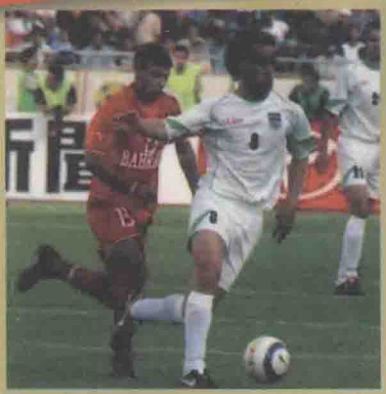
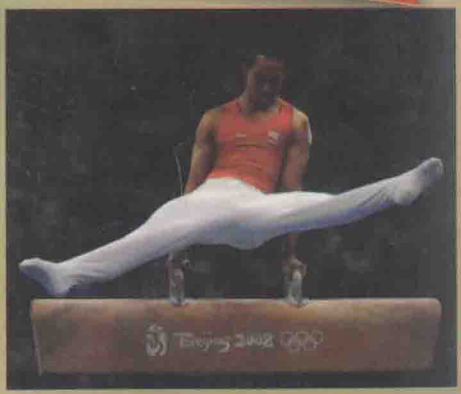
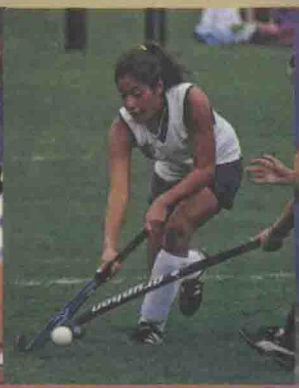
Book of RULES OF GAMES AND SPORTS







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Book of Rules of Games and Sports

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7/26, Ground Floor, Ansari Road,
Darya Ganj, New Delhi-110002
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Published by:

SPORTS PUBLICATION
7/26, Ground Floor, Ansari Road, Darya Ganj, New Delhi-110002
Ph.: (Office) 65749511, 23240261 (Mobile) 9868028838
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© 2010 Publishers

I.S.B.N: 978-81-7879-565-2

PRINTED IN INDIA 2010

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Laser Typeset by:
JAIN MEDIA GRAPHICS,

Printer :
Vishal Kaushik Printers
A-49, Gali No. 6, Jagat Puri Extn.,
Delhi-110093

Price: Rs. 595/-

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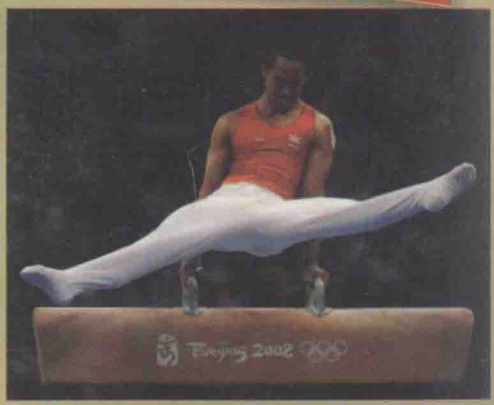

Dr. A.K. Srivastava

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1
Athletics

After studying these chapters, you will learn :

- *History of the game/sport.*
- *Latest general rules of the game/sport.*
- *Measurement of play fields and specification of sports equipments.*
- *Fundamental skills of the game/sport.*
- *Related sports terminologies.*
- *Important tournaments and venues.*
- *Sports personalities*
- *Sports Awards*

Introduction

Athletics refers to track and field sports and it consists of activites such as running, jumping and throwing. According to international rules which include many events such as sprints, middle distance races, long distant races, steeple chase, hurdel races, relay races, high jump, broad jump, triple jump, pole vault, shot put, discus throw, hammer throw, javelin throw etc.

The credit of organising and developing games, some sports and athletics etc. goes to Greece. They laid emphasis on the utility of such activities for human beings as is evident from the saying "Music for the soul and Gymnastic for the body."

The word Athletics is derived from the Greek word "ATHLON" meaning competition and those who took part in such competitions came to be known as, "Athletes". The ancient Olympic Games started in the year 776 B.C. in Greek.

Athletics was introduced in England in the 1100's but became popular only after the 1800's. Cambridge University competed against Oxford University in the first interversity athletics event. The New York Athletic Club met the London Athletic Club in the First International Olympic Games. The Olympics create interest in the world sports and women started participating in Olympic Games since 1800.

In the Indian history first athletic meet was held at New Delhi in the year 1924. This competition was organised by the efforts of Dr. A.C. Nehren of Y.W.C.A. Madras. The Indian Olympic Association was formed in 1927 that took the responsibility of organising national athletic competitions. India joined the International Amateur Athletic Federation in 1946. National championships in athletics have been conducted in India since the forties. Due to the popularity of athletics and an increased number of athletic competitions, a separate body for athletics alone, known by the name of Amateur Athletic Federation of India, was formed at Bangalore in the year 1946. This Federation started organising athletic competitions from 1948 onwards. The Amateur Athletic Federation of India conducts two national championships each year i.e, the All India Open Nationals in which athletes representing thier insititutions such as railways, services etc. take part and the Inter-State championships in which the athletes representing their states only take part. This association also selects athletes

for competitions abroad and organises training camps for them. All state association are affiliated to the A.A.F.I.

Planning and construction of 400m track the minimum length and breadth of the field required are 175.29m x 95.28m.

200 M Track

Total Running Distance of Track = 200 m

Straight length = 40 m

Distance of both straights = 40 x 2= 80 m

Distance of curves = (200 - 80) = 120 M

Radius of the Running Distance = 19.09 M

Marketing Radius Curve radius = 18.79 M

Formula for R.D.R = 2 L + 2π

= 200 (Track)

2 L (2 straight line) = 40 x 2 = 80

$$2\pi \; 2 \times \left(\frac{22}{7} = \frac{44}{7} \right) = 80 + \frac{44}{7} = 200$$

$$200 - 80 \times \frac{44}{7} = 120 \times \frac{7}{44} = 19.09$$

Marking Radius of Curve : C.R. (Curve radius)

= 19.09-30 cm

= 18-79 Mts.

Staggers. For 200 M Track :

Formula for staggers = (w (n - 1) - 10) 2π

W = Width of lane

N = Number of lane

10 = 10 cm

$2p = 2 \times \frac{22}{7} = \frac{44}{7}$

400 M. Track

Total distance of the track= 400 m

Length of Straight= 80 m

Distance covered by both Straight= 160 m

Distance covered on the curves 400-160 = 240 M

Radius of Running Distance= Formula

D.R.R. = 2 L + 2π= 400 M Track

2L = (2 Straight lines) = 160 M

$$2\pi = \left(2x \frac{22}{7} = \frac{44}{7} \right)$$

$$R.D.R = 160 + \frac{44}{7} = 400 \text{ M (Track)}$$

$$400 - 160 \times \frac{7}{44} = 240 \times \frac{7}{44} = 38.18 \text{ M}$$

R.D.R.= 38.18 M

Marketing Radius of Curve :

C.R. (Curve radius) = 38.18- 30 cm

= 37.88 M

Staggers for 400 M. Race : Staggers for Lane No.2

Formula : {W (N-1) - 10 } 2π }

$$1.22\,(2-1) - 10\text{ cm} \times 2 \times \frac{22}{7} = 1.22 - 10 \times \frac{44}{7}$$

$$= 1.12 \times \frac{44}{7}$$

$$= \frac{49.28}{7}$$

$$= 7.04\text{ M}$$

So straggers for seemed lane is 7.04 M

Staggers for 200 M and 400 M Run

Lane	Ist	2nd	3rd	4th	5th	6th	7th	8th
Stagger 200 Mts.	0.00	3.52	7.3	11.19	15.02	18.86	2.65	26.52 (in Mts.)
Stagger 400 Mts.	0.00	7.04	14.71	22.38	30.05	37.72	45.39	53.06 (in Mts.)

Hurdles

Measurement : The Standard height and distance of the hurdles shall be :

Distance of race (metres)	Height of Hurdles (metres)	Distance Starting line to first hurdles	Distance between hurdles (meters)	Distance last hurdle to finish (meters)
		Men		
110	1.067	13.72	9.14	14.02

400	0.914	45.00	30.00	40.00
		Women		
100	0.840	13.00	8.5	10.50
400	0.762	45.00	35.00	40.00

Width of hurdle : 1.20 m. Max. lenght of base : 0.70 m.

Weight : 10 kg. Width of the top bar : 70 mm.

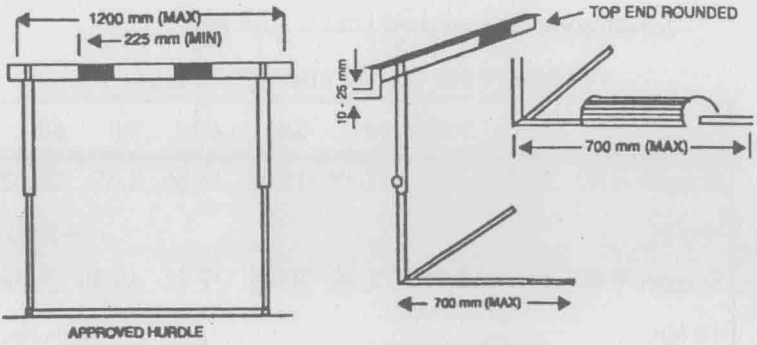

Fig. 1.1.

Jumping Events

Long Jump and Triple Jump :

Length of Runway (Max.) : 40- 45 m

Width of marking line : 5 cm

Length of landing area : 9 m.

Distance between take off board and landing area (Min.) : 1 m.

Width of landing area : 2.75 m.

Distance between take off board and landing area (for triple jump) (Min.) : 13 m.

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