



LEGAL CHALLENGES IN REGULATING SPORTS GOVERNANCE AND ATHLETES' RIGHTS IN PAKISTAN

Ali Haider,

Department of Law, Dadabhoy Institute of Higher Education, Pakistan
alihaiderkhaskheli123@gmail.com

Dr. Tansif Ur Rehman,

Department of Law, Dadabhoy Institute of Higher Education, Pakistan
tansif@live.com

Anees Ahmed,

Department of Law, Dadabhoy Institute of Higher Education, Pakistan
aneesahmedphulpoto.786@gmail.com

Abstract

The paper will expound on the complex issues of sports governance and athlete rights in Pakistan. The system in Pakistan, in terms of sports industry policy, is very disorganized and lacks modernity despite the growing significance of sporting activities in social advances and the worldwide depicted role. The major issues include the lack of regulation, poor enforcement systems, and limited attention paid to the rights of the athletes. Differences that exist between business and governmental bodies also make governance more difficult, as the national sports activities bodies and national governments do not always manage to act effectively, resulting in mismanagement and loss of accountability. Moreover, an athlete experiences a challenging scenario involving a lack of agreement and insufficient representation and coverage against discrimination and maltreatment. The absence of clear rules on athlete welfare, anti-doping regulations, and dispute decision mechanisms undermines the improvement of a truthful and transparent sports environment. This research observe highlights the pressing need for complete legal reforms, more advantageous institutional coordination, and training to safeguard athlete rights and ensure properly governance. Strengthening the framework is crucial for Pakistan to align with international sports standards and empower its athletes efficaciously.

Keywords: athletes' rights, international sports laws, legal framework, sports governance, Pakistan Sports Board

Introduction

In Pakistan, the subculture of sports governance and the rights of athletes are hard to enforce legally because of the unintegrated shape of the regulations (Nazar et al., 2024), the politicized approach (Ahmad et al., 2023; Khan & Khan, 2013), and the shortage of enforcement mechanisms (Sarwar, 2023). Pakistan Sports Board was established in 1962 in the framework of the Sports (Development and Control) Ordinance (Khalid & Hasaan, 2024). Many other sports federations have autonomy; this results in governance conflicts and failure to be accountable (Ali, 2021). Lack of nicely well-developed framework results in the contradictions between the national legislation and global sports governing bodies, as in the example of FIFA's intervention into the governance of Pakistani countrywide football (Ali et al., 2023).

Unfavourable selection structures, past due charges, and the lack of a shield towards discrimination are a few issues affecting a lot of athletes (Khan et al., 2024). Although the worldwide carrying businesses, together with the International Olympic Committee (IOC),



recognize the fair treatment (Sarwar, 2024). The countrywide rules fail to defend the rights efficaciously (Manzoor et al., 2025).

Moreover, there may be no specific dispute decision precise to sports activities, which means that an athlete has to resort to a lengthy court system, deterring them from pursuing justice (Manzoor et al., 2020). To deal with those challenges, Pakistan must reform its sports activities governance framework, toughen protections for the athletes (Samiuddin, 2014), and align national rules with worldwide standards (Shakeel et al., 2024). Establishing independent dispute resolution mechanisms (Anderson, 2010; Brown & Brown, 2022) and ensuring transparency (Gazquez & Barquero-Ruiz, 2024; Lim & Kim, 2024) in sports administration are vital steps closer to reaching fair and powerful regulation (Marco, 2021; Shahlaei, 2024).

Research Justification

Governing sports activities, governance, and rights of the athletes in Pakistan is a big trouble as far as regulation is concerned, and this has been damaging to the growth and integrity of sports activities in Pakistan. In spite of having a few governing bodies such as the Pakistan Sports Board and different sports federations, there are potholes, political interference, and non-lifestyles of enforcement mechanisms to manipulate the sports. The observe is full-size since it identifies loopholes in the judiciary system that pave the way to misuse, corruption, and political wrangles, which subsequently bog down the overall performance of sportspeople and athletes.

The unfair choice, contractually exploitative, and insufficiently safety against discrimination and financial lack of confidence are a number of the problems that might be skilled by means of athletes in Pakistan. To triumph over those problems, it's miles vital to carry out an in-depth analysis of the present-day rules and their convergence with the standards of the international sports governing bodies. Research papers can be useful to give you better rules by using policymakers, legal professionals, sports activities directors, and dispute resolution mechanisms. This research will serve the purpose of figuring out the legal loopholes and suggesting solutions by decreasing the little or instead no sports governance and treating the athletes fairly and extra toward a clear and responsible sports management system in Pakistan.

Research Objectives

1. To discuss the historical context of regulating sports governance and athletes' rights in Pakistan.
2. To highlight the theoretical context of regulating sports governance and athletes' rights in Pakistan.
3. To analyze the legal framework addressing sports governance and athletes' rights in Pakistan.
4. To identify the key challenges regarding the regulation of sports governance and athletes' rights in Pakistan.
5. To identify the key opportunities regarding the regulation of sports governance and athletes' rights in Pakistan.
6. To propose effective prevention and intervention strategies.

Research Methodology

This study employed a systematic review methodology, with research objectives established accordingly. A comprehensive literature review was conducted (Komba & Lwoga, 2020). Research findings were categorized based on their content (Hiver et al., 2021; Petticrew & Roberts, 2006), and classified information was incorporated into the study by organizing it



into headings (Gan et al., 2021; Pawson et al., 2005). The evaluation of classified information and titles formed the basis of the study (Page, 2021; Rahi, 2017), ensuring the integrity of the research subject and its contents (Egger et al., 2022; Victor, 2008). The criteria for selection are listed.

1. **Relevance:** Researches that directly addressed the questions posed by this study are included.
2. **Quality:** Studies that meet a certain quality threshold (e.g., methodological rigor, bias risk) are included. Most of the research is from Scopus-indexed and Clarivate Analytics journals and reputed publishers.
3. **Recency:** Consideration of the publication date to ensure that the review reflects the most current evidence. Most of the studies are from the last three years.
4. **Language:** Only studies published in English are included.
5. **Data Completeness:** Previous studies must provide sufficient data on outcomes of interest for practical synthesis; this is also ensured in this research.

This study did not use primary data from human participants; therefore, no ethics clearance letter from the ethics committee was required.

Literature Review

In Pakistan, the governance of sports activities has long been plagued by structural inefficiencies, political interference, and ambiguities (Manzoor et al., 2025). Various scholars argue that the Pakistan Sports Board, established under the Sports (Development and Control) Ordinance in 1962, lacks autonomy and fails to offer effective oversight of the countrywide sports federations (Shakeel et al., 2024). It is not uncommon that over issues between the federations and the Pakistan Sports Board, governance becomes quite unstable, and there is no sense of accountability (Khalid & Hasaan, 2024).

Due to government intrusions in the country in its sports activities, particularly football, the International Olympic Committee and FIFA have sometimes stepped into the sports matters of Pakistan, signifying inequality between national and international laws across the country and international sports rules (Ahmad et al., 2023). In the absence of a well-spelled-out structure, the governance of sports in Pakistan is vulnerable to poor administration and corruption (Nazar et al., 2024).

In Pakistan, shortcomings in athletes' rights are common due to poor protections, enforcement of contracts, and shielding of their rights (Sarwar, 2023). The number of sportspeople going through extreme conditions like late payments, undue dismissals, and curtailed access to complaint processes is increasing (Ali et al., 2023). The current definition of sports activities legislation provided by each the IOC and FIFA targets rigorous corrections and safeguards, whereas the domestic policies imposed by states are repeatedly under scrutiny of these standards, with Pakistan being no exception (Manzoor et al., 2020).

Female athletes and minority corporations are also discriminated against, and there is nothing much they can do, as there are not enough legal defenses (Khan & Khan, 2013). The social stigma against them is rather strong (Samiuddin, 2014). These gaps spotlight the urgent need for a sturdy framework to protect athletes' rights and ensure fair treatment in sports activities (Ali, 2021). The absence of an independent sports dispute resolution mechanism further exacerbates governance and athlete rights problems (Anderson, 2010; Gazquez & Barquero-Ruiz, 2024). In many instances, athletes and federations should hotel to lengthy and high-priced court strategies, discouraging them from looking for justice ((Brown & Brown, 2022; Marco, 2021). The status quo of specialised sports activities arbitration tribunals, as seen



in different countries, should offer a greener mechanism for resolving disputes (Lim & Kim, 2024; Shahlaei, 2024).

Further, the governmental disputes between the countrywide level organizations on sports movements and the international associations often lead to a fast exclusion of the Pakistan sports associations from the sporting world by rendering them ineligible, which has an impact on the sports progression and popularity of the country (Khan et al., 2024). The same conflicts can be mitigated by reinforcing the sports activities regulation, which can create a stable environment.

Another key mission is aligning Pakistan's sports governance with global first-class practices. Many nations have applied clean legal frameworks to modify sports federations, ensure financial transparency, and guard athletes' rights. Pakistan continues to depend on previous laws and ad-hoc governance fashions, which preclude the professionalization of sports control (Sarwar, 2024). By adopting policies that integrate international requirements, Pakistan can create a greater obvious and powerful governance system that ensures fairness, duty, and sustainable development in sports.

Historical Context of Regulating Sports Governance and Athletes' Rights in Pakistan

The current system of sports governance in Pakistan can be traced back to the establishment of the Pakistan Sports Board through the establishment of the Sports (Development and Control) Ordinance in the year 1962 (Shakeel et al., 2024). Ordinance mutated into a mechanism aimed at consolidating control of the sports activities federations, but over the decades, it has provided management issues and political interference ((Ali, 2021; Khan et al., 2024; Sarwar, 2023). Most of the additional countrywide federations, which were supposed to work autonomously, were often interfered with by the government, and there was constant suspension by world organizations such as the International Olympic Committee, FIFA (Manzoor et al., 2020). The absence of readability of autonomy of federations has brought about conflicting issues, which have stopped the development of a transparent system of sports governance (Khalid & Hasaan, 2024).

In Pakistan, Athletes' rights have traditionally been overlooked due to the absence of comprehensive protections in sports activities zones (Ali et al., 2023). Unlike the evolved countries wherein athletes benefit from based contracts and the recourse (Khan & Khan, 2013; Manzoor et al., 2025). Pakistani athletes often struggle with unfair selection tactics, late payments, and the dearth of representation (Sarwar, 2024). Women and minority athletes face additional barriers because of vulnerable anti-discrimination legal guidelines in sports (Nazar et al., 2024; Samiuddin, 2014). Despite the global stress Pakistan has, it has failed to enforce strong legal mechanisms to shield athletes' essential rights (Ahmad et al., 2023).

Theoretical Context of Regulating Sports Governance and Athletes' Rights in Pakistan

In Pakistan, the legal hassle of manipulate in sports activities governance and rights of athletes may be tested through the use of some theoretical models. In this regard, one of the theories is legal institutionalism, which speciality in the contribution of establishments to shape governance and modify the effectiveness of rules. The troubles of the unclear transparency articles within the lack of governance and political interference within the federations of sports may be attributed to the susceptible legal institutions and the staid sports laws in Pakistan. The Pakistan Sports Board, as in keeping with the Sports (Development and Control) Ordinance, 1962, isn't always autonomous, causing incompatibility with the international regulating groups, inclusive of the International Olympic Committee and FIFA.



The other applicable idea is athlete-centered governance, which contends that athletes should additionally be included in mind when you make a decision in the practice of sports governance. Pakistan no longer has powerful legal safeguards, which results in the problems of unfair choice of the approach of agreement enforcement, contract enforcement biases, and the inability to resolve disputes. Gender and minority discrimination are also some of the problems that underscore the lack of ability to use human rights-based regulation approaches in the field of sports activities regulation.

Finally, the global sports law theory is based totally at the fact that the governance framework at the national level needs to be well-suited with the worldwide framework to ensure fair play and strong controls. The discrepancy between the countrywide guidelines and worldwide requirements that require the reformation of the laws to improve the compatibility and governance can be located in the numerous conflicts regarding the global carrying agencies and Pakistan.

Legal Challenges in Regulating Sports Governance and Athletes' Rights in Pakistan

In Pakistan's one of the number one legal challenges in sports governance is the lack of autonomy and transparency in sports activities federations. In Pakistan Sports Board and numerous countrywide federations regularly face political interference, main to governance disputes and mismanagement. The absence of a clear regulatory framework effects to conflicts among national laws and worldwide sports activities corporations, together with the International Olympic Committee and FIFA, which formerly suspended Pakistan because of government involvement in sports affairs. Without a nicely described governance structure, making sure accountability and the right oversight remain a massive mission.

Another essential assignment is the weak protection of athletes' rights is specifically regarding contracts, hard work protections, and dispute resolution. Many more athletes face behind-schedule salaries, unfair dismissals, and a loss of criticism mechanisms. The female and minority athletes face additional discrimination, with limited avenues for justice. The lack of unbiased sports arbitration tribunals forces athletes to rely upon prolonged court cases the discouraging them from seeking justice. Strengthening protections and organizing specialised dispute decision mechanisms are important to addressing those demanding situations.

Challenges for Regulating Sports Governance and Athletes' Rights Laws in Pakistan

In Pakistan, governing sports and safeguarding the rights of the athletes can be dealt with through a number of legal and structural issues. Such problems can be explained by ineffective regulatory structures and political intrusion, the absence of independent dispute resolutions, and incompatibility with foreign sports laws. Those are the factors that are important to address in order to have a transparent, fair, and professional sporting industry in Pakistan.

1. Weak Legal and Regulatory Framework: The existent among the main challenges is the old and weak legal system of sports in Pakistan. The argument is that the Sports (Development and Control) Ordinance 1962 is the law that it is, but it does not have a modern format so that it can be managed efficiently. This older system applies to conflicts between the Pakistan Sports Board and most of the national sports federations, which results in administration instability and governance battles. These issues are also compounded by the fact that there is no concrete



legislation governing athletic contracts, rights to athletes, and financial transparency, creating a loophole that can be abused and manipulated.

2. Political Interference in Sports Governance: Political influence in the management of sports entities is one of the unending problems. Favoritism and no criteria of merit in decision making are losing out as more and more sports federations in Pakistan are in the grips of either political figures or those who have close connections to the government, and as a result, many more controversial decisions and actions are made. Interference usually leads to an unfair selection process, mismanagement of finances, and wrangles in governance. The repeated interference in the sports issues of Pakistan by international bodies such as the International Olympic Committee and FIFA, which at times put countries on suspension or ban the national teams, is because of the interference of the government. It will make advances in sports in the nation come to a halt and cut paths open, available to athletes at the international level.

3. Lack of Independent Dispute Resolution Mechanisms: Pakistan lacks a specialized sports dispute resolution system, forcing athletes and federations to rely on traditional court proceedings, which are often slow, expensive, and inefficient. Many countries have established sports arbitration tribunals, but Pakistan has yet to develop a similar framework. As a result, the athletes facing issues such as contract disputes, wrongful dismissals, or disciplinary actions struggle to seek timely justice. In the absence of independent mediation or arbitration mechanisms discourages athletes from challenging unfair practices and contributes to the overall dysfunction of the sports governance system.

4. Poor Protection of Athletes' Rights: In Pakistan, athletes suffer from a lack of legal protections regarding contracts, salaries, health benefits, and workplace safety. Many more professional athletes face delayed payments, unfair dismissals, and exploitation due to the absence of clear protections in sports law. The women and minority athletes face additional challenges, including discrimination, harassment, and limited opportunities, with little legal recourse available. While international organizations emphasize the importance of safeguarding athletes' rights, Pakistan's domestic policies often fail to align with these standards, leaving the athletes vulnerable to unfair treatment.

5. Misalignment with International Sports Laws: A major challenge for Pakistan's sports governance is its inconsistency with the international sports laws and regulations. Many more global sports federations, such as FIFA and the IOC, have strict governance guidelines, which Pakistan often fails to follow due to internal mismanagement and legal loopholes. These discrepancies lead to frequent suspensions of Pakistan's sports teams from international competitions, affecting the country's reputation and athlete development.

Opportunities for Regulating Sports Governance and Athletes' Rights Laws in Pakistan

Despite considerable legal challenges in regulating sports management and protecting the rights of Pakistani athletes, there are several ways to reform and improve the system. Strengthening legal frameworks, compliance with international standards, and enhancing conflict resolution mechanisms, Pakistan can create a more transparent, fairer, and more efficient sports government system.

1. Reform and Strengthen the Legal Framework: One of the greatest opportunities is the modernization of Pakistan's sports law. The Sports (Development and Control) Ordinance, 1962, is outdated and does not address contemporary questions such as professional contracts,



financial transparency, and governance disputes. Pakistan can generate a strong basis for effective governance by elaborating new laws that clearly define the roles and responsibilities of sports connections, athletes' regulatory authorities. The latest legal framework must include provisions for athlete contracts, financial supervision, anti-corruption measures, and athlete welfare programs to ensure fairness and professionalism in the sports sector.

2. Establishing an Independent Sports Arbitration and Dispute Resolution Mechanism:

The lack of a special dispute resolution system is an important obstacle for Pakistani athletes and sports associations. The establishment of the independent Court of Arbitration of Sports can provide a faster, cheaper, and professional mechanism for resolving disputes related to contracts, disciplinary actions, and selection processes. Such courts can reduce the burden of resolve sports-related disputes quickly and efficiently. Several countries, including India and the UK, have embraced similar models to prove that special sports arbitration has been improved by governments and to protect athletes.

3. Orientation of National Sports Law with International Standards:

Pakistan has faced several bans and suspensions from international sports organizations, including FIFA, the International Olympic Committee, and the Asian Football Union, due to government conflicts and political interference. Pakistan can ensure compliance with FIFA governance standards, the Olympic Charter, and the World Anti-Doping Organisation regulations by orienting itself toward the international legal framework for sports law. Enhanced legal compliance will help Pakistan regain reliability and enable athletes to competition without external obstacles.

4. Improving Athlete Rights and Welfare Programs:

Athlete welfare is an important area in which legal reform creates important options. At this point, many athletes in Pakistan face issues such as delayed pay, lack of social security, gender discrimination, and inadequate health care. The introduction of laws that ensure contractual fairness, minimum wage, and access to health insurance will improve security and protection for athletes. Furthermore, certain legal provisions regarding equality and protection against harassment in sports create a more integrated and professional environment.

5. Promotion of Private Sector Investment and Sponsorship: Most of the monetary sports in sports in other nations rely on the donation of people, which complements infrastructure, development packages of athletes, and ordinary management. Financial stability in Pakistan may be stronger, and more opportunities may be provided to athletes. There are numerous problems relating to the rights of sports activities, governments, and athletes in Pakistan, which, however, have a vast room to be progressed via the law of the land, arbitration approaches, global adherence, athlete welfare tasks, and involvement of the private sector.

Discussion

The challenges to the law of sports activities management and the safety of the rights of athletes lie with poor regulatory structures and political influence. The National Sports Association and the Pakistan Sports Commission are regularly without autonomy, which means there's a battle within the governance, and it is not run well. The Sports (Development and



Control) Ordinance, 1962 is outdated and fails to address the cutting-edge issues of sports activities government, such as monetary transparency, fair athlete selection, and dispute resolving mechanisms. It develops an unstable state of affairs whereby administrative clashes and corruption-related allegations are the order of the day.

Pakistani athletes face severe limitations in the way of unfair choice processes, behind schedule payments, and poor legislation that further adverse discrimination and exploitation. Pakistan lacks a separate court docket for the arbitration of sports. It disappoints them in the pursuit of justice, and they may be left with unfair practices. By addressing such valid gaps, it is viable to provide a first-class level of openness and professionalism in sports activities control, in addition to finally improving the situation of athletes and enhancing Pakistan's name in international sports.

Conclusion

The undesirable law situation in sports activities and safeguarding the rights of Pakistani athletes is founded on the previous framework, the impact of politics, the absence of impartial dispute resolution, and the poor enforcement of the safety of athletes. In order to remedy those problems, Pakistan desires to reform the sports activities legislation, introduce an independent arbitration platform, and align its policies in step with the international requirements of sports administration. Enhancement of the rights of athletes, an established order of transparency inside the affiliation, and removal of political impact will assist inside the status quo of a fair and expert system of sports activities. Through such reforms, Pakistan can take steps towards safeguarding the rights of athletes, enhance its status in international sports, and have an expert mechanism for dealing with sports responsibly.

Recommendations

1. **Modernization of Sports Law:** Review the Sports (Development and Control) Ordinance, 1962, to address present-day issues on governance to achieve transparency, accountability on finances, and fair administration of sports links.
2. **Autonomy of the Sports Association:** Political intervention should not influence the Sports Association.
3. **Independent Sports Arbitration-Tribunal:** The tribunal should establish a specialized mechanism for processing sports disputes to effectively address the issues of contract disputes, choice complaints, and disciplinary matters, and minimize the use of typical courts.
4. **International Sport Regulations:** By abiding by the standards of FIFA, IOC, and WADA, the suspension process is averted, and the country of Pakistan can advance in the international sporting scene.
5. **Empowering Athlete Contracts and Rights:** Standardized contracts, equitable wages, and security of employment proceedings should be ensured.
6. **Introduce Anti-Discrimination Laws in Sports:** Minority and women athletes should be protected against bias, harassment, and inequality.
7. **Enhance Financial Transparency and Governance:** Outsourcing and regular audits of the sports association can minimize corruption and mismanagement.
8. **Improvement of Athlete Welfare Programs:** Providing health insurance, pensions, and career transition programs ensures athletes' long-term well-being.
9. **Encourage Private Sector Investment:** Tax incentives and sponsor-oriented guidelines will attract corporate investments in sports infrastructure and athlete development.



10. Promoting Awareness and Education for Sports Law: Legal training can improve the understanding of sports managers' and athletes' rights and governance responsibilities.

Research Limitations

To begin with, research on the issue of legal challenges in the regulation of sports management and rights of players in Pakistan has some limitations. Firstly, due to the lack of official data on governance, financial mismanagement, and complaints by athletes, it is limited in performing a complete analysis. There are also a lot of instances of corruption and political interference in which the cases are either not recorded or not solved, thus conclusively affecting the reliability of the conclusion.

Secondly, sports management in Pakistan is without a legal precedent, making it quite hard to compare it with the established conditions in the international framework. The majority of the literature that is available dwells on general issues of governance as opposed to legal insights into individual rights. Third, international comparisons might not be entirely appropriate in the case of Pakistan due to its peculiar political and administrative design. Additional studies that should be conducted in the future should involve interviews and case studies in order to perform a deeper analysis.

Research Implications

The implication of the study is legal, political, and practical, and its importance for the improvement of sports management and sports rights in Pakistan. In the legal sense, it explains why there is a need to have comprehensive reform of the Sports (Development and Control) Ordinance, 1962, to have transparency, accountability, and orientation. The implications connote the formation of an independent court of arbitration of sports to deal with the disputes effectively and to minimize the dependency on traditional courts. The respective research highlights the struggle of athletes who try to achieve better rights, protection of contracts, and securing financial safety in professional sports, and also urges the business and the sponsors to enhance the economic viability of the sports.

Future Research Directions

The directions of further research on legal issues in sports governance and the rights of athletes in Pakistan should be at the level of comparative legal study of some countries with effective models of governance, including the UK, Australia, and Germany. Their models can give an idea of what effective legal reforms can be taken up by Pakistan. In further research, it is necessary to consider the extent of political interference and its effects on the organization of sports, evaluating the role that policy alterations will play in providing autonomy and openness to the sports federations at a national scale. Exploring the legal protection of athletes, such as contractual rights, right to work, and ways of resolving all disputes, will assist in the formation of policies that protect the athlete against abuse.

The other promising sphere is the creation of independent arbitration panels to deal with sports disputes, to investigate the possibility of having a national sports tribunal. The views of athletes should also be introduced into future research. Through the interviews and case studies, one should receive the first-hand information regarding the failures of governance. Research can provide policy-related answers to the sports sector of Pakistan by exploring the above themes.

References



- Ahmad, M. F. A., & Bhatti, S. H. (2023). Assessing women's rights in Pakistan: An analysis of legal & social challenges with potential solutions. *Pakistan Journal of Humanities and Social Sciences*, 11(2), 991–1003.
<https://doi.org/10.52131/pjhss.2023.1102.0411>
- Ali, H., Wright, R., & Dickson, G. (2023). Sport policy in Pakistan. *International Journal of Sport Policy and Politics*, 15(3), 563–575. <https://doi.org/10.1080/19406940.2023.2219272>
- Ali, S. S. (2021). Pakistan: Challenges and prospects. In N. Yassari & M.-C. Foblets (Eds.), *Normativity and Diversity in Family Law* (Vol. 57, pp. 51–73). Springer.
https://doi.org/10.1007/978-3-030-83106-6_3
- Anderson, J. (2010). *Modern sports law: A textbook*. Oxford: Hart Publishing.
- Brown, S. M., & Brown, K. M. (2022). Betting on athlete data: The legal landscape of professional sports, athletes' rights and gaming companies. *Journal of Global Sport Management*, 9(2), 325–345.
<https://doi.org/10.1080/24704067.2022.2098158>
- Egger, M., Higgins, J. P., & Smith, G. D. (Eds.). (2022). *Systematic reviews in health research: Meta-analysis in context*. John Wiley & Sons
- Gan, J., Xie, L., Peng, G., Xie, J., Chen, Y., & Yu, Q. (2021). Systematic review on modification methods of dietary fiber. *Food Hydrocolloids*, 119, 106872.
<https://doi.org/10.1016/j.foodhyd.2021.106872>
- Gazquez, I. M. P., & Barquero-Ruiz, C. (2024). Gender equality in women's professional sport: Progress and pending challenges. *Cultura, Ciencia y Deporte*, 19(59), 35– 53.
<https://doi.org/10.12800/ccd.v19i59.2113>
- Hiver, P., Al-Hoorie, A. H., Vitta, J. P., & Wu, J. (2021). Engagement in language learning: A systematic review of 20 years of research methods and definitions. *Language Teaching Research*, 13621688211001289.
<https://doi.org/10.1177/13621688211001289>
- Khalid, J., & Hasaan, A. (2024). Navigating perinatal loss: Societal and psychological challenges faced by female athletes in Pakistan. *German Journal of Exercise and Sport Research*.
<https://doi.org/10.1007/s12662-024-01000-1>
- Khan, M. W., Shafi, K. M., & Niaz, M. T. (2024). Walloping negative trends in Pakistan's youth through sports: Challenges and opportunities. *ISSRA Papers*, 16(1), 78–92.
<https://doi.org/10.54690/issrap.v16i1.167>
- Khan, S. M., & Khan, A. (2013). *Cricket Cauldron: The turbulent politics of sport in Pakistan*. I.B. Tauris.
- Komba, M. M. & Lwoga, E. T. (2020). Systematic Review as a Research Method in Library and Information Science. In P. Ngulube (Ed.), *Handbook of Research on Connecting Research Methods for Information Science Research* (pp. 80-94). IGI Global Scientific Publishing.
<https://doi.org/10.4018/978-1-7998-1471-9.ch005>
- Lim, J., & Kim, K. (2024). Analysis of the policy formation process for protecting athlete rights through the multiple streams framework: Focused on the sexual violence agenda. *Journal of Sport and Leisure Studies*, 96, 219-230. <https://doi.org/10.51979/kssls.2024.04.96.219>
- Manzoor, M., Mahmood, H., Naseeb, M. F., Wasan, M. I., & Khadim, A. (2025). Regulating sports: Balancing law and ethics. *Advance Social Science Archive Journal*, 3(2), 2100–2110.
<https://www.assajournal.com/index.php/36/article/view/488>
- Manzoor, M., Ullah, I., & Khan, M. A. (2020). Cultural limitations inhibiting female athletes in sports participation at college level in District Sialkot, Pakistan. *Global Educational Studies Review*, 5(3), 240–252.
[https://doi.org/10.31703/gesr.2020\(V-III\).25](https://doi.org/10.31703/gesr.2020(V-III).25)
- Marco, A. (2021). Athletes' freedom of expression: The relative political neutrality of sport. *Human Rights Law Review*, 21(3), 620–640.
<https://doi.org/10.1093/hrlr/ngab009>



- Nazar, N., Khalid, N. H. B. M., & Osman, N. b. (2024). Operationalization and domain specification of antisocial behavior among Pakistani athletes: A qualitative study. *International Journal of Academic Research in Business and Social Sciences*, 14(4), 213–219. <https://doi.org/10.6007/ijarbss/v14-i4/21134>
- Page, M. J., McKenzie, J. E., Bossuyt, P. M., Boutron, I., Hoffmann, T. C., Mulrow, C D., Shamseer, L., Tetzlaff, J. M., & Moher, D. (2021). Updating guidance for reporting systematic reviews: Development of the PRISMA 2020 statement. *Journal of Clinical Epidemiology*, 134, 103-112. <https://doi.org/10.1016/j.jclinepi.2021.02.003>
- Pawson, R., Greenhalgh, T., Harvey, G., & Walshe, K (2005). Realist review - A new method of systematic review designed for complex policy interventions. *Journal of Health Services Research Policy*, 10(1), 21-34. <https://doi.org/10.1258/1355819054308530>
- Petticrew, M., & Roberts, H. (2006). *Systematic reviews in the social sciences: A practical guide*. Blackwell Publishing. <https://doi.org/10.1002/9780470754887>
- Rahi, S. (2017). Research design and methods: A systematic review of research paradigms, sampling issues, and instruments development. *International Journal of Economics Management Sciences*, 6(2). <https://doi.org/10.4172/2162-6359.1000403>
- Samiuddin, O. (2014). *The unquiet ones: A history of Pakistan cricket*. HarperCollins India.
- Sarwar, N. (2023). Abuse of power influencing sexual harassment behaviour in Pakistani sports. *Social Responsibility Journal*, 20(3), 485–502. <https://doi.org/10.1108/SRJ-02-2023-0065>
- Sarwar, N. (2024). Sexual harassment in sports: Insights from female athletes in Pakistan. *Current Psychology*, 43(24), 20976–20987. <https://psycnet.apa.org/doi/10.1007/s12144-024-05845-5>
- Shakeel, M., Nadeem, F., Gill, S. A., & Sehar, R. (2024). Examining the challenges of sports tourism in Khyber Pakhtunkhwa. *Human Nature Journal of Social Sciences*, 5(3), 129–149. <https://doi.org/10.71016/hnjss/pf7zfw97>
- Shahlaei, F. (2024). A jurisdictional vertigo: Compulsory arbitration, sports and the European Court of Human Rights. *Journal of Human Rights Practice*, 16(3), 869–885. <https://doi.org/10.1093/jhuman/huae022>
- Victor, L. (2008). Systematic reviewing in the social sciences: Outcomes and explanation. *Enquire*, 1(1), 32-46. <https://www.nottingham.ac.uk/sociology/documents/enquire/volume-1-issue-1-victor.pdf>