

ISC EXAMINATION 2023
PHYSICAL EDUCATION
Solved Paper
Class-12th

Time : 2 Hours

Max. Marks : 100

General Instructions :

- (i) Candidates are allowed additional 15 minutes for only reading the paper.
- (ii) They must NOT start writing during their time.
- (iii) Answer all questions in Section A and Section B.
- (iv) Answer all questions on any two games in Section C.
- (v) The intended marks for questions or parts of questions are given in brackets [].

SECTION - A

15 MARKS

Question 1.

- (i) SAI was established in the year _____. 1
- (ii) _____ is a chemical substance that stimulates or excites a person mentally or physically. 1
- (iii) The total number of matches in a knock-out tournament comprising thirty-four teams would be _____. 1
- (iv) The competitions that are held within the school premises and the participants are also from the same school, are called _____. 1
- (v) _____ are fluid filled bumps that look like bubbles on the skin and are caused due to friction from wearing ill-fitted shoes. 1
- (vi) Netaji Subhas National Institute of Sports was founded in: 1
 - (a) Madras, 1963 (b) Thiruvananthapuram, 1962
 - (c) Calcutta, 1961 (d) Patiala, 1961
- (vii) Which one of the following is a soft tissues injury? 1
 - (a) Fracture (b) Joint injury
 - (c) Sprain (d) Bone injury
- (viii) Select the correct sequence of the procedure for the treatment of soft tissue injury. 1
 - (a) Rest, Compression, Elevation, Ice (b) Compression, Elevation, Ice, Rest
 - (c) Ice, Elevation, Compression, Rest (d) Rest, Ice, Compression, Elevation
- (ix) A condition in which the entire sole of the foot touches the ground while standing is known as _____. 1
 - (a) flatfoot (b) knock knee
 - (c) bow legs (d) runner's knee
- (x) A type of exercise in which the muscles contract and change their length to produce force is known as: 1
 - (a) Isometric exercise. (b) Isokinetic exercise.
 - (c) Isotonic exercise (d) Warming up exercise.

- (xi) What is the full form of IOA? 1
- (xii) Give the meaning of the term *personal hygiene*. 1
- (xiii) What type of deformity is Scoliosis? 1
- (xiv) Give the meaning of the term *grazes*. 1
- (xv) What is *weight training*? 1

SECTION - B

25 MARKS

Question 2. 5

Briefly explain *interval training*. Give *any three* advantages of this training.

Question 3 5

(i) Write short notes on the following:

- (a) Narcotic Analgesics
(b) Warning up exercises

OR

(ii) Answer the following:

- (a) Write *any two* merits of League Tournament.
(b) List *any three* measures to prevent Air Pollution.

Question 4 5

Draw a Knock-out fixture consisting of eleven teams.

Question 5 5

What are *conditioning exercises*? Write *any four* advantages of Conditioning exercises.

Question 6 5

(i) State the effects of insufficient sleep on human body.

OR

(ii) Explain Fartlek Training method.

SECTION - C

30 MARKS

(Attempt all questions on *any two* games from this Section.)

FOOTBALL

Question 7

(i) Answer the following questions:

- (a) Explain centre circle 3
- (b) If a player deliberately kicks an opponent player during a match, what will be the decision of the referee? 1
- (c) During a match, the ball hits the referee. What will be the decision of the referee? 1

(ii) (a) With the help of a diagram, show any two formations of players in the game of football. 5

OR

(b) State any *five* duties of a Football Coach.

(iii) Explain the following: 5

- (a) Kick-off (b) Corner arc

CRICKET

Question 8

(i) Answer the following questions:

- (a) Write any three situations when an innings can be closed. 3
- (b) A fielder deliberately distracts a batsman by making verbal comments during a match. What is this practice called? 1
- (c) What will be the decision of the umpire if a batsman does not cross the crease while taking the second run? 1

(ii) (a) Write a short note on Follow-on. 5

OR

(b) State *any five* decisions that can be given by Leg-umpire.

(iii) Explain the following terms: 5

(a) Hit Wicket

(b) Sight Screen

HOCKEY

Question 9

(i) Explain the following questions:

- (a) Explain the Tie breaking process in the game of Hockey. 3
- (b) What will be the referee's decision when a player, other than the goalkeeper, touches the ball with hands? 1
- (c) What will be the decision of the umpire in Field hockey if the ball touches the defender and goes out of the back line? 1

(ii) (a) Draw a neat diagram of a Hockey field with its dimensions and specifications. 5

OR

(b) State *any five* situations when an opponent player can get a free hit.

(iii) Explain the following: 5

(a) Duration of a Hockey match.

(b) Dodge

BASKETBALL

Question 10

(i) Explain the following questions: 3

- (a) List *any three* jump ball situations. 1
- (b) If the ball goes out of the sideline, what will be the decision of the referee? 1
- (c) During a match, a player holds the ball while dribbling and runs. What will be the decision of the referee? 1

(ii) (a) Explain *time-out*. 5

(b) Explain *Key* in Basketball court. 5

(iii) Explain the following terms: 5

(a) Technical foul

(b) Free-throw

VOLLEYBALL

Question 11

(i) Answer the following questions

- (a) Explain *any three* types of zones in Volleyball. 3
- (b) While serving the ball, a player steps on the end line. What will be the referee's decision? 1
- (c) What will be the decision of the referee if the ball touches the net and falls into the opponent's court during service? 1
- (ii) (a) Write *any five* faults committed by the player while smashing the ball. 5
- OR**
- (b) State *any five* duties of the Second Referee.
- (iii) Explain the following: 5
- (a) Libero (b) Technical time-out

TENNIS

Question 12

- (i) Answer the following questions:
- (a) Explain the order of service in Tennis. 3
- (b) Which player would gain a point if the ball touches the permanent fixture before hitting the ground? 1
- (c) During a rally, the ball touches the net and falls in the opponent's court. What is this considered as? 1
- (ii) (a) State *any five* conditions when a service is declared a fault by the umpire. 5
- OR**
- (b) What is *grand slam* in Tennis? Name the different Grand Slam tournaments in Tennis.
- (iii) Explain the following terms: 5
- (a) Eastern grip (b) Unforced error

BADMINTON

Question 13

- (i) Answer the following questions:
- (a) Explain the scoring system in a Badminton match. 3
- (b) What will be the decision of the umpire if the shuttlecock hits the ceiling during a match? 1
- (c) A shuttlecock lands on the line of the court during a rally. What will be the decision of the umpire? 1
- (ii) (a) State the rules of service in a game of doubles. 5
- OR**
- (b) Draw a neat diagram of a Badminton racket with all its specifications and dimensions.
- (iii) Explain the following terms: 8
- (a) Love all (b) Back gallery

SWIMMING

Question 14

- (i) Answer the following questions:
- (a) What is the procedure to start a Backstroke race? 3
- (b) What will be the decision of the referee if a player is absent for the event? 1
- (c) What will be the decision of the officials if a swimmer makes a false start? 1
- (ii) (a) Mention *any five* responsibilities of the Control room Supervisor in a tournament. 5
- OR**
- (b) List *any five* freestyle events in swimming.

(iii) Explain the following:

- (a) Dolphin Kick
- (b) Role of a Life Guard

5

ATHLETICS

Question 15

(i) Answer the following questions:

- (a) State *any three* basic skills required by an athlete for the discus throw. 3
- (b) In a relay race, an athlete finishes the race without holding baton. What will be the referee's decision? 1
- (c) What will be the decision of the officials if the tail of the javelin lands on the ground after the throw? 1

(ii) (a) Explain the different types of starts in Sprint races. 5

OR

(b) List *any five* Track events and *any five* Field events in Athletics.

(iii) Explain the following terms: 5

- (a) Relay baton
- (b) Race walking



Solutions

SECTION - A

1. (i) 25 January 1984
- (ii) Stimulants
- (iii) 33 matches will be played
- (iv) Intramural
- (v) Blister
- (vi) **Option (d) is correct.**
- (vii) **Option (c) is correct.**
- (viii) **Option (d) is correct.**
- (ix) **Option (a) is correct.**
- (x) **Option (c) is correct.**
- (xi) Indian Olympics Association
- (xii) It is the condition of applying hygiene in one's own self. The word 'Hygiene' has been derived from the Greek word 'Hygies' which means healthful.
- (xiii) It is a postural defect in which there is one large lateral curve extending through the whole length of the spine, or there may be two curves. This type of deformity is also called a curve.
- (xiv) Grazes or Scraps are superficial damage to the outer layer of skin with no bleeding or deep effect.
- (xv) Weight training exercises are focused to strengthen muscles of specific body parts with the use of weights like weight plates, dumbbells, barbells, etc.

SECTION - B

2. **Interval Training Method:** Woldemar Gerschler, a professor at the University of Freiburg in Germany and his athletes worked with Dr. Hans Reindell a physiologist, and developed interval training methods. The name of the system comes from the interval or rest period, between the fast runs. Gerschler and Reindell considered this the most important part of the workout, and they controlled it carefully. Interval training involves alternating short bursts of intense activity with what is called active recovery, which is typically a less-intense form of the original activity. In this method, instead of running a long distance of say 10 miles daily, the athletes are made to run 400 m 20 times a day with interval periods in between for recovery.
 - Increased workout in less duration.
 - Easy measurement of performance.
 - Develops patience.
3. (i) (a) The word comes from the Greek an (without) and algein (pain), that is "without pain". Analgesic drugs work on the peripheral and central nervous systems. An analgesic is a pain-reducing or relieving remedy. This especially extends to pain relief medications, such as acetaminophen. Narcotic analgesics are used to help injured athletes continue to train.

Drugs classified as NSAIDs (non steroidal anti-inflammatory drugs), such as ibuprofen, are also used in analgesics.

- (b) **Warming up:** A series of preparatory exercises either before a training session or a competition.

Types of warming up: Passive warming up and Active warming up

 - **Passive warming up:** It means increasing body temperature by external means like a heavy uniform, steam, massage, etc.
 - **Active warming up:** It means increasing body temperature through physical activities like jogging, stretching, etc.

Types of Active warming up: General warming up and Specific warming up-

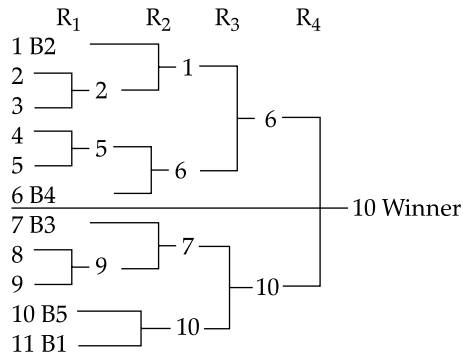
 - **General warming up:** Such exercises are common to all types of sports activities like jogging, stretching, jumping, etc.
 - **Specific warming up:** Such exercises are specific to a particular sport. For example, catching and bowling in case of cricket, service practice in case of tennis and badminton, dribbling in case of basketball, dodging in case of hockey, weight shifting in case of shot put, etc.

OR

- (ii) (a) Merit of League Tournament are-
 - Maximum opportunity for every team.
 - Strong and consistent team wins.
 - More popular.
 - Players get a chance to improve their performance. (Any 2)
- (b) Measures to prevent air pollution are-
 - Avoiding the use of Air Conditioners- Air conditioners consume a lot of energy and emit greenhouse gases.
 - Avoiding the burning garbage and smoking – burning of garbage is a huge contributor to air pollution. Another contributor to air pollution is cigarette smoking.
 - Reusing and recycling products – By reusing products (that can be reused), the amount of energy that goes into manufacturing another one of those products is conserved.
4. Number of teams = $n = 11$
 Total no. of teams in upper half, $= \frac{n+1}{2} = \frac{11+1}{2} = 6$

 Total no. of teams in lower half $= \frac{n-1}{2} = 5$

 Total no. of byes = $2^n = 2 \times 2 \times 2 \times 2 = 16 - 11 = 5$
 Total no. of round = 4
 Total no. of matches = $n - 1 = 11 - 1 = 10$ matches



5. It is the process of modifying your body to an activity through regular and continuous practice. Body conditioning exercises target your whole body, using lots of different muscles to strengthen, shape, and tone your body. They may combine several types of exercise, such as flexibility, strength, and resistance training.

Advantages of conditioning:

- Increases blood circulation.
- Improves reaction time.
- Improves coordination between nerves and muscles.
- Increases weight.
- Reduces chances of injury.
- Improves storage of glycogen and creatine.

(Any 4)

6. (i) **Effects of insufficient sleep:**

- Risk of road accidents.
- Pessimistic approach.
- Depression.
- Increase in body weight.
- Heart-related problems.
- Darkening of skin.
- Poor memory.
- Hypertension.

OR

- (ii) Fartlek means speed play. Fartlek Training Method is a combination of interval training and continuous training. In this method, different exercises are so planned as to relax athletes while doing continuous exercise. For example, a training plan covering jogging, speed run, rapid walking, sprints, uphill run, fast pace, etc.

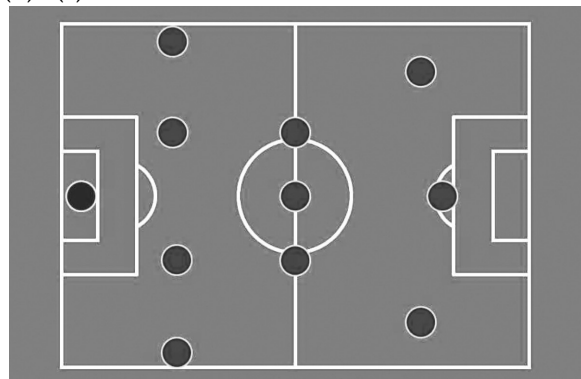
A sample Fartlek training program can be:

- (i) Warm-up, jogging, or slow running for 5-10 min.
- (ii) Fast running for 1.5-2 km.
- (iii) Rapid walking for 5 min.
- (iv) Easy running between sprints for 50-75 m repeated till tiredness sets in.
- (v) Easy running with random quick steps.
- (vi) Uphill sprint for 150-200 m.
- (vii) Fast pace for 1 min.

SECTION - C

7. (i)(a) In football, the center circle is the 10-yard radius circle around the center spot of the pitch. It is marked at 9.15 meters or approximately 10 yards, per the Laws of the Game, law 1, which is the field of play rules. It is an indicator to the opposing players of the required distance they should keep during the kick-off.
- (b) Intentionally kicking another player is a severe case of unsporting behavior and usually results in a red card and the player being sent off.
- (c) The referee drops the ball for one player of Team A at the position where the ball touched the referee.

- (ii) (a)



OR

- (b) **Duties of football coach**
- Selecting the team of players for matches, and their formation.
 - Planning the strategy, and instructing the players on the playfield.
 - Motivating players before and during a match.
 - Scouting for young players for eventual training in the youth academy or the reserves, and encouraging their development and improvement.
 - Facing the media in pre-match and post-match interviews.
- (iii) (a) **Kick-off:** The kicking of the football from the center point of the play field at the time of the start of the match or after a goal has been scored.

The four situations of kick-off are: (i) At the start of the match. (ii) After a goal is scored. (iii) At the start of the second half of the match. (iv) At the start of each period of extra time.

- (b) Corner kick is awarded when the football crosses the goal line outside the goal posts after being kicked by any player of the defending team. In a corner kick, the ball is placed in the corner arc and a player on the opposing team kicks the ball into play. This is a common method for restarting play when the ball is kicked out of bounds.

8. (i) (a) • The captain of the side batting may declare an innings closed, when the ball is dead, at any time during the innings. A declared innings shall be considered to be a completed innings.
- If a bowling and fielding team is able to take 10 wickets within an inning, it ends.
 - A draw occurs when a team does not complete its innings by the official end of the play.

When only one player is left and the not-out batsmen are either injured or retired.

The maximum number of overs in an innings have been bowled (in T-20 and One-day matches). (Any three)(b) Sledging is a technique used to distract the concentration of players of the opposite team by use of verbal comments, insults and criticism.

- (c) Instead of two runs only one run would be counted but the thing would be that the batsman who was on the other side (i.e., non-strike end) would be there presently there on the crease, if they missed touching the crease while taking two runs.
- (ii) (a) The team batting first and leading by more than 200 runs in a test-match can ask the other team to continue their second innings after the first., then they can be asked to follow on. That is, they will be asked to bat again and try to surpass the Lead. If they fail to do so then the opponent wins the game by an Innings. And if they manage to surpass the lead, then the opponent has to score one run more than whatever the other team scored.

For example, if Team A scores 800 runs. Team B in their first innings scores 400 runs. Now B is 400 runs behind A . A can enforce follow on. B will be asked to bat again. Now their task will be to score at least 400 runs. Now if they score 250 runs in their second innings, team A will win by an innings and 150 runs. But if they manage to score something above 400, let's say 450. Then team A has to chase a target of 51 runs to win the match. In this case, team A will win by the number of wickets.

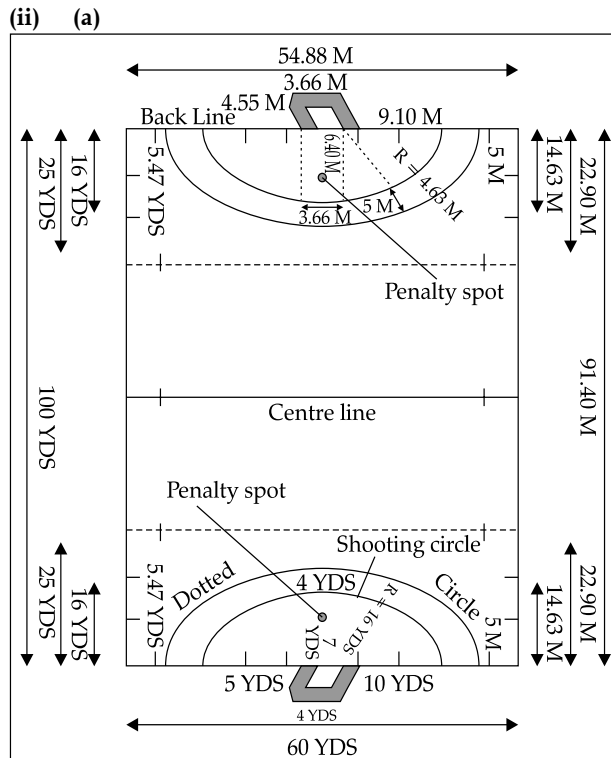
OR

- (b) • Count the number of balls in an over as a check to support your colleague, signal to him after the fourth legitimate delivery.
- Watch for short runs by batsmen.
 - Answer appeals for Hit wicket, Stumped and run out.
 - Watch the bowler's arm for fairness of delivery.
 - Check the number of on-side fielders behind the popping crease at the instant of delivery.
 - Check that the wicketkeeper does not encroach in front of stumps until ball has touched the bat or person of the striker or passed the wicket or until the striker attempts a run detect any

talking or unsettling movements by fielders close in around the striker.

- Keep a lookout to see if batsmen have crossed when a catch has been taken and when a run out occurs.
 - Assist with catches if they have been clearly caught as you may be in a better position to decide.
 - Call dead ball when applicable. **(Any 5)**
- (iii) (a) Hit wicket is a method of dismissal in the sport of cricket. This method of dismissal is governed by Law 35 of the Laws of Cricket. The striker is out "hit wicket" if, after the bowler has entered his delivery stride and while the ball is in play, his wicket is put down by his bat or his person. The striker may do this whilst preparing to receive or receiving a delivery or in setting off for his first run after playing the delivery. In simple terms, in a situation when the striking batsman knocks the bails off the stumps or uproots the stumps while attempting to hit the ball or take off for a run, he is out (hit wicket).
- (b) A sightscreen is a large screen placed at the boundary line that forms the background of the bowler and helps the batsman to see the ball clearly. The sightscreens main purpose is it to create a contrast between the red ball and white screen for test matches and white ball and black screen in T20 games. The contrasting colors help the batsman see the bowler release the ball, making it possible to track the ball in order to be able to select the correct shot.
9. (i) (a) • If a tie exists then the team with the most wins in the group stage shall be awarded the higher position.
- If a tie still exists, then the team who won the game between the two teams will be awarded the higher position.
 - If still tied, add the goals for and the goals against together and divide them into the goals for which the team has the highest percentage being awarded the higher position. This method shall take into account all of a team's games in the round-robin.
 - If still tied the team with the fewest goals against (all round-robin games played) will gain the highest position.
 - If still tied the team with the least number of minutes in penalties throughout all of the round-robin games is awarded the higher position.
 - If still tied, the team which scored the first goal in the game between the tied teams is awarded the higher position.
 - If still tied, a single coin toss will determine which team is awarded the higher position.
- (b) The referee calls a handball if a player deliberately touches the ball with their arm or hand. A referee may also call a handball foul if a player unintentionally touches the ball with their hand or arm.

- (c) A free hit from the 23-metre line – called a long corner – is awarded to the attacking team if the ball goes over the back-line after last being touched by a defender, provided they do not play it over the back-line deliberately, in which case a penalty corner is awarded.



OR

- (b) **Five circumstances when an opponent gets a free hit are:**
- The ball is kicked by a player.
 - The opponent is obstructed to play the ball by placing the hockey stick or body on the hockey stick of the opponent or on the ball.
 - The game is played dangerously with hockey held high in hand.
 - The opponent is interfered with the hockey stick while tackling the ball.
 - The ball is raised in a way that is not in accordance with the rules of the game.
- (iii) (a) The total duration of a field hockey match is 60 minutes (four quarters of 15 minutes each). Before 2019, matches were played for 70 minutes, with a five-minute halftime break after 35 minutes. The clock is stopped whenever the ball is 'dead' due to stoppages like injuries, lost ball or anything that is not in the flow of a game. Effectively, a 60-minute match usually takes longer to finish. The umpires (one in each half of the pitch) are responsible to make sure players do not waste time during a game. Time wasting can invite short suspensions, usually handed out through cards - green or yellow.
- (b) Dodging is a means of evading a tackler and maintaining control of the ball. The player dribbles the ball directly at the opponent. At the last instant, the ball is pushed to one side

of the tackler, depending on the direction the player is planning to dodge. That is dodging is a maneuver in which a player moves the ball and steps aside to evade an opponent while still maintaining control of the ball. If the ball is pushed to the left, the player should move around the right side of the opponent to regain control of the ball and vice versa. Selecting the proper instant to push the ball is the key to successful dodging. Dodging should not be attempted if a pass would be more effective.

10. (i) (a) **The ball shall be put into play by a jump ball at the circle which is closest to the spot where:**
- A held ball occurs
 - A ball out-of-bounds caused by both teams occurs
 - An official is in doubt as to who last touched the ball
4. Start of all periods except the first period.
Free-throw violations or double free-throw violations have been called. (any three)
5. (b) **PENALTY:** Loss of ball. The ball is awarded to the opposing team on the sideline, nearest the spot of the violation but no nearer the baseline than the foul line extended.
- (c) In basketball, traveling is a violation that occurs when a player takes too many steps without dribbling the ball.
- (ii) (a) The term time out refers to a situation of halt or pause in the game. The official game clock is put to stop. The teams use this pause to rework on game strategy as well as communicate with the team coach.
- A request for a timeout by a player in the game or the head coach shall be granted only when the ball is dead or in control of a player on the team making the request. A request at any other time shall be ignored.
 - During a timeout, all substitutions are legal for both teams.
 - This rule may be used for any reason, including a request for a rule if the correction is sustained, no time out shall be charged.
 - The official scorer shall notify a team when it has been charged with a mandatory time-out.
- OR
- (b) The key in basketball is an area of the court that extends from the free throw line, or foul line, to the baseline, or end line. The baseline is the boundary line that runs along the edge of the basketball court, behind the backboard of the hoop, and determines when a ball is out of bounds. It is also referred to as the free throw lane or the restricted area.
- (iii) (a) Technical foul is a foul in which there is no personal contact between the players but the game rules are not followed by the players individually or the team as a whole or the coach of the team. A technical foul(s) may be assessed to any player on the court or anyone seated on the bench for conduct which, in the opinion of an official, is detrimental to the game. The technical foul must be charged to an individual.

A technical foul cannot be assessed for physical contact when the ball is alive.

- (b) Free throw is an unopposed attempt to score from the foul line or restricted area. It is generally awarded when a foul has been committed on a shooter by the opponent team. When a free throw is awarded, an official shall put the ball in play by delivering it to the free throw shooter. The shooter shall be above the free throw line and within the upper half of the free throw. He/She shall attempt the free throw within 10 seconds of controlling the ball in such a way that the ball enters the basket or touches the ring.

11. (i) (a) Volleyball substitution zones-The substitution zone volleyball court is limited by the extension of both attack lines up to the scorer's table.

Volleyball front zone- On each court, the front zone of the volleyball court is limited by the axis of the centre line of the volleyball court and the rear edge of the attack line.

The front zone volleyball court is considered to extend beyond the side lines to the end of the free zone.

Volleyball service zone- The service zone volleyball court is a 9 m wide area behind each end line.

Libero Replacement Zone: The area formed by the extension of attack lines and back lines on both sides of the back zone. (any three)

- (b) If the server steps on or over the service line while serving the ball, the line referee will call a foot fault.
- (c) The server must make the ball go over the net on the serve. It doesn't matter if the ball touches the net on a serve anymore. Balls that hit the net on serves and still go over and stay in the court used to be illegal, but now they are allowed. These serves are called "let serves."

- (ii) (a) Ball Contact- Each time a player touches the ball or is touched by the ball it is considered as a contact for the team. The body including the waist and above may be contacted by the ball. During the first contact of a team if the ball is not played overhand with fingers it may contact various parts of the body. The ball can rebound in all directions, but it should be hit clearly without rest. If the contact of the ball is by two opponents at the same time over the net, the ball is still in play and the receiving team can have another three contacts. If a player does not clearly contact the ball or lets it come to a momentary rest it is considered a fault.

BALL AT THE NET- The ball sent into the opponent's court must cross the vertical plane of the net within the crossing space. Except in service, a ball sent to the opponent's court may touch the net if it passes through the crossing space. A ball driven into the net may be recovered provided it does not touch the floor nor is contacted the fourth time. The team that sends the ball into the opponent's court commits a fault 'Ball out'.

ATTACK HIT- The attack-hit is the action of a player to direct the ball towards the opponent's court. When the ball is contacted by the blocker or crosses the vertical plane of the net then it is considered as completed. A player commits an attack-hit fault when he hits a ball within the playing space of the opposing team.

BLOCK- Blocking is the action allowed only to front line players (blockers) close to the net to intercept the ball coming from the opponent's court. A blocker commits a fault when he blocks outside the antennas and touches the ball in the opponent's space.

GAME FAULT- These are individual actions or team movements contrary to the rules of the game and they consist of not sending the ball correctly over the net into the opponent's court.

There is always a penalty for a fault. Depending upon the case penalty means that the opponent of the team committing the fault gains a point or the right to serve. If two opponents commit a fault simultaneously the penalties cancel each other and a play-over is called.

OR

- (b) • Stands on the other end of the net opposite the first referee.
- **Assists the first referee for decisions related to:**
- Crossing of centre line
 - Net violations
 - Illegal rotations
 - Keeping a record of time
- (iii) (a) The libero is a special defensive player on the team that is only allowed to play for back row players. Rules in volleyball allow the libero to quickly make exchanges with back row players during dead ball situations.

Rules of Libero:

- Can replace any player in the back zone.
 - Cannot serve or block.
 - The ball cannot be directly passed to the other team by the libero.
 - Cannot be substituted until injured during a match.
- (b) 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. These timeouts are typically only used at collegiate and professional levels. There is no technical timeout during the fifth set or any other tiebreaking set.
12. (i) (a) **Order of service:**
- In a singles match, after each game, the roles of the server and receiver get exchanged. This means that the server in the previous game becomes the receiver and the receiver in the previous game becomes the server.
 - In a doubles match, the team decides who will serve in the first game. In the next game, one player on the opponent's side will serve. In the third game, the partner of the first server will serve. In the fourth game, the partner of the

opponent server will serve. In this way, every player gets to serve in every fourth game from the previous game in which he/she had served earlier. This rotation continues for the entire set.

- (b) If the ball in play touches a permanent fixture (other than the net, posts, singles sticks, cord or metal cable, strap, or band) before it hits the ground, the opponent wins the point.
- (c) During a rally, if the ball hits the net but still bounces on the opponent's side of the table, the rally continues, but if the ball hits the net and doesn't make it to the other half of the table, the receiver is automatically awarded a point.

(ii) (a) **A service is declared fault by the umpire when:**

- The server does not or is not able to hit the ball after being released from the hand.
- The ball touches a fixture of the game before hitting the correct side of the service court of the opponent.
- The ball is touched by the server or any part of the body after being released from the hand.
- The ball lands in the incorrect court.
- The ball touches the net.
- The ball hits the surface of the server's court before crossing over the net. **(Any five)**

OR

- (b) The most prestigious tournaments of tennis are categorized as Grand Slam Tournaments. These tournaments are held once a year. The achievement of winning all four major championships in one discipline in a calendar year is referred to as the "Calendar-year Grand Slam". The four tournaments categorized as the grand slam tournaments are: The Australian Open, The French Open, The US Open and The Wimbledon. These are held respectively in Australia, France, USA and England.

- (iii) (a) The eastern forehand grip is the grip where the base of your index finger is placed at the top level of the racket, and then your hand wraps around the handle. This grip is recommended for beginners as it's easy to learn and offers a lot of power.

- (b) In tennis, an unforced error is when a player makes a mistake that does not result from poor play or an opponent's tactics. That is, it is a missed shot that is entirely a result of the player's own mistake and not because of the opponent's skill or effort. For example, if a player makes an incorrect move with the ball, this would be considered an unforced error. Similarly, if a player does not serve at the right time or doesn't use proper tactics, this would also be counted as an unforced error.

13. (i) (a) •A match is divided into three games of 21 points each.

- The player who wins 2 out of 3 games is declared the winner.
- Whenever a serving player wins, 1 point is added to the score.
- Whenever the receiving player wins, the service gets changed.
- If both the players score 20 points each, the player who first scores two more points wins the game.

- If both the players score 29 points each, the player who scores the 30th point first wins the game.

- (b) You lose the rally if you hit the shuttle into the ceiling or walls. You also lose the rally if the shuttle touches you or your clothing.

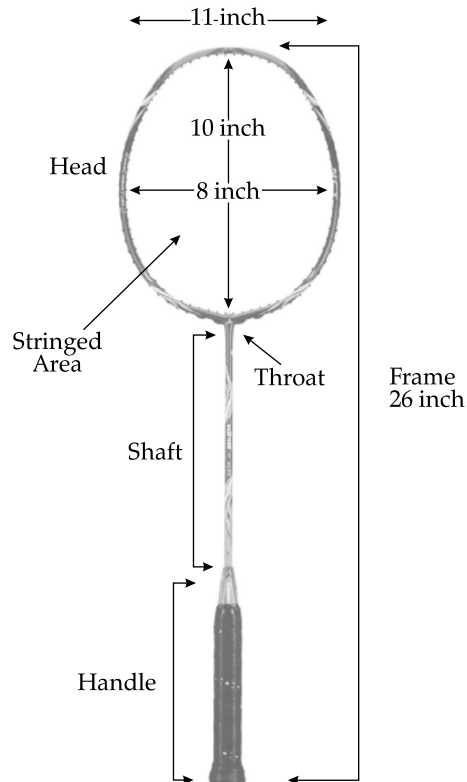
- (c) Players are awarded a point if the shuttlecock lands on or within the marked boundary of their opponent's court, or if their opponent's stroke fails to pass the net or lands outside the court boundary.

- (ii) (a) •The server and the receiver must stand at diagonally opposite corners of the court.

- There should not be any undue delay in service.
- None of the feet of the server and receiver shall be fully in air at the time of service.
- The server must hit the base of the shuttle with the racket while serving.
- The shuttle must be below the waist height of the server at the time of being hit.
- The initial direction of the shuttle after being hit by the server must be upwards.
- The server must not serve till the receiver is ready.
- The service must be done from the right service court if the server has scored an even number of points in the game.
- The service must be done from the left service court if the server has scored an odd number of points in the game.

OR

- (b)



- (iii) (a) Love is a term used to denote zero scores in badminton terminology (similar to the rules of tennis games). Each competitor begins at zero (love-all) and remains at love until they score points. Love all is a score at which all badminton games begin by the competitors which is 0 – 0 for both the players / pairs.
- (b) **Back Gallery:** Back Gallery is that area of the court which lies between the two boundary lines at the end of the court. The area in between the two last lines in the back area of the court i.e., the line which considered the end line for doubles serve and the last line which is parallel to the centre line from the back end of the court i.e., the line which is considered end line in singles serve.
14. (i) (a) •Use alternating arm and leg actions.
- Breathing can be easily done as the mouth of the swimmer is above the surface of the water.
 - Must keep their feet in contact with the starting wall when the race is about to be started.
 - The hands at that time must be holding the starting grip.
 - As soon as the race starts, the swimmers must rotate in a way so that theirbellies is turned upwards.
 - While taking turns, the swimmers rotate their belly down. Push the wall with their back and take a flip turn.
 - Complete the race in a belly-up position by touching the finished wall with any of the body parts..
 - Must bring head above
- (b) The absent swimmer must be scratched from all events. If a swimmeris removed from an individual event, the said swimmer cannot swim in relay events as well.
- (c) If the false start is confirmed by both officials before the starting signal is given, the swimmer is immediately disqualified and does not swim the race. If the starting signal has been given before the false start can be confirmed, the race continues and the swimmer is disqualified upon completion of the heat.
- (ii) (a) Duties of Control-Room Supervisor
- Supervises time recording machine and timing cameras.
 - Cross-checks the manual results with the computer print-outs.
 - Ensures that there is no early take-off by any, swimmer.
 - Reviews video back-ups in case of any early take-off.
 - Controls the withdrawals by swimmers if any after the heats and the finals.
 - Enters and lists the result and scores on official forms. (Any five)
- OR**
- (b) At the Olympics, five events are conducted under freestyle. They are 50 meters, 100 meters, 200 meters, 400 meters, 1500 meters for men and 50 meters, 100 meters, 200 meters, 400 meters, and 800 meters for women.
- (iii) (a) A Dolphin Kick is a swimming kick used mainly in Butterfly, where the legs are extended straight back and move up and down in unison with a slight bend in the knees on the upward movement.
- According to FINA rules (SW. 8.3), all up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other.
- (b) •To supervise the activities and people on the beach.
- To identify hazards and take preventative measures.
 - To endeavor to prevent accidents.
 - To provide water-safety and safe sunbathing advice.
 - To provide a point of contact for people on the beach.
 - To provide basic first aid.
15. (i) (a) **The Discus consists of three movements:** the glide or rotation, the standing power position, and the release. Movements involved in the discus include body rotation within the boundaries of a ring and rely on centripetal forces and torque, culminating with a release. The Fundamental skills required by an athlete for the event of Discus are:
- (i) The holding of Discus
- (ii) The Stance
- (iii) The Preliminary swings
- (iv) The Delivery
- (v) The Release
- (vi) The Reverse (any three)
- (b) A team can be disqualified if any member drops the baton during the handover or if the handover occurs outside the designated area.
- (c) If any part of the javelin hits the ground before the front tip, your throw will not be scored.
- (ii) (a) • **Bunch or Bullet start** -The toes of the rear foot are approximately level with the front foot's heel, and both feet are placed well back from the starting line.
- **Medium start** - The knee of the rear leg is placed opposite a point in the front half of the front foot.
 - **Elongated start** - The knee of the rear leg is level with or slightly behind the front foot's heel.
- OR**
- (b) Track events
- Sprints (100 m, 200 m, 400 m)
 - Middle distance (800 m, 1500 m)
 - Long distance (3000 m Steeplechase, 5000 m, 10,000 m)
 - Hurdles (110/100 m, 400 m)
 - Relays (4x100 m, 4x400 m, mixed 4x400 m)
- Field events
- Throwing events such as-**
- Javelin
 - Shot-put

- Discus,
- Hammer

Jumping events such as-

- Long jump,
 - High jump
 - Pole vault.
- (iii) (a) At the Olympics and other World Athletics-sanctioned tournaments, a relay race is an event where a team of four athletes run equal predetermined distances in a sprint race, each passing a rod-like object called the 'baton' to the next person to continue the race. The last runner in a relay is called the 'anchor'.

- (b) Race walking. The technique followed in the track-and-field sport of race walking requires that a competitor's advancing foot touch the ground before the rear foot leaves the ground, and for this reason, the sport is sometimes known as heel-and-toe racing. The athletes or the race walkers need to have at least one foot always in direct contact with the ground which means they are not allowed to jump.

