

Writing area

Motion

Are e-sports a “real” sport?

	For	Against
Physicality	E-sports require significant aptitude in hand-eye coordination, reaction speed, and mental endurance, comparable to many recognised sport.	E-sports do not involve large or meaningful physical movements or cardiovascular exercise common in sports like football or basketball. The activity is primarily sedentary so it is not a ‘true’ sport.
Skill and competition	E-sports are highly competitive and demand advanced strategy, teamwork, and dedicated practise sessions, with professional players often training for hours daily every week for leagues and tournaments.	E-sports are closer to games like chess and poker – activities that also emphasise skill and strategy but are often categorised separately from physical sports.
Standards and social perception	Many current day e-sports tournaments are governed by strict rules, and some authorities, like the Olympic Council of Asia and the IOC (International Olympic Committee) recognise e-sports as a sport.	E-sports lack unified regulatory bodies, standardised health guidelines, and consistent governance across games, unlike traditional sports with well-established organisations. Many see gaming as mere entertainment rather than athletic pursuit.