

# ICSE Paper 2018 Physical Education

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## General Instruction:

- Answers to this Paper must be written on the paper provided separately.
  - You will not be allowed to write during the first 15 minutes.
  - This time is to be spent in reading the question paper.
  - The time given at the head of this Paper is the time allowed for writing the answers.
  - Note. Attempt all Questions from Section A and two questions from Section B.
  - The intended marks for questions or parts of questions are given in brackets ( ).
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## Section – A [50 Marks]

(Attempt all questions from this Section)

### Question 1.

- (a) What is meant by Personal Hygiene? (2)
- (b) What is a Cramp? (2)
- (c) State any three main causes of Cramp. (3)
- (d) Name the organism which causes Malaria. Mention any two symptoms of Malaria. (3)

### Answer:

(a) Personal Hygiene : Personal health is also termed as Hygiene. The word 'Hygiene' comes from Greek word 'Hygiea' – the Greek goddess of beauty. She was the symbol of cleanliness, healthy habits, good structural figure and in all, a symbol of good health. For this the importance of personal health must be realised as taking care of one's own body is called personal hygiene. It includes:

- A. Personal cleanliness (a) Care of Skin (b) Care of Hands and Nails (c) Care of Hair (d) Care of Teeth and Gums (e) Care of Eyes (f) Care of Ears (g) Care of Feet  
B. Rest, sleep and relaxation '  
C. Healthy habits

(b) Cramp: Cramp is inability of muscles to contract properly causing severe pain over affected part. In other words, this is unbalance contraction of muscles.

(c) The causes of the cramps are:

1. Due to overtraining (without rest)
2. Loss of body water by sweating
3. Physical activity during sickness
4. Loss or lack of body salts or minerals
5. Physical activity during extreme bad weather or climate
6. Not performing proper warming-up

(d) Malaria Cause: It is caused by biting of female Anopheles mosquito. The growth of these mosquitoes takes place in dirty places, garbage, standing water, etc. When this mosquito bites a healthy person, it injects the germs via the blood inside the body. The incubation period of malaria is 7-20 days. It is the most fatal disease in the world.

Symptoms:

- Headache and shivering with high temperature up to 104°-106° F (Fahrenheit).
- There is a lot of perspiration (sweating) when fever subsides.
- Body becomes weak and skin with pale colour.
- Nausea feeling.

### Question 2.

(a) Define First-aid (2)

(b) State any two ways to maintain Oral Hygiene. (2)

(c) List any three ways of maintaining Personal Cleanliness. (3)

(d) Suggest any three measures to avoid accidents caused by fire. (3)

### Answer:

(a) First-aid: First aid is the immediate and temporary care given to the victim. The first objective is to save life. Knowing what to do and what not to do can help to avoid further injury, ease pain and possibly prevent disability and death. First aid can be a life-saving skill. In simple words, it is the first help to the victim.

(b) Oral Hygiene or Dental care:

1. Cleaning the teeth and gums thoroughly after every meal.
2. Brushing the teeth with fluoride toothpaste, at least twice a day.
3. Reducing intake of sugar and sugary items (during dinner).
4. Tooth decay can be prevented on large scale by adding fluorine in water supplies.
5. Dentist must be consulted twice a year.

(c) Maintaining Personal Cleanliness:

1. Bath daily, clean your clothes and utensils thoroughly and dry them in sunlight.
2. Wash hands and eatables properly (like fruits, vegetables) before eating and cover the eatables properly.

3. Do not share your personal items like undergarments, clothes, towel, shoes, safety razor, comb, handkerchief, etc.
4. Care of teeth and gums (Oral hygiene).
5. Care of eyes, care of hair; care of ears.

(d) Prevention from Fire Accidents :

1. Always keep fire extinguisher ready or water filled bucket.
2. Wear cotton clothes while working near the wire
3. Matchstick should be properly extinguished before throwing.
4. Electric switches should not be switched on when there is leakage of LPG
5. Rubber tube of gas stove should be checked regularly for leakage.

**Question 3.**

- (a) What is meant by Immunization? (2)
- (b) Define Posture. (2)
- (c) Write the full form of RICE. (3)
- (d) State any three symptoms of Rheumatic Fever. (3)

**Answer:**

(a) Immunization: Immunization is the introduction of any kind of dead, attenuated or weakened pathogens for the artificial development of immunity (resistance) against specific diseases. Immunization against some common infectious diseases has been taken up in India on a mass scale with an attempt to eradicate or minimize these diseases.

(b) Posture: Posture is the body position. It may be static or dynamic such as sitting, standing, lying, walking, running, reading, etc. There are different views about posture. According to Physical Educationists: 'Posture is a tool of mechanical efficiency of body which causes minimum stress to muscles. Moreover, maximum output of physical efficiency can be attained.'  
According to Doctors, 'Posture is soundness of physiological balance of body'.

(c) RICE Means : Rest, Ice, Compression, Elevation

1. Rest to player and completely restrict the movement of joint immediately.
2. Immediately apply cold compression or ice over the affected part to stop internal bleeding. Repeat this process several times after some intervals and put compression bandage over the affected part.
3. Compression bandage should be applied over the affected part to reduce the swelling.
4. Elevate the affected part above the level of heart by splint or support.

(d) Rheumatic Fever :It is a serious disease which mainly affects children and young people in teens. It is an allergic condition that attacks the connective tissues of the body.

**Symptoms:**

1. Child develops sore throat,
2. Aching in joints, redness over joints
3. Irritation over skin, rashes over skin,
4. Continuous fever and body aching,
5. Soreness in muscles and joints,

**Question 4.**

- (a) Define Antibiotics. (2)
- (b) State any two causes of Obesity. (2)
- (c) State any three harmful effects of consuming alcohol. (3)
- (d) List any three transmission modes of Venereal diseases. (3)

**Answer:**

(a) Antibiotics : Antibiotics are the chemical substances produced by certain microorganisms that kill or inhibit the growth of other microorganisms. The first antibiotic – the Penicillin – was discovered by chance by Alexander Fleming in 1928. Some of the antibiotics act on a variety of pathogenic microbes and are called broad spectrum antibiotics e.g., chloromycelin, aureomycin, declomycin, tetracyclin, etc.

(b) The causes of obesity are:

- Wrong dietary habits and less physical activity like overeating.
- Taking lots of fats and fried food.
- Taking lots of animal flesh; eating lots of sweets; eating junk food.
- Drinking alcohol.

(c) Harmful effects of Alcohol:

(i) Economic Loss : Alcohol is a costly product in all its forms. It causes great loss of money, once a person is addicted to. Thus, it brings poverty to many homes. It causes many health problems and to cure all these health-related problems, extra money for medical treatment is required.

(ii) Physical Efficiency Loss : Regular drinking of alcohol makes body sick, weak and diseased. Body loses physical efficiency and health is affected to a great extent. Various systems of the body lose their efficiency. Thus, it results in an open invitation to many health problems. Alcohol has very adverse effect on sportspersons; it declines their physical efficiency to a great extent. Thus, performance is very poor for many days.

(iii) Loss of Senses: When we drink alcohol, it affects our senses. The sense of judgment is lost, so a person cannot think properly. It reduces self-control and a person commits many mistakes. An alcoholic person cannot control his emotions. Sometimes these emotions become aggressive and violent. Alcoholic sports person loses perfection in skill; thus performance is poor in games and sports.

(iv) Loss of Memory: It affects the CNS (Central Nervous System) and produces slow and continuous depression. In an alcoholic person, the brain's activities get reduced. Brain cannot remember the immediate happening or occurrence, i.e., short term memory gets lost.

(v) Crime: Alcohol has direct relation with crime. Most of the crimes are committed when a person is drunk. It may result in suicide, road accidents, injuries, death and violence. Drunkards are more involved in sex crimes.

(d) Venereal diseases transmission:

- Sexual intercourse contact is the main mode of transmission.
- Unhygienic habits like sharing of clothes, towels, undergarments,
- Contaminated toilet seats and even bath water.
- Infected mother transfers this to baby.
- Dampness and slump area are the root place of VD.

#### **Question 5.**

- (a) Write the full form of ABC and CPR. (2)
- (b) Name any two diseases spread by Virus. (2)
- (c) Mention any three cause's of Sports Injuries. (3)
- (d) Write the calories required for the following age groups : (3)
- (i) A child aged 10 years.
- (ii) An adult female (50 Kg)
- (iii) An adult male with heavy sports activity.

#### **Answer:**

(a) Full form of ABC : Airway, Breathing and Circulation Full form of CPR: Cardio-pulmonary Resuscitation

(b) Viruses Spread Diseases: Common cold, influenza, measles, mumps, poliomyelitis, rabies, smallpox, chickenpox, yellow fever, AIDS, etc.

(c) Causes of Sports Injuries.

(i) Proper Warming-up : Proper warming-up (general and specific) is a must for player before participating in any physical activity. It tones-up body muscles and prepares the

player psychologically for the coming activity. Thus, it prevents them from accidents or injuries.

(ii) Medical Check before Activity : Player should be properly medically checked up before physical activity related to previous injury disease, physical fitness level, etc. They must be fit to participate in the activity.

(iii) Proper Concentration: Player should play with full alertness and proper concentration over the activity. Player should not have any stress or tension; moreover, must be mentally ready for the activity.

(iv) Safety Guards and Check Equipments : Player should check his equipments and their condition. Player should use good quality equipments along with safety guards. Player should wear proper dress or kit along with proper shoes (according to surface as per activity needs).

(v) Regular Conditioning and Proper Skill : Regular conditioning improves various abilities of player like proper skill action, develops specific physical components, strengthens weak muscles and joints, etc.

(d) Caloric requirement of:

Child of 10 years requires = 1500 Calories per day

Adult female (50 kg) requires = 2400 Calories per day

Adult male with heavy sports activity requires = 3500 Calories per day

### **Section – B [50 Marks]**

Attempt two questions from this Section.

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

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### **Cricket**

#### **Question 6.**

(a) Explain the following terms : (8)

(i) A Bouncer

(ii) A Duck

(iii) A Yorker

(iv) A Century

(b) (i) Explain the term Overthrow. (9)

(ii) Enumerate any three duties of a Leg Umpire.

(iii) Under which condition can an umpire declare Bad Light.

- (c) (i) State the full form of ICC and BCCI. (8)  
(ii) When is a batsman considered to be Out bowled?  
(iii) Explain the term Hat-trick.  
(iv) What is the importance of the 30 yard circle?

**Answers:**

- (a) (i) A Bouncer : When the bowler bowls the ball fast and short so as to rise above the shoulder level after pitching.  
(ii) A Duck: The batsman gets 'out' without scoring a single run.  
(iii) A Yorker: When ball is just bounced under the bat.  
(iv) A Century: A batsman scoring ton or one hundred runs.

(b) (i) Overthrow: If a fielder throws the ball and no other fielder is able to stop the throwing ball, the batsman is able to score runs or a boundary. Such runs are termed as overthrow.

(ii) Duties of Leg Umpire:

- To check the Run-out,
- To check Stump-out,
- To check Hit-wicket,
- To check High bounce ball.
- To check Stumped -out.

(iii) Bad-Light: When light is not sufficient to play and it causes danger to player. There is low intensity of light which creates problem to batsman, as they are not able to see the coming ball properly. In this condition Umpire can declare bad-light. Then match is supposed to stop.

(c) (i) Full form of ICC is International Cricket Council  
Full form of BCCI is Board of Control for Cricket in India

(ii) Bowled out: If the ball partially or completely destroys the wicket even if it touches the bat.

(iii) Hat-Trick : A bowler gets three wickets in three successive balls, i.e., the bowler dismisses three batsmen on three consecutive balls.

(iv) 30-Yard Circle: An inner circle marked at 30 yards around the stumps. This circle is used during power play to restrain 9 fielders inside the 30 yard circle.

**Question 7.**

- (a) Explain the following terms in Cricket:  
(i) Intentional Disturbance  
(ii) Timed-out  
(iii) A Stance  
(iv) A Maiden Over

- (b) (i) What is the rule of Follow-On in a five days test match?  
(ii) State any three ways by which Runs are scored.  
(iii) Write down any three fielding positions of On-side in Cricket?  
(iv) What is the difference between a Bye and a Leg Bye in Cricket?  
(v) Answer the following:

1. The length of the bat.
2. The weight of the ball.
3. Size of the bails'
4. The height of the Stumps.

**Answers:**

- (a) (i) Intentional Disturbance: If the batsman gets in the way of an opponent trying to catch the ball.  
(ii) Timed-Out: If the batsman does not report to face the bowler or unduly delays the match.  
(iii) Stance: It is a position or posture of a batsman at the crease before facing a delivery.  
(iv) Maiden-Over: The over in which not even a single run is scored.

(b) (i) Follow-On : It is given in a test match when batting team cannot score sufficient runs

and the lead is more than 200 runs, it may be given follow-on or to bat again.

(ii) Scoring Runs : In addition to the batsman running, runs can be scored in

- Bye : When a run is made without the ball touching the bat or any other part of the batsman's body, this is called a Bye.
- Leg-Bye : When the ball is touched by any part of the batsman's body except his hands, this is called a Leg- Bye.
- No-Ball: A ball is declared No-Ball if it is bowled with a bent arm or if the bowler crosses over the line; the batting team is awarded one run. Apart from this, he can score runs by hitting the ball for running. Batsman is not given 'out' on no-ball (except Run-Out). The bowler has to bowl an extra ball for a no-ball.
- Boundary : If the batted ball touches or crosses the boundary line after touching the ground, 4-runs are awarded.
- Sixer: If the batted ball lands outside the boundary line without touching the ground, the batsman is awarded 6 runs.

(iii) Fielding positions of On-side: Mid-on, Long-on, Cover- drive, Mid-wicket, Square leg,

(c) (i) Bye : when a run is made without the ball touching the bat or any other part of the batsman's body, this is called a Bye.

Leg-Bye: When the ball is touched by any part of the batsman's body except his hands,



this is called a Leg- Bye.

- (ii) 1. Length of Bat = 38 Inch (96.5 cm)
2. Weight of Cricket Ball = 5.5 Ounce (156 g)
3. Bails Overall Length 4! 4 Inches (11 cm)
4. Height of Stumps = 28 Inches (71.1 cm)

## Football

### Question 8.

(a) Answer the following:

- (i) A free kick
- (ii) Heading
- (iii) Passing
- (iv) Weight and circumference of football.

(b) (i) Explain the term Offside.

(ii) Give the proper procedure to replace a field player with a substitute player.

(iii) Mention any three instances for which a direct free kick is awarded.

(c) Draw a diagram of a football field showing all its dimensions.

### Answer:

(a) (i) A Free Kick: Free-Kick: It is given when Referee shows the warning card to the player. In this foul has been committed outside the penalty area like intentional delay, intentional hit to the player, intentional handling the ball, charging, dangerous play, holding opponent from behind, violent play, kicking the opponent. While taking direct-kick the opposing player should be at least 10 yards away from the ball. Goal can be scored from direct kick.

(ii) Heading: Usually an attacker heads the ball to redirect it towards the net. A defender heads the ball to deflect it away from the goal. In this forehead hits the overhead coming ball.

(iii) Passing: In this the ball is passed to own teammate who is close. The ball is slightly pushed so that it should reach to the desired point. There are lots of variation of passing like push pass (ball is pushed with inner-edge of foot); out-step push (with the outer edge of the foot), through-pass (between the opponents)

(iv) Weight of the Football = 14 to 16 ounce (425 g  $\pm$  25 g)

Circumference of Football = 27 to 28 inch (68 cm to 71.1 cm)

(b) (i) Off-side : A player is in an Off-side position, if: he/ she is nearer to opponents' goal line than both the ball and the second-last opponent. A player is not in an offside position if: He is in his own half of the field of play. He is level with the second-last opponent. He is level with the last two opponents. This offside is also considered as a defensive tactic (the entire defensive line moves rapidly in a wave to put the attackers offside). Offside is given by linesman by raising red flag. Goal is not considered in that case and opponent is awarded with indirect kick.

(ii) Substitution Procedure: To replace a player with a substitute, the following conditions must be observed:

- the referee must be informed before any proposed substitution is made
- the substitute only enters the field of play after the player being replaced has left and after receiving a signal from the referee
- the substitute only enters the field of play at the halfway line and during a stoppage in the match
- the substitution is completed when a substitute enters the field of play from that moment, the substitute becomes a player and the player he has replaced becomes a substituted player
- the substituted player takes no further part in the match, except where return substitutions are permitted.

(iii) A Direct Free Kick is awarded to the opposing team if a player commits

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent

(c) Football Playfield and its dimensions:



from the kick-off.

(ii) Dropped ball : In case of struggle for ball possession when both players commit simultaneous foul, in that case the Referee stops the game for some time and afterwards drops the common ball to get the possession of the ball. Play restarts when ball touches the ground.

(iii) Injury Time : The time for which game has been stopped temporarily due to injury of the player. This stopped duration of game is added in regular time after each half.

(iv) Extra time: The time allotted to decide the match in case of draw. This time is awarded after expiry of normal duration.

(b) (i) Goal Scored: A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

(ii) Kick-off : A kick-off is a way of starting or restarting play:

- At the start of the match
- After a goal has been scored
- At the start of the second half of the match
- At the start of each period of extra time, where applicable A goal may be scored directly from the kick-off.

(iii) Off-side not considered: A player is not in an offside position if:

- He is in his own half of the field of play or
- He is level with the second-last opponent or
- He is level with the last two opponents

(c) (i) Red Card(Expulsion) :

- Serious foul play
- Violent conduct
- Spitting at an opponent or any other person
- Denying the opposing team a goal or an obvious goalscoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- Denying an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick.

(ii) Goal Kick: A goal kick is a method of restarting play. A goal kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored. A goal may be scored directly from a goal kick, but only against the opposing team.

Corner Kick : A corner kick is a method of restarting play. A corner kick is awarded when

the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored. A goal may be scored directly from a corner kick, but only against the opposing team.

## Handball

### Question 10.

(a) Explain the following terms in Handball: [8]

(i) Free Throw Line 00 A Fast Break x

(iii) Screen

(iv) Safety zone.

(b) (i) State any three duties of timekeeper. [9]

(i) When is a seven meter throw awarded in the game of Handball ?

(ii) What is the purpose of the substitution line?

(c) (i) Explain the Tie-rule in handball. [8]

(ii) Which parts of the body are allowed to be involved during the play ?

(iii) Explain the term passive play.

(iv) When is a throw in awarded?

### Answer:

(a) (i) Free Throw Line : The free-throw line (9-meter line) is a broken line, drawn 3 meters outside the goal-area line. Both the segments of the line and the spaces between them measure 15cm.

(ii) A Fast Break : A ball is quickly passed from one end to another end, to own teammate for scoring goal whereas opponent's defense cannot be set-up.

(iii) Screen : It is allowed with the body to block (screen) an opponent, whether she is in possession of the ball or not. 2. It is not allowed to block (screen) an opponent with arms, hands or legs.

(iv) Safety zone : It is an area around the handball court 3 metre on all sides of the court.

(b) (i) Duties of Timekeeper: Timekeeper sits by side of Recorder on the official table.

- He starts the game clock and stops the game when the playing time ends, after each half.
- He stops the game clock during timeout and informs the end of timeout to Referee.
- He stops or starts the game clock in-between (by the indication of Referee).
- He notes the duration of 2-minute suspended player and sends him for play accordingly.
- He assists Recorder by telling the chest number of the player scoring the goal.

(ii) A 7-meter throw is awarded when:

- A clear chance of scoring is illegally destroyed anywhere on the court by a player or a team official of the opposing team;
- There is an unwarranted whistle signal at the time of a clear chance of scoring;
- A clear chance of scoring is destroyed through the interference of someone not participating in the game.

(iii) Substitution Line : The player to be substituted has to come out of playfield first and then the substitute has to enter from the substitute restraining line near the official table. It is marked 4.50 metres on sideline, at centre line on both sides. '

(c) (i) Tie- rule:

- Overtime is played, following a 5-minute break, if a game is tied at the end of the regular playing time and a winner has to be determined. The overtime period consists of 2 halves of 5 minutes, with a 1 -minute half-time break.
- If the game is again' tied after a first overtime period, a second period is played after a 5-minute'break. This overtime period also has 2 halves of 5 minutes, with a 1 -minute half-time break.
- If the game is still tied, the winner will be determined in accordance with the rules for the particular competition. In the case that the decision is to use 7-meter-throwing as tie-breaker to decide a winner, the procedures indicated below shall be followed.

(ii) Players with possession of ball may throw or pass or dribble or hit or move with the ball or catch the ball with their hands or arms but never with their feet. Both hands (simultaneously) can only be used while catching or while throwing the ball.

(iii) Passive Play: It is not permitted to keep the ball in the team"s possession without making any recognizable attempt to attack or to shoot on goal. Similarly, it is not allowed to delay repeatedly the execution of a throw-off, free-throw, throw-in, or goalkeeper- throw for one"s own team. This is regarded as passive play, which is to be penalized with a free-throw against the team in possession of the ball unless the passive tendency ceases.

(iv) Throw-in: A throw-in is awarded when the ball has completely crossed the side line, or when a court player on the defending team was the last one to touch the ball before it crossed his teams outer goal line.

### **Question 11.**

(a) Explain the following term in Handball: [8]

- (i) Shuffling
- (ii) Goal area
- (iii) A Throw off
- (iv) An Exclusion

- (b) (i) State any three basic skills used in the game of Handball. [9]
- (ii) How many team time-outs is a team entitled to take in a match? What is its duration?
- (iii) What is meant by Running in a game of Handball?

- (c) (i) State any four duties of the referee in Handball. [8]
- (ii) List any four situations when a referee gives a two- minute suspension to a player.

**Answer:**

(a) (i) Shuffling: It is again a strategic move during attack when man to man check by defenders is done. In this, player moves or changes his position to break the defense of defenders.

(ii) Goal area: Only the goalkeeper is allowed to enter the goal area. The goal area, which includes the goal-area line, is considered entered when a court player touches it with any part of the body.

(iii) A Throw off: At the start of the game, the throw-off is taken by the team that wins the coin toss and elects to start with the ball in its possession. The opponents then have the right to choose ends. Alternatively, if the team that wins the coin toss prefers to choose ends, then the opponents take the throw-off.

(iv) An Exclusion: Temporal effects on the scoring performance for the team that suffered the exclusion of a player. As was argued, the exclusion of a player constitutes a critical moment in a handball game that leads to a 2-minute numerical superiority for the opponent, from which is expected to take an important advantage.

(b) (i) Basic skills of Handball:

1. Pass: A pass, basic element of play, is an essential move in handball. The ball may be passed or thrown to a teammate in various ways, such as overhead pass, underarm pass, bounce pass, hook pass, jump pass, etc. The speed and accuracy of passes is often the gauge of a team's skill level.

2. Jump-Throw : The shooter jumps up to throw at the goal. To be effective, the jump throw should be preceded by a run up (maximum of three steps). It is nothing less powerful than the standing throw. Jump-throw is more accurate and allows the player to have direct shot at the goal, as player jumps above the defender, who might otherwise block the ball.

3. Fall Away-Throw : The fall away-throw is a spectacular variation of the jump- throw. It is used for throws over goalpost from the wings (at the edge of the goal area). The shooter jumps up and just before he throws, he twists laterally so that he is almost horizontal in the air and then throws.

4. Dribble : It is a skill of controlling the ball from opponents, to keep the possession of the ball by bouncing. A good dribbling skill often dodges or fakes to approaching opponent.

(ii) Time-outs: A time-out is obligatory when: Each team has the right to receive one 1-minute team time-out in each half of the regular playing time, but not in overtime

- a 2-minute suspension or disqualification is given;
- a team time-out is granted;
- there is a whistle signal from the timekeeper or the delegate;
- consultations between the referees are necessary

(iii) Running : A player with ball is not allowed to run or move more than 3 steps without dribbling the ball otherwise fault of running is given to opponent.

(c) (i) Duties of Referee : Two referees are there, both standing diagonally opposite to each other. They assist one another for better coordination among them.

- They judge the fair play in their halves and give decision accordingly.
- They start the game by throw-off and end the game by blowing whistle.
- They signal fouls, timeout, enforce foul and penalties, side-pass, suspend player, warning to player.
- They indicate the beginning of the passive play and control the game under rules.
- They give decision when goal has been scored. They check player's equipments, ball, ground dimensions; ground safety area. etc.

(ii) 2- Minute suspension :

- fouls that are committed with high intensity or against an opponent who is running fast;
- holding on to the opponent for a long time, or pulling him down;
- fouls against the head, throat or neck;
- hard hitting against the torso or throwing arm;
- attempting to make the opponent lose body control (e g., grabbing the leg/foot of an opponent who is jumping.)
- running or jumping with great speed into an opponent.



## Hockey

### Question 12.

(a) Explain the following terms : [8]

- (i) A long comer
- (ii) A raised ball
- (iii) Astroturf
- (iv) Sudden death

(b) (i) Explain the term comer push. [9]

(ii) Mention any three situations when a penalty stroke is awarded.

(iii) What are the basic compulsory equipment required by a player in Hockey?

(c) (i) What is the procedure to resume the game when the ball is played over the back line unintentionally by a defender? [8]

(ii) Name any four playing positions in the game of Hockey.

### Answer.

(a) (i) A Long corner: Long-Corner: When ball goes outside from the end line (intentional) by the defending players. It is awarded to the attacking team after the ball goes over the end line (not between the goalposts) from the stick of the defender. The ball is placed five yards away from the sideline over the end line.

(ii) A Raised ball:

(iii) Astro turf: It is the artificially made surface (synthetic surface) proving the feeling of grass surface (artificial grass surface), water is also sprinkled over it for reducing the roughness. This AstroTurf is used to conduct all international matches.

(iv) Sudden death: If there is Tie during regular time, then two halves of 10 min each are played as extended time. If there is still Tie, then 'Sudden-Death' is followed, in which five players of each team attempt to push the ball while opponent goalkeeper defends the ball. This is performed alternatively by each team, afterward one-to-one attempt is followed to break Tie.

(b) (i) Corner push: This is a kind of push used in penalty corner (short-corner) or from long corner. In this skill player pushes the ball with power so that it should quickly reach to own teammate.

(ii) Penalty stroke: A penalty stroke is awarded :

1. for an offence by a defender in the circle which prevents the probable scoring of a goal

2. for an intentional offence in the circle by a defender against an opponent who has possession of the ball or an opportunity to play the ball

(iii) Proper kit, hockey shoes, long stocking, skin guard and stick. Field players of the same team must wear uniform clothing. Players must not wear anything which is dangerous to other players.

(c) (i) If played unintentionally by a defender or deflected by a goalkeeper or player with goalkeeping privileges, play is re-started with the ball on the 23 metres line and in line with where it crossed the back-line and the procedures for taking a free hit apply. With the ball being placed on the line, the re-start is effectively within the 23 metres area and the provisions for taking a free hit are applicable

- (ii) 1. Striker
2. Center forward
3. Leftwinger
4. Rightwinger
5. Midfielder
6. Full backer
7. Swipper

**Question 13.**

(a) Explain the following terms:

- (i) Side line hit
- (ii) Rolling substitutions
- (iii) A comer
- (iv) A goal line

(b) (i) State the importance of the shooting circle in the Hockey

(ii) Explain the term Dribbling.

(iii) Write any three duties of a captain.

(c) Explain the following:

- (i) A ball out of play
- (ii) Advantage
- (iii) Yellow card
- (iv) Flick

**Answer:**

(a) (i) Side Line hit: If ball goes out from sideline, then opposite team gets sideline hit from the point where it has gone outside.

(ii) Rolling Substitutions : Any player can be changed from reserve players or substitutes without intimation to Referee. No extra time or stopping of game is given. There can be any number of rolling substitutions from the substitute player, except during penalty corner.

(iii) A Corner : When ball goes outside from the end line (intentional) by the defending players. It is awarded to the attacking team after the ball goes over the end line (not between the goalposts) from the stick of the defender. The ball is placed five yards away from the sideline over the end line.

(iv) A Goal line: The back-line between the goal-posts.

(b) (i) Shooting Circle : A goal is scored when the ball is played within the circle by an attacker and does not travel outside the circle before passing completely over the goal-line and under the crossbar. The ball may be played by a defender or touch their body before or after being played in the circle by an attacker.

(ii) Dribbling: It is tackling the ball with the stick work. The movement of ball is controlled by rolling stick around it while maintaining constant control of it with the stick.

(iii) Duties of Captain:

- To toss for choice of start or side.
- To nominate a player as captain if he is substituted or suspended from the game and informs the Referee of the change made.
- He will be responsible for the conduct of his players on the field.

(c) (i) A ball out of play: The ball is out of play when it passes completely over the sideline or back-line.

(ii) Advantage : A penalty is awarded only when a player or team has been disadvantaged by an opponent breaking the Rules. Referee extends one arm high from the shoulder in the direction in which the benefiting team is playing.

(iii) Yellow card : It is temporary suspension to a player for a minimum of 5 minutes of playing time indicated by a yellow card or warning.

(iv) Flick: This technique is used for penalty strokes. It is similar to push but the ball which is lifted at a low height.

## **Basketball**

### **Question 14.**

(a) Explain the following terms:

- (i) A substitution
- (ii) A chest pass
- (iii) A held ball
- (iv) A jump ball

- (b) (i) Explain the term low dribble.
- (ii) What do you mean by man to man marking?
- (iii) Mention any three duties of the scorer in a basketball match.

- (c) (i) State any four occasions when a ball becomes dead during the match.
- (ii) Write the dimensions of:

1. The length of the Basketball court.
2. The breadth of the Basketball court.
3. The radius of center circle.
4. The diameter of the ring.

(a) (i) A Substitution: A substitution is an interruption of the game requested by the substitute to become a player.

(ii) A Chest Pass: It is a direct pass to own teammate at chest level. Ball is passed with initial momentum depending upon the distance to pass. It is passed with both hands which are flexed initially and later extended towards passing.

(iii) A Held Ball: It occurs when two opponents have firmly gripped the ball, and neither can gain possession without undue roughness. With new changes, throw-in (by turn) is taken from nearest side or end line (earlier jump-ball was performed under this condition).

(iv) A Jump Ball: A jump ball is a technique of starting the game in the beginning, from the circles. It takes place when official tosses the ball between the two opposing players – with new rules only one time the jump-ball is done and next time it is done with throw-in.

(b) (i) Low dribble: It is a defensive dribble to keep the control over the ball (when opponent is close). The ball is bounced at low' height up to knee and body shields the opponent, body is slightly crouched.

(ii) Man to man marking : It is defensive skill where each player checks or guards or screens the opponent player (during opponent ball possession).

(iii) Duties of Scorer:

- He shall make chronological running summary of points scored and shall record the field goals or basket scored made along with free-throws.
- He shall record the personal and technical fouls of each player.
- He shall indicate the number of fouls committed by each player by using number marker.
- He shall record the team fouls and raise free-throw flag in case of more than four fouls in each quarter.

(c) (i) The ball becomes dead when:

- Any field goal or free throw is made.
- An official blows his whistle while the ball is live.
- The game clock signal sounds for the end of the period.
- The shot clock signal sounds while a team is in control of the ball.

(ii) Write the dimensions of:

1. The length of the Basketball court: 28 meters
2. The breadth of the Basketball court: 15 meters
3. The radius of center circle: 1.80 meters
4. The diameter of the ring: 45 centimeters

Question 15.

(a) Explain the following terms:

- (i) A direct shot
- (ii) Charging
- (iii) A technical foul
- (iv) A team foul

(b) (i) Name any three time- rule fouls in Basketball. [9]

(ii) Name any three fouls which involve personal contact with the opponent.

(iii) Name any three violations which are done without obstructing an opponent.

(c) (i) What is intentional foul? What is the penalty for it? (8)

(ii) What is the procedure applied to start the game?

**Answer:**

(a) (i) A Direct Shot : This is the most common shot for 3 points also known as Jump Shot. In this one hand is used to push the ball and other directs the ball towards the basket with the jump. Hand extends over the head with full accuracy.

(ii) Charging: It is personal contact, with or without ball, by pushing illegal guarding. It is preventing defence from rear of player or backside of player.

(iii) A Technical Foul: When a player or coach performs unsportsmanlike act or misconduct or violent act deliberately. In this foul opponent gets two free-throws along with throw- in from centre.

(iv) A Team Foul: These are total fouls of team, lithe team fouls exceed more than four fouls in each quarter then opponent team is awarded with two free-throws on each foul.

(b) (i) 1. Playing Time : The playing time period is of 40 min duration which is extended into four quarters. The rest period in-between 1 to II and III to IV quarters is 2 min whereas, in half (between I to II quarter) it is 5 min to 10 min, i.e., 10-2; 10-5/10; 10-2; 10. The game clock starts when the ball reaches the highest point on a toss, during which ball is tapped by the first player.

2. Extra Time: In case of tie during normal time period of 40 min the game is extended for 5 min play. It can further be extended up to break of tie.

3. '24' -Seconds Rule : Whenever team gains possession of ball, they are supposed to attempt the basket within 24 seconds.

4. '8' - Seconds Rule: After the score or due to foul or any other reason if team gets the possession of ball they are supposed to move the ball in the front of court (from the rear half of court) within '8' seconds. (Earlier it was 10 second rule).

(ii) Illegal contact with the opposing player. These fouls are charging, illegal blocking, guarding from behind, holding or pushing opponent, illegal-screening.

(iii) It is an infraction of rules of game

- Travelling: Illegal movement of the ball like running without bounce or passing while running.
- Caring : A player with ball dribbles the ball with the shifting palm rather than the finger.
- Double-Dribble : A player while dribbling the ball cannot use both hands ' simultaneously for dribble. He can use both hands only while receiving or while passing the ball.
- Out of Bound : Ball hits the boundary line or it bounces out of play-field.
- Back-Court: If ball is passed from the front court to the rear court to own teammate,

(c) (i) Intentional foul / Technical Foul : If a technical foul is committed: By a player, a technical foul shall be charged against him as a player foul and shall count as one of the team fouls. By team bench personnel, a technical foul shall be charged against the coach and shall not count as one of the team fouls.

Penalty for Intentional foul / Technical Foul

1. The opponents shall be awarded 1 free throw, followed by:
2. A throw-in at the centre line extended, opposite the scorer's table.
3. A jump ball in the centre circle to start the first period.

(ii) Jump-Ball: A jump ball is a technique of starting the game in the beginning, from the circles. It takes place when official tosses the ball between the two opposing players only one time the jump-ball is done and next time it is done with throw-in.

Jump ball procedure :

1. Each jumper shall stand with both feet inside the half of the centre circle nearest to his own basket with one foot close to the centre line.
2. Team-mates may not occupy adjacent positions around the circle if an opponent wishes to occupy one of those positions.
3. The official shall then toss the ball vertically upwards between the 2 opponents, higher than either of them can reach by jumping.
4. The ball must be tapped with the hand(s) of at least one of the jumpers after it reaches its highest point.
5. Neither jumper shall leave his position until the ball has been legally tapped.
6. Neither jumper may catch the ball or tap it more than twice until it has touched one of the non-jumpers or the floor.
7. If the ball is not tapped by at least one of the jumpers, the jump ball shall be repeated.

## Volleyball

### Question 16.

(a) Explain the following terms:

- (i) Free zone
- (ii) Back fine
- (iii) Antenna
- (iv) A catch

(b) (i) How many contacts are permitted in returning the ball over the net? Explain the procedure. [9]

(ii) What is meant by the term libero?

(iii) What do you mean by expulsion?

(c) (i) Explain the procedure of substitution during the game. [8]

(ii) Enumerate any four duties of the first referee.

### Answer:

(a) (i) Free zone : An area by the sides of court which can be used during game. It is 3 to 5

meters on all sides of court.

- (ii) Back line: A line at the back of court at 9 m from net. It is also known as service line.
- (iii) Antenna: An extended upright over the net which gives the idea of sideline. It is 80 cm in length whereas 80 cm is above the net.
- (iv) A catch : The ball is caught and/or thrown; it does not rebound from the hit.

(b) (i) Four Hits: The team is entitled to a maximum of three hits (in addition to blocking), for returning the ball. If more are used, the team commits the fault of "Four Hits".

(ii) Libero: A specialized defensive player (wears different colour kit) who plays in rear half to provide rest to certain player. He can be substituted anytime during match from rear row player. He cannot serve, block and smash (he can smash behind the attack line).

(iii) Expulsion: A player or coach is expelled and not allowed to play further, if he repeatedly performs misconduct. He is not even allowed to sit over team bench.

(c) (i) Substitution Procedure: Replacement of one or more players from the listed substitution apart from libero. The coach of the team requests for substitution to the assistant Referee. An area 3 meters away towards sideline (substitution area) is allowed to move for substitution. When Referee signals for substitution the player should move out and substitute player should enter.

(ii) Duties of First Referee :

1. He is responsible for the conduct of match under rules and regulations from the start until the end.
2. He is the final authority as far as the decision of match is concerned.
3. He can replace other officials who are not performing duty properly.
4. Referee controls all the situations of the match under rules. Referee performs toss before the start of match.
5. He whistles for service.
6. He can overrule the decisions of other officials if required.
7. He gives fault, warning,

### **Question 17.**

(a) Explain the following terms: [8]

- (i) A collective block
- (ii) Assisted hit
- (iii) Dead ball
- (iv) Timeout



- (b) (i) What is meant by ball in play? [9]
- (ii) What is 'screening'?
- (iii) List any three faults that a player is likely to commit while playing the ball.

(c) Explain the following terms: [8]

- (i) A side out
- (ii) A penalty
- (iii) Carrying the ball
- (iv) A penetration- Fault

**Answer:**

- (a) (i) A Collective Block: A block executed by two or more players in an attempt to block the coming ball.
- (ii) Assisted hit: A player when takes the support from teammate or any other structure or object in order to reach the ball within the playing area.
- (iii) Dead ball: The ball is out of play at the moment of the fault which is whistled by one of the referees; in the absence of a fault, at the moment of the whistle.
- (iv) Time out: It is temporarily interruption asked by the coach during game. Each team may request a maximum of two timeouts. All requested timeouts last for 30 seconds.

- (b) (i) Ball in Play: The ball is in play from the moment of the hit of the service authorized by the 1st referee.
- (ii) Screening: A player of servicing team must not prevent the visibility of service player. The collective screening, from seeing the server or the flight path of the ball is illegal.
- (iii) Faults during Playing Ball: A team hits the ball four times before returning it, Assisted Hit, Catch, Double Contact.

- (c) (i) A Side Out: When the active ball touches or contacts the floor outside the boundary line.
- (ii) A Penalty : After the first warning the second misconduct is penalty. In this, team is penalized with the loss of a point or a rally.
- (iii) Carrying the ball: If ball rests momentarily in the hands of the player, i.e., it is held for short duration in the action, it is illegal.
- (iv) A Penetration Fault: A fault given when the opponent player enters into the opponent area in air; by crossing centre line by foot or by hands over the net during smash, block or lift.