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THE IMPACT OF CHANGES IN THE RULES AND EQUIPMENT ON THE RESULTS OF ATHLETES IN THE CHOSEN SPORT (ATHLETICS)

Baqiyev Ashurali,
Head Teacher

Tashpolatov Alisher
2nd Year Master, Ferghana State University

Resolution of the President Sh. Mirziyoyev of the Republic of Uzbekistan on measures for the further development of physical culture and mass sport. In our society, large-scale work is carried out aimed at creating a healthy lifestyle, creating for the population, especially the younger generation, conditions that meet modern requirements for regular physical education and mass sports, strengthening youth through sports competitions of will, faith in their own strengths and capabilities, the development of courage, feelings of patriotism and devotion to the Motherland, the systematic organization of work on the selection of talented athletes from among the youth, as well as the further development of physical culture and mass sports.

Particularly noteworthy are the high achievements of the representatives of our country at the Olympic Games, World Championships, Asian Games and Championships, international competitions, the growing authority and sports potential of Uzbekistan in the world, the construction of majestic sports facilities in the regions of the republic that meet international standards, which are becoming increasingly popular among students. and student youth three-stage sports games "Umid nihollari", "Barkamol avlod" and "Universiade".

At the same time, widespread propaganda and explanation in all regions of our country of the importance of mass sports in the life of a person and family, as the basis of physical and spiritual health, protection from bad habits of young people who are embarking on a life path with great hopes, creating the necessary conditions for young people to realization of their abilities and talents, improvement of the system of selection and targeted training of gifted athletes from among them remain important and urgent tasks.

In order to further develop physical culture and mass sports in the regions of the Republic of Uzbekistan, to attract all segments of the population, especially young people, to regular physical education and sports, to increase the effectiveness of the effective use of the conditions created for this in the country:

1. Approve the Program for the further development of physical culture and mass sports in the Republic of Uzbekistan (hereinafter referred to as the Program) in accordance with the appendix.

Determine the main directions of the Program:

- ✓ Further improvement of legislation aimed at developing the system of organization and management of the sphere of physical culture and sports;

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- ✓ Strengthening the material and technical base of the sphere of physical culture and sports, building modern sports complexes, equipping them with modern sports equipment and inventory, developing the private sector in this area;
- ✓ Scientific and methodological support of institutions for training, retraining and advanced training of personnel in the field of physical culture and sports, as well as providing sports schools with highly qualified coaches and medical workers;
- ✓ Organization of recreational, physical culture, mass sports activities among pupils and students of educational institutions, the general population, holding complex sports events, selection of talented athletes among young people and their targeted training;
- ✓ Promotion of a healthy lifestyle among the population, conducting extensive information and explanatory work on the essence and content of the program and the progress of its implementation with the active use of the media, the internet.

2. Approve the composition of the Republican Commission for Coordinating the Implementation of the Program for the Further Development of Physical Culture and Mass Sports in the Republic of Uzbekistan (hereinafter referred to as the Republican Commission) in accordance with the Appendix.

Determine the tasks of the Republican Commission (Aripov A.N.):

- Coordination of the activities of ministries, departments and local executive authorities responsible for the full implementation of the measures provided for by the Program;
- Ensuring within a week the creation of regional working groups for the implementation of the Program in the Republic of Karakalpakstan, regions, the city of Tashkent, districts and cities;
- Ensuring within two weeks the development by the Council of Ministers of the Republic of Karakalpakstan, khokimiyats of regions, the city of Tashkent and districts of territorial programs, based on this resolution and the Program;
- Ensuring resolution within a month of all issues to support the proposals and initiatives of assigned sponsor organizations to provide them with practical assistance to the relevant republican and regional sports federations (associations) in all sports included in the calendar plan of sports and physical culture events of the State Committee of the Republic of Uzbekistan for Physical culture and sports;
- Within two months, develop and approve the procedure for the systematic organization and control of work on the selection of talented athletes from among the youth and their targeted training.

3. Determine the sources of funding for the Program:

- ✓ Funds of the State budget of the Republic of Uzbekistan;
- ✓ Funds of local budgets of the Republic of Karakalpakstan, regions, the city of Tashkent, funds, sports federations (associations), clubs, foreign investors, physical culture and sports societies, as well as sponsorship funds of legal entities and individuals;
- ✓ Other sources not prohibited by law.

4. The Ministry of Finance of the Republic of Uzbekistan, the Council of Ministers of the Republic of Karakalpakstan, the khokimiyats of the regions, the city of Tashkent, districts and cities to ensure the allocation of financial resources for sending the population, pupils and students to participate in sports

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events, at the expense of the funds provided for by the Calendar Plan of sports and physical culture measures based on reasonable calculations.

5. To the Ministry of Construction of the Republic of Uzbekistan:

to ensure, in accordance with the established procedure, the state examination of design estimates for construction, reconstruction and overhaul of sports facilities;

to establish state architectural and construction supervision over the quality of design and construction and installation works performed as part of the Program implementation, compliance with the norms and rules of urban planning, as well as systematic monitoring of the fulfillment by customers and contractors of the terms of concluded contracts.

6. Approve the proposals of the Ministry of Health and the State Committee of the Republic of Uzbekistan for Physical Culture and Sports on the organization of sports medicine departments in multidisciplinary medical centers and strengthening their material and technical base.

7. Assign the following tasks to the Ministry of Physical Culture and Sports of the Republic of Uzbekistan:

- Provision of organizational and methodological assistance to the relevant ministries and departments, local government authorities and regional working groups for the implementation of timely and high-quality implementation of all measures determined by the Program and territorial programs developed on its basis;
- In order to ensure the successful participation of athletes of the national teams of Uzbekistan in training camps, world championships, Asian games and championships, international competitions, the implementation of in-depth analysis and systematic monitoring of the results achieved following the results of the competition;
- Taking effective measures on an ongoing basis to ensure transparency and objectivity in the processes of selecting talented athletes from among young people, admitting talented athletes to specialized sports schools in the field of physical culture and sports, educational institutions and sports clubs, as well as conducting a critical analytical discussion of them on a quarterly basis at committee meetings.

8. To the Council of Ministers of the Republic of Karakalpakstan, khokimiyats of regions, Tashkent city:

- ✓ Take measures to ensure the continuous functioning of sports facilities throughout the year, their efficient use, strengthening the material and technical base, equipping, if necessary, sports facilities with alternative energy sources;
- ✓ Ensure in the respective regions the solution of all issues related to supporting the proposals and initiatives of assigned sponsorship organizations by types of practical assistance (free use of buildings and facilities, provision of financial resources and sports equipment, etc.) To sports federations (associations);
- ✓ The disposal of land plots (sports facilities of open and closed type) owned by sports educational institutions and complexes shall be carried out strictly on the basis of decisions of the cabinet of ministers of the republic of uzbekistan.

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9. The National News Agency of Uzbekistan, the National Television and Radio Company of Uzbekistan, the Uzbek Agency for Press and Information, the Ministry for the Development of Information Technologies and Communications of the Republic of Uzbekistan to ensure regular and widespread coverage among the population of the essence and content of the Program, as well as organized events within its framework in the media , including through the Internet.
10. To impose control over the execution of this resolution on the Prime Minister of the Republic of Uzbekistan A.N. Aripov and State Advisor to the President of the Republic of Uzbekistan A.N. Yunuskhodzhaev.
Organize a discussion of the results of the work carried out by the Republican Commission at semi-annual government meetings.
Athletics - a set of sports, including running, walking, jumping and throwing. One of the main and most popular sports.
Open stadium. In most cases, an athletics stadium is combined with a football stadium and a field. The standard includes an oval 400-meter track, which usually consists of 8 or 9 separate tracks, as well as sectors for jumping and throwing competitions. The track for the 3000 meters' hurdles has a special marking, and the obstacle with water is placed on a special turn. Tracks at the stadiums have special markings marking the start of all running disciplines and corridors for passing relay races.
Indoor stadium (arena). The standard includes an oval 200-meter track, consisting of 4-6 separate lanes, a 60-meter run track and sectors for jumping events. The only type of throwing included in the program of the indoor winter season is the shot put and, as a rule, it does not have a special sector and is organized separately on the site of other sectors. Official IAAF competitions are held only on the 200-meter track, however, there are stadiums with a non-standard track (140 meters, 300 meters and others).
A treadmill is a sports facility designed for competitions and training in running and walking in athletics. A track and field athletics track is equipped, usually in stadiums, on a horizontal level ground. The edges of the treadmill are equipped with sides rounded at the top, protruding to a height of up to 3 cm. The track surface must have sufficient bearing capacity and high shock-absorbing properties, provide effective grip with runners' shoes, have a flat wear-resistant surface, and retain its properties after strong moisture. The length of the circular running track is 400 m, and its width is 7.32 m. The slope of the running track surface, both in the running direction and in the transverse direction, should not exceed 1:100. The circular track is subdivided into separate tracks, the width of which is not less than 1.22 m. These individual tracks are marked along the entire length by boundary lines 5 cm wide, and the width of the line on the right side of the runner's movement is included in the width of his track. During international competitions, the circular track must have at least six separate lanes. The numbering of the individual tracks is always carried out from the inner track to the outer track. Start and finish are marked with a 5 cm wide line across the track. In cases where the run is held along a common track, the start line is marked in such a way that all runners had to run the same distance from any point on the start line to the finish line. The length of the running distance is measured from the

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outer edge of the start line (furthest from the finish line) to the inside edge of the finish line (closest to the start line). In addition, the finish line is marked by two white finishing posts.

The long jump sector includes: a runway, a repulsion bar and a landing pit. The runway must have a length of at least 40 m and a width of 1.22 m with a slope of not more than 1:1000 in the direction of the run and not less than 1:100 in the transverse direction. The minimum distance from the block to the nearest edge of the pit is 1 m. The minimum width of the landing pit is 2.75 m. The distance from the block to the far edge of the pit is at least 10 m. The dimensions of the place for the triple jump competition are the same as for the long jump. The same runway, repulsion block, landing pit. However, the distance between the take-off board and the far end of the pit must be at least 13 m.

The high jump pit can usually be easily moved.

The throwing circle must be made of metal or other suitable material. The top edge of the circle should be level with the ground. In the shot put, the use of a portable circle is permitted, provided that all other requirements are met. The inner diameter of the circle is 2.135 m (±5 mm) in the shot put and hammer throw and 2.50 m (± 5 mm) in the discus throw. The circle ring must be at least 6 mm thick and painted white. A white line 5 cm wide must be drawn from the outer edge of the metal rim, at least 75 cm on each side of the circle. It may be painted or made of wood or other suitable material. The lower edge of the white line passes through the center of the circle, perpendicular to the center line of the landing sector. The minimum length of the runway is 30 m, the maximum is 36.5 m. If conditions permit, the minimum length should be 33.5 m. The runway should be marked with two parallel white lines 5 cm wide, spaced 4 m apart.

The javelin throw is performed from behind an arc of a circle with a radius of 8 m. The arc consists of a bar 7 cm wide, made of wood, plywood or metal. It must be painted white and installed flush with the surface of the runway. The side boundaries of the track are marked with white lines 7 cm wide and 75 cm long, located symmetrically and parallel to the axis of the runway. The landing area must have cinder, grass or other suitable surface on which the projectile leaves a clear mark. Shot put, discus and hammer throws are performed from a circle, and javelin throws are performed from a run-up sector.

Jumping. The bar must be made of fiberglass or other suitable material, but not of metal, be round in cross section, except for the tips. The total length of the bar for the high jump is 4.00 m (± 2 cm), for the pole vault - 4.50 m (± 2 cm). The maximum bar weight is 2 kg for the high jump and 2.25 kg for the pole vault. The diameter of the round part of the bar is 30 mm (± 1 mm). The plank consists of three parts - a round part and two tips (30-35 mm wide and 15-20 cm long each) so that they can be located on the brackets of the racks. These tips should have a round or semi-circular section with one well-defined flat cut, the surface of which the bar is installed on the rack brackets. This flat cut should not be higher than the center of the vertical cross section of the plank. Tips should be hard and smooth. They should not be made of or coated with rubber or any other material that could increase friction between them and the bar holders (brackets). The bar should not have any bevels, and if it is set correctly, it has a maximum deflection in the middle of 2 cm (high jump) and 3 cm (pole vault).

Elasticity test. Hang a load of 3 kg in the middle of the installed bar. It can have a maximum deflection of 7 cm in the high jump and 11 cm in the pole vault.

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The high jump pit - a landing area measuring 5 x 4 m is currently filled with soft springy synthetic material laid 50-100 cm thick. The length of the runway is at least 15 m. the upper edge rose above the maximum height of the bar by at least 10 cm. The distance between the posts is from 3.66 to 4.02 m. The bar is installed on the posts in such a way that when it is touched by a participant, it can fall both forward and backward. The plates on which the bar is placed must have a length of 6 cm and a width of 4 cm. To avoid jamming of the bar, there must be a gap of 1 cm on each side between the end of the bar and the upright. the referee considers that the take-off or landing area has become unusable. The bar is made of metal or wood. Its length is 3.64-4.00 m, the maximum weight is 2 kg. The bar can have a circular cross section (diameter 3 cm). The ends of the round bar are made in such a way that for its installation there is a smooth flat surface 15 cm long. The bar can also be trihedral in shape (the height of the faces is 3 cm). It can consist of two parts connected by means of metal clips.

Sector for pole vaulting.

Stop box. The repulsion in the pole vault starts from the stop box. The box must be made of suitable material, preferably with rounded top edges, and be in a "recessed" position relative to the level of the runway. It must be 1 m long, measured along the bottom of the box. The width of the box at the edge facing the runway is 60 cm, and at the support wall when measured along the bottom - up to 15 cm. The angle between the bottom of the box and the support wall is 105 degrees The depth of the box at the support wall is 20 cm below ground level at the point where it is in contact with the stop board. The box must be designed so that its sides are turned outward at approximately 120 degrees to the bottom. If the box is made of wood, its bottom must be covered with a metal sheet 2.5 mm thick at a distance of 80 cm from the front edge of the box.

Racks. Any design of posts or supports may be used, provided they are rigid. The metal structure of the base and bottom of the uprights must be covered with an appropriate material to ensure the safety of the athletes and the poles.

Plank holders (brackets). The bar is positioned on the brackets in such a way that if it is touched by an athlete or a pole, it easily falls to the ground in the direction of the landing zone. The brackets must not have any notches or irregularities, they must be of uniform thickness over the entire surface and not exceed 13 mm in diameter. They should not protrude more than 55 mm beyond the posts, which rise above the brackets by 35-40 mm. The distance between the axes of the brackets must be not less than 4.30 m and not more than 4.37 m. They cannot be covered with rubber or other material that creates the effect of increasing friction between them and the surface of the plank.

Springs are also not allowed.

Poles of any length or diameter, made of any material or combination of materials, may be used. The main surface of the pole must be smooth. It is acceptable to wrap the pole with adhesive tape at the grip and tape and/or protect with other suitable material at the bottom edge.

Throwing.

The spear consists of three parts: a shaft, a metal tip and a winding. The shaft must be made entirely of metal or other homogeneous material and attached to a metal tip ending in a sharp point. The surface of the spear shaft should not have pits, grooves, protrusions, holes, roughness, should be solid and

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smooth along the entire length. The winding covering the center of gravity of the spear must not exceed the diameter of the shaft by more than 8 mm. It should not have any knots, loops, notches, and also not be slippery. The winding must have the same thickness.

The core is a ball that has a smooth surface. It must be of massive iron, brass or other material, but not lighter than brass, or be a sheath of a suitable material filled with brass. International rules establish the following weight and core diameter: for men - 7.257 kg and 110-130 mm, for women - 4 kg and 95-110 mm. The size and weight of the core for adolescents and young adults are different in different countries.

Disk. The body of the disc must be solid or hollow and made of wood or other suitable material with a metal rim around the edge. In cross section, the edge of the rim shall be rounded with a radius of approximately 6 mm. Exactly in the middle of the body flush with its sides, round washers are fixed parallel to each other. Alternatively, the disk may be without metal washers, provided that the area is flat and the parameters and total weight of the projectile meet the specified requirements. Both sides of the disc must be the same, without protrusions, notches or sharp corners. The sides taper in a straight line until the beginning of the rounding of the rim at a distance of 25 mm - 28.5 mm from the center of the disc. The disk layout can be represented as follows. From the beginning of the narrowing of the ring, the thickness of the disk gradually increases to a maximum value D. This maximum value is reached at a distance of 25 mm - 28.5 mm from the central axis of the disk Y. From this point to the disk axis Y, the thickness of the disk is constant. The top and bottom sides of the disc must be identical, and the disc must also be symmetrical about the Y axis of rotation. The disc, including the rim surface, must be smooth and uniform throughout.

Hammer. The hammer consists of the main three parts - a metal ball, a wire and a handle (handle). The ball is made of iron, brass or other metal no softer than brass, or is a shell of metal filled with lead or other heavy material. If filler is used, it must be placed inside the ball in such a way that it is stationary and the center of gravity of the ball is not more than 6 mm from the center of the ball.

Wire. The wire must be made of solid steel with a diameter of at least 3 mm. It should not stretch during the hammer throw. The wire may have a loop that performs the function of fastening on one or both sides.

Lever. The handle should be rigid and without any joints. The total deformation of the handle under a load of 3.8 kN should not exceed 3mm. It is attached to the wire loop in such a way that it cannot be rotated in the wire loop to increase the overall length of the hammer. The handle, whose internal length does not exceed 110 mm, shall be of symmetrical design and may have a curved or straight grip and/or a cleat grip. The minimum breaking strength of the handle must be 8 kN.

Throwing is carried out from a sector fenced with a net to ensure the safety of spectators, officials and athletes.

Run. Starting blocks are used for all competitions at distances up to 400 m inclusive (including the first stage of the 4 x 200 m and 4 x 400 m relay races) and are not used at other distances. When the starting blocks are placed in a lane, no part of them must extend over the start line or into another lane.

Starting blocks must meet the following general requirements:

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(a) be rigid in design and not give any advantage to any athlete;
(b) be fixed to the track with a certain number of spikes in such a way as not to damage the track as far as possible.
The starting blocks should be quick and easy to remove. The number, thickness and length of the spikes depend on the construction of the track. During the start, the pad attachment system makes them immobile.
Barriers shall be made of metal or other suitable material, with the top rail being made of wood or similar material. The barrier consists of two bases and two vertical posts, forming a rectangular frame reinforced with one or more cross bars. Posts must be attached at the outermost point of each base. The barrier must be of such weight that a force of at least 3.6 kg is required to overturn it, applied horizontally to the middle part of the top bar. The barrier must be adjustable in height for each distance. In this case, a counterweight is needed so that the overturning of the barrier occurs only when a force of at least 3.6 kg and no more than 4 kg is applied. The maximum horizontal deflection of the barrier bar (including the deflection of the posts) must not exceed 35mm if a force equal to 10kg of weight is applied in the central part. The width of the barriers is from 1.18 m to 1.20 m. The maximum length of the base is 70 cm. The total weight of the barrier is at least 10 kg.
Steeplechase. The hurdles must have a height of 0.914m for men/boys and 0.762m for women/girls (± 0.3cm for both) and a width of at least 3.94m. see Water pit front barrier must be 3.66 m ±0.02 m wide and firmly fixed to the ground so that it cannot be moved horizontally. The top planks should be painted with black and white stripes or other highly contrasting colors (which also contrast with the surroundings) so that the lighter stripes, at least 22.5 cm wide, are on the outside. Each hurdle must weigh between 80 and 100 kg and have a base of 1.2 m - 1.4 m on each side. The hurdle must be installed on the track so that 30 cm of its top bar protrudes into the track beyond the curb. The water pit, including the obstacle, must measure 3.66 m (± 0.02 m) in length and the width of the body of water must be 3.66 m (± 0.02 m). The bottom of the water pit must be covered with a mat or synthetic covering of sufficient thickness to ensure a safe landing and allow the spikes of the shoes to enter safely upon landing. At the start of the competition, the water level must be at the level of the lane, with a possible deviation of 2 cm, the depth of the water at the place closest to the obstacle should be 70 cm for approximately 30 cm. From this point the bottom should have a uniform slope up to the level of the lane at the far end water pits.
Athletes' clothing in summer: T-shirt, shorts, light training suit. With significant solar insolation - a light headdress. In windy and rainy weather, a training suit made of windproof and waterproof fabric is necessary. In cold weather, you should wear a warm tracksuit with tapered trousers, a wool sweater, warm pants, a warm hat and gloves.
When choosing shoes, take into account the time of year, weather, type of exercise and soil surface. For indoor and outdoor activities in warm weather, athletic spikes or sneakers are used. Spikes are used for running and jumping. Walkers and runners for long and extra long distances train in track and field running shoes with elastic soles. Shot putters and hammer throwers must have thick elastic soles. Javelin throwers have heel and plantar spikes, and it is also recommended that sneakers cover the ankle

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joint. In the cold season, when exercising outdoors, it is necessary to wear sneakers lined with felt or with warm socks.

The first and most important quality of running shoes is their ability to cushion. This quality is necessary to reduce shock loads, and also helps repulsion, which can add speed. Shock absorbers are usually located under the heel and under the toe. Under the heel to reduce stress; under the toe to reduce pressure on the foot when transferring body weight from heel to toe.

Sneakers should be comfortable, light and fix the foot. To do this, they must be necessarily on the laces. Running shoes must have a fixed heel.

The running shoes have a small bump on the insole. Being an arch support, it helps to properly distribute body weight, which, in turn, reduces the load on the spinal column.

Selection of spikes for jumpers.

The high jump and the triple jump have a moment of "bumping" and therefore both types of spikes must necessarily have a ribbed sole. But since the load on the foot is an order of magnitude higher when performing a triple jump, the sole must also be thicker in order to avoid injury to the athlete. In addition, the sole of an athletics jump shoe must be flexible, impact resistant and durable. These spikes are characterized by a reinforced, molded heel and a rigid tread, and only with a minimum weight, the sole can guarantee optimal transmission of movement. Also, in spikes designed for triple jumps, the presence of sole cushioning is not welcome, this is necessary to perform an effective initial repulsion. For high jumps, there are spikes on the spikes in the heel area on the sole.

The top of the studs should have a wear-resistant coating to extend the life of the shoe, possibly the presence of Velcro straps to increase the rigidity of the workpiece. The best midsole material is Ethylene Vinyl Acetate (EVA), better with more thickness in the heel. The back of the shoe must be sufficiently rigid, and the fastening between the workpiece and the sole must be done exclusively by adhesive.

A selection of spikes for runners.

Spikes are divided into sports shoes for running medium or long distances, there are also spikes for sprinting.

When purchasing studs for running, you need to pay special attention to the quality of the studs, they must certainly be strong enough. For high-quality sports studded shoes, the studs are made of specially hardened steel, and they must be very tightly attached to the sole of the studs.

Another important factor in the competent selection of high-quality studs for running is the indispensable lightness of this sports shoe. Even a slight overweight of spikes during running brings extra pounds, which interfere with the establishment of the necessary indicators during training sessions or important sports performances.

When running for medium and long distances, you should pay attention to the cushioning of the heel of the shoe to absorb shock. When choosing spikes for a sprinter, you need to pay attention to the arch support. In this case, the spikes should fit the foot tightly, while the spikes should not bend, as in running for medium and long distances. The height of the sole in the heel is less than that of spikes for long distances.

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