



ATHLETICS AND ITS BASIC RULES

Usmanov Bahodir Khabibullayevich

Lecturer, Department of Teaching Physical Education and Sport Sciences, Faculty of Primary Education and Physical Culture, Namangan State University, Uzbekistan

ANNOTATION

Athletics, also called track-and-field sports or track and field, a variety of competitions in running, walking, jumping, and throwing events. Although these contests are called track and field (or simply track) in the United States, they are generally designated as athletics elsewhere. This article covers the history, the organization, and the administration of the sports, the conduct of competitions, the rules and techniques of the individual events, and some of the sports' most prominent athletes. In this article the following issues are discussed.

KEY WORDS: *running, walking, jumping, physical culture*

DISCUSSION

Track-and-field athletics are the oldest forms of organized sport, having developed out of the most basic human activities—running, walking, jumping, and throwing. Athletics have become the most truly international of sports, with nearly every country in the world engaging in some form of competition. Most nations send teams of men and women to the quadrennial Olympic Games and to the official World Championships of track and field. There also are several continental and intercontinental championship meets held, including the European, Commonwealth, African, Pan-American, and Asian.

Athletics is a discipline that teaches the theory, practice and methodology of teaching this sport in specialized physical education institutions and pedagogical institutes and in the physical culture faculty. Athletics is a Greek word that means wrestling, exercise, competition. In ancient Greece there were contests between the strong and the fast. Those who participated in these competitions were called athletes. But now we call the strongest men the athletes who are mature.

Millions of people are involved in track and field athletics in our country. The variety of exercises, the simplicity of the equipment used, the high efficiency of them, and the wide range of physical workloads allow them to manage. Therefore, athletics is so popular that it is not called a spotless

weapon. Athletics enhances walking, running, jumping, throwing, strength, speed and endurance, improves mobility, and has a positive impact on the training of willpower. Its exercises enhance the functionality of the body, its ability to function. Classes are usually held outdoors - in the stadium, in the park.

Athletic training is of great educational importance and it helps athletes to feel a sense of community and responsibility. Skills and ability acquired through athletics will help a person in his day-to-day work, as well as help prepare young people to serve in the army. Exercises in this sport are widely included in the physical education program for students of secondary special educational institutions and are included in all stages of the special tests "Alpomish" and "Barchinoy". Most of them are used by athletes engaged in other sports. Running and jogging is a popular and common exercise. They have a positive effect on the overall physical development of a person and serve as an excellent tool for maintaining good health and active recreation. It is used in many sports and changes in speed can lead to the desired effect on the body of athletes. Athletics is a science in this field.

Running: It's a natural way for a person to move from place to place. It is the most common type of exercise that involves many sports (football, basketball, handball, etc.). Many types of running are



organic parts of different kinds of athletics. There are many types of track and field running, relay racing, and natural running. Different types of running include distance, mid-distance and marathon running depending on distance.

Jumping - is a natural way of getting through the obstacles and is characterized by maximal nerve muscle strength in a short period of time. Athletics and jumping skills improve the ability of athletes to manage their bodies and build their strength. Strength, speed, agility, bravery are average. Jumping is one of the best exercises to strengthen your legs and body muscles and build leverage, and is required not only for athletics, but also for other sports. Athletics jumping is divided into two types.

1. To the extent possible in order to jump higher vertical jump obstacles and jump pole.

2. Jump across the horizontal barrier and jump in triple jumps as far as possible.

Throwing: The results of these are determined in meters and centimeters. Discharge is characterized by a short maximum of nerve tension. In athletics, throws are divided into three types depending on the method of execution:

1. Throwing from the head (spear and grenade).

2. Scroll (discus)

3. Shock (core)

The difference in these methods depends on the shape and weight of the rounds. Easy-to-use shells can be rushed straight from the head to the rear. It is better to throw heavier shells around. It is easier to cast a heavy shell core without a special handle.

Athletics consists of five sections: walking, running, jumping, throwing and many struggles, each of which is divided into different types. They are a great exercise for people. When running long and smooth, almost all the muscles in the body work, and the cardiovascular, respiratory and other systems in the body become more active, resulting in increased metabolism. Exercise as a physical exercise is of paramount importance. They are taught to walk in childhood. But it is not enough. All people should be able to walk beautifully. In addition to regular hiking, there are other types of hiking. It is technically the most difficult but the most useful type of athletics. For this reason, athletes have to deal with a leisure walk a considerable impact on the body, its organs and their systems strengthen, increase their ability to work, have a positive impact on the development of strength and endurance, and teach them to be volatile. Therefore, walking competitions are held on stadium sidewalks (in the opposite direction of the clock) and on normal roads (along the streets and lanes, etc.) from 3 to 50 km. Runners must adhere to the specifics of the walking technique

prescribed by the rules. The main thing is to prevent both feet from falling off the ground at the same time, even for a moment.

An athlete is considered to be in jogging when there is a chance that his feet will not touch the ground. Athletes who violate this rule are disqualified by special referees. Runners must adhere to the specifics of the walking technique prescribed by the rules. The main thing is to keep both feet away from the ground at the same time, even for a moment. The requirement for the ability of the whole organism to run is greater than when it runs. Because when running, almost all of the muscles in the body are activated, cardiovascular, respiratory and other systems are activated, and metabolism is greatly increased. Depending on the abilities of the trainees, varying the amount of work by changing the distance and running speed can influence the development of a person's endurance, speed, and other qualities. For example, it is not so fast, but long-distance running (especially in woods or amusement parks and gardens) is of great hygienic value and is one of the best health remedies. High-speed jogging increases the demand for trainees, especially their cardiovascular and respiratory systems, and is an excellent tool for developing endurance. And running at very high speeds will be included in special training sessions for speed development. Running process to deal with the obstacles to redistribute the power to strengthen the will of the people, know, outdoor-oriented to obtain the ability to be formed.

Running is one of the main tools for comprehensive physical development. That is why great attention is paid to the training of lightweight athletes of all specialties, as well as other sports, as well as the importance of running as a means of active leisure, health and work habits. Running is the most popular exercise in all types of athletics. Different types of track and field relay have a leading role in track and field athletics, and the audience is keenly interested in them. Therefore, the race for the best campaign and is one of the promotional tools. In track and field athletics, there are many kinds of running, running over obstacles, relay racing and running in natural conditions. Variations of running and distance options are shown in the table. Smooth running is carried out at a certain distance or time interval on the treadmill (in the opposite direction of the clock). At a distance of 400 meters or less, a separate lane is provided for each runner. The rest will be run on a common track. The time taken to travel a specified distance is measured in seconds. The running time is limited to one hour and two hours, and the result is measured in meters as the distance traveled. There are two variants of running over obstacles:



1) Running over obstacles - running at a distance of 60 to 400m, exceeding the same type of obstacles placed at certain distances on the treadmill; each athlete will run separately;

2) Running over 3,000m fences where the runway runs over the fenced-in barriers, overflowing ditches in one of the stadium sectors.

Running the Relay - Runs in Teams; the more runners in a team, the more distances are divided into stages. The purpose of the relay race is to extend the baton to each other and bring it as fast as possible, from start to finish. The range of steps can be the same (short and medium distances) or (at different mixed distances). Running in the relay is most common on the stadium sidewalks and sometimes on city streets (circular and star-studded races). Under natural conditions, it is possible to run in low open areas, and run 15 km or more on roads (along the highway, on sidewalks). The longest run in track and field athletics, the marathon, is 42 km -195 m.

Jumping is a natural way to cross obstacles and is characterized by maximal nerve muscle strength in a short period of time. In athletic jumping exercises, athletes' ability to control their bodies and build their abilities improves, while strength, speed, agility and bravery increase. Jumping is one of the best exercises to strengthen your legs and body muscles and build leverage, and is a must for not only athletes, but also basketball players, football players and handball players. Athletic jumping is divided into two types:

1) Jumping vertical (vertical) obstructions to jump as high as possible and jump with anchor;

2) Crossing the pillow (horizontal) to jump as far as possible - jump in length and triple jump.

The jump results are measured in meters. The jumps will come from where they stand and run. Casting is the practice of pushing and throwing special equipment remotely. The results of these are determined in meters and centimeters. Nerve and muscle disposal of high voltage for a short time (maximum) to be characterized. Not only the muscles of the arm, shoulder and body, but also the leg muscles are involved. Athletics throw away from the instruments of power, speed, agility developed at a high level and you need to know to gather their strength. Exercise training not only promotes these essential qualities, but also promotes the harmonious development of the entire body muscles. Athletic throws are divided into three types depending on the method of execution :

1) Throwing from behind the head (spear and grenade);

2) Tossing around (lapel, lice);

3) Loss (core).

The difference in installation methods depends on the shape and weight of the equipment. Lightweight, easy-to-use tools can be run straight and thrown away from the back of the head: heavier tools are easier to spin; It has a special handle, and the heavier core is easier to absorb.

In conclusion, after the independence of the Republic, the process of renewal and development is being implemented in all spheres. In addition, great attention is paid to the development of physical culture and sports. It is not accidental that the President of the Republic of Uzbekistan signed on January 14, 1992 "On Physical Education and Sport", 1993 "On Establishment of a Healthy Generation Fund". Such examples are more, Decree of the President of the Republic of Uzbekistan "On the State Program on Reforming the Health Care System of the Republic of Uzbekistan" dated October 10, 1998 and the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated May 27, 1999 and Resolution of the Board of the Ministry of Higher and Secondary Special Education of March 29, 1999 "On the Development of Physical Culture and Sports". Law of the Republic of Uzbekistan "On Physical Culture and Sports" of 2000 and the Presidential Decree of October 24, 2002 "On Establishment of Children's Sports Development Fund of Uzbekistan" Decree of the President of the Republic of Uzbekistan The decision of the Ministry of Education of the Ministry of Education dated January 4, 2003 - all of these documents indicate that the popularity of physical culture and sports among the population and the involvement of young people in sports is a nationwide task. teams. All new laws, decrees define new health promotion objectives, including broad involvement of children in physical education, especially from early childhood, especially for healthy, strong, resilient. There is a particular emphasis on the need to pay serious attention to the growth of the agile. This is one of the most pressing issues. In his speeches, President Shavkat Mirziyoyev repeatedly stresses that upbringing a healthy generation in our country is a state matter. In the performance of this honorable task, the development of physical culture and sports also plays an important role. At the same time, measures are being taken to reflect our national ideology and values in physical education. That is, along with the development of sports, it is considered as an important task to instill and bring up our national values and Uzbek customs into the life of the younger generation.

REFERENCES

1. Bull, Andy (2018-01-23) "Caster Semenya and Dutee Chand run ragged by IAAF's moving goalposts". *The Guardian*. Retrieved 2019-04-20.



2. Thorbecke, Catherine (2018-06-22). "Transgender athletes speak out as parents petition to change policy that allows them to compete as girls". ABC News. Retrieved 2019-04-20.
3. Taylor, Marisa (2019-06-20). "Hammer Thrower Could Become First Transgender US Olympic Athlete". ABC News. Retrieved 2019-04-20.
4. "IAAF new gender rules 'humiliating, harmful': UN rights council". Straits Times (2019-03-23). Retrieved 2019-04-20.
5. Morgan, Tom (2019-04-18). "Paula Radcliffe reveals 'aggressive' abuse suffered online since supporting IAAF's landmark legal battle with Caster Semenya". The Telegraph. 18 April 2019. Retrieved 2019-04-20.
6. Behrensen, Maren (2011). "Intersex athletes: Do we need a gender police in professional sports?" *Modernities Revisited*, ed. M. Behrensen, L. Lee and A. S. Tekelioglu, Vienna: IWM Junior Visiting Fellows' Conferences, Vol. 29.
7. McReynolds, Ginny (2017-02-03). 'Do or Decline': An athlete's age may be less important to performance than persistent practice. The Washington Post. Retrieved 2019-04-20.
8. How does aging affect athletic performance?. The Conversation (2015-07-06). Retrieved 2019-04-20.
9. Age group changes included in proposals for 2016 UKA rule book. Athletics Weekly (2015-03-11). Retrieved 2019-04-20.
10. "Meet Stanislaw Kowalski: The 105-year-old sprinter". The Versed (2017-06-22). Retrieved 2019-04-20.
11. Rajaraman, G (2019-02-22). Age fraud in sports: Indian federations need to impose long-term bans to bring age-old menace under control. First Post. Retrieved 2019-04-20.
12. Sabuni Khwa Sabuni (2019-03-05). Athletics Kenya to investigate possible age cheating in juniors. Daily Sport Kenya. Retrieved 2019-04-20.
13. Kuti, Dare (2018-09-09). National Youth Games: over 200 athletes disqualified for age cheating. ACL Sports. Retrieved 2019-04-20.
14. Longman, Jere & Kumar, Hari (2016-11-20). Still Running at 119? Not So Fast. New York Times. Retrieved 2019-04-20.
15. Swinbourne, Charlie (2012-09-06). The Paralympic Games is a missed opportunity for deaf athletes. The Guardian. Retrieved 2019-04-20.
16. Gareth A Davies, London Marathon 2013: rethink over wheelchair race start time to avoid repeat of Josh Cassidy collision, The Guardian, 22 April 2013.
17. Oscar Pistorius wins silver at World Championships despite not running. The Guardian (2011-09-02). Retrieved 2019-04-20.
18. Rock, Brad (1997-10-24). No wheelchair throne for this track queen. Deseret News. Retrieved 2019-04-20.