
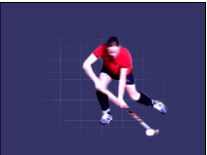
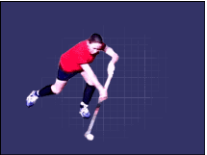


<b>Rules, Regulations &amp; Skills</b>	
<b>Rule or Laws in Sport</b>	<p><b>This is a restriction on a game that that should be followed throughout the game.</b></p> <p>Rules are set out by the governing body of each sport to ensure that rules are observed by players, coaches and officials.(Each sport has its own national governing body) Athletics – UK Athletics</p> <p><b>Unwritten rules – contribute to fair play</b></p> <p>Respect to other players Respect towards coaches and officials Playing within the rules Equality for all sports performers</p>
<b>Regulation</b>	<p><b>This is a restriction on how your game is played, these are normally in place before the game is started, the game cannot start unless these are correct</b></p> <p>The following are regulated by the governing body</p> <p>Number of player – how many in a team Playing surface – surface types Equipment – Specific equipment needed for sport or safety Health and Safety – many regulations to prevent injury Facilities - court, pool or track size Time – Duration of the match, intervals or stoppages Officials – Clear roles and responsibilities to ensure application of the rules. Scoring Systems – normally the team with the most points is the winner.</p>
<b>Application of the Rules</b>	<p><b>Officials apply the rules of the game, they need to make decisions when an offense has occurred and decide what to do next.</b></p> <p>Officials will stop the game explain what is happening and what will happen next.</p>
<b>Roles of Officials</b>	<p><b>Different sports require different types of officials, each with their own roles and responsibilities.</b></p> <p>Umpires - Main decision makers - Cricket Referee – Ensures that all the rules of the game are followed - Football Judges - The judge observes the performers against a set criteria – Gymnastics Time Keepers – Restriction on time played, monitor time Starters – In charge of monitoring false starts - Swimming</p>
<b>Responsibility of Officials</b>	<p><b>Officials in each sport have a defined set of responsibilities.</b></p> <p>Appearance – Performers and officials wear specific uniform but different to identify whom is who. Equipment – Officials responsibility to ensure appropriate equipment for sport is available and safe. Qualifications – Officials have a recognised officiating qualification for their sport Fitness – Some sports require a high level of fitness to keep up with the field of play. Interpretation of the rules- Officials responsibility to apply and the rules and if broken then they are to take appropriate action. Control of Players – Officials ensure that the sport is played in a safe manner, if dangerous officials can sanction players. Effective communication – Officials ensure that players are aware of decisions and control players. Verbal and non- verbal communication Health and Safety – Officials are responsible for players, spectators, coaches and officials before during and after sporting events. Fair Play – Officials should promote fair play at all-time applying the rules fairly and consistently.</p>

<b>Skill</b>	Necessary for effective performance in your sport. For example, in Hockey skills needed include dribbling, passing and hitting the ball
<b>Technique</b>	<p>How to perform the skill. The technique to perform push pass for hockey is shown below</p> <p><b>STEP ONE</b></p>  <p>Your hands should be approximately 30cm apart with the left hand near the top of the stick and the right hand further down. Keep your eyes on the ball, with your feet apart and knees bent.</p> <p><b>STEP TWO</b></p>  <p>Make sure your back foot is roughly in line with the ball. Keep your stick in contact with the ball as you begin to shift your weight from back to front foot.</p> <p><b>STEP THREE</b></p>  <p>Follow through keeping your stick in contact with the ball for as long as possible, increasing the speed of your stick head as you near your front foot.</p>
<b>Tactics</b>	<p>A tactic is a game plan made before the start of the game to play against your opponent's weaknesses and to your own strengths Tactics: appropriate to selected sports e.g. positioning, choice of strokes and shots, variation, conditions, use of space</p> <p>In Football an example of a tactic is Tiki Taka which is defined by short, intricate passing and fluid movement between every player on the field, the key to its success is overloading the midfield area with technically skilful players who can retain possession of the football for large periods of the game; adding intelligent, nimble attackers who are able to create space and drag the opposition out of position.</p>