

**ISC SEMESTER 2 EXAMINATION**  
**SPECIMEN QUESTION PAPER**  
**PHYSICAL EDUCATION**  
**(THEORY)**

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*Maximum Marks: 35*

*Time allowed: **One and a half hour***

*Candidates are allowed an additional **10 minutes** for only reading the paper.*

*They must **NOT** start writing during this time.*

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*Answer **all** questions in **Section A and Section B**.*

*Attempt **all** questions on **any two** games in **Section C**.*

*The intended marks for questions or parts of questions are given in brackets.[ ]*

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**SECTION A – 7 MARKS**

**Question 1**

- (i) Write the full form of *CPR*. [1]
- (ii) Due to which postural deformity a person normally faces difficulty while walking? [1]
- (iii) Name the postural deformity that occurs due to lateral curvature of spine. [1]
- (iv) Doctors mainly recognize \_\_\_\_\_ and \_\_\_\_\_ types of fractures in sports. [1]
- (v) The process of providing relief and help to disabled or an injured person to again lead a normal and respectable life is known as \_\_\_\_\_. [1]
- (vi) Which of the following is **NOT** a common sports injury? [1]
  - (a) Cramps
  - (b) Sprain
  - (c) Abrasion
  - (d) Asthma

- (vii) Which of the following is **NOT** a soft tissue injury? [1]
- (a) Contusion
  - (b) Abrasion
  - (c) Strain
  - (d) Dislocation

## SECTION B – 8 MARKS

Answer the following questions briefly.

**Question 2** [2]

Briefly explain *any two* major principles of health education.

**Question 3** [2]

What is *air pollution*? Mention *any one* cause of air pollution.

**Question 4** [2]

What is First Aid? Give *one* benefit of First Aid.

**Question 5** [2]

Briefly explain the basic causes of injuries in sports.

## SECTION C – 20 MARKS

*Attempt all questions on **any two** games from this section*

### FOOTBALL

**Question 6**

- (i) What is an *indirect free kick* in the game of football? Give *any three* situations when a referee awards an indirect free kick. [4]
- (ii) Explain the term *Advantage*, with reference to the game of football. [4]
- (iii) What decision is taken by the referee when the goal is scored unintentionally by the centre referee? [1]
- (iv) What decision is taken by the referee when a player touches the ball the second time at the kick-off? [1]

## CRICKET

### Question 7

- (i) Explain *Follow on*, with reference to the game of cricket. [4]
- (ii) Mention *any four* instances when the umpire signals a no ball. [4]
- (iii) A batsman comes to the crease at the start of a fresh over. As the bowler starts his run-up and reaches near the crease, the batsman backs away from the wicket and the bowler stops his run-up. [1]

What will be the decision of the umpire?

- (iv) The batsman plays a sweep shot but misses the ball. The ball just nips the leg stump, but the bail does not come off. The bowler appeals. [1]

What will be the decision of the umpire?

## HOCKEY

### Question 8

- (i) Draw a neat diagram of Hockey field with all its dimensions. [4]
- (ii) Explain the procedure followed for taking a penalty corner. [4]
- (iii) An attacking player hits the ball, and it touches the foot of the opponent in the striking circle. [1]

In the above situation, what will be the decision of the umpire?

- (iv) If a ball goes out of the backline last touched by the defending team, what will be the decision of the umpire? [1]

## BASKETBALL

### Question 9

- (i) Differentiate between *team foul maker* and *player foul maker*. [4]
- (ii) List *any four* equipment used in the game of basketball. [4]
- (iii) If a team fields an extra player without the knowledge of referee and that player scores a goal, what will be the decision of the referee? [1]
- (iv) When a defender attempts to block a 10-foot shot and touches it while the ball is on its downward flight, what should the referee call? [1]

## VOLLEYBALL

### Question 10

- (i) List *any four* attack errors, with reference to the game of Volleyball. [4]
- (ii) Answer the following questions.
  - (a) When is *technical time out* applied in a game? [2]
  - (b) State the duration and number of technical time out. [2]
- (iii) After the serve, the ball just touches the net and lands on the side line of the opponent's court instead of falling inside the play area. What will be the referee's decision (in/out) and which team will be given a point? [1]
- (iv) While lifting the serve the lifter misjudges the ball's flight and the ball hits his face instead of touching the hand. What will be the referee's decision? [1]

## TENNIS

### Question 11

- (i) Explain the pattern of scoring in a *tie-breaker*. [4]
- (ii) What is *Grand Slam* in tennis? Name the different grand slam tournaments in tennis. [4]
- (iii) What will be the decision of the chair umpire if the ball touches the outside of the side line during a rally? [1]
- (iv) During a rally, player A catches his opponent's shot behind the baseline on the full before the ball goes over the fence. What will be the decision of the chair umpire? [1]

## BADMINTON

### Question 12

- (i) Draw a well labelled diagram of a badminton racquet with all specifications. [4]
- (ii) Explain *any four* duties of the service judge. [4]
- (iii) What will be the decision of the umpire if the shuttle drops near the side line and the sight of the main umpire is blocked during a rally in the court? [1]
- (iv) What will be the decision of the umpire if the shuttlecock is broken during a rally in the court? [1]

## SWIMMING

### Question 13

- (i) What is meant by *false start rope*? What is its importance in swimming? [4]
- (ii) State *any four* duties of Inspector on Turns. [4]
- (iii) In freestyle event, a starter shot a bullet and then a false start was taken by a swimmer. What will be the decision taken by the judge in this situation? [1]
- (iv) If a swimmer reports for an event after the last call, what decision will be taken by the judge? [1]

## ATHLETICS

### Question 14

- (i) What is meant by *decathlon*? List the events and their order in the decathlon competition. [4]
- (ii) Draw a neat diagram of a discus throw sector, with all its specifications. [4]
- (iii) After release, the discus touches the pole of safety case and lands inside the sector. What will be the decision of the judge? [1]
- (iv) A javelin, on landing, does not leave a mark on the ground. Will the throw be measured? Give *one* reason for your answer. [1]



## Section-A

### Answer 1.

- (i) Cardio Pulmonary Resuscitation (CPR)
- (ii) Due to Knock knees a person normally faces difficulty while walking.
- (iii) Scoliosis is the postural deformity that occurs due to abnormal lateral curvature of the spine.
- (iv) Doctors mainly recognize simple and compound types of fractures in sports.
- (v) The process of providing relief and help to disabled or an injured person to again lead a normal and respectable life is known as Rehabilitation.
- (vi) (d) Asthma
- (vii) (d) Dislocation

## Section-B

### Answer 2.

Two major principles of health education are:

1. **Known to Unknown:** Health education proceed from known to unknown, concrete to abstract and simple to complex. Start with what people already know and gradually introduce them to what they ought to know. This will make health education a systematic process, allowing people to assimilate significant ideas about health and strategies to maintain it. Every single idea should be within the intellectual grasp of the people.
2. **Constant practice:** Health education symbolises principles that require constant practice. To instill healthy habits among infants and children, both parents and teachers must ensure that children observe at least minimal standards of regularity and punctuality in their hygiene, for example, they must brush their teeth at least twice a day, take bath, comb hair, etc. A regular inspection must be conducted on children' habits of eating, drinking, sleeping, playing, etc. Constant reminder, in theory and practice, is necessary for forming good health habits. Behaviours are reinforced by a frequent reminder.

### Answer 3.

The air may contain dust and smoke which when inhaled may cause sickness and death. Foreign substances have been present in the air at all times and all places. The term air pollution is, therefore, applied when there is an excessive concentration of foreign matter in the external atmosphere which is harmful to man or his environment.

Motor vehicles are a major source of air pollution throughout the urban areas of the world. Motor vehicles including trucks, trains, aircraft, two-wheelers, three-wheelers, light motor vehicles, tractors and other forms of transport, contribute to air pollution by emitting hydrocarbons, carbon monoxide, lead, nitrogen oxides and so on. These sources are more harmful when the engines are not adjusted and tuned properly. Also diesel engines, when misused or badly adjusted, are capable of emitting black smoke and foul-smelling fumes.

### Answer 4.

First Aid is the immediate and temporary relief given to the victim of an accident or sudden illness until the services of a physician can be called for. It basically refers to the measures to be taken immediately after an accident, not with any idea of a cure, but to prevent further harm being done. It means the treatment given until proper medical aid comes.

It gives you the ability to respond to emergencies such as natural disasters, accidents, ingestion of hazardous substances and health-related issues like heart attacks.

### Answer 5.

The basic causes for sports injuries are:

1. **Sudden Movement** : Often sudden impact or an awkward movement results in sprains and sometimes more serious injuries. Sudden injuries are accidental but are less likely to occur if one is fit, knows the skills of the sport, wears the correct footwear, uses good equipment and exercises in a sensible way (for example, not running in the dark, on rough ground).
2. **Environment (Hot, Cold, Wet and Dry)** : Excessively hot or cold weather can negatively affect a player's coordination, which can lead to an increased risk of injury as well as to medical conditions such as hyperthermia or hypothermia. Hypothermia refers to the condition when the body's temperature starts to fall, blood is restricted to the vital organs. If the condition persists, widespread tissue damage can occur.
3. **Lack of Preparation (Warm Up, Cool Down)** : Warm-up programs help to prepare athletes for sport both physically and mentally. They help to reduce injuries as well as improve sporting performance. A properly designed warm-up is essential for both training sessions and competition, although the type of warm-up program used might be very different. Warm-up and training programs will also vary depending on the specific sport as well as on factors such as the age and skill level of the participants.

The cool-down is a gradual decrease in activity level designed to minimise excessive muscle tightening as the muscles cool and to maintain an adequate level of circulation to reduce or 'flush out' waste products such as lactic acid from the muscles. It can also help prevent a sudden drop in blood pressure after sport or exercise, which can lead to dizziness or fainting, by preventing the pooling of blood in the lower limbs that can occur if movement stops suddenly.

## Section-C

### FOOTBALL

#### Answer 6.

- (i) Awarded to the opposing team following "non-penal" fouls, certain technical infringements, or when play is stopped to caution or dismiss an opponent without a specific foul having occurred. A goal may not be scored directly (without the ball first touching another player) from an indirect free kick.

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:

1. Touches the ball again with his hands after it has been released from his possession and has not touched any other player.
  2. Touches the ball with his hands after it has been deliberately kicked to him by a teammate.
  3. Touches the ball with his hands after he has received it directly from a throw-in taken by a teammate.
- (ii) It refers to a situation in which the referee calls "play on" despite a foul because the team that would be given a free kick already has the advantage of a scoring or passing opportunity.

Advantage is essentially letting play continue after a foul for which play would be stopped for a free kick but the team which was fouled is in a better position to score than if they had a free kick. It is usually given when a team that has been fouled retains possession in the attacking third of the field.

#### **How Advantage works in Football**

The advantage rule in football is considered unique. If a referee sees that there was an obvious foul played, it is up to him whether he should call it out or not. If he thinks that by calling out a foul can affect the position of the team, he has the option not to call the foul.

An example of when an advantage works is a goalkeeper attempting to stop a player from the opposing team from taking the shot. However, before he can proceed to wipe out the opponent, the player was able to make a weak shot. But, after the collision, even if the goalkeeper proceeds to take out its opponent, the ball manages to go into the goal.

In this situation, a goalkeeper commits foul before the other player scores a goal. If the referee was to stop the play moments before the goalkeeper wiped out the striker, he would have negated the goal made by the opposing team. It means that if the referee made the call, the result would benefit the fouling team as the goal is not considered a score. However, if the foul committed involves serious foul play, the advantage rule is not applied.

- (iii) If a ball is deflected bouncing off a referee and goes into the goal, it is a goal in the same way a goal is scored when a ball is bounced off a goalpost or crossbar and goes into the goal.

The ball is in play at all other times, including when it rebounds off a **match official**, goalpost, crossbar or corner flag post and remains in the field of play.

- (iv) If the player taking the kick-off touches the ball again before it has touched another player, an indirect free kick, or for a handball offence, a direct free kick, is awarded. In the event of any other kick-off procedure offence, the kick-off is retaken.

## CRICKET

### Answer 7.

- (i) Follow-on is a term used in the sport of cricket to describe a situation where the team that bats second is forced to take its second batting innings immediately after its first, because the team was not able to get close enough to the score achieved by the first team batting in the first innings. If the second team to bat scores substantially fewer runs than the first team, the first team can enforce the follow-on, instructing the second team to bat again immediately. In this case the sequence of batting innings will be first team, second team, second team and then, if needed, the first team again. This is in contrast to the normal progression of batting innings which is first team, second team, first team, second team.

The side which bats first and leads by at least 200 runs shall have the option of requiring the other side to follow their innings.

The same option shall be available in matches of shorter duration with the minimum leads as follows:

1. 150 runs in a match of 3 or 4 days;
2. 100 runs in a 2-day match;
3. 75 runs in a 1-day match.

- (ii) Instances when the umpire signals a no ball are:

1. **Mode of delivery** : The umpire shall ascertain whether the bowler intends to bowl right-handed or left-handed, over or round the wicket, and shall so inform the striker. It is unfair if the bowler fails to notify the umpire of a change in his mode of delivery. In this case the umpire shall call and signal No ball.
2. **Fair delivery – the arm** : For a delivery to be fair in respect of the arm the ball must not be delivered with an Illegal Bowling Action. An Illegal Bowling Action is defined as a bowling action where a bowler's Elbow Extension exceeds 15 degrees, measured from the point at which the bowling arm reaches the horizontal until the point at which the ball is released (any Elbow Hyperextension shall be discounted for the purposes of determining an Illegal Bowling Action).
3. **Bowler breaking wicket in delivering ball** : Either umpire shall call and signal No ball if, other than in an attempt to run out the non-striker under clause 41.16, the bowler breaks the wicket at any time after the ball comes into play and before completion of the stride after the delivery stride. This shall include any clothing or other object that falls and breaks the wicket.
4. **Bowler throwing towards striker's end before delivery** : If the bowler throws the ball towards the striker's end before entering the delivery stride, either umpire shall call and signal no ball.

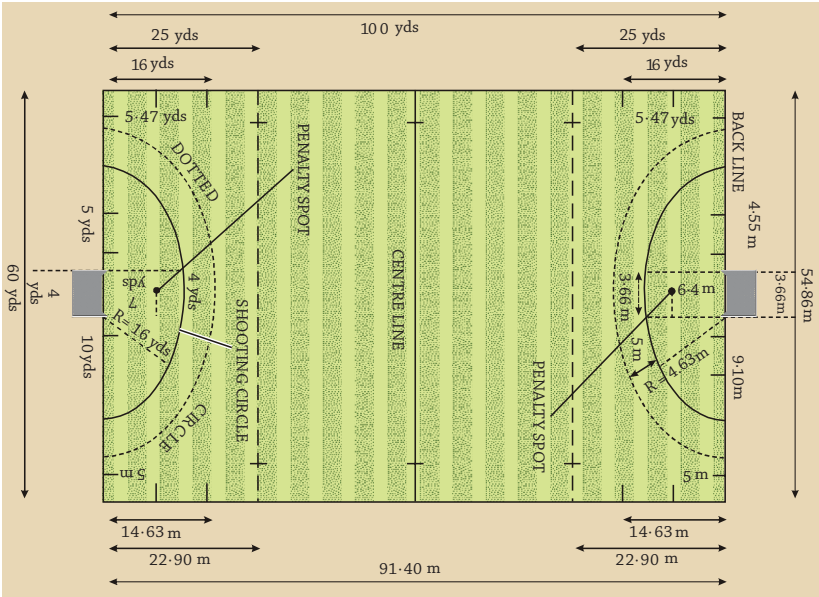


- (iii) The umpire will signal dead ball.
- (iv) The decision of the umpire will be not out.

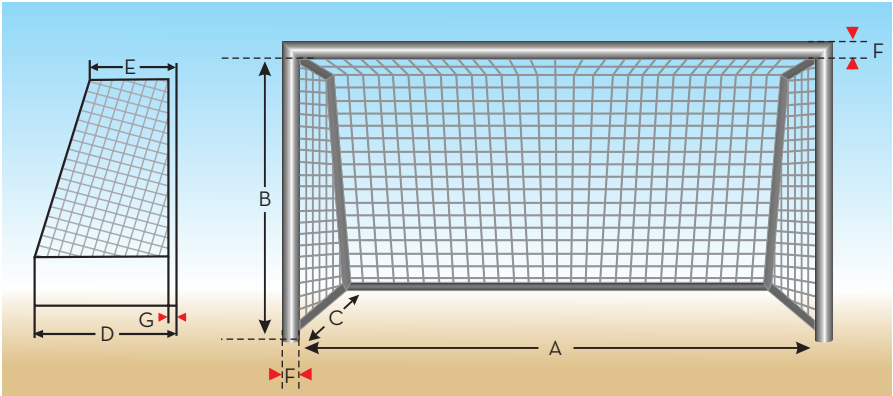
HOCKEY

Answer 8.

(i)



| GOAL DIMENSIONS |              |      |                |
|-----------------|--------------|------|----------------|
| Code            | Metres       | Code | Metres         |
| A               | 3.66         | E    | Minimum 0.90   |
| B               | 2.14         | F    | 0.050          |
| C               | 0.46         | G    | 0.050 to 0.075 |
| D               | Minimum 1.20 |      |                |



- (ii) The Procedure followed for taking a penalty corner are:
1. The ball is placed on the back-line inside the circle, at least 10 metres from the goal-post on whichever side of the goal the attacking team prefers.
  2. An attacker pushes or hits the ball without intentionally raising it.
  3. The attacker taking the push or hit from the back-line must have at least one foot outside the field.
  4. The other attackers must be on the field, outside the circle with sticks, hands and feet not touching the ground inside the circle.
  5. No defender or attacker other than the attacker taking the push or hit from the back-line, is permitted to be within 5 metres of the ball, when the push or hit is taken.
  6. Not more than five defenders, including the goalkeeper, must be positioned behind the back-line with their sticks, hands and feet not touching the ground inside the field.
  7. Within the period from the award of a penalty corner, until after it has been completed, substitution is not permitted; during this period substitution is only permitted for injury or suspension of the defending goalkeeper.
  8. Players must not change their stick between the award and completion of a penalty corner or penalty stroke unless it no longer meets the stick specification.
- (iii) Field players must not stop, kick, propel, pick up, throw or carry the ball with any part of their body. It is not always an offence if the ball hits the foot, hand or body of a field player. The player only commits an offence if they gain an advantage or if they position themselves with the intention of stopping the ball in this way. It is not an offence if the ball hits the hand holding the stick but would otherwise have hit the stick.
- (iv) If played unintentionally by a defender or deflected by a goalkeeper, play is re-started with the ball on the 23 metres line and in line with where it crossed the backline and the procedures for taking a free hit apply with the ball being placed on the line, the re-start is effectively within the 23 metres area and the provisions for taking a free hit are applicable.
1. If played intentionally by a defender, unless deflected by a goalkeeper, play is re-started with a penalty corner.
  2. If played by an attacker, play is re-started with the ball up to 15 metres from and in line with where it crossed the back-line and the procedures for taking a free hit applies.

## BASKETBALL

### Answer 9.

- (i) A personal foul is a player's illegal contact with an opponent, whether the ball is live or dead. A player shall not hold, block, push, charge, trip or impede the progress of an opponent by extending his hand, arm, elbow, shoulder, hip, leg, knee or foot, nor by bending his body into an 'abnormal' position (outside his cylinder), nor shall he indulge in any rough or violent play.

#### Penalty

1. A personal foul shall be charged on the offender.
2. **If the foul is committed on a player not in the act of shooting:** The game shall be resumed with a throw-in by the non-offending team at the place nearest to the infraction.
3. **If the foul is committed on a player in the act of shooting, that player shall be awarded a number of free throws as follows:**
  - (a) If the shot released from the field goal area is successful, the goal shall count and, in addition, 1 free throw.
  - (b) If the shot released from the 2-point field goal area is unsuccessful, 2 free throws.
  - (c) If the shot released from the 3-point field goal area is unsuccessful, 3 free throws.

If the player is fouled as, or just before, the game clock signal sounds for the end of the quarter or overtime or as, or just before, the shot clock signal sounds, while the ball is still in the player's hand(s) and the field goal is successful, the goal shall not count and 2 or 3 free throws shall be awarded.

A team foul is a personal, technical, unsportsmanlike or disqualifying foul committed by a player. A team is in the team foul penalty situation after it has committed 4 team fouls in a quarter.

All team fouls committed in an interval of play shall be considered as being committed in the following quarter or overtime.

All team fouls committed in each overtime shall be considered as being committed in the fourth quarter.

The difference between the two types of fouls is the way they are counted during a game. A personal foul is any penalty that is against the rules of play. This foul will be added to the player's total fouls and the team's fouls. A team foul is the number of fouls of every player added together, the total of each player is the number of team fouls.

(ii) The equipments used in the game of basketball are:

1. Backstop units, consisting of:
  - (a) Backboards
  - (b) Baskets comprising (pressure release) rings and nets
  - (c) Backboard support structures including padding.
2. Basketballs
3. Game clock
4. Scoreboard

(iii) The score is counted, a technical foul is given to the coach, one free throw to opponent team, ball possession given to the team which was having ball possession during the play, and the extra players must leave the court.

(iv) If the ball is above the ring it is ball tending violation and it is counted as valid field basket. If it is below the ring, the ball is still alive and game continues *i.e.* referee does not blow the whistle.

## VOLLEYBALL

### Answer 10.

(i) Attack errors with reference to the game of volleyball include back-row or libero players spiking the ball or blocking (back-row players may spike the ball provided they take a jump from behind the attack line), attacking the serve in the frontcourt and above the height of the net, using another player as a source of support to reach the ball, stepping over the back boundary line when serving, taking more than 8 seconds to serve.

(ii) (a) This special mandatory time out is, in addition to time outs, to allow the promotion of volleyball by analysis of the play and to allow additional commercial opportunities. Technical Time Outs are mandatory for FIVB World and Official competitions.

For FIVB, World and Official Competitions, in sets 1-4, two additional 60-second "Technical Time-Outs" are applied automatically when the leading team reaches the 8th and 16th point.

In the deciding (5th) set, there are no "Technical Time- Outs"; only two time-outs of 30 seconds duration may be requested by each team.

During all time-outs (including Technical Time Outs), the players in play must go to the free zone near their bench.

(b) For FIVB, World and Official Competitions, in sets 1-4, two additional 60-second "Technical Time-Outs" are applied automatically when the leading team reaches the 8th and 16th point.

In the deciding (5th) set, there are no "Technical Time- Outs"; only two time-outs of 30 seconds duration may be requested by each team.

During all time-outs (including Technical Time Outs), the players in play must go to the free zone near their bench.

(iii) The referee's decision (out) and opponent team will be given a point.

(iv) The referee's decision will be to continue the game.

## TENNIS

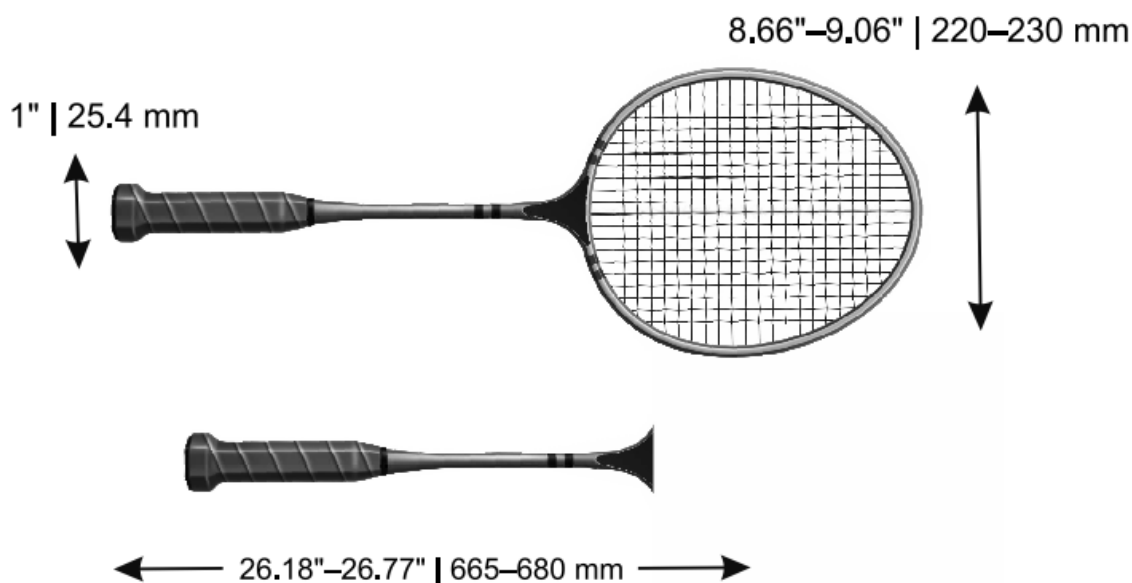
### Answer 11.

- (i) During a tie-break game, points are scored "Zero", "1", "2", "3", etc. The first player/team to win seven points wins the "Game" and "Set", provided there is a margin of two points over the opponent(s). If necessary, the tie-break game shall continue until this margin is achieved. The player whose turn it is to serve shall serve the first point of the tie-break game. The following two points shall be served by the opponent(s) (in doubles, the player of the opposing team due to serve next). After this, each player/team shall serve alternately for two consecutive points until the end of the tie-break game (in doubles, the rotation of service within each team shall continue in the same order as during that set). The player/team whose turn it was to serve first in the tie-break game shall be the receiver in the first game of the following set.
- (ii) The Grand Slam in tennis is the achievement of winning all four major championships in one discipline in the same calendar year, also referred to as the "Calendar-year Grand Slam" or "Calendar Slam". In doubles, a team may accomplish the Grand Slam playing together or a player may achieve it with different partners. Winning all four major championships consecutively but not within the same calendar year is referred to as a non-calendar-year Grand Slam, while winning the four majors at any point during the course of a career is known as a Career Grand Slam.  
The four Grand Slam tournaments are the Australian Open in January, the French Open from late May to early June, Wimbledon in late June to early July, and the US Open in August–September, with each played over two weeks. The Australian and the United States tournaments are played on hard courts, the French on clay, and Wimbledon on grass.
- (iii) If a ball touches a line (outside of the line or inside of the side line or mid of the line), it is regarded as touching the court bounded by that line. The rally will continue. If the ball touches the outside of the side line during a rally *i.e.*, outside the side line then the rally will be stopped and point will be awarded to the opponent of the player who had hit outside the side line.
- (iv) A point to his opponent, Player A should have waited for the ball to bounce before touching it irrespective of where it was going to land.

## BADMINTON

### Answer 12.

- (i) The racket shall be a frame not exceeding 680 mm in overall length and 230 mm in overall width consisting of the main parts described in the diagram.



### Details

1. **Width** : 8.66"–9.06" | 220–230 mm
  2. **Depth** : 1" | 25.4 mm (Handle)
  3. **Length** : 26.18"–26.77" | 665–680 mm
  4. **Weight** : 2.46–3.35 oz | 70–95 g
  5. **Materials** : Carbon fiber, graphite or wood (traditional)
- (ii) Duties of the Service judge are:
1. The service judge is responsible in making a 'service fault' call and provides shuttles to the players.
  2. To see that the server shall not serve before the receiver is ready.
  3. To see that there is no undue delay in the delivery of the service.
  4. In doubles, the partners are ready and have taken positions which do not unsight the other players.
- (iii) **It shall be a 'let', if:** a line judge is unsighted and the umpire is unable to make a decision. When a 'let' occurs, play since the last service shall not count and the player who served last shall serve again.
- (iv) **It shall be a 'let', if:** during play, the shuttle disintegrates and the base completely separates from the rest of the shuttle.

## SWIMMING

### Answer 13.

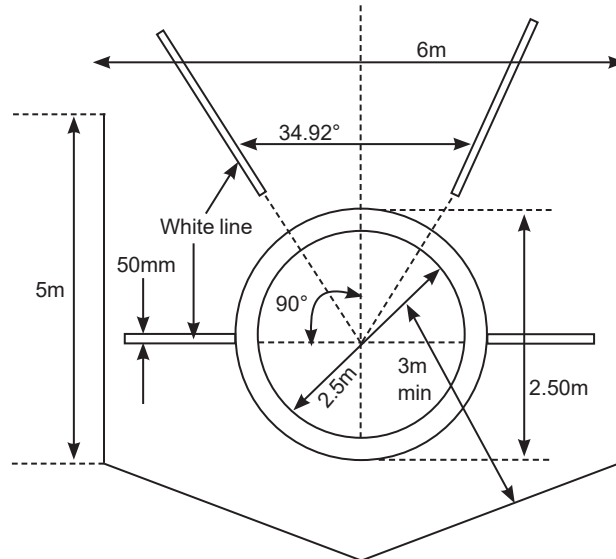
- (i) A false start or recall rope is a rope that stretches across the width of competitive racing pools. It stops swimmers who were unaware of a false start. They are specifically designed to get the attention of swimmers to prevent them from exerting unnecessary energy in the case of a false start. Typically, the rope is made of some sort of polymer plastic to prevent deterioration from the water, and includes two floats and two quick-snap connectors with weights. The rope is typically located about halfway on yard pools and about 50-feet from the starting end on meter pools.
- (ii) Duties of Inspectors on turns are:
1. One Inspector of Turns shall be assigned to each lane at each end of the pool, to ensure swimmers comply with the relevant rules after the start, for each turn, and at the finish.
  2. Jurisdiction for the Inspector of Turns at the start- end commences from the start signal until the completion of the first arm stroke, except in Breaststroke where it shall be the second arm stroke.
  3. Each inspector at the starting end shall give a warning signal when the swimmer in his lane has two lengths plus five (5) metres to swim, to finish in individual events of 800 and 1500 metres. The signal may be repeated after the turn, until the swimmer has reached the five (5) metres mark on the lane rope. The warning signal may be by whistle or bell.
  4. Each inspector at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform, when the preceding swimmer touches the starting wall. When Automatic Equipment which judges relay take-offs is available, it shall be used in accordance with the rule.
  5. Inspectors of Turns shall report to the Referee any violation on signed cards detailing the event, lane number, and the infraction.
- (iii) The particular swimmer will be disqualified, when the false start was taken by a swimmer.
- (iv) The starting judge shall report a swimmer to the referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the event referee may disqualify a swimmer for such delay, willful disobedience or misconduct.

## ATHLETICS

### Answer 14.

- (i) 1. An all-round athletics test, the 10-event contest covers the whole range of athletics disciplines spread over two days.
2. The first day consists of (in order): 100m, long jump, shot put, high jump and 400m. The second day's events are 110m hurdles, discus, pole vault, javelin and 1500m.
3. Competitors earn points for their performance in each discipline and the overall winner is the athlete who scores the most points.

(ii)



- (iii) The decision of the judge will be foul throw, when after the release, the discus, touches the pole of safety case and lands inside the sector.
- (iv) The throw will not be measured. For a throw to be valid in javelin the front tip of the javelin should strike the ground first when it is landing on the ground from the air.