

**Note****3****TOURNAMENTS AND COMPETITIONS**

When Samar reached school, he saw some marked sports grounds, flags flying high, some students and teachers from other schools were also assembled in a school playground. Samar learnt that there was a volleyball tournament at the school that day. Curious and excited, Samar went to talk to his Physical Education Teacher.

Samar : Sir, can I ask you something?

Teacher : Yes Samar.

Samar : Sir, what is a tournament?

Teacher : Tournament is a series of games or matches that are used to decide the winner of a competition.

Samar : Oh!! Sir, can we watch this tournament?

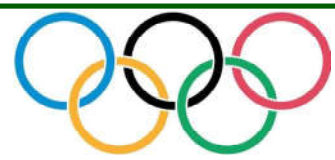
Teacher : Yes Samar. Let us understand the whole process of the tournament and your class will watch the final match.

Samar : Thank you Sir.

**LEARNING OUTCOMES**

The learner-

- analyses the importance of sports tournaments and competitions in the life of participants, spectators and society
- explains different types of tournaments and competitions
- lists various trophies and tournaments in sports
- applies the competition protocol and illustrate ethics in different games and sports.





Note

3.1 TOURNAMENTS AND COMPETITIONS

Have you ever wondered what the terms ‘tournament’ and ‘competition’ mean? Why are certain events classified as Tournaments and others as Competitions? Let us find out.

A **tournament** is a structured series of matches or games where participants compete against each other to determine a winner over the course of multiple rounds. Tournaments typically follow a specific format (such as knockout, league, round-robin, etc.) and involve a set number of teams or individuals. The aim is to find an overall winner or ranking based on performance across all stages of the event. Examples: FIFA World Cup, Wimbledon, etc.

Competition refers to any event where participants try to get the highest score or best performance in a task or sport. It can be just one event or several, and it can be organized in different ways, not always with rounds like in a tournament. Competitions can include judged performances, other types of contests, or even informal challenges. Examples: Dance competitions, Essay competitions, races etc.



DO YOU KNOW?

According to *John Cannon’s Dictionary of British History*, tournaments began as military competitions. The first tournaments were equestrian and military competitions that were held in Europe at around the year 1000.

Tournaments or competitions are an essential part of sports and games as they satisfy a natural urge for excelling which is present in every human being. Thus, we can say that competitions are occasions when a person can display her/his skills and can evaluate her/his ability and performance with respect to others. All Sports competitions are organised under certain rules and regulations which every participant has to follow.

3.1.1 Importance of Tournaments and Competitions

Tournaments and competitions are very important from the following point of view:

- 1) **Development of Skills:** Tournaments help in developing the technical and tactical skills of a player/team, and the game as a whole. A tournament is the best occasion when players can display their skills, abilities, and talents.
- 2) **Monitor Performance:** Tournaments help the players to monitor the level of their performance and evaluate their standards of achievement. It helps the students in realising their mistakes and drawbacks so that they can give better performances next time.



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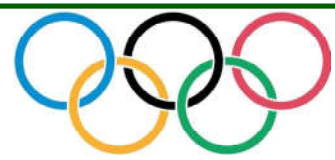
Tournaments and Competitions

- 3) **Satisfy Natural Urge:** Tournaments helps in satisfying the natural urge of competition and fight present in all human beings, which is very essential for developing a mentally sound personality.
- 4) **Search New Talent:** Tournaments provide a platform to identify new talent, which can be groomed later appropriately for bigger tournaments.
- 5) **Popularization of Sports:** Tournaments are a powerful medium to popularize a particular game or sport.
- 6) **Source of Motivation:** Tournaments are the greatest source of motivation for players, encouraging them to make continuous efforts to better their performance.
- 7) **Develop Sportsmanship:** Tournaments instil a spirit of healthy competition and sportsmanship among the participants, which becomes an asset in later life.
- 8) **Development of Social Qualities:** Tournaments are helpful in developing social traits like tolerance, sympathy, cooperation, and group cohesiveness etc.
- 9) **Development of National and International Integration:** Sports tournaments are helpful in developing national integration as well as international unity and brotherhood.
- 10) **Healthy Entertainment of Spectators:** Tournaments are one of the most popular ways of entertainment from times immemorial. Through sports competitions, recreation and enjoyment can be provided not only to the participants but also to the spectators so that they can refresh themselves from the tensions of daily life.

3.2 DIFFERENT TYPES OF TOURNAMENTS AND COMPETITIONS

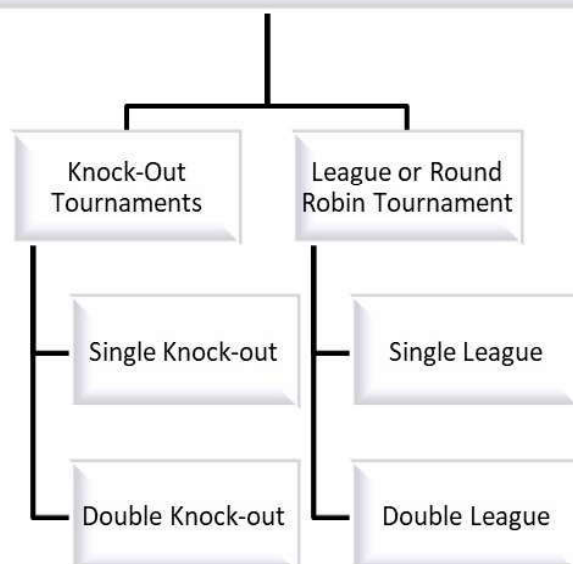
Tournaments can be classified in two ways:

1. According to Level: According to Level, the tournaments are categorized as:
 - a) Intramural i.e. within the institution: Inter-Class, Inter-Department etc.
 - b) Extramural i.e. beyond boundaries: Inter-School, Zonal, Regional, District, Inter-Zonal, Inter-District, State, National and International etc.
2. According to Format. There are mainly four types of tournaments, we shall discuss only two in this section, which are as follows:
 - a) Knock-Out,
 - b) League



**Note**

Types of Tournaments



3.2.1 Knock-Out Tournaments

In Knock-Out tournaments, as the name suggests, a team once defeated, gets eliminated from the competition. This team is then not allowed to continue in the tournament. Only the winner teams play with each other, until one team emerges as a winner. Knock-out tournaments are the quickest way of determining the winner. In a knock-out tournament, teams are matched by drawing lots. Knock-Out tournaments require less expenditure, and less time as well because the defeated teams get eliminated and in the end, only two teams remain to compete for the title.

Types of Knock-out Tournaments: There are two types of knock-out tournaments:

1. **Single Knock-out tournament:** In single knock-out tournament, any team once defeated is eliminated.
2. **Double knock-out Tournament:** In double-league knock-out tournament, a team is eliminated only after being defeated twice.

3.2.2 League or Round Robin Tournament

In League or Round Robin tournaments, each team plays with every other participating team, irrespective of victory or defeat. In league tournaments, each participating team gets a better and sufficient opportunity to display their skills and talent. There is no role of chance or luck in these tournaments in attaining victory



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as every defeated team has the opportunity to improve its performance in the following matches. However, league tournaments are more time consuming and expensive. Teams that repeatedly face defeat may lose interest in the game and may not perform to their optimal level. Sometimes such a competition may become too long drawn out and boring for participants, spectators, and officials.

Types of League Tournaments: There are two types of league tournaments:

1. **Single League tournament:** In single league tournament, each team plays with every other team only once.
2. **Double League Tournament:** In double-league tournament, each team is supposed to play twice with every other participating team, irrespective of victory or defeat.



INTEXT QUESTIONS 3.1

1. Tick (✓) the correct option.

- i) What is the primary difference between a competition and a tournament?
 - a. A competition is always team-based, while a tournament is individual.
 - b. A competition involves multiple matches, while a tournament is a one-time event.
 - c. A competition can involve individuals or teams, while a tournament is organized in a series of rounds.
 - d. A tournament is more informal as compared to a competition.
- ii) In a double knock-out tournament, a team is eliminated after:
 - a) losing once
 - b) winning once
 - c) losing twice
 - d) winning twice
- iii) Which of the following is **not** a benefit of tournaments?
 - a) Development of skills
 - b) Motivation for continuous efforts
 - c) Increases the cost of organizing events
 - d) Promotes sportsmanship

2) Answer the following question.

- 1) What is the quickest way to determine a winner in a tournament?

.....



3.3 VARIOUS TROPHIES AND TOURNAMENTS IN SPORTS

3.3.1 TROPHIES

Following are some of the major trophies given in different sports either at International or National level.

S.No.	Game/Sport	Name of the Trophy
1.	Air Racing	Jawaharlal Challenge Trophy, King's Cup, World Cup
2.	Archery	Federation Cup
3.	Athletics	Charminar Trophy, Federation Cup, World Cup
4.	Badminton	Asia Cup, European Cup, Thomas Cup, Tunku Abdul Rahman Cup, Uber Cup, World Cup
5.	Basketball	B. C. Gupta Trophy, Federation Cup, S. William Jones Cup
6.	Billiards	Arthur Walker Trophy, Thomas Cup
7.	Boat Rowing	American Cup (Yacht racing), Wellington Trophy (India)
8.	Boxing	Aspy Adjahia Trophy, Federation Cup, Val Baker Trophy
9.	Bridge	Basalat Jha Trophy, Holkar Trophy, Ruia Gold Cup, Singhanian Trophy
10.	Chess	Naidu Trophy, Khaitan Trophy, Limca Trophy, Linares City Trophy, World Cup
11.	Cricket	Ashes, Asia Cup, Benson and Hedges Cup, Champions Trophy, C. K. Nayudu Trophy, Cooch-Bihar Trophy, Deodhar Trophy, Duleep Trophy, Gavaskar-Border Trophy, Duleep Trophy, ICC World Cup, Irani Trophy, World Challenge Cup, NatWest Trophy, Ranji Trophy, Trophy, Sahara Cup, Sharjah Cup, Worrel Trophy, Titan Cup, Vijay Hazare Trophy, Vijay Merchant Trophy.
12.	Football	Asia Cup, Asian Women's Cup, B. C. Roy Trophy, DCM Cup, Durand Cup, European Cup, Federation Cup, IFA Indira Gandhi Trophy, Jawaharlal Nehru Gold Cup, Kings Cup, Nehru Gold Cup, Nizam Gold Cup, Rajiv Gandhi Trophy, Santosh Trophy, Scissors Cup, Subroto Cup, UEFA Cup, World Cup.



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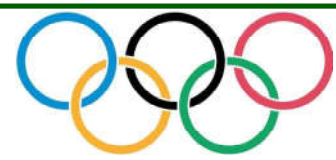
S.No.	Game/Sport	Name of the Trophy
13.	Golf	Canada Cup, Eisenhower Trophy, Inter-Continental Cup, Nomura Trophy, President's Trophy, Prince of Wales Cup, Topolino Trophy, Walker Cup, Waterford Crystal Trophy, World Cup
14.	Hockey	Agha Khan Cup, Azlan Shah Cup, Bombay Gold Cup, Champions Trophy, Dhyan Chand Trophy, Indira Gandhi Gold Cup, Lady Rattan Tata Cup (women), Maharaja Ranjit Singh Gold Cup, Nehru Trophy, World Cup.
15.	Kabaddi	Federation Cup
16.	Polo	Ezar Cup, Gold Cup, King's Cup, President Cup, Winchester Cup
17.	Rugby Football	Bledisloe Cup; World Cup
18.	Shooting	North Wales Cup, World Cup
19.	Table Tennis	Asian Cup, Grand Prix, Marcel Corbillion Cup, Pithapuram Cup (men), Swaythling Cup (men), Travancore Cup (women), World Cup
20.	Tennis	Davis Cup, Federation Cup, Grand Prix, Grand Slam Cup, Nations' Cup, Watson's Water Trophy, Wightman Cup, Wimbledon Trophy, World Cup, World Team Cup
21.	Volleyball	Centennial Cup, Federation Cup, World Cup, World League Cup
22.	Wrestling	Bharat Kesari, World Cup



FIFA Football World Cup Trophy



Ashes Trophy – Cricket





Note

3.3.2 TOURNAMENTS: International

Sl. No.	Name of the Tournament	Description of the Tournament
1.	Olympic Games 	Olympic Games are a major international multi-sport event in which almost all countries of the world participate in different sports. It is organized by IOC (International Olympics Committee) after every four years. It aims to bring together athletes from around the world and encourage world peace through sports. The symbol of the Olympic Games, with five interlaced rings in blue, yellow, black, green, and red, was designed by Baron de Coubertin. The symbol expresses the unity among the five continents of the world.
2.	Winter Olympic Games 	The Winter Olympic Games are a major international multi-sport event held every four years, with the sports taking place exclusively on snow or ice. From skiing to snowboarding, there are fifteen different events for athletes to participate in, in the pursuit of an Olympic medal. The first Winter Olympic Games, the 1924 Winter Olympics, were held in Chamonix, France.
3.	Paralympic Games 	The Paralympic Games are a major international multi-sports competition for athletes with disabilities. All Paralympic Games are governed by the International Paralympic Committee (IPC). The First edition of Summer Paralympics was held at Rome, Italy in 1960. The first edition of Winter Paralympics was held at Omskoldsvik, West Germany in 1976.
4.	Commonwealth Games (CWG) 	Commonwealth Games are a quadrennial multi-sport event of international level in which athletes from the Commonwealth of Nations compete in different sports. It started in 1930 in Hamilton, Canada. Formerly, it was known by different names that include the British Empire Games from 1930-50; British Empire and Commonwealth Games from 1954-66, and from 1970-74 it was called British Commonwealth Games. Thereafter it is known by its current name, Commonwealth Games.



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Sl. No.	Name of the Tournament	Description of the Tournament
5.	Asian Games 	The Asian Games, also known as Asiad, are a world-famous continental multi-sport event held every four years. Asian Games are the second-largest multi-sport event after the Olympic Games. Athletes from all Asian countries participate in the event. Asian Games were first held in 1951 in New Delhi, India. Until 1978, this event was organised by the Asian Games Federation (AGF). However, since 1982, after the breakup of the Asian Games Federation, the Games are organised by the Olympic Council of Asia (OCA). The International Olympic Committee (IOC) has recognized the Asian Games. The symbol of this event is a rising sun with interlocking rings.
6.	SAF Games 	The South Asian Games (SAG or SA Games), formerly known as the South Asian Federation Games (SAFG or SAF Games), is a quadrennial multi-sport event held among the athletes from South Asia. The governing body of these games is South Asia Olympic Council (SAOC), formed in 1983. The first South Asian Games were hosted by Kathmandu, Nepal in 1984.
7.	World University Games 	The FISU World University Games are staged every two years in a different city. This celebration of international university sports and culture draws many thousands of student-athletes together to compete, making it among the world's largest and most prestigious multi-sport events. Embracing the FISU motto of Excellence in Mind and Body, the summer edition of the FISU World University Games incorporates educational and cultural aspects, encouraging student-athletes from around the world to combine high sports performance with their intellectual pursuits.





Note

3.2.3 TOURNAMENTS: National

Beside the major sporting events at the International Level listed above, there are World Championship and Asian Championships in each sport, which are conducted by the respective Federations. At National Level, different national sports bodies/federations conduct National Championship in their respective sport for different age groups. The major sporting events at National Level include National Games, Khelo India Youth Games, Khelo India University Games, All India Inter University sports competitions, School National Games etc.

Their description is as follows:

Sl. No.	Name of the Tournament	Description of the Tournament
1.	National Games 	The National Games of India include a large number of events in which athletes from the different states of India participate against each other. The National Games are modelled after the Olympic Games and include a wide range of sports, including athletics, hockey, wrestling, shooting, swimming, and more. The Indian Olympic Association (IOA) organizes the event, and different states take turns hosting it.
2.	Khelo Bharat Youth Games 	Khelo Bharat Youth Games, formerly Khelo India School Games, are the annual national level multidisciplinary grass root games in India for two categories: namely under-17 year school students and under-21 college students. Khelo Bharat Youth Games were started in 2018 to encourage sports at the grassroots level and to build a strong framework for all sports played in our country. This multi-sport event is aimed at inspiring young talent and providing them with world-class infrastructure and training facilities.
3.	Khelo Bharat University Games 	Khelo Bharat University Games , is also a national level multi-sport event held in India, where athletes from universities across the country compete in different sports disciplines. The inaugural edition was held in Odisha from 22nd February to 1 March 2020. It is organised by Sports Authority of India (SAI) and Ministry of Youth Affairs and Sports along with Association of Indian Universities, Indian Olympic Association and National Sports Federation. It is the largest university level sports competition in India.



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Sl. No.	Name of the Tournament	Description of the Tournament
4.	All India Inter University Sports Competitions 	Sports Division, partially funded by the Ministry of Youth Affairs and Sports, functions as Association of Indian University (AIU) for promotion of competitive sports in the university sector. It is aimed at developing sporting excellence. Events are being organized on All India Basis for both men and women sections.
5.	National School Games 	School Games Federation of India (SGFI) is recognized by the Ministry of Youth Affairs & Sports, Government of India to encourage, promote and popularize all recognized sports amongst the boys and girls studying in school of India.



ACTIVITY 3.1

Design a Team Uniform for an International Sporting Event

1. Select a Sport

- Is the team competing in rowing, archery, or another sport?
- Consider the uniform's functionality (e.g., lightweight for running, padded for protection for winter sports).

2. Design the Uniform

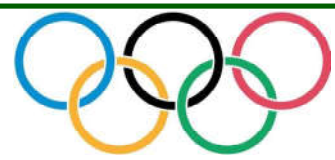
- Colours: You could choose colours from the national flag colors or meaningful shades.
- Patterns & Symbols: Add national emblems, traditional designs, or iconic imagery.
- Fabric & Fit: Think about materials suitable for the sport.

3. Create Accessories

- Will the team wear a special headgear, armband, or shoes?
- Will there be a motto or slogan on the uniform?

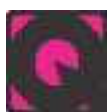
4. Presentation

- Draw or digitally design the uniform.
- Write a short description explaining the design choices.



**DO YOU KNOW**

FIFA, the governing body of world football, was founded in 1904 in Paris with just seven founding members: Belgium, Denmark, France, Netherlands, Spain, Sweden, and Switzerland. England “the birthplace of modern football” initially refused to join, believing they did not need an international governing body. They eventually joined in 1906 but later withdrew and did not participate in the first three FIFA World Cups (1930, 1934, 1938) due to disputes over professionalism in football.

**INTEXT QUESTIONS 3.2****1. Tick (✓) the correct option.**

1. Which of the following trophies is associated with Air Racing?
 - a. King’s Cup
 - b. Federation Cup
 - c. Durand Cup
 - d. Ryder Cup
2. With which sport is the Thomas Cup associated?
 - a. Cricket
 - b. Badminton
 - c. Billiards
 - d. Football
3. In which city was the first edition of the Asian Games held?
 - a. Beijing
 - b. New Delhi
 - c. Tokyo
 - d. Seoul
4. Which sport is associated with the Agha Khan Cup?
 - a. Hockey
 - b. Football
 - c. Tennis
 - d. Polo

**Note**

**Note****Tournaments and Competitions**

5. What is the primary reason why knock-out tournaments are considered more efficient than league tournaments?
- a) They allow every team to showcase their skills multiple times.
 - b) They require less time and expenditure since losing teams are eliminated.
 - c) They ensure that only the strongest teams participate.
 - d) They keep participants and spectators engaged for a longer duration.

3.4 COMPETITION PROTOCOL AND ETHICS IN DIFFERENT GAMES AND SPORTS

3.4.1 Competition Protocol for Opening and Closing Ceremonies

Main elements of the opening ceremony:

Rule 55 of the Olympic Charter outlines the protocol that must be observed at the opening ceremony of the Games, including the opening words to be delivered by the representative of host country. The other important features of the opening ceremony are: 1. Entrance of Head of State (HOS) and International Olympic Committee (IOC) President; 2. Playing of the national anthem; 3. Parade of athletes; 4. Symbolic release of doves; 5. Olympic Laurel Award; 6. Official speeches; 7. Opening of the Games; 8. Raising the Olympic flag and playing the Olympic Anthem; 9. Athletes, judges and coaches' oath; 10. Lighting of the Olympic flame; 11. The artistic programme.

Main elements of the closing ceremony:

A closing ceremony must be organised on the last day of the Games. It must be held in the Olympic stadium, normally after all the events. Here are the protocol elements which are now an integral part of the closing ceremony: 1. Entrance of Head of State (HOS) and International Olympic Committee (IOC) President; 2. Playing of the national anthem; 3. Entry of nations' flag; 4. Parade of athletes; 5. Victory ceremonies; 6. Introduction of the IOC Athletes' Commission's newly elected members and recognition of the volunteers; 7. Moment of remembrance; 8. Playing of the Greek national anthem; 9. Lowering the Olympic flag and flag handover ceremony; 10. Next host artistic segment; 11. OCOG President's speech and IOC President's speech; 12. Extinguishing the Olympic flame.

3.4.2 Ethics

Fairness, integrity, responsibility, and respect are the four essential ethics required by sports ethics.





Note

Fairness:

- Every athlete and coach is required to abide by the rules and regulations specific to their sport.
- Teams that attempt to unfairly outplay their rivals damage the game and undermine the essence of the sport.
- Neither coaches nor athletes are prohibited from playing a sport because of their sexual orientation, cast, or race.
- Referees must be impartial and apply the rules equally to both teams.

Integrity:

Similar to fairness, any athlete who attempts to beat their opponent by using a skill that the game was not intended to test, shows a lack of personal integrity and violates the rules of the game. As an example, a football player is not acting in a respectful manner when they pretend to be hurt or fouled because the sport is not meant to assess an athlete's capacity for failure. Intentionally misleading an official into making an incorrect decision is known as "faking," which damages the official's reputation and ultimately compromises the fairness of the game.

Responsibility:

- To be considered sportsmanlike, players and coaches must accept responsibility for their on-field behaviour and performance. This also applies to their feelings.
- Athletes and coaches frequently offer justifications for their defeat. Blaming the official is the most common incident. Instead, they should focus on what they can control, like performance and areas for improvement.
- Players and coaches must be educated about the latest rules and regulations pertaining to their sport to be considered responsible.

Respect:

- Players and coaches must act respectfully both on and off the field to be considered responsible.
- All athletes should treat their teammates, opponents, coaches, and officials with respect. Similarly, all coaches should treat their players, opponents, and officials with respect.
- Respect for other fans, teams, and officials should be shown by all supporters, but especially by parents.

Sport both shows and encourages character development, which consequently impacts the moral character of the larger community, according to the sportsmanship model. Our individual moral and ethical conduct outside of competition can be influenced by the way we compete in sports.



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DO YOU KNOW?

Olympic Games are the biggest multi-sport event.



INTEXT QUESTIONS 3.3

1. Tick (✓) the correct option.

1. Which of the following is NOT a main element of the Olympic Games opening ceremony?
 - a. Parade of athletes
 - b. Playing of the national anthem
 - c. Extinguishing the Olympic flame
 - d. Lighting of the Olympic flame
2. According to Rule 55 of the Olympic Charter, who delivers the opening words at the Olympic Games?
 - a. International Olympic Committee President
 - b. Head of State of the host country
 - c. Olympic torchbearer
 - d. President of the Organising Committee
3. Which of the following is part of both the opening and closing ceremonies of the Olympic Games?
 - a. Raising the Olympic flag
 - b. Victory ceremonies
 - c. Parade of athletes
 - d. Introduction of the IOC Athletes' Commission





Note

4. Why is the symbolic release of doves an important part of the Olympic opening ceremony?
 - a) It represents the freedom of athletes to compete in any sport.
 - b) It symbolizes peace and the Olympic spirit of unity among nations.
 - c) It is a tribute to the host country's cultural traditions.
 - d) It marks the official beginning of the Games.

5. How does the ethics principle of "Integrity" help maintain the credibility of sports?
 - a) It ensures that referees have absolute authority over games.
 - b) It encourages players to deceive opponents strategically
 - c) It upholds honesty and fair play by preventing actions like faking injuries.
 - d) It allows athletes to gain an advantage through any means necessary.

Concept Map



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TERMINAL EXERCISE

1. Classify tournaments.
2. Describe some major International Trophies/Cups given in the field of Cricket.
3. Describe major National Trophies/Cups given in the field of Football.
4. What is the protocol for opening and closing ceremonies of the Olympic Games?
5. Discuss the importance of tournaments and competitions.
6. Explain the major types of tournaments in detail.
7. Write a note on Olympic Games.
8. Explain major National tournaments in India.
9. “Ethics play an important role in sports”. Discuss how?



Answer to intext questions

3.1

- 1) i) c) A competition can involve individuals or teams, while a tournament is organized in a series of rounds.
ii) c) Losing twice
ii) c) Increases the cost of organizing events

- 2) Knock-out

3.2

- 1) a) King's Cup
- 2) b) Badminton
- 3) b) New Delhi
- 4) A) Hockey
- 5) B

3.3

- 1) c) Extinguishing the Olympic flame
- 2) b) Head of State of the host country
- 3) c) Parade of athletes
- 4) b) It symbolizes peace and the Olympic spirit of unity among Athletes.
- 5) b) It encourages players to deceive opponents strategically.

