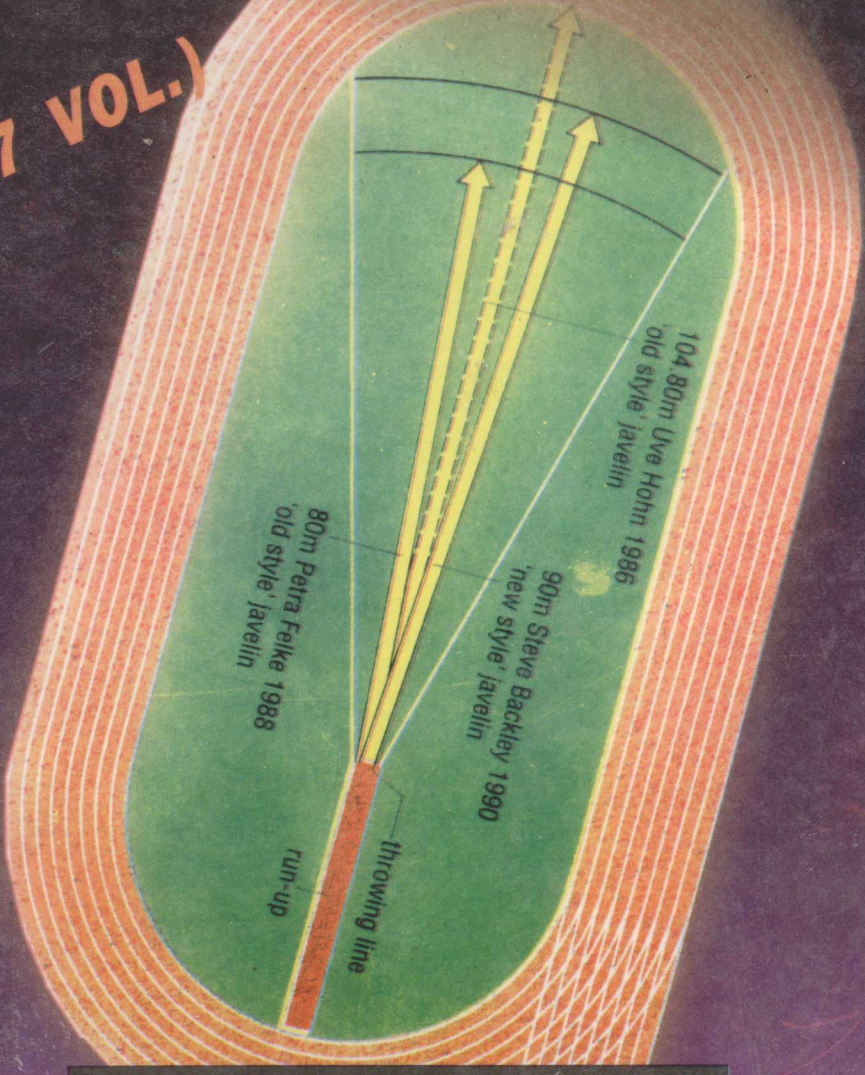
RULES OF GAMES AND SPORTS

(IN 7 VOL.)



SINKU KUMAR SINGH

RULES OF GAMES & SPORTS

(In 7 Vol.)

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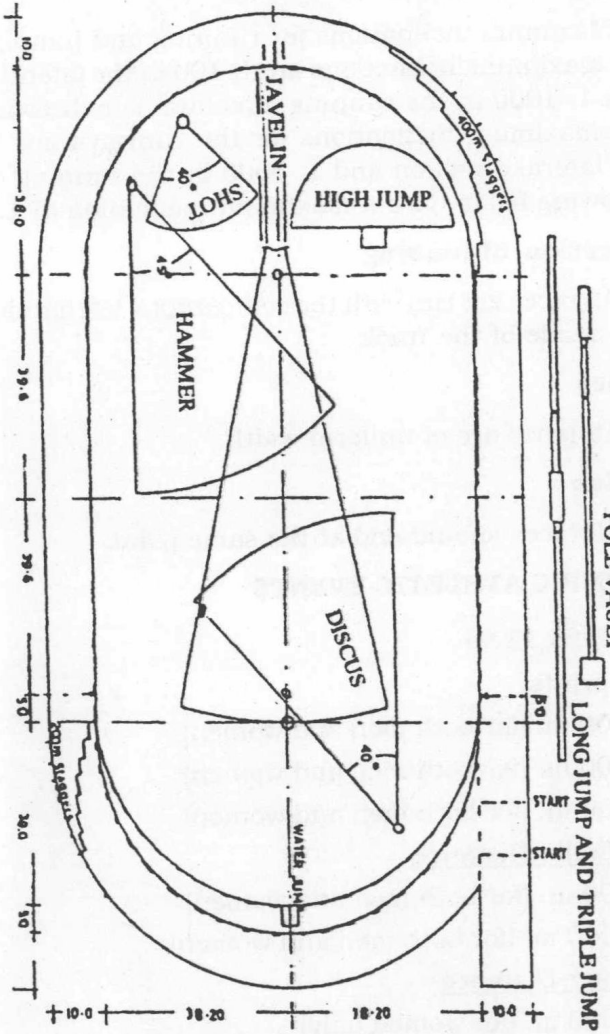
INTRODUCTION



Athletics comprises a wide range of events and demands a variety of different skills from its participants. There are two broad categories of athletic events—track and field. Track programs are made up of sprint, middle distance, relay, hurdle and walking events. Field programs include throwing events and jumping for distance and height. Also Marathon and long distance walking events take place outside the stadium on roads.

Maximum inclinations for running and jumping events the maximum inclinations are 1: 100 in the lateral direction and 1: 1000 in the running direction. For throwing events the maximum inclinations for the runways are 1: 100 in the lateral direction and 1: 1000 in the running direction; throwing fields have a maximum inclination of 1: 1000.

Direction of running

All races are run with the competitors' left hands towards the inside of the track.

Lanes

All lanes are of uniform width.

Finish

All races should end at the same point.

OLYMPIC ATHLETIC EVENTS

Track races

Sprints:

100 m. (for both men and women)

200 m. (for both men and women)

400 m. (for both men and women)

Middle Distance

800 m. (for both men and women)

1500 m. (for both men and women)

Long Distance

3000 m. (for women only)

5000m. (for men only)
10,000m (for both men and women)

Relays

4 × 100 m (for both men and women)
4 × 400 m. (for both men and women)

Hurdles

100 m. (for women only)
110m. (for men only)
400m. (for both men and women)

Steeplechase

3000m. (for men only)

Road Races

Marathon (for both men and women)

Walks

10 km. (for women only)
20 km. (for men only)
50 km. (for men only)

Throwing Events

Javelin (for both men and women)
Shot Put (for both men and women)
Discus (for both men and women)
Hammer (for men only)

Jumping Events

High Jump (for both men and women)
Pole Vault (for men only)
Long Jump (for both men and women)
Triple Jump (for men only)

Combined Events

Decathlon (for men only)
Heptathalon (for women only)

2

EQUIPMENTS

Clothing should be light and well fitting, but should allow maximum freedom of movement. The track suit should be loose and airy. Athletic clothing must be clean and so designed and worn as not to make an indecent display of the competitor's person. The shoes are the most important part of clothing of an athlete but it is important that he should pay attention to other items of his clothing-jersey, pants, warm-up suit, socks, and supporter. Spiked shoes may be worn in Steeple chases, comprising hurdles, and water jumps, but shall not be allowed in obstacle races.

An athlete must wear at least a vest and shorts which are clean and so designed and worn as not to be objectionable. The clothing must be made of material which is not transparent even if wet. Competitors may compete in bare feet or with shoes. The purpose of shoes is to give protection and stability to the feet and a firm grip of the ground.

Dress

Clothing must be clean, non-transparent, even when wet, and designed and worn so as not to cause offence.

Numbers

Competitors must wear numbers. In the high jump and pole vault competitors may wear one number on either

their back or their front. Competitors in all other events must wear numbers on both their back and front.

An adhesive number for side of shorts may also be required, if photo finish is used.

Jersey

The track jersey that an athlete wears should not be too tight or too boggy. If it is too tight, an athlete will feel uncomfortable very soon. If it is too loose it would get in the way an athlete's performance. It should be light and of washable material. With this in view, cotton or rayon is preferred. Normally the shirts are without sleeves. Some athletes prefer T-shirts. The T-shirts should be large enough to prevent binding under the arms.

Trousers

The trousers as in the case of shirts and jerseys should be of light weight material and should be easily washable. The pants should not fit tightly at the waist and should not hamper free movement of legs. It is better to use an elastic waist than a draw string.

Warm-Up Suit

An athlete has to get and keep himself warm. The warm-up suit is made of wool though it is a bit costly. Considering the cost some athletes use the cotton fleece-lined suits.

Socks

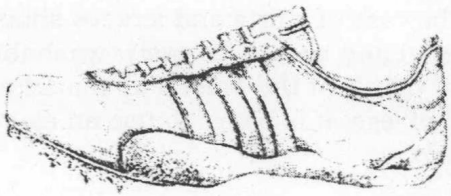
Athletics do not have to wear socks but these can act as an extra cushion and make feet feel more comfortable. As an athletes feels greater freedom of ankle movement and as the feet become toughened, many athletes prefer not to wear them. If socks are used , they should better be of lightweight cotton. They should be white in colour as the

colour or socks can cause infection because of the dye along with the perspiration getting into any cut or blister on the foot.

Heavy sweat woollen socks should be avoided except in long races. A little wax or soap can also be applied inside of the sock in long races to prevent blisters. For protection of the toes some athletes wear chamois "pushers". This also gives freedom to ankle movement.

Supporter

Supporters are available in small, medium and large size. Supporters of exact waist size is also available but these are a bit costlier. The supporters should be comfortable and not fit tightly. These should be easily washable. A wet pouch is preferred by track athletes.



Shoes

Shoes with a maximum of eleven spikes in the sole are worn for track running events.

The shoes are the most important part of dress of an athletes. These have been designed or developed keeping in view the conditions of play. There are some runners who land on their heels or land with inside edge of their foot. Some are road runners while others are walkers. Some have to do indoor work while others do cross country running.

The type of shoe to be worn depends on the nature of the event. It means a lot of difference in keen competitions. The shoes used by walkers are without spikes. Spikes are not of any use. Similarly spikes are not used in the shoes

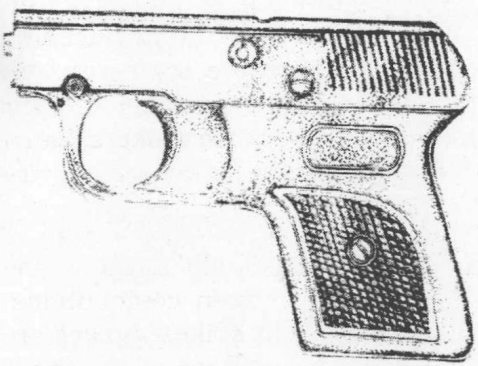
for indoor work and cross-country running. In case of the latter, part of the course is on pavement. So, in their case the spikes are prohibited or serve no purpose. The shoes in such cases are similar to the leather shoes. The shoes of road runners have been developed keeping in view the stress being faced by them. These are made of strong canvas and soled with crepe-rubber. The shoes used for track events are light weight with spiked soles which provide best grip and speed on the track. The maximum runner of spikes fixed in the sole should be eleven. However, in most of the cases the front sole has six spikes. These are fixed relatively close to the centre. Some fast runners prefer shoes with only four spikes. The athlete feels light and has to drag less.

Shoes for Shot Put Events should be without spikes since a concrete surface is recommended for within the circle.

Shoes for Javelin Throw Events should have sole and heel spikes. A maximum of eleven spikes with a maximum 12mm length and 4mm diameter is permitted.

Shoes without spikes should be worn for both discus and hammer throw events.

Shoes with heel spikes and plastic heel cups are recommended for high jumping events.



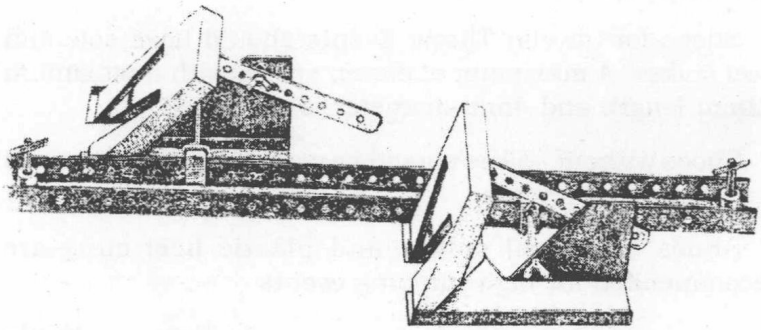
For triple jumping events, the shoes with heel spikes are recommended for use on grass. Plastic heel cups may be used to protect the heel bones.

Pistols

Races are started by the report of a pistol or similar apparatus, fired upward into the air.

Starting Blocks

Starting blocks may be used in individual races up to and including 400 m and by the first runner in relay races. They must be constructed entirely of rigid materials. They may be adjustable, but must be without springs, or any other device whereby the athletes might obtain artificial assistance. Athletes in the set position must have both hands in contact with the track.



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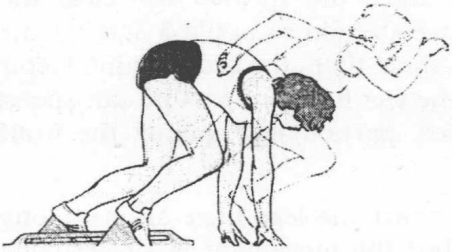
SPRINTING



Sprint starting

The fundamental purpose of sprint starting is to be able to accelerate the body mass with the greatest possible efficiency. The legs generate the power to accelerate the body mass. This leg power must not be dissipated. A runner performing a fast start is similar to a sports car starting in bottom gear. The tread on the tyres which causes friction with the road surface is replaced by the spikes on the running slow. The starting blocks also help to prevent the sprinter from getting 'wheel spin'. In accelerating the human body, the legs must operate in such a way as to work beneath and behind the body mass. During acceleration it is a simple but important point to realise that the body must be tilted forwards. In a good starting position the body must be 'set' in such a position that when the gun is fired the legs are able immediately to exert force to drive the body down the track.

Block spacings

Much experimental work has been done in recent years in an attempt to determine the most effective starting position. Mostly this work has been concerned with the forces applied against the starting blocks at various foot spacings. None of the experiments is 100% perfect, and

discerning coaches will continue to use certain of this information but rely on their 'look' of the situation and the feel of the individual sprinter when setting him up in blocks.

From the work of Franklin Henry in the USA it would seem that a 'medium' spacing of the feet, i.e. about 16 inches between blocks, produces a mechanically sound action. The feet are too close together in what was once called 'bullet' or 'bunch' start, the sprinter will clear the block quickly, but because the forces applied against the blocks operate for only a short time, the acceleration factor is less impressive. With the feet further apart he can spend more time applying force, particularly against the front block.

If the feet are too far apart the legs have an even long time in which to work, but the movement is slower. One must, therefore, find for each individual an optimum spacing which will balance speed and work; 16 inches 40 cms seems to be a reasonable mean, although in practice the majority of sprinters prefer an in inch or two less than this. Strangely enough it doesn't seem to make a great deal cf difference if the athlete is tall or short, a variation of only an inch or two either way soon produces a sound position. One further conclusion of Henry's work is worthy of mention: 'Although the rear leg develops considerably more force than the front, the latter contributes twice as much to the block velocity because its impulse is of longer duration'.

It is usual nowadays for sprinters to have their own blocks which are either home-made and tailored to the needs of the individual or are commercially produced and then adapted. The angle which the face of the front block makes to the ground should be 60°, the rear block 85°.

The face of the blocks should be cut away to enable the spikes to go through them so that the sole of the shoe can press against the block's face. The blocks must be rigid and firmly fixed into the track. When starting on a cinder