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Thank you,
Shreyansh Sachan
XII-A1 Science

Introduction

This game is played between two teams of 11 players each. In this game, 2 players of first team bat at a time and score runs for the team. At the same time, the eleven players of the second team bowl and field in attempt to get the batsman out and limit runs for the first team. Every team has a captain who handles the team while playing and is decision making person for the team at every step during the play. To start a game, a coin is tossed to decide which team will bat first.

History of Cricket

Cricket is the most popular game of 21st century which became popular from 13th century in England during the period of King Edward.

The rules were introduced in 1949 and the first cricket club was formed in England in 1760, known as Hambledon club.

The first cricket match was played at Lord's Playground, the famous cricket stadium in England on June 27th, 1700.

In 1909, Imperial Cricket Conference was formed and cricket got its International Recognition. It was named International Cricket Council (ICC) in 1956 and many countries took it's membership.

The First World Cup was organised in England in which 8 countries took part and the final match was played between West Indies and Australia. Australia was beaten by 17 runs.

The history of Indian Cricket began in 1921 after the arrival of the British.

In 1928, The Indian Cricket Control Board was set up under the chairmanship of R.E. Grant.

The first ODI (One Day International) was played on 5th January, 1997 between England & Australia.

Most important and popular sport of 21st century.

Strategy and Tactics

The game strategy begins when the top winning captain considers the state of the pitch and decides whether to field or bat first. Generally, a cricket pitch is best for batting initially as it wears out with the play. A moist pitch helps fast bowlers to get the batsmen out in early conditions.

In day / night matches, it is not preferred by captains to play in floodlights so they bat first. If the weather gets moist in the later day, the captain should make a strategy because moisture makes outfield slow to score, difficult to bowl and field at the same time.

The captain decides the bowler depending upon:

- time of the play
- age of the ball, new ball helps fast bowlers.
- bowling style and skill of bowler.
- pitch state: dry, crumbled and & dusty pitch helps spin bowlers.
- weather conditions.

The six bowls of the over should be thrown

tactically and differently by the fast and spin bowlers to get the batsman out.

The type of field is decided by the captain depending on the bowling tactics. The attacking field is applied to take wickets whereas defending field is to prevent scoring.

The batting order of the team should be initially arranged in best batting ability to the poor batting ability. At any time during the match, the batting order can be changed to get benefitted under certain situations.

While facing a ball, the batsman should make a tactical decision on the type of shot to be played by shifting himself towards front foot and back foot.

The strategic decisions can be taken by captain on follow on and declaration of innings.

Rules and Regulations.

Bowling: After every over, the bowling end changes. The batsmen do not change the sides but the umpires change their position from behind the wicket to square leg and vice versa.

Fielding: The wicket keeper wears special gloves and pads on his lower legs. The captain places the field in consultation with the bowler. A fielder who gets injured during the match can be replaced by a substitute. A substitute can neither bowl nor act as wicket keeper/captain.

Batting: There can be only two batsmen on the pitch at any given time. Batting order is decided by the captain. Any injured batsman who returns back is considered not out. He cannot be replaced by substitute but can resume playing later on during the match when he recovers.

Powerplay: It is a term given to a set of overs with special fielding rules during a limited overs cricket match. During a powerplay, only

2 fielders are allowed outside the 30 yard circle for the first ten overs in an ODI match and a T20 match. There are no powerplay rules in a Test Match.

Wickets: Each wicket consists of three wooden stumps placed in a straight line and surmounted by two cross pieces called bails, the total height of the wicket including bails is 28.5 inches and the combined width of the three stumps is 9 inches.

Creases: There are four lines painted onto the pitch around the wicket areas to define the batsman's safe territory and to determine the limit of the bowler's approach. The batting creases are called 'popping' crease and the bowling crease is called 'return' crease.

Follow On: The team batting first and leading by 200 runs in a test match can ask the other team to continue their second inning after the first.

Innings: The collective play of all the batsmen



of one side or completion of maximum bowling overs of one side. A match can have one inning per team in case of 20-20 match or one day match or two innings per team in case of test match.

Runs: A manual run is completed when both the batsmen exchange sides and cross the crease either by their bats or by their bodies before the ball is returned by the fielder. A boundary adds 4 runs and an aerial boundary adds 6 runs to the score. No ball and wide ball add one run to the score without the ball being counted as a valid delivery. Runs can also be taken on overthrow (when fielder returns the ball to the fielder at the pitch but does not get collected there and crosses the pitch area).

Extras: The runs scored on the account of no ball, wide-ball, byes and leg-byes are called extras. They are not added to the individual score of the batsmen but are added to the team score.

Over: Six consecutive valid deliveries by a bowler.

Restrictions: All teams are required to ensure that the 30 yard circle is clearly visible on the ground for all matches.

There can be not more than five fielders on the leg side at any time.

There can be not more than two fielders behind the batsman (b/w the square leg umpire and the wicket keeper) on the leg side at any time.

Fielders under restriction have to be within the 30 yard circle at the time the ball is delivered.

If the total number of overs is reduced during the innings, there shall be no change to the number of restricted overs determined at the start of inning.

The umpire shall ensure all the above rules are met. Any infringement of any of the above rules must be result in that delivery being called a no-ball.

Dimensions

No of players in a team: 11 + 5 (extra)

No of umpires in a match: 2 + 1 (III umpire)

Weight of ball: 156 gram

Circumference of ball: 8" - 9"

Length of Bat: 38"

Width of bat: 4.5"

Distance between stumps: 22 yards

Breadth of wickets: 9"

Colour of ball: White for night, red for day

No of scorers: 2

Time for changing every innings: 10 minutes

Time for changing the player: 2 minutes

Types of matches: One day, Three day, Five day

Height of wicket from ground: 28"

Radius of small circle: 27.4 m

Radius of boundary: 60.58 m

Thickness of bat: 2.5"

Material of bat: white willow

Length of sight screen: 6m

Width of sight screen: 30 m

Height of sight screen: 6 m

Width of cricket pitch: 10 feet

Officials

Umpire :

He should ensure a fair game play and check the equipments used are strictly in accordance with the laws.

They should make sure that the wickets are pitched properly and whether the ground is fit. They should make frequent checks on the condition of the ball.

Third Umpire :

He is an off-field umpire, who usually gives his decision when the two on field umpires are unsure. He sits off-field with a television and play monitor. He looks at various T.V. replays from different angles and comes to a conclusion by pressing appropriate signal to give the result.

A red light indicates that the batsman is out and a green one is not out. If he is unable to take a decision then the benefit of doubt goes to the batsman.

Captain :

Each captain shall nominate his players in writing to one of the umpires before match.

He is responsible at all the times to ensure that the game is played in spirit and tradition of game as well as within the laws.

If at any time, he is not available, a deputy shall act for him.

Coach:

To motivate players to give their best performance
To guide, teach and improve playing techniques of the players.

To keep a check on the health and fitness of the players.

Scorer:

Two scorers, each ^{both} representing same team.

To keep an eye on Umpire's signals.

To keep record of all match details like number of overs, runs scored, dismissals, etc.

Laws

Match fixing: It is a situation in which the outcome of the game is decided in advance by violation of the game rules and laws. The players are forced to perform unnaturally to meet the pre-decided result.

Forfeiture: A situation in which a captain decides to forfeit an inning.

Sledging: A technique used to distract the concentration of players of the opposite team by verbal comments, insults and criticism.

Duckworth - Lewis (D/L) Rule: This rule is applied when the match is disturbed by poor weather or bad lighting conditions. In this method, the target score of the team batting second is calculated using a defined formula in a limited over match.

Ball tampering: An illegal action in which the condition of the ball is changed by an individual or by a team.

Draw: Inconclusive result that occurs when the

allotted playing time for the game expires without the teams having completed their innings.

Tie: A tie is an identical situation that occurs when each team has scored the same total no. of runs after their allotted innings, all innings being completed.

Penalisation:

5 penalty runs are awarded to batting team if:

- Shot is obstructed by a fielder's helmet lying on the field.
- Ball tampering.
- Ball is touched by an injured fielder who has resumed playing without informing the Umpire.
- The fielder willfully stops the ball with his/her/its cap, clothes, jersey, etc.
- Distracting the batsman.
- Pitch ruining.

5 penalty runs are awarded to fielding team if:

- Deliberately wasting time.
- Taking short runs.
- Pitch ruining
- Distracting the fielders.

Dismissal of a Batsman

Bowled: A situation when ball touches the stumps behind the batsman and dislodged at least one of the bails.

Caught: Situation when the ball touches the bat and is collected by a fielder without any bounce of the ball on the ground.

Leg Before Wicket: LBW is a situation when ball is going to hit the stumps but is stopped due to interruption by any body part of the batsman.

Run Out: When fielder throws the wickets and it falls down while the batsman is outside the crease.

Stumped: When batsman misses a ball but steps-out of the crease, the wicket keeper collects the balls and hits the stumps.

Hit-Wicket: Situation when batsman dislodges the bails with his bat, clothes or body while trying to hit the ball or taking the run.

Double Hit: situation when batsman hits the ball twice other than to protect his stumps.

Handling the Ball: situation when a batsman intentionally uses his hands to prevent the ball from hitting the stumps.

Obstructing the Field: situation when the batsman intentionally gets in the way of the fielder or if he tries to comeback after starting a run.

Time-Out: situation when the next batsman does not come to the ground within 3 minutes of dismissal of the previous batsman.

National and International Tournaments

ICC Cricket World Cup: Most prominent and respected tournament occurring every 4 years fourth year. It comprises four stages: the super 6, 8, semi-finals and finals.

T20 World Cup: The T20 format is popular as it consumes less time and is fast paced. In this tournament, technique and defence are suppressed by power.

Asia Cup: Fought between all Asian countries (UAE, Bangladesh, India, etc.). It started in 1984 and was created by Asian Cricket Council.

Indian Premier League: It is world's most expensive cricket league. It is India's most watched sporting event. It is a 2 month month of summer bonanza of nerve wrecking cricket held during April & May every year with a T20 format.

Ranji Trophy: Launched in 1934, this test match series was named after Ranjit Singh, who was first Indian cricketer to play internationally.

Football

History

It was played in China by the name of Tsuchi.
The meaning of the word is kicking the ball.

This game was very popular among Chinese soldiers.

In Egypt, Football was known as Harpastan,
in second century Romans got victory over Egyptians. It also became very popular in Rome.

This game was developed in England, that's why the credit of beginning of modern football goes to England.

Football became very popular in England in 12th century. In those days, great football day used to be celebrated on every tuesday.

The first football club named shefield football club was established in England.

The first competition of football was held in 1971.

Rules and Laws of the game

- (i) **Goals:** Goals must be placed on the centre of each goal line. They consist of two upright post equidistant from the corner flagposts and joined at top by a horizontal crossbar. The distance between the post is 8 yards and the distance from the lower edge of the crossbar to the surface of the ground is 8 feet.
- (ii) **Start of play:** A coin is tossed and the team which wins the toss decides which goal it will attack in the first half of the match. The other team takes the kick off to start the match.
- (iii) **Penalty Kick:** A penalty kick is awarded against a team which commits any offence for which a direct kick is awarded, inside its own penalty area and while the ball is in play, the ball is placed on the penalty mark. The defending goal keeper may remain moving, other players remain inside the playing field but outside penalty area, behind the penalty mark and at least 10 yards away from the penalty mark.

- (iv) **Goal Kick**: A goal kick is awarded when the ball, having touched by a player of the attacking team passes over the goal line, either on the ground or in the air and a goal is not scored according to the rule.
- (v) **Corner Kick**: A corner kick is awarded when the whole of the ball, having last touched a player of the defending team passes over the goal line, either on the ground or in the air, and a goal is not scored according to rule.
- (vi) **Throw in**: When the ball passes the touch line, the assistant referee signals a throw-in. In such a case the ball is awarded to a player of the team opposite to the one that caused the ball to go out of the bounds for a throw-in from the point from where the ball went out.
- (vii) **Off side**: A player is not in offside position if he is in his own half or the playing field, is level with the second last opponent or he is level with the last two opponents. A player should be given offside only when

at the moment the ball is played by one of his teammates, he interferes with the play or going gaining an advantage by being in that position. There is no offside offence if a player receives the ball directly from

- a goal kick
- a throw in
- a corner kick

(Viii) Direct Free Kick: A direct free kick is awarded to the opposing team if a player commits any of the following six offences in a manner considered by the referee to be careless or using excessive force.

- kicks or attempts to kick an opponent.
- trips or attempts to trip an opponent.
- jumps at an opponent.
- charges an opponent.

(ix) Indirect Free Kick: An indirect free kick is awarded to the opposing team if a goalkeeper inside his own penalty area, commits any of following offences.

- takes more than 6 seconds while capturing

the ball in his hands, before releasing it from his possession.

- Touches the ball with his hands after it has been deliberately kicked to him by a teammate.

(X) Results [Methods of deciding the winner]- The extra 15-15 minutes and taking kicks from the penalty mark are two methods of deciding the winning team after the draw of a match. During extra time, the team which scores the goal is declared the winner. If no goal is scored, the match is decided by kicks from the penalty mark.

Dimensions of play area and game equipment:

Shape of play field: Rectangular

Length of the play field: 100-130 yards

Breadth of the play field: 50-100 yards

Dimensions of the play field in the international matches:

Max - 110 m × 75 m (120 yards × 80 yards)

Min - 100 m × 64 m (110 yards × 70 yards)

Circumference of the ball: 27" to 28"

Weight of football: 14-16 ounces

No. of players in a football team: 11 + 7 (extra) = 18

For Fifa 2014 World Cup 11 + 12 (extra) = 23 players

No. of players may be substituted in one month: 3

In case of 2014 Fifa World Cup, Min-3, Max-12

Duration of match: 2 halves of 45 mins each

Interval: 5 or 10 minutes

No. of officials: 4 (1 referee, 1 table official, 2 linesmen)

Height of goal post: 2.44 m

Height of corner flag: 5 ft.

Players and Officials:

Number of players: 11

Extras: 7

Officials: 4

Duties of Officials:

- Referee:

- He enforces the rules of the game.
- He controls the match in cooperation with the two assistant referees
- He ensures that the ball meets the requirements of the rule.
- He ensures that players' equipments are as per rule.

- Assistant Referee:

- Two assistant referees are appointed whose duties are to indicate:
 - which side is entitled to corner kick, goal kick, etc.
 - when a player may be penalised for being in an offside position.
 - when a substitution is requested.

Important associations and tournaments:

- (i) **FIFA Cup**: This cup is organised by "Federation of International Football Association", started in 1904.
- (ii) **Durian Cup**: It is the first tournament of football in India.
- (iii) **Federation Cup**: This tournament was started in 1977.
- (iv) **Subrato Cup**: It is an inter-school tournament.

Associations and Federations:

- (i) **Federation of International Football Association (FIFA)**: It was formed on May 21, 1904 to control this game at international level.
- (ii) **All India Football Federation**: It is affiliated to federation of International Football Association and controls game of football in India.
- (iii) **Asian Football Federation**: It was constituted in 1964 to develop this game in Asian countries.
- (iv) **United States Soccer Association**: This body governs the game of football in USA. It was formed in 1961.