

BCC403 PRINCIPLES AND TECHNIQUES OF OFFICIATING AND COACHING (Throw events, Netball, Gymnastics, Cricket, Archery, Hockey, Boxing, Kabaddi, Kho-Kho, Handball, Swimming)

Unit I: Philosophy of officiating Mechanism of officiating

- Qualification and Qualities of an official
- Philosophy of Officiating
- General principles of officiating
- Pre-duties and post-duties of an official
- Mechanism of officiating
- Official Signals and powers
- System of officiating
- Position of officiating

Unit II: Rules and Interpretations - I

- Dimensions and lay out of the play field / throw events - Specifications of the equipment
- Rules & Regulations - Throw events, Netball, Gymnastics

Unit III: Rules and Interpretations - II

- Dimensions and layout of the play field – Specifications of the equipment
- Rules & Regulations - Cricket, Archery, Hockey, Boxing

Unit IV: Rules and Interpretations - III

- Dimensions and layout of the play field – Specifications of the equipment
- Rules & Regulations - Kabaddi, Kho-Kho, Handball, Swimming

Unit V: Skills and lead up games

- Skills and techniques
- Lead up games to develop the skill/ technique
- Drill

References :

1. Buck Rules of Sports and Games, Published by NCYSI, New Delhi
2. Jenson G. and Fisher AG, (1972). Scientific Basis of Athletic Conditioning, 2nd edition, Lea and Febigeer, Philadelphia _
3. Jones R and et.al., (1982). Guide to Effective Principles and Practices, Allyn and Bacon, Inc
4. Lawther JD (1951). Psychology of Coaching, Prentice Hall, Inc,
5. Englewood Cliffs, New Jersey Rules of Games, Published by International Association of Respective Sports and Games
6. Singh H (1984). Sports Training, General Theory and Physical Fitness, NIS, Patiala
7. Thomas JP (1971). Scientific Weight Training for Sports and Games, Gnanodaya Press, Madras

Kabaddi- <http://www.indiankabaddi.org/rules-of-kabaddi.html>
Handball-[https://www.ihf.info/sites/default/files/2022-03/09A%20%20Rules%20of%20the%20Game Indoor%20Handball E.pdf](https://www.ihf.info/sites/default/files/2022-03/09A%20%20Rules%20of%20the%20Game%20Indoor%20Handball%20E.pdf)
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Boxing- https://www.iba.sport/wp-content/uploads/2021/09/AIBA-Technical-and-Competition-Rules_20.09.21.pdf
Archery- <https://www.worldarchery.sport/rulebook>
Kho-Kho- <https://www.ultimatekhokho.com/static-assets/pdf/rules-season1.pdf>
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