

Socio-cultural Influences

Etiquette: A convention or unwritten rule in an activity. It is not an enforceable rule, but it is usually observed.



Gamesmanship:

Attempting to gain an advantage by stretching the rules to their limit.

Conduct of performers

Sportsmanship: conforming to the rules, spirit and etiquette of a sport.

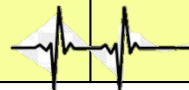


Contract to compete: An unwritten agreement between opponents to follow and abide by the written and unwritten rules of the sport.



Prohibited substances & methods

Substance	Advantages	Disadvantages
Anabolic steroids	Artificially produced hormones that mimic testosterone and are prohibited. They promote muscle and bone growth and reduce recovery time	Heat disease, Infertility, Acne, High Blood Pressure.
Diuretics	Prohibited drugs that remove fluid from the body by increasing the rate of urination	Dehydration, Kidney failure, Heart failure, Muscle cramps, Headaches.
Narcotic analgesics	Prohibited drugs that reduce the feeling of pain	Overtraining, Addictive with unpleasant withdrawal symptoms.
Peptide hormones	Prohibited drugs that stimulate the production of naturally occurring hormones. EPO is a peptide hormone	Stroke, Heart problems, Abnormal growth, Diabetes.
Stimulants	Prohibited drugs that have an effect on the central nervous system, increasing mental and physical alertness	High blood pressure, Liver problems, Strokes.
Beta Blockers	Restricted drugs that steady the nerves by controlling the heart rate. They have a calming and relaxing effect	Nausea, Weakness, Cramp, Heart failure.



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Spectator behaviour

Positive influences	Negative Influences
Spectators create atmosphere	Spectators can have a negative effect on the performance of players due to pressure to succeed/win
Spectators are a source of revenue	Aggressive supporters can scare off younger performers taking part in events with large crowds reducing potential future revenue or younger supporters
Spectators can give the performers a home field advantage	Large numbers of spectators can cause crowd trouble and hooliganism
Spectators can increase the profile of the sport	Increase in cost to manage large crowds and ensure public safety

Hooliganism

The disorderly aggressive and often violent behaviour by spectators at sporting events



Improved security



Early kick off

Alcohol restrictions



Educating fans

Strategies to combat hooliganism

Segregation of fans



All seater stadiums



Travel restrictions