

## Experiment 4

### Add CSS to read only website using HTML

```
<!DOCTYPE html>
<html lang="en">
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  <meta http-equiv="X-UA-Compatible" content="IE=edge">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>my first page</title>

  <style>

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      background-color: red;

    }
    p,h1,h2,h3,h4,h5 {
      font-size: 300%;
    }
    p{
      color:blue;
    }
    section,l1,l2,l3,l4,l5,l6,l7{
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    }

  </style>

</head>
<body >

  <header>
<p>SPORTS</P>
  <hr>
  <BR>
  <h1 style ="color:blue;font">
    Introduction to Sports
  </h1>
  <BR>
  <HR>
  </header>
```

<main>

<section> pertains to any form of competitive physical activity or game[1] that aims to use, maintain, or improve physical ability and skills while providing enjoyment to participants and, in some cases, entertainment to spectators.[2] Sports can, through casual or organized participation, improve participants' physical health. Hundreds of sports exist, from those between single contestants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals. In certain sports such as racing, many contestants may compete, simultaneously or consecutively, with one winner; in others, the contest (a match) is between two sides, each attempting to exceed the other. Some sports allow a "tie" or "draw", in which there is no single winner; others provide tie-breaking methods to ensure one winner and one loser. A number of contests may be arranged in a tournament producing a champion. Many sports leagues make an annual champion by arranging games in a regular sports season, followed in some cases by playoffs</section>

<br>

<section style="font-size: 200%;">Sport is generally recognised as system of activities based in physical athleticism or physical dexterity, with major competitions such as the Olympic Games admitting only sports meeting this definition.[3] Other organisations, such as the Council of Europe, preclude activities without a physical element from classification as sports.[2] However, a number of competitive, but non-physical, activities claim recognition as mind sports. The International Olympic Committee (through ARISF) recognises both chess and bridge as bona fide sports, and SportAccord, the international sports federation association, recognises five non-physical sports: bridge, chess, draughts (checkers), Go and xiangqi,[4][5] and limits the number of mind games which can be admitted as sports.[1]</section>

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</a>

<br>

<a href="https://en.wikipedia.org/wiki/Sport">wikipedia</a>

<br>

</header>

<main>

<p>ADVANTAGE OF SPORTS</P>

<BR>

<ul>

<l1>

Sport improves your mood</l1>

<l2>Sport improves your concentration</l2>

<l3>Sport reduces stress and depression</l3>

<l4>port improves sleep habits</l4>

<l5>Sport helps you maintain a healthy weight</l5>

<l6>Sport boosts your self-confidence</l6>

<l7>port has been linked to leadership traits</l7>

</ul>>

</main>

<footer>

<h2>

OUR NATIONAL GAME IS HIOCKEY

</h2>

<br>

<a href="cricket.html">go to first sport</a>

<br>

</body>

</html>

# CRICKET

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<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
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  <meta name="viewport" content="width=device-width, initial-scale=1.0">
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      background-color:red

    }
    p,h1,h2,h3,h4,h5 {
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  </style>
</head>
<body bg colour="grey">
  <Header>

  <p>CRICKET</p>
  <hr>
  <br>
  <h1>
    ABOUT CRICKET
  </H1>
  <BR>
  <HR>
  </header>
  <main>
    <ARTICLE style="color:black; font-size: 200%;">Cricket is a sport which
is played between two teams of eleven players each (Cricket). One team, which is
batting, tries to score runs, while the other team is fielding, and tries to
prevent this. Runs are scored by hitting the ball, which is thrown by a player from
the fielding team to a player from the batting team, across the boundary, or by the
two batting players running back-and-forth between the two wickets.
```

The wickets are sets of three small, wooden posts that are at each end of a rectangle of short grass called 'the pitch', which is 11 yards long. The pitch is inside a much larger oval of grass called the 'area of play'. The area of play is a 30 yard circle inside the cricket ground or stadium.[1] The fielding team can attempt to get batting players "out" in a number of ways. When a player is out, a teammate will replace them in the field. When a team no longer has two "not-out" players left to score, then the other team gets the chance to try to score. In shorter games of cricket, a team may also have to stop batting when the ball has

been thrown to their players a certain number of times. After both teams have had enough chances to score, the team with the most runs wins.

The game started to gain popularity in England in the 10th century. The earliest definite reference to the sport is in a court case of 1598.[2] The Guildford court heard John Derrick, a coroner, that fifty years earlier, "he and diverse of his fellows did run and play [on the common land] at cricket".[3][4] Later, the game spread to countries of the British Empire in the 19th and 20th centuries.

Today, it is a popular sport in England, Australia, India, Pakistan, Sri Lanka, Bangladesh, South Africa, New Zealand, the West Indies and several other countries such as Afghanistan, Ireland, Kenya, Scotland, the Netherlands, and Zimbabwe.

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<ARTICLE style="color:black; font-size: 200%;">Cricket is popular in many countries, mostly in Commonwealth countries.

The countries where cricket is most popular compete in international matches (games between countries) that last up to 5 days, which are called Test matches. Those countries are England, Australia, West Indies, South Africa, New Zealand, India, Bangladesh, Zimbabwe, Ireland, Afghanistan and Sri Lanka. The West Indies are a group of Caribbean countries that play together as a team. Several other countries have more junior status. The test match idea was invented by teams from England and Australia in the 19th century. Ireland and Afghanistan are the new teams which can play Test cricket.

Cricket is also played in Kenya, Canada, Bermuda, Scotland, Holland and Namibia; the national teams of those countries can play one-day international matches, but do not play test matches.

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<H2>

RULES OF CRICKET

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There are two teams: The team bowling has 11 players on the field. The team batting has two players, one at each end of the pitch (also sometimes called the wicket).

The rest of the batting team are off the field.

Runs are got after a ball is bowled, mostly by hitting the ball and running, or by hitting the ball to or over the boundary.

The captain of the bowling team chooses a bowler from his team; the other players are called 'fielders'.

The bowler is trying to aim the ball at a wicket, which is made up of three sticks (called stumps) stuck into the earth, with two small sticks (called bails) balanced on them.

One of the fielders, called the 'wicket keeper', stands behind the wicket to catch the ball if the bowler misses the wicket.

The other fielders may chase the ball after the batsman has hit it.

The bowler runs towards his wicket, and bowls towards the batsman at the other wicket.

He does not throw the ball. He bowls the ball overarm with a "straight arm" (defined further in the rules and the guidance to umpires). If he bends his arm, the other teams are given one run and he has to bowl the ball again.

An 'over' is six balls, meaning he bowls six times. Then another player becomes the bowler for the next over, and bowls from the other end, and so on. The same bowler cannot bowl two overs one after the other.

The batsman is trying to defend the wicket from getting hit with the ball. He does this with a bat. When he hits the ball with his bat, he may run toward the other wicket.

To score a run:

The two batsmen must both run from their wicket to the other wicket before they can be run out. Being run out is explained below. The batsmen can run between the wickets as many times as they want, with one run scored each time they do this.

If the ball leaves the field after being hit without bouncing, six runs are scored.

If the ball rolls or bounces out, whether or not the batter hit it, it counts as four runs.

There are different ways that a batsman can get out. The most common ways are:

The batsman misses the ball and the ball hits the wicket: called bowled, or being "bowled out".

The ball hits the batsman's body when it would have hit the wicket otherwise. Called LBW (leg before wicket). The way this rule is applied is complicated; this is just the general idea.

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DIFFERENT FORMS OF CRICKET

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Test matches are the top international matches played between countries. The main point of test cricket is to test young players. The countries permitted to play test matches are accredited by the ICC: the International Cricket Council. The twelve countries are listed below, with 'West Indies', 'England' counting for this purpose as a country. Tests last for up

to five days (This is why many also call it "5 day cricket.") and can still end in a draw match : it is the longest format of cricket.

Test Playing Nations in order of first dates:[5]

In these games, the length is determined by the number of overs, and each side has one innings only. A special formula, known as the 'Duckworth–Lewis System (DLS)' is applied if rain reduces the time for play. It calculates the target score for the team batting second in a limited overs match interrupted by weather or other circumstance.

ODIs are usually restricted to 50 overs batting for each side and each bowler can bowl up to 10 overs maximum. The highest team score is England 481–6 against Australia on June 19, 2018.[6] The highest individual score is 264 off 173 balls by Rohit Sharma for India against Sri Lanka.

Twenty20 cricket has 20 overs for each side and each bowler can bowl up to 4 overs maximum unlike 10 overs in an ODI match. The highest team score is 263/5 by Royal Challengers Bangalore (RCB) against Pune Warriors India (PWI) in the 2013 IPL season. The highest individual score is 175\* off 69 balls by Chris Gayle for RCB in the same match.

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CRICKET IS ONE OF THE MOST FOLLOWED
SPORT IN India

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<BR>
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# Volleyball

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  <title>my first page</title>
  <link rel="stylesheet" href="styles.css" />
  <style>
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      background-color:red

    }
    p,h1,h2,h3,h4,h5 {
      font-size: 300%;
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  </style>
</head>
<body bg colour="grey">
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    <p>VOLLEYBALL</p>
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    <h1>
      ABOUT VOLLEYBALL</h1>
    <HR>
    <BR>
  </HEADER>

  <MAIN>
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      Volleyball is a team sport in which two teams of six players are
      separated by a net. Each team tries to score points by grounding a ball on the
      other team's court under organized rules.[1] It has been a part of the official
      program of the Summer Olympic Games since Tokyo 1964. Beach volleyball was
      introduced to the programme at the Atlanta 1996 Summer Olympics. The adapted
      version of volleyball at the Summer Paralympic Games is sitting volleyball.
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The complete set of rules is extensive,[2] but play essentially proceeds as follows: a player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court.[3] The receiving team must not let the ball be grounded within their court. The team may touch the ball up to three times to return the ball to the other side of the court, but individual players may not touch the ball twice consecutively.[3] Typically, the first two touches are used to set up for an attack. An attack is an



attempt to direct the ball back over the net in such a way that the team receiving the ball is unable to pass the ball and continue the rally, thus, losing the point. The team that wins the rally is awarded a point and serves the ball to start the next rally. A few of the most common faults include:

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causing the ball to touch the ground or floor outside the opponents' court or without first passing over the net;  
catching and throwing the ball;

double hit: two consecutive contacts with the ball made by the same player;

four consecutive contacts with the ball made by the same team;

net foul: touching the net during play;

foot fault: the foot crosses over the boundary line when serving or under the net when a front row player is trying to keep the ball in play.

The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body.

A number of consistent techniques have evolved in volleyball, including spiking and blocking (because these plays are made above the top of the net, the vertical jump is an athletic skill emphasized in the sport) as well as passing, setting, specialized player positions, and offensive and defensive structures.[4]

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Each team consists of six players.[18] To get play started, a team is chosen to serve by coin toss. A player from the serving team throws the ball into the air and attempts to hit the ball so it passes over the net on a course such that it will land in the opposing team's court (the serve).[18] The opposing team must use a combination of no more than three contacts with the volleyball to return the ball to the opponent's side of the net.[18] These contacts usually consist first of the bump or pass so that the ball's trajectory is aimed towards the player designated as the setter; second of the set (usually an over-hand pass using wrists to push finger-tips at the ball) by the setter so that the ball's trajectory is aimed towards a spot where one of the players designated as an attacker can hit it, and third by the attacker who spikes (jumping, raising one arm above the head and hitting the ball so it will move quickly down to the ground on the opponent's court) to return the ball over the net.[3] The team with possession of the ball that is trying to attack the ball as described is said to be on offence.

The team on defence attempts to prevent the attacker from directing the ball into their court: players at the net jump and reach above the top (and if possible, across the plane) of the net to block the attacked ball.[3] If the ball is hit around, above, or through the block, the defensive players arranged in the rest of the court attempt to control the ball with a dig (usually a fore-arm pass of a hard-driven ball). After a successful dig, the team transitions to offence.

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## HISTORY

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The first official ball used in volleyball is disputed; some sources say Spalding created the first official ball in 1896, while others claim it was created in 1900.[11][12][13] The rules evolved over time: in 1916, in the Philippines, the skill and power of the set and spike had been introduced, and four years later a "three hits" rule and a rule against hitting from the back row were established. In 1917, the game was changed from requiring 21 points to win to a smaller 15 points to win. In 1919, about 16,000 volleyballs were distributed by the American Expeditionary Forces to their troops and allies, which sparked the growth of volleyball in new countries.[11]

The first country outside the United States to adopt volleyball was Canada in 1900.[11] An international federation, the Fédération Internationale de Volleyball (FIVB), was founded in 1947, and the first World Championships were held in 1949 for men and 1952 for women.[14] The sport is now popular in Brazil, in Europe (where especially Italy, the Netherlands, and countries from Eastern Europe have been major forces since the late 1980s), in Russia, and in other countries including China and the rest of Asia, as well as in the United States.[8][9][14]

A nudist/naturist volleyball game at the Sunny Trails Club during the 1958 Canadian Sunbathing Association (CSA) convention in British Columbia, Canada  
Beach volleyball, a variation of the game played on sand and with only two players per team, became a FIVB-endorsed variation in 1987 and was added to the Olympic program at the 1996 Summer Olympics.[11][14] Volleyball is also a sport at the Paralympics managed by the World Organization Volleyball for Disabled.

Nudists were early adopters of the game with regular organized play in clubs as early as the late 1920s.[15][16] By the 1960s, a volleyball court had become standard in almost all nudist/naturist clubs.[1

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<H3>

RULES OF THE GAME

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A volleyball court is 9 m × 18 m (29.5 ft × 59.1 ft), divided into equal square halves by a net with a width of one meter (39.4 in).[18] The top of the net is 2.43 m (7 ft 11+11⁄16 in) above the center of the court for men's competition, and 2.24 m (7 ft 4+3⁄16 in) for women's competition, varied for veterans and junior competitions.[3]

The minimum height clearance for indoor volleyball courts is 7 m (23.0 ft), although a clearance of 8 m (26.2 ft) is recommended.[18]

A line 3 m (9.8 ft) from and parallel to the net is considered the "attack line". This "3 meter" (or "10-foot") line divides the court into "back row" and "front row" areas (also back court and front court).[18] These are in turn divided into 3 areas each: these are numbered as follows, starting from area "1", which is the position of the serving player:

#### Rotation pattern

After a team gains the serve (also known as siding out), its members must rotate in a clockwise direction, with the player previously in area "2" moving to area "1" and so on, with the player from area "1" moving to area "6".[3] Each player rotates only one time after the team gains possession of the service; the next time each player rotates will be after the other team wins possession of the ball and loses the point.[18]

The team courts are surrounded by an area called the free zone which is a minimum of 3 meters wide and which the players may enter and play within after the service of the ball.[19] All lines denoting the boundaries of the team court and the attack zone are drawn or painted within the dimensions of the area and are therefore a part of the court or zone. If a ball comes in contact with the line, the ball is considered to be "in". An antenna is placed on each side of the net perpendicular to the sideline and is a vertical extension of the side boundary of the court. A ball passing over the net must pass completely between the antennae (or their theoretical extensions to the ceiling) without contacting them.[3]

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<h4>

CONTROVERSIES

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200%;">

In 2017, a new volleyball players' union was formed in response to dissatisfaction with the organization and structure of professional beach volleyball tournaments.[39] The union is named the International Beach Volleyball Players Association, and it consists of almost 100 professional players.[39] The IBVPA claims its goal is to help athletes and provide them with the means to enjoy playing volleyball by improving the way the sport is run.[39]

Another controversy within the sport is the issue of the inclusion of transgender players.[40] With transgender athletes such as Tiffany Abreu joining professional volleyball teams alongside other non-transgender teammates, many professionals, sports analysts, and fans of volleyball are either expressing concerns about the legitimacy and fairness of having transgender players on a team or expressing support for the transgender people's efforts.[40]

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                                <a
href="https://en.wikipedia.org/wiki/Volleyball">wikipedia</a>
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enjoyable sport

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```

# Hockey

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  <link rel="stylesheet" href="styles.css" />
  <style>
    *{
      background-color:red

    }
    p,h1,h2,h3,h4,h5 {
      font-size: 300%;

    }
  </style>
</head>
<body bg colour="grey">
  <Header>
    <p>HOCKEY </p>
    <hr>
    <br>
    <h1>
      ABOUT HOCKEY</h1>
    <br>
    <hr>

  </header>
  <main>
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      Hockey is a term used to denote a family of various types of both
      summer and winter team sports which originated on either an outdoor field, sheet of
      ice, or dry floor such as in a gymnasium. While these sports vary in specific
      rules, numbers of players, apparel and, notably, playing surface, they share broad
      characteristics of two teams playing against each other to propel a ball or disk
      into a goal with a stick.
```

There are many types of hockey. Some games make the use of skates, either wheeled, or bladed while others do not. In order to help make the distinction between these various games, the word "hockey" is often preceded by another word i.e. "field hockey", "ice hockey", "roller hockey", "rink hockey", or "floor hockey".

In each of these sports, two teams play against each other by trying to manoeuvre the object of play, either a type of ball or a disk (such as a puck), into the opponent's goal using a hockey stick. Two notable exceptions use a straight stick and an open disk (still referred to as a "puck") with a hole in the center instead.

The first case is a style of floor hockey whose rules were codified in 1936 during the Great Depression by Canada's Sam Jacks. The second case involves a variant which was later modified in roughly the 1970s to make a related game that would be considered suitable for inclusion as a team sport in the newly emerging Special Olympics. The floor game of gym ringette, though related to floor hockey, is not a true variant due to the fact that it was designed in the 1990s and modelled off of the Canadian ice skating team sport of ringette, which was invented in Canada in 1963. Ringette was also invented by Sam Jacks, the same Canadian who codified the rules for the open disk style of floor hockey 1936

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The first recorded use of the word hockey is in the 1773 book Juvenile Sports and Pastimes, to Which Are Prefixed, Memoirs of the Author: Including a New Mode of Infant Education by Richard Johnson (Pseud. Master Michel Angelo), whose chapter XI was titled "New Improvements on the Game of Hockey".[1] The belief that hockey was mentioned in a 1363 proclamation by King Edward III of England[2] is based on modern translations of the proclamation, which was originally in Latin and explicitly forbade the games "Pilam Manualem, Pedivam, & Bacularem: & ad Canibucam & Gallorum Pugnam".[3][4] The English historian and biographer John Strype did not use the word "hockey" when he translated the proclamation in 1720, instead translating "Canibucam" as "Cambuck";[5] this may have referred to either an early form of hockey or a game more similar to golf or croquet.[6]

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<p>MODERN USAGE</P>

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In most of the world, the term hockey when used without clarification refers to field hockey, while in Canada, the United States, Russia and most of Eastern and Northern Europe, the term usually refers to ice hockey.[9]

In more recent history, the word "hockey" is used in reference to either the summer Olympic sport of field hockey, which is a stick and ball game, and the winter ice team skating sports of bandy and ice hockey. This is due to the fact that field hockey and other stick and ball sports and their related variants preceded games which would eventually be played on ice with ice skates, namely bandy and ice hockey, as well as sports involving dry floors such as roller hockey and floor hockey. However, the "hockey" referred to in common parlance often depends on locale, geography, and the size and popularity of the sport involved. For example, in Europe, "hockey" more typically refers to field hockey, whereas in Canada, it typically refers to ice hockey. In the case of bandy, the game was initially called "hockey on the ice" and preceded the organization and development of ice hockey, but was officially changed to "bandy" in the early 20th century in order to avoid

confusion with ice hockey, a separate sport. Bandy, while related to other hockey games, derives some of its inspiration from Association football.

Sledge hockey, a variant of ice hockey designed for players with physical disabilities, was created in the 1960s and has since been renamed, "Para-ice hockey".

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<h2>HISTORY</h2>

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Games played with curved sticks and a ball can be found in the histories of many cultures. In Egypt, 4000-year-old carvings feature teams with sticks and a projectile, hurling dates to before 1272 BC in Ireland, and there is a depiction from approximately 600 BC in Ancient Greece, where the game may have been called kerētízein (κηρητίζειν) because it was played with a horn or horn-like stick (kéras, κέρας).[10] In Inner Mongolia, the Daur people have been playing beikou, a game similar to modern field hockey, for about 1,000 years.[11]

Most evidence of hockey-like games during the Middle Ages is found in legislation concerning sports and games. The Galway Statute enacted in Ireland in 1527 banned certain types of ball games, including games using "hooked" (written "hockie", similar to "hooky") sticks.[12]

...at no tyme to use ne occupye the horlinge of the litill balle with hockie stickes or staves, nor use no hande ball to play withoute walles, but only greate foote balle[13]

By the 19th century, the various forms and divisions of historic games began to differentiate and coalesce into the individual sports defined today. Organizations dedicated to the codification of rules and regulations began to form, and national and international bodies sprang up to manage domestic and international competition

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<h3>

OTHER FORMS OF HOCKEY

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Other games derived from hockey or its predecessors include the following:

Box Hockey being played in Miami, Florida, 1935

Air hockey is played indoors with a puck on an air-cushion table.

Beach hockey, a variation of street hockey, is a common sight on Southern California beaches.

Ball hockey is played in a gym using sticks and a ball, often a tennis ball with the felt removed.

Box hockey is a schoolyard game played by two people. The object of the game is to move a hockey puck from the center of the box out through a hole placed at the end of the box (known as the goal). The players kneel facing one another on either side of the box, and each attempts to move the puck to the hole on their left.

Broomball is played on an ice hockey rink, but with a ball instead of a puck and a "broom" (actually a stick with a small plastic implement on the end) in place of the ice hockey stick. Instead of skates, special shoes are used that have very soft rubbery soles to maximize grip while running around.

Deck hockey is traditionally played by the Royal Navy on ships' decks, using short wooden L-shaped sticks.

Floor hockey: a variety of games with different codes usually played on foot on a flat, smooth floor surface, usually indoors in gymnasiums or similar spaces.

Floorball is a form of hockey played in a gymnasium or in a sports hall. A whiffle ball is used instead of a plastic ball, and the sticks are only one meter long and made from composite materials.

Foot hockey or sock hockey is played using a bald tennis ball or rolled-up pair of socks and using only the feet. It is popular in elementary schools in the winter.

Gena[25] is a field hockey sport played in Ethiopia, with which the Ethiopian Christmas festival shares its name. The equipment consists of a strong stick curved at one end, and a ball of two kinds: either called srur (made out of a rounded piece of hard-wood) or tsng (made by weaving a long strip of leather into a rounded shape).

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EQUIPMENT

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Protection

Shoulder pads

Genital protection, a jockstrap with cup pocket and protective cup or a "jill" for female players.

Hockey stick

Footwear

Roller hockey

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<h5>HOCKEY IS THE NATIONAL SPORT OF OUR country

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        Football is a family of team sports that involve, to
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        used. Sports commonly called football include association football (known as soccer
        in North America, Ireland and Australia); gridiron football (specifically American
        football or Canadian football); Australian rules football; rugby union and rugby
        league; and Gaelic football.[1] These various forms of football share to varying
        extent common origins and are known as "football codes".
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There are a number of references to traditional, ancient, or prehistoric ball games played in many different parts of the world.[2][3][4] Contemporary codes of football can be traced back to the codification of these games at English public schools during the 19th century.[5][6] The expansion and cultural influence of the British Empire allowed these rules of football to spread to areas of British influence outside the directly controlled Empire.[7] By the end of the 19th

century, distinct regional codes were already developing: Gaelic football, for example, deliberately incorporated the rules of local traditional football games in order to maintain their heritage.[8] In 1888, The Football League was founded in England, becoming the first of many professional football associations. During the 20th century, several of the various kinds of football grew to become some of the most popular team

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The various codes of football share certain common elements and can be grouped into two main classes of football: carrying codes like American football, Canadian football, Australian football, rugby union and rugby league, where the ball is moved about the field while being held in the hands or thrown, and kicking codes such as Association football and Gaelic football, where the ball is moved primarily with the feet, and where handling is strictly limited.[10]

Common rules among the sports include:[11]

Two teams of usually between 11 and 18 players; some variations that have fewer players (five or more per team) are also popular.

A clearly defined area in which to play the game.

Scoring goals or points by moving the ball to an opposing team's end of the field and either into a goal area, or over a line.

Goals or points resulting from players putting the ball between two goalposts.

The goal or line being defended by the opposing team.

Players using only their body to move the ball, ie no additional equipment such as bats or sticks.

In all codes, common skills include passing, tackling, evasion of tackles, catching and kicking.[10] In most codes, there are rules restricting the movement of players offside, and players scoring a goal must put the ball either under or over a crossbar between the goalposts.

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## EARLY HISTORY OF FOOTBALL

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The Chinese competitive game cuju (蹴鞠) resembles modern association football (soccer),[13] descriptions appear in a military manual dated to the second and third centuries BC.[14] It existed during the Han dynasty and possibly the Qin dynasty, in the second and third centuries BC.[15] The Japanese version of cuju is kemari (蹴鞠), and was developed during the Asuka period.[16] This is known to have been played within the Japanese imperial court in Kyoto from about 600 AD. In kemari several people stand in a circle and kick a ball to each other, trying not to let the ball drop to the ground (much like keepie uppie).

An ancient Roman tombstone of a boy with a Harpastum ball from Tilurium (modern Sinj, Croatia)

### Ancient Greece and Rome

The Ancient Greeks and Romans are known to have played many ball games, some of which involved the use of the feet. The Roman game harpastum is believed to have been adapted from a Greek team game known as "ἐπίσκυρος" (Episkyros)[17][18] or "φαίνινδα" (phaininda),[19] which is mentioned by a Greek playwright, Antiphanes (388–311 BC) and later referred to by the Christian theologian Clement of Alexandria (c. 150 – c. 215 AD). These games appear to have resembled rugby football.[20][21][22][23][24] The Roman politician Cicero (106–43 BC) describes the case of a man who was killed whilst having a shave when a ball was kicked into a barber's shop. Roman ball games already knew the air-filled ball, the follis.[25][26] Episkyros is recognised as an early form of football by FIFA.[27]

### Native Americans

There are a number of references to traditional, ancient, or prehistoric ball games, played by indigenous peoples in many different parts of the world. For example, in 1586, men from a ship commanded by an English explorer named John Davis, went ashore to play a form of football with Inuit in Greenland.[28] There are later accounts of an Inuit game played on ice, called Aqsaqtuk. Each match began with two teams facing each other in parallel lines, before attempting to kick the ball through each other team's line and then at a goal. In 1610, William Strachey, a colonist at Jamestown, Virginia recorded a game played by Native Americans, called Pahsaheman.[citation needed] Pasuckuakohowog, a game similar to modern-day association football played amongst Amerindians, was also reported as early as the 17th century.

Games played in Mesoamerica with rubber balls by indigenous peoples are also well-documented as existing since before this time, but these had more similarities to basketball or volleyball, and no links have been found between such games and modern football sports. Northeastern American Indians, especially the Iroquois Confederation, played a game which made use of net racquets to throw and catch a small ball; however, although it is a ball-goal foot game, lacrosse (as its modern descendant is called) is likewise not usually classed as a form of "football." [citation needed]

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FOOTBALL ASSOCIATION

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During the early 1860s, there were increasing attempts in England to unify and reconcile the various public school games. In 1862, J. C. Thring, who had been one of the driving forces behind the original Cambridge Rules, was a master at Uppingham School and he issued his own rules of what he called "The Simplest Game" (these are also known as the Uppingham Rules). In early October 1863 another new revised version of the Cambridge Rules was drawn up by a seven member committee representing former pupils from Harrow, Shrewsbury, Eton, Rugby, Marlborough and Westminster.

At the Freemasons' Tavern, Great Queen Street, London on the evening of 26 October 1863, representatives of several football clubs in the London Metropolitan area met for the inaugural meeting of The Football Association (FA). The aim of the Association was to establish a single unifying code and regulate the playing of the game among its members. Following the first meeting, the public schools were invited to join the association. All of them declined, except Charterhouse and Uppingham. In total, six meetings of the FA were held between October and December 1863. After the third meeting, a draft set of rules were published. However, at the beginning of the fourth meeting, attention was drawn to the recently published Cambridge Rules of 1863. The Cambridge rules differed from the draft FA rules in two significant areas; namely running with (carrying) the ball and hacking (kicking opposing players in the shins). The two contentious FA rules were as follows:

IX. A player shall be entitled to run with the ball towards his adversaries' goal if he makes a fair catch, or catches the ball on the first bound; but in case of a fair catch, if he makes his mark he shall not run.

X. If any player shall run with the ball towards his adversaries' goal, any player on the opposite side shall be at liberty to charge, hold, trip or hack him, or to wrest the ball from him, but no player shall be held and hacked at the same time.[108]

At the fifth meeting it was proposed that these two rules be removed. Most of the delegates supported this, but F. M. Campbell, the representative from Blackheath and the first FA treasurer, objected. He said: "hacking is the true football". However, the motion to ban running with the ball in hand and hacking was carried and Blackheath withdrew from the FA. After the final meeting on 8 December, the FA published the "Laws of Football", the first comprehensive set of rules for the game later known as Association Football. The term "soccer", in use since the late 19th century, derives from an Oxford University abbreviation of "Association".[109]

The first FA rules still contained elements that are no longer part of association football, but which are still recognisable in other games (such as Australian football and rugby football): for instance, a player could make a fair catch and claim a mark, which entitled him to a free kick; and if a player touched the ball

behind the opponents' goal line, his side was entitled to a free kick at goal, from 15 yards (13.5 metres) in front of the goal line.

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    POPULARITY
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Several of the football codes are the most popular team sports in the world.[9] Globally, association football is played by over 250 million players in over 200 nations,[133] and has the highest television audience in sport,[134] making it the most popular in the world.[135] American football, with 1.1 million high school football players and nearly 70,000 college football players, is the most popular sport in the United States,[136][137] with the annual Super Bowl game accounting for nine of the top ten of the most watched broadcasts in U.S. television history.[138] The NFL has the highest average attendance (67,591) of any professional sports league in the world and has the highest revenue[139] out of any single professional sports league.[140] Thus, the best association football and American football players are among the highest paid athletes in the world.[141][142][143]

Australian rules football has the highest spectator attendance of all sports in Australia.[144][145] Similarly, Gaelic football is the most popular sport in Ireland in terms of match attendance,[146] and the All-Ireland Football Final is the most watched event of that nation's sporting year.[147]

Rugby union is the most popular sport in New Zealand, Samoa, Tonga, and Fiji.[148] It is also the fastest growing sport in the U.S.[149][150][151][152] with college rugby being the fastest growing[clarification needed][153][154] college sport in that country.[155][dubious – discuss]

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## FOOTBALL

### ABOUT FOOTBALL

Football is a family of team sports that involve, to varying degrees, kicking a ball to score a goal. Unqualified, the word football normally means the form of football that is the most popular where the word is used. Sports commonly called football include association football (known as soccer in North America, Ireland and Australia); gridiron football (specifically American football or Canadian football); Australian rules football; rugby union and rugby league; and Gaelic football.[1] These various forms of football share to varying extent common origins and are known as "football codes". There are a number of references to traditional, ancient, or prehistoric ball games played in many different parts of the world.[2][3][4] Contemporary codes of football can be traced back to the codification of these games at English public schools during the 19th century.[5][6] The expansion and cultural influence of the British Empire allowed these rules of football to spread to areas of British influence outside the directly controlled Empire.[7] By the end of the 19th century, distinct regional codes were already developing: Gaelic football, for example, deliberately incorporated the rules of local traditional football games in order to maintain their heritage.[8] In 1888, The Football League was founded in England, becoming the first of many professional football associations. During the 20th century, several of the various kinds of football grew to become some of the most popular team

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## VOLLEYBALL

### ABOUT VOLLEYBALL

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.[1] It has been a part of the official program of the Summer Olympic Games since Tokyo 1964. Beach volleyball was introduced to the programme at the Atlanta 1996 Summer Olympics. The adapted version of volleyball at the Summer Paralympic Games is sitting volleyball. The complete set of rules is extensive,[2] but play essentially proceeds as follows: a player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court.[3] The receiving team must not let the ball be grounded within their court. The team may touch the ball up to three times to return the ball to the other side of the court, but individual players may not touch the ball twice consecutively.[3] Typically, the first two touches are used to set up for an attack. An attack is an attempt to direct the ball back over the net in such a way that the team receiving the ball is unable to pass the ball and continue the rally, thus, losing the point. The team that wins the rally is awarded a point and serves the ball to start the next rally. A few of the most common faults include:

causing the ball to touch the ground or floor outside the opponents' court or without first passing over the net; catching and throwing the ball; double hit: two consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same team; net foul: touching the net during play; foot fault: the foot crosses over the boundary line when serving or under the net when a front row player is trying to keep the ball in play. The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body. A number of consistent techniques have evolved in volleyball, including spiking and blocking (because these plays are made above the top of the net, the vertical jump is an athletic skill emphasized in the sport) as well as passing, setting, specialized player positions, and offensive and defensive structures.[4]

Each team consists of six players.[18] To get play started, a team is chosen to serve by coin toss. A player from the serving team throws the ball into the air and attempts to hit the ball so it passes over the net on a course such that it will land in the opposing team's court (the serve).[18] The opposing team must use a combination of no more than three contacts with the volleyball to return the ball to the opponent's side of the net.[18] These contacts usually consist first of the bump or pass so that the ball's trajectory is aimed towards the player designated as the setter; second of the set (usually an over-hand pass using wrists to push finger-tips at the ball) by the setter so that the ball's trajectory is aimed towards a spot where one of the players designated as an attacker can hit it, and third by the attacker who spikes (jumping, raising one arm above the head and hitting the ball so it will move quickly down to the ground on the opponent's court) to return the ball over the net.[3] The team with possession of the ball that is trying to attack the ball as described is said to be on offence. The team on defence attempts to prevent the attacker from directing the ball into their court: players at the net jump and reach above the top (and if possible, across the plane) of the net to block the attacked ball.[3] If the ball is hit around, above, or through the block, the defensive players arranged in the rest of the court attempt to control the ball with a dig (usually a fore-arm pass of a hard-driven ball). After a successful dig, the team transitions to offence.

### HISTORY

The first official ball used in volleyball is disputed; some sources say Spalding created the first official ball in 1896, while others claim it was created in 1900.[11][12][13] The rules evolved over time: in 1916, in the Philippines, the skill and power of the set and spike had been introduced, and four years later a "three hits" rule and a rule against hitting from the back row were established. In 1917, the game was changed from requiring 21 points to win to a smaller 15 points to win. In 1919, about 16,000 volleyballs were distributed by the American Expeditionary Forces to their troops and allies, which sparked the growth of volleyball in new countries.[11] The first country outside the United States to adopt volleyball was Canada in 1900.[11] An international federation, the Fédération Internationale de Volleyball (FIVB), was founded in 1947, and the first World Championships were held in 1949 for men and 1952 for women.[14] The sport is now popular in Brazil, in Europe (where especially Italy, the Netherlands, and countries from Eastern Europe have been major forces since the late 1980s), in Russia, and in other countries including China and the rest of Asia, as well as in the United States.[8][9][14] A nudist/naturist volleyball game at the Sunny Trails Club during the 1958 Canadian Sunbathing Association (CSA) convention in British Columbia, Canada Beach volleyball, a variation of the game played on sand and with only two players per team, became a FIVB-endorsed variation in 1987 and was added to the Olympic program at the 1996 Summer Olympics.[11][14] Volleyball is also a sport at the Paralympics managed by the World Organization Volleyball for Disabled. Nudists were early adopters of the game with regular organized play in clubs as early as the late 1920s.[15][16] By the 1960s, a volleyball court had become standard in almost all nudist/naturist clubs.[1]



## HOCKEY

### ABOUT HOCKEY

Hockey is a term used to denote a family of various types of both summer and winter team sports which originated on either an outdoor field, sheet of ice, or dry floor such as in a gymnasium. While these sports vary in specific rules, numbers of players, apparel and, notably, playing surface, they share broad characteristics of two teams playing against each other to propel a ball or disk into a goal with a stick. There are many types of hockey. Some games make the use of skates, either wheeled, or bladed while others do not. In order to help make the distinction between these various games, the word "hockey" is often preceded by another word i.e. "field hockey", "ice hockey", "roller hockey", "rink hockey", or "floor hockey". In each of these sports, two teams play against each other by trying to manoeuvre the object of play, either a type of ball or a disk (such as a puck), into the opponent's goal using a hockey stick. Two notable exceptions use a straight stick and an open disk (still referred to as a "puck") with a hole in the center instead. The first case is a style of floor hockey whose rules were codified in 1936 during the Great Depression by Canada's Sam Jacks. The second case involves a variant which was later modified in roughly the 1970s to make a related game that would be considered suitable for inclusion as a team sport in the newly emerging Special Olympics. The floor game of gym ringette, though related to floor hockey, is not a true variant due to the fact that it was designed in the 1990s and modelled off of the Canadian ice skating team sport of ringette, which was invented in Canada in 1963. Ringette was also invented by Sam Jacks, the same Canadian who codified the rules for the open disk style of floor hockey 1936

The first recorded use of the word hockey is in the 1773 book *Juvenile Sports and Pastimes, to Which Are Prefixed, Memoirs of the Author: Including a New Mode of Infant Education* by Richard Johnson (Pseud. Master Michel Angelo), whose chapter XI was titled "New Improvements on the Game of Hockey" [1] The belief that hockey was mentioned in a 1363 proclamation by King Edward III of England[2] is based on modern translations of the proclamation, which was originally in Latin and explicitly forbade the games "Pilam Manualem, Pedivam, & Bacularem: & ad Canibucam & Gallorum Pugnam".[3][4] The English historian and biographer John Strype did not use the word "hockey" when he translated the proclamation in 1720, instead translating "Canibucam" as "Cambuck".[5] this may have referred to either an early form of hockey or a game more similar to golf or croquet.[6]



### MODERN USAGE

In most of the world, the term hockey when used without clarification refers to field hockey, while in Canada, the United States, Russia and most of Eastern and Northern Europe, the term usually refers to ice hockey.[9] In more recent history, the word "hockey" is used in reference to either the summer Olympic sport of field hockey, which is a stick and ball game, and the winter ice team skating sports of bandy and ice hockey. This is due to the fact that field hockey and other stick and ball sports and their related variants preceded games which would eventually be played on ice with ice skates, namely bandy and ice hockey, as well as sports involving dry floors such as roller hockey and floor hockey. However, the "hockey" referred to in common parlance often depends on locale, geography, and the size and popularity of the sport involved. For example, in Europe, "hockey" more typically refers to field hockey, whereas in Canada, it typically refers to ice hockey. In the case of bandy, the game was initially called "hockey on the ice" and preceded the organization and development of ice hockey, but was officially changed to "bandy" in the early 20th century in order to avoid confusion with ice hockey, a separate sport. Bandy, while related to other hockey games, derives some of its inspiration from Association football. *Student hockey*, a variant of *ice hockey* designed for players with physical disabilities, was created in the 1940s and has since been renamed, "Para-ice hockey".

## CRICKET

### ABOUT CRICKET

Cricket is a sport which is played between two teams of eleven players each (Cricket). One team, which is batting, tries to score runs, while the other team is fielding, and tries to prevent this. Runs are scored by hitting the ball, which is thrown by a player from the fielding team to a player from the batting team, across the boundary, or by the two batting players running back-and-forth between the two wickets. The wickets are sets of three small, wooden posts that are at each end of a rectangle of short grass called 'the pitch', which is 11 yards long. The pitch is inside a much larger oval of grass called the 'area of play'. The area of play is a 30 yard circle inside the cricket ground or stadium.[1] The fielding team can attempt to get batting players "out" in a number of ways. When a player is out, a teammate will replace them in the field. When a team no longer has two "not-out" players left to score, then the other team gets the chance to try to score. In shorter games of cricket, a team may also have to stop batting when the ball has been thrown to their players a certain number of times. After both teams have had enough chances to score, the team with the most runs wins. The game started to gain popularity in England in the 10th century. The earliest definite reference to the sport is in a court case of 1598.[2] The Guildford court heard John Derrick, a coroner, that fifty years earlier, "he and diverse of his fellows did run and play [on the common land] at cricket".[3][4] Later, the game spread to countries of the British Empire in the 19th and 20th centuries. Today, it is a popular sport in England, Australia, India, Pakistan, Sri Lanka, Bangladesh, South Africa, New Zealand, the West Indies and several other countries such as Afghanistan, Ireland, Kenya, Scotland, the Netherlands, and Zimbabwe.

Cricket is popular in many countries, mostly in Commonwealth countries. The countries where cricket is most popular compete in international matches (games between countries) that last up to 5 days, which are called Test matches. Those countries are England, Australia, West Indies, South Africa, New Zealand, India, Bangladesh, Zimbabwe, Ireland, Afghanistan and Sri Lanka. The West Indies are a group of Caribbean countries that play together as a team. Several other countries have more junior status. The test match idea was invented by teams from England and Australia in the 19th century.Ireland and Afghanistan are the new teams which can play Test cricket. Cricket is also played in Kenya, Canada, Bermuda, Scotland, Holland and Namibia; the national teams of those countries can play one-day international matches, but do not play test matches.

### RULES OF CRICKET

There are two teams: The team bowling has 11 players on the field. The team batting has two players, one at each end of the pitch (also sometimes called the wicket). The rest of the batting team are off the field. Runs are got after a ball is bowled, mostly by hitting the ball and running; or by hitting the ball to or over the boundary. The captain of the bowling team chooses a bowler from his team; the other players are called 'fielders'. The bowler is trying to aim the ball at a wicket, which is made up of three stumps (called stumps) stuck into the earth, with two small sticks (called bails) balanced on them. One of the fielders, called the 'wicket keeper', stands behind the wicket to catch the ball if the bowler misses the wicket. The other fielders may chase the ball after the batsman has hit it. The bowler runs towards his wicket, and bowls towards the batsman at the other wicket. He does not throw the ball. He bowls the ball overarm with a "straight arm" (defined further in the rules and the guidance to umpires). If he bends his arm, the other teams are given one run and he has to bowl the ball again. An 'over' is six balls, meaning he bowls six times. Then another player becomes the bowler for the next over, and bowls from the other end, and so on. The same bowler cannot bowl two overs one after the other. The batsman is trying to defend the wicket from getting hit with the ball. He does this with a bat. When he hits the ball with his bat, he may run toward the other wicket. To score a run: The two batsmen must both run from their wicket to the other wicket before they can be run out. Being run out is explained below. The batsmen can run between the wickets as many times as they want, with one run scored each time they do this. If the ball leaves the field after being hit without bouncing, six runs are scored. If the ball rolls or bounces out, whether or not the batter hit it, it counts as four runs. There are different ways that a batsman can get out. The most common ways are: The batsman misses the ball and the ball hits the wicket: called bowled, or being "bowled out". The ball hits the batsman's body when it would have hit the wicket otherwise. Called LBW (leg before wicket). The way this rule is applied is complicated; this is just the general idea.

### DIFFERENT FORMS OF CRICKET

# SPORTS

## Introduction to Sports

pertains to any form of competitive physical activity or game[1] that aims to use, maintain, or improve physical ability and skills while providing enjoyment to participants and, in some cases, entertainment to spectators.[2] Sports can, through casual or organized participation, improve participants' physical health. Hundreds of sports exist, from those between single contestants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals. In certain sports such as racing, many contestants may compete, simultaneously or consecutively, with one winner; in others, the contest (a match) is between two sides, each attempting to exceed the other. Some sports allow a "tie" or "draw", in which there is no single winner; others provide tie-breaking methods to ensure one winner and one loser. A number of contests may be arranged in a tournament producing a champion. Many sports leagues make an annual champion by arranging games in a regular sports season, followed in some cases by playoffs

Sport is generally recognised as system of activities based in physical athleticism or physical dexterity, with major competitions such as the Olympic Games admitting only sports meeting this definition.[3] Other organisations, such as the Council of Europe, preclude activities without a physical element from classification as sports.[2] However, a number of competitive, but non-physical, activities claim recognition as mind sports. The International Olympic Committee (through ARISF) recognises both chess and bridge as bona fide sports, and SportAccord, the international sports federation association, recognises five non-physical sports: bridge, chess, draughts (checkers), Go and xiangqi.[4][5] and limits the number of mind games which can be admitted as sports.[1]



## ADVANTAGE OF SPORTS

Sport improves your mood Sport improves your concentration Sport reduces stress and depression port improves sleep habits Sport helps you maintain a healthy weight Sport boosts your self-confidence port has been linked to leadership traits

## OUR NATIONAL GAME IS HIOCKEY