**Increasing Participation in Olympic Individual and Team Sports**

**Insert name here**

**Under the following headings, answer each of these questions by conducting your own research.**

**Do not directly copy and paste content from the internet, try to re-word the content instead.**

**Bibliography**

For every website used please copy and paste the link/address under this heading.

1. **National Governing Bodies and International Sports Federations**

What is a sport?

What are NGBs and ISFs and what do they do?

Why are NGBs and ISFs important for sport?

What is codification?

1. **Rules and Laws in badminton**

When was badminton Who are the NGB and ISFs for badminton?

What do the NGB and ISFs do for badminton e.g do they organise any big competitions?

What are the positives and negatives of the NGB and ISFs in badminton e.g do they increase participation in the sport at grassroots level?

How are rules made and changed in badminton?

Have there been any rules changes in badminton e.g how many points are needed to win?

1. **Main rules in badminton**

What are the main rules within badminton? (Scoring system, players, equipment, playing/surface area, health and safety)

1. **Rules and Laws in football/netball**

Who are the NGB and ISFs for football/netball?

What do the NGB and ISFs do for football/netball e.g do they organise any big competitions?

What are the positives and negatives of the NGB and ISFs in football/netball e.g do they increase participation in the sport at grassroots level?

How are rules made and changed in football/netball?

Have there been any rules changes in football/netball e.g introduction of VAR?

1. **Main rules in football/netball**

What are the main rules within football/netball? (Scoring system, players, equipment, playing/surface area, health and safety)