

CBSE Test Paper 04
CH- 01 Planning in Sports

1. What do you mean by double league tournament?
2. List the various types of tournaments
3. What are specific sports programmes?
4. What is a tournament?
5. List down the objectives of Planning.
6. Explain the method of deciding winner in league tournament
7. What are the advantages of knock-out tournaments?
8. What is seeding? Explain, by giving suitable example, the method of giving special seeding.
9. Suggest the formation of various committees for systematic and smooth conduct of sports day in your school.

Mention any four specific sports programmes.

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Answer

1. Specific sports programmes are:
 1. Run for Awareness
 2. Run for Fun
 3. Run for Specific cause
 4. Run for Unity
2. In double league tournament each team plays with every other team twice. The formula for finding out the no. of matches is $n(n-1)$ where n = no.of teams.
3. Various types of tournaments are
 - i. Knock-out tournament
 - ii. League tournament
 - iii. Combination tournament
 - iv. Challenge tournament
4. Specific sports programmes are such programmes of sports which are not usually related to competitions. These programmes have various objectives such as creating awareness among peoples regarding unity, health & diseases etc.
5. Tournament is a series of matches in which various teams/contestants competes, individually or as teams to decide a winner.
6. The various objectives of planning are as follows:
 - a. To keep control over all activities which suggests that planning & control are connected with each other.
 - b. it also helps in keeping a good control in organizing a tournament.
 - c. Reduce the chances of mistake
 - d. It suggests programmes can be conducted with proper coordination with least mistakes rather focusing on success.

- e. To promote innovative ideas.
- f. To provide direction towards the goal.

7. The team which gets maximum points in the tournament is declared the winner. The points are given as follows:

Winner of the match= 2 points

Loser of the match = 0 points

Draw = 1 point

There are two methods for deciding winner in league tournament:

a) British method : divide the total points obtained by a team by the total possible points.

$$\Rightarrow \text{percentage of the points} \frac{\text{total points obtained}}{\text{total possible points}} \times 100$$

b) American method: divide the total no. of games won by the total no. of games played. The percentage will be

$$\Rightarrow \text{percentage} \frac{\text{total matches won}}{\text{total matches played}} \times 100$$

8. The advantages of knock-out tournament are:-

- There will be an economy of expenditure.
- These are required a minimum number of officials
- Standard of the game improves as every team has to perform at the highest level to remain in the competition.
- These tournaments can be finished in less time

9. Seeding: Seeding is a process by which good teams are fitted in fixture in such a way that stronger teams do not meet each other in earlier rounds. This seeding method is only possible if the standard of the teams is known before hand. This method is applied to keep up the interest of spectators alive till the last match. On account of their previous performances these teams or players are kept in separate halves. Further, it is well known in advance that some of the top ranking players or teams are generally drawn in fixture in such a way that they are fitted straight away into the quarter finals. This is known as special seeding method. Though this arbitrary method of drawing fixture may be felt as unfair but it is desirable to keep the interest sustained in the tournament. Example: Fixture

Seeding: Number of teams = 11

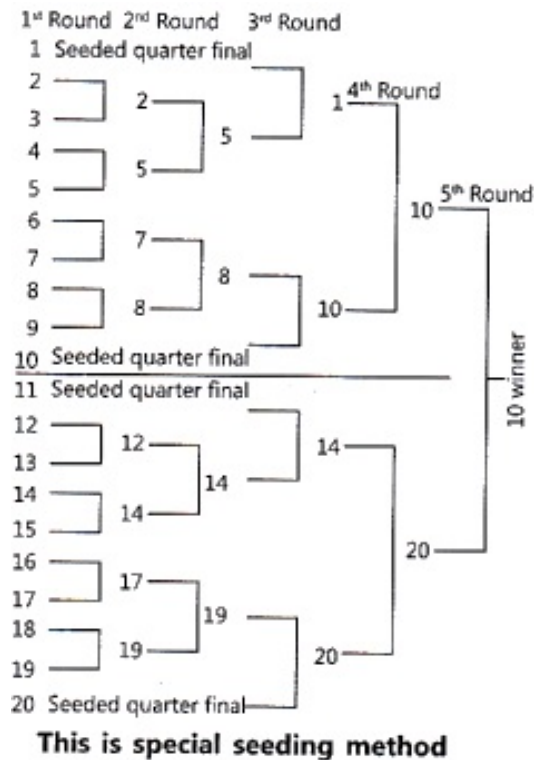
Bye = $16 - 11 = 5$ byes

So, 4 seeded teams shall be given byes and 5th bye would go to any other team.

Special Seeding:

Number of teams = 20

Teams in each quarter = $\frac{20}{4} = 5$ teams (last year semi-finalists are given special seeding or 4 top rankings.)



10. **1. Select members who are excited about the project:** If you've been working with the same committee for years, they may be growing bored or frustrated with the annual undertaking.
- 2. Clearly define tasks:** Progress on your event will come to a halt if your committee members don't know what to do next. At the end of each planning session, members should know their next steps and the deadlines for completing each task.
- 3. Plan ahead:** Send committee members the meeting schedule several weeks in advance so they can clear the time to attend meetings.
- 4. Establish goals and expectations:** When someone joins your committee, communicate clearly how much time they should set aside to complete their tasks.