

ICSE SEMESTER 2 EXAMINATION
SPECIMEN QUESTION PAPER
PHYSICAL EDUCATION

Maximum Marks: 50

Time allowed: One and a half hours

Answers to this Paper must be written on the paper provided separately.

You will not be allowed to write during the first 10 minutes.

This time is to be spent in reading the question paper.

The time given at the head of this Paper is the time allowed for writing the answers.

*Answer questions from **any two games** you have studied.*

*Each game is divided into **two** Sections, **SECTION A** and **SECTION B**.*

*Attempt **all** questions from **SECTION A** and **any two questions** from **SECTION B** of the **two** games that you have studied.*

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

CRICKET

SECTION A

*(Attempt **all** questions.)*

Question 1

Choose the correct answers to the questions from the given options. (Do not copy the question, Write the correct answer only.)

[5]

(i) Where did the game of cricket originate?

- (a) India.
- (b) Australia.
- (c) West Indies.
- (d) England.

- (ii) What is the full form of ICC?
- (a) International Conference on Communications.
 - (b) International Commerce Centre.
 - (c) International Cricket Council.
 - (d) Indian Cricket Control.
- (iii) The term used when a batsman is dismissed without scoring any run:
- (a) Duck.
 - (b) Over.
 - (c) Bye.
 - (d) Leg bye.
- (iv) What is the total width of the pitched stumps?
- (a) 9 inches. (22.8 cm)
 - (b) 28 inches. (71.1 cm)
 - (c) 38 inches. (96.5 cm).
 - (d) 22 yards. (20.12 m).
- (v) What is the distance between a bowling crease and a popping crease?
- (a) 10 feet. (3.04 m)
 - (b) 4 feet. (1.22 m)
 - (c) 22 yards. (20.12 m)
 - (d) 12 ft (3.66 m)

SECTION B

*(Attempt **any two** questions from this Section.)*

Question 2

- (i) What is bump ball in cricket? [2]
- (ii) Define the term Stumped. [2]
- (iii) Name any three national tournaments in cricket. [3]
- (iv) What is the importance of the '30-yard circle' in a cricket match? [3]

Question 3

- (i) Explain the term Timed out in cricket. [2]
- (ii) What do you mean by a Tie match in cricket? [2]
- (iii) State any three duties of Main Umpire in cricket. [3]
- (iv) Write down any three fielding positions on Leg side in cricket. [3]

Question 4

- (i) State any two variations of spin bowling. [2]
- (ii) Explain the term Stance in cricket. [2]
- (iii) What is a Declaration in cricket? [3]
- (iv) State any three ways by which runs are scored in cricket. [3]

FOOTBALL

SECTION A

*(Attempt **all** questions.)*

Question 5

Choose the correct answers to the questions from the given options. (Do not copy the question, Write the correct answer only.) [5]

- (i) What is the number of playing members on the field in a football match?
 - (a) 15.
 - (b) 7.
 - (c) 11.
 - (d) 12.
- (ii) Which size ball is used in an international football match?
 - (a) 2.
 - (b) 1.
 - (c) 3.
 - (d) 5.

- (iii) The field of play is divided into two halves by:
- (a) Sideline.
 - (b) Half way line.
 - (c) Endline.
 - (d) Touch line.
- (iv) How much time is allotted for interval during a football match?
- (a) 15 minutes.
 - (b) 30 minutes.
 - (c) 45 minutes.
 - (d) 90 minutes.
- (v) What is the width and length of the football goal area?
- (a) 16.5 m by 40.32 m
 - (b) 5.5 m by 18.32 m.
 - (c) 5.0 m by 18 m.
 - (d) 16.5 yards by 40.5 yards.

SECTION B

*(Attempt **any two** questions from this Section.)*

Question 6

- (i) Explain the term Heading in football. [2]
- (ii) What is Optional Mark in football? [2]
- (iii) Write any three duties of captain in football. [3]
- (iv) What is the procedure of resuming the game from a direct free kick? [3]

Question 7

- (i) Explain the term wall pass in football. [2]
- (ii) What is sudden death in football? [2]
- (iii) Give any three instances when kick-off is initiated. [3]
- (iv) Mention any three fundamental skills of playing football. [3]

Question 8

- (i) Explain the term Lob Pass in football? [2]
- (ii) What is Zonal marking in football? [2]
- (iii) State any three duties of a Referee during the football match. [3]
- (iv) Name any three compulsory equipment of a football player. [3]

HOCKEY

SECTION A

(Attempt *all* questions.)

Question 9

Choose the correct answers to the questions from the given options. (Do not copy the question, Write the correct answer only.) [5]

- (i) Which among these is the highest governing body of hockey?
 - (a) Federation International de Hockey.
 - (b) International Hockey Association.
 - (c) World Hockey Federation.
 - (d) International Hockey Council.
- (ii) The height of each flag post is:
 - (a) 1.20 m to 1.50 m.
 - (b) 1.25 yards to 1.55 yards.
 - (c) 1.2 cm to 2.2 cm.
 - (d) 2.30 cm to 3.30 cm.
- (iii) Which player is allowed to touch the ball with his feet during a match?
 - (a) Defender.
 - (b) Goalkeeper.
 - (c) Winger.
 - (d) Centre-forward.

- (iv) Duration of each half of a hockey men's game is:
- (a) 30 minutes.
 - (b) 40 minutes.
 - (c) 35 minutes.
 - (d) 50 minutes.
- (v) What is the colour of the ball used in a hockey game?
- (a) Pink.
 - (b) Blue.
 - (c) White.
 - (d) Black.

SECTION B

*(Attempt **any two** questions from this Section.)*

Question 10

- (i) Define the term Dangerous Play in hockey? [2]
- (ii) Explain the term Scoop in hockey. [2]
- (iii) Explain the importance of the Shooting Circle in hockey? [3]
- (iv) Write any three responsibilities of an umpire in hockey. [3]

Question 11

- (i) What do you understand by the term Manufactured foul in hockey? [2]
- (ii) Explain the term Back stick in hockey. [2]
- (iii) Write any three duties of captain in hockey. [3]
- (iv) List any three basic compulsory equipment worn by a hockey player. [3]

Question 12

- (i) Explain the term 16-yard hit in hockey. [2]
- (ii) Explain the term advantage in hockey? [2]
- (iii) State any three qualities of a goalkeeper in hockey? [3]
- (iv) Name any three national tournaments in hockey. [3]

BASKETBALL

SECTION A

*(Attempt **all** questions.)*

Question 13

Choose the correct answers to the questions from the given options. (Do not copy the question, Write the correct answer only.) [5]

- (i) Who invented the game of basketball?
 - (a) Albert Einstein.
 - (b) Charles Darwin.
 - (c) Dr. James Naismith.
 - (d) Ada Lovelace.
- (ii) What are the measurements of the basketball court?
 - (a) 84 by 60 feet. (25 m by 18 m)
 - (b) 92 by 50 feet. (28 m by 15m)
 - (c) 74 by 40 feet. (22 m by 12 m)
 - (d) None of the above.
- (iii) How high from the ground is the ring of the basket?
 - (a) 7 feet. (2.13 m)
 - (b) 8 feet. (2.44 m)
 - (c) 9 feet. (2.74 m)
 - (d) 10 feet. (3.05 m)

- (iv) Basketball game begins with a _____.
- (a) Jump ball.
 - (b) Kick-off.
 - (c) Let.
 - (d) A bully.
- (v) What is the highest governing body of basketball?
- (a) BCCI
 - (b) ICC.
 - (c) NBA
 - (d) FIBA.

SECTION B

*(Attempt **any two** questions from this Section.)*

Question 14

- (i) Explain the term Free throw in basketball. [2]
- (ii) Explain the term Dunk shot in basketball. [2]
- (iii) How does a team advance with the ball in an attempt to score? [3]
- (iv) List any three equipment needed to play a match. [3]

Question 15

- (i) What do you mean by One hand push pass in basketball? [2]
- (ii) What is Loose ball in basketball? [2]
- (iii) State any three duties of Timekeeper in basketball. [3]
- (iv) Explain three occasions when the ball becomes dead during play. [3]

Question 16

- (i) What do you mean by Triple Threat in basketball? [2]
- (ii) Explain the term Post Player in basketball. [2]
- (iii) What do you mean by Basket Interference in basketball? [3]
- (iv) Explain the skill of Low Dribble in basketball. [3]

VOLLEYBALL

SECTION A

(Attempt *all* questions.)

Question 17

Choose the correct answers to the questions from the given options. (Do not copy the question, Write the correct answer only.)

[5]

(i) How many playing members of each team are on the court?

- (a) 12.
- (b) 10.
- (c) 14.
- (d) 6.

(ii) When was volleyball invented?

- (a) 1780.
- (b) 2004.
- (c) 1895.
- (d) 1904.

(iii) How is the team to serve first chosen?

- (a) Referee's choice.
- (b) A coin toss.
- (c) First team to catch the ball.
- (d) Scorer will decide.

(iv) If you score a point doing a spike, what is it called?

- (a) Push.
- (b) Dig.
- (c) Kill.
- (d) Lunge.

- (v) What is the maximum number of times a team can make contact with the ball?
- (a) 5.
 - (b) 3.
 - (c) 2.
 - (d) 1.

SECTION B

*(Attempt **any two** questions from this Section.)*

Question 18

- (i) What do you mean by Reading an Opponent in volleyball? [2]
- (ii) Name the International and National Governing body of volleyball. [2]
- (iii) Explain how a Set is won by a team. [3]
- (iv) State any three duties of the First Referee during the match. [3]

Question 19

- (i) What do you mean by Misconduct in volleyball? [2]
- (ii) Explain the term Joust in volleyball. [2]
- (iii) What do you mean by Expulsion in volleyball? [3]
- (iv) State any three Service faults in Volleyball. [3]

Question 20

- (i) Explain the term Four Hits. [2]
- (ii) What is Blocking in volleyball? [2]
- (iii) What are the duties of a Captain during a match of volleyball? [3]
- (iv) State any three rules related to a libero player. [3]

BADMINTON

SECTION A

(Attempt *all* questions.)

Question 21

Choose the correct answers to the questions from the given options. (Do not copy the question, Write the correct answer only.)

[5]

- (i) How many feathers does a shuttlecock have?
 - (a) 8.
 - (b) 24.
 - (c) 16.
 - (d) 20.
- (ii) Where did badminton originate?
 - (a) India.
 - (b) U.SA.
 - (c) Australia.
 - (d) Sri Lanka.
- (iii) Which body governs the badminton game internationally?
 - (a) Indian Badminton Federation.
 - (b) Badminton World Federation.
 - (c) ICC.
 - (d) FIFA.
- (iv) In badminton this is the hit that begins each play:
 - (a) Fault.
 - (b) Let.
 - (c) Serve.
 - (d) Set.

(v) What is the length of the badminton court for singles and doubles?

- (a) 6.70 m.
- (b) 5.18 m.
- (c) 18.04 m.
- (d) 13.40 m.

SECTION B

*(Attempt **any two** questions from this Section.)*

Question 22

- (i) When do the players change the court? [2]
- (ii) What is a Deuce in a badminton match? [2]
- (iii) State any three duties of an Umpire in badminton. [3]
- (iv) Explain the term Forehand grip in badminton. [3]

Question 23

- (i) Define the term Side Alley. [2]
- (ii) Explain the term Drive in badminton. [2]
- (iii) Explain the term Overhead Forehand Stroke in badminton. [3]
- (iv) Explain the Half Smash in badminton. [3]

Question 24

- (i) Explain the term Rally in badminton. [2]
- (ii) What do you mean by Net Kill in badminton? [2]
- (iii) Explain any three scoring system in badminton. [3]
- (iv) Mention any three duties of Service Judge in badminton. [3]



CRICKET

Section-A

Answer 1.

- (i) (d) England
- (ii) (c) International Cricket Council
- (iii) (a) Duck
- (iv) (a) 9 inches. (22.8 cm)
- (v) (b) 4 feet. (1.22 m)

Section-B

Answer 2.

- (i) A ball which is played off the bat almost instantly into the ground and caught by a fielder, often has the appearance of being a clean catch.
- (ii) Stumped is a method of dismissing a batsman in cricket, which involves the wicket-keeper putting down the wicket while the batsman is out of his ground. (If a batsman misses the ball in an attempt to play it, steps outside the popping crease and wicket-keeper gathers the ball and breaks the wicket with it before the batsman can ground part of his body or his bat behind his popping crease).
- (iii)
 1. Ranji Trophy
 2. Duleep Trophy
 3. Vijay Hazare Trophy
- (iv) A painted circle (or ellipse) centered in the middle of the pitch, radius of 30 yard marked on the field. The purpose of 30 yard circle is separating the infield from the outfield. It is importantly used in policing the fielding restrictions for certain one-day and T20 version of the game.

Fielding restrictions

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

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

Fielding restrictions for T20 cricket

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

Answer 3.

- (i) Timed out is a method of dismissal in the sport of cricket. In one day cricket it occurs when an incoming batsman takes longer than two minutes, from the time the previous wicket falls, to appear on the field.
In Twenty20 cricket, to keep the game speeded up, the incoming batsman must be ready to take guard (or for his partner to receive the next ball) within 90 seconds of the previous wicket falling, or he shall be timed out.
- (ii) The result of a match is considered to be a "tie" when the scores are equal at the conclusion of play, but only if the side batting last has completed its innings (i.e. all innings are completed, or, in limited-overs cricket, the set number of overs has been played or play is terminally stopped by weather or bad light).
- (iii) Cricket umpires are responsible for making decisions and calls in a game of cricket. They also ensure that players and matches follow the rules of the game,
 1. Before the commencement of the game main umpires duty is to determine whether the pitch and ball used are up to the standard.
 2. To observe the toss made between the captains of the two teams and the decision for batting or bowling first.
 3. To signal no balls, wide, byes, leg byes, out, dead ball, power play, free hit, third umpire review, short run and boundaries.
- (iv) The leg side is the half of the field behind the batsman. The following are three fielding positions on Leg side in cricket :
 1. Mid Wicket
 2. Square Leg
 3. Mid On

Answer 4.

- (i) Spin bowling is a bowling technique in cricket, in which the ball is delivered slowly but with the potential to deviate sharply after bouncing. The following are two variations of spin bowling:
 1. Off spin
 2. Leg spin
- (ii) The stance is the position in which a batsman stands to have the ball bowled to them. Batsmen normally place their feet about 6-8inch apart or the feet should be comfortably apart, neither too far nor too close, on either side of the popping crease, and no pressure on the heels or the toes. The knees should be slightly bent, with their weight distributed evenly for good balance and mobility.
- (iii) In the sport of cricket, a declaration occurs when a captain declares his team's innings closed, when the ball is dead at any time during the innings. A declared innings shall be considered to be a completed innings. Made by the batting side when they believe they have scored sufficient runs to win the game. A declaration can be made by a captain before all his team's batsmen are out. It is normally called so that it allows them enough time to get all the opposing batsmen out with the allotted time or number of overs available.
- (iv) In cricket all runs are scored while a team is batting. The three basic ways to score runs are:
 1. Running between the wickets
 2. Boundaries
 3. Extras

These are the ways through which runs are scored in the game of cricket.

FOOTBALL

Section-A

Answer 5.

- (i) (c) 11
- (ii) (d) 5
- (iii) (b) Half way line
- (iv) (c) 15 minutes
- (v) (b) 5.5 m by 18.32 m

Section-B

Answer 6.

- (i) Heading is a football technique that is used in association football to control the ball using the head to pass, shoot or clear. Heading is an essential skill in football. A player hits the ball with their head to move it in a certain direction. They may head the ball towards another player, across the field, or into the opponent's goal. This can be done by standing, jumping or diving position.
It is crucial for defensive players to clear balls from the back, midfielders to win critical battles in the middle of the field, and attackers to nod a ball pass the opposing keeper to score a goal.
- (ii) Optional Mark is a mark 9.15 mts from corner on the goal line towards the goal post.
- (iii) Three duties of captain in football are:
 - 1. The only official responsibility of a captain specified by the Laws of the Game is to participate in the coin toss prior to kick-off (for choice of ends) and prior to a penalty shootout.
 - 2. A captain is the player who is supposed to act as the leader of the team, acting as mediators between their team-mates, the manager and the referee.
 - 3. He leads the team up to collect their trophy and medals.
- (iv) The procedures for resuming the game from a direct free kick are:
 - 1. If a direct kick is kicked directly into the opponent's goal, a goal is awarded and game is resumed by kickoff.
 - 2. If a direct kick is kicked and passes over the goal line, either on the ground or in the air and a goal is not scored, game is resumed by a goal kick.

Answer 7.

- (i) The idea of this pass is to pass the ball to the teammate and quickly sprinting forward into space and receiving the ball back from them in one touch. It is ideal when the defender is playing loosely towards the player and the player would like to exploit the space behind him. It is also known as a one-two or give-and-go. A triangular movement where one player gets past an opponent by making a short pass to a teammate and running towards the return pass.
- (ii) At the end of five penalties, if score is still tied, sudden death occurs. If the teams are still tied after the initial allocated number in the penalty shoot-out, the game goes to sudden-death penalties, where each team takes a further one penalty each, repeated until only one team scores, resulting in the winning of the game. In sudden-death play ends as soon as one competitor is ahead of the others, with that competitor becoming the winner. Sudden death yields a victory for the contest without requiring a specific period of time.
- (iii) A kick-off is a way of starting or restarting play. Three instances when kick-off is initiated are :
 - 1. At the start of the match.
 - 2. After a goal has been scored.
 - 3. At the start of the second half of the match.

(iv) In football, the fundamental skills which a football player must possess are:

1. Controlling the ball.
2. Passing the ball.
3. Shooting.

Answer 8.

- (i) A lob pass (aerial pass) is a pass which goes over the opponents' head in a high arc. It is a pass in which the ball is kicked from underneath with accuracy but with less than maximum force.
- (ii) Zonal marking is a defensive strategy where defenders cover an area of the pitch rather than marking a specific opponent. If an opponent moves into the area a defender is covering, the defender marks the opponent. If the opponent leaves this area, then marking the opponent becomes the responsibility of another defender.
- (iii) Three duties of a Referee during the football match are:
 1. Enforces the Laws of the Game.
 2. Controls the match in cooperation with the other match officials.
 3. Acts as timekeeper, keeps a record of the match.
- (iv) The compulsory equipment of a player comprises the following separate items:
 1. A shirt with sleeves
 2. Shorts
 3. Footwear

HOCKEY

Section-A

Answer 9.

- (i) (a) Federation International de Hockey
- (ii) (a) 1.20 m to 1.50 m
- (iii) (b) Goalkeeper
- (iv) (a) 30 minutes
- (v) (c) White

Section-B

Answer 10.

- (i) Dangerous play is play that could likely result in injury, such as pushing, tripping, or raising the ball at an opponent who is less than five yards away.
- (ii) Scoop is the method of passing the ball by raising it up into the air. The scoop is an aerial pass given by raising the ball off the ground by placing the head of the stick under the ball and using a lifting movement.
- (iii) The importance of the Shooting Circle in hockey are :
 1. The goals can be scored only when the ball is shot from within the Shooting Circle.
 2. If any player of defending team commits an offence inside the Shooting Circle which might prevent the probable scoring of a goal, a penalty stroke is awarded to the attacking team.
 3. If an offence by a defender inside the Shooting circle which does not prevent the probable scoring of a goal, a penalty corner is awarded to the attacking team.
 4. If an intentional offence inside the Shooting circle by a defender against an opponent who does not have possession of the ball or an opportunity to play the ball, a penalty corner is awarded to the attacking team.

- (iv) Three responsibilities of an umpire in hockey are:
1. The role of the umpires is to control the match, apply the rules of hockey, uphold a duty of care to the players (keeping the game safe), be the judges of fair play and keep the flow.
 2. Each umpire has the primary responsibility for decisions in one half of the field.
 3. Each umpire is the only one allowed to award a penalty corner, penalty stroke or goal in their half of the field or a free hit in their circle.

Answer 11.

- (i) Manufactured foul is when a player intentionally creates a foul and takes advantage from an opponent. For example, as a player hits the ball in an opponent's leg, player will get a foul.
- (ii) Back stick is an illegal shot in which the ball strikes the rounded face of the hockey stick. Players cannot legally use both sides of the stick in field hockey. One side of the stick is flat, which players can use for regular play, while the other side is deliberately curved and may not be used for contacting the ball at all.
- (iii) Three duties of captain in hockey are:
1. The main duty of a captain is to go for toss; he will stand with the referees and other team before the match and do the toss and has the choice of which goal to attack in the first half of the match and to start the match with a centre pass.
 2. Captain must wear a distinctive arm-band or similar distinguishing article on an upper arm or shoulder or over the upper part of a sock.
 3. Captain is responsible for the behaviour of all players on their team.
- (iv) Three basic compulsory equipment worn by a hockey player are :
1. Players clothing
 2. Shin guard
 3. Foot wear

Answer 12.

- (i) The 16 yard hit is a free hit for the defense 16 yards (that's 14.63 meters) from the base line after an opposing player hits the ball over the back line or commits a foul within the shooting circle. When the attacking team plays or has the last touch to the ball and it crosses over the backline, the defense receives a 16-yard hit. The free hit is taken 16 yards from the spot where the ball crossed the backline.
- (ii) Advantage in hockey is a call made by an umpire to continue the game after when a foul is committed and opponent team has the ball possession, i.e. physical control of the ball by one team, which typically gives that team the opportunity to score.
- (iii) Three qualities a goalkeeper in hockey should possess are :
1. The goalkeeper should be active, healthy and always ready.
 2. He/she should be able to gain speed quickly.
 3. Decision making is one of the important quality a goalkeeper needs.
- (iv) Three national tournaments in hockey are :
1. Nehru Senior Hockey Tournament.
 2. All India Gurmeet Memorial Hockey Tournament, Chandigarh.
 3. All India Chhatrapati Shivaji Hockey Tournament, Delhi.

BASKETBALL

Section-A

Answer 13.

- (i) (c) Dr. James Naismith
- (ii) (b) 92 by 50 feet. (28 m by 15m)

- (iii) (d) 10 feet. (3.05 m)
- (iv) (a) Jump ball
- (v) (d) FIBA

Section-B

Answer 14.

- (i) A free throw is an opportunity given to a player to score one point, uncontested, from a position behind the free-throw line and inside the semicircle. Free throws are generally awarded after a foul on the shooter by the opposing team. Free throws are also awarded in other situations, including technical fouls, and when the fouling team has entered the bonus/penalty situation (after a team commits a requisite number of fouls, each subsequent foul results in free throws regardless of the type of foul committed).
- (ii) It is a type of shot that is performed when a player jumps in the air, controls the basketball above the horizontal plane of the ring, and scores by putting the ball directly through the basket with one or both hands.
- (iii) The ball can be advanced on the court in an attempt to score by :
 1. Dribbling the ball while walking or running.
 2. Throwing it.
 3. Passing the ball to its teammates.
- (iv) Basketball is a simple game, equipment needed to play a match are a basket, a ball and a flat court. Competitive levels require the use of more equipment such as clocks, score sheets, scoreboard(s), alternating possession arrows, and whistle-operated stop-clock systems.

Answer 15.

- (i) The push pass is used most often when closely guarded. The push pass is when a player push the ball with one hand while taking a step to create space from the defender. The passing hand is behind the ball with the elbow tucked in. The other hand is on the side of the ball (this is the same grip as for shooting). Step forward and push the ball.
- (ii) A loose ball is that when a ball is a live one but not in possession of either team.
- (iii) Duties of Timekeeper in basketball are :
 1. To set the game clock at the beginning of the first period, any overtime period or whenever play is resumed by a jump ball, when the ball is legally tapped by either of the jumpers.
 2. To start and stop the clock as indicated by the referee.
 3. To ensure that the game clock signal sounds very loudly and automatically at the end of a period.
- (iv) The ball becomes dead when:
 1. Any field goal or free throw is made.
 2. An official blows his whistle while the ball is live.
 3. The game clock signal sounds for the end of the period. The shot clock signal sounds while a team is in control of the ball.

Answer 16.

- (i) Triple treat is an offensive position a player can use who has not dribble yet. The offensive player stands with knee flexed, feet slightly wider than shoulder width and both hands on the basketball. From this position, the offensive player can either shoot, dribble, or pass to a teammate, there being a 'triple treat' with the basketball.
- (ii) A post player in basketball is a nickname for a player on the team that likes to post up. A post up is when an offensive player puts their back to the basket and tries to use their positioning and strength to score.

- (iii) Basket interference is the violation of touching the ball or any part of the basket (including the net) while the ball is on the rim of the basket, touching the ball when it is within the cylinder extending upwards from the rim, reaching up through the basket from below and touching the ball, whether it is inside or outside the cylinder, or pulling down on the rim of the basket so that it contacts the ball before returning to its original position, or during a shot attempt.
- (iv) A low dribble in basketball is when a player dribbles the ball low to the ground. In order to do this, a player has to dribble the ball more times than a normal dribble. This type of dribbling simply entails keeping the ball low to the floor and in the control of the player. The player should extend the dribbling hand and arm down as much as possible to shorten the distance and the ball needs to be kept tight and in control to keep it from being stolen. The low dribble is to be used whenever the players are closely guarded.

VOLLEYBALL

Section-A

Answer 17.

- (i) (d) 6
- (ii) (c) 1895
- (iii) (b) A coin toss
- (iv) (c) Kill
- (v) (b) 3

Section-B

Answer 18.

- (i) Reading is the use of a defender's (blocker or digger) visual acuity to anticipate the opponent's attack and to move to a position on the court that will provide him the best opportunity to block, channel, or dig the ball.
- (ii) International Governing body of volleyball : The Fédération Internationale de Volleyball (English: International Volleyball Federation), commonly known by the acronym FIVB, is the international governing body for all forms of volleyball.
National Governing body of volleyball : The Volleyball Federation of India (VFI) is the governing body of volleyball in India.
- (iii) A set is won by the team which first scores 25 points (except the deciding 5th set) with minimum lead of two points. In case of score is 24-24 tie, play continues until a two-point lead is achieved (26-24, 27-25 ;...). To win a match, team has to win three sets. In case of 2-2 tie of sets, the deciding 5th set is played to 15 points with a minimum lead of 2 points.
- (iv) Three duties of the First Referee during the match are :
 1. To give signals to indicate faults and breaking of the laws.
 2. To sanction misconduct and delays.
 3. To request the time-out.

Answer 19.

- (i) There are two type of misconduct in volleyball

1. Minor misconduct :

Minor misconduct offences are not subject to sanctions. It is the first referee's duty to prevent the teams from approaching the sanctioning level by issuing a verbal or hand signal warning to a team member or to the team through the game captain. This warning is not a sanction and has no immediate consequences.

2. Misconduct Leading to Sanctions :

Incorrect conduct by a team member towards officials, opponents, teammates, or spectators is classified in three categories according to the seriousness of the offense.

- (a) **Rude Conduct**–Action contrary to good manners or moral principles, or expressing contempt.
 - (b) **Offensive Conduct**–Defamatory or insulting words or gestures or any action expressing contempt.
 - (c) **Aggression**–Actual physical attack or aggressive or threatening behavior.
- (ii) In volleyball, a joust refers to a situation where two opposing players simultaneously make contact with the ball above the net causing the ball to momentarily come to rest; the point is replayed if joust is called by the official.
- (iii) Expulsion is repeated rude conduct or offensive conduct, that is sanctioned by expulsion. A team member who is sanctioned by expulsion must be substituted legally or exceptionally and immediately if on court, shall not participate for the rest of the set, and must go to the team's dressing room until the completion of the ongoing set with no other consequences.
- An expelled coach loses his/her right to intervene in the set and must go to the team's dressing room until the completion of the ongoing set.
- 1. The first offensive conduct by a team member is sanctioned by expulsion with no other consequences.
 - 2. The second rude conduct in the same match by the same team member is sanctioned by expulsion with no other consequences.
- (iv) Three service faults in Volleyball are :
- 1. The following faults lead to a change of service even if the opponent is out of position the server violates the service order.
 - 2. If the server does not execute the service properly.
 - 3. After the ball has been correctly hit, the service becomes a fault if the ball lands outside limits of opponent's court.

Answer 20.

- (i) The team is entitled to a maximum of three hits (in addition to blocking), for returning the ball. If more are used, the team commits the fault of "FOUR HITS". Four hits is a fault called if a team hits the ball four times before returning it.
- (ii) Blocking is a skill wherein the player deflects the ball from the opponent. Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net, regardless of the height of the ball contact. Only front-row players are permitted to complete a block, but at the moment of the contact with the ball, a part of the body must be higher than the top of the net.
- (iii) During the match and while on the court, the team captain is the game captain. The duties of a Captain during a match of volleyball are as follows:
 - 1. The captain is authorised to speak to the referees to ask for an explanation on the application or interpretation of the rules and also to submit the requests or questions of his/her teammates.
 - 2. He may ask authorisation from referees to change uniform or equipments.
 - 3. He is only person, who may ask the first referee to check the floor, the net, the ball, etc or to verify the positions of the teams.
- (iv) Three rules related to a libero player are :
 - 1. The Libero player must wear a uniform which has a different dominant colour from any colour of the rest of the team. The uniform must clearly contrast with the rest of the team.
 - 2. He/she is restricted to perform as a back row player and is not allowed to complete an attack hit from anywhere (including playing court and free zone) if at the moment of the contact the ball is entirely higher than the top of the net
 - 3. Only one Libero may be on court at any time.

BADMINTON

Section-A

Answer 21.

- (i) (c) 16
- (ii) (a) India
- (iii) (a) Badminton World Federation
- (iv) (a) Serve
- (v) (a) 13.40 m

Section-B

Answer 22.

- (i) Players shall change the court when:
 - 1. at the end of the first game.
 - 2. at the end of the second game, if there is to be a third game.
 - 3. In the third game when a side first scores 11 points.
- (ii) During a general game of 21 points, when both players have reached 20-20, it is termed as deuce in a badminton match. This means that either one side must lead by 2 points to win the game.
- (iii) Three duties of an Umpire in badminton are :
 - 1. An umpire shall uphold and enforce the Laws of Badminton and, especially, call a 'fault' or a 'let' should either occur.
 - 2. An umpire shall give a decision on any appeal regarding a point of dispute, if made before the next service is delivered.
 - 3. An umpire shall record and report to the Referee all matters relating to continuous play, misconduct and penalties.
- (iv) Hold the racket by the shaft in the left hand with the face of the racket perpendicular to the floor and shake hands with the grip. The player slides' hand down so that the fatty part rest comfortably against the butt of the handle. There will be a 'v' shape of the thumb and index finger. Grip the handle lightly, with fingers spread slightly. The thumb wraps around the handle on the left side. The grip should be relaxed when the player is not stroking the shuttle. Tighten the grip when the player is ready to stroke the shuttle.

Answer 23.

- (i) The alley is an 18 inch section situated on both sides of the court. The side alley extension marks the area between the singles and doubles sidelines. Thus, side alley in badminton terms represents the sections between the boundary tramlines used only in doubles play.
- (ii) Drive shots are shots that cross the net flatly in a horizontal trajectory. The drive is an attacking shot that is usually played from the sides of the court when the shuttle has fallen too low for it to be returned with a smash. A hard driven short that travels parallel with the floor. This shot clears the net but does not go high enough for the opponent to smash.
- (iii) The overhead badminton forehand stroke is very common and is used most often in badminton. In badminton, this stroke generates the most power. The power of a badminton forehand stroke comes from correct technique, not how much strength the player exerts into a swing.
- (iv) Half smash is the first variation of the smash. It is simply smashing with half (more like two third) the player's strength. This shot is best played at random points in the game, to keep the opponent guessing, which in turn makes it difficult for them to get used to the gameplay of the opposite team.

Answer 24.

- (i) A sequence of one or more strokes starting with the service, until the shuttle ceases to be in play. A rally is won when a shuttle is hit over the net and onto the floor of the opponent's court. A rally is also lost if the shuttle touches the player's clothing or body, or if it is hit before it crosses over the net.
- (ii) Net kill area shots taken from the forecourt. It travels down steeply towards the opponent side. Usually, net kills are used to counter weak net shots from the opponent.
- (iii) Three scoring system in badminton are :
 - 1. A match consists of the best of 3 games of 21 points (games cap at 30 points). Each game starts at 0-0. If the match goes to the third game that third game will be played to 15 points.
 - 2. Every time there is a serve – there is a point scored.
 - (a) A rally is won when a shuttle is hit over the net and onto the floor of the opponent's court.
 - (b) A rally is lost if the shuttle is hit into the net, or over the net but outside of the opponent's court. A rally is also lost if the shuttle touches the player's clothing or body, or if it is hit before it crosses over the net.
 - 3. The side winning a rally adds a point to its score.
- (iv) Three duties of Service Judge in badminton are:
 - 1. The service judge is responsible in making a 'service fault' call and to provide shuttles to the players.
 - 2. To see that the server shall not serve before the receiver is ready.
 - 3. To see that there is no undue delay in the delivery of the service.

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