

Let us develop social values through sports

People prefer to live in a group rather than in isolation. Such a group is called a community. The family is the smallest social unit. A person is accepted as a member of a community, when its rules and customs are observed. In life there are many opportunities to comply with social norms. In this context the school plays an important role. Pursuing studies and taking part in extra-curricular activities in the school helps you to be an active member of the school. Participating in inter house sports and other team events provides valuable experience in becoming a socially accepted person. Sports takes a major role in building up of social values in the society.

In previous grades you learnt that it is essential to abide by the rules, regulations and ethics of sports in order to maintain the honour of the sport as well as fair play and safety of the players.

Let us learn in this lesson the social value of observing rules and regulations in sports.

Rules, regulations and ethics in sports

To give an opportunity for every student to take part in sports, the following levels of competition are available.

- Minor games and lead-up games
- Inter house sports competitions
- Friendly matches amongst classes
- Inter school friendly matches
- Divisional sports competitions
- Provincial sports competitions
- All island sports competitions
- Sports competitions at international level

You may have participated in at least two or three of the events given above. You would have gained valuable experience by observing the rules of the game and rules of good conduct.



Activity

Indicate the qualities you would need to be a useful member of the team representing your house, for instance 4x100m relay.

The rules of sports are accepted principles to be followed in the game.

eg: The dimensions of the play area, number of players in each team, specifications of equipment.

Regulations of the sports are terms and conditions within the frame of rules.

eg: outfits specified for each sport.

The traditions, sportsmanship and good conduct are known as the ethics of sports.

eg: At the end of the game both teams shake hands with each other as well as with the umpires / referees.

Taking part in a sport whilst abiding by its rules and regulations is true sportsmanship. It is also respecting social values.



Figure 18.1 - Face criticism

Even if a person achieves the highest standards in a sport, but does not follow the rules, regulations and ethics it leads to disadvantages, given below;

- Liable to be sent out of the game
- To be debarred from the sport
- Face disgrace
- Face criticism
- Negligence
- Lose respect from spectators

An outstanding cyclist Lance Armstrong of the USA and Marion Jones a sprint champion of the USA were found guilty of taking performance enhancing drugs and were deprived of the gold medals they won at the world cycling championships and the Olympic sprint respectively. As a result they lost the respect of the sporting world and were condemned by all.

The social value of observing the rules and ethics of sport

It is expected that a person will change for the better by participating in sports. Such a change can be personal or among individuals or in a group. The benefits of such a change are given below.

- Productive way of spending leisure time
- Mental and physical development
- Training to work together in a group
- To work in cooperation with others
- Engage in daily activities with contentment
- Ability to spend time pleasantly in any group or society
- Become valuable members of society who are courteous and respect good behavior

You must make every effort to obtain the benefits given above by taking part in sports.

A person who observes the rules of the sports will be respected in any society.

Therefore it is clear that by following rules, regulations and ethics of good conduct in a sport is considered valuable in any society.

Taking part in sports in school would give you valuable experience in addition to the knowledge you get in the classroom. This experience is most useful when you take up higher studies after school or in later employment.

Some of the good qualities you gain by participating sports are.

- Being active
- Be sociable
- Organizational abilities
- Decision making abilities
- Problem solving abilities
- Good interpersonal relationships
- Emotional control abilities
- Leadership qualities
- Followership qualities
- Empathy



Figure 18.2 - Be sociable



Activity

Recall a lead-up game you learnt in grade 8. Play the game with your friends. List the benefits you gained from the game.

As a sportsman how do you maintain good relationships?

When taking part in sports it will be necessary to work with different types of people. Sometimes the members of the team may not be united and do not cooperate which gives rise to problems.

You may have seen in the television, incidents where sportspersons argue with members of the opposing teams, referees or umpires and spectators attacking the players with items such as bottles and stones. It is necessary to take steps to avoid such conflicts. Therefore in dealing with team mates, opposing teams, umpires, referees and spectators there are several qualities that need to be developed.

Qualities required in dealing with team members

A team includes its members and coaches. In team sports success depends on the skills of team members, their dedication and team spirit.



Figure 18.3 - Working as a team

The following qualities are needed to be developed to gain victory;

- Acting with enthusiasm, dedication and cooperation
- Participating actively in team work
- Avoiding criticizing and humiliating team members
- Refraining from complaining against team members
- Helping team members
- Taking part in practices
- Respecting and following instructions of the coaches
- Showing respect to the team leaders
- Considering of opposing views
- Being flexible

Qualities needed to be maintained for good relationship with opposing teams

In sports, the team that plays against you is not an enemy but only a competitor.



Figure 18.4 - Be cordial with opposing team

In your relationships with opposing teams the following qualities are required;

- Appreciate and congratulate any outstanding skill of the opposing team
- Point out courteously any breakage of rules by the opposing team
- Avoid arrogance in the event of victory and refrain from giving excuses for defeat
- If an opposing team member meets with an accident or an emergency help him
- Whatever the result of the competition, it is necessary to be cordial and to bid farewell

- Refrain from commenting on weaknesses or economic difficulties of the opposing team
- Avoid ridiculing and making unsuitable remarks

Qualities needed in dealing with referees / umpires

Referees or umpires involve to hold the game according to the rules and regulations and to decide on the victory or defeat in a game.

The following qualities are required when dealing with umpires.

- Respect the judgment
- Do not directly question the umpire on his decision
- If the decision is questionable, objection should be made according to the rules
- A mistake on the part of the umpire must not be criticized
- Avoid exchange of harsh words with the umpire
- Avoid arguing with the umpire
- At the end of the competition, leave from them with courtesy

Qualities needed in maintaining good relationships with the spectators

Varied types of spectators come to watch a sports competition.



Figure 18.5 - Spectators

Following qualities should be developed to maintain good relationships with them.

- Ignore spectators jokes
- Appreciate good responses from spectators
- Maintain cordial relationships with the spectators
- Do not keep room for fights with the spectators
- Do not accept illegal favours from spectators

Expected qualities of spectators at sports events

Persons watching a sports competition must behave in a manner that safeguards the honour of both the sport and the sportsmen. You may have seen incidents in international matches, spectators behave in a provocative manner as reported in the media. Spectators must realize that unlawful acts would result in punishment from the relevant authorities.

Hence spectators must observe certain norms of behavior.

- Encourage teams in both victory and defeat
- Avoid criticizing, humiliating or annoying the teams
- Encourage and evaluate the performance of the teams whether you support or not
- Harsh or inappropriate words must be avoided
- Avoid making excessive noise which can be a hindrance to the game
- Avoid taking liquor, drugs or smoking in the field

If you have the characteristics mentioned above then you have acquired true sportsmanship and developed social qualities.

A person who has followed rules and regulations of sports and rules of good conduct will be recognized in the society as a respectable law abiding citizen.

Summary

Observing rules, regulations and ethics of sports preserves the honour of the sport, fair play and safety of the participants.

When taking part in sports you need to associate with different types of people. Hence the qualities you gain from sports help you to behave in the society cooperatively and with responsibility.

When taking part in sports it is important that you maintain good qualities as a sportsman with your team mates, opposing teams, umpires and the spectators.



Exercise

1. What are the positive changes that take place in your behavior when you involve in sports?
2. Write the skills you develop as a sportsperson when you start working after school to do your job successfully and with ease.
3. Write separately in a chart the qualities you need to possess when dealing with your team mates, competitors, referees and spectators.
4. What are the good qualities you should maintain as a spectator?