Example:** Draw a fixture of 8 teams.

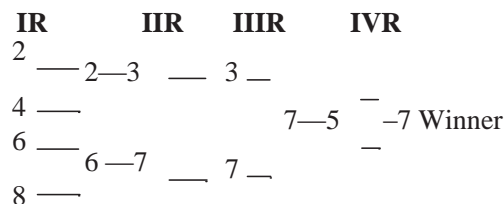
**Solution:** Regular Round



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In the above fixture of 8 teams, the teams numbers 2, 4, 6 and 8 are the losers of the I round, 3 and 7 are the losers of the II round and the team number 5 is the loser of the III round.

### Consolation Round



### Seeding Method

There is always a possibility in a knock-out tournament that strong teams may be paired with weak teams or all strong teams might have been grouped in the upper half for the lower half. In this way, some strong teams have the possibility to be eliminated in the preliminary round. So this may be a setback to the strong teams. To avoid such a situation, seeding method is used. In this method, the strong teams are selected to keep them at appropriate place in the fixture. For the selection of strong teams, the organisers must be well

aware of the previous performance of teams. If two teams are to be seeded, then one team is kept on the top of the upper half and the second team is kept in the last of the lower half. If 4 teams are to be seeded, the first two teams will be kept at the places mentioned above. The third seeded team will be kept on the top of the lower half and the fourth seeded team will be kept at the lowest place in the upper half. Generally, the number of seeded teams shall be in the power of 2, i.e., 2, 4, 8, 16, etc. All the teams except the seeded teams are kept in the fixture by lots.

**Example :** Draw a fixture of 11 teams, out of which 4 teams are to be seeded.

**Solution:** Number of teams = 11

Number of byes =  $16 - 11 = 5$

Number of teams in upper half =  $\frac{N+1}{2} = \frac{11+1}{2} = \frac{12}{2} = 6$  teams

Number of teams in lower half =  $\frac{N-1}{2} + \frac{11-1}{2} = \frac{10}{2} = 5$  teams

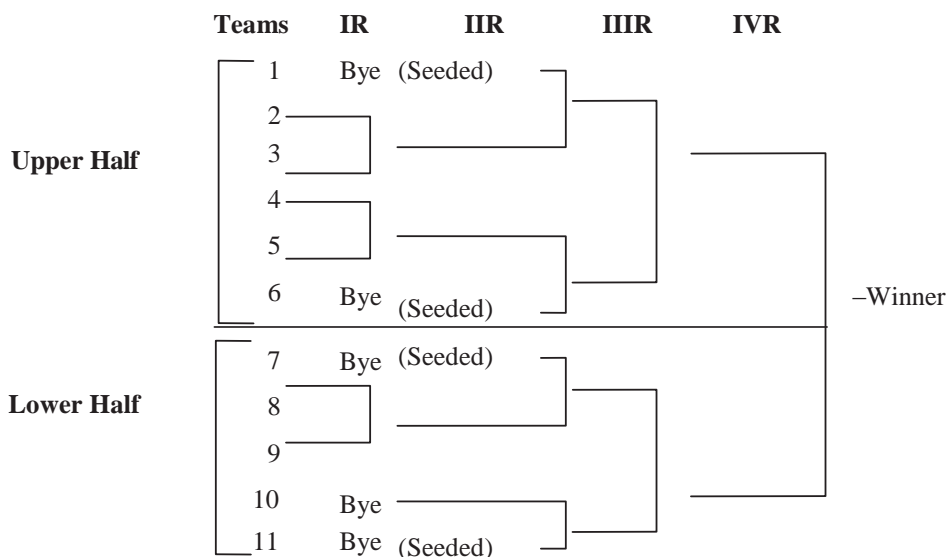
Number of byes in upper half =  $\frac{NB-1}{2} + \frac{5-1}{2} = \frac{4}{2} = 2$  byes

Number of byes in lower half =  $\frac{NB+1}{2} = \frac{5+1}{2} = \frac{6}{2} = 3$  byes

Number of matches =  $N - 1 = 11 - 1 = 10$  matches

Number of rounds =  $2 \times 2 \times 2 \times 2 = 4$  rounds

Number of seeded teams = 4  
Fixtures



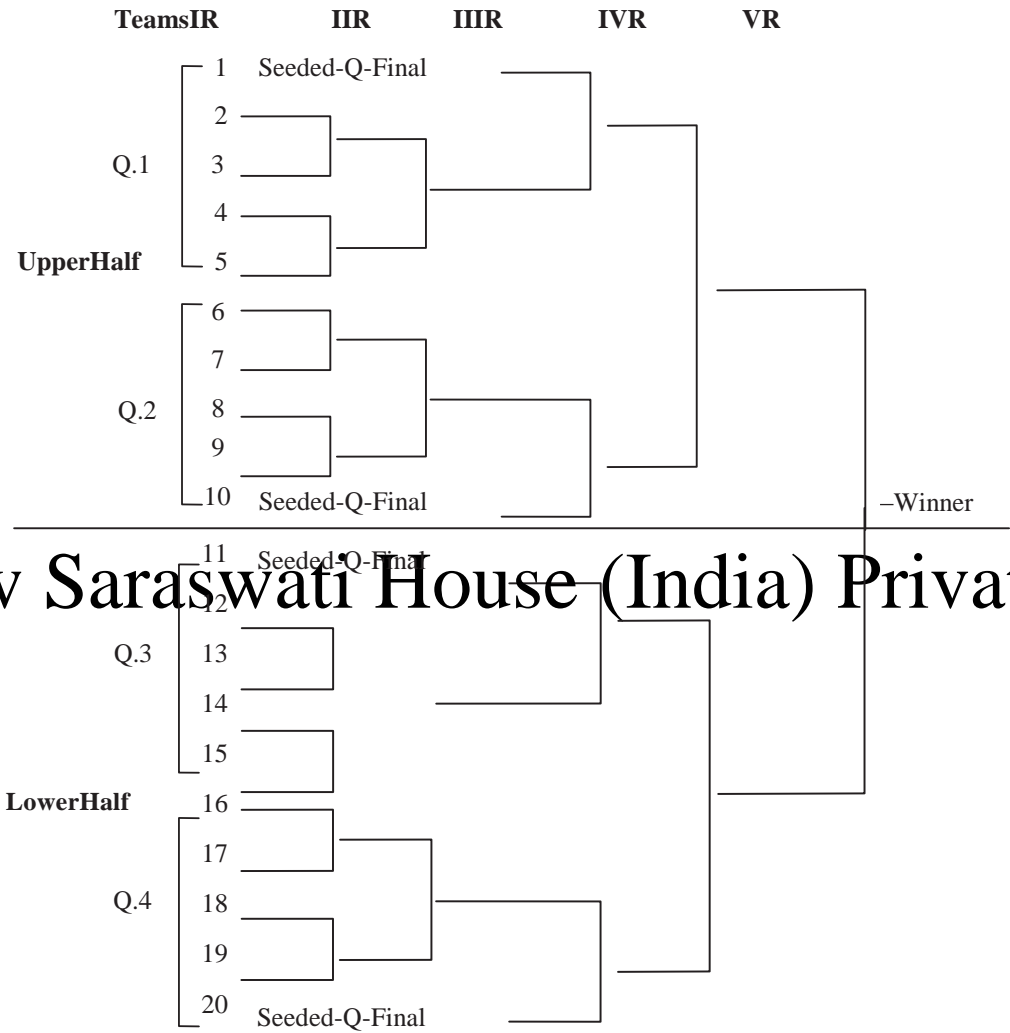


Special Seeding

In special seeding, the seeded players participate directly in the quarter-final or semi-final. They need not wait for longer duration.

*Example:* If 20 players are participating in a Table Tennis Tournament on knock-out basis, and four players are to be kept in special seeding, draw their fixtures.

*Solution:*



Procedure of Fixture in a League or Round Robin Tournament

The following methods are used for fixtures in a league tournament:

- 1. CyclicMethod
- 2. StaircaseMethod
- 3. TabularMethod

- 1. Cyclic Method:** In the cyclic method, if the number of teams is in even number, team number 1 is fixed on the top of the right hand side and then move other team numbers are in ascending order consecutively downward and then moves upward on the left side. If the number of teams is in odd number, the bye is fixed on the top of the right side as seen in the given below. The rest of the procedure remains the same. Teams are rotated in the clockwise direction. If the number of teams is in even number, the number of rounds will be (N-1). On the other hand, if the number of teams is in odd number, the number of rounds will remain the same, that is, equal to the number of teams.

**Example 1:** Draw a fixture of 6 teams on league basis according to the cyclic method.

**Solution:** Total number of teams = 6

$$\begin{aligned}\text{Total number of matches} &= \frac{N(N-1)}{2} = \frac{6(6-1)}{2} \\ &= \frac{6(5)}{2} = \frac{30}{2} = 15 \text{ matches}\end{aligned}$$

$$\text{Number of rounds} = N - 1 = 6 - 1 = 5 \text{ rounds}$$

**Fixtures**

IR	II R	III R	IV R	V R
↑ 6 ① ↓	↑ 5 ① ↓	↑ 4 ① ↓	↑ 3 ① ↓	↑ 2 ① ↓
5 2	4 6	3 5	2 4	6 3
4 ← 3 ↓	3 ← 2 ↓	2 ← 6 ↓	6 ← 5 ↓	5 ← 4 ↓

**Example 2:** Draw a fixture of 5 teams on league basis according to the cyclic method.

**Solution:** Total number of teams = 5

$$\begin{aligned}\text{Total number of matches} &= \frac{N(N-1)}{2} = \frac{5(5-1)}{2} \\ &= \frac{5 \times 4}{2} = \frac{20}{2} = 10 \text{ matches.}\end{aligned}$$

$$\text{Total number of rounds} = N = 5 \text{ rounds.}$$

**Fixtures**

IR	II R	III R	IV R	V R
↑ 5 Bye ↓	↑ 4 Bye ↓	↑ 3 Bye ↓	↑ 2 Bye ↓	↑ 1 Bye ↓
4 1	3 5	2 4	1 3	5 2
3 ← 2 ↓	2 ← 1 ↓	1 ← 5 ↓	5 ← 4 ↓	4 ← 3 ↓

**Example 3:** Draw a fixture of 8 teams on league basis according to the cyclic method.

**Solution:** Total number of teams = 8

$$\begin{aligned}\text{Total number of matches} &= \frac{N(N-1)}{2} = \frac{8(8-1)}{2} \\ &= \frac{8 \times 7}{2} = \frac{56}{2} = 28 \text{ Matches}\end{aligned}$$

$$\text{Number of rounds} = N - 1 = 8 - 1 = 7 \text{ rounds.}$$

### Fixtures

IR	IIR	IIIR	IVR	VR	VIR	VIIR
8 ↑ ① 7 ↓ 2 6 ↓ 3 5 ↓ 4	7 ↑ ① 6 ↓ 8 5 ↓ 2 4 ↓ 3	6 ↑ ① 5 ↓ 7 4 ↓ 8 3 ↓ 2	5 ↑ ① 4 ↓ 6 3 ↓ 7 2 ↓ 8	4 ↑ ① 3 ↓ 5 2 ↓ 6 8 ↓ 7	3 ↑ ① 2 ↓ 4 8 ↓ 5 7 ↓ 6	2 ↑ ① 8 ↓ 3 7 ↓ 4 6 ↓ 5

2. **Staircase Method:** In the staircase method, fixtures are made just like a ladder or a staircase. This method is the easiest because no bye is given to any team and there is no problem of odd and even number of teams.

**Example:** Draw a fixture of 9 teams on league basis according to the staircase method.

**Solution:**

### Fixtures

1-2						
1-3	2-3					
1-4	2-4	3-4				
1-5	2-5	3-5	4-5			
1-6	2-6	3-6	4-6	5-6		
1-7	2-7	3-7	4-7	5-7	6-7	
1-8	2-8	3-8	4-8	5-8	6-8	7-8
1-9	2-9	3-9	4-9	5-9	6-9	7-9

### Method of Deciding the Winner in a League Tournament

If a team gets maximum points in a tournament, it is declared the winner of the tournament. The following way is used to give the points.

Winner of the match = 2 points

Loser of the match = 0 point

Draw = 1 point

If the points are equal in case of two teams, a match is held again. But if it remains a draw, the team which won the maximum number of matches is declared as the winner. If the tie still remains, the team that scored maximum number of goals is declared as the winner. If the tie still remains, a match is held again between these teams. If there is a draw again, the winner is declared by a toss. In addition to this, other methods are also used to declare the winner.

1. **British Method:** Divide the total points obtained by the total possible points. For example, if a team plays 8 matches in a tournament and wins 6 matches and 2 remain draw, the percentage of points will be

$$\text{Total points} = 12 + 2 = 14$$

$$\text{Possible points} = 16$$

$$\text{Percentage of points} = \frac{\text{Total points obtained}}{\text{Total possible points}} \times 100$$

$$\text{Percentage of points} = \frac{14}{16} \times 100 = 87.5$$

2. **American Method:** Divide the number of games won by the total number of games played. If a team plays 8 games and wins 5 games in a tournament, then

$$\text{Percentage} = \frac{\text{Matches won}}{\text{Matches played}} \times 100$$

$$\text{Its percentage will be} = \frac{5}{8} \times 100 = 62.5$$

In this way the percentage of other teams may be calculated. In this method, tie is not counted.

### 1.5 INTRAMURAL AND EXTRAMURAL: MEANING, OBJECTIVES AND THEIR SIGNIFICANCE

#### Meaning of Intramural

The word 'Intramural' is derived from the Latin words 'Intra' and 'Muralis'. 'Intra' means 'within' and 'Muralis' means 'wall'. It means that the activities which are performed within the walls or within the campus of an institution are called 'intramurals.' These activities are organised only for the students of a school or an institution. No student of other schools can participate in these activities. In fact, intramural competition is one of the best means to motivate all the students of an institution for taking part in the games and sports. 'A game for each and each for a game' may be considered the motto of intramurals. There is no doubt that regular physical education programmes develop good habits, skills, knowledge and other social qualities in the students but the effective programmes of intramurals may enhance further development. Various competitions of sports and games such as at the levels of block, zone, district, state as well as at national are held every year for the students but all the students cannot participate in these competitions. It is usually seen that approximately 5 per cent students of a school are selected to participate in such competitions. Have we ever thought about the remaining percentage of students of a school? The intramural programmes can solve this problem because these programmes offer ample opportunities for voluntary participation and competition among the students in the same institution.

These activities are the most pleasurable as well as enjoyable for the students. They get maximum educational benefits from such competitions. So, a large number of students must be involved in a wide range of intramural activities.

#### Origin of Intramurals

It is well known that children have a tendency to play. It is an innate or inborn instinct in them. They used to take part in such activities within the walls of their school in the ancient period also during their leisure time. Probably, it was the beginning of intramurals. With the passage of time, these activities were developed in a systematic way and termed as intramurals. In the USA, the intramural of baseball was organised in 1864. After that in the beginning of the 20th century, some progressive physical education

teachers showed interest in intramurals and they realised that through intramurals, physical education can be developed more extensively. In 1925, every high school started the mission to establish intramural department in the USA. As a result of such focus on developing intramurals, the programmes of physical education are not considered complete and successful if intramurals are not organised in every school or institution. But in India, we lag behind in this field. As a matter of fact, there are various reasons behind the failure of intramurals taking off in India. The foremost reason is the materialistic approach of most of the people involved. The maximum number of parents want their children to devote maximum time on studies. Such parents are not concerned with the physical and social development of their children. The second reason is the lack of good programmes of intramurals in schools. In fact, most of the schools do not show any interest in organising intramurals for each and every student. In fact, intramurals must be organised even for less abled or differently abled students. In a democratic society, they have equal rights to participate in such programmes. Only then can the real benefit of intramurals be achieved.

### Significance of Intramurals

In simple term, intramural means, 'A game for each and each for a game'. So, it can be said that intramural activities are significant for every student of each class of an institution. The following points can express the significance of intramurals for students.

1. Intramurals are significant for physical, mental, emotional and social development of students.
2. These programmes also lay stress on moral and ethical values of students.
3. Intramurals are necessary for the development of health of children.
4. These programmes are also important to tone down the fighting instinct of children.
5. These programmes refresh the children and make them agile.
6. Intramurals provide maximum recreation to the students.
7. They provide ample opportunity to the students to participate in a game and sports.
8. They are also essential for developing leadership qualities among the students.

### Objectives of Intramurals

There are various objectives of intramurals which are described below.

- 1. To Provide Opportunity to Every Student to Participate in Games and Sports:** To provide ample opportunities to every student in games and sports is one of the major objectives of intramurals. Generally, a few students are able to participate in zonal-level and district-level games and sports. So, mass participation of students from a school is impossible at such levels of competitions. But in intramurals each and every student can take part in games and sports. In fact, every student is free to participate in the games and sports of his/her choice. So, it can be said that providing ample opportunities to all the students to participate in games and sports is the major objective of intramurals.
- 2. To Develop Leadership Qualities Among Students:** To develop the leadership qualities among students is another significant objective of intramurals. Intramural

activities are helpful in developing leadership qualities among the students who participate in these activities. Although all the students do not become leaders, intramural activities help in developing leadership qualities among those students who have some innate qualities of leadership. Other students develop the qualities of followers which are equally important.

3. **To Develop Cooperation:** A person cannot succeed all by himself in the field of sports and games. In fact, cooperation is essential to achieve an apex position in games and sports. We cannot think about winning, especially in team games if the players do not cooperate with each other. Intramural activities help in developing cooperation among students.
4. **To Provide Recreation:** To provide recreation to the students is another vital objective of intramurals. In fact, intramural activities provide a number of opportunities for recreation to the students. Students participate in intramural activities according to their interests. Hence, they get a lot of joy, fun and pleasure by participating in such intramural activities/competitions.
5. **To Develop Feeling of Sportsmanship:** To develop the feeling of sportsmanship is another vital objective of intramurals. Sportsmanship means to show respect and courtesy to opponents and officials. It also means to be humble in victory and gracious in defeat. The intramural competitions encourage such qualities among students who participate in such activities.
6. **To Provide an Opportunity to Learn a Variety of Games and Skills:** To provide the opportunity to learn a number of games, their fundamental skills, rules and regulations and impart technical and tactical knowledge is another important objective of intramurals. Though there is no doubt that regular programme of physical education provides the previously mentioned opportunity but intramural activities provide additional opportunity to be efficient in various games. In fact, students get a number of opportunities to participate in various types of games in intramurals.
7. **To Provide an Opportunity to Get an Experience of Organising Competitions:** To provide an opportunity to the students to get an experience in organising competitions is also an objective of intramurals. In intramural competitions, a number of committees are formed for their smooth organisation in which students are also involved directly or indirectly. So, by taking up these responsibilities, students also get an experience in organising games and sports.
8. **To Identify Talented Sportspersons:** This is also a significant objective of intramurals. It is a well-known fact that every nation of the world wants to win medals at international level such as World Cup and Olympics. It is easier said than done. In the previous century, the Germans adopted 'catch them young' technique. Intramural competitions aid to identify the talented sportspersons due to participation of all the students in such competitions.
9. **To Provide an Opportunity to Develop Personality:** Providing an opportunity to students to develop their personality is another objective of intramural activities. These activities provide a number of opportunities that help develop physical, mental, social and emotional aspects of personality.



## Activities for Intramural Competition

There are a number of activities which may be included in intramural competitions. The activities for intramurals should be selected very carefully. Mainly, the selection of activities should be based on two factors viz. interests of students and availability of facilities in the institution or school. Along with these, we should not forget the recreational aspect of intramurals. All the intramural activities must provide recreation to the students. These activities should aid in achieving the goals of education and contribute to general development of the students. Hence, the selection should be made out of the following categories of activities:

1. **Major Games:** Volleyball, Hockey, Cricket, Basketball, Kabaddi, Swimming, Athletics, Cycling, Wrestling, Lawn tennis, Football, Softball, Badminton, etc.
2. **Minor Games:** Shuttle Runs, Kho-Kho, Circle games, Tag game, Roller skating, Potato Race, Sack Race, Three-Legged Race, etc.
3. **Rhythmics:** Lazium, Dumb bell, Marching, Folk dance, Group dance, Solo dance, Mass PT, Rhythmic gymnastic, etc.
4. **Creative Activities:** Painting, Drawing, Sculpturing, Making models.
5. **Combative Activities:** Boxing, Judo, Taekwondo, Karate, etc.

## Meaning of Extramural

The word 'Extramural' is derived from the Latin words 'Extra' and 'Muralis'. 'Extra' means 'outside' and 'Muralis' means 'wall'. It means that the activities, which are performed outside the walls of an institution or a school. It points towards the activities that are organised by an institution/school and also the students of two or more schools participate in them. In fact, in extramural competitions, the students of other schools also participate in sports-related activities. Extramural competitions are also called inter-school competitions. Extramurals are fixed well in advance so that the students of other schools may prepare well for such competitions.

### Significance of Extramural Competitions

Extramural competitions are significant in the field of physical education because without extramural competitions, the programmes of physical education remain incomplete. The following points show the significance of extramural competitions.

1. **Provide Opportunities to Schools to Show their Sports Capabilities:** Extramural competitions provide ample opportunities to schools to showcase their sports capabilities. If the students of a school have good sports capabilities and show good performance in extramurals, it will add a feather to the cap of that institution. This will enhance the image of that institution.
2. **Enhance the Standard of Sports Performance:** Through extramural competitions, the standard of sports performance can be enhanced. Especially the losing individual or team can make strenuous efforts to improve their sports performance in the next extramural competition.
3. **Provide Appropriate Knowledge of Sports Techniques:** Extramurals are essential to provide appropriate knowledge of new techniques of sports. The teams that are not familiar with the appropriate as well as advanced techniques of various sports and games, can imbibe such knowledge by participating in extramurals.

4. **Plan and Implement the Programmes of Physical Education More Effective:** Extramurals are essential for planning and implementing the programmes of physical education more effectively. Extramurals also help in broadening the base of sports.
5. **Improve the Opportunities to Participate in Sports:** Extramural competitions provide opportunities to the students of various schools to participate in sports. Many schools that usually do not take part in such competitions are motivated and consequently such schools tend to participate in extramurals.

### Objectives of Extramurals

1. **To Improve the Standard of Sports:** It is one of the objectives of inter-school or extramural competitions to improve the standard of sports. By participating in extramurals, the students become technically and tactically efficient in respective sports. They become skillful. They develop abilities to perform well in competitions. In this way, extramurals improve the standard of sports.
2. **To Provide Enriching Experience to Students:** Experience has its own value in any field. Extramurals provide experience to students who participate in such competitions. By gaining experience through continuous participation, students exhibit good performance in competitions.
3. **To Develop Sportsmanship and a Feeling of Fraternity:** To develop sportsmanship and a feeling of fraternity in students is another important objective of extramural competitions.
4. **To Broaden the Base of Sports:** Many students from various schools participate in extramurals. Other schools, that do not participate in extramurals, get motivated to do so. Such motivation broadens the base of sports.
5. **To Provide Knowledge of New Rules and Advanced Techniques:** To provide knowledge of new rules, regulations, advanced techniques and tactics of sports and games to the students is another objective of extramurals. Students come to know about new rules and regulations of the games and sports. They learn new techniques as well as tactics which enable them to perform efficiently and thus help in improving their performance.

### 1.6 SPECIFIC SPORTS PROGRAMMES (SPORTS DAY, HEALTH RUN, RUN FOR FUN, RUN FOR A SPECIFIC CAUSE AND RUN FOR UNITY)

Specific sports programmes are such programmes of sports, which are not usually related to competitions. These sports programmes have various objectives such as creating awareness among people regarding unity, health and diseases like AIDS, Swine flu, etc., and raising funds for charitable institutions or organisations. Such programmes may be organised for promoting and maintaining the cause of health among people. These sports programmes are described subsequently.

## Sports Day

In the contemporary age, specific stress is laid down on the holistic development of children in schools. Owing to this, emphasis is laid on other co-curricular activities in addition to education. Along these lines, sports day is organised so that the all-round development of children could be attempted. Various sports activities in which physical and recreational activities are included, are conducted on sports day. Generally, sports day is organised by each and every school. A specific day is fixed for conducting sports day in a year. On that day, ample opportunities are provided to every child to take part in activities. School authorities also lay stress on the maximum participation of children.



Global sports programme

These activities are vital for children. By participating in these activities, students develop leadership qualities in them. Their interest in such activities is enhanced. The activities, that are conducted on sports day, provide ample opportunities for recreation to children. The health condition of children is also improved as they take part in such activities. Various social qualities such as honesty, brotherhood, friendship, cooperation, tolerance, unity, feeling of respect and group cohesion are instilled in children as they take part in sports activities such as minor games and other recreational activities.

### Procedure of Organising Sports Day

First of all, a specific day should be fixed for organising sports day. The appropriate place should also be selected as early as possible. In fact, a proper plan should be prepared for organising the sports day. After that an administrative or organisation committee should be constituted. This committee conducts all the programme of sports day systematically. Other committees are constituted by this committee for organising the sports day in a smooth and efficient way. The various committees, such as decoration committee, playground committee, programme committee, recreation committee, refreshment committee, first aid committee, prize distribution committee, etc., are formed for organising sports days successfully.

### Health Runs

Health runs are organised by the health department, sports department or social organisations. Usually, their purpose is to ameliorate the standard of health in a country along with raising funds for charity. Health run is a great physical activity that offers significant health benefits. Health run does not require any specific preparation. For health runs the requirement is only a pair of shoes and light clothes. There is no competition involved but registration of participants is required in advance. The date and time are also fixed well in advance. There is no age limit in health runs and the distance course of running is also fixed. But, before



participating in the health runs, everyone should take a note of the following suggestions to make the running experience safe and effective.

1. Avoid tension. Make sure that your arms, shoulders, neck and fingers are relaxed. Hands should be unclenched.
2. Your breathing should be rhythmic and deep. Exhale with controlled force. When you pick up the pace don't let your breathing get shallow.
3. Don't bend your body from the hip level.
4. Run softly and your strides should be normal.
5. Your arms should swing equally.
6. Always consume adequate amount of fluid before and after the run, especially in heat.
7. Consult a doctor as a precautionary measure if you are over 60 years old and do not exercise regularly.

### Run for Fun

Run for fun is also organised with an objective to spread the message of remaining healthy and fit among the masses. It may be organised to motivate people to exercise regularly and stay healthy. It is also organised in the same way as the health runs. Run for fun is more related to having fun and frolic during running. In fact, run for fun is a friendly race that involves either road running or cross country running and in which people take part for their own enjoyment and recreation rather than competition.

Generally, run for fun is organised to raise funds for a charity. The sponsors only deduct the organisational expenditures. Run for fun can include novelty such as wearing costumes and defining age categories for children, teenagers and adults.



### Run for a Specific Cause

Run for a specific cause is the run which is related to a good and noble cause. It can be organised for various categories of participants. The distance of the run may vary for different categories of participants. Prizes can be given to the position holders. Its main purpose is to raise funds for specific cause but the cause should be noble. In fact, we all run for different reasons. Generally, the main reason is to stay fit and to have a healthy balance in life. Most of the social non-profit organisations organise marathon



races or runs for various noble causes such as for helping the patients of cancer, mentally and physically challenged people and people suffering from arthritis, AIDS, leukemia and so on. For instance, the Mumbai and Chennai marathons are organised for such noble causes. Every year a lot of people including children, adults and old ones take part in such runs and in this way help in raising funds for the needy people.

### Run for Unity

Such a run is organised with a specific purpose, i.e., to consolidate unity and peace among the people of different religions. Its purpose may be national and international integration and brotherhood. In some countries, run for unity is organised to celebrate their independence. It may be in the form of relay race of long distance. Every participant runs for some distance. In the form of relay, they feel united. The run may be in the form of a marathon race usually organised in different metro cities for example, Mumbai. A

lot of people from the corporate world participate

in this race along with film stars and marathon runners from other countries. The cash prize is given to the first three position holders. Such runs promote harmony, peace and solidarity among people of different religions. Such a run brings a sense of togetherness among people.



## Exercises

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Objective Type/Multiple Choice Questions (Carrying 1 Mark)

Give one word answers.

1. What is the name of the committee that announces the dates and venue of tournament?
2. Which committee is responsible for preparing the grounds or laying out the track and field?
3. What is the formula to calculate the number of matches in a single league tournament?
4. Write down the formula for calculating the number of matches for double league tournament.
5. How many byes are given if 15 teams are participating in a knock-out tournament?

Fill in the blanks.

1. The second bye is given to the ..... team of the upper half in a knock out tournament.
2. Tabular method is used for fixtures in a ..... tournament.
3. means the activities which are performed within the campus of an institution.
4. are also called inter-school competitions.
5. The fourth bye is given to the ..... team of the upper half in knockout tournament.
6. The formula to calculate the number of matches in single league tournament is .....



**State True or False.**

1. League tournament is also called the Berger system.(True/False)
2. Knock-out tournaments are less expensive in comparison to other forms oftournaments.  
(True/False)
3. In double league tournament the formula to calculate the number of matches is  $\frac{N(N-1)}{2}$ .  
(True/False)
4. In special seeding, the seeded players/teams cannot participate directly in the quarter final or semi-final. (True/False)
5. Sports tournaments provide ample recreation to the spectators.(True/False)

**Choose the correct answer.**

1. How many byes will be given if 19 teams are participating in a knock-outtournament?  
(a)12 (b)13 (c)14 (d)15
2. Howmanymethodscanbeusedforpreparingfixturesinaliguementournament?  
(a)2 (b)4 (c)3 (d)5
3. Tournaments are helpful for the developmentof:  
(a) Socialqualities (b) Selection of players (c)Sportsskills (d) All theabove
4. How many teams will be placed in Illrd quarter if 31 teams are participating in a knock-out tournament?  
(a) 6 (b)7 (c)8 (d)None
5. Intramurals are significantfor:  
(a) Physicaldevelopment (b) Mentaldevelopment  
(c)Socialdevelopment (d) All theabove
6. Which sports competition is organised within theschool?  
(a) Interstate (b)Extramural  
(c)Intramural (d) None ofthese
7. Which one of the following methods is not used for preparing fixtures in league or round robin tournament?  
(a) Staircasemethod (b) Cyclicmethod  
(c)Combinationmethod (d) Tabularmethod
8. In which type of tournament, a team once defeated gets eliminated from thetournament?  
(a) Leaguementournament (b) Knock-outtournament  
(c)Challengetournament (d) Round Robintournament
9. Inwhichtournament,strongteamsmayhavethepossibilitytobeeliminatedinthepreliminary round?  
(a) Leaguementournament (b) Knock-outtournament  
(c)Challengetournament (d) League cum leaguementournament
10. National Sports Day in India is celebrated every yearon:  
(a) 29thJuly (b) 29thSeptember  
(c)29thOctober (d) 29thAugust



11. Tabular method is used for fixtures in:

- (a) Knock-out tournament
- (b) Challenge tournament
- (c) League tournament
- (d) None of these

**Short Answer Questions-I (Carrying 3 Marks)**

1. What is the importance of tournaments? Discuss any three points.
2. Explain about knockout tournament with an example.
3. Briefly explain the advantages and disadvantages of knock-out tournament.
4. Briefly explain about types of league tournament.
5. Briefly mention the advantages of league tournaments.
6. Briefly mention the disadvantages of league tournament.
7. Explain any three objectives of intramurals.
8. Briefly explain any three objectives of extramurals.
9. Briefly explain about any three specific sports programmes.
10. Mention the activities that are included in intramurals.
11. List the steps to form committees for tournaments.
12. Distinguish between Intramural and extramural programmes.
13. Draw a fixture of 11 teams on knock-out basis.
14. Explain the procedure of placement of teams in each quarter on knock-out basis.
15. Draw fixture of 19 teams on knock-out basis.
16. Explain seeding method and special seeding in knock-out tournament.
17. Explain the cyclic method of league tournament.
18. Explain the staircase method of league tournament.
19. Explain the combination tournament in brief.
20. Explain the methods of deciding the winner in league tournament.
21. Briefly explain the significance of extramural competitions.
22. Discuss the objectives of planning in sports.
23. Discuss about knock-out cum league and league cum knock-out methods.
24. Discuss in detail about sports day.

Or

Explain different steps to be followed for organising a health run in your school.

[AI2011]

25. Draw a fixture of 11 football teams participating in a tournament on the basis of knock-out.

[AI2016]

26. How are various committees formed for tournaments? Write briefly.

[AI2016]

27. Draw a fixture of 6 teams on league basis following the Cyclic Method.

[Delhi2016]

28. Discuss the pre-game responsibilities of officials of various committees.

29. Mention during-the-game responsibilities of officials of various committees.

30. Your school is organising "Run for Unity", explain the responsibilities of accreditation, technical and finance committee.

[Delhi2016]

31. What are specific sports programmes? Explain with suitable examples. [AI2017]  
 32. Write three differences between intramurals and extramurals. [Delhi2017]  
 33. What are the advantages of league tournament? [CBSE Compt.2019]

### Value Based Question

34. Once upon a time, during an athletic meet in stadium, 8 girls were on the starting line, ready for the race. With the sound of pistol, all the 8 girls started running. Hardly they had covered 10 to 15 metres, when accidentally one girl slipped and fell. Due to pain the girl started crying. As soon as the other 7 girls heard her cry; all of them stopped running, stood for a while, turned back, and ran towards her. Suddenly, the girls returned, pacified her, joined their hands together, lifted her, walked together and reached the finishing line. The officials were shocked to see such scene and unity. Quite a many eyes were filled with tears. [CBSE Sample Paper2015]

Based on the above passage, answer the following questions: (1 × 3 = 3)

1. What values do they teach?
2. What quality the girls have shown by running together?
3. What was so special about the race?

### Short Answer Questions-II (Carrying 5 Marks)

1. What do you mean by knock-out tournament? Draw the fixtures of 21 teams on knockout basis. [AI2013]
2. What do you mean by knock-out tournament? Discuss the advantages and disadvantages of knock-out tournament.
3. Describe the method of preparing fixture in knock-out tournament in detail.
4. What do you mean by tournament? Elucidate the importance of tournament in detail.
5. What is league tournament? Explain the types, merits and demerits of league tournament.
6. What do you mean by intramurals? Mention the significance of intramurals for school children.
7. What do you mean by extramurals? Elucidate the significance of extramurals.
8. Discuss the objectives of extramurals in detail.
9. Enlist the committees for organizing sports events and explain any eight committees in detail.
10. What do you mean by specific sports programmes? Explain about health runs and run for unity in detail.
11. Define and classify 'fixtures'. Draw a league fixture for 16 teams. [AI2011]
12. What do you mean by combination tournament? Discuss league cum knock-out and knock-out cum league with the help of examples.
13. What do you mean by planning? Elucidate the objectives of planning in sports in detail.
14. What is a league tournament? Draw a fixture of six teams using ground robin method. [AI2012]
15. What do you mean by specific sports programmes? Explain any three. [Delhi2012]
16. While specifying all calculations, prepare a 'knock-out fixture' for 21 teams. [CBSE Sample Paper2015]
17. Draw a knock-out fixture of 21 teams mentioning all the steps involved. [AI2015]
18. Being the captain of the school, prepare five important committees with their responsibilities to conduct one day run for health race. [Delhi2015]

19. What do you mean by Tournament? Draw a fixture of 9 teams using round robin method. [CBSE Sample Paper 2016]
20. What is the meaning of Tournament? Draw knock-out fixture for 27 teams. [AI 2012]
21. Elucidate the committees and their responsibilities of inter school CBSE Basketball Tournament. [AI 2015]
22. Elucidate the pre, during and post game responsibilities of officials of various committees for organising a sports tournament smoothly.
23. Define Combination Tournament. Draw a fixture of 16 teams using Knock-out cum League Method. [CBSE 2018]
24. What is league tournament? Draw a fixture of nine (9) teams on the basis of league tournament using cycle method. Explain British method to declare the winner. [CBSE 2019]
25. Draw a knock-out fixture of 27 teams and explain the advantage of knock-out tournament. [CBSE Compt. 2018]
26. Discuss the role of various committees and their responsibilities to organise national level sports events. [CBSE Compt. 2019]

## Answers

### Objective Type/Multiple Choice Questions

Give one word answers.

- |                        |                                   |
|------------------------|-----------------------------------|
| 1. Publicity Committee | 2. Ground and Equipment Committee |
| 3. $\frac{N(N-1)}{2}$  | 4. $N(N-1)$                       |
| 5. 1 bye               |                                   |

Fill in the blanks.

- |               |                            |
|---------------|----------------------------|
| 1. first      | 2. league or round robin   |
| 3. Intramural | 4. Extramural competitions |
| 5. last       | 6. $\frac{N(N-1)}{2}$      |

State True or False.

- |         |         |          |          |         |
|---------|---------|----------|----------|---------|
| 1. True | 2. True | 3. False | 4. False | 5. True |
|---------|---------|----------|----------|---------|

Choose the correct answer.

- |                             |                             |                           |          |
|-----------------------------|-----------------------------|---------------------------|----------|
| 1. (b) 13                   | 2. (c) 3                    | 3. (d) All the above      | 4. (c) 8 |
| 5. (d) All the above        | 6. (c) Intramural           | 7. (c) Combination method |          |
| 8. (b) Knock-out tournament | 9. (b) Knock-out tournament |                           |          |
| 10. (d) 29th August         | 11. (c) League tournament   |                           |          |



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