IM 36 PHYSICAL EDUCATION: GUIDELINES FOR RULES, TECHNIQUES AND TACTICS

MATSEC Support Unit
University of Malta
The rules listed in these guidelines are the ones published until January 2012. Any changes in the rules thereafter apply for the IM 36 – Physical Education examination.
TABLE OF CONTENTS

Rules .................................................................................................................................................. 1
Techniques ......................................................................................................................................... 3
Tactics ................................................................................................................................................ 3

Basketball .......................................................................................................................................... 4
Rules .................................................................................................................................................. 4
Techniques ......................................................................................................................................... 7
Tactics ................................................................................................................................................ 9

Football ............................................................................................................................................ 11
Rules .................................................................................................................................................. 11
Techniques ....................................................................................................................................... 12
Tactics ............................................................................................................................................... 13

Handball .......................................................................................................................................... 15
Rules .................................................................................................................................................. 15
Techniques ....................................................................................................................................... 16
Tactics ............................................................................................................................................... 17

Hockey ............................................................................................................................................. 19
Rules .................................................................................................................................................. 19
Techniques ....................................................................................................................................... 21
Tactics ............................................................................................................................................... 23

Rugby ............................................................................................................................................... 24
Rules .................................................................................................................................................. 24
Techniques ....................................................................................................................................... 26
Tactics ............................................................................................................................................... 27

Tennis ............................................................................................................................................... 30
Rules .................................................................................................................................................. 30
Technique ......................................................................................................................................... 32
Tactics ............................................................................................................................................... 32

Volleyball ......................................................................................................................................... 34
Rules .................................................................................................................................................. 34
Techniques ....................................................................................................................................... 36
Tactics ............................................................................................................................................... 38
Badminton

Rules

1. **Court Names (Terminology of Court)**

   Long Service line, Short Service line, Side Line, Net, Side Line singles, Centre line.

2. **Players lose a point if:**

   A service is not correct; after passing over the net is caught in the net; If in play, the shuttle lands outside the boundary lines; passes through or under the net; touches the ceiling or side walls; Is hit twice by the same player; If in play a player; touches the net or its supports with racket, person or dress.

3. **Scoring system**

   A match consists of best of three games. A game is won by the side that reaches 21 points first; the winning side winning a rally shall add one point to the score. A side shall win a rally, if the opposition commits a fault or the shuttle ceases to be in play because it touches the floor on the opposing side. If a game reaches 20 all, the side that gets a two point advantage wins the game. If the score becomes 29 all the side that reaches 30 points first will win the game. The side winning the game shall serve first in the next game. Players shall change ends; at the end of each game

4. **Starting & Re starting the game**

   Before a game commences a toss is carried out and the side winning the toss shall choose: to serve or receive first; to start play at one end of the court or the other. The side losing the toss shall then exercise the remaining choice.
5. Shuttle Out of play

When it strikes the net or posts and starts to fall towards the surface of the court on the striker's side of the net; it hits the surface of the court: a fault or let has occurred

6. The Service

The service: In a correct service, neither side shall cause undue delay to the delivery of the service once the server and the receiver are ready for the service. On completion of the backward movement of the server's racquet head, any delay in the start of the service shall be considered as undue delay. The server and receiver shall stand within diagonally opposite service courts. Some parts of both feet of the server and receiver shall remain in contact with the surface of the court in a stationary position from the start of the service until the service is delivered: the server's racquet shall initially hit the base of the shuttle. The whole shuttle shall be below the server's waist at the instant of being hit. Serving and receiving courts: the players shall serve from and receive in their respective right service courts when the server has not scored or has scored an even number of points in that game. The players shall serve from and receive in their respective left service courts when the server has scored an odd number of points in that game.

7. Officials

The referee shall be in overall charge of the tournament or championships of which a match forms part. The Umpire, where appointed, shall be in charge of the match, the court and immediate surroundings. The Umpire shall report to the referee. The service judge shall call service faults made by the server should they occur. A line judge shall indicate whether a shuttle landed in or out on line assigned. An official decision shall be final on all points of fact for which that official is responsible except that if in the opinion of the umpire it is beyond reasonable doubt that a line judge has clearly made a wrong call, the Umpire shall overrule the decision.
Techniques

1. **Grip**
Basic forehand and backhand grip

2. **Forehands**
Clear, basic drop shot; underarm clear attacking clear; cross drop shot; straight net shot

3. **Backhands**
Around the head clear backhand clear; backhand drop shot

4. **Serve**
Forehand long serve forehand short serve; backhand short serve

5. **Smash**
Forehand smash around the head smash; jump smash

Tactics

1. **Defending**
Footwork; clearing to the back

2. **Attacking**
Trying to find empty spaces in the opponent's court hitting the shuttle down

3. **Rallying**
Playing the shuttle away from opponent; waiting for error playing the long diagonals
Basketball

Rules

1. Court Names

Sideline
Baseline
Mid court line zone
Free throw line
3 point line
Defensive court
Offensive court

2. Team Composition

Game played 5 vs. 5
Number of players in team of 10/12

3. Duration of game

Game is played
Clock stoppage
Time keeping
24 second shot clock, 8 seconds rule
4. **Players can:**

Dribble

Pass,

Shoot ball

Fake and feint to find free spaces

Play man to man & basic zone defense (2-1-2)

Use blocks

Play zone defenses (2-1-2, 1-3-1, 2-3)

5. **Players cannot:**

Double dribble

Travelling rule

Foot violation

Out of bounds (foot on line)

Back court

3 second rule

Physical contact

Intentional Foul

Offensive foul
6. **Penalties**

Fouling a shooter

Fouling a shooter who still scores

Intentional Foul & penalty

Technical foul & penalty

Fouling out

Free throws and positioning

7. **Scoring System**

2 points for field goals,

1 point for free throws

3 point shot

3 pint shot

Fouling the shooter

8. **Starting and Re-starting the game**

Starting the game

Alternating possessions

Time-outs

24 second shot violation

Extra time
9. **Side or baseline inlets**

Court lines (side & base) not part of the playing area.

10. **Officials**

2 to 3 officials to officiate game

Table officials duties (24 sec. shot clock)

**Techniques**

1. **Passing & receiving**

Fundamentals of the chest pass

Bounce pass

(static and in motion)

Variation of passing depending on environments

2. **Dribbling**

Fundamentals of dribbling in open and closed spaces

Controlled dribble using left and right hands

Speed dribble using strong hand.

Appropriate use of left and right hand dribble in game situations

Drive with dribble to basket

3. **Shooting**

The set shot
The lay up shot (strong hand only)

Shooting off a dribble

Shot selection

Weak hand lay up shot

4. **Feinting**

Faking and feinting

The V Cut

Fake & pass

Fake & drive

No look passing

5. **Defensive techniques**

Posture of man to man defence

Guarding man with ball

Guarding man without ball

Defensive sliding

Fundamentals of blocking out

Rebounding

Defending the cuts
Tactics

1. Offensive Tactics

Offence: Man to man
Pass and go
Use of space
Fake and feint
Using the V cut,
L cut
Zone offence: (2-1-2)
Attack the spaces
Passing to find option
Rebounding and fast break

2. Defensive Tactics

Man to Man
Not getting beaten
Between player and basket
Deny the pass
Blocking out
Double teaming
Zone defence: (2-1-2)

Movement of zone as a block

Deny penetration & invite outside shot

Formations of 1-3-1, 2-3 zone defences

Reasons & Strengths of zone defences
Football

Rules

1. **Ground Names (terminology of ground)**

   The field of play; Replacement of a defective ball goal area; penalty area, corner arc, safety of goal posts

2. **Team Composition**

   Game played 11 vs. 11; team of 18 depending on type of competition

3. **Duration of game**

   Game is played in 2 halves of 45 minutes half time interval, allowance for time lost

4. **Players can**

   Dribble; pass; shoot ball; defend and attack in any area of the pitch; fall in an offside position;

5. **Players cannot**

   Use equipment or wear anything that is dangerous to himself or another player (e.g. Jewellery), play without shin guards; fall in an offside position; cannot be in an offside position during goal kick, throw in and corner kick

6. **Scoring System**

   Competition rules to determine winning team in home-and away-tie (away goals rule, extra time, kicks from penalty mark)

7. **Starting & Re starting the game**

   Procedure of kick-off, Procedure of drop ball
8. Ball in & Out of play

Ball is in play when, ball is out of play when, procedure of throw-in, procedure of goal kick, procedure of corner kick. Throw-in taken by a player other than the goalkeeper; Goal kick taken by a player other than the goalkeeper; Corner kick taken by a player other than the goalkeeper.

9. Penalties

Difference between direct and indirect free kick; Penalty kick is awarded when a direct free kick offence is made in the penalty area; Yellow Card; Red Card; Direct free kick is awarded when; Indirect free kick is awarded when, distance of opponents during free kicks (9.15m).

10. Officials

1 referee, 2 assistant referees, 4th official. Procedures to determine the winner of a match home and away (away goals, extra time and penalty kicks).

Techniques

1. Passing and Receiving

Passing - Ground passes using both feet - inside push pass, outside of the foot pass, instep pass, the wall pass; flighted - instep pass

Receiving - Ground passes – inside of the foot; flighted balls – instep; thigh; chest

Variation of passing depending on environments

2. Dribbling

Fundamentals of dribbling in open and closed spaces

Running with the ball for speed

Initial first touch and close control
Maintaining momentum and balance while attacking a defender

3. **Shooting**

Instep drive shot with both feet; half-volley shot

Accuracy and power - shot selection depending on distance from goal, keeper position

Swerve shot

4. **Feinting**

Faking and feinting. The step over.

Using feints to get defender out of the line he is defending to open up the most direct route to goal.

Quick change of direction to off balance defender - accelerate and decelerate quickly.

5. **Defensive Techniques**

Defensive stance and movement: jockeying the attacker; block and poke tackles

Sliding tackles used as a last resort.

Concentrating on the movement of the ball rather than opponents body in 1 vs. 1

**Tactics**

1. **Offensive Tactics: Dribble and shoot**

Tactical purpose of dribble i.e. to score, to create scoring opportunity, hold up play for support, to achieve numerical superiority, draw defenders to ball and open space for teammates, counter offside tactics.

Off balancing defender using feint and dribble
Movement with/without ball into open space, counter attack

Use of width and depth in attack

Formation of 3-4-3, 4-3-3

2. Defensive Tactics

- Man to man defence

Close or loose man-to-man play, jockeying the attacker, block and poke tackles, Interception, timing of tackle, delay.

Defending set pieces using combination of zone and man-to-man marking (compound defense)

Forcing attacker onto weaker foot

Risk limitation

- Zone Defence

Closing down attacking player - positioning

Aim of zone

Offside trap

Double marking

Formation of 4-5-1

Use of basic formation 4-4-2
Handball

Rules

The Playing Court - goal line, side lines, goal area line, Centre line

The Goal

The Team

The Player - what is permitted and what's not

The Goalkeeper - what is permitted and what's not

The Throw-Off

The Throw-In

The Goalkeeper Throw

The Free Throw

The 7m Throw

General Rules about Throws

Penalties - Free Throws/Penalty Throws (more situations/fouls leading to each one)

The Playing Court - free throw line, 7m line, 4m line, substitution lines

Substitutions

The Goal Area

Passive Play
Punishments - verbal warning, warning & 2 minutes suspensions’

Techniques

1. Passing (Static while running)

   Over arm
   Bounce
   Wrist

2. Catching

   Static
   While Running

3. Individual Attack Technique

   - Dribbling
   - Shooting:

   Jump shot from 6m and 9m lines
   Running shot
   Side Arm shot
   Wing shot
   Fall shot
   - Feinting:

   Body
   Ball
IM 36 Physical Education:
Guidelines for Rules, Techniques and Tactics

- Piston Movement
- Blocking
- Crossing

4. **Individual Defending Technique**

- Fall Out
- Blocking of the Ball
- Checking
- Tying Up

5. **Goalkeeping**

- Blocking long range shots
- Blocking close range shots
- Blocking wing shots

**Tactics**

1. **Defence Systems (up to 2 new defence systems per level)**

Responsibility and positioning of players including strengths and weaknesses

1:5

6:0

5+1

5:1
2. **Attack Systems (up to 2 new attack systems per level)**

Responsibility and positioning of players including strengths and weaknesses

3:3

2:4
Hockey

Rules

1. Field of play

Names of lines
Side-lines
Back-lines
Centre-line
25 yd (23m) line
2 circles and 2 goalposts with backboard

2. Team composition

No. of players on pitch,
No. of substitutes and substitutions

3. Duration of play

2 halves changing sides after half time

4. Conduct of play

Players can:
Dribble
Pass
Shoot
Fake and self-pass the ball
Players cannot:
Intimidate
Backstick
Ball in contact with player’s body
Hit opponents’ stick
Lift the ball and push opponent.

5. **Conduct of play**

- Goalkeepers can:
  - Use stick
  - Feet,
  - Kickers and legs to propel the ball inside the circle

- Goalkeepers cannot:
  - Play the ball outside the circle except if using stick.
  - Leave the 25 yds. (23m) area
  - Hit an opposing player and back stick the ball.

6. **Penalties**

  Free hits, penalty corners, penalty strokes and cards.

7. **Scoring**

  A goal is scored when the ball is played within the circle before passing over the goal-line.

8. **Starts and re-starts**

  At the start of each half and when the umpires decide a bully has to take place.
  Play is restarted after the ball goes out of play and after a free hit is awarded.
  Self-pass rule.
9. Ball in and out of play

When the ball passes completely over the side-line or back-line.

10. Officials

2 umpires each control their own half.

Techniques

1. Grip

Basic grip
Double V grip

2. Passing and Receiving

Forehand Push pass
Reverse Push pass
Slap hit
Stationary flick
Vertical hit
Scoop
Forehand stop
Reverse stop
3. **Shooting**

Forehand Push pass
Reverse Push pass
Slap hit
Stationary flick
Vertical hit
Scoop

4. **Dribbling**

Open stick dribbling
Indian dribble
Speed dribble

5. **Tackling**

Forehand tackle
Reverse tackle

6. **Goalkeeping**

Block save
Lunge save
Tactics

1. Basic Team Tactics

2-4-4-1
3-3-3-1-1

2. Defensive Tactics

Channelling
Man 2 man marking
Zonal marking

3. Offensive Tactics

Attacking the spaces
One-two passing
Passing the ball to find opening

4. Possession Play

Hit ins
Free hits
Starts and re-starts
Square pass
Triangular pass
Diagonal run
Rugby

Rules

1. The Ground (Terminology of Ground)

The ground definition

Required dimensions for the playing enclosure

2. Team Composition

Number of players - The team definition

Maximum number of players on the playing area

3. Duration of the match

Time keeping

4. Officials

Match officials definition

The duties of the referee in the playing enclosure

5. Method of Scoring

Points value

6. Foul Play

Foul play definitions
Obstruction

Dangerous play and misconduct

7. **Knock on**

Knock on or throw forward definitions

8. **Tackle**

Tackle: ball carrier brought to ground definition

The tackler

The tackled player

9. **Ruck**

Ruck definition

Offside at the ruck

10. **Maul**

Maul definition

Offside at the maul

11. **Touch and Line Out**

Touch & line out definitions

Throw in

12. **Scrum**

Scrum definitions

Binding in the scrum
Techniques

1. Handling

Lateral pass

Pick and pass

Decision making - Creating space

2. Contact

Side tackle

Front tackle

Falling and placing the ball

Getting back on your feet - rejoin the game

Tackle from behind

Passing out of the tackle

Gaining possession in the tackle

3. Ruck & Maul

Ball carrier - stability and ball presentation

Link player - body position

Support players

Ruck - ball protection - bind and drive

Maul - secure & deliver - bind and protect
Support players bend
Bind and drive

4. Scrum

Individual body positions - safety
Feeding the scrum
Striking the ball
Engagement
Channeling & delivery

5. Line out

Throwing
Jumping and Catching
Delivery of the ball
Formation – supports and catcher
Support and protect catcher

Tactics

1. Principles of Attack

Handling
Scan for space
Commit defender and pass
IM 36 Physical Education:  
Guidelines for Rules, Techniques and Tactics

Understanding gain line as mark of contact

Understanding tackle line as mark of contact

2. Contact and evasion

Ball carrier:

Agility before contact (drive) ABCD

Body position low through contact

Side step or swerve

Support players:

Communication - feet, fight, pop/down

One bullet - put man on floor and keep him out of the game

Back line formation flat/angle

3. Principles of Defence

Post - tackle compete for ball

Breakdown defence number 1, 2 and def in hole (marker)

Straight line at hindmost foot of breakdown

Line speed

4. Kicking

Chip and chase

Chase as 1 line

Grubber / punt
Counter attack from kick

Positions for restarts

5. Back line attack

Flat or deep

Targets

Inside and outside support

Roles: Distributor, decoy, playmaker, support, striker
Tennis

Rules

1. Court Names (Terminology of Court)
Baseline, Side line, Service line, Centre Service line

2. Players lose a point if:
The player serves two consecutive faults; or the player does not return the ball in play before it bounces twice consecutively; or the player returns the ball in play so that it hits the ground, or before it bounces, an object, outside the correct court; or the player returns the ball in play so that, before it bounces, it hits a permanent fixture; or the receiver returns the service before it bounces; or the player deliberately carries or catches the ball in play on the racket or deliberately touches it with the racket more than once; or the player or the racket, whether in the player’s hand or not, or anything which the player is wearing or carrying touches the net; net posts or the opponent’s court at any time while the ball is in play; or the player hits the ball before it has passed the net; or the ball in play touches the player or anything that the player is wearing or carrying, except the racket; or the ball in play touches the racket when the player is not holding it.

3. Scoring system
Score in a game: Server's score is called first. No point - 'Love'; First point - '15'; Second point - '30'; Third point - '40'; Fourth point - 'Game' When each player has won three points, the score is 'Deuce'. After 'Deuce', the score is Advantage' for the player who wins the next point. A player needs to win two consecutive points immediately after 'Deuce' to win the 'Game'.

Score in a set: The first player to win six games wins that 'Set', provided there is a margin of two games over the opponent. If the score reaches six games all, a tie-break game shall be played.
Tie-break: During a tie-break game, points are scored 'Zero', '1', '2', '3', etc. The first player to win seven points wins the 'Game' and 'Set', provided there is a margin of two points over the opponent.

Score in a match: A match can be played to the best of 3 sets (a player needs to win 2 sets to win the match) or to the best of 5 sets (a player needs to win 3 sets to win the match).

Change of Ends: The players shall change ends at the end of the first, third and every subsequent odd game of each set. The players shall also change ends at the of each set unless the total number of games in that set is even, in which case the players change ends at the end of the first game of the next set. During a tie-break game players shall change ends after every six points.

4. Starting & Re starting the game

A tennis match begins with a toss of a coin which is done by the umpire. A point is restarted with a service.

5. Ball Out of play

This occurs when all of the ball bounces outside the baseline &/or side lines. For the service, all of the ball must bounce outside the service box to be called out.

6. The Service

Immediately before starting the service motion, the server shall stand at rest with both feet behind the baseline, and behind alternate halves of the court, starting from the right half of the court in every game. The service shall pass over the net and hit the service court diagonally opposite, before the receiver returns it.

Order of Service: At the end of each standard game, the receiver shall become the server and the server shall become the receiver for the next game.

Let During the Service: When the ball served touches the net, and is otherwise good or, after touching the net, touches the receiver before hitting the ground, the point must be replayed.
7. Officials

1 Umpire & a minimum of five line judges to officiate the game.

Techniques

1. Grip

Basic Forehand, Backhand (Groundstroke & volley) & Serve Grip

2. Forehands

Forehand Service Line Shot (Flat); Forehand Baseline Shot (Flat); Forehand Service Line Shot (Topspin); Forehand Slice (Service Line); Forehand Slice (Baseline); Forehand Volley; Forehand Lob (Service Line); Forehand Lob (Baseline) Forehand Drop Shot (Service Line); Serve Return

3. Backhands

Backhand Service Line Shot (Flat); Backhand Baseline Shot (Flat); Backhand Service Line Shot (Topspin); Backhand Slice (Service Line); Backhand Volley; Backhand Lob (Service line); Backhand Lob (Baseline); Backhand Drop Shot (Service Line); Serve Return

4. Serve

Serve (Basic); Serve (Full Stroke)

5. Smash

Tactics

1. Defending

Running forehand (no placing); running backhand (no placing); running forehand crosscourt; running backhand crosscourt; forehand lob (deep); backhand lob (deep)
2. **Attacking**

Forehand Winner (Go for empty space); Backhand Winner (Go for empty space); Attack/Approach to the net on short ball (Forehand); Attack/Approach to the net on short ball (Backhand); Move opponent from side to side.

3. **Rallying**

Keeping the ball in play (waiting for opponent’s error)
Volleyball

Rules

1. Court Names and Terminology

Playing Area (Diagram); Basic Info re Ball

Front Zone

Service Zone

Substitution Zone

Libero Replacement Zone

Penalty area

2. Team Composition

Six players on court; Maximum of 12 players per team

Location of team; Team leaders (Coach/Captain)

3. Duration of Game

Game is played as best out of five sets

Two points advantage to win set; Fifth set played to 15 and not to 25

4. Players can:

Hit the ball with any part of the body, hit the ball only once, hit the ball three times (+ block) before returning ball to opponents
Serve using any part of the arm; attack from within their own playing area; block by invading opponents' area after the latter's attack hit;

5. **Players cannot:**

   - Catch the ball
   - Hit the ball twice consecutively
   - Teams cannot hit the ball more than three times before returning ball over net
   - Touch the line with their foot when serving; cannot attack a ball which is on the other side of the net
   - Cannot touch the top part of the net; cannot block a ball that has not been attacked

6. **Scoring System**

   - Scoring a point
   - Winning a set
   - Different for fifth set

7. **Starting and Re-Starting the Game**

   - The Toss
   - Team Starting Line Up (Positions on Court)
   - Rotation and Rotational Faults
   - Regular Game Interruptions
8. **Ball in and out of play**

States of Play (Ball in Play, Ball out of Play)

Ball In, Ball out

Service Order

Change of Courts

9. **Requirements of Conduct**

Requirements of Conduct

Misconduct and Sanction Scale

10. **Officials**

Composition of Refereeing Corps (1st Ref, 2nd Ref, Scorer, Asst. Scorer)

Location of 1st Ref, 2nd Ref, Scorer, Asst. Scorer

Line judges

**Techniques**

**Offensive Techniques**

1. **Set (Volley)**

Forward Set with a high parabola - using the correct technique without carrying the ball

Forward Set with different heights and distances

Setting to pos. 2 or 4 facing same position in game situation

Setting to Pos. 2, 3, 4, facing same positions in game situation
Simple Back Set

2. Serve

Underarm Serve (ability to vary direction)

Simple overarm serve

Overarm Serve (ability to vary direction and depth of serve)

3. Attack

Spike Movement (3 step approach, arm swing, jump and hit) from Pos. 2 and 4

Tip Movement (3 step approach, arm swing, jump and tip) from Pos. 2 and 4

Same techniques but during game situation

Defensive Techniques

4. Service Reception

Serve Reception (on Overarm Serve) from different areas of the court and directing to Position 2

Same technique but during game situation

5. Dig

Defending position and movement on spikes from various areas of the net

Same technique but during game situation

6. Block

Block movement in position
Lateral movement from Pos. 3 to either Pos. 2 or Pos. 4

Same techniques but in game situation

**Tactics**

1. **Basic Team Tactics**

4-2 system (4 receivers and 2 setters) with three back players to receive.

Setters to set from pos. 2. Switching of positions in front.

5-1 system (5 receivers and 1 penetrating setter) with three back players to receive. Setters to set from pos. 2. Switching of positions in front.

2. **Service Reception Tactics**

4 player serve receive in pos. 1, 6, 5 and 4 ('cup formation') to pos. 2 (on overarm serve)

3. **Defending Tactics**

2 blocker system from Pos. 2 and 4 and 4 defenders in 3-1 formation (3 taking long balls and 1 taking short balls)

1 blocker system from Pos. 3 and 5 defenders in 3-2 formation (3 taking long balls and 2 taking short balls)

4. **Offensive Tactics**

1 penetrating setter from Pos. 2

2-3 attackers (2 when setter is a front court player and 3 attackers when setter is a back court player)

Introduction of Opposite Player (player opposite setter to attack from Pos. 2)

Introduction to using the serve as an attacking tool
5. **Libero**

Introduction of 1 Libero player (specialised defensive player who can play in back court only and normally replaces middle player)