

(5) **Three second rule :** Any player of the team having the control over the ball cannot stay for more than three seconds in the restricted area of the opposite team. For this foul the opposite team is given side line throw.

(6) **Five second rule :** For side line throw and for free throw five seconds are given. For taking more than five second's foul the opposite team is given side line throw.

(7) **Eight second rule :** After getting the control over the ball, the team needs to take it in the opposite side ground within 8 seconds. If this is not done, the opposite team is given side line throw for this foul.

(8) **Twenty four second rule :** No team can play the ball continuously for more than twenty four seconds without shooting. During this time limit that team needs to shoot at least once.

(9) **Start of game :** The referee can start the game by tossing the ball inbetween the teams, from the centre circle of the ground. The start of each half time and the additional time also shall be done by the referee in the same manner.

(10) **Basket or goal :** During the game, when a ball passes through the ring from over the upper side of the ring, it is considered as a basket or a goal. During the game, two points are given for a basket. Three points are given for the basket done from the outside of the three point area. For free throw one point is given.

(11) **Substitution :** substitution can be done, when the ball is dead.

(12) **Held ball :** During the game, when the players of both the teams keep their one or two hands over the ball for five seconds, the umpire shall declare it as held ball. In this situation the side line throw is given in succession.

(13) **Back - court pass :** Once getting the control over the ball in front court, it (ball) cannot be taken in the back court.

(14) **Personal foul :** When a player touches the opposite team's player and tries to obstruct the motion, he is given personal foul. Such a foul is noted against that player. In this situation the opposite team is given side line throw.

(15) **Double foul :** When the players of both the teams commit the fouls at a time, it is a double foul. For this foul side line throw is given.

(16) **Intentional foul :** During the game, when a player commits a serious foul intentionally, it is called intentional foul. For such foul a player can be removed from the play.

(17) **Rule of five personal fouls :** During the game when any player commits five personal fouls, he is removed from the play.

(18) **To start the game:** There should be five players in both the teams.

(19) In the game of basket ball the time of one inning is 10 minutes. In the game 4 such innings are to be played. Inbetween two innings 2 minutes rest is given and in the half time (after two innings) 15 minutes rest is given. The timing shall be like $(10+2+10) + 15 + (10+2+10)$.

(20) At the end of the game of 40 minutes, the team which gets more points, shall be the winner.

(21) **When there is a tie :** At the end of the game if both the teams have scored equal points, additional 5 minutes timing or such more innings shall be given till the result is achieved. Inbetween additional innings 2 minutes rest shall be given.

(22) In the game of basketball there shall be one referee, one umpire, one time keeper, one scorer and one 24 second operator.

Exercise

1. Answer the following questions.

- (1) Explain two hand chest pass skill of basket ball
- (2) Explain two hand bounce pass skill of basket ball

- (3) Explain one hand under hand pass skill of basket ball.
- (4) Explain dribbling skill of basket ball.
- (5) Explain shooting skill of basket ball.
- (6) Explain lay up shot skill of basket ball.
- (7) Explain two hand set shot skill of basket ball.

2. Answer the following questions in short :

- (1) Difference between low dribble and high dribble.
- (2) Difference between straight shooting and assisted shooting.
- (3) Explain one hand set shot skill.
- (4) Explain individual practice.
- (5) Explain team practice.
- (6) Explain the rule of 24 seconds of basket ball.
- (7) Explain held ball of basket ball.
- (8) Explain the rule of intentional foul of basketball.

3. Answers to the following questions by selecting correct option from the options given below.

- (1) In which year was the game of basket ball invented. ?
 (A) 1841 (B) 1851 (C) 1861 (D) 1871.
- (2) What was the name of the inventor of the game of basketball ?
 (A) H. C. Buck (B) Baron D. Kubertin
 (C) Dr. Jems Neysmith (D) Jems William
- (3) In which year were the rules of the game of basketball as international game were formulated ?
 (A) 1874 (B) 1884 (C) 1894 (D) 1904.
- (4) Where was the first world basketball championship was organized ?
 (A) Japan (B) Germany (C) Russia (D) America.
- (5) In which year was the international basketball federation was established ?
 (A) 1931 (B) 1932 (C) 1933 (D) 1934.
- (6) In which year was the first international basket ball competition organized in the World Olympic Games ?
 (A) 1936 (B) 1948 (C) 1952 (D) 1932.
- (7) Who had tried to popularize the game of basket ball in India ?
 (A) Charles Koriya (B) Charls Dickens (C) Charls Peterson (D) Charls Williams
- (8) In which year was Basketball Federation of India established ?
 (A) 1948 (B) 1949 (C) 1950 (D) 1951.
- (9) What is the length - width of the ground of basketball ?
 (A) 25 m × 15 m (B) 27m × 15m (C) 28 m × 15 m (D) 29 m × 15 m.

- (10) What is the length - width of the basketball board ?
(A) $1.50\text{ m} \times 1.20\text{ m}$ (B) $1.60\text{ m} \times 1.20\text{ m}$ (C) $1.70\text{ m} \times 1.20\text{ m}$ (D) $1.80\text{ m} \times 1.05\text{ m}$.
- (11) What should be the weight of the ball of basket ball ?
(A) 600 gm to 650 gm (B) 625 gm to 650 gm (C) 625 gm to 630 gm (D) 610 to 630 gm.
- (12) What should be the circumference of the ball of basketball ?
(A) 70 cm to 73 cm (B) 73 cm to 78 cm (C) 75 cm to 78 cm (D) 77 cm to 79 cm
- (13) How many playing players and the substitutes are there in the game of basket ball ?
(A) 7 and 5 (B) 5 and 5 (C) 5 and 7 (D) 7 and 7
- (14) The player of the team, which has the possession of the ball for how many second he cannot stay in the restricted area of the opposite team ?
(A) 5 seconds (B) 8 seconds (C) 3 seconds (D) 10 seconds.
- (15) After getting the control over the ball, in how many seconds, the team has to take the ball in the opposite court ?
(A) 5 seconds (B) 8 seconds (C) 10 seconds (D) 12 seconds



Hand ball is a ball game. As the hand is used more in this game, it is called hand ball. It is mentioned that in 600 B. C. a game similar to the modern hand ball was played in Athens. In the latter half of the 19th century this game was played in Germany, its credit goes to the German gymnast coach master Conrad (1890 A. D.). In beginning as this game was not so popular, it was controlled by the International Amateur Athletic Federation. Gradually, this game became popular and on 4th August 1928 A. D. during Amsterdam Olympic Games, for the control and development of the game, an organizational board was established, in the year 1946 and known as the International Handball Federation. Men's Handball was introduced in the 1936 Berlin Olympics for the first time, and Germany became champion which was won by Germany. But, after that this game was not played in Olympics. In 1972 Munich Olympics, men's Hand ball was reintroduced. Women Handball was added in 1976 Montreal Olympics. Countries like Germany, Russia, Yugoslavia, Croatia, Spain, France, Egypt, Switzerland etc. have always dominated the men's Hand ball, while in women's handball countries like Denmark, Norway, China, Germany, Angola and U.S.A. are leading.

Almost all the Indian states have associated with "Handball Federation of India" which was established in 1972. Teams from all the states and union territories, and can the team like services, Birla, and Tata Steel Plant participate in the open national level tournament and hold top position. At present, administering and regulating the national level school games, School game federation of India (SGFI) and for other competitions handball federation of India looking for it. Handball is played in most of the states in both the ways as indoor or outdoor game.

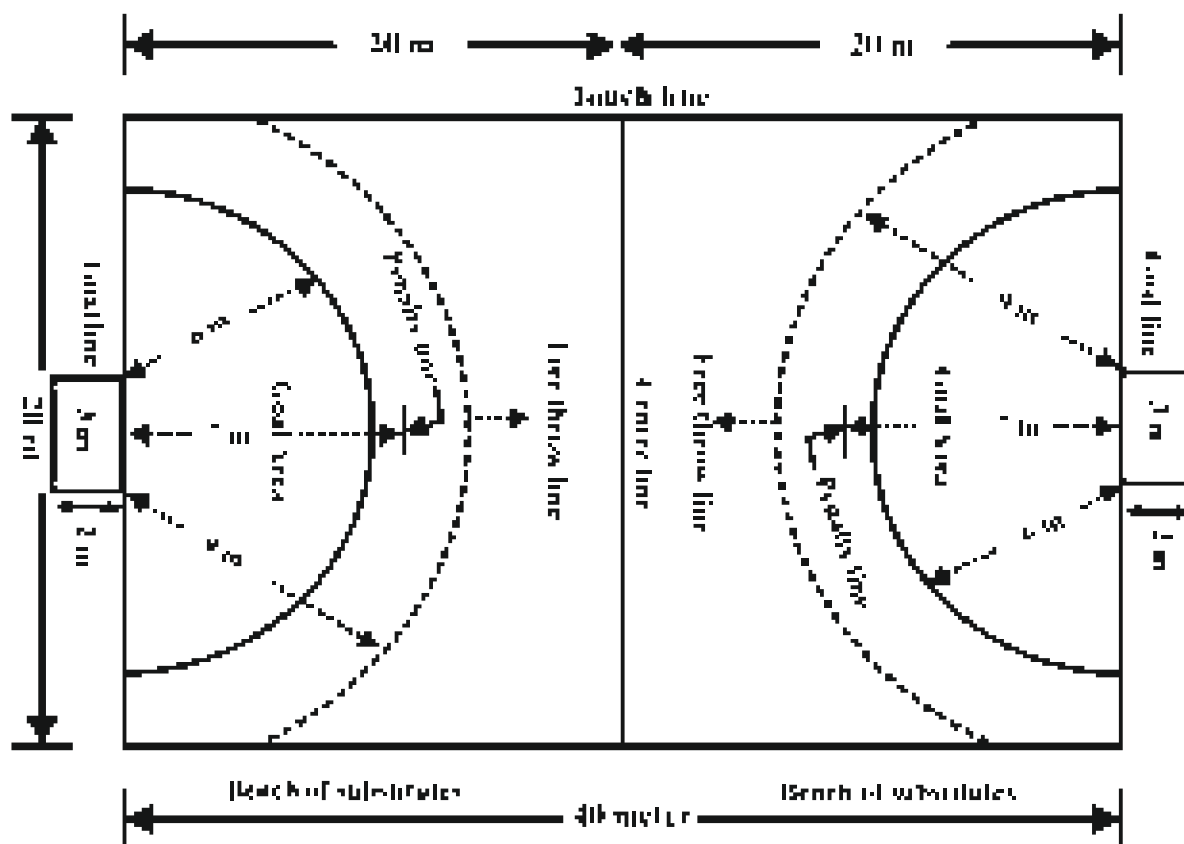


Figure of Hand ball ground

As shown in the figure the hand ball court is rectangle in shape. It is 40 metres in length and 20 metres in width. The 40 metre line is called 'side line' while 20 metres line is called as a 'goal line'. A 20 meters long line is drawn in the middle so as to divide the ground in two equal parts. This parallel line, to the goal line is known as 'centre line'. Except the middle line between two goal posts all the lines on the ground area 5 centimetre wide, while the line between two goal posts in 8 centimetres in width.

The surface of the ground is even, dust free and hard. The indoor ground is wooden made from such synthetic material which will not cause injury or slippery.

The ground sector lines and its measurements

(1) Goal posts :

The goal posts are kept in such way that back side of goal posts touches the goal line at back and each goal post is at the center of the goal line at the distance of 3 metres. A 3 metres long pole is kept across on the two standing poles at such height so that the inside measurement is 3 metres x 2 metres. Poles are 8 centimetre wide and 8 centimeter thick. The poles are coloured with different colours like white & black or white & red. At the joining area across & down poles of 28 centimetre part is colored with dark color. After leaving 20 centimetre space then it is colored black and white or white and red bands one by one. The goal posts should be made of hard material, hard wood, light metal or other synthetic material. The net is tied in such a way that the ball thrown in net remains in it only instead of bouncing back.

(2) Goal area :

A line parallel to the goal line but 6 metres away, 3 metres long line is drawn from goal post on the inside part of ground in front of each goal post. Taking 6 metres radius a semicircle is drawn from the goal line taking the goal posts at centre, this 6 metres away line from the goal is called a goal area.

(3) Free throw line :

Taking the goal post as center 9 metres radius line is drawn on both the sides, 3 metres long, parallel to the goal area are joined at the end. This 9 metre distance from goal line is drawn as a arc with 15 centimetre gaps (dotted line). It is known as free throw line.

(4) Penalty line :

A one metre long parallel to the goal line 7 metres away from the goal line is drawn inside the ground towards the middle line on both the sides. It is known as penalty line or '7 metres line.'

(5) Goal keeper's restraining line :

Goal keeper's boarder line is 15 centimetre long in the middle side lines and 4 metre away from the goal line, but parallel to it.

(6) Place for substitutions :

A 15 centimetre long and 15 centimetre outside and at the distacne 4.45 metre line from the middle of sideline is drawn near the scorer and time keeper. This area is used for the substitute players to enter the ground or for the in play player to come out.

Ball : The upper part of the ball is of leather, rubber or synthetic material (which does not cause injury) and it should be of one colour. The surface of the ball should not be shined or smoother to slip away.

The circumference of the ball shall be 58 to 60 cms and weight 425 to 475 gms. For boys, for girls the circumference of the ball shall be 54 to 56 cms and weight 325 gms to 400 gms,

Equipment for game :

Ball, net, stop watch, score sheets, green card, yellow card, red card, (Each card should be 9 x 12 centimetre).

Skills of Hand ball :

To improve the hand ball game or to get the command over the game following skills to be needed:

(1) Throwing, (2) Passing, (3) Catching, (4) Shooting, (5) Goal keeping, (6) Defence & attack.

(1) Throwing :

The releasing of ball in the game from various places in the ground according to the requirement with one hand (with two hands if required) to the team mates for doing a goal is called as throwing. It is essential to have strong wrist, elbow and shoulder joints for effective and good throw. If a player knows from which place at what height and with what force the ball should be thrown and if he decides quickly and acts accordingly, then throwing is effective. If there is a slight error in throwing the aim or throw is not fulfilled and the ball goes in the control of opponent team.

Throwing is mainly done in 4 different situations : (a) Throw - off (b) Throw - in (c) Penalty throw (d) Free throw

(a) Throw - off: The game begins with throw off. The team which wins the toss chooses the ground or throw-off. Throw-off can be taken on either direction of the ground from the middle line. After the referee blows the whistle, the ball is passed to another player by throw-off. After each goal opponent team restarts the game by throw-off, from the middle line of ground. In second half the game starts with the throw-off by the side other than the one who began the game. When the throw-off is taken all the players should be at least at the distance of 3 metre from the throw-off player.

(b) Throw - in: During the game the ball goes out of the touch line (sideline), and then throw-in is given to the team other than the team's player through whom the ball had gone out. The player who is doing the throw-in takes the position from where the ball has gone out; his one leg should be on the sideline and another leg a step behind it. The ball is to be thrown with the opposite hand of front leg, with the body weight being brought to front leg from the back leg the hand with the ball is brought ahead from shoulder or head. To the ball is released his face should be towards the ground and his leg should be in touch with the side line.

(c) Penalty Throw: When during the game the defence team intentionally comes inbetween the direct goal opportunity then the attacking team gets the penalty throw. The penalty throw player will stand 7 meter away not touching the penalty line and keep his strong leg behind it and his other leg



Penalty Throw

behind the front leg according to his convenience. His strong arm (the one opposite to the front leg) will throw the ball bringing his back stretched hard with ball above the head the body weight is on the back leg. For throw quickly the back leg is brought ahead and body weight is shifted to the front leg. The hand with the ball is brought ahead in front with complete wrist power and the ball is shot for goal.

(d) Free Throw: When during the game the defence player gets the ball from opponent against the law (rule) or tries to take the ball away from attacker in wrong way, then attacking team gets a 'free throw'. Free throw is done from the 9 metre line. When free throw is taken all the players should be out of the 9 metre line(behind) excepting the goal keeper. The free throw player will also stand behind the 9 metre line and he will pass the ball to his teammates or shoot for the goal. When it is free throw, then there should be distance of 3 metre between the free thrower and the defence players.

(2) Passing :

The process of giving the ball to other team mates is called as passing. It is necessary for the players of the team to play with co-operation & cleverly in the hand ball. Passing skill is very important in the situation like to take is done with ball ahead quickly, to break the cover when caught in it. According to need and the passing is done with different kinds. The passing techniques, are given as follows:

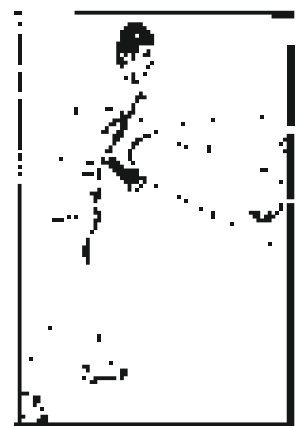
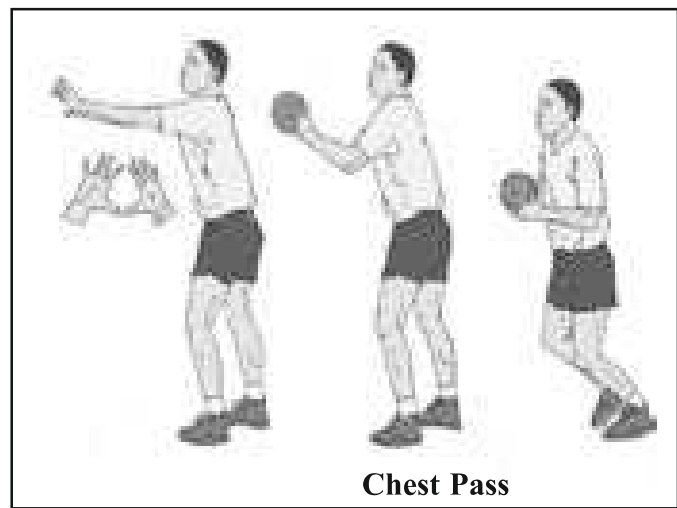
(a) Chest Pass : During the play if the team mate is very near (2 to 3 metre) and there is no opponent player present inbetween then Chest pass is done. Chest pass is done through one hand or both hands. The two legs are normally apart or are kept a little back - front to stand. The ball is hold by keeping the fingers apart from back side. For passing the ball the

body weight is shifted ahead with both hands are straightened from elbow and with jerk so that the ball is passed to the team-mate at chest height. The balance is maintained by keeping the back leg in front. For passing with single hand, the ball is held with the fingers apart of stronger hand keeping back palm is near the chest and supporting the ball with other hand. The back leg is brought forward and with strong hand jerk the ball is passed to the team mate at chest height.

(b) Bounce Pass : When the own team player is near, and opponent player is in between and that time for attacking no other pass can be done then bounce pass is made. It is same as chest pass, only it is make sure that in this pass the ball bounces at the feet of the opponent player on the ground and reaches the team mate (see the figure). Instead of both hands parallel to the ground one or both the hands are stretched in the direction, where the ball is going to bounce and the pass is completed.

(c) Wrist Pass : In the game to pass the ball quickly to own team player for attacking this passing is used.

In Comparision to the other passes the ball is returned quickly in this pass by doing force from the strong wrist. Wrist pass is done by moving one/ two steps on sides. The legs should be front-back and slight apart. The strong hand is lightly brought



Bounce Pass

in side with a jerk; the ball is passed above waist and parallel to chest height of the opponent with straight hand. While passing, the opponent is kept in sight.

(d) Overhead Pass : When an opponent is in between the ball passer and his team-mates, then chest pass or wrist pass cannot be performed given, then overhead pass is made. The legs are apart and front-back and the hand through which the pass is to be done is stretched outside from the soulder and the ball is thrown over the head.

(e) Push Pass : In this type of pass the processis is same as chest pass. The ball is hold half from back with both hands, straightening the arms from elbow and the ball is thrown to other player with a push.

(3) Catching or Ball-receiving :

In the hand ball catching is as important as throwing (passing). If the ball is not caught properly or if he fails to catch, even a good pass is but does not get the good result.

While catching the catcher's body should be under full control so that after catching also his body is balanced so that he can quickly release or throw the ball after catching. To catch the ball the player has to emphasis on following points :

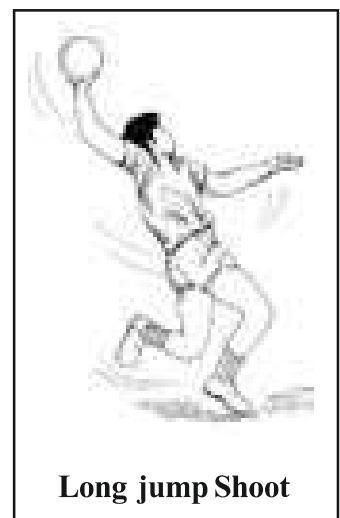
- (1) To presume the ball coming from at what distance and speed.
- (2) Instead of waiting for the ball to come, go forward and catch it.
- (3) To stretch both the hands, both the wrists joint, fingers open and wide eyes on ball and opponent also.
- (4) As soon as the ball touches the hand grip, it tightly fold hand from elbow in direction of movement so that the injury is less and the ball does not bounce back.
- (5) Overhead ball should be caught at height and landing on one leg or both legs on toes by flexing from knee and maintain the balance.
- (6) After catching, the next process is to be done quickly balance.

(4) Shooting :

In the hand ball game in given time the team getting more points is declared winner. The points depend on the goal and the shooting is important for goal. The skill of throwing the ball in the goal post from the out of goal area is called shooting. The goal mainly depends on shooting thus in hand ball game each player has to master over the shooting Skill with Shooting can be done by one or two hands. Mostly the player comes with dribbling for shooting. He takes one, two, three, steps before the 9 metres line and then he shoots. During shooting stronger leg forward and the ball should be opposite to the stronger hand. By taking last step the player goes high in air with taking long jump. At time the ball is taken back and then with full force it is brought forward and before touching the leg down on the ground, the ball is shot. Shooting is done in various ways as follows.

(a) Long jump Shoot :

This is a very important shooting skill because it can be done from all different angles and areas of ground, the body motion is used fully and the opponents can be dodged easily, so the chances of making goal are very high.



When there is space between the defenders by taking the last step with strong leg of in the air the attacker jumps once, twice or thrice according to his convenience takes his body towards the goal post bending on strong hand side. The body is kept little forward bend as shown in figure. The hand with the ball is stretched at back side. At the maximum height the hand is brought forward from the shoulder side, keeping the goal keeper in mind he shoots the goal with full force. This whole action is to be done continuous and with maximum speed. After the release of the ball, landing on the strong feet, knees slightly bent, and maintain the balance by keeping both the hands forward.

(b) High jump shoot :

When the defence techniques of defence team are strong, long jump or any other shoot cannot be done then high jump shoot is very effective. Tall players are master over this skill. High jump shoot is done from 9 metre's line by taking high jump during the play.

When the player is near the 9 metres line he shoots the ball with his strong hand and towards the goal post from his maximum height and lands on the his toes. Knees bent a little and balance is maintained with both the hands kept forward.

(c) Fall Shoot :

During play when the attacking player is near the 6 metres line and alone but there is no chance of shooting by taking steps, then he shoots the goal through 'Fall Shoot'. Mostly this skill is used by pivot player. When the defenders are near the 6 metres line to protect the attacker and pivot player of his team is alone and suddenly he gets the ball through pass, he quickly makes a goal through fall shoot skill. While making a goal he takes a high jump from ground, bends his body towards the goal post and shoots. His both palms land first on the ground then slowly his feet come to ground. Body weight will be on toes of hands and legs.

(5) Goal keeping :

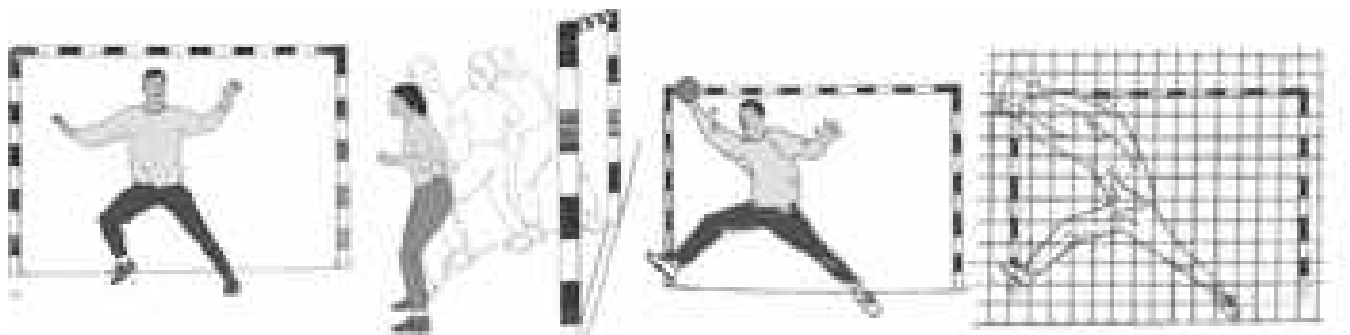


Figure Goal keeping

As much a shooting skill is important in goal, so is the goal keeping to prevent the goal.

Goal keeper must always be ready as sturdy wall in the goal post. Goal keeper can stop ball with the leg in the goal area, but stopping the ball with hand is more beneficial. The eyes of goal keeper should always be on the ball and shooter's hand.

He should move his legs quickly towards the side the ball is coming. The goal keeper has to keep in mind that he has to cover most part of the goal post and stop the ball with any of his body part. The goal keeper should throw the ball without delay and quickly to his team after stopping it. The action of hands and legs of goal keeper are speedy and agile.

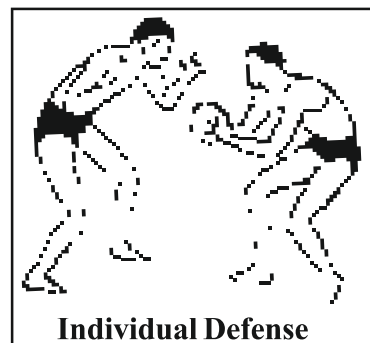
(6) Defence & offence:

Each team adopts different tactics, skills, strategies to have good command on the game and to bring win to their team. These tactics are : (a) Defence and (b) Offence. These both tactics are simultaneously applied during the game. Here we will understand both the tactics one by one

(a) Defence : There are two ways of defence against the opponents : (i) Individual Defence. (ii) Team Defence.

(i) Individual Defence :

Trying to stop the offender who is moving ahead with ball to make dribble or pass ineffective, to prevent the shoot or goal when defender tries to obstruct under the rules, it is called individual defense. Here each team player is defending against each offender of opponent side, so it is called 'man to man' defence. In the individual defence the player will follow his given opponent wherever he goes on the ground. An individual defender has to keep watch on the given opponent's place on ground, he is with or without ball, he has dribbled or not, his legs movement, eyes, shoulder sign etc. He has to keep his legs apart one hand-up towards the head and other hand straight on side and change the hands periodically. Bring the upper hand down and lower hand up. Defender players moves one leg and other leg also in the direction as the moved by offender. Thus the defender has to move in the direction, where the offender is moving by walking or dragging instead of jumping and change his place.



Individual Defence

(ii) Team Defence :

In this defence all the court players (defenders) together defend against the offender of opposition team so it is called team defence or collective defence. In this the defending team makes a zone by arranging all their players in a definite shape near the 9 metre line. Thus this defence is also called as Zone Defence tactics. In the team defence, more concentration will be on the place of the ball. The defenders try to fail the attack by changing their position with less movement, maintaining attacking and going towards the direction of the offender who is leading to shoot.

(b) Offence : It is essented to win the handball game and to make more points than the opponents, the players of teams are so capable and efficient to use of various tactics according to the situation and need for attacking various methods of attacking are as follows:

(i) Fast Break : During the play when the opponent player comes near 9 metres line to shoot and if the ball by taping or hitting the goal post and bounces back to the player then he quickly, swiftly dribbles the ball and shoots it in the goal post. This fast break technique is more famillar. The ball is passed to the player who is near 9 metres line or dribbled and shoots it for the goal before the opponents come back to their court.

(ii) Two Men Pass & Shoot : When the offensive team has shot the ball, but if it has been stopped by the goal keeper or it has hit the goal post, the ball is passed to the player. Two players running parallel to the side line on both sidelines, they pass ball to each other and near the 9 metre line, whoever finds it convenient shoots the ball. Seeing the speed and movement of receiving player, the ball is passed in such way that the player gets the ball ahead of him.

Rules of Hand Ball :

(1) Each team has 12 players, 7 players are in play, while 5 players are substitutes and sit in the substitution area outside the ground. From the 7 players 6 will be as court players and one will be on goal keeper. The dress of all players is same, while goal keeper's dress is different.

- (2) When starting, each team should have at least 5 players in which one is the goal keeper on the ground. During play the number of players in one team should not exceed 12.
- (3) The game starts with the toss. The toss winner choose the ground or Throw off.
- (4) Time : For above 16 years men and women, the play time is 30 minutes for each half (30-10-30 minutes). There is a break of 10 minutes between two half times. Both teams are agreed and if referee permits then the break period can be reduced.
- (5) The game starts with the throw off from middle line after the referee's whistle. At this time all the players should be present on their half ground. The throw off players should be at least 3 metre away from his opponents.
- (6) After break, and before the start of second half the ground is to be exchanged and will get the throw of the other team than the team which started the earlier.
- (7) At the end of the time the team having more goals will be declared the winner. If at the end of the game period both teams have the same goals, then to decide the winner two halves of 5 minutes will be given with a break of 1 minute between these two halves. After the half time the ground will be changed. Also, for the tie breaker, a coin is tossed before the first half and start is through throw off. If after extra time also, the points are same, then two more extra half-time of 5 minutes each is played after a break of 5 minutes.
- (8) If the ball passes under the cross bar between the goal pole then goal will be considered.
- (9) In the goal area, only goal keeper will be present, If the court player enters then it can be considered as foul.
- (10) The player can play ball in any direction, through any body part, that is: head, hand thigh, and knee. But if the ball touches any part lower than the knee then it will be considered as foul.
- (11) A player can hold the ball maximum for 3 seconds.
- (12) A player can hold the ball for maximum 3 steps.
- (13) Any court player can play as a goal keeper and goal keeper can play as a court player. But it has to be informed to the scorer, Referee and he has to change the dress.
- (14) If the ball cross the end line of the ground then opponent will be given 'throw in'.
- (15) When the ball crosses the goal line and goes out of the ground then goal throw will be given.
- (16) The goal keeper cannot play the ball till any other player touches the ball after the goal throw.
- (17) Penalty throw or '7 metres throw' will be given in following situations:
 - (a) When the ball has been stopped by illegal in any placed of the ground in the process of goal.
 - (b) If the offender has a ball and the defender court player enters the goal area to get benefit.

- (c) When the court player intentionally throws the ball to the goal keeper in the goal area.
Penalty throw is taken within 3 seconds of the referee's signal.

(18) No player can play the ball till the ball touches goal post or goal keeper after penalty throw.

(19) At the time of penalty all the players of defenders should be at least 3 metres away from the penalty throw player. If the defender crosses the free throw line, before the penalty throw is taken, then it is considered a foul and for that the following decision will be taken :

(a) If the goal has gone into the goal post, it will be goal.

(b) And if does not make goal then penalty throw will be given again.

(20) If the goal keeper crosses the 4 metres line before the release of the ball, then it is a foul. In this situation if it is goal then goal will be considered but if goal dose not make than penalty throw will be given again.

(21) If there is foul by both the teams at same time, then referee gives the "referee throw". The court referee plays the ball from the corner where the foul was done by bouncing it on ground. No player can be stand within 3 metres near the referee. No player can play till the ball touches the ground. If any player commits a foul than the opponents get free throw.

Hand Ball Game's Referee .

The refrees of handball are as follows :

- (1) Two main Referees
- (2) One score keeper
- (3) One time keeper.

Exercise

1. Explain the following skills

- (1) Throw off
- (2) Throw - in
- (3) Individual defence
- (4) Free throw

2. Answer the following questions in one or two sentences.

- (1) What is the time period for above 16 years for girls ?
- (2) What are the choices to be selected by for the toss winning team at the start of the game ?

(3) Who will take the throw off for the start of second half in Hand ball ?

(4) When is the referee throw will be given in hand ball ?

3. Write answers to the following questions by selecting correct option from the options given below.

(1) What is the length of goal line in Hand ball ?

(A) 20 metres (B) 25 metres (C) 30 metres (D) 40 metres.

(2) What is the circumference of the ball for men in Hand ball ?

(A) 48 to 50 centimetres (B) 54 to 56 centimetres
(C) 58 to 60 centimetres. (D) 64 to 66 centimetres.

(3) What is the weight of the ball in Hand ball for women ?

(A) 225 to 270 grams (B) 270 to 295 grams
(C) 295 to 325 gms (D) 325 to 400 grams

(4) How is the Hand ball game started ?

(A) Throw off (B) Penalty throw (C) Throw - in (D) Free throw.



Volley ball is an International game which is played in open air ground and in gymnasium (indoor hall). Volley ball game was invented in 1895 by Prof. William G. Morgan. This game is developed by Y.M.C.A. Institute.

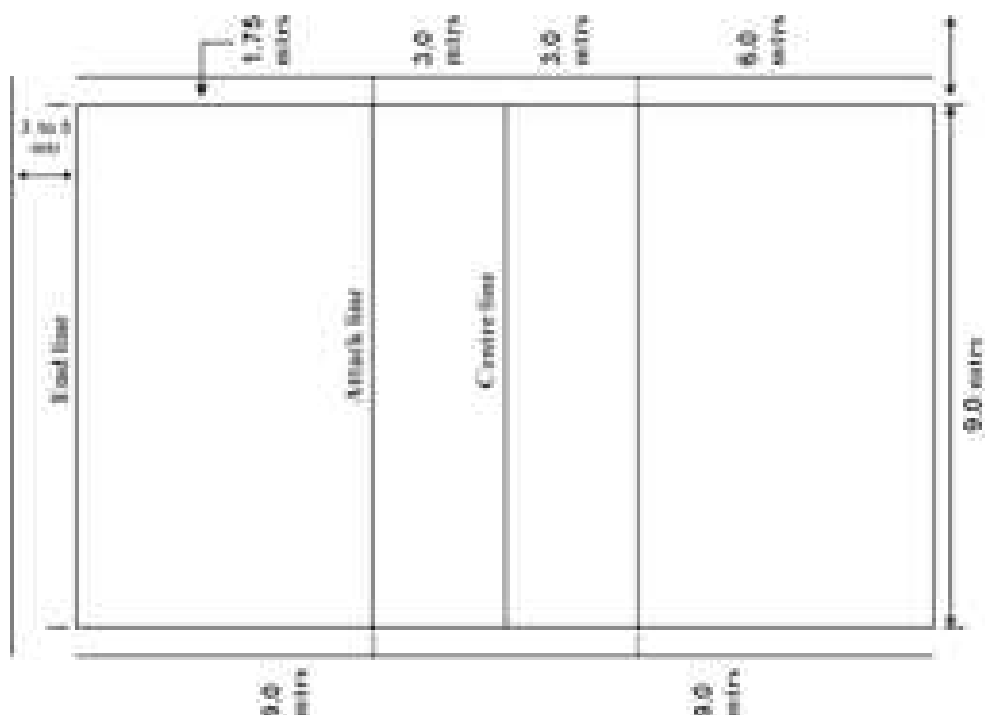
This game was started at general level in America, which was developed very fast at International level. During Barlin Olympic demonstration of game was organized in 1936. This game was officially included in Olympic games at Tokyo (Japan) in 1964.

The volley ball game was started in India by Y.M.C.A. National Volley ball federation was formed in 1950. Asian volley ball federation was established in 1954. First Asian volley ball championship was held in Tokyo (Japan) in 1955. This championship was won by India. This game was officially included in third Asian game which was held at Tokyo during 1958.

Volley ball is also very much popular among boys & girls in Gujarat State. Various competitions are organized in cities and rural areas.

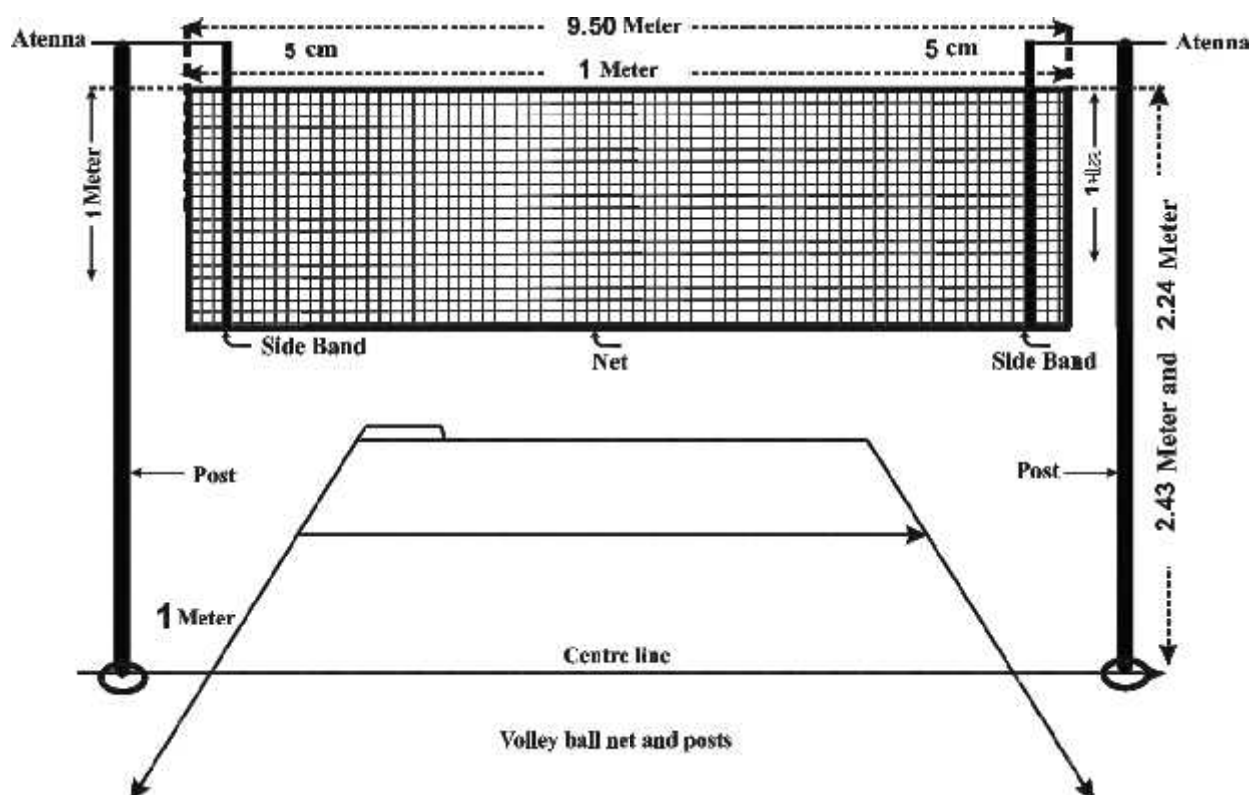
Ground :

- Volley ball ground is 18 metres long and 9 metres wide. The free playing space shall measure a minimum of 7 mtrs in height from the playing surface.
- All lines of ground are 5 cm wide and they are the part of ground.
- 5 cm wide line in the centre of court divides the playing court into two equal parts is called centre line.
- 3 mtrs away from the centre line 5 cm wide parallel to centre line in each side line drawn is called attack line. Space between attack line and center line is called attack zone. The attack line is extended 1.75 mtrs, from the side line.
- 20 cm away from the side lines 15 cm wide lines drawn both the side are called service zones.



Equipments :

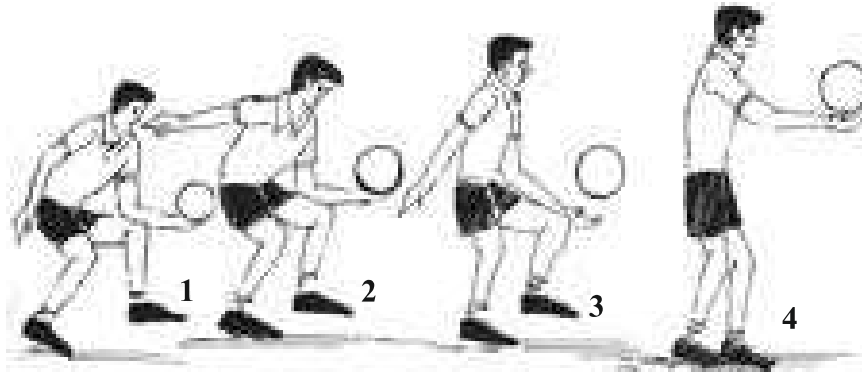
- **Posts :** The posts supporting the net are placed at a distance of 1.00 mtr outside the side lines. They are 2.55 mtrs high, round and smooth.
- **Net :** The net is 1m wide and 9.50 mtr long, made of 10cm squares. At its top there is a horizontal band, 5 cm wide, made of two fold white canvas shown along its full length. Each extreme end of the band has a hole, through which passes a cord fastening the band to the posts for keeping its top tight.
- **Side Bands :** Two white banners are fastened vertically to the net and placed directly above each side line. They are 5 cm wide and 1m long and are considered a part of the net.
- **Antenna:** An antenna is a flexible rod, 1.80 mtrs long and 10 mm in diameter, made of fibreglass or similar material. An antenna is fastened at the outer edge of each side band. The antenna are placed on both sides of the net. The top of each antenna extends 80 cm above the net and is marked with 10 cm stripes of contrast colours preferably red and white.
- **Cards :** Yellow, Red.
- **Height of the Net :** Height of the net for men is 2.43 mtrs and for women it is 2.24 mtrs.
- **Ball :** The ball shall be spherical, made of flexible leather or synthetic case with bladder inside, made of rubber or a similar material. 4 number ball is used in volley ball game. Its weight is 260 to 280 grams and its circumference is 65-67 cm.



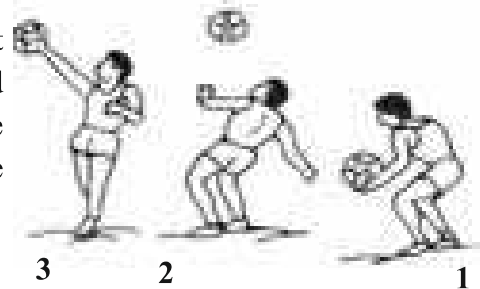
Skills :

(1) Service : Outside of end line of one's own court, a player tosses the ball up with one hand and sends it over the net of the opposite side court by hitting the ball with fist or any part of hand is called service. Following are the types of services.

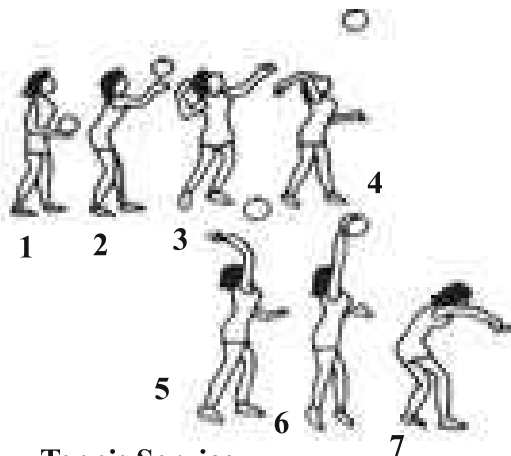
(i) Simple Service (under hand service) : Right handed player puts his left leg forward, tossing the ball near waist with left hand and swinging right hand backward to forward and hits the ball with base of palm of that hand and sends it from over the net to opposite side.



(ii) Side arm service : Right handed player puts left foot forward. Left shoulder should be in the direction of the net and in this position he tosses the ball upto his head level and as the ball comes down he abducts right hand sideward and hits the ball to send it over the net to the other side.



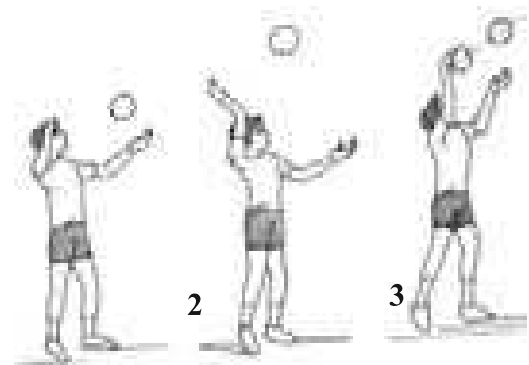
Side arm service



Tennis Service

(iii) Tennis Service (Over head Service) :

Right handed player tosses the ball higher than the level of his head by left hand then he over extends his right hand upward and behind the head and as the ball comes down to his head level he quickly smashes with the right hand forward and with the palm of his right hand sends it over the net to the opposite side.



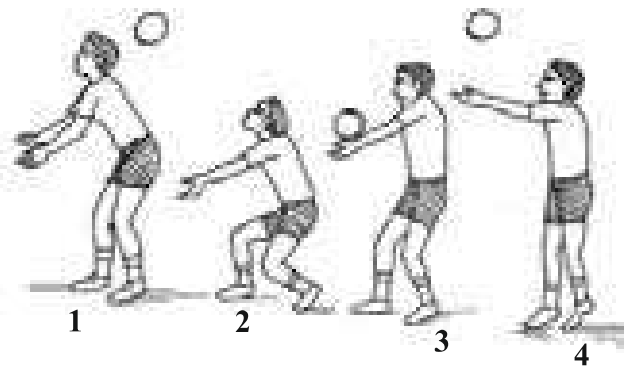
Floating service

(iv) Floating service :

In this service position of the body will be same as Tennis service, but while hitting the ball force should be given at the centre of the ball, to send to opposite court. After hitting the ball immediately hand should be pulled back. Force should be less so that there should not be any rotation in the ball.

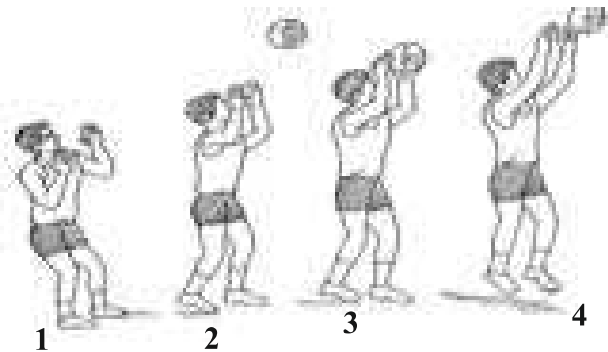
(2) Passing : After receiving the ball from the opposite side a player passes it to other player of his own team or opposite side by both hands is called passing. Following are the types of passing :

(i) Two hands under hand pass : During play, ball coming from opposite side below the waist level then this type of passing skill is used. In this pass player keeps ball side leg forward & both the legs are slightly bent from the knees or keeps both legs slightly open then bend palm over it, now keep both hands near the elbow & straight, then take hands forward, the ball and hit by forearm of both hands, and send it to their team mate or opposite side.



Two hand under hand pass

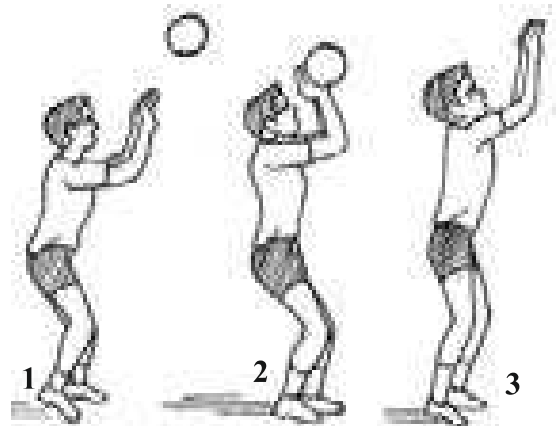
(ii) Two hands over head pass : When ball comes over the height of head, this type of passing is used. In this passing player keeps both legs slightly apart bending from the knees, waist is straight, keep thumbs towards the body and fingers are at side. Distance between fingers should be more than palms, when ball comes near the forehead, play with fingers of both the hands and send to his team-mates or opposite side.



Two hand over head pass

(3) Lifting (Set up) : In volley ball game when ball is set fairly high and close to the net for smashing is called lifting. Following are the types of lifting.

(i) Simple set up : In this type of set up player lifts the ball between him and smasher 25 cm to 35 cm high over the net. Then smasher takes one or two steps towards net and jumps to hit the ball forcefully to send to the opposite side.



Simple set up

(ii) High set up : The setter lifts the ball high over his own head near the net is called high set-up. In this set up player lifts the ball over the net approximately 1.25 to 1.50 mtrs high.

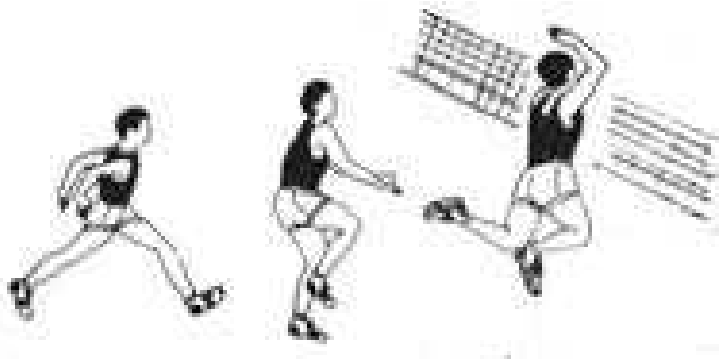
(iii) Low Set up : To get control over smashing and for fast play low set up is useful. Player lifts the ball about 15 to 20 cm over the net.

(iv) Long set up : Player lifts the ball from one pole to another pole and smasher hits the ball over the net and sends to opposite side.

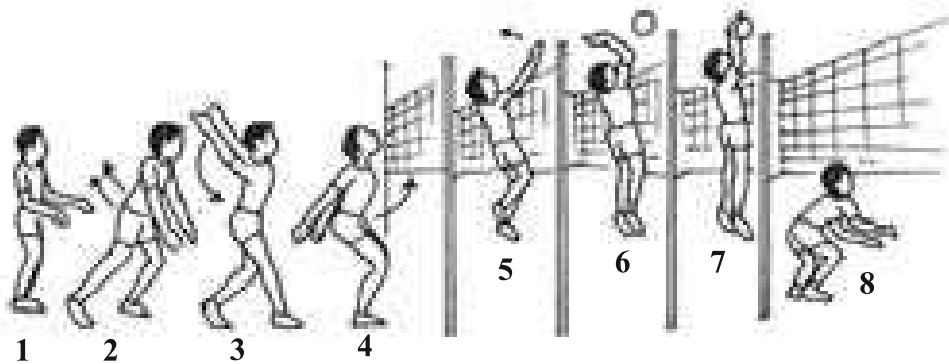
(v) Back set up : As a part of tactics a player lifts the ball in front of him and sends it to his backside where smasher hits the ball to send it to opposite side.

(4) Smashing : It means hitting the ball by one hand over the net in opponents court forcefully is called smashing. For smashing player takes off by two methods.

(i) One leg take off : Player runs and takes jump with one leg forcefully make arch of body and bring strong hand forward from backward to hit the ball which is set over the net, is called one leg take off.



One leg take off



Two legs take off

(ii) Two leg take off : Player runs and takes jump with two legs make arch of the body and bring strong hand forward from backward to hit the ball which is set over the net, is called two leg take off.

Rules of game :

(1) Point and set : The team that scores 25 points, with difference of two points first will be declared winner (except fifth set). If scores are equal at 24 -24 points, the game shall continue till the lead of 2 points is achieved by a team, e.g : 26 - 24, 27 - 25 etc.

(2) In best of five sets, team which wins three sets is declared winner.

(3) In case of a 2-2 tie, the deciding 5th set is played upto 15 points with a minimum lead of 2 points. If both the team scores 14-14 points than the game shall continue till the lead of 2 points is achieved by a team. e.g. - 16 - 14, 17 - 15 etc. In the deciding set when, the any team scores 8 points, then the count is changed.

Service : (1) The first service of the first set, as well as that of the deciding 5th set is executed by the team determined by the toss. The other sets will be started with the service of the team that did not serve first in the previous set.

(2) The players must follow the service order recorded on the line-up sheet.

(3) The server must hit the ball within 8 seconds after the whistles for service.

(4) The ball shall be hit for service after being tossed.

(5) If serving ball passes under the net and touches other plays or antenna is considered as a foul.

(6) If server touches end line, it is considered as foul.

Playing the ball :

- (1) The team is entitled to a maximum of three hits except blocking for returning the ball from over the net to the opponent court.
- (2) A player can not hit the ball twice consecutively.
- (3) When two (or three) team - mates touch the ball simultaneously, then is counted as two (or three) hits (with the exception of blocking).
- (4) When two opponents touch the ball simultaneously over the net and the ball remain in play, the team receiving the ball is entitled to another three hits.
- (5) While playing a ball if it is held for a moment, it is foul. Scooping, pushing or carrying is also foul.

Smashing, Blocking :

- (1) A front - row player may act smashing at any height within his ground over the net.
- (2) A back - row player may not smash over the net from attack zone.
- (3) A back row player can hit the ball at any height from behind the attack line and may land in the attack zone.
- (4) A player can not touch the ball in the opponent's space over the net.
- (5) The players who have touched the ball during the block, they can play ball once again and it will be considered as first touch.
- (6) During block the ball cannot be played in the opponents' space over the net.
- (7) After a block contact, a team is entitled to three hits to return the ball.
- (8) The ball is go out due to the block is foul.
- (9) Blocking the opponent's service is foul.

Faults at the net :

- (1) If ball touches the antenna or net outside the antenna is foul.
- (2) If player touches the net while playing the game is foul.
- (3) If players of both the teams touch the net simultaneously, then team who has served will serve again. No team will get point.
- (4) During play player crosses the centre line, is a foul.

Position of players and rotation :

- (1) At the moment the ball is hit by the server, each team must be positioned within its own court in the rotation order.
- (2) The three players nearer to the net are front-row players and other three are back - row players.
- (3) After the service hit, the players may move around and occupy any position on their court.
- (4) When the service change, the players of servicing team rotate their position clock-wise.
- (5) The team commits a positional fault, if any player is not in his/her correct position at the moment the ball is hit by the server.
- (6) If team commits a positional fault, it loses the rally and players' positions must be rectified.

Substitution :

- (1) Each team may substitute a maximum of six substitutions per set. One or more players may be substituted at the same time within the same request.
- (2) A substitute player may enter the game in place of a player of the starting line - up, but only once per set, and he / she can only be substituted by the same starting player.
- (3) After the legal substitution over and in place of injured player any player of team consisting of 12 players may enter in play.
- (4) When a team has made an illegal substitution they lose the rally and substitution must be rectified. If points are scored by the team at fault they will be cancelled.
- (5) After the legal substitution over and then main referee disqualify any player and removed from the play then incomplete team will be considered and lose the set.

Time out and Intervals :

- (1) When the ball is dead, coach or captain may ask for time out.
- (2) Each team may ask maximum for two time outs. All time outs will last for 30 seconds.
- (3) During all time outs, the players must go to free zone.
- (4) If serious accident occurs to any player while the ball is in play, the referee must stop the game immediately and then rally is replayed.
- (5) If an injured player can not be substituted legally then the player is given a 3 minute recovery time. If the player does not prepare to play in stipulated time then his team will be declared as an incomplete.
- (6) An interval time between two sets is of 3 minutes. During this of time the change of courts, and give rotation order of the teams to the scorer.
- (7) In the deciding set, once the leading team reaches 8 points, the teams change court immediately without changing the positions of the players.

The Libro player :

- (1) One libro player may be designated from the list of 12 players who have registered.
- (2) The libro player has to wear a uniform which has a different colour and designs from the rest of team.
- (3) With prior permission of the referee, injured libro player can be substituted, but he cannot replace again for rest of match.
- (4) Libro can not act as a team captain.
- (5) The libro player may enter or leave the court from the designated place by taking permission from referee before the play starts or ball is not in play.
- (6) Libro may not serve, block or smashing.

Misconduct :

- (1) Any misconduct by a player will be penalised.
- (2) For first time a player will be warned and it recorded in score-sheet.

(3) Repeated misconduct by the same player will be expelled and shall not play for the rest of the set.

(4) A player who becomes aggressive and offensive, he will be debarred from the play immediately and will not play the rest of the matches.

(5) For the smooth conduct of the game referee may show the different colour cards to the players according to the needs and give instructions.

- Yellow card : Warning / caution.

- Red Card - Expulsion from set or rest of the tournament.

Exercise

1. Explain the following skills

- (1) Simple service
- (2) Tennis service
- (3) Two hand under hand pass
- (4) Smashing - Two legs take off
- (5) Simple set up.

2. Answer the following questions in one or two sentences.

- (1) State the types of service in Volley ball.
- (2) State the types of passing in volleyball.
- (3) State the types of lifting (Set up).
- (4) List the equipments used in volleyball game.
- (5) At what height the ball is lifted in high set up in volleyball ?

3. Answers to the following questions by selecting correct option from the options given below.

- (1) How many playing members are there in one team ?
(A) Four (B) Five (C) Six (D) Seven
- (2) How many time outs are given during one set in volleyball game ?
(A) One (B) Two (C) Three (D) Four
- (3) How many points are there in deciding set in volleyball game ?
(A) 8 (B) 15 (C) 20 (D) 25
- (4) Which number of ball is used in volleyball game ?
(A) Six (B) Five (C) Four (D) Three
- (5) What is the length of antenna in volleyball game ?
(A) 1 Mtrs (B) 1.30 Mtrs (C) 1.50 Mtrs (D) 1.80 Mtrs

A football game is one of the most popular games in the world. It is called soccer game in foreign countries. It is known as football game in India.

This game is very popular in Europe. Due to its popularity, it is considered. 'The king of games'. This game is played in the most of the countries of the world. The football world cup is considered one of the most thrilling and popular game after world Olympic. Some good players of football are counted 'National Wealth' of the country. i.e. The government of Brazil has given 'Brazil Wealth' status to Pelle the great football player of Brazil.

The football game started in the year 1863 in England so it is considered as birth place of the game. Players use socks up to knee and so, perhaps, the football game is known as 'soccer'.

International Football Federation :

International football federation. FIFA, established at paris on 21st May, 1904. Due to establishment of FIFA, the rules of the football game are applied similarly in all the countries of the world. Today most of the countries are members of it. International competitions are organized with its approval and help. The country which is not a member of FIFA, is not allowed to participate in the International competition.

Football world cup :

FIFA had accepted to organize football world cup in the year 1927. The honour of this scheme goes to Julereem and Henari Delon, football lovers of France. The world cup is organized every four years, but it is organized after two years of Olympic game in different countries. It is organized regularly since 1930 (except second world war period). First time the world cup was organized in Uruguay in the year of 1930. One thing should be kept in mind that from the year 1958 in the world cup competition, professional players can also participate.

The begining of modern Olympic games was in 1896. But the football game was included in the 1908 London from that year the Football game is included in every Olympic. One Olympic and thing should be kept in mind that only amateur players are going to participate in it.

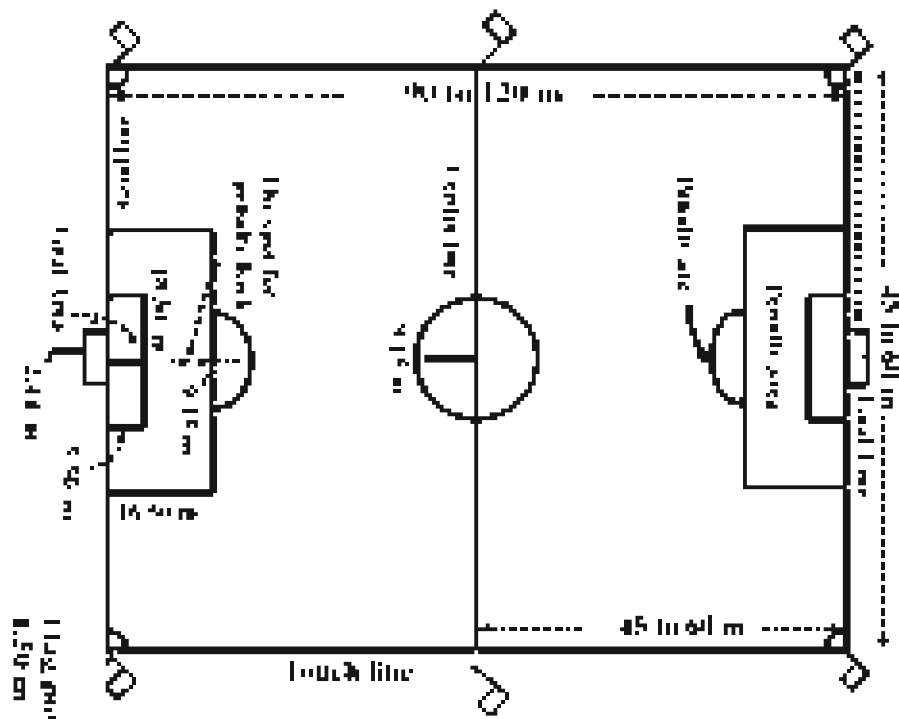
India had started 'Asian Games' in 1951 at Delhi and football game was included and India became champion in it. Since then football game was played regularly in Asian Game.

Englishmen started this game in India. "Delhousi Football Club was established in India. Indian football Association (IFA) was established in 1893, thereafter that association was transformed into All India Football Federation. National trophy of this game is called Santosh trophy in India. This trophy was started in 1941. More over other tournaments are also played regularly. Indian women also play football. Indian women team secured third place in Asian Women football cup in 1981.

Ground :

The football game is palyed on rectangular ground. For international competition, the length of the ground should be 110 to 120 yards (101 to 110 metres) and width of the ground should be 70 to 80 yards (64 to 73 metres.) For other competitions, the measurements of the ground should be as under :

Ground :



Football Ground

The measurement of the football ground should be as under

Length : 100 yards to 130 yards (up to 90 to 120m).

Width : 50 yards to 100 yards (up to 45 to 90 metres).

(1) Width of the goal : 8 yards (7.3 m) and the height from the land should be 8 feet (2.4 m).

(2) The circumference measurement of the Goal poles and cross bar should be 5 inches (12cm).

(3) Goal area : Length - 20yards (18.30 m), Width - 6 yards (5.50 m).

(4) Penalty Area : Length - 44 yards (40.3m), Width : 18 yards (16.50m).

(5) Penalty spot : From the distance of the centre of the goal line 12 yards (11 m).

(6) Centre Circle : The radius of 10 yards (9.15 m).

(7) Corner Area : The arc of 1 yard (0.915 m).

(8) Penalty arc : The arc of 10 yards (9.15 m) is drawn from the penalty spot to outside penalty area.

(9) Flag : A flag on a post not less than 5 feet (1.50m) high shall be placed at each corner, a similar flag post may be placed opposite the half way - line on each side of the playfield is optional.

Marking of the playfield : The field of play shall be marked with distinctive lines, not more than 5 cm in width. The lines are included in the playfield.

Equipments :

A ball, goal net, corner flags and special socks for the goal keeper are required for this game.

The Ball :

The circumference of the ball shall be 27 to 28 inches (68 to 71 cm). The weight of the ball should be 14 to 16 oz (396 to 453 gram).

Boots and uniform :

There are special type of the boots in football game. There are 10 studs on the sole. The studs should be minimum of 3.8 inches in diameter. Most of the players wear boots, long socks, Jersey and short. There are numbers printed on the back side of the Jersey. There should be similar uniform of a whole team.

The uniform of the goalkeeper is distinctive than the other players taking part in the game. He can wear hand gloves also. He wears a long sleeve jersey a player shall not wear anything which is dangerous to another player. It is responsibility of each player to come on the ground with proper uniform.



Skills :

Throw - in :

When the ball goes beyond the touch line rolling or crosses it in the air, it will be regarded as having gone out of the boundary. When the ball goes out of the boundary line, a player from the team opposite to the team whose player was responsible for sending the ball out will be given 'throw-in', He puts the ball in play. Following matters should be kept in mind for throw-in.

- (1) The 'throw-in' is executed from the spot where the ball had crossed the touch line.
- (2) The 'thrower' will take his position facing the ground while 'throw-in'
- (3) The 'thrower' must keep both his feet touching the out part of touch line ground while 'throw-in'
- (4) The 'thrower' should take the ball in both hands behind his head and shall throw the ball -forward with both his hands. He should not put the ball slowly in the ground. A ball should be thrown with both hands.
- (5) No direct goal can be scored with a 'throw-in'.
- (6) The thrower will not be able to play the ball again until one of the plays touches or plays it.

Passing :

It is risky for a player to keep the ball in his possession for a long time and try playing with it, for the opponents will directly attack a player, who has the ball in his possession. In such a situation when a player is surrounded by the opponents, he passes the ball to a team-mate who is in a better position to play. This skill is known as 'passing'.

In order to pass the ball to a team-mate, a player uses the kick skill. he can also pass the ball coming through the air directly by using the 'heading' skill. If the ball is to be passed on to player who is standing at some distance away, the player uses the 'in-step' kick skill. If he has to send the ball to the left or right side, he uses the inside of kick. The success of the passing action depends upon the accuracy and judgement of the player. An agile player passes the ball coming through the air by giving it a suitable kick. This is called the "Volley".

Heading :

To prevent a ball coming from some height in the air from falling on the ground, the player hits the ball with his forehead. This skill is called heading. While heading, the action of hitting the ball must be done with the forehead. The body is bent backwards and is to be extended from the waist with a jerk to where the ball is to be contacted and both the arms are bent at the elbows. The muscles of the neck are hardened and both legs are slightly bent at the knees. Heading is divided into different types depending on the direction in

which the ball goes after it is hit with the forehead : If the ball passes towards the front, it is called 'forward heading'. If the ball goes from above the head, it is called 'upward heading'.

If the ball goes downwards, it is called 'downward heading' and if it goes towards the side, it is called sideward heading and if it goes towards the backside, it is called 'backward heading'. During all these different types of heading, the body is bent slightly backward or forward, but every time the body should be brought forward with jerk at the waist and it should be hit with the forehead.

Kicking :

When a player sends the ball at the short distance or a long distance with a kick is called 'kicking'. This is one of the most important and basic skill in the football game. This skill is useful for passing the ball which is coming towards him or is in his possession towards his team - mate or if the situation is favourable, sending it to the goal with a kick. There are seven different types of kicking . (1) In step kick (2) Inside of the foot kick (3) Out side of foot kick (4) Drop kick (5) Ground kick (6) Push kick and (7) Volley kick.

Goal Keeping :

The goal keeper plays an important role to stop the goal. The goal keeper is privileged to push or catch the ball with the hand to protect the goal posts till the penalty area. So, his position and responsibilities are different from the other members of the team. He is expected to be more skilled than the other players. The goal keeper plays the ball more often with his hands than with his feet. The goalkeeper must always stand firmly like a wall between the ball and the goal to protect the goal. The goal keeper has to use his hands, feet and head to stop and throw away the ball coming from any side. Sometimes, he has to dive to catch or stop the ball. The goal keeper is expected to have a perfect co-ordination to his arms and legs and the maximum capacity to maintain the balance of his body. In addition to the ability to catch, push and throw the ball, the goal keeper is expected to master the skill of kicking dribbling and dodging.

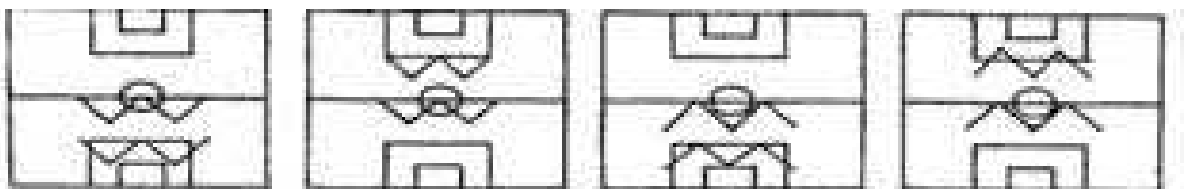
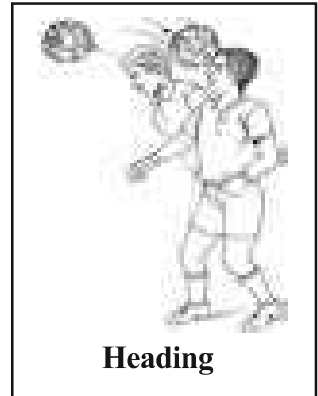
Defending and Attacking :

Position Play :

There are 11 players in each team of football. Generally, 5 players forward players of front line are known as right out, right in, centre forward, left out and left in. While three players of centre line are known as right half back, centre half back and left half back, two players of back line are known as right full back and left full back. The protector of goal is known as goalkeeper. A goalkeeper shall wear full sleeve jersey of separate colors which distinguish him from the other players.

Team Game :

The play field of football is big one. In this big ground, a player has to play instead of individual, he has to play team game and then With the combined efforts of the players it is easy for defence and attacking and it may be transformed in good performance and result. Generally in football game the formation M and W are for attacking and defencing. In this formation, five players of front line, play in 'M' formation and five players of back line also play in 'W' formation. At the time of attacking, the front five players play completely forward.



Five players of back line go up to the half ground and pass the ball to the forward players for goal. While they play in reverse formation (M), they do attack and defence. In this formation right in and left in play forward and centre forward, right out and left out players play back. In the same way rear half back and full back players play in M formation.

When the , five attack players of front line go to the opposite ground for goal, the defender players, except the goalkeeper, 3 half back and 2 fullback players seize each player and perform as defender in football game.

Strategy :

When players play in their own half play ground and perform defensive duty, he is allotted main defensive duty. If there is need he goes every now and then to help his players and maintain the co-ordination among the players.

Rules of the game :

(1) The football game will be played between two teams, each consisting of 11 players at the beginning of the game. Any team can start playing with seven members. One of them will act as the goalkeeper. Players who arrive late may join the game with the permission of the referee. But the members of team should not be more than 7 players. No player will leave the ground during the play. If a player leaves the ground during play, he will not be able to re-enter the ground before the end of the game. Each team can use two substitutes any time during the course of the game.

(2) The game starts with the tossing of the coin. The team which wins the toss chooses either the side of the ground or kicking. The ball is placed on the centre point of the ground and when it is steady, the player who is to kick, kicks the ball. At the time of kicking, all remaining players stand in their own sides of the ground, away from the ball.

(3) If during play, the ball goes beyond the end line or the touch line rolling or crosses it in the air, it will be considered as having gone out of the boundary. The side boundary lines are included as part of the ground. So the ball touching the outer edge of the line will be considered as 'in'. When the ball goes to out of the boundary line, a player from the team opposite to the team whose player was responsible for sending the ball out will be given a 'throw-in'. The 'throw-in' is executed from the out parts of the spot where the ball had crossed the boundary line.

The 'thrower' will take his position facing the ground and will place the ball in both his hands over his head and throws the ball with both hands. in with both his hands. With this action, the ball will come in to play. The thrower will not be able to play the ball again until one of the players touches or plays it. No direct-goal can be scored with a 'throw-in'. The 'thrower' must keep both his feet touching the ground until the ball is released from his hands.

Penalties:

(1) If the throw-in is wrong, the opposite team will get the chance to throw-in from the same spot.

(2) If the thrower plays the ball before any other player touches or plays it, the opposite team will be given an 'indirect free kick.'

(3) If the ball passes between the two goal posts and under the horizontal bar and crosses the goal line either in the air or on the ground, it will be considered as a goal scored. If a defending player crosses the goal line from between the posts with the ball in his hands, it will also be considered as a goal.

If the ball coming as a result of an indirect free kick is kicked or touched by a player of either team and it crosses the goal line between the two posts and from under the cross bar, it will be considered as a goal.

(4) If during play, the attacking team sends a ball and it goes rolling on the ground or flying in the air beyond the goal line, a player from the defending team will place the ball in the middle of the goal area on the side by which the ball had gone out and then execute a goal kick. When the goal kick is being executed, all the players of attacking team will stand outside the penalty area. After the goal kick, the ball will not be considered as being in play until the ball goes out of the penalty area. If the ball does not go out of the penalty area, the goal kick will be given again. The players who kick the ball will not be able to play the ball again until any player touches or plays it. If the same player plays the ball a second time, it will be considered breach of rule and the opposite team will be awarded an indirect free kick from the spot where the fault was committed.

(5) A ball which has last touched a player of the defending team or if a ball hit by a player of defending team crosses the goal line while rolling on the ground or through the air, the attacking team will be awarded a 'corner kick'. The corner kick will be executed by placing the ball in the area drawn on the side by which the ball went out and the kick will be executed from here.

(6) During a football match, not more than 11 players will play in each team. One of them will be a goal keeper. During play, no player will be allowed to leave the ground without the permission of the referee.

(7) During play, a maximum of two substitute players can take place of the regular players with the permission of the referee. Five substitute players can be appointed in the team.

(8) The game will consist of two halves of 45 minutes each. There will be a break of 10 minutes between the two halves. After this break, both the teams will change their ground. At the end of the first half or at the end of the game, if a team has been awarded penalty kick, the game will be extended by the time needed to complete the penalty kick.

(9) If at the end of the play, both the teams have scored equal number of goals or no goals and the results are same then both the teams will be given two extra turns of 15 minutes of each.

(10) If in spite of the play being extended to extra time, if both the teams are still equal, each team will be given five penalty kicks. The referee will decide the goal posts for the penalty kicks. Each team will take the kick by turns. Each kick will be executed by different players. No player will be allowed to kick twice.

Officials : (1) One Chief Referee (2) Two lines-men (3) A scorer (4) A time keeper.

Exercise

1. Answer the following questions :

- (1) Explain the 'throw-in' skill of football.
- (2) Explain the 'Passing' skill of football.
- (3) Explain the 'Heading' skill in football.
- (4) Clarify the kicking skill in football.
- (5) Give the explanation of goal keeping in football.

2. Answer the following questions in one or two sentences.

- (1) Describe the feet position of thrower in football.
- (2) When the thrower will be able to play the ball ?
- (3) A player is surrounded by the opponents, to whom he passes the ball ?
- (4) By which part, the player hits the ball in heading ?
- (5) Which parts of the body are to be used by the goal keeper for playing the ball ?
- (6) When will be given throw-in ?

- (7) Both the teams have scored an equal number of goals, what does the referee do ?
(8) When the player kicks the ball for play, at that time, where do stand all the remaining players ?

3. Answers to the following questions by selecting correct option from the options given below.

- (1) Where shall be placed flags on the football ground ?
(A) In the middle of goal line (B) In the middle of touch line.
(C) Near goal posts (D) On the four corners.
- (2) What is the radius of centre circle ?
(A) 8 yards (B) 9 yards (C) 10 yards (D) 11 yards
- (3) What is the length of a football ground ?
(A) 70 to 80 metres (B) 75 to 85 metres
(C) 120 to 130 metres (D) 90 to 120 metres
- (4) What is the width of a football ground ?
(A) 35 to 40 metres (B) 45 to 90 metres (C) 95 to 100 metres (D) 100 to 105 metres
- (5) What is the shape of football ground ?
(A) Square (B) Rectangular (C) Round (D) Oval
- (6) How many studs are there at a sole of boot of football game ?
(A) 5 (B) 7 (C) 8 (D) 10
- (7) How many players are there in the playing team of football ?
(A) 9 (B) 10 (C) 11 (D) 12
- (8) How many substitutes can be used in football game ?
(A) One (B) Two (C) Three (D) Four
- (9) What is the duration of the game of one half (one play) ?
(A) 45 minutes (B) 50 minutes (C) 55 minutes (D) 40 minutes
- (10) What is the duration of the break between two halves in football game ?
(A) 5 minutes (B) 7 minutes (C) 8 minutes (D) 10 minutes

