



## Rules

### Why do we have rules in sport?

All sports have set rules or laws. It is these rules that determine the format of the game and provide structure and discipline. The four main reasons for rules are to provide-

1. Clear boundaries
2. Develop competition
3. For clear methods of victory (winning)
4. To maintain health and safety of players

Rules are determined by the international governing body for each sport. It is the role of **National Governing Bodies (NGBS)** in the UK to work closely with these **International Governing Bodies (IGBs)** to ensure that rules are observed by officials, clubs and performers during organised competitions.

### Key terms

**National Governing Body (NGB)**- an **organisation responsible for the** promotion and development of a particular sport at a national level.

**International Governing Body (IGB)**- an organisation responsible for the promotion and development of a particular sport at an international level. For example, FIFA.

**Regulations**- rules in sport that are controlled by an authority (a National Governing Body).

## Regulations

Regulations are the rules or principles that are applied consistently in a sport. These differ across all sports, which is why each sport requires a regulator, or Governing Body.

### Players and participants

Different sports have a different number of players participating in competitive situations. Sports such as golf, tennis, gymnastics and athletics are usually considered individual sports (with some exceptions- e.g doubles in tennis).

Other sports such as rugby, hockey, basketball are team sports and have restrictions on the number of players allowed to play at any one time.

### Equipment

In one form or another all sports require equipment. It may be the specific protective equipment which the performers are required to wear to reduce or prevent injury (e.g. track cycling-helmet). Or it may be the equipment which is required to play the sport, such as goalposts in a football game, or a rugby game, the racket in tennis, the high jump bar or the netball ball and posts.

### Scoring system

Every sport has a different method of scoring. It is important that as a performer in a sport you are aware of the requirements of winning. Some methods of victory are-

- Most goals
- Most points
- Longest time
- Shortest time
- Longest distance
- Most games
- Most sets
- Aggregate



## ASSESSMENT

For your end of unit (half term) assessment, you will be required to complete the following task:  
Multiply choice test on rules, regulations and health and safety in sport.

### Examples

**Rules** = what are abided by when playing a game e.g. in rugby no high tackling, in football not allowed to handle the ball, netball cannot throw the ball more than 1/3 of the court, in hockey you cannot tackle from behind, in cricket if your front foot oversteps the line it is a no ball .

**Regulation** = what is needed and applied to play the game e.g. ball sizes and weights, goal sizes, pitch layouts and dimensions, kit to be worn, number of players on a team, playing surface material, Scoring system = what is required to register a score/point and what is needed for victory i.e. what counts as a win.

### Health and safety

A major responsibility of officials in sport is to ensure that every event is carried out safely, in order to protect players, spectators, coaches and officials.

Officials should carry out safety checks before, during and after a sports event.

These should include checks of:

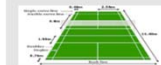
**Equipment-** to ensure that equipment is suitable, in good condition and has no chance of causing injury to the sports performers.

**Facilities-** the area in which the competition is going to take place must be safe for spectators. Playing surfaces must not pose a risk of injury to sports performers.

Can you think of any rules in badminton?

## BADMINTON SINGLES RULES

Play Some Badminton Correctly



### 1 LINES

Remember long and narrow. Inner vertical lines, outside horizontal lines for everything. Anything in the space of these lines including touching the line is in and everything else is out.



### 2 POINTS

Not dots, but badminton points. Hit it in on their side or have your opponent hit it out on your side. As simple as that.



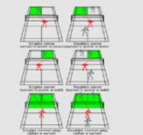
### 3 DON'T HIT ON THE OTHER SIDE

If you hit the shuttle on the other side or touch the net, you lose.



### 4 SERVICE HEIGHT

1.15 meters. Or if you're a casual player, below the waist.



### 5 EVEN RIGHT, ODD LEFT

You have an even score? Right side. Odd score? Left side.



### 6 CHECK TOURNAMENT SPECIFICS

Every tournament is different. Check to make sure.