

Chapter - 5

Team Games

Basketball

I. Long Answer Questions

1. Explain the reason behind invention of Basketball by Dr. Neismith.

Ans. Basketball was created in the US, conceived by Dr. James Naismith, who was a physical educator at the Springfield, Massachusetts International Young Men's Christian Association Training School (YMCA), in December 1891.

Naismith tried to keep his students busy and in good health in a vigorous indoor football. But he got a soccer ball and two wooden peneches, after dismissing several proposals. At 10 feet up on the floor at the opposite ends of the gymnasium, he hung the baskets at the railing of the balcony.

The goal was to throw the football in the fishing ponds. The game was around. The first basketball game was played by students from Springfield, physical education (PE) college in December 1891 with 9 teams on both sides.

In 1932 the FIBA International Basketball Association was established in Geneva (French acronym: International Basketball Association). Basketball was used in the 1904 Olympics of St. Louis, Missouri, USA. The Olympic game in Berlin in 1936 was formally recognized. Basketball was played in 1951 in New Delhi, owing to its wide success.

2. What are the reasons of basketball's development at such a fast pace?

Ans. -In December of 1891 Dr. James Naismith invented the game of basketball as it is now known to fit young athletes during the freezing months of Springfield, Massachusetts. The aim of the game was to put basketball into the fruit baskets clinging to the bottom of the gym.

-The game became very common in America and then in other parts of the world as the 20th century advanced. The competitive game followed when basketball was founded at American colleges.

-Based in 1946, the American National Basketball Association (NBA), which had been established at the end of this century and had become an integrated part of American culture, developed into a multibillion-dollar business.

3. Discuss the functional rules of basketball.

Ans. - Violation: A breach is a breach of the rules. During the game, there are several forms of violations.

1. Player out-of-bounds and ball out-of-bounds: If a player comes into touch with the body side-line or end-line, the player is out of-bounds.

2. Dribble: The dribble begins as a player gains hold of a live ball, flips, taps, rolls or purposefully throws it at the backboard before touching another player. The dribbling takes off. A dribble stops when the player either touches the ball with both hands or allows the ball to settle in one.

3. Time Rule: Three seconds-A player can not keep the ball for longer than 3 consecutive seconds in the limited field of the opponent.

(i). A player can't keep the ball for over 5 seconds - Five seconds.

(ii). 8 seconds – In 8 seconds, the team must go to the courts of opponents.

(iii). 24 seconds-The ball has to be shot within maximum 24 seconds if a team gets possession of it.

4. Back court: the ball should not be returned unlawful to its backyard by a party that has jurisdiction of the ball in the front yard.

4. Explain the four fouls in basketball.

Ans. -In basketball, an infringement is more grave than an infringement of the rules.

-Rules:-

1. Personal fault: a personal fault happens when two competitors have unlawful interaction. A player shall not hold, block, drive, charge or retrieve the opponent by expanding the body part, nor shall a player allow himself or herself to play rough or violently in a 'abnormal' position. A player committing more than five personal fouls is not allowed to play.

(a) Charging: an attacking error when a player drives a defensive player or runs over it. The squad in whom the foul was engaged is given the ball.

(b) Blocking: This is an improper personal touch, preventing an opponent's advance with or without the ball.

2. Technical Foul: a behavioral non-contact defect (disregarding warning, disrespectful, foul language, delay, etc.).

3. Foul unsporting: a foul where spirit or rough relationship is formed.

4. Decommissioning. Foul: any act of non-sporting (violence) involving actors, coaches or members of a delegation.

No matter the punishment, the defendant is indicted in default, entered on the score sheet and accordingly punished. The law shall be followed by any potential foul penalties imposed on players on the playing court or by any circumstances leading to the war.

II. Short Answer Questions

1. What is the full form of FIBA?

Ans. -The International Federation of Basketball, most widely known as FIBA, is a group of national organizations that run international basketball competition.

-The International Basketball Federation (FIBA: International Basketball Federation) is an association of national basketball sports organizations worldwide. In 1989, the term amateur was omitted from the name, but kept the acronym; the "BA," in the past, reflects the first two letters of basketball. In 1989 the Federation International de Basketball Amateur was renamed.

2. Who is known as the father of basketball?

Ans. -The person who invented basketball, James Naismith.

-He was a Canadian-American athletic educator, a doctor, a Christian chaplain, a sports teacher and an inventor of the basketball game, and James Naismith (6 November 1861 – 28 November 1939). After travelling to America, he wrote his first basketball rulebook, "The Father of basketball," a trainee's career.

3. What is the full form of BFI?

Ans. -The BFI is in its entirety the Indian Basketball Federation.

-The BFI is India's overseeing and managing basketball body. India's Federation of Basketball. It is responsible for developing and promoting India's sporting authority at all levels. BFI oversees all basketball activities in India at national level, and the Indian Sports Authority also operates an Indian Basketball Federation.

4. When was the first set of basketball rules framed?

Ans. Naismith issued rules for a new game on 21 December 1891 using five simple concepts and 13 rules. On that day he called the Armory Street courts for his class to play a match: 9 vs 9 using a football and 2 fishing baskets.

5. What is the height of basketball ring from the floor?

Ans. -Basketball hoops are nearly invariably 10 feet (3 metres) above the ground in gyms, parks and roads across the globe.

-Some leagues are played by young children in shortages, but the game is played on hoops norm 10 feet high, from junior schools to professional leagues.

6. What is the weight of the basketball?

Ans. -Official 29.5" sized basketball with a minimum weight of 22 lb. In diameter.

-NBA's official weight and height is 22 ounces and 29.5 inches in diameter (1.38 lbs or 0.62 kg).

III. Fill in the Blanks

1. The first national basketball championship was held in _____ under IOC.

Ans. The first national basketball championship was held in 1934 in New Delhi under IOC.

2. Basketball become a regular part of Olympics officially in the year of _____.

Ans. Basketball become a regular part of Olympics officially in the year of 1904.

3. Basketball game is divided into _____ quarters.

Ans. Basketball game is divided into four quarters.

4. Circumference of a basketball is _____.

Ans. Circumference of a basketball is 29.5"

IV. State whether True or False

1. The first national championship under BFI was conducted in 1951.

Ans. Therefore. the given statement is false.

2. Three seconds rule is related to violation

Ans. Therefore, the given statement is true.

3. The boundary lines are a part of playing area in Basketball

Ans. Therefore, the given statement is true.

Cricket

I. Long Answer Questions

1. Write down the international and Indian history of cricket.

Ans. -International History of Cricket :-

-The accounts of King Edward I refer to a cricket-like game, played at Kent in 1300. Cricket was recorded in England for the first time in the 16th century. Research shows that the match developed from a very old and widely used game to spend time serving a small object like a wooden ball or some other stuff, and a player hit the game with a suitable item. In Kent in 1646 was the first known cricket match. In England during the 1700s Cricket was very well known and well documented.

-The game saw the development of arm bowling after 1760 by replacing it with arm bowling. On 31 May 1787 was established the Marylebone Cricket Club (MCC).

-After a year, the laws on the game were created. Throughout the game his rules were adopted. Today, MCC is still the guardian and arbiter of cricket rules worldwide. Cricket is the game played now, recognizably. Cricket entered West India in the 1800's and cricket in South Africa and New Zealand was played in the 19th century. In 1844, the United States and Canada contested the first international cricket game. The match took place at the New York Cricket Club St George's site. Two matches against full Australian XIs were played by the visiting team in Australia in 1877, now known as the opening matches.

-Cricket History in India:-

-Since it began, Cricket is certainly one of India's most famous sports. The First Cricket Club was founded in 1848 and played their first match in Bombay, called the Parsee Oriental Cricket Club (Mumbai).

-The trip to Indian cricket started from this stage. In 1926, Indian Cricket's first world exposition took place. A Marylebone Cricket Club team travelled across India in the same year. Even if it was an unofficial visit, the Indians were very involved in the matches played by MCC on the tour.

-The great Indian cricket player, C.K. Naidu, also played beautifully against the MCC in Bombay for a century. On 30th November 1907 was founded the Imperial Cricket Conference, now the International Cricket Council. As members of the ICC, there are currently 105 nations. The Indian Cricket Control Board (BCCI) was set up in 1928. In 1932, India took her first England test match. Cricket can now be played in all three formats, from a 5-day trial to a thrilling one-day 50 format to a 20-fold format dubbed T20.

2. Explain the 11 ways through which a batsman can be given 'out' in the game of cricket.

Ans. -There are 11 different ways to "out" a batsman in the cricket game.

1. Bowled: When a ball is bowled, and strikes the batsman's hitting wickets, a batsman is released (unless the ball has at least one bail or stump). If the ball has hit the bat, gloves, body or some other batsman, doesn't matter.
2. Trapped: If a bat hit the ball, or the hand holds a fur-tree, or the wicket keeper or bowler catches the fur-tree, the fighter is called as caught.
3. Stumbled: You will hand out a batsman if the wicker places the wicket while the player is out of pitch and does not try a run, but tries to play the ball and hits it (while trying a run it will be running out).
4. Leg Before Wicket (LBW): If the ball is bowled (not the No Ball), the batsman is caught without contact, the bat and the arbitration considers and decides that, should it's not the batsman, the ball will have hit the wickets. If however, the player strikes the batman outside the stump line as the player tries to play a stroke, the player is not out.
5. Run Out: The batsman is out if the popping ball is not moved to a bottom of a bat or body, and the wicket is placed down on the field side equally.
6. Touch Wicket: If, after the bowling has reached the route of delivery, a batsman hits the wicket with the bat or body and a ball comes into play, then the player is off.
7. Handled the Ball: When the batsman holds the ball voluntarily, without the permission of the opposition, with the hand that does not strike the Bat then the player is ruled out.
8. Field obstructing: a batsman is removed if the opposition is knowingly impeded by word or gesture.

9. Timed out: the time to face a ball or to be on non-striker ends within three minutes of the release of the outgoing batsman. The entrant batsman will be disclosed if this is not achieved.

10. Strike the Ball twice: if a batsman strikes a ball twice as much as his wicket's security, he is out.

11. Retreat: If a batsman withdraws without the permission of an arbitrator and has no consent to re-enter the hospital from the opposing captain, then he is effectively out of the house.

Many more rules on cricket are in place. Many of the more sophisticated rules and laws can be learnt and are not necessary for general gambling.

3. Elaborate the different types of bowling in cricket

Ans. -Shipping can take place by fast bowlers or spin bowlers. The fast bowlers prefer to either drive the ball away from the ground or move through the air ('swing'), while the spinners either move the ball to a left-hand batsman or turn away from him (as in the case of leg spin and left-arm orthodox spin).

- The ball will bounce from a batsman at various distances, this is known as the delivery time. It can range from a bouncer (sometimes as high as the head of the batsman) to a yorker (landing at his feet).
- One moving to bowl the batsman on a cricket ball is a cricket delivery or ball. This terms may include events following bowling of the ball (i.e. a dropping of wickets) if the ball is not dead.

- Cricket bowling type: guide from A to Z for quick and spin bowling:-

1. Bouncer.
2. Outs winger.
3. In swingers.
4. Reverse Swing.
5. Leg and Off Cutter.
6. Yorker.
7. Slower Ball.

4. Explain the different types of batting in cricket.

Ans. -In cricket, batting is the act or the ability to strike the ball with a bat to score runs and avoid the wicket loss. Any player currently batting is referred to as a batsman, a batswoman or a hitter, irrespective of whether batting is his specialist field.

-The hook, pull and quadrature are cross-sectional shots where the arms for optimum strength are entirely extended. The hook and pull are normally played for medium and leg bumps, while the square cut is played out of the stump to a ball. You can also play the leg look and drive at your back.

II. Short Answer Questions

1. When and where was the BCCI framed?

Ans.

- The Indian Cricket Board(BCCI) is India's leading body for cricket and is under the remit of the Government of India, the Ministry of Youth and Sports. The board was founded by the Tamil Nadu Societies Registration Act in December 1928 as a company.
- It is a coalition of state cricket organizations and state associations choose their officials who elect the BCCI Chief in turn.
- The Wankhede Stadium, Bombay, headquartered at this site. Grant Govan was her first President and the first secretary Anthony De Mello.

2. What is the old and new full form of ICC?

Ans.

- The old full form of ICC is International Cricket Conference.
- The new full form of ICC is International International Cricket Council.
- Cricket is a world-leading body, International Cricket Council (ICC). Representatives from Australia, England and South Africa established it in 1909 as the Imperial Cricket Conference. In 1965, it was called the International Cricket Conference and in 1989 the present name was taken over.

3. What is T20?

Ans. A newly introduced one day cricket version, T20 cricket or Twenty 20 cricket, can be described as a brief cricket match with a limited amount of over 20 minutes of gameplay, with an interval between half an hour, lasting around 80 minutes per input.

4. What is a Wide Ball?

Ans. -According to Law 21.1.1: "The umpire shall adjust the umpire to Wide if the bowler bowls a ball that is not a no ball if the ball goes by where the

striking man stands according to its 22.1.2 meaning and if that too has gone wide, the striking man standing on his regular ward"

-Law 21.1.2 provides that 'The ball is considered to go far enough from the striker to be able to connect with the bat with a standard cricket stroke.'

5. Who was the recipient of Rajiv Gandhi Khel Ratna Award in 2018?

Ans. In 2018, Rajiv Gandhi Khel Ratna Award was presented to Virat Kohli. The Arjuna Award was presented to Smriti Mandhana. Tarak Sinha has been honoured as a coach with the Dronacharya Award.

III. Fill in the Blanks

1. Cricket is a game played with a _____ and _____ on a large field, known as a _____.

Ans. Cricket is played with a bat and ball on a large field, known as ground.

2. First Indian batsman who scored century in Test Match was _____.

Ans. Nanik Amarnath Bhardwaj

3. First Indian batsman who scored century in One day match is _____.

Ans. Kapil Dev .

4. The colour of cricket ball should be _____ in night test matches.

Ans. Pink ball

IV. State whether True or False

1. There are two types of crease

Ans. Therefore. the given statement is false.

2. The height of stumps is 28 inches.

Ans. Therefore, the given statement is true.

3. A 'Bye' run is scored when a batsman is trying to hit the ball but could not hit it and is miss-field by the fielder or wicket keeper.

Ans. Therefore, the given statement is true.

4. A batsman is not out if he willingly obstructs the opposition by word or action.

Ans. Therefore. the given statement is false.

Football

1. Explain the world history of Football.

Ans. -Rugby as well as soccer have a similar origin. Most people thought that they go with the ball in their hands instead of throwing. The ball was to kick the legs without any law and regulations. On the opposite, more people stood for soccer and kicked, as the ball was more qualified. In football, it was necessary to handle and manage the ball using a high degree of ability accuracy.

-The rules for playing in Britain and Scotland have been reorganized and intelligent to establish organized sports. At this point the people spoke out as tripping, shining and so on against harsh customs.

-As was the case, several people even disapproved of the ball's paw. The football rugby party retired and established a new subsidiary in 1863 in England.

-The sport established by the "Association Football," "Rugby Football" and "Gaelic Football" in Ireland in recent years. The Football Association was later founded in England and became the first governing body of sports. Established in 1904 as an independent governing body of football, the International Association (FIFA) was founded in Paris. The soccer game is called "Soccer" in today's situation.

2. Draw a labelled football ground.

Ans. student do it yourself

3. Explain any five laws of football.

Ans.

- Law 1:- The Play area: It describes the field surface and ground marking dimensions. The playing field should be rectangular, and the width should not surpass the field length. For a normal soccer pitch, FIFA specifies a minimum size of 45 metres / 90 metres and a maximum size of 90 metres / 120 metres. In addition to the official matches or the international contests, FIFA has established minimum football terrain measures of 64 metres to 100 and 75 metres to 110 metres.
- Law 2:- Ball: Football shall comply with the following requirements in accordance with FIFA legislation

- a. The spherical form of the ball is needed.
- b. Leather or other appropriate materials accepted by the governing body should be made.
- c. The ball shall be 68 to 70 cm, equivalent to between 27 and 28 inches.
- d. At the beginning of the play, the ball's weight shall be between 410 and 450g equivalent to 14-16 oz.
- e. Atmospheric pressure (600–1.1 g/cm²) at sea level can equate to 0.6–1.1 air pressure.
- Law 3:- Player number: two teams play a match. No more than 11 players shall be on each side throughout the game, one of whom must serve as a guard. If either team consists of less than seven players, a match does not begin. Substitution: A match played in official competition held under the sponsorships of FIFA or member associations can include up to three substitutes. The competition rules shall state how many alternate nominees may be appointed for all other competitions, from three to a limit of twelve, prior to the start of the tournament.
- Law 4:- Equipment for Players: A player's basic obligatory equipment includes the following items:
 - a. A sleeve or jersey: As the underwear is used, the color may be the same as the jersey or shirt sleeve.
 - b. Trousers: Where undershorts or cords have been used, the color of the shorts must be the same.
 - c. Foods: When externally attached tape or related material, it has to be of the same color as the portion of the storage to which it is applied.
 - d. Shin watchmen.
 - e. Shoes.
- Law 5:- The arbitrator: each match shall be supervised by the arbitrator who enforces the laws of the game. Implement the Game Laws.

- a. Respondent duties
- b. Monitor the match in collaboration with the assistant arbitrators (Line Judges) and the fourth official wherever appropriate (Table Official).
- c. Ensure that the used ball complies with Law No. 2 criteria.
- d. Makes sure that the equipment of the player complies with Law no. 4 specifications.
- e. acts as timekeeper and maintains a match log.
- f. for every breach of the Laws, stops, suspends or abends the play.

- g. stop, pause or leave the match due to any external intervention
- h. Stop the match, if a player is severely injured in his view and ensuring that the player has been taken out of the playground. Only after the game has restarted, an injured player will return to the field of play.
- i. Allows the action to resume until the ball is out of play \sift a player is, in his opinion, only mildly injured.

4. What are the players' equipment in football?

Ans. -There is a variety to play football with the ball on the ground. There's no need for the players to play a lot of sports equipment. Any devices used by players include cleat shoes, gloves, shin protector and head gear. We will read about these devices in depth in this part.

-Cleats or turfs—Every footballer has an essential equipment. These are specially made shoes with bottom spikes, which have great grass traction.

-Socks – The football socks are very long and are designed to cover the guards.

-Shin Guards – Used to shield the shine of the player. During football, opposing players attempt by kicking in the shiny field to hurt players. It may be a player's deliberate or unintended action. Therefore, security appliances are shin guards.

-Soccer Ball – This is the primary playing technology and the whole game. A soccer rubber with plastic bladder and plastic coverings is made of vulcanized rubber.

5. List the types of kicks in football and explain any two.

Ans.

- Penalty Kick: A kick is sent against a team committing one of the 10 crimes inside its own territory, during the ball. A penalty kick will score a goal directly. All players other than the goalkeeper will be placed after the penalty kick –
 - a. in the playing area.
 - b. beyond the field of punishment.
- Target Kick: Target kick is a way to restart the game. A goal kick comes when the whole ball crosses over the line, on the field or in the air, when a player from the attacking side has been touched by his last time. A goal can only be scored by the winning side directly in a goal kick. If the

goal kick is pushed to the very objective of the team, the winning team will be given a corner.

- **Football Kick Forms:-**

1. Kick push. The push kick or the kick inside the foot makes you to give the teammate a very precise and quick move.
2. External kick. If your rival, who more obviously expects a push blow, is to surprise and trick you, use his foot outside rather.
3. Kick of the toe.
4. Heel back.

II. Short Answer Questions

1. When was the first Football Association formed?

Ans. The FA is the governing body of football associations in England and is based in Jersey, Guernsey and the Isle of Man. The Organization is also known as FA. Founded in 1863, this organization is the world's oldest football group and is responsible for the management of all forms of amateur and professional play.

2. Tsu-Chu was played in which country?

Ans. Tsu Chu in China was a kicking game established in 2500 BC. The term Tsu refers to "kick the ball with your paws," and Chu refers to "a stuffed cloth ball. On Emperor's birthday, the Tsu Chu game was played.

3. What is FIFA?

Ans. -FIFA means the "International Football Association Federation" in French. It is known in English as the International Football Association. The FIFA is an international governing body which administers the soccer, futsal and beach soccer association and promotes them.

-FIFA sees its job as protecting and improving the football game for all over the world as well as the organisation of international tournaments. It suspects people who would like football tournaments hosted in their country that they collect millions of US dollars in bribes instead of hosting equally.

4. When was AIFF formed?

Ans. AIFF is simply known as the All India Football Federation and the governing body for soccer associations in India, under the responsibility of the Indian Ministry of Sports and Youth. The Asian Football Confederation, the

Asian soccer supervisor in Asia, was one of the founding members of this federation in 1937.

5. What are the dimensions of a football field for international competitions?

Ans. Under the FIFA requirements a football field should have such minimum and maximum dimensions: The range (touch line) must be at least 90 yds and at least 120 yds (130 yds). The range (goal line) must be at least 45 m (50 yds) and at least 90 m. (100 yds).

6. List the criteria as per FIFA for the football to be used

Ans. Both lines do not exceed 12 cm and have the same width (5 ins). Two squares, 5.5 m (6 yds), are drawn from within each pole at the right angle to the target line. These rows stretch to 5,5 m (6 yds) of the field and are linked by a route drawn parallel to the finishing line.

7. What is the difference between free kick, indirect free kick and penalty kick?

Ans. -A straight free kick allows a direct shot from the kick. A free kick indirect ensures that someone else must strike the ball before it can be taken as a goal shot. Well, the indirect free kick is normally granted if a goalkeeper commits a particular crime in its own place.

-Generally speaking, a direct kick is a contact foul or a hand ball. Everything else is indirect. All the rest. A penalty kick resulted from the defending team's touch foul or a handball in the area – the big box in either end of the field. It is a direct blow, hence, too.

III. Fill in the Blanks

1. The game of football is also known as _____ in the world.

Ans. The game of football is also known as Rugby in the world.

2. The first known/oldest football tournament is _____.

Ans. The first known/oldest football tournament is The FA Cup.

3. India holds the record of organising _____ cup as second oldest tournament in the world.

Ans. India holds the record of organizing Cromwell Cup as second oldest tournament in the world.

4. Less than _____ players cannot be allowed for a team to play in tournament.

Ans. Less than eleven players cannot be allowed for a team to play in tournament.

5. Two yellow cards are equal to _____ which means sending off offence.

Ans. Two yellow cards are equal to red card which means sending off offence.

IV. State whether True or False

1. The Throw-In is a method of restarting play

Ans. Therefore, the given statement is true.

2. The measurement of a goal area is 5.5m × 19m.

Ans. Therefore, the given statement is true.

3. A goal can be scored directly from the indirect free kick

Ans. Therefore, the given statement false.

4. A direct free kick, kicked in own goal is awarded as corner to opponent.

Ans. Therefore, the given statement is true.

5. Unsporting behaviour is a questionable offence.

Ans. Therefore, the given statement is false.

6. A direct goal can be scored from the corner kick but only against the opposing team.

Ans. Therefore, the given statement is true.

7. A flag post should not be less than 1.5m (5 feet).

Ans. Therefore, the statement is true.

Handball

I. Long Answer Questions

1. Write down the History of Handball.

Ans.

- Somewhere in Northern Europe at the end of the nineteenth century, the laws that Karl Schelenz had done had to be unified. In Berlin, in

1917, the new rules of play took effect. In 1928 the Federation of International Handball Amateur was founded for the first time. It was named the International Handball Federation in Copenhagen, Denmark in 1946. (IHF). Avery Brundage — an American who became secretary of the International Olympic Committee— was IHF's first president (IOC).

- After its debut at the Berlin Olympic Games in 1936 and its return to the 1972 Olympic Games in Munich the first Feld Handball World Championships was held in Germany in 1938. In the 1976 Montreal Olympic games the women's version of the game was added. Handball indoors was created in Denmark in the 1940s. Founded in 1946, the International Handball Federation monitors the game and has 175 member countries. The world men's handball championship started in 1954 with the First International Handball Federation (IHF). The IHF World Championship for Women Handball began in 1957.
- The Asian Handball Federation (AHF) is Asia's leading handball body. In 1974, the Asian Handball Federation started by the martyr Sheik Fahad Al-Ahmad Al-Sabah of Kuwait, demanding acknowledgment of the Handball Game and the establishment of the Asian Handball Federation at Seventh Asian Games, Tehran, Iran.
- In 1974, the Asia Handball Federation appeared. Accordingly, Handball had been recognized as an official game by the Asian Games Federation at its meeting on 26 August 1974. HQ is in Kuwait City, Kuwait. HQ is based. In 1972 the Indian Handball Federation was established. In 1972, Rohtak, Haryana, hosted the First Senior National Handball Championship.
- The gold medal was won by Haryana, the silver medal was won by Vidharbha. Handball Team took part for the first time in India in 1982 in Asian games held in India.

2. Draw a labelled handball playfield.

Ans. student do it yourself

3. Explain the functional rules of Handball.

Ans.

- functional rules of Handball.

1. Area of playback of functional rules:- The handball court is 40 metres long and 20 metres wide, split along the centre line. The main line is the target area line, or 6-meter line. Nobody is permitted in the target area except the goalkeeper. Opponent players cannot leap to get into the target area until the ball is released.

2. Applicant Number:- Each team has 16 players and replacements. Seven players (six court players and one goalkeeper) are in each squad. Replacement team member will enter the game repeatedly at any moment, as long as the replacement player leaves courts, from the substitute field of the team itself.

3. Players' Uniform:- The number of the player's chest is from 1 to 99. The same colour is on uniform shirts and trousers. Torchman must wear a coloured shirt rather than his teammates and adversaries. Joys are not permitted.

4. Arbitrators:- There are two arbitrators, a court arbitrator and a target arbitrator. The arbitrators have full jurisdiction and binding judgement. A timekeeper and a scorer support the referees.

5. Download:- If the ball is left on the sidelines or a defensive player (not an arbiter) touches the ball second, a jet is awarded and the finish line is left out. The jump is made from the place closest to the ball. To take the pitch, the thrower has to place on his feet sideways. Both adversaries must be 3 metres from the ball.

6. Puncture:- A goal is scored as the whole ball goes into the goal. All kind of jump can be scored from a target, i.e., the free jump, the throw-in and the goal-to-jump.

4. Differentiate between the 6 m Goal Area Line and 9 m free throw line.

Ans. -Line 6m — dividing line from goalkeepers to the others. Line 7m — where penalty shots are taken after players with a good risk of firing on a target are taken. 9m line — an arcing dotted line that stretches from the goal. It indicates that an offensive team continues the game after the line is filled.

II. Short Answer Questions

1. What is the full form of IHF?

Ans. The full form of IHF is International Handball Federation.

- The IHF is the regulatory and monitoring body for handball and handball on the sand. IHF organises the main international competitions

of the Handball, especially the 1938 IHF World Men's Handball Championship and the 1957 IHF Women's Handball World Championship.

2. When and where was the IHF framed?

Ans. In Munich 1972 (men's tournament) and Montreal 1976 (women's tournament), for the first time the Handball teams took part in the Olympics.

- IHF Tournaments – Handball was first featured on the IHF in the 1972 Men's and 1976 Montreal (Man's tournament) Olympic Games under the auspices of the IHF.

3. How many players and substitutes are there in a Handball team?

Ans. Each team consists of seven court players and seven bench replacements. One court player must be the appointed goalkeeper who differs from other field players in his/her clothes. The replacement of players may be performed in any number of games at any time.

4. Write down the names of the current Indian Handball team members?

Ans. -Captain of the Indian Men's Handball Team thanks IOA for their help. Sport promotion. Aug 11 (ANI): New Delhi: Captain deepak Ahlawat thanked Indian Men's Handball Team for their help in the next Asian Games, India's Olympic Association (IOA).

- The players are selected: Manjula, Jyoti Shukla, Srishti, Nina, Deepa, Sushma, Menika (Asian Games), Ujjwala (Asian Championship), Povitar and Santhiya (South Asian Championships), Monika (Joint Asian Champional), Jyothi, Kusum and Bhavika.

III. Fill in the Blanks

1. The first national handball championship was held in _____.

Ans. 1972.

2. Handball became a regular part of Olympics officially in the year of _____ .

Ans. 1972.

3. Time out is related to _____ quarters of playing time.

Ans. two

4. Panalty line is _____ away from the Goal Post.

Ans. 12 yards (10.97m)

IV. State whether True or False

1. The first World Championship under IHF was conducted in 1954.

Ans. Therefore, the given statement is true.

2. 3 seconds rule is related to violation

Ans Therefore, the given statement is true.

3. The length of a Handball ground is 42 m.

Ans. Therefore, the given statement is false.

Hockey

I. Long Answer Questions

1. Who founded the International Hockey Federation and in which year?

Ans. Paul Leautey, who became President first in reaction to the failure of field hockey to participate in the 1924 Summer Olympics program, created FIH on 7 January 1924 in Paris. Austria, Belgium, Czechoslovakia, France, Hungary, Spain and Switzerland became the first members to join the seven founding members.

2. In which year was hockey introduced in the Olympic Games.

Ans. Hockey became a major feature of the Olympic program since its first appearance at the 1908 games in London after the 1920 Antwerp Games. In the 1980 Moscow Games, women entered this sport. Men have been participating in a 12 team tournament since the 2000 Games in Sydney, women in a 10 team tournament.

3. Draw a labelled diagram of hockey field playground.

Ans. student do it yourself.

4. Explain in detail the new match time format in field hockey.

Ans.

- In accordance with the current format, the time span will switch from 70 minutes (up to two half 35 minutes) to a 60-minute affairs, with a time-out of four and fifteen minutes.
- Since 2017, the game comprises four periods of 15 minutes, 2 minutes after each point, and 15 minutes before the shift. Every time the goals are scored, the game begins with a pass from the center of the field.

5. Explain the new format of shootout in field hockey.

Ans.

- The assailant advances with the ball on the 23 m line and the goalie starts in the finish line. If the whistle is blown, you can switch and you have a target for 8 seconds. Like its ancestor, five players from every side are selected for a felony shoot-out.
- If a game is bound for the 5-minute, 4-on-4 cycle of overtime, the teams take part in a shooting, in which 3 skaters take alternate sanctions against the opponent. If you are already attached to a squad after three rounds, 'sudden death' shots are taken to take a call.
- Standard seasonal games are three-20 minute intervals, followed by a five-minute period in professional hockey (both in North America and Europe) and major junior hockey, where regulatory time has ended in a draw. If nobody takes overtime, both teams will be shooting and the home side will have either to take a first or a second shoot.
- Afterwards each team switches shots to another team. For the NHL, if a team leads until each team is gone from the first 3 shooters, then the team will win. For the AHL five shooters must switch to formally end the game for all sides.

II. Short Answer Questions

1. What is the full form of FIH?

Ans. The FIH is the world governing body for indoor hockey and field hockey. The International Federation is also known as the FIH acronym. His registered office is in Lausanne, Switzerland and Dr Narinder Dhruv Batra is the president.

2. What is the weight of a field hockey ball?

Ans. Ball:-

- a. is spherical.
- b. is 224 mm to 235 mm in diameter.
- c. weights from 156 to 163 gram.
- d. shall be made of some substance of white color (or an accepted color that corresponds with the surface of the playing).
- e. it is difficult with a smooth surface, but indentation is allowed.

3. What should be the shape of the head of a hockey stick?

Ans.

- Stick:-
 - (a) The 'J' or 'U' form shall be the head.
 - (b) Only the left hand head should be flat.
 - (c) Any curvature along a stick's length (bow or rake) shall have a continued smooth profile along the entire length and shall be present at both the play side and the stick's back but not at both and shall be limited to 25 mm depth.

4. How many umpires are there in field hockey?

Ans.

- A hockey arbitrator is allowed to decide in compliance with the rules of the game after a game. There are two umpires in each hockey game.
- An umpire in field hockey is a person entitled to decide on the pitch according to the rules of the game. Theoretically, they are responsible for decision-making in their respective field halves, while virtually 'control' each diagonal field half.

5. How many types of cards can be issued by the umpire in field hockey? What is the effect of yellow card on a player?

Ans.

- Any player who commits a repetitive offence can receive a card from an umpire. Three kinds of cards are available
- Green card: suspends the player temporarily for at least two minutes.

- Yellow card: suspends the player temporarily for a period of at least five minutes.
- Red card: suspends the team from the game continuously. The unit plays along with the rest of the players whether a player is suspended temporarily or indefinitely.

III. Fill in the Blanks

1. The height of the goal post in field hockey is _____.

Ans. 2.14m.

2. The player is suspended for _____ minutes if he gets a green card.

Ans. two

3. National championship for field hockey is _____.

Ans. American intercollegiate field hockey tournament.

4. The duration of a field hockey match is _____.

Ans. 35 minutes.

5. The international field hockey match played is _____ quarters of _____ minutes.

Ans. The international field hockey match played is Four quarters of Fifteen minutes.

6. Indian men's Hockey team won _____ gold medals in Olympic Games.

Ans. six

IV. State whether True or False

1. A player is suspended for 5 minutes when the umpire shows yellow card to the player.

Ans. Therefore, the given statement is true.

2. The height of the backboard in goal post is 480 mm

Ans. Therefore, the given statement is false.

3. The height of the flag post is 2.00 m.

Ans. Therefore, the given statement is false.

4. Field hockey was first introduced in 1900 Olympic Games.

Ans. Therefore, the given statement is false.

Kabaddi

I. Long Answer Questions

1. Briefly explain the origin of Kabaddi as a game in India.

Ans.

- Kabaddi is an Indian indigenous game that has been born and grown since Mahabharata's epic times. The word "Kabaddi" is derived from the words "Kaunbada," meaning "Contest an adversary."
- " The game is called Hu-Tu-Tu in West India, Ha-Do-Do in Eastern India and Bangladesh, Chedugudu in South India and North India. Game, Hu-Tu-Tu-Tu. In 1918, Kabaddi became a national.
- The pioneering state of Maharashtra was to introduce the national forum and fame to the game. Standard rules and regulations were drawn up in 1918, but were printed in 1923, and the All India Tournament in Baroda with these rules was held in that same year.

2. Describe any three rules of giving raid.

Ans. Continue to sing the raider "Kabaddi." Before the player reaches the opposing court, raider must begin the chant.

- If the raider moves out of turn, the raider must revert to the Umpire or Referee and the opposing side will get a technical item from the raider.
- The opposition court shall not be admitted by more than one raider at once; otherwise the opponent shall be given a technical point and an opportunity to raid.

3. What are the situations in which the raider can be given 'out'?

Ans. No raider shall force the raider out of the border by the will of some part of its body or drag the body off the border of any raider. The raiser shall declare the raider or the catcher, as the case may be, 'Not Out,' and the launched or the raider pushing or pulling the opponents outside of the border shall be ruled out. If the raider pushes or pulls outside the line, the raider shall declare 'Not Out.'

4. How does an anti-raider team get points?

Ans. Each team will score or set out one point for each adversary. Two extra points must be scored on the side which has a 'lona.'

For each bonus point awarded, each team will get a single point. The defensive side gets an extra bonus point if it is captured when only 3 defenders are there or fewer.

If the entire opposition team is ruled "out," a team pays a bonus of 2 points, called a "lona" The team with the most scores wins at the conclusion of the season.

5. How can a bonus point be scored?

Ans. Bonus Point:- The bonus points are granted to the raider for passing the bonus line when the catcher team has at least 6 men.

- The bonus line applies where at least 6 defenders are in court; once the raid is completed, the referee/empire awards the bonus point with the thumb up to the sides.

II. Short Answer Questions

1. Name the place from where Kabaddi has originated?

Ans. Modern Kabaddi played in India and parts of South Asia after 1930. In 1921 in Maharashtra the first recognized system for Kabaddi contests on the model of Sanjeevani and Gemini in the Indian indigenous sports was created.

2. When did Kabaddi receive international exposure?

Ans. The Kabaddi World Cup will be held by the International Kabaddi Federation (IKF) as a traditional international kabaddi tournament, challenged by male and female national teams. Kabaddi World Cup In 2004, 2007 and 2016, the race has already been disputed. India has dominated all of the tournaments.

In 1982 the game opened as demonstration sport at the 1982 Asian Games in New Delhi, when the game was really introduced to the world and particularly Asia for kabaddi.

3. How many players play in a Kabaddi match?

Ans. There are a minimum of twelve players on each class. Seven positions are played at one point with backups for the rest of the players.

Rules of Match. In their match day roster, each team must have at least 10 (ten) players and at most 12 (twelve) players. The remaining 3 (three) to 5 (five) PLAYERS shall replace the remaining 7 (seven) Players.

4. What is 'lona'?

Ans. The opponent team wins a point any time a player is "out." If the entire opposition team is ruled "out," a team pays a bonus of 2 points, called a "lona" The team with the most scores wins at the conclusion of the season.

5. What is the duration of time out in a Kabaddi match?

Ans. The Captain, coach, or any player member of the team who has approval of a referee shall be allowed to take two 'time outs' of 30 seconds each in half. The day off is added to the time of the match.

6. Enlist some defensive fundamental techniques mostly used in Kabaddi.

Ans. Kabaddi Basics: Practice These 6 defensive skills Kabaddi

- 1 Hold the Ankle.
- 2 The holder of the Thigh.
- 3 Hold the knee / hold the knee.
- 4 The holding tail/return/trunk.
- 5 The Tackle Block.
- 6 The holder of the Wrist.

7. What does green card indicate in Kabaddi?

Ans. The arbitrator can use the following cards to warn a player coach/manager/team, temporarily pause or halt the match or debar the tournament: Green Card: An initial warning against any laws that have been violated.

III. Fill in the Blanks

1. The game of Kabaddi has been developed and played since the epic age of _____.

Ans. Mahabharata.

2. The surface for playing Kabaddi game in present day is _____.

Ans. synthetic mats.

3. A raider is allowed to chant only_____.

Ans. “ KABADDI” .

4. A raider cannot be held by his _____ or _____.

Ans. A raider cannot be held by his limb or trunk.

5. When all the members of a team are made out by the opponents, it is called _____.

Ans. When all the members of a team are made out by the opponents, it is called defender.

IV. State whether True or False

1. To warn a player, the umpire shows green card.

Ans. Therefore, the given statement is true.

2. Temporary suspension of 4 minutes is given by yellow card.

Ans. Therefore, the given statement is false.

3. Red card is given to a player for suspension from the match.

Ans. Therefore, the given statement is true.

4. A raider gets 1 point for crossing the bonus line only when there are minimum 6 defending players.

Ans. Therefore, the given statement is true.

5. In the case of tie match in knock-out tournament, five raids are allowed from both the teams.

Ans. Therefore, the given statement is true.

Kho-Kho

I. Long Answer Questions

1. Explain the history of Kho-Kho

Ans. The origins of Kho-Kho are unknown, but many scholars assume it is a modified form of 'Tag'/'Catch,' which includes chasing and touching an individual in its most basic form. Kho-Kho, which originated in Maharashtra, was once known as Rathra and was played on 'raths' or chariots. The game's

current appearance dates back to 1914, when World War I broke out. However, neither the playground dimensions nor the poles that demarcate the central line existed at the time. The element of time was also absent. The Deccan Gymkhana club of Pune, Maharashtra, so called and baptized by great Indian leader Lokmanya Tilak and Bhai Narorkar, drafted the first-ever rules and regulations, symbolizing the game's metamorphosis to come. This initial stage described the playground's limitations, but it sadly lacked the poles that marked the field's central line. Instead, chasers raced around less experienced players squatting at the ends of the latter, returning to the midfield. Even back then, however, the game piqued the interest of industry experts. Experts quickly realized that the game necessitates the highest level of swift and brisk movements, extremely high nerve reflexes, and incredible endurance, all of which are characteristics of a world-class athlete. Pace, stamina, flexibility, agility, power, and neuromuscular coordination are all needed in this game. It is well received by the public, media, and spectators. The game's quick pace enthralled spectators to the point that the Governor of the Bombay Presidency, H.E. Lord Willingdon, praised the game's merits and potential. The Inter School Sports Organization was established in 1923-24, and Kho Kho was introduced to establish at the grassroots and thus popularize the sport. The change paid off, and the game of Kho Kho owes its existence to the efforts of the Deccan Gymkhana and Hind Vijay Gymkhana. A match consists of two innings, with each inning consisting of nine minutes of chasing and running turns. Eight people from one team sit on their knees in the middle of the court, facing opposite directions. The runners take the field three at a time, and the team that touches all of their rivals with the shortest amount of time wins. The runner is allowed to go between two sitting players, but the chaser is not allowed to turn around or go between the players, so the chaser must run in the same direction unless he wishes to touch either end pole and run in the opposite direction.

2. Draw a Kho-Kho court according to the specifications.

Ans. The playing field for kho kho is rectangular. It has a length of 27 by 16 meters (89 ft 52 ft) nio. Two wooden poles stand in the center of these two rectangles. The central lane is 24 m x 30 cm in size. There are eight cross lanes that run across the central street, each measuring 16 meters by 35 centimeters. It creates two small rectangles, each measuring 16 m 2.3 m (the two rectangles near the wooden poles are 2.55 m wide), at right angles to the central lane and divided evenly into two sections, each measuring 7.85 m (25.8 ft). Two smooth wooden poles, 120 cm to 125 cm high from the ground and 28.25 to 31.4 cm in diameter, are fixed at the end of the central lane, the

free zone tangent to the post-line. Poles/posts, strings, metallic measuring tape, lime powder, wire nails, two watches, styles of rings with inner circumferences of 28.25 and 31.4 cm, score shots (such as a whistle), and devices to record the scores are all used in kho kho. Only lime powder (or any substitute) can be used for unofficial games, as long as the cross lanes, center lane, and field boundaries are clearly marked. The strings and rings are solely for the purpose of properly demarcating the same.

3. Describe some fundamental skills of Kho-Kho.

Ans. The origins of Kho-Kho are unclear, but many scholars assume it is a modified version of 'Run and Chase,' which includes chasing and touching an individual in its most basic form. The creation of 'Akharas' and 'Vyayamshalas' in Maharashtra has been linked to the popularity and growth of this game. The game Kho-Kho is thought to have originated in Pune, Maharashtra, and has since spread throughout the world, as well as to neighboring countries such as Nepal, Bangladesh, Sri Lanka, and Pakistan. A committee of veteran players drafted the rules for this game in 1914. Initially, instead of the posts, two players were made to stand at the two ends. The game is governed by the rules set by the Kho- Kho Federation of India, which was formed in 1956. The first Kho-Kho championship is thought to have taken place in Vijaywada in 1959. This game has been modernized by the 'Hanuman Vyayam Prasarak Mandal' in Amravati. The Kho-Kho game was first played at the National Games in Delhi in 1985. In 1996, the first Asian Kho-Kho championship was held in Calcutta, with Nepal, Bangladesh, Sri Lanka, and India competing. In 1936, it was also used as a demonstration game at the Berlin Olympics.

Giving Kho and Chasing the Runner: When signaling a sitting chaser to get off square and begin chasing the runner, the chaser must say "Kho." If he fails to say this term, a foul is called and the Kho Kho rules are broken.

Fake Kho and Sudden Kho: Fake Kho is a way to divert the chaser's attention or distract him from chasing the runner. The chaser pretends to send Kho to his teammates when actually chasing the runner. The chaser gives immediate Kho to a teammate in sud

Choosing a direction: The chaser team player must carefully hold his foot out of the box because his foot will determine which way he will run to catch the runner; otherwise, a foul will be called.

den Kho, making it difficult for the runner to avoid being trapped.

Diving is a sport that requires a lot of preparation and practice to master. This is a very powerful way of contacting and capturing the chaser. The chaser then pounces on the successful runner and touches him out.

Pole Diving is a unique style of diving. In this form of diving, the runner ensures that he has a wooden pole to support him when

diving to meet the runner. Players use basic Kho Kho Training strategies to improve their above-mentioned abilities.

4. Write about the important national and international tournaments organised in Kho-Kho.

Ans. The Indian subcontinent's Kho-Kho is a tag sport. It is played by two teams of twelve players, nine of whom reach the field and try to avoid being touched by opponents. In India, Kho-Kho is one of the most common traditional sports. Maharashtra is where the game began. Kho-Kho was originally known as RATHERA and was played on 'raths' or chariots. India has won several international Kho Kho tournaments. It all began when she won the first Asian Kho-Kho Championship. India recently won gold for both men and women at the 2016 South Asian Games in Guwahati, India. Individual honors in Kho-Kho include the Arjuna Award, Eklavya Award for men, Rani Laxmi Bai Award for women, Veer Abhimanyu Award for boys under 18, and Janaki Award for girls under 16. The Kho-Kho Federation of India is the only governing body for this sport in India (K.K.F.I.) The National Kho-Kho Championships are India's oldest domestic Kho-Kho tournaments. In 1960, the first men's National Kho-Kho championship was held in Vijayawada, Andhra Pradesh. The competition is divided into three categories: Senior, Junior, and Sub-Junior. The League cum knockout format is used in this competition. There are eight zones to explore. Furthermore, the top two teams from each division will advance to the tournament's knockout stages. The annual tournament, now in its 52nd edition, features teams from all over India competing for the title. Institutional teams, such as the Railways and Airports Authority of India, compete alongside state teams for top honors. In October 2017, Indian Railways won the 51st Senior National Kho-Kho Championships for men, which were held in Kolhapur, Maharashtra. In March 2018, Maharashtra won the 31st Junior National Kho-Kho Championships for boys, which were held in Imphal, Manipur. In addition, in May 2017, the Maharashtrian Sub Junior team won the 28th Sub-Junior National Kho-Kho Championships for boys, which were held in Nasik, Maharashtra. Other domestic tournaments in Kho-Kho include the Federation Cup, Mayors Cup, and Nehru Gold Cup. The Federation Cup is currently in its 29th year. In December 2017, Maharashtra won the men's and women's finals of the 28th Federation Cup National Kho-Kho Championship in Hyderabad. The KKFI announced in March 2018 that a League format in kho kho will be introduced. The nationwide competition, which will be sponsored by KKFI, will most likely be known as the 'Kho Kho League.' However, the league is still in its infancy, and it appears that it will begin this year. The Federation is planning to issue

tenders to enable various stakeholders to contribute to the empowerment of a low-key sport like Kho Kho in India.

5. Explain the general rules and regulations of Kho-Kho.

Ans. A match consists of two innings, with each inning consisting of nine minutes of chasing and running turns. Eight people from one team sit on their knees in the middle of the court, facing opposite directions. The runners take the field three at a time, and the team that touches all of their rivals with the shortest amount of time wins. The runner is allowed to go between two sitting players, but the chaser is not allowed to turn around or go between the players, so the chaser must run in the same direction unless he wishes to touch either end pole and run in the opposite direction.

Norms and laws in general

1. There are 12 players on each side. The game is played by nine people.
2. The captain decides whether to run (defend) or chase (chase) based on the toss (attacking).
3. During the assault, nine players from the chasing team take part, with eight of them sitting on the central lane's boxes. The players rotate sitting in the boxes in such a way that they face in opposite directions.
4. An aggressive chaser sits in their box and sends the team's own sitting player the verbal signal "kho" with a quick tap of his or her palm on his or her back. If the sitting player moves before the kho is finished, it is an infringement. The sitting player's breach is referred to as a "early kho."
5. A chaser is not permitted to change direction when chasing, but they are allowed to change direction in rectangles known as free zones that are beyond the poles.
6. If a chaser makes contact with the runner, the runner is disqualified.
7. The game is split into two innings. There are nine minutes for chasing (attack) and nine minutes for running for each team (defend).
8. The running team is split into three classes, each of which has three members. The first group enters when the game begins, and the second group enters when the first group's players have exited, and the game continues.
9. If any part of a runner's body hits or passes beyond the playing area when protecting himself, he is also ruled out.

10. Before sending the runners' order to the officials, a substitution can be made: a) for the runners' squad. b) Chasers can be replaced at any time during the game.

11. As the runner exits, he or she should go to the lobby designated for his or her party.

12. There are two umpires, one official, one timekeeper, and one scorer in a match.

6. Explain the dimensions of the Kho-Kho ground for women.

Ans. Kale became interested in kho kho at the age of ten and began playing it. Kho kho is a common Indian traditional sport that is played all over the world. In 2006, Kale was chosen for the Maharashtra women's state kho kho team, with whom she has participated in 25 national championships and tournaments. In 2010, she was named captain of the state team and led it to three national titles. Kale joined the Indian national team in 2015 and was elected captain the following year. At the 2016 South Asian Games in Guwahati, India's team won the gold medal. In April 2016, her team won the Third Asian Kho-Kho Championship in Indore, defeating Bangladesh 26–16 in the final match, with Kale earning the match winner trophy. Her success in the championship won her a cash prize of 51,000. Kale was born in the village of Umbre Kota in the Maharashtra district of Osmanabad. Her family was poor, and her father, mother, and grandmother worked hard to help her pursue her sporting dreams. From first to twelfth grade, she attended Shripatrao Bhosale High School in Osmanabad, and for her undergraduate studies, she attended Terna Mahavidyalaya in the district. Arts Science and Commerce College in Naldurg awarded her a postgraduate degree. Kale has won various honors and distinctions, including the Maharashtra government's Shiv Chhatrapati Award. Following her performance at the South Asian Games in 2016, she was named Sports Officer of Tuljapur Tahsil. In recognition of her accomplishments, she won the Arjuna Award from the Ministry of Youth Affairs and Sports of the Indian government in 2020. She is the first woman athlete from Maharashtra's Marathwada district to win the Arjuna Award, as well as the first kho kho player in 22 years; the previous kho kho player to win the award was Shoba Narayan in 1998.

II. Short Answer Questions

1. Define 'chasers'.

Ans. Throughout the ride to Camp Lejeune, Eddie and Rock's personalities clash often. When they arrive at their destination, they learn that the prisoner they are transporting is Toni Johnson, a lovely young lady (Erika Eleniak). When she tries to flee as a waitress at a diner but is apprehended, they quickly learn that bringing her back is no easy task. Later, she imitates the start of her period by stuffing tampons into the van's gas tank, causing the van to stall on the lane. The trio comes across an abandoned mine while walking and falls down the shaft by mistake. Standing on each other's backs, they struggle to get out.

2. State the height of the pole in Kho-Kho.

Ans. The origins of Kho-Kho are unknown, but many scholars assume it is a modified form of 'Tag'/'Catch,' which includes chasing and touching an individual in its most basic form. Kho-Kho, which originated in Maharashtra, was once known as Rathra and was played on 'raths' or chariots. The game's current appearance dates back to 1914, when World War I broke out. However, neither the playground dimensions nor the poles that demarcate the central line existed at the time. The element of time was also absent.

3. Can a runner touch the sitting chaser?

Ans. This game is played on a rectangular court/field measuring 16 meters by 29 meters. At the start of the game, a coin is flipped, and the party that wins the toss gets to be the runner or chaser. Without crossing the line, the active chaser is able to hit the runner in the center lane, the runner in the center lane, or the runner on the other hand. Sitting chasers are not permitted to leave their squares until the word 'kho' is given. The active chaser, along with 'kho,' must take the place of the chaser and sit in his square. If the active chaser has started chasing in one direction, he is not allowed to change directions or turn around until he reaches the post. When sitting, the chaser should not hinder the runners in any way.

4. Is a player considered out, if his both feet are outside the playing court?

AnsThe last player to touch the ball (including touching the player's hair or uniform) until it goes out causes it to go out-of-bounds, assuming it is out-of-bounds because of something other than a player. If the ball goes out-of-bounds when it is touched by a player who is on or outside a boundary, the player is to blame. If a player has his hand on the ball and an opponent strikes that part of the hand, the ball goes out of bounds, the team whose player had his hand on the ball keeps possession.

5. Name the basic techniques of Kho-Kho.

Ans. The game has now spread throughout the world, as well as into neighboring countries such as Nepal, Pakistan, Sri Lanka, and Bangladesh. This book is for all English fans from China and South Korea, who have shown a strong interest in the game. Because of their expertise and experience playing the game, beginners and experts alike, as well as students of the game, would benefit. I am certain that they will contribute to the game's literature in the near future. However, it is a fact that no one has attempted it to date. So I decided to come with my contribution in the hopes that it would compel them to publish, even if it was only to correct me.

6. Who was the first Kho-Kho player to get the Arjuna Award?

Ans. Kale has won various honors and distinctions, including the Maharashtra government's Shiv Chhatrapati Award. Following her performance at the South Asian Games in 2016, she was named Sports Officer of Tuljapur Tahsil. In recognition of her accomplishments, she won the Arjuna Award from the Ministry of Youth Affairs and Sports of the Indian government in 2020. She is the first woman athlete from Maharashtra's Marathwada district to win the Arjuna Award, as well as the first kho kho player in 22 years; the previous kho kho player to win the award was Shoba Narayan in 1998.

7. Can the chasers finish their turn before the allotted time?

Ans. The Chasers have the Quaffle and are attempting to pass it through the goal hoops to the Keeper. A ten-point value is assigned to each goal. As the game normally starts with the Referee releasing the Quaffle into the air for the Chasers to try and claim, they are comparable to football's forwards. The Chasers have possession of the Quaffle and are attempting to move it to the Keeper through the goal hoops. Each target is given a ten-point value. They are similar to football forwards since the game usually begins with the Referee releasing the Quaffle into the air for the Chasers to try and claim.

8. Will the defenders have to come again, if they are all out before the time?

Ans. If a Defender is out, he must return to the Teams Block by exiting from the nearest Side Line or End Line via the Lobby. When all three Runners in a batch haven't made up their minds (not yet), The Referee has the discretion to determine the batch and declare them out if they have not reached the Field before two correct KHOS are issued. h. If a batch of three defenders is given out as Late Entry, the Referee must allow the next batch to reach the field within 15 seconds of the previous batch. Every time a defender is knocked out, the chasing team gets a point.

9. What are the dimensions of each square for men's playfield?

Ans. For international matches, the ICC Standard Playing Conditions specify the minimum and maximum size of the playing surface. The ICC Men's Test Match Playing Conditions, as well as the ICC Men's One Day International Playing Conditions, state in law 19.1.3: The goal would be to make each venue's playing area as large as possible. No boundary should be longer than 90 yards (82.29 meters) and no boundary should be shorter than 65 yards (59.43 meters) from the center of the pitch to be used in terms of distance.

10. How many points are awarded if a runner is out?

Ans. Kho-kho is a popular Indian sport. Pune was the birthplace of this game (Maharashtra). In Maharashtra, Akharas and Vyayamshalas have been linked to the game's popularity and growth. This game's modern format was provided by the 'Hanuman Vyayam Pracharak Mandal Baroda.' In 1960, the first men's national championship was held. In 1961, the women's kho-kho championship was created. The Kho-Kho match was demonstrated at the Asian Games in Delhi in 1982, but it has never been included in the Asian Games since.

11. How many officials are required in a Kho-Kho match?

Ans. A match consists of two innings, with each inning consisting of nine minutes of chasing and running turns. Eight people from one team sit on their knees in the middle of the court, facing opposite directions. The runners take the field three at a time, and the team that touches all of their rivals with the shortest amount of time wins. The runner is allowed to go between two sitting players, but the chaser is not allowed to turn around or go between the players, so the chaser must run in the same direction unless he wishes to touch either end pole and run in the opposite direction. . When reversing paths, he will cross over to the other side by going around the pole. The toss determines who is the starter and who is the chaser. A game is made up of two innings of chasing and defending turns, each lasting nine minutes. The chasing team's captain has the option of ending the turn before the time limit has expired. A match is won by the team that scores the most points.

12. Name some of the famous players of Kho-Kho.

Ans. A group of Kho-Kho fans wanted to make a much-needed improvement, so they set out to figure out the best way to bring attention to the age-old sport. It was not at all difficult to find the answer! All we have to do now is win the World Championships, and then everyone will recognize us, and the sport will grow!" said Kumar Vaidyanathan, a Kho-Kho fan. It's because each year, one of the US-based teams is crowned WORLD CHAMPIONS after winning the World Series of Baseball! This creates a lot of excitement and enthusiasm

among its supporters, as well as encouraging other teams to compete for the spot.

13. How many players are there in a Kho-Kho team?

Ans. The KHO KHO game is one of India's oldest traditional tag games. It's a team sport. A team is made up of 12 players, a coach, a manager, and other support personnel. To begin the game, 9 players will take the field, with three defenders from the opposing team attempting to avoid being touched by the chasers. It's a high-intensity game involving chasing and running. The sitting team's goal is to "tag" the opposing team. The chasers are limited to running in one direction and are unable to cross the central road. To get to the other side, they must run around the post. Another choice is to delegate chasing to another chaser whose back is to you when you're running. To indicate the change, the attacker touches the chaser he wants (usually the one closest to the target) and says "Kho" loudly.

14. How many innings are there in a Kho-Kho match?

Ans. Each team gets seven minutes to chase and seven minutes to protect in an innings. Eight members of the chasing squad sit in eight squares in the field's central lane, facing opposite directions. The active chaser (also known as the attacker) is the ninth participant, who starts his pursuit at any of the posts. By touching an opponent with the palm of their hand, the successful chaser "knocks out" that person. The defenders (also known as runners) attempt to complete the seven-minute game while avoiding being touched by the chaser and staying inside the field's boundaries. In batches of three, runners reach the chase field (also known as the rectangle).

15. What is the total duration of a Kho-Kho match?

Ans. One team is designated as the chasers, while the other is designated as the defenders or runners. A chaser pursues the runners in the game, tags and brushes them, and outs them with the pass. In a match, each team must chase and defend for 9 minutes twice. There are three ways to get rid of a defender: 1) If he is touched with his palm by an active chaser without fouling 2) if he goes beyond the limits on his own; 3) if he arrives late at the limit. The chaser must maneuver around the players, but the defender is free to move in and out of the game, even around the players, when the chaser is trailing behind the defender. There is a 5-minute break at the end of each inning. The turns are separated by a 2-minute period. Each team takes turns chasing and defending. In 1924, the first kho-kho rules were written in Gymkhana Baroda.

16. Who had given the modern form to Kho-Kho?

Ans. The game's quick pace enthralled spectators to the point that the Governor of the Bombay Presidency, H.E. Lord Willingdon, praised the game's merits and potential. The Inter School Sports Organization was established in 1923-24, and Kho Kho was introduced to establish at the grassroots and thus popularize the sport. The change paid off, and the game of Kho Kho owes its existence to the efforts of the Deccan Gymkhana and Hind Vijay Gymkhana.

III. Fill in the Blanks

1. For the first time, the rules of Kho-Kho were framed in the year _____.

Ans. 1914.

2. The modern frame of the game is credited to _____.

Ans. Hanuman Vyayam Prasarak Mandal.

3. The governing body of Kho-Kho in India is _____.

Ans. Haryana.

4. Asian championship started in _____.

Ans. March 1951.

5. Chaser in Kho-Kho is also called _____.

Ans. runners.

IV. State whether True or False

1. Hanuman Vyayam Prasarak Mandal has given the modern form of Kho-Kho

Ans. True.

2. Kho-Kho federation of India was established in 1940.

Ans. False.

3. Eleven players play in a Kho-Kho game.

Ans. True

4. Running team is divided into three groups consisting three players each.

Ans. True

5. The Kho-Kho game develops agility.

Ans. True.

Volleyball

I. Long Answer Questions

1. Explain the international and Indian history of Volleyball game.

Ans. 1. In 1951, the Indian Volleyball Federation was founded. The game was governed by the Indian Olympic Association (IOA) before the establishment of the Volleyball Federation of India (VFI) and only for men was held every two years, from 1936 to 1950.

2. Team sport is volleyball. The teams are divided into a wide network. In either side of the net there are six teams. Twelve replacement players are permitted for each roster. The game begins when every team's captain decide on which side of the court to play by jumping a coin, which decides who will serve the ball first. It's just about keeping the ball in the breeze. With a limit of three strokes a player, a ball can be played with any part of the body. If the ball strikes the ground at some moment, the other team's side is that the ball has fallen on it.

2. Explain about 'libero' in Volleyball.

Ans. 1. The libero is a defense player: the libero can wear a jersey in comparison to their teammates and cannot block or attack the ball until it is completely higher than the net. If the ball is not in use, the libero will change back-row players without the officials being informed beforehand.

2. A libero is a back-row defense player in indoor volleyball. Because they only play in the back row, the ball control capabilities of these players are always smaller than the front-line blockers and hitter. The ball control position was established.

3. Write down the scoring system in Volleyball.

Ans. a. The best five sets of matches are played. The first four sets are played at 25, and the final set at 15. A team has two points to score. No ceiling is available, so that a series persists until one team achieves an advantage of two points.

b. In volleyball there are two primary categories of scoreboard: scoreboard and score boarding. Only the service team can achieve points after a rally with a result on the side outside.

4. Explain about the fundamental skills of Volleyball.

Ans. 1. The service:-

- (a) Operation of tennis.
- (b) Serve and jump
- (c) Service floating

2. The Continue:-

- (a) Pass under arm.
- (b) Head Ride Over Head.
- (c) Diving and going.
- (d) A side-rolling arm pass.

3. Configuration:-

- (a) Volley Pass overhead or

4. The attack:-

- (a) Spike or Smash

5. The Middle:-

- (a) One-piece.
- (b) Cube twice.

6. Service of tennis:-

- (a) The ball is fingering on, with the weight concurrently shifted on the left foot forward.
- (b) In order to propel the ball, the arm is extended.
- (c) The Wrist keeps the forearm and the shoulder relaxed with the flat palm.
- (d) the bottom, shoulder, elbow and hand are rotated to step around.
- (e) Arm accelerates rapidly to the ball, hitting it with palm foundation.
- (f) The striking arm and the torso switch to the back foot.

7. Continue:-

- (a) Under Arm Pass: this is the ability to receive a hitting ball or dropped ball while the ball is behind the forehead...

- (b) overhead pass: When the ball is high, over shoulders and head of the player, this skill is commonly used for ball fixing or for a loose ball crossed.
- (c) The configuration: the configuration ability is usually a second ball touch to provide a spike for another player. That ability is used to spike a ball or put the ball into the court of the opponent.
- (d) The serving: It is used for playing the ball, for starting the volleyball and this is done by one player only. It is also divided into three major sections.
 - (i) Operation of tennis.
 - (ii) Service of jumping
 - (iii) floating service flowing service
- (e) The attack: a player tries, in this skill, to score a point by hitting a ball from the net to an opponent's court. It is carried out both from the front and back areas.
- (f) The Block: a player tries in this ability to avoid the other side from hitting the ball on its court. A player prevents the opposite team from scoring a goal by using block technique.

II. Short Answer Questions

1. When was the Volleyball Federation of India (VFI) formed?

Ans. The Indian Federation was founded in 1951. Before the formation of the Volleyball Federation of India (VFI), the games were ruled by the Indian Olympic Association (IOA), only for men every 2 years from 1936 to 1950. In Lahore 1936 there was the first championship (now in Pakistan).

2. When was the Federation Internationale de Volleyball (FIVB) founded?

Ans. The International Amateur Handball Federation was part of the FIVB until the FIVB's founding. In April 1947 the FIVB was founded in France. Any of the European federations started in the late 1940s to resolve the problem of becoming a leading international body for volleyball sports.

Eventually initial negotiations led to the establishment in 1947 of a constitutional congress.

Fourteen federations from five continents attended the events, in which the body was established between 18 and 20 April and the first was Frenchman Paul Libaud.

3. List the equipment used in Volleyball.

Ans. Indoor volleyball is a common piece of equipment, but often teams use knee pads and ankle braces on a daily basis. No special equipment is needed for beach (outdoor) volleyball, but sun shade and hydration must be planned.

4. Write down the fundamental skills of Volleyball.

Ans. 1. The service:-

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(b) Serve and jump

(c) Service floating

2. The Continue:-

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(f) The striking arm and the torso switch to the back foot.

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(e) The attack: a player tries, in this skill, to score a point by hitting a ball from the net to an opponent's court. It is carried out both from the front and back areas.

(f) The Block: a player tries in this ability to avoid the other side from hitting the ball on its court. A player prevents the opposite team from scoring a goal by using block technique.

5. Name the types of services in Volleyball.

Ans. 1. Underhand Service:- This service is mostly used in leisure volleyball. The other forms of services do not need the standard of expertise or teamwork. You keep the ball in the same hand with one foot stepped back. Then move the other hand forward to strike the ball right below the middle (or equator) of the ball.

2. Excess serving:-

The key service is most popular in high school and university competitive volleyball, with the top spin and the float serving both overhand and overhead.

3. Fleeting:-

A float service or a float is a non-spinning service. It is called a floater since it moves in a manner that is erratic and hard to transfer. A float serves to trap the air and can travel to the right or the left abruptly or drop abruptly.

4. Top spots:-

A topspin serving is doing just this – it spins quickly from the tip. This serving can be much more predictable than a floater, but because of its swift and difficult to pass, it can be difficult to manage when it falls fast.

5. Jump Serve:-

The jump serving is more advanced and uses an even higher toss, several feet ahead of the server. You use the technique of an attack more, run to hit the ball when you're in the air. This serving keeps your wrist steep and keeps your palm in a spot facing the goal.

6. What is 'attack' in Volleyball?

Ans. Attack: the aggressive volleyball attack. Attacker: also referred to as 'hitting' or 'spiking.' An basketball player trying to drive the ball to finally gain a win for his club. Back Court: Area between the end line and the assault line.

7. Who was the recipient of the Arjuna award in 2014 in Volleyball?

Ans. Tom Joseph has played Indian volleyball in many international tournaments for India. For his great volleyball success during the whole year, he received the Arjuna award in 2014.

III. Fill in the Blanks

1. In Volleyball, the height of the free space above the playing area from the playing surface shall be _____ m.

Ans. 7

2. Diagonal measurement of full Volleyball court shall be _____ m.

Ans. 20.125

3. A team may request a maximum of _____ substitutions per set.

Ans. Twelve

IV. State whether True or False

1. Volleyball was introduced in 1964, Tokyo Olympic Games.

Ans. Therefore, the given statement is true.

2. Federation Internationale de Volleyball (FIVB) was formed in 1949.

Ans. Therefore, the given statement is false.

3. Libero cannot serve, block or attempt to block.

Ans. Therefore, the given statement is true.