

# ICSE Board Paper 2025

## Physical Education

### Class-10<sup>th</sup>

Maximum Marks: 100  
Time allowed: Two hours

1. Answers to this paper must be written on the paper provided separately.
2. You will **not** be allowed to write during the first 15 minutes.
3. This time is to be spent in reading the question paper.
4. The time given at the head of this paper is the time allowed for writing the answers.
5. Attempt all questions from Section A and two questions from Section B.
6. The intended marks for questions or parts of questions are given in brackets[.].

#### Instruction for the Supervising Examiner

Kindly read aloud the Instructions given above to all the candidates present in the Examination Hall.  
This paper consists of 20 printed pages.

#### SECTION - A (50 marks)

(Attempt all questions from this Section)

#### Question 1

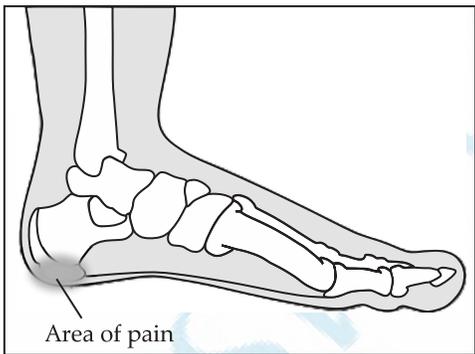
[20]

Choose the correct answer to the questions from the given options

(Do not copy the questions, write the correct answers only)

- (i) Enhancing the level of physical fitness is possible with the help of
- (a) Coordination (b) Strength  
(c) Training (d) Over nutrition
- (ii) The ability of a joint to move through a full range of motion is called
- (a) Agility (b) Speed  
(c) Coordination (d) Flexibility
- (iii) If you love a particular sport and have excellent verbal communication skills, then you can choose a career as a
- (a) Sports person (b) Sports manager  
(c) Commentator (d) Sports Official
- (iv) Which of the following helps to improve cardio-respiratory endurance?
- (a) Lifting weights (b) Anaerobic exercises  
(c) Pull-ups (d) Aerobic exercises
- (v) Which of the following body types is characterised by pear-shaped structure?
- (a) Endomorph (b) Mesomorph  
(c) Ectomorph (d) Pseudomorph
- (vi) **Assertion (A):** Poor physical fitness of players is the common cause of sports injuries.  
**Reason (R):** Physically fit players are less likely to sustain injuries during sports.
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A)  
(b) Both (A) and (R) are true but (R) is not the correct explanation of (A).  
(c) (A) is true and (R) is false.  
(d) (A) is false and (R) is true.
- (vii) Which of the following is a component of physical fitness?
- (a) Variance (b) Frequency  
(c) Speed (d) Individuality
- (vii) Identify which component of physical fitness is being displayed in the given.



- (x) Maintaining a regular schedule of training with minimal interruption is called \_\_\_\_\_ .  
 (a) principle of overload  
 (b) principle of periodisation  
 (c) principle of specificity  
 (d) principle of continuity
- (xi) Mahipal is a trainer of the Kolkata Football Team. In order to improve the endurance of his team, Mahipal designs a training program. Which of the following training methods should he follow?  
 (a) Increase intensity and duration of the training gradually.  
 (b) Focus on high-intensity interval training only.  
 (c) Incorporate strength training exercise only.  
 (d) Ignore proper warm-up and cool-down procedures.
- (xii) Match the following
- |                         |          |
|-------------------------|----------|
| I. Abrasion             | 1. Head  |
| II. Concussion          | 2. Ankle |
| III. Torn ACL           | 3. Skin  |
| IV. Achilles tendonitis | 4. Knee  |
- (a) I-3, II-1, III-4, IV-2  
 (b) I-3, II-4, III-2, IV-1  
 (c) I-4, II-3, III-1, IV-2  
 (d) I-2, II-3, III-4, IV-1
- (xiii) The qualification required for a physical education teacher to teach at the school level in India is:  
 (a) Ph.D (b) B.PEd.  
 (c) Sports management (d) NIS
- (xiv) Identify the sports injury shown in the image below:
- 
- (a) Sprained Ankle (b) Achilles Tendonitis  
 (c) Planter Fasciitis (d) Tennis Elbow
- (xv) Which body type is characterised as long and lean, with low body fat and little muscle?  
 (a) Endomorph (b) Mesomorph  
 (c) Ectomorph (d) Pseudomorph
- (xvi) Health related physical fitness components are  
 (a) Agility and Speed  
 (b) Cardiorespiratory endurance and Flexibility  
 (c) Balance and Coordination  
 (d) Power and Speed
- (xvii) The adulthood stage falls between the age of  
 (a) 10 to 17 years (b) 14 to 18 years  
 (c) 12 to 19 years (d) 19 to 65 years
- (xviii) An umpire, referee, scorer, linesmen etc. at a sporting event is known as a/an \_\_\_\_\_ .  
 (a) coach (b) official  
 (c) manager (d) commentator
- (xix) Assertion (A): A balanced diet depends on age, gender and the type of work that one is required to perform  
 Reason (R): A balanced diet is composed of carbohydrates, proteins, fats, vitamins, minerals and water  
 (a) Both (A) and (R) are true and (R) is the correct explanation of (A)  
 (b) Both (A) and (R) are true but (R) is not the correct explanation of (A)  
 (c) (A) is true and (R) is false.  
 (d) (A) is false and (R) is true.
- (xx) What is the primary purpose of warm-up exercise before physical activity?  
 (a) To improve performance  
 (b) To prevent injuries  
 (c) To increase strength  
 (d) To enhance flexibility
- Question 2**
- (i) Define strength. [2]  
 (ii) Explain sports management as a career. [2]  
 (iii) Name any three factors affecting physical fitness. [3]  
 (iv) How does proper knowledge of rules of the games or sports help in the prevention of injuries? [3]
- Question 3**
- (i) Explain the principle of *reversibility*. [2]  
 (ii) What is *overnutrition*? [2]  
 (iii) John is a 15-year-old boy who has a sedentary lifestyle. He is in Class X, prioritizes academics, and rarely plays any games. John gains weight easily, so he decides to change his lifestyle. Wanting to be physically fit, he follows a training schedule prepared exclusively by his coach to help him achieve his goal.  
 (a) Which principle of sports training will the coach apply?  
 (b) What is the body type of John?  
 (c) Which factor of physical fitness does the case study of John highlight?  
 (iv) Write any *three* objectives of Physical Education [3]
- Question 4**
- (i) What is agility? [2]  
 (ii) What do the letters I and C stand for in PRICER? [2]  
 (iii) Sports Injuries can have an adverse effect on the performance of an athlete. Write any three causes of sports injuries. [3]  
 (iv) Write any three factors which effect a balanced diet. [3]

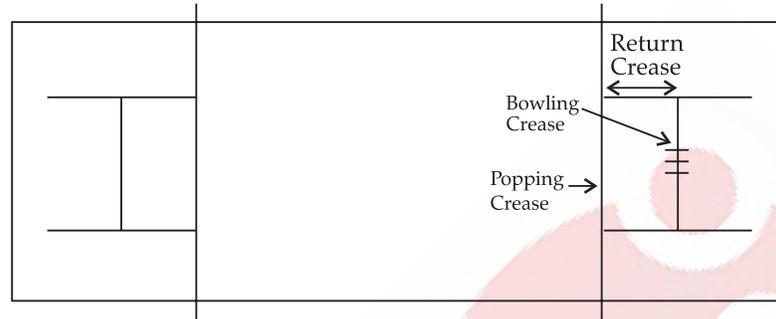
## SECTION - B (50 marks)

(Attempt *two* questions from this Section (You must attempt *one* question on each of the *two* games of your choice)

## CRICKET

## Question 5

- (i) Explain the following terms used in cricket: [8]  
 (a) Hook shot (b) Beamer (c) Reverse sweep (d) Hit wicket
- (ii) (a) Write the measurements of the following: [9]  
 1. Popping crease 2. Bowling crease 3. Return crease



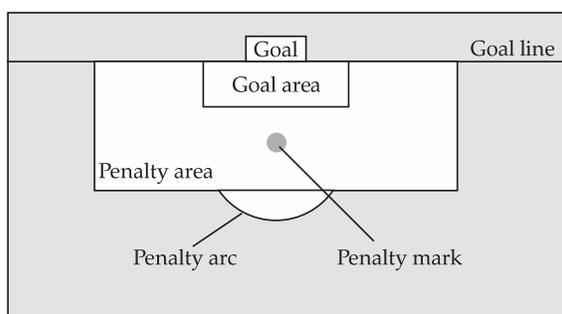
Cricket Pitch

- (b) Who assists the main umpire in the field of play in a cricket match? List any two duties of the assisting umpire.
- (c) The captain feels satisfied with his/her team's scores in a test match and declares his/her team's innings. Explain declaration in cricket. [8]
- (iii) Name and explain the term:
- (a) A fielder **illegally** alters the condition of the ball.
- (b) A batsman comes **late** to the crease after the fall of the previous wicket.
- (c) A bowler bowls a legal ball. It would have hit the stumps if the **batsman's leg** would not have come in the way of the delivery.
- (d) A person who sits behind a screen and clears all the doubts which are **referred to him** from the field, during the match.
- (iii) (a) State the full form of ICC and BCC1. [8]  
 (b) What is the importance of the 30 yard circle?  
 (c) Explain the term *overthrow*.  
 (d) What is meant by *bodyline bowling*?

## FOOTBALL

## Question 7

- (i) Explain in following terms: [8]  
 (a) Yorker (b) Seam bowling  
 (c) A Runner (d) Innings
- (ii) (a) State any three duties of a Match Referee. [9]  
 (b) Mention any three fielding positions on "onside" of the field of play.  
 (c) Gabbar Sharma opens the innings for his team Mumbai Riders. Rajasthan Kings were fielding and placed only two fielders outside the 30 yard circle while the remaining nine are inside the 30 yard circle. Gabbar Sharma hits the ball over the mid-off for an excellent four runs on one of the balls. The very next ball he steps out of the crease to hit a six but misses the ball. The wicket keeper catches the ball and dislodges the stumps before Gabbar Sharma could get back to his crease.
- (i) Explain the following terms in Football: [8]  
 (a) Trapping (b) Advantage  
 (c) Defender (d) Additional time
- (ii) (a) Explain the rule to be followed to take an indirect free kick in a football match.  
 (b) During a match between Delhi and Goa, Delhi's attacking player kicks the ball outside Goa's goal line. What is the procedure to restart the game?  
 (c) Give three measurements of the following:  
 1. Penalty arc  
 2. Penalty mark  
 3. Goal area



- (iii) (a) What is dribbling in football? [8]  
 (b) State the duration of the match and duration of extra time.  
 (c) What is the importance of Technical area?  
 (d) Explain the term sudden death in football.

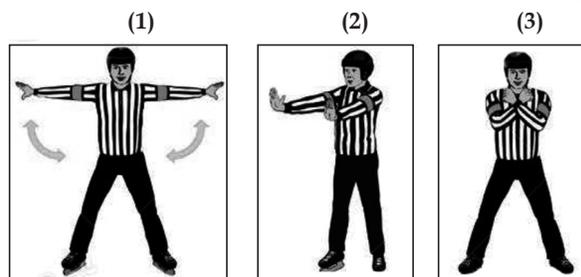
#### Question 8

- (i) Explain the following terms in football: [8]  
 (a) Dropped ball (b) Corner kick  
 (c) Centre circle (d) A through pass
- (ii) (a) Mention three fouls of a goalkeeper that results in an indirect free kick being awarded.  
 (b) Mention any three duties of an assistant referee. [9]  
 (c) To conduct a football match, the referee needs his personal kit. List any three items from the kit.
- (iii) (a) A team wins a match using their passing skills. List any two passing skills. [8]  
 (b) When is a team awarded a goal kick?  
 (c) Explain the term when the goalkeeper is sent off from the match.  
 (d) In a local tournament, the organising committee installed goalposts with a distance of 6 metres between the two posts and a crossbar height of 2 metres from the ground.  
 A player from one team raised concerns about the size of the goal. As per rules, what should be the correct dimensions?

#### HOCKEY

#### Question 9

- (i) Explain the following terms in hockey: [8]  
 (a) A Reverse hit (b) Dangerous play  
 (c) Advantage (d) Flick
- (ii) (a) List the three cards used by the umpire during a hockey match. [9]  
 (b) Goalkeeper is the backbone of a team's success in a hockey match. Give any three responsibilities of a hockey goalkeeper.  
 (c) Identify and name the three signals.



- (iii) (a) When does the substitution of players take place in the game of hockey? [8]  
 (b) What are shin-guards? Why are they used?  
 (c) Who assists the two umpires during a hockey match?  
 (d) How many defensive players are allowed to stand behind the backline during a penalty corner?

#### Question 10

- (i) Explain the following: [8]  
 (a) Carried (b) A bully  
 (c) Astroturf (d) Playing distance
- (ii) (a) When is a goal awarded in hockey? [9]  
 (b) Mention any three fouls committed by a goalkeeper.  
 (c) List any three equipment which the umpire should carry while conducting a match.
- (iii) Draw a neat diagram of the hockey field with its measurements. [8]

#### BASKETBALL

#### Question 11

- (i) Explain the following time rules: [8]  
 (a) 15' seconds (b) 3 seconds  
 (c) Playing Time (d) Charged Timeout
- (ii) (a) In a match, players of Team A and Team B are not able to take clear possession of the basketball. What will be the referee's decision? [9]  
 (b) Name any three international basketball tournaments.  
 (c) Mention any three situations when the ball is considered live in a game of basketball.
- (iii) Give two differences between:  
 (a) 'Zone-Defense' and 'Man-to-Man defense'. [8]  
 (b) 'Technical Foul' and 'Unsportsmanlike Foul' [8]

#### Question 12

- (i) Explain the following terms in Basketball. [8]  
 (a) Violation (b) Double Dribble  
 (c) Press (d) Held Ball
- (ii) (a) A coach plays a major role in a team's success. List any three duties of a coach. [9]  
 (b) During a basketball match, the referee administers a jump ball. Give any three jump ball situations in the game of basketball.  
 (c) To win a basketball match, list the types of baskets (goals or points) that can be credited to a team's win.

- (iii) (a) How is the tie broken in basketball when the score is tied at full time?  
 (b) List any two types of passes in the game of basketball.  
 (c) Write the full form of BFT and FIBA  
 (d) Define the term carry. [8]

### VOLLEYBALL

#### Question 13

- (i) Explain the following terms in volleyball. [8]  
 (a) Attack line (b) Rotational fault  
 (c) Service zone (d) Triple block
- (ii) (a) Mention any three acts of breach which are punishable. [9]  
 (b) List any three delays in a volleyball match  
 (c) State any three serving faults
- (iii) Write the measurements of the following: [8]  
 (a) Playing field  
 (b) Length of service line  
 (c) Length of the net  
 (d) Height of the net for men  
 (e) Antenna  
 (f) Circumference of the ball  
 (g) Width of line  
 (h) Weight of the ball

#### Question 14

- (i) Explain the following: [8]  
 (a) Assisted hit  
 (b) Consecutive contact  
 (c) Rotation  
 (d) Technical time-out
- (ii) (a) The first referee has an important role to play in a match. List the duties of a referee in the match. [9]  
 (b) Name any three zones marked on the volleyball court.  
 (c) List any three penetration faults in a game of volleyball.
- (iii) (a) Explain legal and illegal substitution in volleyball. [8]  
 (b) Draw a neat diagram of a volleyball court and mark the following:  
 1. Side line 2. Service line  
 3. Attack line 4. Front zone

### BADMINTON

#### Question 15

- (i) Explain the following terms in badminton: [8]  
 (a) Rubber (b) Net kill  
 (c) Push shot (d) Tumbling net shot
- (ii) (a) Mention any three duties of the umpire in a game of badminton. [9]  
 (b) In badminton, a player uses different types of shots in a match. Write any three shots that can be played by a player.  
 (c) During an inter-school badminton match, Rahul hits a smash to his opponent's court, but the shuttle goes out of the end line.  
 1. What will be the decision of the referee?  
 2. What will be the role of line judges in the decision?
- (iii) Give measurements of the following: [8]  
 (a) Size of the court (single)  
 (b) Size of the court (double)  
 (c) Width of the net  
 (d) Height of the net from centre  
 (e) Weight of the shuttle  
 (f) Length of the feathers  
 (g) Length of the racket  
 (h) Weight of the racket

#### Question 16

- (i) Explain the following terms in badminton: [8]  
 (a) Baseline smash (b) Flick  
 (c) Forecourt (d) Hairpin net shot
- (ii) (a) Explain the procedure to be followed for performing the correct service. [9]  
 (b) Mention any three faults committed by a player in a game of badminton.  
 (c) Explain any three basic skills in badminton.
- (iii) (a) How many points does a game consist of for singles and doubles? [8]  
 (b) When do the players change ends?  
 (c) Name any two types of serve.  
 (d) Explain whether a player can strike the shuttle before it crosses the net.

# Answer

## Set-I

### SECTION - A (50 marks)

#### Answer 1.

- (i) Option (c) is correct.

*Explanation:* Enhancing physical fitness through training involves structured exercises, strength conditioning, endurance drills, flexibility routines, and skill development. Consistent practice, proper nutrition, and recovery optimise performance, improving strength, agility, and overall health.

- (ii) Option (d) is correct.

*Explanation:* Flexibility is the ability of muscles, joints, and tissues to move through an unrestricted, pain-free range of motion.

- (iii) Option (c) is correct.

*Explanation:* A sports commentator is a broadcaster who provides live or recorded analysis, descriptions, and insights during sporting events, enhancing the audience's experience with expert opinions, play-by-play coverage, and background information.

- (iv) Option (d) is correct.

*Explanation:* Aerobic exercises include walking, jogging, cycling, swimming, dancing, and jumping rope. They improve cardiovascular health, endurance, and overall fitness by increasing heart rate and oxygen flow, benefiting the lungs, heart, and muscles.

- (v) Option (a) is correct.

*Explanation:* Endomorphs have softer bodies with curves. They have a wide waist and hips and large bones, though they may or may not be overweight. Their weight is often in their hips, thighs, and lower abdomen. Endomorphs often have lots of body fat and muscle and tend to gain weight easily.

- (vi) Option (a) is correct.

*Explanation:* Poor physical fitness increases the risk of sports injuries due to weak muscles, lack of endurance, and poor flexibility. Physically fit players, however, are also prone to injuries due to overuse, high-impact movements, and intense competition. Proper training, warm-ups, and recovery strategies help to reduce injury risks for all athletes.

- (vii) Option (c) is correct.

*Explanation:* Speed is a physical fitness component that refers to the ability to move quickly from one point to another. It is essential in sports and activities requiring rapid acceleration and quick movements.

- (viii) Option (d) is correct.

*Explanation:* Power in sports is the ability to generate maximum force quickly. It combines strength and speed, enabling explosive movements like lifting, jumping, sprinting, and throwing, crucial for athletic performance in various sports.

- (ix) Option (b) is correct.

*Explanation:* Genetic disorders are caused by mutations or abnormalities in genes, leading to inherited conditions. These disorders affect body functions and development, including diseases like cystic fibrosis, sickle cell anaemia, and down syndrome.

- (x) Option (d) is correct.

*Explanation:* The principle of continuity in sports training emphasises consistent and progressive practice to enhance performance. Regular training without long breaks ensures steady improvement, preventing skill loss and maintaining physical fitness over time.

- (xi) Option (a) is correct.

*Explanation:* Gradually increasing the intensity and duration of football training enhances endurance, strength, and performance while reducing injury risk. Progressive overload ensures steady improvement, allowing players to adapt and develop skills effectively.

- (xii) Option (a) is correct.

*Explanation:*

- **Abrasion:** A superficial skin injury caused by friction or scraping.
- **Contusion:** A bruise resulting from blunt force trauma, causing bleeding under the skin.
- **ACL (Anterior Cruciate Ligament) Injury:** A tear or sprain in the ACL, affecting knee stability.
- **Achilles Tendinitis:** Inflammation of the Achilles tendon due to overuse or strain.

- (xiii) Option (b) is correct.

*Explanation:* A school sports teacher typically requires a bachelor's degree in physical education (B.P.Ed) or a related field. Additional certifications, teaching credentials, and coaching experience enhance qualifications for better career opportunities.

- (xiv) Option (c) is correct.

*Explanation:* Plantar fasciitis is inflammation of the plantar fascia, a thick band of tissue connecting the heel to the toes. It causes heel pain, especially in the morning or after prolonged activity.

(xv) Option (c) is correct.

**Explanation:** An ectomorph is one of the three somatotypes (body types) defined by psychologist William Sheldon. Ectomorphs are typically characterised by:

- A lean and slender build
- Narrow shoulders and hips
- Fast metabolism, making it harder to gain weight or muscle
- Long limbs and low body fat

(xvi) Option (b) is correct.

**Explanation:** Health-related physical fitness components are essential for overall well-being and reducing the risk of diseases. These components include:

1. **Cardiovascular Endurance:** The ability of the heart, lungs, and blood vessels to deliver oxygen to the muscles efficiently during prolonged physical activity (e.g., running, cycling).
2. **Muscular Strength:** The maximum amount of force a muscle or muscle group can exert in a single effort (e.g., weightlifting, push-ups).
3. **Muscular Endurance:** The ability of a muscle or muscle group to sustain repeated contractions over time without any fatigue (e.g., plank, squats).
4. **Flexibility:** The range of motion around a joint, which helps prevent injuries and improve movement efficiency (e.g., stretching, yoga).
5. **Body Composition:** The proportion of fat, muscles, bones, and other tissues in the body, which affects the overall health (e.g., maintaining a healthy fat-to-muscle ratio through diet and exercise).

(xvii) Option (d) is correct.

**Explanation:** Adulthood is the stage of life after adolescence, characterised by physical maturity, emotional stability, career development, relationships, and responsibilities. It includes early, middle, and late adulthood, shaping personal growth and life experiences.

(xviii) Option (b) is correct.

**Explanation:** A sports official enforces rules, ensures fair play, and maintains order in competitions. Examples include, referees in football, umpires in cricket, and judges in gymnastics, all ensuring integrity and fairness in sports.

(xix) Option (a) is correct.

**Explanation:** A balanced diet includes essential nutrients—carbohydrates, proteins, fats, vitamins, minerals, and water—in proper proportions. It supports growth, energy, and overall health, preventing diseases and maintaining optimal body function.

(xx) Option (b) is correct.

**Explanation:** A proper warm-up exercise is a preparatory routine before physical activities to increase blood flow, loosen muscles, and reduce injury risk. It includes light cardio, stretching, and dynamic movements like jogging, jumping jacks, and arm circles.

**Answer 2.**

(i) Strength is the ability of muscles to exert force against resistance. It is essential for physical performance, endurance, and daily activities. Strength training includes exercises like weightlifting, push-ups, and resistance workouts.

(ii) Sports management is a career which focused on planning, organising, and overseeing sports events, team, and organisations. It includes roles in marketing, coaching, administration, and event management, offering opportunities in clubs, leagues, and sports industries.

(iii) **Physical fitness is influenced by various factors, including:**

#### 1. Biological Factors

- **Genetics:** Determines body type, muscle composition, metabolism, and endurance potential.
- **Age:** Physical capacity tends to decline with age, affecting flexibility, strength, and endurance.
- **Gender:** Males generally have more muscle mass, while females tend to have higher flexibility and endurance.

#### 2. Lifestyle and Behavioural Factors

- **Diet and Nutrition:** Proper nutrition provides energy and supports muscle growth and recovery.
- **Exercise and Physical Activity:** Regular workouts enhance cardiovascular health, strength, endurance, and flexibility.
- **Rest and Sleep:** Adequate rest is essential for muscle recovery and overall well-being.
- **Hydration:** Proper fluid intake helps maintain endurance and prevent fatigue.
- **Substance Use:** Smoking, alcohol, and drug use negatively impact cardiovascular health and muscle function.

#### 3. Environmental Factors

- **Climate and Weather:** Extreme heat, cold, or pollution can affect exercise performance and stamina.
- **Living Conditions:** Access to parks, gyms, and safe spaces for exercise influences fitness levels.
- **Work Environment:** Sedentary jobs reduce activity levels, while physically demanding jobs may enhance fitness.

#### 4. Psychological and Social Factors

- **Motivation and Attitude:** A positive mindset helps maintain consistency in fitness routines.
- **Stress and Mental Health:** High stress levels can lead to fatigue and lack of motivation.
- **Social Support:** Encouragement from family, friends, or trainers boosts adherence to fitness goals.

#### 5. Medical Conditions and Injuries

- **Chronic Diseases:** Conditions like diabetes, heart disease, and arthritis affect physical fitness.
- **Injuries:** Previous injuries can limit mobility and hinder exercise routines. **(Any 3)**

- (iv) Proper knowledge of the rules of the games and sports plays a crucial role in preventing injuries by ensuring safe and fair play. Understanding the rules may help athletes to perform movements correctly, reducing the risk of accidents caused by improper techniques. For example, in contact sports like football or basketball, knowing fouls and tackling rules prevents unnecessary collisions and injuries.

Rules also establish safety guidelines, such as required protective gear, playing surface regulations, and rest periods, which help prevent overuse injuries and fatigue. In sports like gymnastics or weightlifting, following proper form and technique minimises strain on muscles and joints.

#### Answer 3.

- (i) The principle of reversibility in sports states that fitness gains are lost when training stops or decreases significantly. This concept emphasises the "use it or lose it" rule, meaning that strength, endurance, and skill levels decline when an athlete becomes inactive. The rate of decline depends on factors like fitness level, duration of inactivity, and type of sport. Cardiovascular endurance declines faster than strength, often within a few weeks. To prevent reversibility, athletes should maintain a minimum level of activity during breaks. This principle highlights the importance of consistency in training to sustain performance and avoid detraining effects.
- (ii) Overnutrition occurs when the body receives excessive nutrients, especially calories, fats, and sugars, leading to health issues like obesity, diabetes, and heart disease. It results from overeating, consuming processed foods, and lack of physical activity. Unlike undernutrition, which causes deficiencies, overnutrition leads to excessive fat storage and metabolic imbalances. It increases the risk of hypertension, joint problems, and certain cancers. Preventing overnutrition involves a balanced diet, portion control and regular exercise. Awareness and healthy lifestyle choices are crucial

in managing overnutrition. Proper nutrition education helps individuals to make informed dietary decisions and maintain overall well-being.

- (iii) (a) **Principle of Sports Training Applied:** The coach will apply the "Principle of Individualisation", which tailors the training program to John's specific needs, fitness level, and goals. Additionally, the "Principle of Overload" will be used to gradually increase the intensity of exercise to improve his fitness.
- (b) **Body Type of John:** John likely has an "endomorph" body type, characterised by a tendency to gain weight easily, higher fat storage, and a rounder physique.
- (c) **Factor of Physical Fitness Highlighted:** The case study highlights body composition, which refers to the ratio of fat, muscle, and bone in the body. It emphasises the importance of managing weight through exercise and a healthy lifestyle.
- (iv) 1. **Physical Fitness:** Improve students' strength, endurance, flexibility, and overall physical health.
2. **Motor Skills Development:** Enhance coordination, balance, agility, and fundamental movement skills.
3. **Cognitive Development:** Teach students about health, fitness, anatomy, and the benefits of an active lifestyle.
4. **Social Skills and Teamwork:** Encourage cooperation, communication, and leadership through team sports and group activities.
5. **Emotional Well-being:** Help students manage stress, build self-confidence, and develop a positive self-image.
6. **Healthy Lifestyle Habits:** Instil lifelong habits of regular exercise, proper nutrition, and overall well-being.
7. **Discipline and Sportsmanship:** Promote fairness, respect, and ethical behaviour in sports and physical activities.
8. **Recreational Enjoyment:** Introduce students to fun, engaging physical activities that they can enjoy beyond school.
9. **Injury Prevention and Safety:** Educate students on safe practices to avoid sports-related injuries.
10. **Inclusivity and Adaptability:** Ensure all students, regardless of ability, can participate and benefit from physical activities. **(Any 3)**

#### Answer 4.

- (i) Agility is the ability to move quickly, efficiently, and with control in response to changing situations. It involves speed, coordination, balance, and flexibility, allowing an individual to change direction rapidly without losing stability. Agility

is essential in sports like football, basketball, and tennis, where quick reflexes and sharp movements are required.

- (ii) Experts recommended acute injury patients use P.R.I.C.E. shortly after the injury occurs. It may be particularly helpful during the first 24 to 72 hours.

**I:** Ice refers to the use of cold treatments, also known as cryotherapy, to treat acute injuries. Ice is recommended with the intent to minimise and reduce swelling as well as to decrease pain.

**C:** Compression is the use of a compression wrap, such as an elastic bandage, to apply an external force to the injured tissue. This compression minimises swelling and provides mild support.

- (iii) Here are three common causes of sports injuries:

1. **Lack of Proper Warm-up and Cool-down:** Skipping warm-up exercises can lead to muscle stiffness and increase the risk of strains, sprains and other injuries. Similarly, not cooling down properly can cause muscle soreness and stiffness.

2. **Poor Technique and Overuse:** Incorrect posture, improper movement patterns and repetitive stress on muscles and joints can result in chronic injuries like tendonitis or stress fractures.

3. **Inadequate Equipment or Playing Conditions:** Using inappropriate or faulty sports gear, such as worn-out shoes or ill-fitting protective equipment, along with unsafe playing surfaces, can lead to injuries.

- (iv) A balanced diet is influenced by several factors that determine the quality and adequacy of nutrition. The key factors affecting a balanced diet include:

1. **Age:** Nutritional needs vary with age; children, adults, and the elderly require different nutrients.

2. **Gender:** Males and females have different dietary requirements based on metabolism and body composition.

3. **Activity Level:** Physically active individuals need more calories and nutrients than sedentary people.

4. **Health Conditions:** Diseases like diabetes or hypertension require specific dietary modifications.

5. **Economic Status:** Financial constraints can affect access to healthy food choices.

6. **Cultural and Religious Beliefs:** Some diets restrict certain foods based on traditions or religious practices.

7. **Food Availability and Seasonality:** The availability of fresh produce affects dietary diversity.

8. **Education and Awareness:** Knowledge about nutrition influences dietary choices. (Any three)

## SECTION - B (50 marks)

### Answer 5

- (i) (a) The hook shot in cricket is an aggressive batting stroke played against short-pitched deliveries, usually aimed at the batter's head or upper body. The batter swings the bat in a horizontal motion, directing the ball towards the leg-side, often over fine leg or square leg. Proper footwork, balance, and head position are crucial to execute it safely. While effective for scoring boundaries, mistimed shots can lead to catches.

- (b) A beamer in cricket is an illegal delivery where the ball reaches the batter above waist height without bouncing. It is considered dangerous as it can cause serious injury. Beamers are often accidental, resulting from a bowler losing control, but repeated occurrences can lead to warnings or suspension. Umpires may issue a no-ball for a beamer, and in extreme cases, penalise the bowler. Batters must react quickly to avoid injury, often by ducking or swaying away from the ball.

- (c) The reverse sweep in cricket is an unorthodox batting shot where the batter switches grip and stance slightly to sweep the ball in the opposite direction, usually towards the off-side. It is commonly used against spinners to manipulate field placements and score in gaps. The shot requires precise timing, quick wrist movement, and balance. While effective for scoring boundaries, it carries risks, as mistiming can lead to getting bowled or caught. Modern batters use it frequently in limited-overs cricket.

- (d) Hit wicket is a mode of dismissal in cricket where the batter accidentally dislodges the bails with their bat or body while playing a shot or taking off for a run. It usually occurs when the batter steps too far back, loses balance, or swings the bat excessively. The bowler is credited with the wicket, but it is considered a self-inflicted dismissal. However, if the batters' actions are due to an external factor like a fielder's throw, they are not given out.

- (ii) (a) In cricket, the popping crease, bowling crease, and return crease are important markings on the pitch. Their measurements are as follows:

1. **Popping Crease:**

- Located 4 feet (1.22 metres) in front of the bowling crease.
- Extends at least 6 feet (1.83 metres) on either side of the wicket but is considered unlimited in length.

2. **Bowling Crease:**

- The line where the stumps are placed.

- It is 17 feet 8 inches (5.38 metres) long across the pitch.
3. **Return Crease:**
- Perpendicular to both the popping and bowling creases.
  - Extends 4 feet (1.22 metres) behind the bowling crease.
  - It is drawn at a distance of 4 feet 4 inches (1.32 meters) on either side of the stumps.
- (b) In a cricket match, the square-leg umpire (also known as the on-field assistant umpire) assists the main umpire. Additionally, the third umpire (TV umpire) and the match referee provide further support.
- Duties of the Assisting Umpire (Square-leg Umpire):**
1. **Monitoring No-balls for Overstepping:** Watches the bowler's front foot to check if it crosses the popping crease.
  2. **Judging Run-out and Stumping Decisions:** Makes calls on close run-outs and stumpings at their end.
  3. **Checking for Short Runs:** Observe if the batters complete runs properly without failing to touch the crease.
  4. **Overseeing Player Conduct:** Assists in monitoring fair play and player behaviour.
  5. **Assisting in Boundary Calls:** Helps determine whether the ball has crossed the boundary line or if a fielder has stepped over while making a catch.
- (Any 2)
- (c) In cricket, a declaration occurs when the batting team's captain voluntarily ends the innings before all ten wickets fall, usually to allow enough time to bowl out the opposition and secure a win. This strategy is commonly used in Test and first-class cricket when the captain believes the team has scored enough runs to achieve victory. A declaration is often made to set a target for the opposing team while ensuring sufficient time remains to dismiss them and force a result.
- (iii) (a) Illegally altering the ball's condition is called ball tampering in cricket. It involves actions like scratching the ball, using saliva with artificial substances, or scuffing it with fingernails to gain an unfair advantage in swing or spin. If caught, the fielder faces penalties, including runs awarded to the batting team and possible suspension.
- (b) If a batsman arrives late to the crease after the fall of a wicket, they may be given out "Timed Out" as per Law 40 of the MCC Laws of Cricket. The incoming batter must be ready to face the next delivery within 3 minutes (in international cricket, it's often 2 minutes).
- (c) This scenario describes an LBW (Leg Before Wicket) dismissal. If the batter's leg obstructs a ball that would have hit the stumps, the fielding team can appeal for LBW. The umpire considers factors like ball pitching, impact with the pad, and whether the batter attempted a shot before making the decision.
- (d) A person who sits behind a screen and clears all doubts referred to him from the field during a match is typically called the third umpire or video assistant referee (VAR). They use video replays and technology to review decisions, ensuring accuracy in crucial moments like goals, dismissals, and fouls.

**Answer 6.**

- (i) (a) A yorker in cricket is a delivery bowled by a fast bowler that lands near the batsman's feet, usually at the base of the stumps. It is one of the most effective and difficult deliveries to play, as it gives the batsman little time to react. Yorkers are often used in death overs to restrict runs and take wickets. If executed well, they can lead to bowled dismissals or leg-before-wicket (LBW) decisions, making them a crucial weapon for bowlers.
- (b) Seam bowling in cricket is a type of fast bowling where the ball is delivered with the seam upright, causing unpredictable movement off the pitch. When the ball lands on the seam, it can deviate either inward or outward, making it difficult for batsmen to judge. Seam bowlers rely on conditions like pitch moisture and overhead weather to generate movement. Effective seam bowling can create edges, leading to catches behind the stumps, and is a key skill in swing and pace bowling strategies.
- (c) In cricket, a runner is a player who assists an injured batsman by running between the wickets on their behalf. The injured batsman continues to bat but does not run. The runner must wear the same gear as the batsman and follow their calls for runs. Previously allowed for injuries sustained during play, the use of runners was abolished in international cricket in 2011. However, they are still permitted in some local and domestic matches under specific conditions.
- (d) In cricket, an innings is the period during which a team bats until they are either all out or declare their innings closed. Each team gets one or two innings per match, depending on the format. In limited-overs formats like One Day Internationals (ODIs) and T20s, an innings lasts for a set number of overs (50 or 20). In Test cricket, each team can bat twice. An innings ends when all batsmen are out, overs are completed, or a declaration occurs.
- (ii) (a) A match referee in cricket ensures the game is played fairly and in accordance with the rules. **Three key duties include:**

- **Maintaining Discipline:** Enforces the ICC Code of Conduct, handling player misconduct and imposing penalties if needed.
  - **Overseeing Playing Conditions:** Ensures the match follows the prescribed playing conditions, including weather-related decisions and interruptions.
  - **Reporting and Documentation:** Submits reports on player behaviour, pitch conditions, and match incidents to the governing body.
- (b) **Three fielding positions on the onside (leg side) of the field in cricket are:**
- **Mid-wicket:** Positioned between mid-on and square leg, often used to stop drives and flicks.
  - **Square Leg:** Located near the square of the wicket on the leg side, responsible for catching and stopping shots played behind square.
  - **Fine Leg:** Positioned near the boundary behind the wicket keeper on the leg side, used for stopping glances and deflections.
- (c) 1. Yes Gabbar Sharma is considered as a OUT and considered as a stumping.  
 2. Because The batting power play was going on.  
 3. Leg Umpire will give the decision regarding Gabbar Sharma's dismissal.
- (iii) (a) **ICC:** International Cricket Council  
**BCCI:** Board of Control for Cricket in India
- (b) The 30-yard circle in cricket is crucial for regulating fielding restrictions and strategy. Its importance includes:
- **Fielding Restrictions:** In limited-overs cricket (ODIs and T20s), a set number of fielders must remain inside the circle during Powerplays, limiting defensive field placements.
  - **Encouraging Aggressive Play:** The restrictions force captains to keep fielders closer, making it easier for batsmen to find gaps and score runs.
  - **Preventing Easy Singles:** Fielders inside the circle create pressure by cutting off quick singles, forcing riskier shots.
- (c) An overthrow in cricket occurs when a fielder's throw at the stumps misses its target and the ball travels beyond the intended recipient, allowing the batsmen to take extra runs. Overthrows can happen due to misdirected throws, deflections off the stumps, or accidental touches by the batsmen. Runs scored from an overthrow are added to the batsman's total and the team's score. In some cases, an overthrow can result in boundary runs if the ball crosses the rope.
- (d) Bodyline bowling was a controversial tactic used in cricket, particularly during England's 1932-33 Ashes series against Australia. It involved fast

bowlers delivering short-pitched deliveries aimed at the batsman's body with a packed leg-side field, forcing defensive shots or inducing catches. The tactic, led by England's captain Douglas Jardine and bowler Harold Larwood, was designed to counter the brilliance of Australian batsman Don Bradman. It was widely criticised as dangerous and unsportsmanlike, leading to rule changes restricting intimidatory bowling.

## FOOTBALL

### Answer 7

- (i) (a) Trapping in football (soccer) is the technique used to control and stop the ball using different parts of the body. It allows players to maintain possession and prepare for their next move. Common types include foot trap (stopping the ball with the sole), thigh trap (using the thigh to control an airborne ball), and chest trap (absorbing the ball with the chest).
- (b) In football (soccer), the advantage rule allows play to continue if the fouled team retains a beneficial position despite the infringement. Instead of stopping play for a foul, the referee lets the game flow if the attacking team remains in control or has a scoring opportunity. This rule helps maintain game momentum and prevents unnecessary stoppages.
- (c) A defender in football (soccer) is a player whose primary role is to prevent the opposing team from scoring. They play near their own goal and focus on tackling, blocking shots, and intercepting passes. Common types include centre-backs (guard the penalty area), full-backs (cover the wings), and sweepers (provide extra defensive support behind the line).
- (d) Additional time, also known as stoppage time or injury time, is extra time added at the end of each half in football to compensate for stoppages like injuries, substitutions, time-wasting, and other delays. The referee determines the duration and announces it before the half ends. It ensures fair play by recovering lost playing time.
- (ii) (a) Rule for Taking an Indirect Free Kick in Football. An indirect free kick is awarded for certain fouls and infringements. The key rules to follow when taking an indirect free kick are:
1. **Ball Must Be Stationary:** The ball must be placed at the correct spot and remain still before being kicked.
  2. **At Least Two Touches Required:** The ball must touch another player before a goal can be scored. A direct shot into the goal without another touch does not count.
  3. **Opponents Must Be 10 Yards Away:** Defenders must stay at least 10 yards (9.15 metres) from the ball until it is in play.

4. **Ball is in Play After It Moves:** The kick is considered taken once the ball clearly moves.
5. **Taken Within a Reasonable Time:** Delays in taking the kick can result in disciplinary action. **(Any 3)**
- (b) If a player from Delhi kicks the ball out of bounds past Goa's goal line without scoring, the right way to restart the game is with a goal kick for Goa, not a corner kick. Procedure of restart:
1. The referee will indicate that it's a goal kick for Goa.
  2. A player from Goa will take the goal kick from anywhere inside the goal area, which is also known as the six-yard box.
  3. The ball needs to be kicked directly out of the penalty area before any other player can touch it.
  4. Once the ball is out of the penalty area, the game continues, and both teams can fight for possession.
- (c) **Here are the official measurements of key areas in football:**
1. **Penalty Arc (D-Shaped Arc)**
    - **Radius:** 9.15 metres (10 yards) from the penalty mark.
    - Located outside the penalty area to ensure players stay beyond the required distance during penalty kicks.
  2. **Penalty Mark**
    - **Distance from Goal Line:** 11 metres (12 yards)
    - This is the spot from which penalty kicks are taken.
  3. **Goal Area (Six-Yard Box)**
    - **Width:** 18.32 metres (total, including 5.5 metres or 6 yards from each goalpost)
    - **Depth:** 5.5 metres (6 yards) from the goal line
    - This is the area where goal kicks are taken and where the goalkeeper has special privileges.
- (iii) (a) Dribbling in football is the skill of moving the ball past opponents while maintaining control. It involves using quick foot movements, body feints, and close ball control to evade defenders and create attacking opportunities. Dribbling can be done with various techniques, such as close control dribbling for tight spaces and speed dribbling for fast breaks. Effective dribbling helps players advance the ball, break defensive lines, and create goal-scoring chances for themselves or their teammates.
- (b) **Duration of a Football Match**
- A standard football match consists of 90 minutes, divided into two halves of 45 minutes each.
  - There is a 15-minute halftime break between the two halves.
  - Additional stoppage time is added at the referee's discretion for injuries, substitutions, and delays.

#### **Duration of Extra Time (If required)**

- If the match is tied in a knockout or elimination game, extra time of 30 minutes is played.
- Extra time is divided into two halves of 15 minutes each, with a short break in between.
- If the score remains tied after extra time, a penalty shootout is used to determine the winner.

#### **(c) Importance of the Technical Area in Football**

The technical area is a designated space on the sidelines where team coaches, substitutes, and staff are allowed to be during a match. Its importance includes:

1. **Coaching and Tactical Instructions:** Allows coaches to give instructions and make tactical changes without stepping onto the field.
  2. **Substitutions and Team Management:** Provides a space for substitutes and staff to prepare for player changes.
  3. **Maintaining Discipline:** Ensures that coaches and staff remain within a controlled area, preventing unnecessary interference in the game. **(Any 2)**
- (d) **Sudden Death in Football:** Sudden death occurs in a penalty shootout when the scores remain tied after both teams have taken an equal number of penalty kicks. **In this stage:**
1. teams take one penalty kick each, and the first team to score while the other misses wins the match.
  2. the process continues until there is a winner.
  3. this rule ensures a decisive outcome in knockout matches where a draw is not possible.

#### **Answer 8.**

- (i) (a) **Dropped ball:** Dropped ball is a situation in which the match is restarted after being stopped for reasons not defined in the laws of the game.
- (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. When a corner kick is awarded, the ball is kicked from the nearest corner flag post. All the players of the defending team are required to be at a distance of at least 10 yards from the concerned corner flag post. The person taking the corner kick cannot kick the ball again till the time it has not been touched by another player of any of the teams.
- (c) **Centre circle:** The centre circle in football is that circular marking right in the middle of the pitch, boasting a 9.15 metre (10-yard) radius from the centre spot. It plays a crucial role by keeping opposing players outside the circle during a kick-off, which happens at the beginning of each half and right after a goal is scored. The halfway line slices right through the centre circle, splitting the

pitch into two equal halves. Referees also rely on this circle for positioning during the game.

- (d) **A through pass:** A type of pass in which the player kicks the ball into an open area behind the defenders in such a way that a team mate can take control of the ball and take it to the goal post.
- (ii) (a) **Three goalkeeper fouls that result in an indirect free kick being awarded to the opposing team are:**
- **Holding the ball for more than six seconds:** The goalkeeper must release the ball within six seconds after gaining control.
  - **Picking up a deliberate back-pass:** If a teammate deliberately passes the ball to the goalkeeper using their foot, the keeper cannot handle it.
  - **Handling the ball after a throw-in from a teammate:** The goalkeeper cannot touch the ball with their hands directly from a teammate's throw-in.
- (b) **Three key duties of an assistant referee in football are:**
- **Indicating Offside:** Helps the referee by signaling offside offenses when an attacking player is in an offside position at the moment of a pass.
  - **Monitoring Ball Out of Play:** Signals when the ball has fully crossed the touchline or goal line for throw-ins, goal kicks, or corner kicks.
  - **Assisting in Foul Decisions:** Provides input on fouls, misconduct, or other infringements that the referee may not have seen.
- (c) **To conduct a football match, a referee's personal kit includes:**
- **Whistle:** Used to start, stop, and control the game by signaling fouls, offsides, and other key decisions.
  - **Yellow and Red Cards:** Used to discipline players for fouls and misconduct, with yellow for warnings and red for sending-off offenses.
  - **Wristwatch/Stopwatch:** Essential for keeping track of match time, stoppages, and added time.
- (iii)
- (a) **A team can win a match using effective passing skills. Two key passing skills are:**
- **Short passing:** This involves passing the ball to a teammate who is close to the player. It is used to maintain possession and control the flow of the game.
  - **Long passing:** This involves passing the ball to a teammate who is farther away from the player. It is used to quickly move the ball up the field and create scoring opportunities.
- (b) A team is awarded a goal kick when the ball completely crosses the goal line (but not into the goal) after being last touched by an attacking player.

The goal kick is taken from within the goal area by a defending player, usually the goalkeeper. Opposing players must remain outside the penalty area until the ball is in play. Goal kicks are used to restart play and give possession back to the defending team.

- (c) When a goalkeeper is sent off from a match, it means they have received a red card for a serious offense, such as denying a clear goal-scoring opportunity with a handball outside the penalty area, violent conduct, or dangerous play. The team must substitute an outfield player for a backup goalkeeper or have an outfield player take over goalkeeping duties. Playing with 10 men puts the team at a disadvantage, making defense more challenging for the remaining players.
- (d) **The official dimensions of a goalpost in football, as per FIFA regulations, are:**
- **Width (Distance between goalposts):** 7.32 metres (24 feet)
  - **Height (Crossbar to ground):** 2.44 metres (8 feet)
  - **Depth (Post thickness varies):** Typically around 10–12 cm (4–5 inches)

The goalposts and crossbar must be white, made of approved materials, and securely fixed to the ground. The net is attached to prevent the ball from passing through.

## HOCKEY

### Answer 9.

- (i) (a) A reverse hit in hockey is a striking technique where a player uses the back side of the stick to hit the ball instead of the flat side. It is commonly used for powerful shots, passes, or deflections, especially when a player is on the reverse side of their body. Mastering the reverse hit adds versatility to a player's attacking skills.
- (b) Dangerous play in hockey refers to any action that puts players at risk of injury. It includes high sticks, lifting the ball dangerously, reckless tackles, and body checking. Players must control their sticks and avoid endangering opponents. Umpires penalise dangerous play with free hits, green or yellow cards, or even suspensions, depending on the severity of the offense.
- (c) In hockey, an advantage is given when a team retains possession despite a foul by the opponent, allowing play to continue without stopping the game. This rule helps maintain the flow of play, preventing unnecessary stoppages. It benefits the attacking team by giving them a chance to capitalise on a scoring opportunity instead of resetting play with a free hit.
- (d) A flick in hockey is a technique used to lift the ball off the ground while maintaining control. It

is executed by pushing the ball with the stick in a smooth motion, generating height and speed. Flicks are commonly used for passing, shooting, and taking penalty strokes, as they allow players to bypass defenders and goalkeepers effectively.

- (ii) (a) During a hockey match, the umpire uses three types of cards for disciplinary actions:
- **Green Card:** A warning to a player for minor misconduct; it may result in a 2- minutes suspension.
  - **Yellow Card:** A more serious offense leading to a temporary suspension (usually 5 to 10 minutes) depending on the severity.
  - **Red Card:** The most severe punishment, resulting in the player being permanently sent off for the rest of the match, leaving the team with fewer players.
- (b) A hockey goalkeeper is the backbone of a team's defense. Three key responsibilities are:
- **Shot Stopping:** Uses pads, gloves, and stick to block shots, deflect drag flicks, and prevent goals.
  - **Organising Defense:** Communicates with defenders to position them effectively, especially during penalty corners and free hits.
  - **Clearing the Ball:** Uses kicks, stick sweeps, or deflections to clear the ball from the danger area and prevent rebound opportunities for opponents.
- (c) 1. **Wash:** Out-Both arms swung shoulder height, not waist height.
2. **Fighting/Punching:** A double "punching" motion with fist clenched, fully extended in front of the body.
3. **Interference:** Crossed arms with fists clenched stationary in front of chest.
- (iii) (a) In hockey, substitution of players can take place at any time during the match, except during a penalty corner situation, unless the goalkeeper is being replaced due to injury. Teams can make rolling substitutions, meaning players can enter and exit the field multiple times. Substitutions are made from the designated substitution area near the centreline, ensuring that the player leaving the field does so before the new player enters. This allows teams to maintain energy and tactical flexibility.
- (b) Shin guards are protective gear worn on the lower legs by players in sports like football and hockey. They are made of materials like plastic, fiberglass, or foam and are secured with straps or sleeves.
1. **Protection from Injuries:** Prevent bruises, cuts, and fractures from tackles, sticks, or balls.
  2. **Player Safety:** Reduce impact during collisions or accidental kicks.
  3. **Mandatory Equipment:** Required in professional matches to ensure player safety.
- (c) During a hockey match, the two umpires are assisted by the technical officials and, in some cases, a video umpire.
1. **Technical Officials:** Manage substitutions, keep track of time, monitor player suspensions, and ensure rules are followed off the field.
  2. **Video Umpire (if available):** Reviews key decisions like goals, penalty strokes, or unclear incidents using video replays to assist the on-field umpires.
- (d) During a penalty corner in hockey, the defending team is allowed to have up to five players behind the backline, including the goalkeeper. These players must stay inside the goal or behind the backline until the ball is injected. The remaining defenders must be beyond the center-line until the penalty corner is taken. This rule ensures a fair attacking opportunity for the opposing team while still allowing the defence to protect the goal effectively.

#### Answer 10.

- (i) (a) In field hockey, the term "carried" refers to an illegal action where a player intentionally lifts, holds, or drags the ball using their stick in a way that prevents opponents from playing it fairly. This includes trapping the ball against the stick or body to gain an unfair advantage. If a player is caught carrying the ball, the opposing team is awarded a free hit or penalty corner, depending on the location of the infringement. This rule ensures fair play and fluid movement of the game.
- (b) A bully in field hockey is a method used to restart play after a stoppage when no foul has been committed. It involves two opposing players standing facing each other, with the ball placed between them. They tap their sticks together three times before attempting to gain possession. Bullies were historically used more frequently but are now mainly seen in rare situations like an accidental stoppage. The aim is to fairly restart the game while giving both teams an equal chance to win the ball.
- (c) AstroTurf in field hockey is a synthetic playing surface designed to provide a smooth, fast, and consistent game experience. Unlike natural grass, it allows for better ball control, quicker passes, and reduced unpredictability. Modern hockey is predominantly played on water-based or sand-based artificial turf, which enhances player movement and minimises injuries. Introduced in the 1976 Olympics, AstroTurf revolutionised the sport, making it faster and more skill-based. It also requires regular maintenance, such as watering, to maintain optimal playing conditions.
- (d) In field hockey, playing distance refers to the space a player must maintain when attempting to play

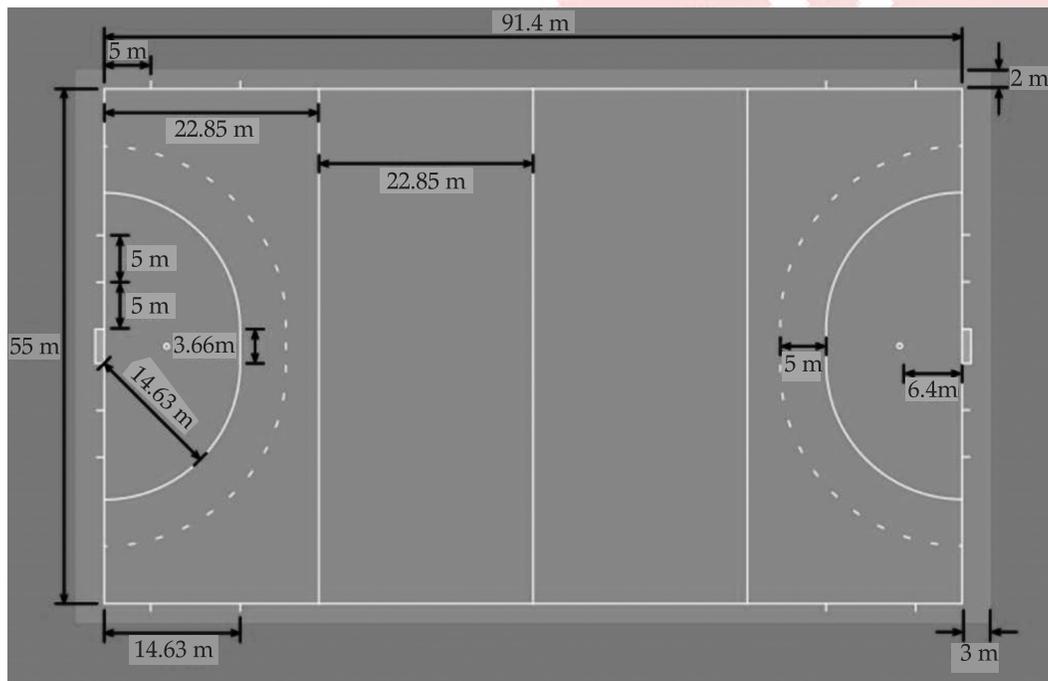
the ball or challenge an opponent. Players must not obstruct or interfere with an opponent if they are not within playing distance, which is typically about stick-length (approximately 1.5 metres or 5 feet). This rule prevents dangerous play and ensures fair competition. Additionally, during free hits or penalty corners, defenders must stay at least 5 meters (16 feet) away from the ball until it is played to maintain safety and fairness.

(ii) (a) A goal is awarded in hockey when the following conditions are met:

1. **Ball Crosses the Goal Line:** The ball must fully cross the goal line between the goalposts and under the crossbar.
2. **Inside the Shooting Circle:** The ball must be played or touched by an attacking player inside the shooting circle before entering the goal.
3. **No Rule Violations:** The goal is only valid if there were no fouls, such as dangerous play or obstruction, leading up to the goal.

(b) Three fouls committed by a goalkeeper in hockey are:

(iii)



### BASKETBALL

Answer 11.

(i) (a) The 5-second rule in basketball applies in different situations:

1. **Inbounding Violation:** A player has 5 seconds to pass the ball after a throw-in.
2. **Closely Guarded Rule:** An offensive player holding the ball while being closely guarded must pass, shoot, or dribble within 5 seconds.

1. **Playing the Ball Outside the Circle:** The goalkeeper can only use their body and protective gear to stop or deflect the ball inside the shooting circle. Handling the ball outside the circle results in a foul.

2. **Obstructing an Opponent:** A goalkeeper cannot deliberately block or push an opponent to prevent them from playing the ball.

3. **Illegal Use of Body or Equipment:** Goalkeepers cannot intentionally lie on the ball, use their stick dangerously, or throw equipment to stop play.

(c) An umpire in a hockey match must carry the following three essential pieces of equipment:

1. **Whistle:** Used to start, stop and control the game by signaling fouls, goals, and stoppages.

2. **Cards (Green, Yellow, Red):** Used to discipline players for misconduct, with green as a warning, yellow for temporary suspension and red for expulsion.

3. **Stopwatch:** Helps the umpire track match time, stoppages, penalty durations and ensure accurate game management.

3. **Free-Throw Rule:** A shooter must take the free throw within 10 seconds in some leagues.

(b) The 3-second rule in basketball states that an offensive player cannot remain in the opponent's paint (key area) for more than three consecutive seconds while their team has possession. This rule prevents stalling and ensures fair play. If violated, the referee awards a turnover to the defending team. Defensively, players can stay longer unless actively guarding an opponent.

(c) **In basketball, the standard playing time varies based on the competition:**

- **FIBA (International):** Four quarters of 10 minutes each (total 40 minutes).
- **NBA:** Four quarters of 12 minutes each (total 48 minutes).
- **Overtime:** If scores are tied, an extra 5-minute overtime is played.

(d) A charged timeout in basketball is a timeout requested by a team's coach or player, which counts against their allotted timeouts. Each team is allowed a limited number of timeouts per game, depending on the league rules. Charged timeouts are used for strategic discussions, player rest, or breaking the opponent's momentum, and they stop the game clock temporarily.

(ii) (a) If players from Team A and Team B are unable to gain clear possession of the basketball, the referee will call a jump ball situation and use the possession arrow to decide which team gets the ball.

**Referee's Decision:**

1. **If it's a held ball (both players holding it simultaneously):** The referee checks the possession arrow and awards the ball to the team in favour.
2. **If it's an unclear situation:** The referee may conduct an actual jump ball at the nearest circle between two players.

(b) 1. **FIBA Basketball World Cup:** Held every four years, featuring the best national teams globally.

2. **FIBA Women's Basketball World Cup:** The top international tournament for women's teams.

3. **FIBA Continental Championships:** Includes EuroBasket, FIBA AmeriCup, FIBA Asia Cup, FIBA Africa Championship, and FIBA Oceania Championship.

4. **Basketball at the Summer Olympics:** Organised by the IOC, featuring national teams competing for Olympic gold.

5. **NBA (National Basketball Association) Finals:** The championship series of the premier basketball league in the world.

6. **EuroLeague:** The top-tier European club basketball competition.

7. **Basketball Champions League (BCL):** Organised by FIBA for European clubs. (Any 3)

(c) **In basketball, the ball is considered live in the following situations:**

1. **Jump Ball:** When the ball is legally tapped by one of the jumpers at the start of the game or during a jump ball situation.

2. **On a Free Throw:** The ball becomes live when the free throw shooter receives the ball from the referee.

3. **Inbound Pass:** The ball is live when it is released by the inbound player and enters the court.

(iii) (a) Here are two key differences between Zone Defense and Man-to-Man Defense in basketball:

1. **Defensive Responsibility**

- **Zone Defense:** Each defender is responsible for covering a specific area (zone) rather than a particular player.
- **Man-to-Man Defense:** Each defender is assigned to guard a specific opponent throughout the game.

2. **Strategy and Usage**

- **Zone Defense:** Effective against teams with strong individual players but weak outside shooting; helps in protecting the paint.
- **Man-to-Man Defense:** Used when defenders are physically capable of keeping up with their assigned player, allowing for tight pressure and steals.

(b) **Here are two key differences between a Technical Foul and an Unsportsmanlike Foul in basketball:**

1. **Nature of the Foul**

- **Technical Foul:** Given for violations that do not involve physical contact, such as arguing with the referee, delaying the game, or improper behaviour by players or coaches.
- **Unsportsmanlike Foul:** A serious personal foul involving excessive or reckless physical contact without a genuine play on the ball.

2. **Penalty Consequences**

- **Technical Foul:** The opposing team is awarded one or two free throws, and they may retain possession of the ball.
- **Unsportsmanlike Foul:** The fouled player gets two free throws, and their team retains possession of the ball.

**Answer 12**

(i) (a) **Violation:** A violation in basketball is a breach of the rules that results in a turnover. Violations can occur due to various reasons such as travelling, carrying the ball, or stepping on the line while holding the ball. When a violation occurs, the opposing team is awarded possession of the ball.

(b) **Double Dribble:** Double dribble is a violation that occurs when a player dribbles the ball with both hands simultaneously or stops dribbling and then starts dribbling again. This is considered a violation because it gives the player an unfair advantage over their opponents.

(c) **Press:** Press in basketball is a defensive strategy where the team applies constant pressure on the ball handler, forcing them to make quick decisions and potentially turn over the ball. The team that is

applying the press is trying to force the opposing team into making mistakes and gaining possession of the ball.

(d) **Held Ball:** A situation when both the opponent players hold the basketball and neither of them can get possession of basketball from the other. In this case, referee throws up the basketball in air between the two players.

(ii) (a) **A coach plays a crucial role in a team's success. Three key duties of a coach are:**

1. **Training and Skill Development:** Designs practice sessions to improve players' technical, tactical, and physical abilities.
2. **Game Strategy and Tactics:** Plans formations, strategies, and game plans to maximise team performance against opponents.
3. **Motivation and Team Management:** Encourages players, builds team spirit, and ensures discipline and focus on and off the field.

(b) In basketball, a jump ball is administered by the referee in specific situations. **Three common jump ball situations are:**

1. **Start of the Game:** A jump ball is used to begin the match at the centre circle between two opposing players.
2. **Held Ball:** When two opposing players firmly grasp the ball simultaneously and neither can gain possession, the referee calls a jump ball.
3. **Unclear Possession:** If the referee is unsure who last touched the ball before it went out of bounds, a jump ball is not used to fairly resume play.

(c) To win a basketball match, a team must score points through different types of baskets. The main types of baskets that contribute to a team's victory are:

1. **Field Goal (2 Points):** A shot made from inside the three-point line during live play.
2. **Three-Point Basket (3 Points):** A successful shot taken from beyond the three-point arc.
3. **Free Throw (1 Point):** A shot awarded from the free-throw line after a foul, worth one point each.

(iii) (a) When the score is tied at full time in a basketball match, the game goes into overtime to determine the winner. Here's how the tie is broken:

1. **Overtime Period:** A 5-minute overtime period is played. If the score is still tied at the end of overtime, additional overtime periods are played until one team wins.

2. **Possession:** The team with the alternate possession from the end of regulation starts with the ball in overtime.

3. **Sudden Death:** The game continues until one team leads at the end of an overtime period, and that team is declared the winner.

(b) **Two common types of passes in basketball are:**

1. **Chest Pass:** A quick, short pass thrown from the chest level to a teammate. It is generally used for fast and accurate passes over short distances.
2. **Bounce Pass:** A pass in which the ball is bounced off the floor before reaching the teammate. It is effective for getting the ball around defenders and maintaining control in tight spaces.

(c) **BFI:** Basketball federation of India

**FIBA:** Federation International de Basketball

## VOLLEYBALL

### Answer 13

(i) (a) The attack line in volleyball is a line that is drawn three meters from the net on the court. It serves as a reference point for players who are attacking the ball. Players who are positioned behind the attack line are considered back-row players, while those in front of it are considered front-row players. The attack line helps to determine which players are eligible to attack the ball and from where they can legally hit it.

(b) **Rotational fault:** A rotational fault in volleyball occurs when a team fails to rotate players in the correct order during a rally. Each player must rotate clockwise after winning a serve or losing a rally. If a team commits a rotational fault, it results in a point for the opposing team.

(c) **Service zone:** The service zone in volleyball is the area where the server must stand and serve the ball from. It is a rectangle that is 9 metres wide and 9.5 metres long, centred on the centerline of the court. The server must serve the ball from behind the end line and between the sidelines of the service zone.

(d) **Triple block:** A triple block in volleyball occurs when three players from the same team block the ball simultaneously. It is a strategic move used to prevent the opposing team from scoring an easy point. The players typically form a straight line to cover the maximum area of the net and make it difficult for the attacker to get through.

(ii) (a) **Three acts of breach in sports that are punishable include:**

1. **Intentional Contact:** This occurs when a player deliberately makes physical contact with an opponent. It is considered a breach of the rules and is punishable by the referee. The player who commits intentional contact may be given a yellow card or a red card, depending on the severity of the infraction. In some cases, the player may also be ejected from the game.
  2. **Obstruction:** This happens when a player blocks an opponent's path without attempting to play the ball. The player who commits obstruction is considered to be impeding the flow of the game and is subject to punishment. The referee may issue a yellow card or a red card to the player who commits obstruction, and the opposing team may be awarded a point.
  3. **Double Hit:** This occurs when a player hits the ball twice in succession. The rules of volleyball state that each player is only allowed to hit the ball once before it must be passed to another player. If a player violates this rule, it is considered a breach of the rules and is punishable by the referee. The opposing team may be awarded a point, and the player who committed the double hit may be given a yellow card or a red card, depending on the severity of the infraction.
- (b) **Three common delays in a volleyball match include:**
1. **Time-Outs:** In volleyball, each team is allowed to take a limited number of time-outs during a match. These time-outs are used to allow the team to regroup and strategise. During a time-out, the team is allowed to make substitutions and make tactical changes. Time-outs are usually limited to a few minutes and are taken at specific intervals during the match.
  2. **Injuries:** Injuries are a common occurrence in any sport, including volleyball. If a player is injured during a match, play is stopped to allow the player to receive medical attention. The injured player may be replaced by a substitute player, depending on the rules of the competition. Injuries can cause delays in the match, but they are an important aspect of the sport.
  3. **Weather Delays:** Weather conditions can also cause delays in a volleyball match. If the weather becomes too hot, cold, or windy, play may be stopped to allow players to rest and rehydrate. In some cases, the match may be postponed or cancelled altogether if the weather conditions are deemed too severe.
- (c) **Three common service faults in a volleyball match are:**
1. **Foot Fault:** A foot fault occurs when the server steps on or over the end line before hitting the ball. This is considered a serving fault, and the server is given another chance to serve. If the server commits a foot fault again, it is considered a double fault, and the opposing team is awarded a point.
  2. **Double Hit:** A double hit occurs when the server hits the ball twice in succession. This is considered a serving fault, and the server is given another chance to serve. If the server commits a double hit again, it is considered a triple fault, and the opposing team is awarded a point.
  3. **Lift:** A lift occurs when the server tosses the ball up and hits it before it reaches the net height. This is typically not considered a serving fault, and the server is given another chance to serve. If the server commits a lift again, it is considered a double fault, and the opposing team is awarded a point.
- (iii) (a) **Playing Field:**
- **Length:** 18 metres (59 feet)
  - **Width:** 9 metres (29.5 feet)
- (b) **Distance from the Net:** 9 metres (29.5 feet)
- (c) **Length of the Net:**
- **Width:** 9 metres (29.5 feet)
  - **Height:** 2.43 metres (7 feet 11 5/8 inches) for men, 2.24 metres (7 feet 4 1/8 inches) for women.
- (d) **Height of the Net:**
- **Men:** 2.43 metres (7 feet 11 5/8 inches)
  - **Women:** 2.24 metres (7 feet 4 1/8 inches)
- (e) **Antenna:**
- **Length:** 1.8 metres (5.9 feet)
  - Positioned above the sideline of the court to help monitor the ball's position during play.
- (f) **Circumference of the Ball:**
- 65 – 67 cm (25.5-26.5 inches)
- (g) **Width of Line:**
- 5 cm (2 inches) for all boundary lines.
- (h) **Weight of the Ball:**
- 260 – 280 grams (9.2-9.9 ounces)
- Answer 14**
- (i) (a) **Assisted hit:** Assisted hit is a hit made by player after taking any support either from other teammates or of any object within the playing court.
  - (b) **Consecutive contact:** Consecutive contact in volleyball refers to a situation where a player makes contact with the ball twice in a row without the ball

being touched by another player. This is considered a fault and results in a point for the opposing team. For example, if a player hits the ball and then touches it again before it crosses the net, it is considered consecutive contact and is considered a fault.

- (c) **Rotation:** In volleyball, rotation refers to the process of players moving in a clockwise direction on the court after winning a rally. Each player must rotate before serving or attacking the ball. This ensures that each player gets a turn to serve and play in different positions on the court. The rotation continues until a team commits a fault or makes an error, at which point the rotation stops and the team must regroup.
- (d) **Technical time-out:** Technical time out are additional 60 seconds of each time out when the leading team reaches 8th and 16th point.
- (ii) (a) **The referee has several important duties in a volleyball match, including:**
- **Enforcing the rules of the game:** The referee ensures that the players follow the rules of the game and makes decisions on faults and points.
  - **Keeping track of the score:** The referee keeps track of the score and ensures that both teams are aware of the current score.
  - **Monitoring the players' behaviour:** The referee ensures that the players are playing fair and following the rules of the game. If a player is found to be engaging in unsportsmanlike behaviour, the referee may issue a warning or impose penalties.
  - **Making decisions on faults and points:** The referee makes decisions on faults and points and communicates these decisions to the players and coaches.
  - **Communicating with the players and coaches:** The referee communicates with the players and coaches to ensure that the game is running smoothly and to address any concerns or issues that may arise.

(Any 3)

- (b) **The three zones marked on the volleyball court are:**
1. **Attack zone:** The attack zone is the area in front of the net where players can attack the ball. The attack zone is typically 9 metres wide and extends from the centerline to the end line.
  2. **Libero zone:** The libero zone is the back zone area behind the attack zone where the libero player can

move freely. The libero zone is typically 3 metres wide and extends from the centerline to the end line.

3. **Service zone:** The service zone is the area behind the end line, where players can serve the ball. The service zone is typically 9 meters wide and atleast 15 cm behind the end line.

(c) **Three penetration faults in volleyball are:**

1. **Overhand pass:** An overhand pass is when a player uses an overhand motion to pass the ball, which is considered a fault.
2. **Carry:** A carry is when a player holds onto the ball for more than 3 seconds before passing it, which is considered a fault.
3. **Lift:** A lift is when a player lifts the ball with their hands instead of using their arms or fingers, which is considered a fault.

(iii)

- (a) In volleyball, substitutions are used to replace players during the match. There are rules for legal and illegal substitutions:

**Legal Substitution:**

1. **Substitution Procedure:** A player can only be substituted in and out of the game according to the team's rotation order, and they must enter through the substitution zone (near the centerline).
2. **Number of Substitutions:** Teams are allowed a maximum of 6 substitutions per set (some variations may allow more).
3. **Substitute Timing:** Substitutes must wait for the referee's signal to enter and can only replace a player in the same position within the team formation.

**Illegal Substitution:**

1. **Exceeding Substitution Limit:** If a team exceeds the allowed substitutions per set, the substitution is illegal.
2. **Improper Timing:** Substituting a player without the referee's signal or before the previous substitution is completed is illegal.
3. **Incorrect Player Position:** A substitute entering from a position other than the substitution zone or the wrong order of rotation is an illegal substitution.
4. **Repeated Substitution of Same Player:** A player substituted out cannot re-enter more than once per set without violating substitution rules.



2. If Rahul hits a smash and the shuttlecock goes out of the end line, the role of the line judge is to determine whether the shuttlecock has landed in or out of the court.
    - If the shuttlecock lands outside the boundary (past the end line), the line judge will signal that the shuttle is out.
    - If the shuttlecock lands inside the court or near the boundary, the line judge will indicate that the shot is in.
- (iii) (a) **Court Size:**
- **Singles Court:** 13.40 metres long, 5.18 metres wide.
- (b) **Doubles Court:** 13.4 metres (44 feet) long, 6.1 metres (20 feet) wide.
- (c) **Width of the Net:** 6.1 metres (20 feet).
- (d) **Height of the Net at the centre:** 1.524 metres (5 feet).
- (e) **Weight of the Shuttle:** Between 4.74 to 5.50 grams.
- (f) **Length of the Feather:** Typically 6.5 to 7 cm (varies depending on shuttle design).
- (g) **Length of the Racket:** 68 cm (26.77 inches).
- (h) **Weight of the Racket:** Between 70 to 95 grams (varies depending on the model).

#### Answer 16

- (i) (a) **Baseline smash:** A baseline smash in badminton is a powerful overhead shot that is hit from the baseline of the court. It is typically used to score points by hitting the shuttlecock steeply downward into the opponent's court.
  - (b) **Flick:** A flick in badminton is a shot where the shuttlecock is hit with a quick, upward motion. It is often used to change the direction of the shuttlecock and catch the opponent off guard.
  - (c) The forecourt in badminton refers to the front portion of the court, located near the net. It is the area between the net and the short service line. In singles, the forecourt is crucial for executing drop shots, net kills, and quick returns. In doubles, players often cover this area to intercept fast, low shots and control the game.
  - (d) **Hairpin net shot:** There are times when the player could only reach the shuttle when it has fallen close to the ground and near the net. A successful net shot from this difficult situation is called a Hairpin Net Shot.
- (ii) (a) **The procedure to be followed for performing the correct service in badminton involves the following steps:**
1. Stand behind the service line with your feet shoulder-width apart. This ensures that you have a stable base and can generate power for the serve.
  2. Hold the shuttlecock with your non-dominant hand and the racket with your dominant hand. This allows you to maintain control and accuracy during the serve.
  3. Position the shuttlecock in front of your body, about waist-high. This gives you the optimal height and angle for the serve.
  4. Swing the racket back and then forward, striking the shuttlecock with a smooth, controlled motion. This helps you generate power and accuracy for the serve.
  5. Ensure that the shuttlecock lands in the correct service court on the opposite side of the net. The shuttlecock must land within the boundaries of the service court and not touch the net or go out of bounds.
- (b) **Three faults committed by a player in a game of badminton are:**
1. **Double hitting the shuttlecock:** This occurs when a player hits the shuttlecock twice in succession. According to the rules, a player is only allowed to hit the shuttlecock once per shot. Double hitting is considered a fault and results in a point for the opponent.
  2. **Foot fault:** This happens when a player steps over the service line while serving. The player must remain behind the service line until the shuttlecock is hit. Stepping over the line before hitting the shuttlecock is considered a fault and results in a point for the opponent.
  3. **Hit the shuttlecock out of bounds:** This occurs when the shuttlecock lands outside the boundaries of the court. The shuttlecock must land within the boundaries of the court for the shot to be considered valid. Hitting the shuttlecock out of bounds is considered a fault and results in a point for the opponent.
- (c) **Three basic skills in badminton are:**
1. **Serving:** The ability to serve the shuttlecock accurately and consistently is crucial in badminton. A good serve sets the tone for the rally and can put pressure on the opponent. There are different types of serves, such as the short serve, long serve, and drop serve, each with its own technique and purpose.
  2. **Net play:** The skill of playing close to the net and controlling the shuttlecock in a short, controlled manner is essential in badminton. Net play involves quick reflexes, precise shots, and the ability to anticipate the opponent's moves. It is often used to create scoring opportunities and opponent's rhythm.

3. **Smashing:** The ability to hit the shuttlecock with power and precision, usually from a high position, is a key skill in badminton. Smashing involves generating maximum power and speed to overwhelm the opponent and score points. It requires a combination of technique, timing, and physical strength.
- (iii) (a) **In badminton, the number of points required to win a game is:**
1. **Singles Game:** A game is played to 21 points. If the score reaches 20-20, a player must win by 2 points. The first player to reach 30 points wins if no one has a 2-point lead.
  2. **Doubles Game:** A doubles game is also played to 21 points, with the same rule of needing a 2-point lead after 20-20. The first team to 30 points wins if no one has a 2-point lead.
- (b) Players change ends when they score a point and are leading by 2 points. This rule ensures that both players have an equal opportunity to serve and play from both sides of the court. If the score is tied at 20-20, players continue to play until one player leads by 2 points. If the score reaches 29-29, the player scoring the 30th point wins the game, and players change ends.
- (c) **Two types of serve in badminton are:**
1. **Short serve:** A short serve is a serve that lands close to the net, typically within the short service court. The short serve is often used to keep the shuttlecock low and make it difficult for the opponent to return. To perform a short serve, the player swings the racket back and forward, hitting the shuttlecock with a gentle touch to keep it low and close to the net.
  2. **Long serve:** A long serve is a serve that travels deep into the opponent's court, usually landing near the back boundary line. The long serve is often used to push the opponent back and create space on the court. To perform a long serve, the player swings the racket back and forward, hitting the shuttlecock with more power to send it deep into the opponent's court.
- (d) A player cannot strike the shuttlecock before it crosses the net. The shuttlecock must pass over the net before the player can hit it. Striking the shuttlecock before it crosses the net is considered a fault and results in a point for the opponent. This rule ensures that both players have an equal opportunity to play the shuttlecock and prevents one player from gaining an unfair advantage by hitting the shuttlecock before it crosses the net.