

THROUGH SPORTS TO LAW ABIDING CITIZENS

Sports are very popular events in the life of a student. Specially among the young. Hence you are well aware that every organized game or any other game that you all get together and create, have rules and regulations. What would happen if there weren't rules to play any game? The game will not continue, for it will end up with arguments when each one tries to implement his own rule. It becomes uncontrollable or drag on with disappointment, disgust, displeasure, anger till it ends up with verbal or physical assaults. Thus you will realize that rules and regulations are necessary to discipline a game as well as individuals. Rules are fixed conditions, regulations can be changed to suit the game. We learn the concepts of "fair play" at a competition for it is a place where rules and regulations are strictly observed for fair play and fair judgment.

Even if you get defeated, in spite of playing the game to rules and regulations you feel happy, your emotions are controlled, because you know, the rules and regulations, have overpowered your anxiety, your interest, for a better skilled side. You are trained by yourself physically, mentally and socially to accept that you are not so clever as the other. This attitude that is formed in you at this age will marvelously guide you to be a law abiding citizen in future. Experience you receive in the playfield will mould your emotions. You will also learn to accept defeat and victory, be patient, tolerant, bear cheer and insult with the same spirit. You may lose but you are respected and appreciated for your fair play. You'll have admirers, friends, well wishers and faithful people.

Importance of conformity to rules and regulations and ethics

In any game whether it be a minor game, lead up game or a major game that you participate, even if you have excelled in your skills, you have to follow the rules and regulations and the ethics pertaining to the game.

There are disadvantages in violating rules. You are penalised like losing a turn, losing a point, losing a membership, you will be removed from the competition or banned for a few years.

This will bring discredit to you as well as to your team, your school, your supporters, your parents, your coach, teacher, your home town, your country. You lose your friends. Your emotions are disturbed. Your self esteem, self confidence weakens. You become a socially unfit person.

You will now comprehend that conformity to rules and regulations and ethics will not ruin an individual.

You must endeavour to be a fair and honest player to build up qualities in life. Following are the qualities that will be of immense benefit to you now, as well as in future to be a socially accepted person.

- Determination
- Dedication
- Accept defeat or victory
- Systematic and methodical
- Respect other's talents.
- Understand the responses of spectators
- Respect the referees and their judgment
- Be courteous, friendly and patient
- Not over asseseive about yourself.
- Not be selfish and over confident.
- Correct decisions.

You will never be in peace if you cheat or deceive expecting only to win some how, because your conscience is not clear. Your inner self always will tell you that you have cheated.

But if you are a law abiding individual, the various experience you gain now and in future will make you a law abiding citizen. You will be respected and accepted by others. This will provide you opportunities for leadership and succeed in obtaining personal contentment and glory. Your contributions to your home, neighbourhood, your school, your friends will be recognized. You will always protect the law of the society, in your environment and in school. It is easy for any one to associate you.

The consciousness that you are being watched or the society at large is expecting you to be an individual who follows the laws of the society, culture and traditions and willing to accept and follow the advice guidance of your parents, elders, teachers, well wishers will make you a worthy citizen of the country.

You will be able to understand your duties and responsibilities to your parents, elders, neighbours, school.

You can be an asset to your friends and play the role of a faithful honest friend to your peer groups.

You could always try to guide any one on the correct path with the training you have received from the play field, to be honest, determined, take defeat as a step to victory, will power, not to give up till you succeed, work in a group without trying to outshine all, in a frame of rules and regulations.

You must understand that if all of us can be law abiding our world will be a wonderful place for every one to live in peace.

Assignment

Your school team took part in the zonal meet. You all were champions last year. This year you lost at the finals.

What have you got to say about

- your skills of play.
- conformity of rules.
- your coach / teacher
- contribution from your parents.
- the team spirit.
- judgment of umpires
- contributions from the school