

**ICSE EXAMINATION - 2023**  
**PHYSICAL EDUCATION**  
**Solved Paper**  
**Class-10<sup>th</sup>**

**Time : 2 Hours**

**Max. Marks : 100**

**General Instructions :**

- (i) Answer to this Paper must be written on the paper provided separately.
- (ii) You will not be allowed to write during the first 15 minutes.
- (iii) The time is to be spent in reading the question paper.
- (iv) The time given at the head of this Paper is the time allowed for writing the answer.
- (v) Attempt all questions from Section A and two questions from Section B.
- (vi) The intended marks for questions or parts of questions are given in brackets [ ].

**SECTION - A**

(50 Marks)

(Attempt all questions from this Section.)

**Question 1. Choose the correct answers to the questions from the given options.**

**20**

(Do not copy the questions, write the correct answer only.)

- (i) Adulthood starts from \_\_\_\_\_ years onwards.
  - (a) 17
  - (b) 18
  - (c) 19
  - (d) 20
- (ii) What is the full form of ACL?
  - (a) Anatomy Cruciate Ligament
  - (b) Anterior Cramp Ligament
  - (c) Anatomy Collateral Ligament
  - (d) Anterior Cruciate Ligament
- (iii) The passing of traits from parents to their offspring is known as \_\_\_\_\_.
  - (a) Puberty
  - (b) Infancy
  - (c) Childhood
  - (d) Heredity
- (iv) The ability to stay upright in control of body movement:
  - (a) Balance
  - (b) Strength
  - (c) Power
  - (d) Agility
- (v) To develop the ability to respect the attitudes and values of others is \_\_\_\_\_.
  - (a) Emotional development
  - (b) Physical development
  - (c) Social development
  - (d) Psychological development
- (vi) Which body type can be characterised by a round body?
  - (a) Endomorph
  - (b) Ectomorph
  - (c) Mesomorph
  - (d) None of these
- (vii) The ability to cover the maximum distance in minimum time is:
  - (a) Endurance
  - (b) Speed
  - (c) Strength
  - (d) Flexibility

- (viii) Which option is not a prevention of an injury?
- (a) Warming up and cooling down to be done.
  - (b) Fitness of the participant.
  - (c) Proper Training of skills.
  - (d) Not resting between workout, using faulty skills and equipment.
- (ix) A diet containing right amount of nutrients for efficient working of body is called:
- (a) Food
  - (b) Diet
  - (c) Stapled diet
  - (d) Balanced diet
- (x) Which of the following statements correctly defines strength?
- (a) The power that helps to lift and carry objects.
  - (b) The capacity to move a body part or whole body at a faster rate.
  - (c) The ability to resist fatigue.
  - (d) The ability to stretch muscles using external help.
- (xi) \_\_\_\_\_ is an important element which makes-up for almost 70% of our body weight.
- (a) Water
  - (b) Fiber
  - (c) Minerals
  - (d) Fats
- (xii) Training at an appropriate intensity and gradually increasing the amount of stress placed on the body is known as:
- (a) Progressive Overload
  - (b) Intensity
  - (c) Adaptation
  - (d) Specificity
- (xiii) \_\_\_\_\_ is not a factor which affects our diet.
- (a) Age
  - (b) Gender
  - (c) Body weight
  - (d) Personality
- (xiv) The body cannot repair itself without rest and \_\_\_\_\_.
- (a) Continuity
  - (b) Adaptation
  - (c) Recovery
  - (d) Frequency
- (xv) The full form of PRICE is:
- (a) Provide, Rest, Infect, Compress, Elevate
  - (b) Protect, Rest, Ice, Compress, Elevate
  - (c) Protect, Rest, Ice, Compact, Elevate
  - (d) Provide, Rest, Ice, Compact, Elevate
- (xvi) The ability of the body to change direction quickly:
- (a) Ability
  - (b) Co-ordination
  - (c) Flexibility
  - (d) Speed
- (xvii) \_\_\_\_\_ means increase in size, height, length or weight.
- (a) Growth
  - (b) Development
  - (c) Body types
  - (d) Obesity
- (xviii) Periodization means:
- (a) The regular training of sports and games.
  - (b) The irregular workout during sports and games.
  - (c) The specific process of training and work load every day.
  - (d) The systematic planning of athletic or physical training.
- (xix) The physical strength decreases in \_\_\_\_\_ stage.
- (a) Adolescence
  - (b) Infancy
  - (c) Old age
  - (d) Adulthood

(xx) Over stretching of ligament causes:

- |                |                 |
|----------------|-----------------|
| (a) Fracture   | (b) Sprain      |
| (c) Concussion | (d) Shin Splint |

**Question 2.**

- |   |   |
|---|---|
| (i) State <i>any two</i> differences between growth and development | 2 |
| (ii) What is first aid?   | 2 |
| (iii) List <i>any three</i> main objectives of physical education.  | 3 |
| (iv) State <i>any three</i> characteristics of Mesomorph body.      | 3 |

**Question 3**

- |   |   |
|---|---|
| (i) What is flexibility?  | 2 |
| (ii) Explain the term sports training.  | 2 |
| (iii) State <i>any three</i> preventive measures to be taken in order to avoid Sports Injuries. | 3 |
| (iv) Mention <i>any three</i> points on the importance of health education.                     | 3 |

**Question 4**

- |   |   |
|---|---|
| (i) Explain the term Physical Fitness.  | 2 |
| (ii) Define the term balanced diet.   | 2 |
| (iii) State <i>any three</i> responsibilities of a coach in physical education. | 3 |
| (iv) List <i>any three</i> components of physical fitness.                      | 3 |

**SECTION - B**

(50 Marks)

(Attempt *two* questions from this Section.)

(You must attempt **one** question on each of the **two games** of your choice.)

**CRICKET**

**Question 5**

- |   |                   |
|---|-------------------|
| (i) Explain the following terms:  | 8                 |
| (a) Maiden Over   | (b) Reverse sweep |
| (c) Substitute  | (d) Declaration   |
| (ii) (a) Give <i>any three</i> instances when the umpire can call and signal a 'Dead Ball'. | 9                 |
| (b) Explain the <i>three</i> types of formats played in cricket.                            |                   |
| (c) State <i>any three</i> variations of pace bowling.                                      |                   |
| (iii) Explain the following terms in cricket  | 8                 |
| (a) Hat trick   | (b) Bump ball     |
| (c) Yorker  | (d) Nick          |

**Question 6**

- |   |                 |
|---|-----------------|
| (i) Explain the following terms in cricket:   | 8               |
| (a) Bouncer   | (b) Golden duck |
| (c) Overthrow   | (d) Dead Rubber |
| (ii) (a) State the full form of ICC, BCCI, LBW.                                     | 9               |
| (b) Write the following:  |                 |
| 1. Weight of the Cricket ball.  |                 |
| 2. Length of the Cricket pitch.   |                 |
| 3. Height of the stumps.  |                 |
| (c) What is the inner circle on the cricket field called? What is its significance? |                 |

- (iii) (a) List *any four* compulsory equipment used by the batsman in cricket. 8  
 (b) Explain the term Dot ball in cricket.  
 (c) Give *any four* instances when an umpire can declare a batsman out.  
 (d) Explain the term Body line Bowling in cricket.

### FOOTBALL

#### Question 7

- (i) Write short note on: 8  
 (a) Zonal marking (b) Technical area  
 (c) Advantage (d) Wall pass
- (ii) (a) Name *any three* fundamental skills of football. 9  
 (b) Write *any three* occasions when the ball is said to be out of play in the game of football.  
 (c) When is a goal kick awarded and from where is it taken?
- (iii) Write the following: 8  
 (a) Height of the corner flag.  
 (b) Height and width of the goal post.  
 (c) Weight and circumference of the football.  
 (d) Minimum and maximum number of players required to start a football match.

#### Question 8

- (i) Explain the following terms in football: 8  
 (a) Offside (b) Throw-In  
 (c) Indirect Free kick (d) Additional time
- (ii) (a) How many substitutes are allowed in a football match? Write down the procedure of substitution during the game. 8  
 (b) State *any three* ways of restarting the play.  
 (c) State *any three* fouls for which the referee can show a Red Card to the player.
- (iii) Draw a neat and labelled diagram of a football field showing the following measurements: 8  
 (a) Length and breadth (b) Penalty area  
 (c) Goal area (d) Penalty mark  
 (e) Penalty arc (f) Centre circle  
 (f) Corner arc

### HOCKEY

#### Question 9

- (i) Explain the following terms: 8  
 (a) Push pass (b) Flick  
 (c) Reverse stick (d) Tackle
- (ii) (a) What do you mean by Penalty corner in hockey? 9  
 (b) Mention *any three* duties of the referee.  
 (c) Explain shooting circle along with its importance in the game of hockey.
- (iii) (a) Write the full form of FIH and IHF. 8  
 (b) Explain *any two* situations when a free hit is awarded to the opponent.  
 (c) Explain the term Centre pass.  
 (d) List *any four* equipment that a goalkeeper should wear during the game.

#### Question 10

- (i) Explain the following terms in hockey: 8  
 (a) Scoop (b) Long corner  
 (c) 16 yard hit (d) Obstruction

- (ii) (a) When is the ball out of play in the game of hockey? 9  
 (b) Write *any three* duties of a captain in hockey.  
 (c) What is the method of scoring a goal in hockey?
- (iii) (a) Explain how substitution is done in hockey. 8  
 (b) What do you mean by Indian dribbling?  
 (c) Explain the term Give-and-Go in hockey.  
 (d) Explain the term Rebound.

### BASKETBALL

#### Question 11

- (i) Explain the following terms: 8  
 (a) Fast break (b) Held ball  
 (c) Man to man marking (d) Fake
- (ii) (a) Explain the '8' second rule in basketball. 9  
 (b) Give *any three* jump ball situations in basketball.  
 (c) State *three* occasions when the ball becomes dead during play.
- (iii) Explain the following terms: 8  
 (a) Double dribble (b) Box out  
 (c) Twenty-four second rule (d) Triple threat

#### Question 12

- (i) (a) What happens when the match ends in a draw? 8  
 (b) Name the types of Screening in basketball.  
 (c) When is time-out given? What is the duration of a time-out?  
 (d) Explain the term Zone defense.
- (ii) (a) List *any three* technical equipment required for conducting a basketball match. 9  
 (b) Name *any three* types of shots taken in basketball.  
 (c) Mention *any three* rules of throw in related to basketball.
- (iii) Draw a neat and labelled diagram of the basketball field with the following measurements: 8  
 (a) Length (b) Breadth  
 (c) Centre circle (d) Free throw line  
 (e) Restricted area (f) Neutral zone  
 (g) No charge zone

### VOLLEYBALL

#### Question 13

- (i) Explain the following terms in volleyball: 8  
 (a) Block assist (b) Floater  
 (c) Attack zone (d) Quick set
- (ii) Enumerate *any three* duties of: 9  
 (a) First referee  
 (b) Assistant referee  
 (c) Captain
- (iii) Explain the following terms: 8  
 (a) Ball down (b) Net violation  
 (c) Joust (d) Jump float

**Question 14**

- (i) Explain the following terms in volleyball: 8
- (a) Extension roll (b) Free ball  
 (c) Closing the block (d) Trap set
- (ii) (a) Mention *any three* fundamental skills of volleyball. 9  
 (b) Name *any three* important tournaments of volleyball.  
 (c) List *any three* faults in the game of volleyball.
- (iii) (a) What is the difference between time out and technical time out? 8  
 (b) State *any two types* of delays in the game of volleyball.  
 (c) State the number of Libero players a team can include in the team list.  
 (d) Explain the term 'four hits'.

**BADMINTON****Question 15**

- (i) Explain the following terms: 8
- (a) Follow through (b) Wood shot  
 (c) An alley (d) Mid court
- (ii) (a) Write *any three* fundamental skills of badminton. 9  
 (b) When is a shuttle not in play?  
 (c) Enlist the types of serve in badminton.
- (iii) Explain the following: 8
- (a) Net lift (b) Tumbling net shot  
 (c) Full smash (d) Set

**Question 16**

- (i) Explain the following terms: 8
- (a) Bird (b) Half smash  
 (c) Wide serve (d) Drop shot
- (ii) (a) Mention *any three* duties of service judge in badminton. 9  
 (b) Mention the difference between long service and short service.  
 (c) Explain the scoring system in badminton.
- (iii) (a) Name *any four* tournaments of Badminton. 8  
 (b) Explain the term Hairpin net shot.  
 (c) What is a rally?  
 (d) Explain the term Baseline smash.



# Solutions

## PART - A

1. (i) **Option (d) is correct.**  
 (ii) **Option (d) is correct.**  
 (iii) **Option (d) is correct.**  
 (iv) **Option (a) is correct.**  
 (v) **Option (c) is correct.**  
 (vi) **Option (a) is correct.**  
*Explanation:* Endomorphs have rounded physiques and have soft bodies.
  - (vii) **Option (b) is correct.**  
 (viii) **Option (d) is correct.**  
*Explanation:* Not resting between workout, using faulty skills and equipment.
  - (ix) **Option (d) is correct.**  
*Explanation:* A diet that contains the right amount of carbohydrates, proteins, fats, minerals, salts, vitamins, roughage and water is called a balanced diet.
  - (x). **Option (a) is correct.**  
*Explanation:* Strength is the ability to do work against resistance or overcome resistance. Resistance includes external objects such as free weights or household objects, or even own body weight during body-weight exercises.
  - (xi) **Option (a) is correct.**  
 (xii) **Option (a) is correct.**  
 (xiii) **Option (d) is correct.**  
 (xiv) **Option (c) is correct.**  
 (xv) **Option (b) is correct.**  
*Explanation:* PRICE is followed for first 48 hours of the injury (in case of sprain). After that MICE is followed.
  - (xvi) **Option (a) is correct.**  
 (xvii) **Option (a) is correct.**  
 (xviii) **Option (d) is correct.**  
 (xix) **Option (c) is correct.**  
 (xx) **Option (b) is correct.**  
*Explanation:* Sprain is a ligament injury caused due to falling or twisting of the ligament.
2. (i) 1. Growth is defined as the development of a person in weight, age, size, and habits.  
 On the other hand, development is defined as the process wherein a person's growth is visible in relation to the physical, environmental, and social factors.
  2. Growth is a process that focuses on quantitative improvement. For instance, a child visibly grows in weight and height.  
 Development focuses on both qualitative and quantitative refinement. For instance, a child's IQ increases with the growing age.
  - (ii) First aid is the provision of initial care for an illness or injury. It is usually performed by a non-expert person to a sick or injured person until appropriate medical treatment can be accessed in a hospital or by going to a doctor.
- (iii) Objectives 1 physical development 2. mental development 3. social development
  - (iv) **Three Characteristics are:**  
 square-shaped head.  
 muscular chest and shoulders.  
 large heart.  
 muscular arms and legs.
  3. (i) Flexibility is defined as the range of motion of your joints or the ability of your joints to move freely.
  - (ii) Sports training is a special process of preparation of sports persons based on scientific principles aimed at improving and maintaining higher performance capacity in different sports activities.
  - (iii) (i) Proper warming- Proper warming up is essential before any sports training or participation in sports activities. It reduces chances of getting injuries as muscle remains in a tone up position. Warm up routine should be of 10-20 minutes. It starts with gentle exercise like jogging followed by brisk running ended by stretching.  
 (ii) Proper conditioning- It is essential because it tones up weak muscles and reduces the chances of getting any sort of injury. Weight training and circuit training are methods for proper conditioning.  
 (iii) Balanced diet- It is also essential for prevention of sports injuries because lack of essential minerals and vitamins such as vitamin 'D' calcium etc. make bones weak
  - (iv) **Importance of Health Education:**  
 (i) Health education is very essential for enhancing the condition of the overall health of different communities and people.  
 (ii) It will also help in improving the health of the whole nation.  
 (iii) You can also say that the economy of a country is directly proportional to health education.
  4. (i) physical fitness has been defined as the capacity of a person to carry out the daily activities without undue fatigue. Physical fitness means the ability of the body to work in coordination with the body and mind to perform all daily activities and live healthily.  
 (ii) **A balanced diet is a diet containing all nutrients (carbohydrates, fats, proteins, vitamins, etc.) in the right quantities. A balanced diet helps us in various ways:** provides us with important nutrients required for the growth of body.  
 (iii) **Responsibilities of a coach:** A coach helps in building confidence, boosts morale and acts as a friend and a mentor. A coach is like a 'philosopher and mentor' on the sports field.
  - (iv) Flexibility  
**The three components are:**  
 (i) Strength  
 (ii) Speed

- (iii) Endurance
- (iv) Flexibility
- (v) Agility
- (vi) Balance

(Any three)

### PART - B

5. (i) (a) The meaning of Maiden Over is a cricket over in which no runs are scored from hits.
- (b) A cross-batted sweep shot played to a low bouncing ball, by kneeling on one knee and swinging the bat around in a horizontal arc close to the pitch, but reversing the blade of the bat half-way through the swing and sweeping the ball around to the off side from the leg side.
- (c) A substitute in the sport of cricket is a replacement player that the umpires allow when a player has been injured or become ill, after the nomination of the players at the start of the game.
- (d) In the sport of cricket, a declaration occurs when a captain declares their team's innings closed and a forfeiture occurs when a captain chooses to forfeit an innings without batting. Declaration and forfeiture are covered in Law 15 of the Laws of Cricket.
- (ii) (a) **The Ball Becomes Dead, when:**
- (a) It is finally settled in the hands of the Wicket Keeper or the Bowler.
- (b) It reaches or pitches over the boundary.
- (c) A Batsman is out.
- (b) **Test Cricket**
- Test cricket is considered the format of highest level as it required both mental and physical strength to excel. All players wear white tees and trousers for this format. A red cricket ball is used to play. The earliest format of test cricket was played for six days with a day as reserve. The field restrictions are quite different compared to limited overs cricket.
- One-Day International**
- One-Day International (ODI) is a limited over format of cricket. It was introduced in 1980s and 6 over a side were bowled. The dress code was same to that of test cricket. Over the years, this format also went through drastic changes in rules and it was reduced to 50 over a side and colored uniform. The red-ball was replaced with white-ball. Team A batting first had to set a target for team B in 50 overs. Batting second, team B had to chase down the target in same number of overs. If they fail to do so, team A is declared as the winner irrespective of team A bowling out team B or not.
- T20 International**
- T20 is the latest and the most successful format of cricket. It has attracted lot of spectators to the ground and witness the match. Cricket became a widespread game in this format and new countries like United States, Malaysia, Canada, and Netherlands adapted to it swiftly. It originated in Caribbean islands, West Indies.

Each team gets to play 20-over a side. Since it is the shortest format of the game, it is played under flood lights.

- (c) **The Outswinger:** The conventional swingers are tried when the red cheery or the white ball are still new. For the outswinger the following things need to be kept in mind. Hold the shiny side of the ball towards the batsman.
- The Ishwinger:** Hold the shiny side of the ball away from the batsman. Point the seam either towards the batsman or towards fine leg. Your run-up should be less open-chested and in the follow through your right arm should go past the stumps. Again try to and the ball on the seam and cock your wrists nicely towards the direction of swing to provide the thrust behind the ball. The final point of contact for the outswinger should be your index finger.
- Off or In-Cutter:** The difference between the swing ball and the cutter is that the cutter is bowled when the ball is slightly older as you need to be able to roll your fingers over the rough side.
- Basically, you hold the ball like a normal inswing ball with the shine away from the batsman and just roll your fingers over the rough side at the point of release. The second way to bowl an off-cutter is to bowl split-fingered. The ball is held like a normal outswinger with the index and the middle finger being spread across the seam and the thumb opposite the middle finger. At the time of delivery the middle finger is pulled down towards the wrist in a clockwise rotation and the thumb is stiffened slightly. This kind of ball is harder to master and difficult to bowl without a prominent seam.
- (iii) (a) A hat-trick in cricket is when a bowler takes three wickets on consecutive deliveries, dismissing three different batsmen. It is a relatively rare event in One Day International (ODI) cricket with only 50 occurrences in 4546 matches since the first ODI match between Australia and England on 5 January 1971.
- (b) A ball that bounces off of the pitch, immediately after being hit by the bat, and flies into the air. Spectators not seeing the bounce would assume the batsman to be out if the ball were caught by a fielder.
- (c) In cricket, a yorker is a ball bowled (a delivery) which hits the cricket pitch around the batsman's feet that is if the ball lands in the region of one to three meters from the stumps. Yorkers are considered one of the most difficult deliveries to bowl.
- (d) When a batsman only just touches the ball with the side of his bat and is caught by the wicket keeper or the slips.
6. (i) (a) In the sport of cricket, a bouncer (or bumper) is a type of short-pitched delivery, usually bowled by a fast bowler, which bounces once and then reaches the batter at head-height.



- (b) A golden duck is a term used when a batsman gets out on the very first delivery that they face without scoring any runs.
- (c) In cricket, an overthrow (sometimes called a buzzer) is an additional run scored by a batsman as a result of the ball not being collected by a fielder in the centre, having been thrown in from the outfield.
- (d) Dead rubber is a term used in sporting parlance to describe a match in a series where the series result has already been decided by earlier matches.
- (ii) (a) ICC- International Cricket Council.  
 BCCI- The Board of Control for Cricket in India.  
 LBW- Leg Before Wicket.
- (b) The ball, when new, shall weigh not less than 5.5 ounces/155.9g, nor more than 5.75 ounces/163g.
1. The ball, when new, shall weigh not less than 5.5 ounces/155.9g, nor more than 5.75 ounces/163g.
  2. The dimensions of a turf pitch are 20.12m/22 yards long (from stump to stump).
  3. Each stump is 28 inches (71.1 cm) tall with maximum and minimum diameters of 11/2 inches (3.81 cm) and 1 3/8 inches (3.49 cm).
- (c) The "circle" or "fielding circle" is an oval described by drawing a semicircle of 30 yards (27 m) radius from the centre of each wicket with respect to the breadth of the pitch and joining them with lines parallel, 30 yards (27 m) to the length of the pitch. By forcing the fielding team to leave gaps around the boundary, the rule-makers were encouraging batsmen to hit more fours and sixes. This meant more runs, more mistakes and ultimately, more excitement! The 30-yard circle is one of the major factors in the increasing total runs scored by teams in the shorter forms of the game.
- (iii) (a) Cricket Helmet  
 Elbow Guard  
 Leg Pads  
 Batting Gloves
- (b) In cricket, a ball from which a run is not scored. If the batsman did not score any runs, then it is recorded as a single dot in the scorecard, that is why it is called a dot ball.
- (c) 1. **Caught:** When a batsman hits the ball in the air, if any fielder catches it then the batsman is given out by the umpire.
2. **Bowled:** If the bowler's delivery of the ball hits the wickets and if any one bail gets off then the batsman is considered out by the umpire.
3. **Leg Before Wicket(LBW):** If the ball strikes the batsman and would have gone on to hit the stumps had its path not been interrupted by their body, the umpire can give the batsman out leg before wicket (LBW) if the fielding team appeals.
4. **Run Out:** If a batsman attempts a run but fails to make his ground before the bails are dislodged by the fielding team, he is run out.
- (d) A bodyline delivery was one in which the cricket ball was bowled, at pace, at the body of the batsman in the expectation that when he defended himself with his bat, a resulting deflection could be caught by one of several fielders standing close by on the leg side.

#### FOOTBALL

7. (i) (a) Zonal marking is a defensive strategy with which teams prioritise controlling and defending spaces rather than matching the opposition player for player.
- (b) The technical area extends 1 m on either side of the designated seated area and extends forward up to a distance of 75 cm from the touch line. It is recommended that markings are used to define this area. The number of persons permitted to occupy the technical area is defined by the competition rules.
- (c) **In games such as football, if a referee plays advantage, they do not stop the game when there is a foul because allowing play to continue gives an advantage to the team that has been fouled:** The ref should have played advantage because Rooney would have been through on goal.
- (d) The idea of this pass is to pass the ball to the teammate and quickly sprint forward into space and receive the ball back from them in one touch.
- (ii) (a) 1. Passing and receiving.  
 2. Shooting.  
 3. Dribbling.  
 4. Heading.
- (b) Ball out of play  
**The ball is out of play when:**  
 - it has wholly passed over the goal line or touchline on the ground or in the air play has been stopped by the referee  
 - **it touches a match official, remains on the field of play and:**  
 a team starts a promising attack or the ball goes directly into the goal or the team in possession of the ball changes.
- (c) A goal kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored.  
 A goal kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored.
- (iii) (a) The height of corner flag in football is 1.5m(5ft).
- (b) They are square, rectangular, round or elliptical in shape and are not dangerous to players. The

distance between the posts is 7.320m and the distance from the lower edge of the crossbar to the ground is 2.44m. Both goalposts and the crossbar have the same width and depth of 12cm.

- (c) **All balls must be:** spherical-made of suitable material of a circumference of between 68 cm (27 ins) and 70 cm (28 ins) between 410 g (14 oz) and 450 g (16 oz) in weight at the start of the match of a pressure equal to 0.6 – 1.1 atmosphere (600 – 1,100g/cm<sup>2</sup>) at sea level (8.5 lbs/sq in – 15.6 lbs/sq in).

- (d) A match is played by two teams, each with a maximum of eleven players; one must be the goalkeeper. A match may not start or continue if either team has fewer than seven players.

8. (i) (a) **A player is in an offside position if:** any part of the head, body or feet is in the opponents' half (excluding the halfway line) and any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second-last opponent.

- (b) **A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline, on the ground or in the air. A goal cannot be scored directly from a throw-in:**

if the ball enters the opponents' goal – a goal kick is awarded

if the ball enters the thrower's goal – a corner kick is awarded

(iii)

- (c) **An indirect free kick is awarded if a player:** plays in a dangerous manner, impedes the progress of an opponent without any contact being made, is guilty of dissent, using offensive, insulting or abusive language and/or action(s) or other verbal offences.

- (d) **Additional time may refer to:** Stoppage time, added match time at the end of a match in association football, this added time is called "additional time" in FIFA documents. Overtime (sports), additional period of play in sports.

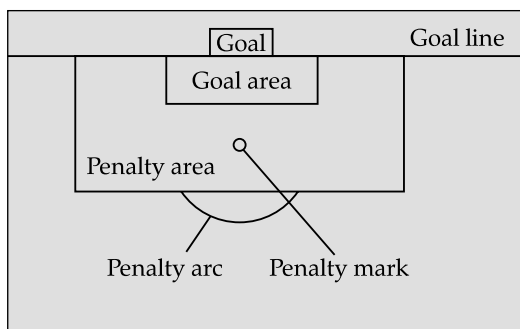
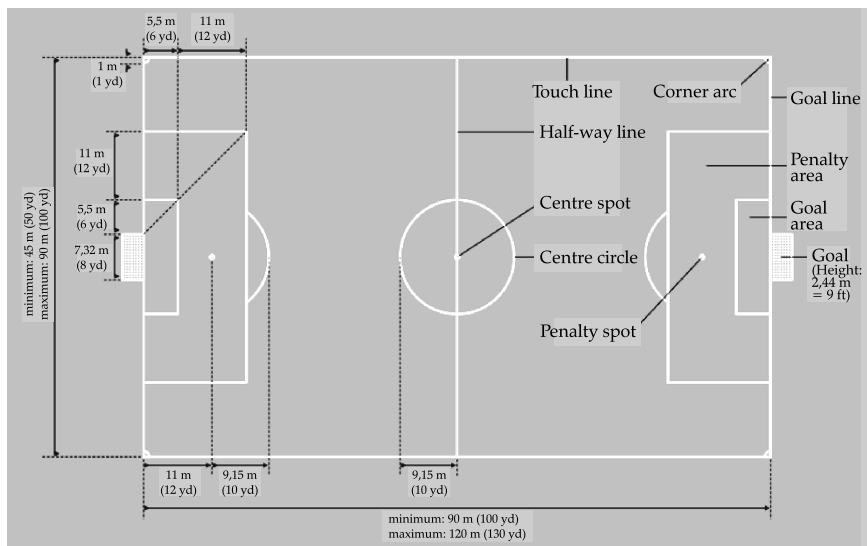
- (ii) (a) A maximum of three substitutes are allowed in a football match. Substitutes can be brought on anytime during the match.

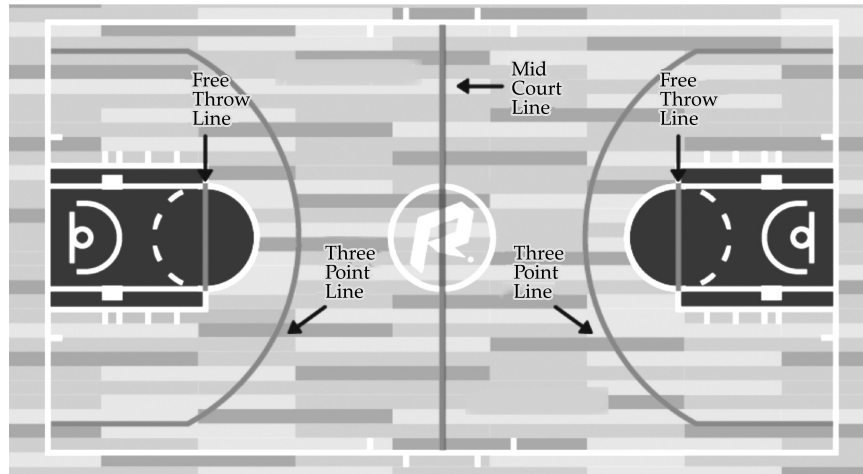
Before the match, all the available names of the substitutes should be submitted to the referee and any other names apart from the given list are not allowed to take the field. The match referee should be made aware of the substitutions and only after his permission the substitutions can take the field.

- (b) A kick-off starts both halves of a match, both halves of extra time and restarts play after a goal has been scored. Free kicks (direct or indirect), penalty kicks, throw-ins, goal kicks and corner kicks are other restarts (see Laws 13 – 17).

- (c) **A player is sent off and shown the red card if he commits any of the following offences:**

1. is guilty of serious foul play.
2. is guilty of violent conduct.
3. spits at an opponent or any other person.





9. (i) (a) A push pass is a type of ball pass that is short and accurate and is executed in case of time limitation.
- (b) Flick is a type of stroke in which the wrists are jerked while playing the ball with the stick and the player shoots or flicks the ball by elevating it with his/her stick.
- (c) Reverse stick means to turn the stick so that the blade points to the right, allowing a hit or push in that direction.
- (d) Tackle is a technique of taking the ball from the opponent player. The player cannot make contact with the opponent's stick or body and can only try to take the ball away.
- (ii) (a) A Penalty corner is awarded in hockey when a player commits a foul within the striking circle. When the ball gets caught up in the equipment or clothes of any defender while in the circle of the side, he or she is defending, the attacking team is awarded a penalty corner. The penalty corner is taken from the point 10 yards away from the goal post.
- (b) **Duties of a Match Referee:**
1. Ensures all the rules are followed during the play.
  2. Ensures that the required types of equipment meet the prescribed specifications.
  3. Keeps record of the time.
  4. Suspends or terminates the match in case of irregularities during the play.
  5. Punishes the players who intentionally injure the opponents. The referee stops the game if any player is injured and then restarts the game after the stoppage.
- (c) A shooting circle is a semi-circle drawn on the ground 16 yards in front of the goal. A goal is scored only when the ball is shot from within the shooting circle. The goals from outside the shooting circle will be disallowed.
- (iii) (a) FIH- The Fédération Internationale de Hockey or International Hockey Federation  
IHF- Indian Hockey Federation.
- (b) **Rules for free-hit:** A free hit is awarded if an offence is committed by a player between the 23 m area.
- It is awarded for offence committed by attacking team within 23 m area of the defending team. It is awarded for unintentional offence committed by defending team within 23 m area but outside the circle of the defending team.
- (c) Centre pass is the pass that is taken from the centre of the field at the time of starting or restarting the match. As the name indicates, it is always taken from the centre of the field. It is passed back to the teammate. All the players except the player taking the centre pass must be in the respective halves of the side they are defending.
- (d) Equipment that a goalkeeper should wear during the game are-
1. Arm protector
  2. Chest protector
  3. Elbow pads
  4. Gloves
  5. Foot protector
- (Any four)
10. (i) (a) A scoop is a method of passing or shooting the ball by leveraging the stick underneath the ball to pick it up and fling it through the air.
- (b) **Long Corner:** A free hit taken from by the opposing team's corner flag, after the defending team has hit the ball behind the back line.
- (c) When the attacking team hits the ball over the baseline, then the team in defense gets a free hit 16 yards from the spot where the ball crossed the backline.
- (d) Obstruction is a situation in which a player is prevented from playing the ball by any player of the opponent team by placing his or her hockey stick or body on the hockey stick of the opponent player or the ball.
- (ii) (a) The ball is considered out of play when
1. The ball touches a match official and the ball goes directly into the goal.
  2. The match is stopped in case of any injury to any player.
  3. The period of play is concluded.
  4. If the ball crosses over the side line, then the play is restarted at the point where the ball had crossed the side line.
  5. If the ball crosses over the back line after being intentionally touched last by a defender or goal keeper, the play is restarted with a penalty corner awarded to the attacking team.
- (Any three)

**(b) Duties of a captain:**

1. Wear an arm band or an article on the upper arm to get distinguished from the remaining players of the team.
2. Responsible for overall behaviour of the players of the team.
3. Ensures that the game is played with healthy competition and in a fair manner.
4. Ensures that the substitution of players is in accordance with the rules.
5. Replacement captain (appointed when a captain is suspended from a match) has the same duties as a captain. **(Any three)**

**(c)** A goal is scored when the ball crosses the goal line between the goal posts after being touched by a hockey stick of any of the players (of attacking as well as defending teams) in the circle. The goal can be scored by three ways- by a field goal, a penalty corner or a penalty stroke.

**(iii) (a) Rules for substitution in Hockey-**

- (i)** A substitution of a player can be done only after a player from the same team has left the field.
- (ii)** Suspended players cannot substitute any player from the field.
- (iii)** Time is not stopped for substitutions except for goalkeepers.
- (b)** The Indian dribble is a field hockey technique wherein the ball is continuously pushed from left to right and back speedily or rapidly. The Indian dribble is hard to defend against.
- (c)** Give-and-go is a passing technique whereby the player passes the ball and then immediately sprints to receive a return pass. It is also referred as pass-and-move
- (d)** Rebound is a situation when the ball bounces off the boards or goalkeeper's equipment after an attempt to put the ball into the goal and the ball is available for possession by either team.

**BASKETBALL**

- 11. (i) (a)** A fast break is an offensive action where a team attempts to advance the ball and score as quickly as possible after a steal, blocked shot or rebound.
- (b)** A held ball is a situation when both the opponent players hold the basketball and neither of them can get possession of basketball from the other. In this case, referee throws up the basketball in air between the two players.
- (c)** It is defensive strategy in which each player on the defensive team guards one person on the opposing team. It is a great defensive strategy to build trust within the team.
- (d)** When a player pretends to make one move but actually makes another to trick an opponent is called fake. It can be done to separate oneself from the defender.
- (ii) (a)** When a player has the ball in their own half or 'backcourt', they have 8 seconds to move the ball over the halfway line into the 'frontcourt', otherwise, they will lose possession.
- (b) The various jump ball situations are:** (i) Umpire has called for a hold ball. (ii) Start of all periods except the first period. (iii) Free-throw violation or double free-throw violations have

been called. (iv) Ball goes out of the bound and it cannot be clearly defined about the last player who made contact with the ball.

**(Any three)****(c) The ball is called dead when:**

- Free throw has been made.
- Whistle is blown by an official.
- At a signal of official clock of the game.

**(iii) (a)** Double Dribble is an illegal dribble, which occurs when a player dribbles the ball with both hands. It also occurs when a player dribbles, stops dribbling, and then begins to dribble again.

**(b)** When a shot goes up, players use this technique, which involves widening their stance and arms and using their body as a barrier to get in better rebounding position i.e. a player positions oneself between an opposition player and the basket in order to get a rebound.

**(c)** According to this rule, whenever a player gains control of the ball, his team must try to shoot a goal within next twenty-four seconds.

**(d)** Triple threat is a situation when the basketball is being held by the player at hip, right or left, in an athletic stance.

**12. (i) (a)** Whenever a match ends in a draw, as many extra periods as necessary are played until one side has a higher score. An additional overtime period is played and repeated until there is a winner.

**(b)** Types of screening in basketball

1. Corner Pin-down curl
2. Back screen
3. Ball screen
4. Cross screen

**(c)** Time-out is granted when the ball becomes dead and game clock is stopped. The duration of each time-out cannot be more than one minute. The number of maximum time-outs can be two per team (during first half), three per team (during the second half) and one per team (during each additional period).

**(d)** Zone defense is a defensive strategy in which players guard a specific zone or area of the court instead of a specific player of the opposing team.

**(ii) (a)** Equipment required for conducting a basketball match are-

1. Backboard
2. Ball
3. Basketball shoes
4. Hoop **(Any three)**

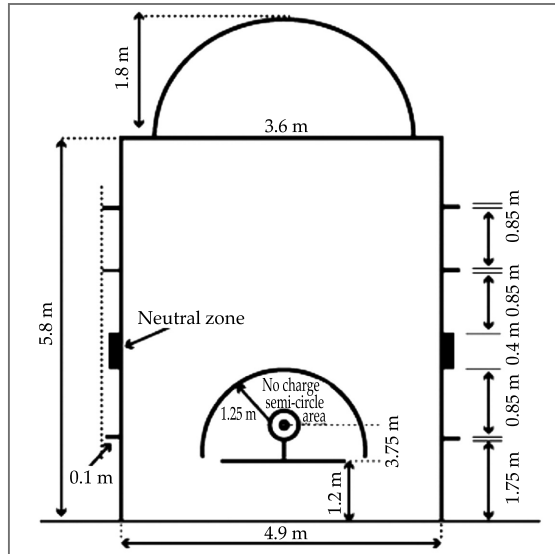
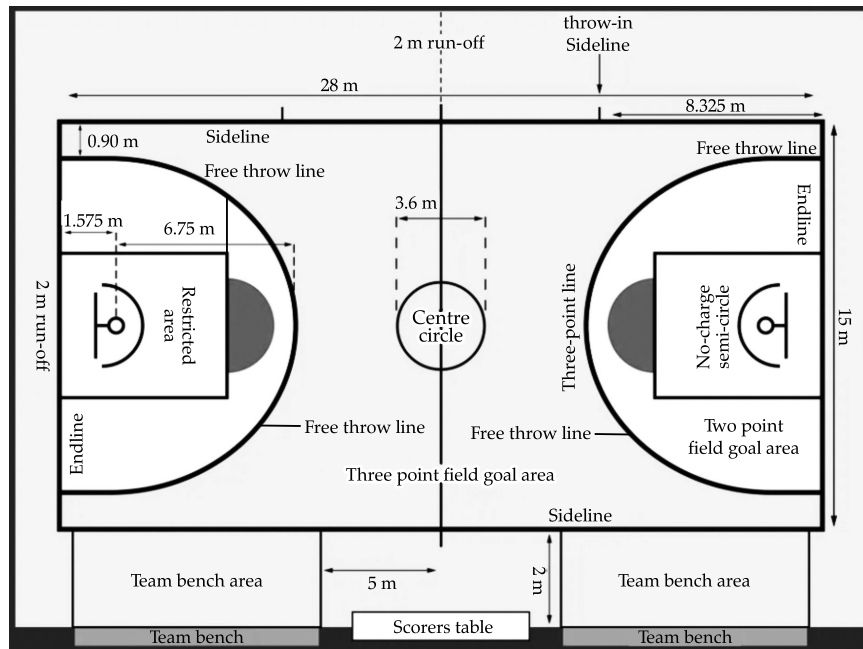
**(b)** Types of shots taken in basketball are-

1. Jump Shot
2. Bank Shot
3. Hook Shot

**(c) Rules for throw-in: At the time of throw-in, the player taking the throw-in must:**

- Release the ball within 5 seconds.
- Not touch the ball after throw-in before the ball being touched by any other player.
- Not touch the ball after throw-in but when still outside the boundary lines.
- Release the ball before entering the boundary line.

(iii) (a)

**VOLLEYBALL**

13. (i) (a) In block assist is given when two or more teammates help block a spiked ball at the same time. Here, the player blocks the ball into the opponent's court leading to a point. It is also known as collective block.
- (b) A float serve is a serve with no spin so the ball follows an erratic path.
- (c) Attack area is the line which lies on either side of the net. It is 10 feet from the net. The distance between attack line and centre line is 3 m.
- (d) A quick set is an above-the-net strategy in which the hitter anticipates the setter's play and is in the air before the set is executed. Here, the ball is struck by hitter almost immediately after leaving the setter's hands.

**(ii) (a) Duties of a First Referee:**

- (i) Blows the whistle to start and end the match.
- (ii) To request a time-out.
- (iii) Overrules decision of other officials in case of ball is in play, dead, scored, or happening of double foul, side out and other penalties.
- (iv) To sanction delays and misconduct.

**(Any three)****(b) Duties of an Assistant referee:**

- (i) Assists the first referee for decisions related to Crossing of centre line, Net violations, Illegal rotations, Keeping record of time, etc.
- (ii) Assist when a substitution is requested.
- (iii) Keep a watch on the foot faults committed by the server.

**(c) Duties of a Captain:**

- (i) Represents the team at the time of toss.
- (ii) Verifies positions of the team players.
- (iii) Signs score sheet.

- (iii) (a) A down ball in the game of volleyball occurs when the ball is hit overhead by the attacker while standing on the ground. In this case, the ball is set below the height of the net.
- (b) A net violation occurs when the ball is in play and a part of the uniform or the body of a player illegally contacts the net.
- (c) A joust is a situation where both the team players can volley the ball above the plane of the net. It happens when the ball is falling near the centreline of the net and both the teams are able to make a play on it.
- (d) A jump float is a type of serving technique in which a player jumps and hit the ball over the net. It creates the most favorable trajectory for the server.
14. (i) (a) It is a type of defensive technique. It is a move to the floor which enables a player dig the ball.
- (b) When a ball is returned on a pass and not a spike is called a free ball. That is the ball is returned over the net with either a bump or pass and not a spike.
- (c) When the teammates close the space between two blockers to prevent the ball from passing between them is called closing the block.
- (d) A trap set is a low, tight set close to the net. Here the ball is too close to the net where the hitter gets stuffed.
- (ii) (a) Fundamental skills required for volleyball include serving, passing, setting, attacking, blocking and defensive skills.
- (b) Tournaments of Volleyball-
1. FIVB Volleyball Men's World Championship
  2. Purnima Cup
  3. FIVB Volleyball World League
  4. National Club Volleyball Championship
- (Any three)**
- (c) **Faults:**
1. A fault is committed when the game is not played in accordance with the rules.
  2. If more than one faults are committed in succession, only the first one is counted.
  3. If more than one faults are committed simultaneously, a double fault is counted.
- (iii) (a) A timeout is a temporary interruption by the coach during the game. A maximum of two timeouts can be requested by each team.
- A technical timeout is a minute-long timeout called by a referee. It is typically called when the leading team reaches eight and sixteen points during each set.
- (b) **The various types of delays in the game are:** (i) Delay while substitution. (ii) Delay caused due to interruption by team members. (iii) Delay while requesting an illegal substitution. (iv) Delay caused due to repeated illegal requests.
- (Any two)**
- (c) Teams can include one or two Libero players in the team list. A Libero cannot be substituted until injured during a match.
- (d) A ball can be touched three times by a team before returning it to the opposing team to continue gameplay. It is touched fourth time without being returned, then four hits violation occurs.
- BADMINTON**
15. (i) (a) Follow through means hitting the shuttlecock with power and accuracy so that it reaches the opponent's court and helps to win a point. A good follow-through helps the players to control how hard their shots hit. It helps to produce better quality shots.
- (b) A wood shot means the shot made when the base of the shuttle is hit by the frame of the badminton racquet instead of the strings.
- (c) In a doubles match, the court is extended on both sides by 1.5 feet. This extended area is called an alley.
- (d) Mid court is the middle third of the court. It is halfway between the net and the back boundary line.
- (ii) (a) **The basic skills required for the game of badminton are:**
- (i) Service
  - (ii) Lob
  - (iii) Drop
  - (iv) Net Play
  - (v) Backhand
  - (vi) Smash
  - (vii) Correct Footwork
- (Any three)**
- (b) **A shuttle is considered to be not in play when:**
- (i) It touches the surface of the court.
  - (ii) A fault has been committed or 'let' has been called.
  - (iii) The shuttlecock gets trapped in the net mesh. It touches the net or the posts and falls toward the area of the court belonging to the player who has last hit the shuttlecock.
- (c) Types of serve-
1. Low serve - It means gentle tap over the net with the shuttle and the shuttle lands near the short service line
  2. High serve - It is also known as long serve. It is a serve that travels high and lands into the receiver's back court.
  3. Flick serve- It is a serve that travels in an upward direction towards the far service line.
- (iii) (a) When a smash or drop has been played, then to counteract that this pressuring shot, net lift stroke is played. It is performed from the front of the court and directed back of the court.
- (b) In a tumbling net shot, the shuttle tumbles and spins right above the net and drops close to the net into the opponent's court. Tumbling net shot is also known as spinning net shot.
- (c) A shot hit that is hit with power and speed downward into the opponent's court is called a full smash.
- (d) In badminton match, there are 3 sets. The player who wins 2 sets will be the winner of the match. The first side to score 21 points wins a set.
16. (i) (a) The shuttlecock is also known as a "bird" or "birdie". As it is made up of overlapping feathers, usually from goose or duck and is pinned or embedded into a rounded cork base.

- (b) Half smash means using half of our strength to smash the shuttlecock..
  - (c) During a badminton serve, if the shuttlecock falls outside the boundaries at the side of the court is called a wide serve.
  - (d) A gentle stroke in which the shuttle is aimed to drop immediately after crossing the net is called a drop shot.
- (ii) (a) Duties of service judge-
1. Call out, if service fault is committed.
  2. To provide shuttlecock to players for warm-up.
  3. To provide replacement shuttlecock during a match in case of requirement, if the chair umpire allows.
- (b) A long service is done when the shot is aimed to send high and long and tries to make it drop to the furthest backline as possible making it difficult for an opponent to hit back.  
A short service is done when the shot is aimed for the short service line in front of the opponent in order to prevent an offensive shot from the opponent.
- (c) Scoring system in Badminton-
1. A match consists of three sets or games of 21 points each.
  2. A player or pairs who win the rally gets a point added to their score.
3. If the score is 20-20, a side must win by two clear points to win the game.
  4. At 29-all, the side scoring the 30th point wins that game.
  5. The player or pairs who won a set, get to serve first in the next set.
- (iii) (a) Tournaments of Badminton-
- 1 Wills World Cup
  - 1 Yonex Cup
  - 1 Thomas Cup (Men)
  - 1 Uber Cup (Women)
- (b) Hairpin net shot is a shot that is shot from very close to the net, which makes the shuttle rise and clear of the net and drops sharply down to the other side of the court.
- (c) A rally is a continuous exchange of valid shots during a game until the shuttle drops on the court.
- (d) Baseline smash is an offensive shot which is hit from your baseline. These shots generally travel very high and land at the baseline.

