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# Theoretical and Practical Bases of Organizing and Conducting Sports Clubs, Competitions with Secondary School Students

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**Abstract:** This article introduces students to the theoretical and practical foundations of the organization and conduct of sports clubs, competitions, as well as the rules of organization, conduct and conduct of competitions for the purpose of popularization and physical training of sports. put forward.

**Keywords:** Competition, charter, application round, mixed, grid, cup, main, auxiliary.

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## INTRODUCTION

In recent years, the country has taken consistent measures to promote physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical development of people with disabilities and ensure the country's worthy participation in international sports arenas. being increased. The Ministry of Tourism and Sports of the Republic of Uzbekistan is holding a competition "Children and Sports" among students to identify talented athletes and create a reserve for the youth team. Among high school students, there are competitions such as the "School Sports" festival, "Find Your Fitness" competitions, and efforts are being made to increase children's love and interest in physical education and sports.

## LITERATURE ANALYSIS AND METHODOLOGY

For the competition to be successful, the following pedagogical requirements must be met:

- completion of the training process;
- The program delivered to the participants, ie students before the competition, should be in accordance with the plan;
- compliance with the rules of sports in competitions; The competition program will be based on the age, gender and sports training of the participants. The competition plan must be prepared in advance and communicated to the teams, as each team must prepare for the competition in advance. Competitions are a continuation of the learning process. They put an end to the hard work of the athlete and the coach.

Competitions determine the level of physical, technical, tactical, moral and volitional training of participants and the team as a whole. Competitions cultivate perseverance and willpower to win. Competitions serve as a powerful tool in promoting and popularizing the sport by attracting a large number of spectators. Depending on the tasks, the competition can be divided into main and auxiliary competitions. The main type of competitions are calendar competitions, which are provided for in a single calendar plan of sporting events and are held in accordance with the approved regulations.

The following types of competitions are included in the main competitions:

1. Championship or championship;

2. Cup competitions;
3. Qualifying competitions;

The assistants of the competitions are:

1. Control meetings;
2. Friendly meetings;
3. Sample meetings;
4. Abbreviated competitions;

The competition is held in 2 systems: round (round) and out-of-game (Olympic) after the defeat.

In the round robin system, each team meets once if the tournament is held once, and twice if it is held in two rounds. In the round robin system, all participants' places are determined by the number of points earned. The team with the most points in all matches wins. The number of teams participating in the competition is determined by the results of the draw in a round robin system. Based on the numbers, a game schedule is created. There are two ways to schedule a round robin game.

An odd number close to the total number of teams participating in the competition is taken and vertical lines are drawn accordingly. Below the vertical lines and above, from bottom to top, from left to right, the number of teams is written in sequence.

It is written with a line between the odd numbers closest to the total number of teams. This is a plan for writing numbers graphically. This method strictly follows the rotation of the teams in each round.

In the second method, the exchange of space does not matter. You need to know the total number of games to determine the time required to run a round robin tournament. This is determined by the following formula

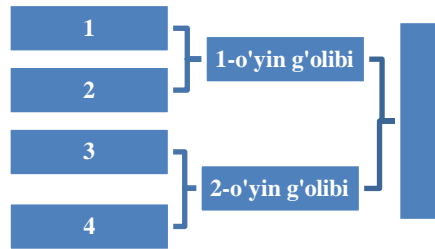
$$I = (J / J - 1) : 2$$

I-games, J-number of teams participating in the competition  $J=16$   $I = (16 / 16 - 1) : 2 = 120$

An out-of-game tournament system is used when games need to be held in the short term and when there are a large number of teams participating in the tournament. The losing team will be eliminated. To determine the order of games in this system, you must first create a grid corresponding to the number of teams participating in the competition. After that, the draw will take place. The graph is created depending on the number of teams. If the number of teams is equal to the level of the number 2,  $2^2 = 4$   $2^3 = 8$ , etc. All teams start the game from the first round. The following formula is used to determine the number of teams that will start the game from the first round.

$$J_1 = (J - 2^n) : 2$$

In this case,  $J_1$  is the number of teams participating in the competition from the first round.  $2^n$  is the smallest number closest to the total number of teams participating in the competition.  $n$  is the level selected depending on the number of participants in the competition ( $n = 2, 3, 4, 5$ )



All competitions must have rules. The charter is approved by the organization hosting the competition. The charter must be approved and distributed in advance. The charter reflects the following.

1. Aims and objectives of the competition;
2. Who will conduct the competition;
3. Terms and conditions of the competition;
4. The number of teams to be placed in the competition and the number of participants in the application;
5. The game system in which the competition is held;
6. Determining the place of teams in the competition;
7. Special conditions of the competition;
8. Registration of participants, application form, application of players and re-application;
9. Judges conducting the competition; 10. Decisions related to warning participants;
10. The responsibility of the team for the violation of the rules by the players; 12. Requirements to the place of competition;
11. Awarding the winners; 14. Opening and closing of the competition;

## CONCLUSION

In short, any competition is an incentive for students to grow in every way. It motivates them to action. Creates a sense of camaraderie between students. Through it, the talents that will create the future of the sport will be discovered.

## REFERENCES

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