

Identification of sports categorization Identificación de categorización deportiva

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Abstract. Sports play a significant role in improving human health and financial status, particularly in competitive sports. It is also closely related to the prestige of a region or country. To achieve maximum results, appropriate guidance is required, which can be provided by relevant parties. Policy makers require a specific coaching system based on the characteristics of different sports, which should be carried out continuously with systematically arranged stages. With numerous sports available, it can be challenging to monitor the progress and evaluation of each sport. Therefore, it is necessary to categorize sports based on their characteristics. This research aims to form categories of sports that are adapted to the various characteristics of each sport. The research uses a descriptive qualitative method. The sports that are used as references are those that are competed in the Olympics, as well as those that are competed in Indonesia, especially in National Sports Week (PON). The sample includes 39 sports. After analyzing the characteristics of sports, the following categorizations have been produced: accuracy sports, martial arts, extreme sports, assessment sports, games sports, racquet sports, and measurable sports.

Keywords: Category, Identification, Sport, Olympics.

Resumen. Los deportes desempeñan un papel importante en la mejora de la salud humana y el estado financiero, particularmente en los deportes competitivos. También está muy relacionado con el prestigio de una región o país. Para lograr los máximos resultados, se requiere una orientación adecuada, que pueden proporcionar las partes pertinentes. Los responsables de las políticas requieren un sistema de entrenamiento específico basado en las características de los diferentes deportes, que debe llevarse a cabo de forma continua con etapas sistemáticamente organizadas. Con numerosos deportes disponibles, puede resultar un desafío monitorear el progreso y la evaluación de cada deporte. Por tanto, es necesario categorizar los deportes en función de sus características. Esta investigación tiene como objetivo formar categorías de deportes que se adapten a las diversas características de cada deporte. La investigación utiliza un método cualitativo descriptivo. Los deportes que se utilizan como referencia son los que se compiten en los Juegos Olímpicos, así como los que se compiten en Indonesia, especialmente en la Semana Nacional del Deporte (PON). La muestra incluye 39 deportes. Tras analizar las características de los deportes, se han elaborado las siguientes categorizaciones: deportes de precisión, artes marciales, deportes extremos, deportes de evaluación, deportes de juego, deportes de raqueta y deportes medibles.

Palabras clave: Categoría, Identificación, Deporte, Olimpiada.

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Introduction

In general, sport can be defined as an activity that uses physical and mental health to maintain and improve the quality of a person's fitness after exercising. Sport is also said to be one of the elements found in human life which, if empowered in various good and appropriate ways, can form character, discipline, competitiveness, productivity, and work ethic which can produce benefits for the individuals who do it (Ridwan, 2020). However, some believe that sports are divided into narrow and broad meanings. In a narrow sense, it can be said to be an actual competitive activity, and in a broad sense, the concept of sport includes actual competitive activity, in which there is a process of preparation for achievement as well as specific relationships and norms of behavior that arise based on this activity (Sutula, 2018). Based on existing thinking, it is clear that sport is intended as an activity to increase human health, but the current phenomenon is that sports do not solely play a role in this but as an activity that can increase income for some people. When discussing income, of course, there needs to be achievements produced. The resulting achievements are not only related to athletes but will certainly be closely related to policymakers. Because in the end, the

achievements made by someone will also increase the prestige of their region and country.

In principle, sports are divided into six types, namely educational sports, recreational sports, performance sports, amateur sports, professional sports, and sports for people with disabilities (UU No 3 Tahun 2005, 2005). In this research, the researcher examines performance sports more, this is because several general problems should be studied, one of which is the development of performance sports. Achievement sports are sports that are carried out and managed professionally and of course, have the aim of achieving achievements that have been made previously. To achieve this goal, it is necessary to have such handling and policies that are designed by a trainer, policymakers, and all related parties because achievements are not formed quickly and suddenly. Coaching in sports training is the initial action of success in improving athlete performance.

The training of athletes must be carried out in a structured, systematic, and continuous manner. So there needs to be optimal efforts made by the relevant parties. These efforts will be achieved if we look at several important components related to sports achievements, namely: (1) the need for tiered and sustainable development; (2) priority for sports;

(3) identification of talent scouting; (4) optimizing the development of Student Education and Training Centers (PPLP for school students and PPLM for university students) and special sports schools; (7) investment and implementation of sports science and technology; (8) empowerment of all development channels; (9) welfare and future guarantee system (Utami, 2015). The coaching system must also be made holistic and integrated (Javier et al., 2015) so that coaching must include a national sports coaching system which includes ten policy pillars, including: (1) Financial support; (2) Sports institutions consist of the structure and content of integrated sports policies; (3) Participation; (4) Achievement development; (5) Reward system and sense of security; (6) Training facilities (7) Procurement and development of trainers; (8) National competition; (9) Research and (10) Environment, media and sponsors (Sirait & Noer, 2021). To improve the quality of coaching and evaluation carried out by related parties, the author feels it is necessary to categorize sports based on the characteristics of the sports. This is because there are so many sports that related parties, in this case KONI, can carry out coaching and evaluation easily based on the categorization of sports. The categorization of sports is considered important because it is related to the characteristics that build it.

Sports achievements result from an athlete's efforts and abilities through the various training processes. This good training process must refer to the quality and quantity of aspects such as technical, physical, and psychological aspects (Prayoga et al., 2024). In the technical and physical aspects, we can see that an athlete's ability will be directly proportional to the training process they have carried out so far. For example, it can be proven through physical tests or fitness tests and track records in participating in various races or competitions (Prayoga et al., 2024). This shows that the sporting achievements achieved are based on the quality and quantity of training (Saenz Lopez et al., 2022). Meanwhile, in the mental aspect, psychological training is needed which is believed to improve athlete performance. Research states that an important factor that influences an individual's motivation to participate in sports is that sport produces a sense of meaning in their life (Vieira et al., 2021). This psychological training will be very helpful in achieving an athlete's targets and of course, this training applies to athletes at any level, even to athletes with disabilities (Roldán et al., 2020). So, it is very important to identify based on sports categories.

Identification of sports categories will also be closely related to the psychological needs that athletes must have in each sport. As we know, psychological factors are also one of the factors that can improve an athlete's performance. An athlete's psychology can help in setting targets to be achieved, as well as visualizing the steps that must be taken to make it happen. So, this method will help prepare athletes

mentally, whether they are training or facing a match. Athletes in each sport certainly have different psychological skills, all depending on the characteristics of each sport. So, it can be ascertained that there are psychological characteristics that characterize each sport and must be possessed by every athlete. So, it is believed that this categorization will make it easier for coaches or policymakers to improve athlete performance, especially in terms of the athlete's psychological skills. However, on this occasion, the author has not categorized sports from a psychological perspective.

There are many ways to categorize these sports, they can be grouped based on where, when, and how they are played. There are also many variations of similar sports, that have the same history, use similar equipment, or play similarly. These characteristics can be used to categorize them and of course, be strengthened by existing theories. Several previous studies divided sports into several categories, namely, combat (boxing, taekwondo, wrestling), individual aesthetic (fin swimming, figure skating, gymnastics, synchronized swimming), individual aiming (golf), racing (athletic, biathlon, boating/sailing, bobsleigh/skeleton, canoe/kayak, cross-country running, cycling, rowing, speed skating, swimming, triathlon), net/court (racquetball, squash, volleyball), invasion (basketball, broomball, football, ice hockey, lacrosse, ringette, rugby, soccer, waterpolo), fielding (baseball, softball) and target (archery, curling, shooting, ten pin bowling) (Livingston & Forbes, 2016). Some divide the sports category into four parts, namely: innovation games-separated out into handball (e.g. basketball), football (e.g. soccer), and stickball (e.g. hockey) varieties; net/wall games-for example tennis or badminton and squash; striking and fielding games-for example rounders or cricket and target games-for examples archery or golf (Swaites, 2022).

From these studies, it can be seen that there are several similarities in the division of sports categories, but there is no constructive theory regarding the formation of these categories and there are no references that can be used in Indonesia, which is why the author was interested in carrying out this research. This is what makes the author feel it is important to research further so that later it can be used as a reference by coaches and policymakers and it is hoped that everything related to improving athlete performance will be easier. We also classified sports based on the characteristics of each sport, where the sports sampled were sports competed in the Olympics.

Materials and Methods

The research method used in this research is descriptive/qualitative research method. The essence of qualitative research is that it examines the way people understand their own real experiences in their minds and their own words and

then analyzes that understanding in terms of behavioral sciences such as psychology, education, health sciences, and so on. The resulting data can be narrative (e.g., comments in interviews, statements in written text) (Cropley, 2023). This research was conducted for one month based on the results of focus group discussions (FGD) in June 2023. The FGD involved four experts in the coaching field, 2 sports psychology experts and 1 sports coaching expert who have contributed a lot to the world of sports in Indonesia, especially West Java.

The focus of the discussion includes the boundaries of the sports identified and the characteristics of each sport in one group. In general, there are 74 sports registered with KONI West Java. This sport was discussed in the FGD based on the results of achievements achieved by West Java and this sport was competed in multi-event Olympics. In the FGD, West Java's achievements in the 2022 National Sports Week (PON) Papua were discussed to be used as a reference in categorizing sports. The population consisted of 74 sports and the research sample used was 39 sports. The selection of these 39 sports was based on the availability of these sports in the Olympics and will also be competed in at PON Papua 2020. The sports in question are fencing, weightlifting, athletics, bicycle racing, baseball, handball, badminton, canoeing, equestrian, futsal, golf, wrestling, hockey, judo, karate, sailing, fin swimming, shooting, archery, climbing cliff, water polo, swimming, artistic swimming, open swimming, rowing, rugby, artistic gymnastics, rhythmic gymnastics, football, roller skating, softball, taekwondo, lawn tennis, table tennis, boxing, volleyball, 3x3 basketball and 5x5 basketball.

The sampling technique uses total sampling. In taking samples the author used several criteria as follows: (1) is an olympic sport; (2) sports in multi-event sports events in Indonesia (PON). The data collection technique in this research is more about observing phenomena using observation methods and conducting focus group discussions. The research steps that the author carried out consisted of four stages, namely data collection, data classification, data display, and concluding. The data analysis used is narrative analysis so it will provide more insight because it has important data that is not only related to context but also time, place, product specifications, product usage experience and perhaps some suggestions can also be taken into consideration (Feby, 2022).

Results and Discussion

Based on the results of a focus group discussion with several experts, there were 39 sports in West Java that were identified for categorization. These sports include fencing, weightlifting, athletics, bicycle racing, baseball, handball, badminton, canoeing, equestrian, futsal, golf, wrestling, hockey, judo, karate, sailing, diving, shooting, archery, rock climbing, water polo, swimming, artistic swimming, open swimming, rowing, rugby, artistic gymnastics, rhythmic

gymnastics, football, roller skating, softball, taekwondo, tennis, table tennis, boxing, volleyball, 3x3 basketball and 5x5 basketball. The results of the FGD categorize sports based on certain characteristics, such as physical, and physiological conditions, equipment used, and competition rules. The findings show that there are seven categories of sports, including accuracy, martial arts, extreme sports, scoring, games, racquets, and measurable. The decision to categorize this sport is also made based on relevant theory.

This categorization can contribute to the evaluation of each sport category carried out. Evaluation will be easy to do if the sport is included in which categorization. This classification is carried out based on the similarity of characteristics possessed by the sport by existing theory. After this, researchers will research further and categorize more specifically based on the psychological abilities of each sport.

No research classifies various sports in detail, some studies only examine the categories, martial arts sports, extreme sports, and racket sports separately, while no categorization of scoring sports, accuracy sports, game sports, and measured sports makes it a sport categorization for a scale. Internationally, even if there are types of sports, they still overlap with the sport categorization compiled by other researchers. So, the research carried out certainly has novelty that can be justified, this is because the researchers divided the categorization into seven categories of sports, namely the categorization of accuracy sports, martial arts sports, extreme sports, scoring sports, gaming sports, racket sports, and measured sports. Most previous research only classified one sport categorization and did not specifically take samples for sports competed in the Olympics. Even on the official Olympic website, all sports are not classified, they are only listed in alphabetical order. The author presents a discussion based on each sport category found.

Accuracy Sports Category Analysis

Next is the accuracy sports category. Accuracy sports are a sport that relies on the accuracy of throwing or shooting an object at the intended target. Some of these sports include archery, pentaque, shooting and so on (Dewi & Jannah, 2019). Accuracy refers to the degree of closeness or agreement with the true value of the measured quantity. According to the Indonesia Dictionary (KBBI), accuracy is precision and thoroughness, so accuracy can be interpreted as measurable, which means precision and can be measured precisely and accurately according to the results obtained. Thus, it can be said that accuracy is a word that comes from the word precise, which means straight (direction and goal) in achieving a goal.

From this understanding, it can be defined that accuracy sports are sports that rely on the accuracy of throwing or shooting an object at the target to be aimed at, for example, archery, petanque, shooting, and so on (Dewi & Jannah,

2019) and can be seen from the distance traveled. or the results can be seen directly and accurately. An athlete who is involved in accuracy sports, for example, archery, must have the ability to estimate the distance of the target in determining the arrow to the target (Prasetyo, 2017). Judging from its characteristics, the sport of archery involves releasing arrows along a certain trajectory toward the target within a certain interval (Andriyani, 2012). Therefore, the athlete's ability to exert a movement towards a target (target) is a necessity that must be possessed by an athlete in this category of accuracy sports. The sports that fall into the accuracy sports category are golf, shooting, and archery.

Martial Arts Sports Category Analysis

Martial arts are sports that require direct physical contact with methods of attacking and defending oneself against attacks carried out by opponents without any barriers. Several sports that fall into this category include pencak silat, martial arts, taekwondo and others (Hanifah, 2017). Martial arts is a self-defense art that involves certain techniques such as attacking, parrying, and avoiding. This technique is usually carried out using various body muscle movements, especially the hands and feet. This sport is a combination of physical activity with elements of art, self-defense techniques, sports, and mental exercise which contains the content of the arts and culture of the community where martial arts were born and developed. It is said to be a martial sport because this sport requires direct physical contact with methods of attacking and defending oneself against attacks carried out by opponents without any barriers (Dewi & Jannah, 2019). Some examples of martial arts sports are Pencak Silat, Karate, Taekwondo, Judo, and so on (Purwanto et al., 2022). Martial arts sports can be classified into three main categories, namely striking, grappling, and weaponry. These three categories depart from different styles, histories, and cultures (Proactiv, 2022).

Martial arts can also be considered a sport which is a traditional Japanese or Chinese form of fighting or self-defense. However, it turns out that this assumption fails to do justice to the depth and breadth of the diversity of arts to which the term "self-defense" can be applied. Martial arts usually have their history, culture, and etiquette with practices that vary in form and technique (Fuller & Lloyd, 2020). Seeing the essence of martial arts which is related to the phenomenon of combat at various levels, this sports of martial arts also combines it with other forms of human expression such as dance, music, art, or drama (Meyer, 2021).

There are two basic components in martial arts training, namely physical condition development and skill development. These physical qualities are flexibility, strength, and endurance. Apart from that, it is also necessary to develop coordination and reflex movements. Meanwhile, motor skills learned include kicking and punching (Kim, 2014). Unlike several categories of previous sports, this category of martial

arts sports is not under one organization but consists of various organizations according to the martial arts. From these explanations, the author groups several sports that are included in this martial arts categorization, namely fencing, wrestling, judo, karate, taekwondo, and boxing.

Extreme Sports Category Analysis

Extreme sports are a large group of similar activities that include aerial sports such as paragliding, hang gliding, and skydiving. Several other extreme sports such as climbing and mountain climbing are practiced in certain environmental conditions. Most of these extreme sports are carried out using special equipment and all require special skills (Feletti et al., 2019). Extreme sports can also be defined as independent adventure activities where a fatal error or accident is likely to result in death (Trease et al., 2022). This is similar to several opinions which suggest that extreme sports are theoretically synonymous with risk and participation seeks high levels of adrenaline (E Brymer & Schweitzer, 2013).

Some examples of extreme sports include BASE (Building, Antenna, Span, Earth) jumping, waterfall kayaking, big wave surfing, climbing without ropes, and extreme skiing (E Brymer & Schweitzer, 2013). Apart from that, extreme sports can also be classified into the following sports: bungee jumping, skydiving, skating and snowboarding, surfing, hang gliding, rock climbing, kayaking, rafting, and cannoning (Bikker & Rebecca, 2022). Based on FGD findings, extreme sports include rowing, canoeing, and sport climbing.

This sport is more towards a more modern and individualistic sport. Other terms for extreme sports are action sports, agro sports, and adventure sports. Adventure sports is just a general term used among tourists because the words themselves suggest excitement and fun (Cohen et al., 2018). For example, jumper Chris McDougall prefers the term "adventure sports" rather than "extreme sports" because every time he participates, he feels like he is going on an exciting adventure (Cohen et al., 2018). Adventure sports is a term commonly used in the tourism industry, the key term being the visible natural environment in which the sport is performed. The abilities that extreme sports players must have are high speed, strong acceleration, and good physical condition (Eric Brymer et al., 2020). The main characteristic of extreme sports is that most people take risks, and seek individual sensations that have little connection with nature (MacIntyre et al., 2019). This is in contrast to the opinion that if other sports prioritize competition with competitors, then extreme sports focus on conquering one's fears and how we can face natural challenges. From the explanations above, it can be concluded that extreme sports are a description of any action or adventure sport that involves high risk, speed, natural challenges, and physical struggle. So most extreme sports are considered an alternative to sports with adrenaline-pumping sensations. If we look at the characteristics of extreme sports,

rock climbing is included in the extreme sports category.

Scoring Sports Category Analysis

In performance sports, there are several sports where victory is determined using a scoring system and is done individually. The assessment itself has of course become a guideline for all sports and must be followed by everyone in the world. Sports with a scoring system to determine the winner have a high level of subjectivity. So, the provisions for awarding points must be the same and there needs to be more training to equalize the perception of each judge. An athlete is declared victorious if they produce the most points compared to other competitors. Usually what is assessed in this categorization of sports is the athlete's ability to perform/produce movements with beautiful and precise movement patterns by predetermined criteria. So the author can conclude that artistic gymnastics, rhythmic gymnastics, and equestrian riding are included in the assessment sports category.

The sport of gymnastics, especially artistic and rhythmic gymnastics, has regulations that apply to the world's parent gymnastics standards, namely the Fédération Internationale de Gymnastique (FIG). This rule relates to the assessment of floor exercise competitions as stated in the code of points. A gymnast will be assessed on the movement technique components. The basic components of this floor exercise movement include the start, core movement, landing, and final stance. The assessment in question is assessing the components of the technique in terms of the difficulty of the movements performed by the gymnast. For example, the gymnast's initial stance is a movement that is relatively easy compared to the core movement, while the landing movement is more difficult because it is influenced by the core movement. However, when performing these movements, the gymnasts perform less than perfect movements, so points will be reduced and of course, the maximum value will be reduced.

For equestrian sports, it is not much different from gymnastics regarding scoring. Only in this sport is the assessment based on the compatibility between the athlete and the horse itself. So, success in winning this sport is not only the skill of the horse rider, but the ability of the horse also plays an important role.

Equestrian sports consist of several competition numbers (Kristiana & Sunandar, 2020), namely:

a. Harmonious Riding

Dressage means "education" in French. Horses are trained to perform complex maneuvers using minimal movement using the hands, feet, and body weight of the rider. Dressage is not only a competitive sport, but also an art of the beauty and grace of a flexible horse seen when it moves and responds to the movements made by the rider.

b. Obstacle Jump

Hurdle jumping is a physical activity for both rider and horse, so fitness and training as well as instinct/talent/instinct

in competition are the main factors. This is what will make the difference between failure and success in forming a partnership between horse and athlete. Jumping obstacles requires concentration in thinking and strategy.

c. Trirace

Combined events rely on the horseman's experience in all riding events. Horses and riders must be agile and versatile. Both of them take part in a combination consisting of three competition events: dressage, cross-country, and jumping with the same horse during the competition. So, both require cooperation, mutual trust, and also structured and systematic training.

The next category that is included in the sports assessment category is diving. Diving is a sport that involves a graceful jump from a diving board into a swimming pool. Jumpers perform acrobatic movements while in the air. The characteristics of beautiful diving are almost like gymnastics, in physical condition you must have strength, flexibility, balance, power and air awareness (Olympics, 2024). Artistic swimming is also included in this category. Synchronized swimming consists of six to 10 required elements in a predetermined order and lasts for 2 minutes 20 seconds for a pair of 2 minutes 50 seconds. Judging is carried out by two panels of judges assessing the technique of all movements including aspects such as body height from the water, synchronization with team members and music and level of difficulty. Meanwhile, the artistic score consists of choreography, musical interpretation and the way it is presented (Lundy, 2011). This beautiful swimming is a combination of aerobic and anaerobic fitness, endurance, flexibility, strength, acrobatic skills and choreography. In this sport, the basic movements that must be possessed are diving and swimming with added variations (Ruggieri, 1976).

From these explanations, sports were produced that were included in the categorization of sports for assessment, namely: gymnastics, equestrian, diving and synchronized swimming.

Games Sports Category Analysis

Sports games are sports in the form of games using a ball as the object to be played and for badminton using a cock with various strategies and tactics such as volleyball, basketball and so on (Dewi & Jannah, 2019). This is the difference in perception between previous research carried out by several people in Indonesia and that carried out by researchers. Game sports are sports with dominant open-skill characteristics, where athletes have to predict where the ball will fall, so athletes have to be able to make quick decisions about where they will move (Sentani et al., 2019). This sport is played as a form of game played in teams or teams (more than one person), so good cooperation between players in a team is needed to get points and win. The sports game category has sports charac-

teristics in the form of games using balls as objects with various strategies and tactics such as volleyball, basketball, and so on. This sport can be played in teams and requires high intelligence where during the match a player must use strategy and tactics to defeat the opponent or win the match. Players are required to have good physical endurance because they have to move quickly, run, and play for a long time (Hanifah, 2017). The main characteristic of sports games is that a player's outcome depends on the strategies of other players. Game theory is considered to apply to any situation with two or more players where there is a known outcome or measurable consequences. In this sport, an athlete must have basic physical abilities, namely strength, speed, conditioning, and position.

Some people explain that the sports games are categorized as follows: football, volleyball, basketball, handball, and beach volleyball (Wiaro, 2022). If you look at several sports, there are similarities in their characteristics. Although not all characteristics are the same in one sport as in another. For example, all sports are played as teams even though the number of athletes in one team is different. The similarity to football, basketball, and handball is that the game is limited by time. The similarities between volleyball and beach volleyball are that both are similar sports with the characteristics of using a large ball and being limited by a net and the assessment is based on achieving the highest score obtained in each round. Based on these theories, the author determines that the sports included in the categorization of game sports are as follows: 3x3 basketball, 5x5 basketball, baseball, handball, futsal, hockey, rugby, football, softball and volleyball.

Apart from that, water polo is also included in this category of sport, because it has almost the same characteristics as other sports in this category. Water polo is a sport of endurance and teamwork. This sport is played between two teams, each having six players and one goalkeeper. Water polo is played in water so players must have swimming skills as well as skills such as throwing, catching and passing. The goal of this sport is to score as many goals as possible to win the match (Point, 2015). Based on these theories, the author determines that the sports included in the categorization of game sports are as follows: 3x3 basketball, 5x5 basketball, baseball, handball, futsal, hockey, rugby, water polo, football, softball and volleyball.

Racquet Sports Category Analysis

Racquet sports are sports that are played with a racket to hit balls or other objects. Racquet sports are also a sport of agility and speed that can be participated in by athletes of all ages. The characteristics of racket sports are games that use a relatively wide field, move quickly, use a relatively small ball, use the racket as an extension of the hand, and games that require excellent physical condition. Racquet sports require a unique combination of aerobic and anaerobic fitness, speed,

strength, agility and flexibility (Lees, 2003). This racket sport can be played with a net separating the players or in the case of squash with the players moving around an area of the court. This is one of the main factors that differentiates each racket sport, namely the field on which the match takes place. Some of them are played in a room separated by a net (badminton, tennis, and table tennis) while other sports use walls (squash and racquetball), and in mixed sports, padel is played in a room surrounded by side and back walls and separated by a net that allows to play with several side wall areas with a back wall (Cádiz Gallardo et al., 2023).

A common aspect of racket sports is that shots are played by competitors in turns, forming a rally. There are singles and doubles games (O'Donoghue et al., 2013). Another characteristic of racket sports is that the games involve holding a racket which is used to push the ball or shuttlecock between two or four players to place the ball in such a position that the opponent cannot return it properly (Lees, 2003). Several researchers have determined the types of racket sports, some of which are popular sports such as tennis, table tennis, badminton, and squash, but there are also new sports such as paddle tennis or racket (Cece et al., 2020). Other researchers also said the same thing regarding several sports that are included in racket sports, namely tennis, table tennis, badminton, and padel (Robin et al., 2023). Based on the explanation above, the author determines that badminton, field tennis, and table tennis are included in the categorization of racket sports.

Measurable Sports Category Analysis

The meaning of the word measurable according to the KBBI is that it can be measured, has been measured. Measurable means having a certain quantity. Measurable means precise, precise, and fitting. Measurable sports are sports where the results can be seen from the distance traveled or the results can be seen directly and accurately (Fathannisa et al., 2022). If we look at the meaning of measurable sports, those included in the categorization of measurable sports are athletics, weight lifting, bicycle racing, canoeing, sailing, rowing, and roller skating.

In determining the winner in these sports, it is seen from how quickly they reach the finish line which has been determined by the applicable rules. Apart from that, try to reach the furthest distance compared to other competitors. For example, to become a winner in an athletics competition, you must first reach the finish line or achieve the furthest distance. Such as short-distance running, long-distance running, and hurdles, then jumping, high jump, and throwing events which require an athlete to gain a greater distance than their competitors. For the sports of bicycle racing, canoeing, sailing, rowing, and roller skating, the same as several numbers in Athletics, the way to become a winner in a competition is achieved by how quickly the athlete reaches the finish line and does not make any mistakes in doing so. Meanwhile, for

weight lifting, the rule that determines victory is the athlete who can lift a heavier barbell compared to other athletes.

Furthermore, swimming is included in a group of water sports whose characteristics refer to pushing the body through water with the help of the limbs to move in the desired direction (Sportsmatik, 2022). In swimming, the basic techniques that must be possessed include warming up, gliding, floating and coordination and controlling body balance (Erni & Roepajadi, 2020). This sport is also included in the category of measurable sports because it is the same as several of the sports that have been mentioned. The way to get a winner from this sport is to see which athlete reaches the finish line first. Similar to swimming, open water swimming is also a sport that is included in the measurable sports category. Open water swimming is a swimming discipline that is competed outdoors. This swimming can be done in several open places including lakes, rivers and oceans (Baldassarre et al., 2017). The basic movements that an open water swimming athlete must have are the same as track swimming, namely warming up, gliding, floating and coordination, not to mention controlling body balance. What differentiates it from track swimming is the conditions in which the sport is carried out, namely in open water. Based on existing theories, it can be concluded that those included in the measurable sports are athletics, weight lifting, bicycle racing, canoeing, sailing, rowing, open water swimming, diving and roller skating.

Conclusions

This research concludes that there are eight categorizations of sports, consisting of: accuracy sports, martial arts, extreme sports, assessment sports, games sports, racquet sports, and measurable sports. All categorizations of this sport have been prepared based on the results of existing analysis and theory.

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