CHAPTER ONE PLANNING IN SPORTS

IMPORTANT DEFINITIONS

PLANNING: Planning is a preparation for any action. It is the first requirement of good administration and efficient working of program.

TOURNAMENT: A tournament is a competition held among various teams in a particular activity according to a fixed schedule where a winner is decided.

KNOCK-OUT TOURNAMENT: In this type of tournament, the team once defeated gets eliminated from the tournament. Only the winning teams contest in the next rounds. Opportunities are given to the winning players/teams.

LEAGUE TOURNAMENT: In single league tournament all participating teams compete once, with each other, where as in double league, each team plays with every as in double league, each team plays with every other team twice, without any consideration of victory or defeat.

COMBINATION TOURNAMENT: Combination tournaments are organized in group or zonal matches. Whenever there are a large number of teams, combination tournaments facilitate the Physical Education Teachers, job. It gives them elbow room to try out new experiments.

CHALLENGE TOURNAMENT: This type of tournament comes handy when 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.

CONSOLATION TOURNAMENT: Those tournaments in which an additional chance is given to the defeated team.

BYE: Bye is a privilege given to a team generally by drawing lots, exempting it from playing in the first round.

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

SPECIAL SEEDING: Any player or team which gets direct entry into quarter- finals or semi-finals is known as special seeding.

LEAGUE TOURNAMENT: It is also known as round robin tournament. In this type of tournament, all teams play against each other team irrespective of winning or losing.

CYCLIC METHOD: In cyclic method, one team is fixed and other teams are moved clock-wise. The formula for calculating no. of matches=n(n-1/2).

STAIRCASE METHOD: In stair-case method, the fixtures are made just like a ladder or a stair- case. In this method, no bye is given to any team and there is no problem of even or odd number of teams.

INTRAMURAL: Intramural is derived from the Latin word' Intra" and "mural'."Intra" means "within" and "Mural" means 'Wall .So we can say that the activities, which are performed within the walls or within the campus of an institution are called 'Intramural".

EXTRAMURAL: Extramural is derived from the Latin words "Extra" and "Waif". So, we can say that the activities which are performed outside the walls of an institution or school, are known as "extramural".

SPECIFIC SPORTS PROGRAMME: Specific sports programmes are such programmes of sports which are not usually related to competitions. These programmes have various objectives such as creating awareness among peoples regarding unity, health & diseases etc.

Formula for Knock-out Tournament: Total no. of matches=n-1

Formula for League Tournament: Total no. of matches = $\underline{n(n-1)}$

2

Video Links in reference to the chapter:

- https://www.youtube.com/watch?v=FfPrVTOJVss&list=PLji1hfchuQPmZT6ssyxGil yQob7ae8Rz8&index=1
- <u>https://www.youtube.com/watch?v=bDNBJogIlYs&list=PL3Edzp7VtPWmD99wCb</u> <u>OJtzq9554-O-KzS&index=3</u>

CHAPTER IN DETAIL

Preparing a Sports plan

- 1 Gathering information about activity.
- 2 Make an overall plan keeping in mind all minute details.
- 3 Sports planning should include the intensity of training week by week and number of training sessions per week.
- 4 Identify appropriate training units for each block as appropriate to the phase of development.
 - Objectives of planning:
- 1 To keep control over all activities: To conduct any sports programme, one shall have control over all the activities related with that programme. If a tournament organised with planning, then the officials shall be in full command of the situation to execute the whole process.
- **2** To facilitate Co-ordination: Any tournament or programme will get adversely affected if there is a lack of co-ordination among the related administrators. Each individual shall know his duty or work in advance so that there is proper co-ordination among all.it also helps in keeping a good control in organizing a tournament.
- **3** To reduce the chances of mistake: To organise any tournament, there shall be a backup plan for every situation to reduce the chance of mistakes which are bound to happen in any case.
- **4 To improve performance:** A pre planned training programme will always help to improve performance of an athlete. Lack of planning in training would adversely hit the chances of success of an athlete performance.
- **5 To reduce pressure:** In absence of pre planning there will be undue pressure on the administration or organisers to execute. Proper planning will help in keeping balance of stress level of organisers.

Various committees and responsibilities:

Different committees work together for the smooth conduct of the sports events. The various committees are:

(i) **Technical Committee:** This committee is responsible for the technical conduct of the event. This committee is responsible for making draws and conducting the events smoothly. The officials, referees, judges, starters, umpires, time keepers etc. are deputed in advance for the better conduct of the tournament.

(ii) **Transport Committee:** This committee is responsible for providing the facilities regarding transportation of various teams and officials before , during and after the sports events.

(iii) **Reception Committee:** The members of this committee are responsible to welcome the Chief Guest and spectators at opening and closing ceremonies.

(iv) Boarding and Lodging Committee: This committee is responsible for making necessary arrangements for providing accommodation and serving meals to the sportspersons Abel other officials,

(v) Ground and Equipment Committee: These committee makes necessary arrangements of equipment related to events.

(vi)Medical and First Aid Committee: This committee is formed to provide medical assistance to the participants round the clock.

(vii) Protest Committee: The members of this committee decide the protest against a judgment made by any team.

(viii) Publicity Committee: All the press releases and press conferences are conflicted by this committee.

(ix) Finance Committee: This committee is assigned to make the budget for the event and handle the expenses.

(x) **Refreshment Committee:** This committee is formed to profile refreshment to the participants.

(xi) **Ceremony committee:** This committee is responsible to conduct opening and closing ceremony. This committee is also responsible for prize distribution.

Importance of tournaments

- (i) Source of Recreation: A large number of people go to watch various games and sports for getting recreation. Sports tournaments provide ample recreation to the spectators.
- (ii) **Development of Social Qualities:** Social qualities such as cooperation, tolerance, sympathy, group cohesion, brotherhood and discipline are developed among participants through sports tournaments.
- (iii) To decide the best: The tournament always reaches to a conclusion and decides the ranking of the performance. They decide the winner.
- (iv) To display the achievement: The tournaments give opportunity to players to show their abilities and skills to others.
- (v) **Development of unity among diversity:** In spite of the fact our nation and even whole world has so many diversities but tournaments provide them equal platform to perform.

Types of tournament:

- Knock out: In this type of tournament, the team once defeated gets eliminated from the tournament. Only the winning teams contest in the next rounds. Opportunities are given to the winning players/teams.
- League: In single league tournament all participating teams compete once, with each other, where as in double league, each team plays with every as in double league, each team plays with every other team twice, without any consideration of victory or defeat.
- **Combination Tournaments:** Combination tournaments are organized in group or zonal matches. Whenever there are a large number of teams, combination tournaments facilitate the Physical Education Teachers, job. It gives them elbow room to try out new experiments.
- There are mainly four types of combination tournaments:
- Knock out cum Knock out: In this type of tournament the matches are played in four zones (may be more zones) on knock-out basis. After that winner of each zone play against each other on knock-out basis.



Example of Knock-out cum knock-out tournament

2 League cum league: In this type of tournament the matches are played in four zones (may be more zones) on league basis. After that winner of each zone play against each other on league basis.

LEAGUE Zone-B Zone A 1-2 1-2 1-3 2-3 Winner-A Winner-B 1-3 2-3 1-4 2-4 3-4 1-4 2-4 3-4. Zone-C Zone-D 1-2 1-2 Winner-C 1-3 2-3 1-3 Winner-D 2-3 1-4 2-4 3-4 2-4 1-4 3-4_ LEAGUE A-B A-C B-C Winner A-D C-D B-C

Example of League cum league tournament

• Knock out cum league: In this type of tournament the matches are played in four zones (may be more zones) on knock-out basis. After that winner of each zone play against each other on league basis.



Example of Knock-out cum league tournament

4. League cum Knock out: In this type of tournament the matches are played in four zones (may be more zones) on league basis. After that winner of each zone play against each other on knock-out basis.



Example of League cum Knock-out tournament

- **Challenge Tournament:** This type of tournament comes handy when 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.
- **Consolation tournaments:** Those tournaments in which an additional chance is given to the defeated team.

Advantages of knock out tournament:

- 1. The knock-out tournaments are less expensive because the team, which gets defeated, is eliminated from the competition.
- 2. The knock-out tournament is helpful in enhancing the standard of sports, because each team tries to present the best performance to avoid the defeat.
- 3. Owing to less number of matches, it requires less time to complete the tournament.
- 4. Minimum number of officials are required in organising such type of tournaments.
- 5. Fewer days are needed to complete the tournament.

Disadvantages of knock out tournament:

- There are many chances of elimination of good teams in preliminary rounds.
- There are many chances of weak teams to enter in the final round.
- Spectators may not have enough interest in the final round.

BYE: Bye is a privilege given to a team, genre by drawing lots, exempting it from playing in the first round. In other words, the advantage given to a team usually by drawing a lot and exempting it from paying a match in the first round is known as Bye.

Method of Preparing Fixtures for Knock-out Tournaments:-

1. Total number of teams participating in the tournament.

2. 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:

Total teams=8 Total matches=n-1=8-1=7

3. 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 of power of two's= 2^n **Example:** No. of teams are 13 Power of two= 2x2x2x2=16 There would be 4 rounds.

4. 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. n/2, where n is the total number of teams. **Example:** No. of teams are 12

No. of teams are 12 Number of teams in Upper half=n/2=12/2=6 Number of teams in Lower half=n/2=12/2=6

b. If the number of teams is odd, the following method is applied: Number of teams in upper half=(n+1)/2, where n=number of teams.

Example: No. of teams are 13 Number of teams in upper half=n+1/2=13+1/2=7 Number of teams in upper half=n-1/2=13-1/2=6

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

a. If the number of teams is even, then equal number of byes will be divided in both halves i.e. n/2, where n is the total number of teams.

Example: No. of teams are 12

Number of byes in Upper half=n/2=12/2=6 Number of byes in Lower half=n/2=12/2=6

b. If the number of teams is odd, the following method is applied: Number of teams in upper half=(n+1)/2, where n=number of teams.

Example: No. of teams are 13 Number of teams in upper half=n-1/2=13-1/2=6 Number of teams in upper half=n+1/2=13+1/2=7

The procedure of giving byes is as follows:

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

Example	Draw a knock out fixture of 9 teams.
	No. of teams = 9,
	Total No. of matches = N-1 = 9-1 = 8
	No. of teams in upper half $N+1/2 = 9+1/2 = 5$
	No. of teams in lower half $N-1/2 = 9 - 1/2 = 4$
	Total no. of byes = 16- 9 =7 byes,
	No. of byes in upper half = NB-1/2 = 7 - 1/2= 3
	No. of byes in lower half = $NB + 1/2 = 7 + 1/2 = 4$
	Total rounds = 2x2x2x2=16, 4 Rounds



Example Draw a knock out fixture of 17 teams.

No. of teams = 17 Total No. of matches = N-1 = 17-1 = 16No. of teams in upper half N+1/2 = 17+1 = 9No. of teams in lower half N-1/2 = 17-1 = 8Total no. of byes = 32-17 = 15 byes No. of byes in upper half = NB-1/2 = 15 - 1 = 7 No. of byes in lower half = NB + 1/2 = 15 + 1 = 8 Total rounds = 2x2x2x2x2=16, 5 rounds





Seeding a Team: The sorting of the teams and fitting them in the fixtures so that the stronger teams do not meet each other in earlier rounds is known as Seeding. This method is good if we know the real strong teams. The organizers should find out the









League tournament:

- *League Tournament* It is also known as round robin *tournament*. In this type of *tournament*, all teams play against each other team irrespective of winning or losing.
- In single league tournament: All participating teams compete once with each other.
- In double league tournament: All participating teams compete twice with each other.

Cyclic method:

In cyclic method, one team is fixed and other teams are moved clock-wise. The formula for calculating no. of matches=n(n-1/2)

When the no. of teams are Even, no byes are given. No. of rounds=N-1

Example: When the no. of teams are Even

No of matches=n(n-1)/2 = 6(6-1)/2 = 15

No. of rounds=N-1= 6-1=5

Round-1	Round-2	Round-3	Round-4	Round-5
6-1	5-1	4-1	3-1	2-1
5-2	4-6	3-5	2-4	6-3
4-3	3-2	2-6	6-5	5-4

When the no. of teams are Odd, one bye is given in each round. No. of rounds=N

Example: When the no. of teams are Even

No of matches=n(n-1)/2 = 5(5-1)/2 = 10

No. of rounds=N=5

Round-1	Round-2	Round-3	Round-4	Round-5
5-Bye	4-Bye	3-Вуе	2-Bye	1-Bye
4-1	3-5	2-4	1-3	5-2
3-2	2-1	1-5	5-4	4-3

(b) Stair-case Method: In stair-case method, the fixtures are made just like a ladder or a stair- case. In this method, no bye is given to any team and there is no problem of even or odd number of teams.

Example : Draw a fixture of 9 teams on league basis according to stair-case method.

No of matches=n(n-1)/2 = 9(9-1)/2 = 36



Method of Deciding the Winner in League Tournament Point system Winner of the match= 2 points Loser of the match= 0 points Draw = 1 point • Team having the maximum point is declared winner • If there is a tie between two teams, their match is held again **British Method** Teams match percentage=Total points scored by a team x 100 Total possible points Example: Total matches played by a team =10 Number of matches won =7 Number of matches drawn =3 Total possible scored by a team= 14+3=17 points Total possible points = 20 points

Teams match percentage=<u>Total points scored by a team</u> x 100 Total possible points = 17/20x100= 85%

American Method

Teams match percentage= <u>Matches won by a team</u> x100 Total matches played by a team possible

Example: Total matches played by a team =10 Number of matches won =7 Number of matches drawn =3

Teams match percentage= <u>Matches won by a team</u> x100 Total matches played by a team possible 7/10x100=70%

1.5 INTRAMURAL AND EXTRAMURAL: MEANING, OBJECTIVES AND ITS SIGNIFICANCE Meaning of Intramural:-

Intramural is derived from the Latin word' Intra" and "mural'."Intra" means "within" and "Mural" means 'Wall .So we can say that the activities, which are performed within the walls or within the campus of an institution are called 'Intramural".

Objectives of Intramural:-

- To provide chances for students to gain leadership skill, professional skills, qualification an even employment opportunity.
- To develop social qualities such as tolerance, sympathy, cooperation, group cohesion are developed among the participants during intramural tournament.
- To develop national and international integration, Intramural tournament are helpful in developing both national and international integration through unity and brotherhood.

- To display the skills through various activities. The participants are given equal opportunity to display what they are good in and participate in it since on the basis of tournament good players are to be selected through observing their performance.
- To provide healthy activities for recreation and relaxation from strenuous school work for both students, faculty and even staff members.
- To provide mass participation rather than selected competition and have exposure to competition.
- To provide safe and attractive environment whereby it is alternative for the utilization of free time with a view of promoting physical, psychological and social well being of the participants and this fosters positive attitudes towards active life style.

B. EXTRAMURAL:- Activities which are performed outside the walls of an institution or school, are known as "extramural". **Objectives of extramural:**

- **To improve sports standards:** These activities promote sports standard as students play with others than the students of their institution.
- **To develop confidence:** By playing with other institutions the level of confidence increases. Even competition fever is also reduced.
- Feeling of brotherhood: The objective of extramural is to develop unity among diversity. They also develop feeling of brotherhood and togetherness among the players.
- **Better exposure:** The exposure of extramural competition helps the players to play in different situations. This reduces competition stress that is caused due to competition instinct.
- To know more techniques: This objective atates that to help players to play outside the instituton wil them to know more about advanced and different techniques of the games.

Significance of intramurals and extramural:

- Helps in providing the ways and means for the development self esteem, citizenship, responsibility, sportsmanship, and skills in co-operative behaviour.
- Helps in providing take part in activities that encourages active participation, enjoyment, and fun without external pressure or reward.
- Helps in providing to reinforce the concept that winning is less important than preparing to win. Losing should not be the same as failure, nor success the same as winning.
- Helps in providing to determine participation by interest rather than skill, not limiting activities to the gifted or early maturing athlete.
- Helps in providing opportunities for students and expose them to a wide variety of sports, skills and activities so that the may refine interest and make choices to suit their personal abilities and needs.
- Helps in providing opportunities for students, faculty, and staff to actively engage in activities involving sports, recreation, and play while providing structure for an experimental education.

1.6 SPECIFIC SPORTS PROGRAMME

Specific sports programmes are such programmes of sports which are not usually related to competitions. These programmes have various objectives such as creating awareness among peoples regarding unity, health & diseases etc. The *various* important specific programs are:-

I. SPORTS DAY

- It is organised in the institution to provide recreation to the students.
- It is organised in every school as Annual Sports Day.
- The students take part in different sports activities.
- Students are developed physically, mentally, socially and emotionally.
- Competitions are held among the different houses of the school.
- It includes relay races, sack races, three legged race, lemon race, 100m race , 200m races etc.
- It relieves tension and stress.
- Procedure of organising sports day.
 - a) A fixed date is made well in advance.
 - b) Proper planning is made.
 - c) Different committees are formed eg. Decoration committee, playground committee, refreshment committee etc.

RUN FOR FUN

- Spreading the message of remaining healthy and among the masses.
- It motivates the people to exercise.
- There is no competition and having fun only.
- The purpose is to raise funds for charity.
- It involves road running or cross- country running.
- It include novelty such as wearing costumes and defining age categories for children, teenagers and adults.

RUN FOR A SPECIFIC CAUSE

- To consolidate unity and peace among people.
- Its purpose may be National and International integration and brotherhood.
- It may be in the form of relay races of long duration. Every participant run for some distance.
- Cash prizes are also given for position holders.
- A lot of people from the corporate world participate in this race along with film stars and Marathon runners from other countries.

HEALTH RUNS

- **Reduces cardio vascular diseases:** Running strengthens the heart. It results in better circulation in the body. This reduces blood clot formation and also lowers cholesterol.
- **Reduces heart rate and blood pressure:** The basal rate is decreased due to regular running that results due to increased endurance. The blood pressure is also reduced.
- **Running prevents diabetes:** Running burns glucose or calories which helps in preventing glucose levels from rising too high. This does not mean that diabetes don't need insulin, but they may be able to use lower amounts.
- **Running improves the immune system:** It is found that most of the runners rarely get sick and the reason is that runner boosts the immune system.

Some Questions to Practice

MCQ'S

1.	A systematic, predetermined step to catch our aim and goal successfully,
	effectively and efficiently is known as
	a) Staffing b) Organising c) Planning d) Budgeting
2.	Tournament committees are headed by
	a) Organising committee b) Administrative Director c) Both a and b d) None
	of these
3.	I ournament was classified into following types
	a) Knock-out b) Berger system c) Combination d) All the above
4.	League tournament are classified into following category
	a) Single league b) Double league c) Combined league d) Both a and b
5.	Number of matches determined in league tournament with the help of the
	following formula
	a) n-1 b) n+1 c) n(n-1)/2 d) n(n+1)/2
6.	Number of byes can be calculated in upper half by
	a) Total no. of byes-1/2 b) Total no. of byes +1 c) Total no. of byes +1/2 d)
	None of these
7.	Number of rounds can be calculated in knock-out fixture
	by
	a) Wild card entry b) Special card entry c) Honour card entry d) None of
	these
8.	The competition which are organized within the area of school are called
	a) Extramural b) Inter school c) Intramural d) National
9.	The competition which are organized outside the area of school are called
	a) Extramural b) Inter school c) Intramural d) National
10.	The purpose of health run is
	a) Peace among people b) Develop awareness of health c) Raising funds for
	charity d) Both a and b
 4. 5. 6. 7. 8. 9. 10. 	a) Single league b) Double league c) Combined league d) Both a and b Number of matches determined in league tournament with the help of the following formula

Detailed Questions

1	Define Planning. Discuss about the objectives of planning in sports.
2	Draw a fixture of 8 teams on league basis following the cyclic method.
3	Draw a fixture of 10 teams on league basis following the staircase method.
4	Explain any three advantages and disadvantages of knock-out tournament.
5	Explain any three advantages and disadvantages of league tournament.
6	Briefly explain the importance of specific sports programme.
7	Draw a fixture of combination tournament (any method).
8	Explain any five committees in detail for organizing sports events.
9	Define Tournament. Draw a fixture of 19 teams participating in a tournament
	on the basis of knock-out tournament.
10	Define Seeding. Draw a fixture of 21 teams participating in a tournament on
	the basis of knock-out tournament with four seeded teams.
11	Define Special Seeding. Draw a fixture of 19 teams participating in a
	tournament on the basis of knock-out tournament with four special seeded
	teams.