



Why Rules Keep Sports and Games Fair

KS2 PE Ages 9-12 ⌚ 3 min read

What Are Rules?

Rules are agreed instructions that everyone must follow when playing a sport or game. They tell you what you can do, what you cannot do, and what happens if you break them. Without rules, sports would be confusing chaos where nobody knows what's happening.

Keeping Everyone Safe

One of the most important reasons for rules is **safety**. In **football**, for example, there are rules about tackling—you cannot just crash into someone however you want. In **netball**, players must not push or elbow each other. These rules stop people getting hurt.

Think of it like the rules in your school playground. You cannot run into people at full speed because someone could get injured. The rules protect everyone.

Making It Fair

Rules also make sure the game is **fair** for everyone. Imagine playing **chess** where one player could move their pieces anywhere, but the other player had to follow normal chess moves. That would not be fair! In **cricket**, batsmen and bowlers have to follow the same rules so neither side has an unfair advantage.

Think of it like a race where some runners get a head start and others don't. That's not fair. Rules say everyone must start at the same line.

Making the Game Interesting

Rules also create **challenges** that make games exciting. Without rules limiting how many steps you can take in **basketball**, players could just run wherever they wanted—and the game would be boring. The rules create puzzles to solve and skills to master.

Respect and Teamwork

Following rules teaches us to **respect** other players and **work as a team**. When everyone agrees to play by the same rules, you are showing respect for the game and the other players. This builds **good sportsmanship**—playing fairly and being a good winner or loser.

Think of it like promises you make to your friends. When everyone keeps their promises, everyone trusts each other and has more fun together.

Who Decides the Rules?

Rules are usually created by **governing bodies**—official organisations that run each sport. For example, the **International Football Association (FIFA)** makes rules for football worldwide. These organisations update rules to keep sports safe, fair, and exciting.

Without rules, sports would collapse into arguments and confusion. Rules are the glue that holds games together and makes them fair, safe, and fun for everyone.