UNIT-I: PLANNING IN SPORTS

Content

- Meaning and Objectives of Planning
- Various Committees and their Responsibilities (pre; during and post)
- Tournament – Knock-Out, League or Round Robin and Combination
- Procedure to Draw Fixtures – Knock-Out (Bye and Seeding) and League (Staircase and Cyclic)
- Intramural and Extramural – Meaning, Objective and Significance
- Specific Sports Programme (Sports Day, Health Run, Run for Fun, Run for Specific Cause and Run for Unity)

Learning Objective

After completing the study of the unit, you will be able to:

- Describe the concept of planning in sports
- Classify the committees and its responsibilities in sports event
- differentiate the different type of tournament
- prepare fixtures of knock out and league
- distinguish between intramural and extramural
- design sports program in their school

Discussion
Discuss with your group

List down the essential areas that you need to plan if you are organizing a sports event in your school.

Q.   Have you heard about fixture in sports? Discuss in your group and share your views with the class.

1.1.1 Planning

Planning is the foremost function in sports as it gives a view of future course of action. To be effective, a plan should be specific, logical, flexible and complete in all aspects and should assist in controlling future events. A plan must comprehend all the other functions of management like organising, staffing, directing and controlling in order to achieve the predetermined goals.

In sports and sports events, planning plays important role to make the event run smoothly, effectively and remain free from conflict. Effective planning must clearly define aims, goals and objectives of the event. It should also explain the procedure or method to achieve the target in simple and easy to understand language. A sports plan should be prepared in a professional manner incorporating the elements of commitment, enjoyment and voluntary effort.

Do You Know?

Functions of Management:-

Planning: It is the process of creating a comprehensive action plan to achieve organizational goal(s). Planning is an ongoing step, and can be highly specialized based on organizational goals, division goals, departmental goals, and team goals.

Organizing: This includes distributing resources and organizing personnel in order to achieve the goals established in the planning function.

Staffing: This refers to identifying key staff positions, and to ensuring that the proper talent is serving that specific job duty in order to achieve the aims and objectives of an organization.

Directing: Directing personnel is a leadership quality, and includes letting staff know what needs to be done, and also by when. It includes supervision of personnel while simultaneously motivating them.

Controlling: Controlling refers to all the processes that leaders create to monitor success. It involves establishing performance standards, measuring actual performance and comparing them irregularities.

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."[1]

McFarland has defined Planning as "a concept of executive action that embodies the skills of anticipating, influencing and controlling the nature and direction of change."[2]

Planning is the process of deciding in advance what is to be done, Who is to do it, How it is to be done and When it is to be done.[3]

Planning is the aspect of managing which establishes aims, targets, goals and objectives, and identifies the methods by which these targets can be achieved.[4]

The planning function includes defining organizational goals and determining the appropriate means by which to achieve these desired goals.[5]

Peter Drucker defined as "planning is the continuous process of making present entrepreneurial decisions systematically and with best possible knowledge their futurity, organizing systematically the efforts needed to carry out these decisions and measuring the results of these decisions against the expectation through organised systematic feedback."[6]

Thus, planning is an intellectual activity, which involves selection of the most viable processes from among the alternatives. It is a systematic attempt to anticipate the future course of action and decide the most suitable one.

1.1.2 Objectives of Planning

As discussed above, planning is a process that involves selection of the most viable processes from many given alternatives. In order to anticipate the future course of action systematically, and to decide the best option, it is essential to understand the important objectives of planning in sports.

Goal oriented: Planning is a goal-oriented activity, i.e., it gives direction and vision to the conducting of sports events. Without determining the goal, a plan cannot be executed. Planning aims at realistic goal settings and their attainment. For example, if the physical education department of the school desires to conduct an intramural tournament in the month of January next year, they must plan well in advance. Before setting an objective for a sports event, an individual must have full knowledge of the event and its various aspects, must conduct scientific study regarding the conduct of the event, should collect information related to the event to be conducted such as level of the tournament. It must be decided well in advance, for example, Will the event be Intramural or Extramural?, where (venue)?, when (time)? and how many events (as per interest, feasibility, infrastructure, number of participants) etc.

Policy: Development of a policy is very important to set boundaries for overall conduct of the event. This will serve as a guide and assist in decision making. Policy specifies the broad areas or limits in which decisions can be taken to achieve aims and objectives like decisions on finance or on technical issues, defining content of organizing, formation of committees etc.

Economy: Planning helps in cost reduction, as it increases coordination and financial control. Budget should be prepared in quantitative terms, covering all aspects of the sports events

which are to be conducted. It should focus on the quantum of funds involved, details of income and expenditure under different heads and various stages of approvals and disbursal.

Defining the course of action: Good planning fixes the procedure. Procedure describes the steps to be taken to accomplish a task keeping in view the policies and predetermined objectives. It helps in standardizing the work of committees, heads or individuals. It helps in structured achievement of the task at hand. In a nutshell, it is all about how policies will be implemented, or, who, how, when and what an individual will do as per the plan.

Rules and regulations: Guidelines comprising rules and regulations of games or tournament should be prepared and published well in advance to keep the scope for subjectivity and bias in judgement very low. It makes the process independent and self-sustainable.

Extension Activity

Working in your group, plan in detail the Interclass / Interhouse Basketball matches to be held in your school.

Share your plan with the class. Vote for the best plan.

Conduct a small tournament within your school keeping in mind the plan you have created.

Strategy: It provides the way through which an organisation can successfully achieve its goals, i.e., successfully conduct the event. To achieve long term goals the organisation must draw a strategic plan and rigorously follow the same. It provides direction in identification of resources, event requirements, and selection of personnel to meet with environmental threats or unforeseen risks. The organization can prove to be stronger, more capable and efficient by defining how its members can support the overall strategy. Strategic planning considers changes or anticipated changes in the environment that suggest more radical moves away from current practices. It helps to predict the future direction and provides the roadmap for achieving predetermined goals.

I.   **Tick the correct option**

Q1.   The basic function of management is:

    (a)   Controlling

    (b)   Budgeting

    (c)   **Planning**

    (d)   Organising

Q2.   A good plan should **NOT** be:

(a)   specific

(b)   logical

(c)   **autocratic**

(d)   flexible

Q3.   In planning, defining procedure means:

(a)   setting goals

(b)   making a policy

(c)   laying down rules and regulations

(d)   **defining course of action**

II.   Answer the following questions briefly

Q1.   Define Planning

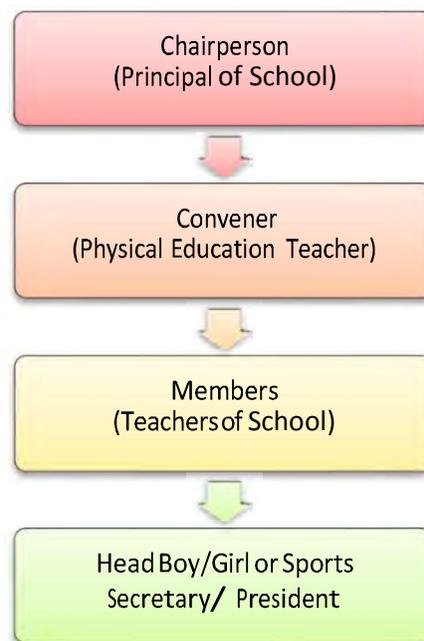Q2.   Explain objective of planning related to budget.

1.2.1 Formation of Committees

To organise any sports event, various committees are formed for its systematic and smooth conduct. As we have discussed earlier, to conduct sports events lots of professional planning and preparation is required. Formation of committees should be based on three levels of management – top, middle and lower levels. Depending upon the level or area of the sports event, people are chosen to appropriate committees. For example, for an intramural event, members of the governing body or the Principal will remain the top level of management, whereas in an extramural event, the Director/Deputy Director/Supervisor of the state/ zone may be at the top level of management.
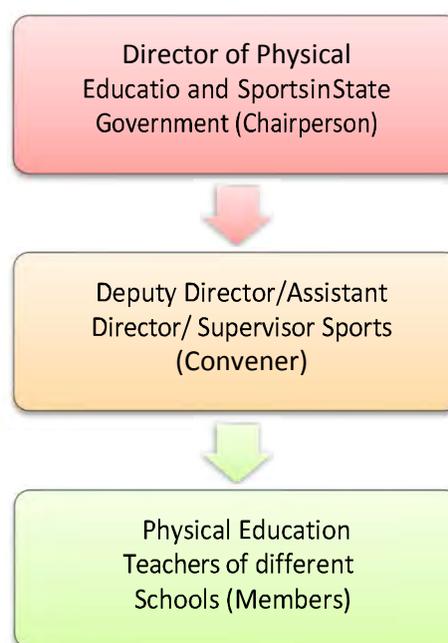
They prepare polices or aims and objectives of the sports event. Middle level of management consists of department heads, physical education teachers etc, to execute policies and achieve aims and objectives. The Lower level of management consists of teachers, administrators, finance officers etc. They implement the orders and directives of the top level.

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

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┌─────────────────────────────────┐
│          Chairperson            │
│      (Principal of School)      │
└─────────────────────────────────┘
                │
                ▼
┌─────────────────────────────────┐
│           Convener              │
│  (Physical Education Teacher)   │
└─────────────────────────────────┘
                │
                ▼
┌─────────────────────────────────┐
│           Members               │
│      (Teachers of School)       │
└─────────────────────────────────┘
                │
                ▼
┌─────────────────────────────────┐
│    Head Boy/Girl or Sports      │
│     Secretary/ President        │
└─────────────────────────────────┘
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Hierarchy of Organising Committee to conduct Extramural Event in Schools/ institutions

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┌─────────────────────────────────┐
│      Director of Physical       │
│   Educatio and Sports in State  │
│   Government (Chairperson)       │
└─────────────────────────────────┘
                │
                ▼
┌─────────────────────────────────┐
│    Deputy Director/Assistant    │
│   Director/ Supervisor Sports   │
│          (Convener)             │
└─────────────────────────────────┘
                │
                ▼
┌─────────────────────────────────┐
│     Physical Education          │
│    Teachers of different        │
│     Schools (Members)           │
└─────────────────────────────────┘
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There is no fixed number of committees to be constituted to organise a sports event; it depends on the number of participants, level of event, area of specialization, dedication of volunteers etc. By and large we can formulate 4 committees under an organising committee. Look at the following chart to study their details of work and their responsibilities:
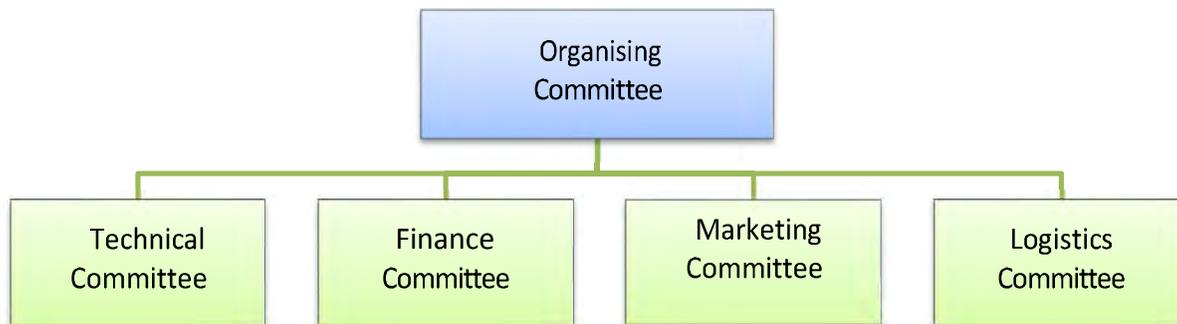
1.2.2 Technical Committee

This committee covers the technical aspect of the events like requisitions to procure sports equipment, conducting matches on time through selected officials (referees, umpires, judges, timekeepers etc.) for their respective games/sports.

Pre-sports event/ tournament: Before the event, it is the job of the Technical Committee to put forward a requisition to purchase equipment, invitation and confirmation from officials to conduct sports event, cleaning and layout of the fields, arrangement of equipment and stationery, preparation of fixtures, rules and regulation of the sports event.

During sports event/ tournament: While the tournament is in progress, the Technical Committee is responsible for conducting matches, presence of the jury, cleaning and layout of the fields, collection of score sheets and other related papers from officials, preparation of merit list, etc.

Post sports event/ tournament: After the event is over, the Technical Committee arranges for the cleaning and layout of the fields, maintenance of the field, and placing of all equipment back to store.

1.2.3 Logistics Committee

This committee has a wider scope of work ranging from transportation, boarding and lodging to refreshment, decoration and conducting ceremonies that form a part of the event. This committee may have various sub-committees as per requirement. The Logistics Committee looks after the Opening Ceremony, hires photographer/ videographer, makes arrangements for the Victory Ceremony and the Closing Ceremony including arrangement of refreshment, decoration, reception, entertainment, light and sound, Medical aspect etc.

Pre sports event/ tournament: It is the duty of the Logistics Committee to look after Placement/Arrangement/Requisition of purchase of stationery, chairs, tables, souvenirs, light and sound equipment, bouquets, sending invitations to stakeholders including other schools/ institutions and VIP guests, requisition of purchase of medals and certificates, arrangement of refreshments, arrangement of boarding and lodging, selection of volunteers, preparation of first aid kit and arrangement of medical facilities.

During sports event/ tournament: While the event is in progress, the Logistics Committee is responsible for the conduct of the Opening and Closing Ceremonies, checking registration, distribution of refreshment, management of spectators, handing over of medals and certificates, transportation of players/participants from place of stay to the field and back.

Post sports event/ tournament: After the event, the Logistics Committee supervises cleaning of the venue, and placing of the items back in their appointed places.

1.2.4 Finance Committee

The role of the Finance Committee is primarily to provide financial oversight for the event. It is involved in all aspects related to the finances of the sports event like planning, accounting, decision-making etc. Finalization of sponsorship, keeping an eye on inflow and outflow of finances, purchase of equipment and other items required for conducting the event, settling payments of officials are key areas of focus of the committee. It is the backbone of the sports tournament. It pitches to different companies and attracts them for sponsorships for the event.

Pre sports event/ tournament: Before the event, It is the responsibility of Finance Committee to prepare the budget, to purchase sports equipment, stationery, medals, certificates, and other requirements as desired by the other committees, as well as preparing and finalizing the MoU with sponsors.

During sports event/ tournament: During the course of the event, the Finance Committee keeps a check on the outflow and inflow of finances including payment and remuneration to officials.

Post sports event/ tournament: Once the event is over, the Finance Committee examines all records related to settlement of the bills and accounts, and prepares the financial report.

1.2.5 Marketing Committee

The Marketing Committee develops plans and strategies to place the event in the market with the purpose of generating publicity and sponsorships. Publicity can be done through various modes like social media, print media, TV, e-mail etc. and sponsorship can be generated in terms of cash or kind by making media partners, food partners, drink partners etc. through calling on, meeting various companies etc. Marketing Committee also organises campaigns related to the event.

Pre sports event/ tournament: The Marketing Committee prepares a strategy for arranging for sponsorships, publicity of the event, arranging meetings or calling on sponsors, preparation of MoUs for sponsorships etc.

During sports event/ tournament: The Marketing Committee issues press release(s), works with media, manages methods of communication, fulfils the requirements of sponsors as per MoUs, arrangement for telecast of event etc.

Post sports event/ tournament: Once the event is over, the Committee issues a press release, and may arrange for a re-telecast of the event.

Art Integration

Your School is hosting CBSE Regional Sports Meet. Plan and present a Folk Art for the Opening Ceremony.

Do You Know?

Check list to organising a sports event

1. Formation of Organising Committees
2. Establishment of Objectives
3. Theme of the event
4. Date of the event
5. Place of the event
6. Budget
7. Sponsorship
8. Marketing (Campaign)
9. Invitations to teams and guests
10. Conformation of teams
11. Logistics (Accommodations, Refreshments, Transportation, Medical Staff, Water, table, chairs, flags, notice board)
12. Checking on the sponsors

13. Drawing Fixtures and layout of field

14. Rules and Regulations

15. Arrangement of Equipment and score sheets

16. Arrangement of Referees and Prizes

17. Direction to the stadium (Sign posts)

18. Briefing of Volunteers and staff

19. Decorations

20. Practice and warm up Area

21. Security

22. Photographers

23. Approvals License and NOCs

Extension Activity

Working in groups, write a Press Release to be issued by your school regarding the District Badminton Championship hosted by your school.

I.   Tick the correct option

Q1.   The Committee responsible for liaison with Print media is

(a)   Technical

(b)   Logistics

(c)   **Marketing**

(d)   Finance

Q2.   Purchase of sports equipment is a work of _____ committee:

(a)   Technical

(b)   Logistics

(c)   Marketing

(d)   **Finance**

Q3.   Publication of rules and regulations should be done:

(a)   **Pre event**

(b)   During event

(c)   Post event

(d)   Any time during the event

II. **Answer the following questions briefly:**

Q1. What should be the role of technical committee while organizing the event.

Q2 Explain the role of marketing committee during the event.

1.3.1 Tournament

In sports, an individual generally supports a particular team or player to win the game. Winning helps that team or player reach the next round, and after a specified number of matches, a player or a team wins the Championship. While watching a tournament, you would have seen sometimes a player or team lose a game, and get eliminated from the tournament. However, in some tournaments they remain in the game despite losing. Why is this so? Basically, there are different types of tournament based on duration, cost, manpower, level, interest etc. that you will study here.

Thus, Tournament is a series of games or matches played among players or teams to determine the winner. It provides an opportunity to demonstrate skills, evaluate one's performance and motivate players to perform well, attract people towards sports to make sports popular and provide healthy entertainment.

A contest of many persons in some sport or game in which the competitors play a series of games.[7]

A series of contest between a number of competitors.[8]

A contest of skill in which players compete in a series of games.[9]

A series of games or contests that make up a single unit of competition of a professional tour or the championship play-offs of a league or conference.[10]

A competition for teams or single players in which a series of games is played, and the winners of each game play against each other until only one winner is left.[11]

1.3.2 Types of Tournaments

There are various types of tournament formats based on advancement or elimination criteria of players or teams. Study the three tournament formats listed below.

Knock – Out Tournament: In a Knock-Out Tournament a player or team continues to play matches until it is defeated. In this type of format, players or teams have to consistently give their best performance to avoid elimination. Such a tournament saves cost and time and makes each match intensive because of fear of elimination. Since fixtures are drawn on the basis of

lots, there is the possibility of a match between two good teams or players even in the early stages. In this system a good team can be eliminated even at the earliest stage due to getting defeated by chance or by accident.

League or Round Robin: In League or Round Robin Tournament, a player or team will play the matches that are allotted before the start of the tournament. Fixed number of matches are given to players and teams, and losing one or all can put them out of the tournament. Players or teams will get equal chance to play with each other. Thus, the true winner emerges from this format and ranking can be prepared for all participating players or teams. However, this format involves more money, time and facilities as compared to the Knock-Out Tournament and there is no provision of seeding for extraordinary teams and players.

Combination: They are the combination of Knock-Out and League format. Depending upon the need and importance of the tournament, Combination Tournaments can be Knockout- League, League-Knockout, Knockout-League-Knockout etc. These tournaments are conducted when there are (a) a large number of participants, (b) participants are spread in different areas, (c) venues are in different zones/places etc. In this format some of the demerits of Knockout and League Tournaments can be eliminated.

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                    ┌─────────────┐
                    │ Tournament  │
                    └─────────────┘
          ┌────────────────┼────────────────┐
   ┌───────────┐    ┌─────────────┐   ┌─────────────┐
   │ Knock-Out │    │  League or  │   │ Combination │
   │           │    │ Round Robin │   │             │
   └───────────┘    └─────────────┘   └─────────────┘
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I. Tick the correct option

Q1. After losing a match, a team will be eliminated from the_____.

    (a)   Knockout tournament

    (b)   League tournament

    (c)   Round Robin tournament

    (d)   None of above

Q2. Which of the following tournament helps save time?

    (a)   Knockout tournament

    (b)   League tournament

    (c)   Combination tournament

    (d)   Round Robin tournament

> **II.   Answer the following questions briefly:**
>
> Q1.   Differentiate between knockout and league tournament.
>
> Q2.   Write merits of league tournament.

1.4.1 Fixtures, Byes and Seeding

We have learned about three types of tournaments, Now we will study how we can draw the fixtures. In sports, the term *fixtures* refers to the programme listing which team (Team A) will play whom (Team B), where (venue), and when (time).

Definitions:

a sports event or its date[12]

"A sports match that has been arranged for a particular time and place" [13]

'Fixture is a process of arrangement the team in systematic order in various groups for competitive fights for physical activity'. [14]

Thus, tie or **fixture** or **heat** include multiple and progressive matches. In athletics and swimming the term **Heats** is used, in Tennis, badminton and other games we frequently use the terms **Ties** or **Fixtures**. For any tournament, unbiased draws of fixtures is a road towards the success. First, let us understand the words "bye" and "seed".

Bye - means a team is not required to participate in the primary round due to allotment of draws. It should be given to any participating team through random lottery system. In a tournament, bye is generally assigned to teams by the organizing committee not to play a round due to one of the several reasons:

- Uneven distribution of teams in tournament (In knock out tournament, number of teams equals to power of two [e.g., 8, 16, 32, 64, ….] and in League tournament, if there is an odd number of teams.

- Separate pooling of previous winners in same group to create even competition,

- to avoid one team from playing more matches on a single day than the other, so creating disadvantage for some.

Definitions:

The position of a participant in a tournament who is not paired with an opponent, usally in the first round, and advanced to the next round without playing.[15]

Some thing aside from the main course or consideration.

OR

A sportsman in a tournament who is without an opponent.[16]

The right to proceed to the next round of a competition without contesting the present round, often through nonappearance of an opponent.[17]

Seeding - is a process in which teams will be placed in such a manner that good teams that have a ranking or previous year's position etc. do not meet another team at an early stage of the tournament. This procedure is generally implemented to reduce the chance of elimination of good teams at an early stage. Procedure of allotting seeding is the same as given for byes.

Definitions:

The process or result of seeding players for competition.[18]

To arrange or schedule, as competitive teams or players, so that the most skilled are matched in the later rounds of play. [19]

To scatter or distribute(the names of players) so that the best players do not meetin the early part of a tournament. [20]

To rank a player according to the perceived likelihood of his or her winning a specific tournament [21]

1.4.2 Procedure for Drawing Knock - Out Fixture

Step 1

To determine the total number of teams that will participate in the Knockout tournament.

If the number of teams is: 2, 4, 8, 16, 32, 64, 128, ….. (Number being a multiple of Two) then there is no need of byes. You may see the procedure in Illustration : 1 and 2. If the number of teams is other than the given numbers, then byes will be given as per draw of lot.

Step 2

To determine the total number of matches to be played in the tournament, following formula will be used:

Total Number of Matches= Number of teams – 1 In case of 8 teams then

8-1= 7 matches (not including third place match)

If number of teams are 12 then

12-1= 11 matches (not including third place match) In case of 15 teams then

15-1=14 (not including third place match)

Step 3

The total number of teams are to be divided into two halves, namely Upper Half and Lower Half.

If the total number of participating teams are **even in numbers** the Formula will be:

$\frac{\text{Number of teams}}{2}$ = Teams in Upper Half or Lower Half

If total number of teams is 12 then, $\frac{12}{2}$ = 6, i.e., 6 teams will be placed in Upper Half and the remaining 6 will be placed in Lower Half.

If total number of participating teams are **odd in numbers** then Formula will be

$\frac{\text{Number of teams} + 1}{2}$ = Teams in Upper Half

$\frac{\text{Number of teams} - 1}{2}$ = Teams in Lower Half

If number of teams is 15 then

$\frac{15 + 1}{2}$ = 8 Teams in Upper Half

$\frac{15 - 1}{2}$ = 7 Teams in Lower Half

Thus, 8 teams will be placed in Upper Half and remaining 7 will be placed in Lower Half.

Step 4

After determining Upper and Lower Half Teams, byes will be given. We can determine the byes by finding the difference between the number of teams participating in the Tournament and next power of 2 of participating Teams in the Tournament. For example, if total number of Teams is 12, then next power of 2 will be 16.

16-12= 4 Byes. For **even numbers** byes will be placed in Upper and Lower Half.

$$\frac{4}{2} = 2$$

If total number of Teams is 19, then next power will be 32. 32-19 = 13 byes

For **odd numbers** byes will be placed in Upper Half = $\frac{13-1}{2}$ = 6 and Lower Half = $\frac{13+1}{2}$ = 7

Step 5

Allotment of byes in the fixture should be given in following order:

First bye will be given to last team of Lower Half,

Second bye will be given to first team of Upper Half,

Third bye will be given to last team of Upper Half,

[15]

Fourth bye will be given to first team of Lower Half

Same pattern will be followed after fourth bye till the remaining byes have been given.

OR

First bye will be given to last team of Lower Half,

Second by will be given to first team of Upper Half,

Third bye will be given to first team of Lower Half,

Fourth bye will be given to last team of Upper Half

Same pattern will be followed after fourth bye till the remaining byes have been given.

Step 6

Write the serial number (number of participants) in vertical order.

Divide into two halves as per Step 3.

Then place byes as per step 5.

Now place remaining teams through random lottery system from top to bottom or same pattern used to allot byes.

Teams having byes will not play their first-round matches.

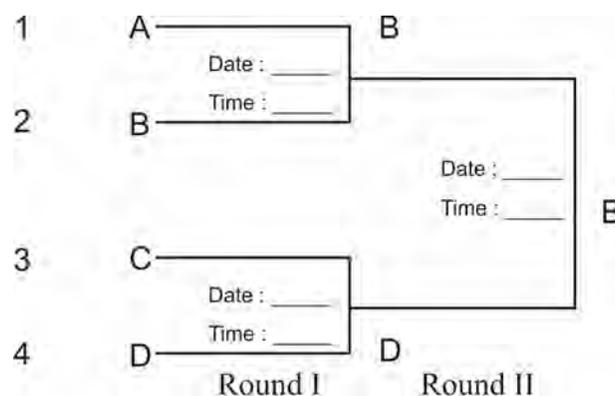Put Date, Time, Venue in front of the matches in fixture.

Illustration – 1

Total Number of Teams = 4

Total Number of Matches = 4-1 = 3

Total Number of Byes= since Number having power of Two, no need of bye Number of team in Upper Half = $\frac{4}{2}$ = 2

Number of team in Lower Half = $\frac{4}{2}$ = 2

Round I Matches

First match between A Vs B and won by B

Second Match between C Vs D won by D

Round II match or Finals

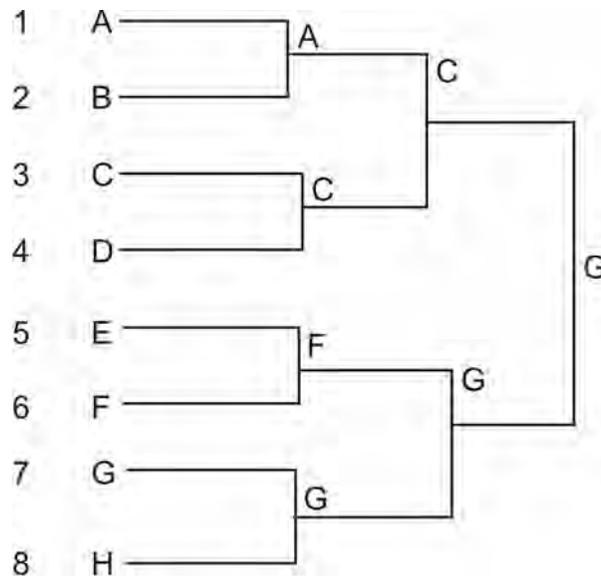Third match Finals between B Vs D won by B

Illustration – 2

Total Number of Teams = 8

Total Number of Matches = 8-1=7

Total Number of Byes= since Number having power of Two, no need of bye Number of team in Upper Half = $\frac{8}{2}$ = 4

Number of team in Lower Half = $\frac{8}{2}$ = 4

Round I Matches

First match between A Vs B won by A

Second match between C Vs D won by C

Third match between E Vs F won by F

Fourth match between G Vs H won by G

Round II Matches

Fifth match between A Vs C won by C

Sixth match between F Vs G won by G

Round III or Finals

Seventh match Final between C Vs G won by G

Illustration – 3

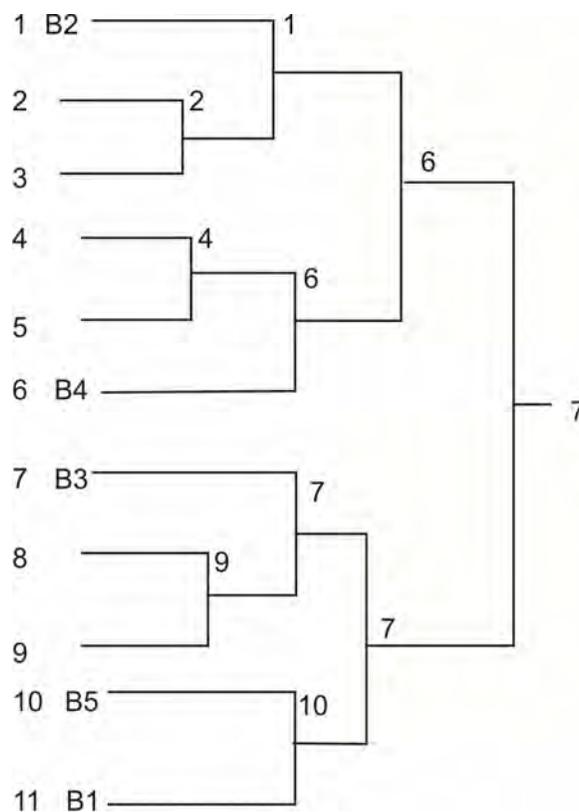Total Number of Teams = 11

Total Number of Matches = 11-1=10

Total Number of Byes= 16-11= 5

Total Number of Byes in Upper half = $\frac{5-1}{2}$ = 2

Total Number of Byes in Lower half = $\frac{5+1}{2}$ = 3

Number of team in Upper half = $\frac{11+1}{2}$ = 6

Number of team in Lower half = $\frac{11-1}{2}$ = 5

Round I Matches

First match between 2 Vs 3 won by 2

Second match between 4 Vs 5 won by 4

Third match between 8 Vs 9 won by 9

Round II Matches

Fourth match between 1 Vs 2 won by 1

Fifth match between 4 Vs 6 won by 6

Sixth match between 7 Vs 9 won by 7

Seventh match between 10 Vs 11 won by 10

Round III Matches (semi-finals)

Eighth match between 1Vs 6 won by 6 Ninth match between 7 Vs 10 won by 7

Round IV or Final

Tenth match between 6 Vs 7 won by 7

1.4.3 Procedure to Draw League or Round Robin Fixture

In League or Round Robin Tournament each team has to play once with all the remaining teams of the tournament.

Step 1

Determine the number of matches by applying following formula:

Number of teams = n

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

If teams are 6 then $\frac{6\,(6-1)}{2} = \frac{36-6}{2} = \frac{30}{2} = 15$

This means, 15 numbers of matches will be played in league tournament. If teams are 7 then 21 numbers of matches will be played in league tournament

Step 2

Here, we will study two types of methods to fix the team in league tournament namely Cyclic Method and Stair Case Method:

Cyclic Method

In Cyclic Method, one team will be fixed in position and the other will be placed in rotation to complete the cycle. In this method, two situations may arise, first if teams are even numbered, second situation if teams are odd numbered. Let's see how to set fixtures in these two situations.

[19]

Even number of teams in tournament does not require giving of any bye to any team and to find out number of rounds, formula will be number of teams – 1.

Total number of teams= 6 Total number of rounds = 6–1 = 5

I Round		II Round		III Round		IV Round		V Round	
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

In order to draw fixture for **odd number of teams** one bye will be given to one team in one round and in next round another team will get a bye. Rounds in the tournament will remain the same.

Total number of teams = 7 Total number of rounds = 7

I Round		II Round		III Round		IV Round		V Round		VI Round		VII Round	
7	Bye	6	Bye	5	Bye	4	Bye	3	Bye	2	Bye	1	Bye
6	1	5	7	4	6	3	5	2	4	1	3	7	2
5	2	4	1	3	7	2	6	1	5	7	4	6	3
4	3	3	2	2	1	1	7	7	6	6	5	5	4

Staircase Method

In Staircase Method, one team will be fixed on the highest step, and that team will play with all the teams of the tournament and in next step down, the next team will be fixed to play with other remaining teams and so on.

Total number of Teams= 7

A Vs B					
A Vs C	B Vs C				
A Vs D	B Vs D	C Vs D			
A Vs E	B Vs E	C Vs E	D Vs E		
A Vs F	B Vs F	C Vs F	D Vs F	E Vs F	
A Vs G	B Vs G	C Vs G	D Vs G	E Vs G	F Vs G

[20]

Details of Matches

Match No	Team A	Vs Team B	Date	Time	Venue	Result

Step 3

Determining the winner/merit in League Tournament.

In League or Round Robin Tournament winner/merit will be decided on the basis of points awarded to the teams. Example Winner = 5, Draw =3, Loser = 0. Points tally may be as follows:

S. No.	Teams	Match Played	Match Win	Match Loss	Match Draw	Total Points	Ranking
1	A	5	4	0	1	23	I
2	B	5	3	1	1	18	II
3	C	5	1	2	2	11	IV
4	D	5	0	4	1	3	V
5	E	5	1	2	2	11	IV
6	F	5	0	0	5	15	III

Tournament organising must fame the rules in regards to tie before the start of the tournament.

1.4.4 Procedure to Draw Combination Fixture

These fixtures are the combination of Knockout and League Tournaments. Same steps will be followed as are followed in Knockout and League fixtures. To draw League-Knockout fixtures, the following process will be executed:

League-Knockout

Team = 8 Matches = $\frac{8\ (8-1)}{2} = \frac{64-8}{2} = \frac{56}{2}$ = 28

Rounds in league = 7

League

Round 1	Round 2	Round3	Round4	Round 5	Round 6	Round 7
1-8	7-8	6-8	5-8	4-8	3-8	2-8
2-7	1-6	7-5	6-4	5-3	4-2	3-1
3-6	2-5	1-4	7-3	6-2	5-1	4-7
4-5	3-4	2-3	1-2	7-1	6-7	5-6

| S. No.	Teams	Match Played	Matches Won	Matches Lost	Matches Drawn	Total Points	Ranking
1	1	7	5	2	0	25	I(Q)
2	2	7	2	3	2	16	V
3	3	7	2	2	3	16	V
4	4	7	2	4	1	13	VI
5	5	7	3	2	2	21	II(Q)
6	6	7	4	2	1	23	III(Q)
7	7	7	1	4	2	11	VII
8	8	7	3	3	1	18	IV(Q)

Winner = 5, Draw =3, Loser = 0

Top four teams namely 1, 5, 6 and 8 qualify for knockout rounds

Tournament committee should form rules regarding placement of teams at semifinals before the tournament. Here we placed teams as per their ranking. Other patterns are

1.   first team may play with third and second may play with fourth ranked team or

2.   first ranked team may play with fourth ranked team and second ranked team may play with third ranked team or

3.   draw of lots may be another choice.
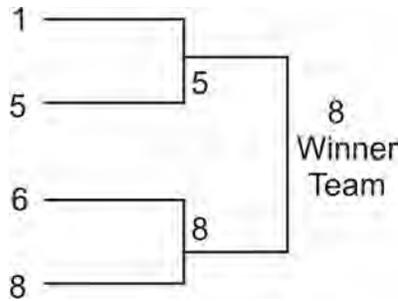
First semi-final match played between 1 vs 5 and won by 5

Second semi-final match played between 6 vs 8 and won by 8

Final match played between 5vs 8 and won by 8

Third place match may be played between 1 vs 6

Team 8 winner of the League-Knockout tournament

Team 5 is runner up of the tournament.

Do You Know?

FIFA World cup is world largest event in term of viewership in the world. In Football World Cup League-Knockout combination fixtures are drawn. Starting rounds are based on League system, there are eight groups from A to H, each group consists of four teams. Every team in the group has to play with the other three teams in the group. Top two teams from each group qualify for pre-quarterfinals based on the points table and then the knockout round starts till the finals.

1.5.1 Intramural

The meaning of the word 'intramural' is "within the walls". In context of sports, it refers to a tournament conducted within the walls of a single institution/ school/ community. Intramural competitions/tournament are conducted within players of one institution. The tournament may be an event/ game /more than one games and sports conducted in one day or more or in a month or a year, eg., Sports Day, Sports Festival, Athletics Meet, Swimming Meet, Badminton Tournament conducted among Houses, Classes, Hostels, Residents etc. of a school/institution.

1.5.2 Objectives of Intramural Tournaments

Intramurals are common and an integral part of educational organisation and communities, where teams are made among classes, houses or groups and competitions are conducted for engaging children and youth for deriving various types of benefits to the participants. Lets understand few important objective of intramural tournaments.
1.   To encourage mass participation in sports in an institution.
2.   To focus on all-round development of children.

3. To develop values like fair play, respect, friendship through sports.

4. To provide first opportunity to compete in a controlled environment.

5. To focus on fitness, wellness and health aspects of children.

6. To promote curricular integration through sports.

7. To help children to develop personality (first stage of leadership, control of emotions, corporation etc.)

Extension Activity

As the Sports Captain of your school, you are involved in the selection of students for participating in District/Region/Zone matches subsequently.

List out the criteria you will employ for selection of

(a) Individual Games/Sports

(b) Team Games/Sports

1.5.3 Significance of Intramural Tournaments

With all the above discussed objectives of intramural tournaments being implemented successfully, it surely brings lots of benefit to the participants. Such competitions conducted in a controlled environment with enough scope of all round development delivers enough significance to the event. Lets discuss few essential significance of intramural tournaments.

Selection for extramural: Intramural Tournaments provide an opportunity to select a player or team to participate in Extramural Tournaments. Players demonstrate skill and fitness in events which becomes the base for selection of a player or team.

Group cohesion: This is an opportunity where students from different Classes or Houses come together in a team, share their experiences, display cooperation and coordination and lead the team to win the game. Students from different background, and communities come together as a group and gain self-confidence, develop social relations, tolerance in culture etc.

Professional experience: As per the interest of students and need of institution, students become a helping hand in conducting the tournament which gives them good experience of officiating, in event management etc. In future, this experience helps them in professional and personal aspects.

Health: It helps in developing healthy and active lifestyle. Children enjoy the sports events because it is another medium to display their desired skills. It helps them to stay fit and healthy. Intramurals help in contributing to the physical, mental, social and spiritual well-being of children.

Recreation: Joy and entertainment are the outcome of Intramural physical activities. The elements of happiness and enjoyment are always there because activities are not so competitive, which makes intramural events successful.

Mass participation: Such activities are meant for all the students of the institution not only for sportspersons or players.

1.5.4 Extramural Tournaments

The word 'extramural' means "outside the boundary or walls". In Sports Extramural Tournaments are the tournaments conducted outside or beyond the walls of the organising unit that may be a school/college/institution. Such tournaments are conducted between two or more players/teams of different schools/colleges/ institutions. For example, Zonal, Inter-District, State, National or International Tournaments.

1.5.5 Objectives of Extramural Tournaments

Extramural tournaments are very popular and an essential part of educational organisation, and communities, where a common team represents a school, colleges or group and promote participating or organising various inter institution competitions for engaging children and youth into various types of benefits. Lets understand few important objective of intramural tournaments.

1.   To achieve high performance at highest level of the tournament.

2.   To develop the feeling of integration with other institutions

3.   To provide opportunities for choosing a career in sports

4.   To promote social, cultural, economic development through sports.

1.5.6 Significance of Extramural Tournaments

With all the above discussed objectives of extramural tournaments being implemented successfully, it surely brings lots of benefit to the participants. Participation and organisation of such inter competitions focusing to showcase talent and explore potentials among talented athletes delivers enough significance to the event. Lets discuss few essential significance of intramural tournaments.

Progression in performance: Extramural Tournament helps to lift the level of performance through the athletes and sportspersons gaining experience, learning to prepare tactics and strategies, developing fitness, psychological preparation etc.

Psychological factors: Extramural events help to balance psychological factors like stress, confidence, self-esteem, emotions, and promote qualities like leadership, team building, in students.

Level of fitness: As the level of tournament increases, gradually the level of fitness improves, that make an individual physically as well as mentally strong to compete at higher levels.

Socialization: Such tournaments held among different communities, regions, countries etc. increase cross cultural exchange, inter community association etc. in which individuals get a chance to know and understand different places, cultures, etc. which leads to closer ties.

1.5.6 Specific Sports Programmes (Sports Day, Health Run, Run for Fun Run for Specific Cause and Run for Unity)

Specific Sports Programme are programmes which are conducted for specific purposes. They may be conducted frequently depending on purpose like the Annual Sports Day of a school where the purpose is to demonstrate the skills and abilities of children. It is not necessary that such programmes be conducted frequently. eg., a company can conduct a run to promote its product, but after it has acquired publicity, the company may discontinue the run or they may continue it for a social cause like promotion of health and charity. The important point is, such specific sports programmes must be conducted by a team of professionals including personnel from physical education and sports. Chances of any mishap during the event may increase due to unprofessional or inexperienced people.

Sports Day- is one of the important programmes that feature in the annual calendar of most schools. It is an event to showcase children's abilities and prowess on the sports field to parents. It also reflects the organisational strength of the institution. To celebrate Sports Day at school the focus should not only be participation sports person, but the institution should aim at putting on a display of skills of all the students. Activities may be competitive in nature and highlight students' abilities. Major focus should be maximum engagement and involvement of students, parents, teachers and other stakeholders.

In recent times, Government of India is celebrating National Sports Day on 29th August on the occasion of birth anniversary of Major Dhyan Chand, a hockey legend.

Do you Know?

Fit India Movement was launch on 29th August 2019 on the occasion of birth anniversary of Major Dhyan Chand by Shri Narendra Modi, the Prime Minister of India. The purpose of the movement is to promote physical activities and sports in masses so that they stay fit and healthy and keep away from lifestyles diseases. He said "*Swasth vyakti, swasth parivar aur swasth samaj, yahi naye Bharat ko shresth Bharat banane ka raasta hai.*"

Health Run: Such kind of run is generally conducted for the purpose of improving the health standards in society and creating awareness about the importance of physical activities for maintaining good health or for raising charity. In this run, the purpose of the runners is not to

win, but to participate in the events. To get its full impact, a large number of registrations are required. There is no age bar for participants; it is not a professional race so there is no need to run a long distance. Such a run can be conducted by NGOs or health departments to spread awareness about health-related issues.

Run for Fun: The purpose of this run is to spread message of staying fit and healthy among the masses. Sometimes such races may be conducted to raise funds for a specific purpose. In schools such races attract children and their parents. These are friendly races and may be conducted for any age. However, the physical education teacher must be careful and plan meticulously to avoid any kind of accident or mishap. Age, mobility, types of movement involved should be taken care of. Examples of such races are lemon and spoon race, sack race, three-legged race, parent and child race, teacher and child race, banana race, road running etc.

Run for Specific Cause: This event is generally conducted to spread awareness about social issues like cleanliness, promoting green environment etc. The purpose of such events is to spread awareness among the masses for a definite cause or to generate charity. eg., the specific cause may be cancer, AIDS, gender inequality etc.

Run for Unity: In such a type of run the purpose is to promote the feeling of integrity and brotherhood in community, state, nation or among different religions. Such events help to develop bonding and a sense of togetherness among people.

Case Study

In the beginning of the annual academic planning for the school, a physical education committee meeting was held which included of the school Principal, teachers and student, alumni and parents. The agenda of discussion was to plan for comprehensive program for Physical Education and Sports for all age-groups and prepare a schedule of events along with recommendation for various sub-committees to conduct sports events. The team released the schedule of the events to be conducted in the current academic year.

As per interest and capabilities of students and teachers, various sub-committees were recommended. The sub-committee consisting of house teachers and students provided feedback about concerns regarding draws and fixtures in intramural school tournament where the best teams competed again each other in the initial rounds itself. The students also felt that sometimes the teams were not cohesive and did not display sportsmanlike behaviour on or off the field. They felt such situations were unseemly and could be avoided through a systematic process. There was also a need to increase the coordination among the committees with more defined roles and responsibilities of each member. To provide exposure to the potential athletes and for talent development, a proposal was put forward for hosting a state-level inter-school competition at school. To this end, the committees would need human resource, technical support and financial assistance. A new feature to the annual physical education programme, was the conducting of a mass run for crowd funding

and to promote integrity and peace. This could be sponsored by various NGOs and government agencies.

1. A suitable and systematic process for fixtures would be
   (a) Round robin
   (b) Bye to top teams
   (c) Draw of lots
   (d) Choice

2. Responsibility for Distribution of certificate should be the role of
   (a) Logistics Committee
   (b) Marketing Committee
   (c) Finance Committee
   (d) Technical Committee

3. The purpose for conducting a community run is for
   (a) Talent identification
   (b) Run for Publicity
   (c) Sports training
   (d) Crowd Funding

Q. What are the tips that you, as the Sports Captain, will give your teams regarding good sportsmanship?

I. Tick the correct option

Q1. National Sports Day is celebrated on
   (a) 19th August
   (b) **29th August**
   (c) 9th August
   (d) 28th August

Q2. Which of the races is run "to promote brotherhood"?
   (a) Run for Fun
   (b) Run for specific cause
   (c) **Run for Unity**
   (d) Health Run

II.   Answer the following questions briefly.

Q1.   Write any two types of Run.

Q2.   Write the objectives of Intramural.

Q3.   Write the significance of Extramural Tournaments.

III.   Answer the following questions in 150-200 words.

Q1.   How would you plan for an Intramural Tournament? Highlight any two problems you may encounter. How will you deal with them?

Q2.   Discuss a method you would choose to spread health awareness and harmony in your area. Support your answer with reasons.

Art Integration

Prepare a report on the Annual Sports Day of your school for publishing in a National daily.

Suggested Reading:

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