

(1)

## FITNESS TEST - SAI KHELO INDIA FITNESS TEST IN SCHOOL

The ability to perform physical activity is known as Fitness. If a person is fit for an activity or sport does not ensure that he/she will be fit for another activity or sport as well. Each physical activity requires different set of skills. Fitness consists of different fitness categories which can be tested differently.

### AGE GROUP 5-8 YEARS [CLASS 1 TO 3]:

Specific physical fitness learning is not suitable for young children. Children should be taught Fundamental Movement Skills (FMS) which is the basis of numerous physical activities including playing, games, dance and sport. Majority of the sports and physical activities are based on locomotor, manipulative and body management abilities. The following abilities of class 1-3 children should be measured and tracked:

- (i) Body Mass Index (BMI)
- (ii) Flamingo Balance Test
- (iii) Plate Tapping Test.

(3)

(i) BODY MASS INDEX (BMI):

Body Mass Index is the measure of body fat, calculated by the weight and height of a person. BMI provides the ideal body weight as per the height of a person. While calculating the BMI, weight is measured in kilograms and height in metres.

Formula to calculate BMI:

$$\text{BMI} = \frac{\text{Body weight (kg)}}{(\text{Height})^2 (\text{m})}$$

For example; suppose a person has a body-weight of 70 kg and height 1.70 m. His/her BMI would be:

$$\text{Hence, } \text{BMI} = \frac{70 \text{ kg}}{(1.70 \text{ m})^2}$$

$$= \frac{70}{1.70 \times 1.70} = \frac{70 \text{ kg}}{2.89 \text{ m}}$$

$$= 24.22$$

$$\text{BMI} = 24.22 \text{ (Normal BMI)}$$

From the above formula, we can calculate the excess or deficiency of fat in our body and measures

can be adopted to correct it.

If your BMI is between 18.5-24.9, your body-weight is ideal. Therefore, you have a healthy weight.

### (ii) FLAMINGO BALANCE TEST:

- (a) Purpose: Ability to balance successfully on a single leg. This single leg balance test assesses the strength of the leg, pelvic and trunk muscle as well as static balance.
- (b) Infrastructure / Equipment Required: Non slippery even surface, stopwatch.
- (c) Process: The participant will stand on the beam and can hold the instructor's hand initially to strike balance. While balancing on the preferred leg, the free leg is flexed at the knee and the foot of this leg held close to the buttocks.
- (d) Scoring: The instructor will start the watch and the participant has to balance on a single leg. The number of times the participant loses balance and fall in 60 seconds is recorded. If the participant falls more than 15 times in the first 30 seconds, the test will be terminated. Each time

the participant loses balance, the stop watch will be paused and resumed again till the time there is a loss of balance. The number of falls in 60 seconds will be counted.

(e) Administrative suggestion: Participants should be encouraged to eyes focused on stationary object straight ahead.

(iii) Plate Tapping Test: (coordination):

(a) Purpose: Tests speed and coordination of limb movement.

(b) Equipment Required: Table (adjustable height), 2 yellow discs (20 cm diameter), rectangle (30 cm x 20 cm), stopwatch.

(c) Process: The table should be placed at a height so that the participant can stand comfortably in front of the disc. The yellow disc will be placed on the table with 60 cm distance between their centres. The rectangle will be at equal distance between both the discs. The participant will move the preferred hand in backward and forward direction between the discs as quickly as possible while the unpreferred hand is placed in the middle on the rectangle. This action will be repeated

for 25 full cycles (50 taps).

(d) Scoring : The time taken to complete 25 cycles is recorded.

(e) Administrative suggestion : Participants should be encouraged to stand in a more balanced posture, feet apart to shoulder width. Results are usually better if the participant can maintain constant pace during most of the run.

#### AGE GROUP 9-18+ YEARS [CLASS 4 to 12]

The following components are to be considered in Physical Health and Fitness Profile for children of Class 4 to 12

(i) Body Composition (BMI)

(ii) 50 Meter Speed Test :

(a) Purpose : To measure the speed.

(b) Equipment Needed : Stopwatch, racing path.

(c) Procedure : The participants stand on the starting line. The

race starts after the instruction of Go and ends across the finish line.

(d) Rules: \*Stop watch starts after the starting of race.

\* Stop watch ends after reaching the finish line.

(e) Scoring: The time is recorded upto the 10th part of a second.

(PPB) 600 Meter Run / Walk Test:

(a) Purpose :

To measure the cardio-respiratory endurance.

(b) Equipment Needed : Stop watch, racing path.

(c) Procedure :

The participants stand on starting line. After the instruction of "Go", the race should be started and ended on the finish line.

(d) Rules :

Stopwatch starts after the instruction of "Go" and stopped after reaching the finish line.

(e) Scoring :

The time is recorded upto the 10<sup>th</sup> part of a second.

(iv) SIT AND REACH FLEXIBILITY TEST:

(a) Purpose:

To measure the flexibility of lower back, thigh and hamstring muscles.

(b) Equipment Needed:

Carpet, whistle, sit and reach box.

(c) Procedure:

This test involves sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the box. Both knees should be locked and pressed flat to the floor. The tester may assist by holding them down. With the palms facing downwards and the hands on top of each other or side by side, the participant reaches forward along the measuring line as far as possible. Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice, the participant reaches out and holds that position for a few seconds while the distance is recorded. Make sure there are no jerky movements.

(d) Scoring:

The score is recorded to the nearest centimetre or half inch as the distance reached by the hands.

(V) STRENGTH TEST:(i) ABDOMINAL : PARTIAL CURL-UP:

(a) Purpose: Measuring strength and endurance of abdominal region.

(b) Equipment Needed: Mat, Stopwatch.

(c) Procedure: The Participant lies back down on the ground. Keeps both legs close to buttocks by bending them from knees. Keeping the arms straight close to the buttock, keeps the palms on the ground. The order of "start" is to partially lift the torso and neck and return to the former position. This posture is a full partial curl-up.

(d) Rules: The following are the rules of partial curl-up

- \* The heel of the participant should be at a distance of about 18cm from the buttocks.
- \* The soles of the feet should be adjacent to the ground.
- \* Raising the neck and torso, the palms should glide forward, adjoining the ground.

\* The hands will be straight from the elbow.

(c) Scoring: Record the maximum number of curl ups in a certain time period of 30 seconds.

(ii) MUSCULAR ENDURANCE : PUSH UPS FOR BOYS :

(a) Purpose: To measure the strength of ~~so~~ shoulders and arms.

(b) Equipment Needed: None.

(c) Procedure: A standard push-up begins with the hands and toes touching the floor, the body and legs in a straight line, feet slightly apart, the arms at shoulder width apart, extended and at a right angle to the body. Keeping the back and knees straight, the participant lowers the body to a predetermined point to touch the ground or some other object, or until there is a 90° angle at the elbows, then returns back to the starting position with the arms extended. This action is repeated without rest.

(a) Rules: \* Knees not bend

\* After every pushup, hands should be straight

\* Body should be straight while doing push-ups

(c) Scoring:

The number of correctly completed pushups  
is recorded.

#### MODIFIED PUSH UPS FOR GIRLS:

(a) Purpose: To measure the upper body strength endurance, and trunk stability.

(b) Equipment Required: Set and Reach Box with the following dimensions: 12" x 12" (sides), 12" x 10" (front and back), 12" x 2" (top). Inscribe the top panel with centimeter/mm gradations. It is crucial that the vertical plane against which the subject's feet will be placed is exactly at the 23 cm mark. Flat clean cushioned surface/Gym Mats.

(c) Procedure: The participant lies face down on the mat or on a floor, with hands below shoulders

and knees behind. The participant then tuck toes under, tightens abdominal region and bends elbows to lower chest towards the floor. He/she presses chest back up to start position.

- (d) Rules: The body should be straight while doing modified push-ups
- (e) Scoring: The number of correctly completed push-ups is recorded.

## BROCKPORT PHYSICAL FITNESS TEST (BPFT)

The Brockport Physical Fitness Test (BPFT) is a criterion-referenced health-related test of physical fitness, appropriate for use with young people with disabilities.

### History : Project Target.

In 1993 the U.S. Department of Education funded some research which was named Project Target, a study designed primarily to develop a health-related and criterion-referenced physical fitness test protocol for youngsters with disabilities. The age group the study was based around was between 10 and 17 years of age. In total 1,542 youngsters with and without disabilities were tested, and the analysis of these results lead to the creation of the Brockport Physical Fitness Test. The name is derived from the project being centered at the State University of New York, College at Brockport.

### TARGET GROUP:

The Brockport Physical Fitness Test is designed for and is suitable for use with both able-bodied youngsters and those with disabilities such as:

- (i) Mental retardation
- (ii) Spinal cord injuries
- (iii) Cerebral palsy
- (iv) Blindness
- (v) Congenital anomalies
- (vi) Amputations
- (vii) Tests.

The physical fitness test battery is able to be customised for nearly any student. The total number of test items available is 27, with a mix of traditional fitness tests and tests specifically modified for youngsters with disabilities (see list below).

Although there are many tests to choose from, the manual guides the assessor using a five

Step process to which tests are suitable, and most test batteries for individuals will involve only four to six items.

### (i) MODIFIED CURL-UP - ID:

- \* lie on back with knees bent, extending legs as far as possible with feet flat on floor, slightly apart.
- \* Arms are placed on thigh.
- \* Curl-up and slide fingers up the thigh to the knee in rhythm with cadence (1 every 3 seconds), keeping heels on the floor.
- \* Back of head should touch the mat on each position.
- \* Continue assessment until student cannot maintain cadence, second mistake, or complete 75 curls-up

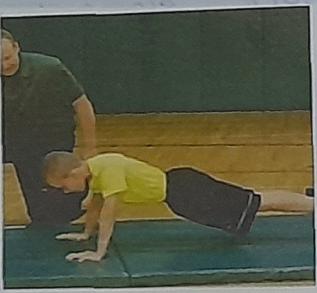


### Modified Curl-Up - ID

- visiting knee length (i)
- abdominal (ii)
- abdominal (iii)
- supine (iv)
- supine (v)
- rest (vi)

new additions are first choices at assessing your  
student. New students are directed first towards  
metre tests at new place

### Isometric Push-Up - ID (10-12)



### Reverse Curl - SCI



### (ii) ISOMETRIC PUSH- UP- ID (10-12):

\* Student assumes a push-up position and attempts to hold the position steady for as long as 40 seconds

\* Test ends when student can no longer hold position.

### (iii) REVERSE CURL - SCI

\* Using a 1-lb dumbbell the student raises and lowers dumbbell from the thigh to a flexed arm position and holding in that position for 2 seconds.

\* Passing constitutes completing one reverse curl.

BENCH PRESS - ID, SCI, CAA



Bench Press - ID, SCI, CAA

(iv) BENCH PRESS - ID, SCI, CAA:

- \* Student lies supine on the bench, knees bent, feet on the floor.
- \* Student grasps bar with hands shoulder width apart and lifts and lowers 35 lbs.
- \* Score number of lifts and lowers the student can do independently.
- \* Repetitions should be completed one every 3-4 seconds.
- \* Max reps for males is 50 and females is 35

(V) DUMBBELL PRESS - CP. SCI, CAA:

- \* From a sitting position (wheel chair or chair) the student grasps the 1-lb dumbbell with one hand and presses up and down in a repetitive motion.
- \* Score number of lifts and lowers the student can do independently.
- \* Repetitions should be completed one every 3-4 seconds.
- \* Max reps is 50.



MAJ : T22.90 - 2239 1988M  
(vi) EXTENDED ARM HANG - ID:

- \* Using an overhand grip, student grips bar and hangs from the bar.
- \* Student maintains a fully extended position.
- \* Score number of seconds student can maintain the position.
- \* Max time is 40 seconds.



(A)

## YOGA AND LIFESTYLE

### OBESITY

- \* Disproportionate growth in weight as compared to the structure is called obesity.
- \* In India, it is a common problem, which people have accepted as a common thing.
- \* Obesity causes work pressure on the various systems of the body like - heart, blood circulation, digestive system, breathing, excretory system, etc.
- \* It affects the nervous system, hormone secretion and metabolic processes adversely. As a result, heart disease, diabetes, blood-pressure, arthritis, asthma, etc. and many psychosomatic problems are caused.
- \* These diseases further affect professional and social life.

The main causes of obesity are - excessive intake of food and inappropriate food selection, luxurious lifestyle, chemical imbalance, lack

of physical activity and tension. All these mentioned factors leads to obesity and changes in physical nature. In the present context, we are giving the description of some Yogasanas here:

#### ① TADASANA :

PROCEDURE: Stand up in attention position. Lift your arms upwards. Stretch your hands upwards. Raise your heels, and come on your toes. Also pull up your body upwards. After sometime breathe out slowly and come to the previous position. Repeat the same exercise for 10 to 15 times.

#### BENEFITS:

- \* The asana stretches the whole body and reduces tiredness occurred due to obesity or overweight.
- \* It helps correct muscle imbalances and improves posture.

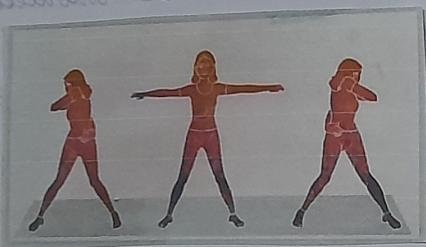
- \* This asana improves agility and strengthens the back, hips and legs.

#### CONTRAINdications :

- \* Doing Tadasana should be avoided if a person has headache, low blood pressure, dizziness or lightheadedness, joint, back or shoulder concerns.

स्वास्थ्य के लिए दूरवर्ती अधिकारी नहीं हैं।

प्रशिक्षण विधियाँ:



### ⑩ KATICAKRASANA:

#### PROCEDURE :

⇒ Stand erect, keep about 8 ft distance between the feet, hands in front, in line with shoulders and parallel to each other. Now slowly twist maximum to either side with deep inhalation, exhale while you come back. Pause for 2-3 seconds at normal position then twist other side. Repeat 10 times.

#### BENEFITS:

⇒ Provides exercise to the waist lines. Strengthens lower back region. It is one the best exercises of yoga for intestines, improves digestion. Due to deep breathing it improves the efficiency of heart and lungs.

#### SUGGESTION:

⇒ As it covers spine so it should be in your daily exercise routine practice.

### (iii) PAWANMUKTASANA:

#### PROCEDURE:

⇒ Lie on your back. Exhale and, while inhaling, slowly raise the legs to a 90 degree angle from the ground. Bend both the legs at the knees and rest the abdomen keeping the knees and ankles together. Hold the knees with both arms, clasping opposite elbows. Bend the neck and place the chin on the knees, continue to maintain the asana, breathing normally. Straighten the neck and lower the head back on the ground. Release the arms and place them beside the body. While inhaling, straighten both the legs. While exhaling, lower the legs back to the relax position.

#### BENEFITS:

- ⇒ This asana helps in reducing belly fat.
- ⇒ It helps in toning the arms, legs and buttocks.
- ⇒ It aids weight loss.



### CONTRAINdications:

Doing Pavanmuktasana should be avoided if a person has shoulder, ankle or knee injuries.

CONTRAINDICATIONS:  
Individuals with heart problems, high blood pressure and neck and back problems should not perform this asana.



#### (iv) MATSYASANA :

##### PROCEDURE:

→ For performing Matsyasana, sit in Padmasana. Then lie down in spine position and make an arch behind. Hold your toes with the fingers of your hands. Stay for some time in this position.

##### BENEFITS:

- It helps in stretching the muscles between the ribs.
- It stretches and tones the front of the neck and abdominals.
- It stretches and stimulates the organs of the belly.
- This asana improves posture.

##### CONTRAINDICATIONS:

- Avoid doing Matsyasana if you have high or low blood pressure.
- People suffering from migraine and insomnia should also refrain from performing this asana.
- The individuals, who have neck injury or lowerback problems, should not perform this asana.

: AHHASYAM

: Surya Namaskar

asanasat ahae anayat paryogeg so  
no stem has ailing erge no aew all off  
paryog et hui wot way well bided he  
mating hui a mit rone ut yots street way

### Paschimottanasana



: Surya Namaskar

: Asanamala

: Surya Namaskar

### (V) PASCHIMOTTANASANA:

#### PROCEDURE:

- ⇒ Sit with your legs stretched and raise both the arms up.
- ⇒ Place the palms on your respective knees.
- ⇒ Now bend your head and trunk slowly forward to catch the toes with the thumb, index and middle finger without bending knees.
- ⇒ Bend the arm and try to touch the elbow on the floor.
- ⇒ Exhale completely and, holding out your breath, stay in this posture for a few seconds.
- ⇒ After few seconds, slowly return to your initial position.
- ⇒ Repeat this exercise 3-4 times.

#### BENEFITS:

- ⇒ This posture contributes greatly towards losing the belly fat.
- ⇒ It helps in correcting a bad posture.
- ⇒ It helps in keeping insomnia at bay.
- ⇒ This asana also helps in reducing anxiety.

### SUGGESTIONS:

- ⇒ Pregnant women should not practise Paschimottanasana
- ⇒ A person suffering from slip disk, sciatica problem or asthma should avoid Paschimottanasana.
- ⇒ The person suffering from ulcer should not practise it.

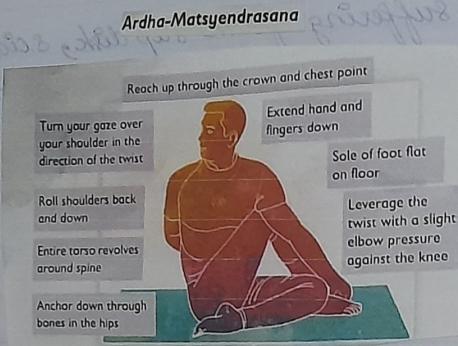
### CONTRAINDICATIONS:

- ⇒ Consult a doctor in case of suffering from diseases of back, slip disk, sciatica pain, cervical, spondylitis, backache, high blood-pressure, heart diseases, ulcer, etc.

(VI) ARDHA - MATSYENDRASANA:

PROCEDURE:

- ⇒ Sit with your legs extended.
- ⇒ Bend the left leg from the knee and sit with the heel properly at the perineum or under the buttocks.
- ⇒ Bend the right leg and make it stand by the side of the left knee.
- ⇒ Now slowly twist the trunk to the right side and pass the left arm around the right knee catching the big toe of right foot.
- ⇒ Twist the trunk and move to the right.
- ⇒ Turn the head towards right and look back bringing the chin over the right shoulder.
- ⇒ Pass the left arm behind the back and try to hold the right thigh with the left hand.
- ⇒ Repeat the asana on the other side by changing the position of the legs and the hands.
- ⇒ Maintain the final position for some time on each side.



### BENEFITS :

- \* Ardha-Matsyendrasana helps in the contraction and extension of the abdomen, waist and muscles of the back.
- \* The entire spine gets rotated around its axis.
- \* Spine gets two side twists throughout its length.
- \* This asana increases the elasticity of the spine, tones the spinal nerves, and improves the functioning of the spinal cord.
- \* It stretches the muscles on one side of the body while compressing the muscles on the other side.
- \* It relieves back pain and stiffness in between the vertebrae.
- \* It is useful for diabetics, with concentration on the pancreas.
- \* It regulates the secretion of bile and adrenaline.
- \* It loosens the hip joints, relieving stiffness.
- \* It opens the chest and increases the oxygen supply to the lungs.

## YOGA AND LIFESTYLE DIABETES

People suffer from diabetes due to faulty and tense lifestyle. This disease affects the other organs of the body, for example, eyes, kidneys, heart, etc. Few years ago, only aged people used to suffer from diabetes but these days even children suffer from this disease.

Diabetes is caused by the imbalance in metabolism of various glands such as pancreas, liver, pituitary, adrenal and thyroid. Normally, the sugar level in blood per 100 cc be 70-110 mg before meals and 110-140 mg after meals. If the blood sugar is more than the required result, it is a condition called diabetes. The main cause of diabetes is lack of insulin, a secretion of the pancreas. It means generation of insulin is not as per the need of body causing diabetes.

### TYPE 1 DIABETES:

Caused by an autoimmune process that destroys the insulin producing beta cells in the pancreas.

⇒ There is no cure for Type 1 Diabetes.

### TYPE 2 DIABETES:

Initially begins with insulin resistance when the body cannot appropriately respond to the insulin that a person is making.

⇒ Type 2 Diabetes can be prevented or delayed with increased physical activity and dietary changes.

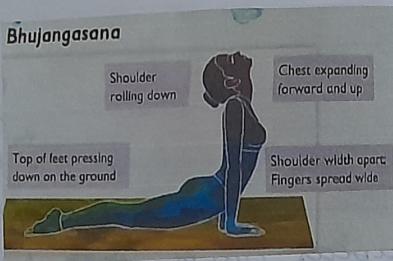
① BHUJANGASANA :

PROCEDURE :

- \* lie with the forehead resting on the ground, the arms extended along the body and the legs fully stretched. Place both the hands by the side of the chest, bending them at the elbows which are raised.
- \* slowly raise the head by bending the neck backward.
- \* looking up, raise the chest slowly from the ground giving a good bend to the spine.
- \* further raise the upper part of the abdomen and maintain the posture.
- \* bring down the upper part of the abdomen to the ground.
- \* lower the chest to the ground.
- \* bring the forehead to the ground.
- \* come to the starting position by extending the arms.

BENEFITS:

- \* As the chest is lifted in Bhujangasana, it opens the heart for stress reduction and anxiety relief by aiding



in the release of the negative feelings and frustrations. Also, the lungs expand resulting in more oxygenation within the body that nourishes the brain.

- \* By opening the chest cavity and making space for the lungs to expand, the practitioner can reap the health benefits of Bhujangasana such as relief from asthma, dissipating allergy symptoms and other respiratory problems.
- \* Bhujangasana is done in a position that gives a gentle massage to the digestive tract and stretching of the frontal plane, encourages optimal working of abdominal organs and compressing of the lower back invigorates the kidneys, resulting in an enhanced gastrointestinal functioning.
- \* While doing Bhujangasana, as you arch your back, the spine gets a good stretch helping in strengthening the spinal column. It also tones the legs, shoulders, gluteal muscles providing one with a strong body.
- \* This asana relieves backache and pain in the neck. This stretching effect loosens and opens the shoulders, chest and neck that alleviates tightness in the upper body.

SUGGESTIONS:

- \* In case of stiff backbone, practice Bhujangasana with speed.
- \* Do not curl the toes to avoid crunching of the spine
- \* Strongly engage and firmly press the legs
- \* You must make sure to keep your stomach and bowels empty before you practise the asana.

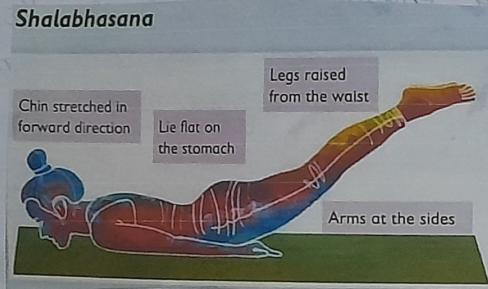
## (ii) SHALABHASANA:

PROCEDURE:

- \* Lie flat on the stomach with the legs and feet together, keep the soles of the feet uppermost
- \* Place the arms under the body or keep them at the sides
- \* Slightly stretch the chin in the forward direction. Rest the chin on the floor throughout the whole practice of this asana.
- \* Slowly start raising the legs as high as possible without straining. Don't bend the knees, keep the legs straight and together.
- \* Without straining the body, hold the final position for as long as you find it comfortable.
- \* Exhale and slowly lower the legs on the ground Come back to the starting position.
- \* Let the breathing and heartbeat return to normal.

BENEFITS:

- ⇒ This asana helps to control the level of blood sugar in the body. It is useful in diabetic treatment.



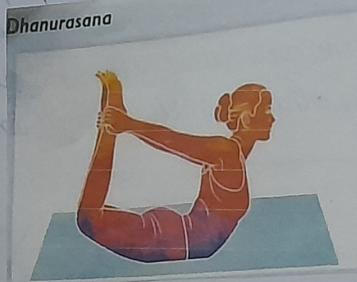
as it pushes abdominal organs due to the weight of the body.

#### CONTRAINDICATIONS:

⇒ This asana is not suitable for people having high blood pressure or a weak heart. People having abdominal tuberculosis, hernia, stomach ulcers or any other similar condition should avoid this asana.

#### SUGGESTION:

⇒ Successive methods of Shalabhasana should be used according to the condition and severity of the disease.



### (iii) DHANURASANA:

#### PROCEDURE:

- \* See Dhanurasana's method is lie down flat on your stomach, with legs straight, feet together and stretched out, hands besides your body.
- \* Bend both the knees and bring your heels closer to your buttocks.
- \* Take your hand towards your ankles and clasp the ankles, look forward with chin on the ground and with inhalation, slowly push your legs away from buttocks, lift your thighs, head and chest together.
- \* Keep your arms straight and gaze forward and keep breathing, do not hold your breath.
- \* Hold for 8-10 natural breaths, exhale while coming out of the pose.

#### BENEFITS:

- \* It enhances the operation of pancreas and intestines which helps in regulating the blood sugar levels in our body. As a result of which, the liver, pancreas and other enzyme producing organs will function

actively.

SUGGESTIONS:

Dhanurasana should be a part of your daily practice as it is efficient for the inner system of the body.

which may go to legs and blisters  
to nerves and soft tissues if it is so strong  
blood will



IV

#### MANDUKASANA:

##### PROCEDURE:

Sit in Vajrasana, clench the fingers keeping thumbs inside. Now put the base of thumbs on either side of naval. Pull the stomach in and bend forward as much as you can easily, then raise the head and look in front. Keeping breathing normal and abdominal muscles relaxed, hold the position for about one minute.

##### BENEFITS:

Mandukasana helps to get rid of swelling in any part / organ around naval. It is one of the best exercises of yoga to improve digestion and to cure constipation. During the practice of this asana, all the parts of the body above naval get sufficient amount of oxygenated blood hence it is good for brain, eyes, face, throat, lungs and heart.

##### SUGGESTION:

It should be a part of routine physical postures.

V KAPALBHATI:

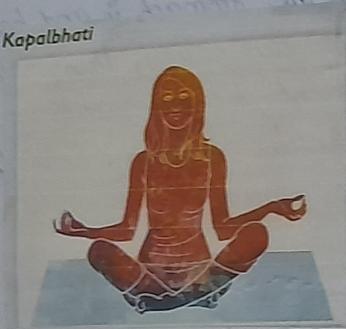
PROCEDURE :

- \* Sit in Padmasana or Sukhasana keeping back and neck erect. Keep both hands in Gyan mudra, close the mouth slowly and body relaxed. Kapalbhati can also be practised in standing position.

Now with both the nostrils keep making quick and complete exhales rhythmically ideally 60 strokes per minute. During Kapalbhati forget about Inhalation, Inhale will be automatic and be at ease. There should be slight movement of stomach, stomach will go in while you exhale. Repeat 60 strokes at a stretch.

BENEFITS:

- ⇒ It is one of the best exercises of yoga for the entire digestive system, respiratory system and excretory system. Its regular practice helps to cure diabetes naturally. It is a natural cure of respiratory ailments like breathlessness, bronchitis and asthma. Kapalbhati tones up



cardiac muscles and nerves of the body.

SUGGESTIONS:

Always do Kalpdrati through counting and not through time.

## FOOTBALL

### NOTES ON THE LAWS OF THE GAME.

#### MODIFICATIONS:

⇒ Subject to the agreement of members association concerned and provided the principal of these laws are maintained the law may modified in application for matches for players of under 15 years of age, for women football players, for veteran footballer (over 35 years of age) and for players with disabilities.

ANY OR ALL OF THE FOLLOWING MODIFICATION ARE

PERMISSIBLE:

- ⇒ Size of the field of play.
- ⇒ Size of, weight and material of the ball
- ⇒ Width between the goalposts and height of crossbar from the ground.
- ⇒ Duration of the period of play.
- ⇒ Substitution.

Further modification are only allowed with the consent of the International Football Association Board.

#### MALE AND FEMALE:

⇒ References to the male gender in the laws of the Game in respect of referee, assistant referees, players and officials are for simplification and apply to both men and women.

#### OFFICIAL LANGUAGES:

⇒ On behalf of the International Football Association Board, FIFA published the laws of Game in English, French, German, Spanish. If there is any divergence in the wording, the English text is authoritative.

#### KEY:

⇒ A single line in the left hand margin indicates new law changes.

### FIELD SURFACE:

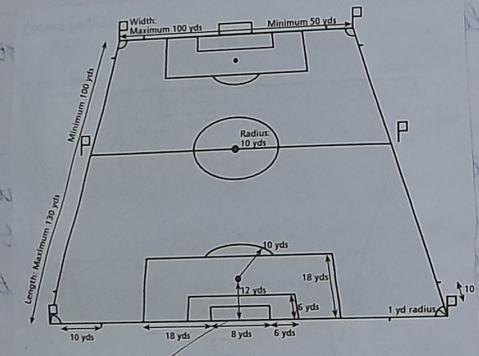
- ⇒ Matches may be played on natural or artificial surface, according to the rules of the competition.
- ⇒ The colour of Artificial surface must be green
- ⇒ Where artificial surface are used in either competition matches between representative teams of matches, the surface must meet Artificial Turf standard, unless special dispensation is given by FIFA.

### FIELD MARKINGS:

- ⇒ The field of play must be rectangular and marked with lines. These lines belong to the area of which they are boundaries.
- ⇒ The two longer boundary lines are called touch lines.  
The two shorter lines are called goal lines.

### FIELD SURFACE:

Surfaces to be used must be firm and dry.  
Without any loose soil or stones.



### FIELD MARKINGS:

Between lines separating and touching to half off & half on will be placed until next time when

when lines are will be placed again and after  
will be placed into will be placed again

⇒ The field of play is divided into by halfway line, which joins the midpoint of the two lines.

⇒ The centre mark is indicated at midpoint of the halfway line. A circle with a radius of 19.5 m (10 yards) is marked around it.

⇒ Marks may be made off the field of play 9.15m (10 yards) from the corner arc and at right angle to the goal line and touch line, to ensure that defending players retreat this distance when a corner kick being taken.

### DIMENSIONS:

⇒ The length of the touch line must be greater than length of goal line.

|                     |                          |
|---------------------|--------------------------|
| length (touch line) | maximum 180m (100 yards) |
|                     | minimum 90m (100 yards)  |

width (goal line)

minimum 4.5m (50 yards)

maximum 90m (100 yards)

All lines must be of the same width, which must be not more than 12cm (5 ins)

### INTERNATIONAL MATCHES:

length

minimum 100m (110 yards)

maximum 110m (120 yards)

width

minimum 64m (70 yards)

maximum 75m (80 yards)

### THE GOAL AREA:

⇒ Two lines are drawn at right angle to goal line 5.5m (6 yards) from the inside of each goal post. These lines extend onto the field of play for a distance of 5.5m (6 yards) and are joined by a line drawn parallel with goal line. The area bounded by these lines and lines

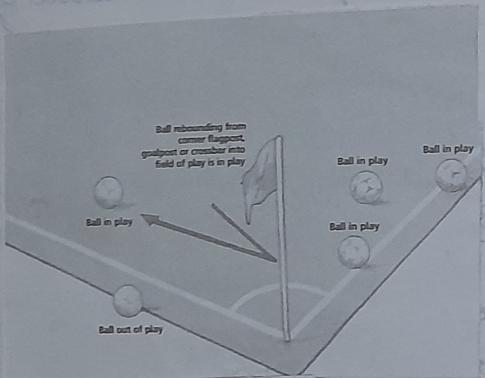
and the goal line is the goal area.

### GOALS:

- ⇒ A goals must placed on the centre of each goal line.
- ⇒ A goals consist of two upright posts equidistant from the corner flag posts and joined at the top by ~~horizontal~~ horizontal crossbar.
- ⇒ The goal post and crossbar must be made of wood, metal or other approved material.
- ⇒ They must be square, rectangle, round, or elliptical in shape and must not be dangerous to players.
- ⇒ The distance between the posts 7.32m (8 yards) and distance from the lower edge of crossbar to the ground is 2.44m (8ft)

can keep it it will keep it know

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to have another things ad their self  
wasn't as far from the goal in technical  
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5

### SAFETY:

- ⇒ Goals must be anchored securely to the ground  
portable goals may be used if they satisfy this requirement.

### DECISIONS OF THE INTERNATIONAL FOOTBALL ASSOCIATION BOARD:

#### DECISION 1:

- ⇒ Where a technical area exists it must the requirement approval by the International Football Association Board which contained in the section of the publication entitled the Technical Area.

#### DECISION 2:

- ⇒ When goal line technology (GLT) is used modification to the goals frame may be allowed They must be in accordance with the specification

stipulated in the FIFA Quality Programme  
for GLT and according to the above description  
"Goals".

### NUMBER OF PLAYER:

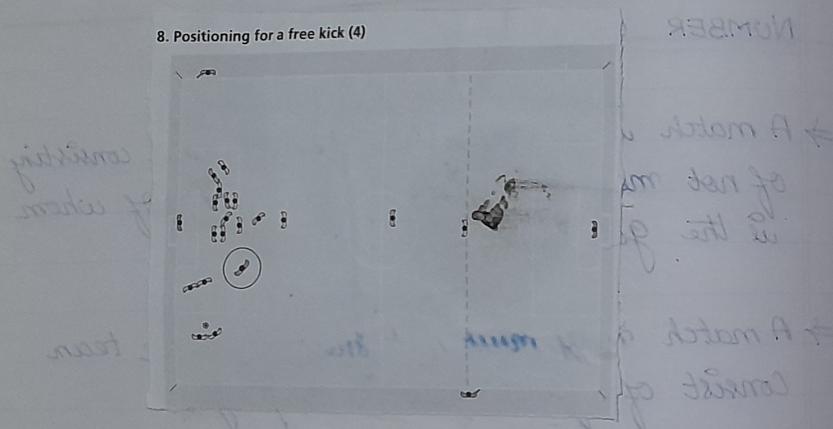
- A match is played by two teams, each consisting of not more than eleven players, one of whom is the goal keeper.
- A match must not start if either team consist of fewer than seven players.

### PERIODS OF PLAY:

- The match last two equal period minutes, unless mutually agreed between the referee and the two teams. Any agreement to alter the duration of period of play must be made before the start of play and must comply with competition rules.

inner part of hands at all times  
except when holding ball or when  
kicking or throwing in

#### 8. Positioning for a free kick (4)



when holding hands and the action will be  
carried out outside the pitch if the ball is within  
the pitch. If the ball goes out of the pitch, the ball  
will be held by the referee to restart the game  
from the point where it was last played.  
This will be done after the ball has been  
replaced by the referee.

#### HALF TIME INTERVAL:

- ⇒ Player are entitled to an at half time.
- ⇒ The half time interval must not exceed 15 minutes.
- ⇒ Competition rules must state the duration of half time interval.
- ⇒ The duration of the half time interval may be altered consent of the referee.

#### ALLOWANCE FOR TIME LOST:

- ⇒ Allowance is made in either period for all time lost through.

#### Substitution:

- \* Assessment of injury to players.
- \* Removal of injury from to player
- \* Waiting time and any other cause.

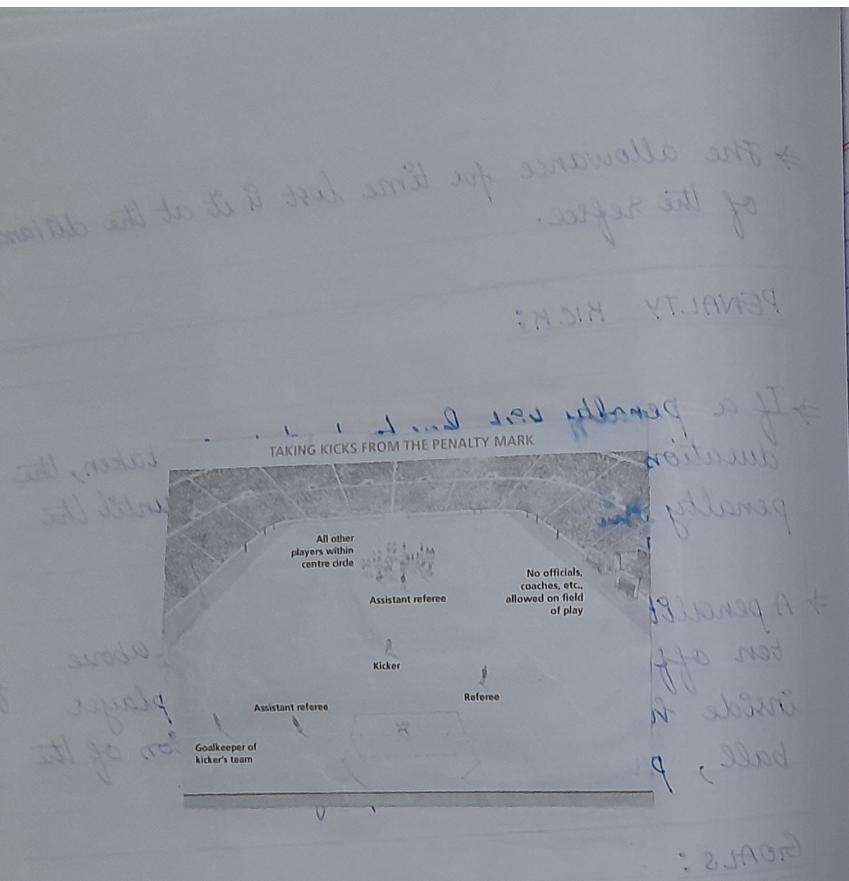
⇒ The allowance for time lost is at the discretion of the referee.

### PENALTY KICK:

- ⇒ If a penalty kick has to be taken or taken, the duration of either half is extended until the penalty kick is completed.
- ⇒ A penalty kick is awarded if any of the above ten offences is committed by a player inside his penalty area, irres position of the ball, provided it is in play.

### GOALS:

- ⇒ If the crossbar displaced or broken play is stopped until it has been repaired or replaced in position.
- ⇒ If it is not possible to repair the crossbar, the must be abandoned. The use of rope to



replace the crossbar is not permitted if the crossbar can be repaired, the match is restarted with a dropped ball from the position of the ball.

When play was stopped, unless play was stopped inside the goal area, in which case the referee drops the ball on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped.