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BOOKS



“My single achievement is that, with my sincere and honest approach, I inculcated the spirit of oneness and togetherness among players.”
— RISHABH SINGH BEDI



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On Board!

BOOKS

A TEXTBOOK OF PHYSICAL EDUCATION CLASS 12

Chapter 1

PLANNING IN SPORTS



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MEANING AND OBJECTIVES OF PLANNING

Meaning of Planning

“Planning is deciding in advance what is to be done. When a manager plans, he projects a course of action for further attempting to achieve a consistent coordinate structure of operations aimed at the desired results.” – Theo Haimann

“Planning is an intellectual process, a conscious determination of course of action, the basing of decision on purpose, facts and considered estimates.” – Koontz and O’Donnell

“Planning is the thinking process, the organized foresight, the vision based on fact and experience that is required for intelligent action.”

– Alford and Beatt

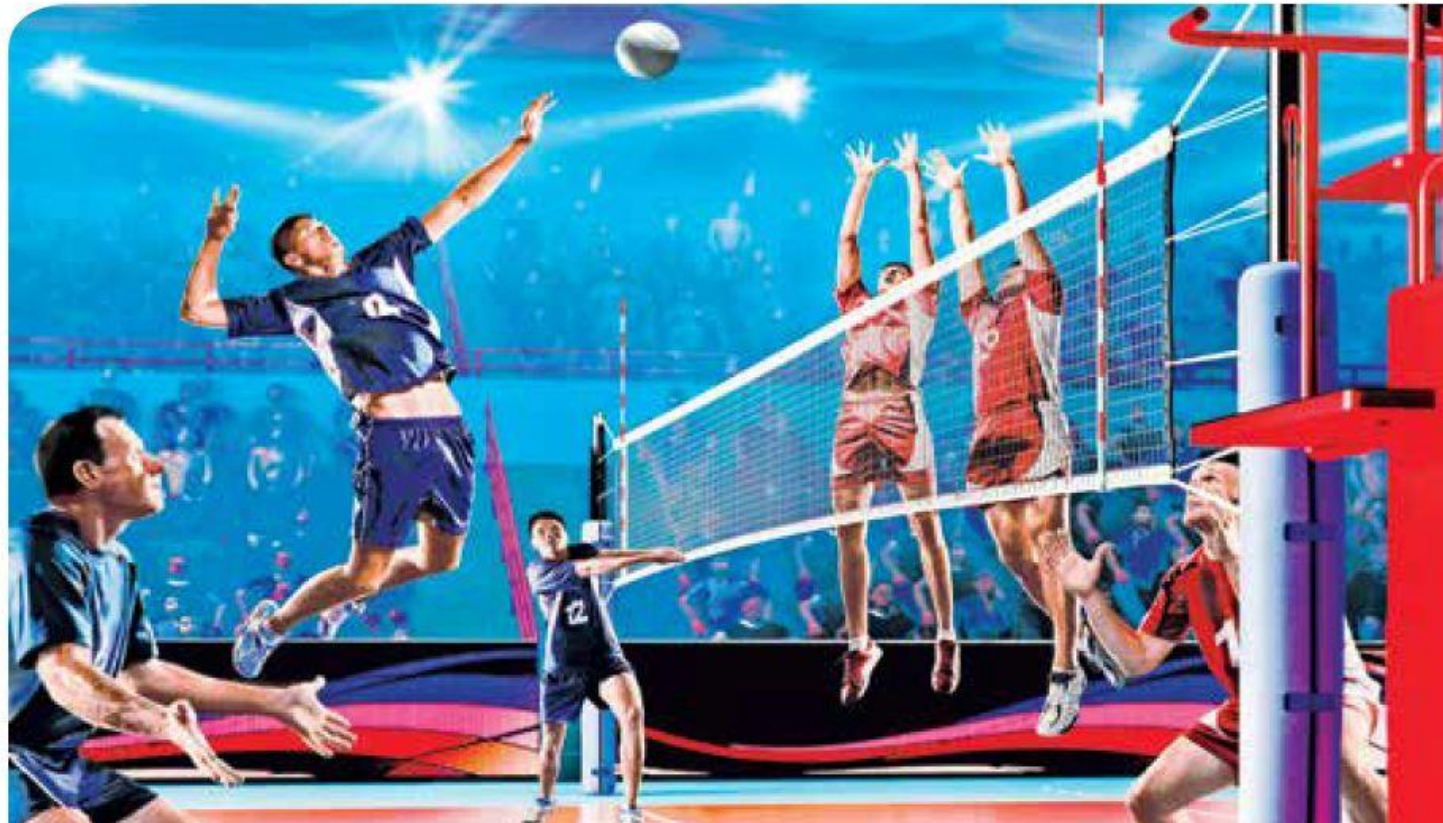


Figure 1.1
Planning plays an important role in games and sports.

MEANING AND OBJECTIVES OF PLANNING

Objectives of Planning

1. **To Avoid Last Minute Hassles:**
2. **To Efficiently Supervise All Activities:**
3. **To Coordinate Successfully:**
4. **To Avoid Mistakes:**
5. **To Make Room for Innovation:**
6. **To Get the Best Performance Out of the Participants:**

VARIOUS COMMITTEES AND THEIR RESPONSIBILITIES

(PRE, DURING AND POST)

- 1. Publicity Committee :**
- 2. Boarding and Lodging Committee:**
- 3. Transport Committee:**
- 4. Grounds and Equipment Committee:**
- 5. Refreshment and Entertainment Committee:**
- 6. Finance Committee:**
- 7. Decoration and Ceremony Committee:**
- 8. Committees on Entries and Programmes:**
- 9. Committee for Officials:**
- 10. Announcement Committee:**
- 11. First Aid Committee:**

VARIOUS COMMITTEES AND THEIR RESPONSIBILITIES (PRE, DURING AND POST)



Figure 1.2 Different committees for organising track and field meet/sports

TOURNAMENT – KNOCKOUT, LEAGUE OR ROUND ROBIN AND COMBINATION

Tournament : A tournament is a type of contest in which several players participate and defeat opponents in various rounds to get to the final match and win it. The Olympic Games, Cricket World Cup, IPL, FIFA World Cup, etc. are all examples of famous tournaments.

Importance of Tournaments

1. Perfecting of Sporting Skills:
2. Scouting of Real Talent:
3. Nurturing of Social Skills:
4. Character Building:
5. Means of Recreation:
6. Strengthening Sports Culture:
7. Promoting National and International Integration:

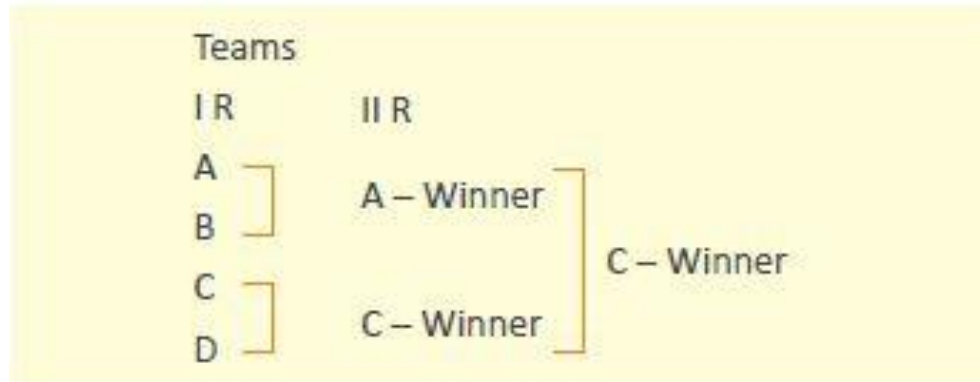
Types of Tournaments

There are three types of tournaments:

1. Knockout
2. League or Round Robin
3. Combination

Knockout Tournament

In the knockout tournament, the defeated team or player is eliminated with no scope of participating further. As for the winner, they continue competing against other opponents until they eventually lose or win the tournament.



Advantages of Knockout Tournament

- Since each defeated team is removed from the tournament, knockouts save cost and time.
- Since there are no second chances, each team takes its match seriously and gives best performance in order to advance further.
- Knockouts require fewer people in order to be organised successfully.
- Knockouts increase the excitement levels of the matches since the teams have to give their best shot at every level.

Disadvantages of Knockout Tournament

- Knockouts don't allow second chance to a defeated team if it loses in the first round.
- An overall weaker team might advance further due to winning its first rounds.
- Knockouts can be poor judges of a team's abilities. The best of three or best of five shows which teams are most consistent in their performance than knockouts do.
- Knockouts might prove more of a hassle for games in which draws are frequent.
- Knockouts require an even number of participants in order to divide all of them into pairs.
- If the teams that the spectators came to support lose the early rounds, then the latter might not return to watch, leading to declining sales of tickets.

League or Round Robin Tournament

League or Round Robin tournament, as opposed to knockouts, allows each team or player to compete against every other participant in the tournament.

Single League Tournament : The number of matches in this category is determined by the following formula, $N(N-1)/2$ in which N is the number of participants. Therefore, if there are 8 participants in first stage of the tournament, a total of 28 matches will be played to decide a clear winner.

Double League Tournament : In double league tournament, the number of matches is found out with the formula given below:

$$N(N-1)$$

Therefore, in this case, if there are 8 participants in the first stage, a total of 56 matches will be played to decide a clear winner.

Advantages of League or Round Robin Tournaments

- Leagues give each participant the chance to prove itself against every opponent involved in the tournament. As such, there is no question of missed opportunities. It is a fair way of determining the best and most consistent competitor. Many footballs and cricket tournaments use this approach.
- There is no such thing as getting lucky in round robins. Even if a team defeats another in the first round due to sheer luck, they will still have to outperform the others.
- Since leagues accurately measure the performances of a particular team or player, their strengths and weaknesses can be evaluated with greater certainty.
- League tournaments tend to be popular and also earn a lot of revenue. Fans get to cheer their players/teams through a greater number of matches.

Disadvantages of League or Round Robin Tournaments

- The most glaring disadvantage of leagues is the huge amount of time involved in determining the winner, since every team/player has to play against the others in each stage of the tournament. Leagues can run into weeks.
- Since each player/team is given multiple chances, it also implies that the weaker performers will continue playing till their quota is exhausted, thereby lengthening the duration of the tournament.
- It might so happen that repeated losers get disheartened instead of encouraged.
 - Leagues, if not successful, will translate into loss of money.

Combination Tournament

When the scope of the tournament is huge, neither knockouts nor leagues are feasible, in such cases, combination tournaments are chosen for more efficient organisation.

There are four types of combination tournaments:

1. **Knockout cum Knockout**
2. **League cum League**
3. **Knockout cum League**
4. **League cum Knockout**

1. Knockout cum Knockout : Knockout cum Knockout begins with the division of all competitors into four zones. In the first stage, the participants in each zone will play on a knockout basis to decide a winner, and the winners of each zone will then advance further to play-off against each other on the same basis.

2. League cum League: Similar to Knockout cum Knockout, the first step is to make four zones. Each zone will decide a winner on a league basis; the zonal winners will then play against each other on the same basis to determine the best team/player.

3. Knockout cum League: After dividing all the participants into four zones, the tournament commences with the zonal players deciding on their winners on a knockout basis. The four zonal winners then play against each other on a league basis till a single best winner emerges.

4. League cum Knockout: In this variation, the four zones first determine their own winners on a league basis, with each participant playing against every other player/team. The four zonal winners then compete on knockout basis to determine the final winning team/player.

PROCEDURE TO DRAW FIXTURES – KNOCKOUT (BYE AND SEEDING) AND LEAGUE (STAIRCASE AND CYCLIC)

Fixture, Bye and Seeding

Fixture: It is a sport event or its date. Further, it is a process of arranging the team in systematic order in various groups for competitive fights for physical activity. Terms like tie or heats are used for other games. The term Heats is used in athletics and swimming. Ties or Fixtures are used in tennis, badminton and other games. Fixtures should be unbiased for the success of any tournament.

Bye: When a team or a player does not face an opponent in the primary round due to allotment of draws, random lottery system is used to give a bye to any participating team/player. In a tournament, the organising committee assigns byes to the teams due to many reasons.

Knockout

In order to prepare fixtures for knockouts, certain statistics have to be Taken into account, using which the slots are fixed.

These statistics are:

- The total number of participating teams/ individual players, which is used in determining the number of rounds.
- The total number of byes, with one bye being an option in which a team or a player does not face an opponent for a round and advances to the next round.
- The number of teams in each half (upper or lower) or quarter (first, second, third or fourth).
- The number of byes to be allotted in each half or quarter.
- The total number of rounds and matches played in the tournament.

Preparing Fixtures for Knockout

For knockouts, the total number of matches to be played in a single tournament is determined by the following formula:

$$(N - 1)$$

where N is the number of teams/individual players.

So, if in a tournament there are 8 participants, then the total number of matches played will be 7. In the first phase, there will be 4 matches (1 Against 1); in the second, the four winners will advance further to decide the two finalists, so there will be 2 matches. Counting the final match, there are 7 in total, as derived from the formula. Lots are drawn to decide the pairs of competitors.

Calculating Teams in Each Half

When the number of teams is not in the power of 2, halves are calculated in the following manner:

Upper Half = $(N + 1)/2$, where N is the total number of participating teams/individual players.

Lower Half = $(N - 1)/2$

Method of Fixing Byes

To understand how byes are fixed, let us use the example of 11 participants. First of all, lots will be drawn and the total number of teams will be divided in two halves. Following that, byes will be fixed in the following manner:

- The first bye goes to the last team of the lower half, and the second to the first team of the upper half.
- The third bye goes to the first team of the lower half, and the fourth to the last team of the upper half.
- This sequence will be followed while assigning the next bye or byes.

Number of Matches in Knockouts

As mentioned above, the number of matches in knockout tournaments is derived from the formula $(N-1)$, where N is the number of participants.

Number of Rounds in Knockouts

When the number of participating teams or players (N) is the power of two (i.e. 2, 4, 8, 16, 32, and so on), then number of rounds will be the number of 2's making up N .

Number of Teams in Each Quarter

For tournaments with a small number of participants, the teams can be divided into upper and lower halves only. When the number of teams is more – say, 30 teams or so – the teams are divided into upper and lower halves, which are then further broken down into two parts. Therefore, the upper half will have two quarters – 1st and 2nd, and the lower half will have two quarters as well: 3rd and 4th.

In order to determine the number of teams in each quarter, the total number of teams (N) is first divided by 4. If the remainder is 0, the 4 quarters will have equal numbers of teams. If the remainder is 1, the 1st quarter will have 1 extra team; if the remainder is 2, the 1st and 3rd quarters will have an extra team each. If the remainder is 3, the 1st, 2nd and 3rd quarters will have an extra team each.

The following table explains how distribution of teams in quarters works:

Table 1.1 Distribution of teams in quarters

No. of Teams	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
28	7	7	7	7
29	7 + 1	7	7	7
30	7 + 1	7	7 + 1	7
31	7 + 1	7 + 1	7 + 1	7
32	8	8	8	8
33	8 + 1	8	8	8
34	8 + 1	8	8 + 1	8

Consolation Tournament

Certain tournaments organize a consolation tournament to give a second chance to the losers. The participating teams in such competitions are selected from those defeated in the main tournament. It must be noted that consolation tournaments are held solely at the discretion of the organising committee and not an obligatory feature of sports competitions.

There are two types of consolation tournaments:

1. In the first type, each team is given two chances so that a team can still play another round after being defeated the first time. Byes are allotted to those teams that did not get byes in the regular knockout.
2. In the second type, the teams that are defeated in all the rounds get a second opportunity to participate in the competition.

Seeding Method

It is not possible that every team that signed up to compete in a tournament will have the same degree of skill and talent; some teams will be stronger than others. Deciding which team gets to play against another in knockouts becomes a tricky issue. It would be unfair for the strongest team to play against the weakest in the first round, and pairing all strong teams against each other in the first round would again be unfair. For a fair distribution of teams, the organisers have to study their participants and strategise.

Special Seeding

In special seeding, the seeded players enter the tournament in the quarter-final or semi-final round without participating in the initial phases.

If there are two very strong teams, one will be placed on the top of the upper half and the other at the bottom of the lower half using seeding method. If there are four strong teams, then the third will be placed on the top of the lower half, and the fourth at the bottom of the upper half. This usually works if the number of teams to be seeded are in the power of 2. Save for seeded teams, the rest are divided by drawing lots.

Procedure of Fixture in League Tournament

The following methods are used for fixtures in League or Round Robin or Berger tournament: **Cyclic method, Staircase method, Tabular method.**

Cyclic Method: Cyclic method has different applications for even and odd numbers of teams. In the former case, the 1st team is placed at the top of the right hand side. The remaining team numbers are put in ascending order consecutively and then upward on the left side. In the latter, the bye is fixed on the top of the right side, and then followed by the rest of the procedure. Teams are rotated from right to left. If N (number of teams) is even, the number of rounds will be $(N - 1)$. If N is odd, number of rounds will be equal to it.

Staircase Method: In this type, fixtures are arranged in such a way that it resembles a ladder or a staircase. There is no need to give byes to any team as there is no issue of odd or even number of teams.

Tabular Method: If the number of teams is odd, then two extra boxes or columns will be created in the table. If the number of teams is even, then one extra box or column will be created in the table.

Method of Deciding the Winner in a League Tournament

Winners of leagues are decided according to how many points they earn. The team with the highest number of points wins the tournament. Points are awarded in the following manner:

- 2 points for the winner
- 0 point for the loser
- 1 point for a draw

If two teams earn the same number of points, they will have a rematch. If the rematch finishes as a draw, then the team with the highest number of wins (not points) is declared the winner. If both teams have the same number of wins, there will be a second rematch. A toss decides the winner if this second rematch too ends in a draw. The British and Americans have different ways of deciding their winner.

British Method : The total points obtained is divided by the total possible points and the percentage is found out.

American Method: The number of games won is divided by the total number of games played and the percentage is found out.

SUMMARY

- 1.** Planning is the process of defining a course of action to achieve a target. It is important for the successful organisation of sports events.
- 2.** Various committees are involved in planning sports events: committee for publicity, boarding and lodging committee, reception committee, transport committee, etc.
- 3.** A tournament is a type of contest in which several players participate and defeat opponents in various rounds to get to the final match and win it.
- 4.** Fixtures are drawn for a knockout by using statistics like total number of teams, number of byes, total number of matches, etc.
- 5.** Consolation tournaments are held to give second chances to defeated players in knockout tournaments.
- 6.** Seeding is a process/procedure of shuffling the position of good teams to avoid best matches in starting to keep interest alive for spectators till finals. Seeding is done to enable a fair distribution of the teams keeping in mind their respective strengths.
- 7.** Fixtures are made in a league tournament through the cyclic method or staircase method.