

Badminton



DEFINITIONS

- **Player:** Any person playing Badminton.
- **Match:** The basic contest in Badminton between opposing sides each of one or two players.
- **Singles:** A match where there is one player on each of the opposing sides.
- **Doubles:** A match where there are two players on each of the opposing sides.
- **Stroke:** A movement of the player's racket with an intention to hit the shuttle.

The shuttle



- The shuttle shall have 16 feathers fixed in the base.
- The feathers shall have a uniform length between 62 mm to 70 mm
- The tips of the feathers shall lie on a circle with a diameter from 58 mm to 68 mm.
- The feathers shall be fastened firmly with thread or other suitable material.
- The base shall be 25 mm to 28 mm in diameter and rounded on the bottom.
- The shuttle shall weigh from 4.74 to 5.50 grams.

The racket



1. The racket shall be a frame not exceeding 680 mm in overall length and 230 mm in overall width
2. The handle is the part of the racket intended to be gripped by a player.
3. The stringed area is the part of the racket with which it is intended that a player hits the shuttle.
4. The head bounds the stringed area.
5. The throat (if present) connects the shaft to the head.

Boxing



Rules of Boxing

- In professional boxing, bouts take place over 12 three minute rounds with one minute rest between rounds.
- The only method of attack is punching with a clenched fist and you may not strike below the belt, in the kidneys or the back of your opponents head or neck.
- You cannot use the ropes for leverage.
- You cannot hit an opponent when they are down.
- A boxer hit with a low blow can take five minutes to recover.

The earliest known depiction of boxing comes from a Sumerian relief in Iraq from the 3rd millennium BC.

Boxing equipment

1. Short
2. T-Shirt
3. Gloves
4. Mouth guard
5. Robe
6. Bell

Swimming

Types of swimming:

1. Free style (crawl)
2. Backstroke
3. Butterfly
4. breaststroke



Dimension of swimming pool

- 1. length: 50 m**
- 2. width: 25 m**
- 3. depth: 2- 3 m**
- 4. number of lanes: 10**
- 5. width of lane 2.5 m**
- 6. Water temperature : 25-28 c**



Track and Field

1. Running:

Running events include:

- a. sprints (100m, 200m, 400m)**
- b. middle distance (800m, 1500m)**
- c. long distance (3000m Steeplechase, 5000m, 10,000m)**
- d. hurdles (110/100m, 400m)**
- e. relays (4x100m, 4x400m)**

2. Jumping

Jumping events include:

- a. Long Jump**
- b. High Jump**
- c. Triple Jump**
- d. Pole Vault**



3. Throwing:

- a. Throwing events include:**
- b. Discus**
- c. Shot Put**
- d. Javelin**
- e. Hammer Throw**

