

The rules, regulations
and scoring systems
for one team and one
individual sport



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Football has its own unique set of rules and regulations which help maintain the true spirit of the game.

The first rule of a full sized game of football is that there are 11 players on the pitch from each team; this is to make the game fair for both sides.

Referees are perhaps one of the most important rules, imagine a game without one, the game could degenerate into a free for all. The referee ensures that the pitch is a safe area to play on and that players abide by the rules and regulations. The referee can use sanctions such as red and yellow cards or send a player off the pitch if rules and regulations are broken. Teams must wear different colours so they can be easily recognised. The offside rule is perhaps one of the trickiest to understand but without it the game would be pointless as players would just stand in the goal area waiting for the ball, eliminating any skill to the game.

Regulations such as to the suitability of the football boots are there to protect other players from injury, if the studs are sharp or jagged, for example they could cause a bad laceration to another player. Football matches played by adults are limited forty five minutes each half although stoppage time can be added by the referee. This rule helps protect the players from exhaustion, before this rule the game could have gone on for hours if for example a team had to get two goals more than the other team to win. To summarise none of us particularly like rules and regulations but they are there for our safety and also there for the safety of those around us. Players can score goals only if there has been no infringement of any football rules.

If a player for example scores from an offside position the will not count likewise if a player causes malicious injury to a goalkeeper or scores by kicking the ball out of the keepers hand. Another example where a goal would be disallowed is if a player scores form an indirect free kick without taking a deflection and also if a player scores from a throw without taking a deflection the goal would also be disallowed. For the game of table tennis the rules and regulations are a bit more relaxed. Basic rules are used for amateurs and professions but for higher levels of play, the Olympics for example there are different regulations to supplement the basic rules. The scoring system changed in 2001 from getting 21 points to getting 11 points, this was changed to make the game more exciting to watch and make it more appealing to television viewers.

Who serves first is decided by a flip of a coin or choosing which hand the ball is in, this makes it fair to both players. The game of table tennis is played on a table which must be of a certain size and the net a set height, this is 2.74m long by 1.52m wide and 76cm high, the net is 1.83m long and 15.25cm high.

Although the size of the table is regulated the bat is not so theoretically, it could be very large but the bigger the bat the more difficult it would be to use. In 2008 new rules were introduced about the thickness of the rubber on the bat and the glue used. This new rule was introduced as it was discovered glue containing volatile compounds increase the speed of the ball creating a disadvantage for the opponent, the umpire now checks bats for this substance with a device called a mini-rae lite to make the game fair for each player. The rules and regulations of table tennis seem to be constantly <https://assignbuster.com/the-rules-regulations-and-scoring-systems-for-one-team-and-one-individual-sport/>

changing to make the game more exciting for spectators and television viewers. Also with the ever changing development of new technology the game has to be kept fair so one player does not again gain an advantage over the other.