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➤ **INTRODUCTION TO THE PHYSICAL ESSENCE OF SPORTS- CRICKET**

Sports are the most coveted profession by men and women in the world. This popular and beneficial activity not only provides you physical fitness but mental strength and sharpness too. A sport helps a person in building a very positive attitude. It has also become a part of education and routines of people. Nowadays people are aware of the benefits and advantages of sports physically and financially as well. Among all the sports, cricket is the most popular and well-liked game in the world. Cricket is an established team sport for hundreds of year and very popular in countries such as India, Pakistan, West Indies, South Africa and England. It is also the national game of England. Many changes have occurred in it since its origination but still its demand among the people and youngsters is same. It helps in developing social skills as you learn to work and coordinate in team. It also makes you learn how to corporate, communicate and cope with emotional feelings after winning or loosing a match. You feel healthy by playing cricket and it helps to develop stamina in you because cricket games can last for a long time. Perfect eye co-ordination, endurance and co-ordination, physical fitness due to running, balance and stamina, proper exercise and diet are some of the essentials of playing cricket. It is a game of skill and temperament which builds your character as well. It's a great way to meet new people and have new friends by social interaction on a large scale.

➤ **THE ATTRACTIVE WORLD OF CRICKET- Today's and Yesterday's**

Charm, excitement, fame, thrill, enthusiasm and passion are the gems of cricket. This sport was regarded as the game of gentlemen because in the past the players of cricket teams were belonged to the decent and reputable families. This is the only popular sport in the world which is extremely liked by the people of all ages. In past, people used to stay in the stadiums and ground fields all over the day to watch the exciting matches played by their favourite teams. Now days with the presence of modern technologies and satellite system, you can watch the cricket matches anytime anywhere in the world. New innovations and ideas have made it more charming and appealing for the people. In past test cricket was of great importance, then one day matches took over the charm of cricket. Now twenty20 matches are soul and spirit of cricket and this unique concept is grabbing people's interest.

● **A Deep Insight into the History and Causes of Origination of Cricket:**

Nobody exactly knows when the history of cricket had originally begun. But circumstantial evidences suggest the fact that this game was started in Saxon or Norman times by children living in south east part of England in an area of dense woodlands known as Weald.

It is generally believed that cricket was more of a children game rather than the adults. It was taken up by the adults in 17th century and since then, this

sport continued to increase its popularity and public acceptance and never looked back.

As far as the name of term "cricket" is concerned it is generally believed that this word had various possible sources. The earliest source is traced back to 1598 when it was called as cricket. It is thought to be derived from Middle Dutch term "krick" meaning a stick. There are another terms also available which all suggest the possible involvement of Dutch in this sport.

- **Exact reference of cricket:**

The definite reference of cricket was found in 1598. A court case concerning over a dispute of school's ownership over a plot of land, A 59 year old coroner ,John Derrick gave evidence that he and his school friends had been playing cricket on the site fifty years earlier. This evidence of Mr. Derrick proved that cricket was played at that time in the surrey. In 1911, the first reference of this game played by an adult came into the view. Two persons were put in to the trail for playing cricket on Sunday rather than going to church.

After the end of civil in 1648, popularity of cricket continued to increase. It is also seen that cricket became popular in public fee paying schools such as Winchester and St Paul.

As the popularity of cricket was increasing day by day, cricket started to flourish out of England as well. It was introduced in North America in 17th century. Cricket became popular in the colonized West

Indian state. Cricket was being played in India under the British rule when India was colonized by the British. It was started in Australia soon after it was colonized by the British. New Zealand and South Africa followed in the 19th century.

- **Laws of cricket:**

The basic laws and rules of cricket were formed with the origination of cricket itself since times immemorial. "Articles of Agreement" was drawn up by Duke of Richmond and Allen Brodick in 1728. Its main purpose was to determine the code of practice and then this became the most important feature. The proper laws of cricket were formed in 1774 for the very first time and later many innovations and new ideas like middle stump, Lbw and maximum bat were added in these laws.

- **Continued growth of cricket in the world:**

After 1751 the graph of the popularity of cricket started increasing rapidly. In the start of 18th century there were many proper clubs of cricket all over the world and especially in England. Cricket was begun at the international level and first international cricket game was played between United States of America and Canada in 1844.

- **Metamorphosis of the Sport to take up the present shape**

The origin of cricket was found in the 16th century and for the very first time it started on international level in 1844. Since then, many changes have been occurred in the field of cricket till now.

Rules and regulations have changed. New ideas and innovations have brought in to view. The basic rules of cricket like bat and ball, overs, pitch, dimensions, out etc were made with the origin of cricket itself. Later at the end of 17th century many innovations were made like lbw, middle stump and maximum bat etc. Test matches are the base of cricket and in the past only the idea of test cricket was in view. Then developments occurred and the concept of one day matches with 50 overs for each team came into being. Before the 18th century matches were played at the domestic and national level then international matches between different countries started in the middle of 18th century.

There was a continued growth of cricket in England. In London, matches were played on the Artillery ground which still exists. The rule of 4 balls in an over was changed in 5 balls in 1889 and after 11 years it was changed in to 6 balls per over in 19th century. With the passage of time day and night matches started between the teams. Initially the kits of the players were white in color then colored kits concept was started.

Now a new short form of cricket has been introduced by ICC known as twenty20 cricket. In this game twenty overs are played by each team. These matches provide you full entertainment, fun, charm and excitement in lesser period of time. Popularity of this form of cricket is increasing day by day.

- **General Description of the Game:**

Cricket is a bat and ball sport which is played between two teams comprising of 11 players. The teams have a few batsmen, few bowlers and a wicketkeeper. The oval shaped grass field is usually of same type for all matches. A flat strip is present in the exact centre of the ground, which is called pitch. Pitch is used for bating and bowling. A set of wooden stumps is present on both the ends of the pitch known as wickets. The number of wickets is 3 at each end. One team is supposed to bat and one to bowl and field. Only 2 players of bating team are present on the field whereas all the other 11 players of the opposite team are present in the ground for bowling and fielding. A hard leather ball is propelled by the fielding team and the batsmen have to protect the wickets from the ball. Runs can be scored by running on the pitch from one end to the other or to hit the ball so that it can reach the boundaries of the ground to score 6 or 4. The other members of the bowling team stand in various positions around the field as fielders. The match is officiated by two on-field umpires and a match referee.

- **Different types of the Sport being played today**

Cricket matches are played and liked by the people on national and international level. There are many types of cricket like country cricket, club cricket, indoor cricket, women's cricket and cricket for blinds, but the most prominent and popular three types of cricket which are recognized by ICC (International Cricket Council) are test cricket, one day and newly originated form twenty20 cricket.

- **Test cricket:**

Test cricket is the oldest and longest form of cricket which lasts maximum 5 days.

It is also considered as the most reliable and challenging form of cricket to measure the worth of any team. According to the history the first test match was played between England and Australia in 1877. 2 innings are played by each team. After the toss the team that bats first piles on as many runs as possible and declare the innings. Then comes the turn of other team and so the match goes on until the final result. Usually it is resulted in tie or draw. The popularity and charm of test cricket is decreasing day by day because of the origination of new more exciting forms of cricket. People does not prefer to watch a 5 days match which would may result in a tie but still it is the most consistent form of a cricket and we cannot deny its importance in this field.

- **One day cricket:**

One day cricket is the most recognizable and viewed form of cricket in the world. It is being played and watched by the people with great enthusiasm. The most popular event "World Cup" of cricket is also based on the pattern of one day cricket. It is comprised of 50 overs played by each team. Most of the important and popular championships in cricket are based on one day matches. The one- day international cricket is a late twentieth century development. On 5th January 1971, first ODI was played between Australia and England and till now it is very popular among the cricket fans.

- **Twenty 20 crickets:**

Most modern and interesting short form of cricket is the twenty20 cricket. Now day's twenty20 is being played more than test or one day matches in the field of cricket. Consisted of 20 overs each, this game just takes maximum of 3 hours which is the main reason of its rapid increasing charm and fame. The main purpose of twenty 20 matches is to provide people fun, entertainment and excitement. Due to short boundaries and less fielders outside the circle, it offers batsmen more chances to score boundaries and entertain people. The popularity which it has received in such a short time is quite remarkable.

THE FUTURE OF CRICKET- TEST, ONE DAY OR TWENTY 20

Cricket is known as one of the best sports in the world. It has various forms of game but three of them are recognized by the ICC and those are test cricket, one day and twenty20. Test cricket is consisted of 5 days match and often results in tie. Most of the people considered it just wastage of time. According to some people, test matches are loosing its fame and popularity now, but still they are played internationally between different teams of the world with great interest and passion. One day cricket, however, is still a popular and well-liked form of cricket in the world. But since the origin of twenty20 cricket, the concept of one day matches is also becoming less charming and appealing. People get fun, entertainment, charm, thrill, action and excitement in maximum of 3 hours. So, they don't want to waste their time in watching day and night one day matches. Still some of the one day national and international championships are of same importance but the rapidly increasing popularity and fame of twenty20 is a great threat to one day matches. Opinions of cricket experts are that in future twenty20 matches will be known as the best form of cricket due to its interesting innovations and versatile format of game.

- **The relative popularities amongst the world audience**

There is no doubt that the T20 version of the game has become the most popular and acceptable in the recent times but it cannot be said that other forms of the games have been overlooked.

After the commencement of T20 cricket, many thought that the test cricket will be gradually extinguished from the cricket world. It is however wrong to say. All the legends of cricket still firmly believe that test cricket is the toughest and most resilient form of cricket which gets the best of any player. Test cricket judge's mental ability and strength, the stamina and resilience factor and various other things of the player which twenty 20 cricket cannot judge. Test cricket gets the best of the player and it is really a test of strength and character of the team. For example the test series between Australia and England known as the ASHES is still far more popular cricket series than any other and it is witnessed with great interest not only in England and Australia but all over the world. Many legends of cricket like Sir Don Bradman, Sir Vivian Richards, Ian Botham ,Imran Khan, Sachin Tendulkar, Shane Warne, Michael Holding, Sunil Gavaskar and many others gained popularity through this format more than the other one.

Same is with the 50 over format. It is basically to produce results and 50 over format is bit more steady format where the player is required to plan his game regarding the powerplays and match situation. It is a test of nerve for the players. They get the time, though not like test cricket, but still enough time to shape their game plan and methodology according to the match situation. One day match is still very much popular in all the parts of the world. Especially the series between Pakistan and India attracts the eye of the whole world.

So it would be unfair to judge other forms of cricket with respect to the twenty 20 cricket. no doubt, the attraction and fascination towards twent20 cricket is increasing day by day but all the 3 forms of the cricket have still great charm and there likings. Old gentleman usually follow test matches especially In England, they enjoy watching test match in sunshine while the youth has gone crazy after twenty 20 cricket.

- **Most probable of the three types to turn up as the only future aspect of cricket**

Certain media sections are discussing whether the fame of Test cricket or ODI are loosing its charm and popularity as Twenty-twenty cricket is making inroads into the calendar of international cricketers.

Cricket experts have a strong believe in the fact that test cricket and one day matches will survive and even flourish but there is no doubt that the charisma of twenty20 cricket is a great threat to the other two types of cricket. Due to the fast routine of life, now days, people does not get time to sit and watch all day and night long matches. But people do need some sort of refreshment and entertainment in their hectic lives. So T20 cricket is the best way to provide the fans of cricket fun and enjoyment in a shorter period of time. So in accordance with all these facts we can say that twenty20 cricket seems to be the bright future of cricket.

➤ **TWENTY 20 CRICKET- A New Dimension of the Cricket's World**

Twenty 20 cricket has set up a new life in world cricket. It has redeemed cricket all over the globe. There were many allegations by the critics that cricket often creates boredom for the spectators especially when the bowler runs to ball a delivery and the batsman ducks it or does not offer any shot, it is not a very pleasant thing to see. But twenty twenty cricket is probably the best answer to this allegation. This short format of the game is exciting and players never get any chance to relax. It is an eye catcher for the spectators. The entertainment continues throughout the match and situations often take a twist in this format of the game. Most of all keeping in view the hectic lives of the people, we can say that now days no one is willing to waste his/her time in watching full day and night matches of cricket. Before the origin of twenty 20 cricket, people were really bored of watching test and one day matches. This concept of short form cricket has brought fascination and charm in the game. Its just 40 overs and the game is over.

● **Origin and start-up games of twenty 20**

Twenty twenty cricket was first originated in England by a person named as Nick Borcich. The England and Wales Cricket Board then introduced it in various countries. The true origin is traced to twenty twenty cricket cup in England which turned out to be a huge success. In one particular match between Middlesex and surrey the audience turnover was the biggest ever

recorded in a cricket country match. From this onwards, it was only a matter of time before the world cricket was about to adapt this version of the game. The England and Wales Cricket Board announced it formally in 2003.

From that day, the popularity of twenty twenty cricket continued to increase day by day. All other countries namely India, Pakistan, Australia, South Africa and other giants of cricket started it on a domestic level.

- **From the very first match to the recent World Cup**

On 12th January 2005 Australia's first T20 game was played at the WACCA ground between Western Warriors and Victorian Bushrangers which attracted a massive crowd of 20700. On January 2007 Queensland Bulls played with the New South Wales Blues and it was expected that the turnover for this match would be 11000. However, more than 16000 people turned out to watch this match which created confusion and problem at the Gabba, Brisbane. You can imagine its ever increasing popularity when 84001 people came to witness the match at the MELBOURNE cricket ground between India and Australia. This too proved to be a huge success.

Finally the ICC adopted this version of the game in international cricket where it is a part of the series between two teams. Apart from 50 over match there is always 1 or more twenty twenty matches played in the series.

The recent milestone achieved in twenty twenty cricket was the T20 world cup held in South Africa in 2007. This was a huge success and achievement. It was a fascinating contest and thrilling encounters were witnessed throughout the world. India came on top in the finals where they defeated their arch rivals Pakistan in a nail biting encounter. From this and onwards the popularity of twenty twenty cricket knew no bounds. The next T20 world cup was held in England in 2009 where Pakistan became the world T20 champions. And now the next world cup is to be staged in the West Indies.

You can imagine that T20 cricket had such a great effect that it was inspiring other sports as well. Recently the golf sporting body is also looking to shorten the format to increase the interest of their followers. They are inspired by the outcome of twenty20.

- **The basic differences with other types of Cricket**

There are some differences in twenty twenty cricket from other forms of the game. First of all, the major difference is of the fact that overs are limited up to 20. Each bowler can bowl maximum up to 4 overs and there are field restrictions up to the first six overs. In other formats like ODI and test cricket, bowlers are allowed to bowl 10 overs and unlimited overs respectively. So this makes a short version of the game interesting.

Secondly the concept of free hit has been originated from the twenty twenty cricket. If a bowler steps over a line and bowls a no ball then the batsman is allowed to open his arms and play any hit as he likes because he cannot be declared out in this regard. This concept of free hit became so popular and widely accepted that this concept has now been taken by 50 overs format as well.

Then there cannot be a tie in twenty twenty match. In 50 overs match and test cricket the match can well end as a draw. But if the match is tied in this format there is another innovation named as super over. Both the teams are allowed to play an over respectively and the team playing first sets up a target in this over. So this fascinating contest continues and nail biting encounters are not halted even if the match is a draw.

Twenty 20 cricket is different and more exciting is not only the short version of the game but also the pace of the game and its unpredictability. Situations change too often within a blink of an eye. It is not of that type like of test cricket that the batsman and bowler take there time to set in and play as they like. No, but here the batsman and bowler are not allowed to settle .They have to come up with goods right from the beginning.

All these interesting and exciting changes make the game of cricket far more popular and widely acceptable among the masses and it would not be wrong to say that twenty twenty cricket has overtaken both other forms of cricket in the popularity factor.

- **Rules and Layout for this new Innovation:**

This interesting new form of cricket has many rules and regulations. The rules of twenty20 cricket have been designed to obtain the entertainment value of the game being played in the middle. The idea is to provide maximum of entertainment to the people on ground and keeping this in mind the "Standard Twenty20 International Match Playing Condition" were made on 4th of July, 2006 by ICC (International Cricket Council).

Although the overall format is not very different from the one day matches except the fact that there are 20 overs instead of 50 in twenty 20 matches. The concept and formatting of the team is same that there are 11 players in the team. The time limit of match should not cross up to 3 hours. Sticking to the time limit is critical to the idea of twenty20 cricket. The matches should be thrilling and action-packed in order to entertain the people. Penalty can be charged to any of the players on wasting time which is five runs can be awarded to the other team or five runs can be deducted by the respective team. Thus, both teams are bound to follow the time limit of the match. There is also half an hour break in between the match.

- **Rules of bowling section:**

In the bowling section the rule is that no bowler can take more than 5 overs per inning in the match. In a typical twenty 20 game, the bowlers have to fill their quota in maximum of 75 minutes, otherwise the

team can be penalized on umpire's decision and six runs for every whole over will be given to the other team after 75th minute.

- **Rules and innovations of the fielding section:**

As far as fielding section is concerned, the bowling team can only have maximum of two players outside the 30 yards circle in the first 6 overs. Later 5 players can stand outside the circle and on the leg side no more than five players are allowed. This rule gives an opportunity to the batting team to score as much of the boundaries as they can. Hence, this format provides full time entertainment and excitement to the crowd.

Another interesting concept in such matches is the 'bowl out'. In case of a tie the winner of the match is decided by the 'bowl out'. Five bowlers from each team are supposed to hit an unguarded wicket. Each bowler gets 2 deliveries. Finally the team who knock down maximum number of wickets is declared as the winning team. The bowling continues if it remains a tie between both the teams. The concept of free hit is very exciting and interesting in twenty 20 matches; a free hit is awarded to the batsman on a 'no ball'.

All these ideas and rules are designed to provide people best of fun and entertainment in shorter period of time.

➤ **CONCLUSION**

Sports and other extra curricular activities have now become the most essential and beneficial part of human lives. Cricket, among all the other games, can claim a longer history than the other sports. Innovations, new ideas and changes in the rules and regulations have made it the most interesting and charming game in the world. The idea of twenty twenty cricket was first seemed to be strange and odd, but the fame it has got in such a short period of time is amazing and unbelievable. It is now claimed to be a more athletic and explosive form of a cricket. Soon the time would come, when people would completely prefer this new form of cricket more than the other games. This game full of spirit and excitement is surely a new spark to the spirit of game.