

Grade 11 PE: Active Living  
Sport Safety, Rules, and Officiating

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Can you remember playing a game that did not have rules? Have you ever made up rules for the games you were playing? Why did you make these rules? Every sport or game has a set of rules that govern their play. However, sometimes rules are modified. There are many reasons for this which may include: encouraging more participation, making it easier to play, accommodating space limitations, including everyone that wants to play. Basically every game has rules unless you can think of one that does not.

In this lesson you will gain an understanding of the safety rules, game rules, and etiquette, and learn different officiating signals which are used in order to make sport more enjoyable. You will also have to show that you can keep score or be an official in a given sporting activity. We will review the importance and roles of officials so you will be clear about what is expected of you in your assignment, which will be officiating or keeping score in a sporting event. You will apply what you learned to your selected sport as you participate in them.

### Safety Rules, Procedures, and Routines

Playing sports can be a lot of fun but every sport also has an element of risk related to personal injury. That is why it is essential to know the safety rules and precautions specific to each sport or physical activity. There are seven safety procedures to remember to help prevent injuries.

#### **Wear protective equipment:**

Protective equipment is anything you wear that helps you from getting hurt. The equipment you wear is usually designed specifically for the sport you play. A helmet is one of the most common pieces of protective equipment. They protect the wearer from head injuries such as concussions while playing football, hockey, baseball, softball, biking, skateboarding, and in-line skating, just to name a few. It is important to wear the helmet that was designed for your sport. For instance, don't wear your baseball batting helmet when you're playing football! Your helmet should fit snugly but comfortably, and if it has a strap - like a bike helmet does - you need to fasten it to stop it from falling off when you need it most. Sports that use small objects (ex. balls, shuttlecocks, etc) or implements ex. racquets, sticks, etc.) usually require eye protection and mouth guards. Other sports where there is risk of intense impact with other players, objects or the ground, require leg or shin pads, wrist guards, elbow pads, and knee guards. And don't forget your feet. Cleats are worn in football, baseball, softball, and soccer where players need extra grip while playing on sometimes slippery surfaces. These shoes have special rubber or plastic points on the soles to help grip the ground while running. Talk with your parents or sports retailer to know what gear you need. Then wear that gear whenever you're practicing or playing.

#### **Develop skills and techniques:**

Injuries can be related to the level of skill needed to play and the amount of practice prior to playing. Skill development generally follows a progression (learning skills in a particular order of increased complexity) which helps to decrease the risk of injury. You need to make sure that

you have practiced the skills necessary to play the sports you choose. Knowing how to keep yourself and others safe makes the game far more enjoyable. For example, catching your racquet with your free hand during the follow-through phase of a racquetball stroke will protect your opponent from serious injury to the face. The level of competition and the type of sport will dictate the type of supervision and the amount of skill development you should have before playing. A good performance level not only minimizes injury risk, it also enhances enjoyment and challenge of the sport.

### **Warm-up and Cool-down:**

Warming up is a good way to prepare the body for physical activity. You shouldn't even start stretching until you raise the temperature of the body through light running activities for 5 to 10 minutes. Doing some sport-specific "rehearsal movements" after the body has warmed up will get you more prepared to play the sport you have chosen. Warming up your muscles and practicing a sport help you keep safe. Warm-ups lasting 15 to 30 minutes that include dynamic stretching help lengthen your muscles and increase your blood flow and muscle temperature. A warmed up muscle is ready for action and is much less likely to get hurt. Cooling down after a game or activity is often neglected. This phase of a physical activity helps prevent muscle soreness and speeds recovery.

### **Know the rules of the game:**

Traffic lights at intersections help prevent crashes between the many cars and trucks that drive on the roads together. This system works because drivers know the rules and follow them - at least most of the time. It's the same way in sports. Some game rules are just about protecting other players and playing fair. For instance, the baseball or softball, the batter can't fling the bat after hitting the ball and heading for first base. He or she must drop it so that it doesn't hit anyone. When players know the rules of the game - what is legal and what is not - fewer injuries are likely to take place. You and the other players know what to expect from each other. For instance, you know that in soccer it is against the rules to come from behind, crash into a player's legs, and steal the ball. It's legal - and safer - to go after the ball rather than the player.

### **Watch out for others:**

With sports that use "plays", it helps to understand what your role is in each one. Being where you're supposed to be can help you stay out of harm's way. For example if you are playing football it is essential to know your role in the play so that you do not run into another player who is running a pass route close to yours. Knowing the play will keep yourself and others safe. Likewise, a springboard diver would make sure that the pool was clear before diving so that he or she will not land on top of someone else. A golfer will check for nearby players before swinging a club. One way you can watch out for others is to communicate on the field. For instance, a baseball player in the outfield might yell "I got it" to avoid a collision with another outfielder. Listening to your coach during a game also can help keep you safe.

**Don't play when you are injured:**

If you love sports, it's tempting to get right back in the game, even after an injury. Returning to play before an injury has had a chance to fully heal can lead to an even more severe injury, one that might sideline you for a much longer period of time. Be honest with yourself, parents, and coaches if you've been hurt. See a doctor for your injuries, when necessary, and follow his or her advice about how and when to return to practice and play.

**Improve your fitness:**

While injuries can occur at any time, they are more likely to occur at the end of a game or match. This is due, in a large part, to the players being tired and less able to cope with the demands placed on their bodies at a very intense point in the game. Fatigued athletes are also less able to perform skills as properly as they should be done. Making sure you are physically fit will help keep you safe on the playing field. Getting adequate sleep and good nutrition can also help you perform better for longer periods of time.

By following these safety procedures you will be able to design a routine in order to keep you and others around you safe.

**ASSIGNMENT: Safety Procedures**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

In your own words discuss how each of the following seven safety procedures relates to rules and routines of sports of physical activities that you are involved in or have included in your Physical Activity Log.

1. Wear protective equipment: \_\_\_\_\_

2. Develop skills and techniques: \_\_\_\_\_

3. Warm-up and cool-down: \_\_\_\_\_

4. Know the rules of the game: \_\_\_\_\_

5. Watch out for others: \_\_\_\_\_

6. Do not play when you are injured: \_\_\_\_\_

7. Improve your fitness: \_\_\_\_\_

## Game Rules and Etiquette

As mentioned in 'Safety Rules, Procedures, and Routines' section, it is important to know the rules of the game before you get started in order to play safe and have more fun. The rules that are used in the sport or activity you are choosing to participate in may be different than the official rules of that sport so you must make sure to be clear about what rules you are abiding by. To help you with your assignment you may want to refer to the following websites to look up various rules of a sport.

<[www.sportsknowhow.com/rules/index.html](http://www.sportsknowhow.com/rules/index.html)>

<[sportsrules.50g.com/](http://sportsrules.50g.com/)>

Etiquette is a set of guidelines that promote good behaviour and fair play. Every sport has written and unwritten rules or guidelines that support etiquette. The rules of etiquette are based on what authorities and traditions of that sport say are acceptable. These rules are often learned as the game is played or from other more experienced players in the sport. Generally etiquette is about showing respect for players, officials, areas of play, coaches, and spectators. Take a look at the 'Example of Golf Etiquette'.

## Officiating

Officials or judges are the key people in competitive events that must carefully observe the action, make interpretations of the rules, and apply the correct penalty to a player or team for their infraction. Officials must remain impartial, focused, and confident. Confidence is a critical characteristic needed by every official. Officials must also be effective communicators with the players, coaches, and spectators. Making and interpreting the "call" is the most difficult task for any official. Another key role is taking action whenever there is a safety risk that may harm the participants.

Officials and/or Judges should have...

- Rule knowledge
- Every official must have a good working knowledge of the rules

You don't want to find yourself in a situation where players, coaches, or fans are questioning you and you don't have an answer! A strong knowledge of the rules is important to an official's credibility and confidence.

## Fitness

- Conditioning should be related to the type and level of the sport in which you are working
- Officials should ensure they are fit in order to fulfill the physical demands and responsibilities of the officiating duty

## Appearance and Presence

- When you show up to the game to officiate you should look respectable. You have to look clean and crisp. This means clean pants and shirt and also clean footwear.
- First impressions can help get your game off to a great start.

- Presence – the way you carry and handle yourself; act professionally and you will get respect.

### Special Ability

- some sports require that you have a high degree of skill (ex. skating in hockey)
- always work to improve your level of skill needed for the sport you are officiating

### Positioning

- Proper positioning enhances an official's performance. Keep moving to get the best view.
- Work hard and practice to make it second nature.

### Signals

- use signals to communicate with everyone. It is essential that you use the standard, correct signals.
- Proper Use will signal confidence and competence and add to your professionalism.

### Procedures

- Learn the procedures for the game so well that they become second nature. They will then guide your game.
- Proper execution shows confidence and competence.

### Attitude

- A good attitude is essential to development
- You demonstrate your attitude through hustle, enthusiasm, and determination, not showboating.
- A good attitude will also show everyone that you mean business and that even if they don't agree with some of your calls at least they know you are giving a solid effort.

### Reaction to Pressure

- Have the courage to make the "tough call"
- remain cool in a tough situation, things will be easier
- Remember that the higher the level, the more there is at stake. This in turn means more pressure situations. If you want to progress, learn to deal with it!
- Do not be influenced by players, coaches, or fans to make a "call"

### Rapport and Communication

- Communication is essential with partners, players, and coaches.
- establishing good communication early can make tough situations easier to deal with
- Also you must be able to accept and give criticism. Having good communication skills makes this a constructive process.

### Player Safety

- check the playing area for possible hazards
- apply the rules that keep people safe to send the right message

- apply the rules fairly and without bias to minimize conflict
- change the game slightly to account for any hazards and how to deal with them
- Raise the awareness of the players to anything dangerous. Just knowing there is a danger can help to avoid accidents.

### Officiating Signals

An official/judge is responsible to enforce the rules to maintain the order of the game. In most sports officials use hand signals to help communicate to the players, coaches, and fans why there is a stoppage in play. Some signals are used throughout many different sports. For example, pointing at a spot on the playing surface usually means that the play will begin from that place. Most signals are unique to the sport in which it is used.

### PROJECT: Sport Investigation

Name: \_\_\_\_\_ Date: \_\_\_\_\_

You will conduct an in-depth study of a team sport. You will investigate the terminology, rules, etiquette, and strategies used in this sport so chose a sport that includes all of these aspects. Your final investigation submission will be a combination of a written report and a video presentation. You may choose to videotape yourself or a partner instead. Be sure to address all of the following either in video or writing.

1. Key safety rules and procedures of the sport. You must include the seven safety procedures as explained in the lesson.
2. Key game rules for the sport you are participating in. You must include the official rules as well as any rule modification you are using when playing.
3. Key points of etiquette in the sport you have chosen.
4. Make a list and define the terminology necessary to be able to participate and officiate the sport chosen.
5. Use diagrams and words to explain the officiating signals used in your chosen sport.
6. Key offensive and defensive strategies of the game or sport. You must create a list of two offensive and two defensive strategies and what skills are needed in order to perform these strategies. Use diagrams and words to explain them.
7. A bibliography listing the references you used (ex. website addresses, books, magazines, etc)
8. General impression with attention to spelling, grammar, punctuation, and including a title page with illustrations.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Rubric for Sport Investigation					
Category	4	3	2	1	0
Safety Rules	Most of the possible safety rules and routines are outlined.	Many safety rules and routines are outlined.	Some safety rules and routines are outlined.	Few safety rules and routines are outlined.	No safety rules or routines are outlined.
Game Rules	Most of the possible official and modification game rules are outlined.	Many official and modification game rules are outlined.	Some official and modification game rules are outlined.	Few official and modification game rules are outlined.	No official modification game rules are outlined.
Etiquette	All possible sport etiquette rules are outlined.	Many sport etiquette rules are outlined.	Some sport etiquette rules are outlined.	Few sport etiquette rules are outlined.	No sport etiquette rules are outlined.
Terminology	Most of the possible sport terms are listed and defined.	Many sport terms are listed and defined.	Some sport terms are listed and defined.	Few sport terms are listed and defined.	No sport terms are listed or defined.
Diagrams of Officiating Signals	Clear and precise diagrams are used to explain officiating signals.	Many diagrams are used to explain officiating signals.	Some diagrams are used to explain officiating signals.	Few diagrams are used to explain officiating signals.	No diagrams are used to explain officiating signals.
Offensive Strategies with Diagrams	Two offensive strategies are outlined. Clear and precise diagrams are used.	Two offensive strategies are outlined but not well explained. Many diagrams are used.	One offensive strategy is outlined. Some diagrams are used.	One offensive strategy is outlined but not well explained. Few diagrams are used.	No offensive strategies are outlined. No diagrams are used.
Defensive Strategies with Diagrams	Two defensive strategies are outlined. Clear and precise diagrams are used.	Two defensive strategies are outlined but not well explained. Many diagrams are used.	One defensive strategy is outlined. Some diagrams are used.	One defensive strategy is outlined but not well explained. Few diagrams are used.	No defensive strategies are outlined. No diagrams are used.
Bibliography	All sources (information and graphics) are accurately documented in the desired format.	All sources (information and graphics) are accurately documented, but a few are not in the desired format.	All sources (information and graphics) are accurately documented, but many are not in the desired format.	Some sources are not accurately documented.	Sources are not included or are not accurately documented.
General and Title Page	No grammatical, spelling, or punctuation errors are made. Title page with illustrations is provided.	Almost no grammatical, spelling, or punctuation errors are made. Clear title page is provided.	A few grammatical, spelling, or punctuation errors are made. Title page is provided.	Many grammatical, spelling, or punctuation errors are made. Title page is provided.	Extensive grammatical, spelling, and/or punctuation errors are made. No title page is provided.
Self-Evaluation Marks		/36		Comments:	
Teacher Evaluation Marks		/36			