

## Chapter - 4

### Individual Games

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#### Athletics

##### I. Long Answer Questions

###### 1. Explain the meaning and history of athletics.

**Ans.** The first documented examples of organized track and field competitions are the ancient Olympic Games. Just one event, known as the stadion footrace, was held in 776 B.C. in Olympia, Greece. Later years saw the games' reach broaden. It also involved running events, but the advent of the Ancient Olympic pentathlon represented a turning point in the development of track and field as we know it today. The pentathlon consisted of five events: the discus throw, long jump, javelin throw, stadium foot race, and wrestling. About 200 B.C., track and field competitions were introduced to the Pan-Hellenic Games in Greece, and they quickly spread to Rome, Italy. In the Middle Ages, track and field competitions started to evolve in parts of Northern Europe. The modern shot put and hammer throw events evolved from the stone put and weight throw competitions common in Celtic societies in Ireland and Scotland. The pole vault is the last of the eighteenth-century track and field events. Modern track and field events were first documented in the late nineteenth century, when they were isolated from general sporting festivals. Educational institutions, military organizations, and sports clubs were the most popular organizers of these competitions. With the introduction of the steeplechase in England about 1850, competitive hurdling was born. The Amateur Athletic Association (AAA) was established in 1880 in England as the first national governing body for the sport of athletics. Track and field became the subject of the annual AAA Championships under this category. In addition, the United States started to organize an annual national competition. The modern Olympic Games were formed at the end of the nineteenth century, bringing track and field competitions to a new level. Track and field events, as well as a marathon run, were part of the Olympic athletics program. Many of the most important sporting events from the 1896 Summer Olympics were held here.

###### 2. Describe the events organised in athletics.

**Ans.** The modern Olympic Games were formed at the end of the nineteenth century, bringing track and field competitions to a new level. Track and field events, as well as a marathon run, were part of the Olympic athletics program. Many of the most important sporting events from the 1896 Summer Olympics were held here.

In athletics, there are three categories of competitions:

- Track events** The track hosts a series of running competitions that are divided into three distance categories: sprints, middle-distance, and long-distance track events. Teams of four athletes compete in relay races, passing the baton to their teammate after a set distance with the aim of becoming the first team to finish. Hurdling and the steeplechase are two variations on flat running in which competitors must clear obstacles on the track during the race.
- Activities in the field** Jumping and throwing contests are the two forms of field events. Athletes are judged on how far they can throw an implement in throwing competitions, with the shot put, discus, javelin, and hammer throw being the most common. The long jump and triple jump are competitions that measure the horizontal distance an athlete can jump, while the high jump and pole vault are determined by the height achieved.
- Events that are combined** The decathlon (usually competed by men) and heptathlon (usually competed by women) are competitions in which athletes participate in a variety of track and field events, with each result contributing to a final point total.

### **3. Describe the classification of track events in athletics.**

**Ans.** The sport of track and field dates back to prehistoric times. Running, jumping, and throwing are common and universal means of human physical expression, so track and field events are among the oldest of all athletic competitions. The Ancient Olympic Games are the first recorded accounts of organized track and field competitions at a sporting event. Just one event was contested at the first Games in 776 BC in Olympia, Greece: the stadion footrace. Around this time, track and field competitions appeared at the Panhellenic Games in Greece, and they spread to Rome in Italy around 200 BC. In the Middle Ages, new track and field competitions started to emerge in parts of Northern Europe, following the era of Classical antiquity (during which the sport was mainly dominated by Greco-Roman influences). Stone throw and weight throw competitions, which were common in Celtic societies in Ireland and Scotland, were forerunners to modern shot put and hammer throw competitions. The pole vault was one of the last track and field events to

create, thanks to competitions like the Fierljeppen contests in the Northern European Lowlands in the 18th century.

### Athletics Event Classification

Athletics events are divided into four categories based on the essence of competitions. There are the following:

Both running events are classified as track events.

Field events refer to the jumping and throwing competitions.

Combined Events: Other one-of-a-kind events are referred to as combined events. In sports, these are also organized. In reality, these are a mix of track and field events like the decathlon, heptathlon, and others.

Inside the arena, the following events will take place: These activities take place outside of the track, on roads or in natural settings, such as the 42.195 km marathon and the 20 and 50 km walk.

#### **4. Describe the classification of field events in athletics.**

**Ans.** Athletes participate in events based on their running, jumping, and throwing abilities in track and field. The name is derived from the sport's venue, which consists of a running track and a grass field for throwing and jumping. Track and field is a subset of sports that includes road running, cross country running, and racewalking. One of the oldest sports is track and field. It was traditionally held in conjunction with festivals and sporting events, such as the Ancient Olympic Games in Greece. The athletics competition at the Olympic Games and the World Athletics Championships are the two most prestigious international track and field events in modern times. The International Association of Athletics Federations, formerly known as World Athletics, is the international governing body for the sport of athletics. At the global and national levels, as well as on a personal level, records are held of the best results in specific events. Athletes who are found to have broken the event's rules or regulations are disqualified from the competition and their scores are wiped clean. Other athletics competitions, such as cross country, the marathon, and road running, can be referred to as track and field in the United States, rather than purely track-based events. Track and field competitions first appeared at the Panhellenic Games in Greece around this time, and they spread to Rome, Italy, around 200 BC. Following the period of Classical antiquity, new track and field events began to appear in parts of Northern Europe during the Middle Ages (during which the sport was mainly dominated by Greco-Roman influences). Stone throw and weight throw competitions were forerunners of modern shot put and hammer throw

competitions in Celtic societies in Ireland and Scotland. There are three types of track and field events: track events, field events, and mixed events. The majority of athletes choose to specialize in only one event (or event type) in order to refine their results, while mixed events athletes strive to master a variety of disciplines. Track competitions entail running on a track over a set distance, with obstacles on the track in the case of the hurdling and steeplechase events. There are also relay races, in which teams of athletes run a set distance and then transfer the baton to their teammates. The two types of field events are jumps and throws. In jumping events, athletes are rated on the length or height of their jumps. Distance jumping competitions are judged on the basis of a board or marker, and any jumper who steps over it is deemed to have fouled. In the height jumps, a competitor must clear their body over a crossbar without knocking the bar off the supporting standards. The pole vault uses specially designed sticks to propel competitors upwards, but the majority of jumping events are done without them.

**5. Enlist the different types of throw events. Explain shot put throw in detail.**

**Ans.** Since their introduction in 1896, shot put competitions have been held at the modern Summer Olympic Games, and it is also a World Athletics Championships event. In the modern period, each of these competitions has a fixed number of throws rounds. There are usually three qualification rounds to decide who qualifies for the final. In the final, there are three preliminary rounds, with the top eight competitors earning three additional throws. Regardless of whether it was done in the preliminary or final three rounds, each athlete in the final is given credit for their longest throw. The winner is the contestant who makes the longest legal put. The men's shot weighs 7.26 kilograms (16.0 lb) in open competitions, while the women's shot weighs 4 kilograms (8.8 lb). Junior, school, and masters competitions also use different shot weights, usually less than those used in open competitions; the individual rules for each competition should be checked to decide the proper weights to be used.

**6. Enlist the different types of jump events. Explain high jump in detail.**

**Ans.** The International Association of Athletics Federations establishes international standards for the high jump (IAAF). Jumpers are only allowed to take off on one foot. If the bar is dislodged by the jumper's action when jumping, or if the jumper hits the ground or breaks the plane of the near edge of the bar before clearance, the jump is deemed a loss. To have a chance of clearing a high bar, one's jump technique must be nearly perfect. Competitors may start jumping at any height the chief judge announces, or they may pass at their own discretion. Three missed jumps in a row, at any height or

combination of heights, will usually disqualify the jumper from the competition. During the final, the jumper with the greatest height clearance wins. Tie-breakers are used in any situation where there is a tie. If two or more jumpers are tied for one of these spots, the following criteria will be used to break the tie: 1) the fewest misses at the height where the tie occurred; and 2) the fewest misses during the competition. In the nineteenth century, the first high jump competition was held in Scotland. Early jumpers used a scissors technique or an intricate straight-on strategy. In later years, the bar was reached diagonally, and the jumper scissored the inside leg over the bar before throwing the other leg over the bar. Techniques started to evolve around the turn of the century, starting with the Irish-American Michael Sweeney's Eastern cut-off. Sweeney lifted the world record to 1.97 m (6 ft 5 12 in) in 1895 by taking off like the scissors and stretching his spine and flattening out over the bar. With a jump of 2.45 m (8 ft 14 in) achieved in 1993, Javier Sotomayor (Cuba) holds the existing men's record, which has stood for the longest time in the history of the men's high jump. Since 1987, Stefka Kostadinova (Bulgaria) has kept the women's world record of 2.09 m (6 ft 10 14 in), which is also the event's longest-held record.

## **7. Explain the types of crouch start in short distance running.**

**Ans.** Crouch Start: In sprint races, a crouch start is needed. This start employs a starting block to allow the athlete to maximize their reaction time, pace, and explosive strength.

There are three different forms of crouch starts.

**Start with a bunch or a bullet** The distance between the starting line and the block in such a start is between 16 and 19 inches. The gap between the blocks (front leg and back leg) may be anywhere from 8 to 11 inches. The athlete positions his or her body in a crouching posture so that the back toe and the heel of the front foot are in a straight line. The toes should be like a bridge behind the starting line, but in the line of the big toe. The hips should be slightly raised up and the arms should be straight in the fixed position.

This final spot in the bunch start is a little shaky, but it aids the athlete in getting off the block quickly.

**Start with a pause**

The blocks are 11 to 14 inches away from the starting line. The width between the front and back legs of the blocks may be 25 to 29 inches. The back knee is positioned next to the front heel. The distance between the blocks in the crouch start is determined by leg length, hip width, torso length, arm strength,

and time reaction, among other factors. The medium start is preferable to the other two starts. As a result, the majority of athletes use this form of start. The gap between the blocks (front and back leg) differs depending on the athlete's height.

## II. Short Answer Questions

### 1. What is the distance of runway in long jump and triple jump?

**Ans.** The approach declination must be held to a maximum of 2:100 (2%) laterally and 1:1,000 (0.1%) downward in the jumping direction. The runway should be at least 130 feet long, and if conditions allow, it should be at least 147 feet, 6 inches long measured from the long-jump foul line. The runway should have a width of 42 to 4 inches. The following requirements must be met by the equipment. A rectangular shaped takeoff board, made of wood or synthetic material that provides a firm foundation, with a width of 8 inches (recommended) to 24 inches (maximum) and a length of 42 inches to 48 inches, shall be used to mark the takeoff area.

### 2. What is the size of landing area in high jump?

**Ans.** A high jump is a track and field event in which an athlete uses a running jump to gain height. The sport's venue (shown) features a level, semicircular runway with a minimum approach run of 15 meters (49.21 feet) from every angle within its 180-degree arc. A light horizontal crossbar is supported by two rigid vertical uprights in such a way that it would collapse if touched by a contestant attempting to leap over it. Beyond the bar, the jumper lands in a pit that is at least 5 by 3 meters (16.4 feet by 9.8 feet) in size and is filled with cushioning material. The standing high jump was last seen in the Olympics in 1912. In 1928, the running high jump, which had been an Olympic sport for men since 1896, was added to the first women's Olympic athletics program. The high jumper's only formal requirement is that the leap be taken off from one foot. Many forms have changed, including the now-rare scissors form, also known as the Eastern method, which the jumper clears the bar in a nearly upright position; the Western roll and straddle, in which the jumper's body is face-down and parallel to the bar at the height of the jump; and a more recent backward-twisting, diving style known as the Fosbury flop, named after its first prominent exponent, the 1968 American Olympic gold medalist.

### 3. Name any four throwing events.

**Ans.** A throwing circle, protective cage, and landing zone are all used in the discus throw. They're at the end of the back straight, and the landing zone is in

the grassy area inside the track. Near the 1500m start, a discus throw facility is normally paired with a hammer throw facility. Discus-throw-circle-facility is a facility for throwing discs in a circle. The only difference is that the discus throw's throwing circle is 2.50 meters in diameter, while the hammer throw's is 2.135 meters. The protective cage must meet the more rigorous hammer throwing criteria. The discus throw circle is the circle closest to the landing sector if two different discus and hammer circles are positioned inside the hammer protective cage. The top of the throwing circle is flush with the ground outside or the synthetic surface or concrete surround, and it is made of band iron, steel, or other appropriate material. The circle's interior is made of concrete, and it must not be slick.

#### **4. Name the famous technique used for high jump.**

**Ans.** In the nineteenth century, the first high jump competition was held in Scotland. Early jumpers used a scissors technique or an intricate straight-on strategy. In the latter, the bar was reached diagonally, and the jumper scissored the inside leg over the bar first, then the other. Techniques started to modernize around the turn of the century, beginning with the Irish-American M.F. Sweeney's Eastern cut-off. Sweeney gained a more economical clearance by taking off as if with the scissors, but stretching his back and flattening out over the bar, and raising the world record to 6 foot 5.625 inches (1.97 m) in 1895. M.F. Horine, another American, devised an even more effective strategy, the Western roll. The bar is approached on a diagonal in this style, but the take-off is done with the inner leg, whilst the outer leg is thrust up to lead the body sideways over the bar. In 1912, Horine raised the world standard to 6 feet 7 inches (2.0 m). His technique dominated the 1936 Berlin Olympics, where Cornelius Johnson won the event with a time of 2.03 meters (6 ft 8 in).

#### **5. What is relay?**

**Ans.** The traditional type of a relay relies on an electromagnet to close or open the contacts, but other operating principles have been developed, such as solid-state relays, which control without the use of moving parts. To protect electrical circuits from overload or faults, relays with measured operating characteristics and often multiple operating coils are used; in modern electric power systems, these functions are performed by digital instruments still referred to as protective relays. To operate the switch persistently, latching relays only need a single pulse of control power. Resetting the switch requires another pulse applied to a second set of control terminals, or a pulse with the opposite polarity, while repeated pulses of the same kind have no effect. Magnetic latching relays are useful in situations where power interruptions do not impact the circuits controlled by the relay.

## **6. What is the weight of discus for men and women?**

**Ans.** Frantiek Janda-Suk of Bohemia was the first modern athlete to throw the discus while rotating his entire body (the present Czech Republic). When he was researching the location of the famous Discobolus statue, he came up with this technique. He won a silver medal in the 1900 Olympics after just a year of improving the technique. In the first decades of the twentieth century, women started to compete. It was added to the Olympic program for the 1928 games after national and international competition. The competition entails tossing a lenticular disc of varying weights and sizes, depending on the participant. Men and women throw discuses of various sizes and weights depending on their age. The weight of the discus is regulated by World Athletics for international competition and USA Track & Field for domestic competition.

## **7. Which type of track is called a standard track?**

**Ans.** Small cones or prisms (0.05m x 0.05m) no more than 0.15m wide, ideally a different color from the breakline and the lane lines, are mounted on the lane lines immediately before the intersection of each lane and the breakline to assist athletes in identifying the breakline. Over 800m races use a curved start line instead of lanes. When more than 12 athletes compete in a race in the 1000m, 2000m, 3000m, 5000m, or 10,000m, they are split into two classes, with one group starting on the standard arced start line and the other group starting on a different arced start line marked across the outer half of the track. On the outer half of the road, the other party runs to the end of the first curve. The arced start line is labelled separately to ensure that all athletes run the same distance. At the start of the following straight, a cone or other distinctive mark is marked on the inner line of the outer half of the track to signal to the athletes of the outer category where they are allowed to join the athletes using the normal start line. This point is at the junction of the 800m break line and the inner line for the 2000m and 10,000m.

## **8. What is the weight of the shot in shot put for men and women?**

**Ans.** Shot-putters are among the most powerful athletes in track and field, with the most powerful weighing between 250 and 300 pounds (113 to 136 kg). Weight training became a significant part of a shot-training putter's regimen in the 1950s. During the same time span, the O'Brien putting style became famous, with excellent results. The style was created by Parry O'Brien (USA) and involved a 180-degree turn around the ring (rather than the normal 90-degree turn) to add more pace and momentum to the action. O'Brien was the best representative of the form, winning three Olympic medals (two gold) and improving the world record from 17.95 meters (58 feet 10.75 inches) to



19.30 meters (58 feet 10.75 inches) (63 feet 4 inches). Some athletes have adopted Brian Oldfield's strategy, in which the putter spins one and a half turns before releasing the shot (U.S.).

### III. Fill in the Blanks

1. The thickness of the take-off board in long jump and triple jump is \_\_\_\_\_.

Ans. 18.29 m (60 ft 0 in).

2. Maximum weight of the crossbar in high jump is \_\_\_\_\_.

Ans. 2kg.

3. The \_\_\_\_\_ of shot put in women is 4 kg.

Ans. put

4. 28 hurdle jumps and 7 water jumps are there in \_\_\_\_\_.

Ans. 3,000 metres .

### IV. State whether True or False

1. 400 m track is known as standard track.

Ans. True.

2. 5 runners participate in a relay race.

Ans. False.

3. Bunch start is a throwing technique

Ans. True.

4. Disco put style is applied in discus throw.

Ans. False.

5. There are two types of tracks.

Ans. True.

## Badminton

### I. Long Answer Questions

## **1. Write the history of Badminton in Olympics.**

**Ans.** Badminton is a common school sport for both boys and girls. It is one of the fastest racket sports in the world. It's appropriate for kids of all ages and abilities. Eye-hand coordination, catching and throwing, stability and balance, pace and agility — the ability to rapidly change course, jumping and landing skills, as well as decision-making and tactical skills — are all developed through badminton activities for school-aged children. When British Army officers began playing the game at Pune in 1860, it was known as Poona or Poonah. The name Badminton comes from the Badminton House in Gloucestershire, which belonged to the Duke of Beaufort. The International Badminton Federation (IBF) was established in 1934 as the sport's international governing body. In 2006, the Badminton World Federation (BWF) was renamed. In 1948, the Thomas Cup, a Men's Team World Badminton Championship, was held for the first time, and in 1956, the Uber Cup, a Women's Team World Badminton Championship, was held for the first time. In 1989, the Sudirman Cup, a World Mixed Team Badminton Championship, was organized for the first time. In 1956, the Individual World Badminton Championship was created. In the 1972 Munich Olympic Games, badminton was a demonstration event, and in the 1988 Summer Olympics, it was an exhibition sport. In 1992, at the Barcelona Olympics, it was designated as an official Summer Olympic sport.

## **2. Write various types of events played in Badminton**

**Ans.** The game evolved from the earlier games of battledore and shuttlecock in British India. Denmark came to dominate European play, but the game has grown in popularity in Asia, with China dominating recent competitions. Men's singles, women's singles, men's doubles, and women's doubles have been Summer Olympic sports since 1992, with mixed doubles added four years later. The sport requires outstanding fitness at high levels of play: players must have cardiovascular endurance, mobility, power, pace, and precision. It's also a technical sport that necessitates strong motor control and the mastery of complex racquet movements. Shuttlecock games have been played for centuries across Eurasia,[a], but badminton emerged in the mid-nineteenth century among the British as a variation of the earlier game of battledore and shuttlecock. (An earlier word for "racquet" was "battledore.") Its precise history is unknown.

### **Types of Events**

- Singles, pairs, and mixed doubles events for men and women.

- Junior Boys' and Girls' Singles, Doubles, and Mixed Doubles (under 17 and 19)
- Sub Junior Boys' and Girls' Singles, Doubles, and Mixed Doubles (under 13 and 15)

### **3. Write the dimensions of the Racket.**

**Ans.** A badminton racket is a piece of sports equipment that consists of a handled frame with an open hoop and a tight network of strings. In a badminton match, it's used to hit a shuttlecock. Modern rackets are made of carbon fiber composite, which is rigid, lightweight, and provides strong kinetic energy transfer. Badminton rackets used to be made of wood before the use of carbon fiber composite. Although the size and shape of a badminton racket are restricted by specifications, there are several different racket styles to choose from, and different rackets have different playing characteristics that cater to different players. The total length of a badminton racket is 26.18"-26.77" (665-680 mm), the head width is 8.66"-9.06" (220-230 mm), and the handle diameter is 1". (25.4 mm). A modern badminton racket weighs between 2.46-3.35 ounces (70-95 g).

### **4. Draw a labelled badminton court.**

**Ans.** The badminton court is rectangular, measuring 13.40 x 6.10 meters (5.18 meters for singles), with white or yellow lines 4 cm across. For international tournaments, the ceiling height from the court must be 12 meters. A minimum of 2 meters of clear space must surround the court. The posts will be 1.55 meters high from the court's surface and will be positioned on the doubles sidelines. The net should be dark in color and 1.524 meters tall in the middle. It has a depth of 76 cm and a width of at least 6.10 meters. The shuttle must be made of 16 feathers and weigh between 4.74 and 5.50 grams. The racket's total length and width must not exceed 680 mm and 230 mm, respectively.

## **II. Short Answer Questions**

### **1. Who won India's first Olympic medal in Badminton?**

**Ans.** Saina Nehwal's Olympic gold medal at the London 2012 Olympics was a watershed moment for Indian badminton. She became the first Indian woman to win an Olympic medal in badminton with the bronze in singles. It also provided the impetus for Indian shuttler PV Sindhu to win a historic silver four years later in Rio. Saina Nehwal's podium finish at London's historic Wembley Arena only encouraged future generations of Indian badminton players, especially women, to pick up the racquet and dream big.

**2. What is the legal height a badminton player is allowed to serve from?**

**Ans.** High-End Service

- A high serve lands in the back of the opponent's service.

court, vertically falling

- In singles, it's used to start the rally from a neutral position.

a defensive stance

- In women's singles and sometimes in mixed doubles, a high serve is used.

in singles for men

- The racket is carried in a sideways position.

grip with the forehand

- The shuttle and racket are kept in an elevated location.

with the back leg bearing the brunt of the weight

- Weight is constantly shifted forward to the front of the body.

The shuttle is lowered to the side or in front of the front foot.

- The racket is lowered and swung forward with a twisted wrist.

by propelling the racket head into the shuttle

the front and sides of the body.

- In follow through, the racket is held high and long.

### **III. Fill in the Blanks**

**1. Weight of a shuttle should be \_\_\_\_\_.**

**Ans.** 5.50 g.

**2. Height of the badminton court for international competitions shall be \_\_\_\_\_.**

**Ans.** 1.55 metre.

**3. The colour of the lines of badminton court should be \_\_\_\_\_.**

**Ans.** White.

## IV. State whether True or False

1. Thomas Cup was first held in 1956.

**Ans.** True.

2. In badminton, doubles A side has only one service

**Ans.** True.

3. A 60 seconds interval between each game is allowed.

**Ans.** True.

4. A player can win a game with a score of 30–28 points

**Ans.** True.

5. High serve is used sometimes in badminton men's singles.

**Ans.** True.

## Gymnastics

### I. Long Answer Questions

1. Explain the history of gymnastics in Olympics.

**Ans.** Gymnastics began about 2500 years ago in ancient Greece. It was used in preparation to keep people in shape for sports. Gymnastic competitions, including tumbling, rope climbing, and other related sports, were held in the Greek city of Athens. Gymnastics was praised by Plato, Homer, and Aristotle for its strength-building properties. In 1881, the 'Federation of International Gymnastics' (FIG) was founded in Liege.

2. Explain the evolution of gymnastics in India.

**Ans.** Gymnastics was invented in ancient Greece to help people grow their bodies through a series of exercises that included running, jumping, swimming, throwing, wrestling, and weight lifting. Before the Greeks introduced gymnazein, which literally means "to exercise naked," several basic gymnastic events were performed in some manner. In ancient Greece, physical activity was highly prized, and both men and women engaged in strenuous gymnastic exercises. Following their conquest of Greece, the Romans formalized the practices and used the gymnasiums to physically train their armies for battle.

**3. How many types of gymnastics are there? Enlist the men's and women's apparatus used in artistic gymnastics.**

**Ans.** The most common divisions in artistic gymnastics are men's and women's gymnastics. Men compete in six events: Floor Exercise, Pommel Horse, Still Rings, Vault, Parallel Bars, and Horizontal Bar, while women compete in four: Vault, Uneven Bars, Balance Beam, and Floor Exercise. In certain countries, women used to compete on the rings, high bar, and parallel bars (for example, in the 1950s in the USSR). FIG implemented a new point system for artistic gymnastics in 2006, which removed the ten-point limit. In the United States, the scheme is used for elite level competition. There are two different scores, an execution score and a difficulty score, unlike the old point system. The execution score was the only score in the previous system. Except for brief drills, it was and still is below 10.00. Only this score is deducted by the judges during the gymnast's competition. In elite gymnastics, a fall, whether on or off the event, results in a 1.00 deduction. The addition of a difficulty ranking is a major improvement.

**4. Write down the specifications of uneven bars and pommel horse**

**Ans.** Single-leg and double-leg practice are popular pommel horse exercises. Scissors are a common example of single-leg skills. The mainstay of this case, however, is double leg work. The gymnast exercises those skills on all parts of the apparatus by swinging both legs in a circular motion (clockwise or counterclockwise, depending on preference). Gymnasts also have variations on a traditional circling skill by spinning (moores and spindles), straddling their legs (Flairs), putting one or both hands on the pommel or the leather, or going up and down the horse while placing their hands on the pommel and/or the leather to make the exercise more difficult (travelling).

**5. Enlist some advanced skills in gymnastics and explain the process of 'Cartwheel on Balancing Beam'.**

**Ans.** The final score of a gymnast is determined from a start value, in which the gymnast starts with the highest possible score and then has points deducted for missing elements in their routine. These deductions are determined by a technical committee of judges. The judges are looking for routines that demonstrate exceptional acrobatic abilities, height, versatility, and strength. FIG scores used to have a maximum value of 10—you've probably heard the phrase "a perfect 10" before. FIG changed its system in 2006 to include the complexity of skills and routines in its ratings. The floor exercise and the balance beam share many individual skills. Since most of these abilities are inherently more complex on a four-inch wide beam than on

a spring floor, beam routines are typically slower. Here are some of the most popular balance beam maneuvers to look for when you're watching Simone Biles compete in the world championships or your niece compete in a local competition:

## **II. Short Answer Questions**

### **1. When was the gymnastics introduced in the Olympic Games?**

**Ans.** Gymnastics can be traced back to Sparta and Athens in ancient Greece as a type of exercise. Philostratus'[4] work Gymnastics registered the exercise at the time. Later on, men were trained for battle by exercising in the gymnasium. The term "gymnazo" comes from the related verb *gymnazo*, which means "to exercise naked," because young men who practiced gymnastics did so without clothing. Physical health was a highly regarded trait of both men and women in ancient Greece. Gymnastics did not become more formalized and used to train men in battle until after the Romans invaded Greece in 146BC.

### **2. Who is considered as the father of modern gymnastics?**

**Ans.** Gymnastics was created in ancient Greece to help people develop their bodies by incorporating a variety of exercises such as running, jumping, swimming, throwing, wrestling, and weight lifting. Several basic gymnastic activities were performed in some form before the Greeks introduced *gymnazein*, which literally means "to exercise naked." Physical activity was highly valued in ancient Greece, and both men and women participated in strenuous gymnastic exercises. The Romans formalized the rituals and used the gymnasiums to physically prepare their armies for war after conquering Greece. The Romans formalized the rituals and used gymnasiums to prepare their armies physically for combat. Gymnastics waned in popularity as Rome fell out of favor, leaving only tumbling as a form of entertainment.

### **3. How many events are there in Artistic Gymnastics for men?**

**Ans.** During the exercise, which consists mainly of tumbling passes in various directions, the entire floor area should be used. During the routine, acrobatic components must be done forward and backward, as well as sideward or backward take-off with one-half-turn. A non-acrobatic aspect must also be included, such as balancing on one leg or one arm; a static strength move held for two seconds; or hops, circles, or flares. Transitional skills, or gymnastics movements performed in between tumbling and acrobatic passes, should be

performed in a smooth and consistent manner. The duration of the exercise must not exceed 70 seconds. Gymnasts in the pommel horse routine are the only ones that do not get to interrupt or pause during the routine. If a gymnast gets into trouble, he must continue performing the routine while correcting his mistakes. This is challenging due to the continuous movement. With the exception of a circle and a flair circle, many gymnastics techniques can be quickly adapted to other events; however, this is not the case on pommel horse. It takes twice as long to master basic skills on this apparatus.

#### **4. What is the full form of F.I.G.?**

**Ans.** Originally known as the European Federation of Gymnastics, it only had three member countries—Belgium, France, and the Netherlands—until 1921, when it was expanded to include non-European countries and given its current name. The federation establishes the rules that govern how gymnasts' results are judged, known as the Code of Points. The FIG oversees seven different gymnastics disciplines: artistic gymnastics (MAG) and women's artistic gymnastics (WAG); rhythmic gymnastics (RG); aerobic gymnastics (AER); acrobatic gymnastics (ACRO); trampolining (TRA); Double mini trampoline (DMT), tumbling (TUM), and parkour.

#### **5. When did women compete for the first time in Olympics?**

**Ans.** Women's participation in the Olympic Games has risen steadily since their first appearance in 1900. Some sports are only for women, while others are open to both men and women, and some older sports are also only for men. The way women and men are portrayed and their results are discussed in the media is consistently different, according to studies of Olympic coverage. Women's representation on the International Olympic Committee has lagged far behind that of male participation, and it appears to fall short of its goal of a 20% minimum female presence on the committee. The first Olympic Games in which female competitors competed were held in Paris in 1900. As a member of the winning team in the first 1 to 2 ton sailing event on May 22, 1900, Hélène de Pourtalès of Switzerland became the first woman to compete in the Olympic Games and the first female Olympic champion. On July 11, British tennis player Charlotte Cooper became the first female individual champion when she won the women's singles competition.

#### **6. In which year did Nadia Comaneci received the first perfect score in Olympics?**

**Ans.** The 1976 Olympic Games were held in Montreal, Canada. An eight-year-old from Onesti, Romania, started participating in artistic gymnastics six years before the Games' Opening Ceremony. She became Romania's youngest athlete



to win a senior national championship just a year later. Nadia Comaneci was a name that would live in infamy. In 1971, at her first international junior competition, she won her first international all-around title. She went on to win four gold and one silver medal at the 1975 European Championships, as well as another gold in the 1975 "Champions All" competition. Comaneci, in other words, was a feeling. If the pressure on her was high before, it was amplified when she won the all-around and balance beam events at the Olympic test in Montreal. Nellie Kim, who finished ahead of her in the vault, floor, and bars, was her toughest competitor for Olympic gold. Kim was a rising star from the Soviet Union, a nation that had previously dominated artistic gymnastics. Comaneci earned a perfect ten for her floor routine at the American Cup, which took place just before the Games. It may have been a foreshadowing of what was to come.

### **III. Fill in the Blanks**

1. Gymnastics begun in ancient Greece about \_\_\_\_\_ years ago.

Ans. 2500

2. Today, gymnastics is often termed as the ultimate combination of \_\_\_\_\_.

Ans. sport and art.

3. Nadia Comaneci was the first female gymnast who received perfect score in 1976 at \_\_\_\_\_ Olympics

Ans. Olympic event

4. Like any other sport, gymnastics is a physical exercise that develops agility, coordination and \_\_\_\_\_.

Ans. endurance.

### **IV. State whether True or False**

1. Gymnastics is an Olympic sport.

Ans. True.

2. There are three events in women Gymnastics.

Ans. True.

3. Roman rings is a men's apparatus.

**Ans. True.**

**4. Balancing beam is an apparatus for men**

**Ans. False.**

**5. Floor exercise is an apparatus for both men and women**

**Ans. True.**

## **Judo**

### **I. Long Answer Questions**

**1. Explain the history of Judo.**

**Ans.** The father of judo, Japanese polymath and educator Kan Jigor (, Jigoro Kano, 1860–1938), born Shinnosuke Jigor (, Jigor Shinnosuke), is inextricably linked to the sport's early history. Kano was born into a middle-class household. Jirosaku, his father, was the second son of the Shinto Hiyoshi shrine's head priest in Shiga Prefecture. He married Sadako Kano, the daughter of the Kiku-Masamune sake brewing company's director, and was adopted by the family, taking the surname Kano. He eventually rose through the ranks of the Shogunal government. Jigoro Kano was raised in an academic environment and began studying English, shod (Japanese calligraphy), and the Four Confucian Texts (, Shisho) at the age of seven. [number four] Kano started boarding at Ikuei-Gijuku in Shiba, Tokyo, when he was fourteen years old. The bullying culture at this school was the impetus for Kano to search out a Jjutsu (, Jujutsu) dj (, dj, training place) where he could practice. Early attempts to locate a jujutsu instructor willing to take him on were unsuccessful. Jujutsu had become unfashionable in an increasingly westernized Japan following the collapse of the Tokugawa shogunate in the Meiji Restoration of 1868. Many former teachers had been driven out of the profession or had become so disillusioned with it that they had simply given up. Nakai Umenari, a former soldier and a friend of Kan's father, agreed to show him kata but not to teach him. Katagiri Ryuji, the caretaker of Jirosaku's second home, knew jujutsu but refused to teach it because he felt it was no longer useful.

**2. Describe the basic rules of Judo.**

**Ans.** The fundamentals

- (i) During international tournaments, each match lasts four minutes, and the match referee, assisted by the referees, awards points and penalties.
- (ii) The player's main goal is to get a "Ippon" (winning point) before the time runs out. The match is over as soon as a player scores an Ippon or receives a 'Hansoku-make' (severe penalty). Otherwise, the match's winner is decided by the number of points earned.
- (iii) If the scores are tied, the winner is determined by the lowest number of penalty points, referred to as "Shido," which means "minor penalties."
- (iv) Judoka are prohibited from using any of the prohibited techniques, such as hitting joints other than the elbows, punching or kicking, touching the opponent's face, or hurting the opponent in any way.
- (v) Judokas can achieve two types of scores in a judo match (Ippon and waza-ari).
- (vi) Ippon is the strongest since it guarantees victory right away.

Ippon is accomplished by tossing an opponent and causing them to fall on their back.
- (vii) Ippon can also be accomplished by locking an opponent in an armhold or stranglehold that causes them to submit, or by immobilizing an opponent on the ground for at least 20 seconds.
- (viii) Waza-ari is the next highest score, awarded for throwing less throws than necessary for ippon and immobilizing the opponent for less than the time required for ippon, i.e. 10 seconds.
- (ix) In judo, there are two styles of penalties: shido and hansoku-make. When a judoka receives hansoku-make, the opponent is immediately awarded the match.

For significant rule violations or the accumulation of three shidos, Hansoku-make is awarded. The third shido transforms into hansoku-make (disqualified).

### **3. Explain about the emergence of Judo in India.**

**Ans.** Rabindranath Tagore founded a Judo training center at Visva Bharati University in 1905, which was the first to introduce the sport. Rabindranath Tagore is said to have invited a Judo expert from Japan to India in 1905 on the advice of Okakura Kakuzo (a Japanese Judo master). The Judo Federation of India (JFI) was established in India in 1965 and has since grown steadily. Judo is regulated by the International Judo Federation (IJF) on a global scale

(International Judo Federation). The first National Judo Championship was held in Hyderabad in 1966. Judo was introduced to the Asian Games in Seoul in 1986, and India received a much-needed break in the form of four bronze medals. Several Indian Judokas (judokas who practice or are experts in the martial art of Judo) have qualified for the Olympic Games. For their efforts, some of them won the prestigious Arjuna Award. Thoudam Kalpana Devi of Manipur made history by becoming the first Indian to place in the top three positions at the 2010 Judo World Cup in Tashkent.

#### **4. Explain the measurement and specifications of the contest area in Judo.**

**Ans.** A standard Judo match is held on tatami mats measuring 1414 meters or 1616 meters in length, with a fighting area of 909 meters or 1010 meters set out inside them. Players must wear the appropriate knotted belt with the specified uniform. Judoka, or Judo players/athletes, must bow before walking onto the mat and bow to one another before and after the competition.

## **II. Short Answer Questions**

### **1. Where did Judo come from?**

**Ans.** Judo is a fighting sport in which two judokas face off with the intention of knocking their opponent down or forcing him or her to submit after immobilization in order to score points. In judo, various points can be awarded based on how a judoka dealt with his or her opponent. A maximum point is equal to an Ippon, and whoever scores an Ippon wins the fight right away. Half a Ippon is a Waza-Ari. As a result, if two of them are scored by the same athlete, the battle comes to an end as well. In judo, a Yuko is the least valuable point. Don't be fooled: despite not being as valuable as an Ippon or a Waza-Ari, Yuko's can settle a war.

### **2. What is the difference between Judo and Jujutsu?**

**Ans.** Let's take a look at the roots of the two sports before we get started. Both martial arts are descended from Ju Jutsu, a Japanese martial art. The art of Ju Jutsu, also known as Japanese Jiu Jitsu, was developed as a self-defense technique for samurai. Arms and hand-to-hand fighting were used in the earliest examples of Ju Jutsu. If that didn't, Hundreds of Ju Jutsu styles have emerged over time, evolving the art form. It became less reliant on arms and more reliant on kicks, throws, evasions, and restraint techniques. The initial method was a bit too harsh and unsuitable for sporting events. The standard of Ju Jutsu was rapidly deteriorating in the 1800s. Jigoro Kano invented a new form, Judo, in response to its decline in popularity. work, the aim was to close

the distance and beat their adversary with joint locking tactics, kicks, and throws.

### **3. What are the working principles of Judo?**

**Ans.** “Maximum Efficiency” and “Mutual Welfare and Benefit” are the two fundamental ideals of Judo. The target of optimum efficiency teaches the judoka to throw an opponent with the least amount of physical strength possible. This is achieved by the application of correct technique and pacing. Dr. Kano's conviction that Judo could help individuals become better members of society led to the goal of shared health and benefit. Dr. Kano believed that the personal discipline taught in Judo could be applied outside of the dojo and could help judokas become more active members of society.

### **4. What is Kuzushi?**

**Ans.** Breaking the opponent's rhythm, fake attacks, punches, shifts in body posture or grip, kiai (a shout), or a sudden shift of pace or tempo are all examples of kuzushi. One of the most important aspects of kuzushi is that it can disturb more than just the body. Kuzushi is primarily a mental exercise. Kuzushi should always break the opponent's focus, allowing for a brief attack chance. One of the reasons trust is so vital in Judo is because of this. A positive mental outlook can also overcome a negative mindset, resulting in successful kuzushi. Regardless of the opponent's physical size and power, kuzushi can often improve the efficiency of a pass. Of course, every technique, including wrestling techniques including chokes and joint locks, follows the same idea. The founder of Judo, Jigoro Kano, made the concept of kuzushi one of the basic elements of Judo, separating it from other jujitsu schools. One of his most important contributions to the study of martial arts is the concept of kuzushi. Don't overlook it when learning Judo.

### **5. What is Kiai?**

**Ans.** KIAI can literally be translated as the harmonization of Ki energy with physical action, as it is made up of the kanji KI (energy) and AI (unification). This harmony can be conveyed in a yell or silently by deep focus and spiritual influence. The brushstroke power of KIAI is visible in calligraphy. Calligraphy that appears sloppy and slow reflects hesitation and bad KIAI. When we say someone lacks KIAI, we don't always mean they can't scream very loudly; instead, we usually mean they lack vital energy, inspiration, strength, and focus. KIAI is a yell used when performing a technique or attack, also known as a martial shout. While some people scream when performing high-energy exercises, KIAI goes above and above.

## **6. What are the Judo ranks?**

**Ans.** Kan Jigor, the creator of judo, initiated this ranking system in 1883. However, the new system is based on Kan's last system, which was implemented between 1926 and 1931, with some changes made shortly after Kan's death in 1938. Saig Shir and Tomita Tsunejir, two of his classmates, earned first dan grades. Modern martial arts have generally embraced it since then. There are six student grades in Japan's current structure, which are graded in descending numerical order. Beginners were assigned the rank of sixth ky (, roky) and were required to wear a light blue belt. They were promoted to fifth ky (, goky) after passing an elementary level of training, at which point they were given the white belt. They wore it until the fourth ky (, yonky). The remaining three grades (third ky (, sanky), second ky (, niky), and first ky (, ikky) were all identified by brown belts (for seniors) or purple belts (for juniors) (for juniors).

## **7. Who created Judo?**

**Ans.** Kano is known as the "Father of Japanese Physical Education." He founded a general physical education faculty as principal of Tokyo Higher Normal School, with the goal of training teachers capable of providing quality physical education to Japan's youth. He was also a founding member of the Japan Amateur Sports Association (Japan Sport Association) and the first Asian member of the International Olympic Committee in 1909. Kano lectured and demonstrated Judo thirteen times around the world to teach his art to people all over the world. Judo is a highly codified sport in which the mind regulates the movement of the body, and it is a sport that helps people learn. Judo entails technical study, kata practice, self-defense work, physical preparation, and mental sharpening in addition to competitions and fighting. Judo was created by its Master Founder as an eminently modern and progressive practice derived from ancestral practices.

## **8. What are the main types of Judo techniques?**

**Ans.** A dojo (judo hall) with a sensei (judo coach) is the best place to learn judo techniques. The breaking of balance, the grip, the entry, the footwork, the lift, the rotation, and the finish are all stages to master in judo. Learn how to throw judo. Make sure you have your parents' or guardians' permission, and let your judo instructor know you're practicing at home so they can provide suggestions and guidance. If you don't have a proper judo mat and are practicing at home, it's best to focus on the throw's entry rather than the finish. The Uchikomi Challenge is a fun game to play.

### III. Fill in the Blanks

1. The two types of penalties awarded in Judo are \_\_\_\_\_ and \_\_\_\_\_.

Ans. The two types of penalties awarded in Judo are shido and hansoku..

2. The competition area of Judo is a minimum of \_\_\_\_\_.

Ans. 14m x 14m

3. Judo was introduced in Olympic Games in \_\_\_\_\_ in Tokyo only in female category.

Ans. 1964

### IV. State whether True or False

1. Judo was included in the Asian Games in 1986

Ans. True.

2. Judo was introduced in Olympic Games in 1964 in Tokyo only in male category.

Ans. True.

3. The contest area is of different colour from the safety area.

Ans. False.

4. Contest occurs under the supervision of a referee and two judges.

Ans. False.

## Swimming

### I. Long Answer Questions

1. Explain the world and Indian history of swimming

Ans. Swimming became a competitive sport in England in the early 1800s. St George's Baths, the first indoor swimming pool, opened for public use in 1828. The Amateur Swimming Association, the first national governing body, was established in 1880. The first Olympic Games, which were exclusively for men, were held in Athens in 1896. The swimming competition had six events scheduled, but only four were actually competed in: 100 m, 500 m, and 1200 m freestyle, as well as 100 m for sailors. Alfréd Hajós of Hungary captured the

first gold medal in the 100 meter freestyle. The 'Federation Internationale de Natation' (FINA), the world swimming governing body, was established in 1908. Women first participated in swimming events in the 1912 Summer Olympics in Stockholm, where they competed in freestyle races. Harry Hebner of the United States achieved the 100 meter backstroke in the 1912 Olympics.

## **2. Write about the most renowned swimmers of India.**

**Ans.** The Swimming Federation of India (SFI) was established in 1948. This body has been in charge of the promotion and administration of aquatic sports in India since then. The SFI is a member of FINA, the sport's global governing body. Sachin Nag, Sufyan Shaikh, Khajan Singh, Nisha Milled, Sikha Tandon, and Sandeep Sejwal are among the Indian swimmers who are unable to compete. At the 16th Asian Games, Khade earned a bronze medal in the 50m Butterfly, breaking a 24-year wait for Indian swimming. In the 1951 Asian Games in New Delhi, Sachin Nag became the first Indian to earn a gold medal in swimming. Khade competed in the 50m Butterfly, 50m Freestyle, and 4x100m Freestyle Relay at the 2018 Asian Games. Khade finished 4th in the 50m Freestyle final, 0.01 seconds short of a bronze medal. Khade also qualified for the finals of the 4x100m Freestyle relay, where the Indian team set a new national record in the morning heats before finishing eighth in the finals.

## **3. Explain the teaching stages of front crawl stroke.**

**Ans.** The swimming exercises get more difficult as you progress and teach you one skill at a time. This gives you the freedom to learn the front crawl at your own speed. The drills teach you essential concepts like maintaining your balance in the water, making your body as tall as possible, swimming on your sides, and so on, all of which are necessary for mastering an efficient swimming technique. You should be able to learn how to swim the front crawl stroke quickly and enjoy the experience if you learn and practice the exercises in the recommended order.

## **4. Explain the teaching stages of back crawl stroke.**

**Ans.** Backstroke relies heavily on the arms to propel the body forward. The arm stroke is divided into two parts: the power phase (which is made up of three parts) and the recovery phase. The arms alternate underwater and underwater, so that one arm is still underwater and the other arm is healing. A cycle is described as one complete arm turn. To begin the capture process, one arm sinks slightly under water and turns the palm outward from the initial location (first part of the power phase). The hand reaches from the bottom (pinkie finger first), then pulls back at a 45-degree angle, capturing the water.



The hand takes a semi-circular path from the grab to the side of the hip during the power process. The palm is always facing away from the swimming direction, while the arm remains straight as an extension, and the elbow is always pointing downward towards the pool's floor. This is done so that the arms and elbows can force as much water out as possible in order to propel the body forward. The upper and lower arms should have a maximum angle of around 90 degrees at the height of the shoulders. The power phase's Mid-Pull is what it's called.

## **II. Short Answer Questions**

### **1. When was the first swimming association formed?**

**Ans.** Each stroke in swimming necessitates a particular set of techniques; in competition, there are specific rules governing the correct type for each individual stroke. At competitions, there are also rules on what styles of swimsuits, hats, jewelry, and injury tape are permitted. While competitive swimmers may suffer from a variety of injuries, such as tendinitis in the shoulders or knees, there are many health benefits associated with the sport. Recreational swimming has been recorded in prehistoric times, with the oldest findings dating back to Stone Age paintings from about 10,000 years ago. Written references to swimming date back to 2000 BC, with the Iliad, Odyssey, Bible, Beowulf, Quran, and other ancient texts including the Iliad, Odyssey, Bible, Beowulf, and others. In 1538, Nikolaus Wynmann, a Swiss-German professor of languages, published *Colymbetes, sive de arte natandi dialogus et festivus et iucundus lectu*, the earliest known full book on swimming (The Swimmer, or A Dialogue on the Art of Swimming and Joyful and Pleasant to Read).

### **2. Discuss about SFI within 50 words.**

**Ans.** The founding of the All India Students' Federation (AISF) on August 12, 1936, to further anti-imperialist politics, can be traced as the beginning of the Indian student movement in its organized form. AISF was affiliated with India's Communist Party. CPI(M) split from CPI in 1964. This theological rift had a major impact on AISF as well. Several state and local agencies that had previously been associated with AISF began operating independently. Delegates from these organizations met in Thiruvananthapuram in 1970 to form a new national students organization. From the 27th to the 30th of December, an all-India conference was held, which culminated in the establishment of the Students' Federation of India.

### **3. Explain the dimensions of a standard swimming pool?**

**Ans.** The dimensions of an Olympic-size swimming pool are limited to ensure that it is big enough for international competition. This form of swimming pool is used in the Olympic Games, where the race course is 50 meters (164.0 feet) long, and is known as "long course" to differentiate it from "short course" races, which take place in pools that are 25 meters (82.0 feet) long. If touch panels are used in competition, the distance between them must be between 25 and 50 meters to be recognized by FINA. As a result, Olympic pools are typically larger than normal to accommodate touch panels used in sport.

### **4. What is the difference between freestyle and breast stroke?**

**Ans.** The Mid-Pull technique entails pushing the palm of the hand as far down as possible with the fingers pointing upward. The goal is to propel the body forward against the water once more. The palm flaps down at the end of the Mid-Pull for a final drive forward to a depth of 45 cm, bringing the power process to a close. This helps with rolling over to the other side as part of the body movement, in addition to driving the body forward. The fingers of the hand should be slightly apart during the power process, as this will increase the resistance of the hand in the water due to turbulence.

## **III. Fill in the Blanks**

1. \_\_\_\_\_ °C to \_\_\_\_\_ °C is the normal range of temperature for water in swimming pool.

**Ans.** between 26 °C to 28 °C is the normal range of temperature for water in swimming pool.

2. In a standard pool, there are \_\_\_\_\_ lanes.

**Ans.** bones

3. Grab is a type of \_\_\_\_\_ in swimming.

**Ans.** swimmers

4. Jellyfish is a type of \_\_\_\_\_ in swimming.

**Ans.** jellies

## **IV. State whether True or False**

1. During the relay, we can change the swimmer of a team.

**Ans.** False.

2. During breast stroke, if the swimmer is tired he/she can use freestyle swimming.

Ans. False.

3. Back stroke in swimming starts from the water level.

Ans. False.

4. During one's turn, the swimmer is allowed to touch the floor.

Ans. False

## Table Tennis

### I. Long Answer Questions

1. Briefly write the history of Table Tennis.

**Ans.** The sport began in Victorian England, where it was popularized as an after-dinner parlour game among the upper crust. It's been proposed that improvised versions of the game were created in India by British military officers in the 1860s or 1870s, who then brought it back to the UK. A row of books served as a net in the middle of the table, and two more books served as rackets for continuously hitting a golf ball. Before British manufacturer J. Jaques & Son Ltd trademarked the term "ping-pong," it was widely used. Ping-pong became the trademark for the game played with the relatively costly Jaques's equipment, with other manufacturers referring to it as table tennis. In the United States, a similar situation occurred when Jaques sold the rights to the "ping-pong" brand to Parker Brothers. In the 1920s, Parker Brothers successfully imposed its trademark on the term, forcing numerous organizations to change their names to "table tennis" rather than the more generic, but trademarked, term. The next major breakthrough was made by James W. Gibb, a British table tennis enthusiast who discovered novelty celluloid balls on a trip to the United States in 1901 and discovered that they were suitable for the game. E.C. Goode, who invented the modern version of the racket in 1901, did so by attaching a sheet of pimples, or stippled, rubber to the wooden blade. By 1901, table tennis had grown in popularity to the point that competitions were being organized, books on the subject were being published, and an unofficial world championship was held in 1902. The scoring system was similar to that of lawn tennis in those early days. In the 1930s, Edgar Snow wrote in *Red Star Over China* that the Chinese Communist powers had a "passion for the English game of table tennis," which he thought

was "bizarre." The popularity of the sport, on the other hand, declined in the Soviet Union in the 1930s, partly due to the promotion of team and military sports, and partly due to a theory that the game was harmful to one's health. Paddles made of a rubber sheet with an underlying sponge layer revolutionized the game in the 1950s, adding more spin and speed. S.W. Hancock Ltd, a sporting goods maker, brought these to the UK. Beginning in the mid-1980s, the use of speed glue increased the spin and speed even further, requiring improvements to the equipment to "slow the game down." Table tennis was first adopted as an Olympic sport at the 1988 Summer Olympics.

## **2. Briefly write the scoring system in Table Tennis.**

**Ans.** The game starts with a score of 0-0, and the server will serve first. Each player gets two consecutive serves, after which the other player has to serve. The ball must first hit the server's side of the table, then bounce over or across the net, and finally touch his opponent's side of the table. A let serve (or just let) is a serve that hits the net assembly (the net, net posts, and net clamps) on the way but still hits his side first and then the opponent's side on the second bounce. It must be replayed with no difference in the score. The server has no limit on the number of lets it can serve in a row. The receiver would then try to return the ball over or around the net so that it lands on the server's side of the table first. If he is unable to do so, the server wins the point. If he does, the server must smash the ball over or across the net so that it lands on his opponent's side of the table first. If the server is unable to do so, the receiver is awarded the point. The game continues in this manner until either the server or the receiver is unable to legally return the ball, at which point the other player wins the point. When a player wins a point, he adds one to his total. If the game reaches a score of 10-all, each player can only serve one serve before the game is won. The score is called out in order, with the server's score being called out first. When the first player (or doubles team) reaches 5 points in the final possible game of a match, the players must switch ends. The aim of the service rules is to allow the receiver to see the ball at all times so that he or she has a reasonable chance of reading the spin applied by the server. Several laws are applied during the serve in order to make this possible, including: Throughout the serve, the ball must always be clear to the receiver; it must never be concealed. The ball must always be behind the table's end line and above the playing surface's height. The ball must be thrown up at least 16cm vertically (roughly the height of the net) and strike on the way down, not up. If the umpire has any doubts about a serve's legality, he can issue a warning to the player.

### **3. Write about the expedite system in Table Tennis.**

**Ans.** The Expedite System's history and evolution has been a long and winding path. Essentially, the system is designed to avoid unnecessarily long matches and to ensure that a match (and, by extension, a tournament) moves at a fair rate. When hardbats were used and strategy was all about defense and power, this was a major problem in the early days of table tennis in the 1920s and 1930s. A single point at the 1936 World Championships lasted over two hours, and it was not unusual for a match to last 60 minutes or more. Officials took notice and enacted rules limiting the amount of time players could play. The method forces the server to be more competitive and end the rally before the receiver completes 13 correct returns. The Expedite System is rarely used at the recreational and club levels of table tennis. When defensive ('choppers') players are participating at the professional level, The Expedite System is often used. The expedite scheme was implemented in compliance with the Table Tennis Laws. In other words, 10 minutes of the game had passed before 18 points (9:9, 10:8) had been tallied. Of course, medical care time (roughly 10 minutes) is not included in the 'game time.' Only during the towel breaks (every 6 points) and the change of ends after the 5th point in the 7th game was the stopwatch (sic) stopped as normal. It should also be stopped if the ball leaves the court; sadly, I don't recall whether or not this has happened. The umpire and assistant umpires are in charge of keeping track of time. With The Expedite System in place, you can clearly hear an umpire call out the receiver's stroke count at 8 points to 6 in game seven of the women's final: The match went on with Ding and Liu alternating one serve at a time before it was over. Can The Expedite System ever be used between two attacking players on such a crucial stage? Probably not, but it was fascinating to witness the case.

### **4. How many types of strokes are there in table tennis? Explain.**

**Ans.** You'll probably be unsure where to begin with so many different table tennis strokes to master. The backhand push is the simplest table tennis stroke to master first. Then you can move on to the forehand drive, backhand drive, and finally the forehand push, the most difficult of the four simple table tennis strokes.

- A table tennis player uses offensive and defensive strokes such as the backhand and forehand.
- In table tennis, the offensive strokes are push, loop drive, loop, loop kill, hook, counter drive, flip, and smash.
- In table tennis, defensive strokes include push, slice, block, drive, lob, drop shot, and spin (side backhand top).

The most widely used skill is forehand drive, which is performed as follows:

- If a player is unable to play a more offensive attacking stroke, they can use this stroke.
- It's used when the opponent backspins the ball short to the forehand. With body weight shifted to the right foot, the right foot is the leading foot in returning the ball.
- With minor follow through, the racket travels backward and forward to make contact with the ball just in front of the body.
- The ball is propelled forward from the racket.
- The stroke is first practiced when the opponent's back spin on the ball is minimal.

## II. Short Answer Questions

### 1. How does a standard Table Tennis game end?

**Ans.** The sport started in Victorian England, where it became popular among the upper crust as an after-dinner parlour game. It's been suggested that in the 1860s or 1870s, British military officers in India devised improvised versions of the game, which they then took back to the UK. In the center of the table, a row of books served as a net, and two more books served as rackets for continuously hitting a golf ball. Table tennis is regulated by the International Table Tennis Federation (ITTF), a non-profit organization established in 1926. There are currently 226 member organizations in the ITTF. The ITTF handbook contains the official table tennis rules. Since 1988, table tennis has become an Olympic sport with a variety of event formats. Men's singles, women's singles, men's doubles, and women's doubles were the tournaments from 1988 to 2004. Instead of doubles, a team event has been played since 2008.

### 2. Besides the green colour? Which colour table can be used for the table?

**Ans.** The majority of tables have a blue or green top surface, with grey or black being less popular. A 2cm white line across the entire playfield edge is required by ITTF regulations. For doubles, a single 3mm white line can be used to break the table in half. Roller paint is most often used to apply the color. This results in a good finish that doesn't detract from the score. The majority of table tennis tables are made of compressed plywood. This results in a very rigid, hard surface with no flex. Particle board is sometimes used for the tops. Instead, higher-end tables are often coated with melamine, a form of

plastic that is particularly hard-wearing and rigid. Melamine coatings are commonly used on outdoor tables due to their weather resistance. Melamine is also long-lasting, and you can find that melamine tables have longer warranties than painted tables.

### **3. What should be the height of the ball when tossed for the service?**

**Ans.** The World Cup is the most prestigious association football tournament in the world, as well as the most watched and viewed sporting event, also surpassing the Olympic Games. A total of 26.29 billion people watched the 2006 World Cup matches, with 715.1 million people watching the final match, accounting for a ninth of the world's population. There have been 17 different countries that have hosted the World Cup. At least once, Uruguay, Sweden, Chile, England, Argentina, Spain, the United States, Japan and South Korea (jointly), South Africa, and Russia have all hosted. The 2022 World Cup will be held in Qatar, while the 2026 World Cup will be hosted by Canada, the United States, and Mexico, making Mexico the first country to host games in three World Cups.

### **4. Which country has won the most international titles in the 20th century?**

**Ans.** Strokes that are offensive

Hit the goal.

A direct impact on the ball propels it forward and back to the opponent, also known as a speed drive. The racket is primarily perpendicular to the direction of the stroke, and the majority of the energy applied to the ball results in speed rather than spin, producing a shot that does not arc much but is quick enough to be difficult to return.

a loop

The loop, which was invented in the 1960s, is basically the inverse of the chop. The racket is parallel to the stroke path ("closed"), and the racket grazes the ball, resulting in a lot of topspin.

Counter-attack

The counter-hit is typically a retaliation for drives, which are usually high loop drives. The racket is kept closed and close to the ball, which is struck "off the bounce" (immediately after reaching the table) in order for the ball to fly faster to the other side. Kenta Matsudaira is known for relying heavily on counter-hitting as a means of offense.

Toss the coin

When a player attempts to attack a ball that hasn't rolled past the table's edge, he or she doesn't have enough space to backswing. However, since the backswing is compressed into a fast wrist motion, the ball can still be attacked, and the resulting shot is known as a flip.

Defeat

If an opponent returns a ball that bounces too high or too low to the net, a player will usually break it. It's almost always handled with the forehand. Smashing involves applying rapid acceleration to the ball in order to give it as much speed as possible so that the opponent cannot respond in time.

### **5. What is the size of Table Tennis table?**

**Ans.** For any continuous material, the table is 2.74 m (9.0 ft) long, 1.525 m (5.0 ft) tall, and 76 cm (2.5 ft) high as long as the table produces aWhen a normal ball is dropped onto it from a height of 30 cm (11.8 in), it bounces uniformly at about 23 cm (9.1 in), or about 77 percent. The table or playing surface is uniformly dark in color and matte, with a net at 15.25 cm (6.0 in) in height dividing it into two halves. Only wooden tables or their derivatives are approved by the ITTF. Outside public areas, such as parks, concrete tables with a steel net or a solid concrete partition are often open.

## **III. Fill in the Blanks**

1. In Table Tennis, penhold grip is used by \_\_\_\_\_ players.

**Ans.** Holding a racket

2. Diameter of the Table Tennis ball shall be \_\_\_\_\_ mm.

**Ans.** 40

3. Table Tennis became an Olympic sport in \_\_\_\_\_.

**Ans.** 1988

4. Height of the table from the floor is \_\_\_\_\_.

**Ans.** 71–76cm.

## **IV. State whether True or False**

1. Table Tennis was included in Asian Games in 1958 in Tokyo.

**Ans.** True.



**2. Table Tennis racket may be of any size, shape or weight**

**Ans.** False.

**3. Table Tennis Federation of India was established in 1924.**

**Ans.** False.

**4. Table Tennis is an indoor game.**

**Ans.** False.

## **Wrestling**

### **I. Long Answer Questions**

**1. Differentiate between freestyle and Greco-Roman wrestling in detail.**

**Ans.** Wrestling is a long-standing martial art that is arguably the perfect foundation for mixed martial arts. Wrestling nowadays is divided into two types: Greco-Roman and freestyle. Greco-Roman style is relatively new, despite being named after two ancient civilizations. Wrestling in this form started in France in the early 1800s as a way to bring ancient values into the sport. The term "Greco-Roman" was coined to suggest that this wrestling style is similar to that of ancient civilizations in the Mediterranean Sea region, especially during the ancient Greek Olympics. Greco-Roman wrestling is a sport that is common all over the world and was first included in the Olympic Games in 1896. Since 1908, it has been a part of the summer Olympics. Freestyle wrestling is a grappling sport that is popular all over the world. This style of wrestling has ties to "catch-as-catch-can" wrestling, which involves throwing down and pinning the opponent with almost any technique. The traditional wrestling styles of sambo and judo are combined in freestyle wrestling. There are some main similarities and differences between Greco-Roman and freestyle wrestling. Both include wrestling with an opponent, as well as takedowns and turns aimed at pinning an opponent. The following are the main distinctions between these two wrestling styles:

**1) The legs**

One of the most significant distinctions between these two wrestling styles is that Greco-Roman prohibits any holds below the waist, while freestyle wrestling allows you to use your legs as both defensive and offensive arms. To pin your opponent to the mat, you can use a double leg or single leg takedown. These two wrestling styles use radically different tactics and techniques as a result of this significant disparity.

## 2) Taking an opponent to the canvas with you.

Another significant distinction is the manner in which you throw your adversary to the ground. To achieve a favorable position in freestyle wrestling, simply toss the opponent and then regain contact with them while they are on the canvas. For a takedown to count in Greco-Roman wrestling, you must maintain contact with your opponent during the takedown. You must follow your adversary to the canvas as a Greco-Roman grappler. If you lose touch with them, the referee will automatically end the illegal hold.

## 3) Getting out of a bind

To get out of a lock, you must refuse to make direct contact with your opponent. This will prevent them from initiating a hold. The referee will fine you if you do this during a freestyle wrestling match. This can also happen in Greco-Roman wrestling, but there are rules in this style that govern escaping a grip when on the ground. Since you can't grab your opponent's legs in Greco-Roman wrestling, your opponent must make sure you're not in a position to do so. This means that if your opponent falls to the ground, they will be unable to step forward to escape because you will be forced to grasp their thighs.

## 4) Ordered restraining order

If you and your opponent do not score any points after wrestling for a while in freestyle wrestling matches, the referee will order an ordered hold. To decide which wrestler gets the advantage, a random draw is held. If you lose this round, you must place one leg in the main circle while the other remains outside. This gives your opponent a very good chance of taking you out and scoring a point in that round. You win the round if you, as a disadvantaged wrestler, do not allow them to take you down.

Greco-Roman wrestlers are better at slamming bodies, but freestyle wrestlers are better at shooting and defending shots than Greco-Roman wrestlers. Regardless of their variations, both types have been shown to be extremely successful inside the cage.

## 2. Draw the labelled diagram of a wrestling playing mat.

**Ans.** In Olympic Games, Championships, and Cups, a new FILA-approved mat with a 9-meter diameter and 1.5-meter border is needed. Mats must be approved/sanctioned for all other international competitions, but they do not have to be new. Warm-up and training mats must also be new and certified by FILA for Olympic Games and World Championships. The wrestling area is defined by a red band that is one metre wide. On the inside of the 9m circle, it is traced around the circumference. This is referred to as the "red zone." One

metre in diameter is the central circle in the center of the mat. The central wrestling area is the inner portion of the mat inside the red circle. It has a diameter of 7 meters. The safety zone is 1.5 meters deep. A 10cm wide band surrounds the central circle. An 8cm wide line divides the circle into two sections for Greco Roman wrestling. Inside hand line and inside line are two perpendicular lines that are 40cm apart. The lines are a bright red color.

### **3. Discuss different age and weight categories in wrestling for male and female.**

**Ans.** Schoolboys, cadets, beginner, juvenile, juniors, and seniors are the six primary age groups in international men's freestyle wrestling. Schoolboys (boys between the ages of 14 and 15; or 13 with a medical certificate and parental permission) compete in ten weight classes ranging from 29 to 85 kg (64–187 lb). Cadets (young boys aged 16 to 17 years old, or 15 years old with parental permission) compete in ten weight classes ranging from 39 to 100 kilograms (86 to 220 lb). There are eight weight ranges for juniors, ranging from 46 to 120 kilograms (101–265 pounds). Juniors wrestle in eight weight classes ranging from 46 to 120 kg (101–265 lb) for young boys aged 18 to 20 (or 17 with a medical certificate and parental authorization). For adults, some freestyle competitions have a separate category called "Veterans" for men aged 35 and up, likely of the same weight ranges as seniors. Greco-Roman wrestling can also be extended to all of the men's age groups and weight classes. On an international basis, women participate in freestyle wrestling in one of four age categories: schoolgirls, cadets, juniors, and seniors. Schoolgirls (young women aged 14 to 15; or 13 with parental permission and a medical certificate) compete in ten weight classes ranging from 28 to 62 kg (62–137 lb) in ten weight classes. Cadets (young women between the ages of 16 and 17; or 15 with a medical certificate and parental permission) compete in ten weight classes ranging from 36 to 70 kg (79–154 lb). Juniors wrestle in eight weight classes ranging from 40 to 72 kg (88–159 lb) for young women aged 18 to 20 (or 17 with a medical certificate and parental authorization). Seniors (women over the age of 20) compete in seven weight classes, ranging from 44 to 72 kg (97–159 lb). Wrestlers will only wrestle in their own weight class after the weigh-in. Except for the heavyweight division (which starts at a weight of more than 96 kg (212 lb) for men and more than 67 kg (148 lb) for women), all divisions begin at a weight of more than 96 kg (212 lb) for men and more than 67 kg (148 lb) for women. Wrestlers in the senior age category can move up a weight class. For their levels of freestyle competition, various nations may have different weight groups and age ranges. Wrestling has different weight ranges for different age levels, both at the school level and at

the senior level. Wrestlers in the junior age group are allowed to compete in senior level tournaments. Wrestlers under the age of 18 in the relevant year must, however, have a medical certificate and parental authorization in order to compete at the senior level. Senior tournaments are not open to wrestlers under the age of 17 in the year in question. Weight divisions are used to ensure that all wrestlers participating in the competition have a fair chance of winning.

#### **4. Discuss the various ways of winning points by a wrestler.**

**Ans.** Wrestling is a sport in which the aim is to pin the opponent on his back. A pin (or fall) occurs when you place your opponent on his or her back for two seconds with either portion of both shoulders or both shoulder blades in contact with the mat. When you pin your opponent, the game is over, and you are the winner. If no one is pinned at the end of the match, the wrestler with the most points is declared the winner.

Wrestling rules vary depending on the type of wrestling game being played.

- Wrestling styles prohibit the use of martial arts techniques. For example, in Greco-Roman Wrestling, players cannot hold an opponent below the waist, but holding legs is usually permitted in Freestyle Wrestling. Kicks and strikes are not allowed.
- Wearing the logo or abbreviation of another nation in a wrestling outfit is forbidden.
- Any greasy or sticky material should not be applied to the body.
- Arriving at the mat perspiring at the start of the match and at the start of each time is forbidden.
- Except in the case of injury and on doctor's orders, wearing bandages on fingers, wrists, limbs, or ankles is forbidden. Elastic straps must be used to protect these bandages.
- Any item that may injure the opponent, such as rings, bracelets, prosthetics, piercings, and so on, is forbidden.
- Women wrestlers are not allowed to wear underwired bras.

## **II. Short Answer Questions**

### **1. List down the match officials in wrestling.**

**Ans.** A personal referee who is on the villain's permanent payroll is an important gimmick for villain wrestlers. The referee may be a stooge or a trusted ally in a high-ranking role. This is a more elaborate version of the "corrupt referee" gimmick, in which the referee's allegiance is publicly declared and flaunted to enrage the viewer – the referee is excluded from prosecution due to his official status. For example, when the New World Order hired WCW's senior referee Nick Patrick as the sole official of nWo matches, he became the sole official of nWo matches. In 1997, he officiated every match at the nWo Souled Out event. In WCW, Ric Flair and The Four Horsemen had their own personal referee, Charles Robinson, who gradually took on Flair's appearance and mannerisms, earning the moniker "Little Naitch" after Flair's nickname "Nature Boy." Referees refused to work Scott Steiner's matches for a period in WCW, so he hired Mark "Slick" Johnson as his personal referee.

## **2. Who was the first wrestler to win an Olympic medal?**

**Ans.** Sushil Kumar, an Indian wrestler, earned his first Olympic medal on this day in 2008 (August 20th) at the Beijing Olympics. Sushil defeated Kazakhstan's Leonid Spiridonov 3-1 in the bronze medal match of the 66kg freestyle final, becoming the second Indian to earn an Olympic medal in wrestling after Khashaba Dadasaheb Jadhav. Sushil reflected on the day, saying that the medal "absolutely changed Indian wrestling as well as his life." "On this day, August 20, 2008, I earned my first Olympic medal... To the glory of my medal... The medal that changed Indian wrestling, as well as my life, forever.

## **3. What are the two types of wrestling styles?**

**Ans.** Belt-and-jacket, catch-hold, and open wrestling matches are the three basic styles of wrestling matches, all of which seem to have originated in antiquity. . Belt-and-jacket wrestling refers to a style of wrestling in which the wrestler's clothes are used as the primary means of grabbing the opponent. It's just a special belt worn by both wrestlers in some situations, but it's also a special belted jacket and special trousers in others. Catch-hold styles allow competitors to take a precise grip prior to the start of the fight, which must be maintained throughout the fight. Wrestling comes in a variety of forms, including:

games for amateurs

sports for professionals, and

amusements from sports

Some styles exist in more than one of these three broad categories, and some styles have existed in more than one of these broad categories. If this is the

case and an article exists, it can appear in two or more of the lists below and be connected to. It's worth noting that the term "professional wrestling" usually refers to a type of sports entertainment, but it may also refer to a competitive sport at the professional level.

#### **4. What is the name of the governing body of wrestling in India?**

**Ans.** Wrestling has been common in India since ancient times, and it was primarily used as a physical fitness exercise. Wrestlers used to wear a linen cloth called Langota in the past. Malla Yuddh was the real name for the wrestling-like technique that was used in India. Bhima was a prominent character in the epic Mahabharata, and he was regarded as a great wrestler at the time. Other great wrestlers in the Mahabharata included Jarasangha, Duryodhana, Karna, and Balarama. Hanuman is portrayed as one of the greatest wrestlers of all time in another Indian epic, the Ramayana.

#### **5. What does WFI stands for?**

**Ans.** Women's wrestling will be held in Agra on January 30th and 31st, while freestyle wrestling will be held in Noida on January 23rd and 24th. While no official announcement of the venue or date for the Greco-Roman category has been made, it is expected to take place in Punjab in February. Wrestling has been common in India since ancient times, and it was primarily used as a physical fitness exercise. Wrestlers used to wear a linen cloth called Langota in the past. The genuine article Malla Yuddh was the name given to a wrestling-like technique used in India.

#### **6. What is the term used for wrestling costume?**

**Ans.** Contestants must line up on the mat's side, wearing a one-piece singlet of the color given to them (red or blue). A singlet with a combination of red and blue colors is prohibited.

#### **7. What is the major difference between Greco-roman and free style wrestling?**

**Ans.** Wrestling is a fighting activity that takes place on a circular mat. To win the match, participants must use their upper bodies to perform a series of different movements in order to pin their opponent and/or score points. Many people believe Greco-Roman wrestling is the world's oldest sport, with ancient cave drawings indicating tournaments as far back as 3000 BC. Greco-Roman Wrestling was a staple of the modern Olympics when they first began in 1896, and the sport has continued to appear in different forms at the games ever. In Greco-Roman Olympic wrestling, the Soviet Union leads the overall medal table, but Finland, Sweden, and Hungary have also had a lot of success.

Cuba did well at the 2016 Summer Olympics, winning two golds and a silver, while Russia, Armenia, and Serbia all took home medals.

### **III. Fill in the Blanks**

1. The first national wrestling championship under WFI was held in \_\_\_\_\_.

Ans. the month of January..

2. Passivity zone is of \_\_\_\_\_ m in width

Ans. seven meters

3. First Indian male medallist in Olympics was \_\_\_\_\_.

Ans. Khashaba Jadhav.

4. First Indian woman medallist in Olympics was \_\_\_\_\_.

Ans. Karnam Malleswari.

5. \_\_\_\_\_ is the only Indian wrestler to win two medals at the Olympics Games.

Ans. Sushil Kumar Solanki

### **IV. State whether True or False**

1. The registered office of wrestling federation of India is located in UT of Delhi.

Ans. True.

2. Women wrestlers participated first time in Olympics after the gap of 100 years of their male counterpart.

Ans. False.

3. In freestyle wrestling, the techniques are used only above the waist.

Ans. False.

4. Wrestling is a combat sports originated from Martial Arts.

Ans. True.

5. Weight categories in Greco-Roman and freestyle are same.

Ans. False.