

COURSE GUIDE

KHE 302 **OFFICIATING IN SPORTS AND GAMES**

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INTRODUCTION

This course is very significant to the understanding practical analysis of skills and signals involved in officiating some selected sports and games such as athletics, gymnastics, volleyball, and cricket. The skills acquisition and practices acquired in each sport and game provide the correct approach for individual sport and their unique values.

Very significant to the understanding theoretical and practical analysis of skills involved in performance activities of athletics, gymnastics, volleyball and cricket games, the art of officiating; a general introduction of officiating competitions.

COURSE COMPETENCIES

This course aims at providing you with relevant knowledge in officiating some selected sports and games such as:

1. Athletics
2. Gymnastics
3. Volleyball and
4. Cricket

COURSE OBJECTIVES

By the end of this course, you will be able to:

1. Identify the officiating officials in the game of athletics
2. Mention the duties of the officiating officials in the game of athletics
3. Mention the types of officials in the game of gymnastics
4. Enumerate the duties of the officiating officials in the game of gymnastics
5. List the officiating officials in the game of volleyball
6. Mention the duties of the officiating officials in the game of volleyball
7. Recognizes volleyball officials hand signals
8. Mention the officials in the game of cricket
9. List equipment used in the game of cricket
10. Enumerate the functions of the officiating officials in the game of cricket.

WORKING THROUGH THIS COURSE

You need to read this course material, each unit with good understanding, as well as to be able to mention the officiating officials, identify their

official hand signals and the objects used in Athletics, Gymnastics, Volleyball and Cricket.

You should be able to execute the self-assessment exercises in each of the units very correctly.

This course material also provides you with references to relevant texts and links that can enhance your understanding of the units in the modules

STUDY UNITS

There are 12 study units in this course divided into 5 modules. The modules and units are presented as follows:

Module 1

Unit 1 General introduction of sports officiating

Module 2

Unit 1 Description of athletics and basic skills in starts
Unit 2 Athletics officiating Officials and their function

Module 3

Unit 1 Description of gymnastics game
Unit 2 Officiating and Scoring in Gymnastics

Module 4

Unit 1 History and description of Volleyball
Unit 2 Volleyball Officiating Officials, their Functions, and Basic
 Volleyball Rules
Unit 3 Scoring System in the Game of Volleyball

Module 5

Unit 1 History and Nature of the game of cricket
Unit 2 Equipment and facilities, officiating officials and their
 functions

**MAIN
COURSE**

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MODULE 1

Introduction

Sport officiating is the supervision of competitions following established rules. The quality of sports officiating depends on the official's knowledge of the rules of the sport, on his ability to apply the rules while observing the requirements of sportsmanship, including unbiased judgement and accuracy, and on his experience as an official. Sports officiating should have educational value for athletes and spectators alike.

Unit 1 General Introduction of Officiating Sports

UNIT 1 GENERAL INTRODUCTION OF OFFICIATING COMPETITIONS

CONTENTS

- 1.0 Introduction
- 2.0 Intended Learning Outcomes (ILOs)
- 3.0 Main Content
 - 3.1 Definition of Sports Officiating
 - 3.2 Duties of Sports Officiating Officials
 - 3.3 Qualities of Good Officiating Officials
- 4.0 Self-Assessment Exercise(s)
- 5.0 Conclusion
- 6.0 Summary
- 7.0 References/Further Readings

1.0 INTRODUCTION

For every smooth and successful sport and game, there must be rules and regulations to ensure free and fair participation from the participants. These rules and regulations make the sport and game enjoyable for the fans and spectators and only the trained officiating officials are saddled with the responsibility. Therefore, sport officiating is all about ensuring that sport and game are being played according to stipulated rules and regulations. These rules and their implementations for each game are the same everywhere however, different from one game to another.

2.0 INTENDED LEARNING OUTCOMES (ILOS)

By the end of this unit, you will be able to:

- define sports officiating;
- mention the duties of sports officiating officials; and
- explain qualities of a good officiating official

3.0 MAIN CONTENT

3.1 Definition of Sports Officiating

Sports officiating is a method of managing, supervising and directing **sports**, most importantly on implementing the game established rules and regulations and also keeping appropriate order in the duration of the game for fairness and satisfaction. While an official is an individual who implements the game's established rules and regulations so that the game is played with maximum fairness and satisfaction.

In-Text Questions

----- is a method of managing, supervising and directing sports, most importantly on implementing the game established rules.

An individual who implements the game rules is called?

Answers

1. Sports officiating
2. Sport official

3.2 Duties of Sports Officiating Officials

Sports officials undertake an important role in the staging of competitions. They provide leadership and guidance to participants, ensuring that the competition is conducted in a safe, free and fair manner.

Sports officials must be able to bring control to chaos, understand fairness, promote safety and encourage good sportsmanship. A sports official must have the positive characteristics of a police officer, lawyer, judge, accountant, reporter, athlete and diplomat.

They are also someone who can be put in a position of authority and handle the responsibility without being overbearing.

Along with the rules of the game you must fully understand your role before, during, and after the game has ended.

Other duties include:

- a) Inspecting the facilities: an official must ensure that a thorough

inspection of sporting facilities is carried out before the commencement of the game to avoid injuries to the players and him;

- b) Response to injury: officiating officials should respond to injury to the player or players as fast as possible to avoid injury worsening;
- c) Fairness: the officiating officials must make sure that games are conducted fairly. They must remain impartial to avoid chaos and unsportsmanlike behaviour from the players, fans and spectators.
- d) Encourage sportsmanship: the officiating officials need to encourage sportsmanship through fair officiating, maintaining discipline and good sense of judgement.
- e) Crowd management: it is very pertinent for the officiating official to be able to manage and control the crowd. Officiating officials should be sensitive about the actions and reactions of the crowd. The crowd may be friendly, hostile, rude, and rowdy whatever the case; it is the duty of the officiating official to study the situation and handle it with care to avoid clashes.

In-Text Questions

----- carried out before the commencement of the game to avoid injuries.

----- is an art of making sure that games are conducted fairly.

Answers

1. Inspection of equipment and facilities
2. Fairness.

3.3 Qualities of Good Officiating Officials

The role of an officiating official is very crucial in the sporting endeavour. He determines the success and failure of any game. It is therefore necessary for the officiating official to possess certain qualities for him to meet the goal of having a satisfying complaint-free, impartial and successful game. Below are therefore qualities of good officiating official

Professionalism

A good sports official should be able to demonstrate a professional attitude at all times, dress like a professional and professionally conduct yourself. Arrive early for the assignments and do not discuss the decisions made by other referees with players or spectators. Always treat players with respect and put the tournament first.

Integrity

A good sports officiating official should be firm in ethical conduct and make every decision in an honest and unbiased manner. Disregard the influence of players, coaches, and spectators. Always act according to the rules of the game and be focused.

Consistency

This is the ability of the officiating official to make accurate decisions at a particular time on the same infringement even at first minute or last minute of play. Inconsistent decision on similar infringement or plays may lead to violence and negative criticism from the players and spectators. Players may lose confidence in the official as the players become unsure of what the referee's next decision might be. Therefore, all similar situations should be interpreted identically.

Decisiveness

This is the ability of the officiating official to make decisions quickly and decisively. Anticipate decisions and hesitate indecision.

Self Confidence

An officiating official should develop self-confidence in his competence and abilities to handle the situation at hand while it is important to recognize errors and to accept constructive criticism, these factors should not outweigh the belief that you are good at what you do. Beware of the danger that being over-confident leads to decreased performance. Self-confidence comes from knowing you are ready for the challenge and demands that a particular match is going to be placed on you.

Concentration

This is the ability of the officiating official to ignore the crowd, coaches and player's complaints and remain focused. It is difficult to concentrate in a long game but as a good officiating official you need to develop the techniques for concentrating for long periods to deliver correct judgments.

Self-Control

A good sports official should be able to control his emotions at all times. Confrontation with players may lead to loss of emotional control. Remain dispassionate; stay calm and poised. Maintain authority and control over the game without raising your voice or losing self-control.

Communication

An officiating official should develop good communication skills to handle any game or contest very well. The language and non-verbal gestures should be clear enough and precise to the understanding of all.

Knowledge of the rules of the game

Officiating officials must keep abreast of current changes in the rules and regulations of the game he officiates. The rules of the games are not static

as it keeps changing from time to time. Therefore, the officiating official should be dynamic enough and move with changes in the rules of the game.

Physical fitness

Physical fitness is not achieved overnight. One must work to elevate his/her fitness level if he/she has to perform better in the chosen field. Physical fitness is the ability of an individual to carry out his daily tasks without undue fatigue and still has reserved energy for recreation and emergencies. An official needs to catch up with everything athletes or players do on the track, field, or court, he needs a high level of fitness to be able to perform his job effectively.

Personal interaction

The officiating official needs to have a cordial relation with players, coaches, team managers, fans, and spectators. This would create a friendly atmosphere and also ease the tension on the officiating official.

4.0 SELF-ASSESSMENT EXERCISES

Attempt the following questions

1. One of these is not a duty of officiating officials
 - a) Fairness
 - b) Inspecting the facilities
 - c) Response to injury
 - d) Help the participants
2. The followings are qualities of a good officiating official except
 - a) Self-confidence
 - b) Physical fitness
 - c) Intolerance
 - d) Knowledge on the rules of the game
3. Which of these is not a duty of the officiating officials?
 - a) Crowd control
 - b) Hostile
 - c) Encourage sportsmanship
 - d) Fairness

Answers

1. D
2. C
3. B

5.0 CONCLUSION

Having gone through this unit and completed the assessment and self-assessment test it is assumed that you have attained understanding of the introductory knowledge to officiating in sports and games.

6.0 SUMMARY

In this unit you have learned the definition of sports officiating, the duties of officiating official and qualities of a good officiating official. The assessment and self-assessment exercise have been provided to enable you to understand your rating of the assimilation and learning you achieved reading this material in this Unit. Online links have also been provided to broaden your knowledge of the learning required in this Unit.

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MODULE 2

Introduction

Athletics is a group of sporting events that involves competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race walking.

Unit 1	Description of athletics and basic skills in starts
Unit 2	Athletics officiating Officials and their function

UNIT 1 DESCRIPTION OF THE GAME OF ATHLETICS

CONTENTS

- 1.0 Introduction
- 2.0 Intended Learning Outcomes (ILOs)
- 3.0 Main Content
 - 3.1 Nature of Athletics
 - 3.2 Starts, Types of Start and Teaching the Crouch Starts
 - 3.3 Mechanism for running
- 4.0 Self-Assessment Exercise(s)
- 5.0 Conclusion
- 6.0 Summary
- 7.0 References/Further Readings

1.0 INTRODUCTION

In this unit, you will learn about the nature of the game of athletics, starts, types of crouch start and the mechanism of running in athletics.

2.0 INTENDED LEARNING OUTCOMES (ILOS)

By the end of this unit, you will be able to:

- explain the nature of athletics
- list types of crouch starts
- differentiate between standing and crouch start.

3.0 MAIN CONTENT

3.1 Nature of Athletics

Athletics is a sport comprising many events demanding a high level of skills from individuals. Athletics can be categorized into track and field

events. Track events include the running events over various distances such as sprint races which include 100m, 200m, 400m as well as the 4x100 and 4x400m relays, 100m/110m and 400m hurdles. Middle distance race such as 800m and 1,500m. Long-distance races are 5,000m and 10,000m steeplechase and marathon.

Field events are activities that involve jumping and throwing and are performed on the field. Examples of jumping events are: Long jump, triple jump, High jump and pole vault while examples of throwing events are Javelin, shot-put, Discus and Hammer.

The results of racing events are decided by finishing position or time while the jumps and throws are won by the athlete that achieves the highest or furthest measurement from a series of attempts. Athletics is mostly an individual sport, except relay races and competitions which combine athletes' performances for a team score, such as cross country.

Due to man's basic instinct of running and the apparent simplicity of sprinting many people tend to opt for sprints or short distance running. However, even though it is a fact that anybody can run, sprinting itself, which demands running every fast is not easy. Good sprinting involves basic techniques or mechanisms. A sprinter "performance" is mainly determined by the force and rapidity with which the muscles can contract and relax as well as the repeated motion and timing involved.

Sprinting technique involves three main parts. These are the start, the running itself, and the finish. Each of these will be discussed. Like all other track and field events, sprinting demands a high level of technical training in order to achieve proficiency.

In-Text Questions

1. Athletics is categories into ----- and -----
2. The results of racing events are decided by what?

Answers

1. Track and Field Events
2. Finishing position or Time.

3.2 Starts

There are two different ways of starting track events; these are standing and crouch starts.

Standing Start

Standing start is used in races such as 1,500m, 5,000m, 10,000m steeplechase and marathon. In performing standing start the following coaching points are necessary

“On your marks”

- Place one foot forward and behind the line, not on the line and pointed directly down the track
- Place the other foot back (about one-foot space) pointed directly down the track; lift your heel
- Your feet should be about shoulder-width apart

"Set"

- Bend forward at the hips and knees
- Your opposite arm and leg should be forward
- Look at the ground, about one metre in front of your feet.

"Go"

- Drive your arms and legs forward
- Step through with the back foot first.

See the Illustration



In the sprints the crouch start is normally used. This involves starting from a kneeling position.

Teaching The Crouch Start

In the crouch starting position, there are three phases viz “on your marks” position, “set” position and the “go” or the blast of the whistle or gun. In teaching the students, the crouch start position the following coaching points are helpful.

“On Your Mark”

- Place your front foot a forearm’s length behind the start line
- Place the knee of your back leg on the ground level with your front foot

Place your hands shoulder-width apart - behind, not on the line.

"Set"

- Raise your hips slightly higher than your shoulders
- Make sure that both your legs remain bent (front leg at about 90 degrees while back leg at about 120 degrees)

"Go"

- Drive your back leg forward
- Swing your arms hard

See the Illustration**Types of Crouch Starts**

The crouch start can be classified into three types, according to the spacing of the foot. The types are bunch or bullet, medium and elongated starts or spacing.

Bunch (Bullet) Start

In this type of start one foot is placed in front of the other such that the knee of the back foot is placed opposite the toe of the front foot. This is a rather extreme type of start because the feet are put too close together, for any comfort to be got.

Medium Start

In this type of start the knee of the back leg is placed opposite the front of the arch of the front foot, while on a kneeling position. This type of start is recommended because it allows for comfortable spacing of the feet.

Elongated Start

In this type of start the knee of the back leg is placed opposite the heel of the front foot. This is also an extreme type of start because the foot spacing is too wide.

In-Text Questions

1. Type of start used in long distance races is called
2. How many types of starts are there in athletics?

Answers

1. Standing start
2. Two

3.3 Mechanism of Sprinting

The mechanism of sprinting involves that start up to the finish. Running is a succession of low jumps and unlike walking there is a brief phase when neither foot is in contact with the ground. As soon as the athlete leaves his mark he must maintain a good running stride up till the finish. The body is propelled by the pushing action of the driving leg, with the arms acting as balance during running.

Good form in sprinting requires that the toes of the feet be placed straight ahead. The following coaching points will help you teach your pupils good sprinting form or running strides.

Coaching Points for Good Running Form

1. Lean your body forward slightly.
2. Swing your arms across your body.
3. Incline your head slightly forward so that your head is in line with your body.
4. Open your hands and swing them across your chest.
5. Do not swing your hands higher than your shoulder.
6. Try to run naturally.
7. Keep a moderate stride pattern.
8. Your knees should not be too high.
9. Keep your toes pointed.
10. Be as relaxed as possible.

With all these points borne in mind the runner will attain full speed strides up to the finish.

The Finish

There are three ways of finishing in sprint races. These are the run-through, the shrug and the lunge, you should teach the run-through to your pupils first. As they get matured they can practice the other techniques.

The Run-Through: You should teach your pupils to run through the finish line rather than slowing down or rising up arms above the head. This will affect the time of the runner and may make him/her lose the event to another person. Races have been known to have been won or lost

at the finishing points. What you must note here is that the person that crosses the finish line first with his/her torso is the winner. The torso is any part of the body above the waist, excluding the hands.

The Shrug: This is a type of finishing, the runner attempts to look back at the other runners or spectators on the stands, in an attempt to show off. This technique is not advisable to be taught to your pupils at first. The biggest shortcoming with this type of finish is that the time is lost, when the runner looks back thereby affecting the time returned.

The Lunge: This is a type of finishing technique, where the runner tries to jump forward at the finishing line. This technique too is not advisable because it could lead to imbalance.

4.0 SELF-ASSESSMENT EXERCISE

Attempt the following questions

1. How many ways can an athlete finish the race?
 - a) 2 ways
 - b) 3 ways
 - c) 4 ways
 - d) 1 way
2. The type of finishing the runner attempts to look back is called
 - a) The lung
 - b) The shrug
 - c) The run through
 - d) The start
3. There are ---- types of crouch start in sprint races
 - a) 3
 - b) 4
 - c) 2
 - d) 5
4. There are --- phases of starting races in athletics
 - a) 2
 - b) 3
 - c) 4
 - d) 1

Answers

1. B
2. The shrug
3. 3
4. 3

5.0 CONCLUSION

Having read this course and successfully completed the assessment and self-assessment test, it is assumed that you have attained understanding of the nature of athletics.

6.0 SUMMARY

In this Unit, you have learnt the nature of athletics, starts, types of crouch start, phases of starting race, mechanism of running and teaching points of running have equally been discussed. However, the assessment and self-assessment exercise have been provided to enable you to understand your own rating of the understanding and learning you achieved reading this material in this Unit. Online links have also been provided to broaden your understanding of learning required in this Unit.

7.0 REFERENCES/FURTHER READINGS

Balogun, A. (2012). *Bounty Upper Basic Physical and Health Education 1 for Junior Secondary School*: Bounty Press Limited.

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UNIT 2 ATHLETICS OFFICIATING OFFICIALS AND THEIR FUNCTIONS

CONTENTS

- 1.0 Introduction
- 2.0 Intended Learning Outcomes (ILOs)
- 3.0 Main Content
 - 3.1 Athletics Officiating Officials
 - 3.2 Functions of Athletics Officiating Officials
 - 3.3 Athletics officiating Equipment
- 4.0 Self-Assessment Exercise(s)
- 5.0 Conclusion
- 6.0 Summary
- 7.0 References/Further Readings

1.0 INTRODUCTION

In this unit, you will learn about the athletics officiating officials, functions of officiating officials and equipment used in officiating in athletics. Officials are an important part of the BC Athletics membership. As a volunteer group, officials are responsible for judging the various events within the divisions of athletics. For track & field, officials can be divided into four main groups: field judges, track judges, timekeepers and starters. Within the cross country, road running, and ultra, officials act as start coordinators/assistants, starters, finish judges, timekeepers and recorders. BC Athletics officials play a pivotal role in maintaining the rules of play in all athletics events.

2.0 INTENDED LEARNING OUTCOMES (ILOS)

By the end of this unit, you will be able to:

- list athletics officiating officials
- mention functions of athletics officiating officials
- list the equipment used in officiating athletic events.

3.0 MAIN CONTENT

3.1 Athletics Officiating Officials

In officiating the game of athletics the following officials are needed namely track and field officials. Track officials include; The Track Referee, Timekeepers, Umpires, Starter, Recall Starters, Assistant Starter, Laps Scorer, Marshall, Track Judges, and Photo Finish. While, Field officials are; Field Referee, Chief Judge, Area Coordinator, Recorder,

Sector Judges, Spotter, Electrical Discharge, Machine (EDM) Operator, Foot Foul Judge, Runway Judge others include; Steward, Announcer, Wind Gauge Operator, and Carnival Manager.

Athletics officials are certified through the National Officials Committee from levels 1 to 5, with level 1-3 being provincial-level officials and levels 4-5 being national-level officials. Under the U18 program, members can become officials as young as 13.

Track and field athletics officials are referees responsible for judging the various events within track and field. They can be subdivided into four main groups: field judges, track judges, timekeepers, and starters. While most are versatile over the course of a season, they are given specific assignments to focus on during the course of a meet. At a high level meet there might be, for example; an official to call the athletes and record their results, one or more officials to watch the circle or jumping line, one or more officials to mark the landing spot, one to operate a wind game and one to watch the time limit for the athlete. New electronic devices for timing, measurement or other technological operations might require additional specialists. And ultimately there is a referee to supervise that all are performing to the proper specifications according to the rules; and to make on-the-spot decisions when there is a controversial issue to settle.

In-Text Questions

1. What is the full meaning of EDM?
2. Which body is responsible for the certification of athletics officials?

Answers

1. Electrical Discharge Machine
2. National Officials Committee.

3.2 Functions of Athletics Officials

Track Referee

- He shall ensure that the rules are observed and decide upon any matters arising during the meeting and for which provision has not been made,
- Determines placing where the chief judge/photo finish judge is unable to make a decision,
- In the event that a result cannot be determined the track referee may order a rerun of the event to determine the positions that are in dispute,
- Deals with any protest that occur and adjudicate on the protest,
- In the event that a protest is referred to the jury of appeal then presents the facts to the jury of appeal,

- He verifies any records by checking the timekeeper's watches and recordings or photo-finish pictures and sign the timesheet as evidence of that checking.

Time-keeper

- A sufficient number of timekeepers for the number of competitors entered shall be appointed, one of whom shall be the Chief Time-keeper shall use either stopwatches or manually operated electronic timers with digital readout.
- The chief timekeeper and additional 2 timekeepers shall help timing in the first place.
- The time-keepers shall be in line with the finish and outside the track-5metres from the outside lane of the track, for a good view and an elevated stand should be provided.
- Each timekeeper shall act independently and without showing his watch to anybody except the chief time-keeper.
- The chief timekeeper shall then decide the official time for each competitor, and provide the result for publication.

Umpires: These are assistant track officials who must report to the referee any infringement of the rules which they may see.

Possible infringements that the umpires may observe are;

- i. Athletes not staying in their lane or cutting corners,
- ii. Interference or impedance of other athletes (including walk races),
- iii. Crossing over lanes before the breakout line,
- iv. Competitors leaving their lane or the track or the course,
- v. In hurdle events any athlete who trails their foot or leg below the horizontal plane of the top of any hurdle,
- vi. Deliberate knocking down of hurdles,
- vii. In relay races any occurrence of a team changing the baton outside of the changeover zone, or dropping of the relay baton.

Umpires have no power to make decisions.

They stand or preferably sit at points as the referees shall determine. Each umpire should be provided with a flag which he can raise if he sees something which he wishes to report to the referee.

The umpires should have tape available to mark on the track where the infringement occurred, if possible.

Starter

- The starter shall have complete control of the competitors on their marks and shall be the sole judge of any fact connected with the start of the race.

- Before the start signal is given. The starter shall make sure that the timekeepers, judges and when applicable, the chief photo-finish judges are ready.
- The starter should be in a position to be easily visible to the timekeepers. It is also important that the starter can see all the runners. The best position is on a raised platform
- One or more re-callers shall be provided to assist the starter. In case of a false start, the recall starter calls the competitor back with another shot of a gun.

The starting procedure should be as follows:-

- The starters take up positions,
- Receive all-clear signals from the chief timekeeper,
- Sound a whistle and ensure all athletes are ready and standing on the assembly line (a minimum of one pace back from the start line)
- Give the order “On Your Mark”
- Allow time for athletes to settle
- Check all-clear signals from starter assistants/recall starters.
- When all movement has ceased raise the gun and give the order “set” (for races up to 400m) or fire the gun (for races over 400m)
- When all athletes are ready and perfectly still, and after a pause to allow for full concentration “fire” the gun (for events up to 400m)
- If athletes are not ready on the set command they should be stood up again and moved back to the assembly line.
- The gun should be reloaded after each firing.

Recall Starter

- In case of a false start, the recall starter calls the competitor back with another shot of a gun.
- Recall starters shall be positioned in such that they can see each competitor assigned to them.
- Recall starter shall notify the starter of the reason for the recall

Starter’s Assistant (Marksman)

- The starter’s assistant checks that the competitors are competing in the correct heat or race and that their numbers are won correctly.
- He must place each competitor in his correct lane or station, assembling the athletes 3metres behind the start line.
- He also makes sure that batons are available; he should also ensure that he observes for a fault on the mark.
- He assists in placing starting blocks in the lanes where necessary and removes them after the start to ensure there are no obstacles on the track.
- He places a yellow flag or corn behind an athlete if he notices a false start.

Lap Scorers

- Lap scorers shall keep a record of the laps completed by all competitors in races longer than 1500m.
- Lap scorers shall be responsible for maintaining the display of the remaining number laps at the finish line, the final lap shall be signaled, usually by ringing a bell.
- He notifies the timekeeper when an athlete is overlapped.

Marshall: The Marshall shall have control of the arena and shall not allow any persons other than the officials and competitors assembled to compete to enter and remain there. He also signals the starter that all is set.

Track Judges

- The chief judge for track events shall allocate the duties among the judges for their events.
- The chief track judge shall ensure that sufficient judges are available to assist in order of which competitor finishes the race.
- He positioned the judges in a strategic place at about 2metre from the finish line.
- The chief track judge makes the final decision on placement matters.

Photo Finish Judges: he operates a photo finish camera to capture the athletes at the finishing line and also check that the official clock is being set and used

Field Referee

- He allocates duties to other officials on the field, he explains the rules to the competitors and ensures compliance.
- He decides on any technical issues that may arise during the events and deal with the disputed area.
- He checked and signed the result of the competitors.
- The field referee inspects the arena before the commencement of the events to ensure the safety of the competitors
- His decision is the final on any protest or objection regarding the conduct of the competition

Field Judges

The field judges are headed by a chief judge for all field events.

- **For the Discus**
- The chief judge stands outside the discus cage to the front of the circle and watches for infringements that may likely to occur.

- Indicate a fair throw with a white flag and a foul throw with a red flag and will read off the measurements.
- Advise the athlete the reason for a foul.

Area Coordinator: the area coordinator for discus shall allocate officials to the various positions, supervise the preparation of the area regarding safety equipment and define the competition area, ensure that all facilities comply with the rules of competition

Sector Judge: the sector judge for discus watches the sector lines on the field to determine the point of landing; he returns the discus to the competitors after throw.

Spotter: the spotter determines where the discus lands, indicates with the spike holding the zero end of the tape/ EDM prism. When EDM is used the prism should be aimed toward the EDM to ensure an accurate measurement.

Electrical Discharge Machine (EDM) Operator: he set up the EDM equipment. Measure check marks at the start and at the finish of each event and record it on the result sheet. Measure each valid throw using the EDM equipment. Maintain a record of throws on EDM recording sheet (when used)

For Shot Put

- The chief judge for shot put watches the position of the shot throughout the trial standing about 2m away from the throwing circle and to the front on the side of the “putting” arm and will read the measurement of the throw.
- He raises the white flag when the put is a fair red flag when there is a foul put.
- He explains to the athlete the reason for the foul.

Area Coordinator: the area coordinator for shot put shall allocate officials to the various positions, supervise the preparation of the area regarding safety equipment and define the competition area, ensure that all facilities comply with the rules of competition

Foot Foul Judge: The foot foul judge stands on the opposite side of the circle and watches for infringements by the foot of the shot putter and also pulls the tape through the centre of the circle to measure the correct put.

Sector Officials

- Two sector officials are needed; one on either side of the sector nearest to the mark made by the implement shall be the person to mark the landing area regardless of who holds the spike.

- They mark the fall of the shot with a spike holding the zero end of the tape or EDM prism.
- Return the shot to the competitors and not to be thrown for safety reasons.

Electrical Discharge Machine (EDM) Operator: he set up the EDM equipment. Measure check marks at the start and at finish of each event and record it on the result sheet. Measure each valid throw using the EDM equipment. Maintain a record of throws on EDM recording sheet (when used)

For Javelin

- Chief Judge for javelin watches for error on the runway and at the front of the arc.
- He decides whether the javelin is held and thrown following the rules and ensures the javelin has landed before the competitor leaves the runway.
- He raises the white flag for a fair throw and red for a foul throw and then reads the measurements.
- He also advises the athlete on the reason for a foul.

Area Coordinator: the area coordinator for javelin shall allocate officials to the various positions, supervise the preparation of the area regarding safety equipment and define the competition area, ensure that all facilities comply with the rules of competition

Runway Judge

- Stand approximately 8-10m behind the arc alongside the runway.
- Pull the tape through the centre of the circle of which the throwing arc is part.
- Runway judges assist the chief judge in determining that the Javelin is thrown correctly.

Sector Judges

- Two sector judges are required and watch the sector lines and determine the point of landing.
- One of either side of the sector nearest to the mark made by the implement shall be the person to mark the landing area regardless of who holds the spike.
- He returns the javelin to the competitors and must not be thrown for safety purposes.

Spotter

- He marks the spot where the javelin first strikes the ground. He signals other officials with an appropriate hand signal if throwing is out of the sector.

- The spotter marks the point of landing nearest to the runway with a spike holding the zero end of the tape.

Electrical Discharge Machine (EDM) Operator: he set up the EDM equipment. Measure check marks at the start and at finish of each event and record it on the result sheet. Measure each valid throw using the EDM equipment. Maintain a record of throws on EDM recording sheet (when used)

Chief Judge for High Jump

- He decides on the validity of the trial and raises the white flag for a fair jump and red for a foul jump.
- He also advises the athlete of the reason for a foul.
- He measures the bar as it is raised and announces the new height to the competitors.
- Other two judges stand about 2m away from the uprights during trials to avoid distracting the competitors.
- They watch for fouls especially touching the ground or landing mat without first clearing the bar
- They replace the bar if dislodged or raise it up.

Area Coordinator: the area coordinator for high jump shall allocate officials to the various positions, supervise the preparation of the area regarding safety equipment and define the competition area, ensure that all facilities comply with the rules of competition

Chief Judge for Triple and Long Jump

- He acts as a judge on the take-off.
- He gives the final decision on the validity of the jumps
- He raises the white flag for a fair jump and red for a foul jump.
- He advises the athlete of the reason for a foul.
- The other official stands approximately to the take-off board and will pull the tape through the take-off point.
- He smooths the takeoff area before the next jump and level the landing area.
- He takes note of the hop, step and jump action in the triple jump.

Area Coordinator: the area coordinator for high jump shall allocate officials to the various positions, supervise the preparation of the area regarding safety equipment and define the competition area, ensure that all facilities comply with the rules of competition

Recorders: The recorders shall collect the full results of each event. He shall immediately relay these details to the announcer who record the results and convey the results card to the manager of the meeting.

Announcer: The announcer shall inform the public of the names and numbers of the competitors taking part in each event, and all relevant information. The result of each event should be announced at the earliest possible moment after receipt of the information.

Wind Gauge Operator: The wind gauge operator shall ascertain the velocity of the wind in the running direction in appropriate events and shall then record and sign the results obtained and communicate them to the recorder.

Stewards: The stewards bring in the athletes from the call-up room in an orderly manner, collect the start list to the finish judges' timing from the timekeepers and take it to judges so that they can record it in the form. The steward also collects the complete result to the competition director's table and any other job that may be assigned to them.

In-Text Questions

1. The overall official athletics event is called?
2. Who decides the official timing for athletes?

Answers

1. Referee
2. Chief Timekeeper

3.3 Athletics officiating Equipment

Equipment for Track Referee: the equipment for track referee includes;
 Red, white and yellow flags
 A copy of programme of events
 Rules of competition
 Folder, pens and pencils
 Notepad

Equipment for timekeepers: these shall include;
 Elevated stand
 Sufficient watches to cover all positions
 Finish post should be white and the width of the finish line
 Chairs, tables and shelter should be provided for timekeeper recorder

Equipment for Umpires Equipment: these shall include;
 white and yellow flags
 pens and pencils
 rules of competition, notepad
 tape to mark where the infringement occurred

Equipment for the starter: the equipment for the starter includes;

- Starting gun and caps
- Whistle, Ear muffs
- 3 flags (red, yellow and white) yellow/red cards to signal starter that competitors are ready and for false starts

Equipment for Judges: these include;

- elevated stand
- lap indicator board
- notepad for recording
- pencils and
- bell

Equipment for Field Officials includes; 1 x 50m /100m measuring tape, 1 measuring spike, 1 x 30 metre measuring tape, at least 2 discus of each weight and/or type, at least 2 shot put of each weight, at least 2 Javelin of each weight, at least 2 Javelin of each weight, flags 30cm square (white and red), yellow flags, rags (especially if raining), clipboard, pens, pencils and plastic bag if raining, markers (for records), portable stop board and broom.

4.0 SELF-ASSESSMENT EXERCISES

1. The following are equipment for field events except ____
 - a) 1 x 50m /100m measuring tape
 - b) Pencils
 - c) Clipboard
 - d) Radio
2. Which of the following is equipment for a track referee?
 - a) Elevated stand
 - b) Sufficient watches to cover all positions
 - c) Rules of competition
 - d) Finish post
3. Which of the following is/are not infringements the umpire should observe
 - i. Athletes not staying in their lane or cutting corners
 - ii. Interference or impedance of other athletes (including walk races)
 - iii. Crossing over lanes before the breakout line
 - iv. Competitors leaving their lane or the track or the course
 - v. Not knocking down of hurdles
 - a) i and ii
 - b) i, ii and iii
 - c) v only
 - d) none of the above

Answers

1. D

2. C
3. C

5.0 CONCLUSION

Having gone through this unit and successfully completed the assessment and self-assessment test it is assumed that you have attained understanding of the officials officiating the games of athletics, functions of various officials and equipment used by the officials in athletics.

6.0 SUMMARY

In this unit, you have learned athletics officiating officials, their functions and official's equipment used in the game of athletics. The assessment and self-assessment exercises have been provided to enable you to understand your own rating of the understanding and learning you achieve reading this material in this unit. Online links have also been provided to broaden your understanding of the learning required in this unit

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MODULE 3

Introduction

Gymnastics is a great way of boosting your body's overall fitness, improving agility and muscle strength. Here's a quick introduction to gymnastics, including the different categories of gymnastics and how it gets you fit.

A display of strength, agility, and mental toughness, gymnastics has provided some of the most breathtaking spectacles of Olympic history. The sport can be traced back to ancient Greece, where such skills were featured in the ancient Olympic Games. Ancient Rome, Persia, India and China all practiced similar disciplines, mostly aimed at preparing young men for battle. The word itself derives from the Greek word *gymnos*, meaning naked-dress requirements for athletes in those days were minimal, to say the least.

- Unit 1 Description of Gymnastics Game
- Unit 2 Officiating and Scoring in Gymnastics

UNIT 1 NATURE AND DESCRIPTION OF GYMNASTICS

CONTENTS

- 1.0 Introduction
- 2.0 Intended Learning Outcomes (ILOs)
- 3.0 Main Content
 - 3.1 Historical Background of Gymnastics
 - 3.2 Nature and Description of Gymnastics Game
 - 3.3 Rhythmic gymnastics and Fitness Benefits of Gymnastics
- 4.0 Self-Assessment Exercise(s)
- 5.0 Conclusion
- 6.0 Summary
- 7.0 References/Further Readings

1.0 INTRODUCTION

In this unit, you will learn about the historical background of gymnastics, description of gymnastics game, rhythmic gymnastics and fitness benefits of gymnastics.

2.0 INTENDED LEARNING OUTCOMES (ILOS)

By the end of this unit, you will be able to:

- describe the gymnastics game
- list some notable dates in the development of gymnastics
- list some men and women artistic gymnastics events
- list the fitness benefits of gymnastics.

3.0 MAIN CONTENT

1.1 Historical Background of Gymnastics

Gymnastics was introduced in early Greek civilization to facilitate bodily development through a series of exercises that included running, jumping, swimming, throwing, wrestling, and weight lifting. Many basic gymnastic events were practiced in some form before the introduction by the Greeks of *gymnazein*, literally, "to exercise naked." Physical fitness was a highly valued attribute in ancient Greece, and both men and women participated in vigorous gymnastic exercises. The Romans, after conquering Greece, developed the activities into a more formal sport, and they used the *gymnasiums* to physically prepare their legions for warfare. With the decline of Rome, however, interest in gymnastics dwindled, with tumbling remaining as a form of entertainment.

Modern Gymnastics

In 1774, a Prussian, Johann Bernhard Basedow, included physical exercises with other forms of instruction at his school in Dessau, Saxony. With this action began the modernization of gymnastics, and also thrust the Germanic countries into the forefront in the sport. In the late 1700s, Friedrich Ludwig Jahn of Germany developed the side bar, the horizontal bar, the parallel bars, the balance beam, and jumping events. He, more than anyone else, is considered the "father of modern gymnastics." Gymnastics flourished in Germany in the 1800s, while in Sweden a more graceful form of the sport, stressing rhythmic movement, and was developed by Guts Muth. The opening (1811) of Jahn's school in Berlin, to promote his version of the sport, was followed by the formation of many clubs in Europe and later in England. The sport was introduced to the United States by Dr. Dudley Allen Sargent, who taught gymnastics in several U.S. universities about the time of the Civil War, and who is credited with inventing more than 30 pieces of apparatus. Most of the growth of gymnastics in the United States centered on the activities of European immigrants, who introduced the sport in their new cities in the 1880s. Clubs were formed as *Turnverein* and *Sokol* groups, and gymnasts were often referred to as "turners." Modern gymnastics excluded some

traditional events, such as weight lifting and wrestling, and emphasized form rather than personal rivalry.

Modern Competition

Men's gymnastics was on the schedule of the first modern Olympic Games in 1896, and it has been on the Olympic agenda continually since 1924. Olympic gymnastics competition for women began in 1936 with an all-around competition, and in 1952 competition for the separate events was added. In the early Olympic competitions, the dominant male gymnasts were from Germany, Sweden, Italy, and Switzerland, the countries where the sport first developed. But by the 1950s, Japan, the Soviet Union, and the Eastern European countries began to produce the leading male and female gymnasts.

Modern gymnastics gained considerable popularity because of the performances of Olga Korbut of the Soviet Union in the 1972 Olympics, and Nadia Comaneci of Romania in the 1976 Olympics. The widespread television coverage of these dramatic performances gave the sport the publicity that it lacked in the past. Many countries other than the traditional mainstays at the time - the USSR, Japan, East and West Germany, and other Eastern European nations - began to promote gymnastics, particularly for women; among these countries were China and the United States.

Modern international competition has six events for men and four events for women. The men's events are the rings, parallel bars, horizontal bar, side or pommel-horse, long or vaulting horse, and floor (or free) exercise. These events emphasize upper body strength and flexibility along with acrobatics. The women's events are the vaulting horse, balance beam, uneven bars, and floor exercise, which is performed with musical accompaniment. These events combine graceful, dancelike movements with strength and acrobatic skills. In the United States, tumbling and trampoline exercises are also included in many competitions.

Teams for international competitions are made up of six gymnasts. In the team competition each gymnast performs on every piece of equipment, and the team with the highest number of points wins. There is also a separate competition for the all-around title, which goes to the gymnast with the highest point total after performing on each piece of equipment, and a competition to determine the highest score for each individual apparatus.

Another type of competitive gymnastics for women is called rhythmic gymnastics, an Olympic sport since 1984. Acrobatic skills are not used. The rhythmic gymnast performs graceful, dancelike movements while holding and moving items such as a ball, hoop, rope, ribbon, or Indian

clubs, with musical accompaniment. Routines are performed individually or in group performances for six gymnasts.

The governing body for gymnastics throughout the world is the Federation Internationale de Gymnastique (FIG) which was established on July 23rd 1881 in Liège, Belgium, making it the world's oldest existing international sports organization. The Nigeria Federation of Gymnastics (NFG) is the overall governing body of the sports of gymnastics in Nigeria established in 1975.

In-Text Questions

1. In which year was Friedrich Ludwig Jahn of Germany developed the side bar, the horizontal bar, the parallel bars, the balance beam, and jumping events?
2. Modern gymnastics gained considerable popularity because of the performances of Olga Korbut of the Soviet Union in what year?

Answers

1. 1700s
2. 1972 Olympics

3.2 Nature and Description of Gymnastics Game

Gymnastics is a sport that includes physical exercises requiring balance, strength, flexibility, agility, coordination and endurance. The movements involved in gymnastics contribute to the development of the arms, legs shoulders, back, chest and abdominal muscle groups. Gymnastics evolved from exercises used by the ancient Greeks that included skills for mounting and dismounting a horse and from circus performance skills. The most common form of competitive gymnastics is Women Artistic Gymnastics (WAG), this consists of events like; floor, vault, uneven bars and beam; and for Men Artistic Gymnastics (MAG), it consists of the events like; floor, vault, rings, pommel horse, parallel bars, and horizontal bar.

Artistic Gymnastics

In artistic events (performed on an apparatus), men compete in floor, pommel horse, rings, vault, parallel bars and horizontal bars. Female gymnasts compete on the vault, uneven bars, balance beam and floor. The competition includes all-round events and team events, also scored over each apparatus.

In some countries, women at one time competed on the rings, high bar, and parallel. In 2006, FIG introduced a new point system for Artistic gymnastics in which scores are no longer limited to 10 points. The system is used in the US for elite-level competition. Unlike the old code of points, there are two separate scores, an execution score and a difficulty

score. In the previous system, the execution score was the only score. It was and still is out of 10.00, except for short exercises. During the gymnast's performance, the judges deduct this score only. A fall, on or off the event, is a 1.00 deduction, in elite level gymnastics.

The introduction of the difficulty score is a significant change. The gymnast's difficulty score is based on what elements they perform and is subject to change if they do not perform or complete all the skills, or they do not connect a skill meant to be connected to another. Connection bonuses are where deviation happens most common between the intended and actual difficulty scores, as it can be difficult to connect multiple flight elements. It is very hard to connect skills if the first skill is not performed correctly. The new code of points allows the gymnasts to gain higher scores based on the difficulty of the skills they perform as well as their execution. There is no maximum score for difficulty, as it can keep increasing as the difficulty of the skills increase.

Competitive events for women in artistic gymnastics



Piked Tsukahara vault

Vault

In the vaulting events, gymnasts sprint down a 25m (82 ft) runway, to take off onto a vault board (or perform a round off or handspring entry onto a vault board), to land momentarily inverted on the hands on the vaulting horse or vaulting table (pre-flight segment), then propel themselves forward or backward off that platform to a two-footed landing (post-flight segment). Every gymnast starts at a different point on the vault runway depending on their height and strength. The post-flight segment may include one or more multiple saltos, or twisting movements. A round-off entry vault, called a Yurchenko, is a commonly performed vault in the higher levels in gymnastics. When performing a Yurchenko, gymnasts round-off so their hands are on the runway while their feet land on the vault board. From the round-off position, the gymnast travels backwards so that the hands land on the vaulting table. The gymnast then blocks off the vaulting platform into various twisting and/or somersaulting combinations. The post-flight segment brings the gymnast to her feet. Less difficult vaults include take off from the vault board with both feet

at the same time and either doing a front handspring and round-off onto the vaulting table.

In 2001, the traditional vaulting horse was replaced with a new apparatus, sometimes known as a tongue, horse, or vaulting table. The new apparatus is more stable, wider, and longer than the older vaulting horse, approximately 1 m in length and 1 m in width, giving gymnasts a larger blocking surface. This apparatus is thus considered safer than the vaulting horse used in the past. With the addition of this new, safer vaulting table, gymnasts are attempting more difficult vaults.



Gymnast on uneven bars

Uneven bars:

On the uneven bars, the gymnast performs a timed routine on two parallel horizontal bars set at different heights. These bars are made of fiberglass covered in wood laminate, to prevent them from breaking. In the past, bars were made of wood, but the bars were prone to breaking, providing an incentive to switch to newer technologies. The width and height of the bars may be adjusted to the size needed by individual gymnasts. In the past, the uneven parallel bars were closer together. The bars have been moved increasingly further apart, allowing gymnasts to perform swinging, circling, transitional, and release moves that may pass over, under, and between the two bars. At the Elite level, movements must pass through the handstand. Gymnasts often mount the uneven bars using a springboard or a small mat. Gymnasts may use chalk (MgCO_3) and grips (a leather strip with holes for fingers to protect hands and improve performance) when performing this event. The chalk helps take the moisture out of gymnasts' hands to decrease friction and prevent rips (tears to the skin of the hands); dowel grips help gymnasts grip the bar.



Balance beam (BB)

The gymnast performs a choreographed routine of up to 90 seconds in length consisting of leaps, acrobatic skills, somersaults, turns and dance elements on a padded beam. The beam is 125cm (4 ft 1 in) from the ground, 5m (16 ft 5 in) long and 10.16cm (4.00 in) wide. This stationary object can also be adjusted, to be raised higher or lower. The event requires balance, flexibility, grace, poise, and strength.



Floor Exercise (FX)

The event in gymnastics performed on the floor is called floor exercise. The English abbreviation for the event in gymnastics scoring is FX. In the past, the floor exercise event was executed on the bare floor or mats such as wrestling mats. The floor event now occurs on a carpeted 12m × 12m square, usually consisting of hard foam over a layer of plywood, which is supported by springs generally called a spring floor. This provides a firm surface that provides extra bounce or spring when compressed, allowing gymnasts to achieve greater height and a softer landing after the composed skill. Gymnasts perform a choreographed routine for up to 90 seconds in the floor exercise event. Depending on the level, the gymnast may choose their own routine; however, some levels have compulsory routines, where default music must be played. Levels three to six the music is the same for each level along with the skills within the routine. However, recently, the levels have switched. Now, levels 6–10 are optional levels and they get to have custom routines made. In the optional levels (levels six to ten) there are skill requirements for the routine but the athlete can pick her own music without any words. The routine should consist of tumbling passes, series of jumps, leaps, dance elements, acrobatic skills, and turns, or pivots, on one foot. A gymnast can perform up to four tumbling passes, each of which usually includes at least one flight element without hand support. Each level of gymnastics requires the athlete to perform a different number of tumbling passes. In level 7 in the United States, a gymnast is required to do 2–3, and in levels 8–10, at least 3–4 tumbling passes are required.

Competitive events for men in artistic gymnastics

Floor

Male gymnasts also perform on a 12meter x 12meter spring floor. A series of tumbling passes are performed to demonstrate flexibility, strength, and balance. Strength skills include circles, scales, and press handstands. Men's floor routines usually have multiple passes that have to total between 60–70 seconds and are performed without music, unlike the women's event. Rules require that male gymnasts touch each corner of the floor at least once during their routine.



Pommel horse

A typical pommel horse exercise involves both single leg and double leg work. Single leg skills are generally found in the form of scissors, an element often done on the pommels. Double leg work, however, is the main staple of this event. The gymnast swings both legs in a circular motion (clockwise or counterclockwise depending on preference) and performs such skills on all parts of the apparatus. To make the exercise more challenging, gymnasts will often include variations on a typical circling skill by turning (moores and spindles) or by straddling their legs (Flares). Routines end when the gymnast performs a dismount, either by swinging his body over the horse or landing after a handstand variation.

Still rings

The rings are suspended on a wire cable from a point 5.75 meters from the floor. The gymnasts must perform a routine demonstrating balance, strength, power, and dynamic motion while preventing the rings themselves from swinging. At least one static strength move is required, but some gymnasts may include two or three. A routine ends with a dismount.

Vault

Gymnasts sprint down a runway, which is a maximum of 25 meters in length, before hurdling onto a springboard. The gymnast is allowed to choose where they start on the runway. The body position is maintained while punching (blocking using only a shoulder movement) the vaulting platform. The gymnast then rotates to a standing position. In advanced gymnastics, multiple twists and somersaults may be added before landing. Successful vaults depend on the speed of the run, the length of the hurdle, the power the gymnast generates from the legs and shoulder girdle, the

kinesthetic awareness in the air, how well they stuck the landing, and the speed of rotation in the case of more difficult and complex vaults.

Parallel bars

Men perform on two bars executing a series of swings, balances, and releases that require great strength and coordination. The width between the bars is adjustable depending upon the actual needs of the gymnasts and usually 2m high.

Horizontal bar

A 2.8 cm thick steel or fiberglass bar raised 2.5 m above the landing area is all the gymnast has to hold onto as he performs giant swings or giants (forward or backward revolutions around the bar in the handstand position), release skills, twists, and changes of direction. By using all of the momentum from giants and then releasing at the proper point, enough height can be achieved for spectacular dismounts, such as a triple-back salto. Leather grips are usually used to help maintain a grip on the bar.

As with women, male gymnasts are also judged on all of their events including their execution, degree of difficulty, and overall presentation skills.

Aerobic gymnastics

Aerobic gymnastics (formally Sport Aerobics) involves the performance of routines by individuals, pairs, trios, groups with 5 people, and aerobic dance and aerobic steps (8 people). Strength, flexibility, and aerobic fitness rather than acrobatic or balance skills are emphasized. Routines are performed for all individuals on a 7x7m floor and also for 12-14 and 15-17 trios and mixed pairs. From 2009, all senior trios and mixed pairs were required to be on the larger floor (10x10m), all groups also performed on this floor. Routines generally last 60-90 seconds depending on the age of the participant and routine category. The World Championships have been held since 1995.

The events consist of:

- Individual Women
- Individual Men
- Mixed Pairs
- Trios
- Groups
- Dance
- Step

Parkour

This is the latest and newest addition to the types of gymnastics activities. It was approved on January 28, 2018 to begin development as a FIG sport. The FIG is planning to run World Cup competitions from 2018 onwards and will hold the first Parkour World Championships in 2020.

In-Text Questions

1. Which of the gymnastics activities is the newest addition approved on 28th January, 2018?
2. The most common form of competitive gymnastics is ----

Answers

1. Parkour
2. Women Artistic Gymnastics

3.3 Rhythmic gymnastics

Rhythmic gymnastics (performed with an apparatus) is strictly a women's competition. The gymnasts, accompanied by music, perform on a 13m-squared floor area (approximately 140ft squared) with rope, hoop, ball, clubs and ribbon. In the individual event, they perform different routines with four of the five apparatus. In the team competition, teams of five perform together once using clubs and once with two using hoops and three using ribbons.

It debuted at the 1984 games and a group event was added in 1996.

Trampoline gymnastics

Trampoline gymnastics debuted at the Sydney 2000 Games and features both men's and women's individual events. Trampoline competitions are open to both men and women.

Fitness Benefits of Gymnastics

The benefits include the following:

- Strengthens arm and leg muscles.
- Develops agility and flexibility.
- Improves the cardiovascular system.
- Boosts key foot and hand muscles.
- Improves concentration and mental focus.

The events consist of:

- Speed run
- Freestyle

4.0 SELF-ASSESSMENT EXERCISE(S)

Attempt the following questions

1. In determining a gymnast's average, which of the following is done?
 - a) Eliminating the first score
 - b) Eliminating the second and third score
 - c) Eliminating the first and fourth score then dividing the middle scores by two
 - d) Dividing the scores by the number of athletes
2. Which of the listed is a scoring method in gymnastics?
 - a) Bye method
 - b) Closed method
 - c) Cast method
 - d) Gambling method
3. Which of the following events is not associated with the Women Artistic Gymnastics (WAG)?
 - a) Pommel horse
 - b) Vault
 - c) Uneven bars
 - d) Beam
4. One of the following is not fitness benefits of gymnastics
 - a) Strengthens arm and leg muscles.
 - b) Develops agility and flexibility.
 - c) Improves the cardiovascular system
 - d) None of the above

Answers

1. C
2. B
3. A
4. D

5.0 CONCLUSION

Having gone through this unit and completed the assessment and self-assessment test it is assumed that you have attained an understanding of the Nature and description of gymnastics game, Artistic Gymnastics, competitive events for men in Artistic gymnastics, Rhythmic gymnastics, Trampoline gymnastics and fitness benefit of gymnastics.

6.0 SUMMARY

In this unit, you have learned the nature and description of gymnastic games, Artistic Gymnastics, competitive events for men in Artistic gymnastics, Rhythmic gymnastics, Trampoline gymnastics and fitness

benefits of gymnastics. The assessment and self-assessment exercise have been provided to enable you to understand your own rating of the understanding and learning you achieved reading this material in this unit. Online links have also been provided to broaden your understanding of the learning required in this unit.

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UNIT 2 OFFICIATING AND SCORING IN GYMNASTICS

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- 1.0 Introduction
- 2.0 Intended Learning Outcomes (ILOs)
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1.0 INTRODUCTION

Gymnastics officiating is an act of putting gymnastic games under perfect control in accordance with the set rules. In this unit, you will learn how to officiate in the game of gymnastics, scoring system in gymnastics and interpretations of scoring system in gymnastics.

2.0 INTENDED LEARNING OUTCOMES (ILOS)

By the end of this unit, you will be able to:

- officiate the gymnastics game.
- list the officials in gymnastics game
- mention functions of the officiating officials in gymnastics.
- interpret rules in scoring
- score gymnasts.

3.0 MAIN CONTENT

3.1 Officiating the Game of Gymnastics

In gymnastics, there are two categories of events or meets namely dual/triangular meets and large open meets.

In dual and triangular meets, the following order of events was accepted in line with international rules; vaulting, uneven parallel bars, balance beam and floor exercises.

In large open meets, the order of events should be determined by the availability of space, the number of participants per event and the number of events to be run at a time.

In officiating the game of gymnastics the following officials are needed;
Officials for a dual or three-way event/meet:

One chief judge and one to three acting judges per event

One chief scorer

Two assistant scorers

One announcer

Two to four timekeepers are required depending on the number of events to be run at the same time: for two events, 2-3timekeepersare required and for four events to be stage at the same time, 4timers are required.

Two to four runners are also needed

Officials for a state event/meet are:

One meet director

One meet referee

One to four chief judge(s) is/are needed depending on the number of events to be run simultaneously

Three to twelve acting judges are required depending on the number of events to be run at the same time

One to four judge(s) assistants

One chief scorer

Two to eight assistant scorers, two at each event

One announcer

Two to four timekeepers

Functions of the Director of the Meet are;

Make available all the facilities and equipment for gymnastics meet such as gymnasium with necessary apparatus, warm area with identical apparatus for larger meets, changing room for coaches and officials, seating area for teams, chairs and tables for judges and other officials, lockers and locker room, seating arrangements for spectators, stopwatches, notepad, pencil, gymnastic chalk, sandpaper, score flashers, tape measure, tape recorder, awards and presenters where necessary.

Send out the entries forms not later than two months in advance and receive same at least two weeks before the meet or as otherwise decided

Supervise the placement of apparatus and its suitability for the meet.

Provide medical personnel at the meet.

Make available the worksheets for the acting judges, score sheets for individual and all-round events, and team results

Provide lists of competitors for scorers, announcers, clerks and chief judges.

Make the result of the meet available to the teams and organizations.

Functions of the Meet Referee are;

- Inspect the apparatus for regulation height, width, and distance.
- Call the judges and coaches for the clarifications of rules before the meet.
- He/she makes sure all rules and regulations are enforced and with power to disqualify competitors, coaches and even the judges for any serious misconduct.
- He/she has the final say in all inquiries.

Functions of the Chief Judge are;

- Assign the acting judges to their respective places.
- Signal the gymnast to begin.
- Meet with the judges after the first performance in each event to arrive at a common basis for scoring the performances.
- Advise the judges on their inadequacies of an exercise.
- Advise the judges on any important differences in compulsory exercises.
- Supervise the timekeepers during the events in which they are timing
- Deduct from the competitor's average, if necessary; the time in minor offence, going out of bounds in floor exercise, improper dress, coaching the gymnast during performance, gymnast doing an extra during judges 'congress and gymnast refusing to present herself to the chief judge at the beginning of an exercise.
- Assume the duties of a meet referee in dual and three-way meets.
- Have congress with the acting judges when the middle scores do not fall within the correct point range which is determined by the average score.

Functions of the Acting Judges are;

- Arrive at the venue at least 30 minutes before the commencement of the meet
- Be well familiar with the rules and values of the elements.
- Act independently without communicating with the other acting judges except at congresses called by the chief judge.
- Act on the instructions of the chief judge.
- Avoid interaction with the competitors, coaches, parents of the competitor during short breaks
- Be just and objective in the judgement.
- Show the details of scores, deductions, and value parts awarded on the worksheet.
- Give credit for all work completed.
- Arrive at a score within 30 seconds of the end of the exercise.

Functions of the Chief Scorer are:

- Act as an auditor of the average score by supervising all the scoring.
- Be a custodian of the scoring worksheets for each event.
- Supervise the recordings of all scores to ascertain that each score is credited to the right competitor and the right judge
- Prepare the final result sheet for each event and post official scores.

Functions of the Announcer are;

- Introduce the officials and announce the order of events
- Announce the results of each event after being satisfied by the chief scorer.
- Give the details of the results at the end of the competition.

Functions of the Timekeepers are;

- Time the gymnast with stopwatches.
- Give a verbal notification of 5 seconds remaining for remounting after a fall.
- All signals for warning and time must be loud enough for the gymnast to hear clearly.

In-Text Questions

1. The two categories of gymnastics events or meets are?
2. The official that assigned the acting judges to their respective places in gymnastics events/meet is called?

Answers

1. Dual/triangular meets and large open meets.
2. Chief Judge.

3.2 Scoring in a Gymnastics Meet

In scoring a gymnast, the officials shall observe the following:

Judge's worksheet

- Score slips for sending in the final score should be provided for every acting judge and chief judge.
- Vaulting score sheets must be double in number for judges to send in a score for each of the two vaults.
- A corrected list containing the names and numbers of the gymnast and order of the events should be given to all the judges.

Rules Interpretation in Scoring

Situation 1: A routine contains two superiors and five mediums. The judges give credit for two superiors and four mediums in Difficulty. They deduct for one missing superior and one missing high superior. **RULING:** Correct procedure. **COMMENT:**

Although a routine contains more than four mediums, only four mediums are given credit in Difficulty. The extra medium is not given credit in Difficulty. (4-1-2)

Situation 2: On bars, a gymnast jumps down off of the equipment and shows the judge that her handgrip was torn and needed to be changed before she could continue. After replacing her handgrip, the gymnast remounts the apparatus and finishes the routine. Each judge deducts 0.50 for a fall off of the bars when the gymnast replaced her handgrip. **RULING:** Incorrect procedure. **COMMENT:** The gymnast may leave the apparatus and request permission to change her handgrip without penalty. She may also request to repeat her routine or continue from the point of interruption at a time determined by the chief judge. [2-2-1b(9)].

Situation 3: On vault, a gymnast uses a Velcro strip to mark the point on the runway where she will begin her run. She also uses a Velcro strip to mark her take-off point for jumping onto the board. The judges do not stop the gymnast or take a deduction for marking the runway. **RULING:** Correct procedure. **COMMENT:** There is no deduction for using athletic tape or Velcro on the vault runway. No chalk is allowed. (6-1-4).

Situation 4: On vault, a gymnast indicates she will perform a $\frac{1}{4}$ on – $\frac{1}{4}$ off. During the repulsion phase the athlete passes around the side of the table at about 30° from vertical. The judges deduct up to 0.30 for failure to pass through vertical. **RULING:** Correct procedure. **COMMENT:** Failure to pass through the vertical is an up to 0.30 deductions. [6-4-2a (6)].

Situation 5: On bars, a gymnast performs her routine, which contains five elements consisting of mostly pullovers, leg cuts, and hip circles. The judges do not take a deduction under choice of elements in Composition. **RULING:** Incorrect procedure. **COMMENT:** The guidelines for specific compositional deductions recommend that a routine that consists of five to six elements (or less) consisting of mostly pullovers, leg cuts and hip circles should have a deduction of 0.30. [7-3-3 (3)].

Situation 6: On bars, a gymnast has two consecutive extra swings during her routine. The judges deduct 0.30 for each extra swing for a total of 0.60. **RULING:** Incorrect procedure. **COMMENT:** The deduction for two consecutive extra swings is 0.50. [7-3-4c (8)].

Situation 7: On beam, a gymnast falls while performing a back walkover. The coach and gymnast confer with each other while the gymnast is on the mat. At 30 seconds, the timer calls out “warning”. The chief judge terminates the routine at 30 seconds. **RULING:** Incorrect procedure. **COMMENT:** The fall time on beam is 45 seconds with a warning at 30 seconds. A routine is not terminated until 45 seconds. (8-2-1a-d).

Situation 8: On floor exercise, a gymnast performs her routine with forward rolls, backward rolls and cartwheels. The judges deduct 0.15 in Composition for a lack of variety of acro elements. **RULING:** Correct procedure. **COMMENT:** The deduction for lack of a variety of acro elements is up to 0.15. [9-3-3(1)].

Situation 9: A gymnast performs her beam routine with a jewelry appliqué of the team mascot on one side of her face and a temporary tattoo with the school initials on the other side of her face. The judges deduct 0.20 from the average score for improper uniform for the jewelry appliqué. **RULING:** Correct procedure. **COMMENT:** A jewelry appliqué is not permissible because it is considered jewelry. The temporary tattoo is not considered jewelry and is permissible. (3-2-5, Situation B 3.3.8).

Scorers' worksheets

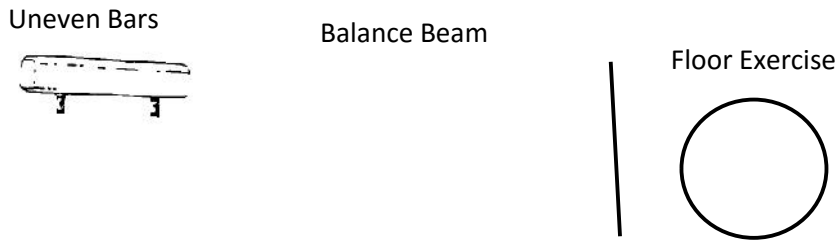
Scorers' worksheets should be made available. One of the copies should be designated as the official score sheet which should be checked by the chief scorer, meet director and chief judges before the final announcement. A separate score sheet should be prepared for the team score.

The scorer's worksheets for vaulting are similar to the ones used for compulsory/optional competition with the two sets of boxes designated at Vault 1 and Vault 2. In the average column, the better average of the two vaults should be circled and counted as the competitor's score for the vaulting event.

Judge's Score slip

<p>Balance Beam</p> <p>Gymnast # _____</p> <p>SCORE: _____</p> <p>BONUS: _____</p> <p>O _____</p> <p>D _____</p> <p>Judge's Name: _____</p> <p>Judge's Number: _____</p> <p>AVERAGE SCORE _____</p>
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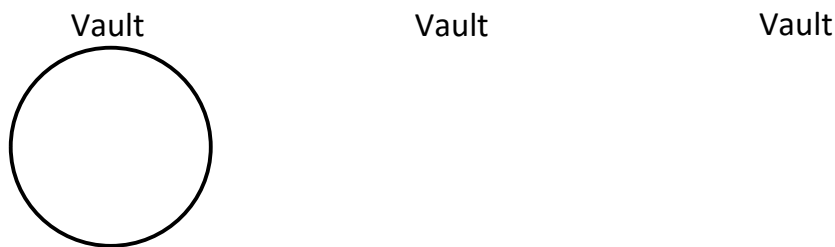
Diagram 1: Judge’s sample score slip for Uneven Bars (UB), Balance Beam (BB), and Floor Exercise (FX). Should be colour coded by event.



Judge’s Score slip

<p>VAULT GYMNAST # _____ Vault # 1 _____ Vault # 2 _____ Judge’s Name _____ Judge’s Number _____ Average Score _____</p>

Diagram 2. Judge’s sample score slip for vault. Should be colour coded by event.



Gymnastics Competition Score Sheet

INVITATIONAL Meet			Date 18/03/2021		Open Age Group Class Adv Opt			
Club	No.	Name	NGF#	Vault	Bars	Beam	Floor	A-A
Masboy	211	Nnakaka	1001844	8.50	8.45	7.40	8.40	32.75
Masboy	212	Balqees	1001845	8.25	7.90	7.70	7.90	31.75
Masboy	213	Binta	1001846	8.10	7.90	7.50	7.85	31.35

Masboy	214	Chika	1001847	8.30	5.55	7.15	8.55	29.55
Crack	215	Rabi	1001848	8.20	7.30	6.60	7.85	29.95
Crack	216	Kemi	1001849	8.65	7.85	7.75	8.70	32.95
Crack	217	Lucy	1001851	8.70	6.85	8.10	8.00	31.65
Crack	218	Nnena	100164	8.25	6.25	7.40	7.30	29.20

Diagram 3: Scorer's sample worksheet. Compulsory/Optional.

Determining the Average

- a. The average score of the gymnast is determined by eliminating the highest and lowest scores awarded by the judges and averaging the middle two.
- b. In case fewer than four judges are used, all the scores should be averaged. All scores should meet the criteria for the correct point range.

Determining the team score

- a. Dual/Triangular Competition. The number of competitors entered in each event may be determined by school/league rules. Generally, a maximum number of entries are specified as well as the number of scores to count for the team total. For example, there might be a maximum of eight entries per event with the highest five scores to be totaled toward the team score. The final team scores will be the total of the specified number of scores on each event.
- b. In a larger meets state or regional, the number of entries from each team may be decided by the meet director or directing organization. The recommended number, however, is six per event, with the top five scores counting for the team total. In this case, the top five scores earned by the competitors of a team on each event will be totaled for the event scores. The total of the four-event scores constitutes the team scores.
- c. In meets where both compulsory and optional exercises are used, the team will earn two scores—one for compulsory exercise and one for optional exercises on each event (in the same manner as states in B). The scores will be added for the final team scores.

Determining the all-around score

- a. The final score earned by a competitor on each event will be totaled for the all-round score.
- b. In meets where both compulsory and optional exercises are used, a competitor earns two all-around scores: one for compulsory exercises; one for optional exercises. These scores can be added for the competitor's final all-around score.

- c. Winning the all-around does not add to the team point total. It is an individual honour.

Determining the scoring method:

- a. Either open or closed may be acceptable in a meet below national championship level dependent upon the rules set forth by the governing body.

- b. Explanation of methods

Closed method: Judges arrive at their scores independently. Runners carry the scores to the chief judge who computes the average and determines whether they are in range. The public does not see the individual judge's score, only the average.

Open Methods: Judges arrive at their scores independently. The scores are sent (modified open) or flashed (open) to the chief judge. After determining that the scores are in range, the chief judge signals to the flashers and the scores are shown to the public.

- c. In each case, the competitor's average is flashed from the scorer's or chief judge's table after it has been computed and double-checked.
- d. The meet should not be held up for the average to be flashed. If necessary, it can be announced after the next competitor has completed her routine.
- e. In the closed method, only the best average of the two vaults is flashed to the audience, however, the coach may request the average of the first vault. If the open method is used, all scores should be flashed.

In-Text Questions

1. Which of the rule interpretations says the judges give credit for two superiors and four mediums in Difficulty?
2. Who determines the number of entries from each team in a larger state or region?

Answers

1. Situation 1
2. Meet Director or Directing organization

3.3 Points to Emphasis in Scoring

1. Awarding Credit

When an element is performed, the judge must decide whether or not to award credit for that skill in the Difficulty category. If the technical criteria for that skill have been met, credit is awarded. If poor technique causes a fall after the landing of a skill, the skill is still considered complete for the purpose of awarding Difficulty. The fall is considered an error on that skill the same as any other Execution or amplitude error. A salto that does not land on the feet, a release element on bars in which the

hands do not contact the bar or an acro element that does not bear weight on the beam would not be considered complete and would receive no credit in the Difficulty category. These would then be considered void elements. Because it is void, it may not count as part of a series, pass, Event Requirement, or Bonus.

When awarding credit in Bonus for an AHS, there must be no fall or spot. If there is a fall following the AHS, due to poor performance of that AHS, and weight is borne prior to the fall, the AHS is considered complete and credit may be awarded in Difficulty but is not awarded 0.2 in Bonus.

Examples: Standing back tuck on beam, front salto full on floor or double back salto flyaway on bars. If any of the above lands on the feet and then falls, each receive credit for Difficulty but no credit in Bonus for the AHS. Note that there is a difference in that awarding Difficulty credit requires only that the element be complete. Awarding AHS credit in Bonus requires the element to be complete without a spot and without causing a fall.

2. Composition

The composition category intends to evaluate the structure of the routine. By reducing the number of deductions and combining similar deductions, the revised composition category will provide a more efficient method of evaluation. On the uneven bars, the choice of elements category in composition was redefined and is now worth up to 0.30. Guidelines for composition deductions will assist judges to identify deficiencies in composition and link them to the appropriate deduction. Balance beam and floor exercise composition requirements were adjusted to eliminate the redundant categories for ease of use and better application of the rule.

3. Event Requirements on Floor are

i. Evaluating Acro Passes

A gymnast is required to have three acro passes in a floor routine. Each of the passes may be two or more directly connected acro elements. Except for the round-off, all elements in an acro pass must receive Value Part credit. The first two round-offs that are performed in a routine will receive medium credit. Any round-offs following the first two will not be eligible for difficulty credit. Although a third round-off (or any additional round-off) does not receive difficulty credit, if included in one of the three required acro passes, it may be used to fulfill the event requirement of three passes. A third isolated round-off, or a third round-off that is connected to a dance element, will receive no Value Part credit.

ii. **Sample Routine**

- round-off, back handspring, back tuck (M+M+S)
- round-off, straddle jump 1/1 (M+HS)
- front tuck, round-off, back handspring, back handspring (S+0+S)
- round-off, back handspring, full (0+M+HS)
- round-off, split jump (0+M)

All acro passes in the routine will count to fulfill the event requirement of three acro passes.

All acro passes may consist of backward, forward or sideward elements, including a pass of only two elements. A handstand with or without a turn has no direction unless it is completed as a front walkover or a handstand forward roll. A pass of only two elements must include a high superior, an advanced high superior or a back-to-back superior.

Examples of passes that meet the requirement:

- 1) Round-off, double back (includes an AHS)
- 2) Front tuck, front tuck (includes a BBS)
- 3) Round-off, full (includes a HS)

Examples of passes that do not meet the requirement:

- 1) Round-off; back tuck (M+S)
- 2) Handspring, front tuck (M+S)

iii. **Evaluating the superior acro in the 3rd pass or as the last acro element**

This event requirement requires that a gymnast either have a superior in her third acro pass or that her last acro element (maybe isolated) is a superior. Credit may be awarded even if the first and/or second pass is broken.

Example:

- 1st pass - round-off, double full (M+AHS)
- 2nd pass - front tuck, 2 steps, round-off, back tuck (S / M+S = broken 2nd pass)
- 3rd pass - handspring, front layout, front tuck (M+S+S)
Cartwheel to ending pose.

Comment: Gymnast would not receive credit for three passes but would receive credit for a superior in the third pass even though her second pass was broken due to extra steps. The third pass includes a superior and the ending cartwheel would not negate the credit.

Gymnast has two options to fulfill this event requirement:

- If the third pass qualifies as a pass and includes a superior acro, no deduction is taken

If there is no superior in the third pass or if the third series does not qualify as a pass (according to the definition) proceed with the following:

- a) Determine the very last acro element in the routine. If it is a superior, no deduction is taken. The element could be an isolated superior or the last element of the third series that did not qualify as a pass.

Example: front tuck, takes a step, round-off, back tuck

This is not a pass but the superior back tuck qualifies if it is the last acro element in the routine.

- b) If the gymnast does not fulfill the requirement with either option, a 0.2 deduction is taken in Event Requirements.

iv. **Seventh Way to Break a Series:**

Any deviation of body movement which is NOT in line with the beam breaks a series. For example, while attempting a back walkover-back walkover series on the beam, the gymnast leans sideways between the two back walkovers but keeps moving. If the torso/trunk deviates to the side, it is not in line with the beam and therefore breaks the series.

4.0 SELF-ASSESSMENT EXERCISE(S)

Attempt the following questions

1. In determining a gymnast's average, which of the following is done?
 - a) Eliminating the first score
 - b) Eliminating the second and third score
 - c) Eliminating the first and fourth score then dividing the middle scores by two
 - d) Dividing the scores by the number of athletes
2. Which of the listed is a scoring method in gymnastics?
 - a) Bye method
 - b) Closed method
 - c) Cast method
 - d) Gambling method
3. Which of the following event is not associated with the Women Artistic Gymnastics (WAG)?
 - a) Pommel horse
 - b) Vault
 - c) Uneven bars
 - d) Beam

Answers

1. C
2. B
3. A

5.0 CONCLUSION

Having gone through this unit and successfully completed the assessment and self-assessment test it is assumed that you have attained understanding of the officiating of gymnastics game, various functions of the officials of the game, facilities and equipment used in the game and scoring system used by the officiating officials in gymnastics meet.

6.0 SUMMARY

In this unit, you have learnt the officiating officials and their functions, facilities and equipment in the game and the scoring system used by the officiating officials in gymnastics meet.

7.0 REFERENCES/FURTHER READINGS

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MODULE 4

Introduction

Volleyball is one of the most successful and recreational sports in the world. Specifically, volleyball is a sport that is played by two teams on a playing court which is divided by a net. The main objective of this game is to hit the ball over the net towards the opponent playing court. In such a way that they hope the opponent team makes a mistake. If the team returns the ball, they receive three hits for returning the ball. A team is allowed only three touches of the ball before it must be returned over the net.

Unit 1	History and Description of Volleyball
Unit 2	Volleyball Officiating Officials, their Functions, and Basic Volleyball Rules
Unit 3	Scoring System in the Game of Volleyball

UNIT 1 HISTORY AND DESCRIPTION OF VOLLEYBALL

CONTENTS

1.0	Introduction
2.0	Intended Learning Outcomes (ILOs)
3.0	Main Content
3.1	History and Origin of Volleyball
3.2	Description of Volleyball Game
3.3	Mention the facilities and equipment used in the game of volleyball
4.0	Self-Assessment Exercise(s)
5.0	Conclusion
6.0	Summary
7.0	References/Further Readings

1.0 INTRODUCTION

In this unit, you will learn about the history and origin of volleyball game, development of the game in Nigeria and facilities and equipment used in the game of volleyball.

2.0 INTENDED LEARNING OUTCOMES (ILOS)

By the end of this unit, you should be able to:

- explain the brief history of volleyball
- describe the nature of volleyball
- development of volleyball in Nigeria
- list the facilities and equipment used in the game of volleyball.

3.0 MAIN CONTENT

3.1 History and Origin of Volleyball

Volleyball is a popular sport that has been played Worldwide. It's fast, it's exciting and the action is explosive. However, volleyball includes several overlapping elements whose complementary interactions make it unique among rally games.

The game of volleyball originated in the United States (US) in 1895 by a man called William G. Morgan, Physical Education Director of the Young Men's Christian Association (YMCA) in Holyoke, Massachusetts. In his mind, he had the aim of designing the game as an indoor sport for businessmen who found the new basketball game too strenuous.

Morgan called the sport "Mintonette" until a professor at Springfield College in Massachusetts observed the character of the volleyball game and proposed the name "volleyball."

The original rules were written by Morgan and published in the first edition of the Official Manual of the Sports League of Christian Associations of Young Men of North America (1897). The game quickly seduced men and women to schools, playgrounds, armed forces and other organisations in the United States. Then it was introduced in other countries.

In 1916, the YMCA and the National Collegiate Athletic Association (NCAA) jointly did publish the rules. The YMCA National Physical Education Committee in New York did organise the first national tournament in the United States in 1922.

The United States Volleyball Association (USVBA) was established in 1928 and was recognised as the governing body of the U.S. As of 1928, the USVBA, now known as USA Volleyball (USAV), held annual national men's and senior volleyball championships (over 35 years old), except in 1944 and 1945. They did create its women's division in 1949 and including a division of older women (30 years and older) in 1977. USAV member groups organise other national events in the United States such as the YMCA and the NCAA.

In-Text Questions

1. Who invented the game of volleyball and in what year?
2. What was the initial name given to the game of volleyball?

Answers

1. William G. Morgan and in 1895
2. Mintonette

3.2 Description of Volleyball Game

Volleyball is a sport played by two teams of six players each on a playing court divided by a net. There are different formations of play by the teams in order to offer better performance of the game to everyone.

The objective of the game is to send the ball over the net and to land on the opponent's court, and to prevent the same effort by the opponent. The team has only three touches to cross the ball to the opponent's court in addition to the block contact.

The game is started with a service by the server over the net to the opponents' court. The rally continues until the ball lands on the playing court or goes "out" of the court or a team fails to return it properly.

In the game of Volleyball, the team winning a rally scores a point. When the receiving team wins a rally, it gains a point and the right to serve. Players rotate position clockwise.

Development of Volleyball in Nigeria

As Volleyball came into existence, many countries got to adopt the game. And Nigeria is one of those countries that came to the extra point. It has become a great and competitive game now in Nigeria especially Nigeria Women's Volleyball.

Nobody can say exactly when volleyball came into existence in Nigeria. However, just like other existing sports in Nigeria, we can actually assume that volleyball came into Nigeria when the country was colonised. Furthermore, after Nigeria gained independence, there has been steady growth in the Volleyball game. Currently, there are two volleyball national teams in Nigeria, the male and female volleyball squads.

The Nigeria Volleyball Federation, which governs volleyball related activities in the country is led by the President, Mr. Musa Nimrod Maniyunda, and is located in Abuja.



Nigeria Volleyball Federation

A decisive moment in the history of the first 100 years of volleyball was undoubtedly the foundation of the FIVB (International Volleyball Federation). In April 1947, representatives from 14 countries (Belgium, Brazil, Czechoslovakia, Egypt, France, Netherlands). Also, Hungary and Italy), Poland, Portugal, Romania, Uruguay, United States, and Yugoslavia) met in Paris.

Directly under the leadership of Frenchman Paul Libaud to found the FIVB. Mr. Libaud, president of the French Federation, was elected the first president of the FIVB. The headquarters were established in Paris, where they remained for 37 years, until 1984, when Dr. Rubén Acosta de México succeeded Libaud.

With the strong support of the current president of the Nigeria Volleyball Federation, the country now has 7 International Referees and 3 International Candidate Referees. With the introduction of beach volleyball as a competitive sport, Nigeria won its first international referee in 1994 for Samuel Timothy.

In line with what is happening in the other volleyball nations, Nigeria has structured its Referees Association in three (3) grades. There are currently more than 200 registered referees in Nigeria.

Facilities and equipment for Volleyball

The main facility for volleyball is the playing surface which shall be rectangular and symmetrical. It shall measure 18x9m with free zone of 3m wide in all the four sides.

While, the equipment are; net and posts of 2.43m height for men and 2.24m height for women, Two white bands, Antennae of 1.8m long and 10mm in diameter, Balls which shall be spherical made up of flexible leather or synthetic leather, Whistle, Referee stand, flag, pens and pencils, notepad, chairs and table, mope.

In-Text Questions

1. How many players make a team on a court or play in volleyball?
2. Which of the skills is used to commence the game of volleyball?

Answers

1. Six
2. Service

3.3 Skills Involved in the Game of Volleyball

Competitive teams master six basic skills: serve, pass, set, attack, block and dig. Each of these skills comprises a number of specific techniques

that have been introduced over the years and are now considered standard practice in high-level volleyball.

Serve:



A player making a jump serve

A player stands behind the inline and serves the ball, in an attempt to drive it into the opponent's court. The main objective is to make it land inside the court; it is also desirable to set the ball's direction, speed and acceleration so that it becomes difficult for the receiver to handle it properly. A serve is called an "ace" when the ball lands directly onto the court or travels outside the court after being touched by an opponent; when the only player on the server's team to touch the ball is the server.

In contemporary volleyball, many types of serves are employed:

Underhand: a serve in which the player strikes the ball below the waist instead of tossing it up and striking it with an overhand throwing motion. Underhand serves are considered very easy to receive and are rarely employed in high-level competitions.

Sky ball serve: a specific type of underhand serve occasionally used in beach volleyball, where the ball is hit so high it comes down almost in a straight line. This serve was invented and employed almost exclusively by the Brazilian team in the early 1980s and is now considered outdated. During the 2016 Olympic Games in Rio de Janeiro, however, the sky ball serve was extensively played by Italian beach volleyball player Adrian Carambula. In Brazil, this serve is called Jornada nas Estrelas (Star Trek)

Topspin: an overhand serve where the player tosses the ball high and hits it with a wrist snap, giving it topspin which causes it to drop faster than it would otherwise and helps maintain a straight

flight path. Topspin serves are generally hit hard and aimed at a specific returner or part of the court. Standing topspin serves are rarely used above the high school level of play.

Float: an overhand serve where the ball is hit with no spin so that its path becomes unpredictable, akin to a knuckleball in baseball.

Jump serve: an overhand serve where the ball is first tossed high in the air, then the player makes a timed approach and jumps to make contact with the ball, hitting it with much pace and topspin. This is the most popular serve among college and professional teams.

Jump float: an overhand serve where the ball is tossed high enough that the player may jump before hitting it similarly to a standing float serve. The ball is tossed lower than a topspin jump serve, but contact is still made while in the air. This serve is becoming more popular among college and professional players because it has certain unpredictability in its flight pattern. It is the only serve where the server's feet can go over the inline.

Pass:



A player making a forearm passes

Also called reception, the pass is the attempt by a team to properly handle the opponent's serve or any form of attack. Proper handling includes not only preventing the ball from touching the court but also making it reach the position where the setter is standing quickly and precisely.

The skill of passing involves fundamentally two specific techniques: underarm pass, or bump, where the ball touches the inside part of the joined forearms or platform, at waistline; and overhand pass, where it is handled with the fingertips, like a set, above the head. Either is acceptable in professional and beach volleyball; however, there are much tighter regulations on the overhand pass in beach volleyball. When a player passes a ball to their setter, it's ideal that the ball does not have a lot of spin to make it easier for the setter.

Set:**Jump set**

The set is usually the second contact that a team makes with the ball. The main goal of setting is to put the ball in the air in such a way that it can be driven by an attack into the opponent's court. The setter coordinates the offensive movements of a team, and is the player who ultimately decides which player will actually attack the ball.

As with passing, one may distinguish between an overhand and a bump set. Since the former allows for more control over the speed and direction of the ball, the bump is used only when the ball is so low it cannot be properly handled with fingertips or in beach volleyball where rules regulating overhand setting are more stringent. In the case of a set, one also speaks of a front or back set, meaning whether the ball is passed in the direction the setter is facing or behind the setter. There is also a jump set that is used when the ball is too close to the net. In this case, the setter usually jumps off their right foot straight up to avoid going into the net. The setter usually stands about $\frac{1}{3}$ of the way from the left to the right of the net and faces the left (the larger portion of net that he or she can see). Sometimes a setter refrains from raising the ball for a teammate to perform an attack and tries to play it directly onto the opponent's court. This movement is called a "dump". This can only be performed when the setter is in the front row; otherwise it constitutes an illegal back court attack. The most common dumps are to 'throw' the ball behind the setter or in front of the setter to zones 2 and 4. More experienced setters toss the ball into the deep corners or spike the ball on the second hit.

As with a set or an overhand pass, the setter/passers must be careful to touch the ball with both hands at the same time. If one hand is noticeably

late to touch the ball this could result in a less effective set, as well as the referee calling a 'double hit' and giving the point to the opposing team.

Attack or Spike:



The attack, also known as the spike, is usually the third contact a team makes with the ball. The object of attacking is to handle the ball so that it lands on the opponent's court and cannot be defended. A player makes a series of steps (the "approach"), jumps, and swings at the ball.

Ideally, the contact with the ball is made at the apex of the hitter's jump. At the moment of contact, the hitter's arm is fully extended above their head and slightly forward, making the highest possible contact while maintaining the ability to deliver a powerful hit. The hitter uses arm swing, wrist snap, and a rapid forward contraction of the entire body to drive the ball. A 'bounce' is a slang term for a very hard/loud spike that follows an almost straight trajectory steeply downward into the opponent's court and bounces very high into the air. A "kill" is the slang term for an attack that is not returned by the other team thus resulting in a point.

Contemporary volleyball comprises a number of attacking techniques:

Backcourt (or back row): an attack performed by a back-row player. The player must jump from behind the 3-meter line before making contact with the ball, but may land in front of the 3-meter line. A Pipe Attack is when the center player in the back row attacks the ball.

Line and Cross-court Shot: refers to whether the ball flies in a straight trajectory parallel to the sidelines, or crosses through the court in an angle. A cross-court shot with a very pronounced angle, resulting in the ball landing near the 3-meter line, is called a cut shot.

Dip/Dink/Tip/Cheat/Dump: the player does not try to make a hit, but touches the ball lightly, so that it lands on an area of the opponent's court that is not being covered by the defense.

Tool/Wipe/Block-abuse: the player does not try to make a hard spike, but hits the ball so that it touches the opponent's block and then bounces off-court.

Off-speed hit: the player does not hit the ball hard, reducing its speed and thus confusing the opponent's defense.

Quick hit/"One": an attack (usually by the middle blocker) where the approach and jump begin before the setter contacts the ball. The set (called a "quick set") is placed only slightly above the net and the ball is struck by the hitter almost immediately after leaving the setter's hands. Quick attacks are often effective because they isolate the middle blocker to be the only blocker on the hit.

Slide: a variation of the quick hit that uses a low backset. The middle hitter steps around the setter and hits from behind him or her.

Double quick hit/"Stack"/"Tandem": a variation of quick hit where two hitters, one in front and one behind the setter or both in front of the setter, jump to perform a quick hit at the same time. It can be used to deceive opposite blockers and free a fourth hitter attacking from back-court, maybe without block at all.

Block:



Three players performing a block (Triple block)

Blocking refers to the actions taken by players standing at the net to stop or alter an opponent's attack.

A block that is aimed at completely stopping an attack, thus making the ball remain in the opponent's court, is called offensive. A well-executed offensive block is performed by jumping and reaching to penetrate with one's arms and hands over the net and into the opponent's area. It requires anticipating the direction the ball will go once the attack takes place. It may also require calculating the best footwork to executing the "perfect" block.

The jump should be timed so as to intercept the ball's trajectory prior to it crossing over the plane of the net. Palms are held deflected downward roughly 45–60 degrees toward the interior of the opponents' court. A "roof" is a spectacular offensive block that redirects the power and speed of the attack straight down to the attacker's floor as if the attacker hit the ball into the underside of a peaked house roof.

By contrast, it is called a defensive or "soft" block if the goal is to control and deflect the hard-driven ball up so that it slows down and becomes easier to defend. A well-executed soft-block is performed by jumping and placing one's hands above the net with no penetration into the opponent's court and with the palms up and fingers pointing backwards.

Blocking is also classified according to the number of players involved. Thus, one may speak of single (or solo), double, or triple block.

Successful blocking does not always result in a "roof" and many times does not even touch the ball. While it is obvious that a block was a success when the attacker is roofed, a block that consistently forces the attacker away from their 'power' or preferred attack into a more easily controlled shot by the defense is also a highly successful block.

At the same time, the block position influences the positions where other defenders place themselves while opponent hitters are spiking.

Dig:



Player going for a dig

Digging is the ability to prevent the ball from touching one's court after a spike or attack, particularly a ball that is nearly touching the ground. In many aspects, this skill is similar to passing, or bumping: overhand dig and bump are also used to distinguish between defensive actions taken with fingertips or with joined arms. It varies from passing however in that it is a much more reflex based skill, especially at the higher levels. It is especially important while digging for players to stay on their toes; several players choose to employ a split step to make sure they're ready to move in any direction.

Some specific techniques are more common in digging than in passing. A player may sometimes perform a "dive", i.e., throw their body in the air

with a forward movement in an attempt to save the ball, and land on their chest. When the player also slides their hand under a ball that is almost touching the court, this is called a "pancake". The pancake is frequently used in indoor volleyball, but rarely if ever in beach volleyball because the uneven and yielding nature of the sand court limits the chances that the ball will make good, clean contact with the hand. When used correctly, it is one of the more spectacular defensive volleyball plays.

Sometimes a player may also be forced to drop their body quickly to the floor to save the ball. In this situation, the player makes use of a specific rolling technique to minimise the chances of injuries.

4.0 SELF-ASSESSMENT EXERCISE

Attempt the following assessment exercise

1. An act of preventing a low ball from touching one's court after a spike or attack is called?
 - a) Serve
 - b) Set
 - c) Dig
 - d) Block
2. An action taken by players standing at the net to stop or prevent an opponent attack is called?
 - a) Serve
 - b) Set
 - c) Dig
 - d) Block
3. The standard volleyball court measures ----
 - a) 18m by 8m
 - b) 18m by 9m
 - c) 18m by 7m
 - d) 18m by 10m
4. The following are skills in volleyball game except
 - a) Serve
 - b) Spike
 - c) Throw
 - d) Pass

Answers to self-assessment test

1. C
2. D
3. B
4. C

5.0 CONCLUSION

Having read this course unit and successfully completed the assessment and self-assessment test, it is assumed that you have attained understanding of the history, origin, description, and skills involved in the game of volleyball.

6.0 SUMMARY

In this Unit, you have learnt the history, origin, description and development, and basic skills in the game of volleyball. The assessment and self-assessment exercise have been provided to enable you to understand your own rating of the understanding and learning you achieved reading this material in this Unit. Online links have also been provided to broaden your understanding of the learning required in this Unit.

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UNIT 2 VOLLEYBALL OFFICIATING OFFICIALS, THEIR FUNCTIONS, AND BASIC VOLLEYBALL RULES

CONTENTS

- 1.0 Introduction
- 2.0 Intended Learning Outcomes (ILOs)
- 3.0 Main Content
 - 3.1 Volleyball officiating officials and their functions
 - 3.2 Functions of the scorer
 - 3.3 Basic volleyball rules for playing the game
- 4.0 Self-Assessment Exercise(s)
- 5.0 Conclusion
- 6.0 Summary
- 7.0 References/Further Readings

1.0 INTRODUCTION

In this unit, you will learn about the volleyball officiating officials, their functions, scoring system and officials hand signals.

2.0 INTENDED LEARNING OUTCOMES (ILOS)

By the end of this unit, you will be able to:

- list various officiating officials in the game of volleyball
- mention the functions of the officiating officials in the game of volleyball
- officiate the game of volleyball
- identify various hand signals by the officials.

3.0 MAIN CONTENT

3.1 Volleyball Officiating Officials and their functions

The officiating officials in the game of volleyball shall compose of the following;

- The 1st referee,
- The 2nd referee,
- The Scorer/Assistant Scorer
- Four or two line judges

Functions of the 1st referee:

The functions of the 1st referee are as follow:

- Before the match the 1st referee performs the toss with the two captains, inspect the condition of the playing area, balls and other

equipment

- The 1st referee standing on the referee stand located at one end of the net on the opposite side of the scorer. The 1st referee view must be approximately 50cm above the net.
- The 1st referee directs the affair of the match from start to the end and has the final say over the other members of officials and his/her decision is the final.
- He/she controls the work of the ball retrievers, floor wipers and mops
- The 1st referee has the power to decide on any matter involving in the game of volleyball including those of which provisions were not made in the rules.
- The 1st referee may give explanation on the application or interpretation of the rules which he/she based the decision upon request by the captain
- The 1st referee is responsible for satisfying the condition of the playing area as meeting the playing requirements.
- He/she shall decide upon the faults of the server and of the positions of the serving team, the faults in playing the ball, the faults above the net and the faulty contact of the player with the net, the attack hit faults of the Libero and back row players, the completed attack fault hits made by a player on a ball above net height coming from an overhand pass with fingers by the Libero in his/her front zone, the ball crossing under the net, a block by back court players or attempted block by the Libero, the ball that crosses the net totally or partly outside of the crossing line to the opponent's court or had contact with the antenna on the playing court,
- At the end of the match the 1st referee checks the score sheet and signs it.

Functions of the 2nd referee:

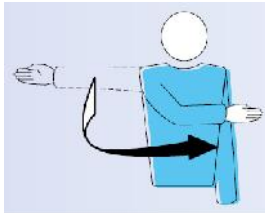
The functions of the 2nd referee include;

- The 2nd referee performs his/her functions standing outside the playing court near the post on the opposite side facing the 1st referee.
- The 2nd referee assists the 1st referee but has no power to overrule the 1st referee decision.
- He/she signals faults to the 1st referee but may not insist on them.
- The 2nd referee supervises the team members on the bench and reports any misconduct from them to the 1st referee.
- The 2nd referee controls the number of time-out called by each team and substitutions used by them and report the 2nd time-out and 5th and 6th substitutions to the 1st referee and the coach of the team

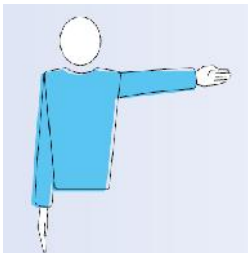
- He/she grant 3 minutes' rest for an injured player and authorises substitution if need be
- The 2nd referee check the positions of the players and make sure it corresponds with the line-up submitted at the start of each set
- At the end of the match he/she checks the score sheet and sign it.

Referees' Official Hand Signals

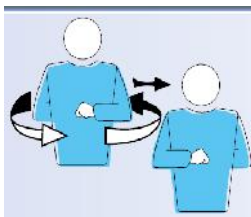
1. **Authorisation to serve:** Move the hand to indicate direction of service.



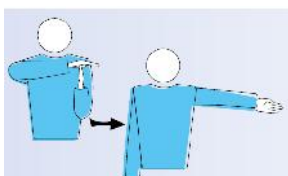
2. **Team to serve:** Extend the arm to the side of the team that will serve.



3. **Change of courts:** raise the forearms front and back and twist them around the body

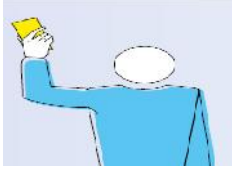


4. **Time out:** place the palm of one hand over the fingers of the other, held vertically (forming a T) and then indicate the requesting team



- **Substitution:** circular motion of the forearms around each other

- **Misconduct warning:** show a yellow card for warning



7. **Misconducts Penalty:** show a red card for penalty



8. **Expulsion:** show both cards jointly for expulsion



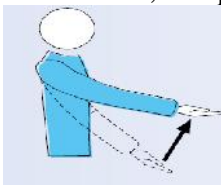
9. **Disqualification:** show a red and yellow cards separately for disqualification



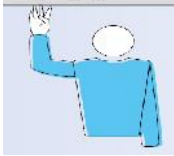
10. **End of set (or match):** cross the forearms in front of the chest, hands open



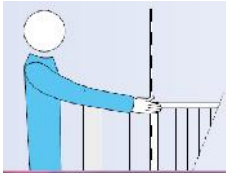
11. **Ball not tossed or released at the service hit:** lift the extended arm, the palm of the hand facing upward



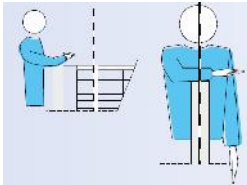
- 19. Four hits:** raise four fingers, spread open



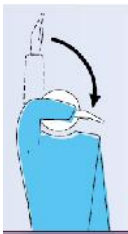
- 20. Net touched by player-served ball touches the net between the antennae and does not pass the vertical plane or the net**



- 21. Reaching beyond the net:** place a hand above the net, palm facing downwards



- 22. Attack hit fault:** make a downward motion with the forearms, hand open



- 23. Penetration into the opponent court ball crossing the lower space or the server touches the court (end line) or the player steps outside his/her court at the moment of the service hit:** point to the center line or to the relevant line



24. Double fault and replay: raise both thumbs vertically



25. Ball touched: brush with the palm of one hand the fingers of the other, held vertically



26. Delay warning/Delay penalty: cover the wrist with a yellow card (warning) and with a red card (penalty)



1st Referee stand



Officials compliment after the game



In-Text Questions

1. Which official has final say in the game of volleyball?
2. Raising both thumbs vertically signifies what?

Answers

1. Referee
2. Double fault and replay

3.2 Functions the Scorer

- The scorer sits at the opposite side of the 1st referee with table and chair to perform his/her duties.
- The scorer fills the score sheet in accordance with the rules of the game by registering the number of the matches to be played and teams, including the names and numbers of the Liberos, this will be duly signed by the captains and the coaches.
- He/ she records the starting line-up of each team following the line-up sheet submitted.
- The scorer records the points scored by each team.
- He/she monitors the serving order of each team and signifies any infringement to the 2nd referee immediately after the service.
- The scorer announces on request for player substitutions by pressing the buzzer, records the number of the substitutions and time-outs and informs the 2nd referee appropriately.
- He/she notify the referees at the ends of each game, and the scoring of 8th points in the deciding game.
- The scorer records the misconduct warnings and sanctions.
- He/ she records the final result and incase of protest, permits the team captain to write on the score sheet a statement on the incident being protested upon.
- At the end of match, he/she signed the score sheet before the team captains' signatures and that of the referees

Functions of Assistant Scorer

- Assistant Scorer or Libero tracker sits at the scorer's table next to the scorekeeper.

- The assistant scorer's main function is to record Libero replacements on to a Libero tracking sheet.
- He/she notifies any fault with Libero replacements
- The assistant scorer operates the manual scoreboard on the scorer's table,
- Checks the score on the scoreboard with the score on the score sheet

Functions of the Line Judges

- Minimum of two and maximum of four line judges are required; if two line judges are used, each will stand at the corner of the court closest to the right hand side of each referee between 1 to 3m away from the corner. Each one of them takes care of both the side line and end line on his/her side.
- Note; in Federation Internationale De Volleyball, World and Official Competitions maximum of four line judges are required and each stand at the corner of each side of the court.
- The line judges perform their functions by using flags (40x40cm) to signal to the referees whether the ball lands on the court or outside the court, the touches of "out" ball by the receiving team.
- Monitor any player who stepped out of court except the server before service hit and also observed the foot fault of the server on the service line.
- Watch out for any contact with the top 80cm of the antenna on their side of the court by any player during his/her action of playing the ball or interfering with the play

Line Judges Official Flag Signals

1. **Ball "IN":** point down the flag



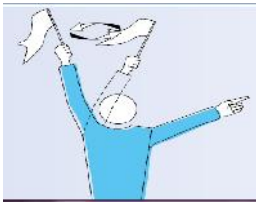
2. **Ball "OUT":** raise the vertically



3. **Ball touched:** raise flag and touch the top with the palm of the free hand



4. **Crossing space faults, ball touched and outside object, or foot fault by any player during service:** wave flag over the head and point to the antenna or the respective line



- **Judgement impossible:** raise and cross both arms and hand in front of the chest



In-Text Q

1. Which of the officials fills the score sheet accordance to the rules of the game?
2. Raising a flag vertically by the linesmen signifies what?

Answers

1. The scorer
2. Ball "OUT"

3.3 Basic Volleyball Rules for Playing the Game

Six players in a team, 3 on the front row and 3 on the back row

Maximum of three hits per side

Player may not hit the ball twice in succession (A block is not considered a hit)

Ball may be played off the net during a volley and on a serve

A ball hitting a boundary line is "in"

A ball is "out" if it hits;

- i. An antenna
- ii. The floor completely outside the court
- iii. Any of the net or cables outside the antennae
- iv. The referee stand or pole

v. The ceiling above a non-playable area.

It is legal to contact the ball with any part of a player's body

It is illegal to catch, hold, or throw the ball

If two or more players contact the ball at the same time, it is considered one play and either player involved may make the next contact (provided the next contact isn't the teams 4th hit)

A player cannot block or attack a serve from on or inside the 10-foot line

After the serve, front line players may switch positions at the net

At higher competition, the officiating crew may be made up of two refs, line judges, scorer, and an assistant scorer.

Basic Volleyball Rules Violations

The following are some basic volleyball rules for violations.

The result of a violation is a point for the opponent.

When serving, stepping on or across the service line as you make contact with the serve

Failure to serve the ball over the net successfully

Contacting the ball illegally (lifting, carrying, throwing, etc.)

Touching the net with any part of the body while the ball is in play. Exception: If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.

When blocking a ball coming from the opponents' court, contacting the ball when reaching over the net is a violation if both:

- i. your opponent hasn't used 3 contacts and
- ii. they have a player there to make a play on the ball

When attacking a ball coming from the opponent's court, contacting the ball when reaching over the net is a violation if the ball hasn't yet broken the vertical plane of the net.

Crossing the court centerline with any part of your body. Exception: if it's the hand or foot, the entire hand or entire foot must cross for it to be a violation.

Serving out of order.

Back row player blocking (deflecting a ball coming from their opponent), when at the moment of contact, the back row player is near the net and has part of his/her body above the top of the net (an illegal block).

Back row player attacking a ball inside the front zone (the area inside the 10-foot line), when at the moment of contact, the ball is completely above the net (an illegal attack).



4.0 SELF-ASSESSMENT EXERCISE(S)

Attempt the following questions

1. Raising and cross both arms and hand in front of the chest indicates
 - a) Ball "OUT"
 - b) Judgement impossible
 - c) Ball touched
 - d) Ball "IN"
2. A ball is "out" if it hits;
 - a) An antennae
 - b) The floor completely outside the court
 - c) Any of the net or cables outside the antennae
 - d) All of the above
3. The following are the basic rules of volleyball except
 - a) Six players in a team, 3 on the front row and 3 on the back row
 - b) Maximum of three hits per side
 - c) Maximum of two hits per side
 - d) A ball hitting a boundary line is "in"
4. The following are basic volleyball rules violations except
 - a) Ball may be played off the net during a volley and on a serve
 - b) Serving out of order
 - c) Failure to serve the ball over the net successfully
 - d) Contacting the ball illegally

Answers to self-assessment test

1. B
2. D
3. C
4. A

5.0 CONCLUSION

After completing reading through this course unit and successfully going over the assessment and self-assessment test it is assumed that you have attained understanding of the functions of the officials, the officials hand signals and the basic rules of the game and violations.

6.0 SUMMARY

In this unit, you have learnt about the officials of the volleyball game, officials' functions, officials hand signals, the basic rules of the game and violations in the game of volleyball.

7.0 REFERENCES/FURTHER READING

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UNIT 3 SCORING SYSTEM IN THE GAME OF VOLLEYBALL

CONTENTS

- 1.0 Introduction
- 2.0 Intended Learning Outcomes (ILOs)
- 3.0 Main Content
 - 3.1 Scoring System in the Game of Volleyball
 - 3.2 Officials Hand Signals in the Game of Volleyball
 - 3.3 Formation of Team Players and Different formations
- 4.0 Self-Assessment Exercise(s)
- 5.0 Conclusion
- 6.0 Summary
- 7.0 References/Further Readings

1.0 INTRODUCTION

In this unit, you will learn about the scoring system in the game of volleyball, current changes in the rules of the game, formation of team players in volleyball, specialisations of the player's position and different types of formation.

2.0 INTENDED LEARNING OUTCOMES (ILOS)

By the end of this unit, you will be able to:

- identify scoring system in the game of volleyball
- identify different types of formations in the game of volleyball
- identify the changes in the rules of the game
- identify player's specialisation on the court.

3.0 MAIN CONTENT

3.1 Scoring System in the Game of Volleyball

A point is scored when the ball contacts the floor within the court boundaries or when an error is made: when the ball strikes one team's side of the court, the other team gains a point; and when an error is made, the team that did not make the error is awarded a point, in either case paying no regard to whether they served the ball or not. If any part of the ball hits the line, the ball is counted as in the court. The team that won the point serves for the next point. If the team that won the point served in the previous point, the same player serves again. If the team that won the point did not serve the previous point, the players of the team acquiring the serve rotate their position on the court in a clockwise manner. The

game continues, with the first team to score 25 points by a two-point margin awarded the set. Matches are best-of-five sets and the fifth set, if necessary, is usually played to 15 points. (Scoring differs between leagues, tournaments, and levels; high schools sometimes play best-of-three to 25; in the NCAA matches are played best-of-five to 25 as of the 2008 season.)

Before 1999, points could be scored only when a team had the serve (side-out scoring) and all sets went up to only 15 points. The FIVB changed the rules in 1999 (with the changes being compulsory in 2000) to use the current scoring system (formerly known as rally point system), primarily to make the length of the match more predictable and to make the game more spectator- and television-friendly.

The final year of side-out scoring at the NCAA Division I Women's Volleyball Championship was 2000. Rally point scoring debuted in 2001, and games were played to 30 points through 2007. For the 2008 season, games were renamed "sets" and reduced to 25 points to win. Most high schools in the U.S. changed to rally scoring in 2003, and several states implemented it the previous year on an experimental basis.

Libero

The Libero player was introduced internationally in 1998, and made its debut for NCAA competition in 2002. The Libero is a player specialised in defensive skills: the Libero must wear a contrasting jersey color from their teammates and cannot block or attack the ball when it is entirely above net height. When the ball is not in play, the Libero can replace any back-row player, without prior notice to the officials. This replacement does not count against the substitution limit each team is allowed per set, although the Libero may be replaced only by the player whom he or she replaced. Most U.S. high schools added the Libero position from 2003 to 2005.

The modern-day Libero often takes on the role of a second setter. When the setter digs the ball, the Libero is typically responsible for the second ball and sets to the front row attacker. The Libero may function as a setter only under certain restrictions. To make an overhand set, the Libero must be standing behind (and not stepping on) the 3-meter line; otherwise, the ball cannot be attacked above the net in front of the 3-meter line. An underhand pass is allowed from any part of the court.

The Libero is, generally, the most skilled defensive player on the team. There is also a Libero tracking sheet, where the referees or officiating team must keep track of whom the Libero subs in and out for. Under FIVB rules, two Libereros are designated at the beginning of the play, only one of whom can be on the court at any time.

Furthermore, a Libero is not allowed to serve, according to international rules. NCAA rules for both men and women differ on this point; a 2004 rule change allows the Libero to serve, but only in a specific rotation. That is, the Libero can only serve for one person, not for all of the people for whom he or she goes in. That rule change was also applied to high school and junior high play soon after.

Recent rule changes

Other rule changes enacted in 2000 include allowing serves in which the ball touches the net, as long as it goes over the net into the opponents' court. Also, the service area was expanded to allow players to serve from anywhere behind the end line but still within the theoretical extension of the sidelines. Other changes were made to lighten up calls on faults for carries and double-touches, such as allowing multiple contacts by a single player ("double-hits") on a team's first contact provided that they are a part of a single play on the ball.

In 2008, the NCAA changed the minimum number of points needed to win any of the first four sets from 30 to 25 for women's volleyball (men's volleyball remained at 30 for another three years, switching to 25 in 2011.) If a fifth (deciding) set is reached, the minimum required score remains at 15. In addition, the word "game" is now referred to as "set".

The Official Volleyball Rules are prepared and updated every few years by the FIVB's Rules of the Game and Refereeing Commission. The latest edition is usually available on the FIVB's website

In-Text Questions

1. Which body prepares and updates volleyball rules?
2. The Libero player was introduced internationally in which year?

Answers

1. Federation Internationale de Volleyball (FIVB)
2. 1998

3.2 Formation of Team Players in Volleyball

In Volleyball the formation of movement is determined by the teams chosen serve-receive system, offensive system, coverage system, and defensive system. The serve-receive system is the formation used by the receiving team to attempt to pass the ball to the designated setter. Systems can consist of 5 receivers, 4 receivers, 3 receivers, and in some cases 2 receivers. The most popular formation at higher levels is a 3 receiver formation consisting of two left sides and a Libero receiving every rotation. This allows middles and right sides to become more specialised at hitting and blocking.

Offensive systems are the formations used by the offence to attempt to ground the ball into the opposing court (or otherwise score points). Formation often includes designated player positions with skill specialisation. Popular formation includes the 4-2, 6-2, and 5-1 systems. There are also several different attacking schemes teams can use to keep the opposing defense off balance.

Coverage systems are the formations used by the offence to protect their court in the case of a blocked attack. Executed by the 5 offensive players not directly attacking the ball, players move to assigned positions around the attacker to dig up any ball that deflects off the block back into their own court. Popular formations include the 2-3 system and the 1-2-2 system. In lieu of a system, some teams just use a random coverage with the players nearest the hitter.

Defensive systems are the formations used by the defense to protect against the ball being grounded into their court by the opposing team. The system will outline which players are responsible for which areas of the court depending on where the opposing team is attacking from. Popular systems include the 6-Up, 6-Back-Deep, and 6-Back-Slide defense. There are also several different blocking schemes teams can employ to disrupt the opposing teams' offence.

When one player is ready to serve, some teams will line up their other five players in a screen to obscure the view of the receiving team. This action is only illegal if the server makes use of the screen, so the call is made at the referee's discretion as to the impact the screen made on the receiving team's ability to pass the ball. The most common style of screening involves a W formation designed to take up as much horizontal space as possible.



An image from an international match between Italy and Russia in 2005.

A Russian player on the left has just served, with three men of his team next to the net moving to their assigned block positions from the starting ones. Two others, in the back-row positions, are preparing for defense. Italy, on the right, has three men in a line, each preparing to pass if the ball reaches him. The setter is waiting for their passes while the middle enough. Alessandro Fei (no. 14) has no passing duties and is preparing for a back-row hit on the right side of the field. Note the two Liberos with a different colour dress. Middle hitters/blockers are commonly substituted by Liberos in their back-row positions.

Player specialisation

There are five positions filled on every volleyball team at the elite level. Setter, Outside Hitter/Left Side Hitter, Middle Hitter, Opposite Hitter/Right Side Hitter and Libero/Defensive Specialist. Each of these positions plays a specific, key role in winning a volleyball match.

Setters have the task for orchestrating the offence of the team. They aim for the second touch and their main responsibility is to place the ball in the air where the attackers can place the ball into the opponents' court for a point. They have to be able to operate with the hitters, manage the tempo of their side of the court and choose the right attackers to set. Setters need to have a swift and skilful appraisal and tactical accuracy and must be quick at moving around the court. At elite level, setters used to usually be the shortest players of a team (before Liberos were introduced), not being typically required to perform jump hits, but that would imply need for short-term replacement by taller bench players when critical points required more effective blocks.

Liberos are defensive players who are responsible for receiving the attack or serve. They are usually the players on the court with the quickest reaction time and best passing skills. Libero means 'free' in Italian-they receive this name as they have the ability to substitute for any other player on the court during each play. They do not necessarily need to be tall, as they never play at the net, which allows shorter players with strong passing and defensive skills to excel in the position and play an important role in the team's success. A player designated as a Libero for a match may not play other roles during that match. Liberos wear a different colour jersey than their teammates.

Middle blockers or **Middle hitters** are players that can perform very fast attacks that usually take place near the setter. They are specialised in blocking since they must attempt to stop equally fast plays from their opponents and then quickly set up a double block at the sides of the court. In non-beginners play, every team will

have two middle hitters. At elite levels, middle hitters are usually the tallest players, whose limited agility is countered by their height enabling more effective blocks.

Outside hitters or **Left side hitters** attack from near the left antenna. The outside hitter is usually the most consistent hitter on the team and gets the most sets. Inaccurate first passes usually result in a set to the outside hitter rather than middle or opposite. Since most sets to the outside are high, the outside hitter may take a longer approach, always starting from outside the court sideline. In non-beginners play, there are again two outside hitters on every team in every match. At elite level, outside hitters are slightly shorter than middle hitters and outside hitters, but have the best defensive skills, therefore always re-placing to the middle while in the back row.

Opposite hitters or **Right-side hitters** carry the defensive workload for a volleyball team in the front row. Their primary responsibilities are to put up a well-formed block against the opponents' Outside Hitters and serve as a backup setter. Sets to the opposite usually go to the right side of the antennae. Therefore, they are usually the most technical hitters since balls lifted to the right side are quicker and more difficult to handle (the setters having to place the ball while slightly off-set to the right, and with their back to the attacker), and also having to jump from the back row when the setter is on the front row. At elite level, until the 1990s several opposite hitters used to be able to also play as middle hitters (e.g. Andrea Zorzi, Andrea Giani), before high specialisation curtailed this flexibility in the role.

At some levels where substitutions are unlimited, teams will make use of a **Defensive Specialist** in place of or in addition to a Libero. This position does not have unique rules like the Libero position; instead, these players are used to substitute out a poor back row defender using regular substitution rules. A defensive specialist is often used if you have a particularly poor back court defender in right side or left side, but your team is already using a Libero to take out your middles. Most often, the situation involves a team using a right side player with a big block who must be subbed out in the back row because they aren't able to effectively play backcourt defense. Similarly, teams might use a Serving Specialist to sub out a poor server.

In-Text Questions

1. Formations used by the offence to attempt to ground the ball into the opposing court is called

2. ----- are defensive players who are responsible for receiving the attack or serve.

Answers

1. Offensive systems
2. Liberos

3.3 Difference Formations in the Game of Volleyball

The three standard volleyball formations are known as "4-2", "6-2" and "5-1", which refers to the number of hitters and setters respectively. 4-2 is a basic formation used only in beginners' play, while 5-1 is by far the most common formation in high-level play.

4-2

The 4-2 formation has four hitters and two setters. The setters are usually set from the middle front or right front position. The team will, therefore, have two front-row attackers at all times. In the international 4-2, the setters set from the right front position. The international 4-2 translates more easily into other forms of offence.

The setters line up opposite each other in the rotation. The typical lineup has two outside hitters. By aligning like positions opposite themselves in the rotation, there will always be one of each position in the front and back rows. After service, the players in the front row move into their assigned positions, so that the setter is always in the middle front. Alternatively, the setter moves into the right front and has both a middle and an outside attacker; the disadvantage here lies in the lack of an offside hitter, allowing one of the other team's blockers to "cheat in" on a middle block.

The clear disadvantage to this offensive formation is that there are only two attackers, leaving a team with fewer offensive weapons.

Another aspect is to see the setter as an attacking force, albeit a weakened force, because when the setter is in the frontcourt they are able to 'tip' or 'dump', so when the ball is close to the net on the second touch, the setter may opt to hit the ball over with one hand. This means that the blocker who would otherwise not have to block the setter is engaged and may allow one of the hitters to have an easier attack.

6-2

In the 6-2 formation, a player always comes forward from the back row to set. The three front row players are all in attacking positions. Thus, all six players act as hitters at one time or another, while two can act as

setters. So the 6-2 formation is actually a 4-2 system, but the back-row setter penetrates to set.

The 6-2 lineup thus requires two setters, who line up opposite to each other in the rotation. In addition to the setters, a typical lineup will have two middle hitters and two outside hitters. By aligning like positions opposite themselves in the rotation, there will always be one of each position in the front and back rows. After service, the players in the front row move into their assigned positions.

The advantage of the 6-2 is that there are always three front-row hitters available, maximising the offensive possibilities. However, not only does the 6-2 require a team to possess two people capable of performing the highly specialised role of setter, it also requires both of those players to be effective offensive hitters when not in the setter position. At the international level, only the Cuban National Women's Team employs this kind of formation. It is also used by NCAA teams in Division III men's play and women's play in all divisions, partially due to the variant rules used which allow more substitutions per set than the 6 allowed in the standard rules-12 in matches involving two Division III men's teams and 15 for all women's play.

5-1

The 5-1 formation has only one player who assumes setting responsibilities regardless of their position in the rotation. The team will, therefore, have three front-row attackers when the setter is in the back row and only two when the setter is in the front row, for a total of five possible attackers.

The player opposite the setter in a 5-1 rotation is called the opposite hitter. In general, opposite hitters do not pass; they stand behind their teammates when the opponent is serving. The opposite hitter may be used as a third attack option (back-row attack) when the setter is in the front row: this is the normal option used to increase the attack capabilities of modern volleyball teams. Normally the opposite hitter is the most technically skilled hitter of the team. Back-row attacks generally come from the back-right position, known as zone 1, but are increasingly performed from back-centre in high-level play.

The big advantage of this system is that the setter always has 3 hitters to vary sets with. If the setter does this well, the opponent's middle blocker may not have enough time to block with the outside blocker, increasing the chance for the attacking team to make a point.

There is another advantage, the same as that of a 4-2 formation: when the setter is a front-row player, he or she is allowed to jump and "dump" the

ball onto the opponent's side. This too can confuse the opponent's blocking players: the setter can jump and dump or can set to one of the hitters. A good setter knows this and thus won't only jump to dump or to set for a quick hit, but when setting outside as well to confuse the opponent.

The 5-1 offence is actually a mix of 6-2 and 4-2: when the setter is in the front row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 6-2.

4.0 SELF-ASSESSMENT EXERCISE(S)

Attempt the following questions

1. The three standard volleyball formations are
 - a) "4-2"
 - b) "6-2"
 - c) "5-1"
 - d) "4-3"
2. The following are the positions filled on every volleyball team at the elite level except
 - a) Setter
 - b) Outside Hitter/Left Side Hitter,
 - c) Middle Hitter,
 - d) Libero offensive specialist
3. How many points are scored when the ball contacts the floor within the court boundaries or when an error is made?
 - a) 1 point
 - b) 2points
 - c) 3points
 - d) 4points
4. ---- formation is used by the offensive team to protect their court in the case of a blocked attack
 - a) Offensive system
 - b) Coverage system
 - c) Defensive system
 - d) Overlapping system

5.0 CONCLUSION

Having gone through this unit and successfully completed the assessment and self-assessment test it is assumed that you have attained understanding of the scoring system in the game of volleyball, current changes in the rules of the game, formation of team players in volleyball, specialisations of the player's position and different types of formation.

6.0 SUMMARY

In this unit, you have learnt about the scoring system in the game of volleyball, current changes in the rules of the game, formation of team players in volleyball, specialisations of the player's position and different types of formation. The assessment and self-assessment exercise have been provided to enable you understand your level of understating and learning you acquired by reading this exercise.

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MODULE 5

Introduction

Cricket is a bat and ball game played between two teams, 11 players each, on a field which has a rectangular 22-yard-long pitch in the centre. The game is played by 120 million players worldwide making it the second most popular sport in the world. The purpose of the game is to score more runs than your opposing team.

A cricket match is divided into periods called innings. It is decided before the game begins, if both teams will have one or two innings. During the innings, one team bats while the other fields. All 11 players on the fielding team are on the pitch at the same time however only two batsmen are on the field at any one time.

Unit 1	History and Nature of the Game of Cricket
Unit 2	Equipment and Facilities, Officiating Officials and their Functions

UNIT 1 HISTORY AND NATURE OF THE GAME OF CRICKET

CONTENTS

- 1.0 Introduction
- 2.0 Intended Learning Outcomes (ILOs)
- 3.0 Main Content
 - 3.1 History and Nature of Cricket Game
 - 3.2 Way of Deciding the Game of Cricket
 - 3.3 How Batsmen can be sent out
- 4.0 Self-Assessment Exercise(s)
- 5.0 Conclusion
- 6.0 Summary
- 7.0 References/Further Readings

1.0 INTRODUCTION

In this unit, you will learn about the officiating of the game of cricket, the officials, functions of the officials and their hand signals.

2.0 INTENDED LEARNING OUTCOMES (ILOS)

By the end of this unit, you will be able to:

- give brief history of game of cricket
- list the ways of deciding the game of cricket
- enumerate ways by which batsmen can be sent out.

3.0 MAIN CONTENT

3.1 History and Nature of the Game

It will be difficult to zero down on a particular date or place when or where Cricket took its source. Cricket is, however, an English ball game, with one of the earliest formal references to it, dating back to the 16th century. The first known rules were out in 1744. This game enjoyed a lot of royal support and in 1787, the Marylebone Cricket Club was formed, it was the handwork of Lord Winchelsea.

Rules governing the playing of the games were modified and up till today, most of the rules are still been used. For instance, only the underarm bowling style was allowed, until 1864, when the overarm style was permitted.

This game gradually spread to other countries such as Canada, Australia, the Americas. It was propagated by Immigrants who were either players or followers of the game, the military, sailors, and sometimes by teas playing exhibitions games away from home, Cricket now enjoys great popularity and followership all over the world and some of the great playing nations now are New-Zealand, England, India, and Pakistan. South Africa and Kenya, both African countries, could be listed also among this group.

It's not clear when the basic rules of cricket such as bat and ball, the wicket, pitch dimensions, overs, how out, etc. were originally formulated. In 1728, the Duke of Richmond and Alan Brodick drew up Articles of Agreement to determine the code of practice in a particular game and this became a common feature, especially around the payment of stake money and distributing the winnings given the importance of gambling.

In 1744, the Laws of Cricket were codified for the first time and then amended in 1774, when innovations such as LBW, middle stump, and maximum bat width were added. These laws stated that "the principals shall choose from amongst the gentlemen present two umpires who shall decide all disputes". The codes were drawn up by the so-called "Star and Garter Club" whose members ultimately founded the Marylebone Cricket Club at Lord's in 1787. The MCC immediately became the custodian of the Laws and has made periodic revisions and modifications subsequently.

Nature of the Game

Cricket is a team game played by eleven players from each team on a grassy surface that is oval and measured between 60-100 meters in width and 80-150 meters in length.

It is a game where a team is allowed to score points while the other team tries to stop it with no intention of scoring yet. This implies that when team A is batting to make points called Runs. Team B is fielding, in an attempt to reduce the number of runs by team A.

To reduce the number of runs from the batting team, the fielding team tries as much as possible to remove the batsmen quickly. Once ten batsmen out of eleven are removed, the eleventh batsmen can no longer bat since they have to bat in pairs. The term used when batsmen are removed is called "Out".

To begin the match, the captains of both sides toss a coin and the winner decides to either field or bat first. At the start of play, the fielding team will be strategically placed in different positions, and the two batsmen take their position at either end of the pitch.

The batsmen take their positions, one in front of each wicket, and a member of the fielding team stands closely behind the batsmen in action, he is referred to as wicketkeeper. His duty is to catch any ball missed by the batsman and equally connect any throw from his teammates to send out the batsmen.

Each fixed period in which each team bats is called an **innings**. The first ball will be bowled at the batsman 'on strike' and the bowler delivers the ball over arm at the cricket stumps. If the batsman decides not to hit the ball or misses it, the fielding team's wicket-keeper usually retrieves it.

However, if the batsman strikes the ball then the two batsmen will decide if they should run or remain stationary. In situations where the ball is hit very well and it crosses the boundary, **four runs** are awarded and if it passes over the rope without touching the floor then **six runs** are awarded. Whenever the batsmen succeed in exchanging positions from one wicket to the other, it is called **one run**. If they succeed in returning to their original positions, it **two runs** and can continue to make runs as far as it is safe for them to do so.

Each bowler is awarded six deliveries per over, unless the umpire calls a no-ball or wide and in this situation an additional delivery is added.

If ten of the eleven members of the batting side are out, a set number of **overs** have been bowled, or the batting team declares (when the captain voluntarily brings their innings to a close).

In-Text Questions

1. In what year was the first known cricket rule out?
2. A bat ball that landed outside the boundary is counted as what?

Answer

1. 1744
2. Six runs

3.2 Ways of Deciding the Games of Cricket

This game can be played for days without conclusion, but ways have been designed to curtail the duration of each match. Each competition shall have its own way of running it. Capitan's with trainers on the other hand, shall agree before the start of friendly games, on the ways to adopt. There could be a Time game, Time bases, Over's game, Innings games, Full game. These are discussed as follows:

Time Game: assuming the teams report for the game at 10:00a.m. they can now agree that the game will terminate at a particular time, say 2: 00p.m for instance. Team A will bat for may be 1¹/₂ hrs. that is till about 11:30a.m. and then given room for a short break. Team B now starts batting from say 12:30p.m. To end the match at 2:00p.m. The batting time does not have to be equal for the two teams. Team A can gamble a stop after scoring several runs that it feels it can protect.

Time bases: The game shall be decided based on time allotted to teams. Before the start of the game, the teams shall be told how long they are permitted to bat. For instance, if they are to bat for one hour each, Team A bats for that duration and gives way to Team B to bat, while scores are recorded for both teams. If Team B can outscore the number of runs recorded for team A before one hour, the game is terminated.

Overs game: the number of over's to be had by each team is stated. Teams could agree on 4, 8 or 10 Overs depending on the time available for the game

Innings game: this is when each team shall be allowed to bat once and field once. As soon as ten batsmen are out, it is the end of an inning, and then the other team will now bat. No more batting again once the game is decided.

Full game: this refers to two innings in the game that is each team shall bat twice and field twice too. The first four types are usually adopted when there is little time available for play while the full game is usually as a result of enough time or to decide a champion in big tournaments.

In-Text Questions

- a. A situation where a team is allowed to bat once and field once is called?
- b. A situation where a team bat twice and field twice is referred to as?

Answers

1. Innings game
2. Full game

3.3 How batsmen can be sent out

The following are the ways by which batsman can be sent out:

Bowled

A batsman is adjudged out if the delivery bowled by a bowler hits the stumps/bail behind him, and at least one bail is dislodged permanently off the wickets.

The batsman won't be regarded as bowled if the ball is not legitimate, like a no-ball. If the ball is touched by the umpire or wicket-keeper before the ball hits the stump, the batsman may not be given out.

The batsman won't be given out if both bails stay on the top of stumps despite the ball hitting the wicket. However, the batsman may be given out if the stump is struck off the ground and somehow bails remain on the top.

Caught Out



A batsman can be caught out in three different ways

Being caught out is the most common mode of dismissal for the batsman. There are three subcategories of being caught out.

i. Caught Behind

This is when a legitimate delivery by bowler hits at least one of the bat or gloves of the batsman and is caught by the wicket-keeper without touching the ground.

ii. Caught & Bowled

When the bowler catches the ball after it is hit by the bat and/or gloves of the batsman, it is a caught-and-bowled dismissal. These catches are difficult, more so since they are held on to by the bowler in his/her the follow through.

iii. Caught by fielder

The rules are similar to caught-and-bowled, except that the fielder taking the catch is not bowling at the time.

Stumped

This is the only form of dismissal where the bowler can get a wicket even after bowling an illegal delivery.

If a batsman steps out leaving no part of his bat or body behind the crease and the wicket-keeper dislodges the bails, he/she is termed out. In case the keeper dislodges the bail before the ball reaches him/her, the batsman will not be given out.

Stumped is the only form of dismissal which goes to the bowler's tally even when the delivery is not legitimate.

Leg before wicket (LBW)

LBW occurs when the ball is pitched in line and would've gone on to hit the stumps.

A batsman can be given out LBW if the ball hits his/her body or any sports equipment other than the bat or gloves, and the ball is assumed to hit the stumps.

For the batsman to be out, the ball should have an impact outside the off-stump and by judging its bounce, spin, or swing, it should have gone hit the stumps if not for the interception.

The batsman won't be given out if the ball hits bat or glove before touching the body or if the ball is pitched outside the leg-stump. However, the batsman can be given out if the ball is outside off-stump and the batsman doesn't offer a shot.

Run-Out



A fielder must touch the ball before it hits the wicket for the run-out to be legitimate.

If the fielder dislodges the bails while either of the batsmen fails to make his/her ground while running between the wickets, the batsman is regarded as run-out.

The batsmen must have something behind the line to be safe unless they are on the same side, in that case, the batsman further away from the stumps adjudged run-out.

A fielder must touch the ball before it hits the wicket for the run-out to be legitimate. If the striker hits the ball and it strikes the stumps on the other end while the non-striker is out of the crease, it will be marked run-out only if the bowler has touched the ball before it hits the wicket.

Hit-wicket



Hit-wicket is one of the most unfortunate ways to get out.

If a batsman dislodges the stumps with his body or any sports equipment while attempting to play a shot or beginning his run, he is deemed hit-wicket.

The batsman won't be given out if he blazed into the stumps to avoid a run-out. A famous hit-wicket incident occurred in a Test match in Headingley, when a bouncer by Dwayne Bravo hit the helmet of Kevin Pietersen and the helmet fell on the stumps, KP had to go back to the pavilion.

Obstructing the field



A batsman cannot knowingly obstruct the field on

If a batter consciously obstructs the play by his/her words or action, he/she may be given out under law 37 of obstructing the field. A batsman knowingly running in such a way that it prevents the ball from hitting stumps can be given out by the umpire on appeal from the fielding team. After the amendments of laws of cricket in 2017, all the offenses under the handling of the ball fell under this law. If a batsman touches the ball with the hand, not in contact with the bat for any purpose other than to protect himself from any injury or to return the ball to the fielder, the batter is found guilty of this charge.

Retired out



The batsman can resume his innings only with consent from the opposition skipper

A batsman is considered retired if he leaves the field without the prior acquiescence of the umpire apart from any injury and fails to resume the innings.

The batsman can resume the innings only with consent from the fielding team skipper. Also, if a batsman who is retired hurt fails to return to the crease during the play, is not deemed retired out when calculating his batting average. Only two batsmen have been retired hurt in international cricket – Mahela Jayawardhane and Marvan Atapattu. Interestingly, it was in the same innings against Bangladesh in 2001.

Hit the ball twice



Hitting the ball twice will lead to a batsman's immediate dismissal

If a batsman hits the ball twice, he is given out under the law.³⁴ The first touch is when the ball strikes the bat. The second touch has to be deliberate and not necessarily with the bat, but the body of the batsman as well.

The batter can stop the ball from hitting the stumps by his/her body and bat but not with his hands. No batsman has been given out till date according to this.

Timed Out



An umpire can give a batsman out if he/she fails to arrive at the crease ahead of the set limit, provided the fielding time appeals for the same.

This is one of the rarest modes of dismissal in cricket. If a batsman fails to arrive at the crease within a certain time limit, he is given out by the umpire on an appeal from the opposition team.

The time limit is three minutes for ODI and Test cricket and two minutes for T20Is. Also, if a batsman doesn't resume his play after a break, he can be timed out as well. An incident took place in a test match between India and South Africa where Sourav Ganguly took nearly five minutes to arrive at the crease, but the Proteas didn't appeal and hence, Ganguly was allowed to carry on.

4.0 SELF-ASSESSMENT EXERCISE(S)

Attempt following questions

1. if a batsman bat twice is said to be -----
 - i. Leg Before Wicket (LBW)
 - ii. Obstructing the field
 - iii. Bating twice
 - iv. Caught Out
2. A ball that glances off the batsman's bat and goes into the air, if caught by a fieldsman is called
 - a. Leg Before Wicket (LBW)
 - b. Obstructing the field
 - c. Bating twice
 - d. Caught Out
3. If a good ball delivered by the bowler goes straight and hits any part of the wicket is called
 - a. Bowled
 - b. Obstructing the field
 - c. Bating twice
 - d. Caught Out

4. All of these are way deciding cricket game except
 - a. Time base
 - b. Inning game
 - c. Overs game
 - d. Caught Out

5.0 CONCLUSION

After reading through this unit and successfully completed assessment and self-assessment test it is assumed that you have learned and acquired understanding of History, Nature of cricket, Way of deciding the game of cricket and how batsmen can be sent out.

6.0 SUMMARY

In this unit, you have learned the history, nature of cricket, the way of deciding the game of cricket, and how batsmen can be sent out.

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UNIT 2 **EQUIPMENT AND FACILITIES, OFFICIATING OFFICIALS AND THEIR FUNCTIONS**

CONTENTS

- 1.0 Introduction
- 2.0 Intended Learning Outcomes (ILOs)
- 3.0 Main Content
 - 3.1 Skills in the game of cricket
 - 3.2 Equipment in game of cricket
 - 3.3 Officiating and hand signal in cricket
 - 3.4 Rules and Regulation in the game of cricket
- 4.0 Self-Assessment Exercise(s)
- 5.0 Conclusion
- 6.0 Summary
- 7.0 References/Further Readings

1.0 INTRODUCTION

In this unit, you will learn about the skills in the game of cricket, equipment in game of cricket, rules and regulation in game of cricket, and officiating and hand signal in cricket.

2.0 INTENDED LEARNING OUTCOMES (ILOS)

By the end of this unit, you will be able to:

- mention the officials in the game of cricket
- list equipment used in the game of cricket
- enumerate the functions of the officiating officials in the game of cricket.
- identify the officials hand signs in the game of cricket.

3.0 MAIN CONTENT

3.1 Skills in the Game of Cricket

There are four major skills in the game, namely Batting, Bowling, throwing (Fielding), and Catching with Stopping (Wicket Keeper).

Batting

This skill is in most cases the sole determinant of victory in the game. The main duty of the batsman is to make runs and still stay batting. A batsman must have good wrist power, eye coordination, stamina, running speed, a judgment of speed, bat speed, and other knowledge and statistics for cricket. There are four main stages to this skill, they are hold or Grip, batting stance, batting swing, and Hit ball before pitching on the crease.

- i. **Grip:** The right-hand batsman must have an accurate grip on the bat, left hand on handle top, and allow towards the toe. Body parts like forefinger and thumb position in '**V-shapes**' form.
- ii. **Batting Stance:** Right-hand batsman always stands in proper stance increase. Set your own stance or discuss your stance with the coach. Batting stance must feel comfortable to Batman, if it does, then you can easily score runs on the field. The right-hand batsman's safe area on the crease is to stand aside on the crease.
- iii. **Batting Swing:** An important part for a right-hand batsman you must swing the bat as quickly and fast as to hit the ball. Hit the ball with the help of the shoulder, roll it slightly and the bat will hit a ball quicker. Handle your bat perfectly from the backside area because when you hit the ball with such a stance, you have more energy for the ball.
- iv. **Hit ball before pitching on crease:** This tip helps the batsman to play ball in advance mode; you try to hit the ball before pitching the ball on the crease. In the same condition, the spinner plays an important role to swing the ball and it's difficult to play hard and the long swing. So, you are prepared for such delivery from spinners. The batsman has the benefit he can hit the ball before pitching on the crease. In this situation fewer right-handers. Block his swingball by hitting as a FULL TOSS. This is batting tips for right-hander's batsmen to play against spin bowlers.

Bowling

This skill is used to put the game into play. The bowler's aims are two-fold; one is to break to the wicket with his ball and two, to prevent the batsman from making runs. A player who has the skills to bowl is known as a bowler. When the ball is thrown to the batsman is called a ball or delivery. One over has six sets of the ball usually a bowler bowls six balls in an over when one over bowled by any bowler another player from his teammates bowl the next over.

Bowling can be divided into 3 stages; The Grip, The Run-up, Delivery and follow through.

1. **The Grip:** Hold the ball in the other hand first, and then make the victory sign, with the bowling hand, index finger and the middle finger pointing upwards. Let the thumb rest on the 4th finger which lies on the small finger. Place the ball now on the space created and press on the ball, for maximum control.
2. **The Run-up:** The distance to be covered varies according to the bowler but the ultimate aim is to provide enough momentum and balance for the act. The run-up should be gradual initially then moderate speed, necessary enough just before the delivery of the ball. Fast blowers usually will need longer and faster run-ups.

3. **The Delivery and follow-through:** these two stages are very much tied to each other. At the point of delivery, the leading hand is whipped down. This pulls along with it, the head and consequently the bowling hand with the ball. The body is now twisted while the bowling hand leads the way as the ball is released at about the forehead height, forming an angle of about 45° with the runway. It's natural at this point for the rear foot to follow the movement, as it takes over the lead. Bowlers cannot afford to stop abruptly after the release of the ball.

Types of bowling

There are two main types of bowling namely: Fast bowling and Spin bowling:

Fast bowling: Fast bowling is the most difficult task in cricket to do so. A fast bowler is a person who runs more than any team player. Fast bowling required power, Strength and Stamina. Your body plays an important role to become a fast bowler. If your body is not ready for fast bowling then you can't be a good fast bowler in cricket. So, if you want to become a fast bowler in the future. Your Shoulder, arms, and legs must be strong; you have to do daily exercise and gym. Behind every fast bowler's success his body Strength, Stamina, and Fitness these things play an important role.

Spin bowling: Spin bowler is the bowler who balls slow delivery, but they swing the ball in both directions leg side or on side. The swinging ball is an important part for spin bowlers. In Cricket bowling techniques, swing bowling has a different technique to confuse batsmen. More swing will make the batsman play a particular shot. There are three (3) major types of spin bowling namely:

- Leg Spinner
- Off Spinner
- Chinaman

Fielding or Throwing: Best fielding position in cricket plays an important role in cricket to take wickets and to save runs. A perfect field set will make pressure and also raise batsmen to play wrong shots. All depends upon the captain, he is the leader of the team he must know the best fielding position in cricket. Fielding position is going to be changed for every batsman in cricket because it depends, which fielding position suits right handed batsmen and similar for left hander batsmen. Earlier they didn't focus on fielding sessions; day by day fielding became an important factor in cricket. We cannot set fielding by ignoring cricket laws.

Best Fielding Position in Cricket

First Slip: First slip fielder is closer to the wicketkeeper their main aim is to catch the edge ball, cricketer stands near to wicket-keeper is known as first slip.

Second Slip: Second slip also closer to wicketkeeper same as the first slip but second slip stands near first slip and behind the batsmen, both slips are known as the catching fielder in cricket.

Third Slip: Third slip comes in the rows of a slip fielder; he stands near to the second slip fielder and third slip also a catching position in cricket.

Gully: In cricket, Gully is a position in cricket; he stands in a row of slip fielders. But not a slip fielder stands near to the slip fielder.

Leg Slip: Leg slip is a slip fielder in cricket, he also stands behind the batsmen, but on the leg side of the ground, therefore he is known as leg slip.

Third Man: Third man stands on the boundary line and off-side of cricket ground nearby Deep point.

Deep Fine Leg: Deep fine leg has placed inside fielding position in cricket. He stands on the boundary line and he covers the leg side area of the cricket ground.

Fine Leg: (Short) fine leg is a leg side fielder, who stands in the circle of ground.

Leg Gully: Leg gully position is an onside of the cricket ground. He stands nearby leg slip fielder and near to batsmen.

Silly Point: Silly point stands near to batsman basically near to pitch, his main aim to catch edge.

Point: Point position is an offside fielding position in cricket ground and he stands inside the circle of the ground.

Cover: Cover position is also an off-side fielding position in cricket ground, but he stands inside the circle of the ground and near to point field.

Silly Mid-Off: Silly mid-off stands near to pitch, similar to the silly point position which is near to bowler and he is also a catching fielder in cricket.

Extra Cover: Extra cover is an off-side fielder, which stands inside the circle of cricket. He is also standing near to cover fielder and mid-off fielder.

Mid-Off: Mid-off position is inside of the circle and stands off-side (closer to the bowler to pass the cricket advice & encouragement).

Long Off: Long off is an off-side fielder position in cricket, which stands near to the boundary line.

Mid-On: Mid-on is an on-side fielder position in cricket which stands inside of the circle and opposite to mid-off fielder.

Long On: Long on is the boundary line in cricket and also the opposite position of long-off fielder in cricket.

Square Short Leg: He is a leg-side fielder placed in short leg position, which is known as square short leg.

Short Leg: Short leg stands near to batsmen and his main aim is to catch the edge ball OR It's opposite to the silly point fielder in cricket position.

Silly Mid-On: Silly mid-on is an on-side fielder in cricket; he stands near to the pitch and opposite to silly mid-off fielder.

Mid-Wicket: Mid-wicket is an on-side fielding position in cricket, where he stands inside the circle of the cricket ground.

Deep Mid-Wicket: Deep mid-wicket stands on the boundary line in cricket and near to deep square leg & mid-wicket.

Square leg: Square leg is an on-side fielder in cricket and covers the leg side of the ground & stands inside the circle of ground.

Deep Square Leg: Deep square leg is an on-side fielder position in cricket, stands on the boundary line to save runs and near to deep mid-wicket.

Attacking field



The captain set the attacking field to take wickets and to save runs. In limited overs, we can see them setting attacking fields for batsmen. In cricket matches, if a batsman comes to do batting, then the captain is going to set attacking fields to make pressure on the new batsman. Captains need to see bowler accuracy and his strength or weakness, later on they can set the best fielding position in cricket. This kind of field set is applied in test cricket, because they want to disturb batsman focus.

Defending field

When a batsman plays the long innings for his team that time attacking field isn't the best option to choose it. Captain will apply for the defending fielding position in the situation to make him out by catch & bowled. If the bowler is unable to take a wicket or slow down his batting strike rate then defending field helps to reduce the score rate of the defending team and in most situations, the high-scoring batsman will feel danger to play under the defending field.

Catch and Stopping (Wicketkeeper)

The wicketkeeper plays an important role in cricket. A good wicket-keeper can save several runs for his teams. His function is to stop deliveries, which the batsman unable to play or pass by batsman wicket-keeper is the god in cricket because he can dismiss the batsman in various ways. The first way is when the bowler balls to a batsman and when it gets an edge of the bat and the keeper catches it before it, the bouncer.

The wicket-keeper position is the best position than other fielders for high air caught, he can easily catch that he sought another way to dismiss a batsman for the wicketkeeper. When the batsman misses to play the shot and he comes out of the crease wicketkeeper caught the ball and falls bails from the stumps and at last when the balls hit the outfield wicket-keeper comes closer to the stumps and receives the ball and runs out if it's possible.

In-Text Questions

1. ----- is the bowler who balls slow delivery, but they swing the ball in both directions leg side or on side?
2. ----- is the person who runs more than any teams players

Answers

1. Spin bowler
2. Fast bowler

3.2 Equipment in Cricket

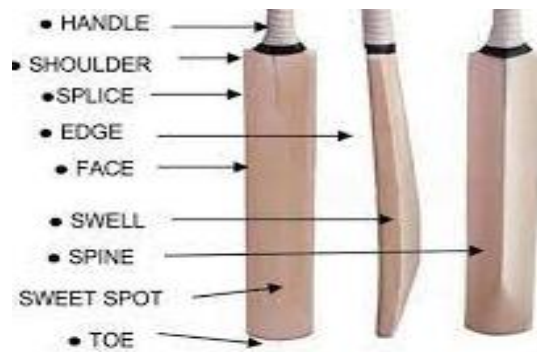
The Ball:

The ball shall be of a golden, brick red colour, for easy sighting. It shall be 5¹/₂ ounce in weight, with seams round its belly for easy gripping.



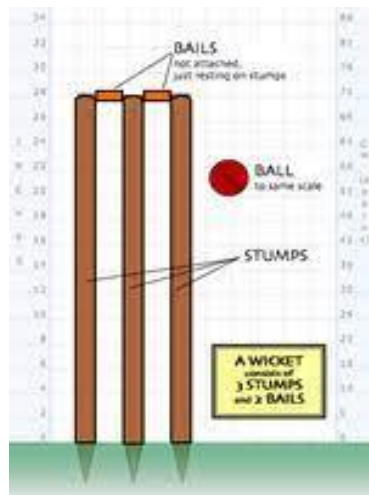
Bat:

The cricket bat is made from willow wood. It has a flat face and an undulating back. A bat is of a long or a short handle, the former used by adults and tall players while the latter is preferred by short or younger players. Bats are of varying weight too, depending on the bodyweight of the batsman. The blade has a maximum width of 108 millimeters and the whole bat has a maximum length of 965 millimeters



Stumps:

Three wooden sticks called stumps are needed, they are 32 inches in height and they form the major framework of the wicket. They have spikes extending from their bottom end and are hammered into the ground in an evenly spaced row, with the outside edges of the outermost stumps 9 inches apart.



Bails:

Two wooden crossbars link the three stumps together.



Protective Gear: Pads, gloves, helmet, shin guard etc for batsmen to wear to prevent injury when struck by the ball.



Head Helmet



Shin Guard



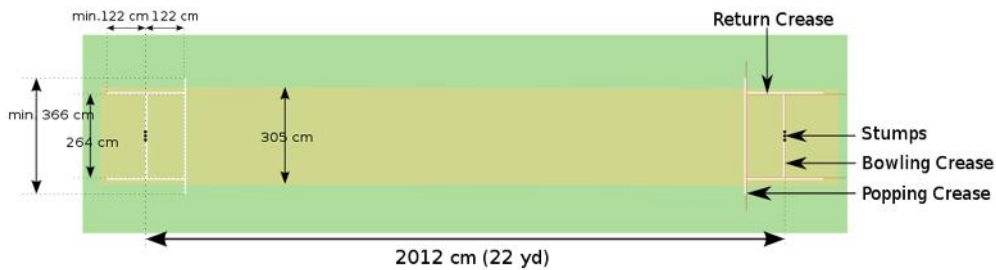
Pads



Hand Gloves

The mats:

The mat of knotted chords is needed to define the length of the pitch which is 22yards. This is to provide a good bounce for the ball as well as a grippy runway for batsmen.



Shoes:

Leather, usually with spiked soles for grip on the grass.

CRICKET SHOES APPLICATION

khehmart.com

<p>SPIKES SHOES</p> <p>SUITABLE FOR ALL ROUND TYPE OF PLAYERS</p>	<p>STUD SHOES</p> <p>SUITABLE FOR FAST BOWLERS</p>
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Clothing:

Long pants, shirt, possibly a sleeveless or long-sleeved woolen pullover in cold weather. For games played with a red ball, the clothing must be white or cream. With a white ball, players usually wear uniforms in solid team colours. Add a hat or cap to keep the sun off. There are no regulations regarding identifying marks or numbers on clothing

In-Text Questions

1. What is the maximum length of bats?
2. What is the maximum width of bats blade?

Answers

1. 965 millimeters
2. 108 millimeters

3.3 Officiating the Game of Cricket

The game of cricket is directed by two field umpires assisted by one sideline umpire and a match referee. One umpire is positioned behind the stumps at the bowler's end of the pitch and makes decisions on LBW (leg before wicket) appeals, no balls, wide and leg byes. The second umpire stands at square leg and makes decisions on stumping and run outs. At the end of each over, the umpires change position.

The third umpire or television umpire is an off-field umpire used in international matches to make final decisions in questions referred to them by the two on-field umpires or the players.

The third umpire also acts as an emergency on-field if need be.

The referee on the other hand only presides over the international matches and makes no decisions affecting the outcome of the game. He is only appointed to check the conduct of the players and umpires.

He assesses any breach of code and hand out penalties for any breaches. This is only in an international match but not applicable in the domestic's games.

Below are the Umpires Hand Signals in Cricket

1. **Out:** The batsman is declared out by the umpire when he raises the index finger just over his forehead, facing the batsman.



2. **Leg Bye:** when a good ball accidentally touches the batsman's dress or body but not the hand that holds the bat, it is a leg bye. The umpire simply touched a raised knee with one hand.



3. **No Ball:** the umpire will shout "no ball" and then extend one hand horizontally, with palm facing down. A "no ball" case ensures when the ball has not been bowled in the proper manner.



4. **Dead Ball:** is a state of play in which the players may not perform any of the active aspects of the game, meaning batsmen may not score runs and fielders may not attempt to get batsmen out. It also implies that the ball is finally settled in the hands of the wicket-

keeper or of the bowler.



dead ball

5. **Bye:** when a good ball passes the batsman, without him touching it, or making an attempt to hit it, this is a bye and the accompanying runs made are recorded as byes. The umpire simply raises one hand up above the head, with palm facing forward.
6. **Boundary 6:** the umpire raises both hands high up, above the head, meaning that the ball had been hit out of the boundary in the air without touching the ground in the process. This is an equivalent of six runs.



boundary 6

7. **Boundary 4:** the umpire moves one hand from one side to the other at waist level. This means the ball had been hit across the boundary, having touched or rolled on the ground in the process. It is an equivalent of four runs.



boundary 4

8. **Wide:** when the bowler sends the ball so high up or so far away from the reach of the batsman, it is declared “wide”. The umpire will stretch his hands horizontally, from each side.



9. **Short run:** This is when one of the two batsmen has failed to complete a run i.e. failed to cross the crease. One run shall be deducted from those recorded in this hit.



In-Text Questions

1. Raising of index finger by the umpire signifying what?
2. When a good ball accidentally touches the batsman's dress or body but not the hand that holds the bat is called.

Answers

1. Out
2. Leg bye

3.4 Rules and Regulations in the Game of Cricket

Cricket is a game played between two teams made up of eleven players each. There is also a reserve player called a “twelfth man” who is used should a player be injured during play.

The twelfth man is not allowed to bowl, bat, wicket keep or captain the team. His sole duty is to act as a substitute fielder.

The original player is free to return to the game as soon as they have recovered from their injury.

To apply the law and make sure the cricket rules are upheld throughout the game there are two umpires in place during games. Umpires are responsible for making decisions and notifying the scorers of these decisions.

Two umpires are in place on the playing field while there is also a third umpire off the field who is in charge of video decisions.

This is where the call is too close for the on-field umpires and they refer it to the third umpire who reviews slow-motion video replays to make a decision.

Structure of the game

Test cricket is a game that spans over two innings. This means that one team needs to bowl the other team out twice and score more runs than them to win the match. Another key difference between test cricket and other forms of cricket is the length of the innings. In test cricket, there is no limit to the innings length. Whereas in one day cricket & Twenty20 cricket there are a certain amount of overs per innings. The only limit in test cricket is a 5-day length. Before the game begins an official will toss a coin. The captain who guesses the correct side of the coin will then choose if they want to bat or field first. One team will then bat while the other will bowl & field. The batting team aims to score runs while the fielding team aims to bowl ten people out and close the batting teams' innings. Although there are eleven people in each team only ten people need to be bowled out as you cannot have one person batting alone. Batting is done in pairs.

Once the first team has been bowled out the second team would then go into bat. Once the second team is then bowled out it would normally return to the first team batting again. However there is an exception to this in the cricket rules, it is called the follow-on. The follow-on is when the first team makes at least 200 runs more than the second team made (in a 5-day test match). This then gives the first team the option to make the second team bat again. This is particularly useful if the game is progressing slowly or affected by bad weather and there might not be enough time for both teams to play full innings. Should this be the case the batting team's captain also has the right to forfeit their innings at any time. This is called a declaration. Some may wonder why a captain would forfeit the opportunity for his team to bat. However, if the game is coming close to a close and it looks like they will not be able to bowl the other team out again this could be an option. If one team is not bowled out twice and a winner determined in the five days of play the game is declared a draw.

Therefore it may be worth declaring an innings to create the possibility of a win rather than a draw.

4.0 SELF-ASSESSMENT EXERCISE(S)

1. When a good ball passes the batsman, without him touching it, or making attempt to hit it known as
 - a) Leg Bye
 - b) Bye
 - c) Wide
 - d) Out
2. When one of the two batsmen has failed to complete a run is known as
 - a) Short run
 - b) Leg bye
 - c) Wide
 - d) Out
3. The following are equipment in the game of cricket except
 - a) Shoes
 - b) Shin guard
 - c) Hand gloves
 - d) Field
4. All of these are skills in game of cricket except
 - a) Batting
 - b) Bowling
 - c) Throwing
 - d) Kicking

Answers

1. B
2. A
3. D
4. D

5.0 CONCLUSION

Having gone through this unit and successfully completed the assessment and self-assessment test it is assumed that you have attained understanding of the skills in the game of cricket, equipment and facilities, officials hand signals and their functions, and rules and regulation in the game of cricket.

6.0 SUMMARY

In this unit, you have learnt the skills in the game of cricket, equipment and facilities, officials hand signals and their functions, and rules and

regulation in the game of cricket. The assessment and self-assessment exercise have been provided to enable you to understand your rating of the understanding and learning you achieved reading this material in this Unit. Online links have also been provided to widen your knowledge of the learning required in this Unit.

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