Edition-2

GAMES AND SPORTS

- Track & Field and Games courts marking handbook pdf

RAJESH AGOLA

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INDEX

400m track marking plan

2 Straight lines 84.39+84.39=168.78m

168.78m-400m=231.22m(2 curves)

$2\pi r = 231.22m$

$r = 231.22 \times 7 \div 44$

$r = 36.80m$ RDR

- 30 cm

$= 36.50m$ CDR

Diagonal distance calculation – Pythagoras theorem

$$AB^2 + BC^2 = AC^2$$

AB= 84.39m, BC= 36.50m

$\sqrt{84.39}$x84.39+36.50X36.50

$\sqrt{7121.672}$+1332.25

$\sqrt{8453.922}$

= 91.945m Diagonal distance

400M TRACK MARKING

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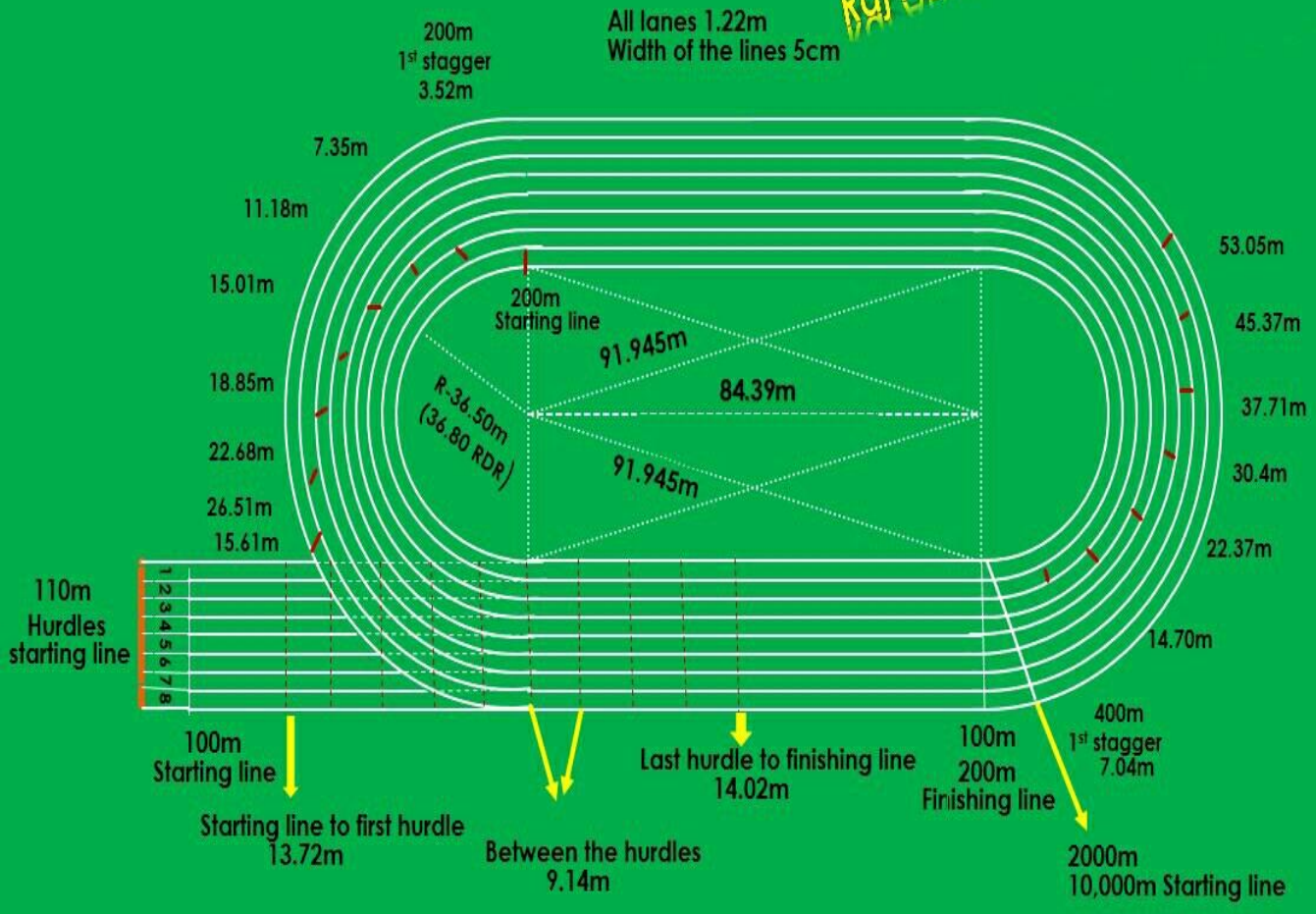

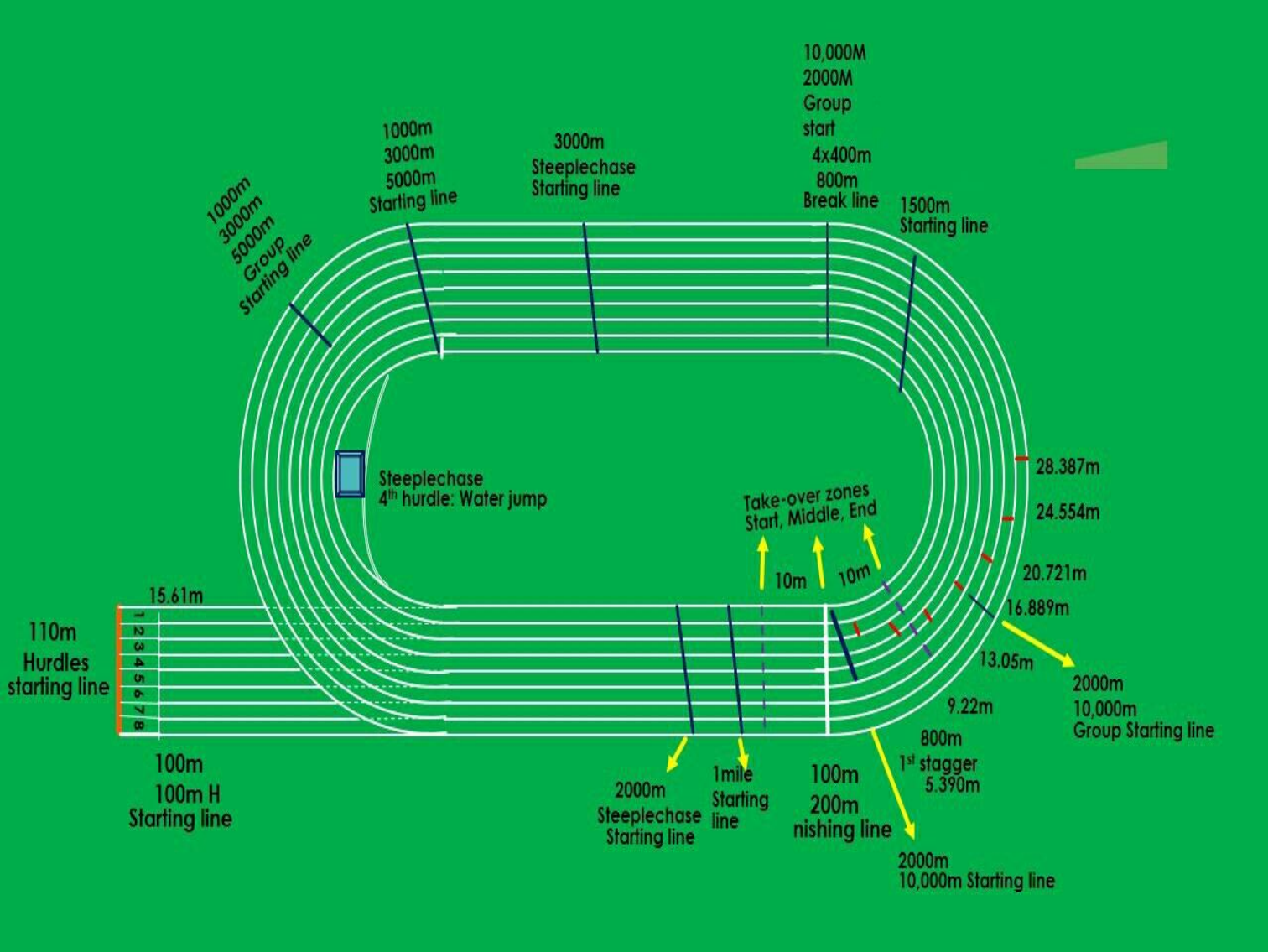
10,000M
2000M
Group
start
4x400m
800m
Break line
1000m
3000m
5000m
Starting line
3000m
Steeplechase
Starting line
1000m
3000m
5000m
Group
Starting line
1500m
Starting line
Steeplechase
4th hurdle: Water jump
Take-over zones
Start, Middle, End
10m
10m
28.387m
24.554m
20.721m
16.889m
13.05m
9.22m
15.61m
110m
Hurdles
starting line
1 2 3 4 5 6 7 8
2000m
10,000m
Group Starting line
800m
1st stagger
5.390m
100m
100m H
Starting line
2000m
Steeplechase
Starting line
1mile
Starting
line
100m
200m
nishing line
2000m
10,000m Starting line

400m track staggers

L.NO	½ STAGGER	FULL SATGGER	1 ½ STAGGER
formula	W(n-1)-0.10 x π 200m	W(n-1)-0.10 x 2π 400m	W(n-1)-0.10 x 3π 4x400m + DE
1	0	0	0
2	3.52m	7.04m	10.56m
3	7.35m	14.70m	25.05m
4	11.18m	22.36m	33.55m
5	15.01m	30.03m	45.05m
6	18.85m	37.07m	56.54m
7	22.68m	45.36m	68.04m
8	26.51m	53.05m	79.54m

L.NO	DE
1	0
2	0.01m
3	0.03m
4	0.07m
5	0.14m
6	0.22m
7	0.30m
8	0.42m

- Calculation of DE (Diagonal excess) formula Pythagoras theorem $AC=AB^2+BC^2$
- AB= Length of track straight line
- BC= Width of the lane
- For example : AB=straight line of the track 84.39m

  BC= Width of the 2nd lane 1.22m (1st lane 0)

  $= \sqrt{84.39^2 + 1.22^2}$

  $= \sqrt{7,121.67 + 1.48}$

  $= \sqrt{7,123.15}$

  = 84.3974 – 84.39 (AB=straight line of the track 84.39m)

  = 0.01 DE NOTE : After 2nd lane every lane add 1.27m up to 8 lanes

200m track marking plan

2 Straight lines 40+40=80m

80m-200m=120m(2 curves)

$2\pi r = 120m$

$r = 120 \times 7 \div 44$

$r = 19.09m$ RDR

- 20 or 30 cm

= 18.89m CDR

Diagonal distance calculation – Pythagoras theorem

$$AB^2 + BC^2 = AC^2$$

AB= 40m, BC= 19.09m

$\sqrt{40x40+19.09X19.09}$

$\sqrt{1600+364.4281}$

$\sqrt{1964.4281}$

= 44.321m Diagonal distance

200M TRACK MARKING

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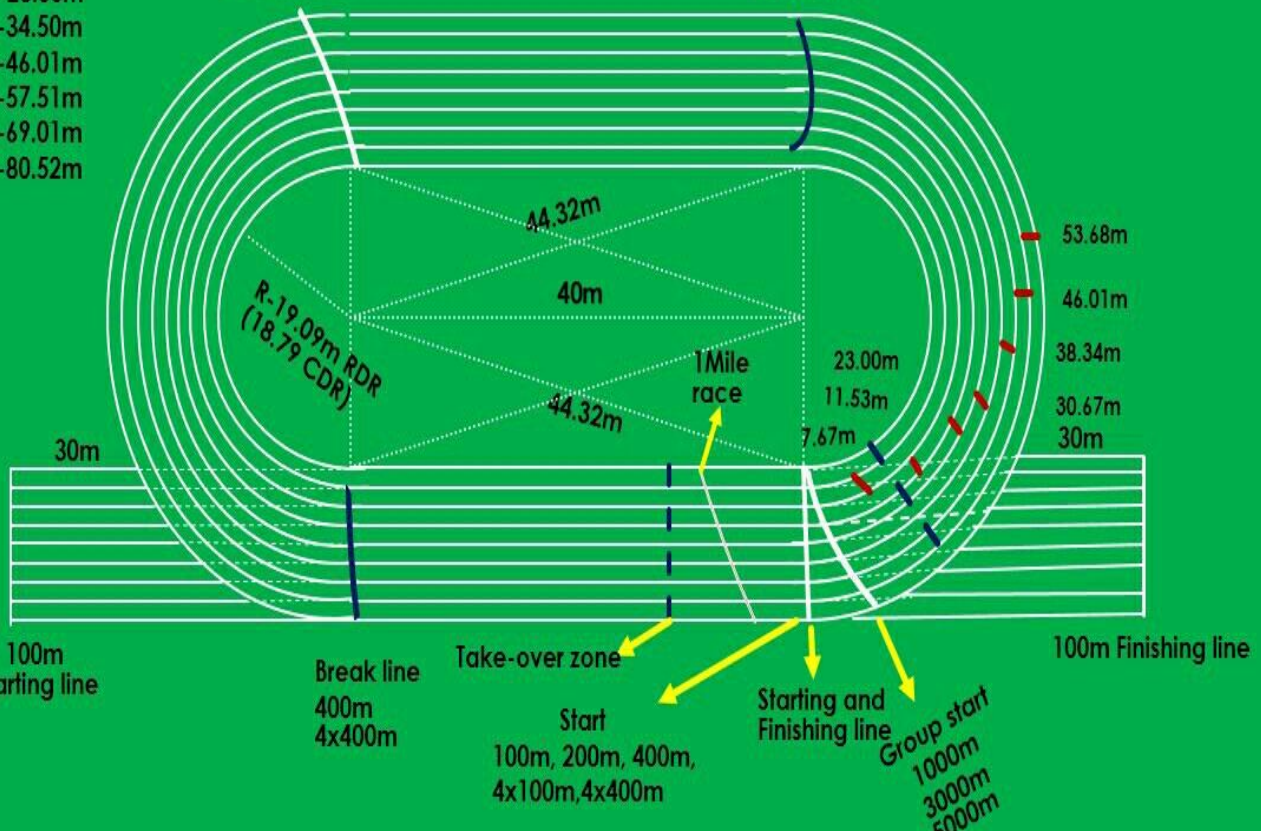
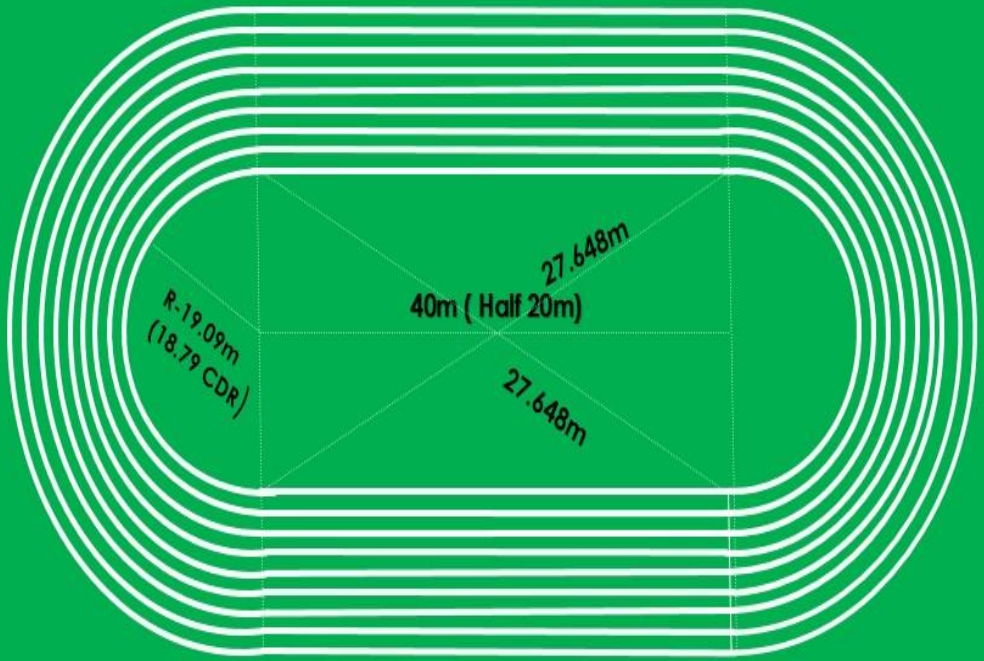
400m STAGGERS

1st lane-0
2nd lane-11.50m
3rd lane-23.00m
4th lane-34.50m
5th lane-46.01m
6th lane-57.51m
7th lane-69.01m
8th lane-80.52m



200 TRACK EASY METHOD



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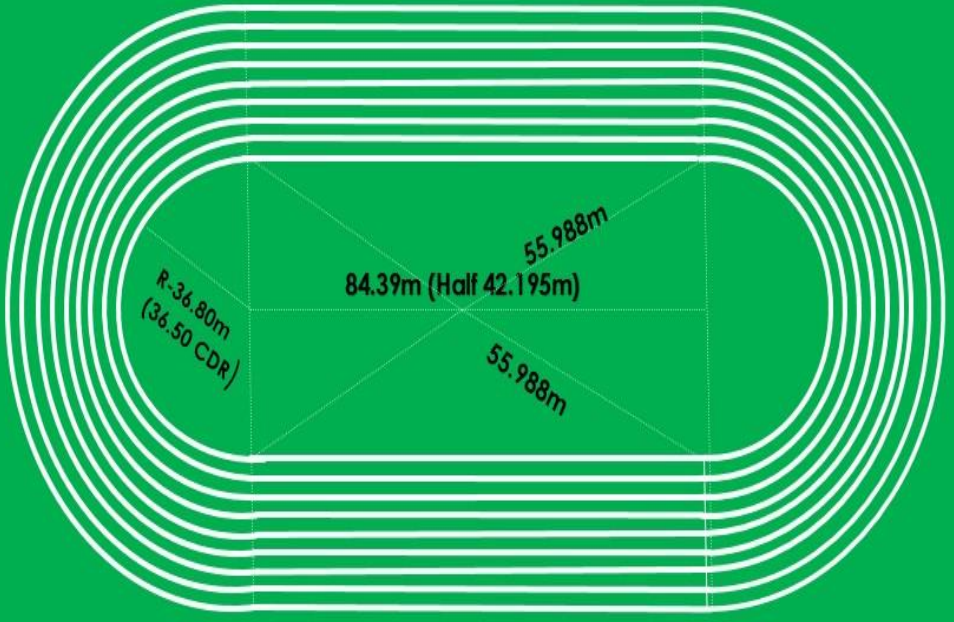

200m running track total length of required field (TLR)

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NOTE: Diagonal distance based on center line of the field

S.L NO	LENTH OF THE STRIGHT LINE	RUNNING DISTANCE RADIUS (RDR)	CURVE DISTANCE RADIUS (CDR)	FULL DIAGONAL DISTANCE	HALF DIAGONAL DISTANCE	NO OF LANES	MINIMUM LENTH AND BREADTH OF THE REQUIRED FIELD (TLR- TOTAL LENTH OF REQUIRED FIELD- WITHOUT 100M)	MINIMUM LENTH AND BREADTH OF THE REQUIRED FIELD (TLR- TOTAL LENTH OF REQUIRED FIELD- WITH 100M)	NO OF LANES	MINIMUM LENTH AND BREADTH OF THE REQUIRED FIELD (TLR- TOTAL LENTH OF REQUIRED FIELD- WITHOUT 100M)	MINIMUM LENTH AND BREADTH OF THE REQUIRED FIELD (TLR- TOTAL LENTH OF REQUIRED FIELD-WITH 100M)
1	30m	22.27m	22.07m	37.2m	26.7m	8	94.46m x 64.46m	100m x 64.46m	6	89.38m x 59.38m	100m x 59.38m
2	32.5m	21.48m	21.28m	38.9m	26.8m	8	95.38m x 62.88m	100m x 62.88m	6	90.3m x 57.8m	100m x 57.8m
3	35m	20.68m	20.48m	40.5m	26.9m	8	96.28m x 61.28m	100m x 61.28m	6	91.2m x 56.2m	100m x 56.2m
4	37.5m	19.89m	19.69m	42.4m	27.2m	8	97.74m x 59.7m	100m x 59.7m	6	92.66m x 54.62m	100m x 54.62m
5	40m	19.09m	18.89m	44.2m	27.5m	8	98.1m x 58.1m	100m x 58.1m	6	93.02m x 53.02m	100m x 53.02m
6	42.5m	18.30m	18.10m	46.2m	27.9m	8	99.02m x 56.52m	100m x 56.52m	6	93.94m x 51.44m	100m x 51.44m
7	45m	17.50m	17.30m	48.2m	28.4m	8	99.92m x 54.92m	100m x 54.92m	6	94.84m x 49.84m	100m x 49.84m
8	47.5m	16.71m	16.51m	50.3m	28.9m	8	100.84m x 53.34m	100m x 53.34m	6	95.76m x 48.26m	100m x 48.26m
9	50m	15.91m	15.71m	52.4m	29.5m	8	101.74m x 51.74m	100m x 51.74m	6	96.66m x 46.66m	100m x 46.66m

200M TRACK EVENTS

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200m event –full stagger (All Athletes run their own lanes from starting line to finessing line.
(Lanes should not change)

400m event- 1 & ½ stagger (more then 3 teams)
(All Athletes after three curves cut with break line and goes to first lane)

400m event- ½ stagger + DE (less then 4 teams) (NOTE: DE- means DIAGONAL EXECESS)

800m, 5000m, 10000m, events ARC START from starting line.

1500m event- ARC START from 1st curve line. (7 ½ rounds)

RELAYS in 200m track

4x100m - ½ stagger + DE (less then 4 teams). 1 & ½ stagger (more then 3 teams)
(1st leg Athletes after 1st curve (3 teams) (4 teams after 3 curves -3rd leg) cut with break line and goes to first lane. Every athlete must be exchange the baton their own lanes and after exchange goes to 1st lane)

4x400m - ½ stagger (less then 4 teams). 1 & ½ stagger + DE (more then 3 teams)
(1st leg Athletes after 1st curve (3 teams) (4 teams after 3 curves -3rd leg) cut with break line and goes to first lane. Every athlete must be exchange the baton their own lanes and after exchange goes to 1st lane)

NOTE : Calculation of break line. Ex: lanes 6 1/6 x 126m (two curves) =21m break line.

200m track staggers

L.NO	½ STAGGER	FULL SATGGER	1 ½ STAGGER
formula	W(n-1) π	W(n-1) 2π	W(n-1) 3π
1	0	0	0
2	3.83m	7.66m	11.50m
3	7.66m	11.53m	23.00m
4	11.50m	23.00m	34.50m
5	15.33m	30.67m	46.01m
6	19.17m	38.34m	57.51m
7	23.00m	46.01m	69.01m
8	26.84m	53.68m	80.52m

L.NO	DE
1	0
2	0.02m
3	0.08m
4	0.18m
5	0.32m
6	0.49m
7	0.77m
8	1.03m

- Calculation of DE (Diagonal excess) formula Pythagoras theorem $AC=AB^2+BC^2$
- AB= Length of track straight line
- BC= Width of the lane
- For example : AB=straight line of the track 37m

  BC= Width of the 2nd lane 1.22m (1st lane 0)

  $= \sqrt{37^2 + 1.22^2}$

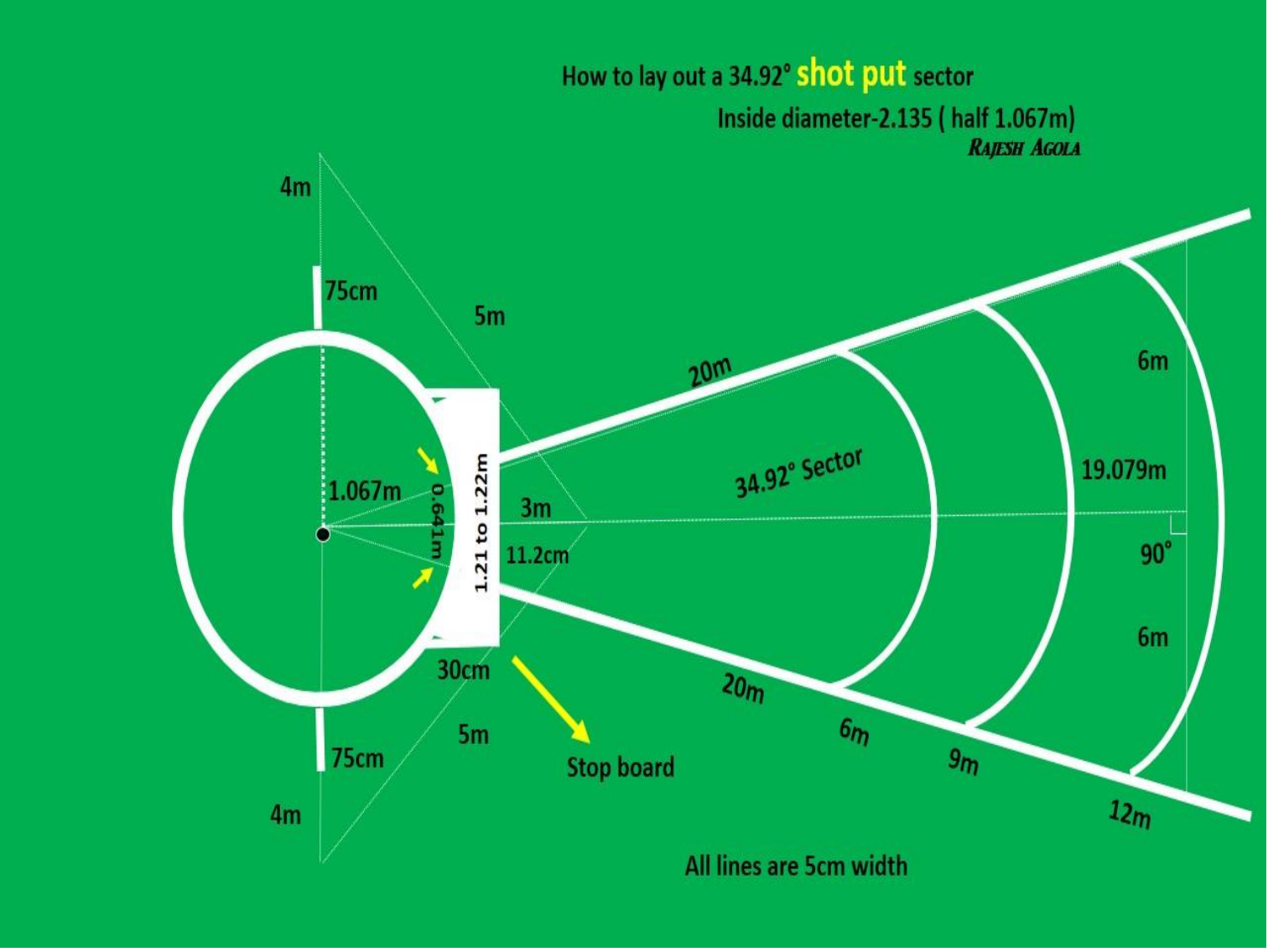
  $= \sqrt{1369 + 1.48}$

  $= \sqrt{1370.44}$

  = 37.02 - 37 (AB=straight line of the track 37m)

  = 0.02 DE

  NOTE : After 2nd lane every lane add 1.27m up to 8 lanes


How to lay out a 34.92° shot put sector
Inside diameter-2.135 (half 1.067m)
Rajesh Agola
4m
75cm
5m
20m
6m
1.067m
0.641m
1.21 to 1.22m
3m
34.92° Sector
19.079m
11.2cm
90°
6m
30cm
20m
6m
9m
12m
5m
Stop board
75cm
4m
All lines are 5cm width

How to lay out a 34.92° **DISCUS THROW** sector

Inside diameter-2.50M (half 1.25m)

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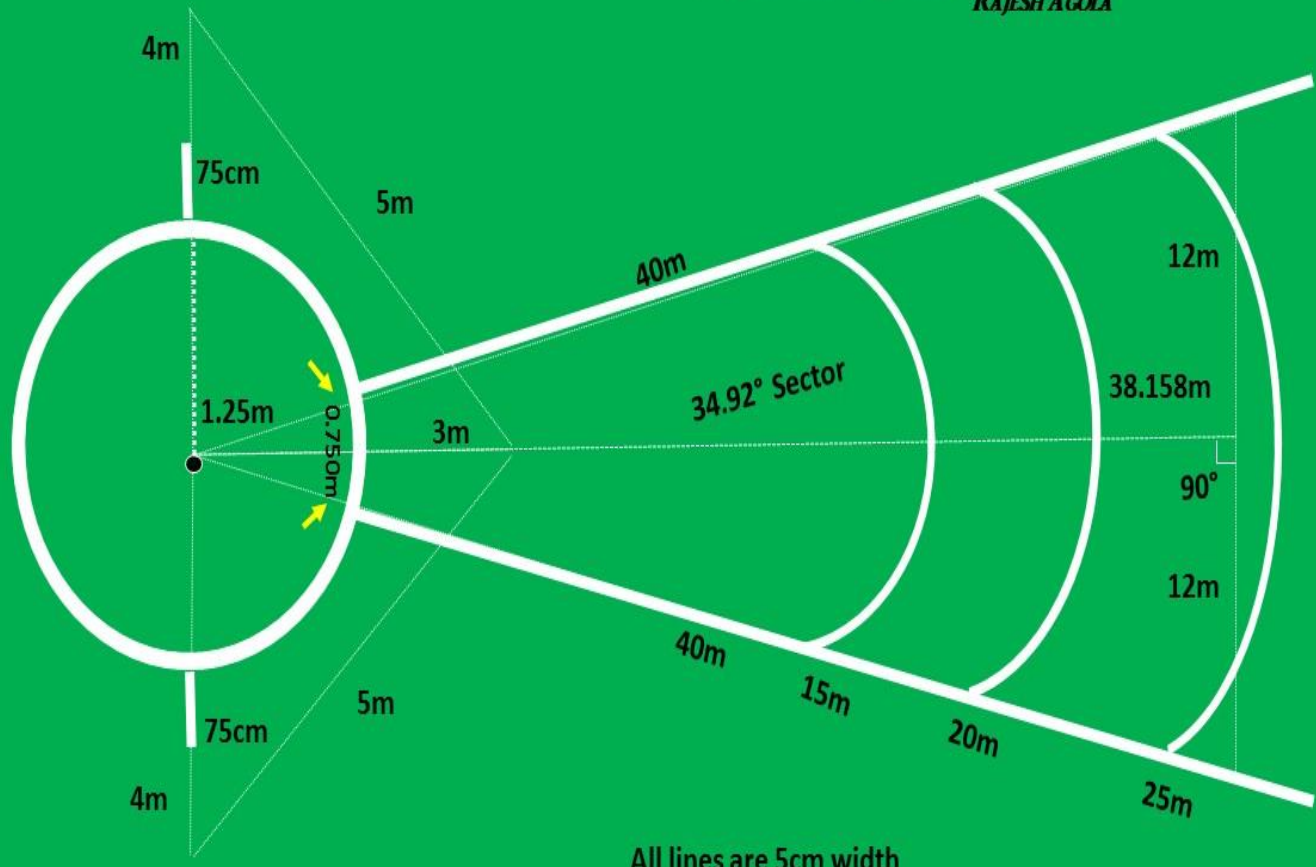

All lines are 5cm width

How to lay out a 28.96° Javelin sector

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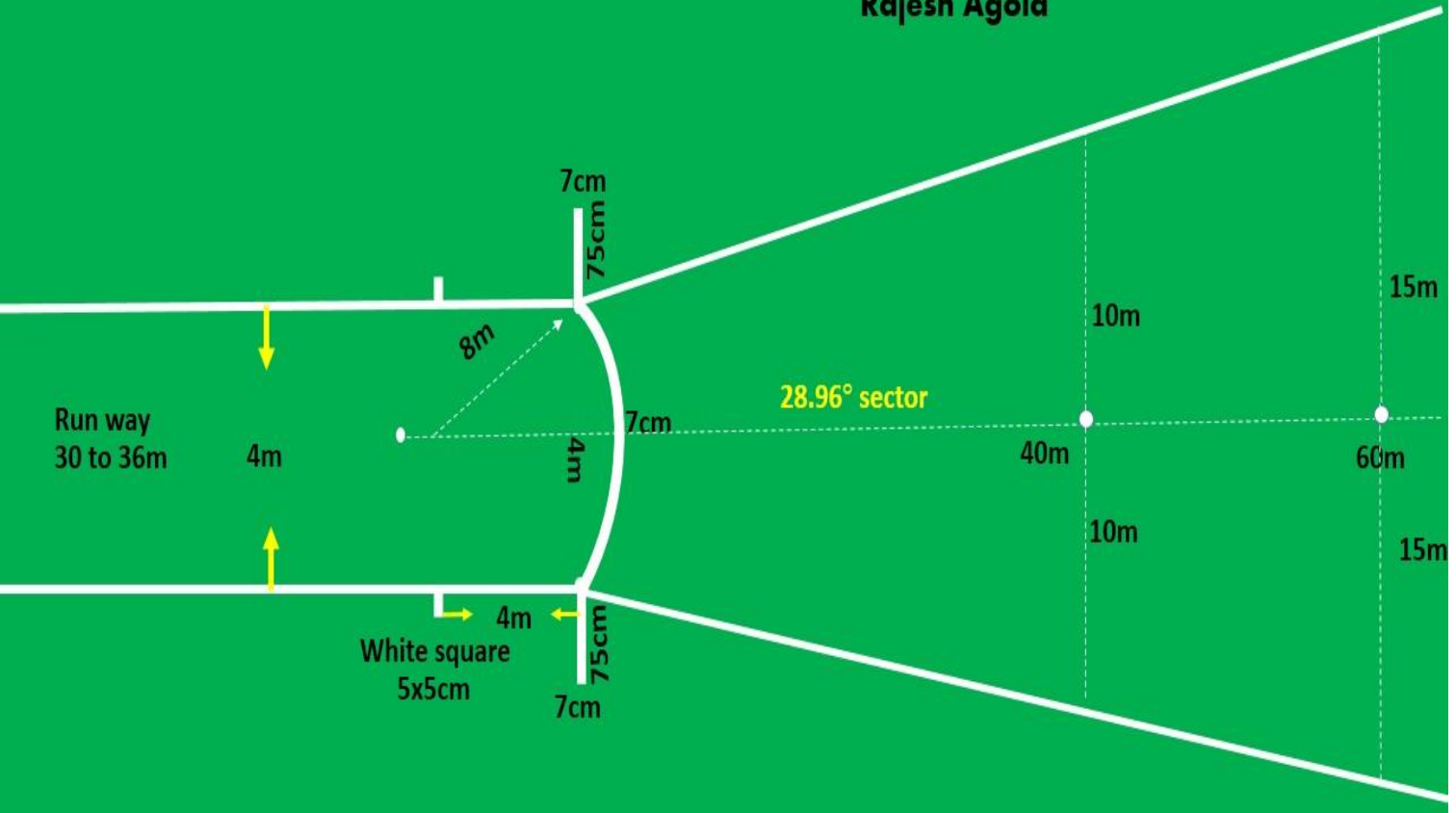
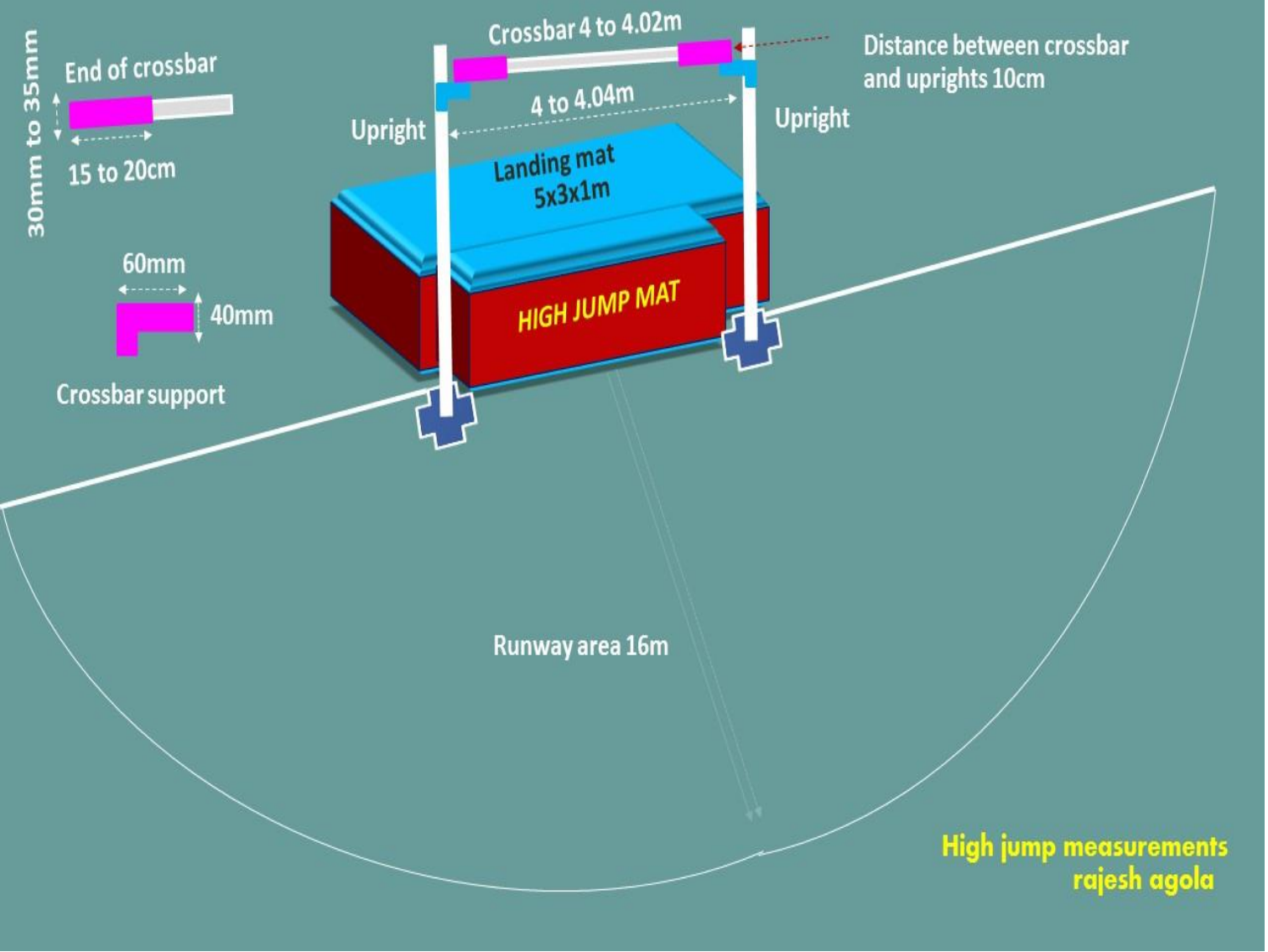
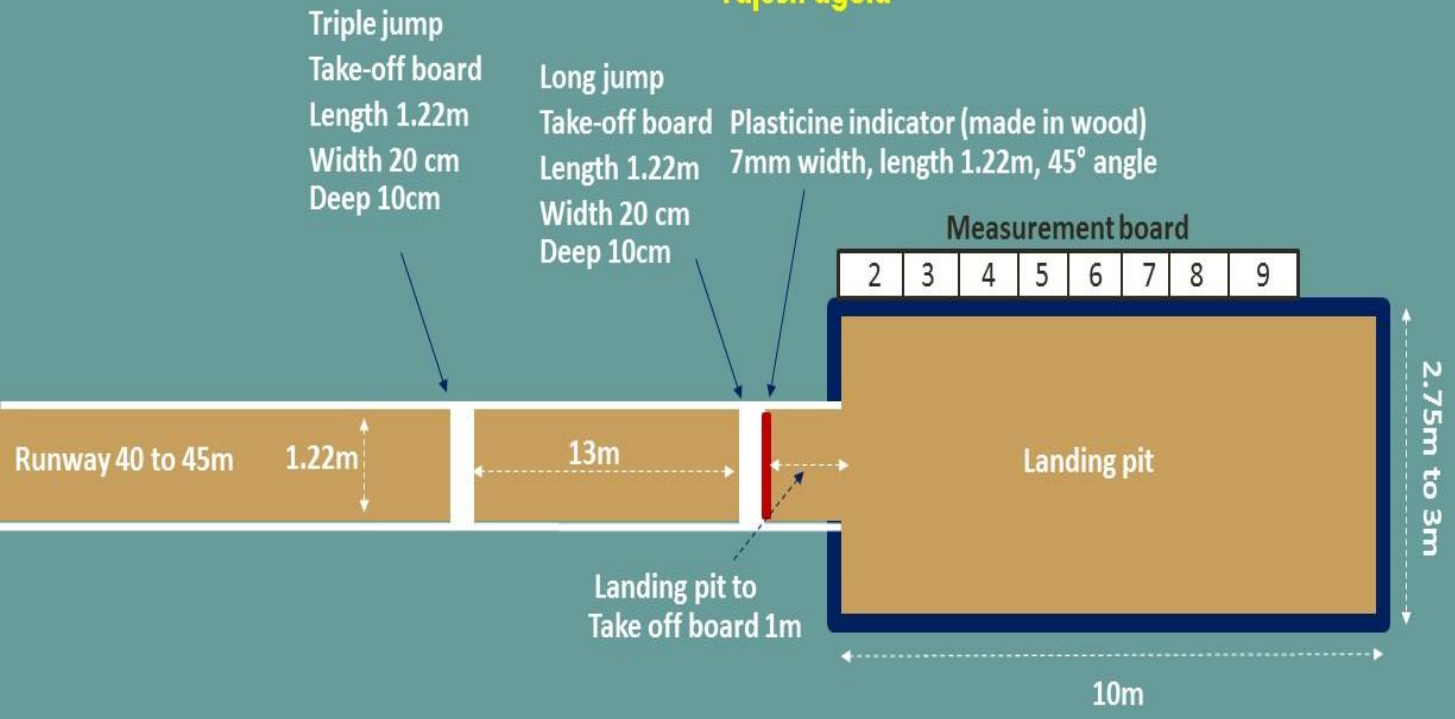
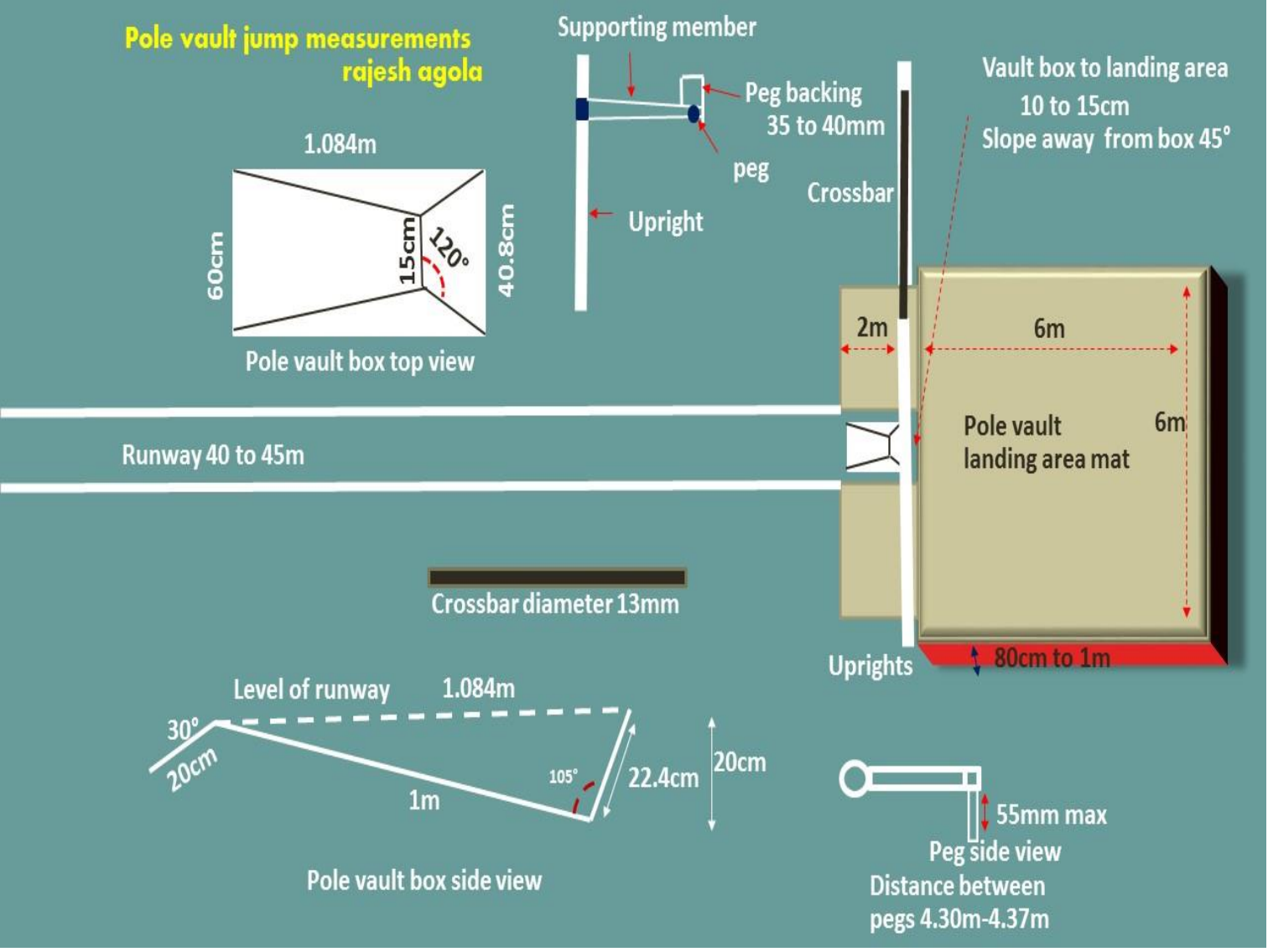



30mm to 35mm
End of crossbar
15 to 20cm
60mm
40mm
Crossbar support
Crossbar 4 to 4.02m
Distance between crossbar and uprights 10cm
Upright
4 to 4.04m
Upright
Landing mat 5x3x1m
HIGH JUMP MAT
Runway area 16m
High jump measurements
rajesh agola

Long jump and Triple jump pit measurements
rajesh agola




Pole vault jump measurements
rajesh agola
1.084m
60cm
15cm
120°
40.8cm
Pole vault box top view
Supporting member
Peg backing
35 to 40mm
peg
Upright
Crossbar
Vault box to landing area
10 to 15cm
Slope away from box 45°
2m
6m
6m
Pole vault
landing area mat
Runway 40 to 45m
Crossbar diameter 13mm
Uprights
80cm to 1m
Level of runway
1.084m
30°
20cm
1m
105°
22.4cm
20cm
Pole vault box side view
55mm max
Peg side view
Distance between
pegs 4.30m-4.37m

Name of the Game	Category Men/women	Length of the court	Width of the court	Full court diagonal	Half court diagonal
Kabaddi	Men	13m	10m	16.40m	11.926m
	Women	12m	8m	14.422m	10m
Kho-Kho	Men	27m	16m	31.4m	20.93m
	Women	23m	14m	26.92m	18.18m
Football	Men&Women	110m	64m	127.26m	84.71m
		100m	64m	118.726m	81.215m
		100m	50m	111.803m	70.7106m
Volleyball	Men&Women	18m	9m	20.124m	12.727
Handball	Men&Women	40m	20m	44.721m	28.284m
Badminton	Singles	13.40m	5.18m	14.366m	8.5m
	Doubles	13.40m	6.10m	14.723m	9.06m
Hockey	Men&Women	91.40m	55m	106.67m	71.508m
Ball badminton	Doubles	24m	6m	24.738m	13.416m
	Fivers	24m	12m	26.832m	16.970m
Throwball	Men&Women	18.30m	12.20m	21.993m	15.2499m
Basketball	Men&Women	28m	15m	31.764m	20.518m
Softball	Men&Women	18.29m	18.29m	25.865m	---
Cricket	Men&Women	20.12m	3.05m	---	---
Tennikoit	Singles	12.2m	4.6m	13.04m	7.64m
	Doubles	12.2m	5.5m	13.38m	8.21m
Sepaktakraw	Men&Women	13.4m	6.1m	14.72m	9.1m

Kabaddi court marking plan

Kabaddi court : Men 13x10m

Calculation of diagonal distance : Pythagoras theorem $AB^2 + BC^2 = AC^2$

AB=13m,BC=10m

√13×13 + 10×10

√169+100

√269 = 16.401m Diagonal distance

Half court diagonal distance calculation: AB=6.5m,BC=10m

√6.5×6.5 + 10×10

√42.25+100 =142.25

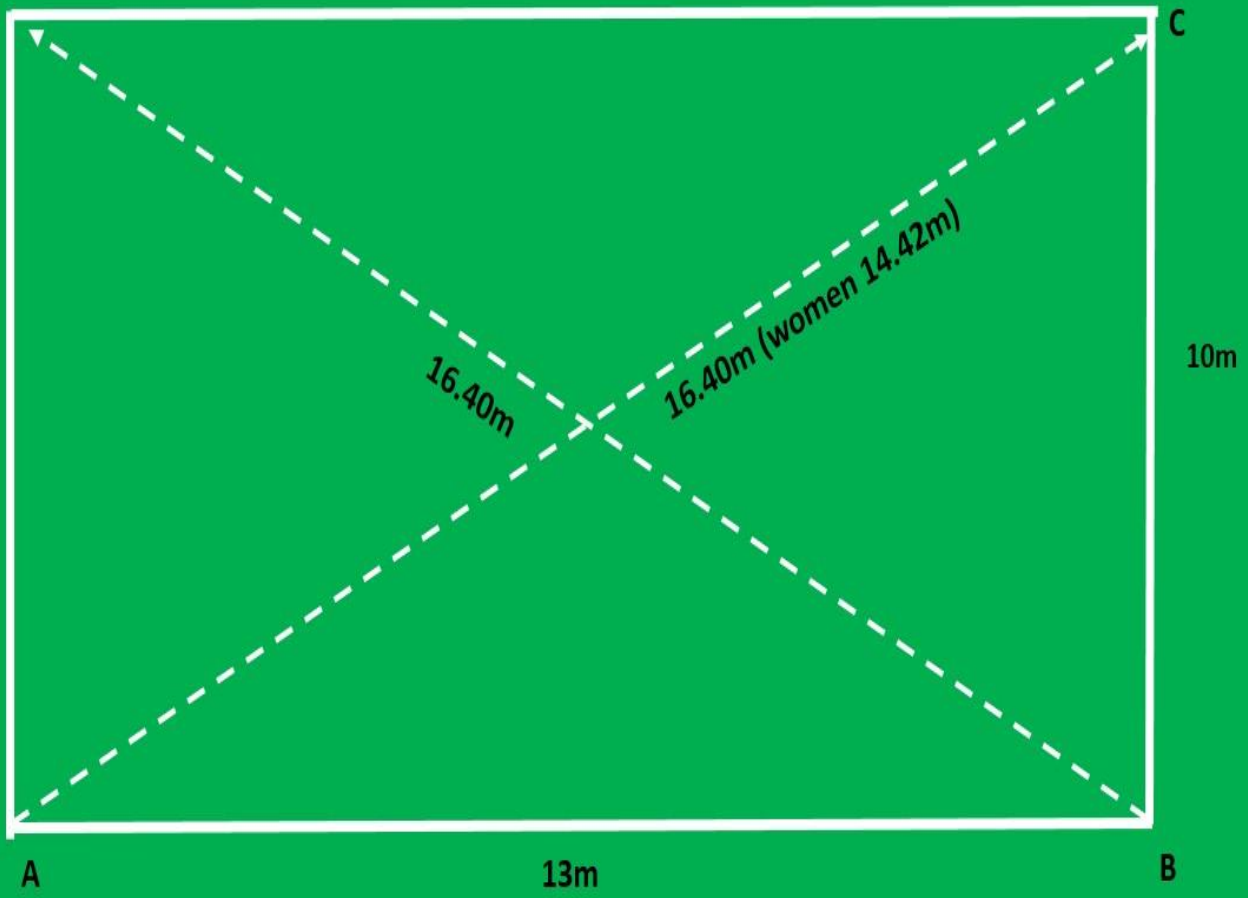
√142.25 = 11.926m Diagonal distance

Kabaddi court Women 12x8m

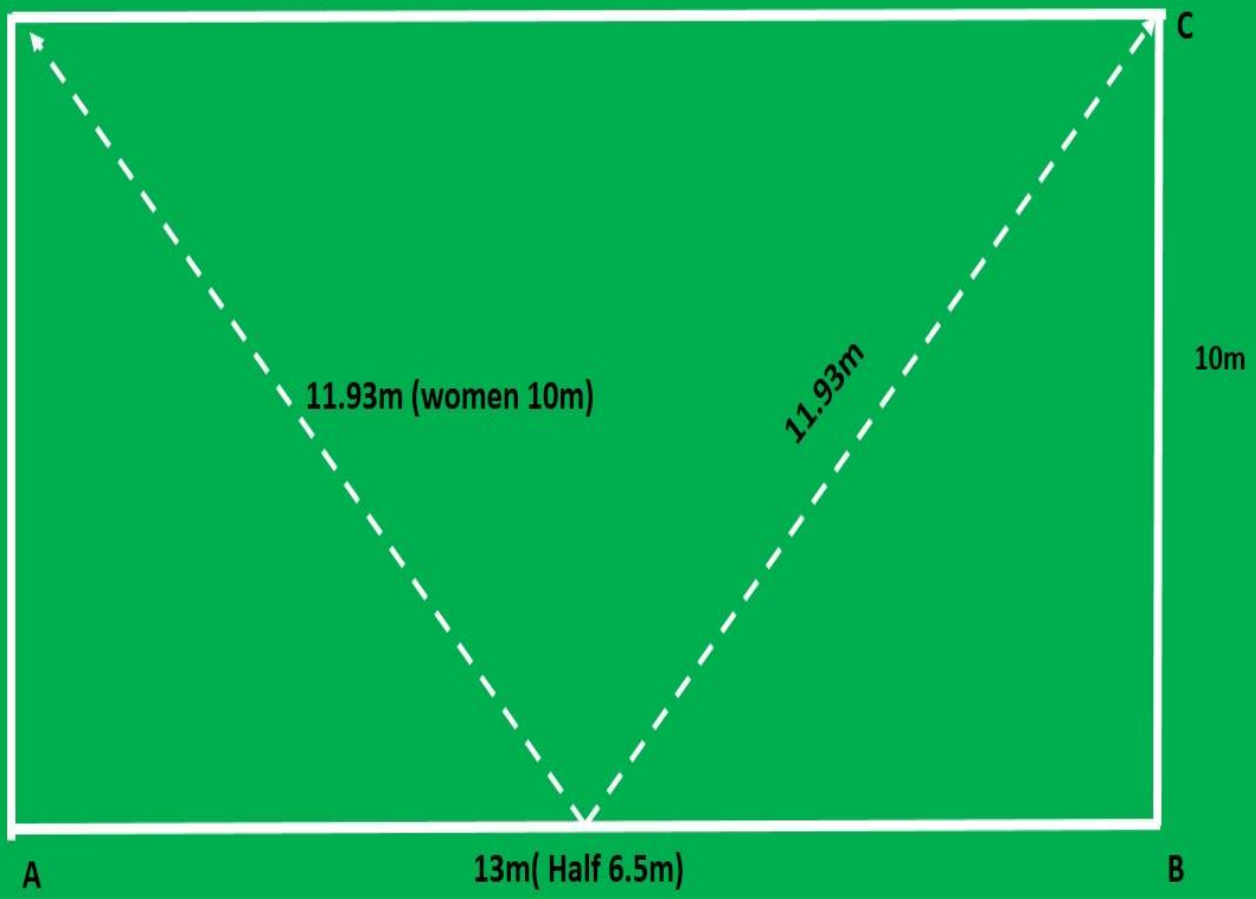
Full court diagonal 14.422m.

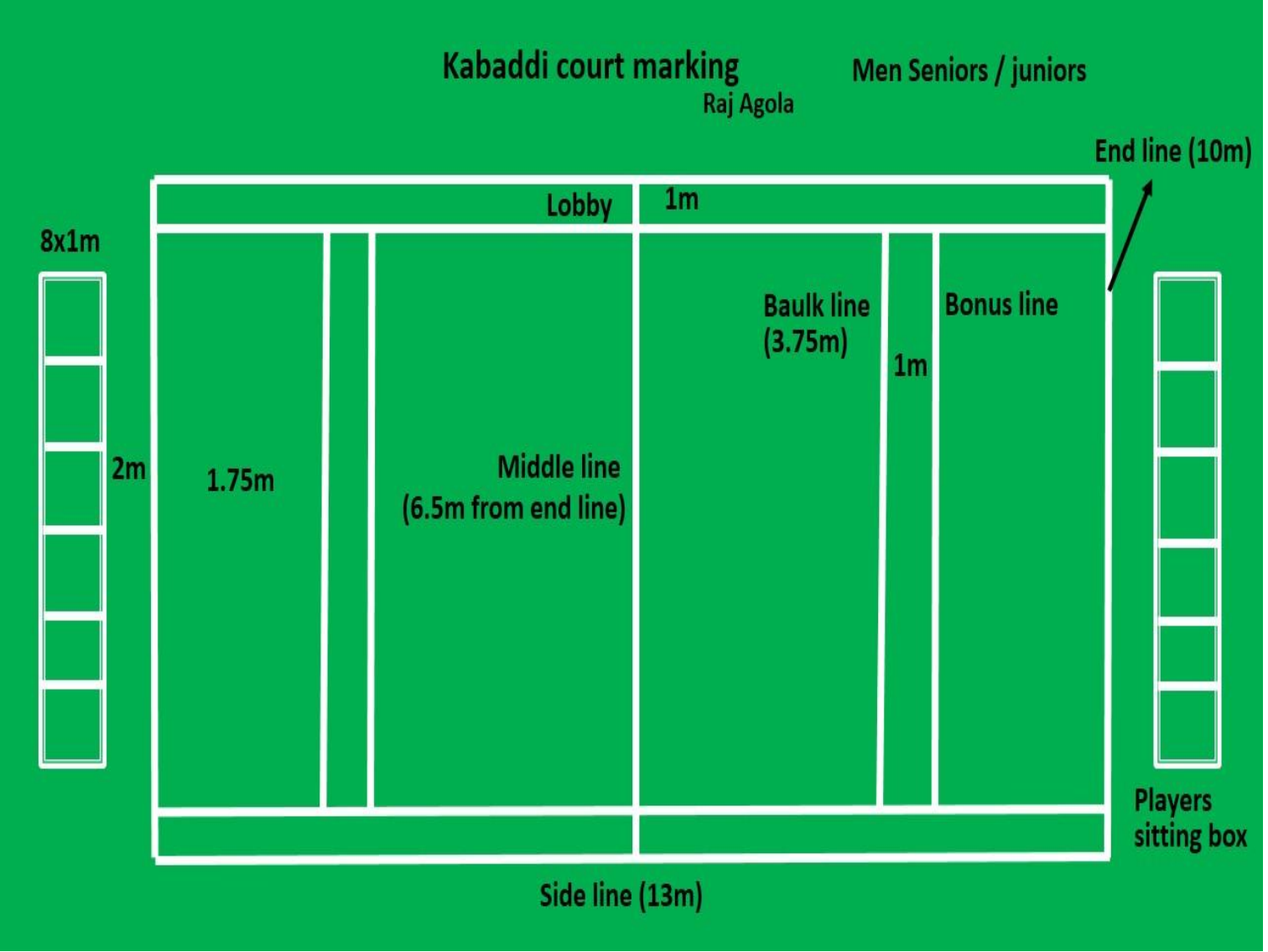
Half court diagonal 10m.

Kabaddi full court marking plan method-2 Men Seniors / juniors



Kabaddi half court marking plan method-2 Men Seniors / juniors




Kabaddi court marking
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Men Seniors / juniors
End line (10m)
Lobby
1m
8x1m
Baulk line
(3.75m)
1m
Bonus line
2m
1.75m
Middle line
(6.5m from end line)
Players
sitting box
Side line (13m)

Kabaddi court marking

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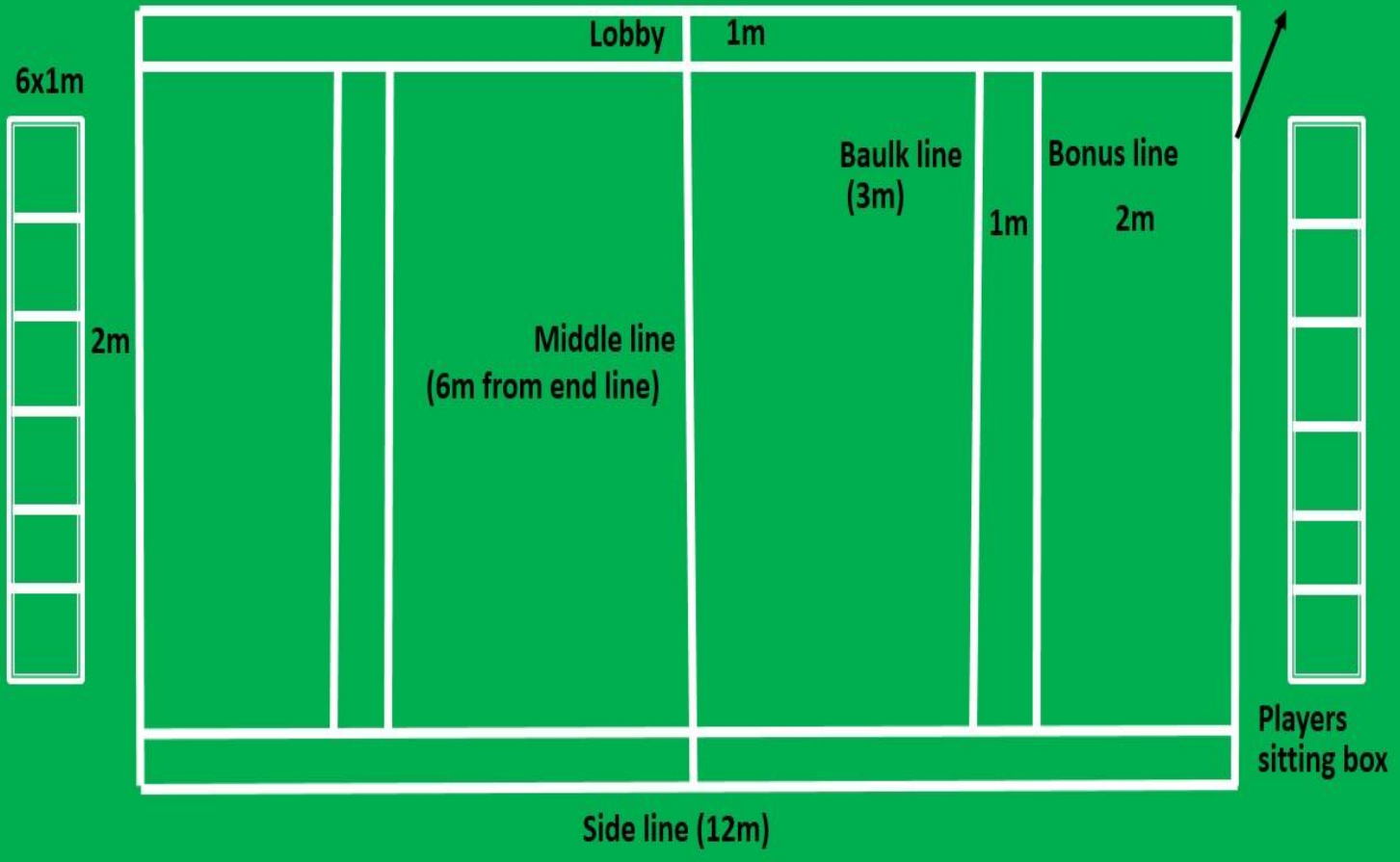
Women (boys & girls &sub juniors)



KHO-KHO COURT MARKING PLAN

Kho-Kho court : Men 27mx16m

Calculation of diagonal distance : Pythagoras theorem $AB^2 + BC^2 = AC^2$

AB=27m,BC=16m

√27×27 + 16×16

√729+256

√985 = 31.4m Diagonal distance

Half court diagonal distance calculation: AB=13.5m,BC=16m

√13.5×143.5 + 16×16

√182.25+256 = 438.25

√438.25 = 20.93m Diagonal distance

Kho-Kho court Women 23x14m

Full court diagonal 26.92m.

Half court diagonal 18.18m.

Kho Kho Men & Women court marking plan
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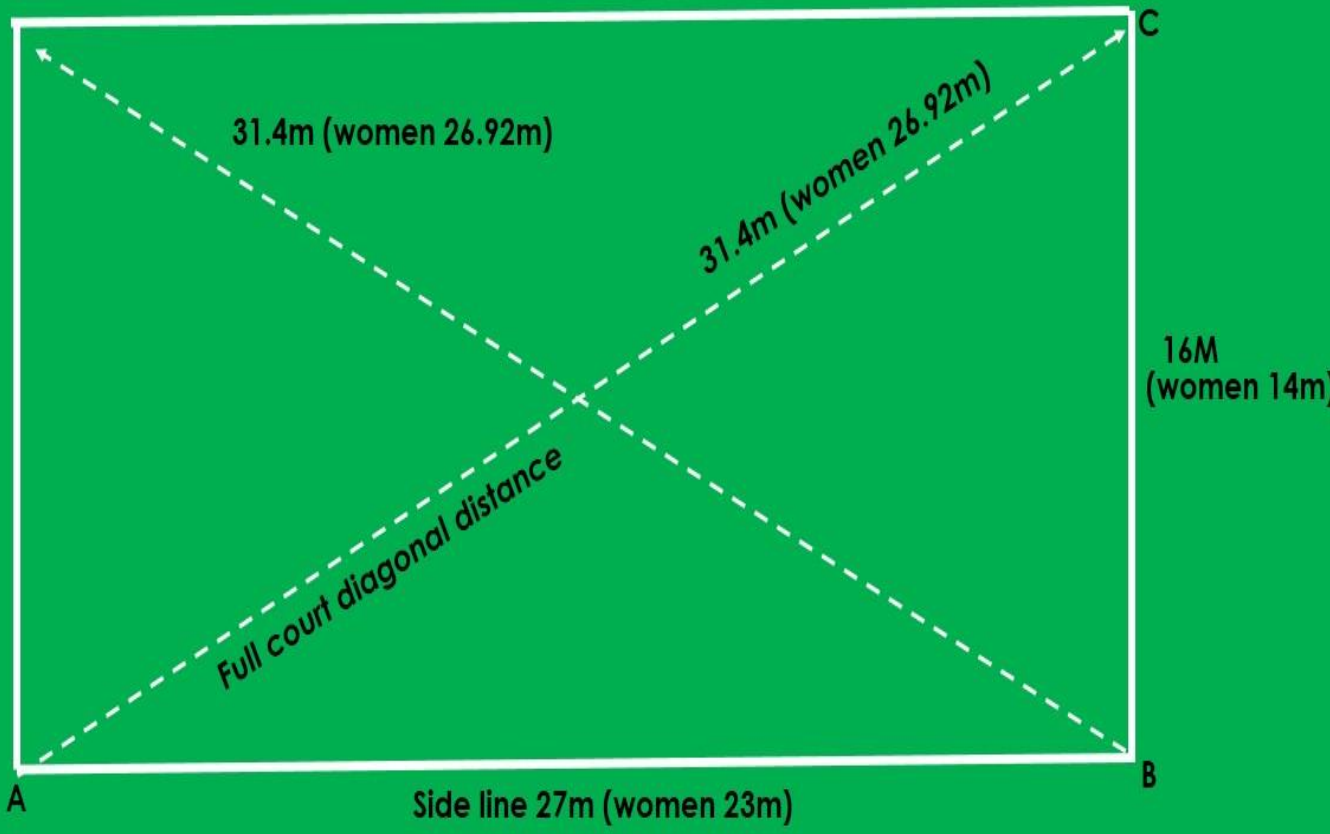

Kho Kho Men & Women court marking plan
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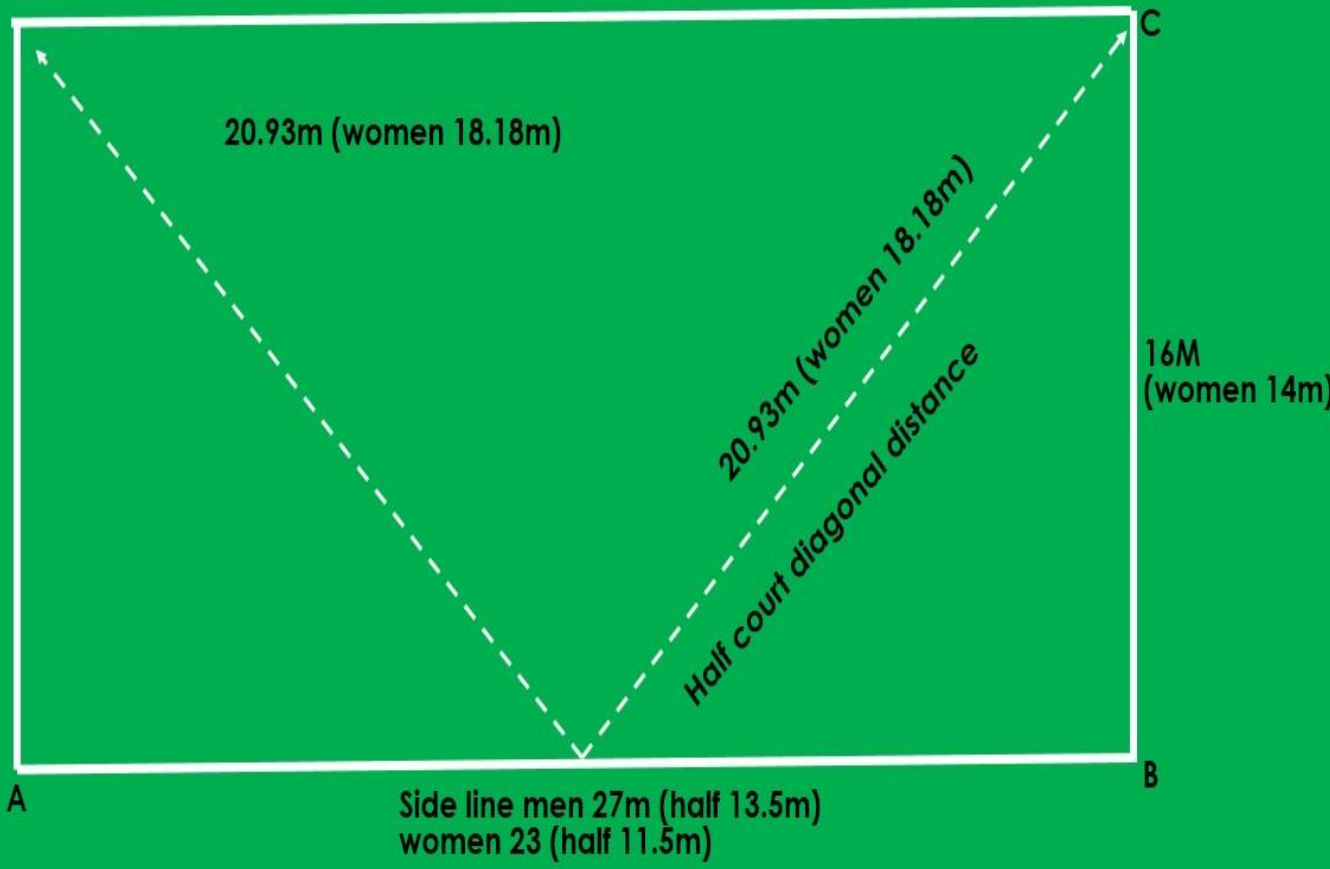

Kho Kho Men court marking plan

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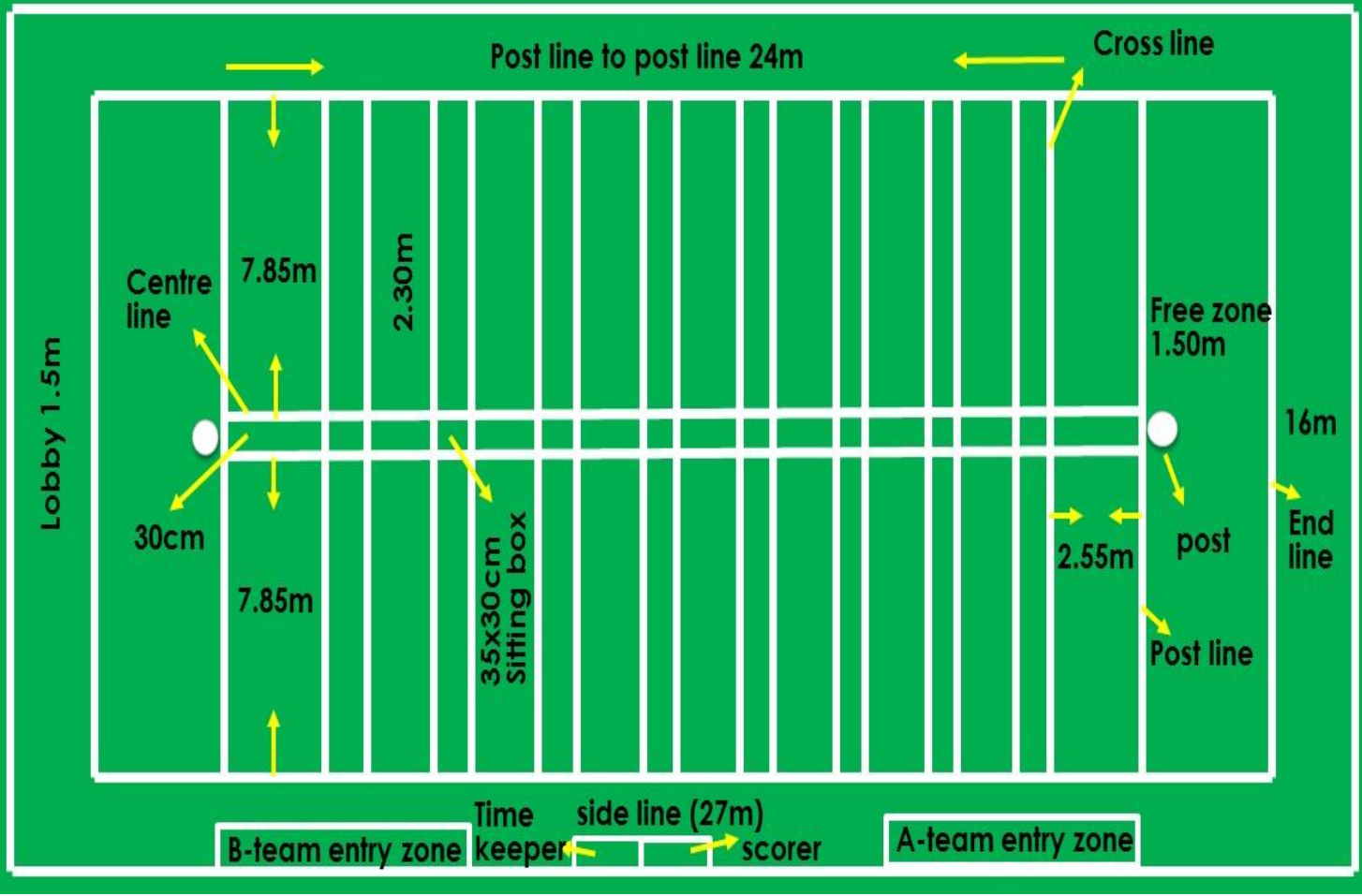

Kho Kho Women court marking plan
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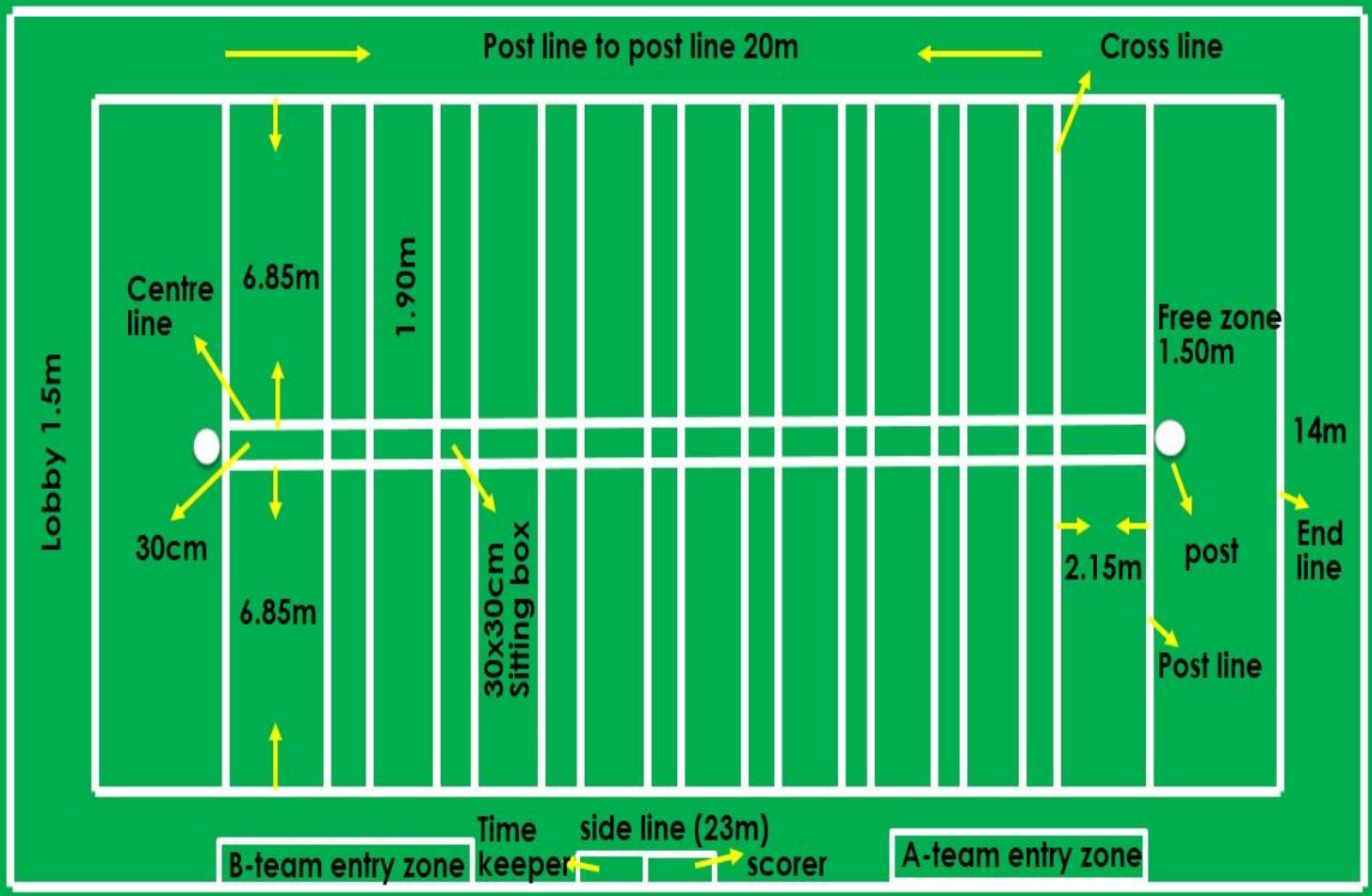


FOOTBALL FIELD MARKING PLAN

Football field 110m x 64m (International)

Calculation of diagonal distance : Pythagoras theorem $AB^2 + BC^2 = AC^2$

AB=110m,BC=64m

√110×110 + 64×64

√12100+4096

√16196 = 127.26m Diagonal distance

Half court diagonal distance calculation: AB=55m,BC=64m

√55×55 + 64×64

√3025+4096

√7121 = 84.386m Diagonal distance

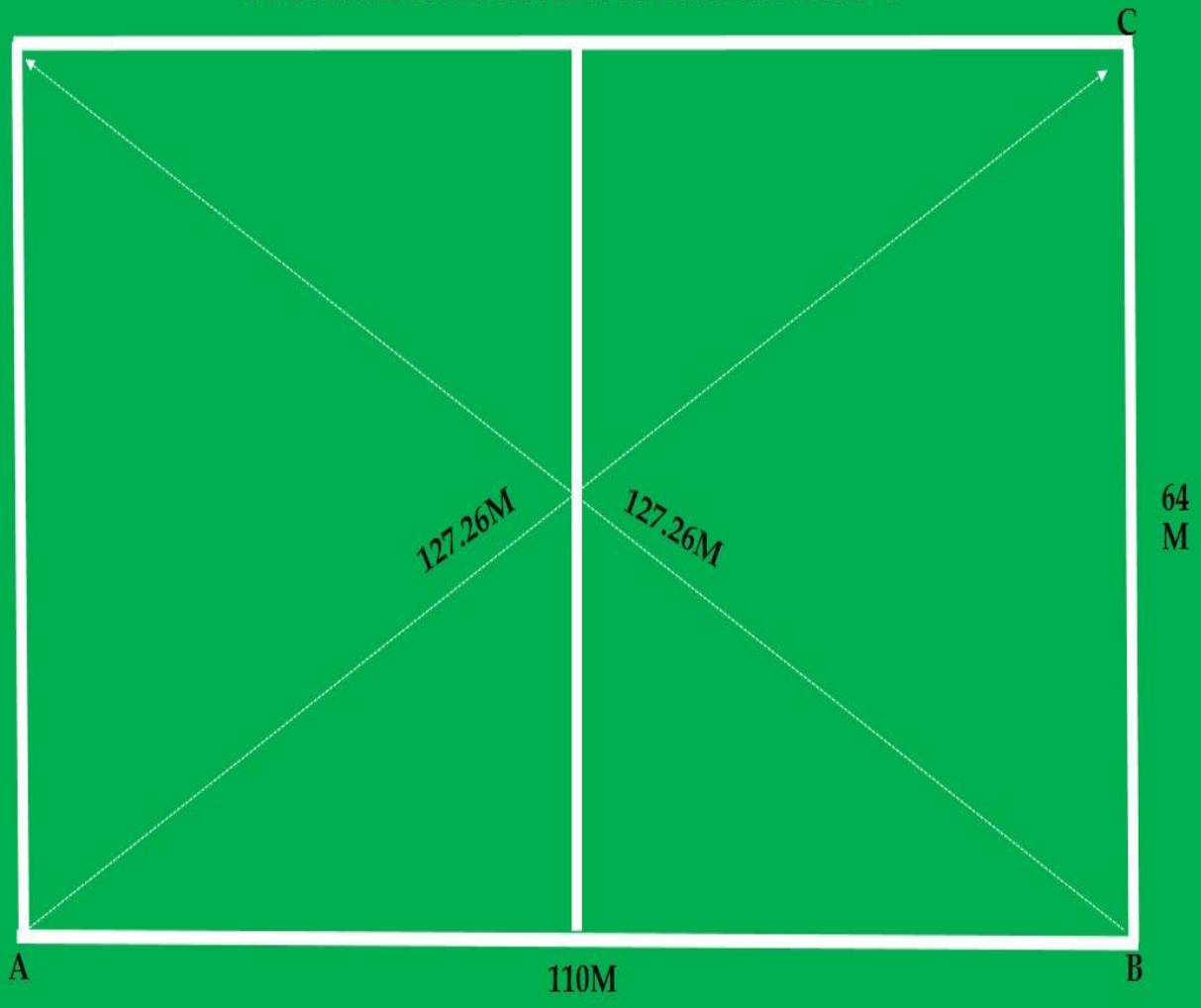
Minimum field required for football

100m x64m(full field diagonal 118.726m, Half court diagonal 81.215m)

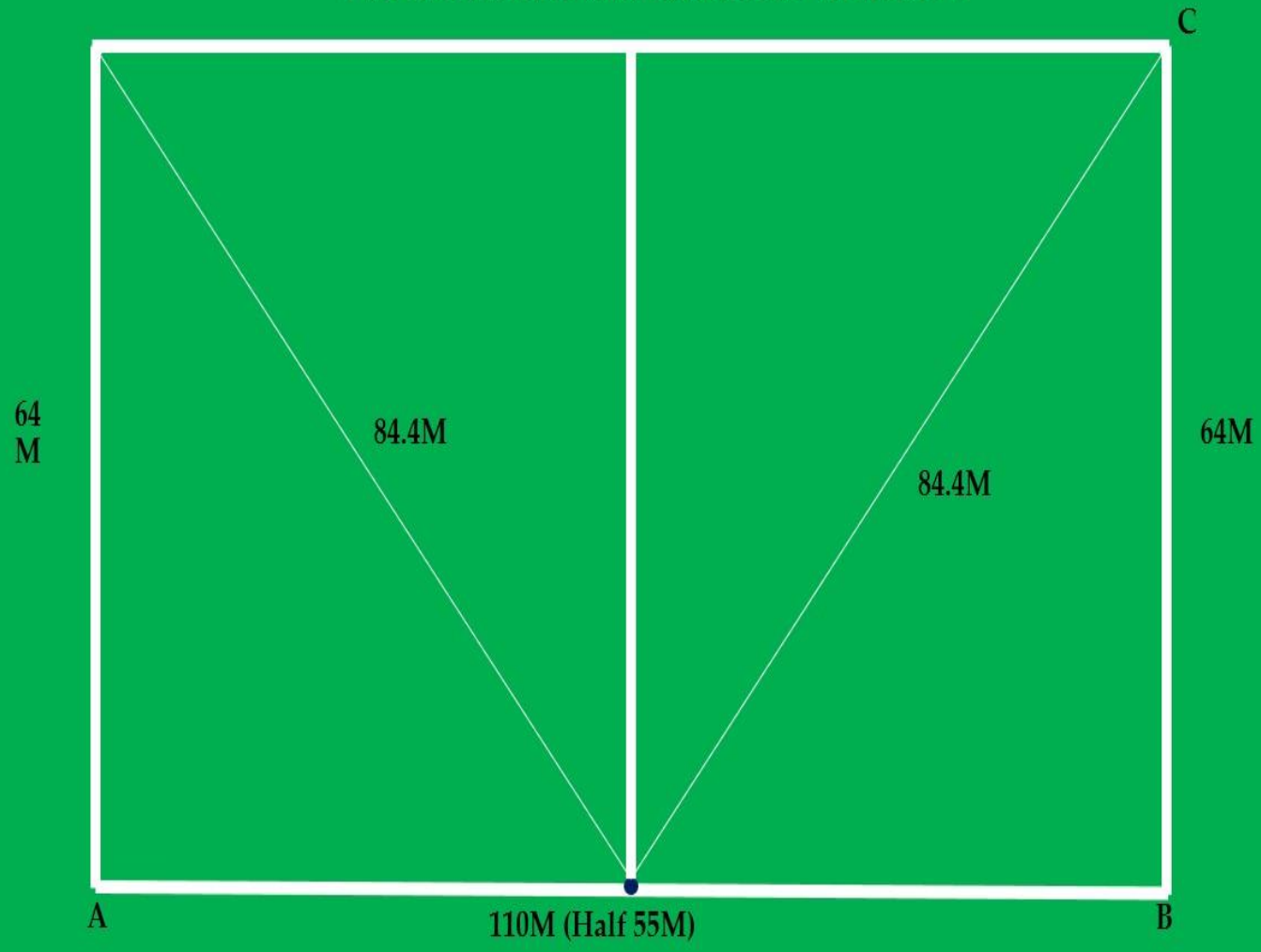
or

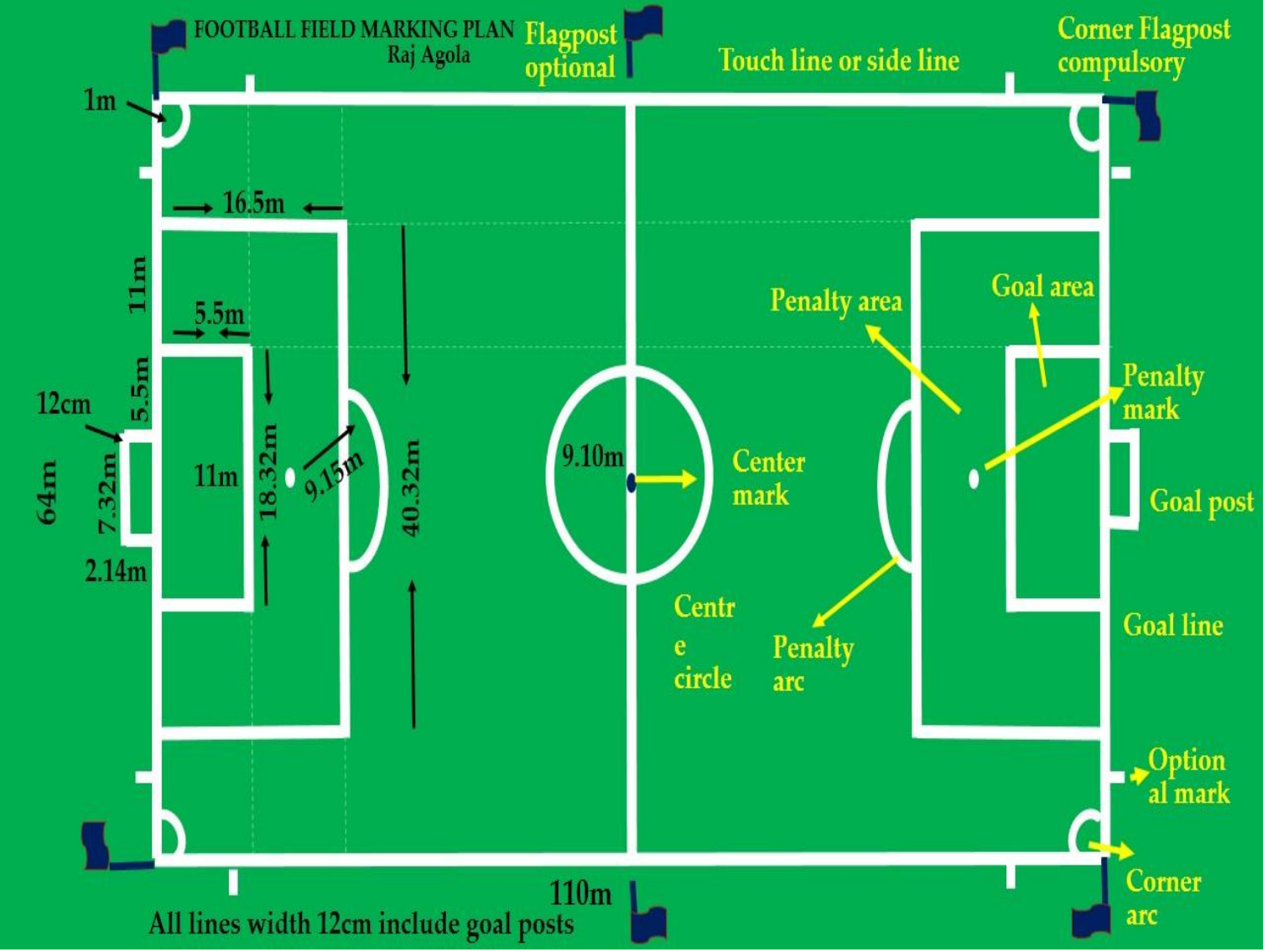
100m x 50m (full field diagonal 111.80m, Half court diagonal 70.71m)

FOOTBALL FILED MARKING PLAN METHOD-1



FOOTBALL FILED MARKING PLAN METHOD-2




FOOTBALL FIELD MARKING PLAN
Raj Agola
Flagpost optional
Touch line or side line
Corner Flagpost compulsory
1m
16.5m
11m
5.5m
5.5m
12cm
64m
7.32m
2.14m
11m
18.32m
9.15m
40.32m
9.10m
Center mark
Penalty area
Goal area
Penalty mark
Goal post
Goal line
Centr e circle
Penalty arc
Option al mark
Corner arc
110m
All lines width 12cm include goal posts

Volley ball court marking plan

RAJESH AGOLA

Volley ball court : Men & Women 18x9m

Calculation of diagonal distance : Pythagoras theorem $AB^2 + BC^2 = AC^2$

AB=18m,BC=9m

√18×18 + 9×9

√324+81

√405 = 20.124m Diagonal distance

Half court diagonal distance calculation: AB=9m,BC=9m

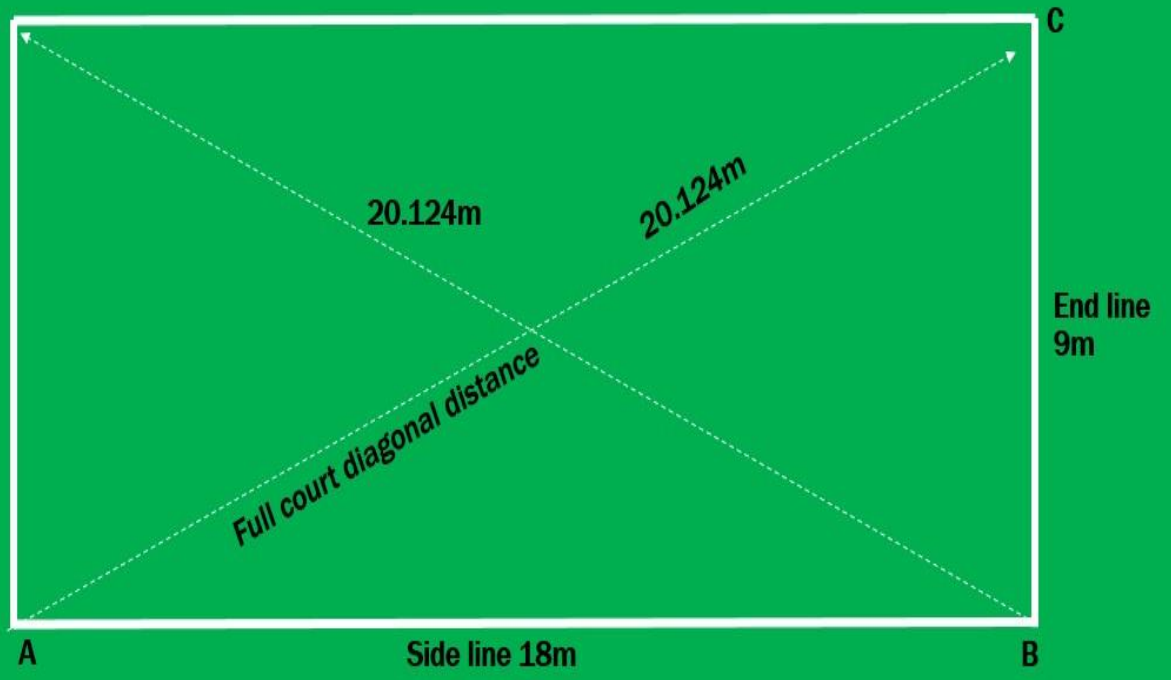
√9×9+ 9×9

√81+81 =162

√162 = 12.727m Diagonal distance

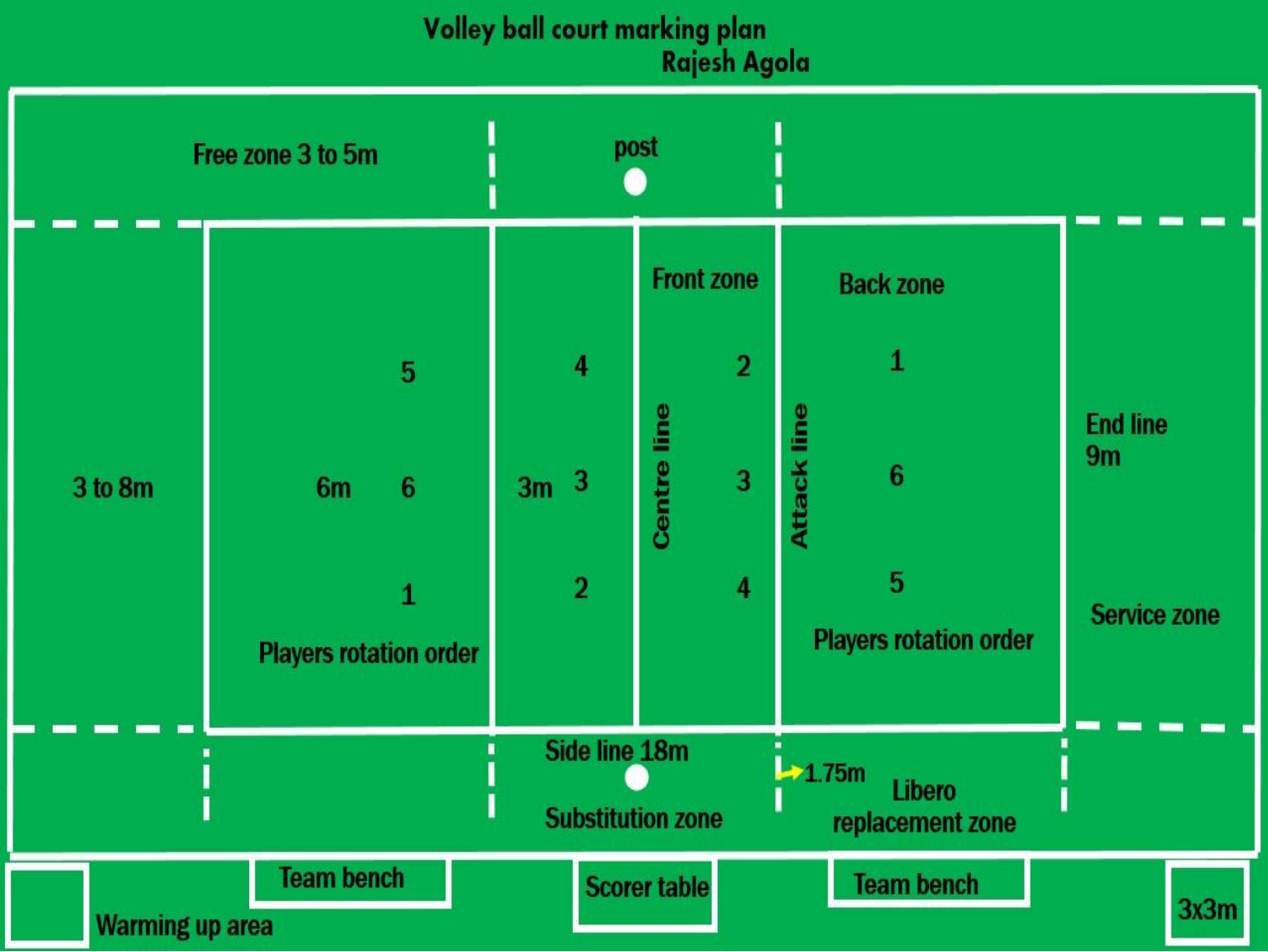
Volley ball court marking plan

Rajesh Agola



Volley ball court marking plan

Rajesh Agola


Volley ball court marking plan
Rajesh Agola
Free zone 3 to 5m
post
Front zone
Back zone
5
4
2
1
3 to 8m
6m
6
3m
3
3
6
Centre line
Attack line
End line
9m
1
2
4
5
Players rotation order
Players rotation order
Service zone
Side line 18m
1.75m
Libero
replacement zone
Substitution zone
Team bench
Scorer table
Team bench
3x3m
Warming up area

HANDBALL COURT MARKING

Rajesh Agola

Handball court : 40x20m

Calculation of diagonal distance : Pythagoras theorem $AB^2 + BC^2 = AC^2$

AB=40m,BC=20m

√40×40 + 20×20

√1600+400=2000

√2000 = 44.721m Diagonal distance

Half court diagonal distance calculation: AB=20m,BC=20m

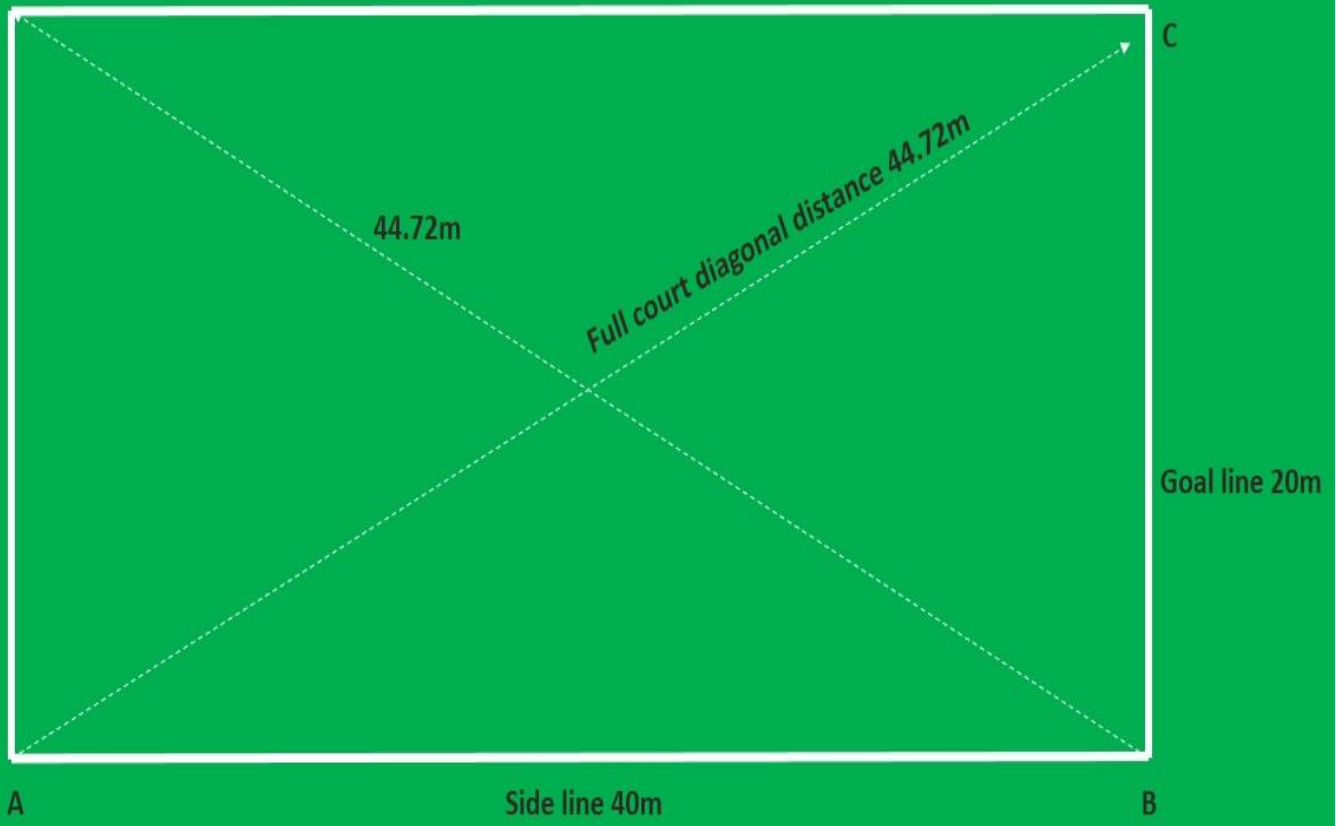
√20×20+ 20×20

√400+400 =800

√800 = 28.28m Diagonal distance

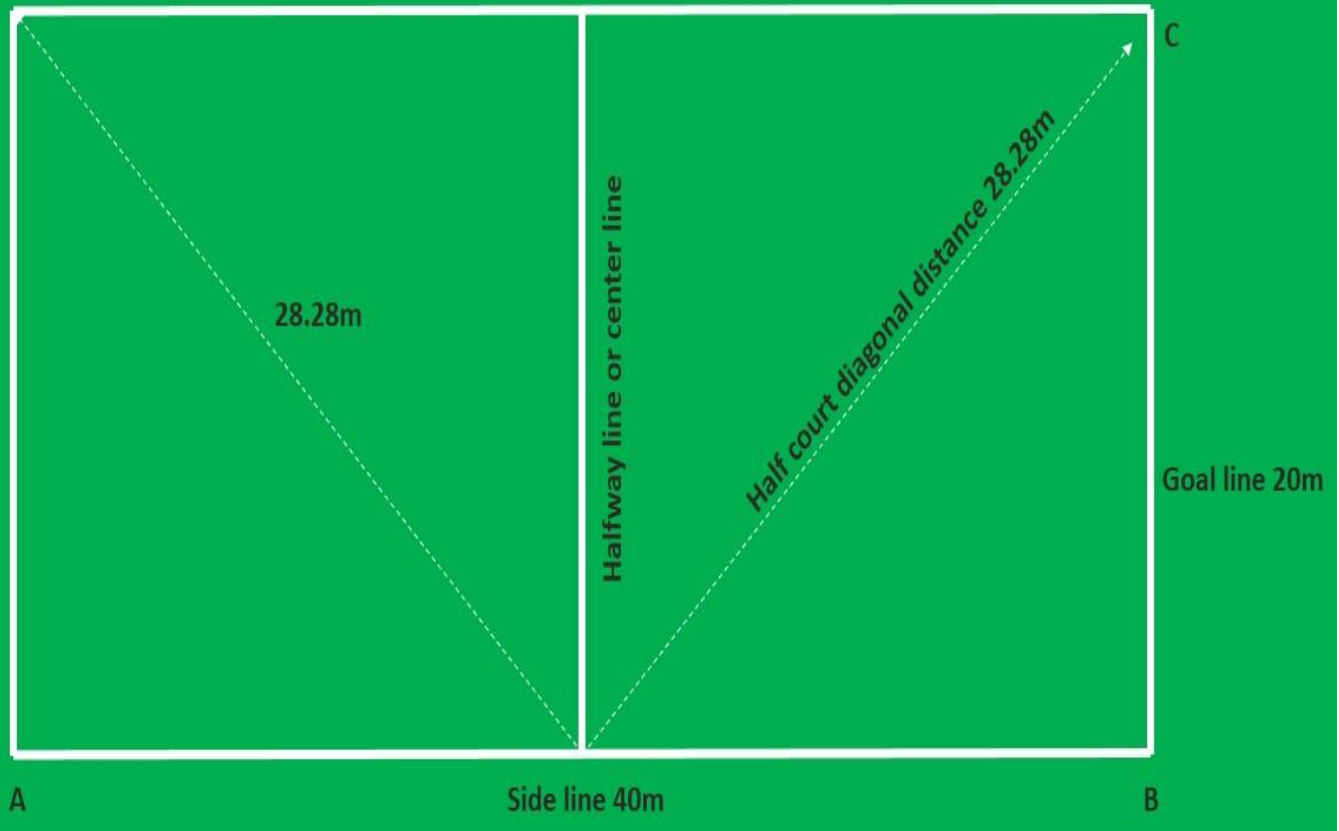
Handball court marking plan

Rajesh Agola



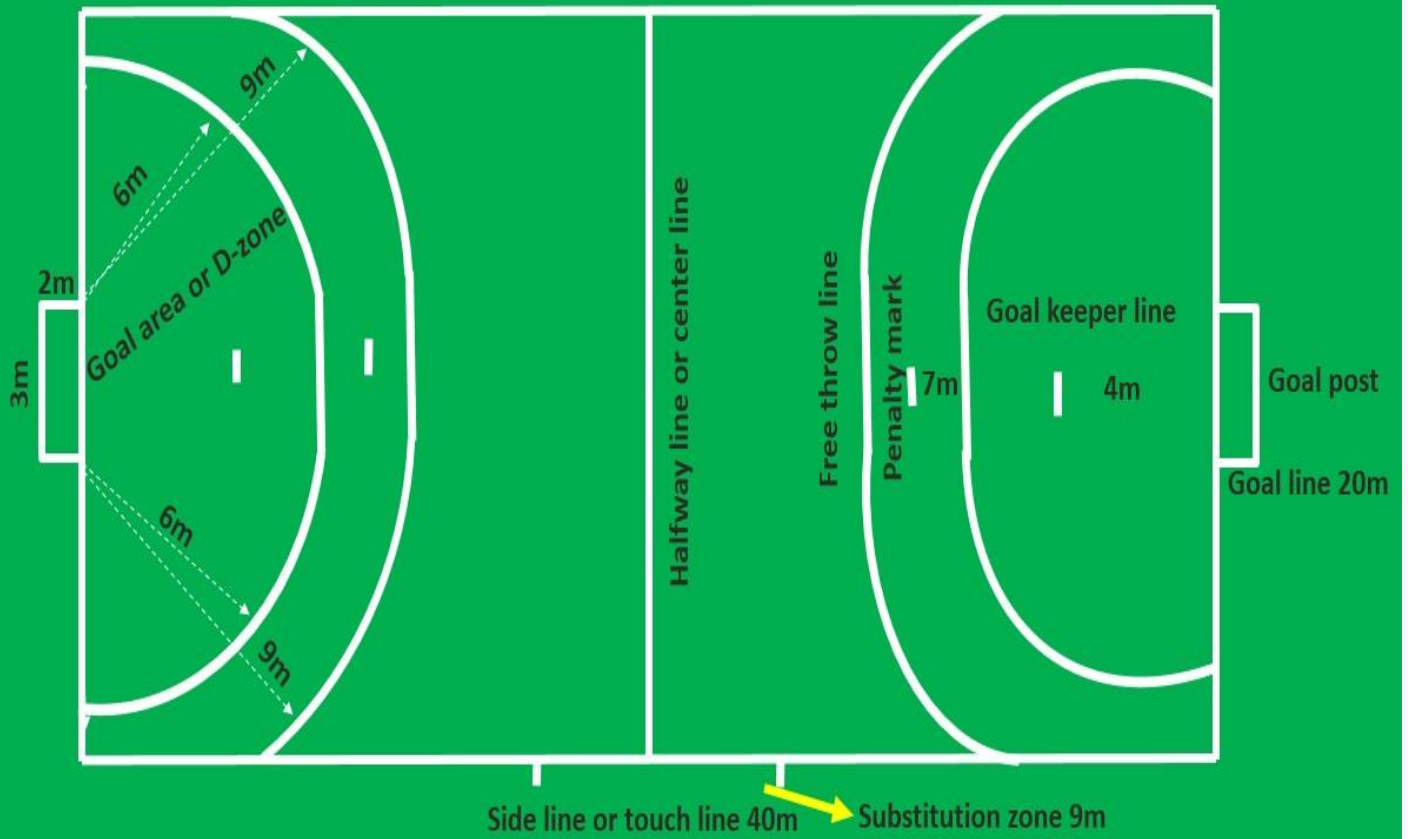
Handball court marking plan

Rajesh Agola



Handball court marking plan

Rajesh Agola



Shuttle court marking plan

RAJESH AGOLA

Shuttle court for doubles : 13.40x6.10m

Calculation of diagonal distance : Pythagoras theorem $AB^2 + BC^2 = AC^2$

AB= 13.40m,BC= 6.10m

√13.40×13.40 + 6.10×6.10

√179.56+37.21

√216.77= 14.723m Diagonal distance

Half court diagonal distance calculation: AB=6.7m,BC=6.10m

√6.7×6.7 + 6.10×6.10

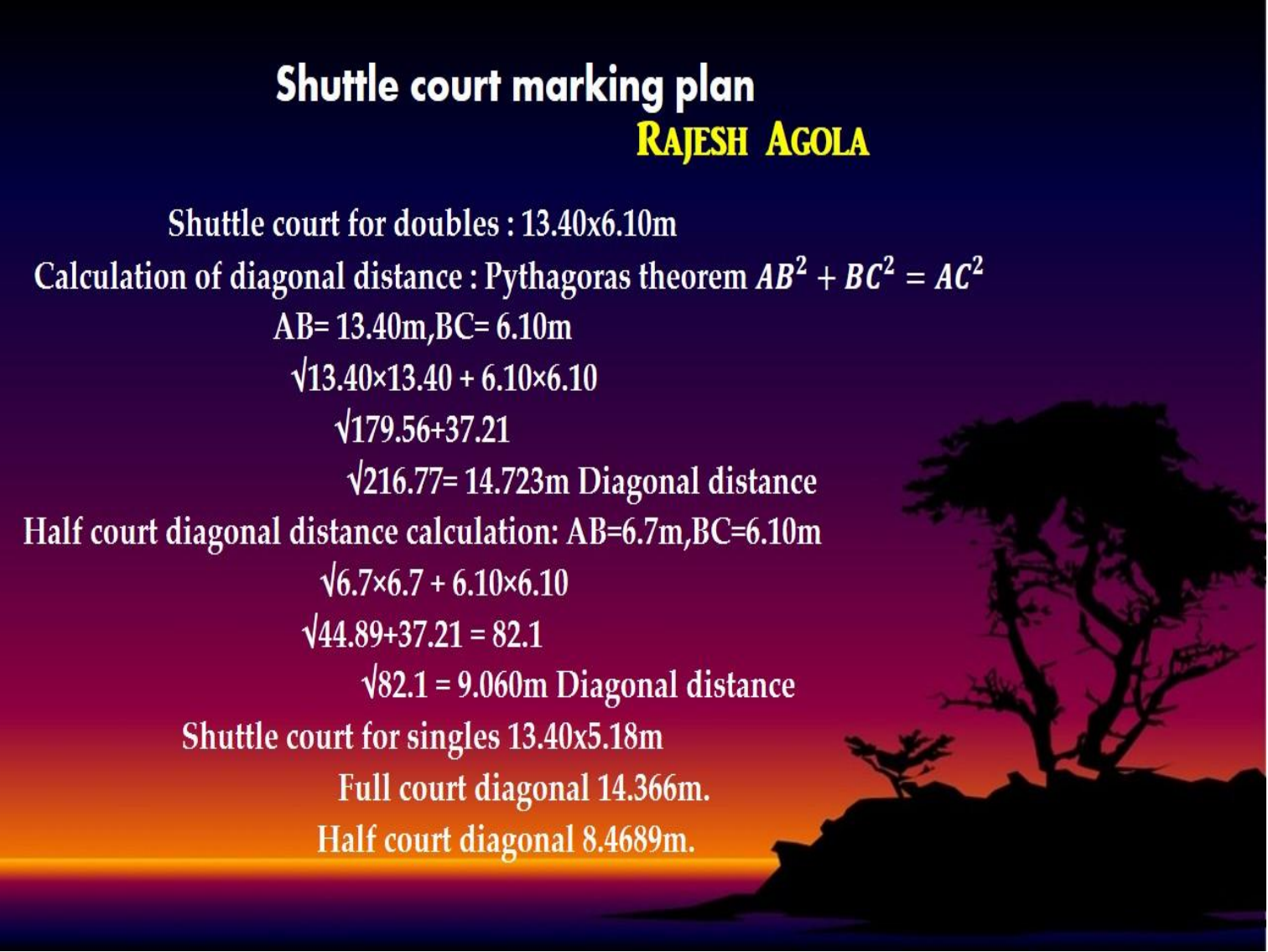
√44.89+37.21 = 82.1

√82.1 = 9.060m Diagonal distance

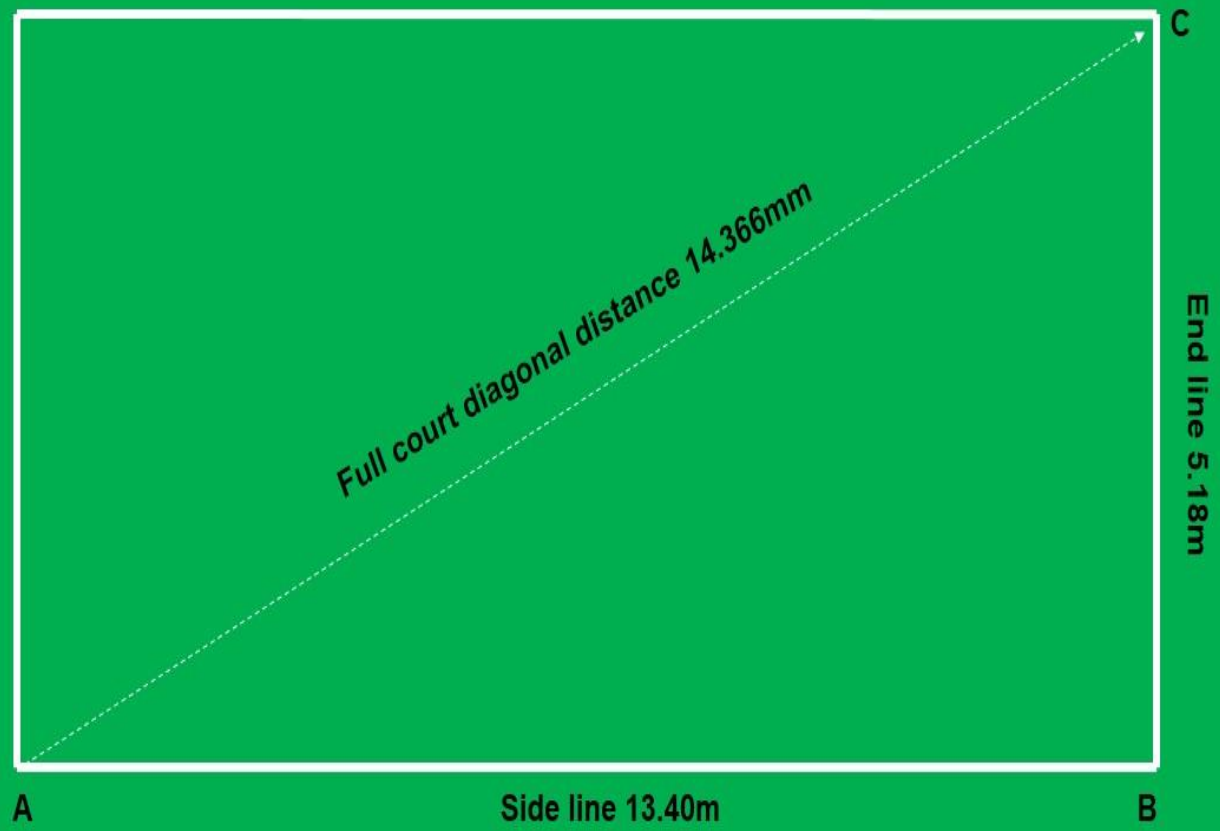
Shuttle court for singles 13.40x5.18m

Full court diagonal 14.366m.

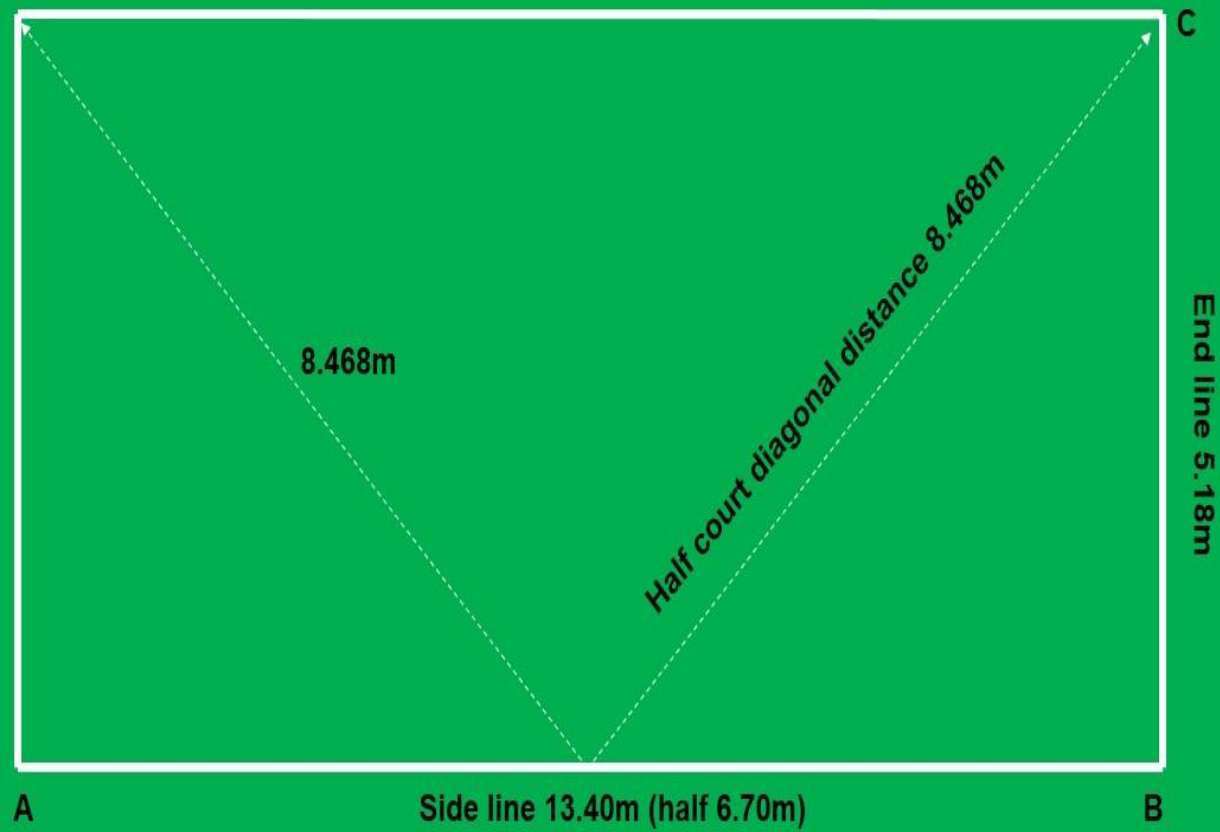
Half court diagonal 8.4689m.



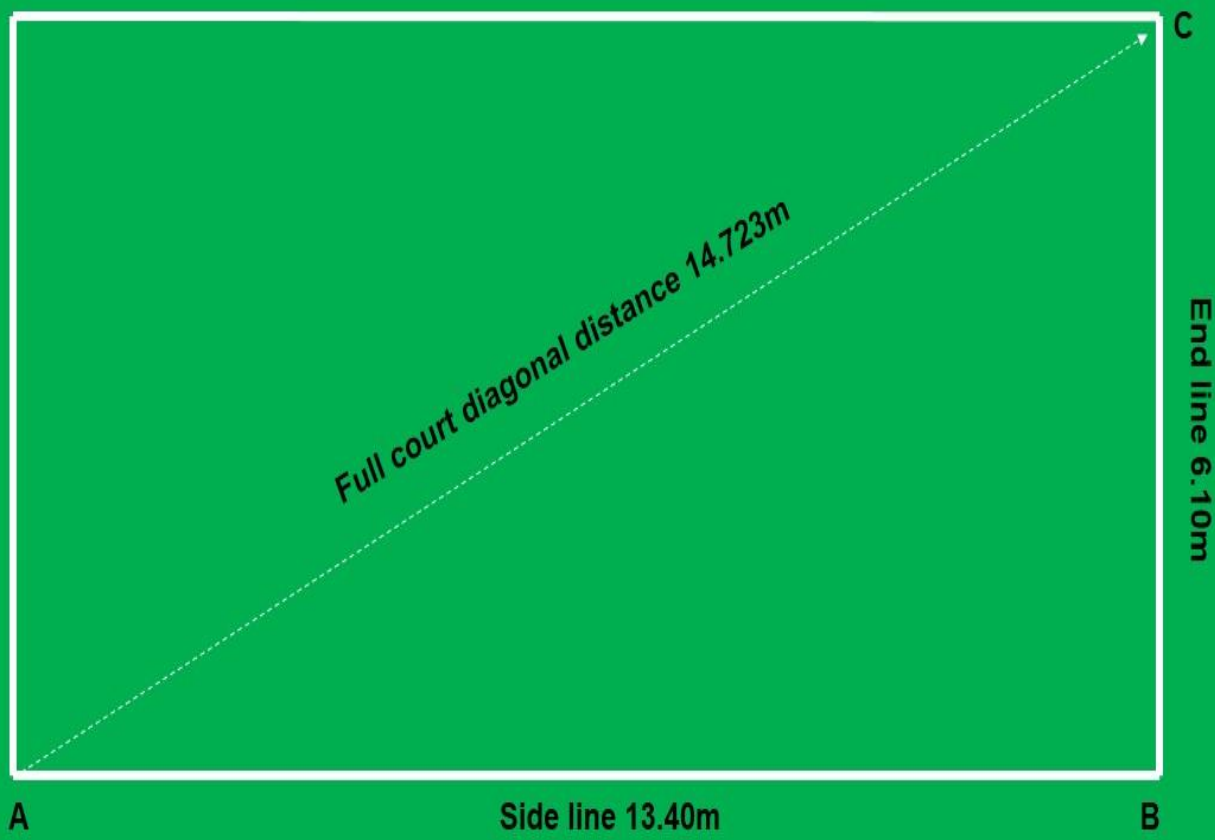
Shuttle full court for singles diagonal distance marking



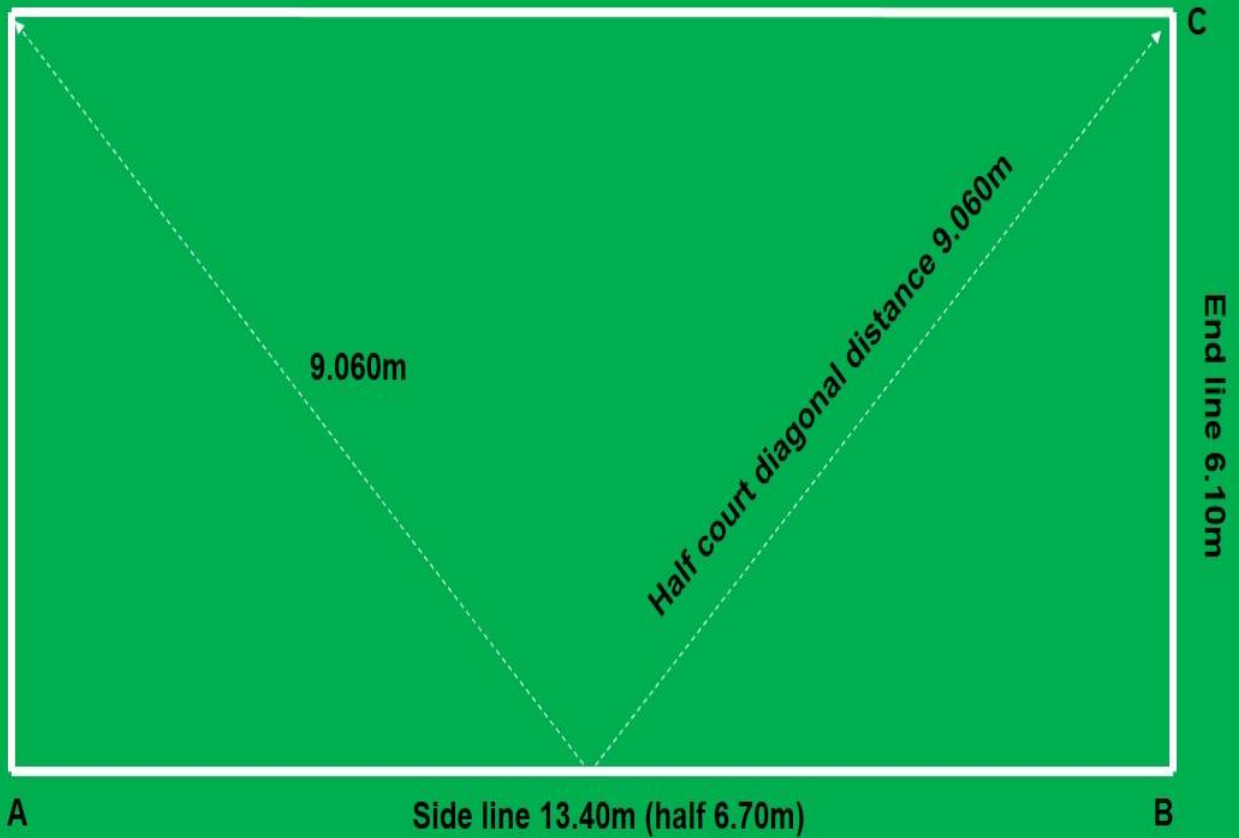
Shuttle half court for singles diagonal distance marking



Shuttle full court for doubles diagonal distance marking



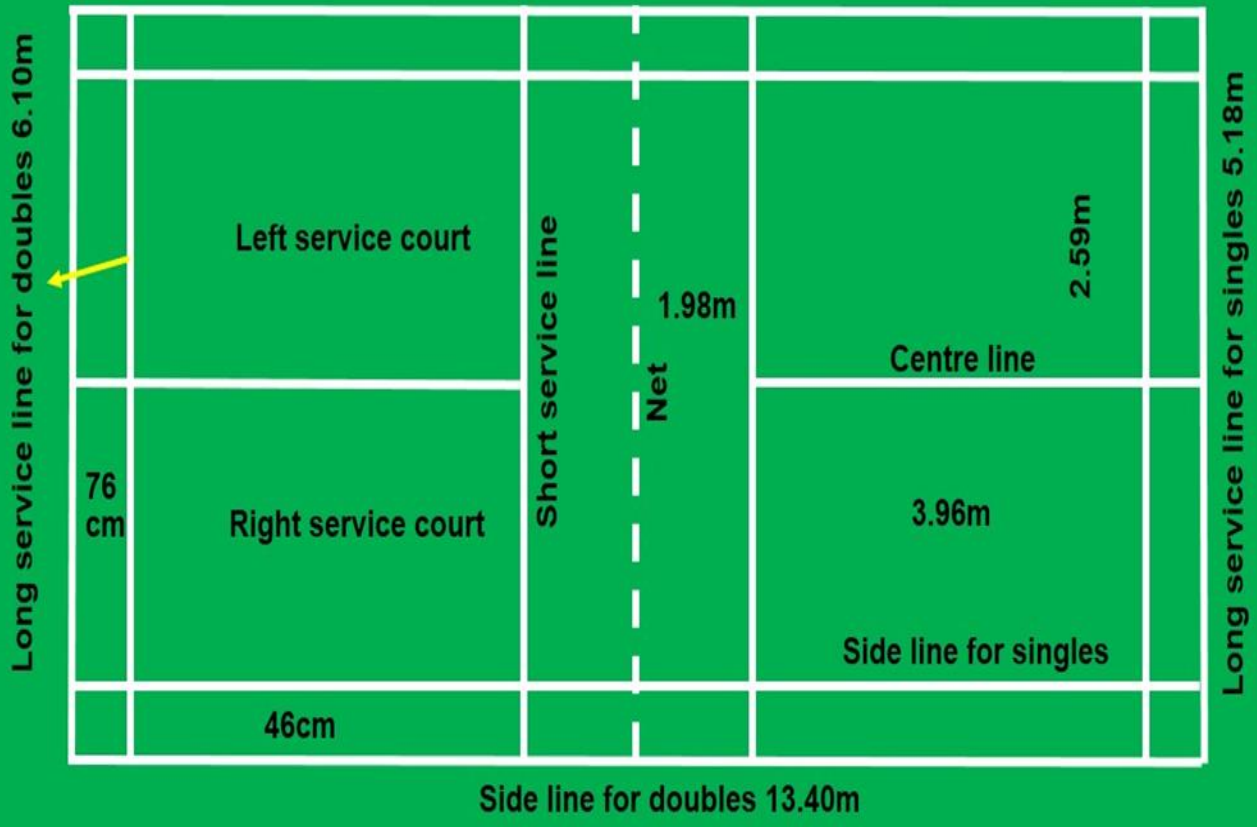
Shuttle half court for doubles diagonal distance marking



My YouTube channel " raj agola videos"

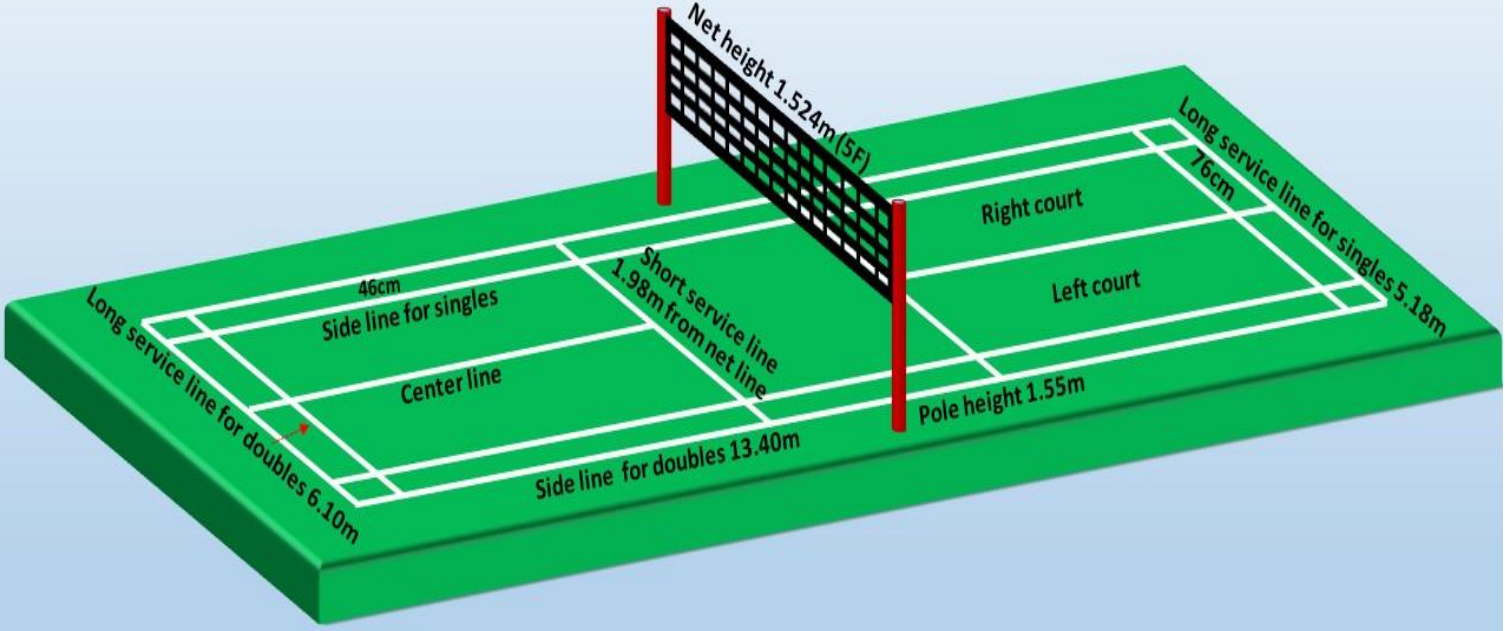
Batminton (shuttle) court marking plan

RAJESH AGOLA



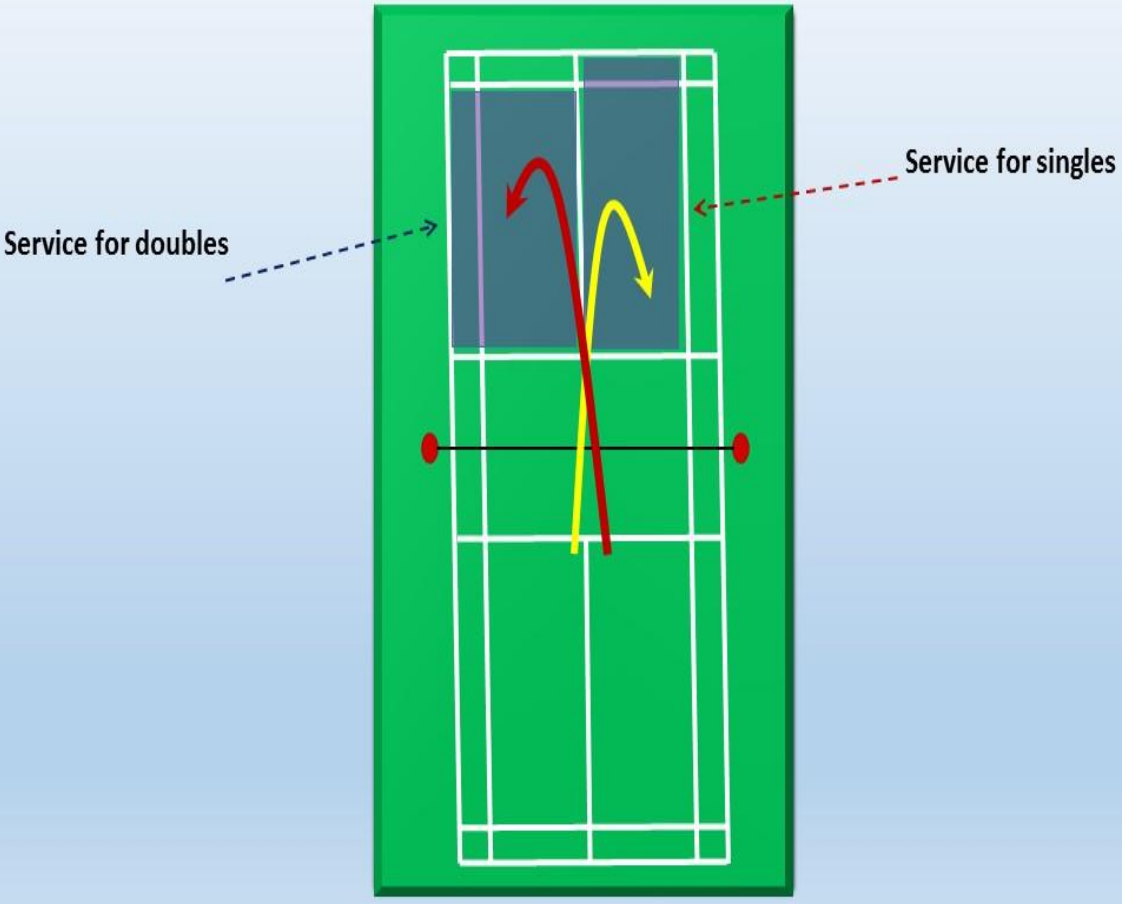
3D BADMINTON COURT MARKING PLAN

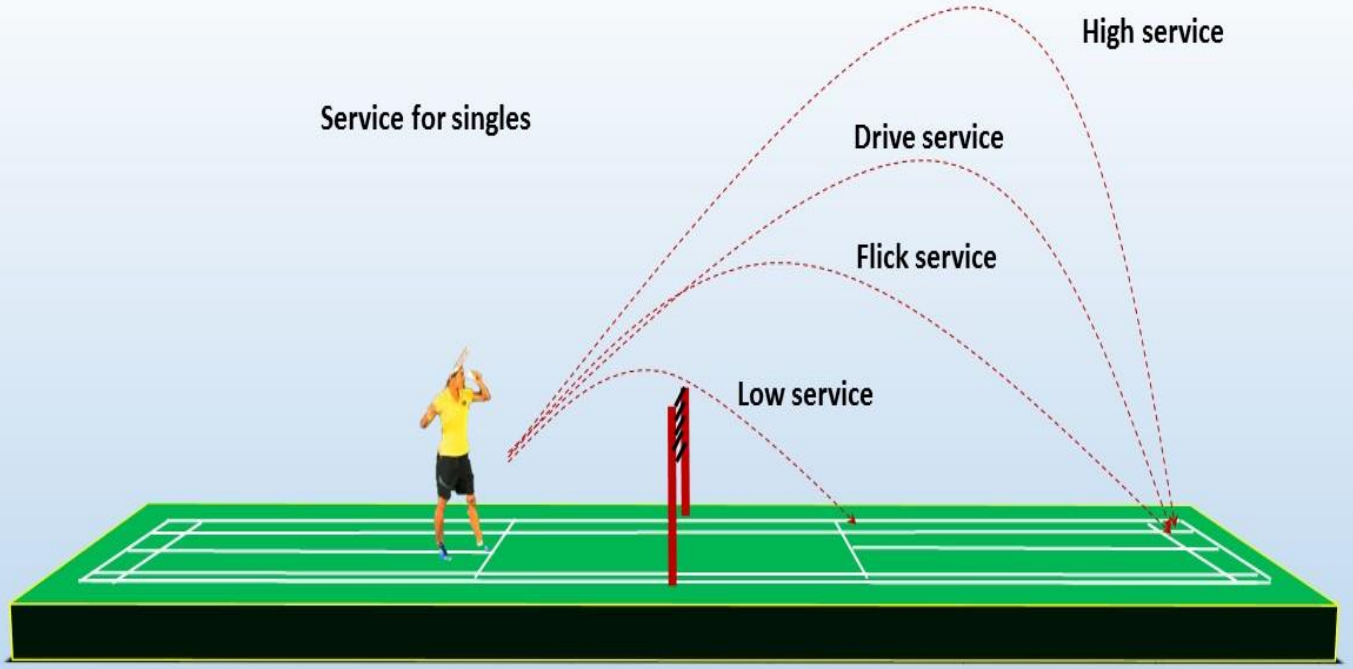
RAJESH AGOLA



3D BADMINTON

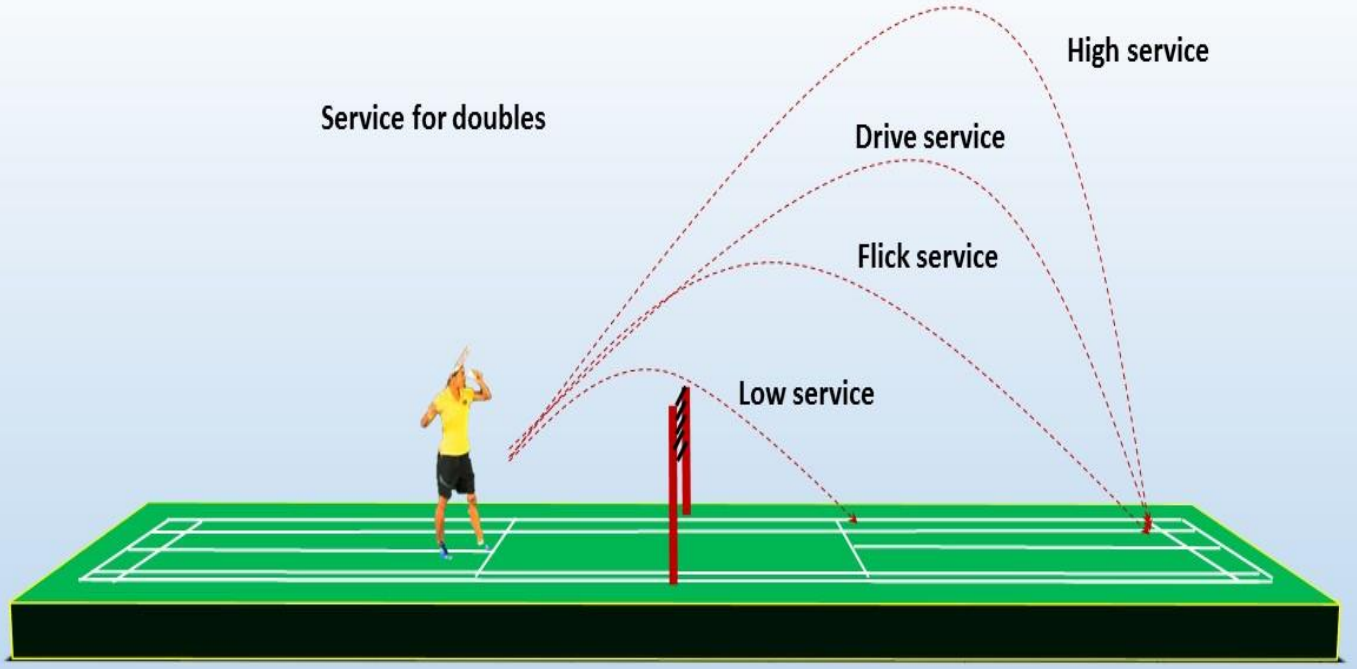
RAJESH AGOLA





3D BADMINTON

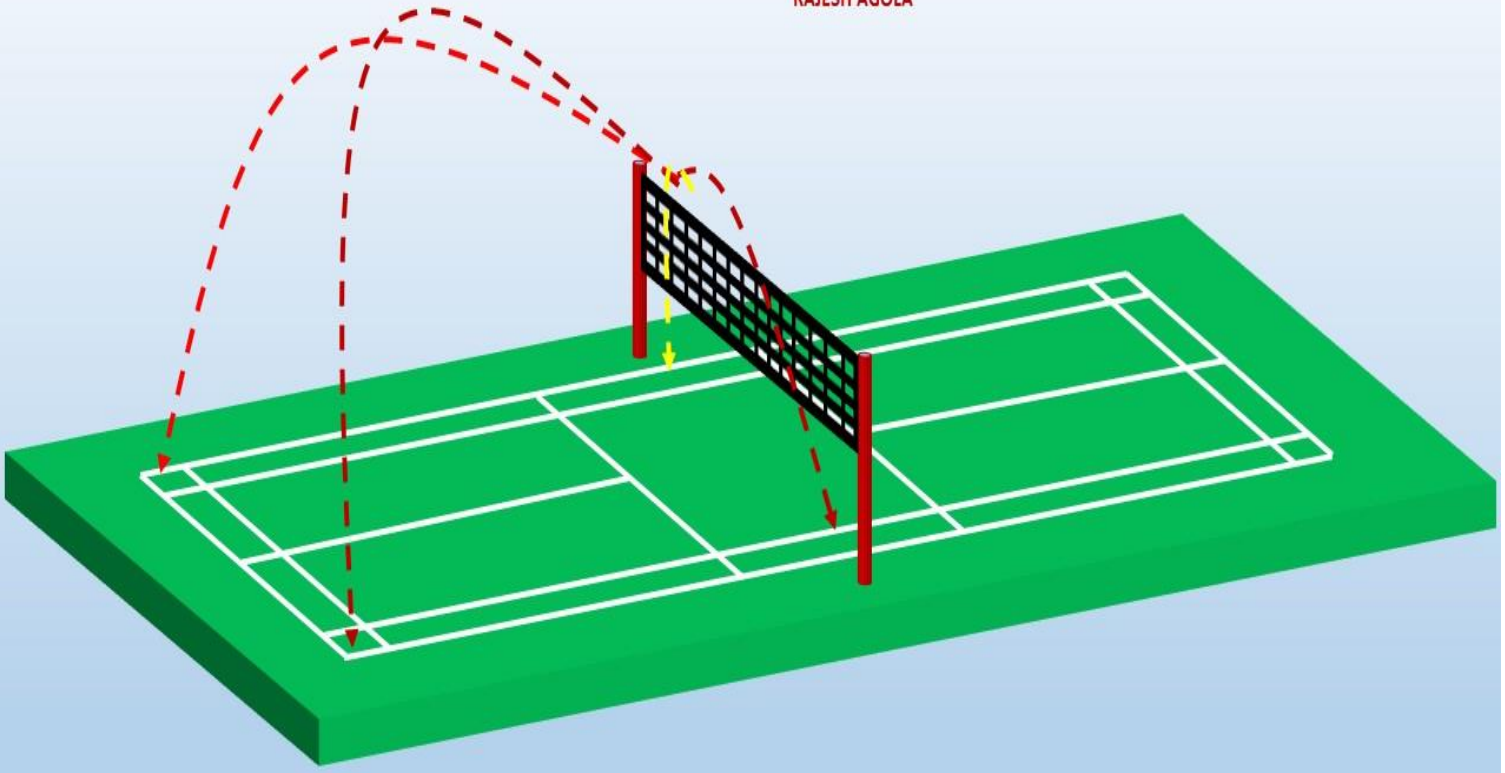
RAJESH AGOLA


High service
Service for doubles
Drive service
Flick service
Low service

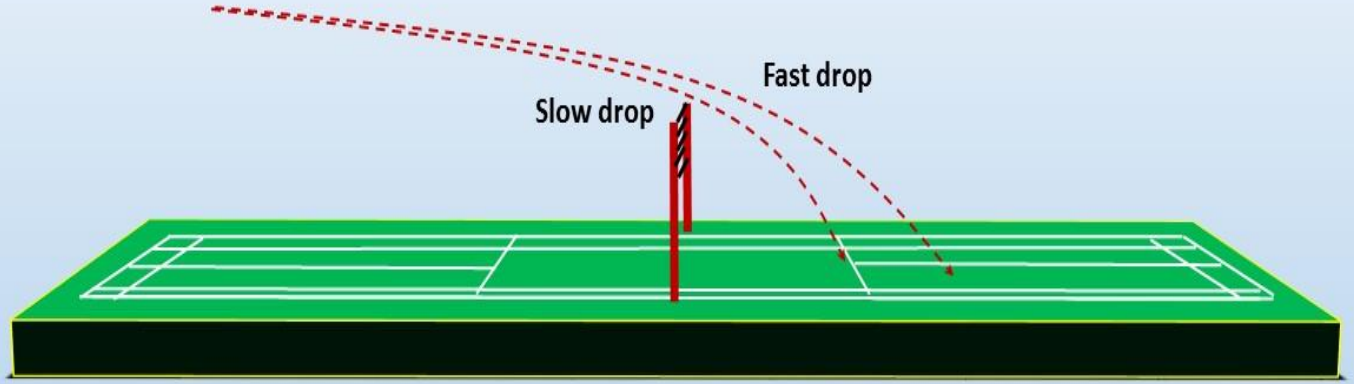
Placements

3D BADMINTON

RAJESH AGOLA



Drops



HOCKEY FIELD MARKING PLAN

RAJESH AGOLA

Hockey field : 91.40m x 55m

Calculation of diagonal distance : Pythagoras theorem $AB^2 + BC^2 = AC^2$

AB=91.40m,BC=55m

$\sqrt{91.40 \times 91.40 + 55 \times 55}$

$\sqrt{8353.96+3025}$

$\sqrt{11378.96}$ = 106.67m Diagonal distance

Half court diagonal distance calculation: AB=45.7m, BC=55m

$\sqrt{45.7 \times 45.7 + 55 \times 55}$

$\sqrt{2088.49+3025}$ =162

$\sqrt{5113.49}$ = 71.508m Diagonal distance

Hockey field marking plan

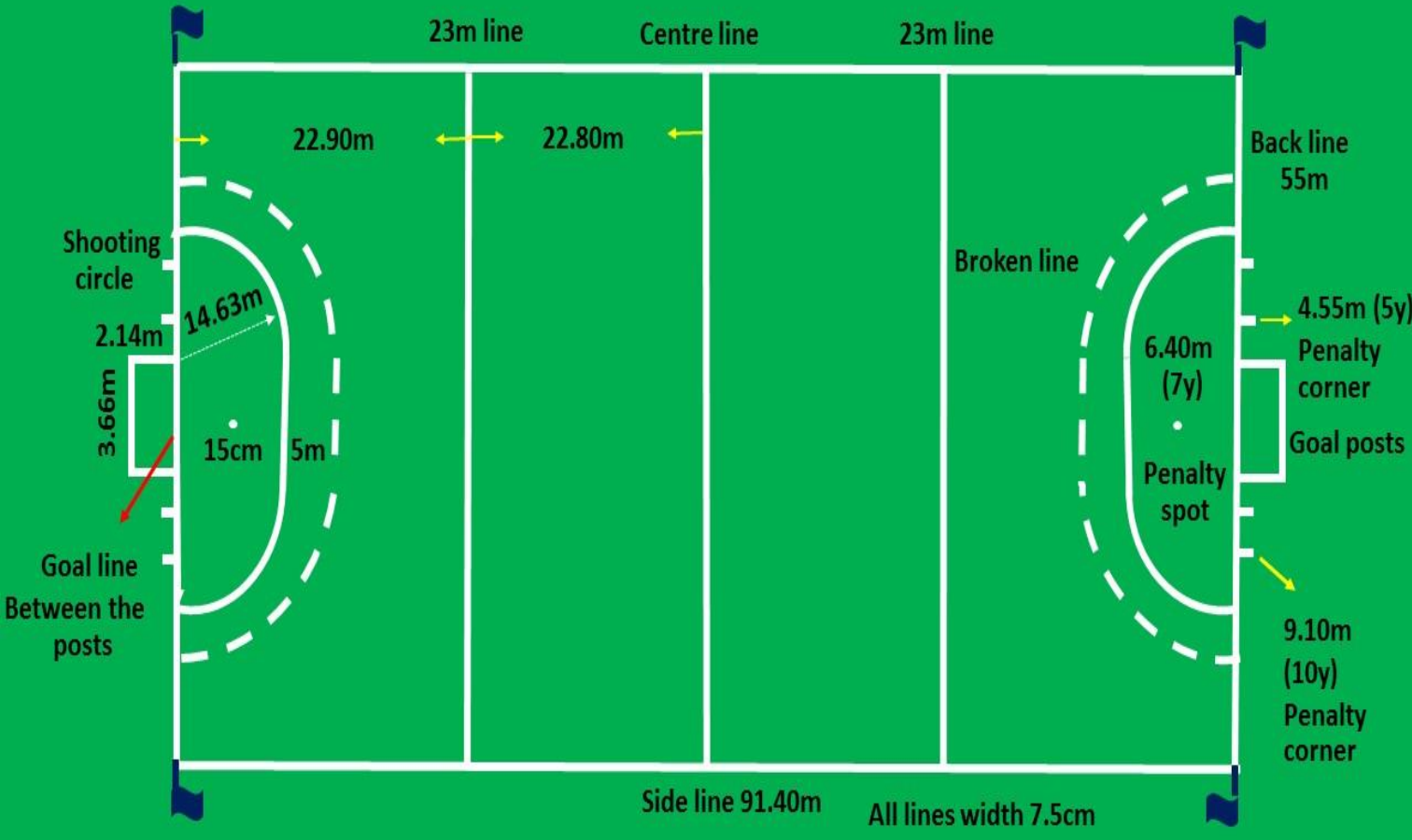
Rajesh Agola

Hockey field marking plan

Rajesh Agola

Hockey field marking plan

Rajesh Agola



Ball badminton court marking plan

Rajesh Agola

Ball badminton court for fives : 24x12m

Calculation of diagonal distance : Pythagoras theorem $AB^2 + BC^2 = AC^2$

AB= 24m, BC= 12m

√24×24 + 12×12

√576+144

√720= 26.832m Diagonal distance

Half court diagonal distance calculation: AB=12m, BC=12m

√12×12+ 12×12

√144+144 = 288

√288 = 16.970m Diagonal distance

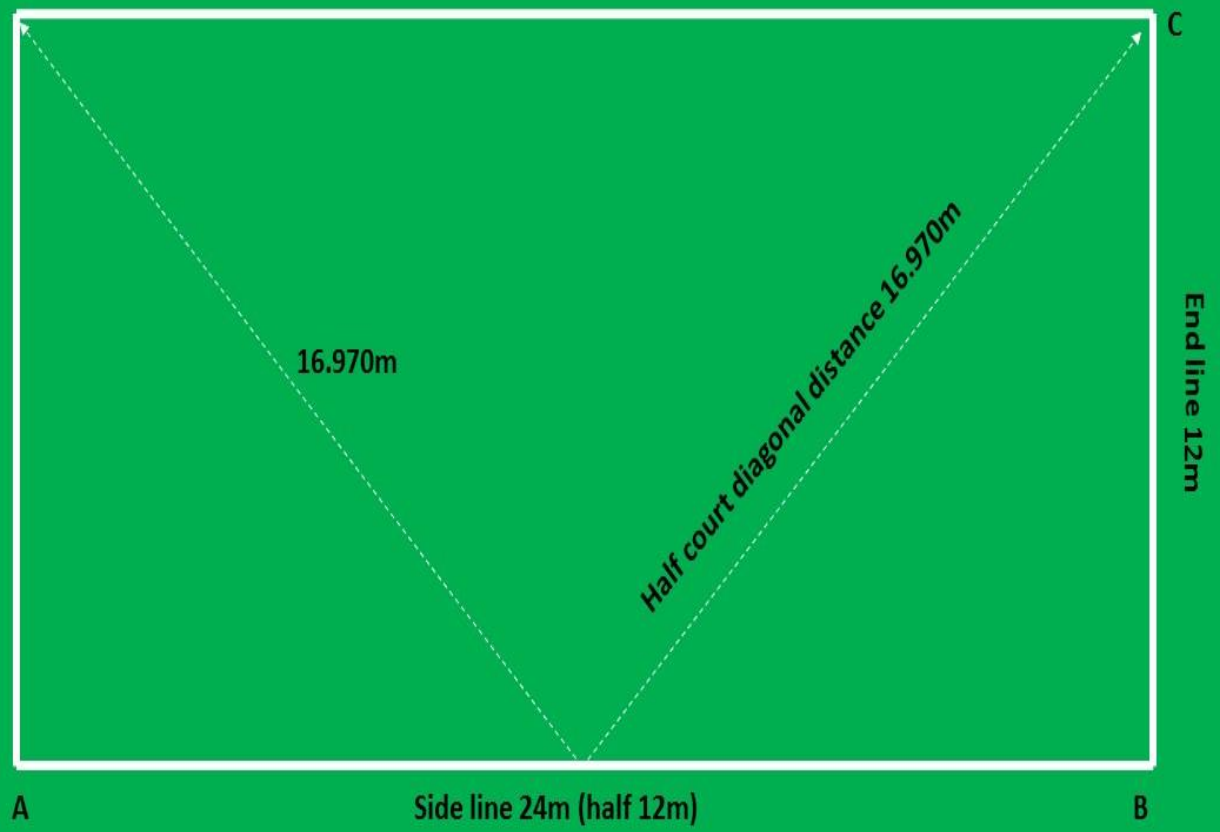
Ball badminton court for doubles 24x6m

Full court diagonal 24.738m.

Half court diagonal 13.416m.

Ball badminton full court for fives diagonal distance marking

Ball badminton half court for fives diagonal distance marking

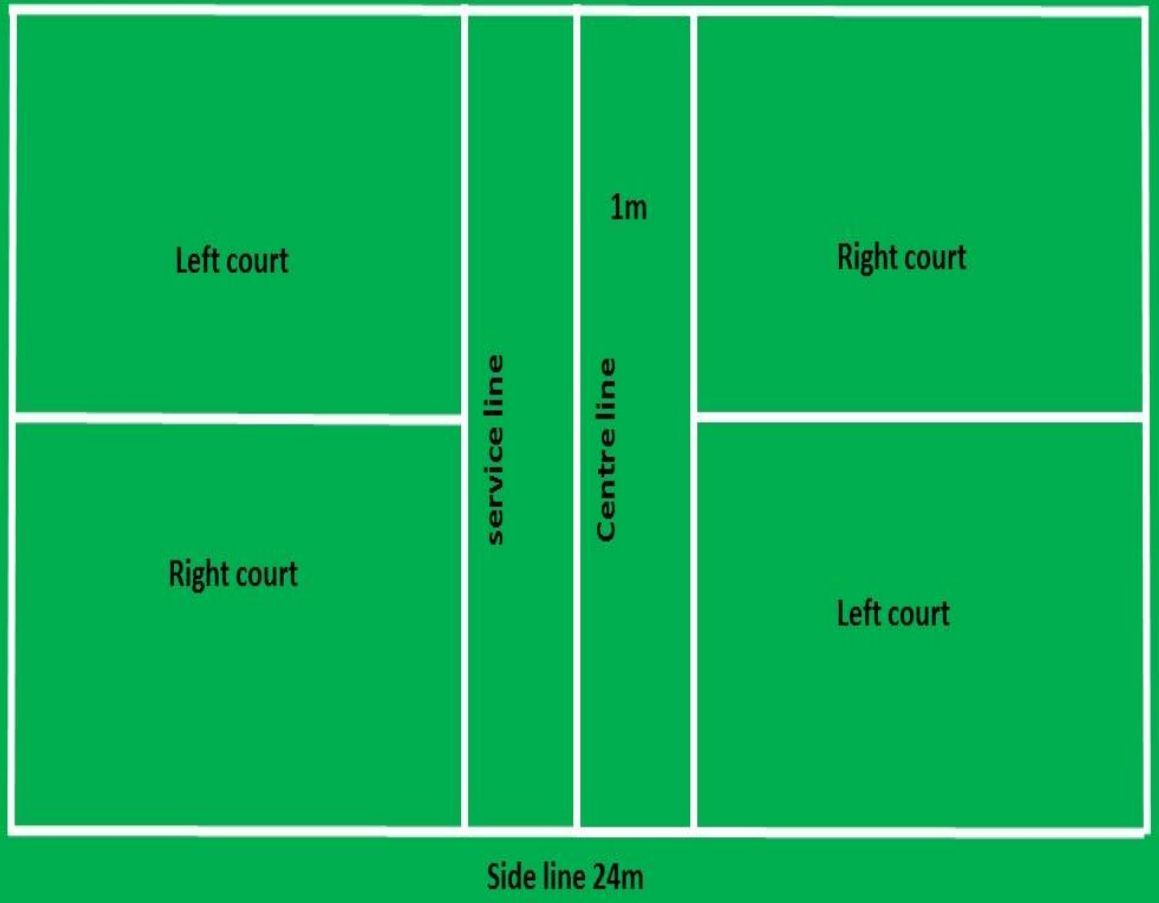


Ball badminton full court for doubles diagonal distance marking

Ball badminton half court for doubles diagonal distance marking

Ball badminton court marking pıan

RAJESH AGOLA



Throwball court marking plan

Rajesh Agola

Throwball court : 24x12m

Calculation of diagonal distance : Pythagoras theorem $AB^2 + BC^2 = AC^2$

AB= 18.30m, BC= 12.20m

√18.30×18.30 + 12.20×12.20

√334.89+148.84

√483.73= 21.993m Diagonal distance

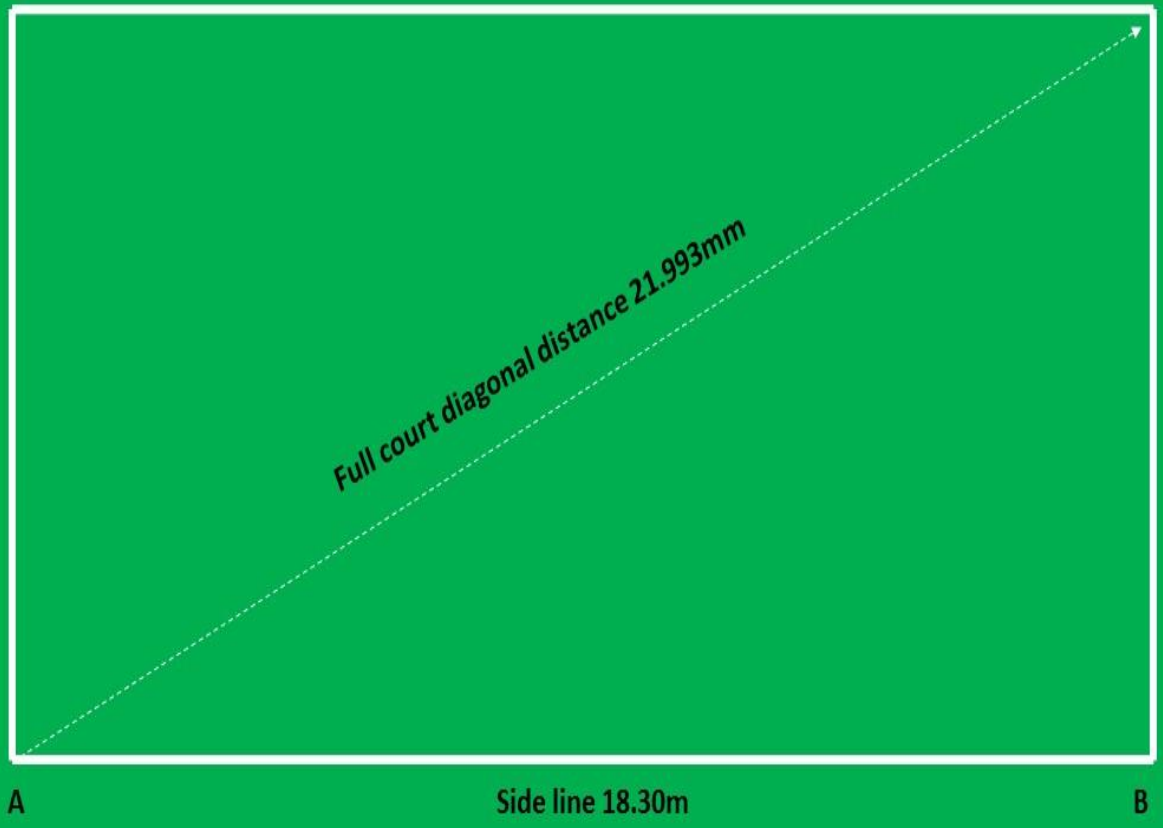
Half court diagonal distance calculation: AB=9.15m, BC=12.20m

√9.15×9.15+ 12.20×12.20

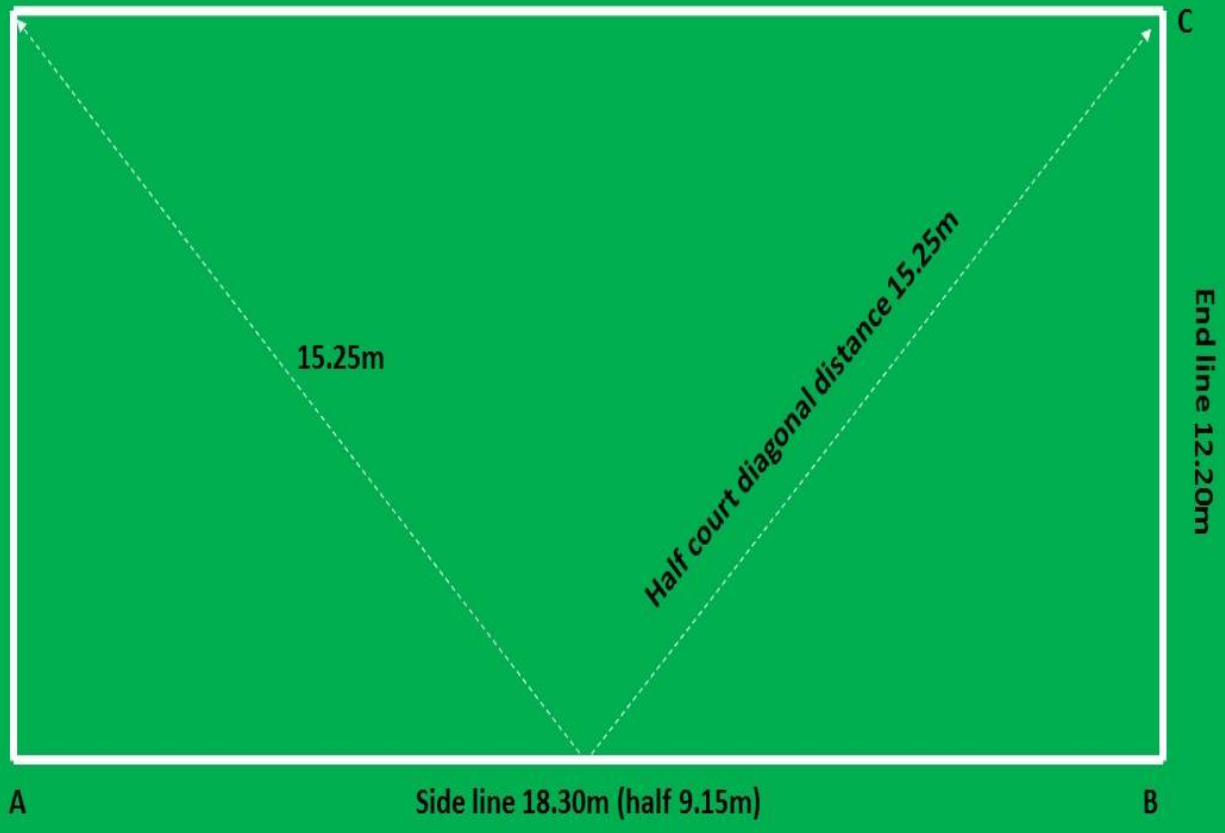
√83.722+148.84 = 232.562

√232.562 = 15.25m Diagonal distance

Throwball full court diagonal distance marking



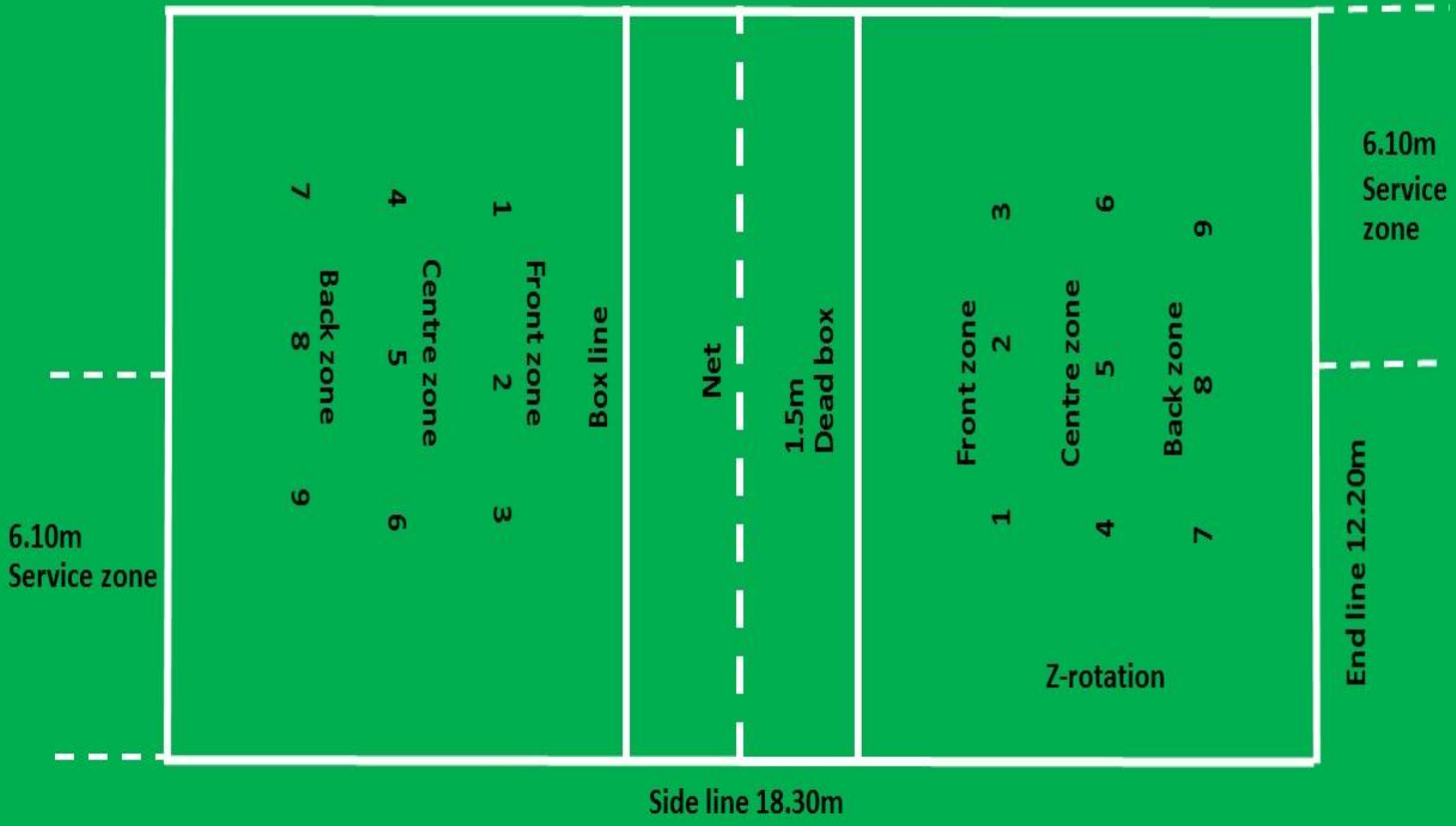
Throwball half court diagonal distance marking



My YouTube channel " raj agola videos"
Website : www.physicalliteracykurnool.com

Throwball court marking plan

RAJESH AGOLA



Basketball court marking plan

Rajesh Agola

Basketball court : 28x15m

Calculation of diagonal distance : Pythagoras theorem $AB^2 + BC^2 = AC^2$

AB=28m,BC=15m

$\sqrt{28\times28 + 15\times15}$

$\sqrt{784+225}$

$\sqrt{1009}$ = 31.764m Diagonal distance

Half court diagonal distance calculation: AB=9m,BC=9m

$\sqrt{14\times14+ 15\times15}$

$\sqrt{196+225}$

$\sqrt{421}$ = 20.518m Diagonal distance

Basketball court marking plan

Rajesh Agola

Basketball court marking plan

Rajesh Agola

You Tube channel- rajagola videos
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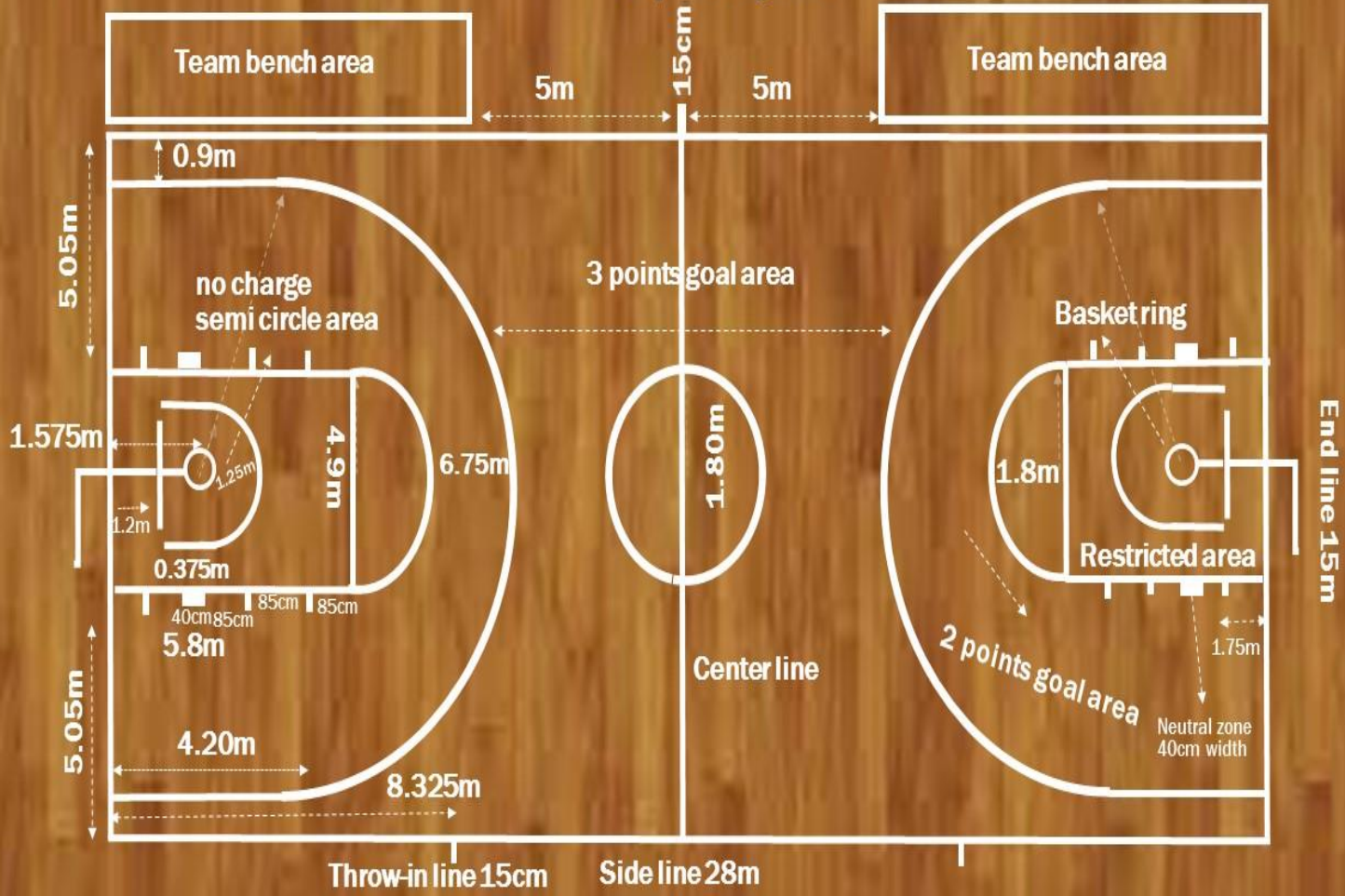
Basketball court marking plan

rajesh agola

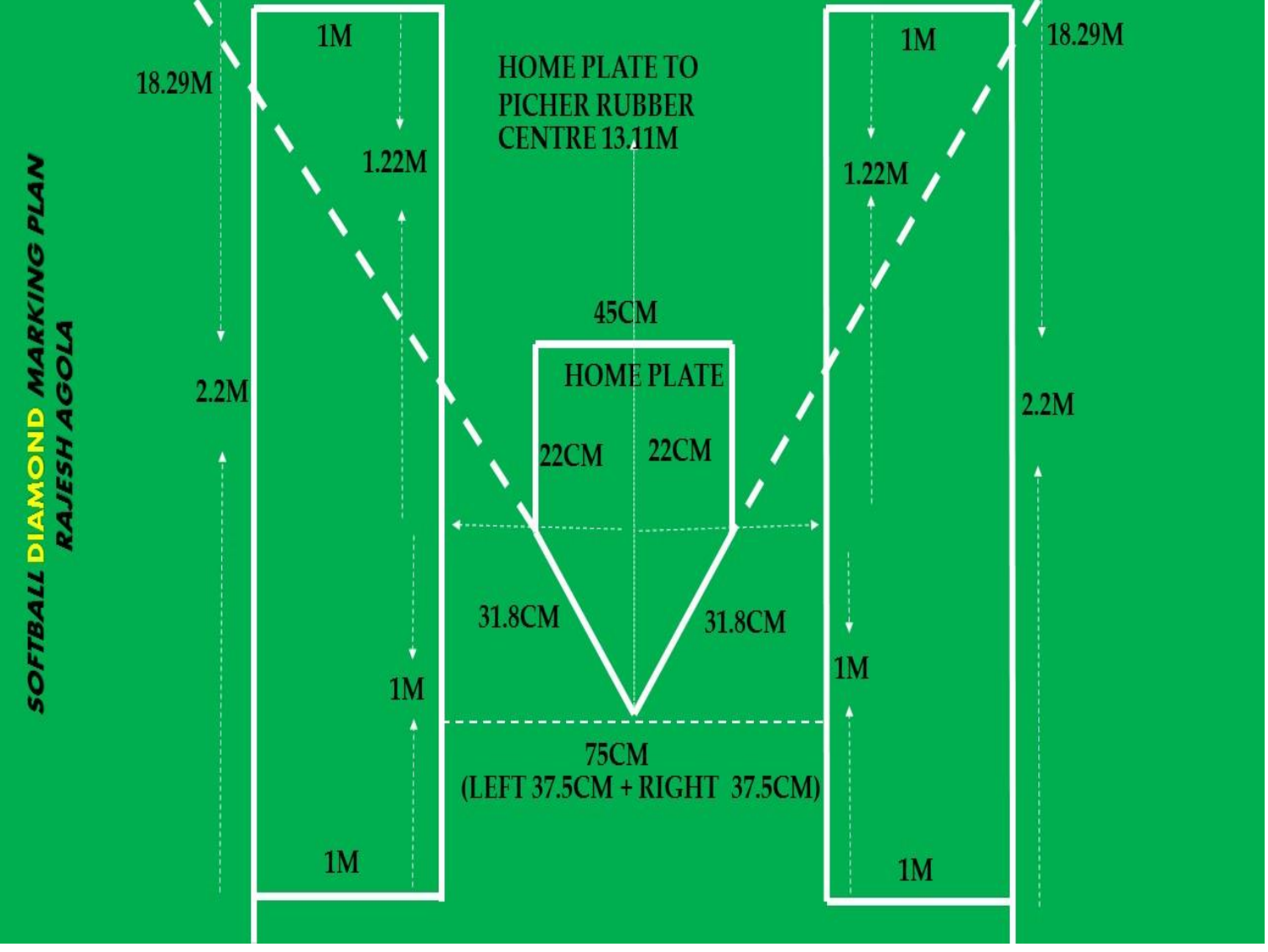


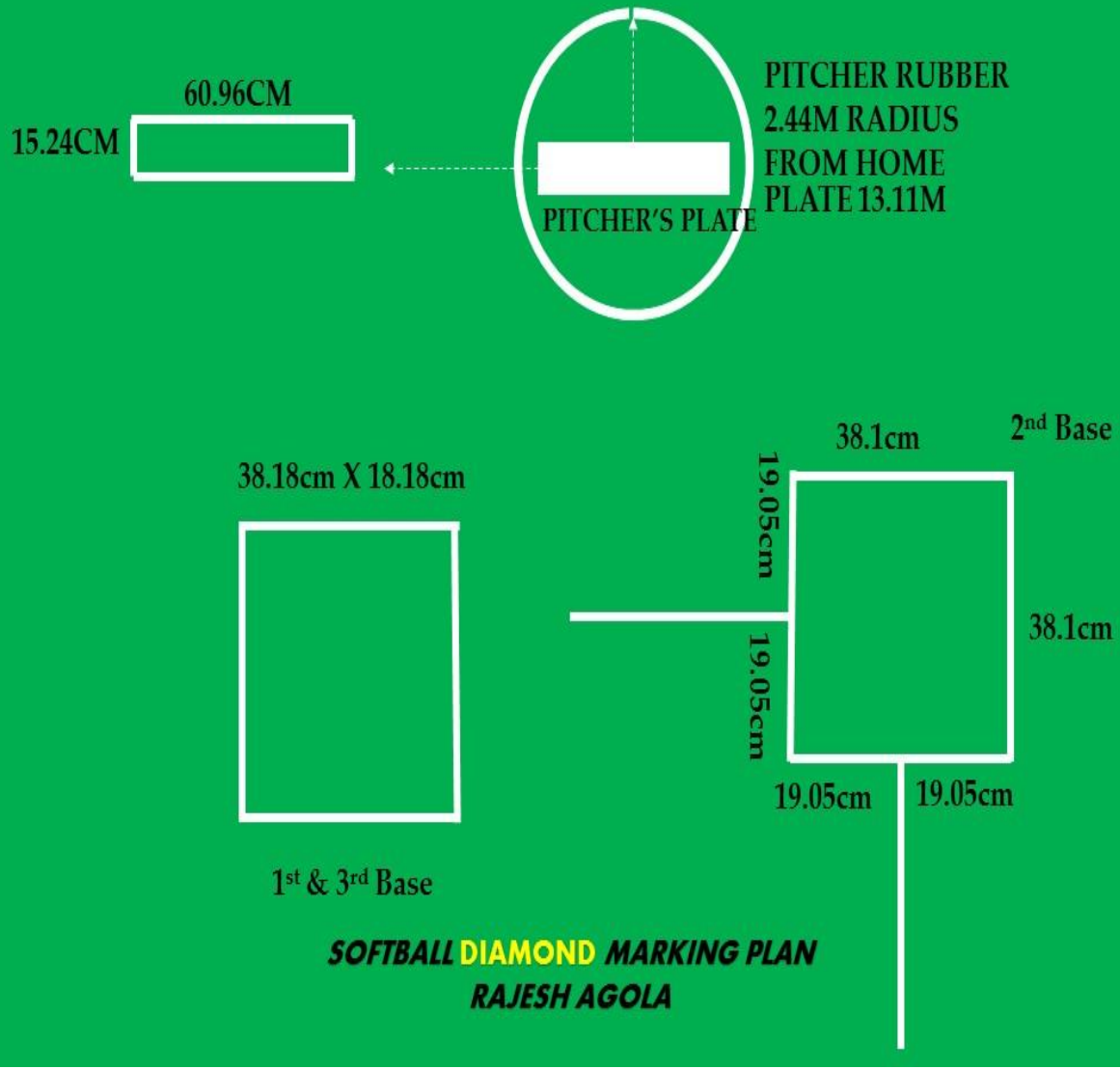
SOFTBALL DIAMOND MARKING PLAN

RAJESH AGOLA

SOFTBALL DIAMOND MEASUREMENTS :

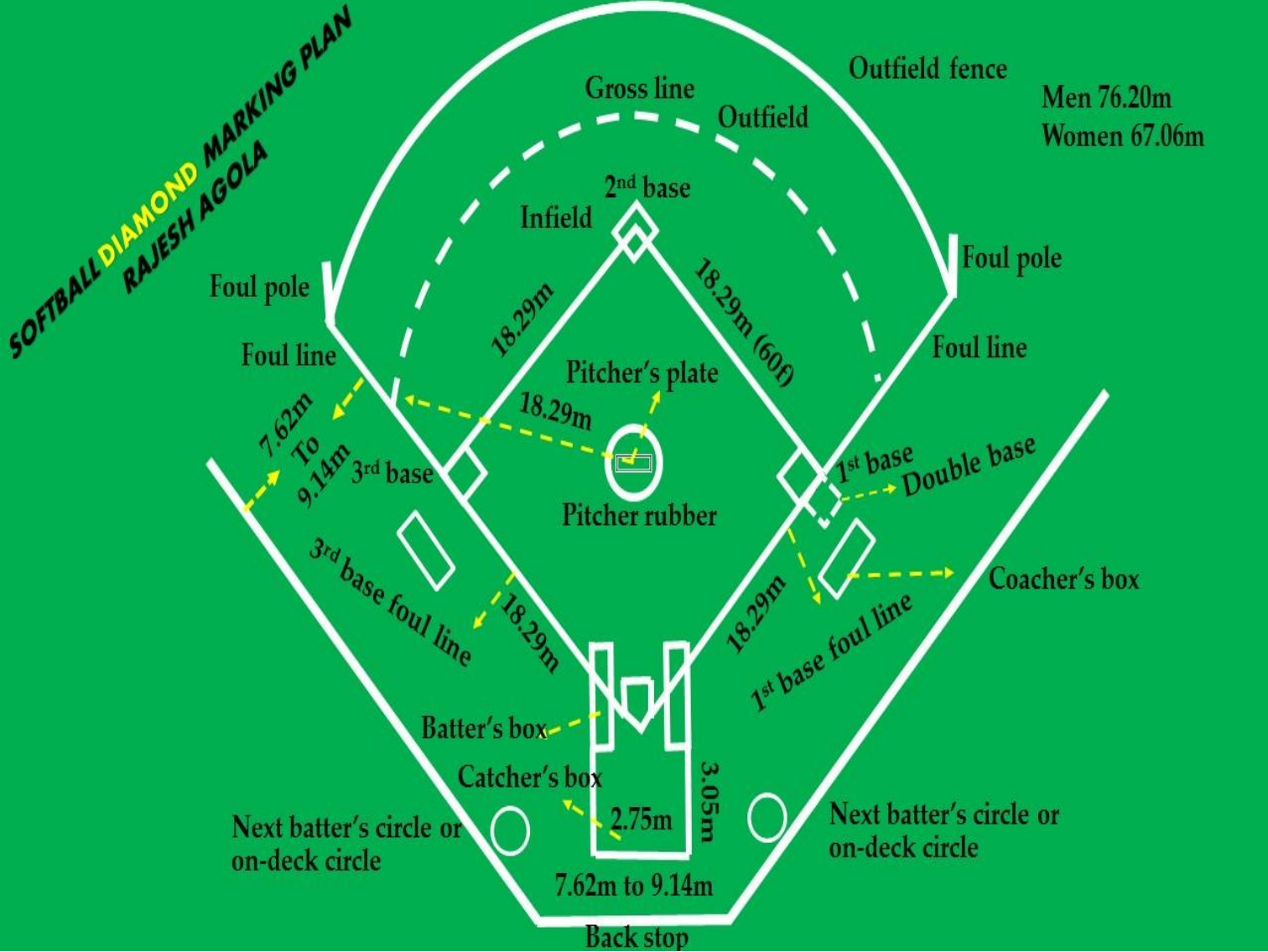
Home plate: width-45cm, length- 22cm, diagonal- 31.8cm
Batter's box: length-2.2m, width-1m
Catcher's box: length-3.05m, width-2.75m
Home plate to pitcher rubber center point:13.11m
Pitcher rubber radius: 2.44m
Pitcher's plate- length: 60.96cm, width- 15.24cm
All base boxes: 38.1cm x 38.1cm (with double base box)
All base lines: 18.29m
Gross line: 18.29m from pitcher rubber center
Home plate to 2nd base diagonal distance: 25.865m (also 1st base to 3rd base)
Coaches boxes 4.57m
On-deck circles: 76cm radius
Catcher's box to back stop line and side fence line to foul line:
7.62m min to 9 .14m max
Outfield fence: men 76.20m, women 67.06m


SOFTBALL DIAMOND MARKING PLAN
RAJESH AGOLA
18.29M
1M
1.22M
HOME PLATE TO
PICHER RUBBER
CENTRE 13.11M
18.29M
1M
1.22M
45CM
HOME PLATE
2.2M
22CM
22CM
2.2M
31.8CM
31.8CM
1M
1M
75CM
(LEFT 37.5CM + RIGHT 37.5CM)
1M
1M



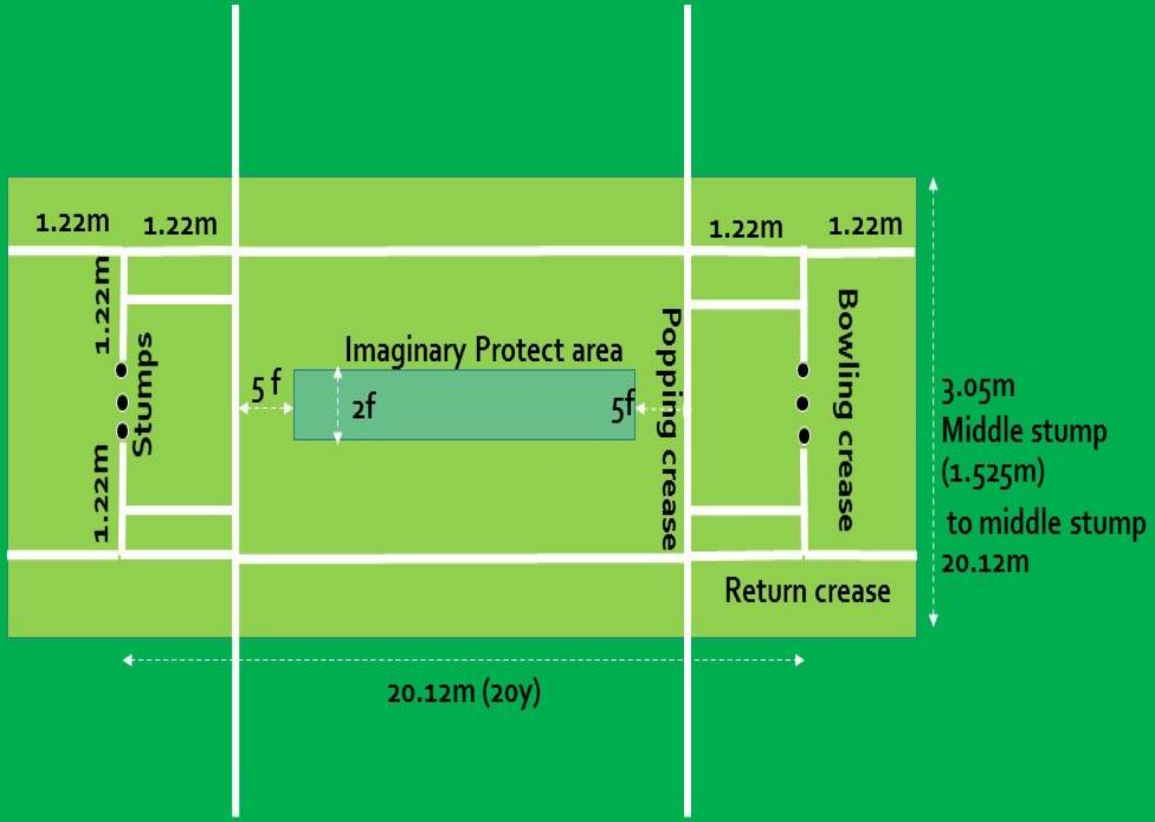
SOFTBALL DIAMOND MARKING PLAN

RAJESH AGOLA


SOFTBALL DIAMOND MARKING PLAN
RAJESH AGOLA
Outfield fence
Men 76.20m
Women 67.06m
Gross line
Outfield
2nd base
Infield
Foul pole
Foul pole
18.29m
18.29m (60ft)
Foul line
Foul line
Pitcher's plate
18.29m
7.62m
To
9.14m
3rd base
1st base
Double base
Pitcher rubber
3rd base foul line
18.29m
18.29m
1st base foul line
Coacher's box
Batter's box
Catcher's box
3.05m
2.75m
Next batter's circle or
on-deck circle
Next batter's circle or
on-deck circle
7.62m to 9.14m
Back stop

Cricket pitch marking plan

Rajesh agola



YouTube channel- rajagola videos

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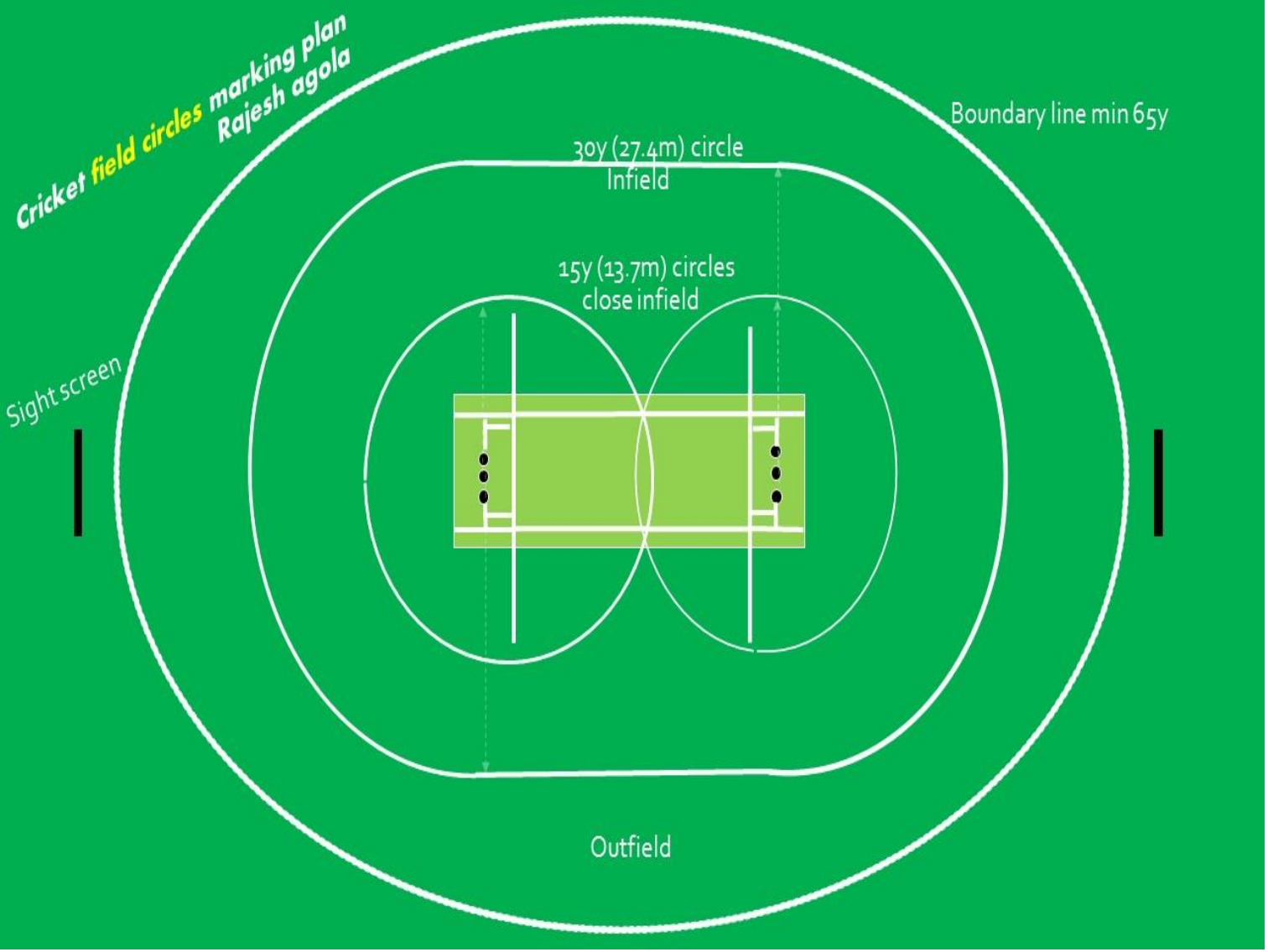
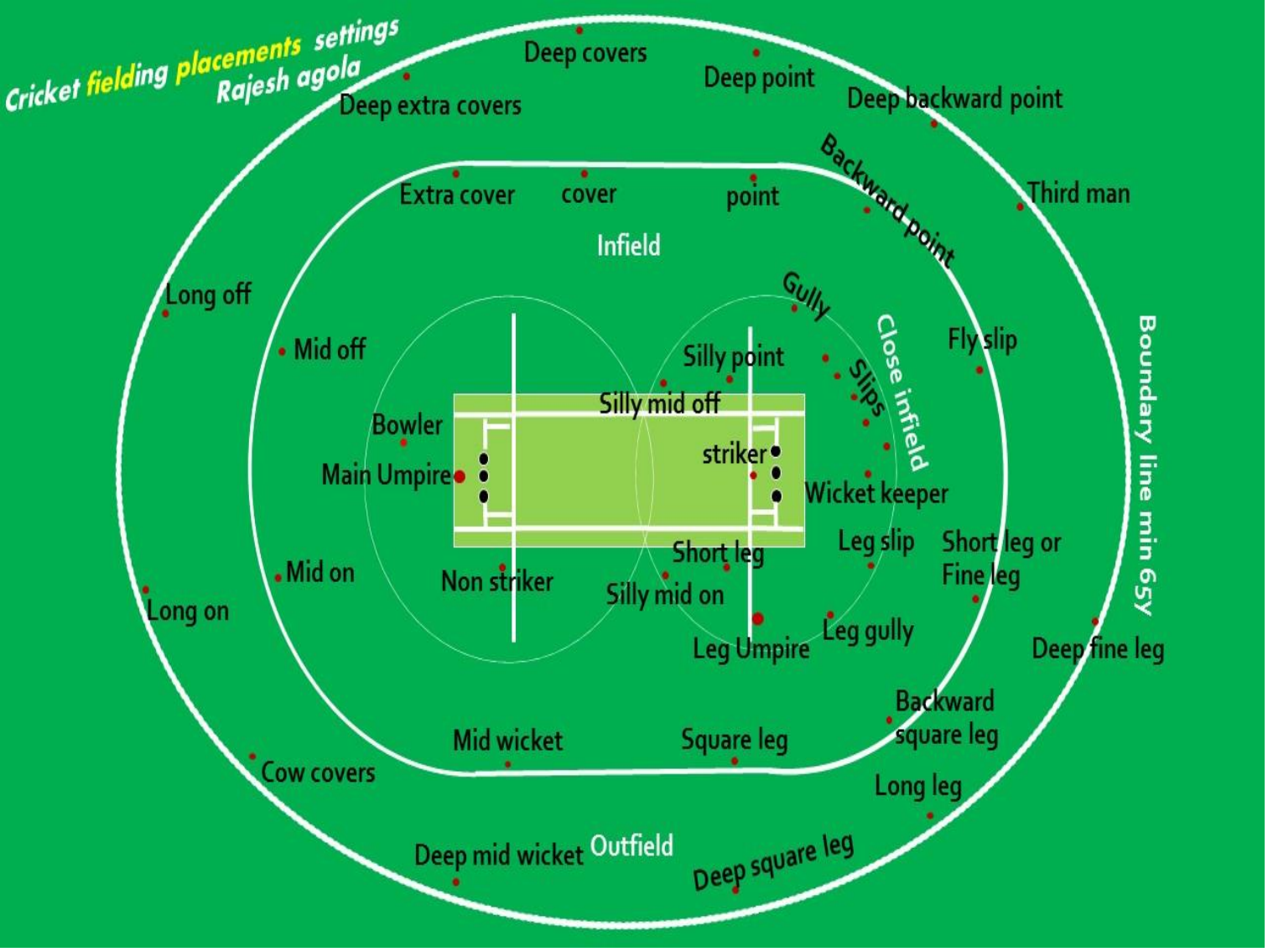

Cricket field circles marking plan
Rajesh agola
Boundary line min 65y
30y (27.4m) circle
Infield
15y (13.7m) circles
close infield
Sight screen
Outfield


Cricket fielding placements settings
Rajesh agola
Deep covers
Deep point
Deep backward point
Deep extra covers
Backward point
Third man
Extra cover
cover
point
Infield
Long off
Gully
Close infield
Fly slip
Mid off
Silly point
Slips
Boundary line min 65y
Silly mid off
Bowler
striker
Main Umpire
Wicket keeper
Short leg
Leg slip
Short leg or
Fine leg
Mid on
Non striker
Silly mid on
Long on
Leg gully
Leg Umpire
Deep fine leg
Backward
square leg
Mid wicket
Square leg
Cow covers
Long leg
Deep mid wicket
Outfield
Deep square leg

TENNIKOIT COURT MARKING PLAN

RAJESHAGOLA

TENNIKOIT COURT FOR DOUBLES : 12.2X 5.5M

CALCULATION OF DIAGONAL DISTANCE : PYTHAGORAS THEOREM $AB^2 + BC^2 = AC^2$

AB= 12.2M, BC= 5.5M

$\sqrt{12.2 \times 12.2 + 5.5 \times 5.5}$

$\sqrt{148.84+30.25}$

$\sqrt{179.09}$= 13.38M DIAGONAL DISTANCE

HALF COURT DIAGONAL DISTANCE CALCULATION: AB=12M, BC=12M

$\sqrt{6.1 \times 6.1 + 5.5 \times 5.5}$

$\sqrt{37.21+30.25}$

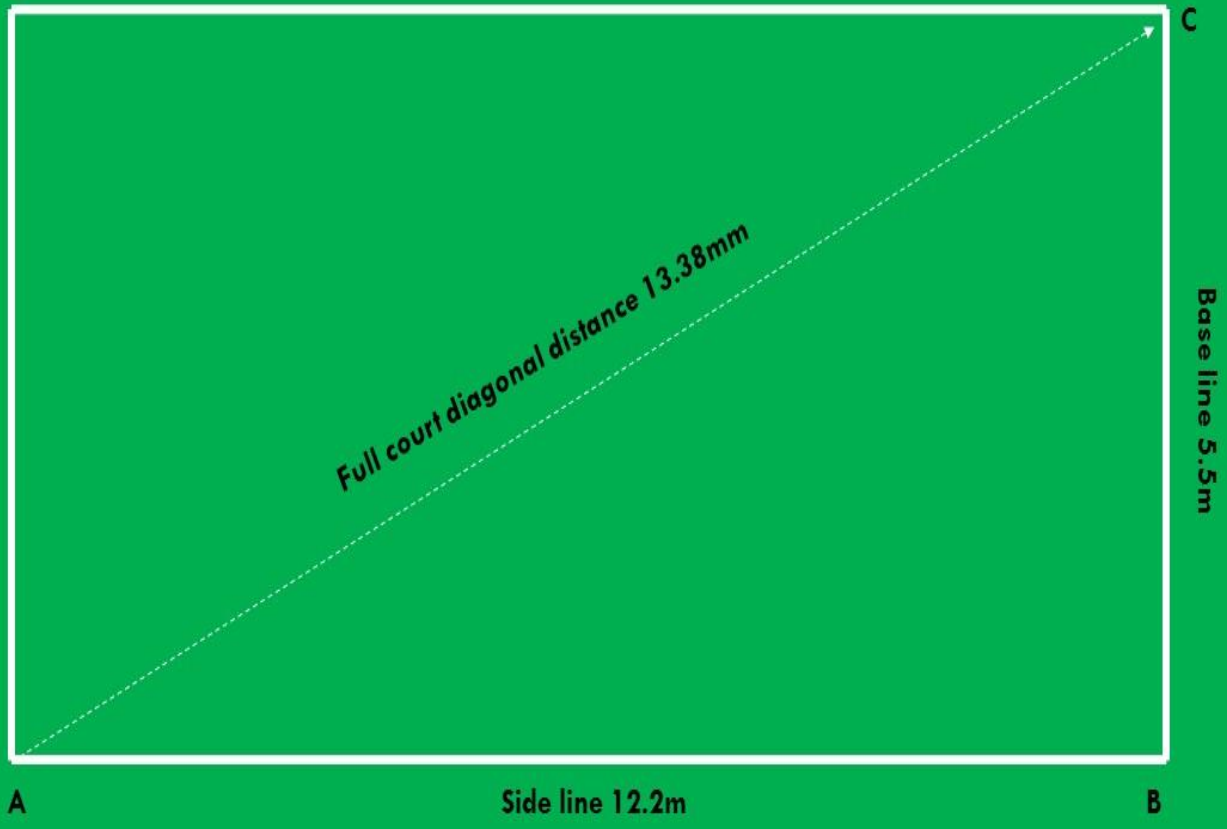
$\sqrt{67.46}$= 8.21M DIAGONAL DISTANCE

TENNIKOIT COURT FOR SINGLES 12.2 X 4.6M

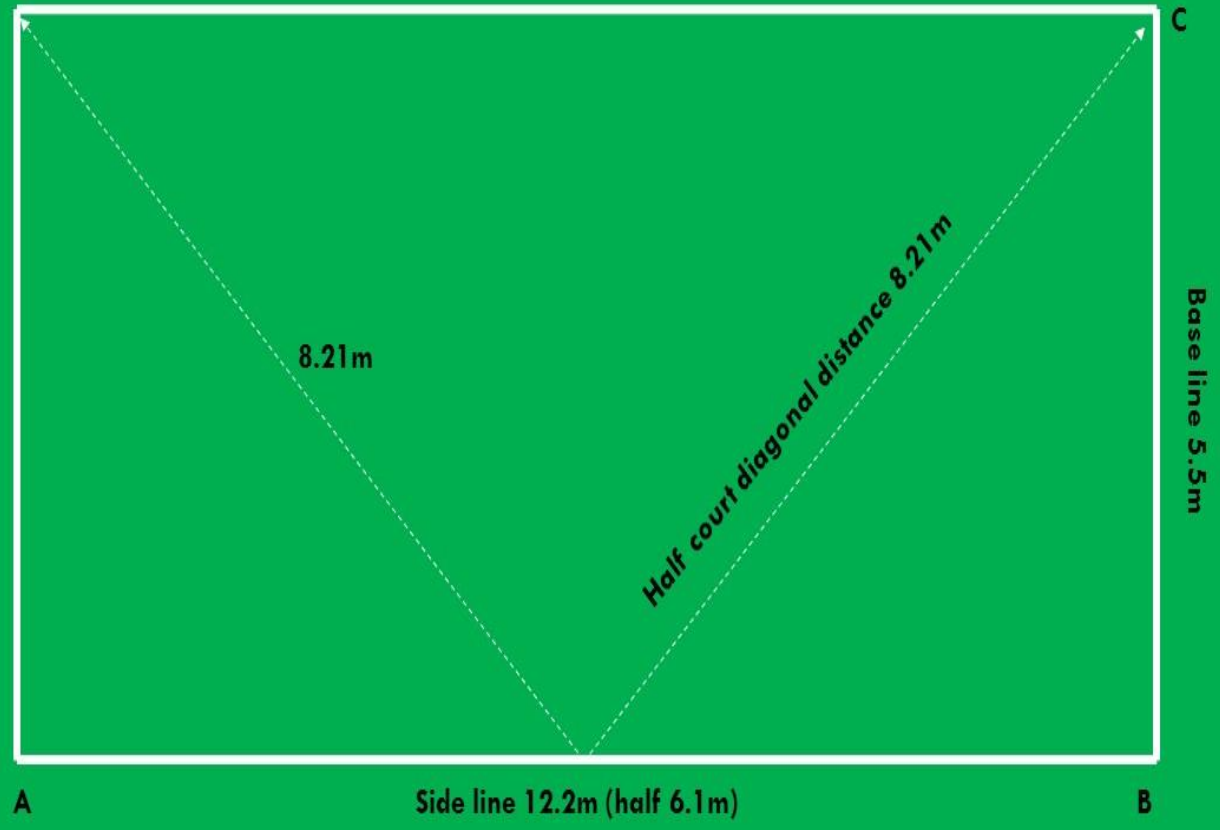
FULL COURT DIAGONAL 13.04M.

HALF COURT DIAGONAL 7.64M.

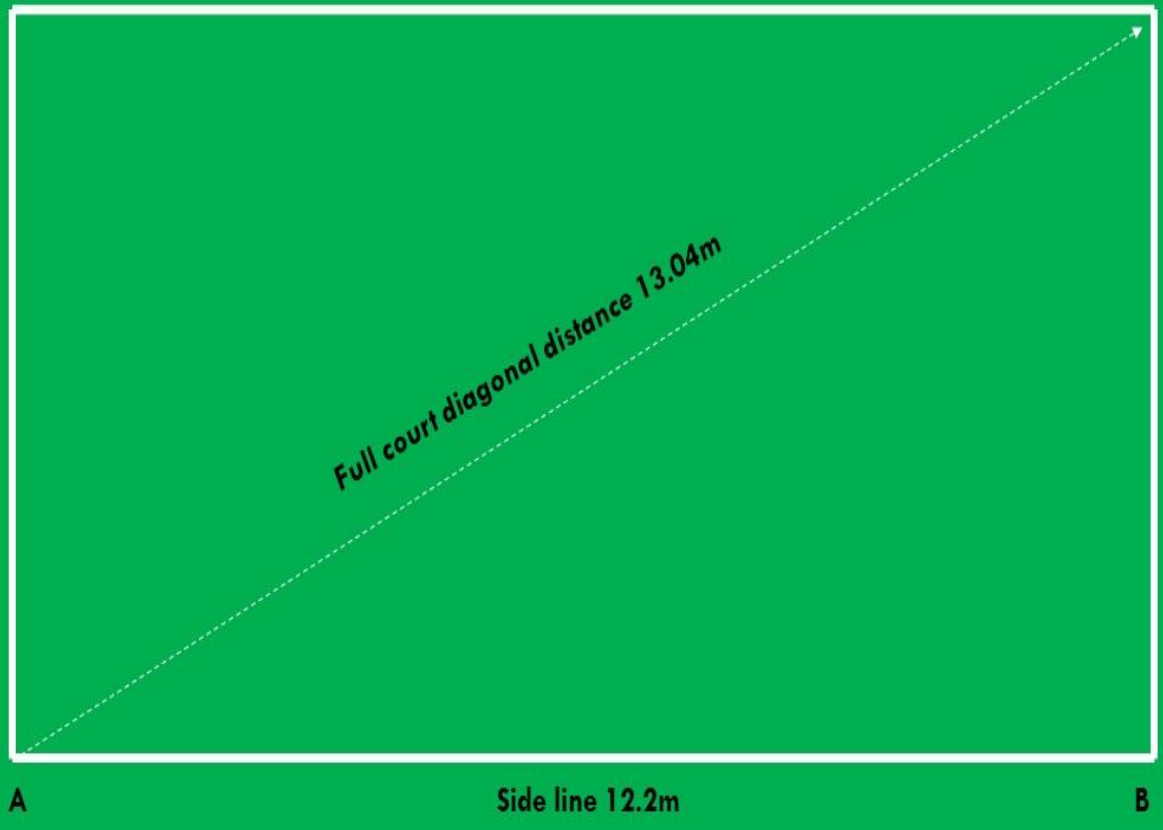
Tennikoit full court for doubles diagonal distance marking



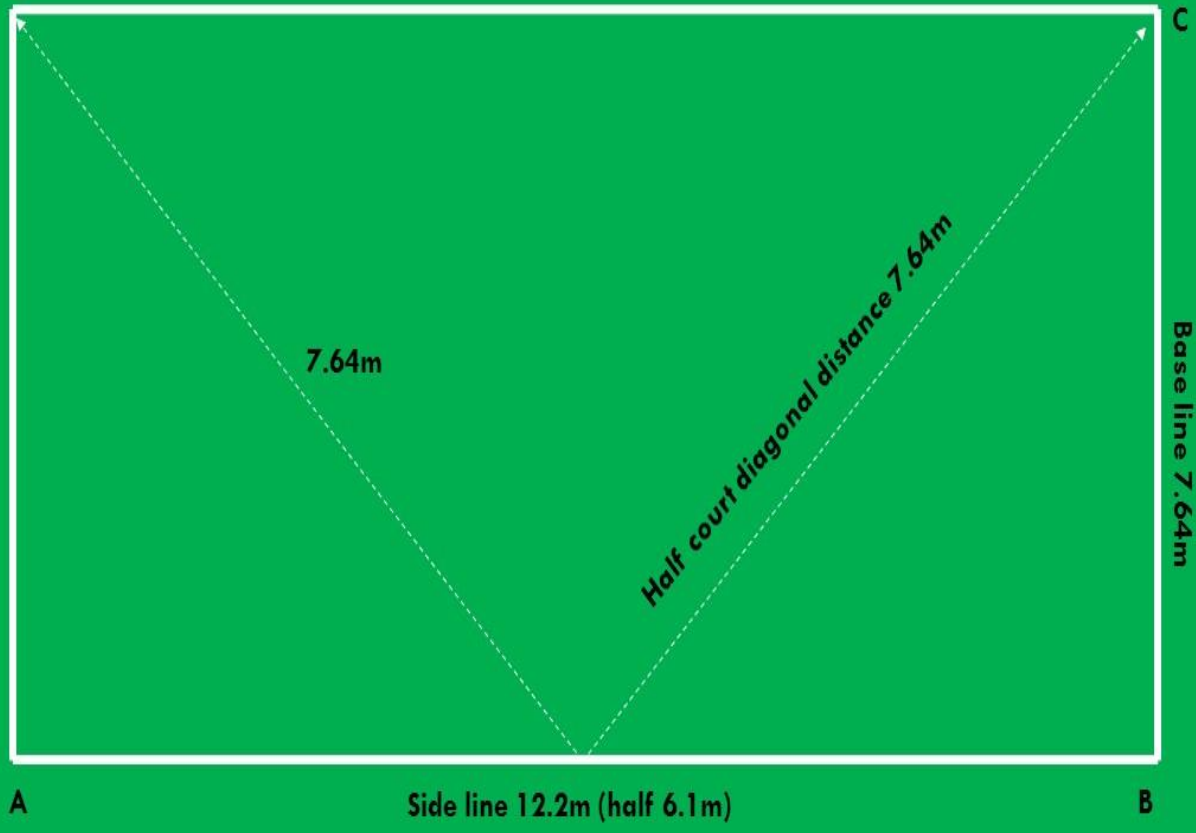
Tennikoit half court for doubles diagonal distance marking



Tennikoit full court for singles diagonal distance marking

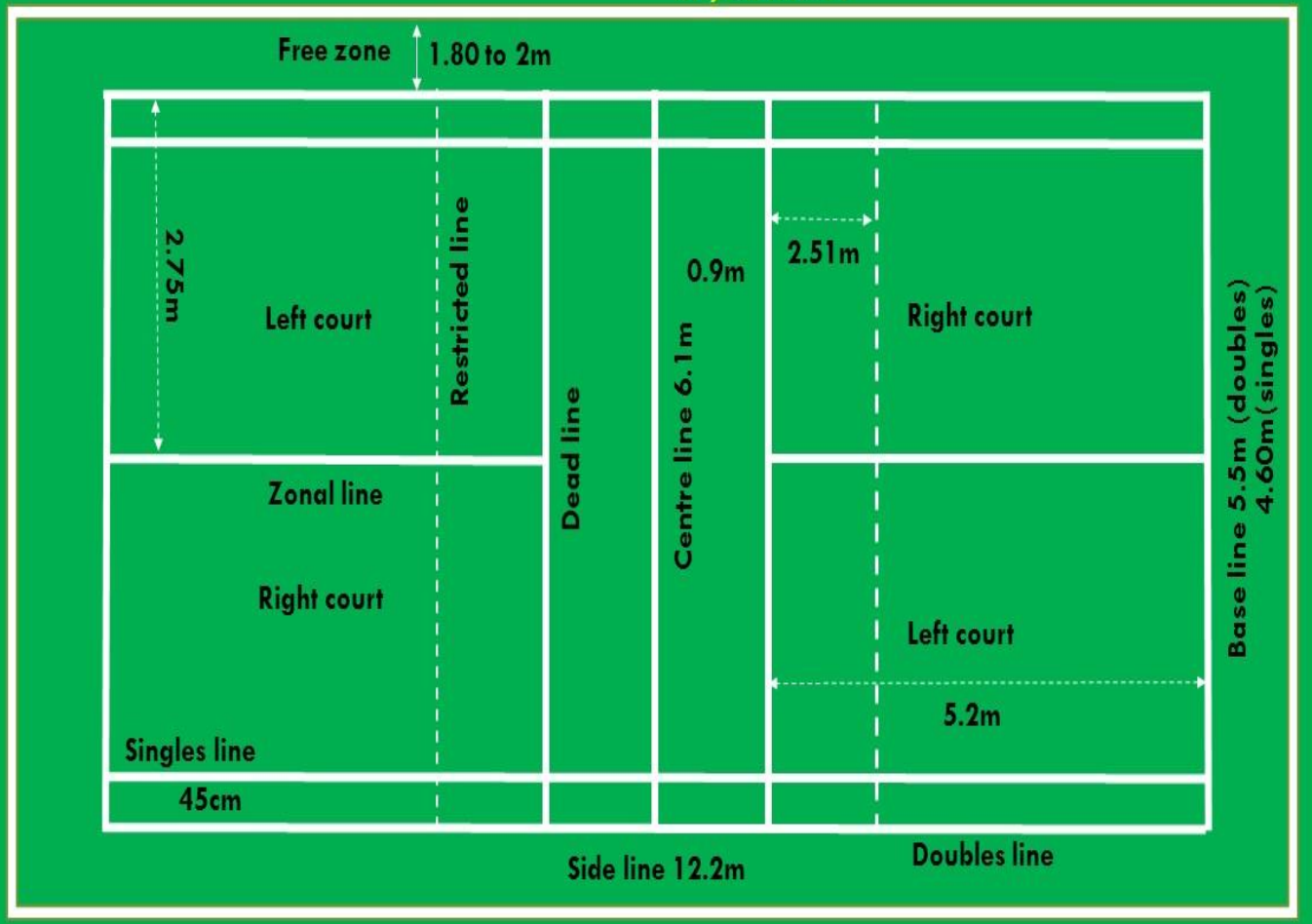


Tennikoit half court for singles diagonal distance marking



Tennikoit court marking plan

RAJESH AGOLA



SEPAKTAKRAW COURT MARKING PLAN

RAJESH AGOLA

SEPAKTAKRAW COURT : 13.4 X 6.1M

CALCULATION OF DIAGONAL DISTANCE : PYTHAGORAS THEOREM $AB^2 + BC^2 = AC^2$

AB= 13.4M, BC= 6.1M

$\sqrt{13.4 \times 13.4 + 6.1 \times 6.1}$

$\sqrt{179.56+37.21}$

$\sqrt{216.77}$= 14.72M DIAGONAL DISTANCE

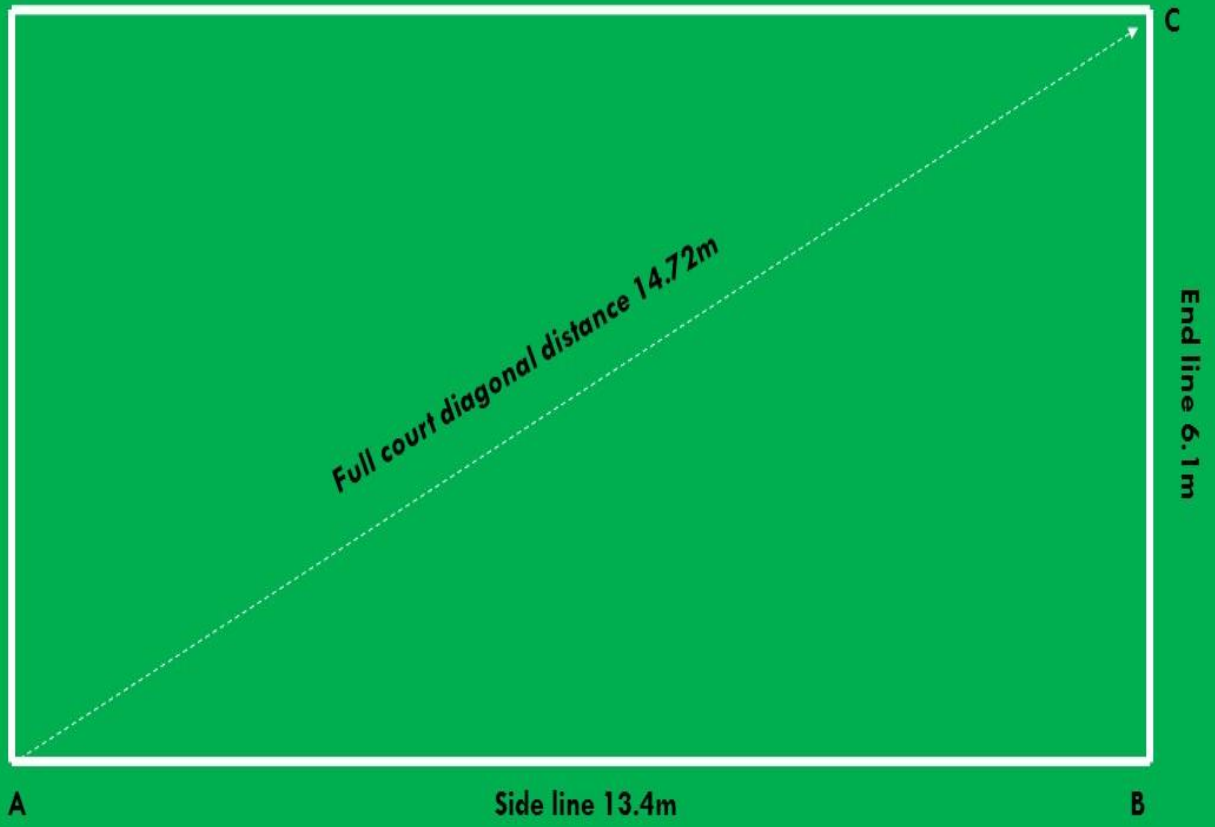
HALF COURT DIAGONAL DISTANCE CALCULATION: AB=6.7M, BC=6.1M

$\sqrt{6.7 \times 6.7 + 6.1 \times 6.1}$

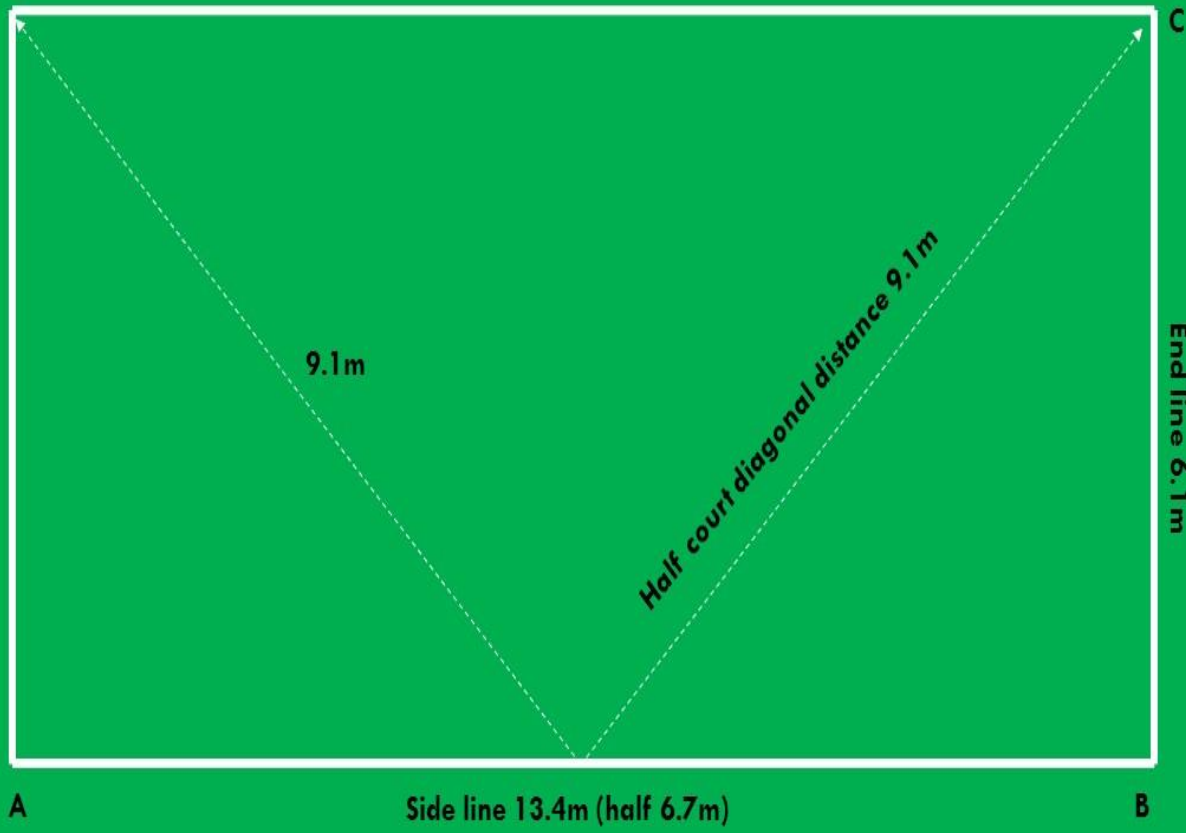
$\sqrt{44.89+37.21} = 82.1$

$\sqrt{82.1}$ = 9.1M DIAGONAL DISTANCE

Sepakatakraw full court diagonal distance marking

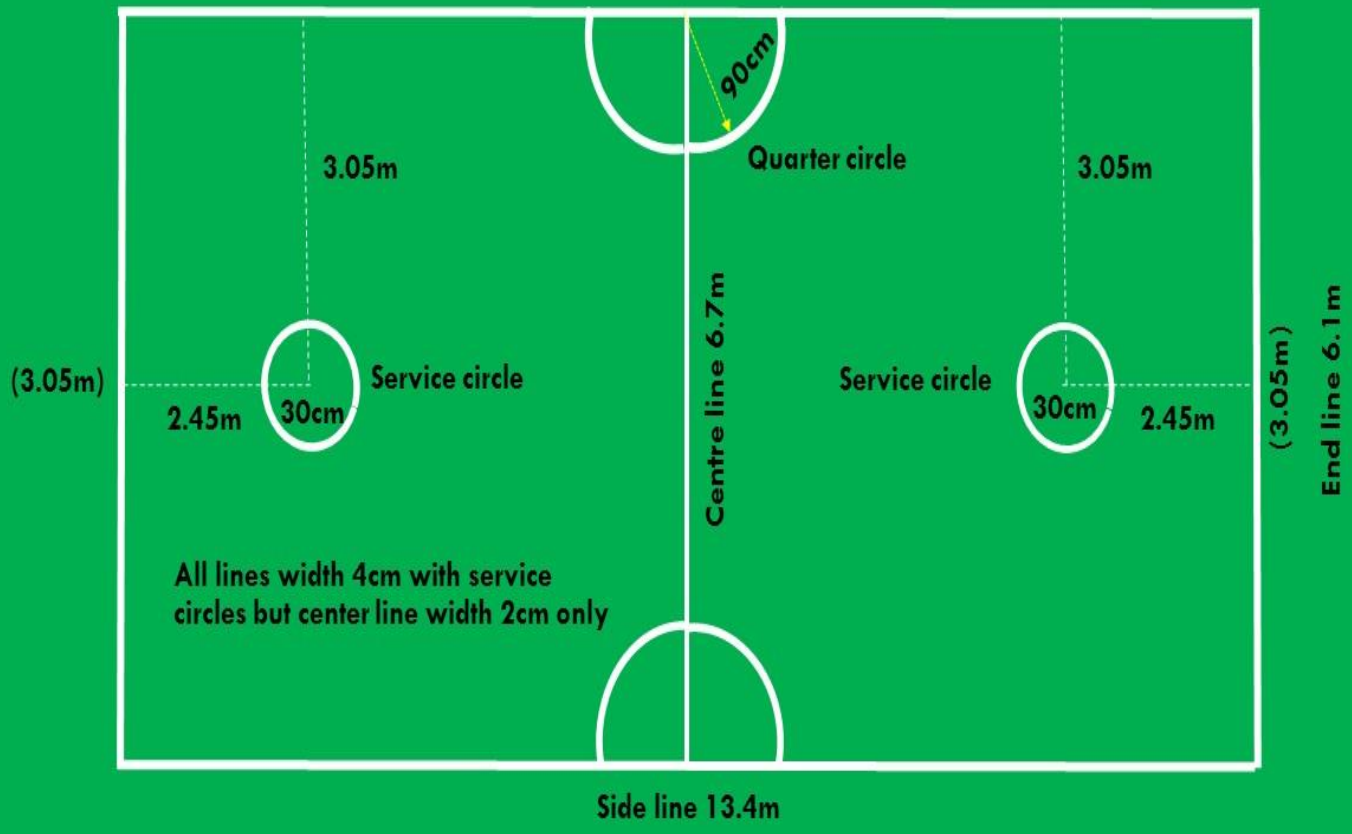


Sepakatakraw half court diagonal distance marking



Sepaktakraw court marking plan

RAJESH AGOLA



Tennis court marking plan

Rajesh Agola

Tennis court for doubles : 23.77m x10.97m

Calculation of diagonal distance : Pythagoras theorem $AB^2 + BC^2 = AC^2$

AB= 23.77m, BC= 10.97m

√23.77×23.77 + 10.97×10.97

√565.1+120.34

√685.44= 26.18m Diagonal distance

Half court diagonal distance calculation: AB=11.885m, BC=10.97m

√11.885×11.885+ 10.97×10.97

√141.25+120.34

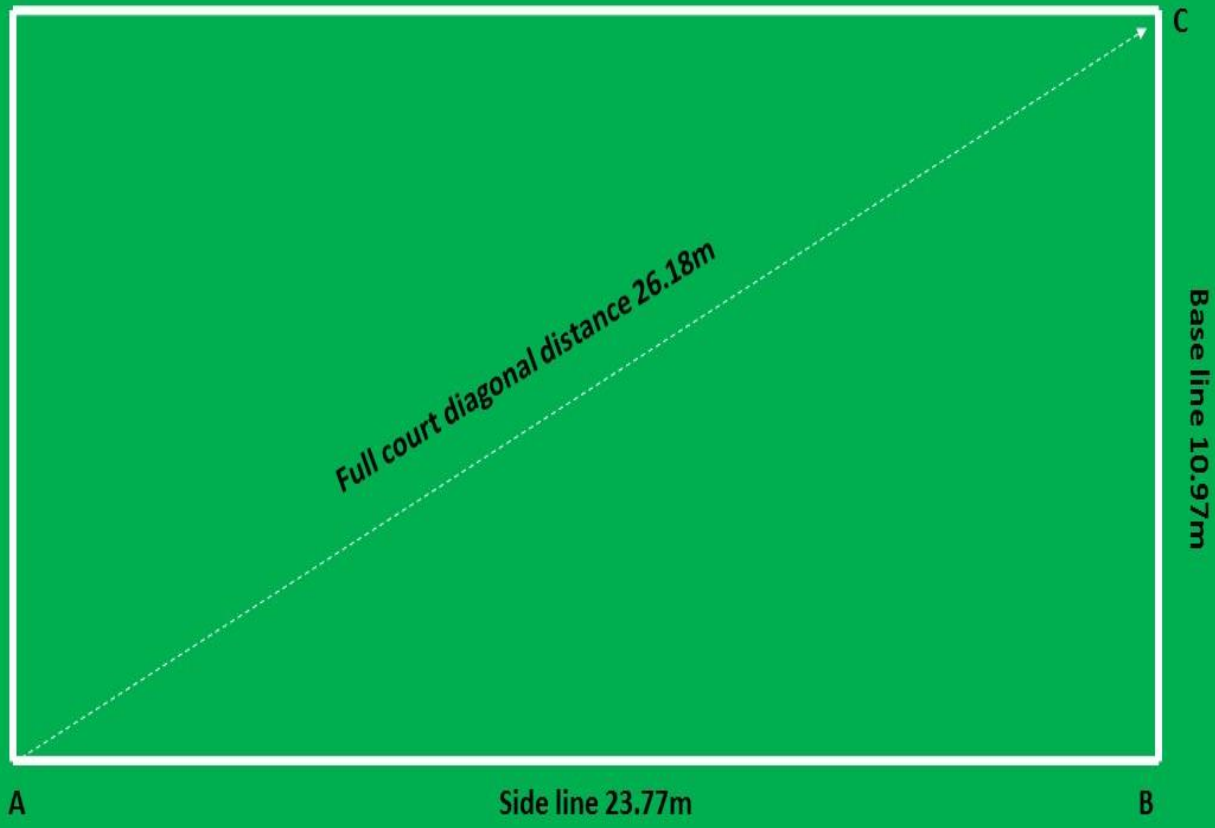
√261.59 = 16.17m Diagonal distance

Tennis court for Singles 23.77x 8.23m

Full court diagonal 25.15m.

Half court diagonal 14.456m.

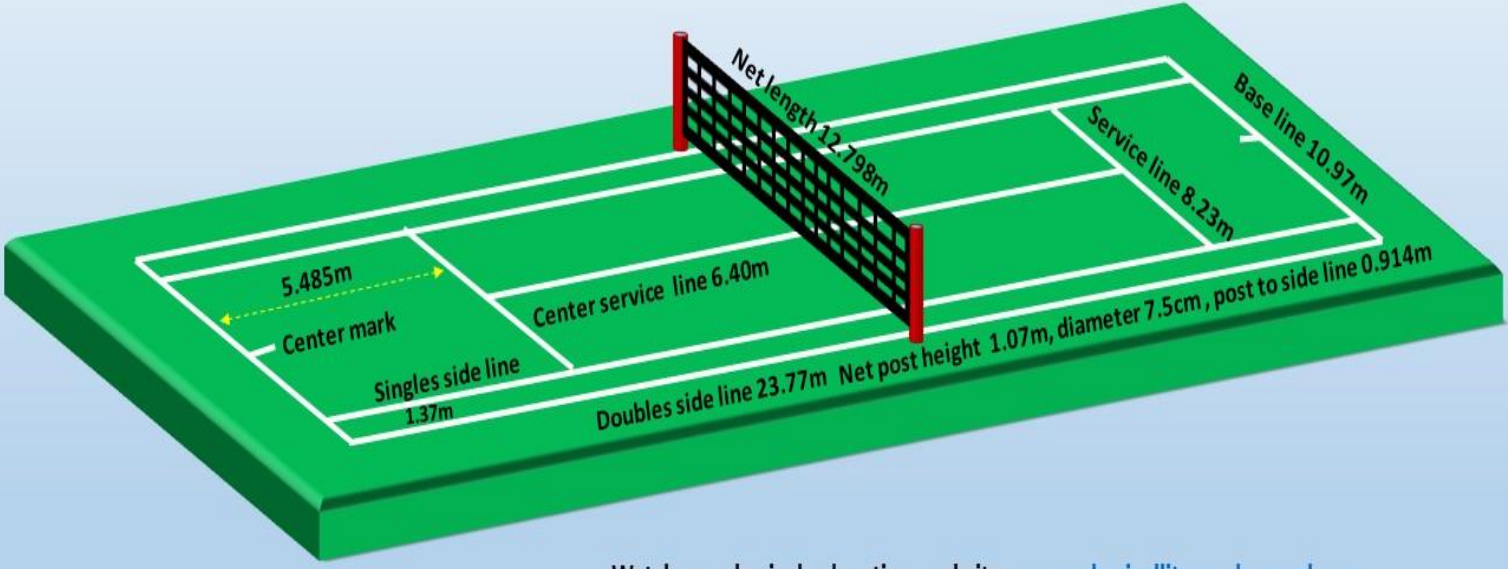
Tennis full court diagonal distance marking



Tennis half court diagonal distance marking

TENNIS COURT MARKING PLAN - 3D

RAJESH AGOLA



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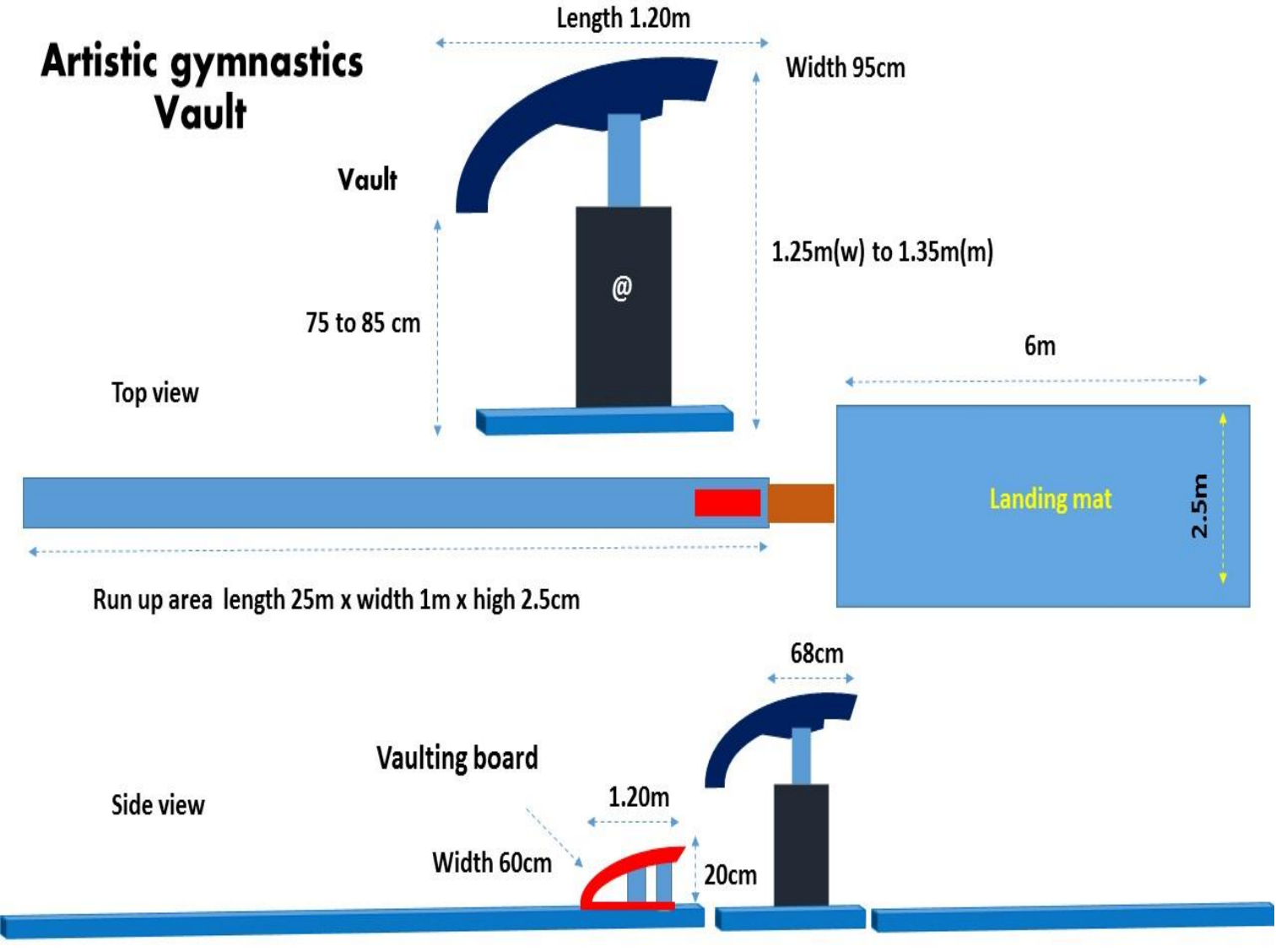
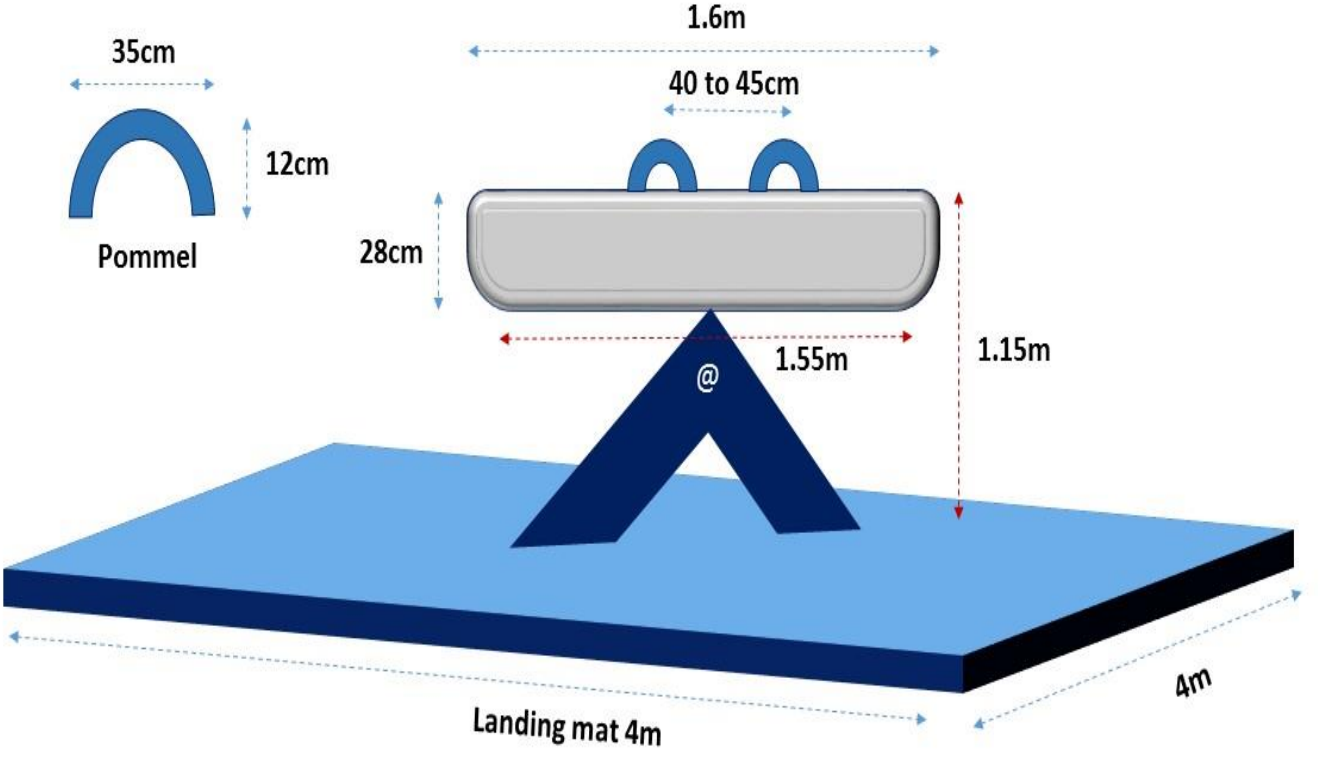
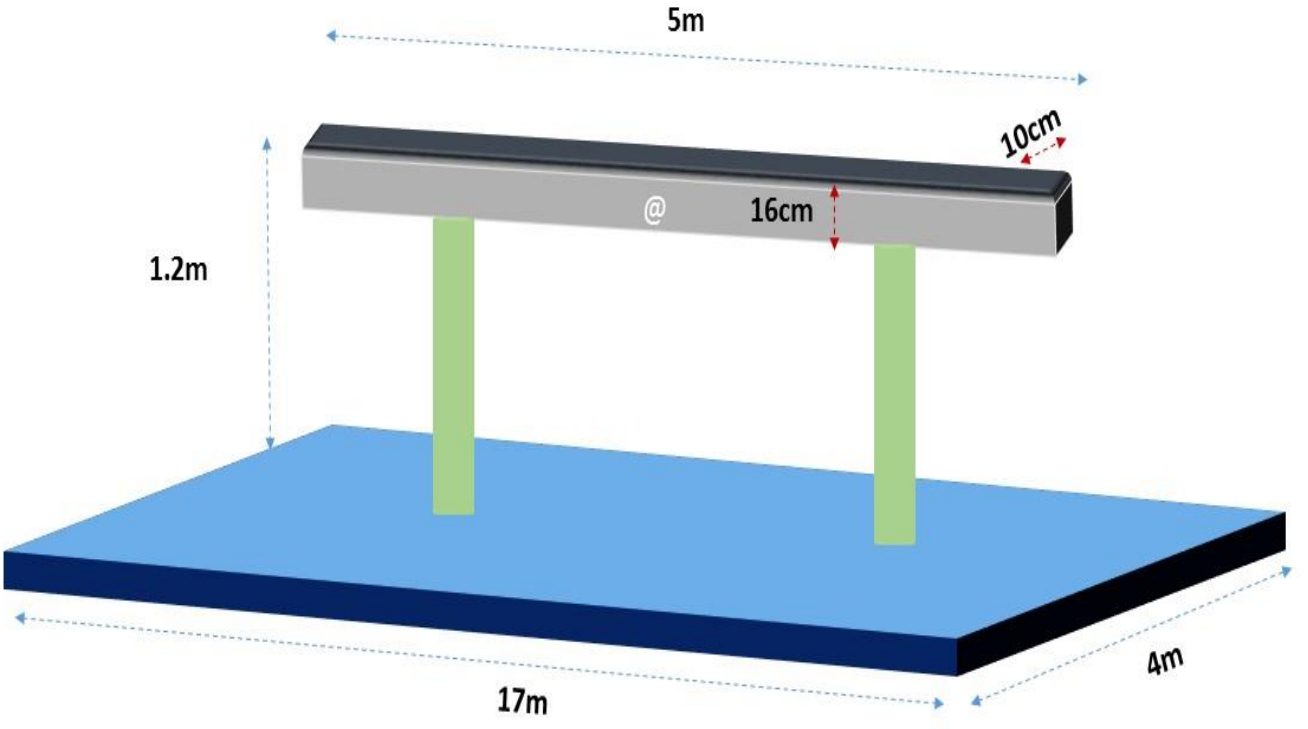
Artistic gymnastics Vault



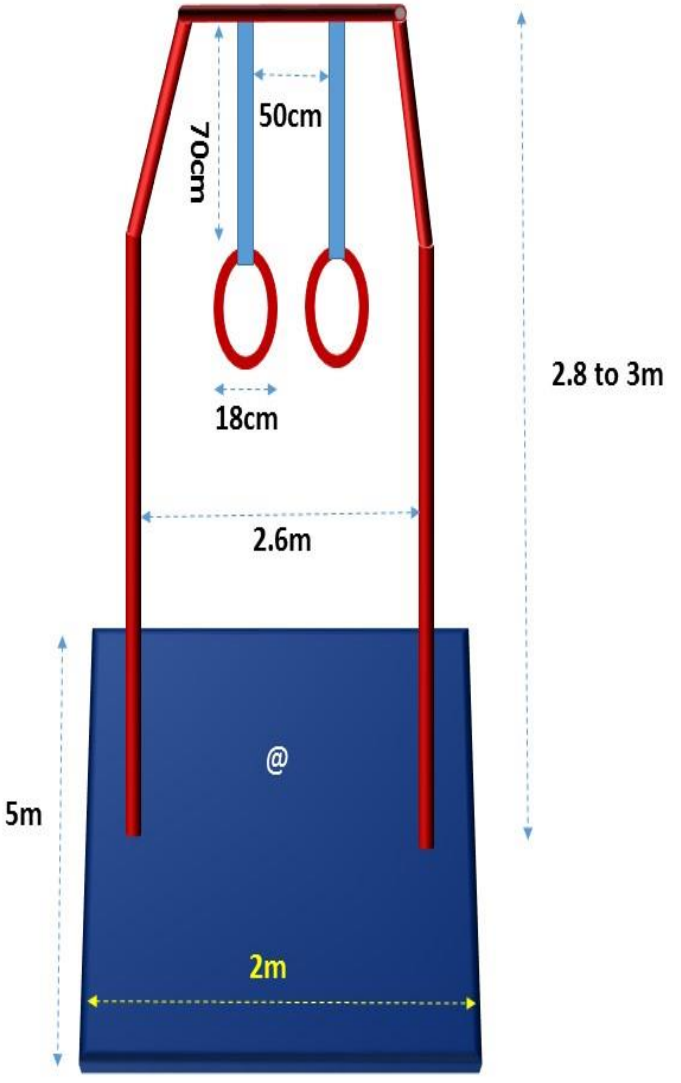
Artistic gymnastics
Pommel Horse



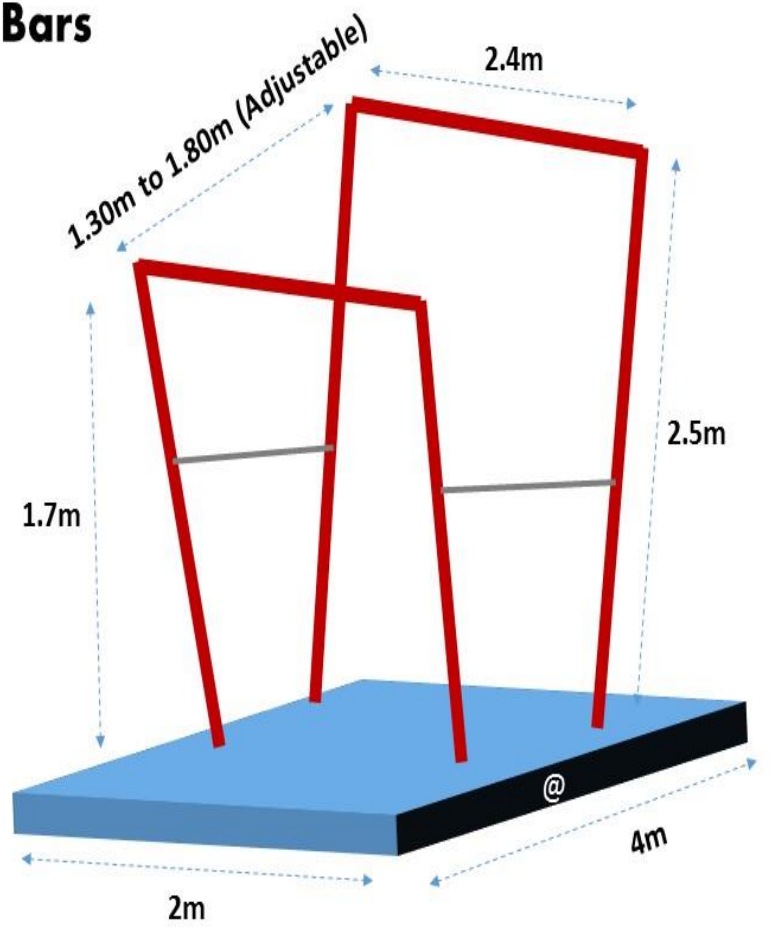
Artistic gymnastics
Balancing beam



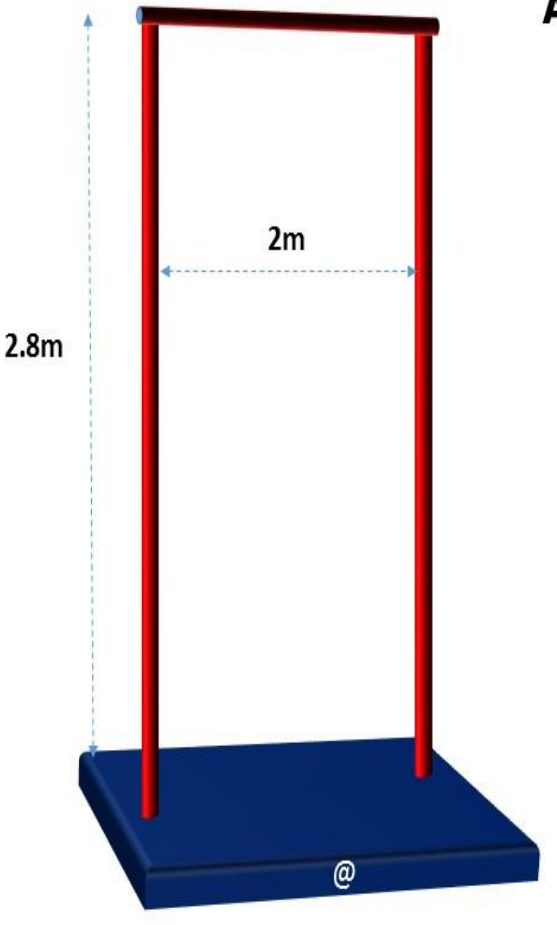
Artistic gymnastics
Roman rings



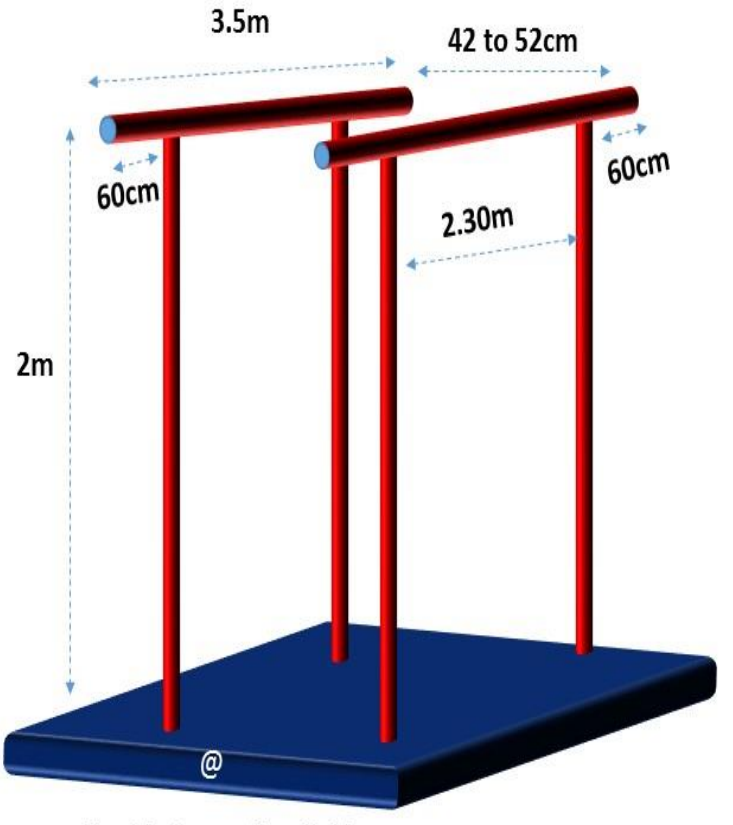
Artistic gymnastics
Uneven Bars



Artistic gymnastics
Horizontal bar and Parallel bar



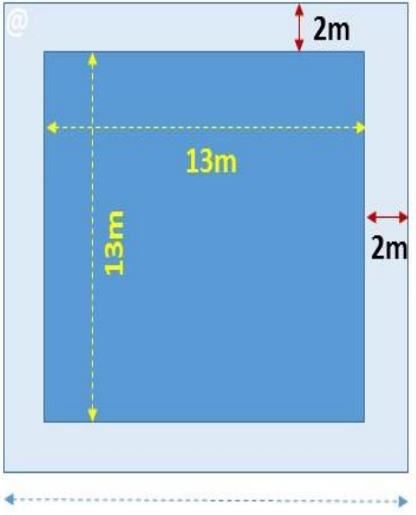
Single bar or Horizontal bar



Double bar or Parallel bar

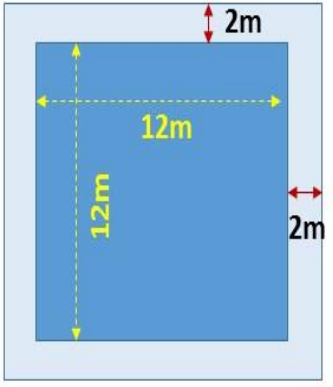
Gymnastics floors

Rhythmic Gymnastics



15x15m

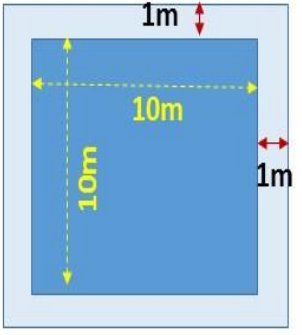
Artistic and Acrobatic Gymnastics
Men's & women's



14x14m

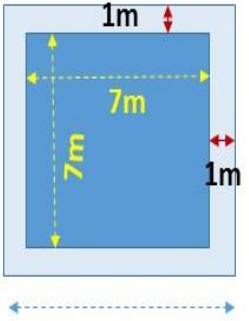
Aerobic Gymnastics

Group



11x11m

Solo



8x8m

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Notes: