

ATHLETICS AND THEIR RULES

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Abstract

this article is devoted to the study of the types of athletics and their rules. The article details the history of athletics, the main types, the procedure and rules for holding competitions. The conclusion outlines the importance and future prospects of the sport of athletics.

Keywords

athletics, running, jumping, throwing, rules, competitions, International Athletics Federation

Annotatsiya

Ushbu maqola yengil atletika turlarini va ularning qoidalarini o'rganishga bag'ishlangan. Maqolada yengil atletika sporti tarixi, asosiy turlari, musobaqalar o'tkazish tartibi va qoidalari haqida ma'lumot berilgan. Xulosada yengil atletika sportining ahamiyati va kelajakdagi istiqbollari keltirilgan.

Kalit so'zlar

yengil atletika, yugurish, sakrash, uloqtirish, qoidalar, musobaqalar, Xalqaro Yengil Atletika Federatsiyasi

INTRODUCTION

Athletics is a sport that includes running, jumping, throwing and walking [1]. It began to develop from the Olympic Games in ancient Greece and is considered one of the most popular sports today [2]. Athletics competitions are held in stadiums and are governed by the International Association of Athletics Federations (IAAF) [3]. This article provides detailed information about the types of athletics and their rules.

METHODS AND LITERATURE ANALYSIS

The IMRAD (Introduction, Methods, Results and Discussion) method was used in writing the article. More than 30 scientific articles and books on the topic were studied and analyzed. In particular, the rules of the IAAF and the procedure for conducting competitions were studied in detail [3][4][5]. Sources related to the history of athletics were also analyzed [1][2][6].

RESULTS

According to the results of the research, modern athletics includes the following main types: Types of running:

- ✓ Short distance running (100m, 200m, 400m)
- ✓ Middle distance running (800m, 1500m)
- ✓ Long-distance running (5000m, 10000m, marathon)

- ✓ Steeplechase (100m, 110m, 400m)
- ✓ Relay race (4x100m, 4x400m)
- ✓ Types of jumping:
- ✓ High jump
- ✓ Long jump
- ✓ Triple jump
- ✓ Jumping with anchor
- ✓ All types of athletics are held according to specific rules. For example, running events are judged by speed between the start and finish line. Runners must run on the sidewalks without blocking each other [4].

In jumping and throwing, athletes have 3 attempts and the best result is recorded. In throwing types, the projectile must fall into a special sector, otherwise the result will not be taken into account [5].

ANALYSIS

In this article, athletics sports and their rules were studied in detail. According to the results of the research, it was found that athletics is a complex sport with its own characteristics. The main types of athletics include running, jumping, throwing and walking. Each race in turn is divided into several sub-races, for example, running is divided into short, middle and long distances, as well as hurdles and relay races [4].

All track and field competitions are held according to the rules developed by the International Association of Athletics Federations (IAAF). These rules define the specific aspects and evaluation criteria of each type. For example, in running, the most important factor is speed, and the winner is determined by the athlete who reaches the finish line first. At the same time, it is forbidden to leave the treadmills or block the opponent [3].

In jumping and throwing, distance or height is the main criterion. Athletes have three attempts and their best result counts. However, even in these species, it is important to follow special techniques and rules. For example, if the plank is dropped in the high jump or the throwing projectiles do not fall into the designated sector, the result is not taken into account [5].

During the study, the importance of athletics not only as a professional sport, but also as a mass physical activity was highlighted. Doing athletics strengthens a person's physical and mental health, develops important qualities such as endurance, speed and strength [1]. In addition, athletics competitions are very interesting and exciting for the audience.

At the same time, the future prospects of athletics were also analyzed. Modern technologies and innovations contribute to further improvement of this sport. For example, the photofinishing system is successfully used and ensures fair evaluation of competitions [4]. In addition, the establishment of new records and the appearance of new champions serve the popularization of athletics.

However, there are some problems with athletics. Negative situations such as anti-doping, corruption and political interference can damage the reputation of this sport [6]. Also, there are a number of

difficulties in the process of organizing and holding athletics competitions, such as equipping stadiums, ensuring security, and attracting financial resources.

Athletics is one of the oldest and favorite sports in human history. Its development and improvement is one of the important achievements in the field of sports. According to the results of the research, despite the diversity of athletics and the complexity of the rules, this sport has great potential and is expected to maintain its position in the future. Athletics is a source of physical and spiritual growth not only for professional athletes, but also for people of all ages.

At the same time, it is necessary to implement a number of measures to ensure the prospects of athletics. These include issues such as strengthening the fight against doping, ending corruption, organizing and financing competitions at a high level, as well as supporting young talents. By solving these tasks, it is possible to make athletics more popular and strengthen its future.

The international community, national federations and athletes themselves should contribute to the development of athletics. In this regard, the IAAF plays a major role and its activity deserves special attention [3]. This organization performs important tasks such as improving the rules of athletics, introducing new competitions and supporting talented athletes.

DISCUSSION

The results of the study show that athletics is a very diverse sport, and each type has its own rules. Strict compliance with the rules ensures fair competition.

According to the IAAF, today there are more than 200 national federations and they organize more than 100 international competitions per year [3]. This shows that athletics is widespread around the world.

Athletics is not only a professional sport, but also an important part of a healthy lifestyle and physical activity. It is useful for all ages, develops skills, increases endurance, speed and strength [6].

CONCLUSION

Athletics is an ancient and beloved sport that combines different types of running, jumping and throwing. Each type has its own rules and they are strictly regulated by the international federation. Athletics is an integral part of a healthy lifestyle for everyone, not just athletes.

The future of athletics is bright and more and more people are taking up this sport. As technology advances, athletics will become more fun and more inclusive. There is no doubt that new records will be set and new stars will emerge in the future.

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