

Meaningful competition Rules Modification

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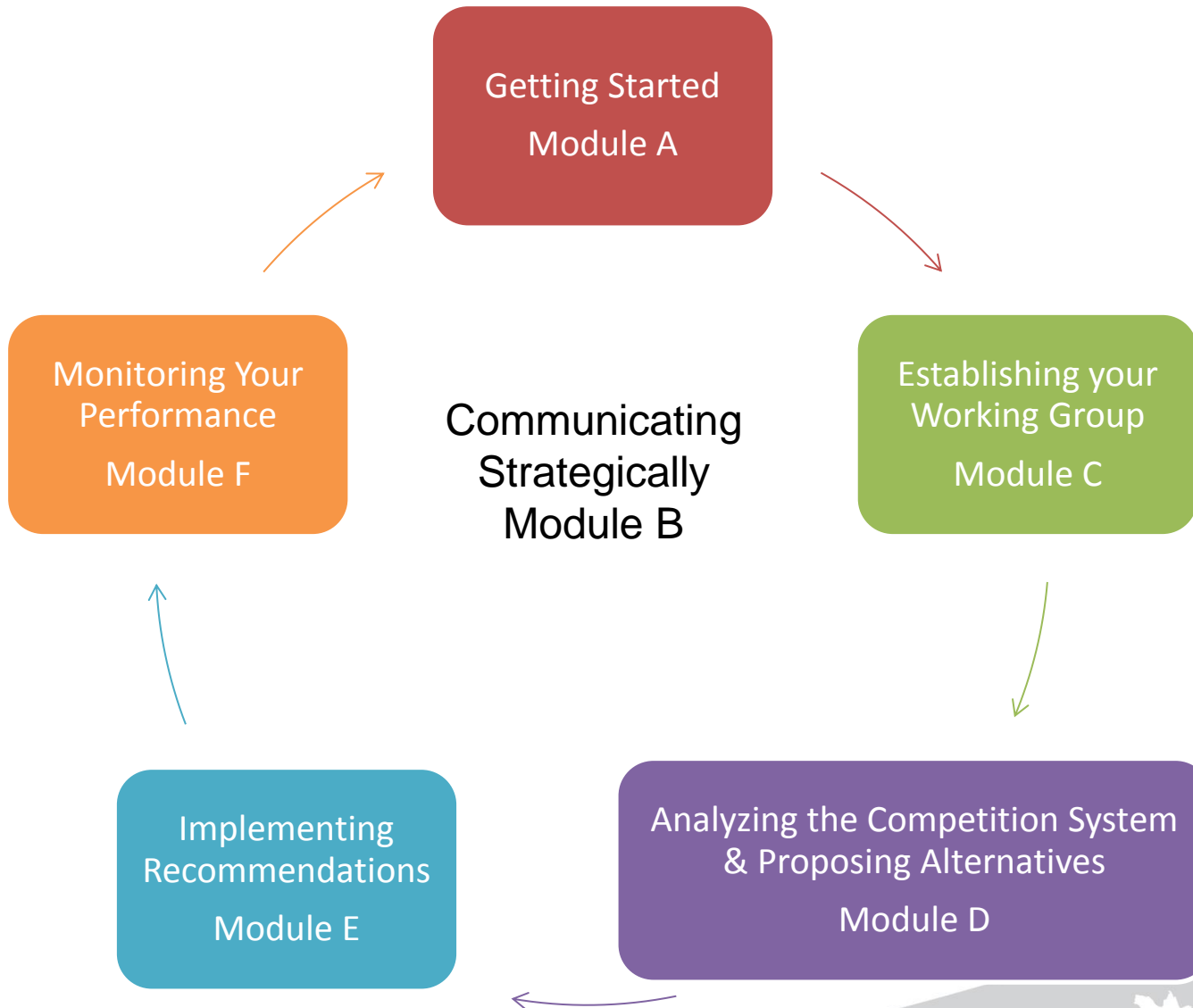
Big thanks to Andre Lachance for his work in this area!

Session Objectives

1. Explore rules modification for the purpose of contributing to meaningful competition.
2. Consider best practices in rules modification.
3. Understand how a small change can make a big difference to a competition system.
4. Understand the importance of involving the officials in the process.

Background

Competition Review Process

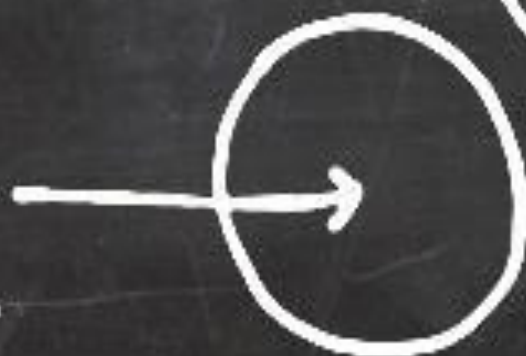


-	+	Skills	+	Incentive	+	Resource	+	Action plan	=	Confusion
Vision	+	-	+	Incentive	+	Resource	+	Action plan	=	Anxiety
Vision	+	Skills	+	-	+	Resource	+	Action plan	=	Gradual change
Vision	+	Skills	+	Incentive	+	-	+	Action plan	=	Frustration
Vision	+	Skills	+	Incentive	+	Resource	+	-	=	False start
Vision	+	Skills	+	Incentive	+	Resource	+	Action plan	=	Change

$$\mathbf{K} - \mathbf{A} = \mathbf{0}$$

Where the
magic happens

Your
Comfort
Zone

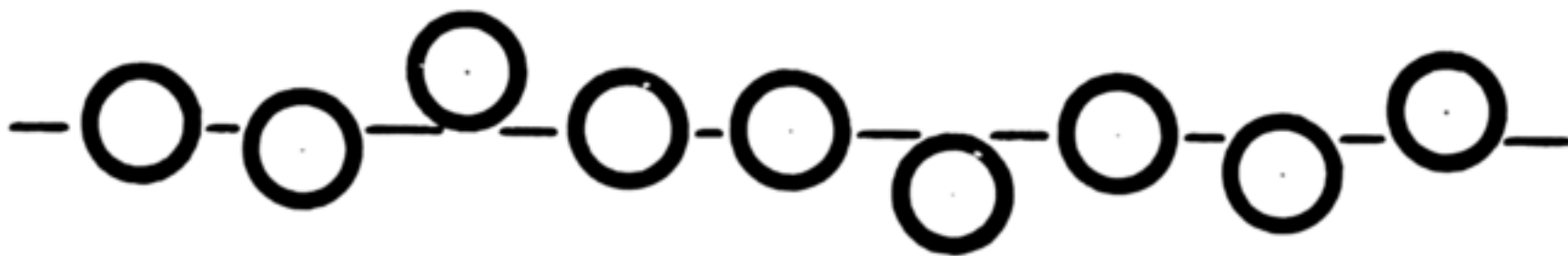


ALIGNMENT

(a hot topic for the last 20 years)



in ALIGNMENT



out of ALIGNMENT

Coaches will coach to the system



Rule Changes



Today's Situation

Shootout in soccer



NCAA vs. NBA 3 Point Line



Collision in baseball



Players signing their scorecard in golf

TIME: 13:00
NAME: Langford/Berry
COURSE: Fosse Fosse Road & Golf Club
ATTACHMENT: Hanbury Golf Club

155 W. 1

OFFICIAL SCORECARD
Skins PGA Fourball Championship
October 3, 2012

SKINS

Hole	1	2	3	4	5	6	7	8	9	Out
Yards	396	420	494	329	501	175	401	167	408	3291
Par	4	4	5	4	5	3	4	3	4	36
Pace of play	12:21	12:37	12:55	13:10	13:29	13:42	13:58	14:10	14:26	
Langdon, Ross	4	4	3	4	3	4	3	4	3	
Berry, Russell	4	4	3	4	3	4	3	4	3	

Restant's signature *Plano*

10	11	12	13	14	15	16	17	18	In	Total
519	383	185	413	382	488	210	515	456		
5	4	3	4	4	5	3	5	4		
14:45	15:01	15:14	15:30	15:44	16:03	16:16	16:34			
4	4	3	4	4	3	2				

ker's sign

Travelling in basketball (NBA)



One False in Athletics



Throw in in Soccer



Body Checking in Hockey



Meaningful Competition

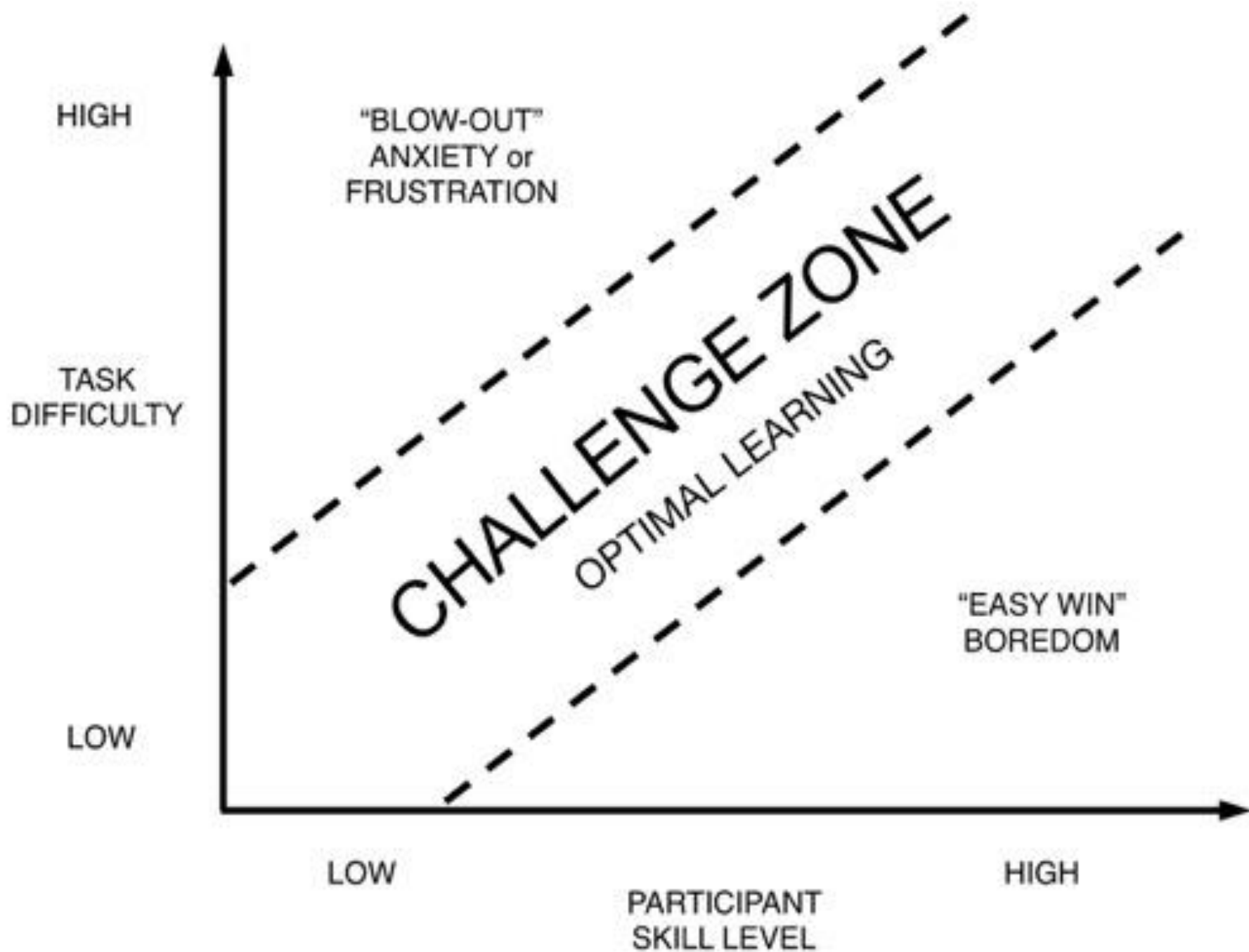
Summary – Meaningful Competition

1. The competition supports athlete learning
2. The competition reinforces development of skills
3. The athlete remains engaged throughout the competition, trying to achieve specific goals
4. The competition is relatively “close” such that the athlete believes they have a chance for success

Question

Can you think of any rules in your sport(s) that could be adapted to make competition more meaningful

- make outcomes more meaningful
- improve development and support athlete learning
- increase safety for players (possibly by stage)
- lead to closer competition & engage athletes



More Meaningful

- Rules are stage appropriate and encourage athlete development for long term success
- Skill requirements are stage appropriate based on Long-Term Athlete Development and the Athlete Development Matrix
- All team members gain experience and contribute to team outcomes
- Rules are in place to avoid travesty of the game*
- Special rules are in place to avoid coaches using strategies not linked with athlete development matrix

More Meaningful

- The scoring system is adapted so other scoring elements are considered
- A rule is in place to end a game when points differential is significant
- A second chance is given to athlete when they make a mistake
- Safety is considered as part of the rules
- Early and late developers can both be challenged

Even More Meaningful...

- Teams/Athletes are matched based on skills (play up and down... or even better - overlapping age categories divided by skill indicators)
- Appropriate equipment is used at each stage
- Playing field dimensions are adapted to stages
- Rules are in place for all athletes to participate equally
- A handicap is given to an athlete or team to ensure better match up