



SPECIAL FEATURE
Mind Mapping
for
All Chapters

TEXTBOOK ON

PHYSICAL EDUCATION

**REVISED
EDITION**



By :

Dr. Manu Sood

Head, Dept. of Physical Education
D.A.V. College, Jalandhar.

C.B.S.E.
CLASS
12



N.D. 413, Sharda Nand Street, Adda Hoshiarpur, JALANDHAR (Pb.) INDIA.
Customer Care : 0181-2456906, 2457906
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Price : ₹ 410-00

Printed at :

Mukul Graphic

136 Sarabha Nagar, Santokhpura
JALANDHAR.

Published by :

SP Books

N.D. 413, Sharda Nand Street, Adda Hoshiarpur,
JALANDHAR (Pb.) INDIA.

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How This Book is USEFUL

THIS BOOK COVERS ALL THE TOPICS AS PER **NEW SYLLABUS** ISSUED BY CBSE. THIS BOOK CONTAINS ALL THE QUESTIONS ASKED IN **PREVIOUS YEAR** BOARD EXAMINATIONS. ALL THE QUESTIONS HAVE BEEN ANSWERED STEP-BY-STEP IN THE **SOLUTION BOOK** (FREE WITH THIS BOOK). THE ANSWERS GIVEN IN THE SOLUTION BOOK GUIDE YOU ON HOW TO WRITE AN ANSWER THAT WILL SCORE MAXIMUM MARKS IN THE EXAMINATION. AT THE END OF EACH CHAPTER WE HAVE INTRODUCED **MIND-MAPPING** FOR EASY UNDERSTANDING AND LAST MINUTE REVISION OF CHAPTER. WE HAVE ALSO GIVEN CHAPTERWISE **GLOSSARY** AT THE END OF THE BOOK FOR EASY UNDERSTANDING OF DIFFICULT WORDS.

FOLLOWING THINGS SHOULD BE KEPT IN MIND WHILE ATTEMPTING THE QUESTION PAPER TO SCORE MAXIMUM MARKS:

1. GO THROUGH THE WHOLE QUESTION PAPER.
2. READ THE QUESTION TWICE, LOOK AT THE MARKS ALLOTTED FOR EACH PART AND THEN DECIDE EXACTLY WHAT IS REQUIRED IN ANSWERING IT.
3. WRITE THE ANSWER PRECISELY AND CONCISELY WITHOUT FILLING THE ANSWER SHEET WITH ANY IRRELEVANT TEXT.
4. ANSWER THE QUESTIONS KEEPING IN MIND THE NO. OF WORDS, CONTENT AS WELL AS MARKS ALLOTTED.
5. PUT STRESS ON IMPORTANT FACTS, EXAMPLES ETC. IN YOUR ANSWER.
6. ANSWER THE QUESTIONS IN POINTS FORM. MAKE HEADINGS FOR ALL POINTS AND UNDERLINE THE HEADING.
7. ANSWER IT IN A SYSTEMATIC AND LOGICAL MANNER.
8. MAKE THE CHARTS, GRAPHS, DIAGRAMS ETC. IN THE MOST EFFECTIVE WAY.
9. ATTEMPT ALL THE QUESTIONS ASKED IN THE QUESTION PAPER.
10. IF YOU GET TIME AFTER ATTEMPTING THE WHOLE PAPER, GO THROUGH ALL YOUR ANSWERS TO CHECK THAT ANYTHING IS NOT LEFT.

PLEASE NOTE : TAKE REASONABLE CARE THAT YOUR HANDWRITING SHOULD BE CLEAR TO READ AND UNDERSTAND



Best of Luck! WE HOPE THAT YOU GET 100/100 MARKS IN THE EXAMINATION AND SEND US YOUR PHOTOGRAPH TO BE PRINTED IN *Stars of the year* PAGES OF OUR BOOK.

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Planning in SPORTS

INTRODUCTION

Planning is the primary function in sports as it gives a view of the future course of action. An effective plan should be specific, logical, flexible and complete in all aspects and should assist in controlling future events. It is a systematic attempt to anticipate the future course of action and decide the most suitable one. The success of any competition depends upon how it is planned and organized.

In sports and sports events, planning plays an important role to make the event run smoothly, effectively and remain free from conflict. For planning a competition, the organisers have to plan many things. The organisers have to keep in mind the type of activity, the time requirement for each game and the time at the disposal with the organisers to complete the tournament. They also have to look after facilities and equipment, units of competition (open, seniors or juniors etc.), number of teams, officials, cost of the competition

publicity, opening and closing etc. For a successful competition, appropriate planning is most important. Thus, we can say that the success of sports events depends upon efficient staffing, good direction, proper control, good supervision, good coordination and minimising the chances of mistakes.

Learning Objectives

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

1.1 MEANING AND OBJECTIVES OF PLANNING

MEANING OF PLANNING

Planning plays a vital role in every field of life. *“Planning can be understood as the process of making a sequence of work for a future line of action”.*

According to Cryill L. Hudson, *“To plan is to produce a scheme for future action, to bring about specified results at specified costs in a specified period of time.”*

According to Koontz & O'Donnell, *“Planning is deciding in advance what to do, how to do and who is to do it. Planning bridges the gap between where we are to, where we want to go. It makes possible things to occur which would not otherwise occur”.*



According to Kenneth H.Killen, "Planning is the process of deciding in advance what is to be done and when is to be done, who is to do it, how is to be done and where is to be done."

To conclude, it can be said that

- Planning is a rational process of thinking in advance about our aims and how we can attain them.
- Planning is extremely important in physical education and sports. Various types of planning required in physical education are :—
 - Short term and long term planning.
 - Training session plans such as weekly plans, micro cycle plans and annual plans.
 - Planning events such as athletic meet, knock out tournaments, league tournaments etc.
- Effective planning can help in achieving good performances in sports.



Planning in sports : It is an intellectual process of thinking in advance about setting goals and developing strategies which are required to attain the goal efficiently in the field of sports.

It means deciding the future course of action and developing strategies to attain the goals efficiently in the field of sports.

OBJECTIVES OF PLANNING

Following are the objectives of planning in sports :

1. **Goal oriented :** Planning is a goal-oriented activity. Planning aims at realistic goal settings and their attainment. For example, if the physical education department of the school desires to conduct a tournament, they must plan well in advance. Various aspects must be planned like whether the tournament will be intramural or extramural, venue for the tournament, time required to complete, number of events, feasibility, infrastructure, number of participants etc.
2. **Development of Policy :** Development of policy is an important aspect of Planning. It helps in serving as a guide and assists in decision making. It sets the boundaries for overall conduct of the event. Policy specifies the broad rules and guidelines or framework in which decisions can be taken to achieve aims and objectives like decisions on formation of various committees, finance, technical issues, defining content of organizing etc.
3. **Economy :** Planning helps in cost reduction by increasing coordination and financial control. Total Budget for the event should be prepared in quantitative terms which should cover all aspects of the sports event to be conducted. It should focus on the amount of funds available, details of income and expenditure under different heads and various stages of approvals and disbursal.



4. **Avoiding any last minute pressures** : A tournament involves a large number of people who need to work together to make it a success. But if tournaments are conducted without proper planning, certain last minute problems can create unnecessary pressure. Planning helps in avoiding these kinds of last minute hassles. If the organisers are prepared beforehand, there will be no undue pressure.
5. **Increasing Efficiency** : Planning process tries to make utilization of all available resources in the best possible manner. One of the objectives of planning is to get highest performance by increasing the efficiency of everyone involved in the process. With the help of proper planning, every individual performs his duties efficiently and effectively.
6. **Good Control** : Planning helps in keeping good control in organising a tournament as planning and control are connected with each other. A good plan helps in keeping good control over activities. Sports planning has an objective to help to control and limit the problems which might arise without planning.
7. **Defining the course of action** : Good planning helps in deciding the course of action. The course of action refers to fixing the procedure and deciding the steps to be taken to accomplish a task keeping in view the policies and predetermined objectives. It helps in standardizing the work of committees, heads or individuals. The committees are allotted various tasks and they are interlinked with each other. Planning ensures that there is proper coordination between these committees ; thus making it easy to organise the competition.
8. **Increase creativity** : To increase creativity is another important objective of planning. Planning helps in innovative and creative thinking because many new ideas come when persons of different committees communicate with each other and seek cooperation and suggestions when they make a plan. As a matter of fact, proper planning increases the creativity among the officials, coaches and physical education teachers.
9. **Reduce chances of mistakes** : Though mistakes are bound to happen when competitions or tournaments are organised, but with proper planning the chances of mistakes can be reduced. Proper planning helps to work in a more systematic way which leads to more positive and desirable results.

1.2 VARIOUS COMMITTEES & THEIR RESPONSIBILITIES (Pre, During & Post)

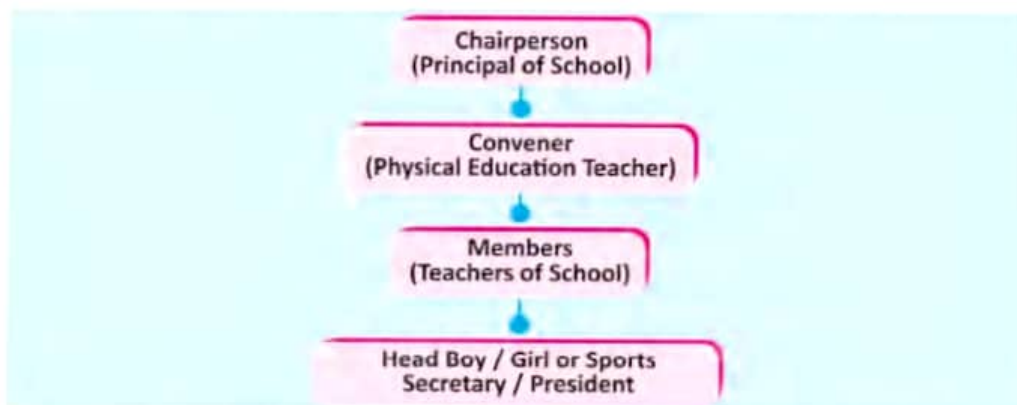
COMMITTEES TO ORGANISE SPORTS EVENTS AND THEIR RESPONSIBILITIES

Sports events or tournaments require lot of planning and preparation. Lot of people are involved and various committees are made so that the plans are implemented and executed properly.

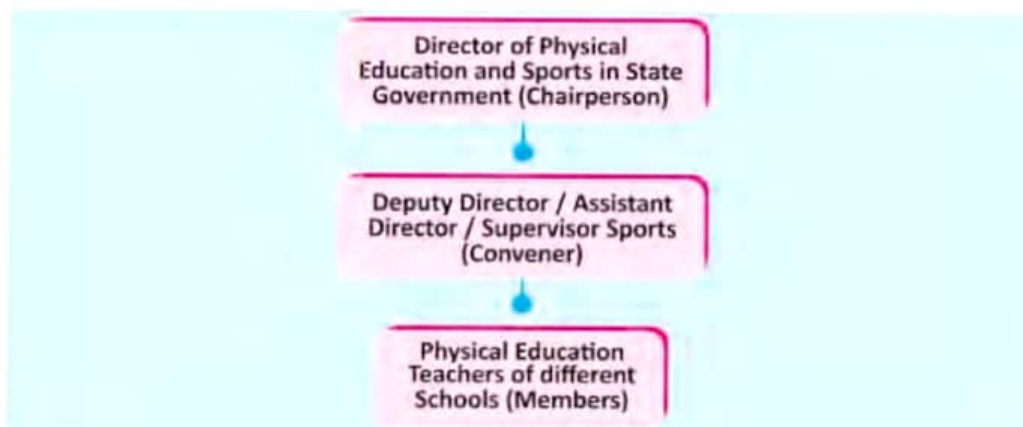
Formation of committees should be based on three levels of management – top, middle and lower levels. For an intramural event, members of the governing body or the Principal will remain the top level of management, whereas in an extramural event, the Director/Deputy Director/ Supervisor of the state/ zone may be at the top level of management. They prepare policies or aims and objectives of the sports event. Middle level of management consists of department heads, physical education teachers etc, to execute policies and achieve aims and objectives. The Lower level of management consists of teachers, administrators, finance officers etc. They implement the orders and directives of the top level.



Hierarchy of Organising Committee to conduct Intramural Event in School/ institution



Hierarchy of Organising Committee to conduct Extramural Event in Schools/ institutions



There is no fixed number of committees to be constituted to organise a sports event; it depends on the number of participants, level of event, area of specialization, dedication of volunteers etc. Given below is the description of various committees and their responsibilities:

LAYOUT OF ORGANISING COMMITTEE



1. **Tournament Director / President / Chairman** : Director of the tournament is incharge of overall activities. He has to see everything regarding tournament and conducts meetings with various committees to organise the tournament successfully.
2. **Executive Committee** : Executive Committee consists of the members from various committees. Executive Committee may have one member from each committee to decide important matters regarding tournament.
3. **Organising Committee** : It includes the following :
 - (i) **Accreditation Committee** : The responsibility of accreditation committee includes management of accreditation centres during the activity. It also registers all participants with an operational role. The production and distribution of the validation pass is also the duty of accreditation committee. It also assigns the access rights and privileges to which a participant is entitled.
 - (ii) **Finance Committee** : Finance Committee prepares the budget of the tournament and every expenditure is maintained by the finance committee. It is the duty of the finance committee to arrange finance for the tournament. It also helps in making purchases of sports equipment and other things required for the tournament. Financial reporting as well as monitoring of internal controls and accountability policies are done by the finance committee. Once the event is over, the Finance Committee examines all records related to settlement of the bills and accounts and prepares the financial report.
 - (iii) **Marketing Committee** : The Marketing Committee develops plans and strategies to place the event in the market with the purpose of generating publicity and sponsorships. Publicity can be done through various modes like social media, print media, TV, e-mail etc. and sponsorship can be generated in terms of cash or kind by making media partners, food partners, drink partners etc. through calling on, meeting various companies etc. Marketing Committee also organises campaigns related to the event.
 - (iv) **Boarding and Lodging Committee** : This committee has to make all the arrangements for boarding and lodging for outside teams and officials. All these arrangements are made well in advance, so that the teams may not face any problem during the tournament.
 - (v) **Transport/Logistics Committee** : Transport/Logistics committee makes all the transportation related arrangements before the start of the tournament, during tournament and after the tournament, so that there is no problem for the teams and officials to go from one place to another. It takes special care for the arrival and departure of the teams.
 - (vi) **Reception Committee** : Invitations are sent by the reception committee and on the day of function the guests are received by the reception committee.
 - (vii) **Ceremony and Decoration Committee** : Decoration of the pandal where chief guest has to sit or the area where the guests have to sit are to be decorated by the decoration committee. All the ceremonies have to be performed by the ceremony committee.
 - (viii) **Prizes and Certificates Committee** : All the prizes i.e. cups, medals, shields and certificates are to be purchased and distributed by this committee. The mementoes for the chief guests and for other guests also have to be bought by this committee.
 - (ix) **Ground and Equipment Committee** : Preparation and maintenance of the ground, pitch, table tennis tables or any other ground has to be managed by the ground committee.



This is according to the type of matches to be played. This committee has to arrange the proper quality of equipment required for the competition. If it is an athletic meet then material required for an athletic meet has to be arranged by the equipment committee.

- (x) **Refreshment Committee** : Refreshment committee has to arrange the refreshment for the chief guest, guests, officials and players.
- (xi) **First-Aid Committee** : First aid committee has to arrange a first-aid team consisting of one or two qualified doctors, compounders or nurses etc. During tournament or athletic meet the players may meet with an accident, in that case the proper first-aid and medical help is given by first-aid committee.
- (xii) **Announcement Committee** : There should be two or three good announcers with few assistants, so that the announcements can be made properly and in time. It is one of the important committees.
- (xiii) **Committee for Officials** : Their responsibility is to select officials such as marshalls, track officials, referees, time keepers etc. in case of games ; as per the requirement.
- (xiv) **Entries and Programmes Committee** : This committee sends registration forms for entry, to receive them on time and allot numbers to participants. They are also responsible for preparing the programme list and get it printed.

PRE, DURING AND POST TOURNAMENT RESPONSIBILITIES OF COMMITTEES

To organise sports tournament in a smooth way, it is necessary that every aspect of planning process is kept in mind which can be classified into pre-tournament responsibilities, during tournament responsibilities and post-tournament responsibilities.

1. Pre-Tournament responsibilities : These are done before the tournament starts. They need a lot of planning which is to be done in a systematic way and is generally performed by physical education teacher.

- (i) To plan schedule of the tournament which includes finalising the dates, venue of the tournament etc.
- (ii) To arrange the facilities which include equipment, playfields etc.
- (iii) To make the budget of the tournament and take approvals from higher authorities.
- (iv) Formation of various committees and the grouping of staff members according to their potential.
- (v) To send information of the tournament to the concerned teams.
- (vi) After confirmation of participation, to arrange meeting of officials of various teams for drawing fixtures.
- (vii) To arrange officiating teams and their approvals for supervision.
- (viii) To arrange mementos and certificates for prize winners and participants.
- (ix) To arrange and plan lodging and boarding of players and officials.
- (x) To plan out transportation for teams.

2. During-Tournament responsibilities : The success of tournament depends upon whether the tournament is going on as per schedule. The responsibilities during the tournament include:

- (i) To check the arrangements for inaugural ceremony.
- (ii) The regular check of arrangements of tournaments.
- (iii) To check the eligibility of teams in general and athletes in particular.



- (iv) To make sure that tournament is running as per schedule.
- (v) To supervise the officiating staff for the smooth conduct of tournament.
- (vi) To prepare the record of score sheet etc.
- (vii) To arrange for the refreshments for officials and players.
- (viii) To make the announcements and progress of the tournament.
- (ix) To provide first aid in case of any injury.
- (x) To provide daily progress of tournament to media.

3. Post-Tournament responsibilities : These are the last responsibilities of tournament. They include :

- (i) Check out of the teams, their security refund (if any).
- (ii) Arrangement of prize distribution function to present medals and trophies to winning teams.
- (iii) To make press note and send it to the media.
- (iv) To collect the records and file up and save in the final report and submit it to the authorities.
- (v) To make the due payments of the people concerned.
- (vi) To make the exact report of finances.

1.3

TOURNAMENT KNOCK-OUT, LEAGUE OR ROUND ROBIN AND COMBINATION

TOURNAMENT

Tournament is a series of games or matches played among players or teams to determine the winner. A tournament is a competition between various teams playing a particular game according to a fixed schedule in which a team finally wins and rest of the participating teams lose the matches. Tournaments can be organised at zonal, district, state, national & international levels. Olympic Games, Fifa World Cups, Cricket World Cups, IPL, Pro Kabaddi League etc. are few examples of different tournaments. There are different types of tournament based on duration, cost, manpower, level, interest etc.



IMPORTANCE OF TOURNAMENTS

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

1. Development of Sports Skills : By participating in tournaments various skills of sports are developed. The participation in tournaments not only develops technical skills of the sports but



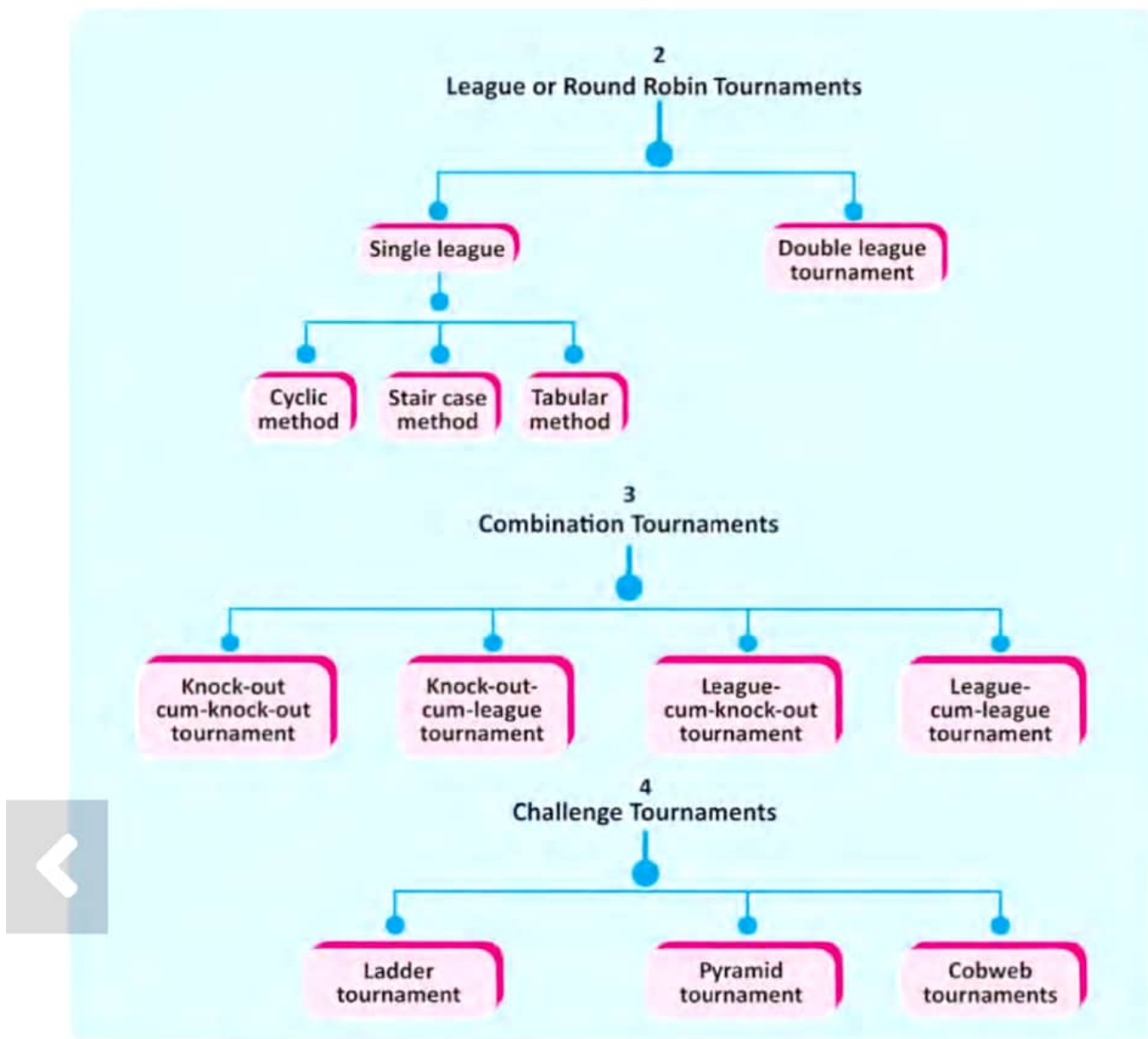
tactical skills also. Players acquire efficiency in skills and thus, they show improvement in the game.

2. **Help in popularisation 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 Selection of Good Players** : Good players can be selected easily by observing their performance in the tournament. Those players, who present good performance, can be selected for upper level tournaments. So, a tournament is the right way to select a good team of players.
4. **Development of Unity and Peace** : Sports tournaments help in developing national integration as well as international unity and brotherhood. Tournament is one of the best means of enhancing international peace and unity.
5. **Development of Social Qualities** : Social qualities like tolerance, sympathy, cooperation, brotherhood and discipline, etc. are developed among participants through sports tournaments.
6. **Source of Recreation** : Sports tournaments provide ample recreation to the spectators. For getting recreation, they do not hesitate to spend money. That is why, a large number of people go to watch the Olympic games and World cups of various games and sports. So, tournament is a good source of recreation.
7. **Development of Ethical values** : Sports tournaments help in the development of ethical values in the sportspersons like honesty, fair play, respect for others etc.

TYPES OF TOURNAMENT

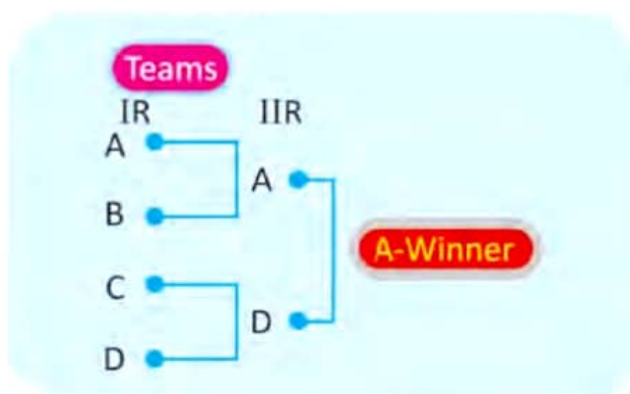
There are various types of tournament formats based on advancement or elimination criteria of players or teams.





Various types of tournaments are :

- 1. Knock-out tournament :** In this type of tournament, a team once defeated gets eliminated. Only the winners continue in the competition. It is a fast method to know about the winner team in the tournament. For example, if 4 teams are participating in the tournament, then winner is declared in the following way :



In 1st round, Team A plays with Team B and Team C plays with Team D. Team A and D win their respective matches and play against each other in round 2. Team A wins the match and is declared as winner.

Types of knock-out tournaments

- (i) **Single knock-out tournament** : In this tournament, every team losing once is eliminated. No second chance is given. Number of matches to be played are calculated using $n-1$ i.e. (Number of teams-1). Good team once lost cannot make a come back. It is less expensive.
- (ii) **Consolation Tournament** : It provides a chance to the defeated teams to play again and show their skill performance and win **subsidiary** honours. We know the fact that in single knock out tournament a good team may get itself eliminated by chance or by other reason it does not have another chance to show its real worth therefore consolation tournaments are suggested.
Type I : In this type of tournament all the teams that were defeated in the first match play among themselves in the consolation tournament.
Type II : In this type of tournament every loser of the regular round is given opportunity to play in the consolation round to win the subsidiary honour.
- (iii) **Double knock-out tournament** : This tournament is an extension of the consolation tournament type I and i.e. the winner of the regular tournament will have to play with consolation winner to decide the true winner.
Every team losing twice except the winner is eliminated. Every losing team gets a second chance. Number of matches = $2(n-1)$. Good team once lost can make a come back. It is expensive.

Advantages of Knock-out tournament :

- (i) These are less expensive and can be finished in less time.
- (ii) Standard of game improves as every team has to perform at the highest level to remain in the competition.
- (iii) Less officiating staff is needed.

Disadvantages of Knock-out tournament :

- (i) There may be many chances of elimination of good teams in early round and giving chances to weak teams to move ahead.
 - (ii) Fear of defeat makes even a good team feel psychologically depressed.
 - (iii) Interest in tournament is lost when some times good teams are eliminated.
- 2. League or Round Robin tournament** : League tournament is also called round robin tournament. In League or Round Robin Tournament, a player or team will play fixed number of matches that are allotted before the start of the tournament. In league tournament all the teams are treated at par. One team has to play with all other teams irrespective of victory or defeat. It can be called the best type of tournament because it provides every team with the opportunity to show its best performance. It is also called as '**Berger system**' after **Mr. Johann Berger**, who first thought about the idea of league tournament.

Types of league tournaments

- (i) **Single league tournament** : In this type of tournament every team plays with every other



team once. The total number of matches is determined by using the formula $\frac{n(n-1)}{2}$, where 'n' refers to the total number of teams.

Example : If 8 teams are taking part, then total number of matches to be played

$$\frac{n(n-1)}{2} = \frac{8(8-1)}{2} = \frac{8(7)}{2} = \frac{56}{2} = 28$$

(ii) **Double league tournament :** In double league tournament every team plays with every other team twice. The number of matches is determined by using the formula $n(n-1)$, where 'n' refers to the total number of teams.

Example : If 9 teams are taking part in a double league tournament, then total number of matches to be played :

$$n(n-1) = 9(9-1) = 9(8) = 72$$

Advantages of League or Round Robin Tournament :

- (i) It decides the real strong team as winner because one team has to face all other teams. In case one team loses by chance that team gets a chance in other matches to cover up.
- (ii) Greater number of matches are played by the teams.
- (iii) Every team gets the rank according to its ability.
- (iv) The teams need not wait to know the winner of the round for playing a match as in knock-out tournament.
- (v) Every team gets the equal chance to show their capability because they have to play with all other teams.
- (vi) Numerous chances are available for players to improve their performance.
- (vii) Audience gets a good chance to watch many matches.

Disadvantages of League or Round Robin Tournament :

- (i) The tournament requires lot of time to finish and to know the winner.
- (ii) Large quantities of resources required.
- (iii) In this method no team is seeded or can be given any advantage to any strong or outstanding team.
- (iv) It costs more.
- (v) It requires more arrangement for sport officials and teams.
- (vi) Teams that get defeated often will lose interest in the game and that particular match becomes boring for the participants, spectators and even for officials.

3. Combination tournament : Combination tournaments are conducted when there are large number of teams. These teams are arranged into groups and zones. The winner teams of the groups or zones play together to determine the final winner. For example, in case of national level competition, it becomes difficult for all the state teams to reach at one place for tournament. To avoid such type of difficulty, zones can be made and a tournament can be organised at a central place in each zone. After that, winner of each zone can participate at national level. Depending upon the number of teams in each zone and the availability of time, the tournament

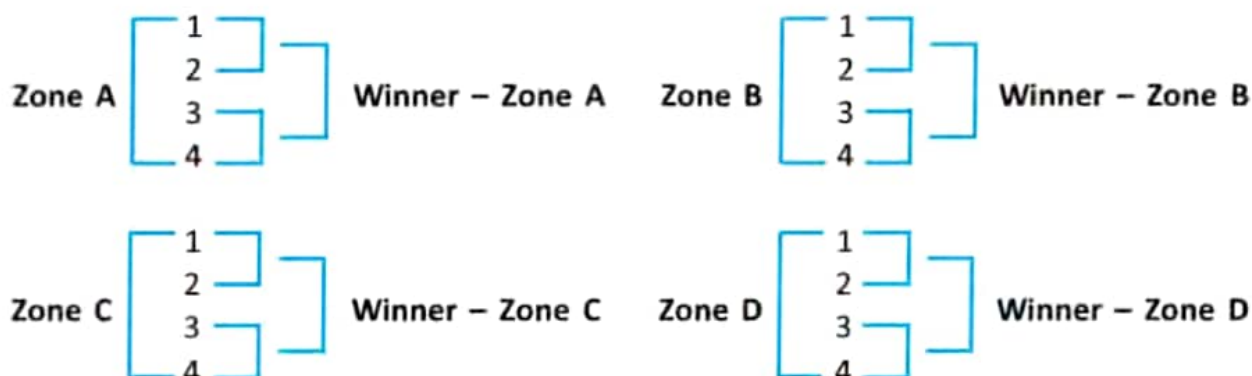


can be organised on the basis of knock-out or league and after that at national level tournament can also be conducted either on knock-out or league basis.

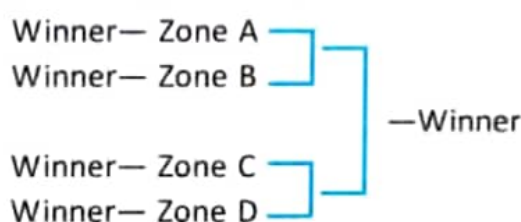
Types of Combination tournaments

- (i) **Knock-out cum Knock-out** : In this type of tournament the total number of teams is divided in different 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 winner teams again play their matches on knock-out basis. The team that wins in the final becomes the winner of inter zonal tournament.

Example. Zonal Tournament on knock-out basis

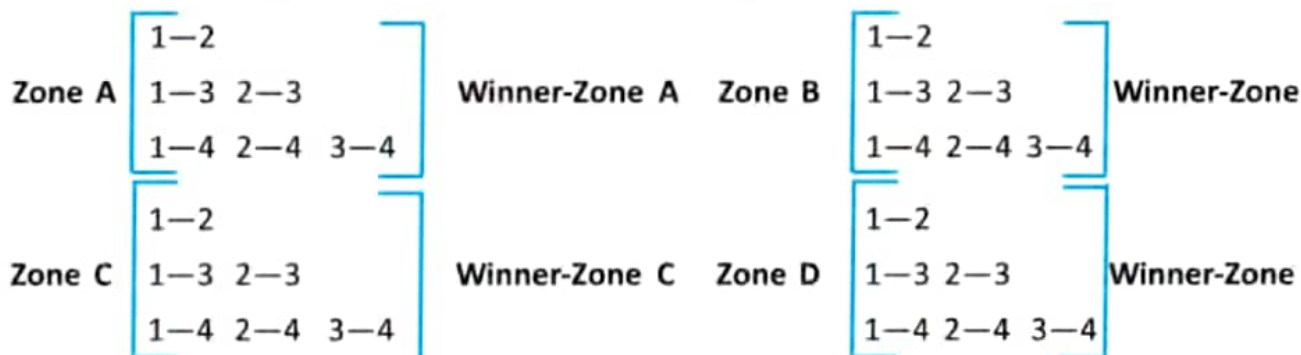


Inter Zonal Tournament on Knock-out basis

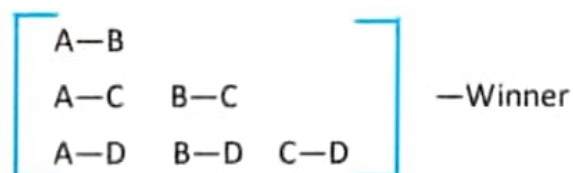


- (ii) **League cum League** : In this type of tournament total number of teams are divided in different zones. All the teams play their matches in their respective zones on league basis. One team from each zone becomes the zonal winner. It is called zonal or group tournament. After that all the zonal winner teams again play the matches on league basis and one team becomes the winner of inter zonal or group tournament.

Example. Group or Zonal Tournament—On league basis

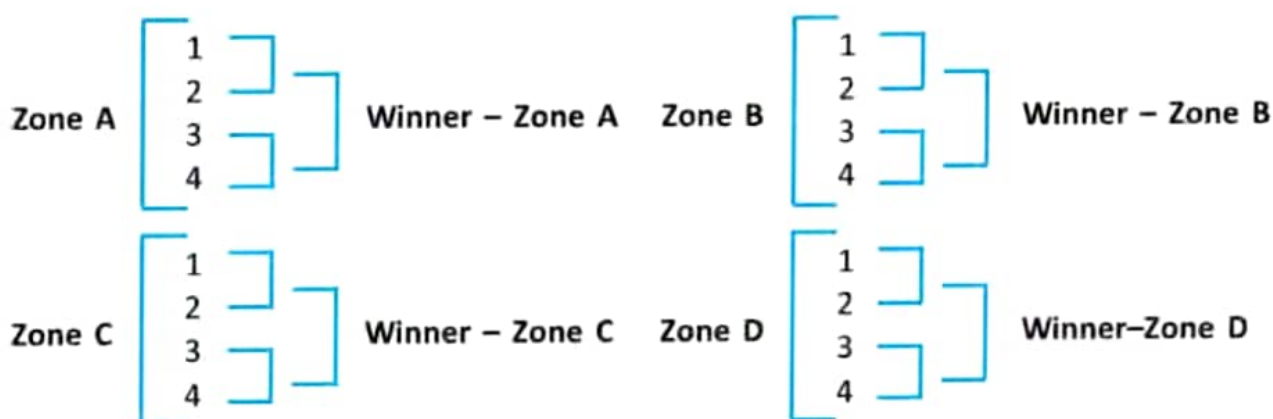


Inter Group or Zonal Tournament on League Basis

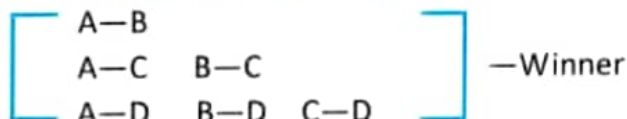


(iii) **Knock-out cum League** : All the teams are divided in different zones. First of all, the teams play their matches in their respective zones on knock-out basis and one team becomes the winner from each zone. After that the winner teams again play their matches on league base and one team becomes the winner of inter group or zone tournament.

Example. Group or Zonal Tournament on Knock-out basis

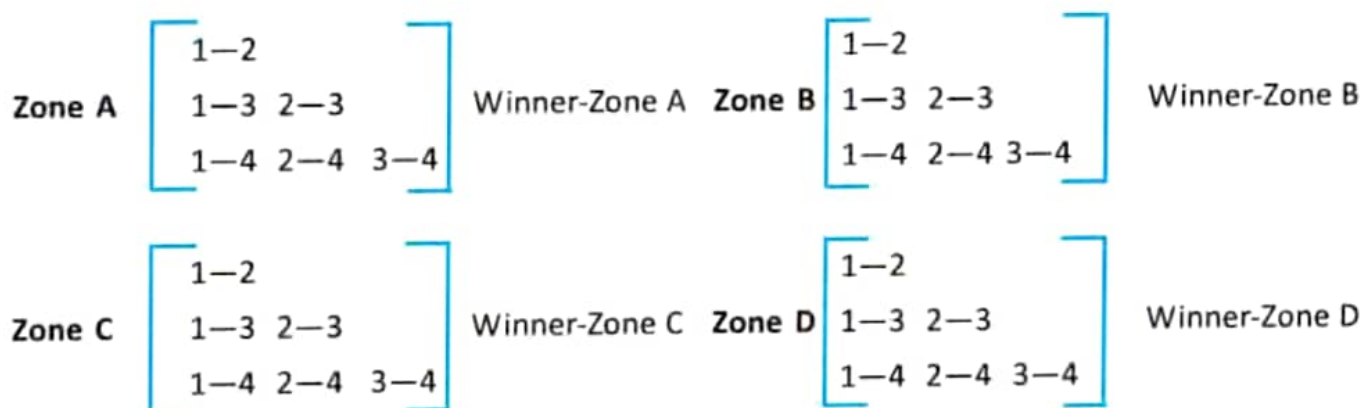


Inter Group or Zonal Tournament on League Basis

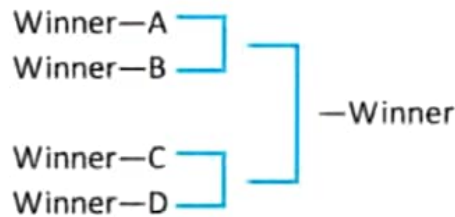


(iv) **League cum Knock-out Tournament** : All the teams are divided into different zones. All the teams play their matches in their respective zones on league basis. One team from each zone or group becomes the winner. It is called zonal tournament. After that the winner teams play their matches on knock-out basis and one team becomes the winner of inter group or zonal tournament.

Example. Group or Zonal Tournament on League Basis



Inter Group or Zonal Tournament on Knock-out Basis



4. **Challenge tournament** : In this type of tournament there are one to one contests or there are two players on each side. One player challenges the other and the other player accepts the challenge. Games in which such tournaments are held are - Boxing, Tennis, Table Tennis, Badminton etc.

Types of Challenge tournaments

- (i) **Ladder tournament** : Challenge ladder systems provide a friendly and competitive environment to help players improve their skills and meet others at about the same level. Best suited for individual sports, such as tennis, racquetball and squash, ladders use a leapfrog format — players move up the ladder by challenging and beating higher-rank competitors. Designed to attract players who can't commit to a regular match schedule, ladders typically run for several months, allowing players many challenge opportunities. To make a successful ladder, consider the participants' skill levels, and your options in establishing procedures and format and enforce the rules.

Advantages of ladder tournaments :

Competition ladders require very little hands-on involvement and basically run themselves. Unlike tournaments where administrators face match scheduling headaches, tournament expenses and must be on site for the duration of the event, ladder participants contact each other, decide on a day, time and place to play their match, and report the score.

- (ii) **Pyramid Tournament** : This type of challenge tournament is recommended for a large number of individuals. Players may challenge any player horizontally. Winners may challenge opponents in the row above. A variation may be used in which winners of a challenge are placed in the bottom row. Bottom row winners move to the second row if a vacancy exists. They continue in this manner to move up until a winner is determined.
- (iii) **Cobweb Tournament** : The Cobweb or spider web tournament takes its name from the bracket design, which is the shape of a spider's web. The championship position is at the centre of the web. The bracket consists of five lines drawn radially from the centre, and the participants names are placed on concentric lines crossing these radial lines. Challenges may be made by persons on any concentric line to any person on the next line closer to the centre. This tournament provides more opportunity for activity. This type of tournament organisation adopted should be the one best for the group, activity, and local interests. The goal should be to have as much participation as possible for the facilities and time available.



FIXTURES

Fixtures are the schedules fixed for the matches to be played, their time, place, court or ground number and date etc. It is a detailed programme made by the organisers before few days or on the same day of the competition. This is to inform the teams about the time, place and date of the match to be played by their team. Fixture or tie or heat include multiple and progressive matches. In athletics and swimming the term Heats is used, in Tennis, badminton and other games, we frequently use the terms Ties or Fixtures. There are many types of fixtures, that are fixed according to time, grounds, equipment, officials, facilities and teams participating etc.

Bye :

Bye is the advantage given to a team usually by drawing a lot, **exempting** the team from playing a match in the 1st round. In a tournament, bye is generally assigned to teams by the organizing committee not to play a round due to one of the several reasons :

- Uneven distribution of teams in tournament (In knock out tournament, number of teams equals to power of two [e.g., 8, 16, 32, 64,] and in League tournament, if there is an odd number of teams.
- Separate pooling of previous winners in same group to create even competition,
- To avoid one team from playing more matches on a single day than the other, so creating disadvantage for some.

The number of byes are decided by subtracting the number of teams from the next higher number which is in power of two's. For example, if 12 teams have entered for a tournament, the next higher number above 12 which is power of two is $16(2^4)$. So the number of Byes to be given are $16 - 12 = 4$.

Seeding a team : Generally in a knock-out tournament, the fixture is drawn by lots. If the draw is purely on the basis of lots without thinking about the standard of the teams, it is likely that two strong teams can meet with each other in earlier rounds and get eliminated. So the weak teams get chance to reach to quarter final or semifinal stages. To avoid this defect the strong teams are seeded. Seeding is the process of sorting the teams and fitting them in the fixtures so that the stronger teams do not meet each other in earlier rounds. This procedure is generally implemented to reduce the chance of elimination of good teams at an early stage.

Method of Seeding : If two teams are to be seeded then winner of the previous tournament will be placed at the bottom of lower half and the second team on the top of upper half. If 4 teams are to be seeded then first and second will be on same places as mentioned above, and 3rd team of the previous tournament will be placed on the top of lower half and 4th team on the bottom place in upper half.

PROCEDURE TO DRAW FIXTURES IN KNOCK-OUT TOURNAMENT

Following rules should be kept in mind while drawing the fixtures for knock out tournaments :

- Total number of teams participating in the tournament.
- Total number of matches to be played in the tournament.



Formula for calculating, number of matches = $n - 1$, where n is the total number of teams participating in the tournament.

Example : Number of teams participating = 11

Therefore, total number of matches that will be played in the tournament = $11 - 1 = 10$

(iii) Total number of rounds played in the tournament depends upon two things :

- (a) The number of teams playing in the tournament.
- (b) The higher nearest number from the total number of teams in power of two's.

Example : If 11 teams are playing in a tournament the number of rounds will be 4, as the higher nearest number from 11 in power of two's (2^4) is 4. If 20 teams are playing in a tournament the number of rounds will be 5, as the higher nearest number from 20 is in power of two's (2^5) is 5.

(iv) Method of determining the number of teams in upper half and lower half.

- (a) If the number of teams is even then equal number of teams will be

divided in both halves i.e. $\frac{n}{2}$ where n is the total number of teams.

- (b) If the number of teams is odd then following procedure is applied

Number of teams in upper half = $\frac{n+1}{2}$, where n = number of teams.

Number of teams in lower half = $\frac{n-1}{2}$, where n = number of teams.

- (c) Lots are drawn.

(v) The number of byes in a knock-out tournament are decided by subtracting total number of teams from the next higher nearest number in power of two's.

Example :

I. Total number of teams = 11

Next higher nearest number in power of two's = 16 (i.e. 2^4)

Thus number of byes = $16 - 11 = 5$

II. Total number of teams = 20

Next higher nearest number in power of two's = 32 (i.e. 2^5)

Thus number of byes = $32 - 20 = 12$

(vi) Method of determining number of byes to be given in upper and lower half

- (a) If number of teams are even then number of byes in each half (i.e. Upper and Lower)

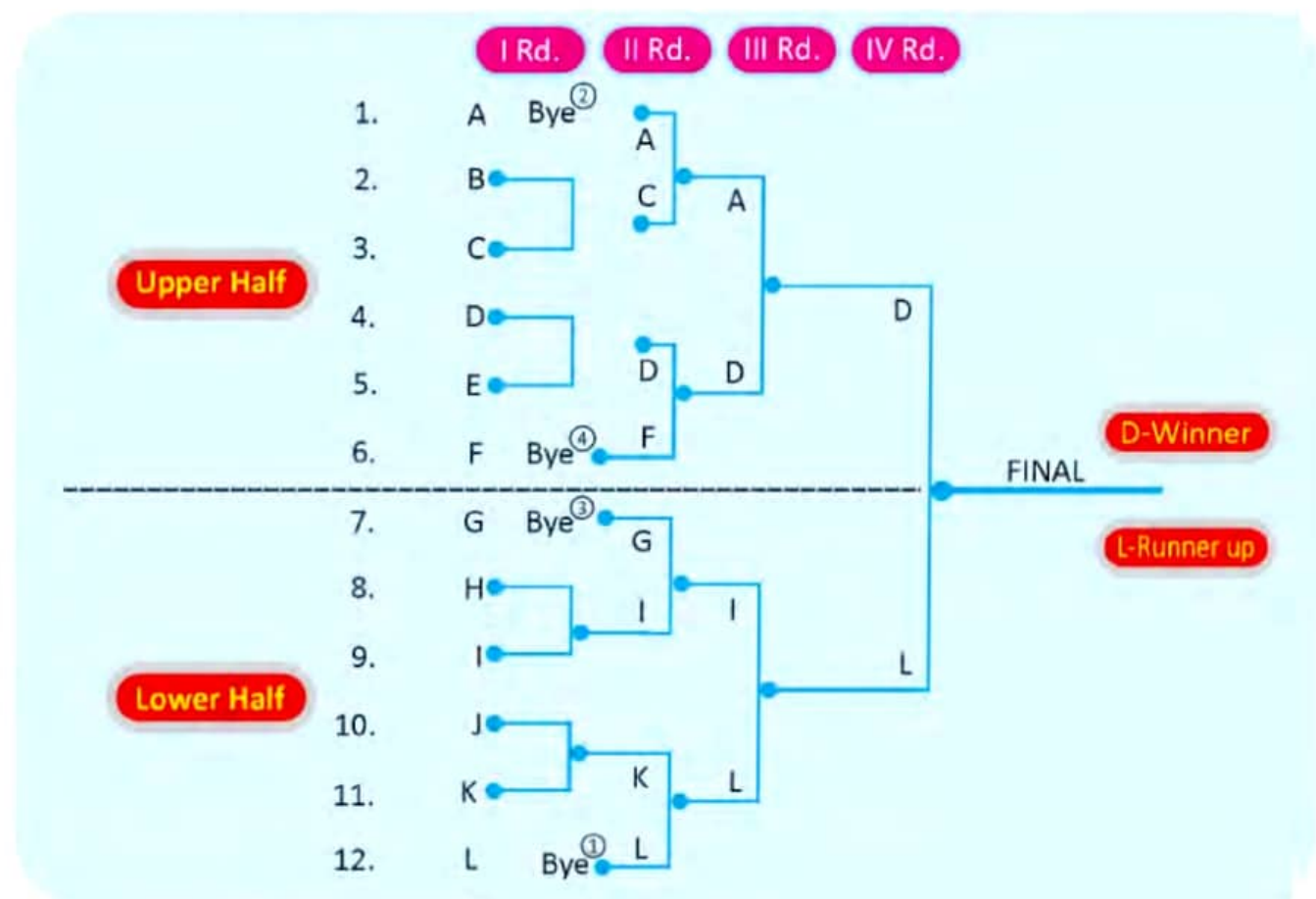
= $\frac{nb}{2}$, where nb = number of byes

- (b) If number of teams are odd then number of byes in upper half = $\frac{nb-1}{2}$, and in lower half = $\frac{nb+1}{2}$, where nb = number of byes.



How to place Byes in Even number of Teams

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.



How to place byes in odd number of teams

If there are 11 teams taking part in the tournament, byes are given in the following ways. i.e. Number of competing teams is 11. The next higher number above 11 which is power of two is 16 (2^4).

Number of Byes = $16 - 11 = 5$

How to divide the byes :

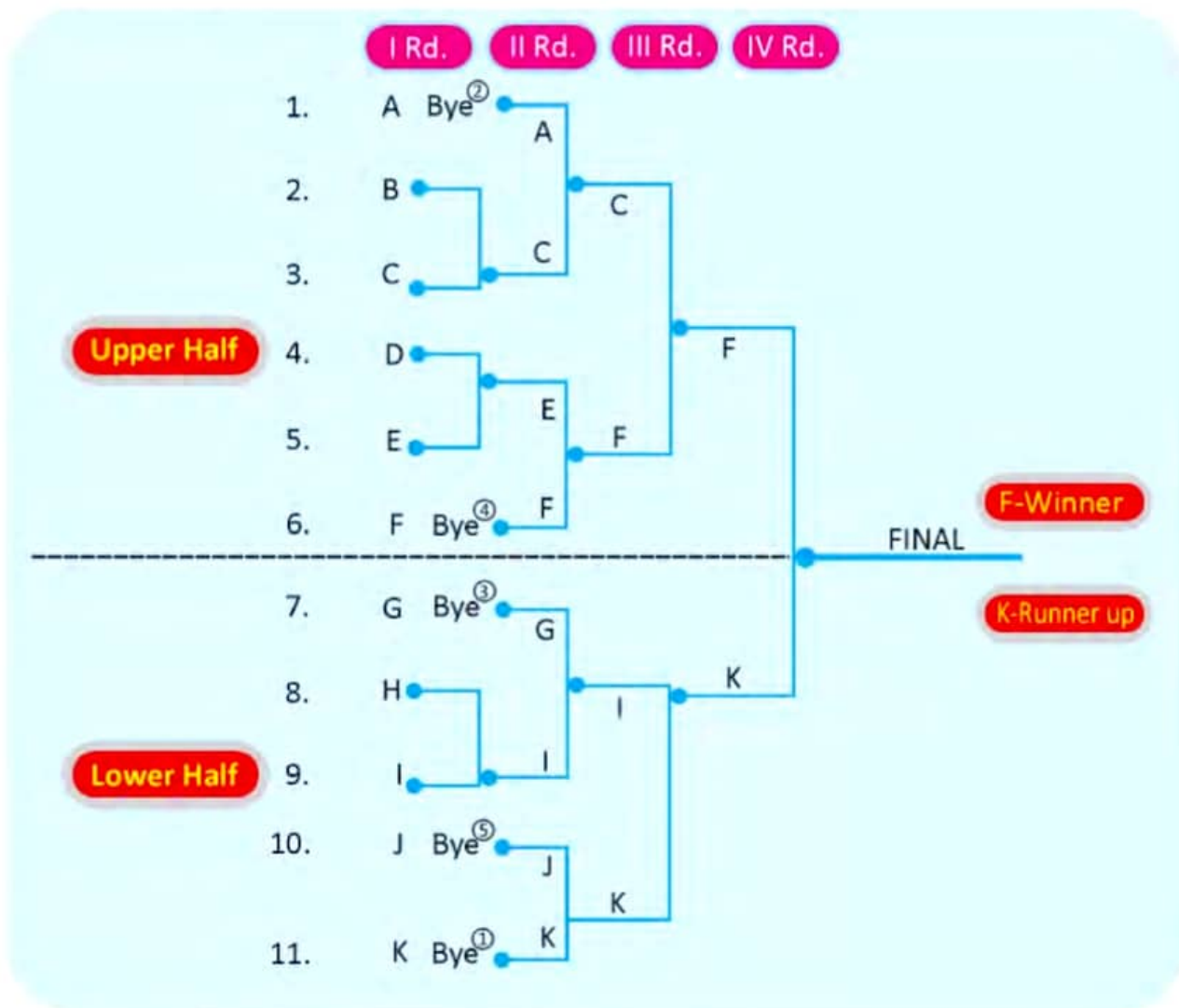
n = Number of Teams and nb represents number of byes.

$$\text{In upper half, number of byes} = \frac{nb-1}{2} = \frac{5-1}{2} = \frac{4}{2} = 2$$



$$\text{In lower half, number of byes} = \frac{nb+1}{2} = \frac{5+1}{2} = \frac{6}{2} = 3$$

Thus, 2 byes will be given in upper half and 3 byes in lower half.



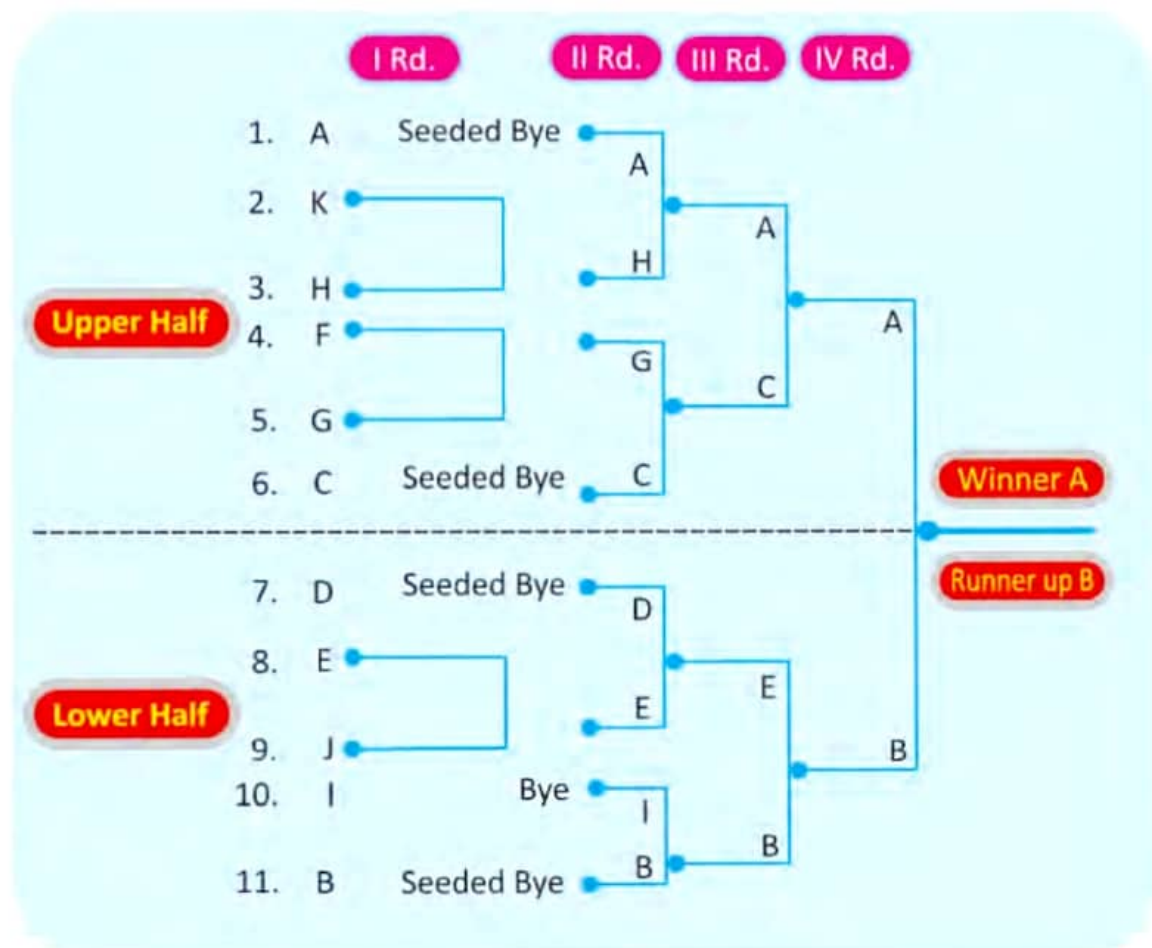
Example : Draw a Single Knock-out Fixture For 11 Teams.

Seeding Teams A, B, C, D and I

Total number of teams = 11

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





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

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

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

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

$$\text{Number of rounds} = (2)^4 = 4$$

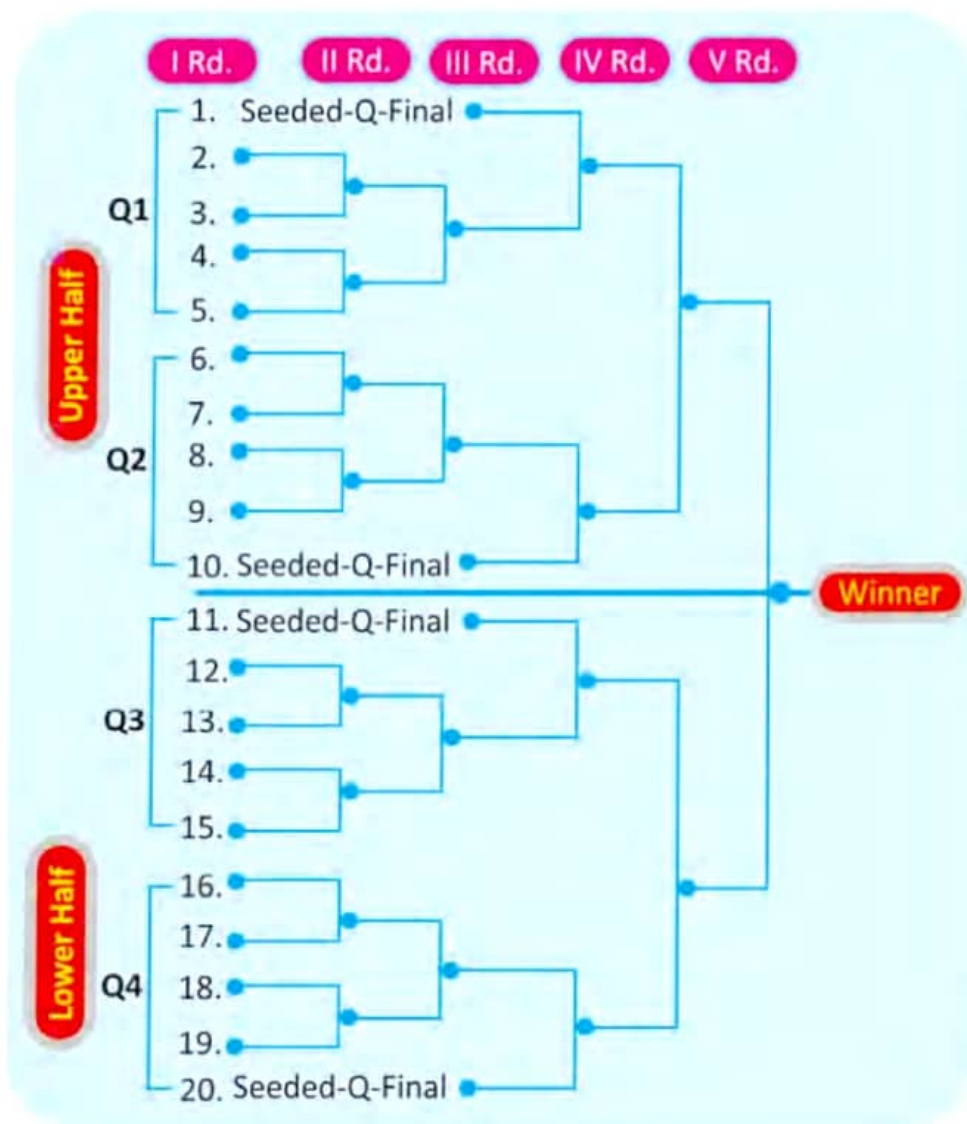
$$\text{Number of matches} = n - 1 = 11 - 1 = 10$$

SPECIAL SEEDING

Special seeding is a privilege given to outstanding players to straight away compete in quarter-finals or semi-finals.

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





Number of teams in each Quarter :

If the number of teams is less, the teams are divided into upper half and lower half only. But, 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.

Fixture for 19 teams :

Number of teams = 19

$$\text{Number of matches} = n - 1 = 19 - 1 = 18$$

$$\text{Number of rounds} = \text{Nearest Next power of 2 to 19}$$

$$= (2)^5 = 5$$

$$\text{Number of teams in each quarter} = n / 4 = 19 / 4$$

$$= \text{Quotient} = 4,$$

$$\text{Remainder} = 3$$

$$\text{Number of teams in quarter 1} = 4 + 1 = 5$$

$$\text{Number of teams in quarter 2} = 4 + 1 = 5$$

$$\text{Number of teams in quarter 3} = 4 + 1 = 5$$

$$\text{Number of teams in quarter 4} = 4$$

$$\text{Total Number of byes, } nb = \text{Next power of 2} - \text{Number of teams}$$

$$= (2)^5 - 19 = 32 - 19 = 13$$

$$\text{Number of byes in upper half} = \frac{nb - 1}{2} = \frac{13 - 1}{2} = \frac{12}{2} = 6$$

$$\text{Number of byes in 1st quarter} = 3$$

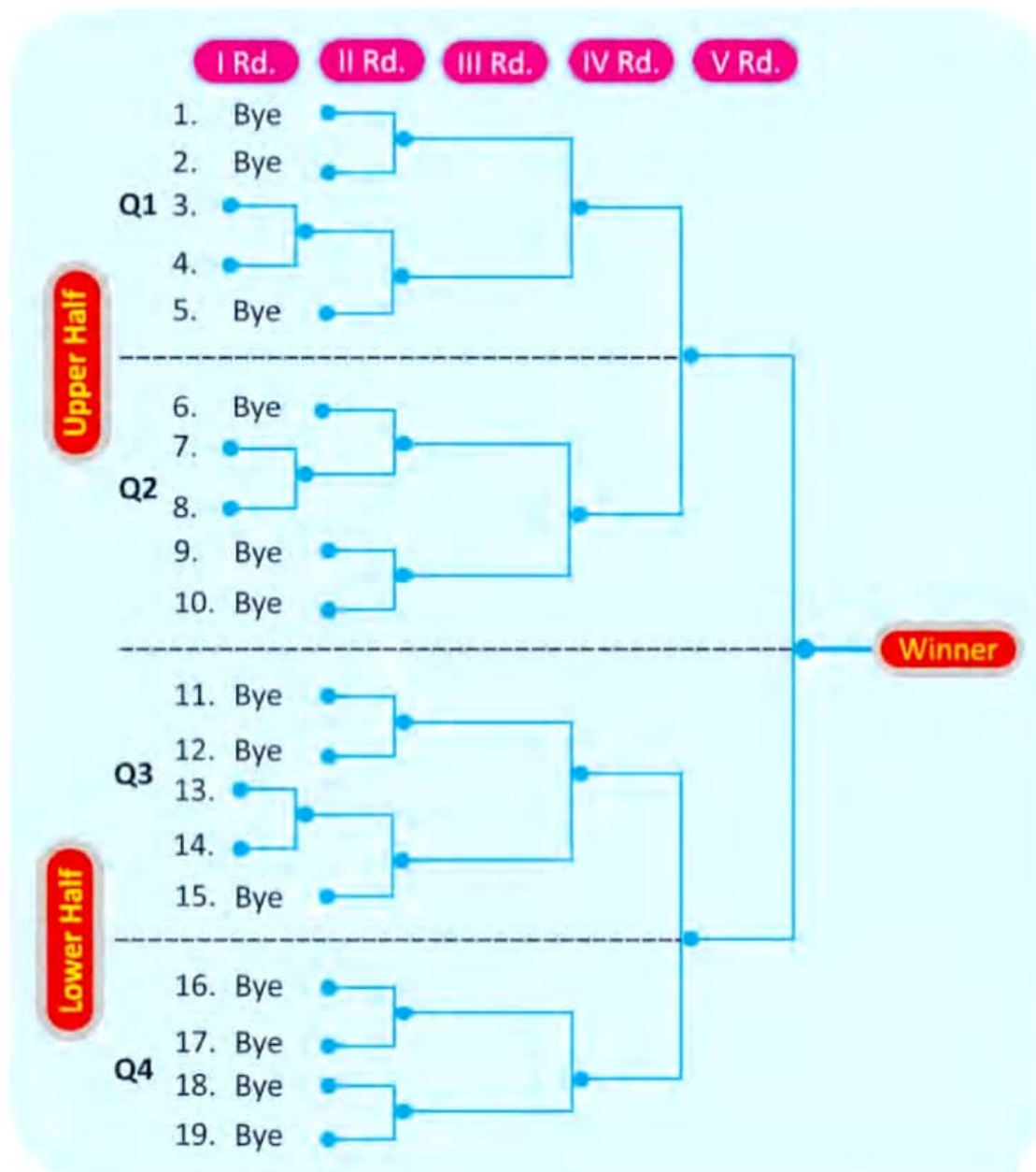
$$\text{Number of byes in 2nd quarter} = 3$$

$$\text{Number of byes in lower half} = \frac{nb + 1}{2} = \frac{13 + 1}{2} = \frac{14}{2} = 7$$

$$\text{Number of byes in 3rd quarter} = 3$$

$$\text{Number of byes in 4th quarter} = 4$$





PROCEDURE TO DRAW FIXTURES IN CONSOLATION TOURNAMENT

Type of Consolation : It is of two types.

- Consolation tournament Type I.
- Consolation tournament Type II.

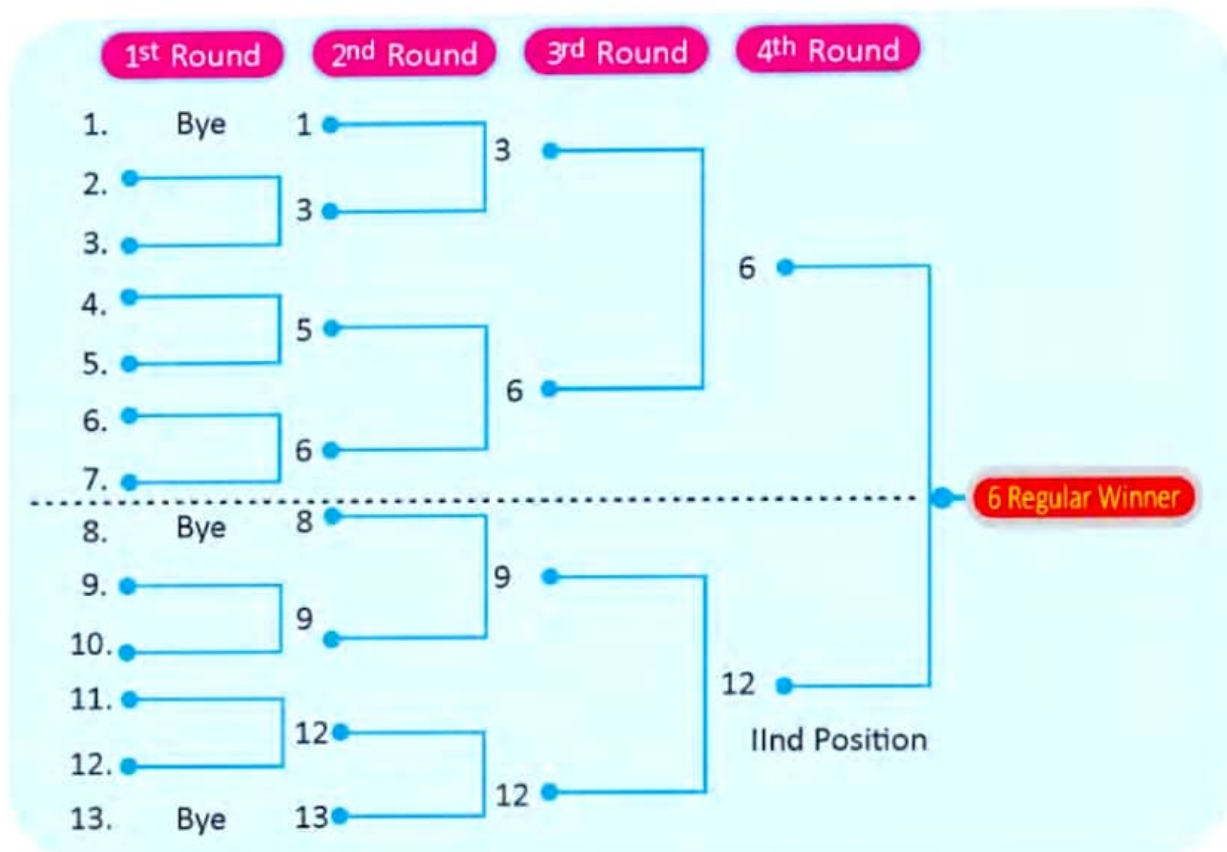
(i) **Consolation tournament Type I :** In this type of tournament all the teams that were defeated in the first round of regular single elimination tournament and the teams that got byes in the first round but were defeated in second round will play among themselves in consolation tournament for subsidiary honour.

If byes have to be given in consolation tournament, it shall be given by lots and preferably to the team that have not enjoyed the byes in regular rounds.

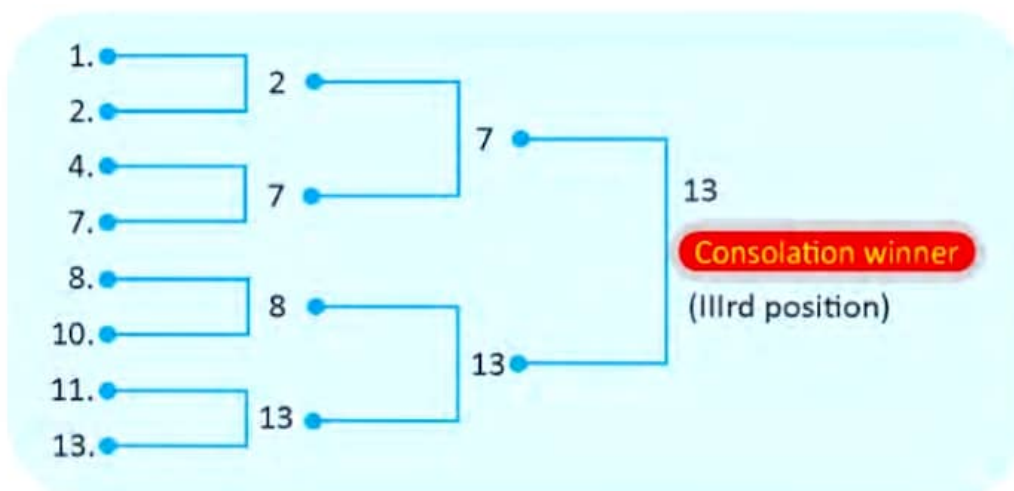
Example : Number of teams in type I consolation is = 13

Number of teams in upper half = 7
 Lower half = 6
 Number of Byes = $16 - 13 = 3$
 Number of Byes in Upper half = 1
 Lower half = 2

Regular Rounds



Consolation Round

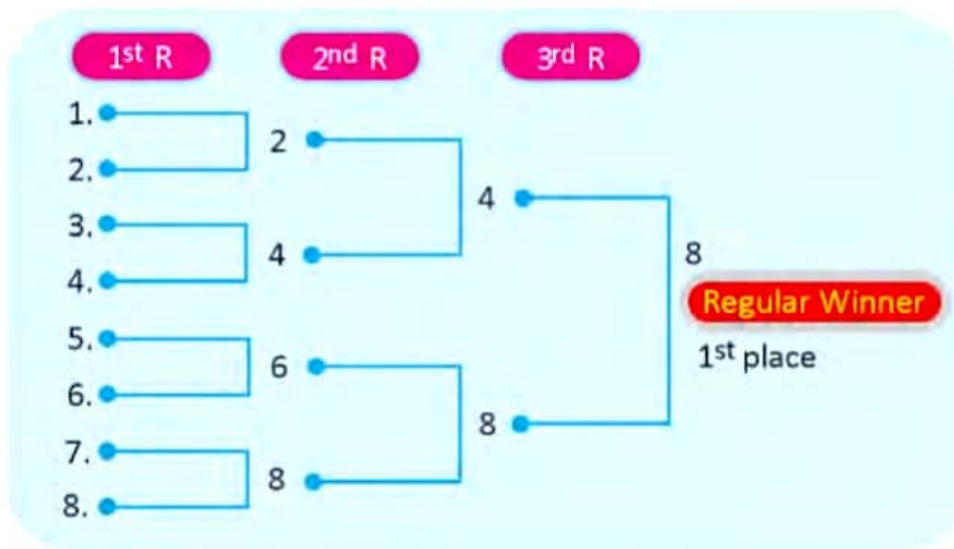


(ii) **Consolation Tournament Type II**

In this type of tournament every loser of regular round will have an opportunity to play in the consolation round to win the subsidiary honours. The arrangement of the teams should be such that teams that met in regular rounds do not meet in early rounds of the consolation.

Example :

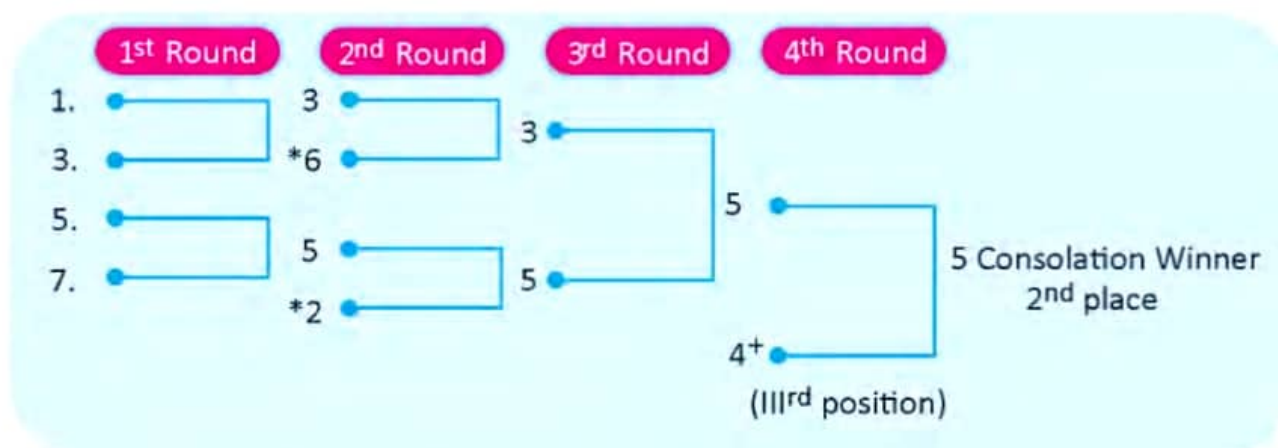
Fixture for 8 Teams : (it is power of two so byes are not given)



Loser of Respective Rounds :

I st Round	II nd Round	III rd Round
1	2	4
3	6	
5		
7		

So, Consolation round type-II will be.



* Loser of 2nd Round

+ Loser of 3rd Round



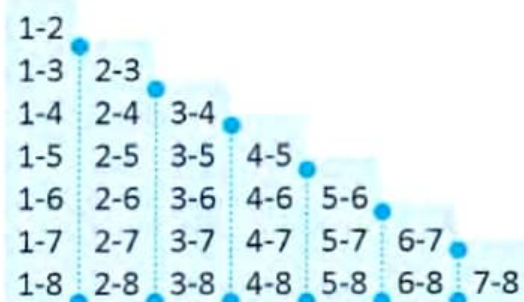
LEAGUE OR ROUND ROBIN TOURNAMENT

Methods for drawing fixtures in league tournament are as follows :

- (i) **Staircase method** : In this method the fixtures are drawn in staircase form. In this method no bye is given to any team and there is no problem of even or odd number of teams. The number of rounds in case of even number of teams will be $n - 1$, where n = number of teams. The number of rounds in case of odd number of teams will be n , where n = number of teams.

Example : If 8 teams are playing, the fixture is drawn in following method :

$$\begin{aligned}\text{Total no. of matches} &= \frac{n(n-1)}{2} \\ &= \frac{8(8-1)}{2} = \frac{8 \times 7}{2} \\ &= \frac{56}{2} = 28\end{aligned}$$



- (ii) **Cyclic method** : In cyclic method if the number of teams is even then the team number 1 is fixed on the top of right hand side and other teams in ascending order consecutively downward and then upward on the left side and rotate them clockwise. If the number of teams is odd then bye is fixed on top right side and the rest procedure remains same. The number of rounds in case of even number of teams will be $n - 1$, where n = number of teams. The number of rounds in case of odd number of teams will be n , where n = number of teams.

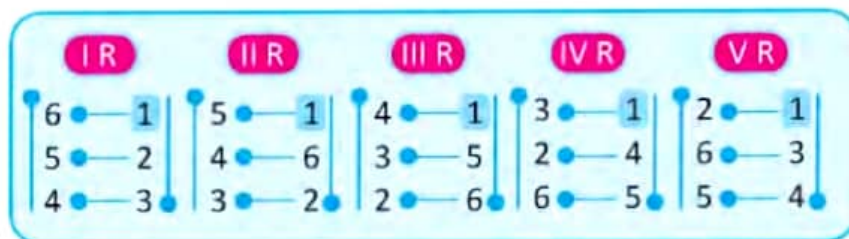
Example (a)

If total number of teams = 6

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

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

Fixtures



Example (b)

If total number of teams = 5

$$\text{Total number of matches} = \frac{n(n-1)}{2} = \frac{5(5-1)}{2}$$



$$= \frac{5 \times 4}{2} = \frac{20}{2} = 10$$

Total number of rounds = $n = 5$

Fixtures

I R	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 (c)

If total number of teams = 16

Total number of matches = $n(n-1)/2$

$$= 16(16-1)/2 = 16(15)/2$$

$$= 240/2 = 120$$

Number of rounds = $n - 1 = 16 - 1 = 15$

Fixtures

I Round	II Round	III Round	IV Round	V Round
16 — 1	15 — 1	14 — 1	13 — 1	12 — 1
15 — 2	14 — 16	13 — 15	12 — 14	11 — 13
14 — 3	13 — 2	12 — 16	11 — 15	10 — 14
13 — 4	12 — 3	11 — 2	10 — 16	9 — 15
12 — 5	11 — 4	10 — 3	9 — 2	8 — 16
11 — 6	10 — 5	9 — 4	8 — 3	7 — 2
10 — 7	9 — 6	8 — 5	7 — 4	6 — 3
9 — 8	8 — 7	7 — 6	6 — 5	5 — 4

VI Round	VII Round	VIII Round	IX Round	X Round
11 — 1	10 — 1	9 — 1	8 — 1	7 — 1
10 — 12	9 — 11	8 — 10	7 — 9	6 — 8
9 — 13	8 — 12	7 — 11	6 — 10	5 — 9
8 — 14	7 — 13	6 — 12	5 — 11	4 — 10
7 — 15	6 — 14	5 — 13	4 — 12	3 — 11
6 — 16	5 — 15	4 — 14	3 — 13	2 — 12
5 — 2	4 — 16	3 — 15	2 — 14	16 — 13
4 — 3	3 — 2	2 — 16	16 — 15	15 — 14



XI Round	XII Round	XIII Round	XIV Round	XV Round
6 — 1	5 — 1	4 — 1	3 — 1	2 — 1
5 — 7	4 — 6	3 — 5	2 — 4	16 — 3
4 — 8	3 — 7	2 — 6	16 — 5	15 — 4
3 — 9	2 — 8	16 — 7	15 — 6	14 — 5
2 — 10	16 — 9	15 — 8	14 — 7	13 — 6
16 — 11	15 — 10	14 — 9	13 — 8	12 — 7
15 — 12	14 — 11	13 — 10	12 — 9	11 — 8
14 — 13	13 — 12	12 — 11	11 — 10	10 — 9

(iii) **Tabular method** : In this method the fixtures are drawn in table form. If the number of teams are even then $n + 1$ rows and columns are made, where n = number of teams. If number of teams are odd then $n + 2$ rows and columns are made, where n = number of teams.

	A	B	C	D	E	F	G	Bye
A		1	2	3	4	5	6	7
B			3	4	5	6	7	2
C				5	6	7	1	4
D					7	1	2	6
E						2	3	1
F							4	3
G								5
Bye								

1st Round Matches

A-B, C-G, D-F

2nd Round Matches

A-C, D-G, E-F

3rd Round Matches

A-D, B-C, E-G

4th Round Matches

A-E, B-D, F-G

5th Round Matches

A-F, B-E, C-D

6th Round Matches

A-G, B-F, C-E

7th Round Matches

B-G, C-F, D-E

Example : If 7 teams are playing in a league tournament then fixture using tabular form can be drawn as follows :

Number of teams = 7

$$\text{Number of matches} = \frac{n(n-1)}{2} = \frac{7(7-1)}{2}$$

$$= \frac{7 \times 6}{2} = \frac{42}{2} = 21$$

Number of columns or squares = $n + 2 = 7 + 2 = 9$

Number of rounds = 7



METHOD OF DECIDING THE WINNER IN A LEAGUE TOURNAMENT

The team which gets maximum points in the tournament, is declared the winner. The following way is used to give the points :

Winner of the match gets	2 points
Draw gets	1 point
Loser of the match gets	0 point

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

- 1. British Method :** In this method, the total points obtained are divided by the total possible points. For example, if a team has played 10 matches in a tournament and won 6 matches, loses 2 and 2 remain draw, the percentage of points will be :

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

$$\text{Possible points} = 20$$

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

$$= \frac{14}{20} \times 100$$

$$\text{Percentage of points} = 70$$

- 2. American Method :** In this method, the number of matches won are divided by the total number of matches played. If a team plays 10 games and wins 5 games in a tournament, then

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

$$\text{Its percentage will be} = \frac{5}{10} \times 100 = 50$$

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

1.5

INTRAMURAL AND EXTRAMURAL MEANING, OBJECTIVES AND ITS SIGNIFICANCE

MEANING OF INTRAMURALS

The word 'intramural' is derived from a Latin word 'intra' which means 'within' and 'muralis' which means 'wall'. Thus, intramural means 'Within the Walls'. It can be said, that intramurals are the activities within the walls or within the campus or institution. The main aim of the intramural is the mass participation. These activities are organized only for the students of a school or



institution. No student of other schools can participate in these activities. Students get maximum educational benefits from such competitions.

Intramural activities provide the enjoyment through physical education or activities. These activities can be indoor or outdoor, minor games or major games. These activities provide satisfaction and enjoyment which participants get through their experiences in these competitive sports and in physical recreational programmes.



HISTORY AND ORIGIN OF INTRAMURALS

Intramurals were introduced many years back in United States of America (USA) to motivate the students to take part in sports activities. By the passage of time, intramurals became very popular throughout the world. The benefits of intramural activities are to every student of the institution in order to achieve the aim of education and these competitions help in "All round development of the child."

ACTIVITIES FOR INTRAMURAL COMPETITION

Many activities can 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 *i.e.*, interests of students and availability of facilities in the institution. 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 like** Volleyball, Hockey, Cricket, Basketball, Kabaddi, Swimming, Athletics, Wrestling, Lawn tennis, Football, Badminton, etc.
2. **Minor Games like** Kho-Kho, Circle games, Tag game, Potato Race, Sack Race, Three-Legged Race, etc.
3. **Rhythmics like** Marching, Folk dance, Group dance, Solo dance, Mass PT, Rhythmic gymnastic, etc.
4. **Creative Activities like** Painting, Drawing, Making models etc.
5. **Combative Activities like** Boxing, Judo, Taekwondo, Karate, etc.

OBJECTIVES / ADVANTAGES / SIGNIFICANCE OF INTRAMURALS

There are various objectives/advantages/significance of intramurals which are described below :

1. **Selection for extramural :** Intramural tournaments provide an opportunity to select talented players or team to participate in extramural tournaments. Those players who show skill and fitness in these events can be selected for extramurals.
2. **Group cohesion :** Intramurals is an opportunity where students from different classes or houses come together as a team, share their experiences, display cooperation and coordination and lead their team to win the game. Students from different background, and communities come together as a group and gain self-confidence, develop social relations, tolerance in culture etc.



3. **Professional experience** : As per the interest of students and need of institution, students can help in conducting the tournament which gives them good experience of officiating, in event management etc. In future, this experience helps them in professional and personal aspects.
4. **Health** : These tournaments help in developing healthy and active lifestyle. Children enjoy the sports events because it is another medium to display their desired skills. It helps them to stay fit and healthy. Intramurals help in contributing to the physical, mental, social and spiritual well-being of children.
5. **Mass Participation** : The major objective of Intramurals is that every student should take part in the games. Generally, few students are able to participate at zonal level or district level games and sports. Mass participation is not possible at higher level tournaments, but intramurals provide ample opportunities to each and every student to take part in games and sports of his or her choice.
6. **Development of leadership qualities** : Intramural activities are helpful in developing leadership among the students who participate in these activities. Younger leaders can effectively develop leadership qualities through sports. Spending time learning, practicing and then executing your skills in a team game against a committed opposition helps build effective leadership qualities in oneself.
7. **Develop sportsmanship** : Through sports, children can learn sportsmanship. They can learn how to accept and cope with losses rather than feeling completely defeated. Through sports, children can understand that sometimes it's okay if they lose. The important part is to get back up and try again. They learn that there's no harm in being competitive, but if they lose, they should show good sportsmanship and accept defeat.
8. **Development of Social Skills** : Intramurals develop social skills among students. Playing a sport helps children develop social skills which would benefit them even when they grow older. Playing sports teaches them about teamwork and cooperating with others. They learn to interact with people from different ages. Also, joining a sports team helps give children a sense of belonging and gives them an opportunity to make friends. With more friendship circles it would help improve their communication skills, which will help them in their future careers and relationships.
9. **Developing Self-Esteem** : Taking part in a sport at school level can help in the development of child's self-esteem and confidence. Gestures such as a high-five from a teammate, a pat on the back, or a handshake, when a match is over, helps build confidence. Also, words of praise or of encouragement from the coach or players help build self-esteem. This also helps them learn to trust their own abilities and push themselves in their **pursuits**.
10. **Recreation** : Participating in intramurals are a healthy means of recreation for students. Intramural activities provide recreation to the students which help in refreshing them. They get a lot of fun and enjoy themselves by participating in various activities. Intramurals help in creating an atmosphere of excitement and provide a good opportunity to bring everyone together.
11. **Help in learning a variety of games and skills** : Intramural activities provide additional opportunity for students to learn new games which they might not have been previously aware of. The students become efficient in various games by learning their skills and rules etc. They learn about various new skills and work on them to improve themselves.



12. Experience of devising strategies and organisational skills : Sport gives its players ample opportunities to devise game plans and smart strategies to help them win. They systematically analyse their opponents' game and carry out careful research on their strengths and weaknesses. Game plans are made before every match depending on whom they are playing against. While organising intramural competitions, students are directly or indirectly involved in these competitions which give them idea about organisational skills.

13. Help to find talent : Intramural competitions provide a platform to students to showcase their talents. These kinds of competitions help in finding out the hidden talent of sports persons and help in catching them young. Exceptional players get noticed during these events and they might get the chance to play at higher levels.

MEANING OF EXTRAMURALS

Extramural word is a Latin word 'Extra' and 'Muralis' means **outside the walls**. In other words, these activities are played outside the walls of the institution or school college. Extramurals are the Inter school/college competitions. Such competitions give the opportunity to the players and athletes of various schools/colleges to show their skills/talent and bring honour to the institutions they represent. When a team of a school or college is selected after the Intramurals, and it participates in Inter school/college tournaments, that is called Extramurals. Extramurals can be of so many types e.g.

- (i) **Friendly Matches :** Friendly matches can be arranged, so that both the participating teams get the practice and know their weaknesses before playing real tournament.
- (ii) **Inter School/College Matches :** These tournaments are inter-institutional matches. These may be city schools, District or Inter District tournaments or Inter universities tournaments.
- (iii) **Open Competitions :** Extramurals can be state, zonal or national competitions in various games and sports.

OBJECTIVES/ADVANTAGES/SIGNIFICANCE OF EXTRAMURALS

There are various objectives of extramurals which are described below :

1. **Progression in performance :** Extramural Tournament helps to lift the level of performance through the athletes and sportspersons gaining experience, learning to prepare tactics and strategies, developing fitness, psychological preparation etc. Extramural activities provide opportunity for students to learn new skills which they might not have been previously aware of. The students become efficient in their game by learning advanced skills and strategies when they face tougher opponents.
2. **Psychological factors :** Extramural events help to balance psychological factors like stress, confidence, self-esteem, emotions, and promote qualities like leadership, team building, in students.
3. **Level of fitness :** As the level of tournament increases, gradually the level of fitness improves, that make an individual physically as well as mentally strong to compete at higher levels.
4. **Socialization :** Extramurals develop social skills among students. Students from different backgrounds come together to play against each other. They learn to interact with people from different ages. It gives them an opportunity to make new friends. With more friendship circles it would help improve their communication skills, increase harmony and unity among students.



5. **Provide experience to students :** Extramurals help students to get introduced in the world of competitive sports. By participating in extramurals, students get experience to face pressure and gain ability to deal with challenges. They train harder when they face more skilled opponents. They become more mentally and physically prepared for further competitions. By continuous participation in such tournaments, students display good performance.
6. **Develop sportsmanship :** Competitions tend to develop the traits of sportsmanship in students. By participating in extramurals, they get the experience to play with tougher opponents. Through these competitions, they can learn how to accept and manage defeats. Students can understand that it's okay if they lose, but the important part is to get back up and try again. They learn that there's no harm in being competitive, but if they lose, they should show good sportsmanship and accept defeat.
7. **Broaden the base of sports :** If a country wants to produce great sports persons, then there needs to be a policy in place where children can be nurtured from a very young age. Extramural competitions provide a stage to students to display their talents. Many students from various schools participate in extramurals which broadens the base of sports. These kinds of competitions help in finding out the hidden talent of sports persons and help in catching them young. Exceptional players get noticed during these events and they might get the chance to play at national and international levels.

1.6

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

These days it is very common that specific sports programmes are organised to make people aware regarding particular cause or any particular issue. These programmes are organised with special or specific aim. These programmes of sports are not usually related to competitions only, but it has special reason. Health programmes create awareness related to a particular disease like AIDS, Swine Flu, Polio etc. and help in collecting funds for special cause like floods, earthquakes etc. These specific sports programmes are usually organized by the federations, state governments, NGO's etc.

FACTORS TO BE CONSIDERED FOR SPECIFIC SPORTS PROGRAMMES

A lot of planning is required for organising specific sports programmes. Following factors should be kept in mind while planning specific sports programmes :

- (i) **Objective :** The objective of run/marathon should be clear. The purpose will help to attract more and more people and it will lead to awareness about the objective.
- (ii) **Schedule :** The schedule should be made beforehand. The date, day and venue should be decided well before the programme to avoid any chaos.
- (iii) **Route :** The route or path of the run should be decided so that proper arrangements can be made with the help of local authorities.
- (iv) **Funds required :** A proper plan about the funds required, fees to be taken from participants and the expenditure to be incurred on the race should be chalked out.
- (v) **Safe arrangement :** There should be no obstacle or traffic on the route of run.
- (vi) **Medical examination of participants :** Every participant should be checked prior to the run. A medical team should be present in case of any emergency.



(vii) **Other facilities** : Facilities like proper arrangement of drinking water at different points, refreshment etc. should be made.

(viii) **Role of media** : Proper media coverage should be given to the event so that more and more people run for the cause.

SPORTS DAY

Sports days, sometimes referred to as field days, are events staged by many schools, colleges and offices in which people take part in competitive sporting activities, often with the aim of winning trophies or prizes. Though they are often held at the beginning of summer, they are also staged in the autumn or spring seasons, especially in countries where the summer is very harsh. Schools stage many sports days in which children participate in the sporting events. It is usually held



separately for elementary students. In schools which use a house system a feature of the school, the competitions are held between the houses.

Games that are played on school sports days can be wide and varied. In India, Sports Day are held for two or three days the event occurs most often in the autumn (October/November). These include : Athletic Events, Games like—football, cricket, throw ball, dodge ball, volleyball, traditional games like Kho-Kho, Kabaddi etc, and fun games like sack race, spoon and egg or spoon and lemon, three leg race, slow cycle race and parent and child races etc. are played. During weeks preceding the sports day, students practice their events in which they would like to participate. These practices, and the sports days normally take place on the school play fields. It is worth to mention that school sports days have become excessively competitive due to overbearing and "over-zealous" parents, who place too much pressure on their children to succeed.

Planning procedure of sports day : Planning is an important method to achieve all the details of a particular event. The planning procedure involves advance planning about an event which is going to happen in the institution. A meeting will be held with the principal of the institute regarding sports day. What all events will be included such as march past, mass drill, aerobic dances and athletic races. HOD physical education will be responsible for the entire programme. He/She must lead his/her team as one single unit. Expected help from other resource persons can also be taken, after that distribution of work to other staff as per their capacity practice schedule of various classes will be planned only after taking permission from higher authorities. Duty list will be finalised so that each person involved is clear about his/her role on sports day. Various event in charge will submit their requirement so that timely purchase can be done. Final date will be decided along with the chief guest.

National Sports Day : National Sports Day was celebrated across the country first time on Aug 29, 2013 to commemorate the birth anniversary of Indian hockey legend Major Dhyan Chand. Plan for the National Sports day celebration was conceived in 2012. Various sporting events such as walkathon and football tournaments were held across the country for the first time as a part of the celebrations, Federation of Indian Chambers of Commerce and Industry (FICCI) also planned



many sports activities in multiple cities through out India on August 29 with the help of Ministry of Youth Affairs and Sports Authority of India, All India Council of Physical Education, Association of Indian Universities and Asian Football Development Project. The government has also planned many programmes to spread sports to every corner of the country by creating a nationwide awareness about the fruitful side of sports. FIFA, which sees India as the next big stage for football, has also welcomed this programme.

HEALTH RUNS

Health runs are organised by various social organisations, sports department or health department to make people aware about health. In these programmes people are made to know about good health. Every day running can help people to maintain good health. Health run does not require any specific preparation. People can run according to their need and capacity. The main aim of health run is to make people aware of the importance of fitness. By doing so people are made health conscious so that they can lead healthy life style. Regular exercise is helpful for people to enjoy good health. Running every day is the simplest method which can help people to achieve fitness and good health. Running every day for 15 to 20 minutes is helpful in maintaining good health.

RUN FOR FUN

The main objective of run for fun is to make people aware of health and fitness. A run for fun is a friendly event that is organised on road or cross country etc. and people run for their enjoyment. It tries to motivate people to do the exercises every day. In this race there may be children, men, women or elderly people. According to their capacity they may run, jog or walk, it all depends upon their fitness, how fit they are. People run for joy and entertainment. Such races are sponsored by big companies and all expenditures are borne by them. Funds can be raised by conducting such races for a particular cause. Run for fun not only provides enjoyment but also helps to avoid stress and tensions. Moreover it provides good health and free mind to the participants. Regular run may help people to avoid common diseases, over weight, aging etc. Run for fun is very helpful for people to avoid diabetes and hypertension. Such programmes are organised for the masses so that maximum people can participate.



RUN FOR SPECIFIC CAUSES

Such events are organised to raise funds for specific cause i.e. aids, cancer, floods, earthquake etc. These events are usually organised by NGO's with the aim to collect more and more funds to help the needy people. For the excitement and enjoyment, people from all walks of life, celebrities from various societies, children are invited to take part. Run for the charity is very common and famous throughout the world. More and more people take part in such events and help the cause to become a success.



RUN FOR AWARENESS

Run for awareness is organised to make the masses aware of present problems or any health problem of serious nature like AIDS, SWINE FLU etc. Such 'RUNS' lay stress to remove or prevent the deadly diseases. Its purpose is to raise funds for charity. Participants get a T-shirt after finishing the run. First three position holders get prize. There are different age wise categories.

RUN FOR UNITY

These types of events help to generate the feeling of unity. Every year thousands of people participate in the city's annual marathon in the memory of terrorist attack in Mumbai. In the same way thousands of people participate in Delhi run for unity every year. These events are conducted with the theme of peace and unity among people of all religions. Run for unity brings people together at one platform and it creates **solidarity** and sense of oneness among people. These races can be organised on district, state, national and international levels. Such events are organised by various national and international organisations. The main aim is to unite people by fostering close relationship among them. People from all walks of life are invited i.e. media, doctors, teachers, students, elderly people, national and international players or athletes, film stars, big officers and other celebrities for such events. To make these events more successful and exciting some prizes for few positions can be announced earlier so that more people are interested to take part.

The regular running habit helps in following ways :

- (i) It helps to minimize the cardiovascular diseases because running strengthens the heart and blood circulation becomes regular and systematic.
- (ii) It helps to reduce the cholesterol in the body.
- (iii) Heart rate becomes deep and slow and blood pressure becomes normal.
- (iv) Running avoids respiratory problems.
- (v) Running regularly every day helps to improve the Immune system.





MIND MAPPING

Planning is the process of making a sequence of work for a future line of action.

1. Goal oriented
2. Development of Policy
3. Economy
4. Avoiding any last minute pressures
5. Increasing Efficiency
6. Good Control
7. Defining the course of action
8. Increase creativity
9. Reduce chances of mistakes

1. OBJECTIVES OF PLANNING

2. COMMITTEES TO ORGANISE SPORTS EVENTS

1. Tournament Director
2. Executive Committee
3. Organising Committee

- * Accreditation Committee
- * Finance Committee
- * Publicity Committee
- * Boarding & Lodging Committee
- * Transport Committee
- * Reception Committee
- * Ceremony & Decoration Committee
- * Prizes & Certificates Committee
- * Ground and Equipment Committee
- * Refreshment Committee
- * First-Aid Committee
- * Announcement Committee
- * Committee for Officials
- * Entries & Programmes Committee

3. RESPONSIBILITIES

PRE TOURNAMENT RESPONSIBILITIES

1. Plan Schedule
2. Arrange the facilities
3. Make Budget
4. Formation of various committees
5. Send information of the tournament to other teams
6. Arrange meeting of officials
7. Arrange officiating teams
8. Arrange mementos and certificates
9. Arrange & plan lodging & boarding
10. Plan out transportation

DURING TOURNAMENT RESPONSIBILITIES

1. Check the arrangements for inaugural ceremony
2. Regular check of arrangements
3. Check eligibility of teams and athletes
4. Make sure that tournament is running as per schedule
5. Supervise the officiating staff
6. Prepare the record of score sheet
7. Arrange refreshments
8. Make announcements and progress of the tournament
9. Provide first aid
10. Provide daily progress of tournament to media

POST TOURNAMENT RESPONSIBILITIES

1. Check out of the teams, their security refund
2. Arrangement of prize distribution function
3. Make press note and send it to the media
4. Collect, file and save records in the final report and submit to authorities
5. Make due payments
6. Make report of finances.

4. TOURNAMENT

A tournament is a competition between various teams playing a particular game according to a fixed schedule in which a team finally wins and rest of the participating teams lose the matches.

There are four main types of tournaments which are listed below :

KNOCK-OUT OR ELIMINATION TOURNAMENTS

- (i) Single knock-out tournament
- (ii) Consolation tournament
- (iii) Double knock-out tournament

LEAGUE OR ROUND ROBIN TOURNAMENTS

- (i) Single league tournament
 - (a) Cyclic Method
 - (b) Stair Case Method
 - (c) Tabular Method
- (ii) Double league tournament

COMBINATION TOURNAMENTS

- (i) Knock-out cum Knock-out
- (ii) League cum League
- (iii) Knock-out cum League
- (iv) League cum Knock-out Tournament

CHALLENGE TOURNAMENTS

- (i) Ladder tournament
- (ii) Pyramid tournament
- (iii) Cobweb tournament

5. FIXTURES

Fixtures are the schedules fixed for the matches to be played, their time, place, court or ground number and date etc.

7. SEEDING

SEEDING A TEAM :

Seeding is the sorting of the teams and fitting them in the fixtures so that the stronger teams do not meet each other in earlier rounds.

SPECIAL SEEDING :

Special seeding is a privilege given to outstanding players to straight away compete in quarter-finals or semi-finals.

9. EXTRAMURALS

Extramural word is a Latin word 'Extra' and 'Muralis' means outside the walls. In other words, these activities are layed outside the walls of the institution or school college.

OBJECTIVES/ADVANTAGES/SIGNIFICANCE OF EXTRAMURALS :

- | | |
|-------------------------------|-----------------------------------|
| 1. Progression in performance | 5. Provide experience to students |
| 2. Psychological factors | 6. Develop sportsmanship |
| 3. Level of fitness | 7. Broaden the base of sports |
| 4. Socialization | |

6. BYE

Bye is the advantage given to a team usually by drawing a lot, exempting the team from playing a match in the 1st round.

METHOD OF DECIDING BYE

The number of byes are decided by subtracting the number of teams from the next higher number which is in power of two's.

E.g., if 12 teams have entered for a tournament, the next higher no. above 12 which is power of two is 16(2^4). So the number of Byes to be given are $16 - 12 = 4$.

8. INTRAMURALS

The word 'intramural' is derived from a Latin word 'intra' which means 'within' and 'muralis' which means 'wall'. Thus, intramural means 'Within the Walls'.

OBJECTIVES/ADVANTAGES/SIGNIFICANCE OF INTRAMURALS :

1. Selection for extramural
2. Group cohesion
3. Professional experience
4. Health
5. Mass Participation
6. Development of leadership qualities
7. Develop sportsmanship
8. Development of Social Skills
9. Developing Self-Esteem
10. Recreation
11. Help in learning a variety of games and skills
12. Experience of devising strategies and organisational skills
13. Help to find talent



10. SPORTS DAY

Sports days, sometimes referred to as field days, are events staged by many schools, colleges and offices in which students take part in competitive sporting activities, often with the aim of winning trophies or prizes. These include : Athletic Events, Games like—football, cricket, throw ball, dodge ball, volleyball, traditional games like Kho-Kho, Kabaddi etc, and fun games like sack race, spoon and egg or spoon and lemon, three leg race, slow cycle race and parent and child races etc. are played.

12. RUN FOR FUN

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14. RUN FOR AWARENESS

Run for awareness is organised to make the masses aware of present problems or any health problem of serious nature like AIDS, SWINE FLU etc. Such 'RUNS' lay stress to remove or prevent the deadly diseases. Its purpose is to raise funds for charity.

11. HEALTH RUNS

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13. RUN FOR SPECIFIC CAUSES

Such events are organised to raise funds for specific cause i.e. aids, cancer, floods, earthquake etc. These events are usually organised by NGO's with the aim to collect more and more funds to help the needy people.

15. RUN FOR UNITY

These events are conducted with the theme of peace and unity among people of all religions. Run for unity brings people together at one platform and it creates solidarity and sense of oneness among people.



Important Questions

MULTIPLE CHOICE QUESTIONS

1. The basic function of management is : (C.B.S.E.)
(a) Controlling (b) Budgeting
(c) Planning (d) Organising
2. A good plan should not be : (C.B.S.E.)
(a) specific (b) logical
(c) autocratic (d) flexible
3. In planning, defining procedure means : (C.B.S.E.)
(a) setting goals (b) making a policy
(c) laying down rules and regulations (d) defining course of action
4. Effective Planning can help in:
(a) Improving Efficiency (b) Proper Coordination
(c) Reducing chances of mistakes (d) All the above
5. Pre-tournament tasks are done :
(a) During the tournament (b) Before the tournament
(c) After the tournament (d) After the award ceremony
6. Which of the following is the first step in a sports programme ?
(a) Staffing (b) Budgeting
(c) Planning (d) Directing
7. Who is the head of the Intramural organizing committee ?
(a) Secretary (b) Assistant Director
(c) Intramural director (d) House captains
8. The Committee responsible for liaison with Print media is : (C.B.S.E.)
(a) Technical (b) Logistics
(c) Marketing (d) Finance
9. Purchase of sports equipment is a work of _____ committee : (C.B.S.E.)
(a) Technical (b) Logistics
(c) Marketing (d) Finance
10. What is the main work of Finance committee in the tournament ?
(a) Registration of participants (b) Publicity of the tournament
(c) Prepare budget of the tournament (d) Make transport arrangements
11. Works like Preparation and maintenance of the ground are done by :
(a) Refreshment committee (b) Ground and equipment committee
(c) Announcement committee (d) Finance committee



12. Publication of rules and regulations should be done : (C.B.S.E.)
(a) Pre event (b) During event
(c) Post event (d) Any time during the event
13. Which of the following is not a type of tournament ?
(a) Knockout tournament (b) League tournament
(c) Cash Tournament (d) Challenge Tournament
14. After losing a match, a team will be eliminated from the _____. (C.B.S.E.)
(a) Knockout tournament (b) League tournament
(c) Round Robin tournament (d) None of above
15. Which of the following tournament helps save time? (C.B.S.E.)
(a) Knockout tournament (b) League tournament
(c) Combination tournament (d) Round Robin tournament
16. "Round Robin" is also called as
(a) Knock out tournament (b) Ladder tournament
(c) League tournament (d) None of the above
17. This type of tournament is a fast method to know about the winner team in the tournament :
(a) Knock out tournament (b) Ladder tournament
(c) Combination tournament (d) League tournament
18. In this type of tournament all the teams are treated at par ?
(a) Knock out tournament (b) Ladder tournament
(c) Combination tournament (d) League tournament
19. It is a detailed programme made by the organisers before few days or on the same day of the competition :
(a) Bye (b) Seeding
(c) Fixture (d) Special Seeding
20. Exemption given to a team from playing a match in the 1st round is called :
(a) Fixture (b) Bye
(c) Seeding (d) Special Seeding
21. Sorting of the teams and fitting them in the fixtures so that the stronger teams do not meet each other in earlier rounds is called :
(a) Fixture (b) Seeding
(c) Bye (d) Procedure
22. Formula for calculating number of matches in a knockout tournament :
(a) $n(n - 1)$, where n is the total number of teams participating in the tournament
(b) $n - 1$, where n is the total number of teams participating in the tournament
(c) $n + 1$, where n is the total number of teams participating in the tournament
(d) $n - 2$, where n is the total number of teams participating in the tournament
23. Privilege given to outstanding players to straight away compete in quarter-finals or semi-finals is called :
(a) Fixture (b) Bye
(c) Seeding (d) Special Seeding



- 24.** If there are large number of teams and the organizers want to complete the tournament early, which type of tournament is best :
- (a) Knock out tournament (b) Ladder tournament
(c) Combination tournament (d) League tournament
- 25.** In cyclic tournament, teams are rotated :
- (a) Clock wise (b) Anti clockwise
(c) Up to down (d) Left to right
- 26.** Intramural means :
- (a) Outside the walls (b) Within the walls
(c) Beside the walls (d) Under the walls
- 27.** National Sports Day in India is celebrated on :
- (a) 29th August (b) 29th September
(c) 26th January (d) 15th August
- 28.** What is the most important prerequisite for a successful competitive event to happen ?
- (a) Publicizing the event (b) Appropriate Planning
(c) Coordinating the event (d) None of the above
- 29.** Which out of the following is not an objective of planning ?
- (a) Facilitate safety (b) Make Budget
(c) Increase mistakes (d) Improve coordination between committees
- 30.** Consolation tournament is a subtype of which type of tournament ?
- (a) Knockout tournament (b) Round Robin tournament
(c) Combination tournament (d) Challenge tournament
- 31.** Which formula is used to determine the number of byes to be given in each half in case of even teams ?
- (a) $nb-1/2$ (b) $n(n-1)$
(c) $nb/2$ (d) $2nb$
- 32.** If there are 15 teams participating in a knockout tournaments then the number of matches which will be played are :
- (a) 12 (b) 14
(c) 13 (d) 16
- 33.** In case of even number of teams, which team gets the third bye ?
- (a) Last team of lower half (b) last team of upper half
(c) First team of upper half (d) first team of lower half
- 34.** What is the formula to determine number of matches in League fixture for even number of teams ? (C.B.S.E. SQP 2020)
- (a) $N+1/2$ (b) $N-1/2$
(c) $N(N-1)/2$ (d) $N(N+1)/2$
- 35.** League-Cum-Knock out is part of which tournament ? (C.B.S.E. SQP 2020)
- (a) Knock out (b) Round robin
(c) Combination (d) Consolation



36. National Sports Day is celebrated on (C.B.S.E.)

- (a) 19th August (b) 29th August
(c) 9th August (d) 28th August

37. Which of the races is run "to promote brotherhood" ? (C.B.S.E.)

- (a) Run for Fun (b) Run for specific cause
(c) Run for Unity (d) Health Run

38. Given below are the two statements labeled Assertion (A) and Reason (R) :

A: Intramurals are the activities within the walls or within the campus or institution.

R: Intramurals are the activities organized only for the students of a school or institution and no student of other schools can participate in these activities.

In the context of above two statements, which one of the following is correct ?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

39. Given below are the two statements labeled Assertion (A) and Reason (R) :

A: Extramurals are the activities within the walls.

R: Extramurals are the activities that are played outside the walls of institution or school/college which give opportunity to the players and athletes of various school/college to show their skills and bring honour to the institution they represent.

In the context of above two statements, which one of the following is correct ?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

40. What is Bye ? (C.B.S.E. Sample Paper, 2021)

- (a) It's a method of drawing fixture.
(b) Point system for team games.
(c) Advantage given to a team to not to play in initial round.
(d) Placing of teams according to previous performance.

41. Given below are the two statements labelled Assertion (A) and Reason (R).

(C.B.S.E. Sample Paper, 2021)

(A) Assertion (A): Planning is the foremost function in sports.

(B) Reason (R): Planning gives a view of future course of action.

In the context of above two statements, which one of the following is correct ?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true

42. Make the correct choice from the Assertion (a) and Reason (R) given below:

Assertion (a): Competitions are indispensable for enhancement of sports performance.

Reason (R): Competitions provide opportunity to the individual to prove his physical and mental abilities.



Which one of the following statements is correct ?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
- (c) Both (A) and (R) are false.
- (d) (A) is false, but (R) is true.

43. Given below are two statements, one labelled as Assertion (A), and the other as Reason (R).

Assertion (A): Socialization takes place through participation in games and sports.

Reason (R): Games and sports inculcate social habits.

Which one of the following statements is correct ?

- (a) (A) is true, but (R) is false
- (b) (A) is false, but (R) is true.
- (c) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
- (d) Both (A) and (R) are true, and (R) is the correct explanation of (A).

Ans. 1. (c) Planning, 2. (c) autocratic, 3. (d) defining course of action, 4. (d) All the above, 5. (b) Before the tournament, 6. (c) Planning, 7. (c) Intramural director, 8. (c) Marketing, 9. (d) Finance, 10. (c) Prepare budget of the tournament, 11. (b) Ground and equipment committee, 12. (a) Pre event, 13. (c) Cash Tournament, 14. (a) Knockout tournament, 15. (a) Knockout tournament, 16. (c) League tournament, 17. (a) Knock out tournament, 18. (d) League tournament, 19. (c) Fixture, 20. (b) Bye, 21. (b) Seeding, 22. (b) $n - 1$, where n is the total number of teams participating in the tournament, 23. (d) Special Seeding, 24. (a) Knock out tournament, 25. (a) Clock wise, 26. (b) Within the walls, 27. (a) 29th August, 28. (b) Appropriate Planning, 29. (c) Increase mistakes, 30. (a) Knockout tournament, 31. (c) $nb/2$, 32. (b) 14, 33. (d) first team of lower half, 34. (c) $N(N-1)/2$, 35. (c) Combination, 36. (b) 29th August, 37. (c) Run for unity, 38. (a) Both (A) and (R) are true and (R) is the correct explanation of (A), 39. (d) (A) is false, but (R) is true, 40. (c) Advantage given to a team to not to play in initial round, 41. (a) Both (A) and (R) are true and (R) is the correct explanation of (A), 42. (a) Both (A) and (R) are true and (R) is the correct explanation of (A), 43. (d) Both (A) and (R) are true, and (R) is the correct explanation of (A).

VERY SHORT ANSWER TYPE QUESTIONS

- 1. What do you mean by planning ? (July, 2016, March, 2018)
- 2. Define tournament.
- 3. Define and classify fixtures. Or (2011)
What do you mean by 'Fixture' ? (Delhi, 2018)
- 4. What is knock-out tournament ?
- 5. Explain the meaning of Combination Tournament. (July, 2017)
- 6. List the various types of tournaments.
- 7. Define seeding. Or (2011, 12)
What do you mean by 'Seeding' ? Or (All India, 2018)
What is 'seeding' in fixture for tournaments ? Or (Delhi, 2016)



What is seeding ?

(C.B.S.E. Sample Paper, 2019)

8. What is bye ?

Or

Explain procedure for giving 'Bye'.

Or

(2012)

Write formula for giving Bye.

Or

(All India, 2016)

Fixtures are the schedule fixed for the matches. What is a Bye ?

(Delhi, 2017)

9. What is league or round robin tournament ?

10. Round-Robin Tournament is of two types. Name them and give one major difference between them.

(All India, 2017)

11. Define single league tournament.

12. Define double league tournament.

13. What do you mean by intramurals ?

14. Enlist two objectives of Intramurals.

Or

(Delhi, 2015)

Write the main objectives of Intramural activities.

(C.B.S.E. Sample paper, 2016)

15. What do you mean by extramurals ?

16. In which conditions knock out tournaments are better than round robin ?

(C.B.S.E. Sample Paper, 2015)

17. What does the organizers intend by stating that, "Only such students shall participate in the Intramurals who have not represented the school in any Football Championship in the past and minimum 10 substitutions shall be compulsory in a 90 min game".

(C.B.S.E. Sample Paper, 2015)

Or

What does the school intend by stating that, "Only such students shall participate in the Basketball Intramurals who have not represented the school in basketball in the past and minimum 10 substitutions shall be compulsory" ?

(All India, 2015)

18. What principles should be followed for goal setting ?

(C.B.S.E. Sample Paper, 2015)

19. Suggest any two disadvantages of league tournament.

(Delhi, 2019)

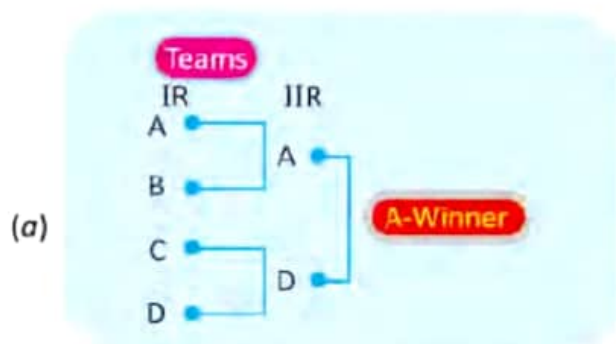
20. Give two objectives of Extramural activities.

(All India, 2019)

21. What do you understand by 'Planning in Sports' ?

(All India, 2019)

22. Identify the type of tournament and write their names :



- (b)
$$\begin{bmatrix} A-B \\ A-C \quad B-C \\ A-D \quad B-D \quad C-D \end{bmatrix} \text{---Winner}$$



(d)

	A	B	C	D	E	F	G	Bye
A		1	2	3	4	5	6	7
B			3	4	5	6	7	2
C				5	6	7	1	4
D					7	1	2	6
E						2	3	1
F							4	3
G								5
Bye								

- 1st Round Matches**
A-B, C-G, D-F
- 2nd Round Matches**
A-C, D-G, E-F
- 3rd Round Matches**
A-D, B-C, E-G
- 4th Round Matches**
A-E, B-D, F-G
- 5th Round Matches**
A-F, B-E, C-D
- 6th Round Matches**
A-G, B-F, C-E
- 7th Round Matches**
B-G, C-F, D-E



SHORT ANSWER TYPE QUESTIONS

- What is the importance of planning ?
- Define planning. Discuss about the objectives of planning in sports.
- Discuss the various types of tournaments.
- Discuss the method of fixing byes in knock-out tournament.
- Write the advantages and disadvantages of knock-out tournament.
- Discuss about seeding method with an example.

Or

Explain method for giving seeding.

- Write the advantages of league tournament.

(July, 2017)

(2012)

(C.B.S.E. Sample Paper, 2019)



8. What are the objectives and principles of intramurals ?

Or

Write briefly about the objectives of intramurals.

(July, 2016)

9. What is the significance of intramurals ?

10. What is the significance of extramurals ?

11. Write three differences between Intramurals and Extramurals.

(Delhi, 2017)

12. List down the important committees during tournament.

(Delhi, 2011)

13. Write short notes on : (i) Sports day (ii) National sports day (iii) Health runs (iv) Run for fun (v) Run for specific causes (vi) Run for unity (vii) Run for Awareness.

Or

What are specific sports programmes ? Explain with suitable example.

(All India, 2017)

14. Draw a fixture of 11 Football teams participating in a Tournament on the basis of knock out.

(All India, 2016)

Or

Calculate and draw a fixture of 11 Volley Ball teams on knock-out basis.

(July, 2017)

15. Draw a fixture of 6 teams on league basis following the cyclic method.

(Delhi, 2016)

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

(Delhi, 2016)

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

(All India, 2016)

18. Draw a fixture of 9 volleyball teams on league basis following the staircase method.

(July, 2016)

19. Draw knock-out fixture of 24 teams.

(C.B.S.E. Sample Paper, 2016)

20. What is challenge tournament ? What are its types ? Explain them.

21. How would you plan for an Intramural Tournament? Highlight any two problems you may encounter. How will you deal with them?

(C.B.S.E.)

22. Discuss a method you would choose to spread health awareness and harmony in your area. Support your answer with reasons.

(C.B.S.E.)

23. Sohum was the sports captain of ABC Public School. The school committee decided to organize an annual sports meet in the school and the responsibilities were given to Sohum for planning the events.

Based on this, answer the following questions :

1. Effective planning can help in :

(a) Improving efficiency

(b) Proper coordination

(c) Reducing chances of mistakes

(d) All of the above

2. Which of the following is the first step in a sports programme ?

(a) Staffing

(b) Planning

(c) Budgeting

(d) Directing

3. Pre-tournament tasks are done :

(a) During the tournament

(b) After the tournament

(c) Before the tournament

(d) After the award ceremony



24. There are 11 teams participating in a Knock-out Tournament. Explain the procedure to calculate number of 'Byes' and also with the help of diagram allot 'Byes'.

(C.B.S.E. Sample Paper, 2021)

LONG ANSWER TYPE QUESTIONS

1. Define planning. Explain the objectives of planning.
2. Write about the various committees and their responsibilities.
3. Define terms fixture, bye and seeding. Make a knock-out fixture for 11 teams.
4. What is a knock-out tournament ? Explain different types of knock-out tournaments. Draw a fixture of 21 teams on knock-out basis. (2012, 2015)
5. What is the meaning of tournament ? Draw knock-out fixture for 27 teams.
6. Draw a knock-out fixture of 27 teams and explain the advantage of knock-out tournament. (March, 2018)
7. Draw a fixture of twenty six teams participating in the knockout tournament. (C.B.S.E. Sample Paper, 2019)
8. Mention all calculations and steps involved to draw a Knock-out fixture of 19 teams, where 4 teams are to be seeded. (Delhi, 2018)
9. Discuss the various methods used for drawing fixtures in league tournament.
10. Define league tournament. Draw a fixture for 6 teams using round robin method. (2012)
11. What is league tournament ? Draw a fixture of nine (9) teams on the basis of league tournament using cyclic method. Explain British method to declare the winner. (All India, 2019)
12. What do you mean by extramurals ? Explain the factors affecting intramurals and extramurals.
13. What do you mean by specific sports programmes ? What are the factors considered for specific sports programmes ?
14. Being sports captain of the school, prepare five important committees with their responsibilities to conduct one day Run for Health Race. (Delhi, 2015)
15. Write the procedure to draw fixture in the combination tournaments. (i) knockout cum knock out (ii) league cum league (iii) Knock out cum league (iv) league cum knock out.
16. Write the procedure to draw fixtures in ladder tournament.
17. Define Combination Tournament. Draw a fixture of 16 teams using Knock-out cum League Method. (All India, 2018)
18. Draw a fixture of 12 teams on league basis according to the staircase method. How will you decide the winner in a league tournament ? (Delhi, 2019)
19. Draw a knockout fixture for 23 teams. (SQP 2020)
20. Draw a Fixture for 9 teams by Round robin method. (SQP 2020)
21. **Case Study** (C.B.S.E.)

In the beginning of the annual academic planning for the school, a physical education committee meeting was held which included of the school Principal, teachers, students,



alumni and parents. The agenda of discussion was to plan for comprehensive program for Physical Education and Sports for all age-groups and prepare a schedule of events along with recommendation for various sub-committees to conduct sports events. The team released the schedule of the events to be conducted in the current academic year. As per interest and capabilities of students and teachers, various sub-committees were recommended. The sub-committee consisting of house teachers and students provided feedback about concerns regarding draws and fixtures in intramural school tournament where the best teams competed against each other in the initial rounds itself. The students also felt that sometimes the teams were not cohesive and did not display sportsmanlike behaviour on or off the field. They felt such situations were unseemly and could be avoided through a systematic process. There was also a need to increase the coordination among the committees with more defined roles and responsibilities of each member. To provide exposure to the potential athletes and for talent development, a proposal was put forward for hosting a state-level inter-school competition at school. To organise this, the committees would need human resource, technical support and financial assistance. A new feature to the annual physical education programme, was the conducting of a mass run for crowd funding and to promote integrity and peace. This could be sponsored by various NGOs and government agencies.

1. A suitable and systematic process for fixtures would be :
 - (a) Round robin
 - (b) Bye to top teams
 - (c) Draw of lots
 - (d) Choice
2. Responsibility for Distribution of certificate should be the role of :
 - (a) Logistics Committee
 - (b) Marketing Committee
 - (c) Finance Committee
 - (d) Technical Committee
3. The purpose for conducting a community run is for :
 - (a) Talent identification
 - (b) Run for Publicity
 - (c) Sports training
 - (d) Crowd Funding
4. What are the tips that you, as the Sports Captain, will give your teams regarding good Sportsmanship ?

