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Overview

Fitness defines the ability to perform physical activity, and encompasses a wide range of abilities. Each activity and sports requires a specific set of skills, and so being fit for an activity or a sport does not necessarily make you fit for another.

Fitness is generally divided into specific fitness categories or components, and each can be tested and trained individually. The following pages will help you do the Fitness Test Administration in your school more effectively using Khelo India Fitness Assessment App and viewing the School Dashboard on School Interface.

BATTERY OF TESTS

AGE GROUP 5-8 YEARS | CLASS 1 to 3

At Primary class 1-3, children should acquire Fundamental Movement Skills (FMS) leaving the learning of specific physical activities to later stages. FMS provide the building blocks for many physical activities, such as playing games, dance, and sport. Locomotor, Manipulative & Body Management abilities are key to success in most sports and physical activities. Abilities of children in class 1-3 which need to be measured and tracked are

1. Body Composition (BMI)
2. Coordination (Plate Tapping)
3. Balance (Flamingo Balance)

Which are important for controlling the body in various situations.

AGE GROUP: 9-18+ YEARS | CLASS 4 to 12

For Class 4 to 12, it is important for students to have an overall physical fitness. The following Components are to be considered in Physical Health and Fitness Profile:

1. Body Composition (BMI)
2. Strength
 - a. Abdominal (Partial Curl-up)
 - b. Muscular Endurance (Push Ups for Boys, Modified Push Ups for Girls)
3. Flexibility (Sit and Reach Test)
4. Cardiovascular Endurance (600 Meter Run/Walk)
5. Speed (50 mt. Dash)

Test Descriptions for Children

Body Mass Index

What does it measure: Body Composition refers primarily to the distribution of muscle and fat in the body. Body size such as height, lengths and girths are also grouped under this component.

The test performed is Body Mass Index (BMI), which is calculated from body Weight (W) and height(H). $BMI = W / (H \times H)$, where W = body weight in kilograms and H = height in meters. The higher the score usually indicating higher levels of body fat.

Measuring Height Accurately

Remove the participant's shoes, bulky clothing, and hair ornaments, and unbraid hair that interferes with the measurement.

Take the height measurement on flooring that is not carpeted and against a flat surface such as a wall with no molding.

Have the participant stand with feet flat, together, and back against the wall. Make sure legs are straight, arms are at sides, and shoulders are level.

Make sure the participant is looking straight ahead and that the line of sight is parallel with the floor.

Take the measurement while the participant stands with head, shoulders, buttocks, and heels touching the flat surface (wall). (See illustration.) Depending on the overall body shape of the participant, all points may not touch the wall.

Use a flat headpiece to form a right angle with the wall and lower the headpiece until it firmly touches the crown of the head.

Make sure the measurer's eyes are at the same level as the headpiece.

Lightly mark where the bottom of the headpiece meets the wall. Then, use a metal tape to measure from the base on the floor to the marked measurement on the wall to get the height measurement.

Accurately record the height to the nearest 0.1 centimeter.

Measuring Weight Accurately

Infrastructure/Equipment Required:

Flat, Clean surface, Weighing Machine, Stadiometer/Measuring Tape pasted on a wall

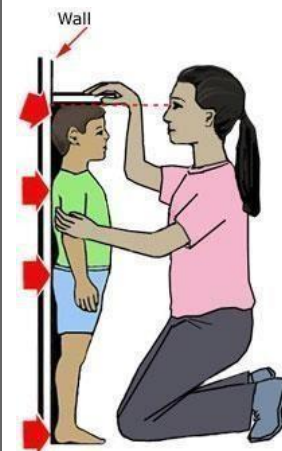
Scoring:

Height recorded in cm and mm.

Weight will be recorded in kilogram (kg) and grams (gms).

Record the weight to the nearest decimal fraction (for example, 25.1 kilograms).

Accurately record the height to the nearest 0.1 centimeter.



Use a digital scale. Avoid using bathroom scales that are spring-loaded. Place the scale on firm flooring (such as tile or wood) rather than carpet.

Have the participant remove shoes and heavy clothing, such as sweaters.

Have the participant stand with both feet in the center of the scale.

Record the weight to the nearest decimal fraction (for example, 25.1 kilograms).



Plate Tapping Test

What does it measure:

Tests speed and coordination of limb movement

How to Perform:

If possible, the table height should be adjusted so that the subject is standing comfortably in front of the discs. The two yellow discs are placed with their centers 60 cm apart on the table. The rectangle is placed equidistant between both discs.

The non-preferred hand is placed on the rectangle. The subject moves the preferred hand back and forth between the discs over the hand in the middle as quickly as possible.

This action is repeated for 25 full cycles (50 taps).

Infrastructure/Equipment Required:

Table (adjustable height), 2 yellow discs (20cm diameter), rectangle (30 x 20 cm), stopwatch

Scoring:

The time taken to complete 25 cycles is recorded



Flamingo Balance Test

What does it measure:

Ability to balance successfully on a single leg. This single leg balance test assesses the strength of the leg, pelvic, and trunk muscle as well as Static balance.

How to Perform:

Stand on the beam. Keep balance by holding the instructor's hand (if required to start).

While balancing on the preferred leg, the free leg is flexed at the knee and the foot of this leg held close to the buttocks.

Start the watch as the instructor lets go of the participant/subject.

Pause the stopwatch each time the subject loses balance (either by falling off the beam or letting go of the foot being held).

Resume over, again timing until they lose balance. Count the number of falls in 60 seconds of balancing.

If there are more than 15 falls in the first 30 seconds, the test is terminated.

Infrastructure/Equipment Required:

Non Slippery even surface, Stopwatch, can be done on just standing on beam.

Scoring:

The total number of falls or loss of balance in 60 seconds of balancing is recorded.

If there are more than 15 falls in the first 30 seconds, the test is terminated.



Partial Curl Up (30 seconds)

What does it measure:

The curl up test measures abdominal muscular strength and endurance of the abdominals and hip-Flexors, important in back support and core stability.

How to Perform:

The subject lies on a cushioned, flat, clean surface with knees flexed, usually at 90 degrees, with hands straight on the sides (palms facing downwards) closer to the ground, parallel to the body.

The subject raises the trunk in a smooth motion, keeping the arms in position, curling up the desired amount (at least 6 inches above/along the ground towards the parallel strip).

The trunk is lowered back to the floor so that the shoulder blades or upper back touch the floor.

Infrastructure/Equipment Required:

Flat clean cushioned surface with two parallel strips (6 inches apart), Stopwatch, Recording sheets, Pen

Scoring:

Record the maximum number of Curl ups in a certain time period 30 seconds.



Push Ups (Boys)/Modified Push Ups (Girls)

What does it measure:

Upper body strength endurance, and trunk stability.

How to Perform:

A standard push up begins with the hands and toes touching the floor, the body and legs in a straight line, feet slightly apart, the arms at shoulder width apart, extended and at a right angles to the body.

Keeping the back and knees straight, the subject lowers the body to a predetermined point, to touch some other object, or until there is a 90-degree angle at the elbows, then returns back to the starting position with the arms extended.

This action is repeated, and test continues until exhaustion, or until they can do no more in rhythm or have reached the target number of push-ups.

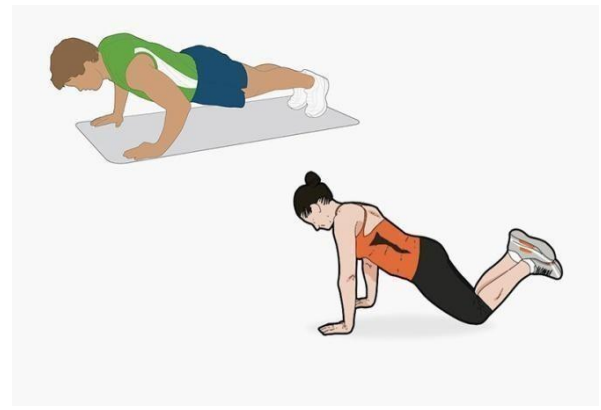
For Girls: push-up technique is with the knees resting on the ground.

Infrastructure/Equipment Required:

Flat clean cushioned surface/Gym mat

Scoring:

Record the number of correctly completed push-ups.



Sit and Reach

What does it measure:

Common measure of flexibility, and specifically measures the flexibility of the lower back and hamstring muscles. This test is important as because tightness in this area is implicated in lumbar lordosis, forward pelvic tilt and lower back pain

How to Perform:

This test involves sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the Sit and Reach box. Both knees should be locked and pressed flat to the floor - the tester may assist by holding them down.

With the palms facing downwards, and the hands on top of each other, the subject reaches forward along the measuring line as far as possible.

Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice reaches, the subject reaches out and holds that position for at one-two seconds while the distance is recorded. Make sure there are no jerky movements.

Infrastructure/Equipment Required:

Sit and Reach box with the following dimensions: 12" x 12" (sides) 12" x 10" (front and back) 12" x 21" (top) Inscribe the top panel with centimeter/mm gradations. It is crucial that the vertical plane against which the subject's feet will be placed is exactly at the 23 cm mark. Flat clean cushioned surface/Gym Mats


Scoring:

The score is recorded (difference between initial position and final position), in cm and mm, as the distance reached by the hand.




:

600 Mtr Run/Walk

| | |
|---|--|
| What does it measure: Cardiovascular Fitness/Cardiovascular Endurance | |
| How to Perform: Participants are instructed to run 600 mts. in the fastest possible pace. The participants begin on signal, “ready, start” as they cross the finish line elapsed time should be announced to the participants. Walking is permitted but the objective is to cover the distance in the shortest possible time. | Infrastructure/Equipment Required: Stopwatch, whistle, marker cone, lime powder, measuring tape, 200 or 400 mts with 1.22 mt (minimum 1 mt) width preferably on a flat and even playground with a marking of starting and finish line. |
| | Scoring: Time taken for completion (Run or Walk) in min, sec, mm |
|  | |

50 Mtr Dash (Standing Start)

| | |
|--|---|
| What does it measure: Determines acceleration and speed | |
| How to Perform: A thorough warm up should be given, including some practice starts and accelerations. Start from a stationary position, with one foot in front of the other. The front foot must be on or behind the starting line. This starting position should be static (dead start). The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs) and encouraged to continue running hard through the finish line. | Infrastructure/Equipment Required: Measuring tape or marked track, stopwatch, cone markers, flat and clear surface of at least 60 meters. |
| | Scoring: Time taken for completion |
|  | |
| | |

Yoga and Lifestyle

Asana as Preventive Measures

Asana refer to the many positions in which a person sits or stands to do yoga. It is a Sanskrit word which means a 'physical posture'. Various types of physical postures or asanas means bending and stretching the body. This stimulates blood circulation, balance the nervous system, benefits the various systems running in our body like digestive system, nervous system, cardiovascular system, muscles, joints etc. Asanas are beneficial for the mind, psyche and chakras (energy centres) thus preventing from many types of lifestyle diseases. Asanas also help in receiving stress, treating anxiety and make a person mentally rejuvenated.

OBESITY

The excess weight or deposition of excess fats on body is called obesity. It leads to various diseases like diabetes, heart diseases, hypertension, lowered pulmonary functions, lowers life expectancy. Obesity is a condition where your Body Mass Index (BMI) is higher than 30.

There are various reasons of obesity such as lack of proper exercise, eating habits, psychological factors, endocrine glands problems, familial tendency. Males are at high risk during age 29 to 35 and females are at risk during the age 45 to 49. The risk increases with age. Various asanas can be practised effectively to reduce the weight, control obesity and achieve normal healthy condition of body and mind. The major asanas to control obesity are Vajrasana, Trikonasana...

Vajrasana [Thunderbolt Pose]

Procedure

- It is done in sitting posture.
- Stand on the knees with the lower legs, together and stretched backwards,, the two big toes crossing each other.
- Lower the body and sit on your heels. Rest your buttocks on the heels and the thighs on the calf muscles.
- Keep the hands on the knees and keep the head straight.
- Concentrate on breathing, start inhalation and exhalation.



Benefits

- Vajrasana modifies the blood flow in the lower pelvic region. It increases the efficiency of the digestive system.
- It helps to prevent acidity and ulcers by improving the digestion.
- It is a good meditative pose for those suffering from sciatica and severe lower back problems.
- Supta Vajrasana strengthens the muscles in back, neck and chest regions. It expands the chest and is good for lung problems.

Contraindications

- Vajrasana should not be practised by those suffering from severe knee pain.
- This asana should be avoided by recent surgery patients of legs or waist.
- If feel any pain in the ankles during Vajrasana, release the pose and massage the ankle with the hands.

Trikonasana [Triangle Pose]

Procedure

- This is done in a standing posture.
- Stand erect with feet about 3 feet apart with knees straight.
- Raise both the hands till they are in line with each other, parallel to the ground. Inhale when you are raising the hands.
- Now bend towards the right and slightly bend the knees and touch the right foot with the hands. Look up at the left hand. Exhale when you are bending down to touch the foot. Keep the eyes open throughout the practice.
- Return to the standing position.
- Repeat this with the left hand touching the left foot.
- Practise as many rounds as is comfortable.



Benefits

- Strengthens the legs, knees, ankles, arms and chest.

- Stretches and opens the lower back region, groin area, hamstrings, calves, shoulders, chest and spine.
- Increases mental and physical equilibrium.
- Helps improve digestion.
- Reduces anxiety, stress, back pain and sciatica
- Contraindications.
- Avoid doing this if suffering from migraine, diarrhoea, neck and back injuries.
- Those with high blood pressure may do this pose but without raising their hand overhead, as this may further raise the blood pressure.

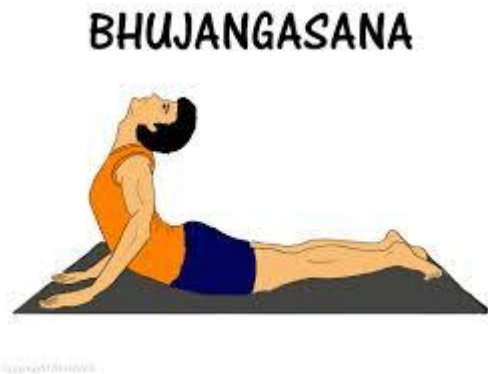
DIABETES

Diabetes is a better known lifestyle disease. It has become an epidemic worldwide. Yoga helps a lot to control and prevent this disease. Different asanas help to stimulate the production of insulin that helps in controlling diabetes. The asanas to control diabetes are

Bhujangasana

Procedure

- This is done in lying posture.
- Lie on the stomach and rest forehead on the floor.
- Keep the feet and toes together and touch the ground. Place the hands at shoulder level and palms on floor.
- Inhale and lift the head, chest, abdomen and keep the navel on the floor take five breaths at least.
- Exhale slowly come down to rest with hands below the head slowly



Benefits

- It improves the blood circulation and energises the heart.
- It decreases menstrual irregularities in females.
- It strengthens muscles of chest, shoulders, arms and abdomen.
- It is effective in uterine disorder.
- It improves the function of reproductive organ.
- It improves the function of liver, kidney, pancreas and gall bladder.
- It helps to lose weight.
- It relieves menstrual discomfort and improves fertility.
- It reduces headache, anxiety, insomnia and sinusitis.
- It reduces abdominal fats and helps metabolism.

Contraindications

- Pregnant women should avoid this asana.
- Avoid those who are suffering from slip disc or sciatica problem and asthma.
- Ulcer patients also avoid this asana.

Paschimottanasana

Procedure

- This is done in sitting posture.
- Sit on the floor with the outstretched legs.
- Inhale and lengthen the abdomen then lift the chest.
- Exhale bend forwards from the hips. Keep the shoulders open and the head up.
- Reach forwards and hold the big toes in a lock with the middle and index fingers.
- Inhale, lengthen the torso, bring the sternum forward.
- Exhale, bring the chest and abdomen down to the thighs and the elbows out to the sides.
- Stay in this position for 5 deep breaths and relax the muscles while exhale.
- Focus on stretching the hamstrings rather than getting the head to the knees.

PASCHIMOTTANASANA
THE FORWARD BEND POSE



Benefits

- It stretches hamstrings, spine, shoulders and hip joints.
- It massages the pancreas and improves
- It relieves menstrual discomfort and improves fertility.
- It reduces headache, anxiety, insomnia and sinusitis.
- It reduces abdominal fats and helps metabolism.

Contraindications

- Pregnant women should avoid this asana.
- Avoid those who are suffering from slip disc or sciatica problem and asthma.
- Ulcer patients also avoid this asana.

ASTHMA

Asthma is a universal chronic airway inflammatory disease of the air passage caused by excessive air sensitiveness and airflow obstruction. The disease can be managed, controlled and cured by performing various asanas that help in curing asthma.

The asanas to control asthma are

Sukasana

Procedure

- This is done in a sitting position.
- Sit cross legged on the floor or any other flat surface.
- Bring one foot over the opposite knee. Place both the palms on your knees and close your eyes.
- Breathe slowly and concentrate on the breathing pattern.
- Continue breathing in the same way for 5 minutes.



Benefits

- It helps to make the back stronger and elongate the knees and ankles.
- It is beneficial for opening the muscles of groin, hips and the outer thighs.
- It relieves from physical and mental tiredness and eliminates worries from the person's mind.
- It can relieve from backache as well as pain.
- It is a good posture to sit for a long time.

Contraindications

- In case of severe knee and back injury, it is required to sit over the folded blanket or take the assistance of the bolster or pillow.
- If face difficulties in this pose then try placing the blanket or bolster under the thighs.

Chakrasana

Procedure

- This is done in lying posture.
- Lie down properly and look upward.
- Bring the feet closer to the hips and bend knees upward; keep a distance of about one foot between the feet.
- Bring up the hands near to the ears and put the palms on the ground as the fingers facing on the shoulders.
- Gradually, lift up the body in air by balancing on feet and rotate the head backward along with hands slowly.
- Reach the final position by stretching the whole body to forming a position look like a semi-circle.
- Now maintain this position as longer as possible. To reach the normal position, slowly lower down the body to touch the ground and release the hands and feet.

CHAKRASANA
THE WHEEL POSE



Benefits

- It helps to strengthen liver, pancreas, kidneys and heart.
- It is good for infertility, asthma and osteoporosis.
- It strengthens arms, shoulders, hands, wrists and legs buttocks, abdomen and spine.
- It stretches the chest and lungs.
- It helps to stimulate the thyroid and pituitary glands.
- It helps to increase energy and counteracts depression.

Contraindications

- Those who are suffering from diarrhoea, heart problems and hernia should avoid this.
- Avoid during pregnancy.
- Avoid those who have wrist, ankles and spine pain.
- Hypertension or hypotension person should avoid this asana.

Gomukhasana [Cow Face Pose]

Procedure

- This is a sitting asana.
- Sit erect and stretch both legs together in front, hands by the side, palm resting on the ground, fingers of the hands together.
- Fold right leg at the knee and place it on the ground by the side of the left buttock.
- Bringing the left leg from above the right leg, place it on the ground by the side of the right buttock.
- Now place the palms on the knee one above the other and sit erect.
- After some time return to the original position.
- Change the position of the legs i.e. by placing the right knee above and the left knee down and repeat this as much as you can.



Gomukhasana - Cow Face Pose
Fingers are locked at behind.

Benefits

- It helps to stretch and strengthen the muscles of the ankles, hips and thighs, shoulders, triceps, inner armpits and chest.
- It is helpful in the treatment of sciatica.
- It enhances the workings of the kidneys by stimulating it, thus helping those suffering from diabetes.
- Regular practice can reduce stress and anxiety.

Contraindications

- Those who are suffering from shoulder, knee or backpain should avoid this.
- People suffering from any kind of knee injury/problem avoid this.

Tadasana [Mountain Pose]

Procedure

- This is a standing asana.
- Stand straight with the feet together.
- Slowly lift the toes and place them back on the floor.
- Pull up the kneecaps and squeeze the thighs.
- Inhale and lift up from the waist.
- Breathe and hold for 4 to 8 breaths.
- Exhale and drop the shoulders down.



Benefits

- It improves body posture and reduces flat feet problem.
- Knees, thighs and ankles become stronger.
- Buttocks and abdomen get toned.
- It helps to alleviate sciatica.
- It also makes spine more agile.
- It helps to increase height and improve balance.
- It regulates digestive, nervous and respiratory systems

Contraindications

- Avoid during headaches.
- Avoid during insomnia.
- Avoid during low blood pressure.

FOOTBALL:-

INTRODUCTION:-

Football is a family of team sports that involve, to varying degrees, kicking a ball with the foot to score a goal. Unqualified, the word football is understood to refer to whichever form of football is the most popular in the regional context in which the word appears. Sports commonly called 'football' in certain places include: association football (known as soccer in some countries); gridiron football (specifically American football or Canadian football); Australian rules football; rugby football (either rugby league or rugby union); and Gaelic football. These different variations of football are known as football codes.

Various forms of football can be identified in history, often as popular peasant games. Contemporary codes of football can be traced back to the codification of these games at English public schools during the nineteenth century. The expanse of the British Empire allowed these rules of football to spread to areas of British influence outside the directly controlled Empire. By the end of the nineteenth century, distinct regional codes were already developing: Gaelic football, for example, deliberately incorporated the rules of local traditional football games in order to maintain their heritage. In 1888, The Football League was founded in England, becoming the first of many professional football competitions. During the twentieth century, several of the various kinds of football grew to become some of the most popular team sports in the world.

Common elements

The various codes of football share certain common elements: Players in American football, Canadian football, rugby union and rugby league take up positions in a limited area of the field at the start of the game. They tend to use throwing and running as the main ways of moving the ball, and only kick on certain limited occasions. Body tackling is a major skill, and games typically involve short passages of play of 5–90 seconds.

Association football and Gaelic football tend to use kicking to move the ball around the pitch, with handling more limited. Body tackles are less

central to the game, and players are freer to move around the field (offside laws are typically less strict).

Common rules among the sports include:

Two teams of usually between 11 and 18 players; some variations that have fewer players (five or more per team) are also popular.

A clearly defined area in which to play the game.

Scoring goals or points by moving the ball to an opposing team's end of the field and either into a goal area, or over a line.

Goals or points resulting from players putting the ball between two goalposts.

The goal or line being defended by the opposing team.

Players being required to move the ball—depending on the code—by kicking, carrying, or hand-passing the ball.

Players using only their body to move the ball.

In all codes, common skills include passing, tackling, evasion of tackles, catching and kicking. In most codes, there are rules restricting the movement of players offside, and players scoring a goal must put the ball either under or over a crossbar between the goalposts.

Etymology

Main article: Football (word)

There are conflicting explanations of the origin of the word "football". It is widely assumed that the word "football" (or the phrase "foot ball") refers to the action of the foot kicking a ball. There is an alternative explanation, which is that football originally referred to a variety of games in medieval Europe, which were played on foot. There is no conclusive evidence for either explanation.

Early history

Ancient games

A painting depicting Emperor Taizu of Song playing cuju (i.e. Chinese football) with his prime minister Zhao Pu (趙普) and other ministers, by the Yuan dynasty artist Qian Xuan (1235–1305)

The Ancient Greeks and Romans are known to have played many ball games, some of which involved the use of the feet. The Roman game

harpastum is believed to have been adapted from a Greek team game known as "ἐπίσκυρος" (Episkyros) or "φαινίνδα" (phaininda), which is mentioned by a Greek playwright, Antiphanes (388–311 BC) and later referred to by the Christian theologian Clement of Alexandria (c. 150 – c. 215 AD). These games appear to have resembled rugby football. The Roman politician Cicero (106–43 BC) describes the case of a man who was killed whilst having a shave when a ball was kicked into a barber's shop. Roman ball games already knew the air-filled ball, the follis. Episkyros is recognised as an early form of football by FIFA.

A Chinese game called Cuju (蹴鞠), Tsu' Chu, or Zuqiu (足球) has been recognised by FIFA as the first version of the game with regular rules. It existed during the Han dynasty, the second and third centuries BC.[citation needed] The Japanese version of cuju is kemari (蹴鞠), and was developed during the Asuka period. This is known to have been played within the Japanese imperial court in Kyoto from about 600 AD. In kemari several people stand in a circle and kick a ball to each other, trying not to let the ball drop to the ground (much like keepie uppie). The game appears to have died out sometime before the mid-19th century. It was revived in 1903 and is now played at a number of festivals.[citation needed]

There are a number of references to traditional, ancient, or prehistoric ball games, played by indigenous peoples in many different parts of the world. For example, in 1586, men from a ship commanded by an English explorer named John Davis, went ashore to play a form of football with Inuit (Eskimo) people in Greenland. There are later accounts of an Inuit game played on ice, called Aqsaqtuk. Each match began with two teams facing each other in parallel lines, before attempting to kick the ball through each other team's line and then at a goal. In 1610, William Strachey, a colonist at Jamestown, Virginia recorded a game played by Native Americans, called Pahsaheman.[citation needed] On the Australian continent several tribes of indigenous people played kicking and catching games with stuffed balls which have been generalised by historians as Marn Grook (Djab Wurrung for "game ball"). The earliest historical account is an anecdote from the 1878 book by Robert Brough-Smyth, *The Aborigines of Victoria*, in which a man called Richard Thomas is quoted as saying, in about 1841 in Victoria, Australia, that he

had witnessed Aboriginal people playing the game: "Mr Thomas describes how the foremost player will drop kick a ball made from the skin of a possum and how other players leap into the air in order to catch it." Some historians have theorised that Marn Grook was one of the origins of Australian rules football.

The Māori in New Zealand played a game called Ki-o-rahi consisting of teams of seven players play on a circular field divided into zones, and score points by touching the 'pou' (boundary markers) and hitting a central 'tupu' or target.[citation needed]

Games played in Mesoamerica with rubber balls by indigenous peoples are also well-documented as existing since before this time, but these had more similarities to basketball or volleyball, and no links have been found between such games and modern football sports. Northeastern American Indians, especially the Iroquois Confederation, played a game which made use of net racquets to throw and catch a small ball; however, although it is a ball-goal foot game, lacrosse (as its modern descendant is called) is likewise not usually classed as a form of "football." [citation needed]

These games and others may well go far back into antiquity. However, the main sources of modern football codes appear to lie in western Europe, especially England.

Ancient Greek football player balancing the ball. Depiction on an Attic Lekythos, Piraeus, 400-375 BC.

A Song dynasty painting by Su Hanchen (c. 1130-1160), depicting Chinese children playing cuju.

Paint of a Mesoamerican ballgame player of the Tepantitla murals in Teotihuacan.

A revived version of kemari being played at the Tanzan Shrine, Japan.

An illustration from the 1850s of Australian Aboriginal hunter gatherers.

File:Children in the background are playing a football game, possibly Woggabaliri.

A group of aborigines playing football in Guiana.



RULES OF THE GAME:-

International rules football (Irish: Peil na rialacha idirnáisiunta; also known as inter rules in Australia and compromise rules in Ireland) is a team sport consisting of a hybrid of football codes, which was developed to facilitate international representative matches between Australian rules football players and Gaelic football players.

The first tour, known as the Australian Football World Tour, took place in 1967, with matches played in Ireland, the United Kingdom, and the United States. The following year, games were played between Australia and a touring County Meath Gaelic football team, Meath being the reigning All-Ireland senior football champions. Following intermittent international tests between Australia and Ireland, the International Rules Series between the senior Australian international rules football team and Ireland international rules football team has been played intermittently since 1984, and has generally been a closely matched contest. The sport has raised interest and exposure in developing markets for Gaelic and Australian football and has been considered a development tool by governing bodies of both codes, particularly by the AFL Commission.

International rules football does not have any dedicated clubs or leagues. It is currently played by men's, women's, and junior teams only in tournaments or Test matches.

Rules:-

The rules are designed to provide a compromise or combine between those of the two codes, with Gaelic football players being advantaged by the use of a round ball and a rectangular field measured about 160 yards long by 98 yards wide (Australian rules uses an oval ball and

field), while the Australian rules football players benefit from the opportunity to tackle by grabbing between the shoulders and thighs and pulling to the ground, something banned in Gaelic football. The game also introduces the concept of the mark, from Australian rules football, with a free kick awarded for a ball caught from a kick of over 15 metres, where the kick must be in the forward direction if originating from a teammate.

A player must bounce, solo or touch the ball on the ground once every 10 metres or six steps. A maximum of two bounces per possession are allowed, while players can solo the ball as often as they wish on a possession. Unlike in Gaelic football, the ball may be lifted directly off the ground, without putting a foot underneath it first. Players however cannot scoop the ball off the ground to a team-mate, nor pick up the ball if they are on their knees or on the ground. If a foul is committed, a free kick will be awarded, referees (called umpires in Australian Rules) can give the fouled player advantage to play on at their discretion.

Scoring in International rules football

The game uses two large posts usually sets 6.5 metres apart, and connect 2.5 metres above the ground by a crossbar with goal net that could extend behind the goalposts and attached to the crossbar and lower goalposts, as in Gaelic football. A further 6.5 metres apart on either side of those and did not connected by a crossbar are 2 small post, known as behind post, as in Australian rules football.

Points are scored as follows:

Under the crossbar and into the goal net (a goal): 6 points, umpire waves green flag and raises both index fingers. Over the crossbar and between the two large posts (an over): 3 points, umpire waves red flag and raises one arm above his head.

Between either of large posts and small posts (a behind): 1 point, umpire waves white flag and raises one index finger.

Scores are written so as to clarify how many of each type of score were made as well as, like Australian football, giving the total points score for each team; for example, if a team scores one goal, four overs and 10 behinds, the score is written as 1-4-10(28), meaning one goal (six points) plus 4 overs ($4 \times 3 = 12$ points) plus 10 behinds ($10 \times 1 = 10$ points), for a total score of 28 points.

An international rules match lasts for 72 minutes (divided into four quarters of 18 minutes each). Inter-county Gaelic football matches go on for 70 minutes, divided into two halves, and Australian rules matches consists of four 20 minutes quarters of game time, although with the addition of stoppage time, most quarters actually last between 25 and 30 minutes.

As in Gaelic football, teams consist of fifteen players, including a goalkeeper, whereas eighteen are used in Australian rules (with no keeper).

2006 rule changes

A number of rule changes were introduced before the 2006 International **Rules Series:**

per quarter was reduced from 20 minutes to 18 minutes

A player who received a red card is to be sent off and no replacement is allowed; in addition to this a penalty is awarded regardless of where the incident takes place (Previously a replacement was allowed and a penalty was only awarded if the incident happened in the penalty area)

A yellow card now means a 15-minute sin bin for the offending player, who will be sent off if he receives a second card

2008 rule changes

Maximum of 10 interchanges per quarter

Teams are allowed only four consecutive hand passes (ball must then be kicked)

Match time reduced from 80 minutes to 72 minutes (18 minutes per quarter)

Goalkeeper can no longer kick the ball to himself from the kick-out[2]

Suspensions may carry over to GAA and AFL matches if The Match Review Panel sees fit

A dangerous "slinging" tackle will be an automatic red card

A front-on bump (known as a shirtfront in Australian football) endangering the head will result in a red card

Physical intimidation can result in a yellow card

Keeper can not be tackled or touched when the keeper is charging

An independent referee can cite players for reportable offences from the stands

Yellow card sin bin reduced to 10 minutes

2014 rule changes

Maximum number of interchanges per quarter increased from 10 to 16
Unlimited number of interchanges allowed at quarter and half-time breaks

Number of consecutive hand-passes teams are allowed increased from 4 to 6

Marks will not be paid for backwards kicks caught by a teammate

Goalkeepers required to kick the ball out beyond the 45m line after all wides, behinds and overs

Failure of a goalkeeper to kick over the 45m line will result in a free kick to the opposition (from the 45m line)

About the ball:-

A football is a ball inflated with air that is used to play one of the various sports known as football. In these games, with some exceptions, goals or points are scored only when the ball enters one of two designated goal-scoring areas; football games involve the two teams each trying to move the ball in opposite directions along the field of play.

The first balls were made of natural materials, such as an inflated pig bladder, later put inside a leather cover, which has given rise to the American slang-term "pigskin". Modern balls are designed by teams of engineers to exacting specifications, with rubber or plastic bladders, and often with plastic covers. Various leagues and games use different balls, though they all have one of the following basic shapes:

a sphere: used in Association football and Gaelic football

a prolate spheroid

either with rounded ends: used in the rugby codes and Australian football

or with more pointed ends: used in American football and Canadian football

The precise shape and construction of footballs is typically specified as part of the rules and regulations.

The oldest football still in existence, which is thought to have been made circa 1550, was discovered in the roof of Stirling Castle, Scotland, in 1981. The ball is made of leather (possibly from a deer) and a pig's bladder. It has a diameter of between 14–16 cm (5.5–6.3 in), weighs 125 g (4.4 oz) and is currently on display at the Smith Art Gallery and Museum in Stirling.



Fig:- Football

About the field:-

In American football, the standard field dimensions are 120 yards long and 53 $\frac{1}{3}$ yards wide. The last 10 yards of length on either end of the field are considered "end zones" in which a player scores. These dimensions are consistent for football played at the high school, college and professional (NFL) level.

Length of a Football Field Football Field Dimensions

The total length of a football field is 120 yards. The playing field is 100 yards (360 feet) long, and each end zone is 10 yards (30 feet) deep. The field is marked with a yard line every 5 yards, and every 10 yards is marked by a field number. The hash marks are 1 yard apart, used to mark each down when the ball is between the yard lines.

RELATED: 4 Football Conditioning Drills That Work

Width of a Football Field

The standard football field is 53 $\frac{1}{3}$ yards, or 160 feet, wide. The primary difference among different levels of play is the space between the two sets of hash marks:

High School — 53 feet, 4 inches

College — 40 feet

NFL — 18 feet, 6 inches

All plays begin on or between the hash marks, depending on where the previous play ended. For example, if the previous play ended along the right sideline, the ball will be placed on the right hash mark.

RELATED: How Football Sizes Change at Each Level of the Sport

Goal Dimensions

Football Goal Post Dimensions

The football goal crossbar is 10 feet high, and the posts are an additional 20 feet high, for a total height of 30 feet. NFL and NCAA goal posts are 18 feet, 6 inches wide. High school goal posts are 23 feet, 4 inches wide.



Fig:- Football Field

Skills:-

The importance of a skill depends to an extent on the player's position on the field. Overall, football skills can be divided into four main areas, namely outfield technical, physical, mental and goalkeeping technical abilities.

Physical skills:

- Pace
- Agility
- Sprinting
- Stamina
- Power
- Endurance
- Jumping
- Balance
- Strength

Strength to resist tackles
Resistance

Mental skills

As the last line of defence, goalkeepers must be able to make quick, athletic saves. Here, the skill of England's Gordon Banks robs Brazil's Pele of a good scoring opportunity in their legendary confrontation. Mexico, 1970

Intelligence (game understanding)

Vision (ability to see build-up play ahead to others or ability to see a pass or awareness of players around you)

Composure (ability to control the game at any critical situation in the match)

Leadership (able to guide the youngsters in the field and be able to motivate and inspire others)

Communication (can be considered a mental ability)

Decision-making (determine in advance what to do)

Goalkeeping skills

Jumping (can be considered a physical ability)

Agility (can be considered a physical ability)

Balance (can be considered a physical ability)

Communication (can be considered a mental ability)

Goal kicker (can be considered a technical ability)

Handling (can be considered a technical ability)

Positioning

Reflexes (can be considered a mental ability)

Distribution (ex; Throwing, punting) (can be considered a physical ability)

One on ones

SOME NATIONAL AND INTERNATIONAL MATCHES:-

 **Premier League**



● **English Football League**



● **La Liga**



● **FIFA**



● **UEFA Champions League**



● **Indian Super League**



- **Santosh Trophy**



- **I-League**



- **Federation Cup**



Where Pride Meets Passion

- **Calcutta Football League**



SOME NATIONAL AND INTERNATIONAL STADIUMS:-

- **Wembley Stadium, London, capacity 90,000 With construction costs of a whopping £757m and complaints about a lack of atmosphere, Wembley has had its critics. But look at it, it is big**



- **Rose Bowl in Pasadena, California, USA, capacity 93,420** The former home of LA Galaxy still hosts occasional USA international matches and was the venue of the 1994 World Cup final



- **FNB stadium Soccer City Stadium in Soweto, Johannesburg, South Africa, capacity 94,736** The host stadium for the World Cup final in 2010 and also the home of the South African team Kaizer Chiefs



- **The Camp Nou in Barcelona, capacity 99,345 The Catalan club wants to update its home since 1957 to include a roof and extra seats that would increase its capacity to 105,000 and maintain its status as the biggest football stadium in Europe. Directors may even vote to build a new ground**



- **The Azteca Stadium Mexico City, Mexico, capacity 105,064 First opened in 1966, the Azteca was the venue of Diego Maradona's 'Hand of God' goal and then his sublime second against England at the 1986 World Cup**



● **The Salt Lake Stadium aka Yuva Bharati Krirangan in Kolkata, India, capacity 120,000 Built in 1984, the stadium has been home to Mohun Bagan AC, Mohammedan Sporting Club, East Bengal FC and the India national football team**

