

Physical Education

CISCE

Academic Year: 2023-2024

(English Medium)

Date & Time: 13th March 2024, 11:00 am

Duration: 2h

Marks: 100

1. Answers to this Paper must be written on the answer sheet provided separately.
2. You will not be allowed to write during the first 15 minutes.
3. This time is to be spent reading the question paper.
4. The time given at the head of this Paper is the time allowed for writing the answers.
5. Attempt all questions from Section A and any four questions from Section B.
6. The intended marks for questions or parts of questions are given in brackets []

SECTION-A (50 Marks) (Attempt all questions from this Section.)

Q1. Choose the correct answers to the questions from the given options. (Do not copy the questions, write the correct answers only.)

1.1. The stage from the age of 5 to 12 years is called _____.

1. Infancy
2. Adolescence
3. Adulthood
4. **Childhood**

Solution

The stage from the age of 5 to 12 years is called childhood.

Explanation:

Childhood refers to the age range of 5 to 12 years for humans.

1.2. What is full form of MCL?

1. Medial Cruciate Ligament
2. Medial Cramp Ligament
3. Medial Crucial Ligament
4. **Medial Collateral Ligament**

Solution

Medial Collateral Ligament

Explanation:

The medial collateral ligament is one of the four primary ligaments of the knee.

1.3. An education which develops harmonious growth and development of a child:

1. Physical Fitness
2. Health Education
3. **Physical Education**
4. Sports Training

Solution

Physical Education

Explanation:

Physical education is an important part of the overall educational process, promoting a child's harmonious growth and development.

1.4. Exercise helps in increasing _____ to the brain.

1. Ideas
2. **Oxygen flow**
3. Energy
4. Rest

Solution

Exercise helps in increasing oxygen flow to the brain.

Explanation:

Exercise increases blood circulation, which results in more oxygen-rich blood circulation in the brain.

1.5. What is the minimum qualification to become a basketball coach in India?

1. NIS Diploma

2. B.P.Ed

3. M.Phil

4. Ph.D

Solution

NIS Diploma

Explanation:

The minimum qualification for becoming a basketball coach in India is a Diploma in Coaching from NIS.

1.6. _____ is used for growth and repair of all the cells in the body.

1. Protein

2. Vitamin

3. Carbohydrate

4. Sodium

Solution

Protein is used for growth and repair of all the cells in the body.

Explanation:

Proteins are made up of chemical building blocks known as amino acids. The body requires amino acids to help all cells develop and repair themselves.

1.7. The body cannot repair itself without rest and _____.

1. Continuity

2. Adaptation

3. Recovery

4. Frequency

Solution

The body cannot repair itself without rest and recovery.

Explanation:

The principle of recovery is one of the sports training ideas that states that the body cannot mend itself without rest and recovery.

1.8. The ability of a person to do daily work without fatigue is called _____.

1. Progression

2. Physical Fitness

3. Balance

4. Obesity

Solution

The ability of a person to do daily work without fatigue is called physical fitness.

Explanation:

Physical fitness refers to a person's capacity to perform daily tasks without fatigue.

1.9. The ability to perform movement/actions at a faster rate is called _____.

1. Endurance

2. Power

3. Stamina

4. Speed

Solution

The ability to perform movement/actions at a faster rate is called speed.

Explanation:

Speed is a measure of one's ability to perform movements or actions at a higher rate.

1.10. Assertion (A): The growth refers to the increase in size, length and weight.

Reason (R): The growth can be felt only through estimate and inspection.

In the context of the above two statements, which one of the following is correct?

1. (A) is true, but (R) is false.
2. (A) is false, but (R) is true.
3. Both (A) and (R) are true and (R) is the correct explanation of (A).
4. Both (A) and (R) are true, but (R) is not the correct explanation of (A).

Solution

Both (A) and (R) are true and (R) is the correct explanation of (A).

Explanation:

The assertion "The growth refers to the increase in size, length, and weight" is correct. It expresses the meaning of growth. The reason "The growth can only be felt through estimation and inspection" is also correct. The increase in size can only be felt through estimation and inspection.

1.11. A good level of physical fitness is helpful in preventing _____.

1. Agility
2. Speed
3. Injuries
4. Performance

Solution

A good level of physical fitness is helpful in preventing injuries.

Explanation:

A high degree of physical fitness indicates good cardiovascular endurance, strength, flexibility and coordination, all of which serve to reduce or eliminate the risk of injury.

1.12. Match the following:

I.	Physical development	1.	A child recognizes his parents well.
II.	Psychological development	2.	A child learns to roll over.

III.	Social development	3.	A child is afraid of the dark in night.
IV.	Emotional development	4.	A child learns to share a toy with a friend.

1. I - 1, II - 3, III - 4, IV - 2
2. I - 3, II - 4, III - 2, IV - 1
3. I - 4, II - 3, III - 1, IV - 2
4. I - 2, II - 1, III - 4, IV - 3

Solution

I - 2, II - 1, III - 4, IV - 3

Explanation:

I.	Physical development	2.	A child learns to roll over.
II.	Psychological development	1.	A child recognizes his parents well.
III.	Social development	4.	A child learns to share a toy with a friend.
IV.	Emotional development	3.	A child is afraid of the dark in night.

1.13. Cartwheel in gymnastics is an example of _____.

1. Dynamic Balance
2. Static Balance
3. Active Balance
4. Passive Balance

Solution

Cartwheel in gymnastics is an example of dynamic balance.

Explanation:

In a cartwheel, the body moves at a constant speed and all forces on the body are balanced, which is why it is said to be in dynamic balance.

1.14. The unit used to describe the energy content of food is called as _____.

1. Litre
2. Kilogram
3. Calorie
4. Meter
5. Nutrition
6. Meal planning
7. Balanced diet

Solution

The unit used to describe the energy content of food is called as calorie.

Explanation:

Calories are the unit of measurement used to describe food's energy content.

1.15. Which is the longest stage of human growth and development?

1. Adulthood
2. Childhood
3. Infancy
4. Adolescence

Solution

Adulthood

Explanation:

Adulthood is the longest stage of human development, beginning at the age of 18 and ending at the age of 65.

1.16. _____ is an important element which makes up for almost 70% of our body weight.

1. Water
2. Fibre
3. Minerals

4. Fats

Solution

Water is an important element which makes up for almost 70% of our body weight.

Explanation:

Approximately 70% of our body is made up of water. There are six primary categories of nutrients: carbohydrates, fats, proteins, vitamins, minerals, and water.

1.17. What is the most common symptom of Achilles Tendonitis injury?

1. Patients may experience knee instability.
2. Tenderness on the outside of the elbow.
3. Pain above the heel, especially when stretching the ankle.
4. Repeated vomiting or nausea.

Solution

Pain above the heel, especially when stretching the ankle.

Explanation:

The most typical sign of Achilles Tendonitis damage is pain above the heel, particularly when stretching the ankle. The Achilles tendon connects the calf muscle to the heel bone.

1.18. According to the Principle of Progression, the overload should not be ____.

1. Increased Rapidly
2. Increased Normally
3. Increased Specifically
4. Increased Regularly

Solution

According to the Principle of Progression, the overload should not be increased regularly.

Explanation:

According to the progression principle, overload should not be increased rapidly but gradually. A rapid rise in load has been linked to an increase in injury risk.

1.19. _____ is essential for the healthy development of child.

1. Recreation
2. Proper nutrition
3. Meditation
4. Exertion

Solution

Proper nutrition is essential for the healthy development of child.

Explanation:

Proper nutrition means maintaining a nutritional status that allows a child to develop and stay in good health.

1.20. Overstretching of ligament causes _____.

1. Fracture
2. Sprain
3. Concussion
4. Shin Splint
5. Contusion
6. Dislocation

Solution

Overstretching of ligament causes sprain.

Explanation:

A sprain is a ligament injury. An ankle sprain is a common sports injury. It occurs when the ligaments that support the ankle are stretched beyond their limits and tear.

Q2.

2.1. Define physical education.

Solution

According to Delbert Obestuffer, Physical education is the sum of those experiences which come to the individual through movement.

2.2. Explain the term Co-ordination.

Solution

Coordination refers to the ability to perform a succession of movements or motor activities in a smooth and efficient manner. It can also be described as the ability to perform a motor task accurately and smoothly using body movements and the senses.

Example:

Dribbling a basketball.

2.3. Kiaan, a 15-year-old student, is an active participant in various sports activities at school. He excels in activities that require endurance and agility, such as long distance running and soccer. Kiaan's body structure is lean with long limbs.

Reshma, a 16-year-old student, has a tendency to gain weight easily. She finds it challenging to engage in high-intensity activities due to her body's natural inclination towards storing fat. However, she enjoys activities like Yoga and Pilates.

Kagesha, a 16-year-old student, is passionate about weightlifting and power lifting. She consistently participates in strength training programs and competitions. Kagesha has a muscular and compact physique with well-defined muscles.

- a. Identify Kiaan's body type.
- b. Identify Reshma's body type.
- c. Identify Kagesha's body type.

Solution

- a. Kiaan's body type is Ectomorph.
- b. Reshma's body type is Endomorph.
- c. Kagesha's body type is Mesomorph.

2.4. Mention any three factors that influence the growth and development of an individual.

Solution

The three factors that influence the growth and development of an individual are:

1. Hereditary: Heredity is the phenomenon in which features and qualities are passed on from parents to children before they are born.
2. Environment: The prenatal environment refers to the environment of the foetus during pregnancy. If the mother is malnourished, emotionally distressed, smokes, drinks, takes medication or suffers from certain conditions, the child's growth may suffer as a result.
3. Nutrition: Proper nutrition is essential for a child's healthy development. A malnourished child's growth may be delayed or slowed. A malnourished mother has weak babies. On the other side, obesity can result from overnutrition.

Q3.

3.1. What is sprained ankle?

Solution

A sprained ankle is a common sports injury. They occur when the ankle ligaments are stretched past their limits and tear.

3.2. Identify the injury in the given picture and write any two symptoms of the injury.



Solution

The injury in the given picture is tennis elbow.

The symptoms of the injury are as follows:

1. Tenderness at the outside of the elbow.
2. Elbow pain worsens when grabbing or holding an object, it also occurs when lifting or bending the arm.

3.3. List any six components of physical fitness.

Solution

Physical fitness includes the following components.

1. Endurance
2. Flexibility
3. Speed
4. Strength
5. Agility
6. Co-ordination

3.4. State any three importance of physical fitness.

Solution

Physical fitness is an individual's ability to complete everyday tasks without becoming exhausted or having enough energy to enjoy his or her free time.

The importance of physical fitness is as follows:

1. Physical fitness improves one's ability to perform daily activities with energy.
2. Physical fitness lowers the risk of diseases.
3. Physical fitness helps to improve posture.

Q4.

4.1. What do you mean by balanced diet?

Solution

A balanced diet comprises all of the essential elements in an appropriate and fair amount to suit the body's daily requirements. It refers to a diet that contains all of the nutrients, such as carbohydrates, proteins, fats, vitamins, minerals and water that the body needs for appropriate growth and development, functioning and maintenance.

4.2. Explain the term stress fracture.

Solution

Stress fractures are injuries caused by overuse. It is typical of athletes who experience a high amount of stress. If the stress of repetitive loads exceeds the bone's ability to repair itself, small cracks can form within the bone.

4.3. What is cardiovascular endurance?

Solution

Cardiovascular endurance is the ability of an individual to exercise for a prolonged period of time. It refers to the circulatory system's (heart and blood vessels) ability to give oxygen and nutrients to working muscles as well as those muscles' ability to withstand extended exertion.

Cardio-respiratory endurance is most evident:

1. At rest
2. During continuous exercises that involve the entire body, such as long-distance running, swimming and cycling, as well as recovery.
3. It is the most important physical fitness component, as seen in everyday activities and most forms of sports. The majority of the advantages associated with better physical fitness are attributable to increased cardiorespiratory endurance.

4.4. Explain in detail the principle of recovery in sports training.

Solution

Sports training is based on certain principles.

1. Individuality - According to the individuality principle, people respond differently to a given training stimulus. This difference might occur due to previous training, genetic makeup, maturity, nutrition, prior training, environment, sleep, rest, stress, illness or injury, and motivation. The training schedule of an elite athlete may not yield the same effect on an aspiring athlete. The results may fall far short of the desired outcome. This variation in the results is quite likely due to the difference in the physiological and psychological built of the individuals.
2. Specificity - Training programmes are made to meet the demands of the sport, the position played, and the individual needs and capabilities of the athlete. To develop a particular fitness component, one must perform exercises designed

specifically for that component. This is the principle of specificity. Specificity may be described as an issue of transfer of training. The closer the training movements parallel the kinds of physical activity one is training for, the more effective the influence of training on performance.

3. Progression - For both physical and performance improvements to take place, training should become increasingly difficult and regular. As physical and performance adaptations occur, the performer needs to make further demands on the body and work harder than normal. He should build strong muscular endurance enough to finish the distance. Loading must continue to increase gradually as adaptation occurs. Otherwise, the training effect will plateau, and further improvement will not be attained. The body adapts to the demands of exercise by improving its functioning.
4. Overload - To increase strength and endurance, a learner needs to add new resistance, time, or intensity to his efforts. To run a 10 kilometre race, an athlete needs to build up distance over repeated sessions in a reasonable manner. This helps to improve muscle adaptation as well as enhances soft tissue strength or resiliency. Any demanding exercise attempted too soon might, risk heavy injury. The same principle holds true for strength and power exercises. An athlete has to be exposed to an overload stimulus at regular intervals for the induction of training adaptations.

SECTION-B (50 Marks) (Attempt two questions from this Section.) (You must attempt one question on each of the two games of your choice.)

Q5.

5.1. CRICKET

5.1. (a) Explain the following term in cricket:

An appeal

Solution

In cricket, an appeal is the act of a fielding team player requesting an umpire for a decision on whether or not a batsman is out.

5.1. (b) Explain The term Bodyline Bowling in cricket.

Solution

A technique in which the bowler aims at the batsman rather than the wicket. The fielding side is packed on the leg side to take catches. This is now declared illegal.

5.1. (c) Explain the following term in cricket:

Night watchman

Solution

A batsman who comes in to bat out of order near the end of a day's play in a multi-day game to 'protect' a better batsman.

5.1. (d) Explain the following term in cricket:

Leg before wicket

Solution

A batsman may be called out if any part of his body, clothes or equipment intercepts a ball that would have hit the wicket if it had been pitched or would have been pitched, in a straight line between the wickets - even above the bails.

5.2. (a) Mention any six fielding positions on "offside" of the field of play.

Solution

Six fielding positions on "offside" of the field of play are:

1. Point: It is placed square of the wicket on the off-side and the fielder in this position is responsible for preventing hard blows hit off the back foot, such as the square cut. Fielding in this area of the cricket pitch is extremely busy.
2. Cover: This position is also known as the extremely fine leg. Sweeper, also known as deep cover, deep extra cover or deep midwicket (i.e., near the boundary on the off or on side), is typically defensive and meant to prevent a four.
3. Mid-off: Long stop, who stands behind the wicketkeeper towards the boundary (typically when the wicketkeeper is thought to be ineffective; the position is rarely seen in professional cricket). This position is also known as very fine leg.
4. Gully: The name gully comes from the narrow waterway that runs between the point and the slips. It is also known as short third man.

5. Slip: A slip fielder (sometimes known as a slip cordon or the slips) stands behind the batsman on the off side of the field. They are positioned with the goal of catching an edged ball that is beyond the wicketkeeper's reach.
6. Long-off: A cricket fielding position on the off side of the field, well behind the bowler.

5.2. (b) State any three duties of a captain during the match.

Solution

The duties of the captain during the match are:

1. To ensure that the game is played in accordance with both the spirit and the law.
2. To ensure that no time is spent on the field.
3. To withdraw an appeal if the player has not yet left the playing area.
4. Players are nominated before the toss.

5.2. (c) 1. What is the signal of the main umpire for the following?

Leg bye

Solution

Leg byes are signalled by raising one leg and tapping the knee with one hand.

5.2. (c) 2. What is the signal of the main umpire for the following?

Dead ball

Solution

If the umpire has to signal a dead ball to prevent the players from assuming that the ball is still alive, he waves both arms across each other in front of his abdomen.

5.2. (c) 3. What is the signal of the main umpire for the following?

Free hit

Solution

A non-verbal action in which umpire raises his right hand in the air and move it in a circular manner in the air.

5.3. (a) Explain the following term in cricket:

A duck

Solution

If a batsman is out without scoring any runs.

5.3. (b) Explain the following term in cricket:

A century

Solution

It means a batsman has scored 100 runs without being out.

5.3. (c) Explain the following term in cricket:

Danger Area

Solution

A rectangular protected area of the pitch where bowlers may not perform their follow through to avoid damage.

5.3. (d) Explain the following term in cricket:

A Pull shot

Solution

A shot to the leg side off a short-pitched delivery, between midwicket and backward square-leg.

Q6.

6.1. (a) Explain the following term in cricket:

Sight screen

Solution

It is a large screen positioned beyond the boundary so that it forms a backdrop behind the bowler, so that the striker can see the ball clearly. Sightscreens are white when a red ball is used and black for a white ball.

6.1. (b) Explain the following term in cricket:

Upper cut

Solution

An upper cut is a shot played towards third man that is typically made when the ball is pitched outside the off stump with extra bounce.

6.1. (c) Explain the following term in cricket:

Tail ender

Solution

A batsman who bats near the bottom of the batting order, usually a specialist bowler or wicketkeeper with limited batting skills.

6.1. (d) Explain the following term in cricket:

Flick shot

Solution

A flick shot is a straight-batted shot played on the leg side by flicking a full-length delivery with the wrists. It is also known as the clip-off of the legs.

6.2. (a) Mention the essential wicket keeping skills in cricket.

Solution

The essential wicket keeping skills required in cricket are:

1. Footwork: The most important aspect for a wicketkeeper is his or her footwork. If the feet are in the proper posture, everything will move properly. Many say that poor wicketkeepers must dive a lot. This must mean that a keeper with good footwork is unlikely to have to dive very frequently.
2. Catching the ball: Catching the ball is the most important aspect for a wicketkeeper. Determine the point where the elevation of the ball begins to decrease, that's the best place for a keeper to stand. After positioning according to the bowler's speed, one should be prepared to catch the ball. When the ball reaches you, catch it with relaxed but firm hands.
3. Diving: Diving often compensates for bad footwork, so diving frequently should remind us to move our feet. However, diving becomes necessary for the keeper when the ball is well beyond his standing range.

6.2. (b) State any six ways of a batsman getting out in cricket.

Solution

Six ways of a batsman getting out in cricket are:

1. Caught: If a fielder catches the ball on its full after the batsman has hit it with his bat. However, if the fielder catches the ball but immediately touches or steps over the boundary, the batsman scores six runs and is not out.
2. Bowled: If the batsman misses the ball and it hits and breaks the wicket immediately after the bowler's delivery.
3. Leg before wicket: A batsman can be called out if any part of his body, clothes or equipment intercepts a ball that would have hit the wicket, provided that the ball pitched or would have pitched, in a straight line between the wickets—even over the bails.
4. Stumped: If a batsman misses the ball and goes beyond his crease in an attempt to play it, he is out stumped if the wicketkeeper gathers the ball and breaks the wicket before the batsman can ground part of his body or his bat behind his crease.
5. Run out: If a batsman is attempting to take a run or return to his crease after an unsuccessful run and a fielder breaks that batsman's wicket with the ball while he is outside the crease. The fielder can either shatter the wicket with a hand that holds the ball or with the ball itself.
6. Hit wicket: If a batsman touches and breaks the wicket while attempting to hit a ball or running for his first run. This includes the bat and any other displaced items of the batsman's equipment, such as a helmet or spectacles.

6.2. (c) What is the importance of the '30-yard circle' in a cricket match?

Solution

A painted circle (or ellipse) is centered in the middle of the pitch, the radius of 30 yards marked on the field. The purpose of the 30-yard circle is to separate the infield from the outfield. It is importantly used in policing the fielding restrictions for certain one-day and T20 versions of the game.

Fielding restrictions

Under current ODI rules, there are three levels of fielding restrictions:

1. In the first 10 overs of an innings (the mandatory powerplay), the fielding team may have at most two fielders outside the 30-yard circle.
2. Between 11 and 40 overs, four fielders will be allowed to field outside the 30-yard circle.

Fielding restrictions for T20 cricket

1. Fielding restrictions in the first six overs - two fielders outside the circle with a minimum of two stationary fielders.
2. Fielding restrictions for overs 7-20 - maximum five fielders allowed outside of the circle.

6.3. (a) Explain the following term in cricket:

Short run

Solution

A run is short if a batter fails to make good ground when turning for a further run. Although a short run shortens the next one, the latter, once completed, is not considered short.

6.3. (b) Explain the following term in cricket:

Power play

Solution

The ICC introduced this rule in 2005 to improve the middle overs of one-day internationals by requiring the bowling side to take three blocks of overs in which extra fielders must be present within the 30-yard circle. The first power play is necessary for the first ten overs of the innings, the second and third, each for five overs, can be taken at any moment. In rain-shortened games, the duration of the second and third power plays is proportional to the overall reduction.

6.3. (c) Explain the following term in cricket:

Bye

Solution

If the striker misses a ball and the wicketkeeper fails to catch it cleanly, the batsman may score. These runs are known as byes and count as extras.

6.3. (d) Explain the following term in cricket:

Free hit

Solution

A non-verbal action in which the umpire raises his right hand and moves it in a circular motion through the air.

Q7.

7.1. FOOTBALL

7.1. (a) Explain the following term in football:

Goal line technology

Solution

It is the use of electronic devices to determine whether or not a goal was scored.

7.1. (b) Explain the following term in football:

Quarter circle

Solution

An arc with a radius of 1 yard is located at each of the soccer field's 4 corners.

7.1. (c) Explain the following term in football:

Touch line

Solution

The two longer boundary lines are known as side or touch lines.

7.1. (d) Explain the term heading in football.

Solution

The heading is a football technique that is used in association football to control the ball using the head to pass, shoot or clear. The heading is an essential skill in football. A player hits the ball with their head to move it in a certain direction. They may head the ball towards another player, across the field, or into the opponent's goal. This can be done by standing, jumping or driving position.

It is crucial for defensive players to clear balls from the back, midfielders to win critical battles in the middle of the field, and attackers to nod a ball past the opposing keeper to score a goal.

7.2. (a) 1. What is kick off?

Solution

A kick-off is a way of starting or restarting play:

1. At the start of the match.
2. After a goal has been scored.
3. At the start of the second half of play.
4. At the start of each term of extra time, if applicable.

7.2. (a) 2. When is kick off conducted in the game of football?

Solution

1. A kick-off starts both halves of a game, and both halves of extra time and resumes play after a goal has been scored. Other types of restarts include free kicks (direct or indirect), penalty kicks, throw-ins, goal kicks, and corner kicks.
2. A dropped ball is used when the referee stops play and the law does not require one of the restarts listed above. If an offence occurs when the ball is out of play, the restart procedure remains unchanged.
3. The match is divided into two 45-minute seasons unless the referee and the two sides agree otherwise. Any agreement to change the duration of the periods of play (for example, to decrease each half to 40 minutes due to insufficient light) must be established before the commencement of play and follow competition regulations.

7.2. (b) Explain the procedure of penalty kick during the game.

Solution

A penalty kick is awarded against a team that commits one of the 10 offences (which are also included in the direct free kick) within its own penalty area while the ball is in play. A penalty kick may be taken at the end of each half or during extra time. A goal can be scored directly from a penalty kick.

The procedure of penalty kick is as follows:

1. After the players have taken their positions in line with the law, the referee signals for the penalty kick.
2. The player taking the penalty must kick the ball forward.
3. He must not play the ball again until it has been touched by another player.
4. When a ball is kicked and moved forward, it is considered in play.

7.2. (c) When is an indirect free kick awarded?

Solution

The opposition team receives an indirect free kick if the referee believes that:

1. Plays in an unsafe manner.
2. Impedes an opponent's progress.
3. Prevents the custodian from releasing the ball from his hand.
4. Commits any other offence for which play is stopped to caution or dismiss a player.

7.3. (a) Explain the term Nutmeg.

Solution

When a player purposefully places the ball between an opponent's legs, rushes by them and receives their own pass.

7.3. (b) 1. Write the full form of AIFF.

Solution

AIFF - All India Football Federation

7.3. (b) 2. Write the full form of IFAB.

Solution

IFAB - International Football Association Board

7.3. (c) What do you understand by the term 'man to man marking' in football?

Solution

It is a defence in which each player is tasked with defending and tracking the movements of a single offensive player. It is more aggressive than zone defence.

7.3. (d) Explain the term Attacker.

Solution

A player whose job it is to advance the ball towards the opposing goal to create a scoring opportunity.

Q8.

8.1. (a) Explain the following term in football:

Zonal marking

Solution

System of marking in which each player is responsible for a certain region of the pitch rather than an opposing player.

8.1. (b) Explain the following term in football:

Overlap

Solution

A method that involves moving defenders and midfielders into attacking positions.

8.1. (c) Explain the following term in football:

Technical area

Solution

During a match, a manager, other coaching personnel and replacements are authorised to occupy a specific area.

8.1. (d) Explain the following term in football:

Optional mark

Solution

It is a width line mark located 9.15 metres from the corner to the goal post side.

8.2. (a) Mention any three instances for which a direct free kick is awarded.

Solution

A direct free kick is also awarded to the opposing team if a player commits any of the following three offences:

1. Holds an opponent.
2. Spits at an opponent.
3. Handles the ball purposefully (with the exception of the goalkeeper within his own penalty area).

8.2. (b) Explain allowance for time lost in football. (Any three).

Solution

The referee has discretion over the allowance for time lost.

Allowance is made in either period for all time lost through:

1. Substitution (s).
2. Assessment of player injuries
3. Injured players are removed from the field of play for treatment.
4. Wasting time.
5. Any other cause.

8.2. (c) Explain the importance of red card and yellow card in football.

Solution

The importance of red and yellow card in football is as follows:

1. Yellow card: This card is used to indicate that a player, substitute or substituted player has been cautioned.
2. Red card: This card is used to indicate when a player, substitute or substituted player has been sent off.

8.3. (a) Mention any four duties of the referee in football.

Solution

The duties of the referee in football are:

Before the match:

1. He ensures that the players' equipment meets the provisions of Law 4.

2. He ensures that any ball used meets the requirements of law 2.
3. He ensures that no unauthorised individuals enter the playing area.

After the Match:

1. He enforces the rules of the game.
2. He serves as a timekeeper and keeps score of the match.
3. He stops, suspends, or terminates the match at his discretion in the event of any violations of the law or outside intervention of any kind.

8.3. (b) Differentiate between goal kick and corner kick.

Solution

1. A goal kick is awarded when a football crosses the goal line outside the goal posts after being kicked by any attacking team player. The defending side kicks the ball from their goal area when a goal kick is awarded. All attacking players must be outside the defending team's penalty area.
2. A corner kick is awarded when the football crosses the goal line outside the goal posts after being kicked by a member of the defending team. When a corner kick is given, the ball is kicked from the nearest corner flag post. All defending team players must be at least 10 yards away from the concerned corner flag post.

Q9.

9.1. HOCKEY

9.1. (a) Explain the term Rebound in hockey.

Solution

Rebound' is a word used in sports to denote the ball (or puck or other object of play) becoming available for possession by either opponent after an effort to put the ball or puck into the goal has been unsuccessful.

9.1. (b) Explain the following term in hockey:

Through pass

Solution

A rebound is a shot that hits a goaltender and bounces back into play.

9.1. (c) Explain the following term in hockey:

Rusher

Solution

During a penalty corner, a defensive player chooses to dash towards an opposition player taking a shot from the top of the shooting circle.

9.1. (d) Explain the following term in hockey:

Forehand

Solution

Playing a ball to the right of the player in a forward manner.

9.2. (a) State any three occasions when the umpire blows the whistle in the game.

Solution

Three instances when an umpire blows the whistle in the game are:

1. Start and end of each quarter of the match.
2. Start of a bully.
3. Penalties must be enforced.

9.2. (b) List any three "Do not" that players are to avoid during a game.

Solution

The "Do nots" that players are to avoid during a game are:

1. Players must not use the stick in a risky manner.
2. They may not touch, handle or interfere with other players, their sticks or their clothing.
3. Except for a shot at goal, they cannot purposely lift the ball after a hit.
4. Players must not postpone the game in order to gain an advantage by time wasting.
5. Players are not allowed to tackle unless they are in a position to play the ball without making physical contact.
6. They must not play the ball with the back of their stick.

9.2. (c) Explain the term centre pass in hockey.

Solution

1. To start the match a player from the team wins the toss if they choose this option, otherwise by a player from the opposing team.
2. To re-start the match after half-time by a player of the team who did not take the centre pass to start the match.
3. After a goal by a player of the team against which the goal was scored or awarded.

9.3. (a) Answer the following:

Length and breadth of the hockey play field.

Solution

The length and breadth of the hockey play field:

1. Length of the field: 91.40 m
2. Breadth of the field: 55 m

9.3. (b) Answer the following:

The duration of the game for men and women.

Solution

The game for men and women lasts 60 minutes.

9.3. (c) Write the height and width of the goal post.

Solution

The distance between the inside of the posts is 7.32 m (8 yards) and the lower edge of the crossbar is 2.44 m (8 feet).

9.3. (d) Answer the following.

Weight and Circumference of the hockey ball.

Solution

The weight and circumference of the hockey ball are:

1. Ball's weight: 156 - 163 g

2. Ball's circumference: 224 mm - 235 mm

Q10.

10.1. (a) Explain the following term in hockey:

Undercutting

Solution

Penalty for a forceful swing of the stick under the ball to raise it into the air.

10.1. (b) Explain the following term in hockey:

Loose dribble

Solution

The loose dribble is similar to the straight dribble but instead of keeping contact with the ball, one has to continually tap it forward while sprinting. This allows for quicker ball advancement up the field.

10.1. (c) Explain the following term in hockey:

A temporary suspension

Solution

If a player is given a yellow card, they are temporarily suspended from the game for at least five minutes.

10.1. (d) Explain the following term in hockey:

Long corner

Solution

A free hit for the offence on the sideline, five yards from the backline. These are awarded to the offence when a defender accidentally hits the ball over the backline. Also refer to "Long hit" and "Corner hit."

10.2. (a) Write down the six fundamental skills involved in the game of hockey.

Solution

The fundamental skills involved in the game of hockey are:

1. Passing: Passing is more frequently used than dribbling. The pass is the heart and soul of the hockey game. It refers to passing the ball from one's control to that of a teammate using any stroke with the goal of gaining ground or beating a defender directly or indirectly.
2. Dribbling: Dribbling is the act of running with the ball while shifting it right and left and maintaining complete control so that it can be passed at any time or change direction to beat a player.
3. Indian dribble: The Indian dribble is a hockey skill that first appeared in the 1956 Summer Olympics. It entails constantly pushing the ball from right to left and then left to right while spinning the hockey stick.
4. Shooting: A shot is any attempt that a player makes to score a goal. Shooting is the most prevalent method of scoring goals.
5. Push: A push pass is frequently the first pass that a hockey player will learn. It is used by everyone from youth players to Olympic athletes. Push passes work best over short controlled distances.
6. Drive: A drive is often used to get the ball to a teammate who is further out on the field or to take a shot on goal. This hit will be made with both hands together at the top of the stick.

10.2. (b) Name any three national tournaments in hockey.

Solution

National tournaments in hockey are:

1. Nehru Senior Hockey Tournament.
2. All India Gurmeet Memorial Hockey Tournament, Chandigarh.
3. All India Chhatrapati Shivaji Hockey Tournament, Delhi.
4. All India Indira Gold Cup Hockey Tournament, Jammu.

10.2. (c) List three offences of defenders penalized with a penalty corner.

Solution

A penalty corner is awarded:

1. For an offence committed by a defender in the circle that does not prevent the possibility of a goal.
2. For an intentional infraction committed by a defender outside the circle but within the 23 metre zone they are protecting.
3. A defender purposefully played the ball over the backline.

10.3. (a) Explain the following term in hockey:

Sideline hit

Solution

If the ball goes out from the sideline, the opposite team will receive a sideline hit from the point where it has gone outside.

10.3. (b) Explain the term Back stick in hockey.

Solution

The back stick is an illegal shot in which the ball strikes the rounded face of the hockey stick.

10.3. (c) Explain the following term in hockey:

Man to man marking

Solution

It's a defensive strategy in which each defender selects an attacker from the other team to mark. The defenders' tasks are to stay ball-side and goal-side when facing the opposing player in order to intercept balls and prevent possible shots.

10.3. (d) Explain the following term in hockey:

Manufactured foul

Solution

It refers to when a player intentionally causes a foul and takes advantage of an opponent. For example, if he smashes the ball in an opponent's leg, he will receive a foul.

Q11.

11.1. BASKETBALL

11.1. (a) Explain the following term in basketball:

Loose ball

Solution

A live ball that neither team has in their possession.

11.1. (b) Explain the following term in Basketball:

Double foul

Solution

A double foul is a situation in which two opponents commit personal fouls against each other at approximately the same time. In the case of a double foul, fouls are recorded, no free throws are awarded, and play shall resume at the point of interruption.

11.1. (c) Explain the following term in basketball:

Jump ball

Solution

A jump ball is a method of starting or restarting basketball play. It's similar to a face-off in ice hockey and field lacrosse, and a ball-up in Australian rules football. After an official tosses the ball into the air between two opposing players, they try to get control of it.

11.1. (d) Explain the following term in basketball:

Fake

Solution

A movement made with the aim of deceiving an opponent. This can be done with either a pass or a shot fake.

11.2. (a) State any three duties of timekeeper in basketball.

Solution

The duties of a timekeeper in basketball are:

1. To set the game clock at the beginning of the first period, any overtime period or whenever play is resumed by a jump ball when the ball is legally tapped by either of the jumpers.
2. To start and stop the clock as indicated by the referee.
3. To ensure that the game clock signal sounds very loudly and automatically at the end of a period.

11.2. (b) Mention any three violations that may occur during the course of the game.

Solution

The violations that may occur during the course of the game are:

1. Acts of violence may occur during the game, violating the spirit of sportsmanship and fair play. These should be stopped quickly by officials and if necessary, public order enforcement officers.
2. When acts of violence involving players or team bench workers occur on the playing court or in its vicinity, officials must take immediate action to put an end to it.
3. Officials shall not accept physical actions by players or team bench personnel that could cause game equipment to be damaged.

11.2. (c) When does a team forfeit its right to play?

Solution

The team forfeits its right to play when:

1. Fifteen minutes after the scheduled start time, the team is either missing or unable to field five players.
2. Its activities preclude the game from being played.
3. It refuses to play after being asked by the referee to do so.

11.3. (a) Explain the term charging in basketball.

Solution

1. Charging is the most difficult decision to make during a basketball game. If a defensive player is not stationary, does not have both feet firmly planted on

the floor, or does not establish position before the offensive player approaches, he will be penalised with a blocking penalty.

2. When the collision is made, the referee has only a split second to assess which player arrived first on the spot.
3. Furthermore, in the NBA and Euro leagues, the defensive player must be outside of a semi-circle four feet from the basket. Otherwise, he will be punished with a blocking foul.

11.3. (b) What is the weight and circumference of the ball?

Solution

The weight and circumference of the ball are:

1. Circumference: 75-78 cm
2. Weight: 600-650 g

11.3. (c) What is a game clock in basketball?

Solution

The main game clock shall:

1. Be a digital countdown clock that sounds an automatic signal at the end of the time when the display shows zero (00:00).
2. Have the ability to indicate time left in minutes, seconds and tenths (1/10) of a second at least during the last minute of the session.
3. Place it such that it is plainly visible to everyone involved in the game, including spectators.
4. During a basketball game, the clock is stopped when the ball is dead.

11.3. (d) What is the length and breadth of the basketball court?

Solution

The length and breadth of the basketball court are:

1. Length of the court: 28 m
2. Breadth of the court: 15 m

Q12.

12.1. (a) Explain the following term in basketball:

Dead ball

Solution

Any player holding the ball who is not 'live'. This occurs after each successful field goal, free-throw attempt, official whistle or if the ball leaves the court.

12.1. (b) Explain the following term in basketball.

Triple threat

Solution

A player who has not dribbled yet can use the offensive position known as a triple threat. With both hands on the basketball and their knees bent, the offensive player stands slightly wider than shoulder-width apart. The offensive player is a "triple threat" with the ball because they can shoot, dribble, or pass to a teammate from this position.

12.1. (c) Explain the following term in basketball:

Fast break

Solution

An offensive action where a team attempts to advance the ball and score as quickly as possible after a steal, blocked shot or rebound.

12.1. (d) Explain the following term in basketball.

Box out

Solution

A player's attempt to put his body between his opponent and the basket in order to get rebounds while preventing his opponent from doing so.

12.2. (a) Name any three time-rule violations in basketball.

Solution

The time-rule violations in basketball are:

1. Three seconds rule: A player may not stay in the opponent's restricted area for more than three (3) consecutive seconds when his side is in possession of a live ball in the frontcourt and the game clock is running.
2. Five seconds rule: When a player is closely guarded and does not pass, shoot, or dribble the ball within 5 seconds, it is considered a sideline throw violation by the opponents.
3. Eight seconds rule: When a player gains control of a live ball in his backcourt, his team must move the ball into its frontcourt within 8 seconds.

12.2. (b) Name any three international tournaments in basketball.

Solution

The international tournaments in basketball are:

1. FIBA World Championship: The FIBA World Championship is an international basketball championship played by men's national teams from the International Basketball Federation (FIBA).
2. European Basketball Championship: The European Basketball Championship, also known as Euro Basket, is the primary international basketball championship contested biannually by men's national teams administered by FIBA Europe, the European zone of the International Basketball Federation.
3. FIBA Asia Championship: The FIBA Asia Championship is an international basketball event held every two years between the men's national basketball teams of Asia and Oceania. This was Asia's qualification tournament for the FIBA Basketball World Cup and the Olympic Basketball Tournament.

12.2. (c) State any three technical equipment of the table officials in basketball.

Solution

Technical equipment used by the table officials:

1. Game clock and stop watch
2. 30 second devices
3. Score sheet
4. Whistles

5. Score board
6. Player foul marker
7. Team foul marker

12.3. (a) Explain the term Free throw in basketball.

Solution

1. A free throw is an opportunity given to a player to score one point, uncontested, from a position behind the free-throw line and inside the semicircle. Usually, the opposing team fouls the shooter before awarding free throws.
2. Free throws are also awarded in other situations, including technical fouls and when the fouling team has entered the bonus/penalty situation (after a team commits a requisite number of fouls, each subsequent foul results in free throws regardless of the type of foul committed).

12.3. (b) What is screening in basketball?

Solution

Screening is an attempt to delay or prevent an opponent without the ball from reaching a desirable position on the court.

12.3. (c) Explain the term drive in basketball.

Solution

Drive refers to the movement of an attacking player while aggressively dribbling towards the basket in an attempt to score.

12.3. (d) Explain the term carry in basketball.

Solution

Carry is a penalty that comes when a player overly holds the ball at the apex while dribbling.

Q13.

13.1. VOLLEYBALL

13.1. (a) Explain the following term in volleyball:

Free ball

Solution

A ball that will be returned by a pass rather than a spike. This is usually called aloud by the defense instructing players to move into serve receive positions.

13.1. (b) Explain the following term in volleyball:

Foot fault

Solution

Foot faults are defined as an incorrect placement of the feet in relation to court lines. It is divided into three types: serving foot fault (server), serving foot fault (other players) and crossing the center line.

13.1. (c) Explain the following term in volleyball:

Spike or smash

Solution

Spiking occurs when an attacker hits the ball hard or smashes it. It is executed by moving the arm in such a way that the hitter angles the ball to land on the ground on the opposing side of the court.

13.1. (d) Explain the following term in volleyball:

Positional fault

Solution

If any player is not in the correct position when the server hits the ball, the team commits a positional fault. If the server commits a serving fault at the moment of service hit, the server fault is counted before the positional fault.

13.2. (a) Explain the term incomplete team.

Solution

Incomplete teams are those with fewer than six players on their roster. A team that is declared incomplete for a set or match loses that set or match. In SURVA-sanctioned tournaments, an incomplete team of at least 5 eligible players will be permitted to play under the following conditions.

13.2. (b) Explain the procedure of substitution during play.

Solution

The procedure for the substitution during the play is:

1. Substitution must be performed within the substitution zone.
2. A substitution is only valid for the time it takes to mark the substitution on the scoresheet and allow the players to enter and exit.
3. The coach or team captain must request a substitution from the first or second referee by using the official hand signal and mentioning the number of substitutions.
4. The scorer or second referee acknowledges and announces the request for substitution using the buzzer or whistle as appropriate. The second referee authorises the substitution.

13.2. (c) Mention any three duties of line judges in volleyball.

Solution

The line judges perform their functions by using flags to signal:

1. The ball always goes "in" and "out" when it gets close to their lines.
2. The ball touches the opponent's side of the court's antenna or crosses the net outside the crossing space and enters his court.
3. The server or another player makes a foot fault.
4. To indicate that the server has moved outside of the service position in violation of the rules.

13.3. (a) Explain the term double contact in volleyball.

Solution

A player hits the ball twice in succession or the ball contacts various parts of his body in sequence.

13.3. (b) When is the ball considered "out"?

Solution

The ball is considered "out" when:

1. The portion of the ball that makes contact with the floor is totally outside of the boundary lines.
2. It makes contact with an object outside the court, the ceiling or a person who is not in play.
3. Outside of the side bands, it comes into contact with the antenna, ropes, posts or the net.
4. It crosses the entire lower space beneath the net.

13.3. (c) When and by whom was volleyball invented?

Solution

Volleyball has come a long way since the visionary William G. Morgan founded the sport in the dusty YMCA gymnasium of Holyoke, Massachusetts, USA, in 1895.

13.3. (d) What is 'Quick hit' in volleyball?

Solution

Although the quick attack is a characteristic of middle players, it can occur right in front of the setter, behind the setter, 3 yards away from the setter, as a shoot to P4 in front of the setter or a shoot back to P2 behind the setter, implying that it can be executed by either the middle player or other hitter.

Q14.

14.1. (a) What is meant by service area?

Solution

The service zone is a 9 m wide space behind each end line that extends to the end of the free zone. It is 15 cm long and drawn 20 cm behind the finish line to extend the side lines.

14.1. (b) What are side bands?

Solution

Side bands are connected to the net and placed just above each sideline. They are 5 cm broad and 1 m long and considered part of the net.

14.1. (c) Who requests the referee for a substitution?

Solution

The coach or captain verbally requests a substitution from the referee.

14.1. (d) When is the service changed during a match?

Solution

When a team receives the serve, the new server rotates to the serving position from the right front position. Line-ups can be changed for each new game, but once the game starts, players must remain in the same order for each serve.

14.2. (a) Name any three important tournaments of volleyball.

Solution

There are three important volleyball tournaments:

1. Poornima Trophy: A trophy is a tangible, durable reminder of a specific achievement. It serves as recognition or evidence of merit, skill and talent. Trophies are often awarded for sporting events, from youth sports to professional level athletics. Poornima Trophy is one among prestigious trophy. It is associated with Women's National Volleyball. It has been named after M.S. Poornima, the greatest volleyball woman player of India.
2. World Championship: The Volleyball World Championship is an international volleyball competition contested by the senior men's and women's national teams of the members of Federation Internationale de Volleyball (FIVB). The initial gap between championships was variable, but since 1962(men's) and 1970(women's) they have been awarded every four years. The current format of the competition involves a qualification phase to determine which teams qualify for the tournament phase, which is often called the World Championship Finals.
3. World Cup Volleyball: The FIVB Volleyball (Men's and Women's) World Cup is an international volleyball competition contested by the senior women's national teams of the members of Federation Internationale de Volleyball (FIVB). Initially the tournament was played in the year following the Olympic Games, but since 1991 the World Cup has been awarded in the year preceding the Olympic Games.

14.2. (b) List any three blocking faults of volleyball player.

Solution

The three blocking faults of volleyball players are:

1. A back-row player or a libero completes a block or contributes to a completed block.
2. The blocker makes contact with the net when blocking.
3. He interferes with an opponent's play on the opponent's space, either before or during the action.

14.2. (c) State any three ways a team can score a point in a game of volleyball.

Solution

Three ways a team can score a point in a game of volleyball are:

1. By successfully grounding the ball on your opponent's court.
2. When the other team commits a fault, the point goes to the team that did not commit the fault.
3. When the opposing side is penalised.

14.3. (a) Explain the term Four Hits.

Solution

The team is entitled to a maximum of three hits (in addition to blocking), for returning the ball. If more are used, the team commits the fault of "FOUR HITS". Four hits are a fault called if a team hits the ball four times before returning it.

14.3. (b) Explain the following term in volleyball:

Double block

Solution

A double block occurs in volleyball when two defensive players approach the net and jump together to block or deflect the hitter's attack back onto the opponent's side of the net.

14.3. (c) Explain the following term in volleyball:

Prolonged interruption

Solution

If the match is interrupted due to unforeseen circumstances, the first referee, the organiser and the Control Committee, if there is one, will decide what steps to take to restore normal conditions.

14.3. (d) Explain the following term in volleyball:

A misconduct

Solution

It involves activities that are unbecoming of an ethical, fair and honourable individual. It comprises acts of deception, disrespect or vulgarity. No player may act unsportsmanlike on or near the court before a match, during a game or between games.

Q15.

15.1. BADMINTON

15.1. (a) Explain the following term in badminton:

Short serve

Solution

In this serve, we employ little or no wrist action, contact the bird at the thigh level, push or guide the shuttle low and near to the net and end with the racket following the bird's flight line and the hips and shoulders rolling around.

15.1. (b) Explain the following term in badminton:

Clear lob

Solution

Hitting the shuttle high up towards the opposing baseline.

15.1. (c) Explain the following term in badminton.

An alley

Solution

The area on each side of the court that is used for doubles. Often referred to as the "side alley".

15.1. (d) Explain the following term in badminton:

Lunge

Solution

It involves taking one more large step so that the player finishes the movement with his foot well away from his body, in a low posture with the lunging knee bent.

15.2. (a) Write any three fundamental skills of badminton.

Solution

The fundamental skills of badminton player are:

1. Grip -

- Forehand Grip: Hold the racket by the shaft in the left hand with the face of the racket perpendicular to the floor and shake hands with the grip.
- Backhand Grip: For backhand grip, turn the top edge of the racket frame over slightly to the right and put the thumb along and parallel to the wide side of the handle. This grip allows a longer reach, more power and better accuracy.

2. Footwork - The pattern of movement for covering the corners inside the court.

3. Serves -

- High (Long) serve: This basic single serve directs the shuttle high and deep. The shuttle should turn over and fall as close to the back boundary line as possible.
- Low (Short) serve: In this serve, we use little or no wrist action, contact the bird at thigh level, push or guide the shuttle low, close to the net and finish with the racket following the line of the bird's flight and the hips and shoulders rolling around.
- Flick serve: The flick serve is also played upwards, but much more shallowly than the high serve. The idea is to deprive the opponent of time, forcing him to hit the shuttlecock when it is behind his body. Flick serves are used extensively in doubles, and occasionally in singles.
- Drive serve: The drive serve is played flat and fast towards the back of the receiver's service court, passing low over the net. The idea is to

provoke an immediate reaction, hoping that the receiver will miss hit the shuttlecock. Drive serves are a gamble: if your opponent is too slow, you will win the point immediately, but if he reacts quickly enough, the player will likely lose.

4. Stroke - A stroke is the swing motion of the racket arm. The four basic strokes are:

- Overhead forehand stroke: The overhead badminton forehand stroke is very common and is used most often in badminton. In badminton, this stroke generates the most power. The power of a badminton forehand stroke comes from correct technique, not how much strength you exert into a swing.
- Overhead backhand stroke: The badminton backhand stroke is many people's main weakness. They tend to get the technique for this stroke wrong. It's important to remember that the backhand stroke for badminton is NOT like a tennis or squash backhand. The correct technique to perform a badminton backhand stroke is more complicated than a tennis backhand.
- Underarm forehand stroke: The badminton underarm forehand stroke is performed when the player takes a shuttle in front. It is fairly easy to inject power into underarm strokes (compared to overhead strokes). Therefore, the player need not worry about failing to generate sufficient strength in the underarm strokes.
- Underarm backhand stroke: The badminton underarm backhand stroke is fairly easy compared to other badminton strokes. This stroke is usually performed when the opponent hits a badminton drop shot to the backhand area at the front of the court.

5. Shots - All shots in badminton can be classified broadly into: (1) Offensive (2) Defensive shots.

- Clearing: In this stroke, shuttlecock is contacted around the middle of the racket head. The clearing aims to cause the shuttle to go up high in the air and land at the opponent's back court. This is used when the player needs to buy more time for himself to return to base before the next return. It is also strategic to use when the

opponent is near to the fore-court, forcing him to retract to the back to retrieve the shuttle.

- Lobbing: It is a stroke executed at the player's baseline, hitting the ball far to the back of the opponent's court. Any good lob should be over the opponent's reach at mid-court, pushing them to the back of the baseline.
- Drop-shot: A very soft shot can help win points if played well. This stroke can be executed from forehand and backhand sides in the frontcourt of the opponent. Drop-shots are of two types: fast and slow drop- shots.
- Smash: It is the most powerful stroke used in badminton. If executed well, there is no defence against a reply of a smash. It can be played from both forehand and backhand sides. It can be flat and steep in nature, depending on the shuttle landing area on the court.

15.2. (b) Name any three international tournaments in badminton.

Solution

The three international tournaments in badminton are:

1. World Championship: The BWF World Championships (formerly known as the IBF World Championships and also known as the World Badminton Championships) is a badminton tournament sanctioned by the Badminton World Federation (BWF).
2. Thomas Cup: The Thomas Cup, also known as the World Men's Team Championships, is an international badminton competition for teams representing member nations of the Badminton World Federation (BWF), the sport's governing body.
3. Senior National Badminton Championship: Since 1934, the Indian National Badminton Championship has been held to determine India's greatest badminton players. Several national championships were held up until the 1960s.

15.2. (c) When is a 'Let' awarded in badminton?

Solution

The let is awarded in badminton when:

1. A rally ends with neither side winning or losing.
2. To pause play, the umpire or a player (if no umpire is present) must say 'Let'.
3. The server serves before the receiver is prepared.
4. Both the receiver and the server are malfunctioning while in service.
5. After the service is returned, the shuttle is caught on the net and remains suspended on top or it is caught in the net after passing over it.

15.3. (a) Write a short note on All.

Solution

If both teams' scores are equal, we say ALL behind the points. For example, if the score is 2-2, we say "2 ALL." The score of the last rally winner should always come first.

15.3. (b) Write a short note on Service judge.

Solution

Service faults are among the most common in badminton, so in international competitions, in addition to an umpire and six-line judges, there will be a service judge who will sit opposite the umpire and determine whether a player's service action is in accordance with the rules.

15.3. (c) Write a short note on Types of grips.

Solution

There are two types of grips:

1. Forehand Grip: Hold the racket by the shaft in the left hand, face perpendicular to the floor, and shake hands with the grip.
2. Backhand Grip: Turn the top edge of the racket frame slightly to the right for a backhand grip, then put your thumb along and parallel to the wide side of the handle. This grip provides a longer reach, increased power, and improved accuracy.

15.3. (d) Write a short note on A carry.

Solution

A return that is caught on the racket face and then flung or thrown over the net. It is sometimes called a sling or a throw. This is a permissible return as long as it is an extension of the player's normal stroke and not a double hit.

Q16.

16.1. (a) Explain the following term in badminton:

Rear court

Solution

The court's back area.

16.1. (b) Explain the term Rally in badminton.

Solution

A sequence of one or more strokes starting with the service, until the shuttle ceases to be in play. A rally is won when a shuttle is hit over the net and onto the floor of the opponent's court. A rally is also lost if the shuttle touches the player's clothing or body, or if it is hit before it crosses over the net.

16.1. (c) Explain the following term in badminton.

Wood shot

Solution

This return on shot results from the tip or cork of the shuttle hitting on the frame of the racket rather than on the strings.

16.1. (d) Explain the following term in badminton:

Bird

Solution

Another name for the shuttlecock.

16.2. (a) Explain any three scoring systems in badminton.

Explain the scoring system in a Badminton match.

Solution 1

Three scoring systems in badminton are:

1. A match consists of the best of 3 games of 21 points (games cap at 30 points). Each game starts at 0-0. If the match goes to the third game, that third game will be played for 15 points.
2. Every time there is a serve, a point is scored.
 - a. A rally is won when a shuttle is hit over the net and onto the floor of the opponent's court.
 - b. A rally is lost if the shuttle is hit into or over the net but outside the opponent's court. A rally is also lost if the shuttle touches the player's clothing or body or is hit before it crosses the net.
3. The side winning a rally adds a point to its score.

Solution 2

1. The serving side will score a point if they win the rally. After that, the server will serve from the different service courts once more.
2. The receiving team will score a point if they succeed in a rally. After that, the receiving side will take over as the serving side.

16.2. (b) Names the types of games in badminton.

Solution

There are two types of games in badminton:

1. Singles: The server serves from the right service court at the start of the game (0-0) or when the server's score is even. When the server has an odd score, he or she serves from the left service court. During a rally, the server and receiver may alternately hit the shuttle from any location on that player's side of the net until the shuttle is no longer in play.
2. Doubles: When the serving side has not scored or has scored an even number of points in a game, a player on the serving side must serve from the right service court. When the serving side has an odd number of points in a game, a player from the serving side must serve from the left service court.

16.2. (c) State any three duties of an umpire in badminton.

Solution

The three duties of an umpire in badminton are:

1. An umpire shall uphold and enforce the laws of badminton and, especially, call a 'fault' or a 'let' should either occur.
2. An umpire shall give a decision on any appeal regarding a point of dispute if made before the next service is delivered.
3. An umpire shall record and report to the referee all matters relating to continuous play, misconduct and penalties.

16.3. (a) Explain the following term in badminton:

Drop shot

Solution

It is a very soft shot that can help in winning points if played well. This stroke can be executed from forehand and backhand sides in the frontcourt of the opponent. Drop-shots are of two types: fast and slow drop shots.

16.3. (b) Explain the following term in badminton:

Smash

Solution

The smash shot is powerful and fast, landing in the opponent's court. The opponent will find it difficult to retrieve and return the shuttlecock due to the angle and steepness of its trajectory.

16.3. (c) Explain the following term in badminton.

Follow through

Solution

The smooth continuation of a stroke after the racket has contacted the bird.

16.3. (d) Explain the following term in badminton:

Service order

Solution

The serve is the most fundamental shot in badminton. Its order is determined in this way.