

Let us develop sportsmanship

Every sport has rules and regulations and through these a sense of morality and fairness is achieved. Gaining recognition in society depends not solely on your personal skills but also on your ability to abide by both the rules and regulations and the ethics of sports. Winning is not possible if you don't abide by the rules.

You have learnt the rules, regulations and ethics of sport as well as the importance of abiding by them in previous grades.

In this lesson you will learn more about sportsmanship skills and ethics of sports.

Rules and regulations of sports

Rule and regulations are very important to conduct any game in a good manner and smoothly.

While rules are considered important in athletics and organized games, regulations are important in minor games and folk games. Rules and regulations protect both the integrity of sports as well as the players safety.

The origin and development of rules and regulations in sports

Sports were founded based on various human activities. Over time they developed around the needs of the rulers and became more competitive. However during these games accidents and deaths were prevalent, this was because they were not properly regulated. Thus the need for rules and regulations was clear.

According to historical records, sports that were played as part of religious rituals in Sparta and Athens during the Greek period had rules and regulations. The most important of these was the Olympics which was first held in Athens, Greece in 776 B.C.



Figure 13.1 - Evidence for games played during ancient period

Along with the development of society and various discoveries and experiments, more rules evolved. Along with various changes in countries and the increase in competitiveness, sports became more organized. As new sporting skills were developed new rules and regulations were introduced as well.

At present there are international bodies governing organized sports, these bodies create and amend the rules to be up to date. These activities

are carried out by the national governing bodies for the relevant sport.

Some sports such as folk games are done more for pleasure and therefore have less rules and regulations. Here teamwork, pleasure and relaxation are given priority over rules and regulations.



Activity

Write a list of rules for the most popular sport in your school.

Sportsmanship skills

For a sportsman to have the ideal character she/he should develop the following qualities.

Leadership

To lead a sports team one must have many qualities including patience, dedication, controlling your emotions, team spirit and being cooperative. You must also have a good knowledge of the rules and regulations as well as making good and responsible decisions. You should also be able to identify the weaknesses of your team, take action to correct them and lead the team to victory or at least improve its standard. You must treat all the members of the team equally and maintain the dignity and rights of the team. It is your duty to maintain the competitiveness and motivation of the team.

Followership

Working cooperatively under the leader to achieve the common goal is followership. Here, you will have to respect the leadership and cooperate in following instructions. You must also help the leader with taking correct decisions and fulfil your duty to the team.

Team spirit

You should take all decisions with team spirit and for the betterment of the team. You should work in cooperation with your team mates. You should also participate in all team activities with enthusiasm and dedication.



Figure 13.2 - Team spirit

Inter personal Relationships

As a sportsman you will have to have good relationships with your team mates, coaches, referees and spectators. You will have to abide by their judgments. By developing this skill you will become able to understand different individuals in society too.



Figure 13.3 - Interpersonal relationship

Accepting victory and defeat

In sports when one is victorious another faces defeat, therefore you must be able to accept both victory and defeat equally. You must not be overly triumphant or bully the opponents when you are victorious, when you are defeated you must not be overcome with emotions like anger or sorrow.

Victory does not mean coming first; it means keeping up your standards or improving them. You must learn to be content with this and not be saddened by defeat but persevere to further develop your talents. Imagine you completed the 100m race in school with a timing of 13.5 seconds. At the zonal meet you did not win a position but completed the race in 13.1 seconds. You should persevere more as you have improved your skills.



Figure 13.4 - Accepting victory and defeat

Fair play

This is a basic principle to uphold the dignity of the sport. As a sportsman your primary goal should be to win through fair play and not at any cost. You should never cheat or match fix. Through this you will not cause your competitors mental or physical pain and also learn valuable morals as well.

Ethics in sport

Do you recall learning in grade 7 that ethics in sports are the various good qualities, traditions and good habits needed to uphold the rules and regulations in sports?

An ethical sportsman earns the respect of all those she/he associates. Through this the society too develops good qualities and habits. Let us look at the ethics, sports people should follow



Figure 13.5 - Ethics in sport

Following rules and regulations

During sports competitions those who show the most technique while abiding by the rules and regulations are praised. If the rules are broken the player could be disqualified from the competition and even banned from the sport. Therefore you should always abide by the rules and regulations. Through this you will also learn to be a law abiding citizen.

Respecting the judgments

Whatever sport you participate in you should always respect the judges. You should value their services. You should accept any mistakes they point out calmly. If the referees have made any mistakes the team should complain along with the team leader following the proper procedure.

Respecting the opponents

The other players you compete against are your opponents. You should always be friendly with your competitors and never create any conflicts with them. You should be humble enough to appreciate their skill and be prepared to help them when they need it. You should always remember that sports are done for mental pleasure and relaxation.



Figure 13.6 - Respecting the opponents

Respecting the spectators

Spectators, respect and appreciate players for both their skills and ethics. You have seen that spectators wish to speak to and get the autographs of their favorite players. It is good to accept this praise with humility and bring joy to the spectators. You should maintain a good relationship with your friends, parents and other spectators who cheer you on.



Figure 13.7 - Respecting the spectators

Respecting the media

Player skills and information is displayed to sports enthusiasts through the media. However the actions of the media can disrupt the activities of the players, but players should always maintain a good relationship with the media. You should always act intelligently and patiently and never cause them any harm.

Respecting teachers and coaches

Your coach or teacher will develop your talents and lead you to success. You should be cooperative and always listen to their advice. You should work with dedication so that they will appreciate you. You should never ignore their decisions.



Figure 13.8 - Cooperate with teachers and coaches



Activity

Name a few sportsmen/women who became glorious by following rules, regulations and ethics?

Advantages of following rules and regulations of sports

- Protecting the dignity of the sport
- Judging competitions will be easy
- Safeguarding the peace
- Easy to solve problems
- You will have strength to accept victory and defeat equally
- Making friends
- Unity will be developed



Figure 13.9 - Making friends

Summary

Sports originated through daily activities and religious rituals. As these developed the need for rules and regulations was clear. Therefore the importance of rules and regulations in sports is apparent.

As sports developed in various nations in the world, and as they grew more competitive new rules emerged.

There are international organizations which update the regulations for organized sports according to the needs.

Leadership, followership, team spirit, good interpersonal relationships and accepting victory and defeat equally are skills you should develop.

The ethics of sports include respecting the rules, judgements, teachers, coaches, opponents, team mates and spectators.

 **Exersice**

1. What are the reasons to form rules and rugulations for sport?
2. Along with the sportsmanship what are the skills that will be developed?
3. What are the sports ethics a good sportsman aquires?
4. what are the benefits you gain by abiding by rules, regulations and ethics?