

Analysis of the Characteristics and Psychological Characteristics of Athletes' Illegal and Criminal Behaviours

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Abstract

In order to study the characteristics and psychological characteristics of athletes' illegal and criminal behaviours, this paper puts forward a study on the disciplinary violations of High-performance sport athletes in China. This study used the methods of literature review and expert interviews to analyze the disciplinary violations of High-performance sport athletes in China. The results show that the disciplinary violations of High-performance sport athletes in China mainly include match fixing, false age, false gender, doping, violence, etc. The reasons for these disciplinary violations involve low education level, distorted ideological concepts, weak legal awareness, inadequate sports laws and regulations, and the impact of social misconduct. In response to the existing problems, some feasible suggestions have been put forward, including strengthening the construction of athletes' moral quality, strengthening the cultivation of legal awareness, strengthening the construction of sports legal system, and increasing the punishment for disciplinary violations. These suggestions are intended to lay a foundation for the rapid, stable, civilized and healthy development of High-performance sport in China. In summary, in order to solve the problem of illegal and criminal behaviour among athletes, it is necessary to play the guiding role of the Sports Law and improve the legal responsibility for doping violations; Expand the application of civil compensation, broaden the channels for athletes' relief, and encourage athletes to request compensation for infringement liability; Improve relevant administrative regulations and provide guarantees for inspections outside doping competitions; Strictly crack down on doping crimes and use criminal punishment to crack down on the doping crime circle. These measures will help solve the problem of athletes' crimes and promote the healthy development of High-performance sport.

Keywords: Illegal and Criminal Activities, Athletes, Psychological Characteristics.

Introduction

In the process of gradual modernization, marketization, and industrialization, the crime problem of sports athletes is gradually becoming apparent (Engelberg & Moston, 2020), their behaviour mainly includes sports injury behaviour, competition control behaviour, and doping related behaviour, among them, controlling game behaviour roughly includes "black whistle", "fake ball", and so on (Jugl et al., 2023). These sports competition crimes seriously trample on the spirit of "fairness, justice, and openness" in sports, desecrate the essence of sports, endanger the physical and mental health of athletes, and bring serious harm to the health and sustainable development of competitive sports (Leheza, 2022). Athletes, as one of the focal points of society, often receive high attention for their achievements and image in the arena. However, sometimes some athletes may fall into illegal and criminal behaviour, which not only has a serious impact on their personal reputation and career, but also has a negative impact on the sports industry and society. Characteristics of athlete's illegal and criminal behaviour: Competitive pressure: Athletes usually bear enormous

competitive pressure, and they need to constantly surpass themselves and others to maintain their position and reputation in the arena. This enormous pressure may lead some athletes to choose illegal and criminal behaviour, attempting to gain a competitive advantage or gain more returns through illegal means. Honour desire and self-image: Many athletes have established their own honor and self-image in their competitive careers, hoping to maintain this image and receive more praise. However, sometimes some athletes may take illegal actions out of self-protection or maintaining their image, which may include fraud, doping use, false certification, etc (Moriconi & De Cima, 2020). The increasing illegal and criminal behaviour of competitive athletes has seriously trampled on the principle of fair competition in sports (Cowan & Taylor, 2016). From the perspective of sports ethics and morality, as well as the physical and mental health of athletes or social order, competitive sports crimes not only violate the core of competitive sports spirit, but also have serious social harm (Hallmann & Giel, 2018). There are a large number of inappropriate behaviours on the sports field: Injury behaviour in competitive sports, control of competition behaviour, and

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doping related behaviour. These behaviours have already infringed on similar legal interests in society (Jones et al., 2017). Athletes, as a special group, have long been known for their bright side, and the outstanding are idols worshipped by the Chinese people (Si et al., 2015; Stratton, 2022), however, in recent years, the continuous exposure of illegal and criminal scandals has tarnished their star light, which cannot help but make people feel regretful, and this kind of behaviour has no tendency to decrease, this makes us have to pay attention and think deeply, because it not only relates to personal future and social security, but also relates to the overall image of the athlete community and the healthy and sustainable development of competitive sports (Leheza, 2022). The occurrence of athlete violations has already affected the civilized development of competitive sports, identifying the causes of the problems and preventing such violations is the primary task of the sports industry. The purpose of studying athlete disciplinary violations is to avoid the occurrence of disciplinary violations, enhance the infectivity and civilized atmosphere of competitive sports, and establish a sports brand. Through knowing these issues, sports firms could implement preventive measures and support systems to minimize the occurrence of illegal and criminal behaviours among athletes, promoting fair competition and safeguarding the integrity of sports as a whole. Thus, based on previous discussion it could be inferred that there is a need of time to conduct research to check the analysis of the Characteristics and Psychological Characteristics of Athletes' Illegal and Criminal Behaviours.

The research results the analysis of the Characteristics and Psychological Characteristics of Athletes' Illegal and Criminal Behaviours hold a significant importance for the sports community and policymakers in China. The study sheds light on various disciplinary violations, such as fake ball incidents, doping use, false age, false gender, and violent incidents, which have negative implications for the integrity and fairness of sports competitions. The research identifies key reasons behind these violations, including the lack of moral education, weak legal awareness, distorted ideological concepts, and loopholes in sports laws and regulations. Understanding these underlying factors is crucial for formulating effective strategies to address and prevent such violations. By strengthening the construction of athletes' moral qualities, cultivating their legal awareness, and improving the sports legal system, it is possible to create a more ethical and compliant sports environment. Implementing these measures can not only safeguard the rights and well-being of athletes but also foster a culture of fair play, integrity, and respect within the competitive sports arena, ultimately contributing to the healthy and sustainable development of high-performance sports in China.

Literature Review

The violent nature and serious consequences of athletes' illegal and criminal behaviour pose a threat to social security, the safety of others' lives and property (Leheza, 2022). These behaviours not only have a devastating impact on an individual's future and reputation, but also represent a loss for the country (Olonisakin et al., 2018). Excellent athletes are usually the key objects of national High-performance sport reserve talents training, and they are rare talents (Swann et al., 2017). They carry the hopes and dreams of the nation and are highly respected and worshipped as idols and national heroes. However, when some outstanding athletes fall into the road of no return to crime, it will not only have a devastating impact on their personal future, but also have a negative impact on the development of national High-performance sport (Rice et al., 2020; Swann et al., 2016). Such illegal and criminal behaviour can easily bring negative reputation to the entire athlete team, leading to the public forming negative stereotypes of athletes, such as biases that athletes have simple minds, well-developed limbs, low cultural level, and a tendency to solve problems through violence (Jugl et al., 2023). This may make some parents unwilling to let their children engage in High-performance sport, thus affecting the country's selection and reserve of High-performance sport reserve talents (Den Hartigh et al., 2018). From a macro perspective, this is detrimental to the stability and harmonious construction of society. In the long run, this is not conducive to the healthy and sustainable development of High-performance sport in China (Schinke et al., 2022; Shen et al., 2019). Therefore, preventing and cracking down on athletes' illegal and criminal behaviour is very important (Banuri & Eckel, 2015). It not only requires individual self-discipline and the cultivation of moral concepts, but also requires the comprehensive efforts of sports organizations, coaches, families, and society to ensure that athletes can become good role models and positive forces in society (Schmidt-Kessen et al., 2019). Moriconi et al. (2020) further believe that background and purpose illegal behaviour are related to gambling chaos. However, little is known about young people with GD committing crimes related to GD. Therefore, the main purpose of this study is to compare the social Demography, clinical, personality and Psychopathology characteristics of young GD patients with and without a history of illegal behaviour. Further research conducted on young people seeking treatment who met GD criteria were evaluated at a public hospital specializing in behavioural addiction. Participants completed a self-report questionnaire to explore GD, personality characteristics, and Psychopathology symptoms. In the total sample, 291 patients (36.0%) committed GD related crimes. Illegal behaviour is

associated with younger age and unemployment status. Further studies have highlighted on various factors that contribute to such behaviours among athletes. Kabiri et al. (2018) conducted a comprehensive study involving professional athletes and found that those who engaged in illegal activities often exhibited impulsive tendencies and high levels of sensation-seeking behaviour. Furthermore, they reported that athletes with a history of childhood trauma and adverse experiences were more likely to resort to criminal activities as a coping mechanism. On the other hand, other factors also have influence of the sporting environment itself. For instance, Thrasher et al. (2015) explored the role of socialization within sports teams and how it can foster a culture of misconduct. They revealed that athletes who belonged to teams with a "win-at-all-costs" attitude were more likely to develop a willingness to bend or break the rules to achieve success. This toxic environment could amplify aggressive tendencies and diminish ethical decision-making capacities, leading to increased involvement in illegal activities. Through knowing these issues, sports firms could implement preventive measures and support systems to minimize the occurrence of illegal and criminal behaviours among athletes, promoting fair competition and safeguarding the integrity of sports as a whole. Thus, based on previous discussion it could be inferred that there is a need of time to conduct research to check the analysis of the Characteristics and Psychological Characteristics of Athletes' Illegal and Criminal Behaviours. Therefore, at the same time, analyse and summarize the disciplinary violations that occur during competitive competitions, providing theoretical basis for the healthy and civilized development of competitive sports (Tetiana et al., 2021). As shown in Figure 1:

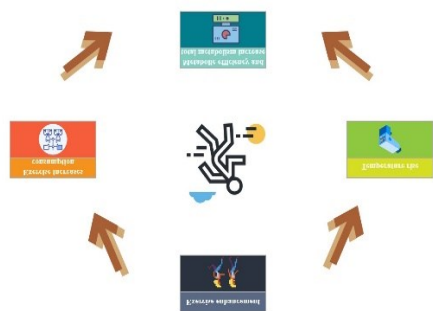


Figure 1: Characteristics of Athletes' Illegal and Criminal Behaviours.

Methodology

The current research object is to examine the violations of discipline by competitive sports athletes. To achieve a

comprehensive understanding of this phenomenon, a combination of research methods was employed. Firstly, the literature technique entailed a thorough analysis of pertinent publications and papers pertaining to the reasons behind and solutions for athletes' disciplinary breaches. The study provided a sound theoretical framework by summarizing the causes of disciplinary infractions and identifying any gaps in previous research through the examination and review of these materials. Second, the expert interview technique was applied, in which coaches and athletes from a certain province were contacted through phone and voicemail for interviews. These interviews, which followed a predetermined plan, produced insightful information about the reasons for disciplinary offenses and viable solutions. For the purpose of enhancing the study findings, the interview content was subsequently examined and summarized. Last but not least, the case analysis approach was used to investigate common infractions committed by athletes, such as doping, matchmaking, and athlete violence. The study suggested workable solutions to the issues by identifying common trends and causes of these infractions, providing a concrete framework for further research and initiatives in this field. The study aims to thoroughly examine disciplinary infractions in competitive sports and provide a sophisticated knowledge of the elements influencing athlete behaviour by merging these research approaches. Studying the disciplinary infractions of High-Performance Sport Athletes in China is an essential and deserving topic for this dissertation. Athlete disciplinary breaches can be examined from several angles using research methods including literature reviews and expert interviews. 1. Literature method: By gathering, classifying, and examining pertinent academic papers, research reports, news articles, and other literature, we can comprehend the particular circumstance, frequency, and kind of disciplinary infractions of High-performance Sport athletes in China. Analyze the reasons for athletes' violations mentioned in the literature, such as financial temptation, competitive pressure, and lack of moral concepts. 2. Expert interview method: invite experts, coaches, athletes, sports organization officials, etc. in relevant fields to conduct face-to-face or Online interview to explore the reasons and influencing factors behind athletes' disciplinary violations. Expert interviews can provide practical experience and professional insights to gain a deeper understanding of the psychological motivations, training environment, institutional norms, and other aspects of athletes' disciplinary violations. Through the above research methods, we can obtain detailed information about the disciplinary violations of High-performance sport athletes in China and analyze the reasons and influencing

factors. These research results can provide practical basis for formulating and improving relevant policies, strengthening education and training, strengthening regulatory measures, etc., in order to reduce and prevent the occurrence of athletes' disciplinary violations, and promote the healthy and sustainable development of High-performance sport in China.

Results and Analysis

Classification of Disciplinary Violations by Athletes in Competitive Sports

1 The "fake ball black whistle" is a cancer of football and basketball. In 2021, athletes participated in matchmaking cases. Fake ball "refers to a game in which the opponent deliberately uses their true abilities to achieve victory due to certain relationships, interests, or being bought by the other party, in accordance with their intentions. At present, the "fake ball" incident shows a lack of ambition and a lack of focus in the form of competition. However, some athletes,

Table 1

Typical Events of Athletes Involved in Doping

	Event	Result
Hiroshima Asian Games	Athletes using prohibited drugs	Cancel medals and suspend for two years
Swimming World Championships	Athletes found to be using stimulants	Was suspended for five years, and his coach was suspended for 16 years
National Athletics Grand Prix	Sprinter tested positive for drugs	Suspension for 3 years, fine of 10000-yuan, cancellation of competition results
raid	Weightlifters administer prohibited drugs to team members	Lifetime ban

From the content of Table 1, it is not difficult to see that the punishment results for doping violations in competitive sports are nothing more than invalid results, cancellation of medals, loss of participation qualifications, fines, etc, even for the more severe impact of assault testing and drug use cases, only lifelong competition penalties are imposed, and the punishment has not yet been applied. At that time, Zhang, an athlete of the weightlifting team in the province, had a conflict with the coach on weekdays and believed that he had been unfairly treated, in order to vent his personal anger, he developed the idea of retaliation and framing, so, together with another athlete, they repeatedly intentionally added stimulants to their teammates' drinks and anonymously reported to the sports authorities that the weightlifting team was taking banned drugs, resulting in their teammates being banned after drug testing. After investigating the case, the public security organs detained Zhang and his wife on suspicion of false accusation and framing, a few months later, the public security organs

in order to conceal their hypocritical mentality, exhibit exceptional proactivity during the competition. This phenomenon, due to its very subtle manifestations, requires conclusive evidence to be determined. Once confirmed, strict punishment will be imposed (Airaksinen et al., 2021). 2 Doping use is a common occurrence in competitive sports, in 2021, there will be 5 doping positive events in the sports student games, and the famous Chinese hammer thrower Zhang Mou will be detected to have taken doping. The main purpose of taking stimulants is to achieve better results and win the competition. Athletes participating in the competition, in order to achieve their best physical condition or maximize their excitement, take prohibited drugs that stimulate the nervous system and engage in fair competition. The reasons for this phenomenon include the guidance of leaders or coaches, the dual temptation of world champion honors and abundant bonuses, leading them to sacrifice their physical health. The path of damaging reputation and violating the law (Kozachenko et al., 2021). As shown in Table 1:

requested approval for the arrest of Zhang and his wife on suspicion of injecting dangerous substances, after examination, the procuratorial organ found that the case did not meet the constitutive requirements of the crime of injecting hazardous substances. Finally, the public security organs made a decision to "change the compulsory measures" against Zhang and the two, changing from criminal detention to residential surveillance. According to the investigation results, the China Weightlifting Association exempted the athletes who were framed from punishment, and also imposed a lifelong ban on Zhang and the two (Stratton, 2022).

From a personal perspective, doping crimes in competitive sports cause harm in both physical and mental aspects. It poses a certain degree of harm to the physical and mental health of athletes who use stimulants, at the same time, it also harms the legitimate rights and interests of the participating parties. Everyone has the right to risk their lives in order to protect their own lives. Doping crimes in

competitive sports will infringe on the legitimate rights and interests of athletes, including their rights to health, body, life, reputation, and other rights protected by law. The right to health refers to the right of citizens' physical health not to be illegally infringed upon. Body right refers to the right enjoyed by natural persons in accordance with the law to maintain the integrity of their bodily organization and to exercise control over them without being illegally infringed upon by others. The right to life refers to the right enjoyed by citizens in accordance with the law not to be illegally deprived of their lives. The right to reputation refers to the right to protect one's objective social evaluation from illegal infringement. The use of stimulants can cause great physical and psychological harm to individuals, long term use of stimulants not only causes irreversible damage to the external physical characteristics of athletes based on gender, but also leads to personality changes, mental illness, and even death (Rojszczak, 2022).

3 Fake age is accompanied by the continuous development of competitive sports, the rapid dissemination of mass media, the reluctance of athletes to betray integrity in order to meet their own interests, the loss of personal principles, and the emergence of false phenomena driven by utilitarianism and reputation. False age mainly occurs in youth games, such as the Youth Olympics. Adult athletes achieve outstanding results in order to participate in the Youth Games. By changing the registered residence and ID card, the age will be reduced, and the entry qualification will be obtained. This event has become a "hidden rule" in the Chinese youth sports circle, violating the rules of sports competitions and damaging the physical and mental health

Table 2

Classification Of Athletes' Disciplinary Violations

Classification	Event	Characteristic
Fake ball	Fake ball case	Falsification due to certain relationships, interests, or being bribed by the other party.
Doping	Five cases of doping positive events in sports student games	In order to achieve optimal physical condition or maximum stimulation beyond normal, by taking prohibited drugs that stimulate the nervous system.
False age	False age events	By changing the registered residence and ID card, the age will be reduced, and the entry qualification will be obtained.
False gender	International Athletics Competition	Men's physical fitness is much higher than that of women
Violent incidents	Australian Basketball Tournament	Events such as fights and group fights caused by individuals maliciously harming others physically, verbally, and psychologically, and engaging in unfriendly behaviour during competitions.

Reasons for the Occurrence of Disciplinary Violations by Sports Athletes

1 Professional sports athlete generally have higher

of young athletes. Promoting the low moral quality of young sports athletes has buried a large number of potential athletes, and at the same time, it has also led parents to give up the idea of their children participating in sports training, affecting the cultivation of excellent reserve talents in sports (Hirko, 2021).

4 As is well known, the physical fitness of men is much higher than that of women. In strength and speed-based competitions, men's performance far exceeds that of women, and false gender phenomena often occur in international track and field competitions. Regarding gender testing, the International Olympic Committee has passed new regulations on gender identification for female athletes with high androgen levels, eliminating the occurrence of false gender practices (Child, 2020).

5 In competitive sports where violent incidents are fought against each other, sports violent incidents emerge endlessly. Violent incidents refer to incidents of fights, group fights, and other incidents caused by individuals maliciously harming others physically, verbally, and psychologically during competitions. In a competitive competition, once one fails to grasp the scale of their technical actions, it is easy to lead to violent incidents. In the 2020 Sino Australian Basketball Tournament, there was a group brawl incident between Australian players due to excessive movement. Violent incidents often occur between athletes and between athletes and fans, causing a large number of outstanding athletes to end their professional careers, at the same time, it also leads to a significant decrease in the audience's enthusiasm for sports competitions, causing sports to lose its essence. As shown in Table 2:

educational qualifications and lower levels of cultural education due to their high educational background and low cultural background. Professional athletes receive professional sports training from a young age

and neglect the study of cultural courses, thus, there is a contradiction between training and cultivating civilized literacy. Universities recruit athletes with outstanding physical performance through special recruitment, only representing the school in competitions, and can obtain a bachelor's degree after graduation. Due to this educational model, the cultural literacy and moral character of athletes have not been systematically cultivated. Athletes exhibit characteristics such as rudeness, arrogance, and impoliteness during the competition, at the same time, I have not studied legal knowledge, and I am not familiar with sports laws, the coexistence of the two can easily lead to violations (Straiton & Lake, 2021).

- 2 Distorted ideological concepts due to the prevalence of a large number of "hidden rules" during the competition process, at the same time, there are no professionals providing ideological guidance to athletes. This has led to many athletes forming the misconception of 'losing without cheating'. During the competition, this ideology guides athletes to participate in the competition, which is the fundamental reason for athletes' violation of discipline (Pangestu et al., 2021).
- 3 Weak legal awareness is mainly manifested in three aspects: One is a lack of understanding of legal knowledge. Legal knowledge is an important content of legal consciousness, the foundation for forming legal consciousness, and an important basis for measuring legal consciousness. The Sports Law has been promulgated for 20 years now, but athletes lack understanding of its development process and institutional changes. The main reason is that athletes participate in training from a young age, lack legal knowledge learning, lack the cultivation of legal awareness, and regard legal education as an optional thing. Some athletes are unwilling to waste their time and energy on studying law, treating the study of legal knowledge as a burden. Secondly, the concept of the rule of law is weak. When one's own interests are infringed upon during the competition, they do not use legal rules to protect themselves, but habitually use money or relationships to safeguard their own interests and do not believe in the function of the law. Often adopt a negative attitude towards legal issues, appreciate the importance of the law, and consider it important under the law. The third is to hold a negative attitude towards the law. Professional athletes do not attach enough importance to the law and lack conscious cultivation of the law in training and competitions, treating the law with a negative attitude. Fourthly, there is a lack of self-awareness in complying with laws and

regulations (Taggart, 2022). During the competition, more athletes resort to violent behaviour to solve problems when their body or interests are violated. Not able to use laws to constrain one's behaviour, lacking a sense of compliance with laws and regulations.

4. Sports laws and regulations are not sound. Currently, China is transitioning from a planned economy system to a market economy system, and sports are gradually moving towards marketization and specialization. Since 1995, China has promulgated around 500 laws, including the Sports Law of the People's Republic of China, to address issues in sports. However, sports laws and regulations have not kept up with the pace of sports development, resulting in many loopholes and rules. Mainly manifested in the high level of sports law, the improved content, and the lack of supervision mechanisms for sports violations. Due to the relative independence and autonomy of sports, it is difficult for other laws to intervene. The imperfect legal mechanism of sports in China, coupled with the prominent phenomenon of lax and ineffective enforcement during the law enforcement process, has led to the frequent occurrence of disciplinary violations in competitive sports competitions (Banic, 2021).
- 5 The sports industry has been eroded by various corruption phenomena in society, and violations are constantly emerging and changing. In today's society, whether in the sports industry or other industries, unhealthy practices are prevalent. There are disciplinary violations such as bribery, inviting guests and giving gifts in society, as well as violations such as fake ball, black whistle, and doping in professional sports. Athletes who have grown up in this social context have become accustomed to this phenomenon and lost their self-control. Under the temptation of the external environment, they have embarked on a path of violating rules and regulations (Protasov, 2021). As shown in Figure 2:

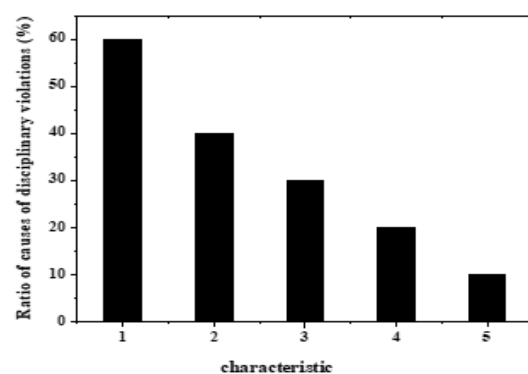


Figure 2: Comparison of the Causes of Disciplinary Violations by Sports Athletes.

Measures to Address Disciplinary Violations by Competitive Sports Athletes

Strengthening the construction of athletes' moral qualities. The moral problems of athletes in today's society are mainly manifested in the lack of sports ethics, mainly manifested in forms such as matchmaking, violence, and black whistle. The fundamental reason is that the punishment methods for moral problems are relatively light. Violations of morality occur during the competition. At most, it receives public opinion and condemnation from society, without substantive punishment and achieving fundamental results. The main solution to moral problems lies in strengthening the construction of athletes' moral qualities. From the following three aspects: Firstly, strengthen the moral education of athletes. Starting from cultural education, various forms of moral education lectures should be conducted to reflect moral requirements and guidelines in sports activities, and cultivate habits with good moral norms. In order to establish a correct moral outlook and achieve the effect of self-supervision and conscious adherence to moral norms. The second is to establish a mechanism for supervising sports ethics. The establishment of a sports ethics system is a guarantee for improving moral standards, mainly including supervising unethical behaviours and condemning and punishing them according to the situation. In order to promote mutual supervision and restraint among athletes and improve the construction of athletes' moral standards. The third is to establish a reasonable moral evaluation system. Establishing a moral evaluation system is the guarantee for the smooth development of sports activities and the foundation for the moral construction of athletes. By establishing consistent moral evaluation standards, strengthening athletes' understanding of morality, emphasizing the role of morality in sports competitions, and promoting the full play of athletes' morality in competitions (Suryadi, 2021).

Strengthen the cultivation of legal awareness. There is a common phenomenon of weak legal awareness among Chinese athletes, who lack the awareness of legal protection and restraint during competitive competitions. In the process of cultivating future athletes, it is necessary to strengthen the cultivation of athletes' legal awareness, in order to achieve the social effect of governing the body according to law and managing the body according to law. Cultivate legal awareness through two aspects: firstly, strengthen the learning of legal knowledge. It is the foundation for cultivating legal awareness. In the process of youth training, physical education law is regarded as an important course, and the content of physical education law is taught in the classroom, impart legal knowledge to young athletes. Cultivate athletes' interest in learning legal

knowledge, understand the importance of sports law, master the rules and regulations of sports law, strengthen their mastery of sports law, and achieve true understanding of the law and handling affairs in accordance with the law. The second is to create a legal environment. While learning sports law knowledge, carry out legal publicity activities, enhance the legal awareness and concept of the training team, and form a good legal environment. As the saying goes, "Those who approach red will be red, and those who approach ink will be black. Living in an environment where everyone understands and enforces the law, one's legal awareness will gradually be cultivated, at the same time, they can also supervise and influence each other, and make decisions to improve compliance with the law, understand the law consciously, and form a good legal awareness (Nugraha et al., 2021).

Strengthen the Construction of Sports Legal System

Nowadays, violations of discipline in competitive sports often occur, and relying solely on moral constraints has achieved the effect of avoiding violations. Only by combining moral constraints and legal sanctions, with the rule of law as the main approach and moral education as a supplement, can we purify the sports competition environment through a dual approach. At present, there are many problems in the legal construction of social sports, such as the obvious lag in the pace of sports legislation, low legislative level, and insufficient legal clarity. Strengthening the construction of sports legal system and improving the efficiency of governing sports according to law is a prerequisite for the sustainable development of competitive sports and an important measure to avoid disciplinary violations. We need to strengthen legal construction from the following three aspects: First, improve the sports legislation system. The sports legislation system refers to a series of sports laws issued by the state, provincial, local, and universities. Competitive sports are gradually developing towards professionalization and marketization, and the pursuit of benefits and reputation is a prominent feature of athletes. Under the temptation of external interests, athletes' illegal behaviour has repeatedly occurred. The main reason is that there is currently a disconnect in the sports legislation system, with many laws being independent and inherently strong. Improving the legislative system is the foundation of sound sports laws and the fundamental guarantee for the healthy development of competitive sports. The second is to improve the legal supervision system. On the basis of improving the legislative system, fully utilize the responsibilities of the administrative department, and utilize multimedia navigation and exhibition law enforcement departments for supervision. Condemn through public opinion. Utilize the legal system for punishment, strengthen

the legal supervision system, and avoid the phenomenon of legal compliance and lax enforcement. The third is to strengthen law enforcement efforts. On the basis of improving the legislative and supervisory systems, legislative units at all levels should further strengthen the cultivation and assessment system of legal awareness among administrative law enforcement personnel. Continuously improve the professional level of law enforcement personnel and establish a high-quality and high-level law enforcement team. Punish violations of rules and regulations in sports strictly in accordance with the legal system. Relying on the law to safeguard the legitimate rights of athletes and maintain the normal order of the competition. Resolve various disputes and other issues that arise during the competition. In the process of building a sports team, we must attach great importance to the construction of the legal system and ensure that there are laws that must be followed and law enforcement must be strict (Khablo, 2021).

Implications and future Directions

The research has implications from three perspective. At first, methodology, study on violations of discipline by competitive sports athletes employed a combination of literature review, expert interviews, and case analysis methods. This multi-faceted approach allowed the researchers to gather comprehensive and diverse data, enabling a more in-depth understanding of the issue. The literature review provided a theoretical basis and insights from previous studies, while the expert interviews offered practical experiences and professional perspectives from coaches, athletes, and sports organization officials. Additionally, the case analysis method allowed for the examination of specific incidents of disciplinary violations, helping to identify patterns and underlying causes. This triangulation of methods enhances the credibility and validity of the research findings, making them more robust and reliable. Researchers studying similar topics can learn from this approach and apply it to investigate other complex issues, achieving a more nuanced understanding of the subject matter.

At second from theoretical perspective, this research mainly concerned on various factors contributing to disciplinary violations by high-performance sports athletes in China. The findings highlight the significance of moral education, legal awareness, and the need for a sound sports legal system. The study underscores the importance of integrating moral and legal constraints to prevent and address disciplinary violations effectively. The research findings can be utilized to further develop theories on sports ethics, athlete behaviour, and the role of regulations in maintaining integrity in

competitive sports. Scholars in sports psychology, sports management, and sports law can utilize these insights to deepen their understanding of athlete misconduct and devise comprehensive strategies to foster a culture of integrity and sportsmanship in the realm of high-performance sports. The research could also help to the other research to conduct their research in future.

At third, study also hold valuable evidence for policymakers, and coaches to formulate targeted measures to address disciplinary violations by athletes. Strengthening the moral qualities of athletes through comprehensive moral education programs can help instill values of fair play, respect, and sportsmanship. The cultivation of legal awareness among athletes is equally crucial, as it empowers them to protect their rights within the boundaries of the law. Furthermore, the research underscores the need for an improved sports legal system with clear regulations and effective enforcement mechanisms to deter and address disciplinary violations. By implementing these practical measures, sports authorities in China can create an environment that discourages misconduct and promotes a positive sporting culture. Additionally, the study's insights can inform the development of educational and training programs for athletes, coaches, and officials to ensure the sustained and healthy development of high-performance sports in the country. The research could also help to the educational institutions where they separate departments to support the sports activity to increase the research generalizability.

As this research holds a significant contribution but still has some limitations which needs to be addressed for further research. For instance, research was limited on specific province, which may not fully represent the broader landscape of competitive sports in China. Expanding the research to a more diverse and representative sample of athletes from different regions could enhance the generalizability of the findings. Second, while the literature review and expert interviews are valuable research methods, they may not capture all the underlying factors contributing to disciplinary violations. Utilizing additional research methods, such as surveys or observational studies, could provide a more comprehensive understanding of the issue. Moreover, the research mainly focused on violations in specific sports categories, such as doping and violent incidents, while other potential forms of discipline violations may have been overlooked. Future research should explore a wider range of disciplinary violations to gain a more holistic perspective. Lastly, the study primarily focused on the reasons for disciplinary violations but did not deeply investigate the effectiveness of countermeasures to prevent and address such violations. Future research could assess the impact of different interventions and policies in curbing

disciplinary violations and promoting ethical behaviour among athletes, coaches, and sports organizations. Addressing these limitations would contribute to a more robust understanding of the issue and aid in the formulation of effective strategies to promote sports integrity and athlete behaviour in the competitive sports context. Moreover, further research could also be conducted on mixed methods using both of quantitative and qualitative data.

Conclusion and Recommendations

The study conducted violations of discipline by competitive sports athletes in China through a multi-faceted approach, utilizing literature review, expert interviews, and case analysis methods. For this purpose, author first explores the theoretical issues of sports crimes, such as the concepts, characteristics, and main manifestations of sports and competitive sports crimes at the current stage. Studied the relationship between criminal law and the field of competitive sports, including the relationship between sports rules and criminal norms, as well as the relationship between sports disciplinary punishment and criminal sanctions. Analysed the basis and limitations of criminal law intervention in the field of competitive sports, and then studied and analysed the reasons for competitive sports crimes. Finally, the application of criminal law to the current stage of technical sports injury behaviour, competition manipulation behaviour, and doping related behaviour was discussed. After argument and analysis, the following conclusions have been drawn Sports crime refers to the behaviour committed by participants or other relevant personnel in competitive sports that violates sports ethics and the spirit of fair competition, disrupts the order of competitive sports competitions, infringes on the interests of the opposing party and the public, and has serious legal infringement. The study also, identified several types of

disciplinary violations, including fake ball incidents, doping, false age, false gender, and violent incidents, which are prevalent in the competitive sports landscape. The research revealed various factors contributing to these violations, such as a lack of moral education, distorted ideological concepts, weak legal awareness, and the imperfection of sports laws and regulations. Additionally, the study emphasized the importance of strengthening athletes' moral qualities, cultivating their legal awareness, and improving the sports legal system to prevent and address disciplinary violations effectively.

The analysis of the characteristics and psychological characteristics of athletes' illegal and criminal behaviour can be combined with the following aspects, and corresponding policy recommendations can be proposed:

1. Strengthen psychological counseling and career planning for athletes to help them cope with competitive pressures and financial temptations. Establish a sound reward system, provide fair economic treatment, reduce economic pressure, and reduce the motivation for illegal activities.
2. Strengthen the promotion and implementation of doping prohibition policies and improve the detection and punishment of doping abuse. At the same time, education and awareness enhancement should be strengthened to enable athletes to fully understand the dangers of doping and provide legal training methods and support to improve their competitive abilities.
3. Strengthen the supervision and crackdown on match manipulation and matchmaking and establish an effective monitoring mechanism. Strengthen moral education for athletes and emphasize the importance of fair competition. Provide reporting channels and protection mechanisms to encourage athletes and relevant personnel to expose and resist match manipulation behaviour.

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