



The Sports Rules Book - 2E

Human Kinetics, Tom Hanlon

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Whether you're a physical education teacher, youth sport administrator, coach, player, parent, or a fan who wants to know more about various sports, *The Sports Rules Book* is a useful tool for understanding the procedures, main features, and guidelines for 47 sports.

The featured format and easy-to-read presentation help you to glean information quickly on each sport's

- origin and history,
- basic procedures,
- essential terminology,
- competitive playing areas,
- equipment,
- scoring systems,
- player positions and primary features,
- common rules violations and their consequences, and
- officials' signals, where appropriate.

The Sports Rules Book also presents age- and skill-related modifications for many sports, making it especially helpful for anyone teaching or coaching young athletes.

The sport of Ultimate has been added to this edition, and greater emphasis is placed on the 12 most popular U.S. sports: baseball, basketball, football, golf, gymnastics, ice hockey, soccer, softball, tennis, track and field, volleyball, and wrestling. Where appropriate for these sports, rule modifications are presented to promote fairer competition, maximum participation, and greater enjoyment for athletes at all levels.

Each chapter was reviewed and approved by an appropriate sport-specific organization (such as USA Volleyball, USA Wrestling, and the United States Tennis Association) or by an individual with the expertise to ensure that the information is accurate and up to date, no matter how significant the rules changes have been since the first edition. As a result, *The Sports Rules Book* is an accurate and useful guide to understanding the essential rules, regulations, and procedures of 47 sports.

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