Sports club

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**Introduction:**

This project we used HTML and CSS .We used internal CSS type for this project.In this web page some modules are about, sports, subscriptions, content etc..in this webpage we used javascript animations for scrolling pictures we use outscading under the clubs we use list concept for naming the sports.We use bootstrap for mentioning start training now line. We use paragraph tag for writing the paragraph.

We use h1 tag for headings .We use div tag for mentioning heading in box and top space in between the heading we used margin tag. For having space above and below the headings.We use padding tag. We use anchor tag for continue the paragraph. We apply the name of the colour in style.

**Swimming** is an individual or team [racing sport](https://en.wikipedia.org/wiki/Racing) that requires the use of one's entire body to move through water. The sport takes place in [pools](https://en.wikipedia.org/wiki/Swimming_pool) or open water (e.g., in a sea or lake). Competitive swimming is one of the most popular [Olympic](https://en.wikipedia.org/wiki/Olympic_Games) sports,[[1]](https://en.wikipedia.org/wiki/Swimming_(sport)#cite_note-1) with varied distance events in [butterfly](https://en.wikipedia.org/wiki/Butterfly_stroke), [backstroke](https://en.wikipedia.org/wiki/Backstroke), [breaststroke](https://en.wikipedia.org/wiki/Breaststroke), [freestyle](https://en.wikipedia.org/wiki/Freestyle_swimming), and [individual medley](https://en.wikipedia.org/wiki/Individual_medley). In addition to these individual events, four swimmers can take part in either a freestyle or medley [relay](https://en.wikipedia.org/wiki/Relay). A medley relay consists of four swimmers who will each swim a different stroke, ordered as backstroke, breaststroke, butterfly and freestyle.[[2]](https://en.wikipedia.org/wiki/Swimming_(sport)#cite_note-2)

Swimming each stroke requires a set of specific techniques; in competition, there are distinct regulations concerning the acceptable form for each individual stroke.[[3]](https://en.wikipedia.org/wiki/Swimming_(sport)#cite_note-3) There are also regulations on what types of [swimsuits](https://en.wikipedia.org/wiki/Swimsuit), caps, jewelry and injury tape that are allowed at competitions.[[4]](https://en.wikipedia.org/wiki/Swimming_(sport)#cite_note-4) Although it is possible for competitive swimmers to incur several injuries from the sport, such as [tendinitis](https://en.wikipedia.org/wiki/Tendinitis) in the shoulders or knees, there are also multiple health benefits associated with the sport.

**Swim styles**

In competitive swimming, four major styles have been established. These have been relatively stable over the last 30–40 years with minor improvements. They are:

* Butterfly
* Blackstock
* Breaststock
* freestyle



## Health benefits

Swimming is a healthy activity that can be done by most people throughout their life.[]](https://en.wikipedia.org/wiki/Swimming_(sport)#cite_note-:52-37) It is a low-impact workout that has several mental and bodily health benefits all while being a good recreational activity. Swimming builds endurance, muscle strength, and cardiovascular fitness.[]](https://en.wikipedia.org/wiki/Swimming_(sport)#cite_note-:0-38) Correspondingly, it also improves weight loss while being a safer alternative of working out for someone who is injured or for women who are pregnant. Swimming requires less effort than other sports, but the athletes will get the results they are looking for.

The U.S. Census Bureau reports that two and a half hours per week of aerobic physical activity such as swimming can decrease the risk of chronic illnesses, and help regenerate healthy cells.[[41]](https://en.wikipedia.org/wiki/Swimming_(sport)#cite_note-41) Furthermore, swimming is linked to better cognitive function; also lowering the risk of Type II diabetes, high blood pressure, and a stroke. It can improve lung and heart strength while it tones muscles in a full body workout.[[37]](https://en.wikipedia.org/wiki/Swimming_(sport)#cite_note-:52-37) People can typically exercise longer in water than on land without increased effort and minimal joint or muscle pain. When in the water the body undergoes less physical stress thus releasing pressure from the joints.

In addition to the physical benefits of swimming, lower stress levels and occurrences of depression and anxiety are known to decrease while swimming. Swimming is a meditation sport meaning there is an increase of blood flow to the brain which allows an individual to evaluate stressors more calmly. The activity can help increase the memory for older aged individuals who suffer from dementia.

**Volleyball**, game played by two teams, usually of six players on a side, in which the players use their hands to bat a [ball](https://www.britannica.com/sports/ball-sports) back and forth over a high [net](https://www.britannica.com/technology/net), trying to make the ball touch the court within the opponents’ playing area before it can be returned. To prevent this a player on the opposing team bats the ball up and toward a teammate before it touches the court surface—that teammate may then volley it back across the net or bat it to a third teammate who volleys it across the net. A team is allowed only three touches of the ball before it must be returned over the net.

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The [complete set of rules](https://en.wikipedia.org/wiki/Volleyball_rules) are extensive,[[2]](https://en.wikipedia.org/wiki/Volleyball#cite_note-LatestRules-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]](https://en.wikipedia.org/wiki/Volleyball#cite_note-:1-3) The receiving team must not let the ball be grounded within their court. The team may touch the ball up to 3 times, but individual players may not touch the ball twice consecutively.[[3]](https://en.wikipedia.org/wiki/Volleyball#cite_note-:1-3) Typically, the first two touches are used to set up for an attack, an attempt to direct the ball back over the net in such a way that the serving team is unable to prevent it from being grounded in their court.

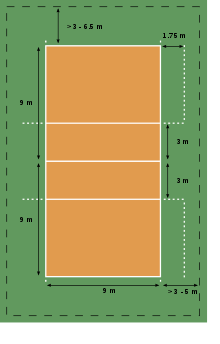
The rally continues, with each team allowed as many as three consecutive touches, until either (1): a team makes a *kill*, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a *fault* and loses the rally. The team that wins the rally is awarded a point and serves 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.

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](https://en.wikipedia.org/wiki/Volleyball#Skills) have evolved in volleyball, including *spiking* and *blocking* (because these plays are made above the top of the net, the [vertical jump](https://en.wikipedia.org/wiki/Vertical_jump) is an athletic skill emphasized in the sport) as well as *passing*, *setting*, and specialized player positions and offensive and defensive structures.

## Rules of the game

[](https://en.wikipedia.org/wiki/File:VolleyballCourt.svg)

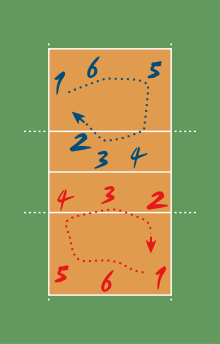
Volleyball court

### The court dimensions

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).[[16]](https://en.wikipedia.org/wiki/Volleyball#cite_note-:0-16) 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]](https://en.wikipedia.org/wiki/Volleyball#cite_note-:1-3)

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.[[16]](https://en.wikipedia.org/wiki/Volleyball#cite_note-:0-16)

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).[[16]](https://en.wikipedia.org/wiki/Volleyball#cite_note-:0-16) 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:

[](https://en.wikipedia.org/wiki/File:VolleyballRotation.svg)

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]](https://en.wikipedia.org/wiki/Volleyball#cite_note-:1-3) 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.[[16]](https://en.wikipedia.org/wiki/Volleyball#cite_note-:0-16)

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.[[17]](https://en.wikipedia.org/wiki/Volleyball#cite_note-17) 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.

**Football** is a family of [team sports](https://en.wikipedia.org/wiki/Team_sport) that involve, to varying degrees, [kicking](https://en.wikipedia.org/wiki/Kick_(football)) a [ball](https://en.wikipedia.org/wiki/Football_(ball)) to score a [goal](https://en.wikipedia.org/wiki/Goal_(sport)). Unqualified, [the word *football*](https://en.wikipedia.org/wiki/Football_(word)) normally means the form of football that is the most popular where the word is used. Sports commonly called *football* include [association football](https://en.wikipedia.org/wiki/Association_football) (known as *soccer* in some countries); [gridiron football](https://en.wikipedia.org/wiki/Gridiron_football) (specifically [American football](https://en.wikipedia.org/wiki/American_football) or [Canadian football](https://en.wikipedia.org/wiki/Canadian_football)); [Australian rules football](https://en.wikipedia.org/wiki/Australian_rules_football); [rugby football](https://en.wikipedia.org/wiki/Rugby_football) (either [rugby league](https://en.wikipedia.org/wiki/Rugby_league) or [rugby union](https://en.wikipedia.org/wiki/Rugby_union)); and [Gaelic football](https://en.wikipedia.org/wiki/Gaelic_football).[[1]](https://en.wikipedia.org/wiki/Football#cite_note-1)[[2]](https://en.wikipedia.org/wiki/Football#cite_note-2) These various forms of football 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.[[3]](https://en.wikipedia.org/wiki/Football#cite_note-3)[[4]](https://en.wikipedia.org/wiki/Football#cite_note-4)[[5]](https://en.wikipedia.org/wiki/Football#cite_note-fifa-or-5) Contemporary codes of football can be traced back to [the codification of these games at English public schools](https://en.wikipedia.org/wiki/English_public_school_football_games) during the 19th century.[[6]](https://en.wikipedia.org/wiki/Football#cite_note-6)[[7]](https://en.wikipedia.org/wiki/Football#cite_note-7) The expansion of the [British Empire](https://en.wikipedia.org/wiki/British_Empire) allowed these rules of football to spread to areas of British influence outside the directly controlled Empire.[[8]](https://en.wikipedia.org/wiki/Football#cite_note-8) 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.[[9]](https://en.wikipedia.org/wiki/Football#cite_note-9) In 1888, [The Football League](https://en.wikipedia.org/wiki/The_Football_League) was founded in England, becoming the first of many professional football competitions. During the 20th century, several of the various kinds of football grew to become some of the most popular team sports in the world

# Football (Soccer) Rules



*Photo credit: Rick Dikeman (*[*source*](http://en.wikipedia.org/wiki/File:Football_iu_1996.jpg)*)*

Football (Soccer) is one of the oldest sports in the world and with that; it’s also one of the most recognised. The pinnacle of the international game comes in the form the Football World Cup. There are also tournament such as the Euro Championships, Copa America and the African Cup of Nations. Domestically the strongest leagues come from England (English Premier League), Spain (La Liga), Italy (Serie A) and Germany (Bundesliga). In parts of the world the sport is also known as Soccer.

## Object of the Game

The aim of football is to score more goals then your opponent in a 90 minute playing time frame. The match is split up into two halves of 45 minutes. After the first 45 minutes players will take a 15 minute rest period called half time. The second 45 minutes will resume and any time deemed fit to be added on by the referee (injury time) will be accordingly

## Players & Equipment

Each team consists of 11 players. These are made up of one goalkeeper and ten outfield players. The pitch dimensions vary from each ground but are roughly 120 yards long and 75 yards wide. On each pitch you will have a 6 yard box next to the goal mouth, an 18 yard box surrounding the 6 yard box and a centre circle. Each half of the pitch must be a mirror image of the other in terms of dimensions.

Essentially the equipment that is needed for a soccer match is pitch and a football. Additionally players can be found wearing studded football boots, shin pads and matching strips. The goalkeepers will additionally wear padded gloves as they are the only players allowed to handle the ball. Each team will have a designated captain.

## Rules of Football (Soccer)

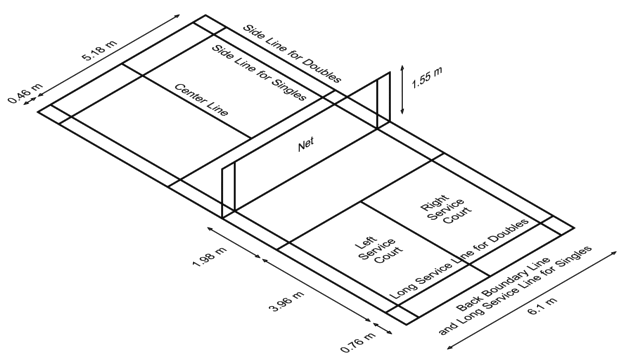
* A match consists of two 45 minutes halves with a 15 minute rest period in between.
* Each team can have a minimum off 11 players (including 1 goalkeeper who is the only player allowed to handle the ball within the 18 yard box) and a minimum of 7 players are needed to constitute a match.
* The field must be made of either artificial or natural grass. The size of pitches is allowed to vary but must be within 100-130 yards long and 50-100 yards wide. The pitch must also be marked with a rectangular shape around the outside showing out of bounds, two six yard boxes, two 18 yard boxes and a centre circle. A spot for a penalty placed 12 yards out of both goals and centre circle must also be visible.
* The ball must have a circumference of 58-61cm and be of a circular shape.
* Each team can name up to 7 substitute players. Substitutions can be made at any time of the match with each team being able to make a maximum of 3 substitutions per side. In the event of all three substitutes being made and a player having to leave the field for injury the team will be forced to play without a replacement for that player.
* Each game must include one referee and two assistant referee’s (linesmen). It’s the job of the referee to act as time keeper and make any decisions which may need to be made such as fouls, free kicks, throw ins, penalties and added on time at the end of each half. The referee may consult the assistant referees at any time in the match regarding a decision. It’s the assistant referee’s job to spot offside’s in the match (see below), throw ins for either team and also assist the referee in all decision making processes where appropriate.
* If the game needs to head to extra time as a result of both teams being level in a match then 30 minutes will be added in the form of two 15 minute halves after the allotted 90 minutes

**Badminton** is a racquet sport played using [racquets](https://en.wikipedia.org/wiki/Racket_(sports_equipment)) to hit a [shuttlecock](https://en.wikipedia.org/wiki/Shuttlecock) across a [net](https://en.wikipedia.org/wiki/Net_(device)). Although it may be played with larger teams, the most common forms of the game are "singles" (with one player per side) and "doubles" (with two players per side). Badminton is often played as a casual outdoor activity in a yard or on a beach; formal games are played on a rectangular indoor court. Points are scored by striking the shuttlecock with the racquet and landing it within the opposing side's half of the court.

Each side may only strike the shuttlecock once before it passes over the net. Play ends once the shuttlecock has struck the floor or if a fault has been called by the umpire, service judge, or (in their absence) the opposing side.[[1]](https://en.wikipedia.org/wiki/Badminton#cite_note-FOOTNOTEBoga2008-1)

The shuttlecock is a feathered or (in informal matches) plastic projectile which flies differently from the balls used in many other sports. In particular, the feathers create much higher [drag](https://en.wikipedia.org/wiki/Drag_(physics)), causing the shuttlecock to decelerate more rapidly. Shuttlecocks also have a high top speed compared to the balls in other racquet sports. The flight of the shuttlecock gives the sport its distinctive nature.

The game developed in [British India](https://en.wikipedia.org/wiki/British_India) from the earlier game of [battledore and shuttlecock](https://en.wikipedia.org/wiki/Battledore_and_shuttlecock). European play came to be dominated by [Denmark](https://en.wikipedia.org/wiki/Denmark) but the game has become very popular in Asia, with recent competitions dominated by [China](https://en.wikipedia.org/wiki/China). Since 1992, badminton has been a [Summer](https://en.wikipedia.org/wiki/Summer_Olympics) [Olympic sport](https://en.wikipedia.org/wiki/Olympic_sports) with [four events](https://en.wikipedia.org/wiki/Badminton_at_the_Summer_Olympics): men's singles, women's singles, men's doubles, and women's doubles,[[2]](https://en.wikipedia.org/wiki/Badminton#cite_note-2) with mixed doubles added four years later. At high levels of play, the sport demands excellent fitness: players require [aerobic stamina](https://en.wikipedia.org/wiki/Aerobic_conditioning), [agility](https://en.wikipedia.org/wiki/Agility), strength, speed, and precision. It is also a technical sport, requiring good [motor coordination](https://en.wikipedia.org/wiki/Motor_coordination) and the development of sophisticated racquet movements.



**Rules**

* A player must wait until his opponent is ready before serving. If the opponent attempts a return then he is ruled having been ready.
* The feet of both players must remain in a stationary position until the serve is made. Your feet can not be touching the line at this time.
* It is not a fault if you miss the shuttle while serving.
* The shuttle cannot be caught and slung with the racket.
* A player cannot hold his racket near the net to ward off a downward stroke by his opponent or to interfere with his racket.
* The shuttle, at the instant of being hit is higher than the servers waist or the head of the racket is higher than the servers racket hand.

**Faults:**

* The shuttle does not land in the correct service court.
* The server's feet are not in the service court or if the feet of the receiver are not in the court diagonally opposite the server.
* The server steps forward as he/she serves.
* Any player balking or feinting his opponent before serve or during serve.
* A serve or shot that lands outside the court boundaries, passes under or through the net, touches any other obstructions or a players body or clothing. The boundary and service lines are considered in play.
* The shuttle in play is struck before it crosses the net to the striker's side of the net. You may follow through over the net.
* A player touching the net or its supports with his body or racket while the shuttle is in play.
* Hitting the shuttle twice in succession by a player or team.

**Acknowledgement:**

In the completion of this project we have to thank to every of our team members,our seniors.we have to thank our lecture as we gain knowledge with the help of him. Finally at the end of this project we can say that we can code our self an web page**.**