

ICSE SEMESTER 2 EXAMINATION

SAMPLE PAPER - 1

PHYSICAL EDUCATION

Maximum Marks: 50

Time allowed: One and a half hours

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

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

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

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

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

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

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

CRICKET

Section-A (Attempt all questions)

Question 1.

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

- (i) The 'Laws of Cricket' were drawn up in:
(a) 1740 (b) 1744 (c) 1741 (d) 1742
- (ii) Cricket differs from other games:
(a) due to the equipment (c) as it takes the longest time to
(b) due to the pitch (d) as it takes the shortest duration complete
- (iii) The length of the pitch is:
(a) twenty yards (c) twenty one yards
(b) twenty two yards (d) twenty three yards
- (iv) The world's first Cricket Club was formed:
(a) in Australia (c) in Africa
(b) in Melbourne (d) in Hambledon
- (v) Cricket is originally an/a:
(a) Indian Game (c) British Game
(b) American Game (d) Arabian Game

Section-B (Attempt any two questions from this Section)

Question 2.

- (i) When is a ball deemed 'lost' during play? What procedures are then adopted in case the ball is declared 'lost'?
- (ii) State three instances when the ball is considered a 'dead ball'.
- (iii) Mention three situations when a team's innings is said to be complete.
- (iv) Identify the colour of the cricket ball used in test and one day matches. What is the reason behind using coloured balls?

Question 3.

- (i) Mention any three instances when a bowler does not get credit for wickets being taken.
- (ii) State any three situations where a batsman can be declared out even when a 'no ball' has been bowled.
- (iii) What is meant by 'extra runs'? Give two examples of extra runs.
- (iv) State any two conditions due to which a pitch may be changed.

Question 4.

- (i) Briefly explain the term an overthrow.
- (ii) When is a 'follow on' implemented during the course of a test match?
- (iii) What is the umpire's decision in the following cases:
 - (a) When a batsman obstructs a fielder trying to catch the ball?
 - (b) When a batsman hits the ball intentionally twice in succession?
- (iv) Mention the length of the cricket pitch.

FOOTBALL

Section-A (Attempt all questions)

Question 5.

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

- (i) Which Country's Balls were used for 2018 FIFA World Cup?
 - (a) Pakistan
 - (b) India
 - (c) Sri Lanka
 - (d) Thailand
- (ii) How many Players are there on a Football Team?
 - (a) 10 players
 - (b) 12 players
 - (c) 11 players
 - (d) 13 players
- (iii) Which Team got 3rd Position in FIFA World Cup 2018?
 - (a) France
 - (b) England
 - (c) Croatia
 - (d) Belgium
- (iv) Which Pakistani teenager tossed the coin in FIFA World Cup 2018?
 - (a) Ahmed Raza
 - (b) Ali Raza
 - (c) Muhammad Ahmed
 - (d) Ahmed Ali
- (v) Durand Cup is associated with the game of:
 - (a) Football
 - (b) Squash
 - (c) Volleyball
 - (d) Table Tennis

Section-B (Attempt any two questions from this Section)

Question 6.

- (i) Weight and Circumference of the ball.
- (ii) Minimum and maximum number of players to begin the match.
- (iii) State the full form of 'FIFA.' Write a short note on it.
- (iv) Answer the following:
 - (a) The distance of the Penalty Point from the Goal line.
 - (b) The Height of the Corner flags.

Question 7.

- (i) Under what three situations is a player not considered off-side?
- (ii) State the position of the following during the execution of a penalty kick in a game of football :
 - (a) The ball.
 - (b) The defending goal keeper.
 - (c) The players.
- (iii) State any three duties of an Assistant Referee.
- (iv) Explain the term "A goal scored".

Question 8.

- (i) What is the procedure of resuming the game from a corner kick?
- (ii) Name three places from where the ball is passed to an offside player but an offside is not given.
- (iii) List any three offences for which a Red Card is shown to a player.
- (iv) What decision will the referee give when the goal is scored unintentionally by the centre referee?

HOCKEY

Section-A (Attempt all questions)

Question 9.

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

- (i) The distance between the penalty spot and the goal is:
 - (a) 6 yards
 - (b) 5 yards
 - (c) 8 yards
 - (d) 7 yards
- (ii) Total number of players playing on the pitch in a hockey match is:
 - (a) 22
 - (b) 16
 - (c) 20
 - (d) 18
- (iii) Which player is allowed to touch the ball with his feet during a Hockey match?
 - (a) Goalkeeper
 - (b) Defender
 - (c) Centre-forward
 - (d) Winger
- (iv) The dimensions of a Hockey field are:
 - (a) 91.4m × 55m
 - (b) 92m × 55m
 - (c) 92.5m × 56m
 - (d) 91.4m × 56m
- (v) What are the dimensions of the goal at each end of the hockey field?
 - (a) 2.14m × 3.66m
 - (b) 2.15m × 3.66m
 - (c) 2.15m × 3.7m
 - (d) 2.14m × 3.7m

Section-B (Attempt any two questions from this Section)

Question 10.

- (i) What is meant by a 'long corner'?
- (ii) What is an 'advantage' in a game of hockey?
- (iii) What will the referee's decision be if a player enters the field before completion of a 5 minute suspension?

and a goal is scored by his/her team simultaneously during that duration of play?

(iv) Give two instances when the ball is declared out of play in a game of hockey.

Question 11.

- (i) What is the height of the flag posts placed on the hockey field? Write a short note on Flag Post.
- (ii) State the full form of FIH. Explain FIH in brief.
- (iii) What decision will the referee take if the ball is hit outside the backline intentionally by the defender?
- (iv) Briefly explain the warning cards used in a game of hockey.

Question 12.

- (i) List any three Fundamental skills of Hockey.
- (ii) Explain the term Corner Push.
- (iii) Explain the execution of Dribbling in Hockey.
- (iv) Explain the term "A Suspension".

BASKETBALL

Section-A (Attempt all questions)

Question 13.

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

- (i) Which country has the highest number of Olympic titles for men's basketball?
(a) USA (c) Canada
(b) Spain (d) UK
- (ii) How is 'scoring a point' usually called?
(a) The basket (c) Home-run
(b) Touchdown (d) Home touchdown
- (iii) How many players form the basketball team along with substitutes?
(a) 7 (b) 5 (c) 12 (d) 13
- (iv) Who is the tallest player in the international basketball?
(a) Suleiman Ali Nashnush (c) Manute Bol
(b) Sim Bhullar (d) None of these
- (v) Which country won the first women's world championship?
(a) USA (b) China (c) Russia (d) India

Section-B (Attempt any two questions from this Section)

Question 14.

- (i) Mention three important duties of the officials before the start of the match.
- (ii) What is a Team Foul?
- (iii) What is the procedure adopted to decide the winner if the match ends in a tie?
- (iv) Define the term "Blind pass".

Question 15.

- (i) Mention any three occasions when the ball is considered dead.
- (ii) Differentiate between a Cut-in and a Throw in.
- (iii) Differentiate between a Foul and a Violation.
- (iv) Explain the term "Substitution"

Question 16.

- (i) Mention three situations when the ball is considered 'live' in a game of basketball.
- (ii) Mention any three duties of a scorer in a basketball match.
- (iii) Explain in brief the term 'jump shot'.
- (iv) How many time-outs can a team avail during a basketball match? What is understood by the term 'dunk' in basketball?

VOLLEYBALL

Section-A (Attempt all questions)

Question 17.

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

- (i) How many players are on the court at one time?
 - (a) 8
 - (b) 12
 - (c) 9
 - (d) 10
- (ii) Which player should touch the ball every time your team has the ball?
 - (a) Outside hitter
 - (b) Libero
 - (c) Middle hitter
 - (d) Setter
- (iii) Which country was the first to win three consecutive gold medals in women's volleyball?
 - (a) Russia
 - (b) Cuba
 - (c) Japan
 - (d) USA
- (iv) In what year was beach volleyball introduced into the Olympics?
 - (a) 1992- Barcelona
 - (b) 2000-Sydney
 - (c) 1996-Atlanta
 - (d) 2004 – Athens
- (v) How many time-outs is a team allowed during a game?
 - (a) 4 or 5
 - (b) 2 or 3
 - (c) 1
 - (d) as many as the coach wants

Section-B (Attempt any two questions from this Section)

Question 18.

- (i) Write the dimensions and characteristics of the ball used in a game of Volley ball.
- (ii) How is a point scored in the game of Volleyball?
- (iii) Enumerate the duties of A first reference.
- (iv) Explain briefly the term "Rotation".

Question 19.

- (i) Define the ball under the following headings:
 - (a) Weight
 - (b) Circumference
 - (c) Air pressure
- (ii) List the responsibilities of the Linesman during the match.
- (iii) List any four responsibilities of the Coach of the team.
- (iv) Explain the term: "A double touch".

Question 20.

- (i) Briefly explain the following terms:
 - (a) A service zone
 - (b) A substitution zone
 - (c) An attack line
 - (d) A substitution
- (ii) When is the ball considered in and out of play?
- (iii) What do you mean by expulsion?
- (iv) Explain how a set and a match is won by a team.

BADMINTON

Section-A (Attempt all questions)

Question 21.

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

- (i) Which of these is a fault when serving?
 - (a) Hitting the feathers of the shuttle first.
 - (b) The racquet point downwards at the moment of hitting the shuttle.
 - (c) Hitting the cork of the shuttle first.
 - (d) Hitting the shuttle below the waist.
- (ii) How many feathers should be in a shuttle?
 - (a) 12
 - (b) 26
 - (c) 16
 - (d) 20
- (iii) Which of the following combinations do not exist in badminton?
 - (a) Women singles
 - (b) Mixed singles
 - (c) Women doubles
 - (d) Mixed doubles
- (iv) In which year did Badminton become an Olympic sport?
 - (a) 1989
 - (b) 2000
 - (c) 1996
 - (d) 1992
- (v) Which of the tennis Grand Slam tournaments does not share the same name as an international badminton tournament?
 - (a) US Open
 - (b) Wimbledon
 - (c) Australian Open
 - (d) French Open

Section-B (Attempt any two questions from this Section)

Question 22.

- (i) Mention any three skills of a badminton player.
- (ii) When is a shuttle not in play?
- (iii) What are the types of games in badminton?
- (iv) Explain the term short serve in Badminton.

Question 23.

- (i) Explain the back hand grip in Badminton.
- (ii) Write the full form of BWF and BAI and briefly explain them.
- (iii) Explain the term 'lobbing' in Badminton.
- (iv) Explain the term "Carry".

Question 24.

- (i) State any three duties of the referee in Badminton.
- (ii) What is forecourt and backcourt in Badminton?
- (iii) When do the players change the court in a Badminton game?
- (iv) Explain the term "Fallow through".



CRICKET

Section-A

Answer 1.

- (i) (b) 1744
- (ii) (c) as it takes the longest time to
- (iii) (b) twenty two yards
- (iv) (d) in Hambledon
- (v) (c) British Game

Section-B

Answer 2.

- (i) In the game of cricket if a ball in play cannot be found or recovered any fielder may call it a lost ball. When "lost ball" is called the batting side fixes a penalty that would have been in fact run before the call of lost ball was made.
- (ii) Three instances when a ball is considered as a dead ball are:
 - 1. The umpire is satisfied that, with adequate reason, the batsman is not ready to receive the ball and makes no attempt to play it.
 - 2. When batsman is declared out.
 - 3. When the ball crosses the boundary line.
- (iii) Three situations when a team's innings is said to be complete are:
 - 1. When over or days get over.
 - 2. When the batsman of batting team are all out.
 - 3. When the choosing team completes the score of batting team.
- (iv) In test matches, the uniform worn by the players is of white colour thus the red coloured ball becomes more visible in the play for everyone. One day matches are usually held overnight, under flood lights, thus making the white coloured ball visible at night.

Answer 3.

- (i) Three instances of batsman being out when bowler gets no credit are:
 - 1. **Run out:** A run out usually occurs when the batsmen are attempting to run between the wickets, and the fielding team succeed in getting the ball to one wicket before a batsman has crossed the crease line near the wicket.
 - 2. **Hit wicket:** If, in attempting to hit a ball or taking off for a first run, the batsman touches and breaks the wicket. This includes with the bat or dislodged pieces of the batsman's equipment - even a helmet or spectacles.
 - 3. **Timed out:** If a new batsman takes longer than two minutes, from the time the previous wicket falls, to appear on the field.
- (ii) Batsman out on a no ball:
 - 1. **Run out:** If a batsman is attempting to take a run, or to return to his crease after an aborted run and a fielder breaks that batsman's wicket with the ball while he is out of the crease. The fielder may either break the wicket with a hand which holds the ball, or with the ball directly.
 - 2. **Hits the ball twice:** If a batsman hits a delivery with his bat and then deliberately hits the ball again for any reason other than to defend his wicket from being broken by the ball. If the ball is bouncing or rolling around near the stumps, the batsman is entitled to knock it away so as to avoid being bowled, but not to score runs.
 - 3. **Obstructs the field:** If a batsman deliberately interferes with the efforts of fielders to gather the ball or affect a run out. This does not include running a path between the fielder and the wicket so that the fielder cannot throw the stumps down with the ball, which is quite legal, but does include any deliberate attempt to swat the ball away.
- (iii) Runs which are added in team score but not in batsman's score are called extra runs. Extras are runs scored by means other than when the ball is hit by a batsman. Extras are not credited to any batsman, and are recorded by the scorer separately. The total number of runs for the innings is equal to the sums of the individual batsmen's scores and the extras. Example: Leg bye, Bye and No ball

(iv) Two conditions due to which the pitch can be changed are:

1. When the ball is bouncing very high or uneven.
2. When the condition of pitch is not good for playing.

Answer 4.

(i) An overthrow is an extra run scored by a batsman as a result of the ball not being collected by a fielder

near the pitch area and the ball continues into the outfield again, the batsman may take more runs. If the ball reaches the boundary on an overthrow, four runs are scored in addition to the runs taken before the overthrow occurred.

(ii) Follow on: In a two-innings match of 5 days or more the side which bats first and leads by at least 200 runs shall have the option of requiring the other side to follow their innings.

The team which bats first and leads by:

1. 200 runs in — 5 or more days match
2. 150 runs in — 3 days match
3. 100 runs in — 2 days match

(iii) Umpires decision :

- (a) Out — Obstruction to the fielder.
- (b) Out — Hit the ball twice.

(iv) Length of pitch is = 66 fts. (22 yards)

In the game of cricket, the cricket pitch consists of the central strip of the cricket field between the wickets. It is 22 yards (20.12 m) long (1 chain) and 10 ft (3.05 m) wide.

FOOTBALL

Section-A

Answer 5.

- (i) (a) Pakistan
- (ii) (c) 11 players
- (iii) (d) Belgium
- (iv) (a) Ahmed Raza
- (v) (a) Football

Section-B

Answer 6.

(i) The standard FIFA regulation football ball that we use today is quite a matured version. It stands as a benchmark of scientific progress. The better the football ball, the better the flight; the better the flight, the better the efficiency; the better the efficiency, the better the fun. The football ball, although it has seen a transformation in its look and functionality - right from an era of being a wrapped-up animal sinew to being the construction being made of synthetic rubber - its "Sizes" has remained the same and will remain the same in the future.

1. Weight of ball: 410 g - 450 g.
2. Circumference: 68 cm – 70 cm.

(ii) Minimum players —07; maximum players—11

(iii) Full form of FIFA is "Federation de International Football Association". FIFA is an international governing body that governs, manages and promotes association football, futsal and beach soccer. It is responsible for organizing all major football tournaments like Football World Cup (FIFA World Cup) and FIFA Women's World Cup. Since 1930, it is organizing FIFA World Cup and since 1991, it is organizing Women's World Cup. FIFA was founded on 21 May 1904; Belgium, France, Denmark, Netherlands, Sweden, Spain and Switzerland were the founding members of FIFA. Its goal is the constant improvement of football. It is headquartered in Zurich and is governed by Swiss law, 211 national associations are members of FIFA. As of July 2017, Gianni Infantino is the president of FIFA.

- (iv) (a) Distance of Penalty point from goal line: 11 metre.
(b) Height of the corner flags: 1.5 metre (5 feet).

Answer 7.

- (i) Three situations when a player is not considered off-side are:
1. At the time of penalty kick.
 2. When the ball is in central of defending team.
 3. When the player is in his own half of the field of play.
- (ii) 1. The ball: On the penalty mark.
2. Defending goal keeper: In his goal area in front of goal line in between goal post.
3. The players: In the field away from the penalty arc.
- (iii) Three duties of an Assistant Referee are:
1. When a substitution is requested.
 2. In case of any misconduct.
 3. Which team is entitled to a corner kick, goal kick or throw in.
- (iv) A Goal scored: When the ball crosses the goal line under the cross bar in between the goal posts under the crossbar, provided that no offence has been committed by the team scoring the goal. If the goalkeeper throws the ball directly into the opponents' goal, a goal kick is awarded.

Answer 8.

- (i) After a goal has been scored, the game is resumed in the same manner like in the beginning of the game but it is done by the player of the team losing the goal.
1. The ball is placed inside the corner arc at the nearest corner flag post.
 2. Opponents move at least 10 yds. away from the corner arc until the ball is in play.
 3. The ball is kicked by the player of attacking team.
 4. As the ball comes in play, the kicker does not play the ball a second time until the player has touched another player.
- (ii) Three places where the ball is passed to an offside player but an offside is not given are:
1. In the opposing team's half of the field.
 2. Player is in front of the ball.
 3. There are fewer than two opposing players and opposing goal line.
- (iii) Three offences for which a Red Card is shown to a player are:
1. Serious foul play.
 2. Violent conduct.
 3. Spitting at an opponent or any other person.
- (iv) The decision of the referee would be that the goal would be counted but the centre referee would not be a referee in match again.

HOCKEY

Section-A

Answer 9.

- (i) (d) 7 yards
(ii) (a) 22
(iii) (a) Goalkeeper
(iv) (a) 91.4m × 55m
(v) (a) 2.14m × 3.66m

Section-B

Answer 10.

- (i) **Long Corner:** A long corner is a result of an unintentional play, over the backline by a defender, or a goal keeper in the play. A free hit for the offense on the side-line five yards from the backline. These are awarded to the offense when a defender accidentally hits the ball over the backline.
- (ii) **Advantage:** Extending one arm high from the shoulder in the directions in which the benefiting team is playing. Playing hockey involves the coordination between the hands and the eyes. It also improves the spontaneous responses and reactions of the players during the game. Practicing this game aids in developing coordination abilities, improves hand-eye reflexes and improves agility.
- (iii) If a player enters the field before the completion of a 5 minute suspension and a goal is scored by his/her team, goal will not be counted and player will be sent out of the field (game).
- (iv) The ball is out of play when it passes completely over the side-line or back-line.
 - 1. Play is restarted by a player of the team which was not the last team to touch or play the ball before it went out of play.
 - 2. When the ball travels over the side-line, play is re-started where the ball crossed the line and the procedures for taking a free hit apply.
 - 3. When the ball is played over the back-line then no goal is scored.

Answer 11.

- (i) Height of the flag post 1.20 and 1.50 metres.

Flag-posts are placed at each corner of the field at a distance of 1 yard from the centre line and it must not be dangerous at the top. It must be made of metal except they are attached to a spring base. 10 flag-posts are required in the field of play.
- (ii) FIH is Federation International de Hockey. The Fédération Internationale de Hockey commonly known by the acronym FIH is the international governing body of field hockey and indoor field hockey. Its headquarters are located in Lausanne, Switzerland. FIH is responsible for field hockey's major international tournaments, notably the World Cup. FIH was founded on 7 January 1924 in Paris by Paul Léauté, who became the first President, in response to field hockey's omission from the programme of the 1924 Summer Olympics. First members complete to join the seven founding members were Austria, Belgium, Czechoslovakia, France, Hungary, Spain and Switzerland. In 1982, the FIH merged with the International Federation of Women's Hockey Associations (IFWHA), which had been founded in 1927 by Australia, Denmark, England, Ireland, Scotland, South Africa, the United States and Wales. The organisation is based in Lausanne, Switzerland since 2005, having moved from Brussels, Belgium.
- (iii) When the ball is hit outside the backline intentionally by the defender a long corner will be awarded to the attacking team. A long corner is awarded if a defender accidentally puts the ball over the back line. Long corners are taken approximately 20m back from the goal line and in-line with the point at which the ball crossed the goal line and cannot be hit directly into the circle.
- (iv) Three cards used in a hockey game are:
 - 1. **Green card:** A warning is indicated by the green card.
 - 2. **Yellow card:** Temporarily suspension for a minimum of 5 minimum of playing time is indicated by the yellow card.
 - 3. **Red card:** Permanent suspension from the current game is indicated by a red card.

Answer 12.

- (i) Three fundamental skills in hockey are:
 - 1. **Passing:** Passing is more frequently to be used than dribbling. The pass is the soul of hockey game. It means to send the ball from one's control to the control of the team-mate by using any stroke with the aim of gaining ground or to beat a defender directly or indirectly. Through passes are to be preferred when the opposition of marking closely, but short inter-passing is more appropriate where there is strong defence.

2. **Trap:** A defensive tactic in which the defending team clogs up the rink's neutral zone, making it difficult for the puck-carrying team to skate through the neutral zone and penetrate the attacking zone. The trap is often called the neutral zone trap because this is the section of the ice it occurs on. It takes place when the opposition has the puck in their own end and are attempting to carry it through the neutral zone and then into the attacking zone.
 3. **Shooting:** A shot is any attempt made by a player to score a goal. Shooting is easily the most common way for goals to be scored. It is done using the feet, using the head, i.e. heading the ball, is the second most common way in which goals are scored. The player, regardless of his playing position on the field, must be playing the ball in such a manner that his actions could result in his scoring on the opposing team's goal. Where he is on the field, the speed of the shot, and the placement of the other players, both on his team and the opposing team, are irrelevant—as long as he can legally score a goal from his spot on the field.
- (ii) **Corner push:** It is a technique of attack with in the hockey field when the ball is pushed involving the penalty corners. The ball is dragged or pushed over the playing surface by the hockey stick for some distance and then released in the direction of the trapper. The trapper then propels the ball back into the circle for phase three to commence.
 - (iii) **Dribbling:** It is running with the ball while shifting it right and left and keeping it in perfect control so as to pass it at any time or change its direction to beat a player. Keep the left hand at the top and right hand at the middle of the stick. The left hand grip is firm and the right hand grip is loose. Body forward bending and the body weight on the right foot. Tap the ball with the middle portion of the blade diagonally towards left and bring the left foot forward in the left hand and loosen the right hand grip.
 - (iv) **A suspension:** When the player commits an intentional foul, referee asked him to leave the play. It is of two types—Temporary and full game. When necessitated by circumstances not within the control of the players, the umpire may suspend play for such a period as the umpire may consider it necessary.
 1. Under special circumstances, the Referee may instruct the umpire to suspend play.
 2. If play is suspended, the existing score shall stand and play shall be resumed from that point.

BASKETBALL

Section-A

Answer 13.

- (i) (a) USA
- (ii) (a) The basket
- (iii) (c) 12
- (iv) (a) Suleiman Ali Nashnush
- (v) (a) USA

Section-B

Answer 14.

- (i) Three important duties of the official before the start of the match are :
 1. To check the different equipment used in the game to make sure there are no hazards to players during the game.
 2. Not to permit players to play with any type of hand, arm, face, nose, ear, head or neck jewellery.
 3. To interpret rules on the court of play.
- (ii) A team is in a team foul penalty situation, when it has committed 4 team fouls in a period. All team fouls committed in an interval of play shall be considered as being committed in the extra period.

Rule:

1. When a team is in a team foul penalty situation, all subsequent player personal fouls committed on a player who is not in the act of shooting shall be penalised by 2 free throws, instead of a throw-in.
 2. If a personal foul is committed by a player of the team in control of the live ball, or of the team entitled to the ball, such a foul shall be penalised by a throw-in for the opponents.
 3. When the ball is played over the back-line then no goal is scored.
- (iii) If the score is tied at the end of playing time for the fourth period, the game shall continue with as many extra periods of 5 minutes as is necessary to break the tie.
- If an extra period is required as a result of this free throw(s) then all fouls that are committed after the end of playing time shall be considered to have occurred during an interval of play and the free throw(s) shall be administered before the beginning of the extra period.
- (iv) **A blind pass:** The blind pass is performed when a player looks in one direction but passes the ball to his target in another direction. They are risky and infrequently attempted, but when done correctly, can confuse the defence. It is also known as no look pass.

Answer 15.

- (i) Three occasions when the ball is considered dead are:
1. When ball crosses the side line.
 2. When any foul is committed.
 3. When Basket is converted (after goal).
- (ii) **Cut in:** It is down when the ball is live and player trying to go for basket. Most fouls occur as a result of illegal personal contact with an opponent and/or unsportsman like behaviour. Fouls can result in one or more of the penalties.
- Throw in:** It occurs when the ball crosses the side line and ball is dead. During a throw in, the referee gives the ball to an offensive player who is standing out of bounds either on the side lines or baselines. The referee blows his whistle and the ball becomes live.
- (iii) Foul is counted when the ball goes out of boundary or intentionally whereas Violation is when the player does not play according to rules.
- (iv) **A Substitution:** A team may substitute a player during a substitution opportunity. It is a player who is in playing field to play on place of a player who have problem to play. Players that are substituted into the game must be on the team roster and the active list. There is no limit to the number of substitutions a team can make during a game.

Answer 16.

- (i) Three situations when the ball is considered live :
1. During the jump ball, the ball legally tapped by umpire.
 2. During a free throw, the ball is at the disposal of the free throw shooter.
 3. During a throw-in, the ball is at the disposal of the player taking the throw in.
- (ii) Three duties of a scorer in a basketball match are:
1. To keep a record of the names and numbers of players.
 2. To indicate the number of fouls committed by each player.
 3. To effect substitution.
- (iii) **Jump shot:** A jump shot or jumper is an attempt to score a basket by jumping, usually straight up, and in mid-jump, propelling the ball in an arc into the basket. It is accomplished by the player bringing his or her elbow up until it is aligned with the hoop, then sent towards the hoop in a high arc. It is considered the easiest shot to make from a distance. The purpose of the jump are to make it more difficult for the defender to block, and to put more power behind the shot.

- (iv) A team can avail four time outs during a match. A Dunk shot is called the Dunk-shot when a player jumps high enough to get the ball up and over the ring to press it forcefully into the ring. The ball is pushed into the basket with a great force from the top of the ring and goal is scored.

VOLLEYBALL

Section-A

Answer 17.

- (i) (b) 12
- (ii) (d) setter
- (iii) (b) Cuba
- (iv) (c) 1996-Atlanta
- (v) (b) 2 or 3

Section-B

Answer 18.

- (i) The circumference of the ball used in the game of Volleyball is 65-67 cm. The weight of the ball is 260-280 g. It is spherical, made of flexible leather or synthetic leather case with a bladder inside made of rubber or a similar material. Its colour may be a uniform light colour, or a combination of colours. It's inside pressure shall be 0.30 to 0.325 kg/cm².
- (ii) A team scores a point:
 - 1. By successfully grounding the ball on the opponent's court.
 - 2. When the opponent team commits a fault then the point will go to the other team.
 - 3. When the opponent team receives a penalty.
 - 4. The opponents are unable to return the ball within three hits.
 - 5. The opponents hit the ball out of bounds.
 - 6. If there is a net violation a point will go to the other team.
 - 7. If the ball is sent over either by a hit, pass, set, tip or anything else and the ball is not returned the other team will get a point.
- (iii) The duties of the First Referee are:
 - 1. Inspects the conditions of the playing area, the balls and other equipments.
 - 2. Performs the toss with the team captains.
 - 3. Controls the teams' warming-up.
 - 4. Request timeout.
 - 5. To issue warnings to the teams.
 - 6. To sanction misconduct and delays.
 - 7. At the end of the match, he/she checks the score sheet and signs it.
- (iv) **Rotation:** The rotation order as recorded on the score sheet at the beginning of each set must remain the same throughout that set. When the team receiving the serve wins the rally or the opponent commits a fault, and the players must be rotated one position clockwise. A different rotation order for each new set may be used by the team and any player recorded on the score sheet may be registered in the new starting line-up.

Answer 19.

- (i) The dimensions of the ball:
 - (a) The weight of the ball should be 260 to 280 g.
 - (b) The circumference of the ball should be 65 to 67 cm.
 - (c) The air pressure of the ball is 0.3-0.325 /cm².
- (ii) The responsibilities of the linesman during the match are :
 - 1. To catch the ball in or out whenever the ball lands near their lines.
 - 2. Foot fault occurs by sever or another player.
 - 3. To signal if the server moves outside of the service position in violation of the rules.
 - 4. To signal if the ball passes outside or strikes the antenna when being returned to the other side.
- (iii) Four responsibilities of the coach of the team are:
 - 1. The coach conducts the play of his / her team from outside the playing court.
 - 2. He / she selects line ups, the substitutes and takes time-outs.
 - 3. Prior to the match, the coach records or checks the names and numbers of his / her players on the score-sheet and then signs it.
 - 4. During the match, the coach, prior to each set, gives the 2nd referee or the scorer the line-up sheet(s) duly filled in and signed.
- (iv) A double contact, or double hit, occurs in volleyball when a player touches the ball twice in a row, or if the ball touches two parts of the player's body in succession. This does not apply for when setting a ball as long as the player's hands are together and touch the ball at the same time. At higher levels of competition, it will often be difficult to detect a double hit because they may happen so quickly. The referee has to make a judgment call based on their view and the reaction that the ball has from the contact(s). Many doubles are called at first contact off of the service. Double hits are usually accidental as the player attempts to make a normal pass, but inadvertently makes contact with the ball with another part of their body.

Answer 20.

- (i)
 - (a) **A service zone:** This is the area of the court that the server from. The service zone is a 9 m wide area behind each end line. It is laterally limited by two short lines, each 15 cm long, drawn 20 m behind the end line as an extension of the sidelines. Both short lines are included in the width of the service zone. In depth, the service zone extends to the end of the free zone.
 - (b) **A substitution zone:** The substitution zone is limited by the extension of both attack lines up to the scorer's table. Once the player enters the substitution zone, he/she becomes an eligible substitute.
 - (c) **An attack line:** On each court, an attack line, whose rear edge is drawn 3m back from the axis of the centre line, marks the front zone.
 - (d) **A substitution:** A substitution is the act by which a player, other than the Libero or his/her replacement player, after being recorded by the scorer, enters the game to occupy the position of another player, who must leave the court at that moment. Substitution requires the referee's authorization.
- (ii) **Ball in Play:** The ball is in play from the moment of the hit of the service authorized by the first referee.
Ball out of Play: 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.
- (iii) Extremely offensive conduct results in the red and yellow cards held together, expulsion from the remainder of the game. Expelled players must leave the playing court and remain seated in the penalty area until the start of a new game. This is known as expulsion.
- (iv) The set and match is won by a team in the following ways:
 - 1. **To win a set:** A set (except the deciding, 5th set) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24; 27-25; ...).
 - 2. **To win the Match:** The match is won by the team that wins three sets. In the case of a 2-2 tie, the deciding set (the 5th) is played to 15 points with a minimum lead of 2 points.

BADMINTON

Section-A

Answer 21.

- (i) (a) Hitting the feathers of the shuttle first.
- (ii) (c) 16
- (iii) (b) Mixed singles
- (iv) (d) 1992
- (v) (b) Wimbledon

Section-B

Answer 22.

- (i) Three skills of a badminton player are:
 - 1. **Grip:** It is of the following type:
 - (a) **Forehand Grip:** Hold the racket by the shaft in the left hand with the face of the racket perpendicular to the floor and shake hands with the grip. Slide your hand down so that the fatty part rest comfortably against the butt of the handle. There will be a 'v' shape of the thumb and index finger.
 - (b) **Backhand Grip:** For backhand grip, turn the top edge of the racket frame over slightly to the right and put the thumb along and parallel to the wide side of the handle. This grip allows a longer reach, more power and better accuracy.
 - 2. **Footwork:** The pattern of movement for covering the corners inside the court.
 - 3. **Serves:** It is of the following type:
 - (a) **High (Long) serve:** This is basic single's serve and directs the shuttle high and deep. The shuttle should turn over and fall as close to the back boundary line as possible.
 - (b) **Low (Short) serve:** In this serve, we use little or no wrist action, contact bird at thigh level push or guide the shuttle low, close to the net and finishes with racket following line of the bird's flight and the hips and shoulders rolling around.
- (ii) The shuttle is not in play when:
 - 1. A shuttle is not in play when it strikes the net or post and starts to fall towards the surface.
 - 2. It is not in play when it hits the surface of the court.
 - 3. It is not in play when a 'fault' or a 'let' has occurred.
- (iii) The game involves the two opponents hitting the shuttlecock over the net into the other person's side. The rally ends when the shuttlecock touches the ground. Only one stroke is allowed to pass it over the net. One badminton match is made up of three games, of 21 points each. Professional badminton games are of five kinds: Men's singles, Men's doubles, Mixed doubles, Women's singles and Women's Doubles.
- (iv) In the short serve, the player uses little or no wrist action, contact bird at thigh level push or guide the shuttle low, close to the net and finishes with racket following line of the bird's flight and the hips and shoulders rolling around.

Answer 23.

- (i) In the Backhand grip turn the top edge of the racket frame over slightly to the right and put the thumb along and parallel to the wide side of the handle. This grip allows a longer reach, more power and better accuracy.

- (ii) The full form of BWF and BAI are:
- (a) **BWF- Badminton World Federation:** The Badminton World Federation (BWF) is the governing body of the sport of badminton recognized by the International Olympic Committee (IOC). The BWF serve to regulate, promote, develop and popularise the sport of badminton across the globe and to organise and run the highest level international events.
 - (b) **BAI- Badminton Association of India:** Badminton Association of India (BAI) is the governing body for badminton in India. Based in Lucknow, BAI is an association registered under the Societies Act. It was formed in 1934 and has been holding national-level tournaments in India since 1936. BAI has 33 State Associations and 4 other organizations as its members that conduct badminton tournaments in the country.
- (iii) **Lobbing:** It is a stroke executed at the player's baseline, hitting the ball far to the back of the opponent court. Any good lob should be over the opponent's reach at mid court, hence pushing them to the back of the baseline.
- (iv) **A Carry:** A return that is caught on the racket face and is slung or thrown over the net. It is sometimes referred to as a sling or a throw. This is a legal return as long as it is a continuation of the player's normal stroke and is not a double hit.

Answer 24.

- (i) Duties of the Referee are:
1. To determine who gets the point.
 2. The referee of a badminton game ensures fair and unbiased game play and to make the game as fair as possible.
 3. The referee is directly in the middle of the court and watches out to see if the players touch the net with their racket or if someone hits it when it is on the other player's side with their racket over the net or to determine which side the shuttle lands on.
- (ii) The front area of the court, usually considered in between the net and the short service line is known as the forecourt whereas Back area of the court is known as the Backcourt.
- (iii) The service courts are changed by the servicing side only when a point is scored. In all other cases, the players continue to stay in their respective service court from where they played previous rally. This shall guarantee alternate server.
- (iv) **Follow-through:** The smooth continuation of a stroke after the racket has contacted the bird. The player's body should face sideways, not the front. The arm of the racket should move towards the back and extend the player's chest to the widest extent possible to ensure he can do a full swing. The player should lift up his non-racket arm as he stretches his racket arm towards the back. The non-racket arm plays an important role in maintaining body balance. Without good balance, there's no way he can execute the correct technique for this stroke.

□□