



Let us respect rules, regulations and ethics in sports



Think of the minor games you play with your friends in your free time. Can you remember the rules of those games? For example, in "Gas maru kireema" (changing trees) the player who is not able to claim a 'tree' has to go to the center; in "Kawda raja" (who is the king) the players lose the game if they step over the boundary; in hopscotch, players are disqualified if they step on a line. Can you remember how these rules made it easier for you to enjoy the game without having an issue with other players?

Talented sportsmen and sportswomen became world famous, after their distinctive achievements in international sporting competitions. However, it was later discovered that some had used banned performance enhancing drugs and food supplements to achieve these distinct victories. When this was discovered, they were banned from competition and their medals were rescinded. This is an example which shows us that there are rules and regulations in sports and we must follow them and engage in sports in an ethical manner.

After studying this chapter you will understand the importance of following rules and being polite, in sports as well as in day-to-day life. Also you will get to know, engage in sports will give you the ability to respect each other and cope with different opinions.



Rules and Regulations in sports

Rules and regulations in sports are the norms that have been imposed for the conduct of the sport and for the safety of sports persons. These rules differ from sport to sport.

Violation of the rules and regulations is a punishable offence. These rules and regulations could be changing according to timely requirement.



Ethics

Virtues and traditions needed to maintain rules and regulations are known as ethics.

Rules, regulations and ethics in sports are helpful to maintain the dignity and honour of the game. If not for rules, regulations and ethics, there would be no discipline when engaging in sports and that would lead to conflicts.



Figure 6.1 - Accepting victory without causing conflicts.

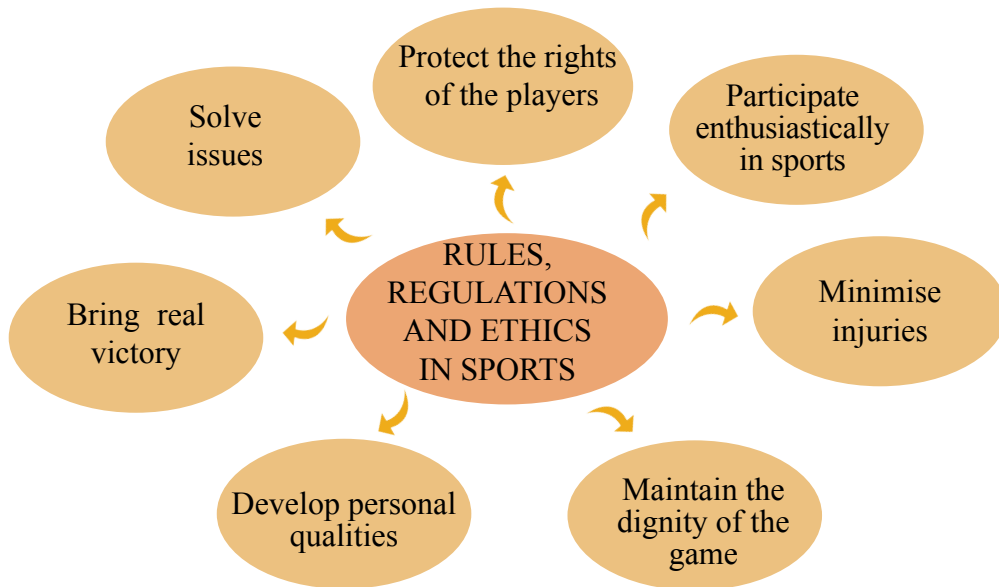


Figure 6.2 - Accepting defeat without causing conflicts.



Importance of rules, regulations and ethics in sports

Table 6.1



When rules, regulations and ethics are observed in sports, the confidence in the game will be increased and everyone will be interested in participating. Such sporting events will be exciting and interesting to the spectators, thus increasing their participation as well.



Figure 6.3 - Group of excited spectators watching a game.

The main objectives of any sport are participation and enjoyment. Observing rules in sports are important to achieve this objective. Like wise spectators have to enjoy the game in a decent manner.

When engaging in sports, we have to work together with different types of people. What we learn from such an experience will help us to develop our personal qualities and abilities such as:

- Team work
- Ability to listen to and respect the opinions of others
- Respect leadership
- Patience
- Ability to accept victory and defeat gracefully
- Endurance
- Discipline
- Ability to handle stressful situations successfully.

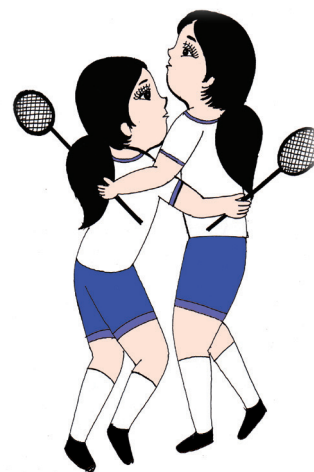


Figure 6.4

Observing these characteristics will also be very useful to you in the future.

To minimize injuries when doing sports, participants should pay attention to the following facts:

- Observe rules and regulations
- The playground should be prepared according to requirements
- Standard equipment must be used
- Use suitable clothes and shoes
- Methods of training should be appropriate to the age
- Employ qualified coaches or trainers.

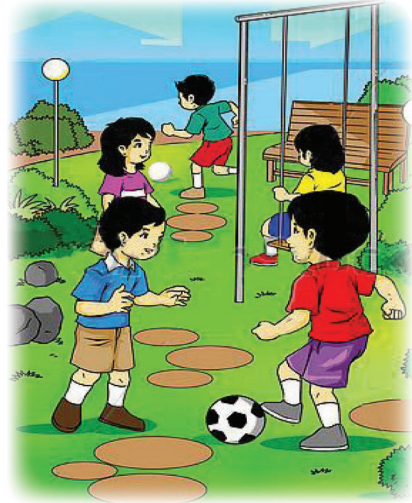


Figure - 6.5

When select participants for a sporting event from a pool, must always be done according to their talents and in a transparent, ethical way, considering the best for the team as a whole. It would make the task of selection more convenient and would prevent disagreements and dissatisfaction.

When you are able to apply dedication, interest, obedience and politeness you show in sports in your day-to-day, activities you will be able to make your life successful.

The following are some of the difficulties we will face if we do not follow rules, regulations and ethics in sports:

- Being disqualified from the game
- Facing bans from competitions
- Being subject to the scorn and disrespect of others
- Losing friends
- Becoming a person who is not respected or recognised by the society.



Figure - 6.6

Personal advantages of observing rules, regulations and ethics in sports

Learning to observe the rules, regulations and ethics in sports will add a number of virtues to your life. You will be able to build up

positive relationships in society as a result of such virtues you possess. Observing rules and regulations and respecting ethics in your day-to-day life with members of your family as well as your friends will help you build healthy relationships with them. If we are able to encourage a greater number of friends to engage in sports and also to observe the rules, regulations and ethics in sports, we will be able to inculcate virtues such as obedience and politeness in them. As a result, the future generation will be endowed with virtuous individuals who appreciate moral values.

Let us put it into practice

1. Collect information about persons who have participated in sporting events and violated rules, regulations and ethics in sports in your area or at national or international level.
2. Discuss the rules, regulations and ethics in sports that you learned with members of your family and add any relevant incidents that they may know.

Now we know....

Rules, regulations and ethics in sports have been formed for regulating each sport, for the protection of players, to ensure all are treated with equity and to protect the honour and dignity of sports. Rules and regulations are essential to ensure enjoyment in sports and also to ascertain true victories. Obedience to the laws and politeness are virtues that can be practiced when engaging in competitive sports as well as other sports that give entertainment. Practicing these virtues in sports will help you become law abiding and polite citizens in society. As a result, the future society will be endowed with virtuous individuals who appreciate value. Not observing rules, regulations and ethics would cause a number of issues and difficulties.

Let us test our knowledge

Place a ✓ mark in front of correct statements and a ✗ mark in front of incorrect statements.

1. Rules and regulations are important for the protection of players. ()
2. Ethics are certain norms imposed by the organizers of a sport according to requirement. ()
3. Sporting events held with enthusiasm and interest will be exciting and interesting to the spectators. ()
4. Honour and dignity of sports will be protected when there are no rules, regulations and ethics in sports. ()
5. Those who violate the rules, regulations and ethics in sports will have to face punishment. ()

Give short answers.

1. Mention a few rules, regulations and ethics in sports?
2. State the importance of rules, regulations and ethics in sports?
3. Mention three difficulties that must be faced when rules, regulations and ethics in sports are not observed?