

## **RULES, COMPETITION, AND SPORTSMANSHIP**

**An environment is a space... be it our home, where we work, how and where we play... for our choice of recreation or entertainment. In order to maintain a positive environment, in any situation, each individual may choose to comply or be courteous and even obedient to specific requests asked, rules made up, or laws that are designated by those within a specific area or environment. Here are where rules, laws, requests, courtesy, respect, and responsibility of each individual in society really has a powerful effect in each other's total environment. Rules create order out of chaos.**

**While some sports (such as fishing or hiking) have been viewed as primarily recreational, most sports are considered competitive. The majority involve competition between two or more persons (sometimes using horses or cars). For example, in a game of basketball, two teams compete against one another to determine who can score the most points. While there is no set reward for the winning team, many players gain an internal sense of pride. In addition, extrinsic rewards may also be given. Athletes, besides competing against other humans, also compete against nature in sports such as whitewater kayaking or mountaineering, where the goal is to reach a destination, with only natural barriers impeding the process. While professional sports have been usually viewed as intense and extremely competitive, recreational sports, which are often less intense, are often considered a healthy option for the release of competitive urges in humans. Sport provides a relatively safe venue for converting unbridled competition into harmless competition, because sports competition is restrained. Competitive sports are governed by codified rules agreed upon by the participants. Violating these rules is considered to be unfair competition. Thus, sports provide artificial (not natural) competition; for example, competing for control of a ball, or defending territory on a playing field is not an innate biological factor in humans. Athletes in sports such as gymnastics and competitive diving compete against each other in order to come closest to a conceptual ideal of a perfect performance, which incorporates measurable criteria and standards which are translated into numerical ratings and scores by appointed judges. Sports competition is generally broken down into three categories: individual sports, such as archery; dual sports, such as doubles tennis, and team sports competition, such as hockey or football. While most sports competitions are recreation, there exist several major and minor professional sports leagues throughout the world. The Olympic Games, held every four years, is usually regarded as the international pinnacle of sports competition.**

**Sportsmanship is an attitude that strives for fair play, courtesy toward teammates and opponents, ethical behavior and integrity, and grace in victory or defeat. Sportsmanship expresses an aspiration or ethos that the activity will be enjoyed for its own sake. The well-known sentiment by sports journalist Grantland Rice, that it's "not that you won or lost but how you played the game," and the Modern Olympic creed expressed by its founder Pierre de Coubertin: "The most important thing . . . is not winning but taking part" are typical expressions of this sentiment.**

**The game rules for MCS physical education were created with sportsmanship, competition, and safety in mind. The needs and abilities of all students, as well as environmental factors, were the driving force of their creation. The rules, although similar to the official rules, are slightly modified to create a positive experience for all who participate.**