1. What is bye?

2. What is a health run?

3. Explain the procedure for giving bye?

4. What does the school intend by stating that, "only such students shall participate in the Basketball Intramurals who have not represented the school in Basketball in the past and minimum 10 substitutions shall be compulsory."

5. List the various types of tournaments.

6. Briefly explain about any two specific sports programmes?

7. Discuss the objectives of extramural in detail.

8. Discuss any two importance of tournaments.

9. What is a league tournament? Draw a fixture for six teams using a round robin method.

10. What do you mean by league match or round robin tournament?

Answer

1. Bye is a privilege given to a team, genre by drawing lots, exempting it from plays first round.

2. Health runs are organized to enhance the standard of health in a country. These runs do not require any sort of preparation and no competition is there in these runs. People of all age groups take part in such runs and only the course of runs is fixed up.

3. If the total number of the team are not in power of two (i.e.,2,4,8,16,32,..), then to find the number of byes, we subtract the number of participating team (say, number of teams is 10) from the next power of 2 (in this case, 16). Thus, for 10 teams, the number of required byes will be, 16-10 = 6 byes. Byes should be divided equally in the upper and lower half.

4. The benefit of intramural competition is extended to those students who have never got the opportunities/chance to participate in any competition. The aim is to ensure mass participation of children with fun and enjoyment.

5. Various types of Tournaments are:-

    1. Knock-out or Elimination Tournament.

    2. League or Round Robin Tournament.

    3. Combination Tournament.

    4. Challenge Tournament.

6. Sports programmes can be explained as

    i. **Health Run-** it is organised in almost every part of the world. in India, it is organised by many states to make people health conscious. World Health Organization (**WHO**).Allots sufficient founds to different organisations. These organisations organize and promote health runs. These health runs lay stress on

removing deadly diseases. For example, health runs and rallies are organised every year on December 1st as **World AIDS** Day. these runs give knowledge to people about AIDS, Its symptoms and causes and how to take preventive measures. likewise, more such health runs can how to take preventive measures, Likewise more such health runs can be organised. otherwise, people can run individually according to their convenience in the early morning or evening.

ii. **Run for Unity:-** It is kind of Mass running which generates the feeling of unity**. It** is organized by different nation to create a feeling of oneness among the people. By organizing such runs people of all ages, from different states come together. Such runs develop a feeling of patriotism in children and students that they all belong to one nation. likewise, We all work for the country, for the nation. we can quote the e.g. **Mumbai Marathon** Organized in **Jan. 2009** after the terrorist attack on **26-11-2008,** stressing the need to preserve peace and harmony. about 30,000 people including many celebrities took part in this run for peace and unity. Such runs built a strong nation with peace, brotherhood friendship, and oneness. another example is conduct of Olympic games.

7. **The main objectives of extramural programmes are as follows:**
   To aid in the development of self esteem, citizenship, responsibility, sportsmanship, and skills in co-operative behavior under the controlled competition. To provide an opportunity to take part in activities that encourages active participation, enjoyment, and fun without external pressure or reward. To reinforce the concept that winning is less important than preparing to win. Losing should not be the same as failure, nor success the same as winning.
   To determine participation by interest rather than skill, not limiting activities to the gifted or early maturing athlete. To provide opportunities for students and expose them to a wide variety of sports, skills and activities so that the may refine interest and make choices to suit their personal abilities and needs.
   The objectives of school extramural sports include socialization and talent promotion among the participants. Competitive sports are an integral part of the continuing training and development of members of an institution. It provides a higher level of participation to students.

8. Importance of tournaments are -

Source of Recreation; A large number of people go to watch various games and sports for getting recreation. Sports tournaments provide ample recreation to the spectators. Development of Social Qualities: Social qualities such as cooperation, tolerance, sympathy, group cohesion, brotherhood and discipline are developed among participants through sports tournaments.

9. League Tournaments: These are also called round robin tournament. In a league tournament, the teams/players are treated at per. Whether the team/player wins a match or loses, the team will get a chance to play with every other team. It is of two types.

(i) Single league tournament

R-I	R-II	R-III	R-IV	R-V
⑥ ↗1	⑥ ↔5	⑥ ↔4	⑥ ↔3	⑥ ↔2
5 ↔ 2	4 ↔ 1	3 ↔ 5	2 ↔ 4	1 ↔ 3
4 ↔ 3	3 ↔ 2	2 ↔ 1	1 ↔ 5	5 ↔ 4

(ii) Double league tournament

Such kind of tournament produces a true winner.

Fixture for six teams using round robin method

Number of teams (n) = 6

Rounds = n – 1 = 5

Matches = $\frac{6(6-1)}{2} = \frac{30}{2}$ = 15 matches.

Fixture with the help of cyclic method:

Winner is declared as per the point system.

Win – 2 points

Draw – 1 point

Lose – 0 point

The points are added for all the played matches. The team which scores maximum points will be declared as winner.

R-I	R-II	R-III	R-IV	R-V
⑥ ↗1	⑥ ↔5	⑥ ↔4	⑥ ↔3	⑥ ↔2
5 ↔ 2	4 ↔ 1	3 ↔ 5	2 ↔ 4	1 ↔ 3
4 ↔ 3	3 ↔ 2	2 ↔ 1	1 ↔ 5	5 ↔ 4

Winner is declared as per the point system.

Win – 2 points

Draw – 1 point

Lose – 0 point

The points are added for all the played matches. The team which scores maximum points will be declared as winner.

10. League: These are also called Round robin tournament.

    There are two types of league tournaments:

    I. Single league tournament: In this type of tournament, every team shall play once with every other teams. The total number of matches in a single league tournament shall be $\frac{n(n-1)}{2}$

    For example, if 10 teams are competing, the total number of matches to be played shall be $\frac{n(n-1)}{2} = \frac{10(10-1)}{2} = \frac{10(9)}{2}$

    II. Double league tournament: In this type of tournament, every team shall play twice with every other team. The total number of matches shall be n (n – 1), e.g., 10 teams are competing the total number of matches:

    n (n – 1) = 10 (10 – 1) = 10 (9) = 90 matches.