

CHAPTER – I

INTRODUCTION

The famous Tamil poem ‘Odi Vilayadu Paappa’ written by the great poet, Subramania Bharati stressed the importance of play and physical exercise in the life of a child. The poem starts by saying,

‘Run, run and play my little one,

You should never sit idle ever

Play, play together with all, my little child

You should never chide another child

It also stressed the importance of play in the evening, by saying that laziness is very bad and to be brave, not to cry or wail in life. Thus, sports and play are part of human life and are considered as the oldest form of human interactions, where transmission and transformation of ideas occur directly and indirectly. Thus the above descriptions on the importance of sports and play clearly supports the saying, ‘*All work and no play makes Jack a dull boy*’.

1.1 Origin of sports and games

A sport is an embodied, structured, goal oriented, competitive, contest-based and ludic physical activity. It was surprising that the early sports and games were mainly evolved from the preparation of training of war and hunting. It was used in military situations to unify and coordinate the persons to work as a team and to select the fittest to service. In the case of the primitive man, there were competitions conducted with the

simple mode of human transportation, running, hitting, kicking, throwing, hunting and throwing. The equipment used for playing were mainly the spears, stakes, shells, bones, rocks ,limestone, pebbles, marbles, wood pieces, ivory and glass. As man began to settle down in communities, there arose the need for group games, and hence many of the ball games originated. The earlier balls were made of stones, wood pieces, animal bladders, tusks of elephants, human heads, and skull of animals and human beings. Later on, communities started competitions among them which led to the present day mode of competitions in sports and games.

The present games were believed to have originated from the earlier games originated in various parts of the world. There were evidences of these games seen in the caves and other monuments in the form of illustrations, paintings and sculptures. The boxing and wrestling were believed to be the first sports to have played in the history, and is still prevalent in the modern era of sports. The evidences of wrestling were seen in France, Japan, Mongolia, Iraq and Egypt. The existence of Polo was evident in ancient Persia, horse racing in Great Britain, Fencing in Italy, Hurling in Ireland and Gymnastics in China. Moreover, there were ancient ball games originated in England, from which the present ball games of Football and Volleyball originated.

1.2 Sports clubs-Meaning and origin

Community sports clubs are primarily responsible for enhancing sport participation, creating a safe and inclusive environment and ensuring the club is economically and legally sound. Sports club is an association or group of people formed for the purpose of engaging in a particular sport or to maintain the health and fitness. It is

also known as ‘Sporting Club’, ‘Sports Society’, and ‘Sports Association’ or even as ‘Athletics Club’ in many places. The club mates can enjoy the facilities of the club by using the equipment, infrastructure, get training in the sports, and actively participate in the competitions and selections. The sports club provides registration to the members so that they can play the games and enjoy using the facilities of the clubs. There are paid clubs as well as unpaid. The members are charged an annual fee or on the basis of the attendance of the clubs. A club’s focus may be recreational, instructional, and competitive or a combination of these types of activities based on its constitution.

These clubs may either have single sport or may be ‘multisport clubs’. Usually team events are played in sports clubs which acts as a place of social bonding and of social interactions, where the people come and meet exchange their ideas and discuss on the views of sports. Sports club is also a stronger pillar of the society. No man can learn culture without association with other human beings. It is the sports which help the players and individuals to develop human social qualities in a play field situations (**Dr. A Yobu, 2003**).

The sports clubs provide coaching to the players with efficient coaches or coaches hired for the seasons of competition. Many great players from various sports have emerged from the local sports clubs out of the grass root trainings and identification of the sprouted talents. The sports club varies from professional sports club to unorganized clubs. In certain areas, it takes the form of just a paper club where they just hire the players for the competitions and no formal training is given. Moreover, there are sports clubs that are registered in the stock markets also. In short, the nature, function and role of sports clubs vary from place to place and time to time. Community sports clubs are

primarily responsible for enhancing sport participation, creating a safe and inclusive environment and ensuring the club is economically and legally sound.

It was believed that the first amateur sports clubs were started in the seventeenth and eighteenth centuries. The origins of a golf club in England were in 1608, and that of skating club in 1742. The oldest cricket club originated in 1787 was Marylebone Cricket club of London. In India, the first club that was believed to have originated in Calcutta named 'Calcutta Cricket and Football club' in the year 1792.

1.2.1 Types of ownerships of the sports clubs

The sports clubs have become the backbone of the society in promoting the major games. The ownership of the clubs is in various forms. Usually in India, the clubs are owned in the following ways.

- Sole proprietorship
- Partnership
- Public Limited company
- Private limited company
- Limited liability company
- One person company

1.2.2 Structure and organization of the sports clubs

Elissa Jane Burton (2009) stated that the administration and governance of sports clubs are important in effectiveness of grass root sports clubs. The structure of Professional sports clubs is a hierarchy that it consists of many members who are assigned with various roles so as to meet the needs of the clubs, considering their capabilities. The organization of the professional sports clubs are as given below.

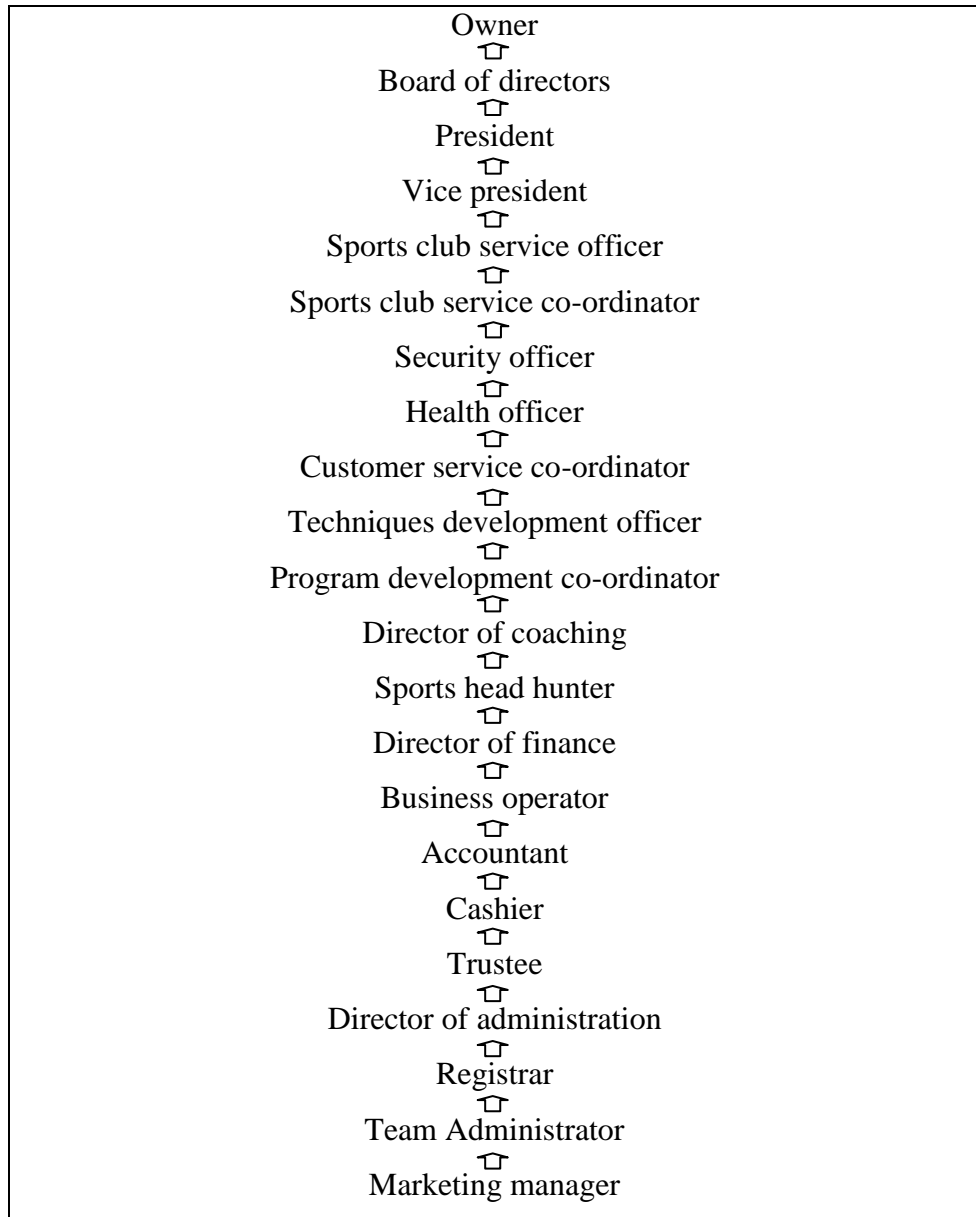


Figure 1.1

Schematic representation of the hierarchy of the members of the Professional Sports Clubs

In the case of the sports clubs in India, it is less complex as compared to the one given above. However, it is much simpler as in the case of local sports clubs of Kerala. The local sports clubs of Kerala usually consist of executive committee with the following members. The club gives various designations to the members of the club so as to make the functioning of the club very smooth. Moreover, sharing of responsibilities help in the completion of the simplified task of the complex nature of the sports clubs.

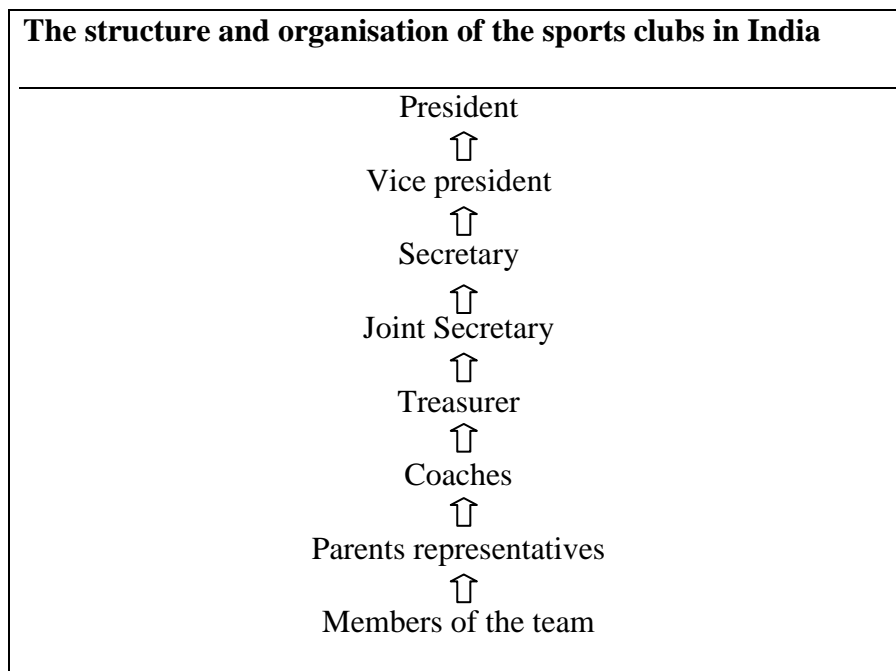


Figure 1.2

Schematic representation of the hierarchy of the members of the Sports clubs in India.

1.2.3 Functions of the sports club

The sports clubs focusing on mass sports tend to take up new sports activities and to employ paid employees more often than the clubs focusing on competitive sports and sociability. The committee of the sports club has various roles in starting a sports club.

The functions of the sports clubs at the launching of the club are to select a name and logo, to elect the Administrative committee of members, to appoint the employees, to frame the constitution, to frame the code of ethics and to compile the rules.

Golle K (2014) revealed that sports clubs with appealing arrangements appear to represent a good means to promote physical fitness in children in rural areas. It is important to provide the basic amenities to the club and its members and to ensure that these are followed, monitored and maintained by the committee. Moreover, it is important to preserve and maintain the sports grounds. The clubs should provide certain other facilities like recreational facilities, fitness training, sports knowledge, medical, transportation and so on. It is essential to keep a stock and record on the equipment provided by the club and the access to these must be ensured. Any violations should be taken serious and followed by legal actions. It is the duty of the sports club to arrange activities for the development of the locality and the popularity of the game. Another major function of the sports club is to provide practice matches, intramural and extra mural matches. The sponsorship and funding of the sports clubs are to be ensured. In short, it is the duty of the sports club to maintain an overall frame of the functions of the club and its activities.

Rossing N (2018) marked that geospatial analyses of proximity to talent clubs highlighted a trend indicating that most national and elite youth league athletes in sports had their place of early development in their sports near a talent club. The coaches and coaching appropriate to the need of the game and players are essential. It is essential to ensure that the players are properly given nutritious food and guidance on the nutritional aspects of the food. There are clubs that provide the services of a nutritionist, dieticians

and counselors. It should maintain first aid kit and provide doctors, nurses or medical officers. In addition to that, there should be the provision of medical insurances to the players given by many sports clubs that are professional. It is essential that the sports club should appoint team managers for the competitions. Moreover, the decisions and selections of the players must be fair and should ensure the welfare of all members at the time of competitions and training.

It is essential to maintain a good rapport with the local governing bodies, administrative and governmental agencies of the games and the clubs. In India, the local bodies are mainly the Panchayat and municipal committees and corporations. The sports clubs are affiliated to the concerned district associations and the state associations. The club and its members should maintain a good relation with these agencies and it acts as a primary factor in the growth of the sports clubs. However, the sports club and the members should give proper reply to the correspondence to the clubs. It is the duty of the sports club to ensure that proper and regular meetings are held in the clubs. Moreover, proper channelization of the ideas and decisions among the members are to be ensured.

In addition to that, there should be the provision for regular meetings in the club with proper records and democratic attitude among the members. The members should be given enough freedom of speech and expression to share their views and to welcome the ideas and suggestions by the members for the future enhancement of the club and its functioning. The major area of sports club is to prepare the annual plan and budgeting. It must ensure that the expenses and income of the club are balanced so as to maintain the monetary factors of the club. There should be maintenance of stock records of purchase of equipment. There are sports clubs that have the access to online filing accessible to all,

in order to create transparency. In addition to that, the chief function of the club is to create an annual report of the club and its activities. The youth sports club needs to be supportive and healthy environment with activities designed for and adapted to the specific age group or stage of development of the youth (Geidne S, 2013).

1.2.4 Financial aspects of the sports clubs

In order to function and develop, it is essential for each sports club to find out the sources of income for their functioning.

Table 1.1

Table showing the various sources of income of the Sports clubs.

Sources of income for the sports clubs
Sponsorships from the public
Membership fee
Fund raising programmes
Government grants and scholarships
Funds from stock markets

The funding for the sports club is mainly through sponsorship from various companies. The kind of sponsorship each club receives is based on the popularity of the club as well as of the popularity of the game it focuses. The clubs would collect a fee as for the membership every year and for its renewal. Another major method of collecting money for the sports clubs is by organizing various fund raising programs. It is by

organizing a competition where the tickets are charged to view the match. Moreover, registrations and coupons also aid in financial support.

However, the source of income for the club is mainly through the grants and aids from the government and other agencies. This is allotted only to the registered clubs in the concerned associations. It can be in the form of the grants for the development of infrastructure by providing the equipment to the clubs. There are provisions for the scholarships and grants for the prominent players from the government. In addition to that, the government supports the efficient players of the clubs with job opportunities also.

There are professional clubs owned by multinational companies. There are companies who sponsor the clubs based on the players they have or hired. In the case of Indian sports economy, the success of the Indian Premier League (IPL), Indian Super League (ISL) and the Indian Volley League (IVL) had a great impact in the youth for their orientation to the games.

1.2.5 Governmental grants and Financial aids to Sports clubs and sports

The government gives the grants and aids to develop sports and the sports clubs in the following ways.

- Youth services National Youth policy
- Nehru Yuva Kendra Sangathan (NYKS)
- Youth development centers
- Award to outstanding youth clubs
- Sports National sports policy

- Sports Authority of India(SAI)
- National Sports Talent Contest
- Grants for creation of sports infrastructure
- Grants for synthetic tracks or artificial surfaces
- National sports festival for women
- Sports scholarship scheme
- Assistance to promising sports persons
- Rural sports programs
- National sports development fund
- Grants to rural schools for playfields and sports equipment
- Grants for sports infrastructure in universities and colleges
- National sports development fund(NSDF)
- Youth services National policy
- Assistance to youth clubs
- Special area games
- Promotion of sports in the university sector
- Awards to excellent players
- Grants to national sports federation
- Rajiv Gandhi Khel Ratna award
- Pension to meritorious sports persons
- Promotion of sports in schools
- National welfare fund for sports persons

1.3 Origin and history of Football

In the primitive ages, the favorite pastime of man was to knock down the target by throwing or rolling stones to hit a target while wandering in the jungles. Later, the same idea was modified by man by rolling a round object on grass to hit a mark. It had developed in different versions in different parts of the world in different names. When the same idea was developed and propagated in Britain, it ultimately led to the origin of the game of Football.

There were games similar to Football played in many parts of the world like that of Mesoamerican ball games, Ullama, Ollamalizti, Pelota, Phaininda, Ba, Balloon and Calcio Fiorentino. However, China presented the first evidences of Football in the Han dynasty. Because of the proper documentations available, the game of 'Tsu-Chu' was accepted and recognized by FIFA as the earliest form of Association Football with regular rules. The game of 'Kemari' was brought to Japan from China during the Asuka period and was influenced by the game 'Tsu Chu'. But 'Tsu Chu' was a violent and competitive game, whereas the game of Kemari lacks the competitive element. The historical evidences proved that the 'Tsu Chu' in China, 'Kemari' in Japan, 'Episkyrose' of Greece and 'Harpastum' of Rome were the ancient recordical and accepted versions of Football.

The Romans were believed to have brought the game of Harpastum to British island during their invasion in Britain in the first century AD, which had led to the origin of Football in England. The football continued to have existed in Britain even after the

Romans left Britain in the fifth century AD. It was believed that the Football as a game was first played in Britain.

The Football was banned in England by King Edward III of England in 13th April, 1314 for a period because of its violent nature as it involved death, severe injuries and fights among the people (**Keir Radnedge, 2007**). Moreover, the kings wanted the people to practice archery that help them in wars. By around 1581, the game was modified by overcoming the drawbacks of the game. The game of Football was modified into a small version with big grounds, small teams, few rules and a good referee. The game of Football came to forefront in 1605 AD, with the legal enforcement of a law in England in 1605 AD.

Another milestone in the history of Football occurred in 1823, when a player named William Ebb Ellis of Rugby School took football in his hands and ran, which marked the beginning of Rugby Football. The game of Rugby Football had variations of actual football rules and termed as Rugby school of Football. The Eton college of England established a set of rules for the game in 1815 AD. The Cambridge rules of Football were established in 1820. The games of Rugby which was called ‘running game’ and Football which was called ‘dribbling game’ was not demarked for long time. These resulted in the variations of football and thus came the need for a common set of rules to play football, which had led to the formation of Football association (**Keir Radnedge, 2007**).

The major milestone in the history of football occurred as the first Football club was formed in the Northern England, in Sheffield in 1855. It was formed by the working

men of the factories of Northern England who enjoyed playing the original version of Football during the leisure time. In 1862, the world's oldest league club named, Notts County was formed. The word 'soccer' was sometimes used for football. It was believed that the word 'soccer' was derived from the word 'association'. It was because of the Football Association which was formed in 1863. The people from the schools and clubs all over England met in London and set up a set of fourteen rules of football. Moreover, the weight and size of ball and pitch were also standardized in 1872. The shin guards were introduced in 1874; whistles in 1878 and the crossbar were replaced by tapes in 1875. Moreover, the football referees were introduced in the game from 1840 onwards and the use of yellow and red cards was from 1978 onwards. In addition to these, the first game played using the football association rules was in 1865 between Sheffield FC and Nottingham FC. By around 1873, fifty football clubs had joined Football association, which was later split into association football and Rugby Football (**Keir Radnedge, 2007**).

The Federation Internationale de Football Association (FIFA) was formed in 1904. The FIFA held the first world cup tournament in Uruguay with thirteen teams. It was in 1900, the game soccer was introduced to Olympic Games for the first time. The first soccer match was played between Barnes Football club and Richmond Football club in 19th December 1863 at Mort Lake, London. The first official international Football match was in 1872, at Glasgow, Scotland between Scotland and England. The first international match played by teams outside Great Britain was that of Canada and USA in New York in the year 1885. Moreover, it was in 1991, the inaugural Women's world cup was held in China.

The evolution of balls used in the game of football also had a long run evolution story as that of the game of football. The first balls used in the game of Football were made of pig's heads and skulls of soldiers and of the inflated bladders of pigs tied off at the ends. Since it was difficult to play football in the humid climate of England, the search ended up in the invention of vulcanized balls in football in 1855 by Charles Good Year.

The Football was flourished worldwide as a result of Industrialization and globalization. As the mass media projected the game, it was welcomed by the people all around the world. Britain was the first place to develop what we would see today as codified, organized and commercialized Football. Britain was an industrial and capitalist economy with high income of people which help them to generate wealth for and from the sports. It was due to the influence of the feminist movements, women's rights and the pressure from the sports funding agencies in the 19th and 20th century that women were involved in sports like Football. The major women's International Football event is FIFA Women's World cup. It is the game of all irrespective of class, creed, sex, race and religion. In short, the history of football evolved through the various social changes that took place in the society.

1.3.1 Origin of Football clubs in the world

Football was the game enjoyed and played by the common man in the history. Based on the documentations, the history reveals that the origins of Football clubs were in the 18th century. The researcher has attempted to gather the available information of the early Football clubs to its maximum extent, and to incorporate it into a useful data.

- *Emergence of Football clubs before 1840.*

There were certain evidences in the literature that points out that the origins of Football clubs before 1840, but it lacks proper documentations. There were evidences of a sports club formed by ‘The Gymnastic society of London’ and one in the late 1830-s by the Salopians. The Barnes club from Barnes in London which was formed in the year 1839 is the oldest club to have played football for its entire history. It was later known as Barnes Rugby football club. It was in the year 1840, the Great Leicestershire Football and cricket club was formed. But these were not well documented of its history or its functioning. The pioneer Football clubs with peculiarities are summarized as follows.

- *Guy’s Hospital football club* originated in 1843 in London was the oldest club as per Guinness book of records and was formed by the staff of Guy’s hospital, London.
- *Hallam Football club* formed in 1846 in Sheffield, which was termed as the second oldest football club in the world.
- *Dublin University Football club* formed in 1854 in Trinity college of Dublin in Ireland was the oldest football club in the world with best documented continuous history.
- *Cambridge University Association Football club* formed in 1856, in Cambridge in England was the oldest club now playing association football.
- *Edinburgh university football club* formed in Edinburgh of Scotland in 1857 was the first documented football club and the first to describe as football club in Scotland.
- *Liverpool Football club* formed in 1857 in Liverpool in England, which was later known as St Helens Football club was the oldest open rugby club in the world. The club later adopted Rugby union rules in 1872.

- *Sheffield FC* was the oldest football club that joined the football association in 1863. It was originated in October 24, 1857 in Sheffield, England as an independent football club. It was the first club not to have associated with any institutions like colleges, schools or hospital and to form as an independent association.
- *Harrow school Football club* which was founded in 1859 by Old Harrovians was the oldest surviving association football club after Sheffield FC.
- *Geelong Football club and Melbourne Club*
It was found that the Melbourne Cricket club was formed in 1858 in Melbourne as the pioneer football clubs of Football in the history of Australia.

1.3.2 Leading Football clubs in the world

The world famous Football clubs were Real Madrid, Juventus, FC Barcelona, Manchester City, Liverpool FC, Arsenal FC, Bayern Munich, Chelsea FC, Tottenham, Everton, Monaco, Inter Milan, AC Milan, Roma, Lazio, Ajax Porto and the list goes endless. The Real Madrid was awarded the football club of the century by FIFA in 2000, and was recognized as the Football club of the 20th century.

1.3.3 Origin of Football and Football clubs in India

‘Well you see, we play ‘Football’ in India, whereas you play ‘boot ball’.

The above mentioned words were the golden words of the former Indian football team captain, Talimeren, which captured the front pages of several newspapers of London in 1948. The captain gave an answer in humor to one of the reporter’s question of their game being played with barefoot, whereas the opponents in boots. It was in 1948 London Olympics, when India lost its game to France. It was the first major international

tournament of India. India secured a goal ever in Olympics was in the 1948 Olympics by Sarangapani Raman and it was the only time India participated in Olympics ever in Football. Football, in India, like any other games was evolved through ages and had a profound history in the golden ages of the origin of sports and games.

- *Early Football clubs of India*

The British introduced the Football to India, with the aim to unify the Indian army. Moreover, the great efforts were taken by a Bengali personality named Nagendra Prasad Sarbadhikari in spreading the game in India. As the 18th century saw the emergence of the pioneer football clubs in the world, it was also emerged in India. Sarada FC was the oldest Indian football club in India. The Calcutta cricket and football club was formed in the seventeenth century. It was administered by the British people of East India Company. The football clubs named Sarada FC, Calcutta FC (1872), Mohammedian Sporting club (1891), Mohan Began FC (1889), Aryan club, Sovabazar, Dalhousie club, Traders club and Naval volunteers club were the pioneers among the football clubs of India. Mohan Began FC was formed in 1889 and is still playing football as Mohan Began sporting club. It was the first Indian side club to win with playing with a non-Asian club. It had won the IFA Shield in 1911. Moreover, it won Federation cup 14 times. It was noticeable that Sunil Chhetri also began his professional career here.

Calcutta was the hub of Indian Football. Kolkata Derby was termed as the event of the crucial fight between East Bengal FC and Mohan Began in the field of Football. There were several football clubs from Goa also. Dempo was a forty five year old football club of Goa. Salgaocar was the first club of Goa to win a National football league IN

1998-99 and the first Goan club invited to participate in Durand cup. r b Ferguson Football club of Kerala was established in 1899.

○ *Organizations and Tournaments of Football in India*

There were several associations formed in India for the flourishing of football in India. The Indian Football Association was formed in 1893 without any Indians on its board. It was in 1911 that an Indian team had won a major tournament of IFA, when Mohan Began defeated East York shore Regiment. This was placed as a golden feather in the crown of Indian football. The club was honored as the National Football club of India in 1911. The All India Football Federation was started in 1937.

Moreover, India had certain prestigious tournaments and shields in Football. Among the oldest competitions of football in the world, Durand cup stands the third. It was started by Sir Mortimer Durand in 1888 as a sort of recreation for the British people in India. Football tournaments like Gladstone cup, Trades cup, Super cup, Santhosh trophy and Cooch Behar cup were started. The Federation cup was started in 1977 and IFA Shield in 1893. The IFA shield was the fourth oldest trophy in the world, started in 1893 in India. However, the London Olympics which was started in 1948 was the first major international tournament.

○ *Achievements of India in Football*

India had played several tournaments with other countries in the early years of football in India. In 1938, India played with Australia. In 1948, the sports clubs named Mohammedian FC, East Bengal and Mohan Began played with China. It was in the 1948 Olympics at London, Indian team played barefooted and lost the game to France. The

first Indian to secure a goal in Olympic football was by Sarangapani Raman. India qualified for 1950 FIFA World cup in Brazil. In 1956 Melbourne Olympics, India became the first Asian nation to reach semifinals of Olympic Football. However, the women's Football team controlled by AIFF was runners up in 1979 and 1983 AFC.

The period from 1951 to 1962 was the golden era of football of India, with the captaincy of Syed Abdul Rahim. India won gold in 1951 and 1962 Asian games and bronze in 1970 Bangkok Asian games in Football. It won South Asian Football Federation Cup in 1993, 1997, 1999 and 2005. India won Nehru cup in 2007. Saied Nayeemuddin was the only sports person in football to receive Dronacharya award and Arjuna award. Shabbir Ali and Syed Shahid Hakim was honored Dyan Chand award in 2011 and 2017 respectively for their contributions in Football. Syed Shahid Hakim was the FIFA official and referee of 1988 AFC Asian cup.

1.3.4 Origin of Football clubs in Kerala

o Early Football clubs of Kerala

It was in 1890 football clubs started forming in Travancore province and Malabar province. In the earlier period, the teams from Karachi and Bengal were invited to participate in the competitions conducted by the football clubs of Travancore, Malabar and Cochin. In the case of south India, the oldest football club was the R B Ferguson football club, Trissur of Kerala state which was formed in 1899. It was named after Kochi Police superintend, FB Ferguson. It was usually known as Young Men's football club. This club played a crucial role in promoting football in Kerala. Later in 1940, the Aurora football club was formed in Ollur, Trissur district of Kerala state. It was formed by a

group of football fans of Ollur. It was termed as the second oldest football club in south India. The first professional football club in Kerala was FC Cochin, which was established in 1900-s. It was the football club in Kerala who had played in National Football League. It won the Durand cup in New Delhi in the year 1997 and played till 2002 in National Football League. The major football clubs formed as the pioneers of football were HMC Kottayam, Calicut young challengers, Brothers, Lucky star, Gymkhana Kannur, Pattath Young challengers and St Joseph. There were several institutions that sponsored the teams of Kerala like KSRTC (Kerala state road transport), Kundara Alinds, Premier tyres, Kannur Keltron, FACT, Titanium, and Kalamassery.

○ *Achievements of Kerala in Football*

Kerala Football team is the Indian state level Football team representing Kerala. It was established in 1948 and is under Kerala Football Association. It won the Santhosh trophy tournament in the year 1973, for the first time under the leadership of T.K.S Mani by defeating Railways. It came to finals in 13 times in Santhosh trophy and won the tournament for six times.

In 1990-s Kerala police team contributed much to football. The Kerala police team won the Federation cup in 1990 and 1991. Moreover, I M Vijayan had the record of 17 goals scored in the Federation cup, which was ranked sixth. The Cochin FC won the Durand cup in 1997. The Ailind Kundara, FACT, Premier tyres and Kerala Police won several tournaments and brought Kerala to fame. There were major football tournaments in Kerala and the prominent among them were G V Raja trophy, Sait Nagjee Trophy and Chakola trophy. Kerala had contributed several national and international players to

football. The list goes on with T A Rahaman, V.P sathyan, CV Pappachan, U Sharafli, KT Chacko , Kurikesh Mathew, Mathew Varghese, Jo Paul Ancheri, I M Vijayan, CA Liston and so on. There were several Olympians in Football from Kerala. They are Thomas Varghese (Thiruvalla Pappan 1948), P B Abdul Saleh(1952), S.S.Narayanan(1956,1960), T.Abdul Rahaman(1956),O Chandrashekharan(1960) and M Devdas(1960). However, the great football player, I M Vijayan was awarded Arjuna award in 2003.

1.4 Origin and history of Volleyball

William G Morgan was considered as the father of Volleyball. The game was named as 'Mintonette' by Morgan. The search for a less violent and affordable game, played irrespective of age and strength directed him to the invention of the game volleyball in 1895. Morgan made a ball in a factory near Chicopee in Massachusetts with the help of the firm named A G Spalding & Bros in 1900-s. The game was designed to be played in Gymnasia or exercise halls, but was found to be played in open areas. In the game, the ball had to be kept in movement over a high net from one side to other. As it was welcomed and approved by the Physical Education directors of YMCA, the game was spread by them to other place.

Canada was the first foreign country to have adopted the game of volleyball. By 1960-s Volleyball was spread to Italy, Netherlands, Eastern Europe, Russia, China, France, Uruguay, Brazil and Philippines. In 1919, the American Expeditionary Forces distributed sixteen thousand volleyballs to troops, which helped in promoting the game to outside USA. In short, the influence of YMCA and the missionaries helped in the spread

of the game of Volleyball. Along with these institutions, the game was promoted by two major professional physical education schools named as Springfield College in Massachusetts and George Williams College in Chicago.

By 1951, there were more than fifty million people playing the game of volleyball each year in sixty countries. As they were not able to bring under one head, the game started disintegrating. Hence, FIVB was started in 1947. The FIVB World Championship, FIVB World League, FIVB World Cup, FIVB grand championships cup, FIVB World tour, Continental cup and Olympic Games made volleyball more popular. The FIVB development centers were organized by the FIVB in various parts of the world. It aimed at monitoring and guiding the progress of volleyball, in developing international cooperation in the game and in conducting various programs of volleyball.

By 1912, the game was played with six players and the rotation system was introduced. In 1916, the game introduced points as fifteen points, which was twenty one earlier. The height of the net was eight feet. By 1916, it was introduced to schools, colleges, intramurals and other physical education programs. In 1920, the first YMCA National championship was held at Brooklyn, New York with twenty seven teams from eleven states was represented. The volleyball courts were put-up in beaches and people come as families to play there. Later in 1930, the first two men beach game was played. It was in Hawaii beach in 1915, that the beach volleyball was first played. The beach volleyball was introduced to Olympic Games at Atlanta in 1996. The international Olympic committee designated volleyball as team sport in 1957. It was introduced to 1964 Olympic Games at Tokyo. The year 1995 was the glorious year in the history of volleyball with the celebrations of its hundred years.

1.4.1 Origin of Volleyball clubs in the world

The early Volleyball clubs were believed to have originated in the 19th century, but lacks proper documentation. Hence, the researcher had limitations to include much of it in this section. Among them, the Besiktas volleyball club and Galatasary volleyball club were formed in 1903 and in 1905 respectively. In 1919, the clubs named Panathinaikas VC and VC Minyor Pernik were formed. The volleyball clubs named Anorthosis Famagusta Volley and C S Saline were formed in 1928. The very next year in 1929, two clubs were originated namely Astra Krotoszyn and GKS Plomien Milowice. JT Thunders and Kifissia VC were originated in 1931 and 1932 respectively. The year 1935 was the one with the formations of clubs named Leningradka Saint Petersburg, Minas Tennis Club, Fundacao de Apia ao Desenvolvimento Educcional de Montes Claros and Praia Clube. Among these, Praia Club was solely for women and Minas Tennis Club was for men and women. Later RC Cannes was formed in 1942.

‘SL Benefica’ popularly known as ‘Benefica’ was the pioneers in the volleyball clubs which was established in May 31, 1939 in Lisbon, Portugal. The IBB Polonia London Volleyball Club was the oldest volleyball club in England, which was originated in 1973. KAVC is the oldest volleyball club of Uganda. The Albanian volleyball league was one among the oldest competition in volleyball in the world.

1.4.2 Leading Volleyball clubs in the world

As per the FIVB rankings, Brazil tops the list of the world’s best Volleyball teams. However, the nations like China, USA, Italy and Russia were among the leading

volleyball teams under the FIVB rankings in the Men's team. Similarly, China, USA and Serbia top the list of the world famous women's team in Volleyball of FIVB.

1.4.3 Origin of Volleyball clubs in India

Volleyball is a game played by a majority of people in India irrespective of rural or urban areas. In India, volleyball is played both as indoors and outdoors. India stands Fifth in Asia and twenty seventh in the world in the game of volleyball. The volleyball clubs of India were primarily by the initiatives of missionaries and YMCA.

The Volleyball Federation of India was established in 1951. The game volleyball was controlled by Indian Olympics Association before the volleyball federation of India. The first meeting of the volleyball federation of India was in 1951 in Ludhiana, Punjab. After the starting of Volleyball Federation of India, Indian teams started participating in World championships, Asian Games, Asian Championships, Commonwealth championships. Jimmy George is one among the best ten players of volleyball in the world. A Ramana Rao, Shyam Sunder Rao and G E Sridharan were awarded Dronacharya awards in 1990, 1995 and 2007 respectively. A Ramana Rao received Arjuna award and Dronacharya award in volleyball. He was the first volleyball coach to qualify as a FIVB Instructor in German Democratic Republic in 1980 and to conduct international coaches' courses in India and abroad. Om Prakash and P Padmanabhan Nair were awarded Dhyan Chand awards in 2003 and 2015 respectively.

The Indian volley league was a professional franchise based model for volleyball competitions in India involving the top players of India. It was started in 2011 by the Volleyball Federation of India with six teams of each of Chennai, Hyderabad, Mumbai,

Yanam, Karnataka and Kerala namely, Chennai Spikers, Hyderabad Chargers, Maratha Warriors, Yanam Tigers, Karnataka Bulls and Kerala Killers respectively.

1.4.4 Origin of Volleyball clubs in Kerala

The spread of Volleyball in Kerala was mainly through the Christian missionaries and YMCA. As many of the people from Kerala went to other states for education, many of them got trained in YMCA training centers. YMCA centers were the chief proponents of the games like volleyball, basketball and badminton. In 1945, Olympic association was started at Trivandrum under the leadership of Mr. Raghavan Nair .This led to the formation of Travancore Volleyball association.

The prominent volleyball players of Kerala were KC Elamma, Jimmy George, VM Kuttikrishnan, Sally Joseph, Cyril C Valloor, KJ Kapildev, K Udayakumar, Tom Joseph and so on. Jimmy George played club volleyball in Italy. He was the youngest volleyball player to have honored by Arjuna award and was awarded with GV Raja award in 1975. Tom Joseph represented Kerala in two Asian games and four Asian volleyball championships. Jimmy George of Kannur was among the best ten players of volleyball in the history from its origin. The women's volleyball team of Kerala was usually tagged with a name called 'Namakuzhy sisters'. It was a team of players with K C Elamma, Eliamma, Samma, Annakutty, Ammini, PK Leela and VK Leelamma. The national championship at Jamshedpur in 1971 was won with the captaincy of K C Elamma. There were several Arjuna awardees from Kerala in Volleyball. They were K C Elamma(1975), Jimmy George(1976), VM Kuttikrishnan(1978-79), Sally Joseph(1984),

Cyril C Valloor(1986), K J Kapildev(2010), K Udayakumar(1991) and Tom Joseph(2014).

1.5 Malabar region of Kerala state

The word ‘Malabar’ was derived from the words, ‘mala’ which means ‘hill’ and ‘varam’ which means ‘slope’. Hence the word ‘Malabar’ means ‘slope of a hill’. Malabar was the state controlled by British East India Company, consisting of the Northern half of Kerala. It comprised of the present districts of Kazharghod, Kannur, Wayanad, Malappuram, Palakkad and Calicut. Calicut was considered to be the capital of Malabar. After the Anglo Mysore wars, the Malabar region was organized to the district of Madras presidency. In Malabar area, many were believed to have migrated from the central and southern part of Kerala.

1.5.1 Malabar region and Football

‘Love for food, football and music’..... Let’s define Malabar in a rhythmic way.

The Malabar region is termed as the hotbed for Football in the country. The people of Malabar are overwhelmed with the welcoming of World cups or any tournaments of Football. The streets and villages were all overwhelmed in the arrival of Football tournaments. It is depicted in the form of flexes and boards showing the Football. The nooks and corners of all villages of Malabar gets ready announcing the onset of Football season, when the paddy fields get dry by the month of November. Even the galleries were arranged in the area for the overcrowded spectators. It is interesting to see people moving to other places to watch the Football matches. The love for international players is extremely high in Malabar. It is a known fact that the great

legend, Maradona endorses a famous jewelers brand in Kerala and the football icon came to Kerala to inaugurate the brand showroom. It clearly shows the in- depth love of people of Kerala to Football and its players.

When we look back to the history of Football, we would be amazed to see why football is so prevalent in the Malabar region of Kerala. When India was under the British control; Football was the favorite leisure game of the British soldiers after the camps and training. The local people were assigned by the British to collect the ball whenever it goes out of the field. Later the spirit of football was passed on to the locals and they played the game. Secondly, Malabar is a region which was flourished because of Gulf boom and the area developed because of the inmates of Malabar moved to gulf for jobs and earned money. As a result, the nostalgic gulf returnees provide the sponsorships for the functioning of the clubs and also in conducting the football tournaments.

Football is the heart of Malabar. Football players are given high place in the society even after their death. The Malabar people gives names of their great players of football in their tournaments, ever rolling memorial trophies, names of sports clubs and names of streets. It came to the mind of the researcher that he met the members of a football club in Malabar area named Khader Ali Memorial football club and ‘Khader Ali sevens Tournament’ of Perinthalmanna in the district of Malappuram named after the two football players. It provides charity through its activities. A football academy was formed in Calicut in the name of Olympian T Abdul Rahaman, which is named as ‘Olympian Rahaman memorial academy of football’ and commonly known as ‘ORMA’. Similarly, V P Sathyan academy of Calicut also carries the memory of the great player, V P Sathyan. These may sounds very simple, but there are several such examples of Football

clubs in Malabar with many such activities .This is just an example to show why Malabar is so obsessed with Football.

Now a days, the sevens football is so common in Malabar region of Kerala state. It is a shorter version of football. In sevens football, the star players acquire the status of legends. Many foreign players of football fly to Kerala every year to play sevens tournaments. The players of football supports and opposes the emergence of the sevens football in Malabar region. Those who supports the view that sevens football is good, entrusts on the fact that sevens is a just a shorter version of football and actually saves the game football through its shorter version of the game.

The football clubs of Malabar region contributed many international, national and state players of football. The list goes endless with the names of V P Sathyan, Olympian T Abdul Rahaman, C V Pappachan, U Sharafali, K T Chacko, Kurikesh Mathew, Mathew Varghese, Muhammed Rafi, C K Vineeth, Anas Edathadika,Sushanth Mathew,Ashique Karuniyan, C N Pradeep, Krishnan Nair Ajayan, Zakeer Mundampara, Mohammed Irshad, Usman Ashik, Denson Devadas, C S Sabeeth ,Abdul Hakeem and Asif Kottayil and several other prominent Football players of Kerala that hail from Malabar region of Kerala state.

There were several sports clubs from which the great football players of Malabar originated. It was said that the great player, VP Sathyan played in the sports clubs named spirited youth club and Lucky star club of Malabar region before his glorious days in Mohan began. He was the winner of 1995 AIFF Player of the year award and led Indian team to gold medal in 1995 SAAF games. He was the captain of the Kerala team in

Santhosh trophy of 1992. Olympian TA Rahman was the captain of Bangalore and won Santhosh trophy in 1962. The major football stadiums of Malabar are EMS stadium of Calicut, Calicut Medical college stadium of Calicut, Malappuram district sports complex stadium, Manjeri and Jawahar Municipal stadium of Kannur. There are several football versions that were developed in the aim of upbringing the glory of football. The major among them are Kerala Premier League, Indian Super League (ISL) and I League. The ISL occupies the second place among the top ten Non-European Football clubs with the highest average attendance just behind Club Atletico River plate. Nowadays, many considered Football as a profession. Mohammed Rafi of Kasargod and C K Vineeth of Kannur were the new youth icons of Football in Kerala from the Malabar. There are clubs from Malabar named Gokulam FC, Sports academy Tirur, FC Kerala and FC Thrissur are playing in Premier League.

Every child of Malabar region is born into Football and grown with the heartbeats of football. In order to nurture the young generations to football, the Malabar region has started many academies in various regions. For example, the sports and education promotion trust (SEPT) based on Calicut is one such initiatives to nurture the sprout out talents by setting up football nurseries in various districts of Kerala. In addition to that, Football academies were set by Kerala Blasters in Malabar. However, D-license courses were organized by AIFF. Thus from the above descriptions, we can clearly say that *‘Malabar breathes, eats and sleeps Football’*.

1.5.2 Malabar region and Volleyball

Volleyball is yet another game that flourished in the Malabar area of Kerala state. Just to think of the game the question comes to our mind of what made the game so popular in Malabar. The answer is quite simple. While cricket and football need huge stadiums or playgrounds, volleyball can be played in smaller courts. Hence, the game became popular among the common people. Malabar is the region where people from the central and southern parts of Kerala migrated to the Northern part of Kerala and were engaged in agriculture. There was influence of Christian missionaries from abroad at that time in the Malabar area. Many of the youth who got educated in the YMCA centers flourished the game. It was known that many of the people from Malabar went to YMCA training center at Madras to get training in Physical education. Moreover in YMCA at Madras, special emphasis was given to Volleyball, basketball and badminton.

The Kudukkachira family of Peravoor in Kannur district of Malabar is a golden chapter in the history of volleyball in Malabar region of Kerala state. The history of Kudukkachira family itself is the history of sports. The great volleyball player, Gimmy George was one of the members of the family, who led India into fame in the world for volleyball. It was the great ambitious father of the great players from Kudukkachira family, Adv. George who learnt law from Madras, inspired them to volleyball. He formed a volleyball club in his family with the players as his children. Moreover, love to Volleyball players were seen throughout the journey of Malabar in the form of clubs named after volleyball players like Sunil memorial volley club in Malabar.

The prominent volleyball players that hailed from Malabar region of Kerala state are Jimmy George, Pappan, Varkey, Pappachan, Achutha Kurup, Cyril Velloor, Udayakumar, Tom Joseph and so on. Among them, Jimmy George, Cyril Velloor, Udayakumar and Tom Joseph were Arjuna awardees in Volleyball.

1.6 Objectives of the study

The objectives were set by the researcher for the present study by making it *'SMART- Specific, Measurable , Attainable, Realistic and Time restrained* 'in attaining the research goal and are as listed below:

- To highlight the participation of the sports club members in the various levels of competitions that promotes Football and Volleyball in the Malabar region of Kerala state.
- To study the level of satisfaction among the members regarding the Infrastructure and other facilities in the sports clubs that promotes the Football and Volleyball in the Malabar region of Kerala state.
- To highlight the activities of sports clubs that promotes Football and Volleyball in the Malabar region of Kerala state.
- To study the Incentives and scholarships of the sports clubs that propagates the game of Football and Volleyball in the Malabar region of Kerala state.
- To assess the level of satisfaction among the members with regard to the various selection processes in the sports clubs in Malabar region of Kerala state in promoting football and volleyball.

- To measure the effect of utilization of the various sources of Income of the sports clubs that promotes the Football and Volleyball in the Malabar region of Kerala state.
- To assess the influence of various programs done by the sports clubs that promotes the Football and Volleyball in the Malabar region of Kerala state.
- To find out the significant difference, if any in promoting the Volleyball and Football in the Malabar region with respect to the year of establishment, district, locality, procedure of membership, age category, type of courts and the categories of teams among the sports clubs of Malabar region of Kerala state.
- To find out the significant difference between the respondent categories of sports clubs in promoting volleyball and Football in the Malabar region of Kerala state.
- To assess the extent to which the various factors influence the promotion of the Football and Volleyball with respect to the Infrastructure, Activities of sports clubs, Incentives and Scholarships, Selection satisfaction, Effective Utilization of Income and Programs for game promotion of the sports clubs of Malabar region of Kerala state.

1.7 Statement of the problem

The statement of the problem was, '*A study on the role of sports clubs in promoting Volleyball and Football in the Malabar region of Kerala state*'.

1.8 Hypothesis of the study

The hypotheses were framed after reviewing the literature and of consultation with the experts in the field and are as given below.

- **Hypothesis 1(H1)** - It was hypothesized that the participation of sports club members in various levels of competitions that promote Football and Volleyball of Malabar region of Kerala state is quite noticeable.
- **Hypothesis 2 (H2)** – It was hypothesized that the sports club members are satisfied with regard to the Infrastructure facilities of the sports clubs that promote Football and Volleyball of Malabar region of Kerala state.
- **Hypothesis 3 (H3)** – It was hypothesized that the sports club members are satisfied with regard to the Activities of the sports clubs that promote Football and Volleyball of Malabar region of Kerala state.
- **Hypothesis 4 (H4)** –It was hypothesized that the sports club members are satisfied with regard to the Incentives and Scholarships provided by the sports clubs that promote Football and Volleyball of Malabar region of Kerala state.
- **Hypothesis 5 (H5)** – It was hypothesized that the sports club members are satisfied with regard to the Selection satisfaction of the sports clubs that promote Football and Volleyball of Malabar region of Kerala state.
- **Hypothesis 6 (H6)** –It was hypothesized that the sports club members are satisfied with regard to the Effective utilization of Income sources of the sports clubs that promote Football and Volleyball of Malabar region of Kerala state.

- **Hypothesis 7 (H7)** –It was hypothesized that the sports club members are satisfied with regard to the Programs for the game promotion of the sports clubs that promote Football and Volleyball of Malabar region of Kerala state.
- **Hypotheses 8 (H8)** –It was hypothesized that there is no significant difference between the opinions of the Executive members based on the Locality, Type of courts, Team membership, District, Year of Establishment, Age category and Category of teams on the role of sports clubs in the development of Football and Volleyball in Malabar region.
- **Hypothesis 9 (H9)**- It was hypothesized that there is no significant difference between the opinions of the Coaches based on the Locality, Type of courts, Team membership, District, Year of establishment, Age category and Category of Teams on the role of sports clubs in the development of football and volleyball in Malabar region of Kerala state.
- **Hypothesis 10 (H10)** – It was hypothesized that there is no significant difference between the opinions of the Players based on the Locality, Type of courts, Team membership, District, Year of establishment, Age category and Category of Teams on the role of sports clubs in the development of football and volleyball in Malabar region of Kerala state.
- **Hypothesis 11 (H 11)**- It was hypothesized that there is no significant difference between the three categories of respondents of Executive members, Coaches and Players regarding their opinions on the Role of Sports clubs in the development of football and volleyball in Malabar region.

- **Hypothesis 12(H12)**- It was hypothesized that there is no significant relationship between the role of sports clubs in promoting football and volleyball in the Malabar region and the different components based on the opinions of the three categories of respondents -Executive Members, Coaches and Players.

1.9 Significance of the study

The study will be of significance in the field of sports and physical education in the following ways.

- The study may help to identify and promote many local sports clubs pertaining to a particular area of a state (like the areas in Tamilnadu known for Kabbadi and the areas in Maharashtra for Kho-kho).
- The results of the study may contribute to the existing knowledge of the contributions of the sports clubs of the Malabar area in the development of sports.
- The study may reveal the problems and the difficulties faced by the sports clubs of Malabar area.
- The study may help the sponsorship agencies to reach to the targeted clubs for funding of the sports clubs.
- The study may point to the existing situations of the functions of the sports clubs of the Malabar.
- It may create awareness among the sports clubs of the Governmental and other grants.
- The study may inspire the sports clubs and its authorities to exhibit better performance in the area of sports.

- It may enhance the dignity given to sports and sports persons.
- It may inspire the society to utilize the facilities of the sports clubs effectively for the various aspects.
- The study may help the local bodies and other agencies to support their local sports clubs in the sports promotion.
- It may inspire the society and the sports clubs to work together for mutual development.
- It may motivate the various institutions and local bodies to support to the various facilities of the sports clubs.
- The study may help the sports authorities to plan for the upliftment of the sports clubs and the promotion of the local games.

1.10 Delimitations of the study

Even though the sports club is a smaller unit of the wider society, its functions were wide. The studies on sports clubs are complex as there are many aspects coming under its area and hence the researcher had to limit it within a framework. In order to make the research problem specific and clear, the researcher had delimited the study to the following aspects:

1.10.1 Delimitations with reference to the Samples

- The sample was delimited to the Malabar region of Kerala state, so as to get deep and focused information on the topic.
- The sample size was delimited to 602 members and 120 sports clubs due to the availability and accessibility of information.

- In order to have representations from the three levels of functioning of the sports clubs, the respondents were delimited to one executive member and one coach from a sports club. In the case of players of the clubs, it was taken more than one from the clubs, based on the availability.

1.10.2 Delimitations with reference to the Sports clubs

- The study was delimited to the sports clubs with Football or Volleyball.
- The researcher tried to ensure authentic information with regard the sports clubs and hence the sports club registered under the act of registration of the concerned District associations was only taken for the study.
- The researcher delimited the study of the sports clubs in order to eliminate the paper clubs in the preliminary selection itself so as to get the authentic information.
- The sports clubs with regular or periodic activities, participation in the competitions, playing facilities and the accessibility to field or court (rented, owned or others) were only taken for the study.
- The sports clubs with a name and authority to monitor the activities and with minimum five year of service in the field were only entertained.

1.11 Limitations of the study

The researcher had done his best to make the study authentic and effective by delimiting certain areas of the study. Along with these, there were certain shortcomings that crept into it, for which the researcher was not able to control in the study.

- The study was limited due to non-availability of information in certain areas.
- The study was limited to the availability of sports clubs that promote volleyball and football.

- The factors like socioeconomic status, age, gender, locality and religion were not controlled in the case of respondents.
- Due to non-availability of a standardized tool readily available, a tool was developed and standardized.

1.12 Meaning and definitions of the important terms

In order to give clarity to the topic of study, the operational definitions of the key terms used in the present study are as given below.

1.12.1 Sports clubs

Here in the present study, sports clubs means a group of people organized to propagate their common interest in sports through participation and competition. It aims at providing a learning experience in sports, in fund raising, organization, administration, budgeting, scheduling and in developing the skills in sports. The registered sports clubs are the clubs registered under the district sports associations.

1.12.2 Football

Football is an Olympic sport with proper rules and regulations. It is controlled by Federation Internationale de Football (FIFA). There were several versions of football evolved round the history. The game is usually played with eleven members playing in a team.

1.12.3 Volleyball

Volleyball is an Olympic sport introduced by the Americans. It has proper rules and regulations. There are various types of the game volleyball which includes indoor, beach and grass. The highest governing body in volleyball is named as FIVB.

1.12.4 Malabar region

Malabar region refers to the northern part of Kerala constituting the districts of Kasarghod, Kannur, Calicut, Wayanad, Malappuram and Palakkad. But in certain classifications, a few areas of Chavakad Taluk in Thrissur district are also included in the Malabar. It comprised of few areas of Chavakad Taluk only. Hence in the study, the researcher had incorporated Malabar region with the six districts of Kasarghod, Kannur, Calicut, Wayanad, Malappuram and Palakkad.

1.12.5 Kerala state

Kerala state is one states of India and is termed as God's own country. The state is with highest level of literacy. The area is the inhabitants of the Hindus, Muslims and Christians. The Kerala state had fourteen districts and shares its boundary with the states of Tamilnadu and Karnataka.

1.12.6 Infrastructure

In the present study, the Infrastructure refers to the basic facilities that promote and support the day-to day functions of the clubs like medical facilities, courts, sports information and other items given for playing.

1.12.7 Activities of the sports clubs

In the present study, it refers to the various types of coaching programs done with reference to the effectiveness of the coaches, duration, updated and innovative techniques and methods to teach the skills.

1.12.8 Incentives and scholarships

In the present study, it refers to the reinforcement and motivation given to the players in the form of financial, mementos, scholarships or any other allowances.

1.12.9 Selection Satisfaction

It refers to the satisfaction of the members of the clubs, with reference to the selection process of the team managers, coaches, players and the team.

1.12.10 Income utilization

The sports clubs may have several sources of income, out of which the sponsorships, membership fees and governmental grants were more frequent and accessible with regard to the context of the present study. In the present study, these income sources were considered, and the effectiveness of utilization of these were studied.

1.12.11 Programs for game promotion

It includes the various activities done by the sportsclubs to promote the games of Football and volleyball in the Malabar region of Kerala state and the selected ones were considered based on importance.