

Chapter-1

'Planning in sports'

Planning is a preparation for any action. It is the first requirement of good administration and efficient working of programmes and activities of games and sports.

Tournament:-

Tournament is a large contest of many rounds among various teams. It is a competition held among various team in a particular activity. According to a fixed schedule, if winner is

Types of tournament:-

- * Knock out tournament/elimination
- * League tournament/round robin
- * combination tournament
- * Challenge tournament
- * Extramural tournament
- * Intramural tournament

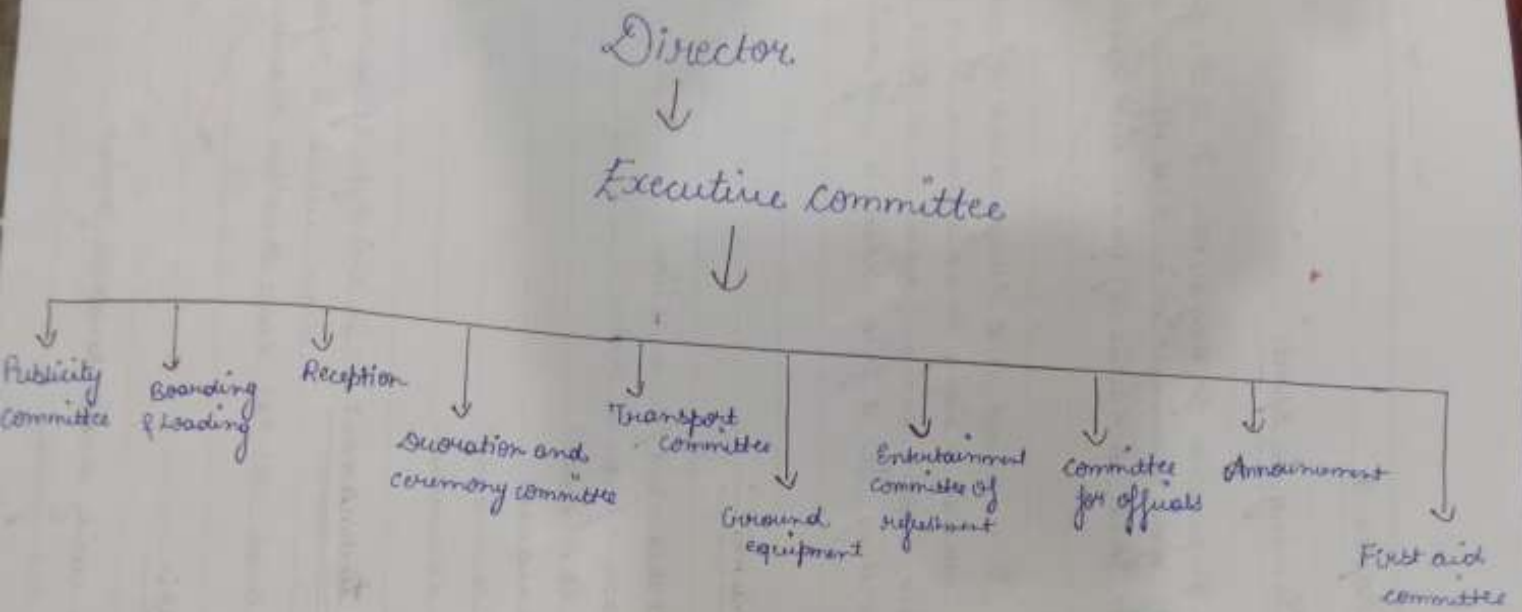
Knock out tournament :- In this type of tournament, the team which is defeated gets eliminated and does not have another chance to play

Advantages:-

- i) Simple and easily understandable format
- ii) Requirement less facilities



Various Committee :-



iii) Accommodate large entries

Disadvantages :-

- i) Minimum participation
- ii) Champions may not represent the best players
- iii) Does not allow players to have an off day

League tournament or Round Robin tournament :- In this

type of tournament, there is a sufficient time to complete the tournament. In this a player or team play against every other player or team. This type is called league tournament.

Advantage :-

- i) The deserving team wins
- ii) Every team gets a full opportunity to demand straight efficiency
- iii) A team needs not to win each and every match.

Disadvantages :-

- i) More money and more time consuming
- ii) Lack of policies for teams regarding infrastructure and hygiene
- iii) Sometimes when team wins 2-3 consecutive matches, their moral may down.



- * Combination tournament:- In these tournament, we continue to fixtures together league cum knock-out and knock out cum league to declare the league.
- * Fixture:- Fixture is a combination among various teams in a particular activity according to a fixed schedule and time. The combination among them team is arrange on the basis of lots, it is important to see the previous year winner.
- * Bye:- A team which gets a bye will not play in the first round. Bye is given to a team to generally play second round.
- * Seeding:- Seeding is a way of spotting the team, the teams and fitting them into fixture in such a way that strong team do not meet in earlier rounds. This method is applicable only when the standard of team is known. It is recommended that wise or generally given to the serial teams.

Challenge or ladder tournament:- Challenge tournament is a system in which the competitors are ranked on a ladder new contest rank can challenge a competitor rank slightly higher. If the challenger win the match they swap places on the ladder. e.g. - If two competitors play each other then the winner will win a percentage of ladder ranking points.



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Extramural tournament:- Extramural tournament are conducted between the players of two or more institute. Extramural sports provide and opportunity to compete against teams from other school or institute. The word extramural is derived from 'extra and mural' which means 'outside the wall of a school' or institution.

Objective of Extramural:-

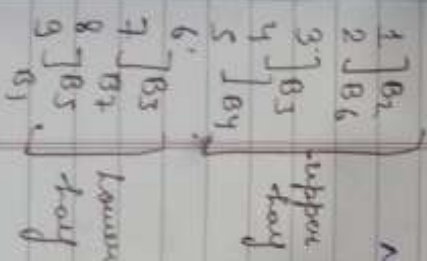
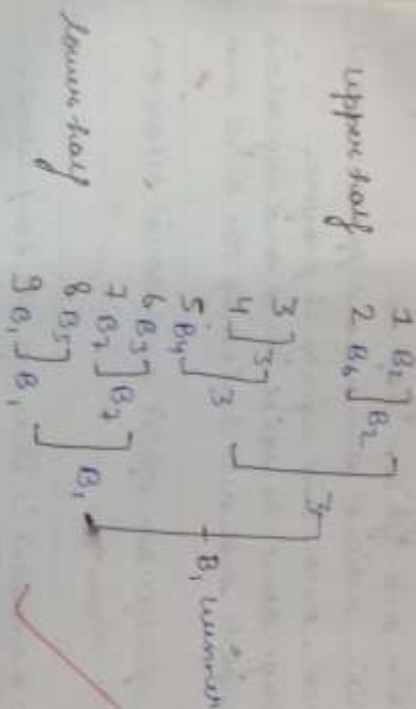
- i) To develop goodwill among the different schools to experience sports competition and fair play.
- ii) To generate positive attitude and moral supports to others.
- iii) To develop speed, moral and agility in players.
- iv) Provide knowledge about the latest rules and regulations of the various sports and also enhancing the skills and tactics.
- v) To promote the sports person spirit and social behaviour amongs players.

Intramural tournament:- These are the competitors conducted between the players of the same institute or within the walls. The intramural is derived from Intra and mural which means 'within walls'.

Objectives of Intramural:-

- i) To provide an opportunity to develop sportsmanship in individual.
- ii) To provide an opportunity to learn the important value develop through team spirit and cooperation.





No. of byes in upper half = $\frac{n-1}{2} = \frac{7-1}{2} = 3$

No. of byes in lower half = $\frac{n+1}{2} = \frac{7+1}{2} = 4$

$n = \text{no. of byes.}$

i)

Knock out tournament:-

3 teams fixtures shows

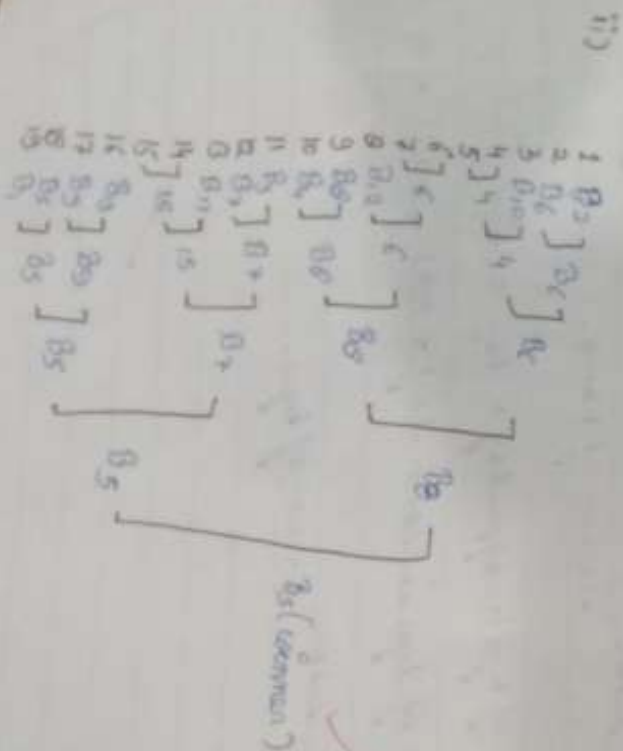
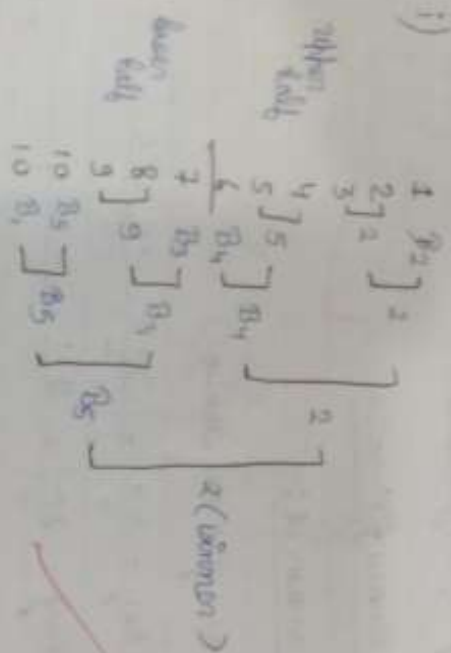
Upper half = $\frac{n+1}{2} = \frac{3+1}{2} = \frac{4}{2} = 2$

Lower half = $\frac{n-1}{2} = \frac{3-1}{2} = \frac{2}{2} = 1$

where, $n = \text{No. of teams.}$

- iii) To provide the opportunity to belong a group and group rival behaviour.
- iv) To provide an opportunity to make rival contact and friendship which could not be developed in the classroom.
- v) To stimulate and interest in athletics and recreation through a high quality game.

Purpose of chess fixture:-



Procedure of divided byes:-

- 1st bye lower half last team
- 2nd bye upper half first team
- 3rd bye lower half first team
- 4th bye upper half last team.

* Draw a fixture of 11 team knock out tournament:-

$$\text{Upper half} = \frac{N+1}{2} = \frac{11+1}{2} = 6$$

$$\text{Lower half} = \frac{N-1}{2} = \frac{11-1}{2} = 5$$

$$\begin{aligned} \text{No. of byes} &= \text{Power of two} - \text{No. of team} \\ &= 16 - 11 \\ &= 5 \end{aligned}$$

$$\text{No. of byes in upper half} = \frac{n-1}{2} = \frac{5-1}{2} = 2$$

$$\text{No. of byes in lower half} = \frac{n+1}{2} = \frac{5+1}{2} = 3$$

∴ Team 2 is the winner of the match.

Draw a fixture of 19 team of knock out tournament:-

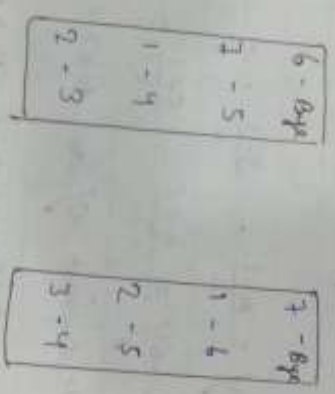
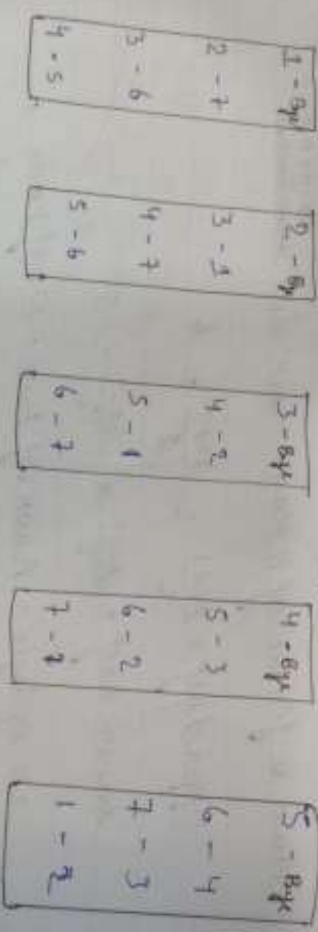
$$\text{Upper half} = \frac{N+1}{2} = \frac{19+1}{2} = 10$$

$$\text{Lower half} = \frac{N-1}{2} = \frac{19-1}{2} = 9$$

$$\begin{aligned} \text{No. of byes} &= \text{Power of two} - \text{No. of team} \\ &= 32 - 19 \\ &= 13 \end{aligned}$$



Cyclic Method:- (total no. of team)



No. of boys in upper half = $\frac{n-1}{2} = \frac{13-1}{2} = 6$

No. of boys in lower half = $\frac{n+1}{2} = \frac{13+1}{2} = 7$

$\therefore$ Team 18 (B5) in the center.

League tournament:-

Draw a fixture league tournament 7 team

Total no. of matches = $\frac{n(n-1)}{2}$

= $\frac{7(7-1)}{2} = \frac{7 \times 6}{2} = 21$

Round,

No. of even = $\frac{n-1}{2}$

No. of odd = $\frac{n}{2}$

Two methods:-



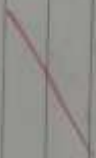
- i) Cyclic method.
- ii) Draw a fixture league tournament 8 teams:-

Draw a fixture league tournament 8 teams:-

No. of matches = $\frac{n(n-1)}{2} = \frac{8(8-1)}{2} = \frac{8 \times 7}{2}$

No. of teams around = $n-1$

= $8-1$
= 7



Even no. of teams

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

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

Stair case Method:-

I	II	III	IV	V	VI	VII
1-2	2-3	3-4	4-5	5-6	6-7	7-8
1-3	2-4	3-5	4-6	5-7	6-8	
1-4	2-5	3-6	4-7	5-8		
1-5	2-6	3-7	4-8			
1-6	2-7	3-8				
1-7	2-8					
1-8						

Draw a fixture league tournament 8 team stairs method:-

$$\text{No. of matches} = \frac{n(n-1)}{2} = \frac{8(8-1)}{2} = \frac{8 \times 7}{2} = 28$$

$$\text{No. of round} = n-1 = 8-1 = 7$$

Specific sports programme:-

- sports day
- Health Run
- Run for fun
- Run for unity.

Sports day:- Sports day is organize in the institution to provide mass participation to all student it includes various events such as aerobic show and dance and inter- institutions races. Mostly athletic events are the main feature of the sports day. Sports day is the one of the most charming days participants as well as parent. Most participation is the main objectives of sports day.

Health Run:- Health run it is natural human activity. Running needs our biological and physiological needs. It is more of fun and enjoyment and satisfaction. Health run programmes are usually carried out in the army or camps to improve the fitness of 'soldiers'.



Run for fun:- A fun run or run for fun is organised in the same way as the health run. The motive behind this event is to spread the message among the masses to exercise on a regular basis and that their body fit and healthy. The run for fun usually involves road running on cross-country routes in which people will participate to enjoy not to compete. The objectives for organising such event is also raising funds for charity. The organisational expenditure are maintained and managed by the sponsors.

Run for unity:- It is a kind of mass running which generates the feeling of unity. It is organised by different nations to create a feeling of oneness among the people by organising such runs people of all ages from different states come together such runs develop feeling of patriotism in children and student that they all belong to one nation. Such run build a strong nation with peace brotherhood, friendship and oneness.

League Tournament (runner):-

i) American Method:- $\text{Percentage of points} = \frac{\text{Matches won} \times 100}{\text{Total matches played}}$

ii) British Method:- $\text{percentage of points} = \frac{\text{Total points} \times 100}{\text{Maximum points}}$

winning points = 2 Draw points = 1
Losing points = 0

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