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Track and Field Events

Track Events

Runs

Sprints

Long Distance
Runs

Middle Distance
Runs

Relays

Hurdles

Field Events

Jumps

Broad Jump

Triple Jump

High Jump

Pole vault

Throws

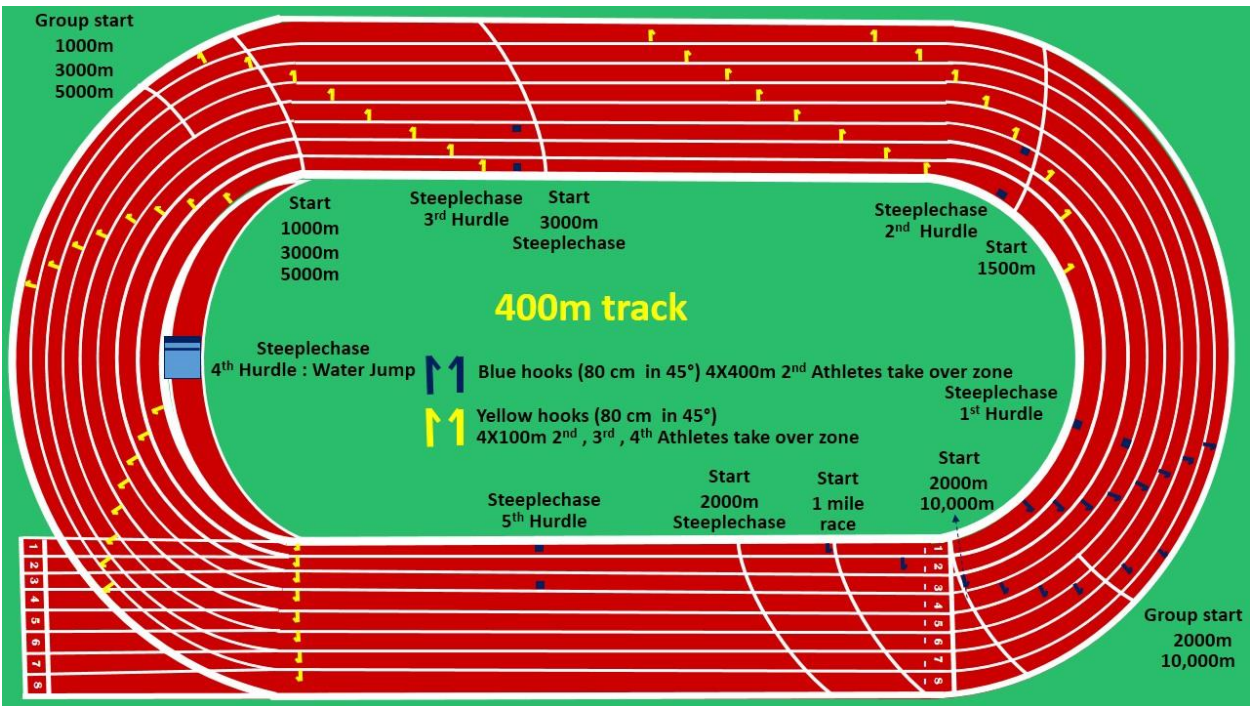
Shot Put

Discus Throw

Javelin Throw

Hammer Throw

1. 400m Standard track



Minimum field requirement for 400m standard track with 8 lanes :

Length of the field : 176.91m

Width of the field : 92.52m

Straight : 84.390m (IAAF Rule)

2 Straight lines : $84.390 + 84.390 = 168.78\text{m}$

$168.780\text{m} - 400\text{m} = 231.221\text{m}$ (2 curves)

$2\pi r = 231.221\text{m}$

$r = 231.221 \times 7 \div 44$

$r = 36.785\text{m}$ or 36.80 RDR

- 30 cm

= 36.50m CDR (Kurb radius for temporary raised inner border)

R.D.R = Running distance radius

C.D.R = Curve distance radius

Diagonal distance calculation – Pythagoras theorem

$$AB^2 + BC^2 = AC^2$$

$$AB = 84.39\text{m}, BC = 36.50\text{m}$$

$$\sqrt{84.39 \times 84.39 + 36.50 \times 36.50}$$

$$\sqrt{7121.672 + 1332.25}$$

$$\sqrt{8453.922}$$

$$= 91.945\text{m Diagonal distance}$$

Half diagonal calculation – Pythagoras theorem

$$AB^2 + BC^2 = AC^2$$

$$AB = 42.195\text{m}, BC = 36.50\text{m}$$

$$\sqrt{42.195 \times 42.195 + 36.50 \times 36.50}$$

$$\sqrt{1780.42 + 1332.25}$$

$$\sqrt{3112.67}$$

$$= 55.988\text{m Half diagonal distance}$$

Calculation of 8 lanes track width :

$$= 2 (\text{Width of the 8 lanes} + 1 \text{ C.D.R.})$$

$$= 2 (1.22 \times 8 + 36.50)$$

$$= 2 (9.76 + 36.50)$$

$$= 2 \times 46.26$$

$$= 92.52\text{m (Width of the 400m track)}$$

Calculation of 8 lanes track length :

$$= \text{Width of the track} + 1 \text{ straight line}$$

$$= 92.52 + 84.390$$

$$= 176.91\text{m (Length of the 400m track)}$$

So minimum requirement of 400m 8 lanes track length 176.91m and width 92.52m.

L.NO	½ STAGGER	FULL SATGGER	1 ½ STAGGER	½ STAGGER	L.NO	DE
formula	$W(n-1)-0.10 \times \pi$ 200m	$W(n-1)-0.10 \times 2\pi$ 400m 4X100m	$W(n-1)-0.10 \times 3\pi$ 4x400m (1 ½ + DE)	$W(n-1)-0.10 \times \pi$ 800m (1/2+DE)	1	0
1	0	0	0	0	2	0.01m
2	3.519m	7.038m	10.564m	3.526	3	0.03m
3	7.352m	14.704m	22.088m	7.384	4	0.07m
4	11.185m	22.370m	33.630m	11.260	5	0.14m
5	15.017m	30.034m	45.185m	15.151	6	0.22m
6	18.850m	37.700m	56.761m	19.061	7	0.30m
7	22.683m	45.366m	68.355m	22.989	8	0.42m
8	26.516m	53.032m	79.965m	26.933		

- Calculation of DE (Diagonal excess) formula Pythagoras theorem $AC=AB^2+BC^2$
- AB= Length of track straight line
- BC= Width of the lane
- For example : AB=straight line of the track 84.39m

BC= Width of the 2nd lane 1.22m (1st lane 0)

$$= \sqrt{84.39^2 + 1.22^2}$$

$$= \sqrt{7,121.67 + 1.48}$$

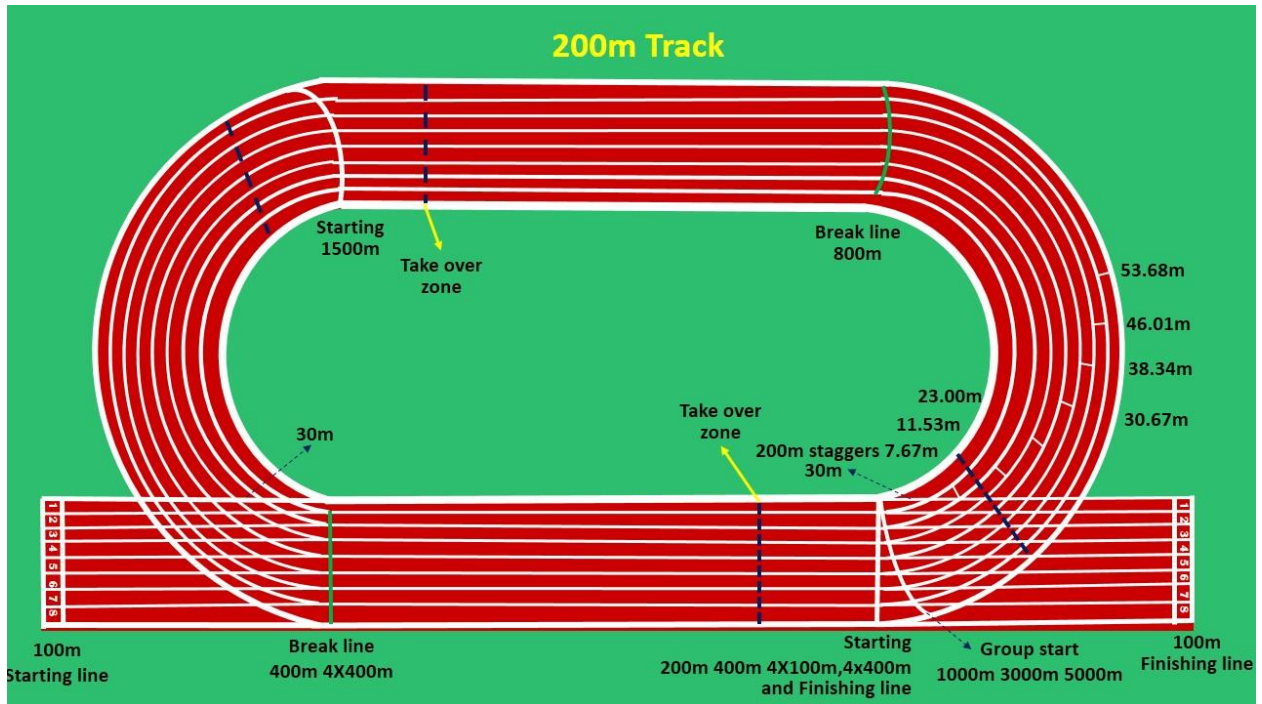
$$= \sqrt{7,123.15}$$

$$= 84.3974 - 84.39 \text{ (AB=straight line of the track 84.39m)}$$

$$= 0.01 \text{ DE}$$

NOTE : After 2nd lane every lane add 1.27m up to 8 lanes

2. 200m track



Straight : 40m

2 Straight lines 40+40=80m

80m-200m=120m(2 curves)

$2\pi r = 120m$

$r = 120 \times 7 \div 44$

$r = 19.09m$ RDR

- 20 or 30 cm

= 18.79m CDR

Diagonal distance calculation – Pythagoras theorem

$$AB^2 + BC^2 = AC^2$$

AB= 20m (40m half), BC= 19.09m

$$\sqrt{20 \times 20 + 19.09 \times 19.09}$$

$$\sqrt{400 + 364.4281}$$

$$\sqrt{764.4281}$$

$$= 27.648m \text{ Diagonal distance}$$

200m Stagers

L.NO	½ STAGGER	FULL STAGGER	1 ½ STAGGER	L.NO	DE
formula	$W(n-1) \pi$	$W(n-1) 2\pi$	$W(n-1) 3\pi$	1	0
1	0	0	0	2	0.02m
2	3.83m	7.66m	11.50m	3	0.08m
3	7.66m	11.53m	23.00m	4	0.18m
4	11.50m	23.00m	34.50m	5	0.32m
5	15.33m	30.67m	46.01m	6	0.49m
6	19.17m	38.34m	57.51m	7	0.77m
7	23.00m	46.01m	69.01m	8	1.03m
8	26.84m	53.68m	80.52m		

Calculation of DE (Diagonal excess) formula Pythagoras theorem $AC=AB^2+BC^2$

- AB= Length of track straight line
- BC= Width of the lane
- For example : AB=straight line of the track 37m
 - BC= Width of the 2nd lane 1.22m (1st lane 0)
 - = $\sqrt{37^2 + 1.22^2}$
 - = $\sqrt{1369 + 1.48}$
 - = $\sqrt{1370.44}$
 - = 37.02 - 37 (AB=straight line of the track 37m)
 - = 0.02 DE

NOTE : After 2nd lane every lane add 1.27m up to 8 lanes

200m track events

200m event –full stagger (All Athletes run their own lanes from starting line to finishing line. (Lanes should not change)

400m event- 1 & ½ stagger (More than 3 teams)

(All Athletes after three curves cut with break line and goes to first lane)

400m event- ½ stagger + DE (Less than 4 teams) (NOTE: DE- means DIAGONAL EXCESS)

800m, 5000m, 10000m, events ARC START from starting line.

1500m event- ARC START from 1st curve line. (7 ½ rounds)

RELAYS in 200m track

4X100m - ½ stagger + DE (Less than 4 teams). 1 & ½ stagger (More than 3 teams)

(1st leg Athletes after 1st curve (3 teams) (4 teams after 3 curves -3rd leg) cut with break line and goes to first lane. Every athlete must be exchange the baton their own lanes and after exchange goes to 1st lane)

4x400m - ½ stagger (Less than 4 teams). 1 & ½ stagger + DE (More than 3 teams)

(1st leg Athletes after 1st curve (3 teams) (4 teams after 3 curves -3rd leg) cut with break line and goes to first lane. Every athlete must be exchange the baton their own lanes and after exchange goes to 1st lane)

NOTE: Calculation of break line. Ex: lanes 6 1/6 x 126m (Two curves) =21m break line.

200m running track total length of required field (TLR)

Rajesh Agola

NOTE: Diagonal distance based on center line of the field

S.L NO	LENGTH OF THE STRIGHT LINE	RUNNING DISTANCE RADIUS (RDR)	CURVE DISTANCE RADIUS (CDR)	FULL DIAGONAL DISTANCE	HALF DIAGONAL DISTANCE	NO OF LANES	MINIMUM LENGTH AND BREADTH OF THE REQUIRED FIELD (TLR- TOTAL LENGTH OF REQUIRED FIELD-WITH 100M)	MINIMUM LENGTH AND BREADTH OF THE REQUIRED FIELD (TLR- TOTAL LENGTH OF REQUIRED FIELD-WITHOUT 100M)	MINIMUM LENGTH AND BREADTH OF THE REQUIRED FIELD (TLR- TOTAL LENGTH OF REQUIRED FIELD-WITH 100M)
1	30m	22.27m	22.07m	37.2m	26.7m	8	100m x 64.46m	89.38m x 59.38m	100m x 59.38m
2	32.5m	21.48m	21.28m	38.9m	26.8m	8	100m x 62.88m	90.3m x 57.8m	100m x 57.8m
3	35m	20.68m	20.48m	40.5m	26.9m	8	100m x 61.28m	91.2m x 56.2m	100m x 56.2m
4	37.5m	19.89m	19.69m	42.4m	27.2m	8	100m x 59.7m	92.66m x 54.62m	100m x 54.62m
5	40m	19.09m	18.89m	44.2m	27.5m	8	100m x 58.1m	93.02m x 53.02m	100m x 53.02m
6	42.5m	18.30m	18.10m	46.2m	27.9m	8	100m x 56.52m	93.94m x 51.44m	100m x 51.44m
7	45m	17.50m	17.30m	48.2m	28.4m	8	100m x 54.92m	94.84m x 49.84m	100m x 49.84m
8	47.5m	16.71m	16.51m	50.3m	28.9m	8	100m x 53.34m	95.76m x 48.26m	100m x 48.26m
9	50m	15.91m	15.71m	52.4m	29.5m	8	100m x 51.74m	96.66m x 46.66m	100m x 46.66m

3. Hurdles

Event	Height of Hurdles*	Distance from Starting line to First Hurdle**	Distance between Hurdles**	Distance from Last Hurdles to Finish line**	Number of Hurdles
110m Men	1.067m	13.72m	9.14m	14.02m	10
110m Junior Men	0.991m	13.72m	9.14m	14.02m	10
110m Youth Boys	0.914m	13.72m	9.14m	14.02m	10
100m Women / Junior	0.838m	13.00m	8.50m	10.50m	10
100m Youth Girls	0.762m	13.00m	8.50m	10.50m	10
400m Men / Junior	0.914m	45.00m	35.00m	40.00m	10
400m Youth Boys	0.838m	45.00m	35.00m	40.00m	10
400m Women / Junior / Youth	0.762m	45.00m	35.00m	40.00m	10

Note: * $\pm 0.003\text{m}$
 ** ± 0.001 for 100m and 110m ; ± 0.03 for 400m

MEASUREMENTS :

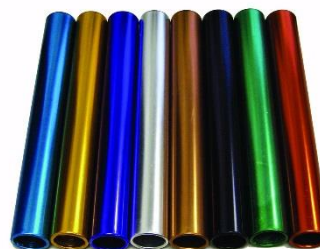
Width of the hurdle : 1.18m (Min) to 1.20m (Max)
 Length of the hurdle base : 0.70m (Max)
 Length of the hurdle top bar : 70 mm ($\pm 5\text{mm}$)
 Thickness of the hurdle top bar : 10 mm to 25mm
 Hurdle top bar shape : Rounded
 Weight of the hurdle : 10kg
 Hurdle marks in track : Length - 10cm
 Width - 5cm



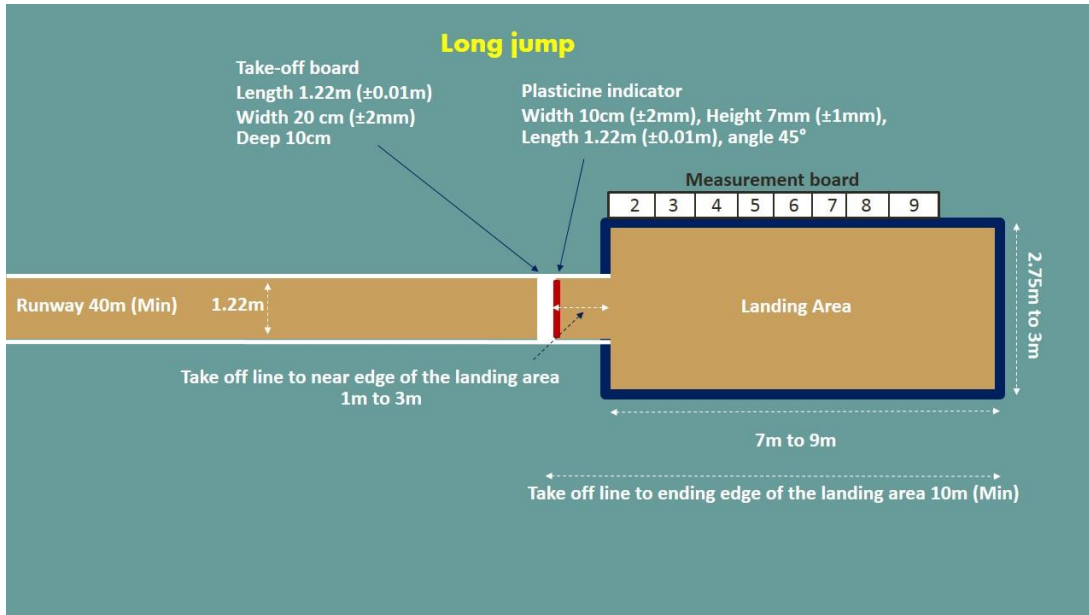
4. Relays

MEASUREMENTS :

Length of the baton : 280mm to 300mm
 Circumference of the baton : 40mm ($\pm 2\text{mm}$)
 Weight of the baton : 50gr
 Acceleration zone : 10m
 Length of acceleration mark : 5cm x 60cm
 Take over zone : 20m
 Take over zone mark : 5cm x 40cm (Between take over zones)



5. Long Jump



PIT MEASUREMENTS :

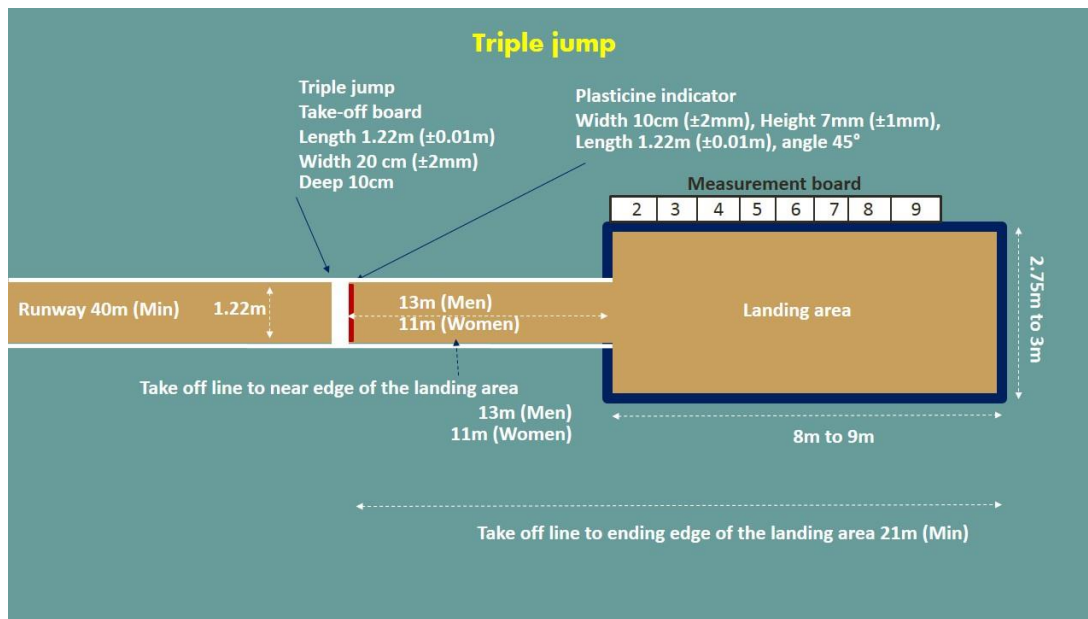
Length of the runway	: 40m (Minimum) (from take-off line)
Width of the runway	: 1.22m (± 0.01 m)
Length of the Landing Area	: 7m to 9m
Width of the Landing Area	: 2.75m to 3m
Sand depth	: 30 cm (Minimum)

TAKE OF BOARD

Length of the Take of Board	: 1.22m (± 0.01 m)
Width of the Take of Board	: 20cm (± 2 mm)
Depth of the Take of Board	: 10cm
Take of board color	: white (Must)
Distance between take of line to nearer edge of the Landing area	: 1m to 3m
Distance between take of line to ending edge of the Landing area	: 10m (Minimum)
Width of the Plasticine board	: 10cm
Height of the Plasticine board	: 7mm
Angle of the Plasticine board	: 45°
Distance between take of board to Plasticine	: 30cm (Approx.)



6. Triple Jump



PIT MEASUREMENTS :

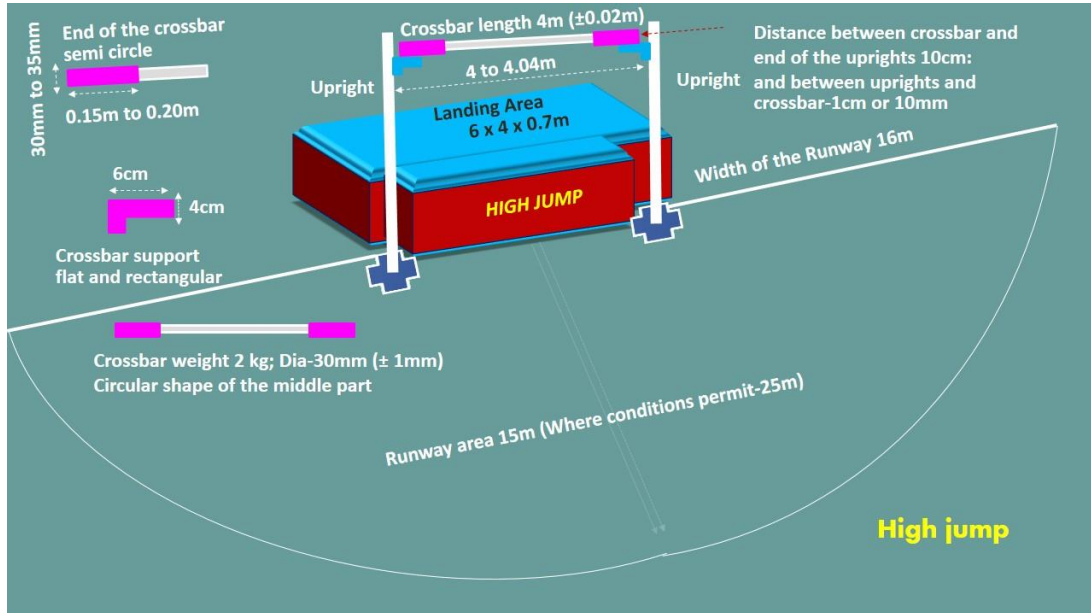
Length of the runway	: 40m (Minimum)
Width of the runway	: 1.22m (± 0.01 m)
Length of the Landing Are	: 8m to 9m
Width of the Landing Are	: 2.75m to 3m
Sand depth	: 30 cm (Minimum)

TAKE OF BOARD

Length of the Take of Board	: 1.22m (± 0.01 m)
Width of the Take of Board	: 20cm (± 2 mm)
Depth of the Take of Board	: 10cm
Take of board color	: white (Must)
Distance between take of line to nearer edge of the Landing area	: 13m (Men) to 11m (Women)
Distance between take of line to ending edge of the Landing area	: 21m (Minimum)
Width of the Plasticine board	: 10cm
Height of the Plasticine board	: 7mm
Angle of Plasticine board	: 45°
Distance between take of board to Plasticine	: 30cm (Approx.)



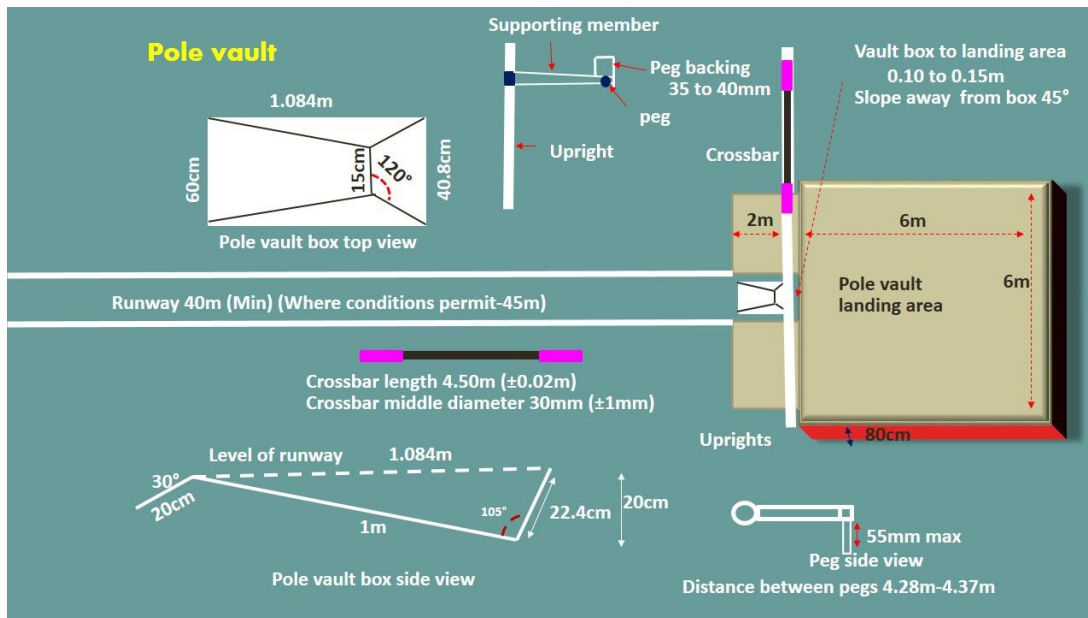
7. High Jump



MEASUREMENTS :

Runway Area	: 15m to 20m (Semi-Circle) (Where conditions permit-25m)
Width of the Runway	: 16m (Semi circle)
Level Area	: 10m X 1m
Distance between Up rights	: 4m (Min) and 4.04m (Max)
Crossbar supports	: 60 mm X 40 mm (Flat and Rectangle)
Length of the crossbar	: 4m (±20mm)
Diameter of the crossbar	: 30mm (± 1mm) (Circular part)
Distance between Up rights and crossbar	: 1cm or 10mm
Length of the crossbar ending	: 0.15m to 0.20m
Diameter of the crossbar ending	: 30mm (± 1mm)
Width of the crossbar ending	: 30mm to 35mm
Weight of the crossbar	: 2kg
Distance between top of the Up rights and crossbar	: 10cm (Min.at Max.height)
Landing mat length x Width	: 5m X 3m (Other competition) 6m X 4m (International)
Height of the Landing mat	: 70cm
Distance between Landing area and Up rights	: 0.1m
Width of the Up rights line	: 50mm

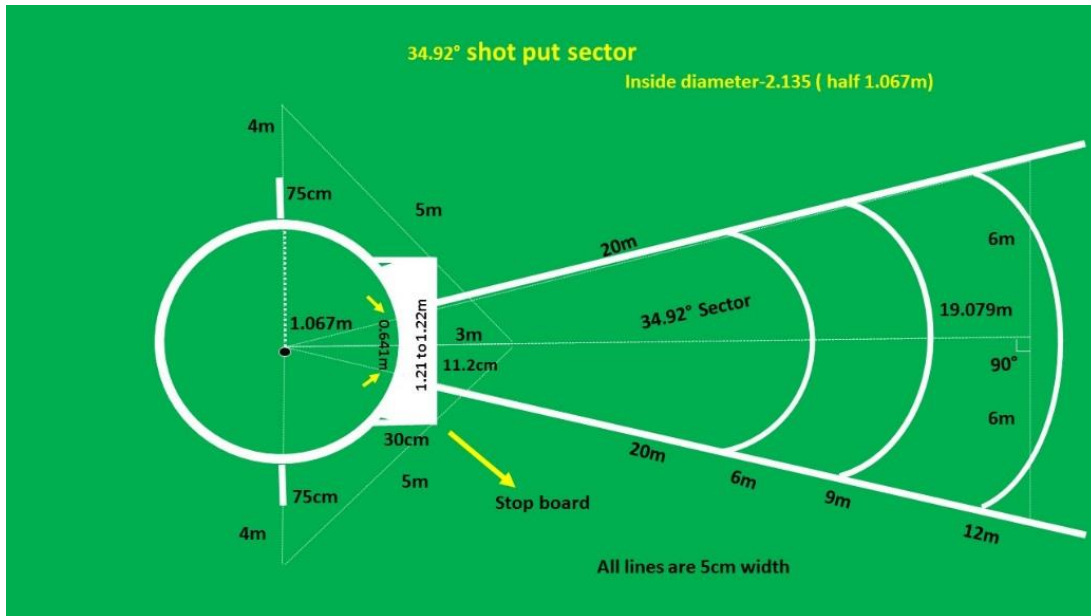
8. Pole Vault



MEASUREMENTS :

Runway Area	: 40m (Where conditions permit-45m) from Zero line
Landing area length x Width	: 5m X 5m (Other competitions) 6m X 6m (International)
Height of the Landing area	: 80cm
Up rights front side mat	: 2m
Distance between landing area to vaulting box	: 0.10m to 0.15m
Note: Zero line means Putting place of the Up rights.	
Zero line thickness	: 1cm
Distance between pegs	: 4.28m to 4.37m
Note: Pegs means Pole vault crossbar supports.	
Length of the supporting member	: 55mm (Max)
Diameter of the peg	: 13mm (Max)
Length of the Peg backing	: 35mm to 40mm
Length of the crossbar	: 4.50mm (± 0.02m)
Circumference of the Crossbar	: 30mm (± 1mm) Circular part
Length of the crossbar ending	: 0.15m to 0.20m
Diameter of the crossbar ending	: 30mm (± 1mm)
Width of the crossbar ending	: 30mm to 35mm
Weight of the crossbar	: 2.25kg
Length of the Vaulting box	: 1m
Width of the Vaulting box	: 60cm
Angle of the Vaulting box	: 105° (- 0° / + 1°)
Width of Vaulting box Ending	: 408mm
Height of Vaulting box Ending	: 224mm
Width of the below Vaulting box	: 150mm
Length of Vaulting box Ending	: 1.084m

9. Shot Put



MEASUREMENTS :

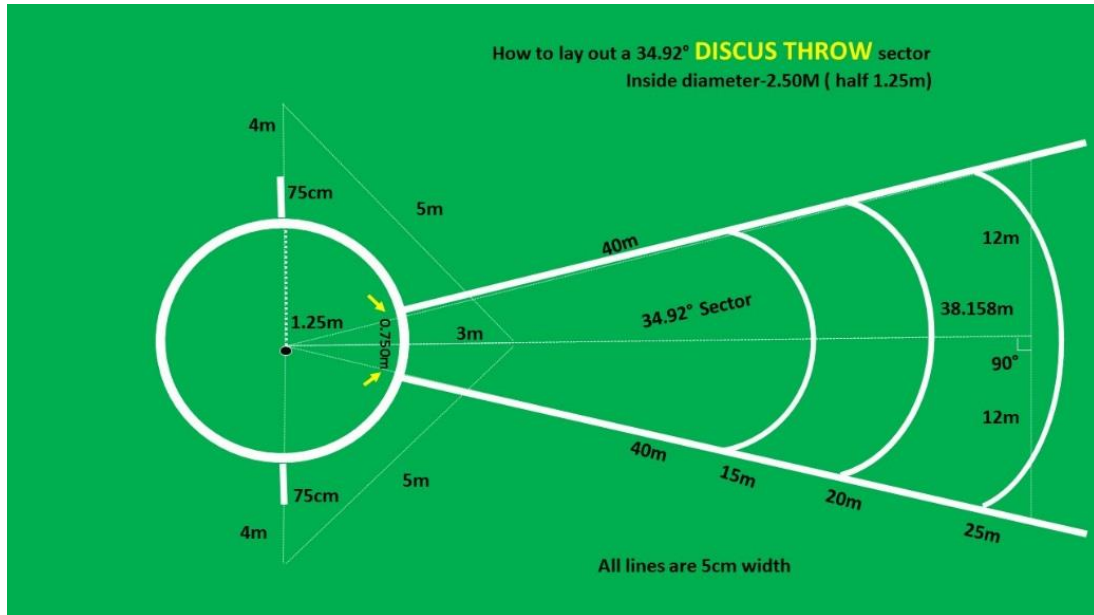
Circle diameter	: 2.135m
Circle radius	: 1.067m
Extension of the center lines from the Circle	: 750mm
Length of the stop board	: 1.21m (± 0.01 m)
Width of the stop board - Middle	: 11.2cm (± 0.002 m)
- Ending	: 30cm (± 0.002 m)
Height of the stop board	: 10cm (± 0.002 m)
Thickness lines	: 5cm (outside of the sector)
Angle of the Shot Put Sector	: 34.92°



Weight of the Shot Put :

Men	: 7.26kg (16Lbs) – Diameter : 110mm to 130mm
Boys	: 6kg (12Lbs) – Diameter : 105mm to 125mm
Women and Girls	: 4kg (8Lbs) – Diameter : 95mm to 110mm

10.Discus Throw



MEASUREMENTS :

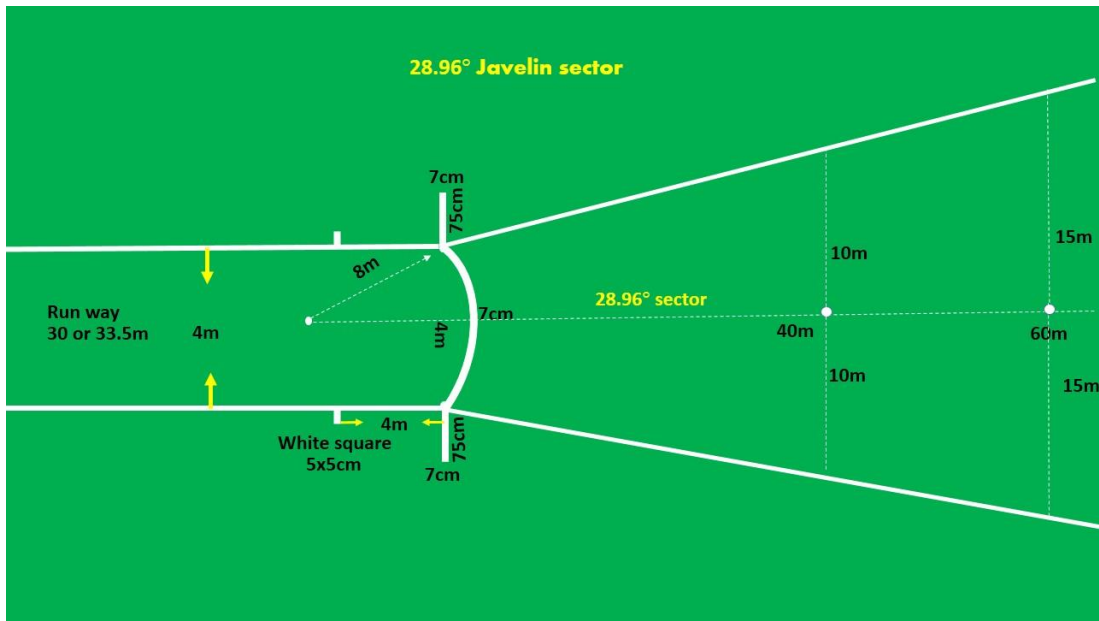
Circle diameter	: 2.50m
Circle radius	: 1.25m
Extension of the center lines from the Circle	: 750mm
Angle of the Shot Put Sector	: 34.92°

Weight of the Discus:

Men	: 2kg – Diameter : 219mm to 221mm
Women / Boys and Girls	: 1kg – Diameter : 180mm to 182mm
Radius of the center metal plate	: 50mm to 57mm (Men & Women)
Thickness of the metal plate	: 44mm to 46mm (Men)
	: 37mm to 39mm (Women)
Thickness of the disc rim	: 12mm to 13mm



11. Javelin Throw



MEASUREMENTS :

- Length of the runway : 30m or 33.50m (Where conditions permitted 36.5m)
- Width of the runway : 4m
- Thickness of the Arc line : 70mm

Javelin :

Weight :

- Men : 800gr – Diameter : 25mm to 30mm
- Women : 600gr -- Diameter : 20mm to 25mm

Length :

- Men : 2.60m to 2.70m
- Women : 2.20m to 2.30m

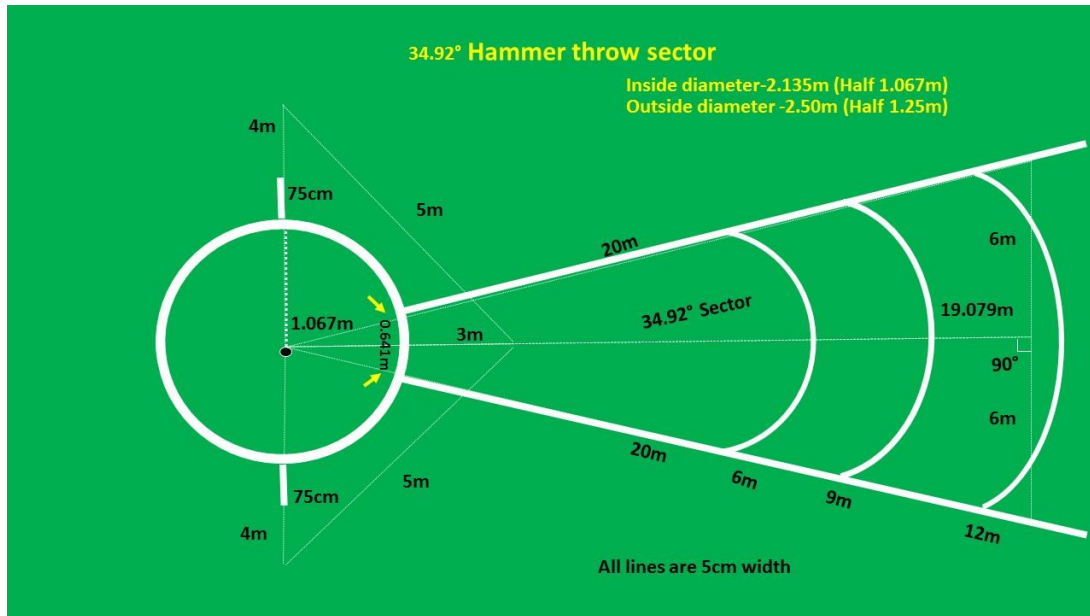
Card grip :

- Men : 15mm to 160mm
- Women : 14mm to 150mm



- Length of the metal head : Men & Women -- 250mm to 330mm (Men & Women)
- Angle of the sector : 28.96°

12. Hammer Throw



MEASUREMENTS :

Circle Inside diameter : 2.135m ($\pm 0.005m$)
 Circle Inside radius : 1.067m
 Circle Outside diameter : 2.50m ($\pm 0.005m$)
 Circle Outside radius : 1.25m
 Weight of the Hammer :

Men : 7.26kg (16Lbs) – Diameter : 110mm to 130mm
 Boys : 6kg (12Lbs) – Diameter : 105mm to 125mm
 Women and Girls : 4kg (8Lbs) – Diameter : 95mm to 110mm

Length of the wire : 1.15m
 Thickness of the wire : 3mm

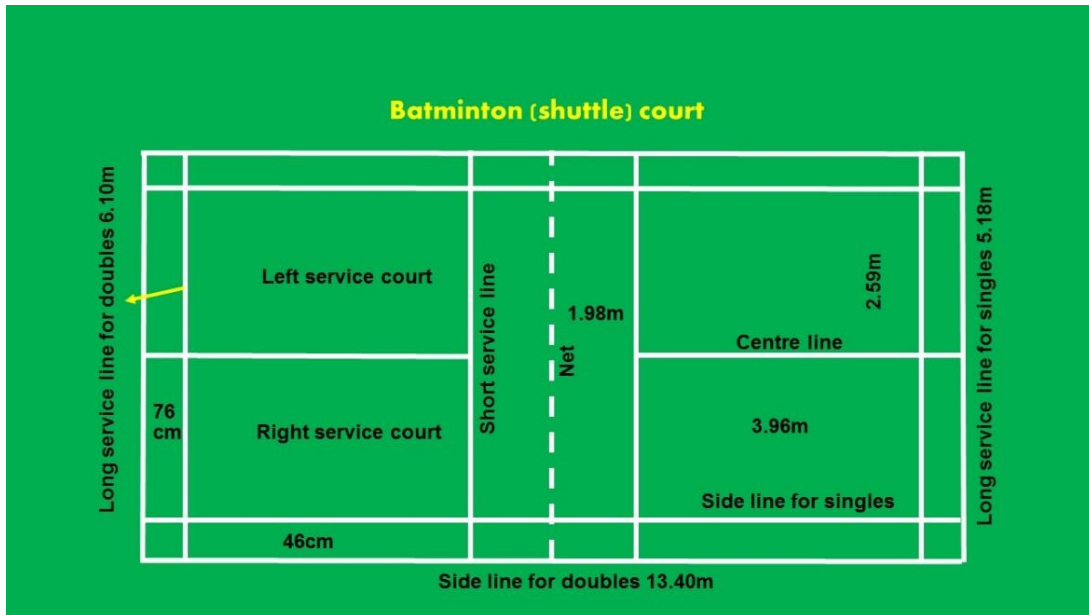
Total length of the Hammer :

Men : 1215mm (Max)
 Women : 1195mm (Max)

Angle of the Shot Put Sector : 34.92°



13. Badminton



MEASUREMENTS :

Court	Singles	Double
Length	13.40m	13.40m
Width	5.18m	6.10m
Short service line	1.98m	1.98m
Long service line	6.70m	5.94m
Lines thickness	4cm	4cm

Poles :

Length : 1.55m (Fix on double side line)
 Circumference : 4cm

Net:

Length : 6.10m
 Width : 76cm
 Height : 1.55m (At pole)
 : 1.524m (Center)
 Tape : 75mm



Rocket :

Parts : Head, Throat, Shaft, Handle
 Length : 680mm (Not more than)
 Length and width of the head : 280mm and 220mm (Not more than)
 (Stringed Area)
 Weight : 100gr



Shuttle :

Weight : 4.74 to 5.50 gr
Length of the feathers : 62mm to 70mm
Number of feathers : 16
Circumference of the feathers tip (Top) : 58mm to 68mm
Circumference of the base (Bottom) : 25mm to 28mm
Length of the shuttle top to bottom : 62mm to 70mm

Game : Singles, Double, Mixed doubles
Points : 21 Points, Best of the three
Rest between games : 120 sec
Rest after 11 points court change : 60 sec

Referees : Referee – 1
Assistance referee – 1
Umpire – 1
Service judge – 1
Line judge – 4 (Minimum)
10 (Maximum)

List of line judges in international matches :

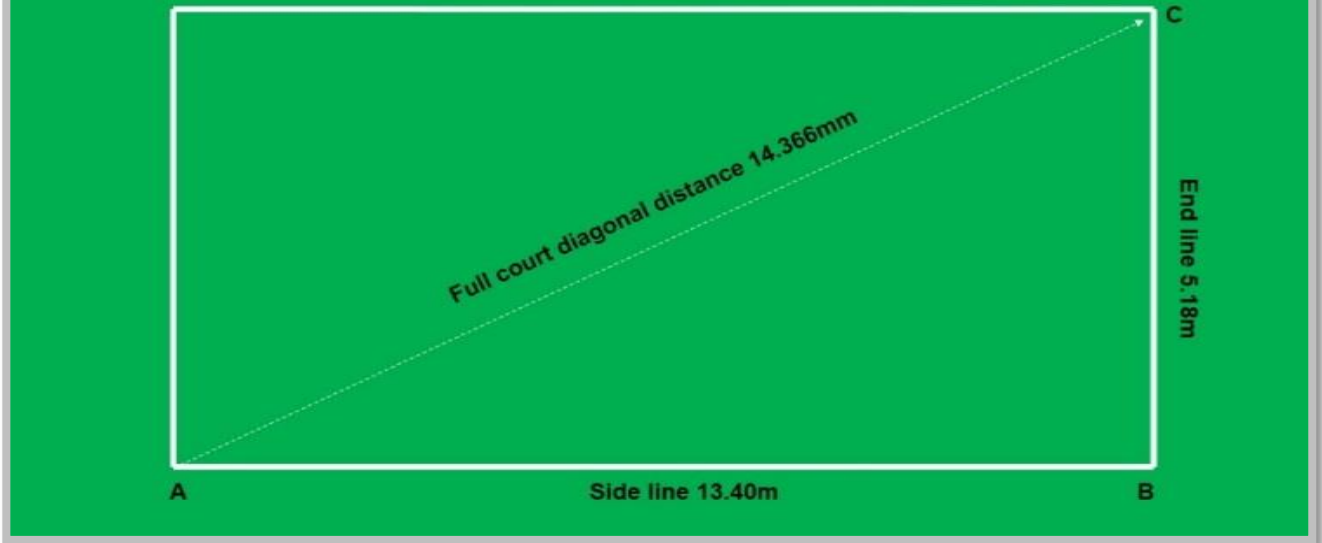
Short service line judges – 2
Centre line judges – 2
Side line judges – 4
Back boundary line judges – 2

Cards :

Yellow card - Warning
Red card – Warning with additional point to opponent
Black card – Disqualification

Diagonals :

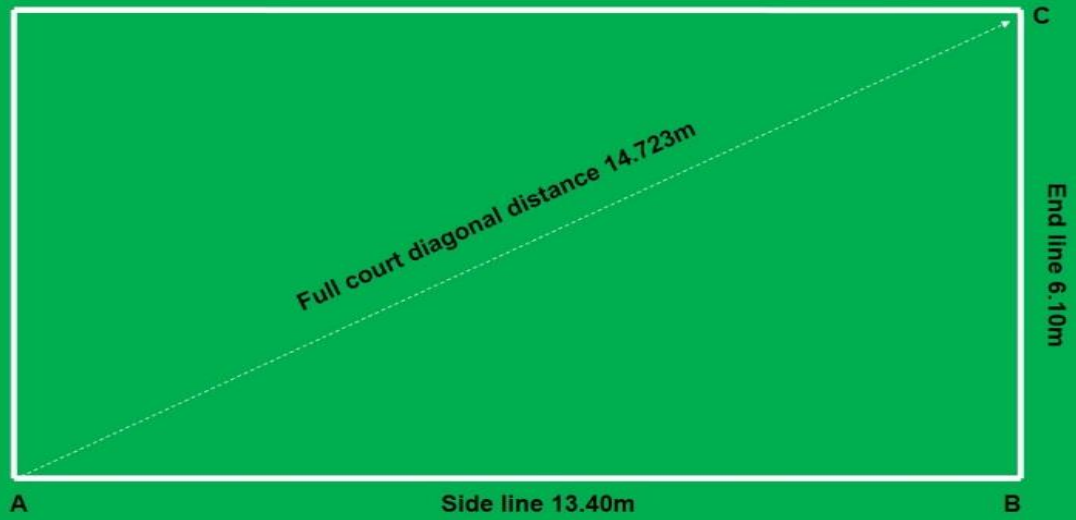
Shuttle full court for **singles** diagonal distance marking



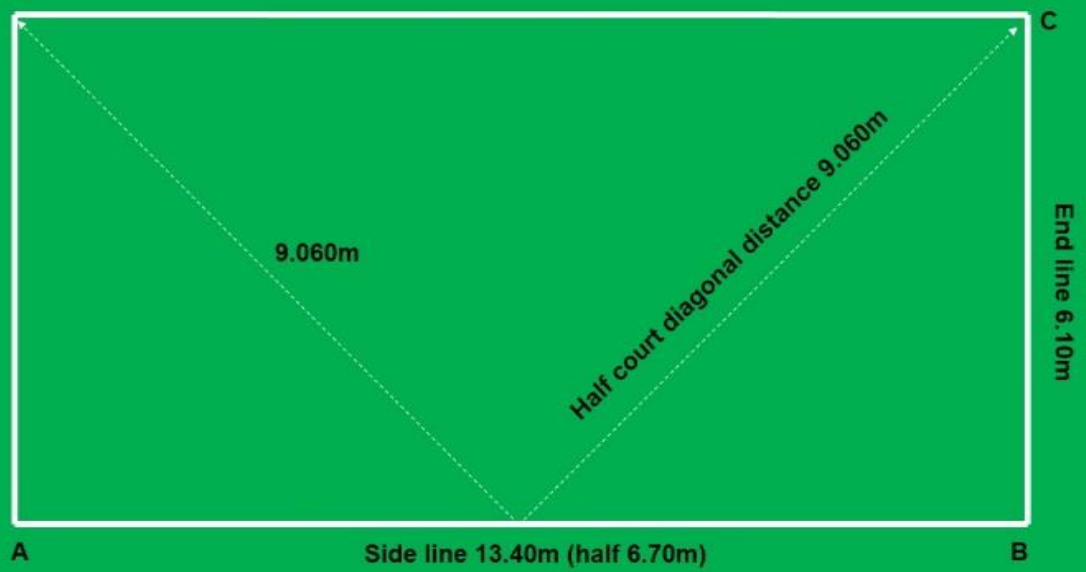
Shuttle half court for **singles** diagonal distance marking

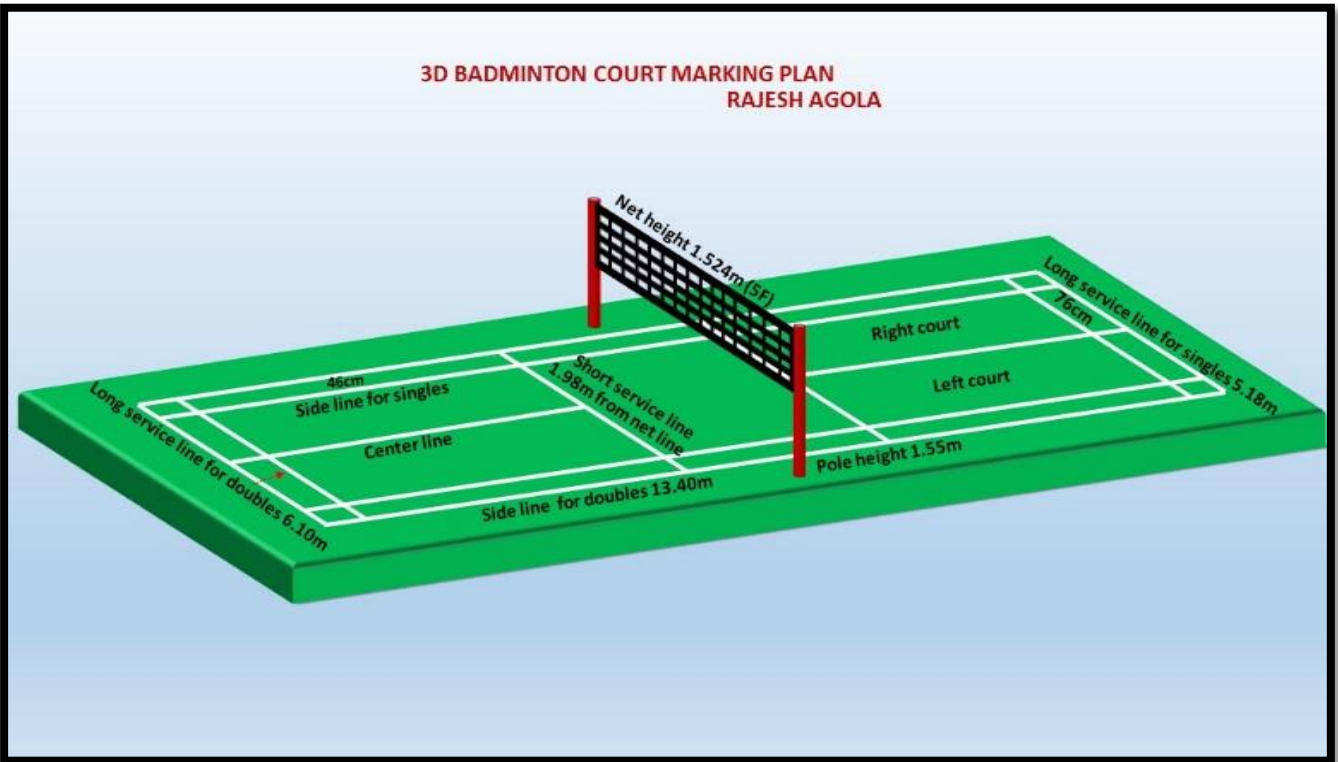
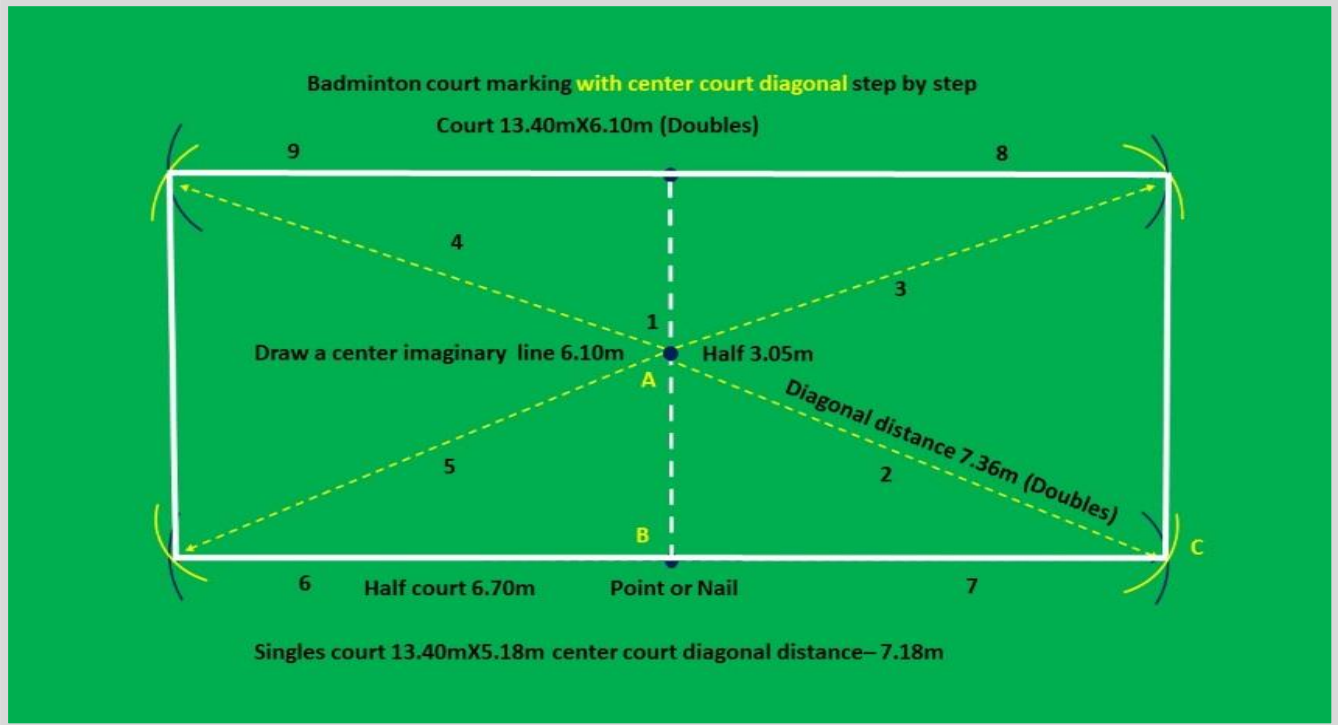


Shuttle full court for **doubles** diagonal distance marking



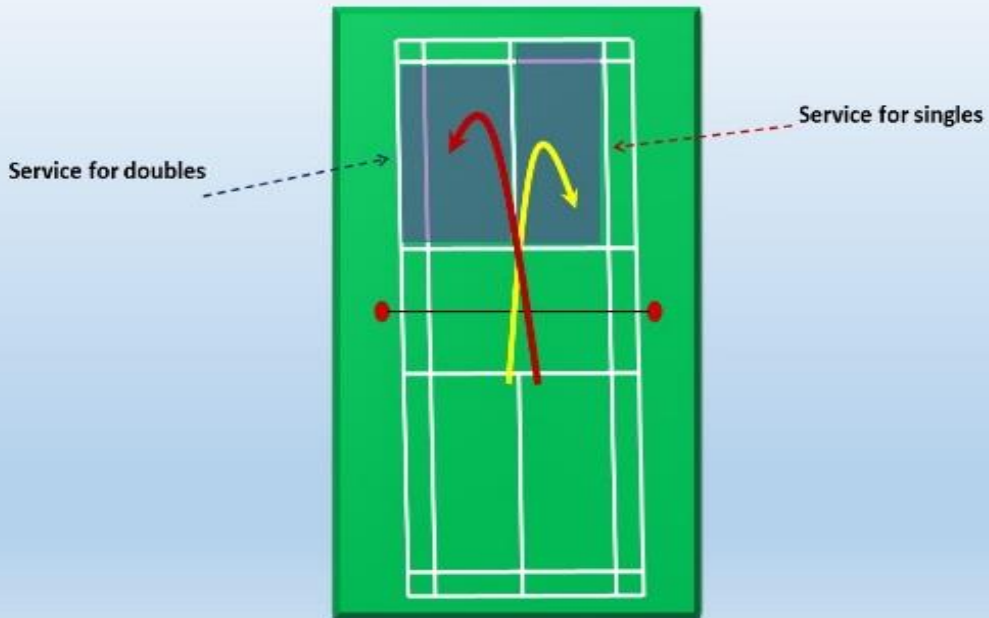
Shuttle half court for **doubles** diagonal distance marking





3D BADMINTON

RAJESH AGOLA



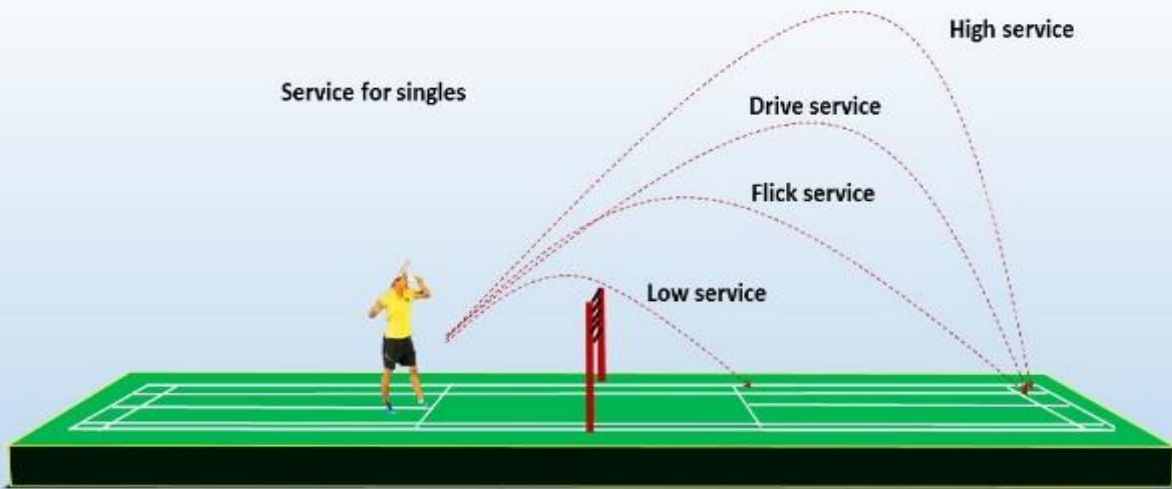
Service for singles

High service

Drive service

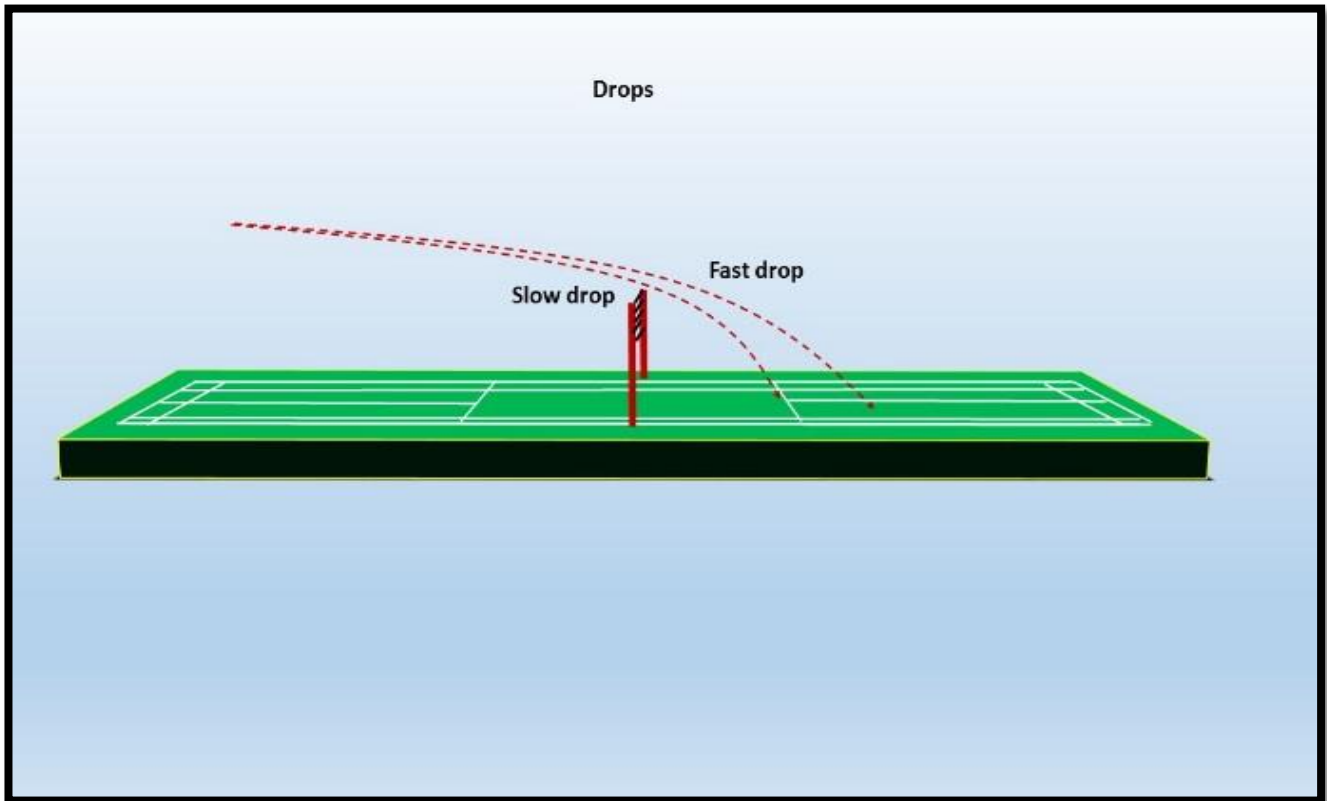
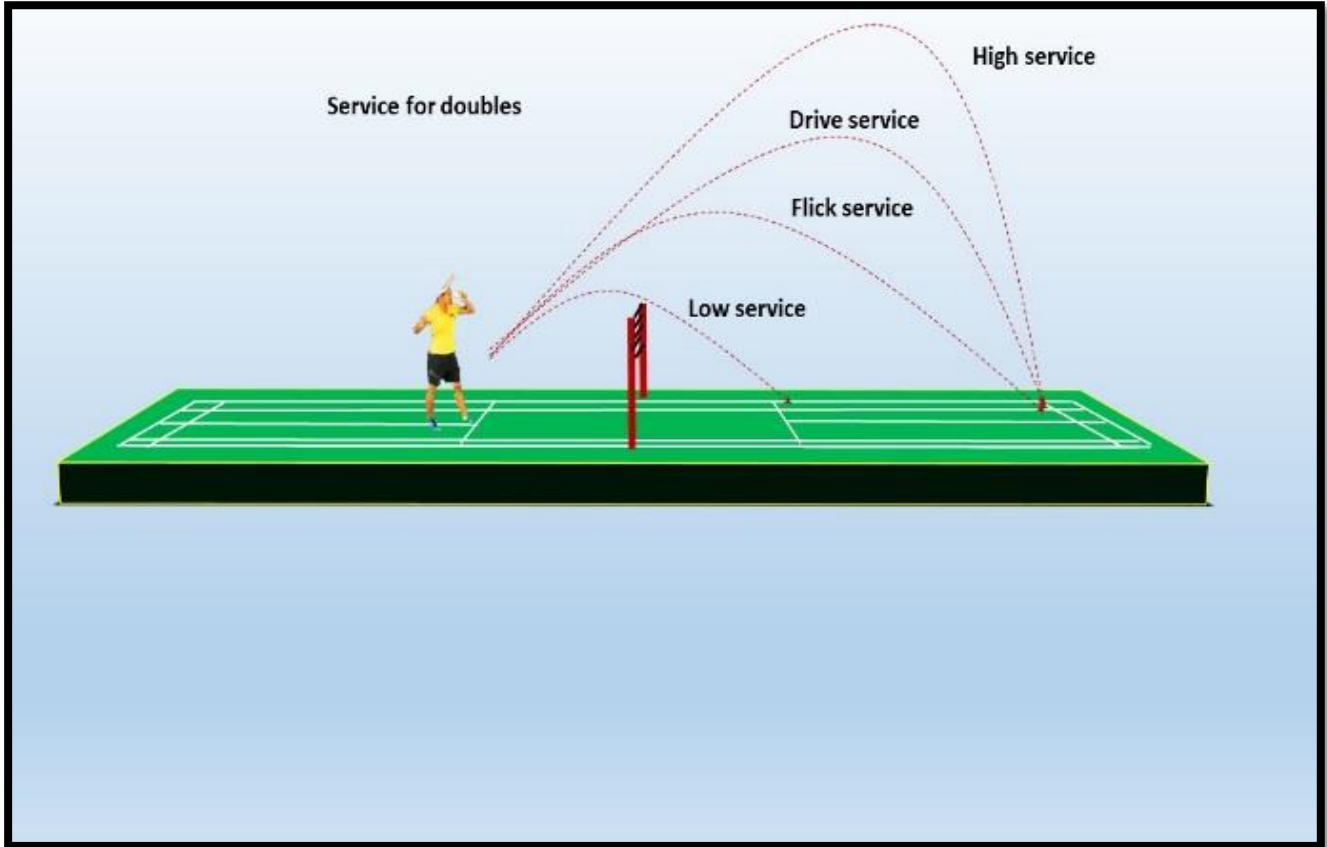
Flick service

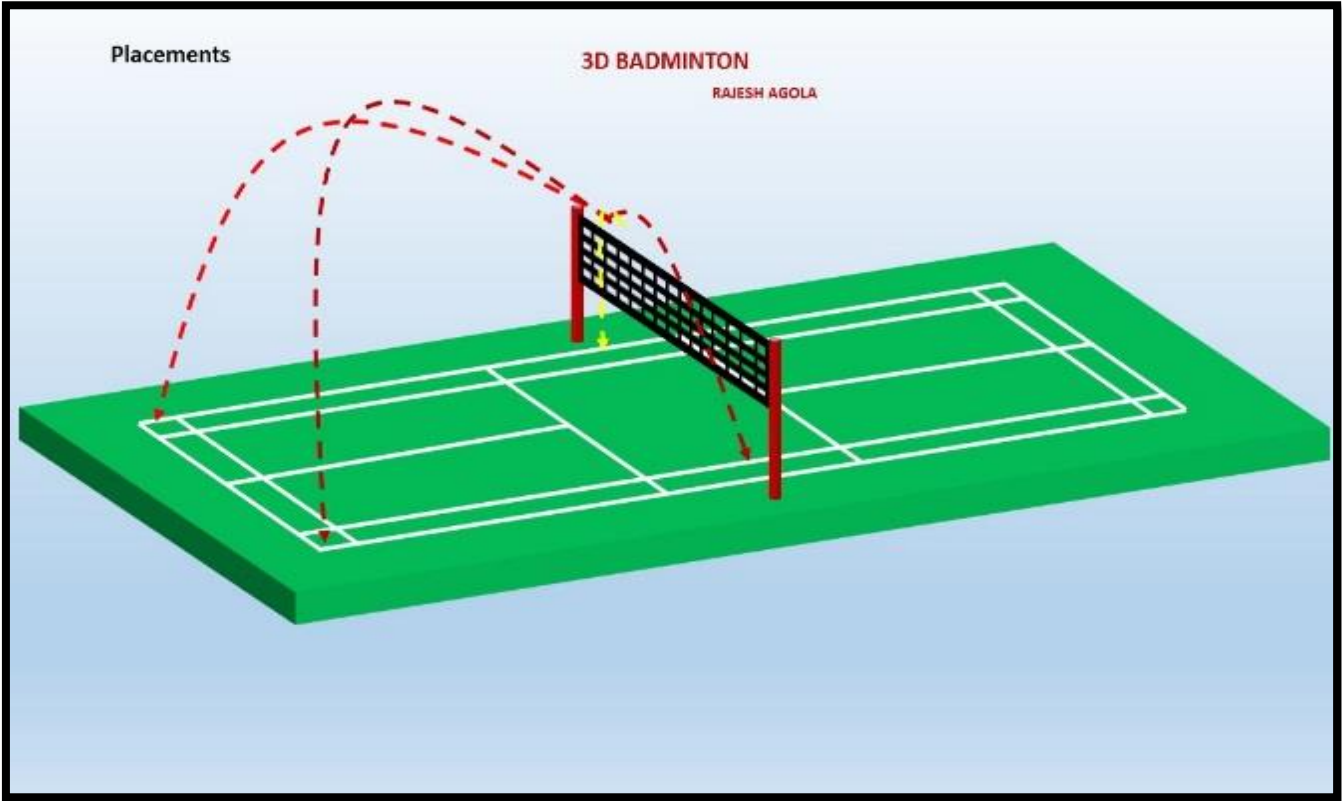
Low service



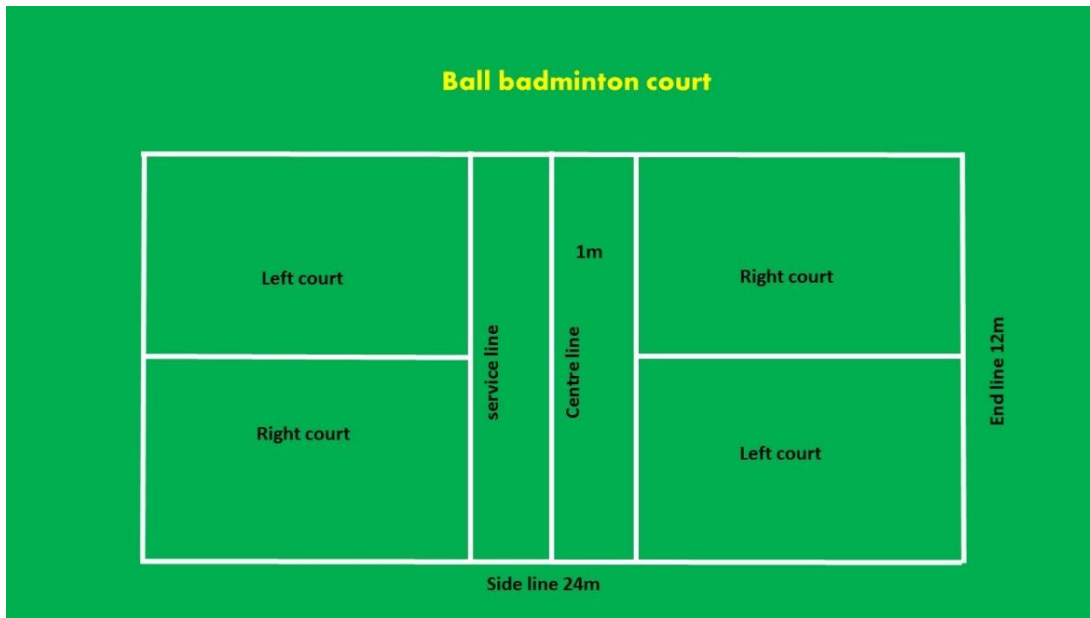
3D BADMINTON

RAJESH AGOLA





14. Ball Badminton



MEASUREMENTS :

Court :

Length : 24m
Width : 12m
Lines thickness : 2.5cm
Center line to Service line : 1m
Ball on the line right. (So Lines are including the court)

Post :

Height : 2m
Distance between Center line to pole : 1m

Net :

Length : 13.5m
Width : 1m
Height : 1.85m (At pole)
 : 1.83m (Center)
Mesh : 2cm

Ball :

Weight : 22 gr to 23gr
Circumference : 5cm to 5.5cm
Color : Yellow

Rocket :

Length : 63cm to 70cm
Width of the frame : 20cm to 22cm
Length of the frame : 24cm to 27cm
Length of the handle : 39cm to 43cm
Weight : 200 gr to 250gr



Players :

Team : 10

Playing Players : 5

Substitution : 5 (Each team each game can substitute 3 players)

No time outs for singles

Game : Best of three games

Rest : Between first and second : 2min

Between second and third game : 5min

Time outs : Each team one time to each game

Time out time : 1 min

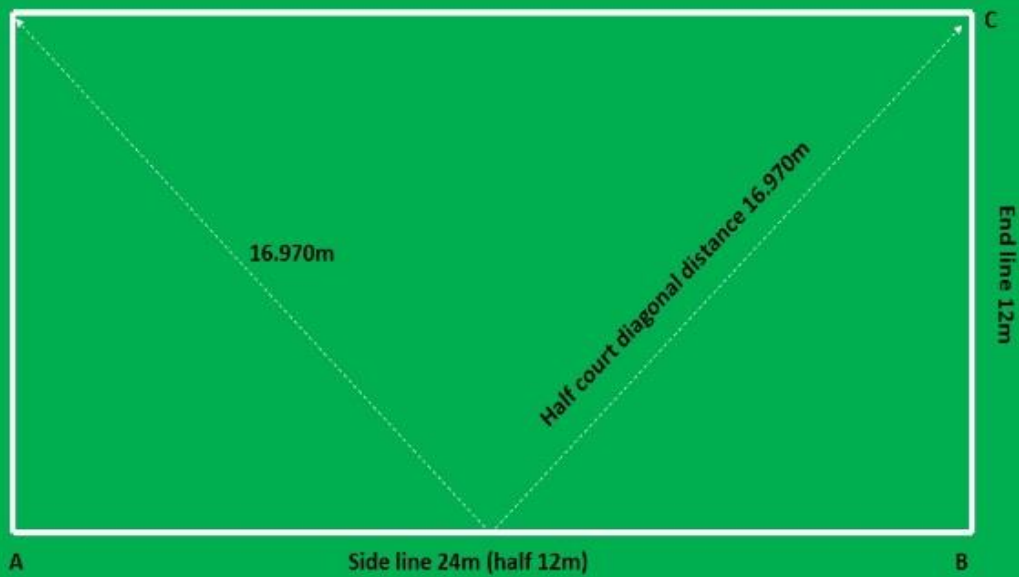
Points : 35 points (9,18,27 points court change)

Whom reach first 39th point

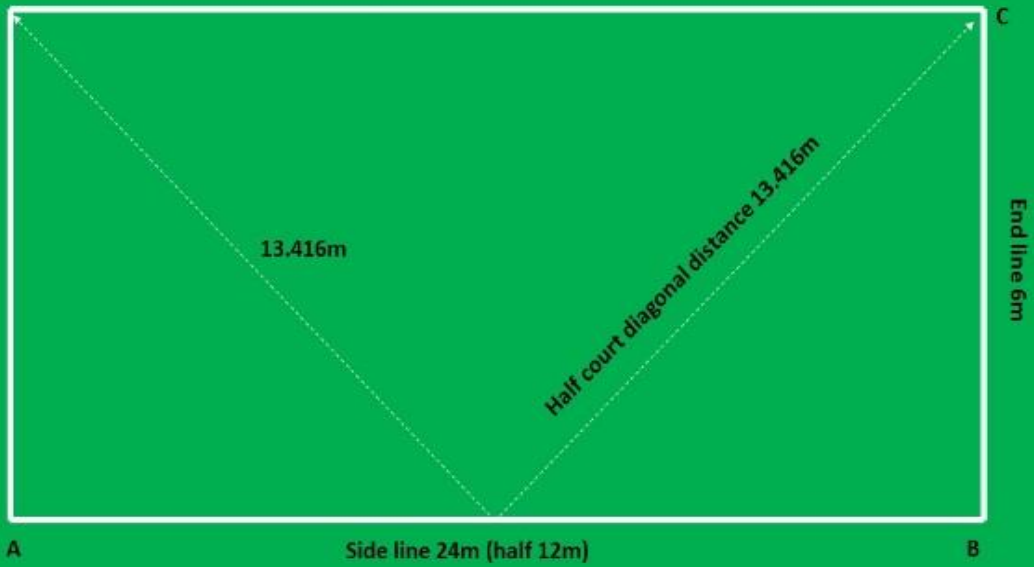
Ball badminton full court for **fives** diagonal distance marking



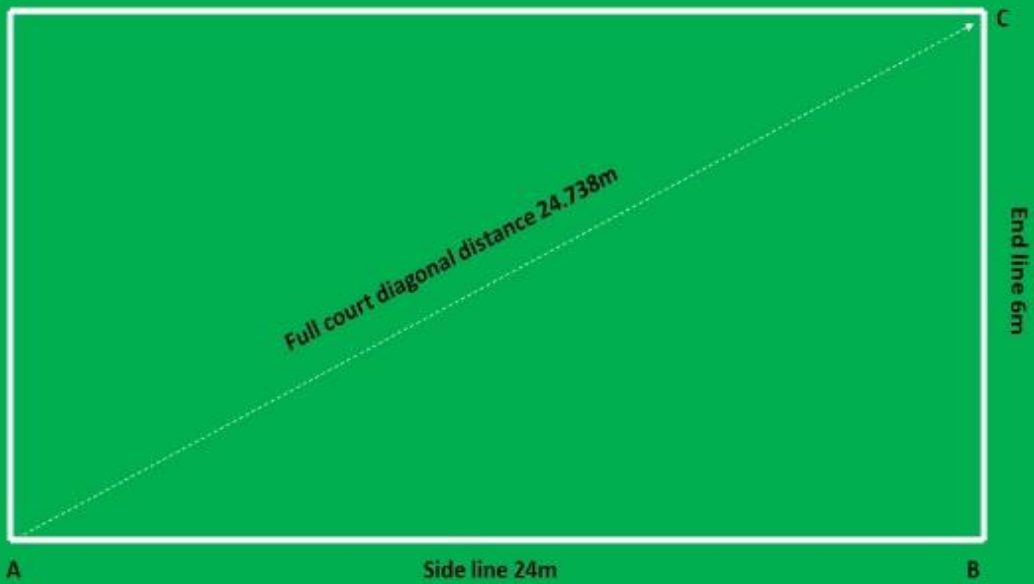
Ball badminton half court for **fives** diagonal distance marking

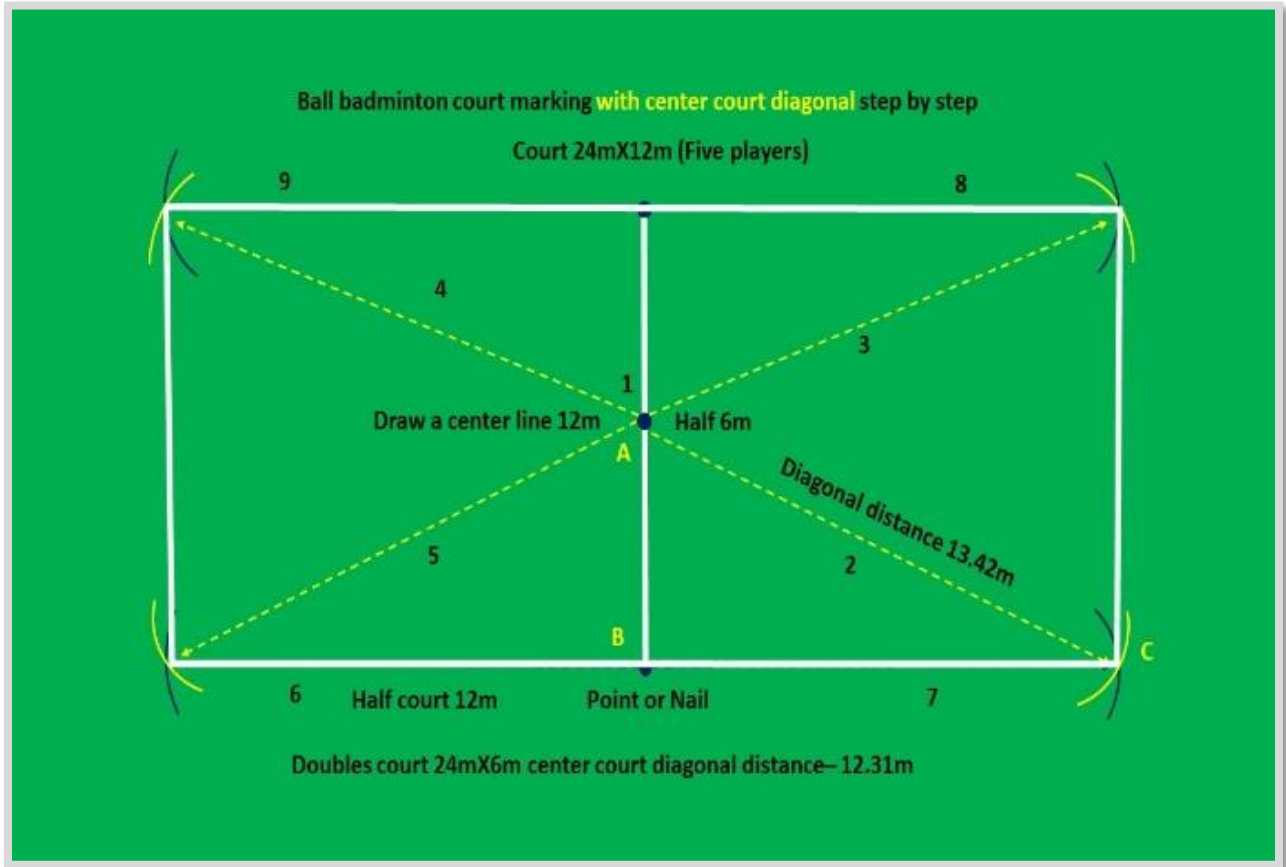


Ball badminton half court for **doubles** diagonal distance marking



Ball badminton full court for **doubles** diagonal distance marking





15. Basketball



MEASUREMENTS :

Court :

- Length : 28m
- Width : 15m
- Radius of the center circle : 1.80m
- Radius of the three point area : 6.75m
- Distance between three points line to side line : 90cm
- Throw-in line : 15cm
- Length of Extension line from center line : 15cm
- Team bench from Center line : 5m
- Team bench from Side line : 2m
- Length and Width of restricted line : 5.8m x 4.9m
- Radius from middle restricted line : 1.8m
- Thickness of the lines : 5cm
- Lobby : 2m

Board :

- Board height from ground : 2.90m
- Length and width : 1.80m x 1.05m
- Thickness of the board : 3cm
- Board from end line : 1.2m

Ring :

- Ring net length : 45cm
- Ring metal diameter : 20mm
- Circumference of the ring inside : 45cm
- Number of loops : 12
- Distance between ring to board : 0.15m
- Distance between end line to middle of the ring : 1.575m
- No charge semi-circle from middle of the ring : 1.25m



Ball :

Men : 567gr to 650gr – Diameter : 74.9cm to 78cm
Women : 510 gr to 567gr -- Diameter : 72.4cm to 73.7cm
Juniors : 470gr to 500gr – Diameter : 69cm to 71cm

Players :

Team : 12
Playing players : 5
Substitution : 7
Players chest numbers : 1 to 99

Game :

Match start with : Jump ball
4 quarters.
Each quarter 10min time.
Rest between quarters : 2min (First and Second half)
Rest between half time : 15min
Time outs : Each team have 2 time outs in first half
Each team have 3 time outs in second half (4th quarter 2 time outs permitted)
Extra period time out : 1 (Each team)
Match tie : 5-2-5 (Extra period)

Officials :

Referee (Crew chief) - 1
Umpires -1 or 2
Scorer – 1
Assistance Scorer - 1
Time keeper – 1
Shot clack operator – 1



Basketball court marking plan
Rajesh Agola

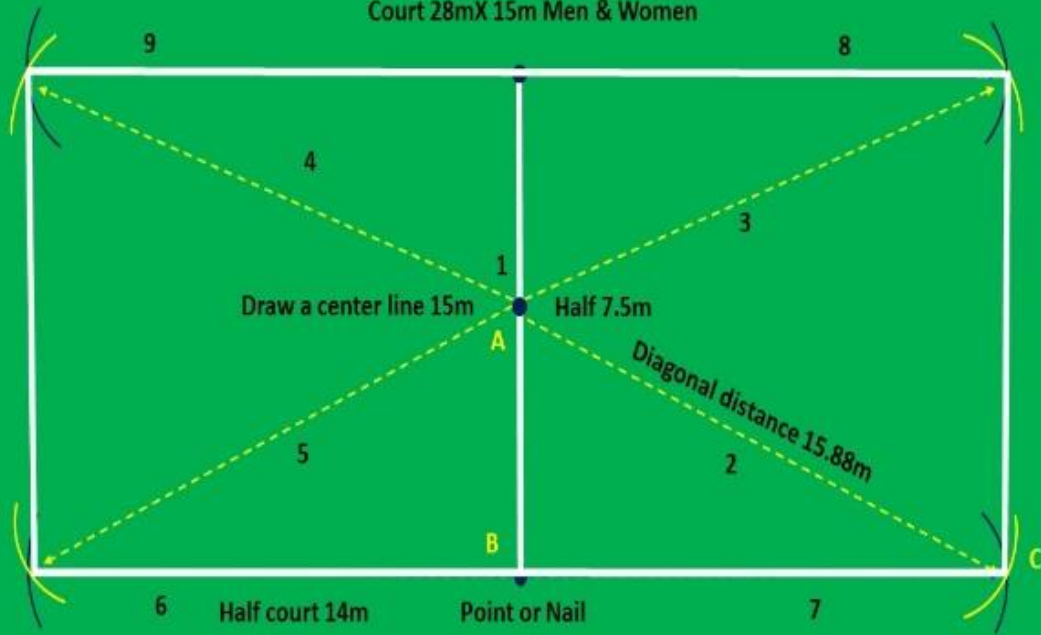


Basketball court marking plan
Rajesh Agola



Basketball court marking with center court diagonal step by step

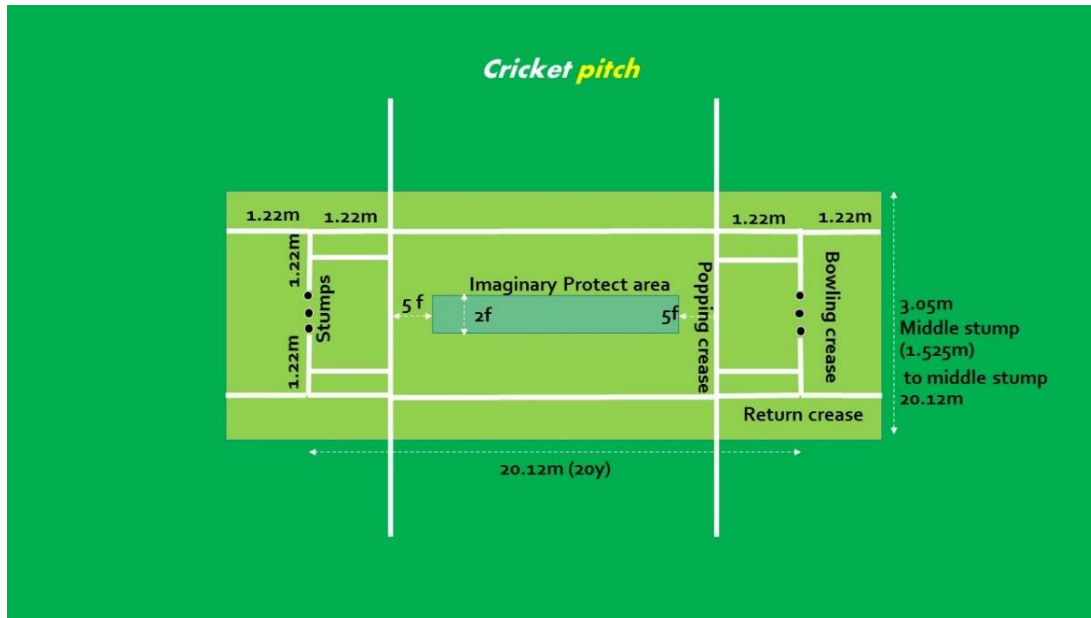
Court 28mX 15m Men & Women



My YouTube channel: rajagola

Website : www.ap-physical-literacy.com

16. Cricket



MEASUREMENTS :

Pitch :

- Length of the pitch : 20.12m
- Width of the pitch : 3.05m
- Length of the Bowling crease : 2.64m
- Popping crease : 1.22m
- Length of the return crease : 2.44m

Bat :

- Length : 96.5cm
- Width : 10.8cm
- Handle : 228mm
- Weight : 1.2kg to 1.4 kg

Ball :

- Weight : 155.9gr to 163gr
- Circumference : 22.4cm to 22.9cm
- Juniors (U-13) : 133gr to 144gr

Wickets :

- Height : 71.1cm
- Circumference : 3.18cm to 3.49cm
- Length of the Bails : 10.95cm
- Width of the wickets : 22.86cm

Players :

- Team : 16
- Playing players : 11
- Substitution : 5



BAT



BALL



WICKETS

Officials :

- On field umpires : 2
- Third umpire : 1
- Scorer : 1
- Assistant scorer : 1
- Referee : 1

Game :

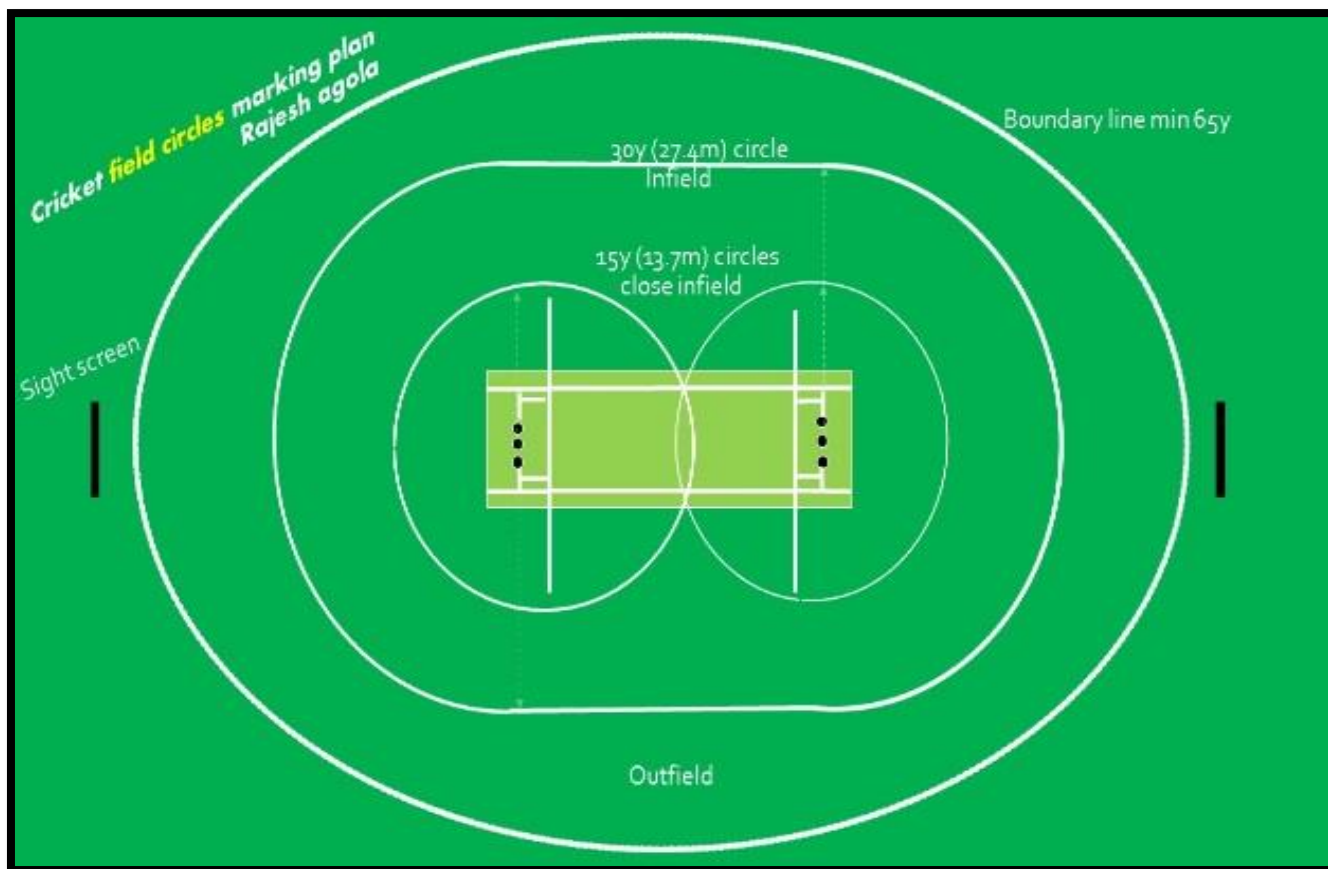
Three formats ;

1. Test cricket: Four innings, each team two, Minimum per day 90 overs.
2. One day international cricket: 50 overs each team.
3. Twenty – 20 cricket: 20 overs each team.

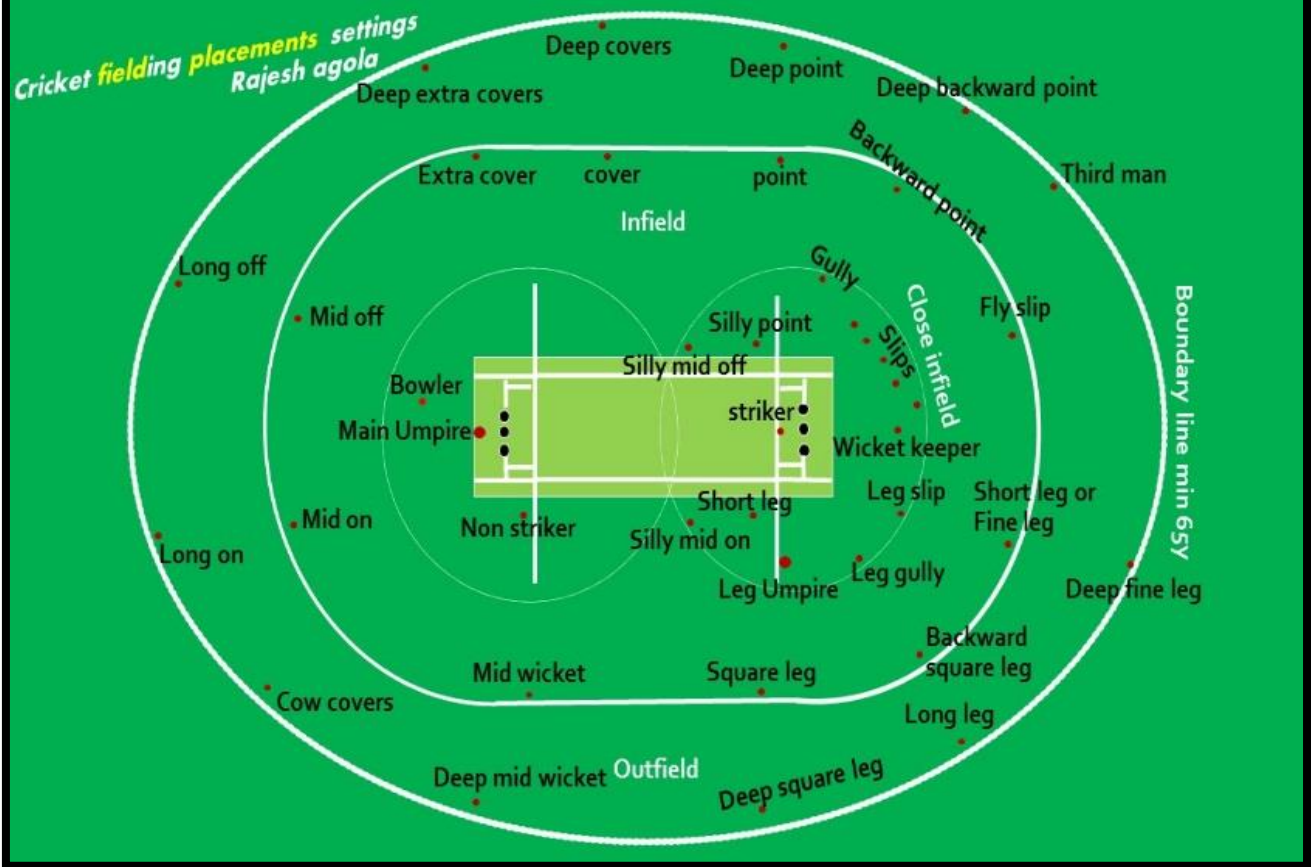
Laws : 42

Follow-on in test matches :

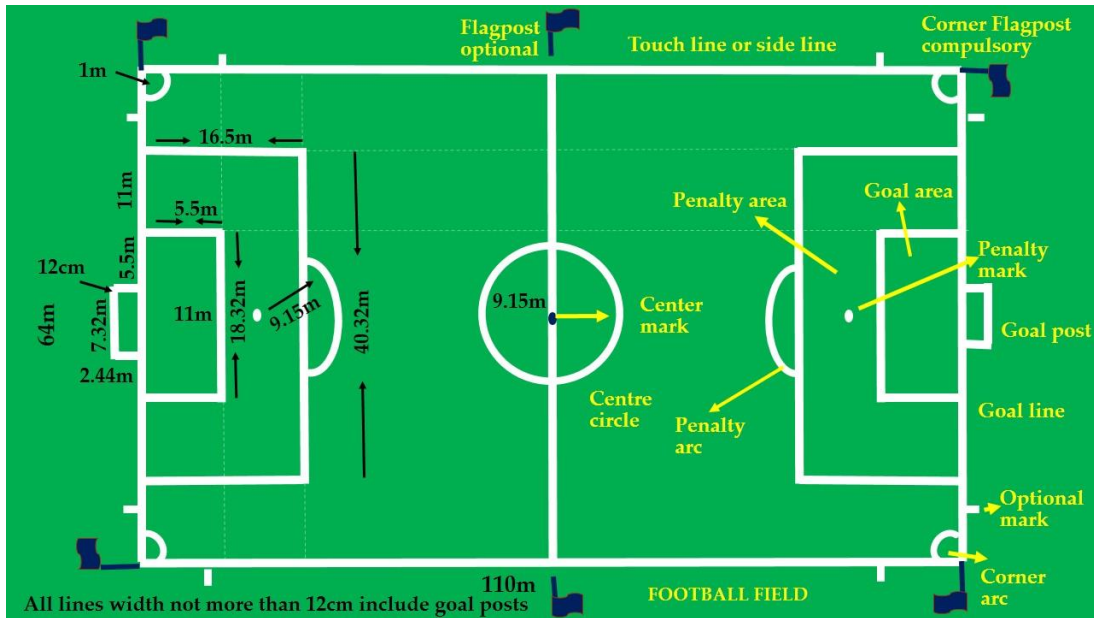
- 5 days matches - 200 runs
- 3 or 4 days match – 150 runs
- 2 days match – 100 runs
- 1 day match – 75 runs



Cricket fielding placements settings
Rajesh agola



17. Football



MEASUREMENTS :

International Field :

Length : 100m (110 yds) to 110m (120 yds)

Width : 64m (70 yds) to 75m (80 yds)

General field :

Length : 90m (100 yds) to 120m (130 yds)

Width : 45m (50 yds) to 90m (100 yds)

Thickness of the lines : 12cm (Not more than) (5 inches)

Goal area : 5.50m (6 yds)

Penalty area : 16.50m (18 yds)

Distance between penalty mark and Goal line : 11m (12 yds)

Penalty arc from penalty mark : 9.15m (10 yds)

Radius of center circle : 9.15m (10 yds)

Corner arc : 1m (1yds)

Goal post :

Height : 2.44m (8 ft)

Distance between posts : 7.32m (8 yds)

Circumference of the post : 12cm (5 inches)

Color : white (Must)

Corner flags :

Height : 1.5m (5 ft)

Number of flags : 6 (4- compulsory, 2 optional)



Ball : Shape : spherical

Weight : 410gr (14 oz) to 450gr (16 oz)

Circumference : 68cm (27 inches) to 70cm (28 inches)

pressure equal to 0.6 – 1.1 atmosphere (600 – 1,100 g/cm²)
at sea level (8.5 lbs/sq in – 15.6 lbs/sq in)



Players :

Team : 18

Playing players : 11

Substitution : 3

Game :

90min (45 + 15 + 45)

Rest : 15 min

Match start with : Kick off

Officials :

Referee : 1

Assistant referees : 2

Fourth official or Scorer : 1

Additional Assistant referees or goal line referee : 2

Reserved referee : 1

GLT- goal-line technology.

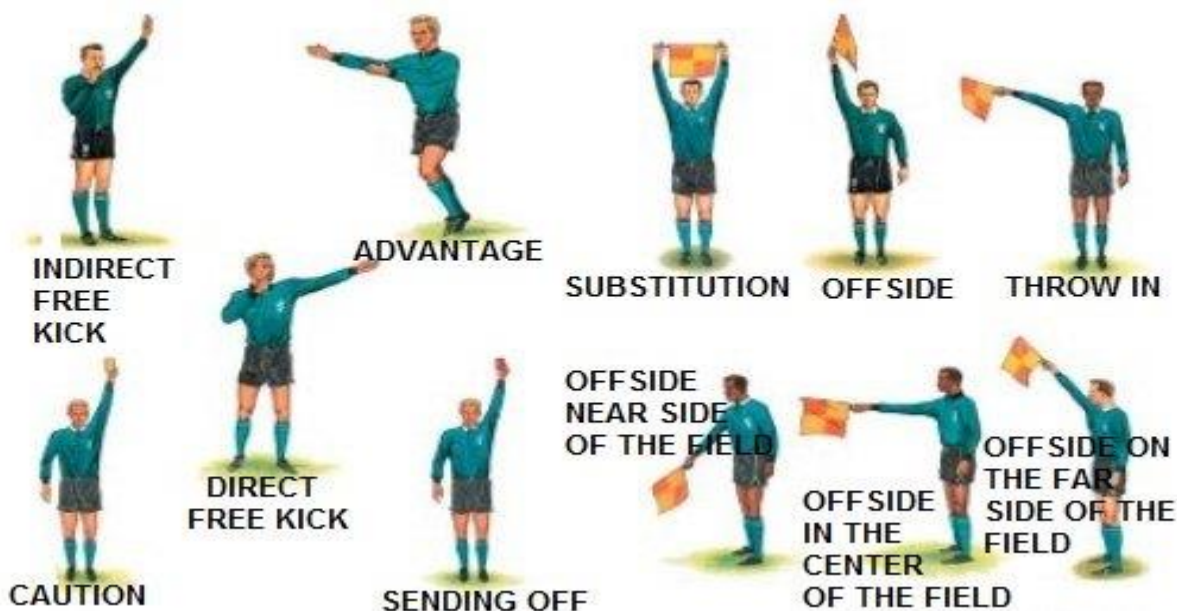
Laws : 17



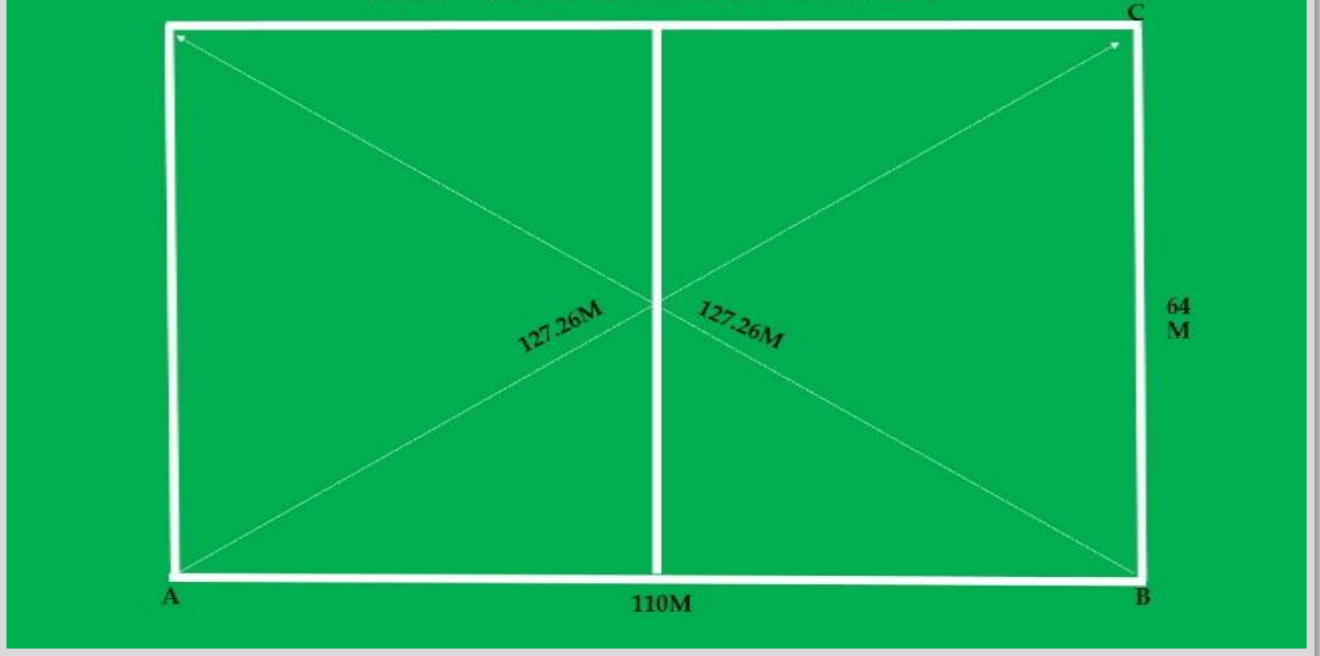
Cards :

Yellow card : Warning (Yellow + yellow = red card)

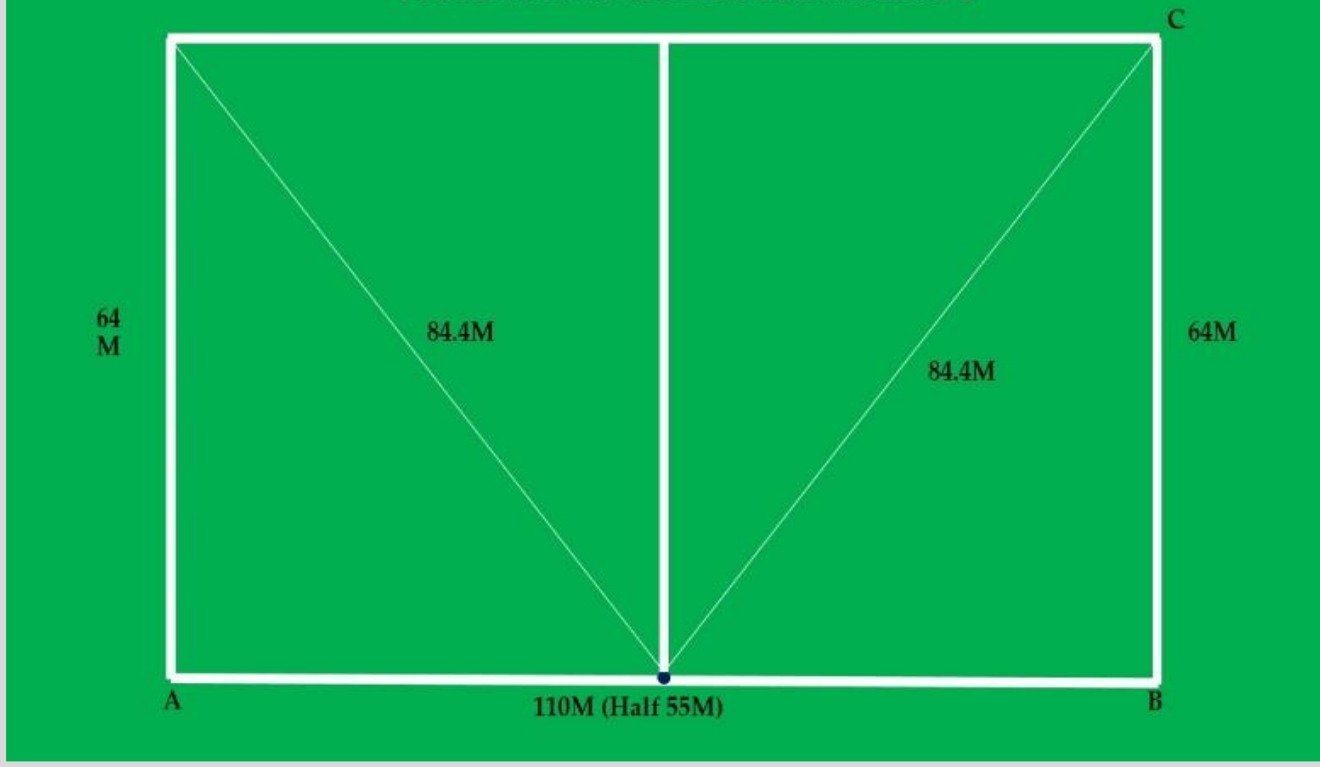
Red card: Suspended from match. No substitution



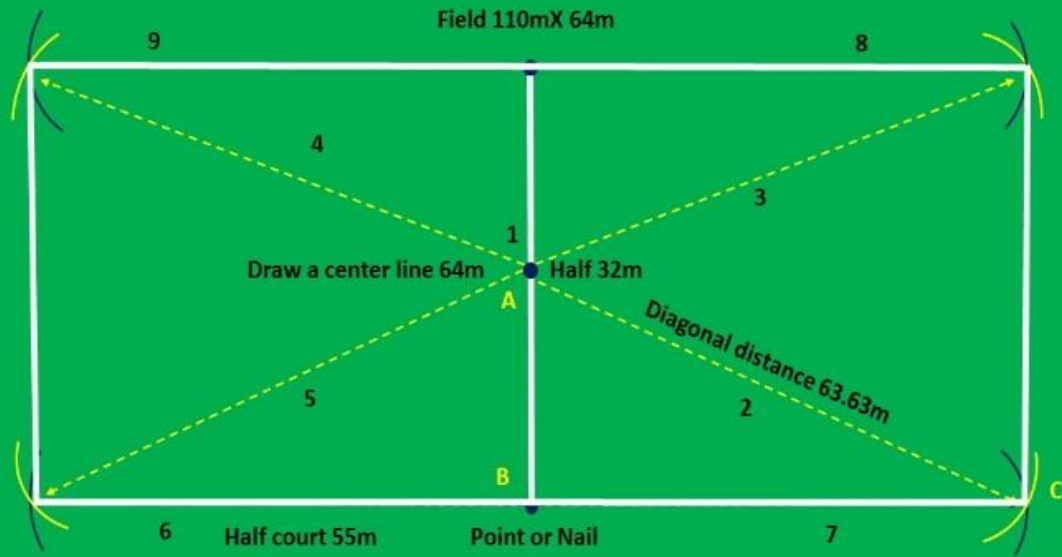
FOOTBALL FIELD MARKING PLAN METHOD-1



FOOTBALL FIELD MARKING PLAN METHOD-2

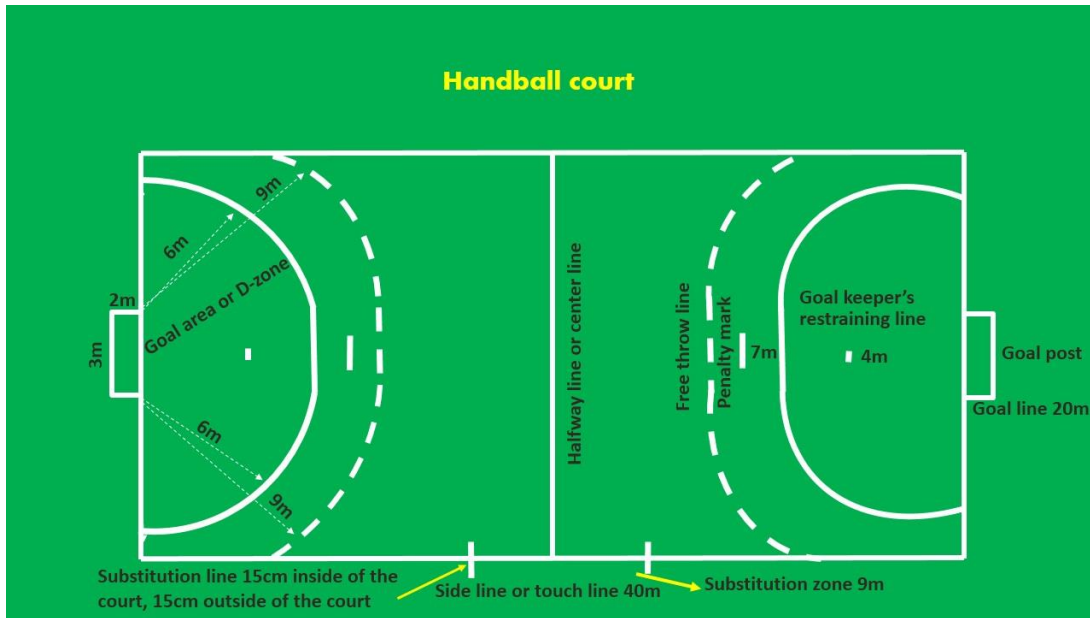


Football field marking with center court diagonal step by step



Field 100m X 64m—59.36m
Field 100m X 50m—55.9m

18. Handball



MEASUREMENTS :

Court :

- Length : 40m
- Width : 20m
- Distance between Goal post to goal area (D-zone): 6m
- Distance between Goal post to Free throw line : 9m
- Distance between Goal post to Free throw line : 3m
- Goal keeper Restraining line from post line : 4m
- Length of the Restraining line : 15cm
- Penalty mark : 7m (Free throw line)
- Thickness of the lines : 5cm
- Thickness of the post line : 8cm
- Substitution zone : 9m
- Substitution zone from center line both sides : 4.50m
- Substitution line : 15cm (Inside of the court)
15cm (Outside of the court)

Posts :

- Height : 2m
- Distance between posts : 3m
- Circumference : 8cm

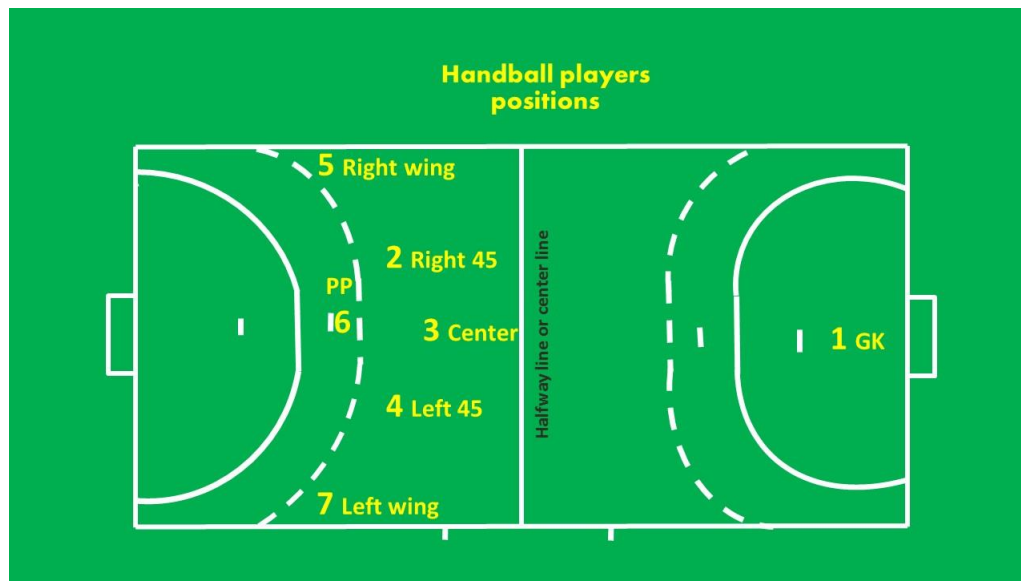
Ball :

- Men : 425 gr to 475gr – Circumference : 58cm to 60cm
- Women : 325 gr to 375gr – Circumference : 54cm to 56cm
- Sub juniors (8 to 12 years) : 290 gr to 330gr – Circumference : 50cm to 52cm

Players :

- Team : 14
- Playing players : 7
- Substitution : 7 (Rolling substitution)





Game :

Men & women (Seniors) : 60 min (30 + 10 + 30)

Boys and Girls (Juniors) : 50 min (25 + 10 + 25)

Sub juniors : 40 min (20 + 10 + 20)

Rest : 10 min

Time outs :

Number of time outs : Each team- 3 (But can use only 2 time outs per set. Ex : 1 + 2 or 2 + 1)

Time : 1 min (60sec)

Match tie : First over time, Second over time.

After completion of two overtimes go for 7-m throws

Overtime time : 5min

Rest : 1min

Officials :

Referee – 2

Scorer – 1

Time keeper –1

Cards :

Yellow card : Warning

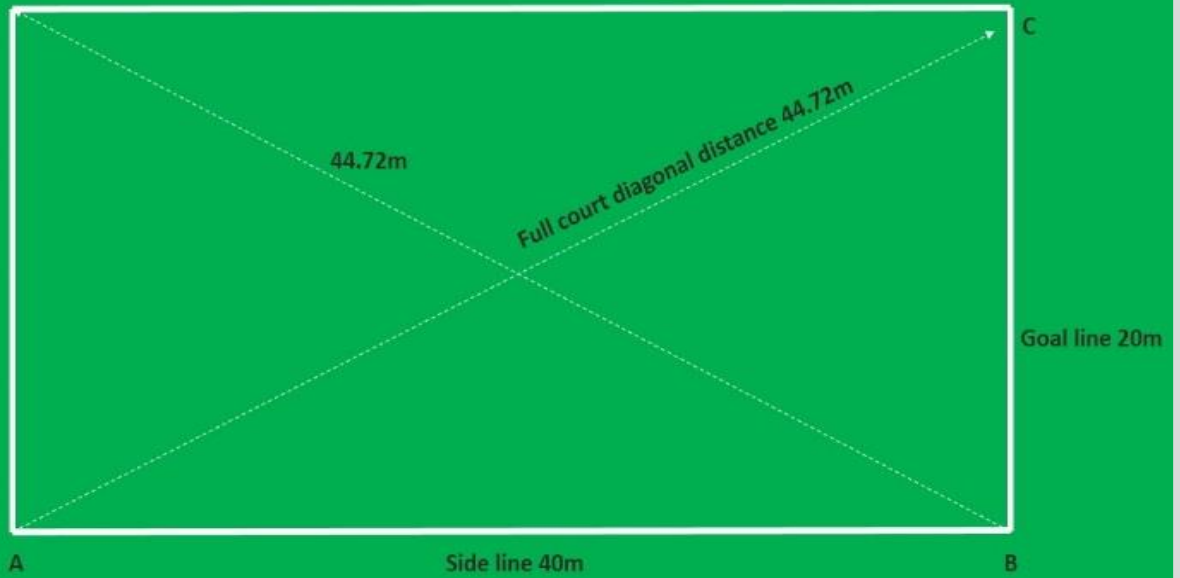
Red card : 2 min suspension (Substitution not allowed)

Blue card : Disqualified



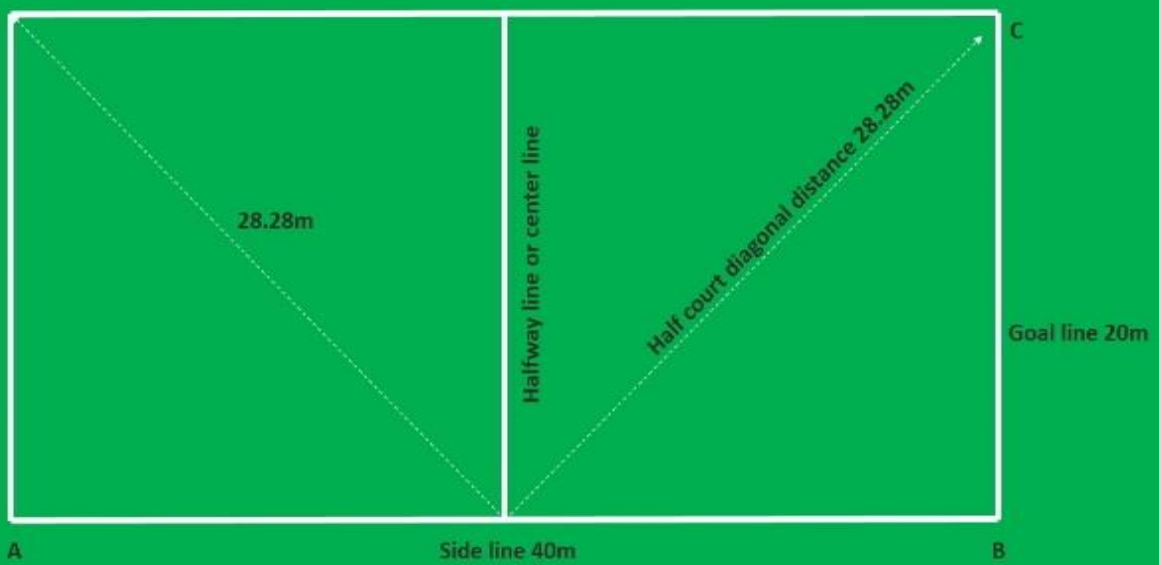
Handball court marking plan

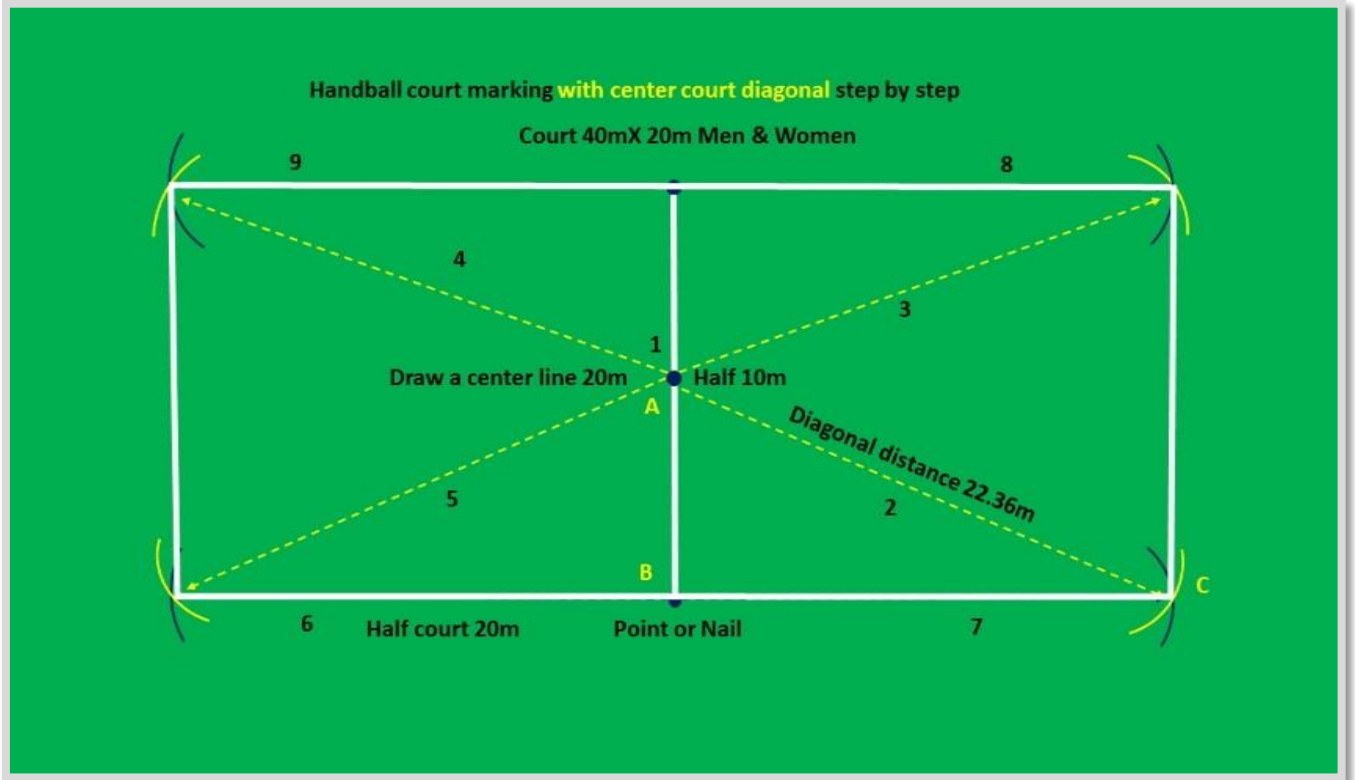
Rajesh Agola



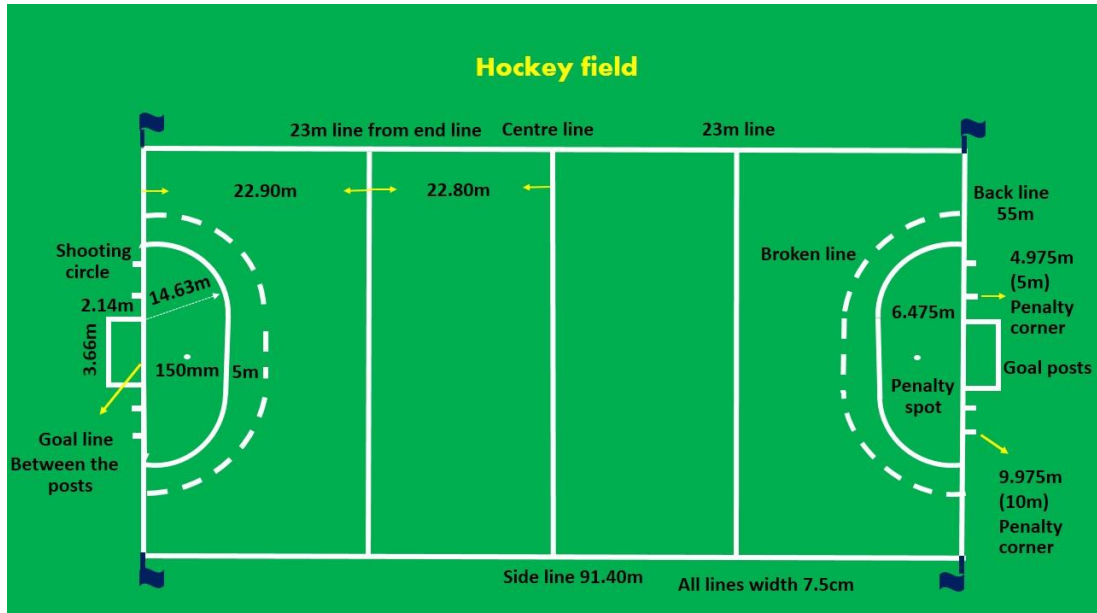
Handball court marking plan

Rajesh Agola





19. Hockey



MEASUREMENTS :

Field :

- Length of the field : 91.40m
- Width of the field : 55m
- Shooting circle (D – Area) : 14.63m
- Distance between Goal line to Penalty mark : 6.475m
- Circumference of the penalty mark : 150mm
- Penalty corner marks from post : 4.975m and 9.975m (Approx. - 5m and 10m)
- 23 meters Area line from End line : 22.90m
- Broken line from circle lines : 5m
- Thickness of the lines : 7.5cm

Posts :

- Height : 2.14m
- Distance between posts : 3.66m
- Width of the crossbar : 50mm (White must)
- Thickness of the crossbar : 75cm
- Length of back board : 3.66m
- Height of the back board : 460mm
- Length of the side board : 1.20m
- Height of the side board : 460mm
- Net mesh : 45mm

Corner flags :

- Height : 1.20m to 1.50m
- Width : 30cm or 300mm
- Number of flags : 4



Stick :

Length : 105cm (Not more than) or 32in to 36in

Weight : 737gr

Ring pass stick diameter : 51mm



Ball :

Weight : 156gr to 163gr

Circumference : 224mm to 235mm

Players :

Team : 16 (SGFI-18)

Playing players : 11

Substitution : 5 (Rolling substitution)

Game :

Match start with : Push back (Previously – Bully-off method)

4 quarters (International and Senior national men & women)

Each quarters : 15min

Rest between quarters : 2min

Rest between 2nd and 3rd quarters : 10min

Duration : Juniors and other categories 70min (35 + 5 + 35)

Officials :

Main umpires ; 2

Technical officials : 2

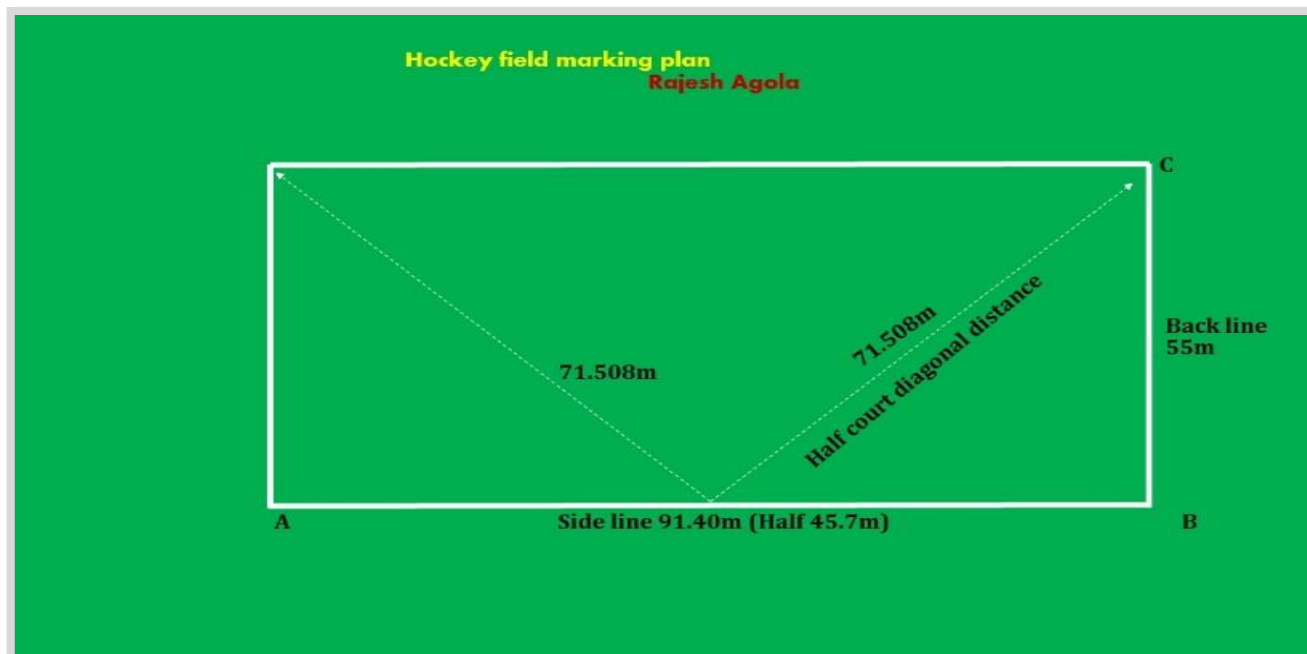
Technical director : 1

Cards :

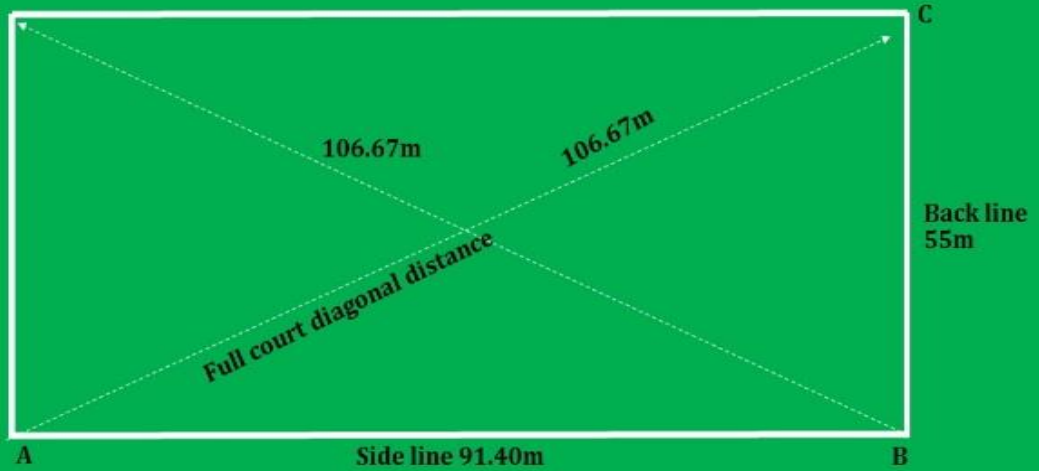
Green card (▲) : Warning or 2min suspension (Green + Green = Yellow)

Yellow card (■) : 5min suspension (Yellow +Yellow = Red)

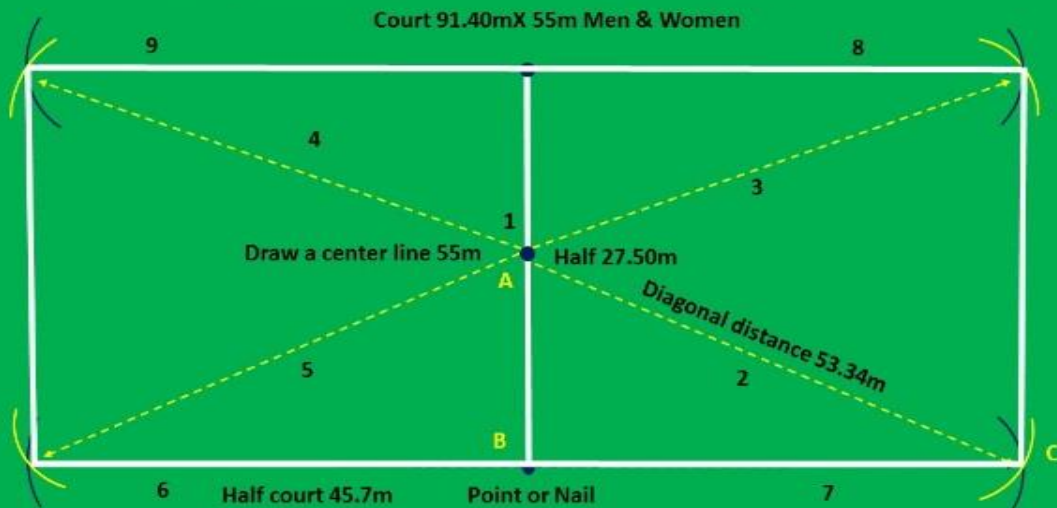
Red card (●) : Suspended from match



Hockey field marking plan
Rajesh Agola

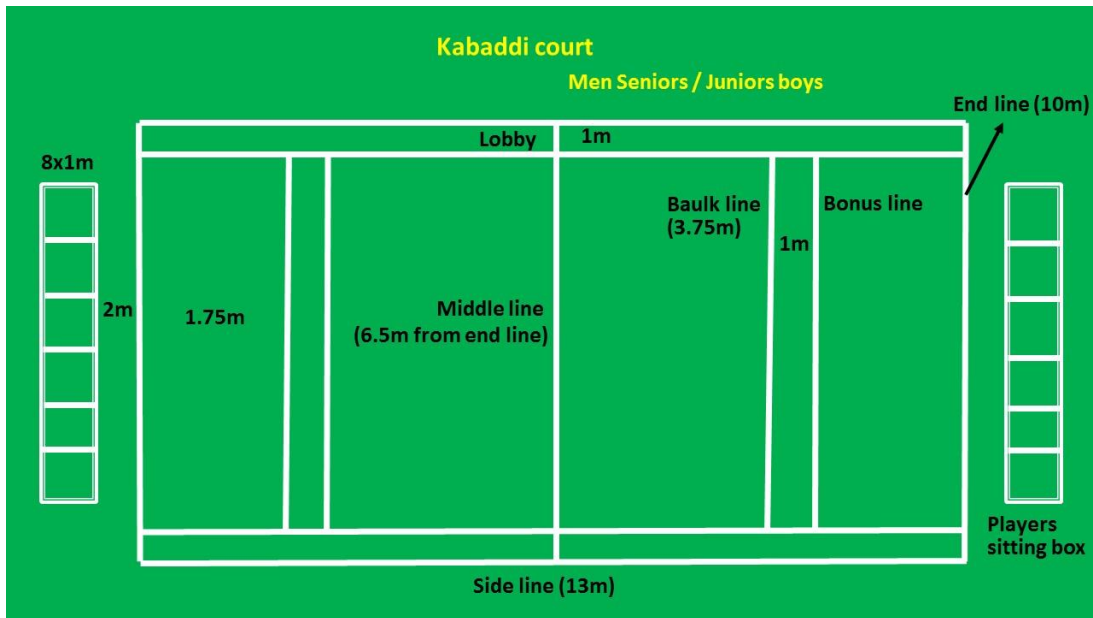


Hockey court marking with center court diagonal step by step



My YouTube channel: [rajagola](#)
 Website : www.ap-physical-literacy.com

20. Kabaddi



MEASUREMENTS :

Category	Length	Width	Center line	Lobby	Back line	Bounce line	End line
Men & Junior boys	13m	10m	6.5m	1m	3.75m	1m	1.75m
Women & Junior girls	12m	8m	6m	1m	3m	1m	2m
Sub junior boys & girls	11m	8m	5.5m	1m	3m	1m	1.5m

Thickness of the lines : 3cm to 5cm

Sitting box : 8 x 1

Players :

Team : 12

Playing players : 7

Substitution : 5

Game :

Men : 40min (20 + 5 + 20)

Women : 30min (15 + 5 + 15)

Time outs : each team -2 (Each half)

Time out duration : 30 sec

Symbols :

Bonus : \triangle

Loan : (-) All-out

Technical point : 0

First leading point :
Running score :
Time Outs : T
Super Catch Point : X (Cross mark)

Officials :

Referee : 1
Umpires : 2
Scorer : 1
Assistance scorer : 2
Line men : 2

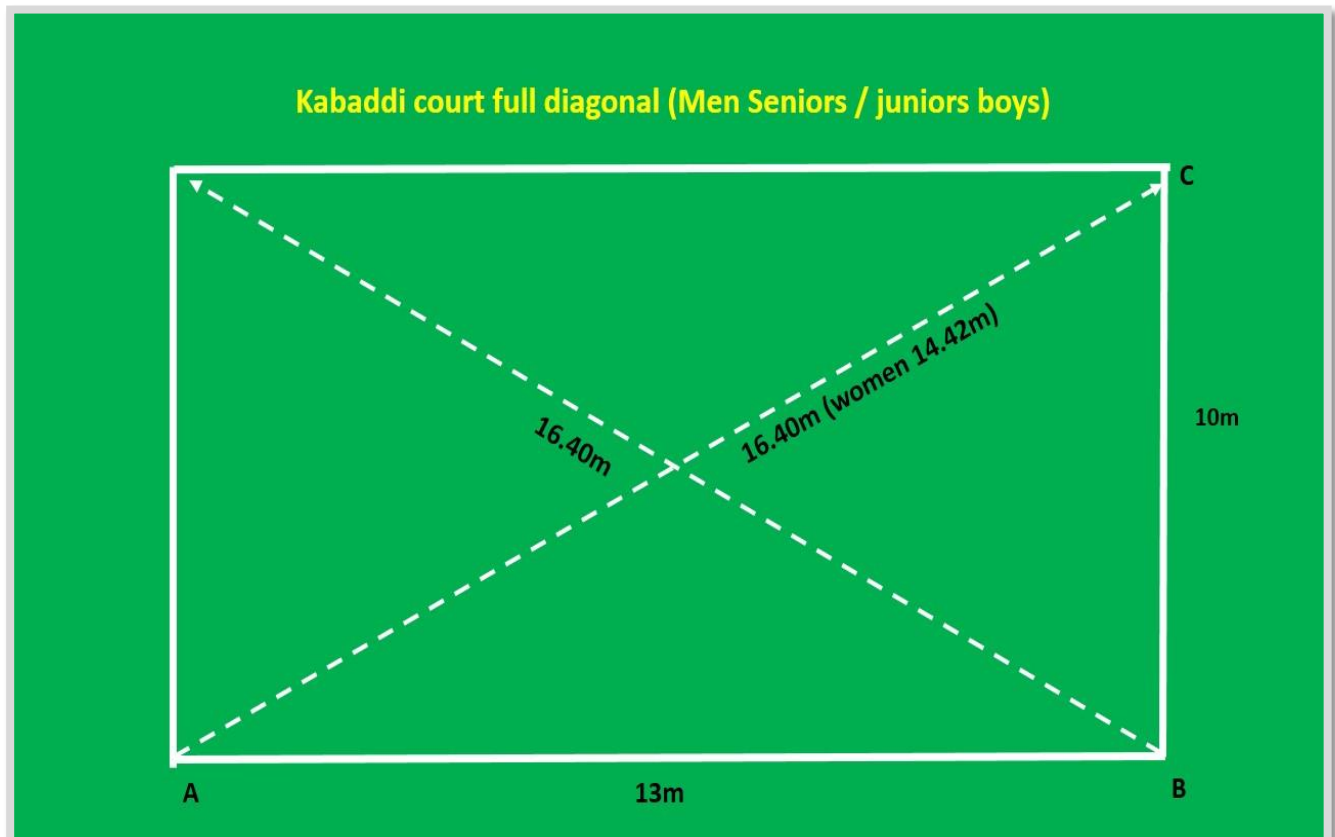


Warning cards :

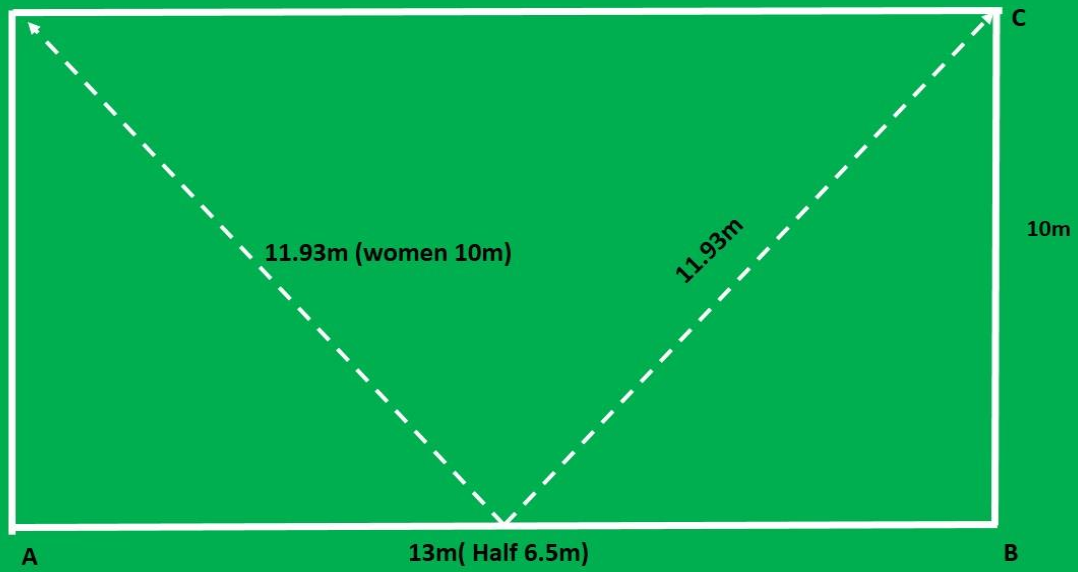
Green : An initial warning for any violation of rules

Yellow : 2 minute suspension from the game along with 1 technical point to the opposition.

Red : 1 technical point to the opposition and suspension for the rest of the match. In this case, the team that loses the player shall continue the match with the remaining number of players. No substitution for a red carded player is allowed

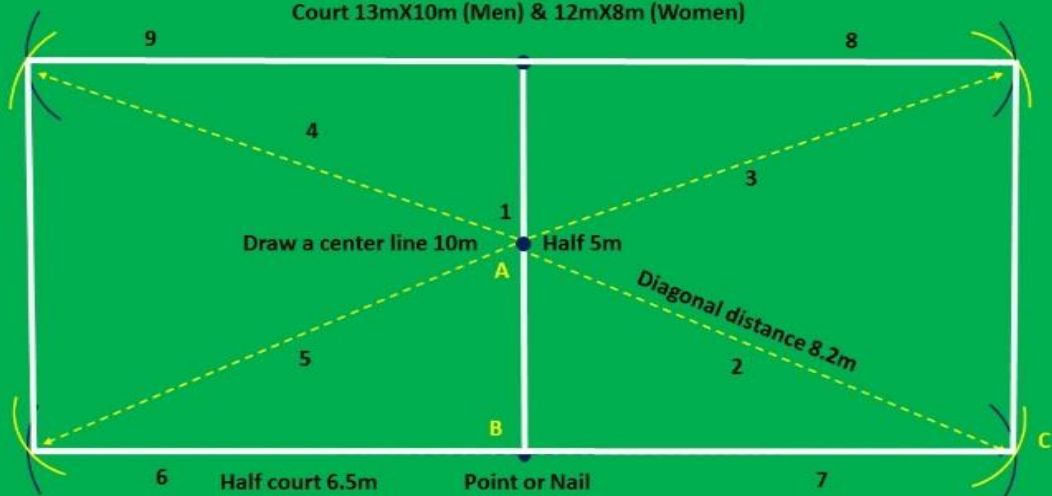


Kabaddi court half diagonal (Men Seniors / juniors boys)



Kabaddi court marking with center court diagonal step by step

Court 13mX10m (Men) & 12mX8m (Women)



My YouTube channel: [rajagola](#)
Website : www.ap-physical-literacy.com

21. Kho-Kho



MEASUREMENTS :

Category	Length	Width	Pole to Pole	Pole to 1 st square	Between Sitting boxes	Free zone	Sitting Square
Men & Women, Junior Boys & Girls	27m	16m	24m	2.55m	2.30m	1.50m	35X30cm
Sub Junior Boys & Girls	23m	14m	20m	2.15m	1.90m	1.50m	30X30cm

Thickness of the lines : 2 to 4cm

Pole :

Height : 1.20m to 1.25m
 diameter : 9cm to 10cm
 Circumference : 28.25cm to 31.4cm

Players :

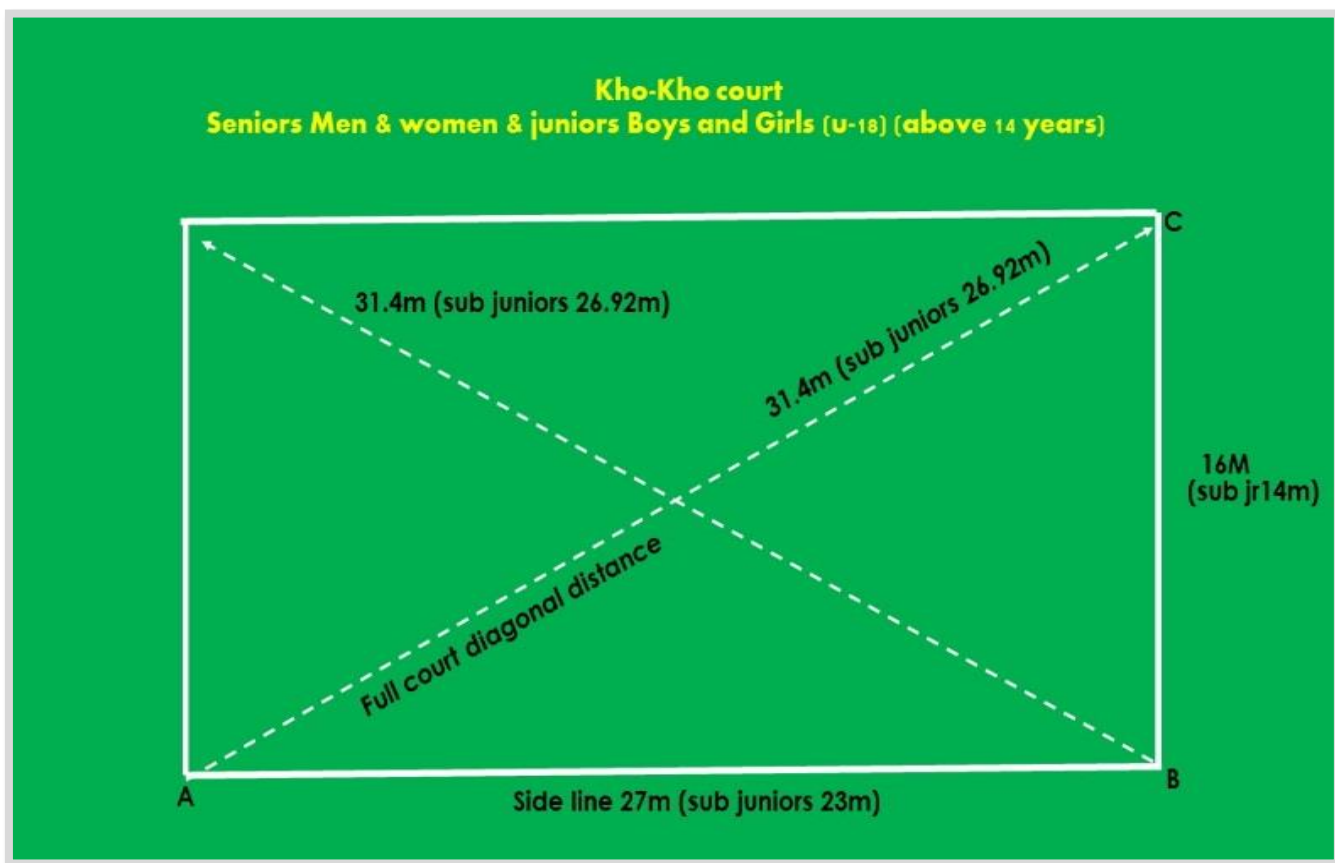
Team : 12
 Playing players : 9
 Substitution : 3

Game :

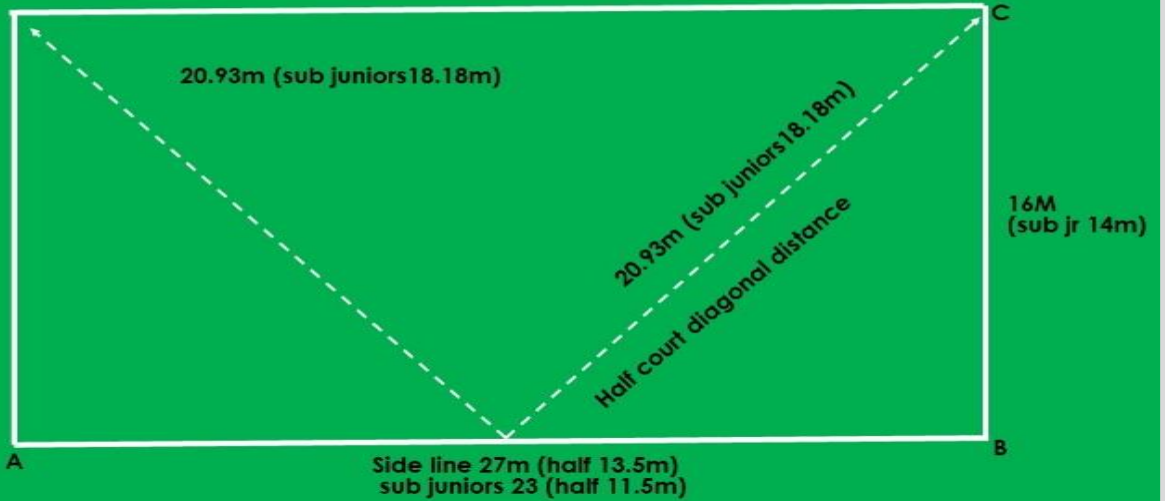
Turns : 4
 Innings : 2
 Men & Women, Junior Boys & Girls : (9 + 3 + 9) 6 (9 + 3 + 9) Total 48min
 : Each innings 9min, Rest between innings 3min, Rest between turns 6min.
 Sub Junior Boys & Girls : (7 + 3 + 7) 5 (7 + 3 + 7) Total 39min
 : Each innings 7min, Rest between innings 3min, Rest between turns 5min.

Officials :

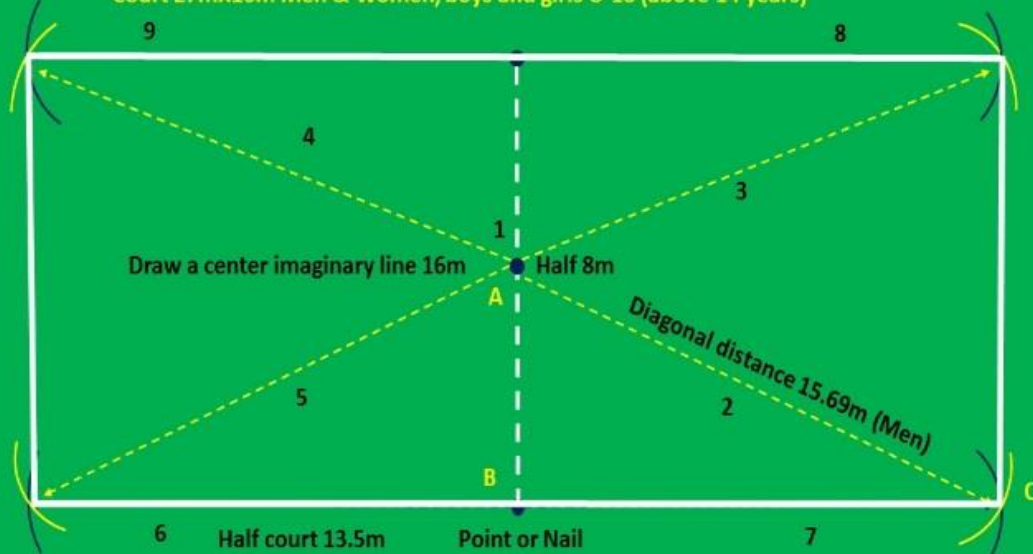
- Referee : 1
- Umpires : 2
- Scorer : 1
- Assistance scorer : 1
- Time keeper : 1



Kho-Kho court
Seniors Men & women & juniors Boys and Girls (U-18) (above 14 years)



Kho-Kho court marking with center court diagonal step by step
Court 27mX16m Men & Women, boys and girls U-18 (above 14 years)



Sub juniors (U-14) center court diagonal distance 13.46m

Note: After marking all corners should erase the center imaginary line

22. Sepaktakraw



MEASUREMENTS :

Court :

Length : 13.40m
Width : 6.10m
Lines thickness : 4cm
Thickness of the Center line : 2cm
Free zone : 3.0m

Net :

Length : 6.1m
Width : 0.7m
Height : Men - 1.55m (At pole)
 : Men - 1.52m (Center)
 : Women - 1.45m (At pole)
 : Women - 1.42m (Center)
Service circle : 30cm or 0.3m (From side line 3.5m, from end line 2.45m)
Quarter circle : 0.9m or 90cm

Ball :

Weight :
Men - 170gr to 180gr (12 holes)
Women - 150gr to 160gr
Circumference :
Men - 0.41m to 0.45m
Women - 0.42m to 0.44m



Players :

Team : 5
Playing players : 3
Substitution : 2

Team events :

Team : 15

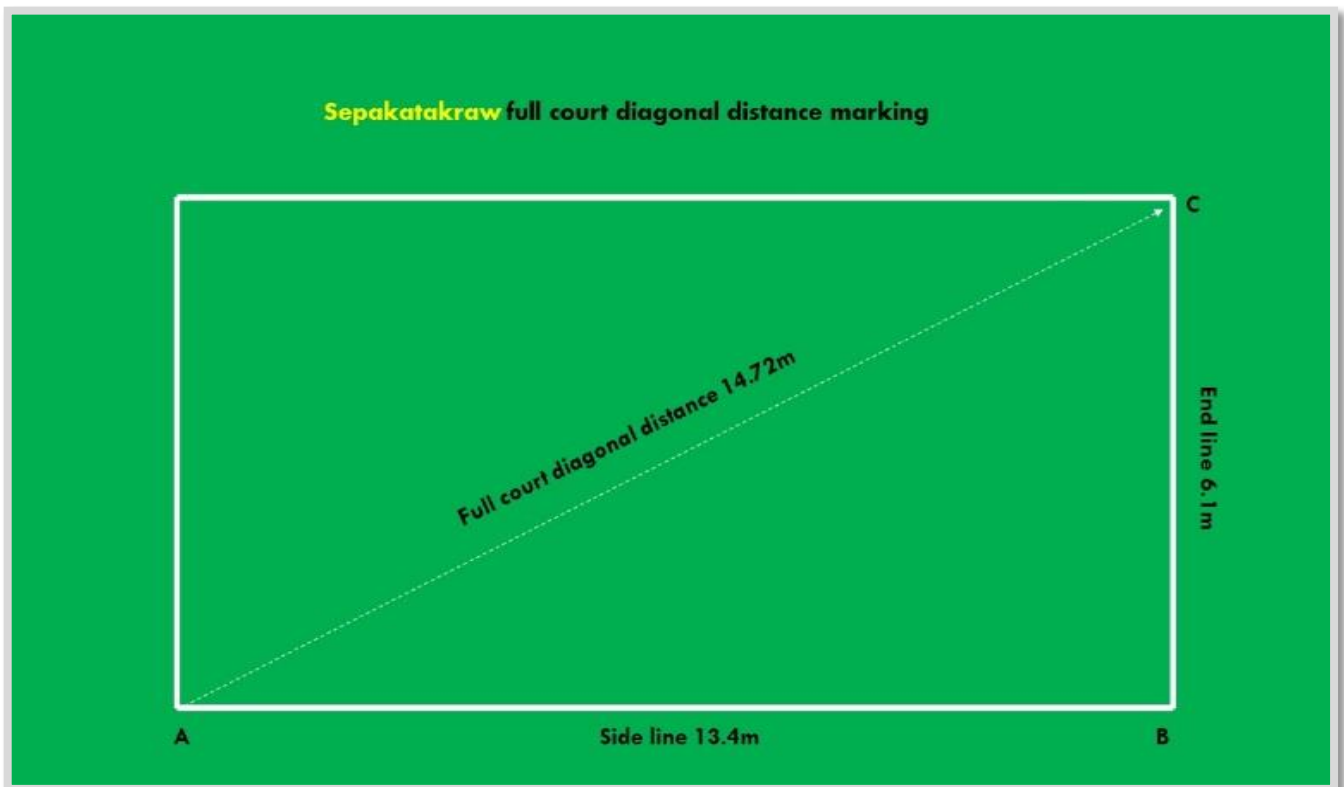
Playing players : 9

Substitution : 3

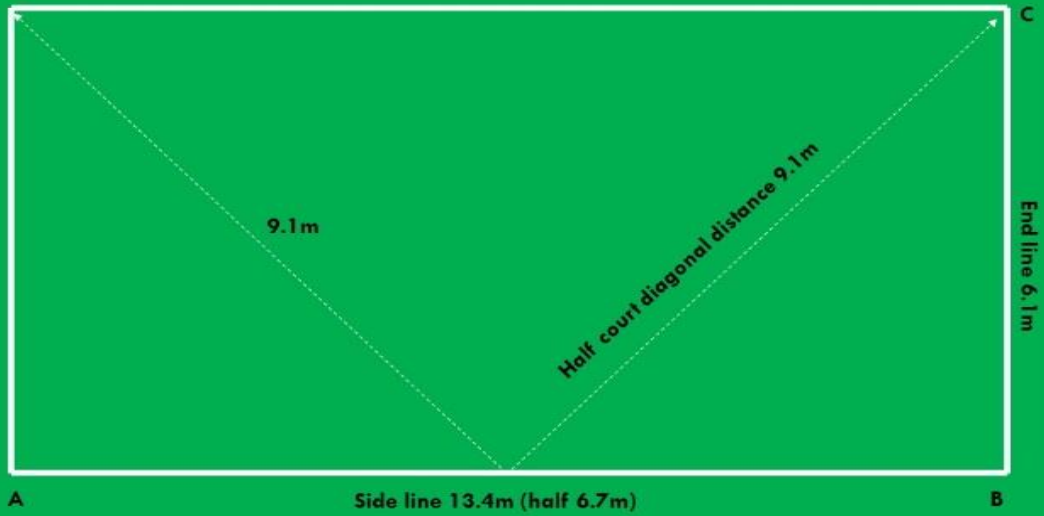
Game :

Best of three sets.

Each set 21 points. (Difference between 2 points continue to 25th point. First 25th point reaching team win the set)

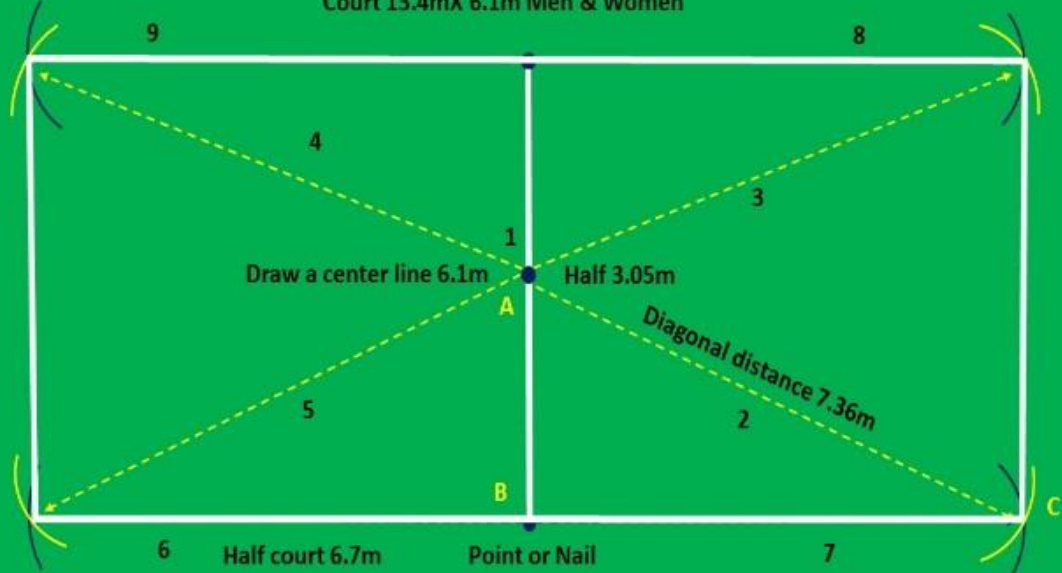


Sepakatakraw half court diagonal distance marking

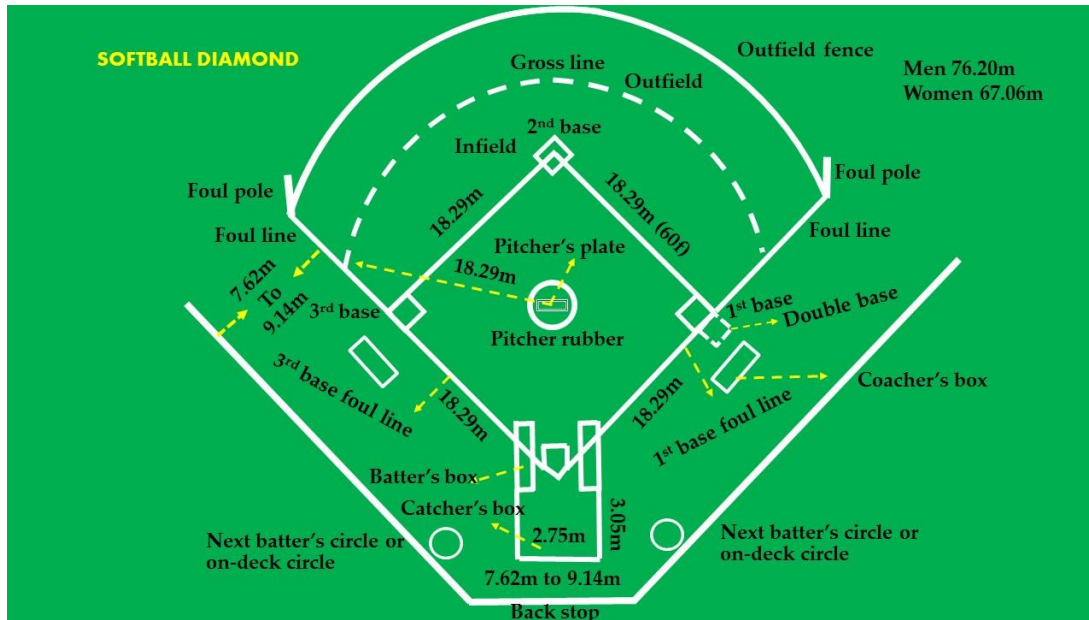


Sepaktakraw court marking with center court diagonal step by step

Court 13.4m X 6.1m Men & Women



23. Softball



MEASUREMENTS :

Diamond Area :

Men : 76.20m

Women : 67.06m

Home Plate / Home base :

Length : 45cm

Width : 22cm

Diagonal : 31.8cm

Batter box :

Length : 2.2m

Width : 1m

Catchers box :

Length : 3.05m

Width : 2.75m

Distance between two batters box : 0.75m

Pitchers plate :

Length : 60.96cm

Width : 15.24cm

Radius of the pitcher Plate circle : 2.44m

Distance between home plate and pitching plate :

Men : 14.02m (46 feet's)

Women : 13.11m (43 feet's)

Sub juniors : 12.19m (40 feet's)

Home base to base line : 18.29m

Measurements 1st, 2nd, 3rd bases : 38cm to 38cm

Distance between base to base : 18.29m

Catchers box to back stop : 7.26m to 9.14m

Batter's box : (Upcoming / Next batsman's box)

Length : 9.14m
Width : 0.91m
On deck circle : 0.76m

Coachers box :

Length : 4.57m
Width : 0.91m
Diagonal of home plate to Second base : 25.86m

Slugger :

Length : 86.4cm
Radius : 5.715cm (2 ¼ inch)
Length of the safety grip : 25.4cm (10 inch)
Weight : 1077gr

Ball :

Weight : 178gr to 198.4gr
Circumference : 30.2cm to 30.8cm

Players :

Team : 16
Playing players : 9
Substitution : 7

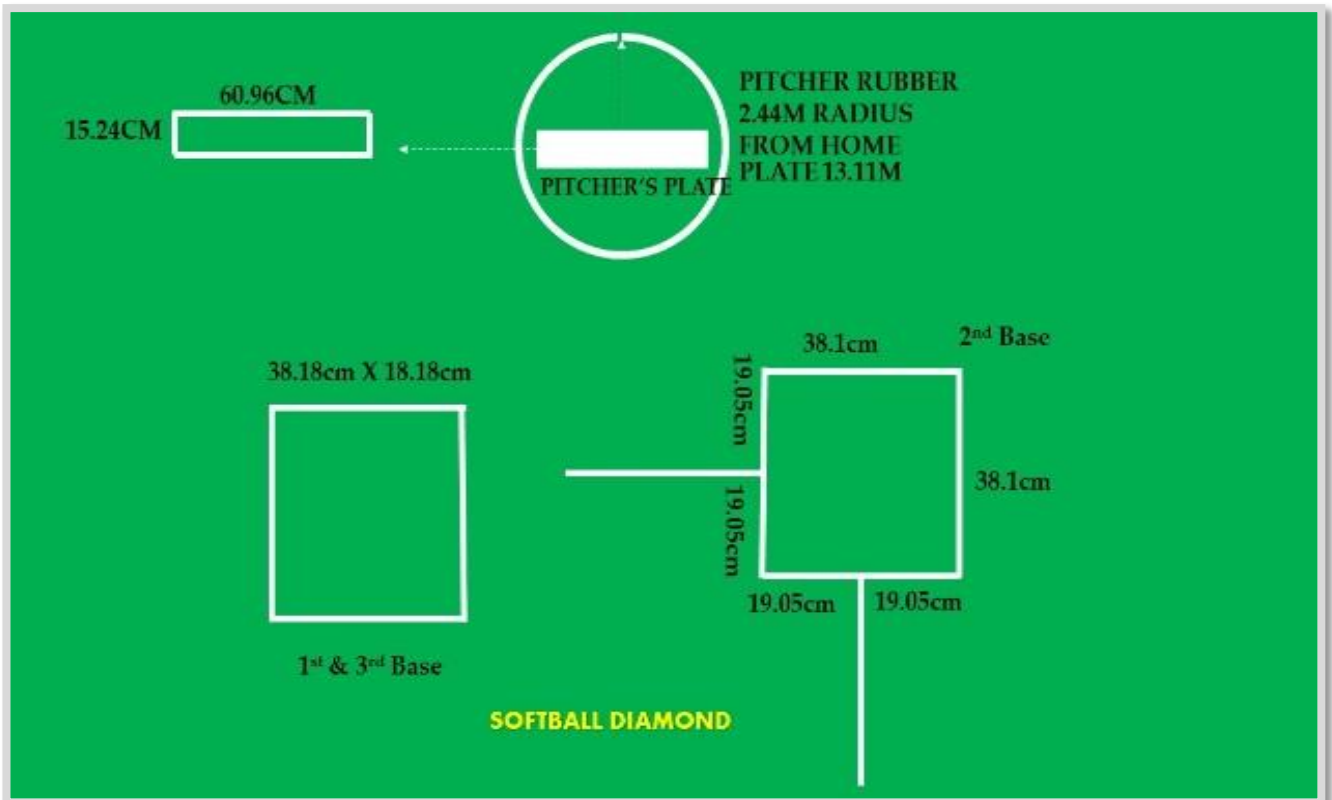
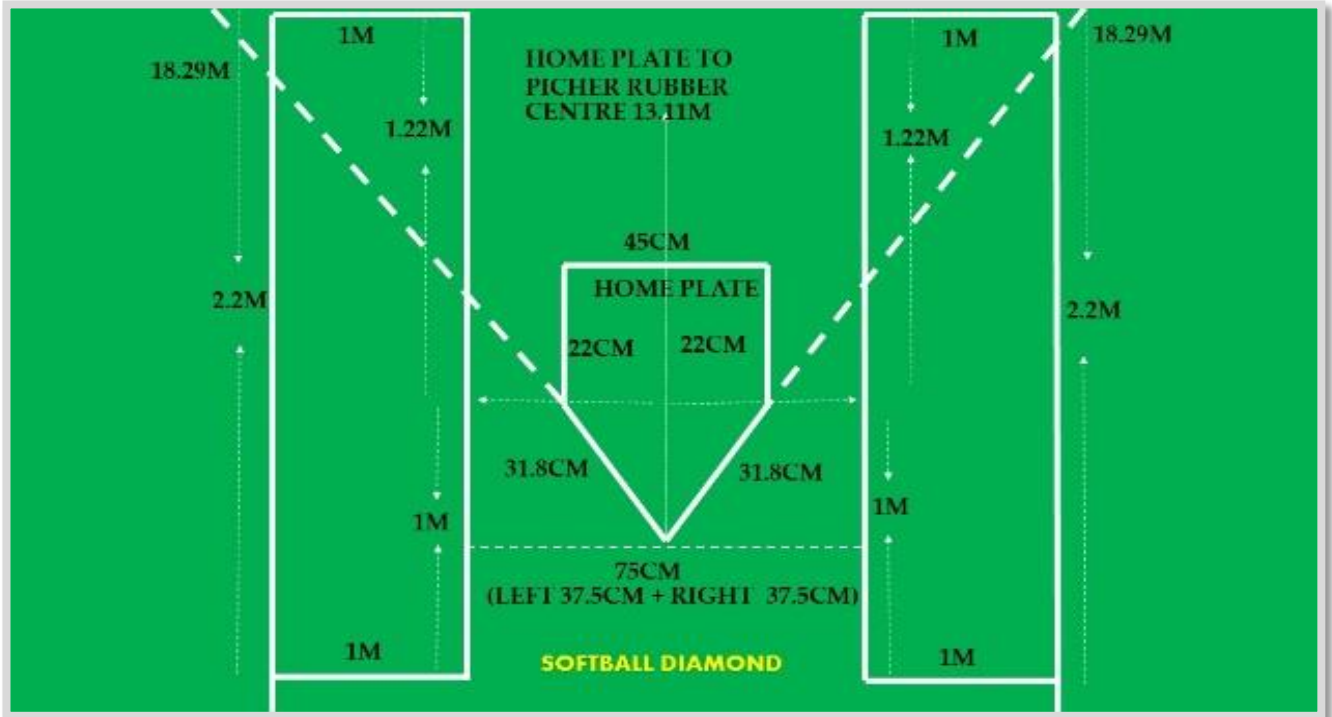
Game :

General matches : 5 innings
National and International : 7 innings

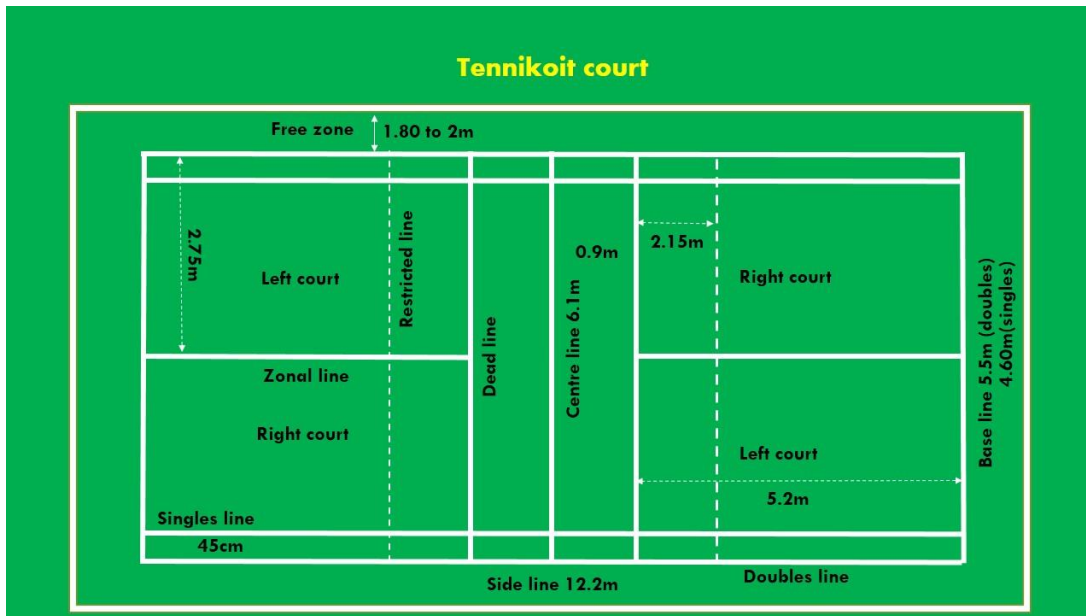
Officials :

Referee : 1
Plate umpire : 1
Base umpire : 2
Scorer : 1





24. Tennikoit



MEASUREMENTS :

Court :

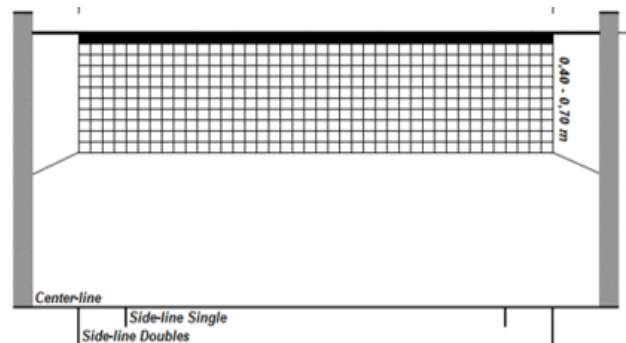
- Length : Singles Doubles
- 12.20m 12.20m
- Width : 2.75m 5.50m
- Lines thickness : 5cm (Inside of the court)
- Restricted or caution line : 5.50m x 2.15m
- Center line to dead line (Neutral zone) : 0.9m
- End line to restricted line : 5.2m
- Zone line : Dividing the two courts.

Post :

- Length : 1.90m
- Circumference : 6cm
- Distance between pole to side line : 45cm
- Length of the antenna : 1.06m
- Circumference of the antenna : 2.5cm to 3.8cm
- Height of the antenna above net : 0.50m
- Between antennas : 5.5m
- Antenna color : Black and White

Net :

- Length : 6.1m
- Width : 70cm
- Height : 1.80m (Middle)
- : 1.67m (Sub juniors)
- Mesh : 2.5cm
- Tape : 5cm



Tennikoit :

Weight : 198gr to 226gr
Inside diameter : 16cm
Outside diameter : 10cm
Thickness of the ring : 3cm

**Players :**

Team : 6
Playing players : 2
Substitution : 3

Game :

Best of three sets.
Each set 21 points.
Last set 11 points court change.
No substitution in Tennikoit singles match.
Time outs : 1 (Each team and each set)
Time out duration : 30sec
Rest between sets : 2min
3rd set rest : 3min

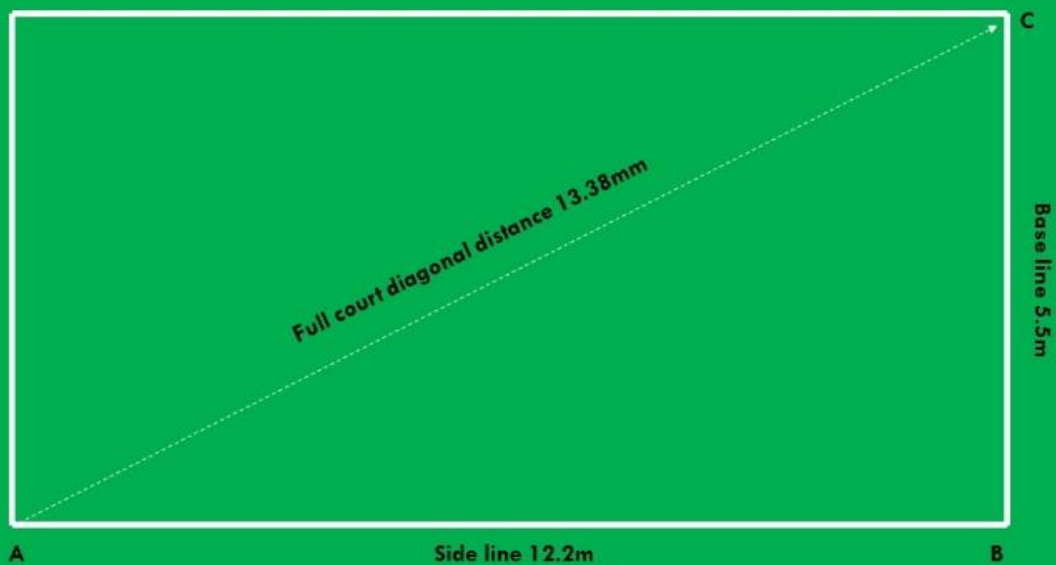
Cards :

Yellow card : Warning
Red card : one point and service to opponent
Yellow and Red card separately : Suspension from match
Yellow and Red card jointly : announce set winner to opponent

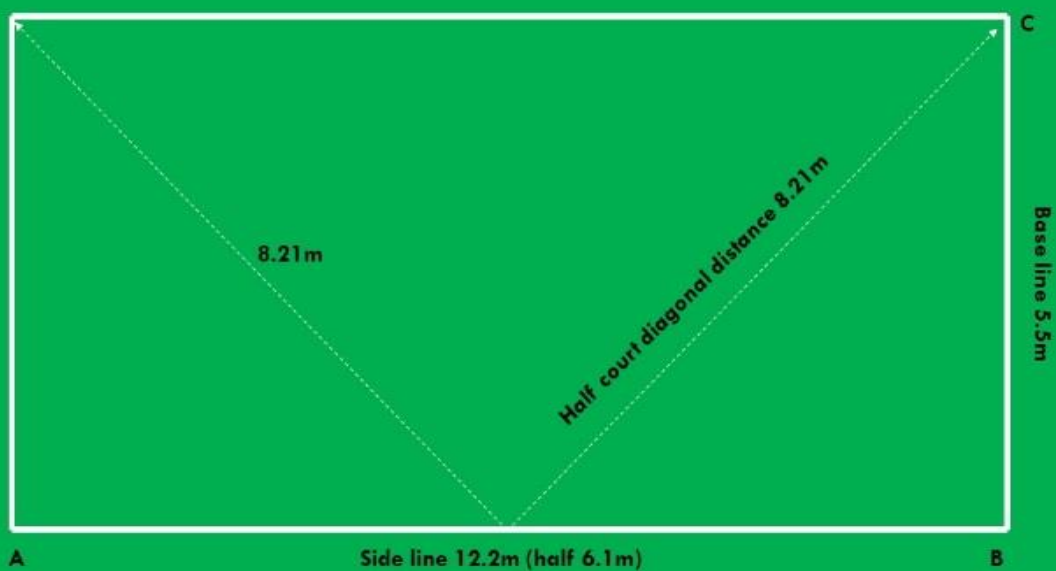
Officials :

Referee : 1
Assistant referee : 1
Scorer : 1
Lineman's : 2 or 4

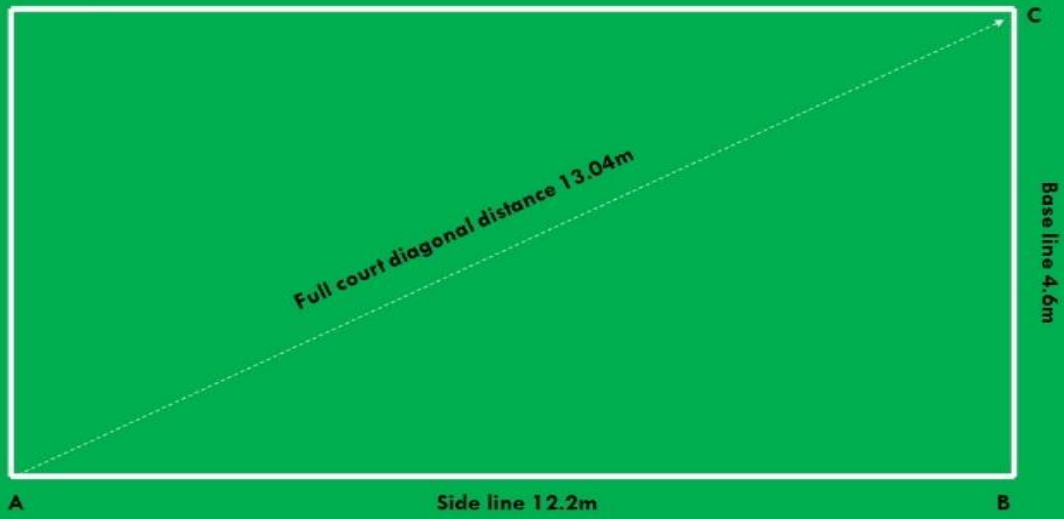
Tennikoit full court for doubles diagonal distance marking



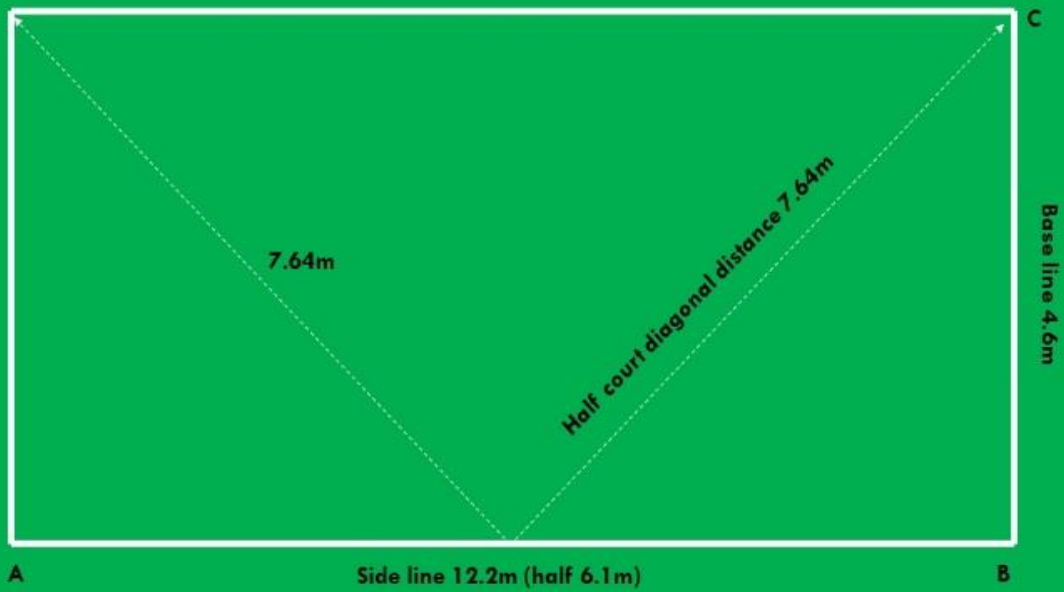
Tennikoit half court for doubles diagonal distance marking



Tennikoit full court for **singles** diagonal distance marking



Tennikoit half court for **singles** diagonal distance marking



Tennikoit court marking with center court diagonal step by step

Court 12.2mX5.5m (Doubles)



Draw a center line 5.5m

Half 2.75m

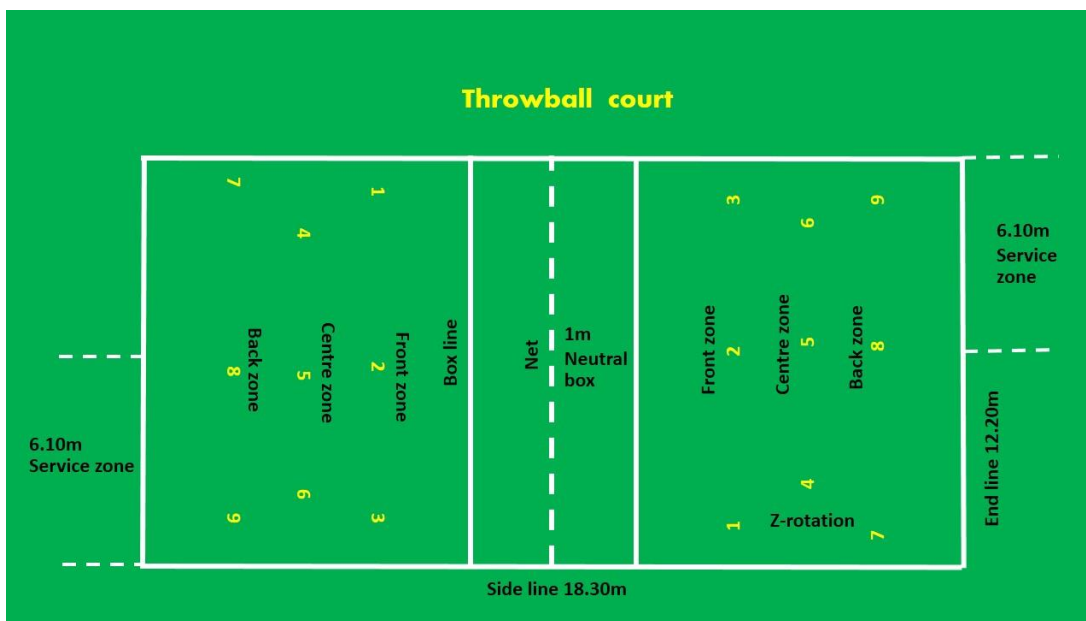
Diagonal distance 6.69m (Doubles)

Half court 6.10m

Point or Nail

Singles court 12.20mX4.6m center court diagonal distance— 6.52m

25. Throwball



MEASUREMENTS :

Category	Length	Width	Neutral box	Lines
Seniors	18.30m	12.20m	1m	5cm
Juniors	18.30m	12.20m	1m	5cm
Sub juniors	15.30m	9.20m	1m	5cm

Service zone : 6.10m

Free zone : 2m

Post :

Length : 3m

Circumference : 8cm to 10cm

Post to side line : 50cm

Net :

Length : 12.2m

Width : 1m

Height :

Senior Men & Women : 2.30m

Juniors : 2.10m

sub Juniors : 2m

Length of the antenna : 1.80m

Circumference of the antenna : 10mm

Height of the antenna above net : 0.80m

Mesh : 10 x 10cm

Ball :

Weight : 400gr to 450gr
Circumference : 70cm to 72cm



Players :

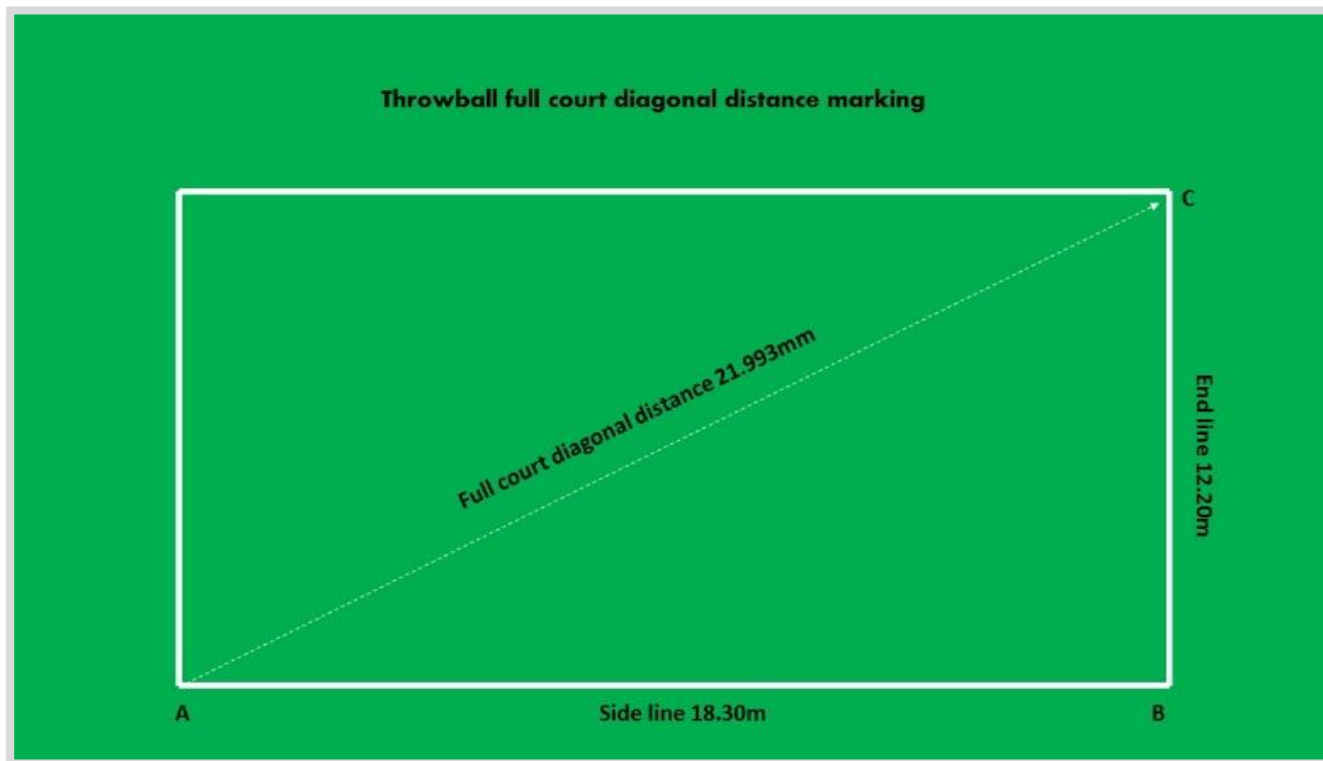
Team : 14 (SGFI-12)
Playing players : 9
Substitution : 5 (SGFI-3)
Note : Each set can substitute 5 players (Association and SGFI)

Game :

Best of five sets.
Each set 15 points.
Each set 8 points court change.
Each set two time outs.
Each time out 30 sec
(Difference between 2 points continue to 16 point. First 17th point reaching team win the set)

Officials :

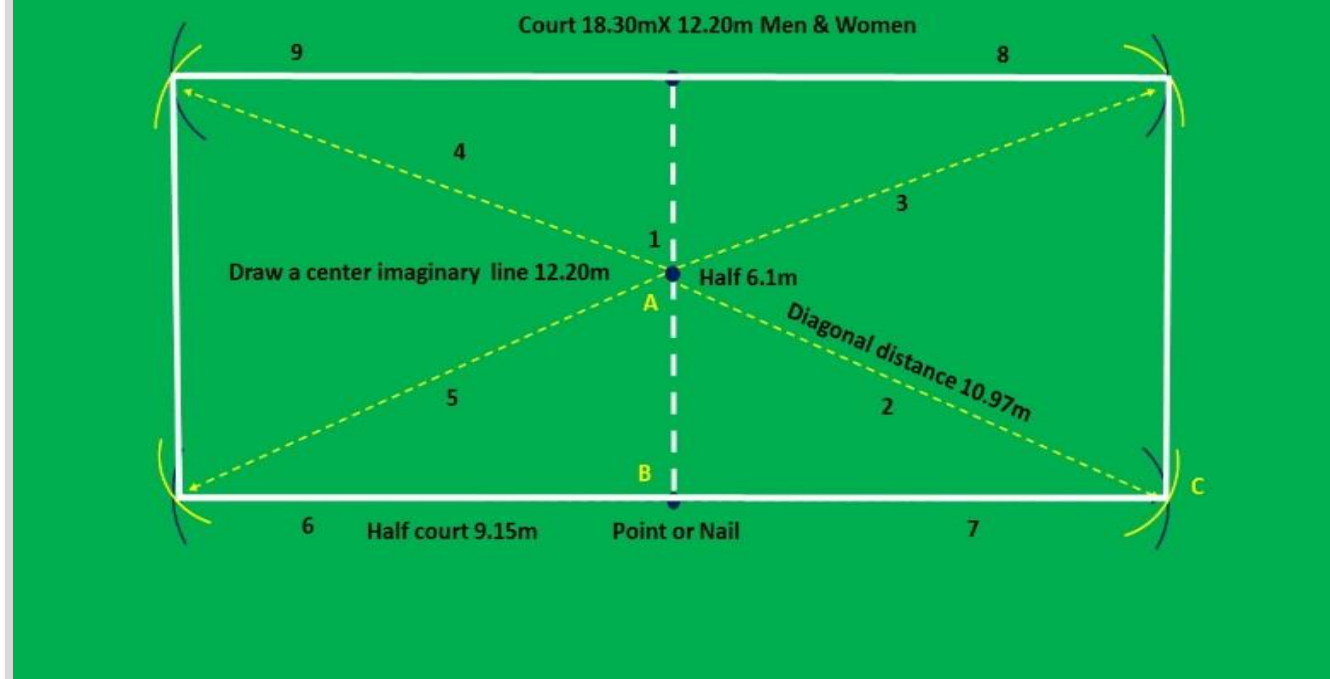
Referee : 1
Umpire : 1
Scorer : 1
Assistant scorer : 1
Lineman's : 2



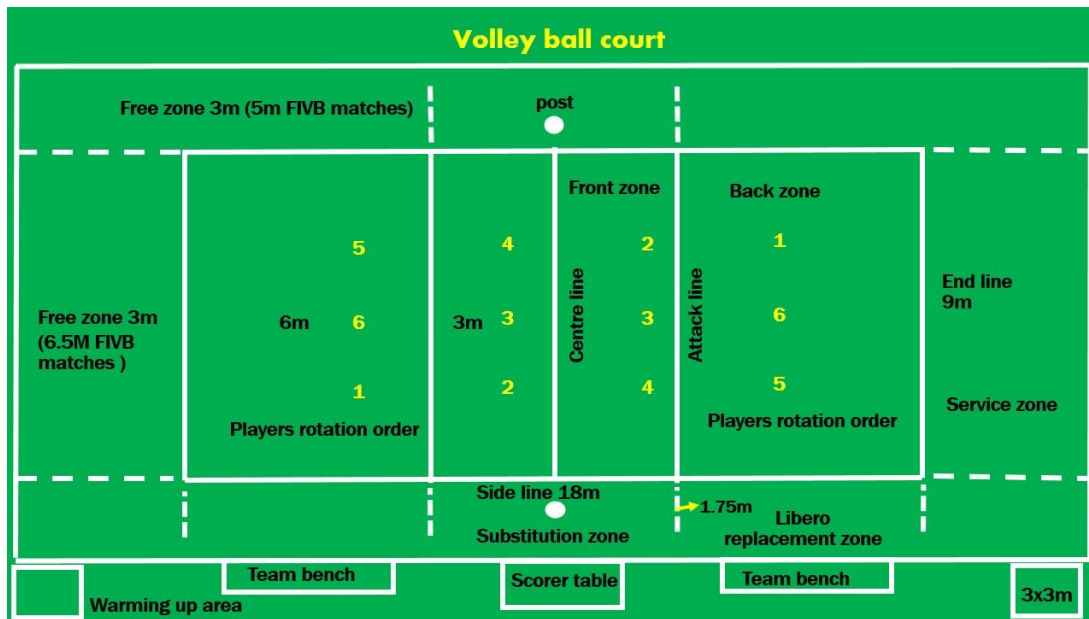
Throwball half court diagonal distance marking



Throwball court marking with center court diagonal step by step



26. Volleyball



MEASUREMENTS :

Court :

Length : 18m

Width : 9m

Center line to Attacking line : 3m

Attacking line to End line : 3m

Lines thickness : 5cm (Inside of the court)

Free zone : 3m (FIVB international matches 5m from side line, 6.5m from end line)

Attacking line extension from side line : 1.75m (dotted line)

Post :

Height : 2.55m

Distance between side line to pole : 0.50m to 1m

Distance between pole to pole : 10m to 11m

Net :

Length : 9.50m to 10m

Width : 1m

Height : 2.43m (Men)

: 2.24m (Women)

Mesh : 10cm x 10cm

Top band : 7cm

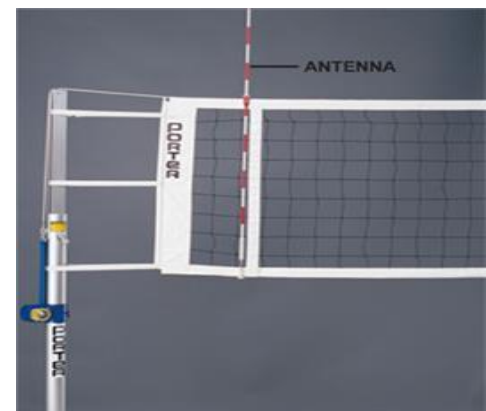
Side band : 5cm

Antenna :

Height of the antenna : 1.80m

Height of the antenna above net : 0.80m or 80cm

Circumference : 10mm (Red & white)



**Ball :**

Weight : 260 gr to 280gr
Circumference : 65cm to 67cm
Air pressure : 0.30 to 0.325 kg/cm²

Players :

Team : 12 (FIVB International matches-14)
Playing Players : 6
Substitution : 6

Game :

Best of five sets
Each set 25 points (Last set – 15 points. 8 points court change)
Time outs – 2 (Each set- Each team)
Rest between sets : 3min
Technical time outs: Every set up to 4th set, common technical time outs (8th and 16th) for two teams.
This is only for FIVB international match only. No technical time outs to 5th set.
Technical time outs duration : 60sec
(Difference between 2 points continue until win the set)

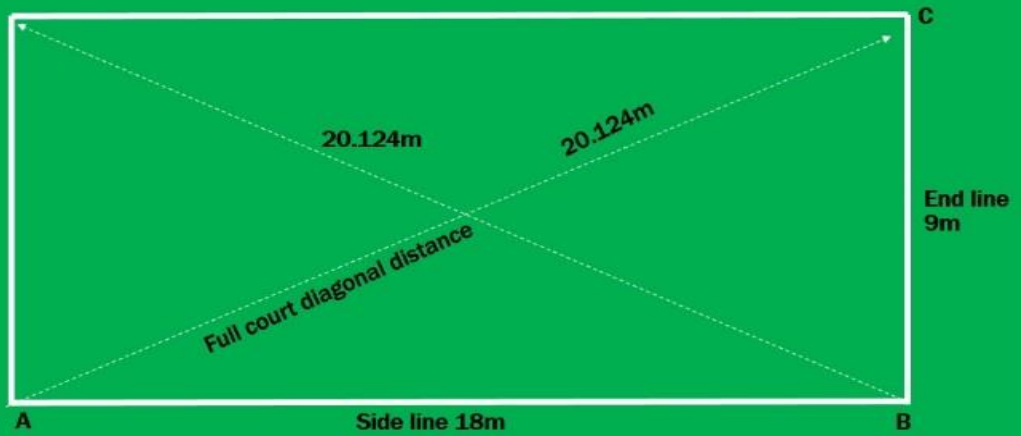
Officials :

First referee -1
Second referee -1
Scorer – 1
Assistant scorer -1
Line judges – 2 (Other competitions)
Line judges – 4 (International matches)
Line judges flags : 40x 40cm

Cards :

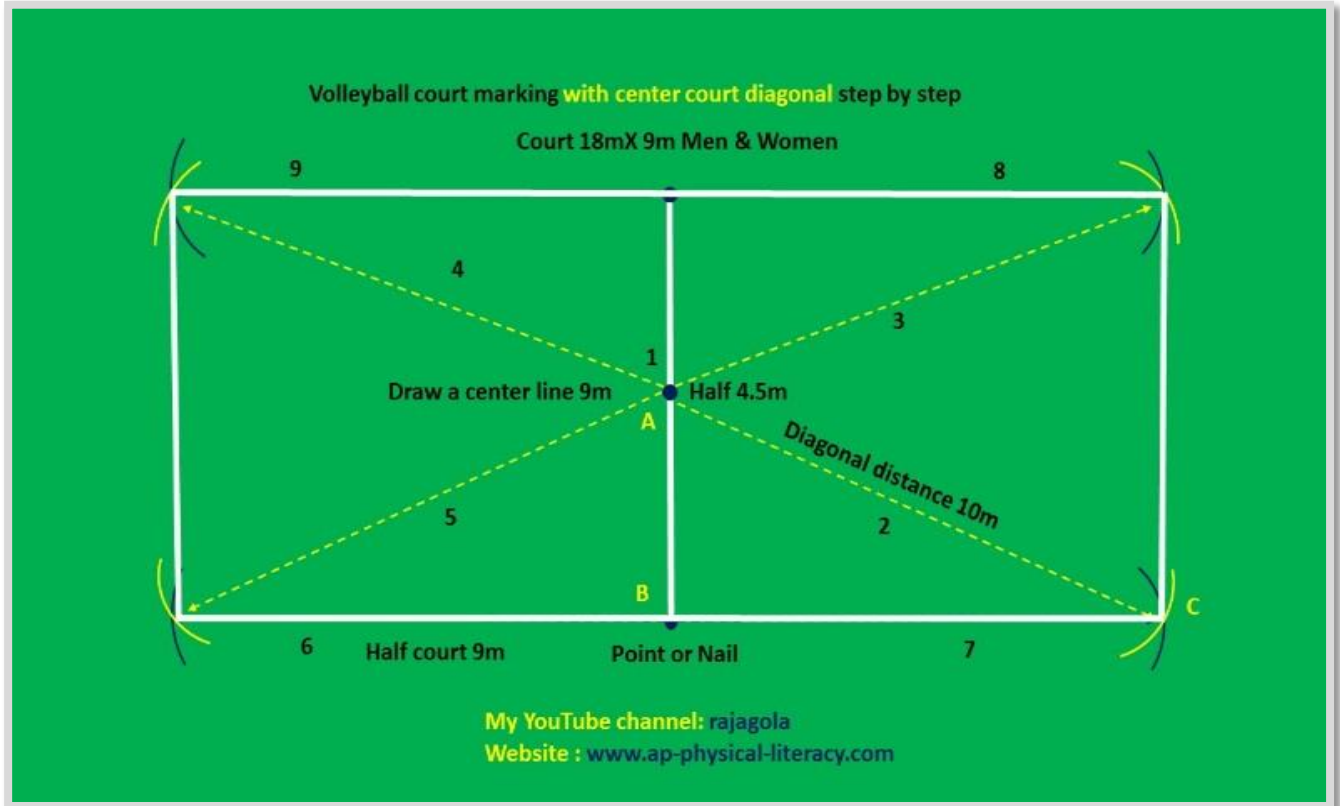
Yellow card : warning
Red card: One point and service to opponent.
Yellow and Red card jointly: Expulsion from set. Substitution allowed.
Yellow and Red card separately: Disqualification from match. Substitution allowed.

Volley ball court marking plan
Rajesh Agola



Volley ball court marking plan
Rajesh Agola



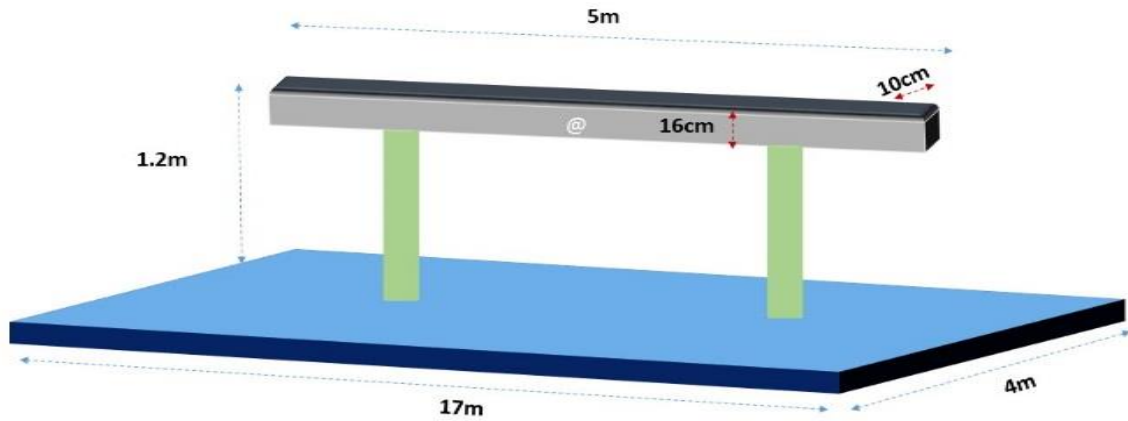


All games courts diagonals

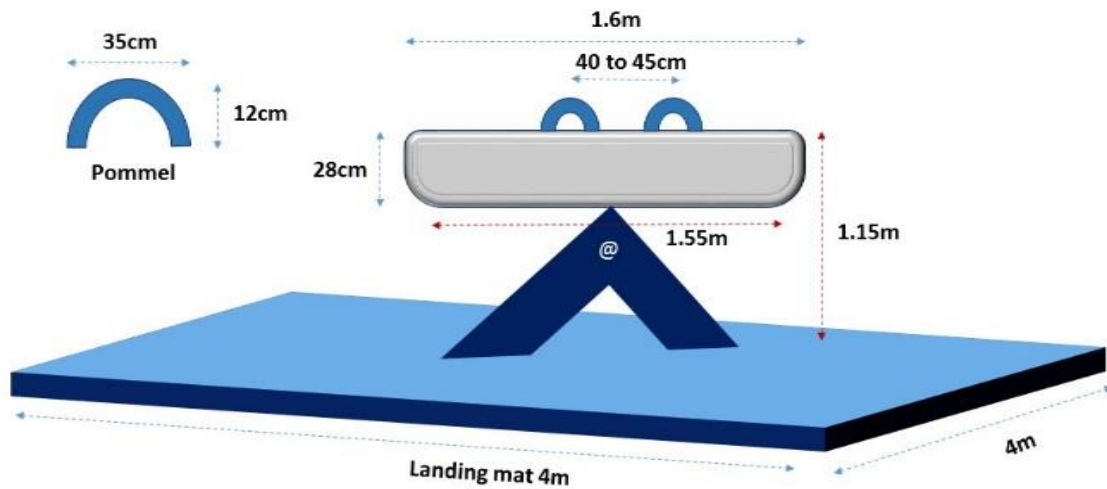
Name of the Game	Category Men/women	Length of the court	Width of the court	Full court diagonal	Half court diagonal	center court diagonals
Badminton	Singles	13.40m	5.18m	14.366m	8.5m	7.18m
	Doubles	13.40m	6.10m	14.723m	9.06m	7.36m
Ball badminton	Doubles	24m	6m	24.738m	13.416m	12.31m
	Fivers	24m	12m	26.832m	16.970m	13.42m
Basketball	Men&Women	28m	15m	31.764m	20.518m	15.88m
Cricket	Men&Women	20.12m	3.05m	---	---	---
Football	Men&Women	110m	64m	127.26m	84.71m	63.63m
	Men&Women	100m	64m	118.726m	81.215m	59.36m
	Men&Women	100m	50m	111.803m	70.7106m	55.9m
Handball	Men&Women	40m	20m	44.721m	28.284m	22.36m
Hockey	Men&Women	91.40m	55m	106.67m	71.508m	53.34m
Kabaddi	Men	13m	10m	16.40m	11.926m	8.2m
	Women	12m	8m	14.422m	10m	7.2m
Kho-Kho	Men&Women	27m	16m	31.4m	20.93m	15.69m
	Sub juniors	23m	14m	26.92m	18.18m	13.46m
Sepaktakraw	Men&Women	13.4m	6.1m	14.72m	9.1m	7.36m
Softball	Men&Women	18.29m	18.29m	25.865m	---	---
Tennikoit	Singles	12.2m	4.6m	13.04m	7.64m	6.52m
	Doubles	12.2m	5.5m	13.38m	8.21m	6.69m
Throwball	Men&Women	18.30m	12.20m	21.993m	15.2499m	10.97m
Volleyball	Men&Women	18m	9m	20.124m	12.727	15m

Gymnastics

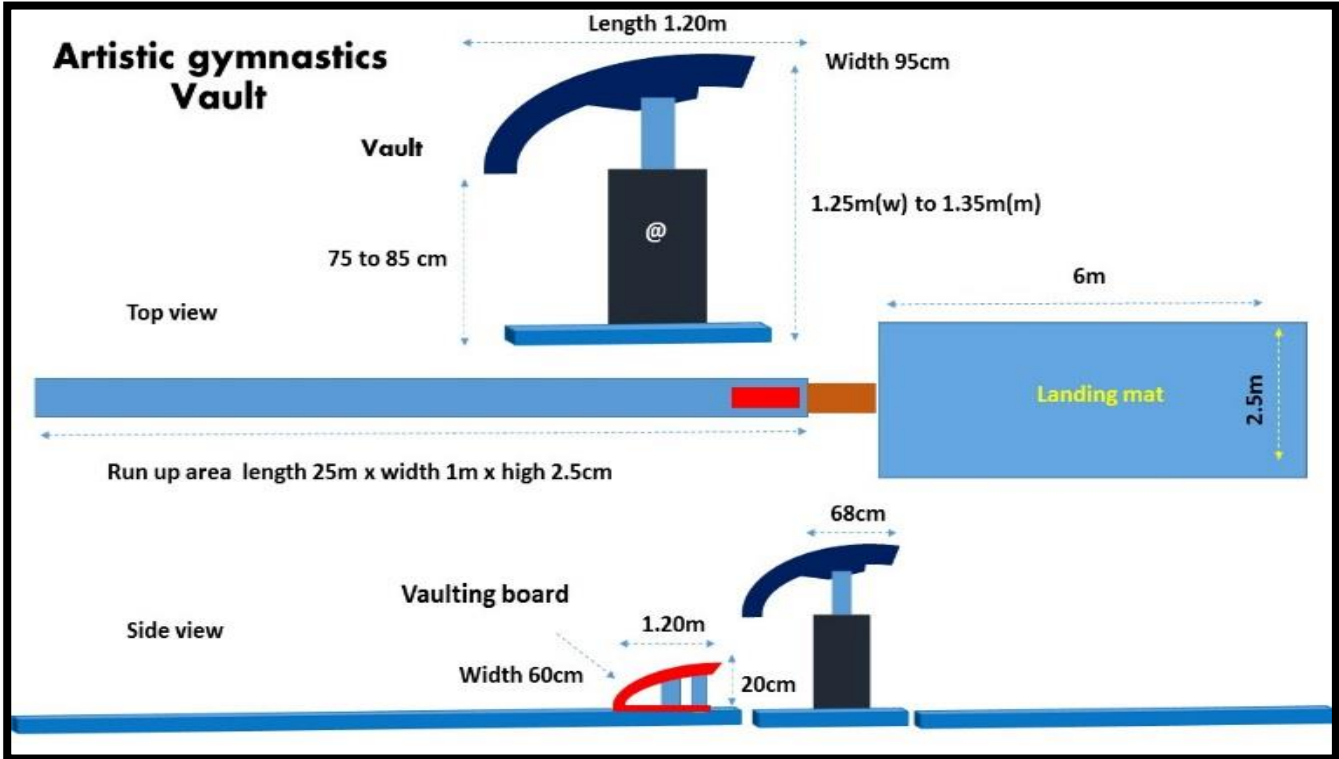
Artistic gymnastics Balancing beam



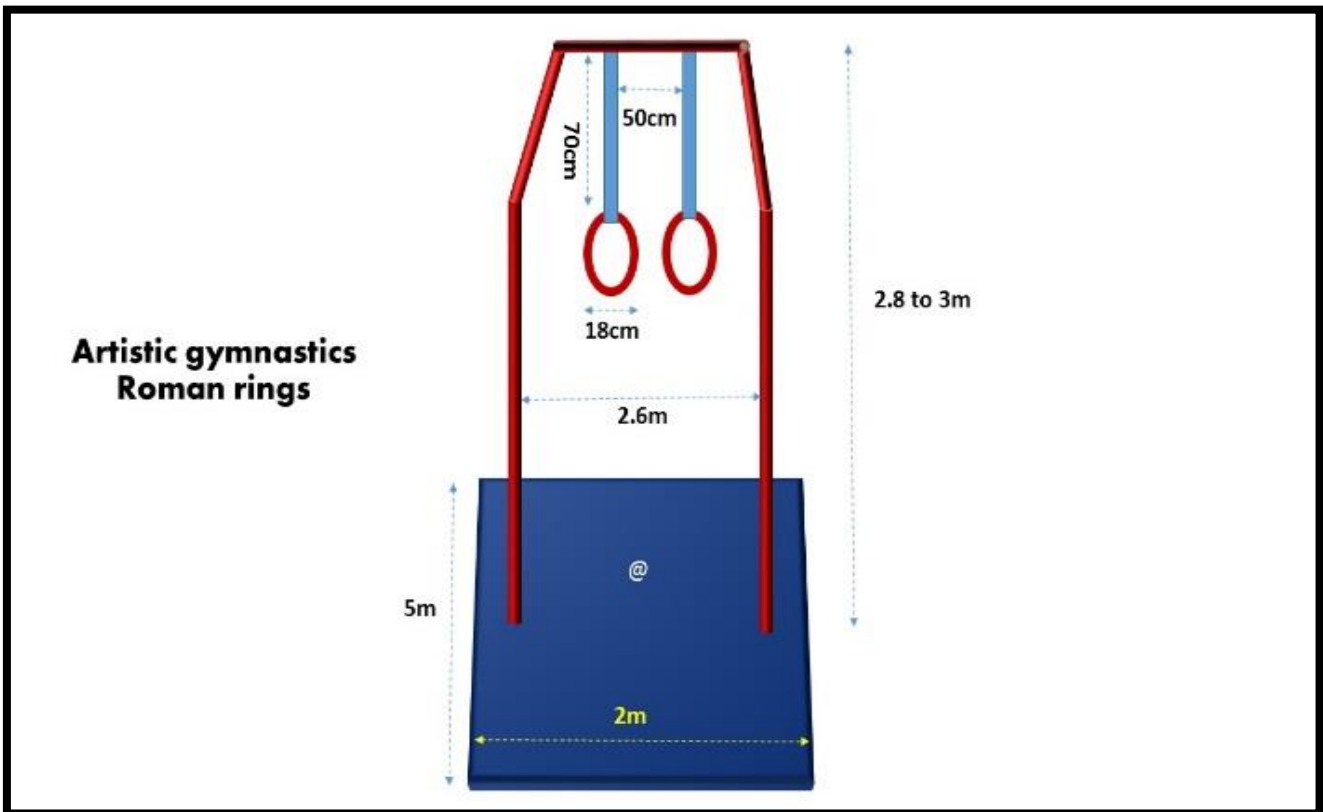
Artistic gymnastics Pommel Horse



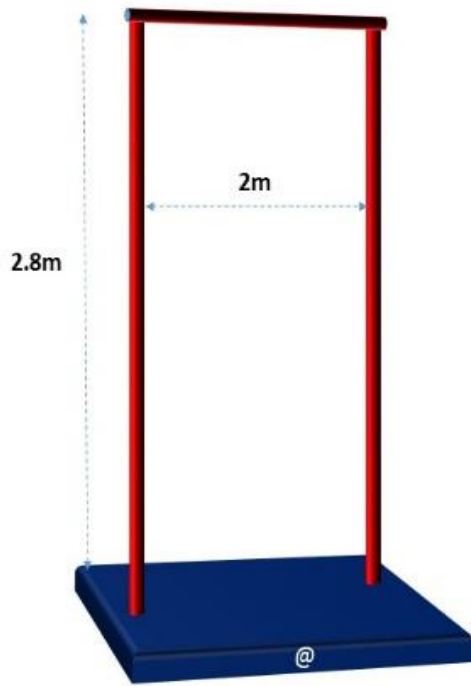
Artistic gymnastics Vault



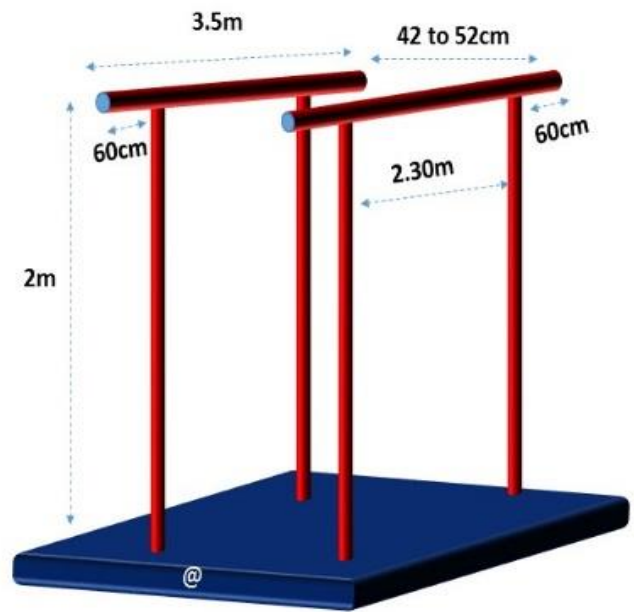
Artistic gymnastics Roman rings



Artistic gymnastics Horizontal bar and Parallel bar

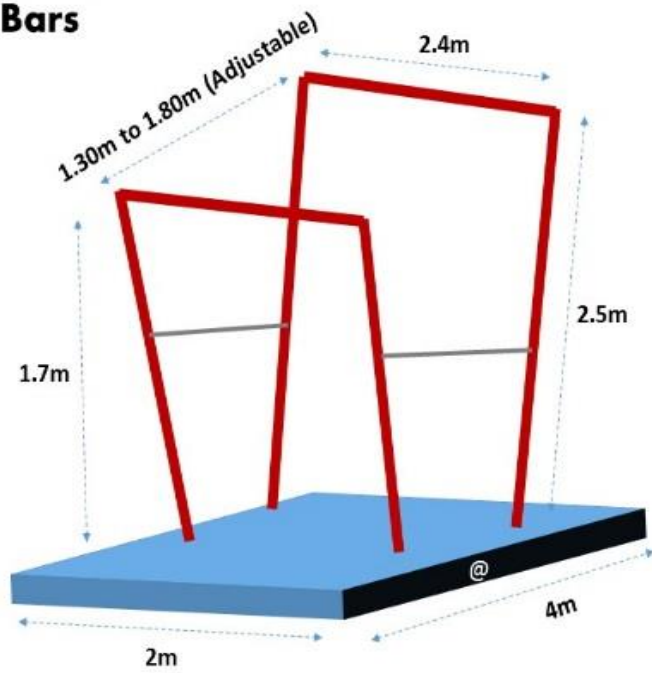


Single bar or Horizontal bar



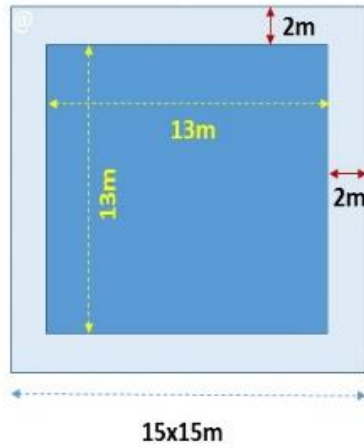
Double bar or Parallel bar

Artistic gymnastics Uneven Bars

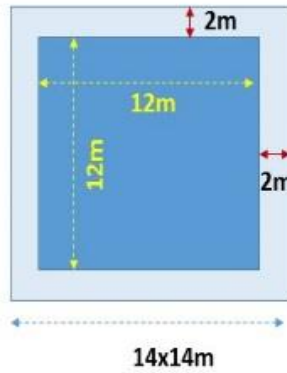


Gymnastics floors

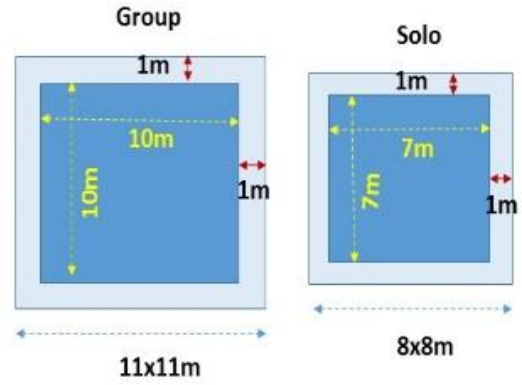
Rhythmic Gymnastics



Artistic and Acrobatic
Gymnastics
Men's & women's



Aerobic Gymnastics



Watch my physical education website: www.ap-physical-literacy.com
My YouTube channel : rajagola (All marking videos)

3 4 5 method

Calculation of Pythagoras theorem : 3 4 5 method

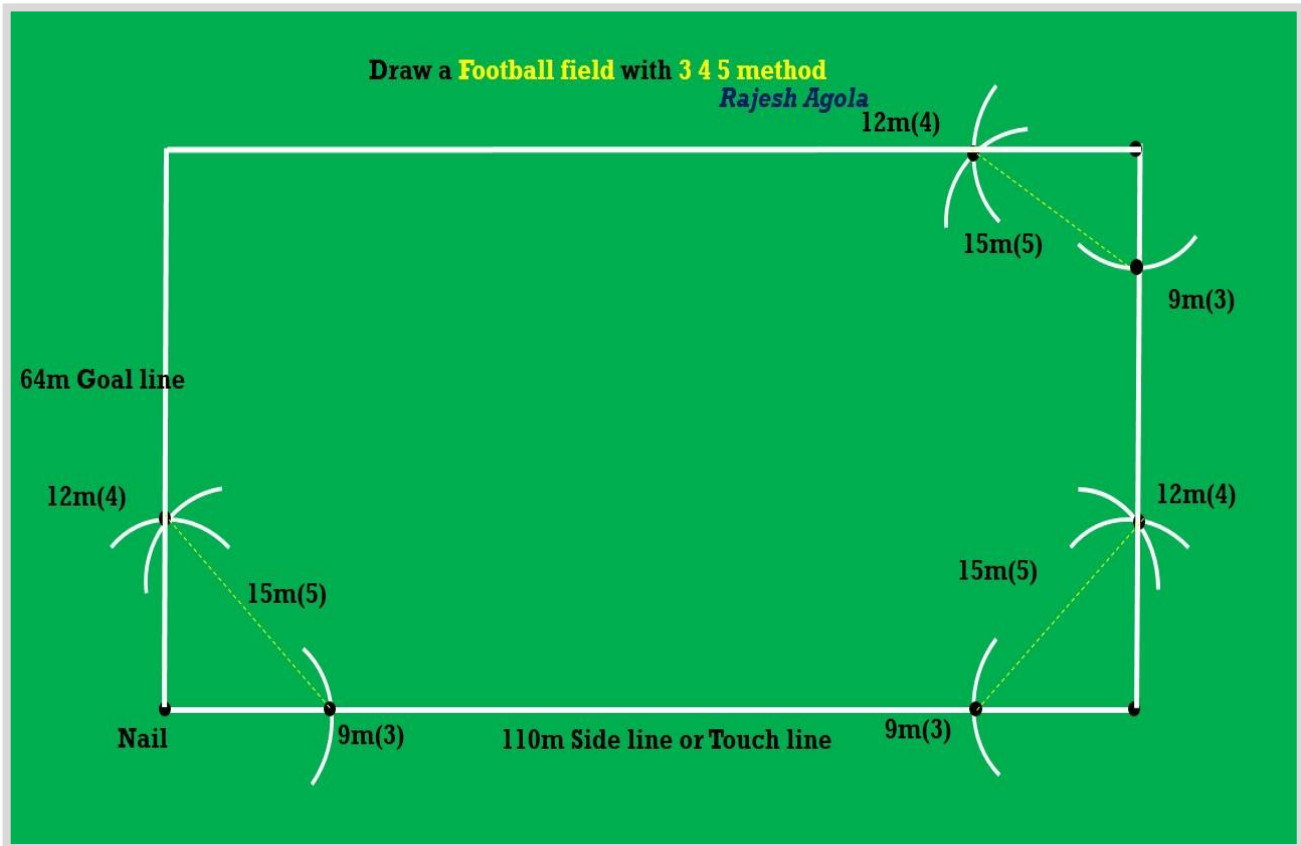
Method-① 3 4 5 : $3 \times 2 = 6$, $4 \times 2 = 8$, $5 \times 2 = 10$ (6,8,10)

Method-② 3 4 5 : $3 \times 3 = 9$, $4 \times 3 = 12$, $5 \times 3 = 15$ (9,12,15)

Method-③ 3 4 5 : $3 \times 4 = 12$, $4 \times 4 = 16$, $5 \times 4 = 20$ (12,16,20)

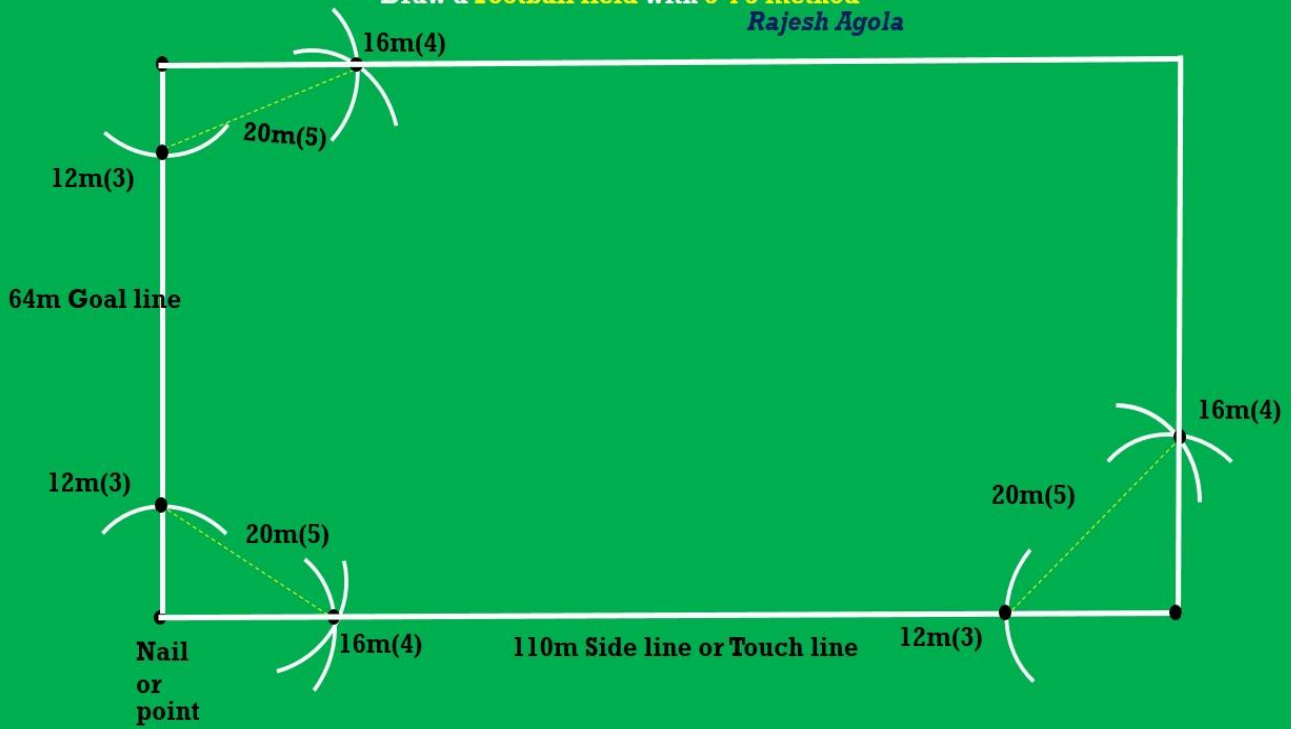
Method-④ 3 4 5 : $3 \times 5 = 15$, $4 \times 5 = 20$, $5 \times 5 = 25$ (15,20,25)

You multiple single number with 3 4 5 triplets. After multiple of triplets you can choose any method based on length and width of the fields, tape etc
First of all before used this method draw a any straight line then you can used above methods in anyone. Especially this method more use for large courts and track marking.



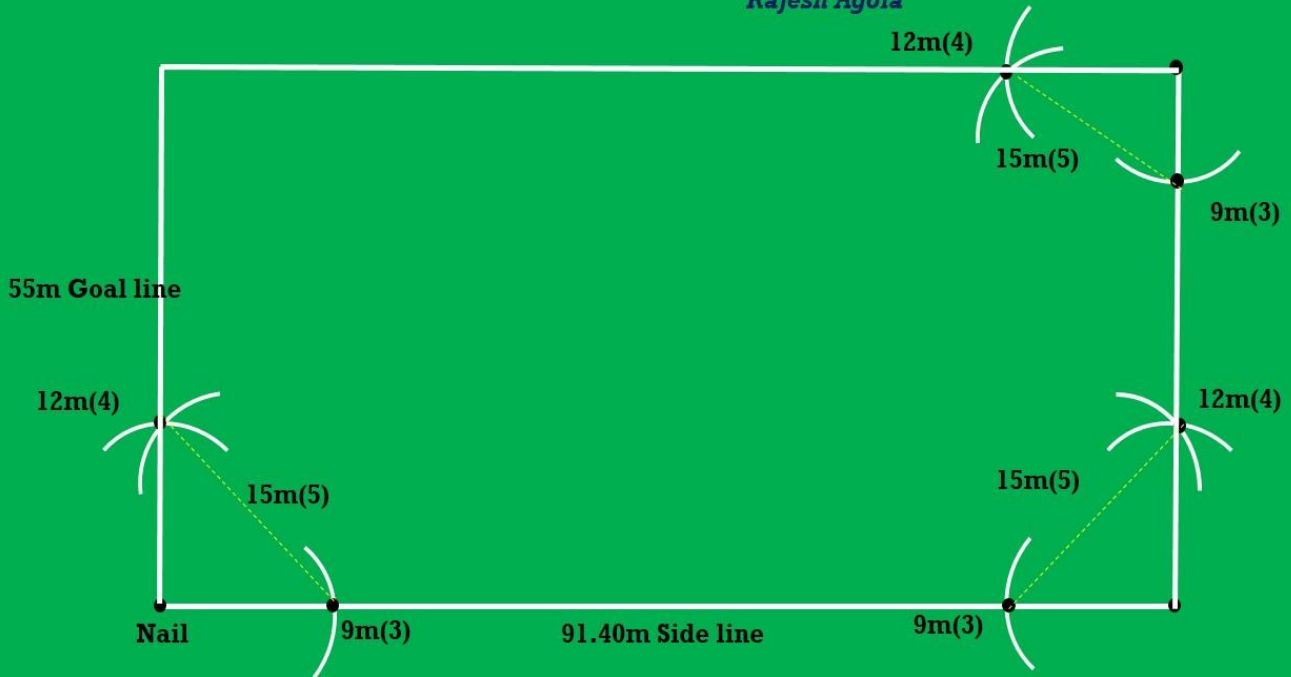
Draw a **Football field** with 3 4 5 method

Rajesh Agola



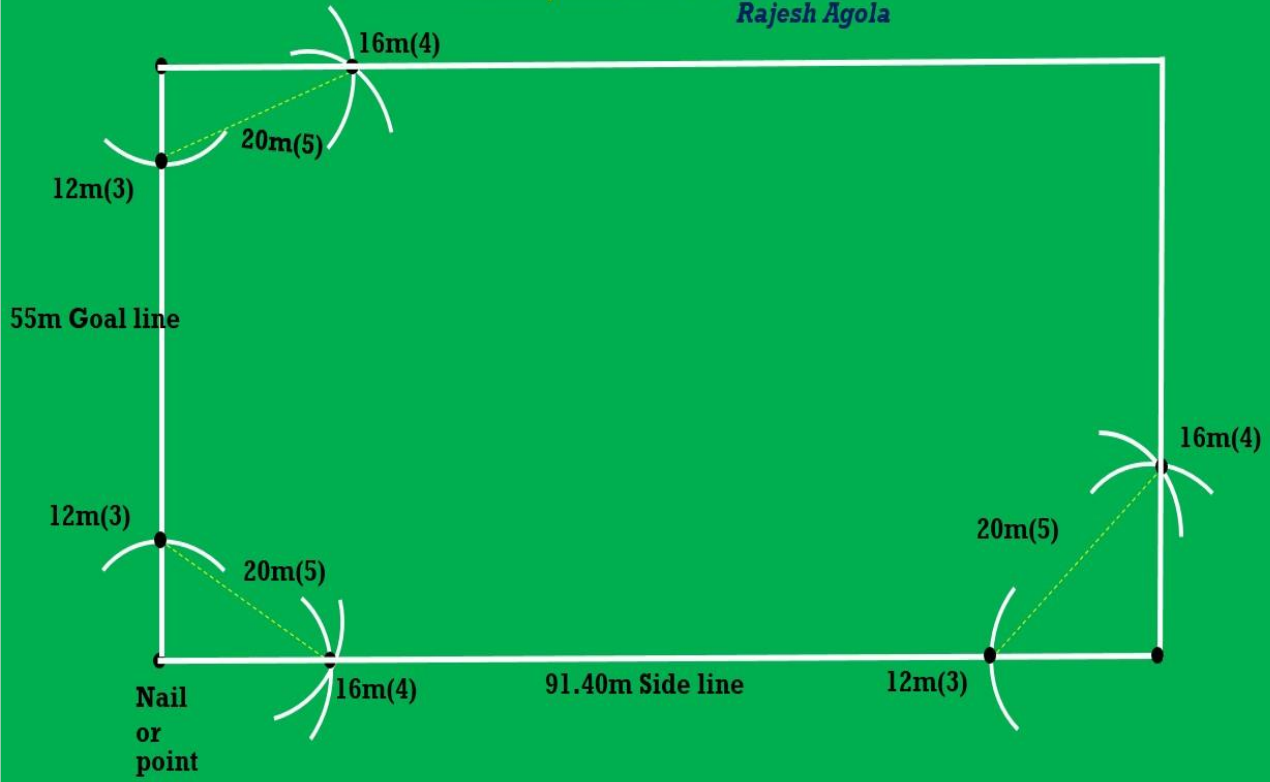
Draw a **Hockey field** with 3 4 5 method

Rajesh Agola



Draw a **Hockey field** with 3 4 5 method

Rajesh Agola



Draw a **400m track inner** with 3 4 5 method

Rajesh Agola



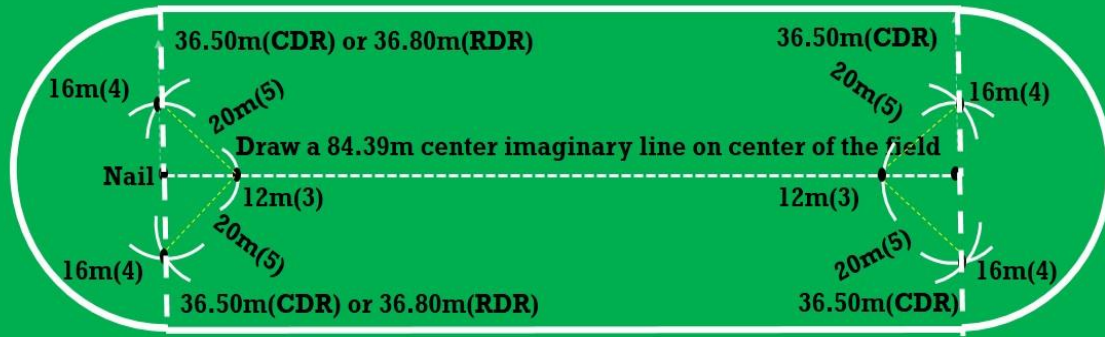
YouTube channel- **rajagola** (**Marking videos**)

Website: www.ap-physical-literacy.com

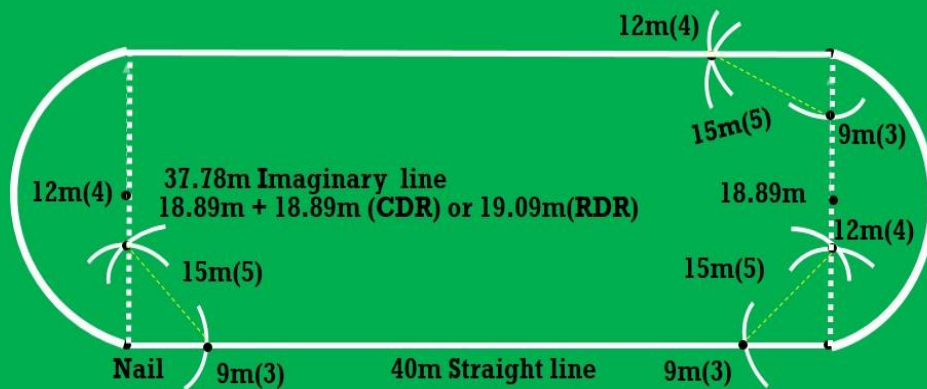
(**My Physical education website**)

My app : **PE PORTAL** in play store

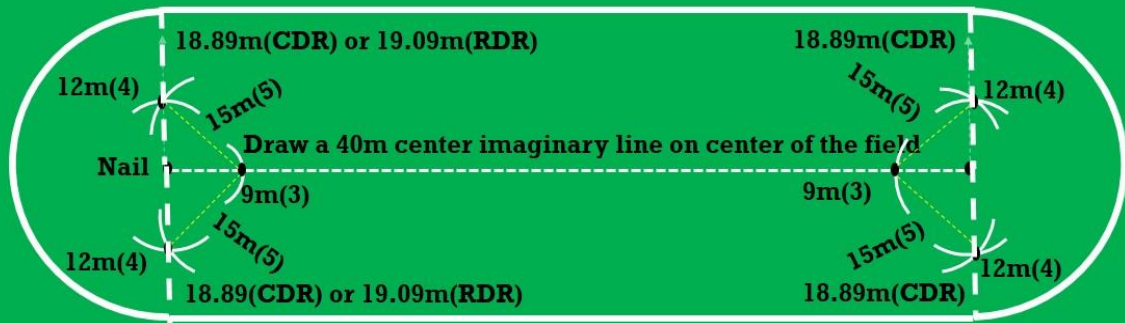
Draw a 400m track inner with 3 4 5 method
Rajesh Agola



Draw a 200m track inner with 3 4 5 method
Rajesh Agola



Draw a 200m track inner with 3 4 5 method
Rajesh Agola



YouTube channel- rajagola (Marking videos)
Website: www.ap-physical-literacy.com
(My Physical education website)

Official games websites

GAMES	INDIAN GAMES ASSOCIATIONS	INTERNATIONAL GAMES ASSOCIATIONS
ARCHERY	www.indianarchery.info	worldarchery.org
ATHLETICS	indianathletics.in	www.iaaf.org
BADMINTON	www.badmintonindia.org	bwfbadminton.com
BASEBALL	www.baseballindia.org	www.wbsc.org
BASKETBALL	www.basketballfederationindia.org	www.fiba.basketball
BOXING	indiaboxing.in	www.aiba.org
CARROM	www.indiancarrom.co.in	www.icfcarrom.com
CHESS	aicf.in	www.fide.com
CRICKET	www.bcci.tv	www.icc-cricket.com
CYCLING	cyclingfederationofindia.org	www.uci.ch
FENCING	fencingassociationofindia.com	fie.org
FOOTBALL	www.the-aiff.com	www.fifa.com
GYMNASTICS	indiagymnastics	www.fig-gymnastics.com
HANDBALL	handballindia.blogspot.in	www.ihf.info
HOCKEY	hockeyindia.org	www.fih.ch
JUDO	www.onlinejfi.org	www.ijf.org
KABADDI	indiankabaddi.org	worldkabaddi.org
KHO-KHO	khokhofederation.in	www.khokho.co.in
POWER LIFTING	www.indianpowerliftingfederation.com	www.powerlifting-ipf.com
RUGBY	indiarugby.com	www.worldrugby.org
SEPAKTAKRAW	sepaktakrawindia.com	www.sepaktakraw.org
SHOOTING	www.thenrai.in	www.issf-sports.org
SOFTBALL	www.softballindia.com	www.wbsc.org
SWIMMING	swimming.org.in	www.fina.com
TABLE TENNIS	www.ttfi.org	www.ittf.com
TEAKWONDO	www.tfiindia.com	www.taekwondoitf.org
TENNIKOIT	www.indiantennikoit.com	www.indiantennikoit.com/international.html
TENNIS	www.aitatennis.com	www.itftennis.com
THROWBALL	www.throwballfederationofindia.com	intthrowballfed
VOLLEYBALL	volleyballindia.com/html	www.fivb.org
WEIGHT LIFTING	www.iwlf.in	www.iwf.net
WRESTLING	www.wrestlingfederationofindia.com	unitedworldwrestling.org
YOGA	www.yogafederationofindia.com	www.internationalyogafederation.net

Website	Available information
125.20.160.197/SGF (AP SGF - through CSE website)	Ap school games calendar, results, schedules etc
www.sgfibharat.com	National school games calendar, results, schedules, sgfi registration form etc
www.isfsports.org	International school games calendar, results, schedules
sportsauthorityofindia.nic.in	NSNIS regular and six weeks notifications, Khelo India tournaments, Indian sports schemes, national coach job notifications etc
apsports.in (AP SAAP)	Khelo India Schedules, Ap Sports policy, sports school selection notifications, caches contacts, coach job notifications, saap leagues etc
www.ap-physical-literacy.com PE PORTAL app (Play store)	Ap physical literacy information, All games websites, Track and field, games marking videos and pdf book, ap go's, all games associations latest rules and regulation pdf books etc
www.kabaddirao.com	Kabaddi skills
www.khokhonms.org	Kho-kho skills

Measurement conversion

Lengths	Weights
Metric	Metric
1 centimeter = 10 millimeters (mm)	1 gram = 1000 milligrams (mg)
1 meter = 100 centimeters (cm)	1 kilogram = 1000 grams (g)
1 kilometer = 1000 meters (m)	1 tonne (megagram-Mg) = 1000 kilograms (kg)
Standard	Standard
1 foot = 12 inches (in)	1 ounce = 16 drams (dr)
1 yard = 3 feet (ft)	1 pound = 16 ounces (oz)
1 yard = 36 inches	1 hundred weight = 100 pounds (lb)
1 mile = 1760 yards (yd)	1 ton = 20 hundred weight
Metric to Standard	1 ton = 2000 pounds
1 millimeter = 0.03937 inches	Metric to Standard
1 centimeter = 0.39370 inches	1 gram = 0.035274 ounces
1 meter = 39.37008 inches	1 kilogram = 2.20462 pounds
1 meter = 3.28084 feet	1 kilogram = 35.27396 ounces
1 meter = 1.09361 yards	1 g = 0.035274 oz
1 kilometer = 1093.6133 yards	1 kg = 2.20462 lb
1 kilometer = 0.62137 miles (mi)	1 kg = 35.27396 oz
Standard to Metric	Standard to Metric
1 inch = 2.54 centimeters	1 ounce = 28.34952 grams
1 foot = 30.48 centimeters	1 pound = 453.59237 grams
1 yard = 91.44 centimeters	1 pound = 0.45359 kilograms
1 yard = 0.9144 meters	1 oz = 28.34952 g
1 mile = 1609.344 meters	1 lb = 453.59237 g
1 mile = 1.609344 kilometers	1 lb = 0.45359 kg

STADIUMS in INDIA & WORLD

Australia	Manuka Oval	Canberra
	Adelaide Oval	Adelaide
	Telstra Dome	Melbourne
	Bundaberg Rum Stadium	Cairns
	W.A.C.A. Ground	Perth
	Sydney Cricket Ground	Sydney
	Melbourne Cricket Ground	Melbourne
	Marrara Cricket Ground	Darwin
England	The Brit Oval	London
	St Lawrence Ground	Canterbury
	Trent Bridge	Nottingham
	Old Trafford	Manchester
	Sophia Gardens	Cardiff
	Headingley	Leeds
	Lord's	London
	Edgbaston	Birmingham
Bangladesh	Bangabandhu National Stadium	Dhaka
	Chittagong Stadium	Chittagong
	Basin Reserve	Wellington
	Eden Park	Auckland
	Jade Stadium	Christchurch
	John Davies Oval	Queenstown
	McLean Park	Napier
Pakistan	Arbab Niaz Stadium	Peshawar
	Ayub National Stadium	Quetta
	Gaddafi Stadium	Lahore
South Africa	Kingsmead	Durban
	New Wanderers Stadium	Johannesburg
	Newlands	Cape Town
	St George's Park	Port Elizabeth
	Centurion Super Sport Park	Pretoria
Sri Lanka	Colombo Cricket Club Ground	Colombo
	Galle International Stadium	Galle
	P.Saravanamuttu Stadium	Colombo
	R.Premadasa Stadium	Colombo
	Sinhalese Sports Club Ground	Colombo
West Indies	Sabina Park Kingston	Jamaica
	Antigua Recreation Ground St John's	Antigua
	Guyana Cricket Stadium Georgetown	Guyana
	Kensington Oval Bridgetown	Barbados

	Mindoo Phillip Park Castries	St Lucia
	Albion Sports Complex Berbice	Guyana
Zimbabwe	Bulawayo Athletic Club	Bulawayo
	Harare Sports Club	Harare
	Kwekwe Sports Club	Kwekwe
	Queens Sports Club	Bulawayo
U A E	Sheikh Zayed Stadium	Abu Dhabi
	Sharjah Cricket Stadium	Sharjah

INDIA

State	City	Name of the stadium	Purpose of Stadium
Andhra Pradesh	Guntur-Amaravati	ANU Blue Synthetic Athletics track	Athletics
	Visakhapatnam	Dr. Y.S. Rajasekhara Reddy ACA-VDCA Cricket Stadium	Cricket
	Mangaligiri	Mangaligiri international cricket stadium	Cricket
Assam	Guwahati	Dr. Bhupen Hazarika Cricket Stadium	Cricket
	Guwahati	Indira Gandhi Athletic Stadium	Football, Athletics
	Silchar	Satindra Mohan Dev Stadium	Football
	Guwahati	Jawaharlal Nehru Stadium	Sports and games
Bihar	Patna	Patliputra Sports Complex	Football
	Siwan	Rajendra Stadium	Football
Chandigarh	Chandigarh	Sector 42 Stadium	Hockey
Chhattisgarh	Raipur	Shaheed Veer Narayan Singh International Cricket Stadium	Cricket
	Rajnandgaon	International Hockey Stadium	Hockey
Delhi NCR	Delhi	Jawaharlal Nehru Stadium	Football
	Delhi	Feroz Shah Kotla	Cricket
	Delhi	Dhyan Chand National Stadium	Hockey
	Delhi	Ambedkar Stadium	Football
	Delhi	Chhatrasal Stadium	Sports and games
Bihar	Patna	Patliputra Sports Complex	Football
	Rajendra Stadium	Football	Siwan
Chandigarh	Chandigarh	Sector 42 Stadium	Hockey
Chhattisgarh	Raipur	Shaheed Veer Narayan Singh International Cricket Stadium	Cricket
	Rajnandgaon	International Hockey Stadium	Hockey
Delhi NCR	Delhi	Jawaharlal Nehru Stadium	Football

	Delhi	Feroz Shah Kotla	Cricket
	Delhi	Dhyan Chand National Stadium	Hockey
	Delhi	Ambedkar Stadium	Football
	Delhi	Chhatrasal Stadium	Sports and games
Goa	Margao	Fatorda Stadium	Football
	Vasco da Gama	Tilak Maidan Stadium	Football
	Taleigao	Dr Shyama Prasad Mukherjee Indoor Stadium	Sports and games
Gujarat	Ahmedabad	Sardar Vallabhbhai Patel Stadium	Cricket
	Ahmedabad	The Arena	Football
	Baroda	Moti Bagh Stadium	Cricket
Haryana	Hisar	Mahabir Stadium	Sports and games
	Gurgaon	Tau Devi Lal Stadium	Cricket, Football
Himachal Pradesh	Dharamshala	HPCA Cricket Stadium	Cricket
	Una	Indira Gandhi Stadium	Cricket
Jammu and Kashmir	Srinagar	Bakhshi Stadium	Football
	Sri Nagar	Sher-i-Kashmir Stadium	Cricket
Jharkhand			
	Ranchi	Birsa Munda Athletics Stadium	Athletics
	Jamshedpur	JRD Tata Sports Complex	Football
	Ranchi	Birsa Munda Hockey Stadium	Hockey
Karnataka	Bangalore	M. Chinnaswamy Stadium	Cricket
	Bengaluru	Sree Kanteerava Stadium	Football
Kerala	Kochi	Jawaharlal Nehru Stadium	Cricket, Football
	Kollam	Lal Bahadur Shastri Stadium	Football, Athletics
	Kochi	Rajiv Gandhi Indoor Stadium	Multi-purpose
	Palakkad	Fort Maidan	Football
Madhya Pradesh	Indore	Holkar Cricket Stadium	Cricket
	Gwalior	Captain Roop Singh Stadium	Cricket
	Bhopal	Aishbagh Stadium	Hockey
	Neemuch	Dr. Rajendra Prasad Football Stadium	Football
	Indore	Emerald High School Ground	Cricket
Maharashtra			
	Nagpur	Vidarbha Cricket Association Stadium	Cricket
	Mumbai	Wankhede Stadium	Cricket

	Thane	Dadaji Kondadev Stadium	Football
Manipur	Imphal	Khuman Lampak Main Stadium	Football
Mizoram	Aizawl	Hawla Indoor Stadium	Basketball
NCR -Delhi	Delhi	Indira Gandhi Arena	Sports and games
	Delhi	Talkatora Stadium	Sports and games
Odisha	Bhubaneswar	Biju Patnaik Hockey Stadium	Sports and games
	Cuttack	Jawaharlal Nehru Indoor Stadium	Gymnastics
	Bhubaneswar	Kalinga Stadium	Hockey
	Cuttack	Barabati Stadium	Cricket
Punjab	Chandigarh	Sector 42 Stadium	Hockey
	Sangrur	War Heroes Stadium	Hockey
	Kapurthala	Guru Nanak Stadium	Field hockey
Rajasthan	Udaipur	Gandhi Ground	Multi-purpose
	Jodhpur	Barkatullah Khan Stadium	Cricket
	Jaipur	Sawai Mansingh Stadium	Cricket
Sikkim	Namchi	Baichung Stadium	Football
Tamil Nadu	Chennai	Chennai Jawaharlal Nehru Stadium	Football
	Madurai	MGR Race Course Stadium	Multi-purpose
Telangana	Hyderabad	G. M. C. Balayogi Athletic Stadium	Cricket and Athletics
	Hyderabad	Lal Bahadur Shastri Stadium	Cricket
Tripura	Agartala	Maharaja Bir Bikram College Stadium	Cricket
Uttar Pradesh	Greater Noida	Buddh International Circuit	Auto Racing
	Kanpur	Green Park Stadium	Cricket
	Lucknow	Dhyan Chand Astro turf Stadium	Hockey
	Greater Noida	Greater Noida Cricket Stadium	Cricket
	Agra	Eklavya Sports Stadium	Cricket
Uttarakhand	Dehradun	Rajiv Gandhi International Cricket Stadium	Cricket
West Bengal	Kolkata	Salt Lake Stadium	Football
	Kolkata	Eden Gardens	Cricket
	Siliguri	Kanchenjunga Stadium	Football
	Kolkata	Mohun Bagan Ground	Football

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Notes

