

SBG STUDY

1

Planning in Sports

Chapter at a Glance

- 1.1 Meaning and Objectives of Planning
- 1.2 Various Committees and Its Responsibilities
- 1.3 Tournaments – Knockout, League or Round Robin and Combination
- 1.4 Procedure to Draw Fixtures – Knock Out (Bye & Seeding) & League (Staircase & Cyclic)
- 1.5 Intramurals and Extramurals – Meaning, Objectives & Its Significance
- 1.6 Specific Sports Programmes (Sports Day, Health Run, Run for Fun, Run for Specific Cause and Run for Unity)

INTRODUCTION

Proper planning makes things more organised, systematic and targets are easier to achieve. Effective planning plays a vital role in sports and physical education. This includes man, money, time and materials required for the task. Various tournaments are organised in a civilised way under certain rules and regulations which every participant has to obey. "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." The success of any competition depends upon, how it is organised and planned. For planning a competition, the organisers have to plan so many things. They also have to look after facilities and equipment, number of teams, officials, cost of the competition, publicity, opening and closing, etc. For a successful competition, planning is the most important aspect in sports.

1.1 MEANING AND OBJECTIVES OF PLANNING

Meaning and Concept of Planning

Planning (also called forethought) is the process of thinking about and organising the activities required to achieve a desired goal.

In simple words, planning is deciding in advance what is to be done; when, where, how and by whom it is to be done. Planning bridges the gap between from where we are and where we want to go. It includes the selection of objectives, policies, procedures and programmes from among accessible alternatives. A plan is a predetermined course of action to achieve a specified goal. It is an intellectual process characterised by thinking before doing. It is an attempt on the part of the manager to anticipate the future in order to achieve better performance. Planning is the primary function of sports management.

Definitions of Planning

Different authors have given different definitions of planning from time to time. The main definitions of planning are as follows:

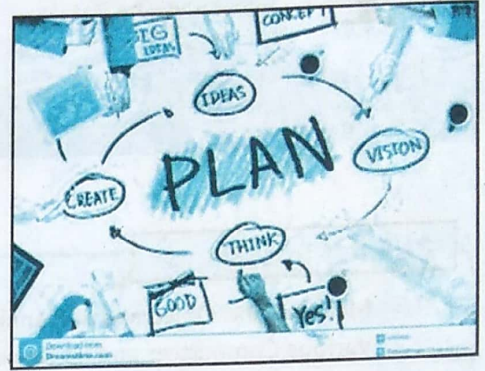
According to Alford and Beatt, "Planning is the thinking process, the organised foresight, the vision based on fact and experience that is required for intelligent action."

According to Theo Haimann, "Planning is deciding in advance what is to be done. When a manager plans, he projects a course of action for further attempting to achieve a consistent coordinate structure of operations aimed at the desired results."

According to Billy E. Goetz, "Planning is fundamentally choosing and a planning problem arises when an alternative course of action is discovered."

According to Koontz and O' Donnell, "Planning is an intellectual process, conscious determination of course of action, the basing of decision on purpose, facts and considered estimates."

According to Allen, "A plan is a trap laid to capture the future."



Nature/Characteristics of Planning

The main characteristics or nature of planning is given below:

- 1. Planning is an Intellectual Process:** Planning is an intellectual process of thinking in advance. It is a process of deciding the future on the series of events to follow. Planning is a process where a number of steps are to be taken to decide the future course of action. Planners have to consider various courses of action, achieve the desired goals, go in details of the pros and cons of every course of action and then finally decide what course of action may best suit them.
- 2. Planning Contributes to the Objectives:** Planning contributes positively in attaining the objectives of the planner. A plan tries to set everything right. A purposeful, sound and effective planning process knows how and when to tackle a problem. This leads to success. Objectives thus are easily achieved.
- 3. Planning is a Primary Function:** Planning precedes other functions in a process. Certainly, setting of goals to be achieved and lines of action to be followed precedes the organisation, direction, supervision and control. It is the primary requisite before the other functions step in. But all functions are inter-connected. It, thus, gets primary everywhere.
- 4. A Continuous Process:** Planning is a continuous process and a never ending activity based upon some assumptions which may or may not come true in the future. Therefore, the planner has to go on modifying, revising and adjusting plans in the light of changing circumstances.

According to **George R. Terry,** "Planning is a continuous process and there is no end to it. It involves continuous collection, evaluation and selection of data, and scientific investigation and analysis of the possible alternative courses of action and the selection of the best alternative."

Objectives of Planning

An organisation without planning is like a sailboat minus its rudder. Without planning, organisations are subject to the winds of organisational change. Planning is one of the most important and crucial functions of management.

According to Koontz and O'Donnell, "Without planning business becomes random in nature and decisions become meaningless and adhoc choices."

According to George R. Terry, "Planning is the foundation of most successful actions of any enterprise."

Objectives of planning are as follows:

1. **To Reduce Uncertainty:** Future is always full of uncertainties. One has to function in these uncertainties. It can operate successfully if it is able to predict the uncertainties. Some of the uncertainties can be predicted by undertaking systematic forecasting. Thus, planning helps in foreseeing uncertainties which may be caused by changes in technology, government rules and regulations, etc.
2. **To Utilise the Resources in a Better Way:** An important advantage of planning is that it makes effective and proper utilisation of resources. It identifies all such available resources and makes optimum use of these resources.
3. **To Increase the Effectiveness:** Planning ensures effectiveness. Effectiveness ensures that the planner is in a position to achieve its objective due to increased efficiency of the planner and supporters.
4. **To Reduce the Cost of Performance:** Planning assists in reducing the cost of performance. It includes the selection of only one course of action amongst the different courses of action that would yield the best results at minimum cost. It removes hesitancy, avoids crises and chaos, eliminates false steps and protects against improper deviations.
5. **To Help in Coordination:** Good plans unify the interdepartmental activity and clearly lay down the area of freedom in the development of various sub-plans. Various departments work in accordance with the overall plans of the organisation. Thus, there is harmony in the organisation, and duplication of efforts and conflict of jurisdiction are avoided.
6. **To Make the Effective Control:** Planning and control are inseparable in the sense that unplanned action cannot be controlled because control involves keeping activities on the predetermined course by rectifying deviation from plans. Planning helps control by furnishing standards of performance.
7. **To Encourage for Innovation:** Planning helps innovative and creative thinking among the persons because many new ideas come to the mind of persons when he is planning. It creates a forward-looking attitude among the persons.
8. **To Increase Competitive Strength:** Effective planning gives a competitive edge to the organisation over other that do not have planning or have ineffective planning. This is because planning may involve expansion of capacity, changes in work methods, changes in quality, and technological changes, etc.

1.2 VARIOUS COMMITTEES AND ITS RESPONSIBILITIES

Many types of sports events are organised in schools, colleges and universities, etc. like athletic meet, sports meet or any type of sport event. Mostly international rules of competition are followed. The organising and conducting part of sports events involve lots of plannings and preparations. The cooperation of many individuals is required for the successful and smooth conduct of the sports events.

There are some vital points to be taken into consideration while planning to organize an athletic meet/sports meet or any type of sports events:

1. Suitable dates and month to hold the sports events.
2. Number of participants and participating teams.
3. Activity of athletic events to be included in the programme.
4. Selection and availability of chief guests for opening ceremony.
5. Selection of groups for march past.

6. Finances for required medals, etc.

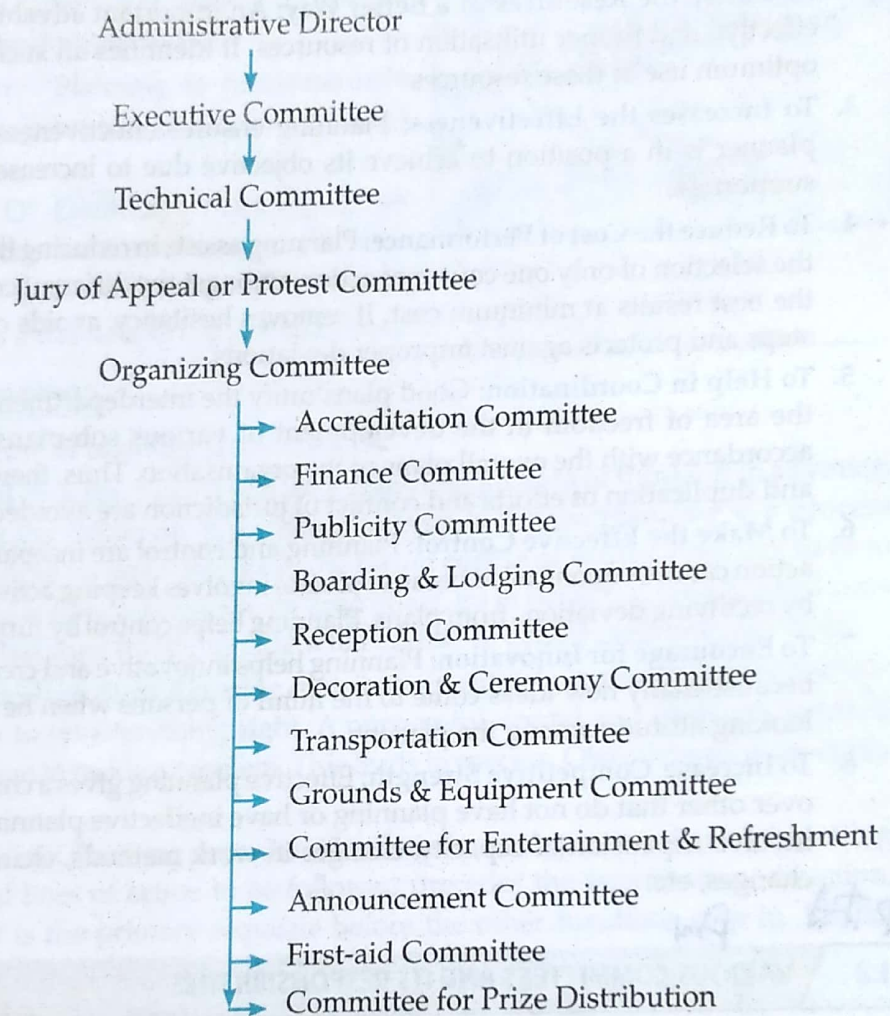
7. Any special invitee, all these should be settled at the levels of the head of the institutions.

The conduct of the sports events should be divided under three heads, namely:

Pre-meet work, Meet work and Post-meet work.

An Organising Committee must be formed for the successful and smooth conduct of the annual sports meet. Sub-committees should be formed which will work with organising committee.

Various Committees for Organisation of Tournaments or any other sports meet



The committees working under the Organising Committee for Games/Sports have been discussed below.

Lets discuss the responsibilities of these Committee:

- 1. Administrative Director:** He/she is incharge of the activity. He/she has to see everything and conducts meeting with all committees to organise the event successfully.
- 2. Executive Committee:** It consists of one member from each committee to decide important matters regarding event.
- 3. Technical Committee:** This committee is responsible for grounds, equipments, referees, umpires, etc. They need to apply rules and regulations with fear and favour. It is their responsibility to make the field or track safe for participants and officials.
- 4. Jury of appeal or Protest Committee:** This committee comprises three, five or seven members. They need to decide the matter of protest if any appeal is raised during the event.

Organizing Committee: It includes:

- Impo*
- (a) **Accreditation Committee:** This committee is responsible to manage the accreditation centers during the event. It registers all the participants, produces and distributes validation pass and assigns the access rights and privileges to which a participant is entitled.
 - (b) **Finance Committee:** This committee is responsible to prepare budget of the event and maintain the record of every expenditure. They are also responsible to arrange the finance in the form of sponsors for the event. Financial reporting as well as monitoring of internal controls and accountability policies are done by the finance committee.
 - (c) **Committee for Publicity:** This committee takes up the responsibility of announcing the date, venue, events, time, etc. through press, posters, pamphlets, circulars or some other sources.
 - (d) **Boarding and Lodging Committee:** The committee has to arrange for the boarding and lodging of all the competitors and officials coming from outstation. It has to provide pandal seating arrangement separately for competitors, officers, guests, press people and spectators. The committee should make arrangements for parking of vehicles.
 - (e) **Committee for Reception:** This committee has to receive the chief guests for inaugural ceremony, prize distribution, etc. They have to escort them to their respective seats likewise for special guests or invitees.
 - (f) **Decoration and Ceremony Committee:** They have to see that the pandals are well decorated. They must make arrangements for opening ceremony, victory ceremony, closing ceremony, arrange trophies, medals, mementos and other awards.
 - (g) **Transportation Committee:** The main responsibility of this committee is to arrange transport facility for participants, officials, management and workers. It has to make complete transportation arrangement for all throughout the event, as and when required.
 - (h) **Committee for Grounds and Equipment:** This committee will be headed by the technical person to secure proper laying out track and field. Collect all necessary equipments and keep them ready for the event.
 - (i) **Committee for Entertainment and Refreshments:** This committee makes arrangement of refreshments and supply refreshments to all during the event. It also arranges for entertainment programmes at opening and closing ceremonies of the sports event.
 - (j) **Announcement Committee:** This committee makes announcements during the meet. It arranges to make announcements during opening, during the competition, closing and victory ceremonies.
 - (k) **First-Aid Committee:** This committee provides medical assistance of all kinds during the meet. In case of any injury/accident or medical emergency during the meet, the doctors should always be readily available for help.
 - (l) **Committee for Prize Distribution:** This committee sees that cover page of certificate must have the name of the institution with logo, name of the chief guests, date, time of inauguration events, prize distribution.

Sports Meet Work: All officials and competitors should report well in time on the day of the sports meet. Officials should collect their ledger, copies of the programme and score sheet. Competitors have to collect their chest numbers, programme copies, etc. The sports meet should begin with the march past of the athletes, salute taking by the chief guest, unfurling of the flag, oath-taking by the athletes, carrying of torch and lighting torch, releasing balloons and pigeons.

Then the events should be conducted according to the programme. The victory ceremony should take place as soon as the final of each event is over. Then, after all the events are over, competitors should assemble for the closing function, cultural programme, prize distribution, etc. with the singing of the national anthem, lowering of flag, declaration of closing the sports meet by the chief guest, handing over

the flag to the chief guest by the guard of honour. The chief guest hands over the flag to the head of the institution. The sports meet comes to a close, post work, meet work and after the meet work is over. It is necessary to return the equipments and other materials. Thanks-giving letters are sent to those who helped in the conduct of the sports meet. All accounts are settled under the rules.

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

Tournament

A tournament is a competition involving a relatively large number of competitors, all participating in a sport or game. More specifically, it is a series of competition between various teams playing a particular game according to a fixed schedule where a winner is decided. The term may be used in either of two senses:

1. One or more competitions held at a single venue and concentrated into a relatively short time period. **Example:** Golf tournaments.
2. A competition involving multiple matches, each involving a subset of the competitors with the overall tournament winner determined based on the combined results of these individual matches. **Example:** Football leagues.

To organise a tournament, the most important aspect is planning. To plan a tournament, many factors have to be considered. Some of them have been listed below:

- | | |
|-------------------------------------|--|
| (i) Number of teams participating | (ii) Available ground and court facilities |
| (iii) Available equipment | (iv) Availability of officials |
| (v) Time duration of the tournament | |

Importance of Tournament

In the field of sports tournament is very important. Some importances of tournaments have been discussed below:

1. **Helps in Selection of Deserving Players:** Tournament provides a platform for selectors to observe the performance and talents of various players. Then they select them for participation at higher levels.
2. **Development of Sports Skills:** Participation in tournaments makes sportspersons skilful and proficient and develop their technical as well as tactical skills.
3. **Promotes Integration at National and International Level:** Tournaments promote integration at national as well as international levels. It provides an opportunity for interaction and communication among people from different community, social background and cultural background.
4. **Promotion of Sports:** In tournaments a lot of promotional publicity is involved. The spectators come to know about the sport and the propaganda creates public curiosity and interest.
5. **Promotes Social Behaviour:** Sports tournaments develop social values like tolerance, discipline, sympathy and cooperation etc. It also helps to develop ethical values like honesty, mutual respect, regard for authority, fair-play and justice, etc.
6. **Promotes Entertainment:** Tournaments are a source of recreation for sports lovers. People enjoy watching World Cups, Olympics, FIFA, Asian Games and many other tournaments for recreation.

Types of Tournaments

The Tournaments are Following Four Types:

1. Knock-out or Elimination Tournaments
2. League or Round Robin Tournaments

3. Combination Tournaments
4. Challenge Tournaments

Each major type of tournament has further classifications which are under:

1. Knock-out Tournaments

- | | |
|-----------------------------------|-----------------------------|
| (i) Single Knock-out Tournament | (ii) Consolation Tournament |
| (iii) Double Knock-out Tournament | |

2. Round Robin or League Tournaments

- | | |
|------------------------------|-------------------------------|
| (i) Single League Tournament | (ii) Double League Tournament |
|------------------------------|-------------------------------|

3. Combination Tournament

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

4. Challenge tournament

Here we are not discussing this type of tournament as it is not a part of syllabus as per the CBSE guidelines.

1. Knock-out Tournament



In this tournament the team which is defeated once, gets eliminated immediately and will not be given another chance to play. Only the winning team plays next round. In such types of tournament, a large number of teams take part, and whichever team is defeated, is knocked out of the tournament. In this way, the expenses are less, and time is also saved.

Types of knock-out tournament:

- (i) **Single knock-out tournament:** In this tournament, team losing once, gets eliminated. No second chance is given. Good team once lost cannot make a come back.
- (ii) **Consolation Tournament:** This tournament provides a chance to the loser team to play again and show their skill performance. This tournament is suggested to give a chance to good team may get eliminated due to any reason to show its real worth.
- (iii) **Double knock-out tournament:** This tournament is an extension of consolation tournament. The winning team of the regular tournament will have to play with consolation winner to decide the true winner. Every losing team gets a second chance. Good team once lost can make a come back. It is expensive.

Merits and Demerits of Knock-out Tournaments

Merits:

- (a) It takes less time to complete the tournament.
- (b) Fear of elimination keeps the tempo of the competitors high.
- (c) In these types of tournaments there is little expense because the defeated team is turned out of the tournament.
- (d) Minimum number of officials are required in organising of tournaments.

Demerits:

- (a) Since the fixture is done by lots, there are chances of strong teams matched together and one of the strong team gets knocked out. This gives a chance for the weaker teams to enter into the semi-finals as well as finals. It results in making a competition boring for the spectators.

- (b) If good team is eliminated, the interest in the tournament is almost lost.
- (c) A winner of a particular round may have to wait to meet the winner of another match of the same round.
- (d) A single bad or unlucky performance can put a team out of the tournament.

2. Round Robin or League Tournament

In a League or Round Robin tournament, each competitor plays with all the others competitors once in a single league tournament and twice in a double league tournament without consideration of victory or defeat. This is considered the best type of tournament because:

1. It provides maximum number of chances to show the best performance.
2. There is no chance for elimination.
3. Real winner is picked up at the end.

Types of League Tournaments

(i) **Single League Tournament:** In a single league tournament each team is given a chance to play against every other competing team once. The number of matches is determined using the formula:

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

Where 'n' stands for the total number of competing teams.

For example, if the number of teams is 8, then the total number of matches to be held would be:

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

Double League Tournament: In a double league tournament, each team is given a chance to play against every other competing team twice. The number of matches is determined using the formula:

$$n(n-1).$$

If the number of competing team is 8, then total number of matches will be

$$n(n-1) = 8(8-1) = 8(7) = 56 \text{ Matches.}$$

Merits and Demerits of League Tournament

Merits:

1. Only strong and deserving team wins in this type of tournaments.
2. All teams and competitors get maximum opportunity to show their efficiency, capability and performance.
3. Owing to maximum number of matches in League Tournaments, sports and games get more exposure and popularity.
4. These types of tournaments provide ample opportunity for the officials to assess the performance of all teams and players properly and make good judgement conveniently.
5. The teams do not have to wait for winning to play the next match against other teams.
6. Ample opportunity is given to competing teams and players to improve their performance.
7. The spectators get more opportunities to watch more games and performance.

Demerits:

1. These types of tournaments are more time consuming.
2. League tournaments are more expensive and costly.
3. The teams and players which come from far away places have to stay for the tournament for longer duration so it takes more time and money.

4. These tournaments require more elaborate arrangements from officials, teams and management.
5. Due to repeated defeats some teams lose their heart and psychologically get upset. Hence they are unable to give their best performance. This can become boring for the spectators.

3. Combination Tournaments

When a tournament is conducted by dividing the teams into a number of pools, or zones, it is known as a 'combination tournament'. Such tournaments are organised when the numbers of teams are more. The teams concerning the same pools play among themselves and decide the winner. Then the winner of various pools play with one another. Generally, one of the following systems is followed:

1. **Knock-out cum Knock-out:** In this type of tournament the total numbers of teams are divided in four equal zones. First of all, the teams of each zone play on knock-out basis. In this way, a team becomes the winner from each zone. All the four winner teams again play their matches on knock-out basis. The team that wins in the final becomes the winner of inter zonal tournament.
2. **League cum League:** In this type of tournament total numbers of teams are divided in four zones. All the teams play their matches in their respective zones on league basis. One team from each zone becomes the zonal winner. It is called 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.
3. **Knock-out cum League:** All the teams are divided in four zones. First of all, the teams play their matches in their respective zones on knock-out basis and one team becomes the winner from each zone. After that the four winner teams again play their matches on league basis and one team becomes the winner of inter group of zone tournament.
4. **League cum Knock-out and Tournament:** All the teams are divided into four zones. All the teams play their matches in their respective zones on league basis, one team from each zone or group becomes the winner. It is called zonal tournament. After that the four winner teams play their matches on knock out basis and one team becomes the winner of inter group or zonal tournament.

Merits and Demerits of Combination Tournaments

Merits:

- (a) All teams and competitors get maximum opportunity to show their efficiency.
- (b) In some cases the fear of elimination keeps the tempo of competition high.
- (c) Only strong and deserving team wins in this type of tournament.
- (d) In these tournaments, sports and games get more exposure and popularity.
- (e) In some cases ample opportunity is given to competing teams and players to improve their performance.
- (f) In some cases spectators get more opportunities to watch more games and performance.

Demerits:

- (a) In some cases the fixture is done by lots, there are chances of strong teams matched together and one of the strong team gets knock-out.
- (b) In some cases a single bad or unlucky performance can put a team out of the tournament.
- (c) In some cases these types of tournaments need more time.
- (d) Combination tournaments are more expensive than knock-out tournaments.
- (e) These tournaments require proper arrangements for officials, teams and management.

1.4 PROCEDURE TO DRAW FIXTURES – KNOCK-OUT (BYE & SEEDING) & LEAGUE (STAIRCASE & CYCLIC)

A fixture is a drawing of scheduled match. It is a detail of competition held among various teams in a particular activity according to a fixed schedule and time, wherein end winner is decided. The competition among the teams is fixed on the basis of lots. It is to be noted that the winner and runner up teams in the previous year should be in different halves. A fixture should be drawn according to the type of tournament.

There are many types of fixtures. that are fixed according to time, grounds, equipment, officials, facilities ad teams participating, etc.

Process of Preparing Fixture for Knock-out Tournament

Fixture should be prepared in a planned and organised way. Many factors are involved in the preparation of fixtures. These factors are: number of teams taking part, groups, division of teams, placement of teams in upper half and lower half, distribution of byes and seeding. All these factors are of great importance in knock-out tournaments.

In order to know the number of matches in knock-out tournament, the following method is used:

1. Total number of teams participating in the competition.
2. Total number of matches.
3. Number of teams to be put in each quarter.
4. Number of teams to be put in each half.
5. Total number of rounds.
6. Number of byes to be given in each quarter or each half.

Methods of Preparing Fixtures in a Knock-out Tournaments

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

- (i) Total number of teams participating in the tournaments.
- (ii) Total number of matches to be played in the tournaments. This can be calculated by formula $n - 1$ where n is the total number of teams participating in the tournaments. This is with regard to single knock-out tournaments.

Example: There are 12 teams. Then number of teams participating in the tournaments is 12. Total number of matches will be $12 - 1 = 11$.

- (iii) Determining the number of teams in upper half and lower half:

(a) If number of teams is even, then the equal number of teams will be divided into two halves, i.e. $n/2$ where n is the total number of teams.

(b) If the number of teams is odd then in the upper half number of teams will be $\frac{n+1}{2}$ and in the lower half it will be $\frac{n-1}{2}$ where n is the number of teams.

Example: There are 11 teams, then in the upper half there will be $\frac{n+1}{2}$ i.e. $\frac{11+1}{2} = 6$ teams and in the lower half it will be $\frac{n-1}{2}$ i.e. $\frac{11-1}{2} = 5$.

- (iv) Total number of rounds played in the tournament depend upon two things:

(a) The number of teams playing in the tournament.

(b) The higher nearest number from the total number of teams in the power of twos.

Example: If there are 11 teams playing in the tournament, the number of rounds will be 4, as the highest nearest number from 11 in power of twos 2^4 is $16 = 4$ rounds.

(v) A number of teams to be put in each quarter, in case competing teams are divided into two halves. But in case these are a larger number of teams then these halves are divided into two parts. Hence, the upper half has two quarters: 1st and 2nd and the lower half has 3rd and 4th quarters. To fix the number of teams in each quarter total number of teams is divided by 4. If the remainder is 0 then all the four quarters will have equal number of teams but if the remainder is 1 then the remaining team will be allotted the first quarter and all other three quarters will have same number of teams. In case remainder is 2 then quarter 1st and 2nd will be allotted an extra team each and quarter 3rd and 4th will have the same number of teams.

(vi) Number of byes to be given in each half. To calculate this we should understand bye and seeding.

Bye

$\text{Bye} = NP^2 - N \rightarrow$ Bye is given in knock-out and league tournament in knock-out

Bye is a sort of privilege given to a team usually by a lot. This is an exemption given to a team from playing match in the first round. A team who is given bye does not play in the first round. 'Bye' becomes a necessity when number of participating teams is not in power of two. In other words, in the subsequent rounds they can be divided equally. In other case, byes are given to the teams when they are to be seeded. 'Bye' brings the number of teams to power of 2 in succeeding rounds and it is easier to draw fixtures. The method for drawing fixture by using bye is:

- If the number of teams participating is power of two then no bye will be given, like 2, 4, 8, 16, 32, 64, etc. In this case it is easier to draw fixture. The teams are divided in two equal upper and lower halves. Matches are decided by drawing lots.
- If the number of teams participating is not in power of two; like 3, 5, 6, 7, 9, 10, 11, 12, 13, 14, 15, 17, 18, 19, 20 and so on.....; in such cases byes are given. The teams get byes do not play in the first round.
- In league tournament bye is only given when teams are in odd number it is fixed in every rounds.

Example: If there are 11 teams playing in the tournament.

Solution: Total number of teams = 11

Next higher power of two = 16

Next highest power of two - total number of teams = $16 - 11 = 5$

Therefore 5 byes will be given.

Example: If there are 14 teams playing in the tournament.

Solution: Total number of teams = 14

Next higher power of two = 16

Next highest power of two - total number of teams = $16 - 14 = 2$

Therefore 2 byes will be given.

(c) The number of byes to be given in the upper and lower halves.

(i) If the number of teams is even then number of byes in each half = $nb/2$, where nb = number of byes.

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

Distribution of Byes

1st bye is given for lower half last team

2nd bye upper half first team

3rd bye lower half first team

4th bye upper half last team

5th bye lower half 2nd last team

And byes also allotted through drawing of lots.

Example: Draw a knock-out fixture with 9 teams on single knock-out basis.

Solution: Total number of teams = 9

Total numbers of tournament = $9 - 1 = 8$

Number of teams in the upper half = $\frac{n+1}{2} = \frac{9+1}{2} = 5$ teams

Number of teams in lower half = $\frac{n-1}{2} = \frac{9-1}{2} = 4$ teams

Total number of byes:

Next highest power of two minus total number of teams = $16 - 9 = 7$

Byes of upper half = $\frac{nb-1}{2} = \frac{7-1}{2} = \frac{6}{2} = 3$ byes

Byes of lower half = $\frac{nb+1}{2} = \frac{7+1}{2} = \frac{8}{2} = 4$ byes

S. No.	Round-I	(Q-Final) Round-II	(Semi-Final) Round-III	(Final) Round-IV
Upper Half				
1. (Bye)		1	1	9 (Winner)
2. (Bye)		2	5	
3.	4	4		
4.		5		
5. (Bye)		5		
Lower Half				
6. (Bye)		6	6	
7. (Bye)		7	9	
8. (Bye)		8		
9. (Bye)		9		

Result

Winner of the match = Team 9

Runner-up = Team 1

Third position = Team 6 (because this position goes to the team, that was loser from champion team in semi-final)

Example: Draw a fixture of 12 teams on a knock-out basis. The teams are L, M, N, O, P, Q, R, S, T, U, V, W.

Solution:

Total number of teams = 12

Number of matches = $n - 1 = 12 - 1 = 11$

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

Number of teams in upper half = $n/2 = 12/2 = 6$ Teams

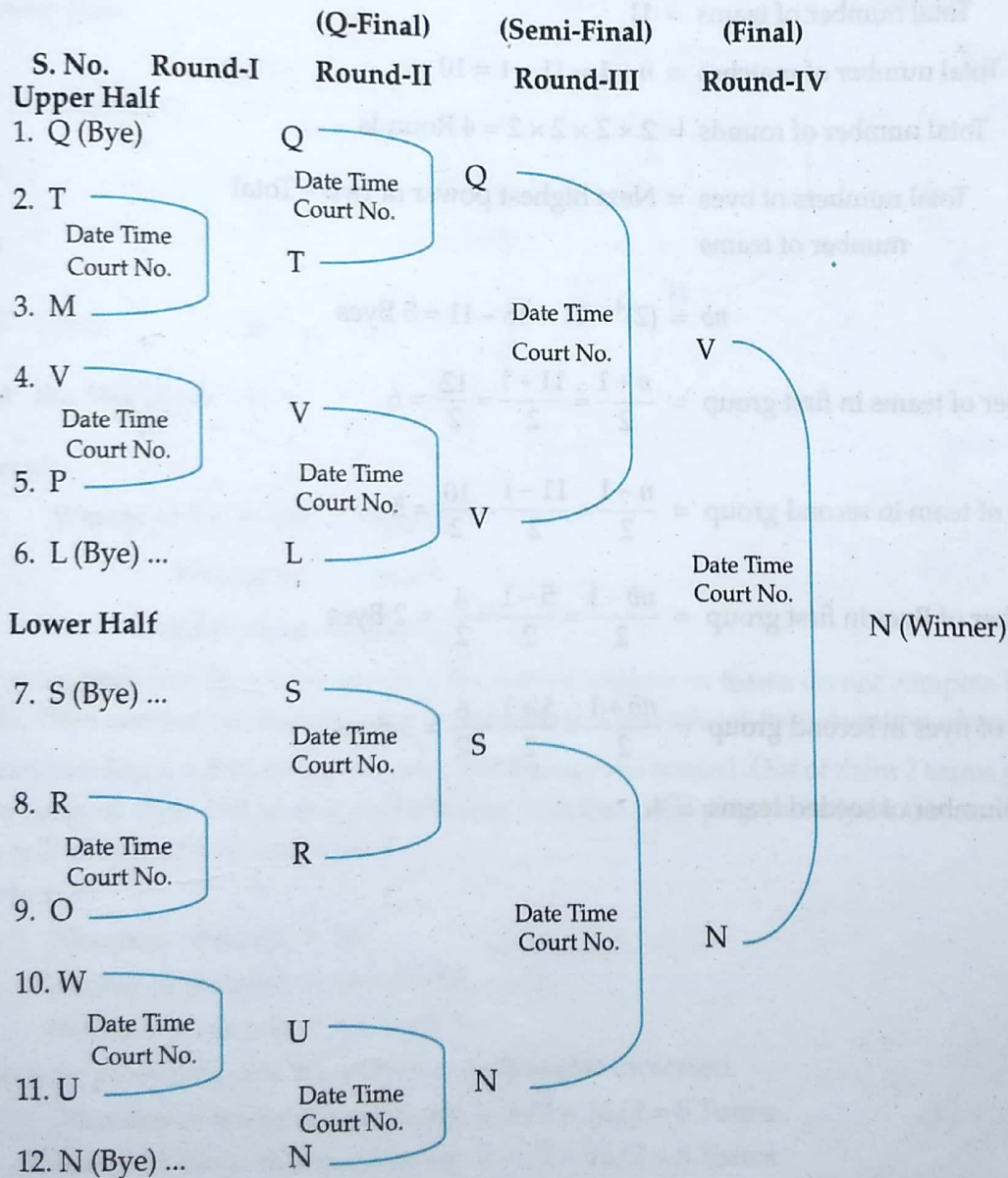
Number of teams in lower half = $n/2 = 12/2 = 6$ Teams

Total number of Byes = $16 - 12 = 4$ Byes

Number of Byes in upper half = $nb/2 = 4/2 = 2$ Byes

Number of Byes in lower half = $nb/2 = 4/2 = 2$ Byes

FIXTURE



Result

All over winner = N Team

Runner-up = V Team

3rd position = S Team

Seeding

Seeding is given only in knock-out tournament. Seeding means sorting out the stronger teams first and fitting them in the fixture, so that they do not clash each other in earlier rounds. Seeded teams are equally divided in both the halves. Generally, byes are given to such teams. But seeding system is useful only if the standard of all the teams is thoroughly known to the organisers. Seeding method is done to keep continued interest of spectators as well as players. So it becomes the duty of the organiser to find out the real strong team from the previous tournaments or old records.

Example: Draw a Fixture on the Basis of Seeding.

Suppose there are 11 teams participating in a tournament and 4 are to be seeded.

Solution:

$$\text{Total number of teams} = 11$$

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

$$\text{Total number of rounds} = 2 \times 2 \times 2 \times 2 = 4 \text{ Rounds}$$

$$\text{Total numbers of byes} = \text{Next highest power of two} - \text{Total number of teams}$$

$$nb = (2)^4 - 11 = 16 - 11 = 5 \text{ Byes}$$

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

$$\text{Number of team in second group} = \frac{n-1}{2} = \frac{11-1}{2} = \frac{10}{2} = 5$$

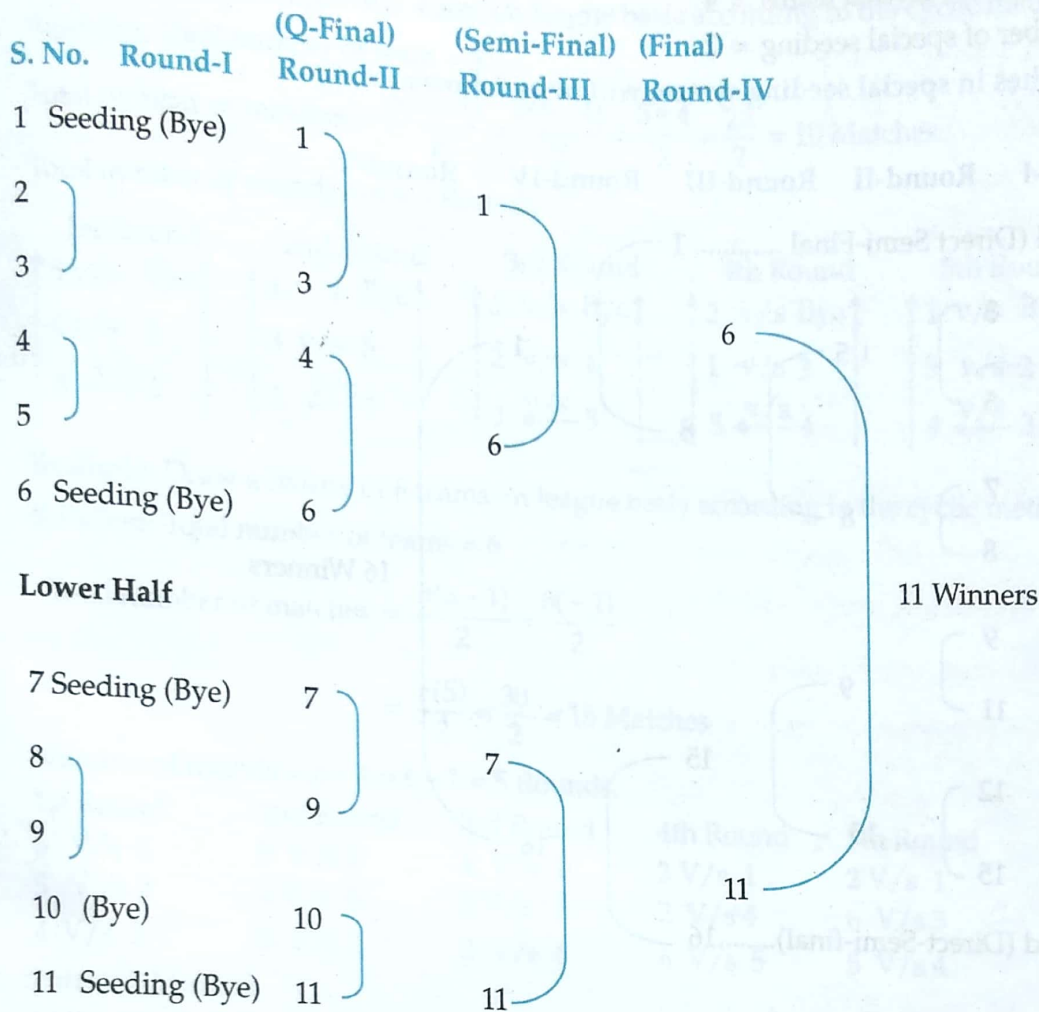
$$\text{Number of Byes in first group} = \frac{nb-1}{2} = \frac{5-1}{2} = \frac{4}{2} = 2 \text{ Byes}$$

$$\text{Number of Byes in second group} = \frac{nb+1}{2} = \frac{5+1}{2} = \frac{6}{2} = 3 \text{ Byes}$$

$$\text{Number of seeded teams} = 4.$$

The fixtures for matches in seeding system will be as follows:

Upper half



Result:

Winner of the match = Team 11

Runner-up = Team 6

Third position = Team 7

Special Seeding: In special seeding the seeded players or teams do not compete in the preliminary rounds. They compete in quarter final or semi-final. This reduces their duration of waiting.

Example: Draw a fixture for 16 teams and 4 teams are seeded. Out of them 2 teams get special seeding on the basis of their last year's performance and they will play directly in the semi-final. But seeded teams will play in the second round.

Solution:

Numbers of teams = 16

Number of matches = $16 - 1 = 15$

Number of rounds = $4 + 1 = 5$

Because of seeding one number of rounds is also increased.

Number of teams in first group = $n/2 = 16/2 = 8$ Teams

Number of teams in second group = $n/2 = 16/2 = 8$ Teams

Number of Byes = Nil (Because teams are in power of two)

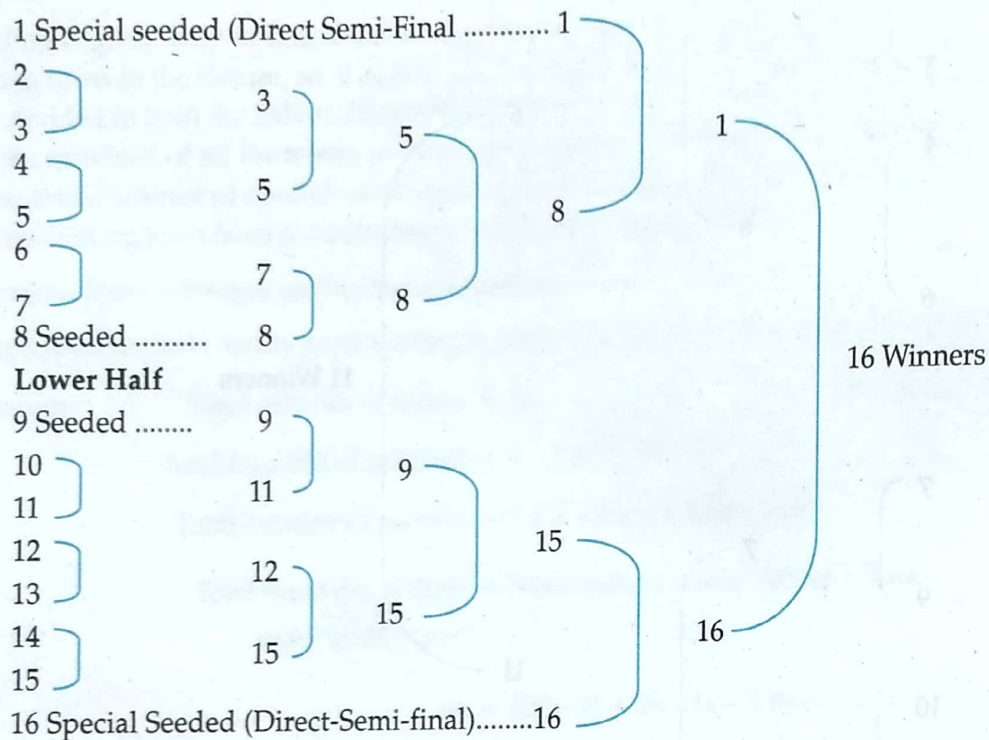
Number of seeded teams = 4

Number of special seeding = 2

Fixture for matches in special seeding system will be as follows:

Upper Half

S.No. Round-I Round-II Round-III Round-IV Round-V



Result

Winner of the match = Team 16

Runner-up = Team 1

Third position = Team 15

Procedure of Fixture in League Tournaments

In league tournament following methods are used for fixtures:

1. Cyclic Method
2. Staircase Method
3. Tabular Method.

1. Cyclic Method

To draw a fixture with cyclic method it is important to decide the number of matches.

1. If the number of competing teams is an EVEN number like 2, 4, 6, 8, etc., the team number 1 is fixed on the right-hand side and other team number kept in ascending order are rotated in a clockwise direction.
2. If the number of teams is an ODD number like 1, 3, 5, 7, 9, etc, then Bye is fixed from top of right hand side and other team numbers are rotated in clockwise direction.
3. The number of rounds in case of EVEN number of teams is decided by formula: $(n - 1)$.

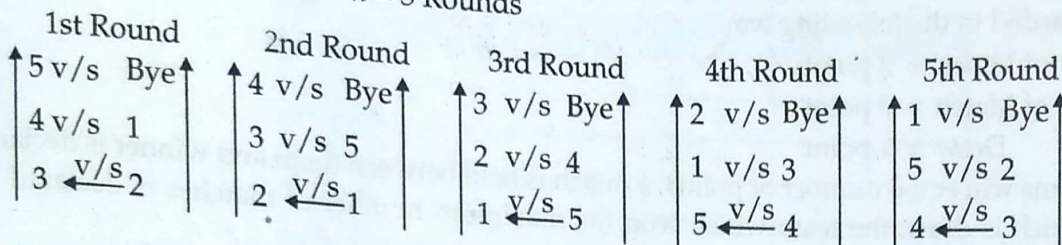
4. If the number of teams is ODD then the number of rounds will be equal to number of teams = 3

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

Solution: Total number of team = 5

$$\text{Total number of matches} = \frac{n(n-1)}{2} = \frac{5(5-1)}{2} = \frac{5 \times 4}{2} = \frac{20}{2} = 10 \text{ Matches.}$$

Total number of rounds = $n = 5$ Rounds



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

Solution: Total number of teams = 6

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

Number of rounds = $n - 1 = 6 - 1 = 5$ Rounds.

1st Round	2nd Round	3rd Round	4th Round	5th Round
6 V/s 1	5 V/s 1	4 V/s 1	3 V/s 1	2 V/s 1
5 V/s 2	4 V/s 6	3 V/s 5	2 V/s 4	6 V/s 3
4 V/s 3	3 V/s 2	2 V/s 6	6 V/s 5	5 V/s 4

2. Staircase Method

In this method the fixtures are made like a ladder in a staircase.

1. This method does not take into account ODD or EVEN number of teams.
2. No byes are given to any team.

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

Solution:

8 matches		7 matches		6 matches		5 matches		4 matches		3 matches		2 matches		1 match	
Round 1	1 V/s 2	Round 2	2 V/s 3	Round 3	3 V/s 4	Round 4	4 V/s 5	Round 5	5 V/s 6	Round 6	6 V/s 7	Round 7	7 V/s 8	Round 8	8 V/s 9
	1 V/s 3		2 V/s 4		3 V/s 5		4 V/s 6		5 V/s 7		6 V/s 8		7 V/s 9		
	1 V/s 4		2 V/s 5		3 V/s 6		4 V/s 7		5 V/s 8		6 V/s 9				
	1 V/s 5		2 V/s 6		3 V/s 7		4 V/s 8		5 V/s 9						
	1 V/s 6		2 V/s 7		3 V/s 8		4 V/s 9								
	1 V/s 7		2 V/s 8		3 V/s 9										
	1 V/s 8		2 V/s 9												
	1 V/s 9														
8 matches	7 matches	6 matches	5 matches	4 matches	3 matches	2 matches	1 match								

Disadvantages of Staircase Method:

There are some drawbacks in staircase method of making fixtures.

1. It does not indicate the number of rounds to be played.
2. In any concerned round it is not simple to fix matches as in cyclic or tabular methods.

Method of Deciding the Winner in League Tournament

In the tournament, the team which gets maximum points is declared the winner of the tournament. The points are awarded in the following way:

Winner of Match = 2 points

Looser of Match = 0 point

Draw = 1 point

In case two teams win equal number of points, a match is held between them and winner is declared. If however the match is draw, the team which won the maximum number of matches is declared the winner. If tie still upholds then the winner is decided by a toss.

Other methods used to decide the winner are as follows:

- (a) **British method:** The total number of points obtained by total possible points. For example, if the total number of teams is 8 and team A wins six matches while 2 remain a draw, the percentage points will be:

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

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

$$\text{Percentage of points} = 14/16 = 0.875.$$

- (b) **American method:** The number of games won by a team is divided by the total number of games played. For example, if 8 is the number of competing teams in the tournament and a team wins 5 matches then:

$$\text{Its percentage will be} = 5/8 = 0.625.$$

3. Tabular Method

In this method the fixtures are drawn in tabular form. The number of column shall be drawn horizontally as well as vertically. The number of column depends on number of teams, *i.e.* even or odd.

The table is prepared with $N+2$ columns for odd number of teams and $N+1$ columns for even number of teams. Leaving the first box, the teams are entered in both the horizontal and vertical columns. For odd number of teams 'Bye' is to be added in the last boxes. A line is to be drawn from the top left box to the bottom right box as shown. Serial numbers are to be assign to all the horizontal columns. Leaving the last vertical column free with one higher number below. In the last column, numbers are to be assigned downward with an increase of two. The numbers indicate the rounds. Read from the corresponding horizontal and vertical columns the teams to be competed in each round.

Example: Draw a fixture of 5 teams according to the tabular method.

Solution: No. of columns: $N+2$ (columns for odd number of teams); $5+2 = 7$.

	A	B	C	D	E	Bye
A		1	2	3	4	5
B			3	4	5	2
C				5	1	4
D					2	1
E						3
Bye						

Round I	Round II	Round III	Round IV	Round V
A v/s B	A v/s C	A v/s D	A v/s E	A v/s Bye
C v/s E	B v/s Bye	B v/s C	B v/s D	B v/s E
D v/s Bye	D v/s E	E v/s Bye	C v/s Bye	C v/s D

Example: Draw of figure of 6 teams according to the tabular method.

Solution: No. of column: $N + 1$ (columns for even number of teams); $6 + 1 = 7$

	A	B	C	D	E	F
A		1	2	3	4	5
B			3	4	5	2
C				5	1	4
D					2	1
E						3
F						

Round I	Round II	Round III	Round IV	Round V
A v/s B	A v/s C	A v/s D	A v/s E	A v/s F
C v/s E	B v/s F	B v/s C	B v/s D	B v/s E
D v/s F	D v/s E	E v/s F	C v/s F	C v/s D

1.5

INTRAMURALS AND EXTRAMURALS – MEANING, OBJECTIVES & ITS SIGNIFICANCE

Intramural Tournaments



Meaning: The word 'intramural' is derived from 'Latin' word 'intra' which means within and 'muralis' which means 'wall'. Thus, intramurals mean within the walls of an institution. Intramural competitions are the competitions conducted within the players of the same institution. The benefits of intramural competitions are extended to almost all the students of the institution in order to achieve the all round development of a child.

Intramurals were introduced by United States of America for the motivation of students to participate in sports activities. India is still lacking in intramurals because of lack of awareness among parents for physical fitness and more importance given to academics.

Activities for Intramurals: Major as well as minor games should be included in the competition. The interest of the student must be taken into consideration while deciding activities.

Conduct of Intramurals: It must be conducted by the intramural committee comprising of:

- (a) The intramural director who is the seniormost physical education teacher.
- (b) Assistant Director, Assistant Teacher.
- (c) A Secretary elected from among the captains of the units or houses.
- (d) A Joint Secretary, Vice-Captains of the units or houses.

This committee has to frame the rules and regulations for the competitions. Standard rules as well as prevailing condition on campus must be kept in mind. The Secretary's duty is to keep a record of the meetings held, the results of the competition and the score sheet.

Importance of Intramurals Tournaments

1. **All Round Development:** It provides opportunities to the students to develop physical, mental, social and emotional aspects of personality, that will be helpful to their overall development.

2. **Help to Find Talent:** It provides opportunities to the students at the institution to develop and display their skill in various physical education activities and help to find out talented sportspersons.
3. **To Provide Recreation:** It provides opportunities to the students for fun enjoyment and to develop fellowship participation in sports competitions, which help in refreshing them.
4. **Development of Leadership Qualities:** Intramural activities are helpful in developing leadership among the students who participate in these activities.
5. **For the Release of Tension, Depression and Aggression** and to provide a feeling of achievement through sports participation all of which are helpful to mental and emotional health.
6. **Development of Cooperation:** It provides opportunities to the players of various teams to have exposure to the competition. Cooperation is important in order to achieve winning place in games and sports.
7. **Channelising Surplus Energy:** When all students participate in sport activity, then they need practice for competitions. This exposure is the basis of a learning and training process, which helps in channelising the surplus energy of student.
8. **Help in Learning a Variety of Games and Skills:** Intramural activities provide additional opportunity to be efficient in various games by learning their skill and rules, etc.
9. **Provide Opportunity to get Experience of Organising Tournaments:** While organising intramural competitions, students are directly or indirectly involved in these competitions which give them idea about organisation of a competition.

Objectives of Intramurals Tournaments

There are various objectives of intramurals which are described below:

1. **To provide opportunity to every student to participate in games and sports:** To provide ample opportunities to every student in games and sports is one of major objectives of intramurals. Generally, few students are able to take part in zonal and district level games and sports. So the mass participation of students from a school is impossible in such zonal and district level games and sports. So the mass participation of students from a school is impossible in such competitions. But in intramurals each and every student can take part in games and sports.
2. **To develop the leadership qualities among the students:** Intramural activities are helpful in developing leadership qualities among the students who participate in these activities. Although all the students do not become the leader yet intramural activities help in developing the leadership qualities among those students, who have some innate qualities of leadership.
3. **To provide recreation:** These activities provide a number of opportunities for recreation to the students. Students participate in intramural activities according to their interests. Hence, they get a lot of joy, fun and pleasure by participating in intramural competitions.
4. **Provide the opportunity to develop personality:** These activities develop the physical, mental, social and emotional aspects of personality.
5. **Promoting social qualities:** Participating in sports and games encourages social interaction. Social interaction promotes social qualities in a person like cooperation with each other, tolerance, understanding, justice and fairness.
6. **Promoting and discovering real talent in sports and games:** When children get in opportunity to play and perform, they are just learning. They do not know about their positive and strong qualities. As they participate and perform in intramurals their real talent is promoted and discovered. As some may be very quick while others may be good at some other skills.
7. **Develop the feeling of sportsmanship:** Sportsmanship means to show respect and courtesy to opponents and officials. It also means to be humble in victory and gracious in defeat. The intramural competitions develop the feeling of such qualities among students who participate in such activities.

Principles of Intramurals Tournaments

Before organising intramural tournaments, it is essential to follow some general principles mentioned below:

1. **Proper Classification of Students:** The students should be categorised for intramural tournaments according to age, sex, and weight etc.
2. **Medical Examination:** Medical examination of students should be done in advance to prevent serious injuries. In case any student is suffering from any health hazard then he/she should not be permitted to take part in intramural tournament.
3. **Sports Equipments:** Good standard equipments should be arranged for the tournament because safety of students depends on it. Sports equipments must be checked before the tournament.
4. **Available Infrastructure:** Local conditions like availability of ground, popular sports should be kept in mind while organizing the tournament.
5. **Budget:** Budget available for the intramurals is very important. If the budget is sufficient then sports can be lavishly organised.
6. **Time:** The time availability should be taken into account while organising intramurals. It should be organised in such a way that they do not interfere with academic education.
7. **Interest:** The selection of students should be based according to the interest of students. It helps them to enjoy and participate in games and sports without stress.

Extramural Tournaments

Meaning: The word 'Extramural' is derived from 'Latin' word 'Extra' means 'outside' and 'Muralis' means 'wall'. The word extramural means activities performed outside the walls of the institution. Extramural competitions are conducted between the players of two or more institutions. In such competitions selected players represent their institution in a particular game or sport in order to show their skills and bring honour to their institution.

Conduct of Extramural Competitions: To organising extramural competitions there should be practice matches, closed and open competition with the neighbouring institutions. Practice matches must be arranged with the neighbouring institutions. These matches help both the teams to look into their weaknesses and follow remedial measures. These matches provide competition experience.

Closed competitions are limited to particular types of institutions like inter-school, inter-college, inter-university competition, etc. The competing institutions are divided into different zones and winner will meet in the inter-zonal competition.

Need of Extramural Tournaments

Extramural competitions are important and essential because they are a platform of bringing out talent and best result in the field of sports:

1. **It provides a Platform for Display Sports Proficiency:** The participating school and institutions get an opportunity to display their capabilities in sports. The winners in extramural tournament bring honour to their institution.
2. **Wider Scope of Participation in Sports:** Extramural competition encourages players to take part and hence wider scope of participation in sports.
3. **Enhance Standard of Sports:** When players compete with others, they come to recognise their weaknesses and learn techniques of performing better.
4. **Impart Accuracy in Sports Technology:** In extramural competition, the players come across others in same sport and they get chance to learn their techniques. By assessing which techniques and skills can improve the performance of the players can improve accurately and he becomes more accurate and knowledgeable about sports techniques.

- 5 **Effective Implementation of Sports Programmes:** Sports programmes get an opportunity of getting implemented more effectively through extramural competition.

Importance of Extramural Tournaments

1. **Improves Standard of Sports:** By competing at inter, school, inter-college and inter-university levels, players get to learn more tactics and techniques. This improves their performance as well as standard of sports.
2. **Provides Experience and Exposure to Students:** It gives different experience and exposure to players. This adds to their learning experience.
3. **Develops Sportsmanship:** It promotes sportsmanship among participants. It is most important object of extramural competition.
4. **Broadens the Base of Sports:** Many players from various institutions participate in extramural competition which broaden the base of sports.
5. **Provides Knowledge of New Rules and Advanced Techniques:** The players come to know about new rules and regulations of the game and sports. They learn new techniques as well as tactics.

Objectives of Extramural Tournaments

1. **To improve the standard of sports:** Extramural aim at improving standard of sport. By competing at inter-school of inter-college level students get to learn tactic and technique. This improves their performance as well as standard of sports.
2. **Provides experience to students:** Participation in extramural gives a different experience to students. This adds to their learning experiences.
3. **Develops sportsmanship and fraternity:** Extramural contribute in developing a feeling of fraternity and brotherhood among sports fraternity. It also promotes sportsmanship among participants. Development of sportsmanship and fraternity is an important objective in extramural.
4. **To provide the knowledge of new rules and advance techniques:** Extramural aim at expanding the knowledge of latest rules of various games and sports and also equipping the students with advance sports techniques and tactics. This objective is achieved when students interact and compete with each other in extramural.

Principles of Extramural Tournaments

1. **Willing in Participating:** The players should participate in extramural competition on their own will. They should not be forced to participate.
2. **Medical Examination:** Medical examination of players should be performed in advance to avoid serious injuries.
3. **Organising Extramural Tournament:** The dates of tournaments should be fixed on a holiday so that players and spectators may attend the events conveniently and enjoy watching tournaments.
4. **Arrangement of Efficient Officials:** While organising tournaments attention should be paid to selection of officials. Efficient and skilful officials should be arranged by organisers for smooth conduct of competition.
5. **Programme Should be According to Convenience of Participants:** The planning of tournaments should be drawn according to convenience of players.

1.6

SPECIFIC SPORTS PROGRAMMES

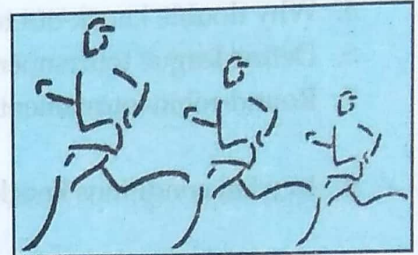
Specific sports programmes have no relation to competition. These are events held to promote social causes, create awareness among people like awareness towards health, unity, polio, swine flu, blindness, adult literacy and aids, etc. The aim is fund raising for charitable institutions and to promote health. Some of these programmes have been discussed below.

1. **Health Run:** Health run may be organised by department of health, sports or some social organisation. It does not need any kind of specific training. These runs are organised to improve public health standards, create awareness among masses regarding health issues or raising funds for charity. Participants' registration is done in advance. There is no element of competition even. The date, time and the running track are fixed well in advance. There is no age bar in health run. One can run in one's normal stride.



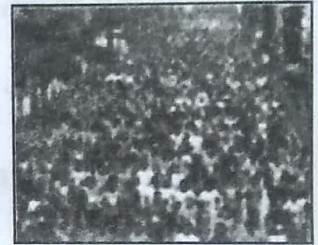
Health Run

2. **Run for Fun:** The run for fun is organised with the objective of spreading the message of healthy living and fitness among the masses. Such runs are more for fun and enjoyment. It is a friendly race. It can be just road running or simple cross country running merely for one's own pleasure rather than competition. By such runs people can be motivated to perform exercise regularly in order to be physically fit. Any interested social organisation can sponsor such runs and involve children, teenagers and adults.



Run for Fun

3. **Run for Unity:** This type of run is organised keeping in mind certain specific purpose as promoting unity, solidarity, harmony and peace among people of different regions and religions. This is often a relay race, marathon race or long distance runs. Run for unity is organised in some countries to celebrate their independence. This run brings people together and encourages prosperity of the nation.



Run for Unity

4. **Run for Specific Causes:** Such events are organised to raise funds for specific cause like run for specific problems of the society such as aids, illiteracy, child-labour, etc. Run for specific causes attract mass participation and helps to promote the ideology. It is very common and famous throughout the world.



Run for Specific

5. **Sports Day:** Sports days, sometimes referred to as field days, are events staged by many schools 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 in elementary schools, or grades middle schools.



Sports Day

In schools which use a house system a feature of the school is the competition between the houses; this is especially brought out during sporting events such as an inter-house sports day.

Games that are played on school sports days can be wide and varied. They can include straightforward sprints and longer races for all age groups as well as egg and spoon races, three legged races, sack races for parents and children.