

(15) When more than one players raid at a time and touch the anti-raiders, they (anti-raiders) shall not be considered out. In this case the turn of raider shall be over.

(16) If a referee or an umpire feels that a team deliberately sends more than one raiders, he shall give a warning to the team. Even after the warning if the same team continues committing such mistake, the umpire shall declare other than the first raider out.

(17) If a player raides out of turn, an assistant umpire or a referee shall call him back and shall give a warning to the team. Even after the warning a team commits again the mistake, the assistant umpire or a referee shall award one technical point to an opponent team.

(18) Till the raider is in the opposite court, no player of the anti-raider team can cross the middle line and enter the court of the raider. If only part of such a raider's body touches the ground of the opposite court, he shall be considered out.

(19) While a raider is in the opposite court and his cant discontinues, he (raider) shall be considered out.

(20) If any player of the anti-raiders tries to stop the cant of a raider or tries to push him out the play ground; umpire shall consider this act out of rule and declare an opponent player out who might have tried to stop the cant or pushed the raider. In such circumstances if a referee considers this act a serious one, he (referee) can dismiss such player from the competition and shall give warning to his team.

(21) During the game, when a player of one team is made out, the player of opposite team, who might have been made out before, shall be revived and join the play. The made out players shall revive in the order of being out, and join the play. The made out players shall sit in the waiting block drawn on the back side of their court, while reviving, they shall enter the play-ground in the order of their turns.

(22) When one team makes all the players of the opposite team out, that team gets a loan. For the loan they get two additional points.

(23) After getting the loan, the game shall continue. The players of both the teams shall enter their courts. A team having the turn of raiding shall send their player for the raid. Till the decided time the game shall continue.

(24) A captain of a team can declare one or more players being made out, or can declare all the players out. Thus, the opposite team shall get the points for the declared out players and two more points for a loan.

(25) If the players of the opposite team make some dangerous gestures or obstructions against the raider, they shall be considered malpractices and for that an umpire shall give one technical point to the team of the raider.

(26) During the game if any instruction or coaching is given to a raider by his team, the opposite team shall be given one technical point, by an umpire.

(27) When one player of a team is made out, the opposite team gets one point; at the same time the made out player of the opposite team shall revive in the turn of being out.

(28) Even after being given the warning by an umpire, if any team deliberately commits the mistake, the opposite team shall be given one technical point.

(29) Against a technical point, no player shall get revived.

(30) When a raider, completely comes in contact with the ground between the baulk line and the end line, uttering Kabaddi.....Kabaddi in one breathe only, then it is called "Crossing the baulk line". but it shall be a successful raid when a raider comes in his court without breaking the cant.

(31) When a raider completely comes in contact with the ground between the bonus line and the end line, it is called "Crossing the bonus line". While crossing the bonus line, if minimum six players are in the play, a raider shall get one bonus point; the sign of which shall be shown by an umpire, showing the thumb of his hand raising his hand upward, after the successful raid.

(32) When any player is dismissed from the play or considered unfit, no other player can be substituted against him. In this situation the team shall continue playing without the dismissed player i.e. with less number of players. For such dismissed or unfit player one bonus point or one loan point shall be given to the opposite team.

(33) All the teams can avail two time outs of the duration 30 seconds each.. A captain on a coach can demand for such time outs.

(34) During the time out, the players can not leave the play ground. In the case of the disobey of any rule, when is noted against the opposite team as a technical point, the time out taken in such a case shall be over and above the time of the play.

(35) In the case of an injury to any player during the game, an umpire shall give the time out, which shall be the official time out. It should not be more than two minutes.

(36) The players can drink the water during the time out or during the rest period after the first half.

(37) The substitution can be done, from out of the five substitutes, during the time out period with the permission of an umpire, Maximum two players can be substituted in one half. No substitution can be done again for a substituted player.

(38) The noting of the time outs given to both the teams shall be done in the score-sheet by a scorer. Accordingly, the noting of the time of the play and the times of the time outs also shall be done in the score sheet.

(39) A referee or an assistant umpire can show different colours' cards to indicate the warning, temperory dismissal, for half time dismissal, for the whole competition etc as follows :

(a) Green card : for warning, (b) Yellow card : for temporary dismissal (2 minutes), (c) Red card : for the game period or for the whole competition dismissal.

(40) At the end of the game's period, which ever team scores more points, shall be considered the winner.

(41) At the end of the decided time, if both the teams score equal points, the winner shall be decided according to the rule for a tie.

EXERCISE

1. Explain in detail :

- (1) Draw the play ground for the girls and show the measurements.
- (2) Give an understanding of "Catching the leg" skill.
- (3) Explain "Half-moon Cover" skill.
- (4) Explain, when and how the substitution is done in Kabaddi competition ?
- (5) Give the list of the officials alongwith the names and numbers.

2. Reply in one or two sentences :

- (1) Who can talk or present with the officialy, during the game or competition ?
- (2) In the turn of the raid, two players of a team raid at a time, what will be your decision ?
- (3) The leg of a player of anti-raider team touches the ground outside the end line. What will be your decision ?
- (4) To take part in the competition, what should be maximum weights of the boys and girls of below 17 years' age-group ?
- (5) When a lobby can be used in the game of Kabaddi ?

3. Fill in the blanks :

- (1) For junior girls the length of Kabaddi ground is _____ mts and the width is _____ mts.
- (2) In the Kabaddi ground for junior boys, the baulk line is drawn at a distance of _____ mts from the middle line and the witing block is drawn at a distance of _____ mts from the end line.
- (3) For the age-group below 17 years the length of the lobby of the ground is _____ mts and the width is _____ mts.
- (4) In a team of Kabaddi the number of players are _____ and the number of substitutes are _____.

4. Write the serial letter of the option selected as an answer, in the box against the question :

- (1) What is the total number of players in a team ?
(a) 5 (b) 7 (c) 10 (d) 12
- (2) What should be the maximum weight of the players of the boys' team in the age-group below 17 years ?
(a) 57 kg. (b) 53 kg. (c) 51 kg. (d) 48 kg.
- (3) How many points are given for a loan in Kabaddi game ?
(a) 1 (b) 2 (c) 3 (d) 0 (zero)
- (4) How many time outs can be taken in one half time in Kabaddi game ?
(a) 4 (b) 3 (c) 2 (d) 1

Activity

- A teacher should make the students to do the following activities :
- Breathing run relay, Cord Kabaddi, Ram-Ravan, Rope pulling activlves etc.

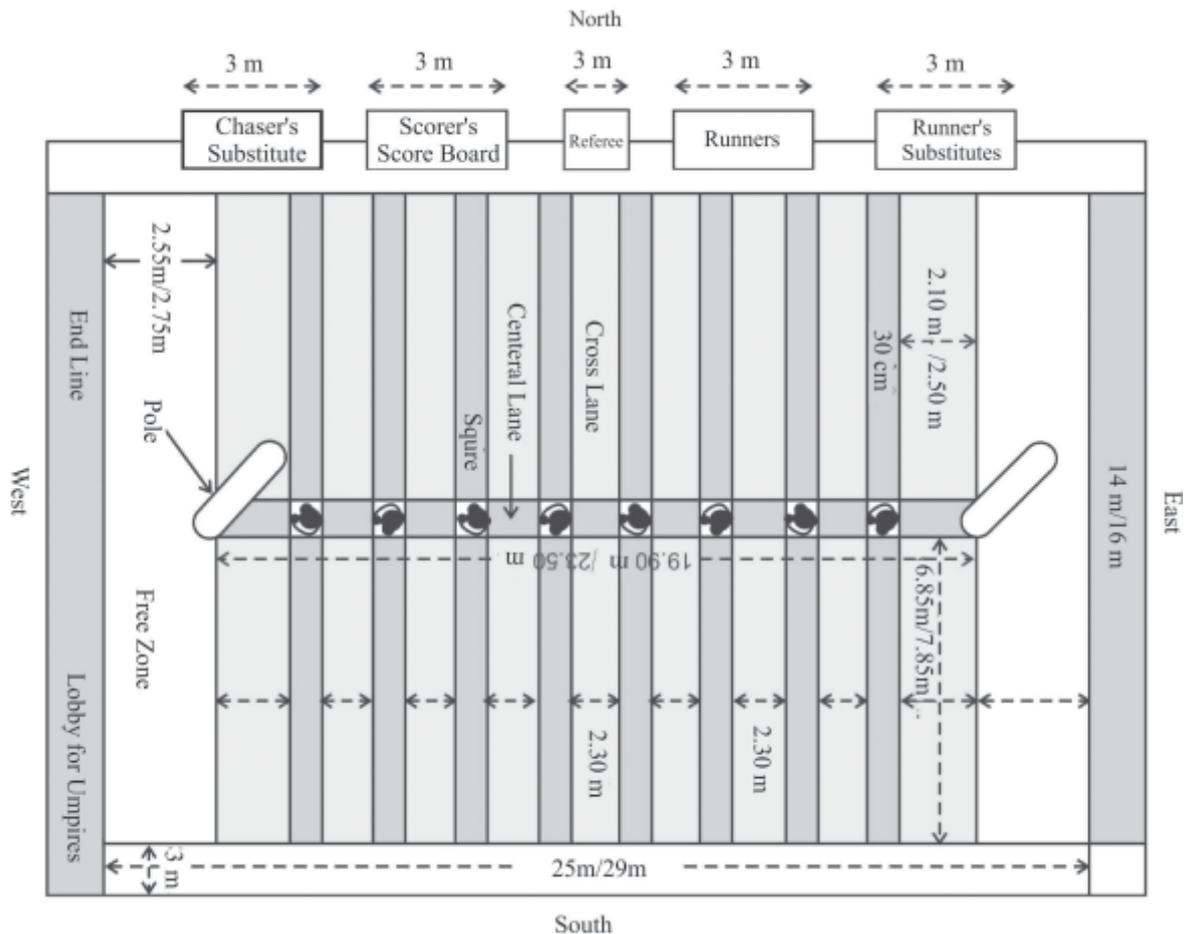
Kho-Kho is an Indian popular game. It is played in major part of India and especially in rural area. In this game, two teams, try to out the other team with touching. In this, a player of one team tries to touch a player of another team, both the teams do such action alternatively.

It is economically affordable, it is played with less expense and less equipments. It is played with the help of two wooden posts. It is easy, for players and organisers. As we see in past, we did not find any investor of this game, It is presumed that it is originated from running and holding activities. There is no any historic evidence of this game. In past, this game was popular in Maharashtra area. It was known as "RATHA' or 'CHIROID'.

It is popular in Maharashtra and Gujarat, Madhyapradesh. South Gymnasium, Pune had organised the competition and framed rules of games in 1914. There were further changes in the rules and published in 1919 and 1928. In Gujarat, Kheda, Panchmahal and Kuchchha districts have supremacy on this game.

SAF had organised the game for the first time at Kolkata in 1987. Now All India Kho-Kho Federation Controls the game.

The Play Ground for Seniors :



The measurements of Kho-Kho ground :

	Boys-Girls	Sub-junior Boys-Girls
End-line	16 metres	14 metres
Side-line	27 metres	23 metres
Free-Zone	1.50 metres	1.50 metres
Distance from the post line to first lane	2.55 metres	2.15 metres
Distance between two posts	24 metres	20.00 metres
Distance between two squares	2.30 metres	1.90 metres
Diameter of the post	9 to 10 cm	9 to 10 cm
The height of the post from the ground	1.20 to 1.25 metres	1.20 to 1.25 metres
Time for both the teams	TWO Innings	TWO innings
	9+3+9+5+9+3+9 minutes	7+3+7+5+7+3+7 minutes
Rest period	5 minutes	3 minutes

Skills of Kho-Kho :

There are two sets of skills : Those are

(1) The skills for the chasers and (2) The skills for the runners.

(1) The skills for the chasers :

To give a Kho, Judgement Kho, Tap at an Angle of 45°, Dook Marvi, The Dive.

(2) The skills for the Runners :

Single chain, Double chain, Round play, The turn (i) Front Face Turn (ii) Back Turn.

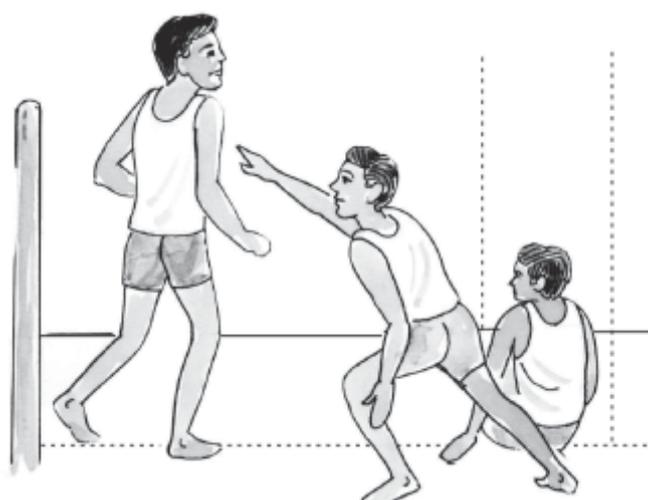
(1) The skills for the chasers :

(i) To give a Kho :

A chaser while running after a runner touches the back of the sitting chaser and simultaneously uttering the word 'Kho'. This Kho is known as **True Kho**.

(ii) Judgement Kho :

The Kho given to the chaser sitting in the square near the post, with a view to forcing the runner to leave the post is called a Judgement Kho. In this method, the active chaser's body-posture and movement are such that when he gives the 'Kho' the runner has to leave the post to save himself from being 'out'.



Judgement Kho

(iii) Tap at an angle of 45° :

The fruitfulness of this skill is depending upon the Judgement Kho. The chaser, instead of going toward the post, shall give the Kho to the player sitting in the square near the post. The Kho taking chaser in turn shall run almost at an angle of 45°, where he shall meet and touch the runner. Thus a runner shall be made out.

(iv) Dook Marvi :

To Try one's Hand at the Post : This skill is very important in Kho-Kho game. It is frequently used in this game. The chaser, to perform this skill, comes fast towards the post. Places his leg near the post and holds the post with the arm on the opposite side. The upper part of his body crosses over the central lane and extends it in that direction. He extends his free arm as far as he can and tries to tap / touch the runner. During this action, he presses his thigh, which is near the post, one the post.

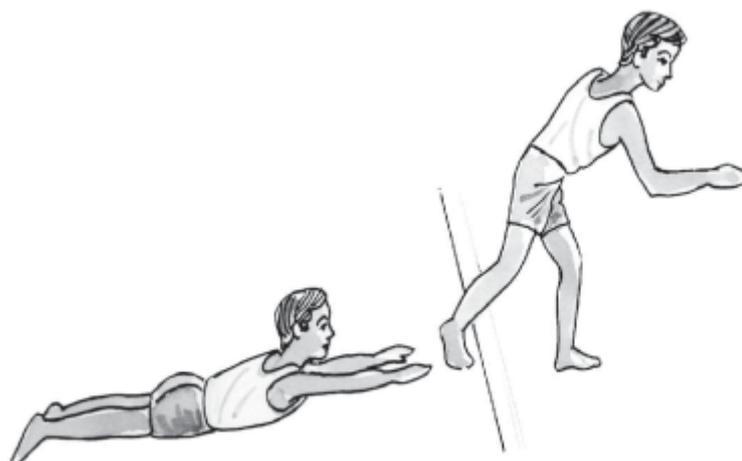


Dook Marvi

After completing the 'Dook' or the tapping action, while returning to the ground, he has to cross the post-line.

(v) Diving :

This skill demands the power of making quick decisions, fearlessness and ability on the part of the chaser.



The Dive

Diving is of two types :

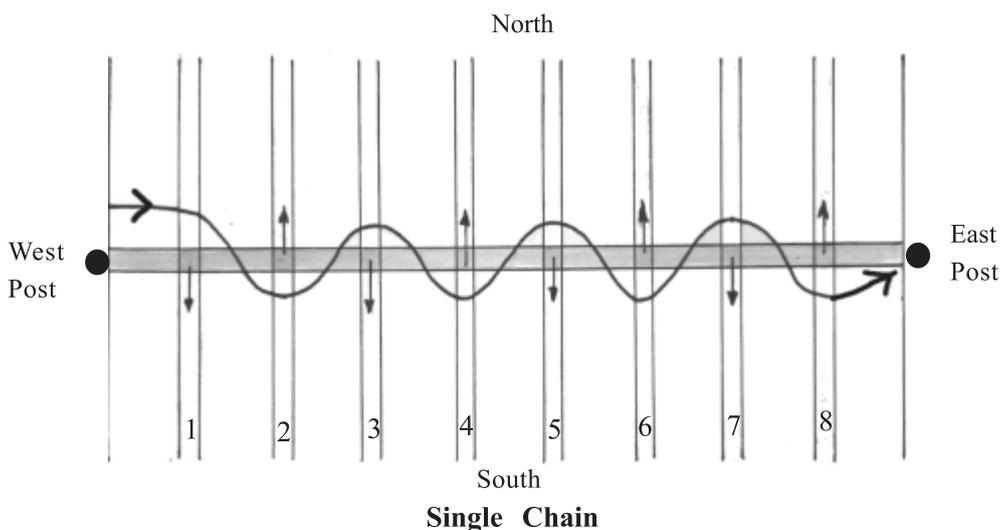
(A) Ground diving (B) Diving from the square.

(A) **Ground Diving :** During the play, when the distance between the runner and the active chaser is very short, the chaser extends both his arms and dives in the direction of the runner and tries to touch his foot.

(B) **Diving from the square :** Some times if a sitting chaser receives a Kho while the runner is passing by him, the chaser quickly takes a dive from his sitting position and tries to touch the runner to get him 'out'.

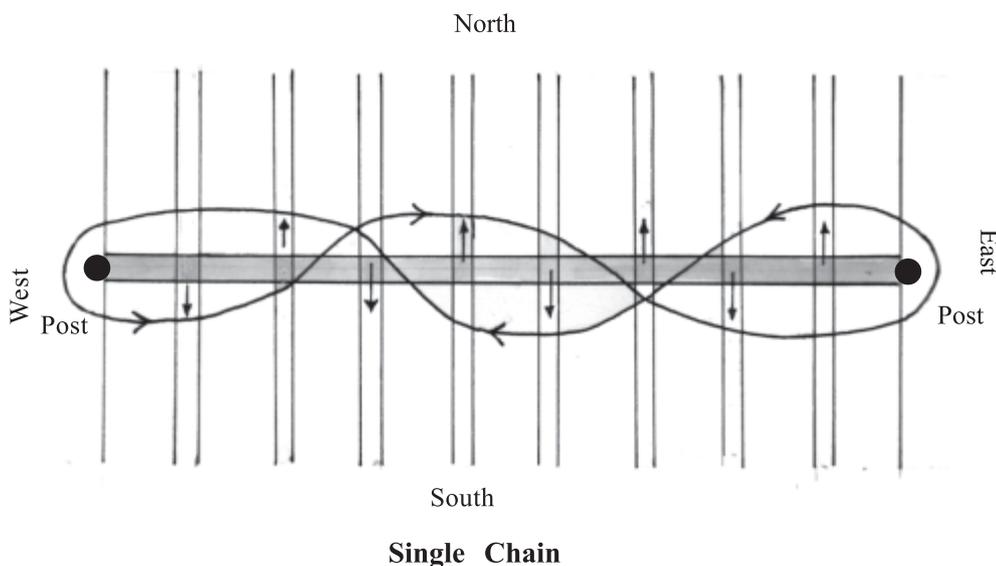
(2) Skills for the 'Runners' :

(i) Single Chain



When the runner runs from one post to the other while watching the back of the sitting chasers and moves in a zig-zag movement, this skill is known as the 'Single chain skill'. In this type of play the runner keeps himself one square ahead of the chaser. He stays a little away from the central lane, so that a chaser cannot get him out by extending his arm from the opposite side.

(ii) Double Chain :



(B) Back Turn :

When the back of a runner is on the side of an active chaser, the runner gives pressure on the foot, opposite to the direction in which he wants to turn and escapes from an active chaser. This action is called 'Back Turn'. This skill is mostly used, while playing the double chain skill.

Rules of the Game :

(1) Whether a team will 'run' or 'chase' is decided by tossing a coin. Eight players of the chasers, team will sit in the squares on the central lane with their faces in alternate directions. The ninth player will stand near one of the posts waiting for the game to begin. Nine players of runner's team will sit outside the ground in lots of three players.

(2) The active chaser can give a 'Kho' to the sitting chaser only from the latter's back side. For a kho he touches the back of the sitting chaser with his hand, he must utter the word 'Kho' loudly. He does not give 'Kho' from a distance. A sitting player, sitting in the square does not ask 'Kho' with extending his hand or foot and a chaser cannot give 'Kho' in such away. A sitting player will not stand before receiving Kho.

(3) After crossing the square, where his team player is sitting, a chaser cannot give Kho. The action of speaking Kho and touching the player be done simultaneously.

(4) An active chaser shall neither touch the antral line nor he shall touch the ground beyond the central lane with any part of his body.

(5) When an active chaser commits a foul, an umpire blows a short noise whistle, which declares the foul and shall indicate him to go in opposite direction.

(6) A chaser should sit immediately on the place of Kho receiving player after giving a 'Kho'.

(7) The chaser receiving the Kho while going from his sitting square in the direction of one of the posts, must go in the same direction as he has turn to go.

(8) The chasers have to sit in the squares in such a way that they do not create difficulties to the runner.

(9) A runner cannot intentionally touch a chaser. If he does so, an umpire gives him warning, if he continues to do so, he will be given out.

(10) Any part of chaser's player touches the square, it will not consider as leaving the square.

(11) The rule about not changing direction will not be applicable to the chaser in the 'Rectangle' or the free zone.

(12) If runner goes outside of the ground, he will be declared out. But if a chaser goes out, the rules of taking direction will be applicable.

(13) A chaser will make out the runner only by touching him.

(14) An active chaser shall have to run on one side of the central lane. He will not change the direction. He can change the direction of the face i.e. the shoulder line, till it remains parallel to the central lane. Turning beyond the central lane shall be a foul.

(15) If a runner's feet are out side the ground, he shall be declared out, even though his body is in the ground.

(16) Every Kho-Kho team shall comprise of 15 players. Out of 15 players, 12 players shall be noted for competition, out of which 9 players shall enter the ground for the play.

(17) A runner team will play two innings of 9 minutes. A runner team will send its players in a group of threes : The time duration for both the teams will be shown as 9-3-9-5-9-3-9.

First team will play for 9 minutes, then there will be rest period for 3 minutes. Then Second team will play for 9 minutes and there will be rest period of 5 minutes. Again First team will come for play of 9 minutes and there will be rest period for 3 minutes. Second team will come for play for 9 minutes.

(18) At the end of the competition the team which scores more points during that time period will be declared the 'winner'.

The game of volley ball was invented in America in 1895 A.D. by the lecturer of Y.M.C.A. college William. A Morgan by name 'Mintonet'. After the advice from his colleague A.D. Helstard the name was kept volley ball. This game is played keeping ball in air all the time. In English, playing ball in air is called 'Volley' so that volley ball is a suitable name for the game. This is an international game. This game can be played in open air and gymnasium both.

The volley ball game was started in India by Y.M.C.A. Madras. Due to less space, equipment and less expenditure this game became very popular in India.

The volley ball federation of India was formed in 1951 to coordinate the game at national level. First women National Championship was held in 1953. Today different competitions of this game are held at Taluka, District, National & International levels. In 1939 volley ball game was included in world university sports festival. International volley ball federation was established in 1947 and prepared the rules of the game.

The first volley ball championship at world level for men was held at Czecho-slovakia in 1949, where as for women it was held at Moscow in 1952. In which Russia became champion. Asian volley ball federation was established in 1954. First Asian volley ball championship was held in Tokyo (Japan) in 1955 and India won this championship. Presently Brazil, U.S.A., Russia, Bulgaria, Cuba, Japan and China are very famous in men section, where as in women section U.S.A., Brazil, Bulgaria, Poland, China, Japan and Russia are very famous in this game.

Volley ball is also very much popular among Boys and Girls in Gujarat state. Various competitions are organised in cities and villages. Many teams of women in Gujarat have continuously won many medals.

Ground Measurement & Equipment :

The surface of the ground must be flat horizontal, uniform and without any hurdle. Court should be 18 mts in length and 9 mts in breadth.

Net :

Net should be 9.50 mts long and 1 mt wide made of 10 cm squares black mesh.

Side-Bands :

Two white bands are fastened vertically to the net and placed directly above each sideline. They are 5 cm wide and 1 mt long, and are considered as part of the net.

Antenna :

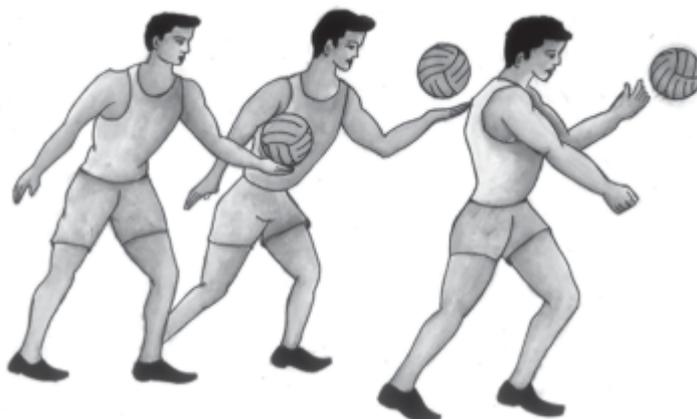
An antenna is a flexible rod, 1.80 mts long and 10 mm in a diameter, made of fibreglass or similar material. The top 80 cm of each antenna extends above the net.

Skills :

(1) Service :

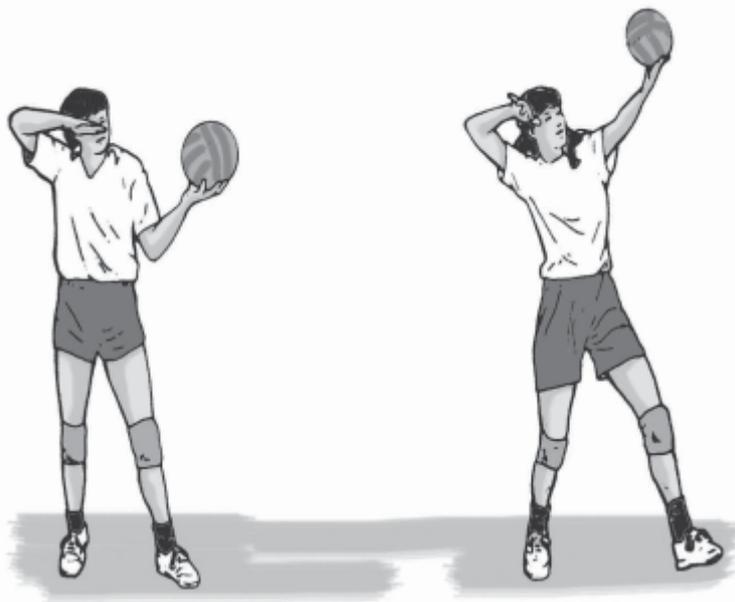
From the end line of one's own court a player tosses the ball up with one hand & sends it over the net to the opposite court by hitting the ball with fist or any part of hand. There are four types of services which are as follows :

(i) Simple Service : In this service the player stands facing the net and putting one foot forward tosses the ball up and with the swing of the other hand hits the ball with the base of the palm of that hand & sends it over the net to the opposite side. This service is also called 'under hand service'.



Simple Service

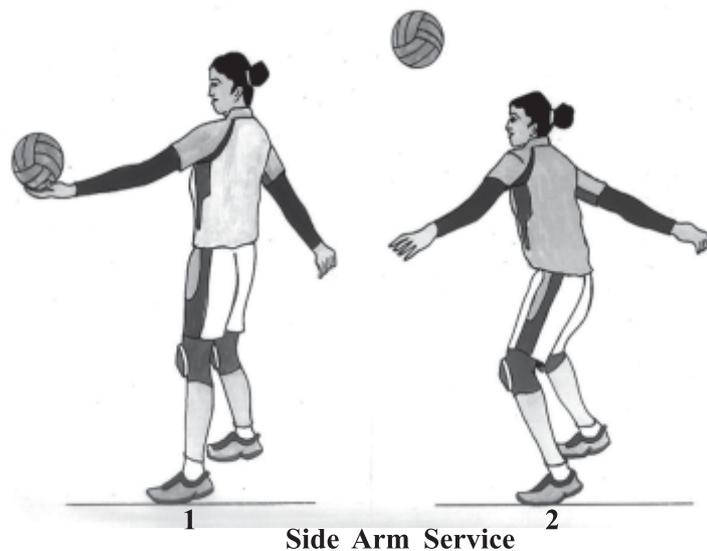
(ii) Tennis Service : In Tennis service, the player tosses the ball up, higher than the level of his head. Then he extends his hand up ward and behind his head and as the ball comes down to his head level, he quickly smashes with the right hand forward with the palm to send it over the net to the opposite side.



Tennis Service

(iii) Side Arm Service : In this service, the player keeps his body sideward, which means while serving the ball, his left foot and left shoulder should be in the direction of the net & in this position he tosses the ball up to his head level and as the ball comes down he abducts right hand sideward &

hits the ball to send it over the net to the other side.



(iv) Round Arm Service : In this service player stands in service area with opposite shoulder towards the net, then player tosses the ball up higher than the head. Other hand is rotated from the back with full swing to hit the ball forcefully with open palm to send it over the net to the opposite court. To make action effectively players can take little jump with forward leg & complete the action.

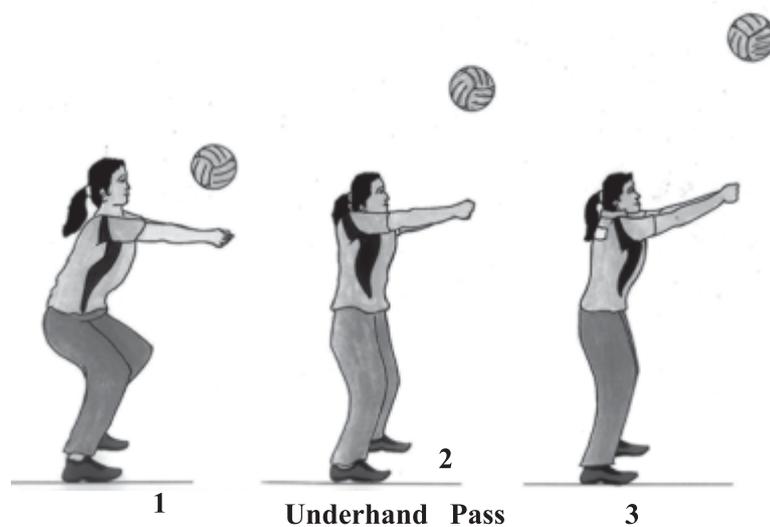
Note : Players also perform jump & service & floating service at National & International level.

(2) Passing :

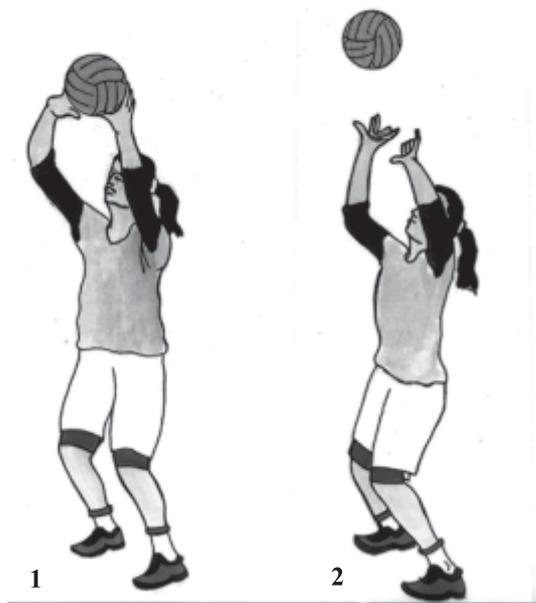
Normally, after receiving the ball from the opposite side a player passes it to other player of his own team. This is called passing. A ball can be passed in two different ways -

- (i) Two Hand Underhand Pass
- (ii) Two Hand Overhead Pass.

(i) Two Hand Underhand Pass : During the play, if the volley ball is received from the opposite side below the waist level it is passed using this skill. In this pass the player keeps his legs slightly open and bent from the knees & covers the fist of one hand with the palm of the other hand. Keeping both the hands together and straight, he/she passes the ball by taking it on his/her forearms.



(ii) **Two Hand Overhead Pass** : During the play, when the ball comes from the opposite side at the level of head, the skill to play it near the forehead with the fingers of both the hands is called 'Two Hand Overhead Pass'.



Two Hand Overhead Pass

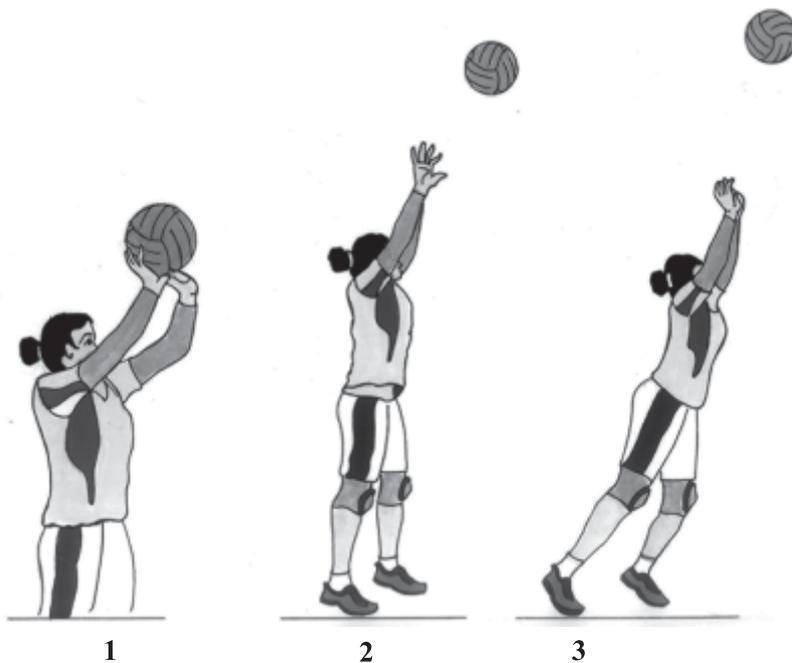
(3) Setting :

In volley ball game ball is passed fairly high and close to the net for the attacker to smash downwards in the opponents court is called setting.

There are two types of settings :

(i) High set-up (ii) Low set-up.

(i) High set-up :

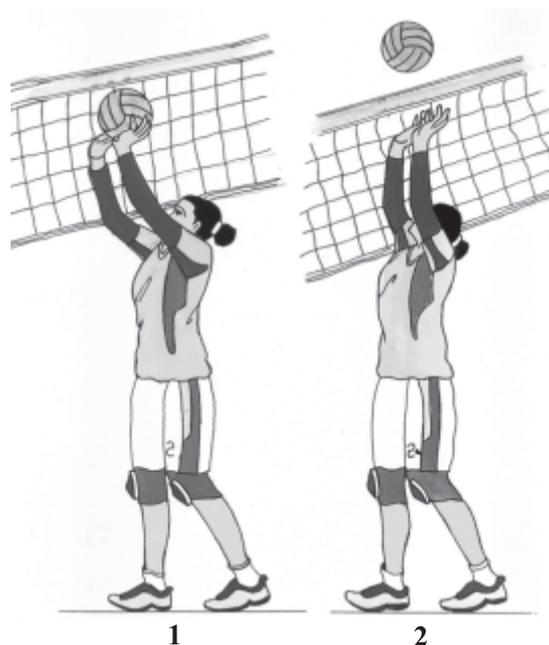


High set-up

The setter lifts the ball high over his own head near the net it is called high set-up. In this set-up the player lifts the ball above his head over the net approximately 1.25 to 1.50 mts high.

(ii) Low set-up :

The setter lifts the ball about 15 to 30 cm over the net.

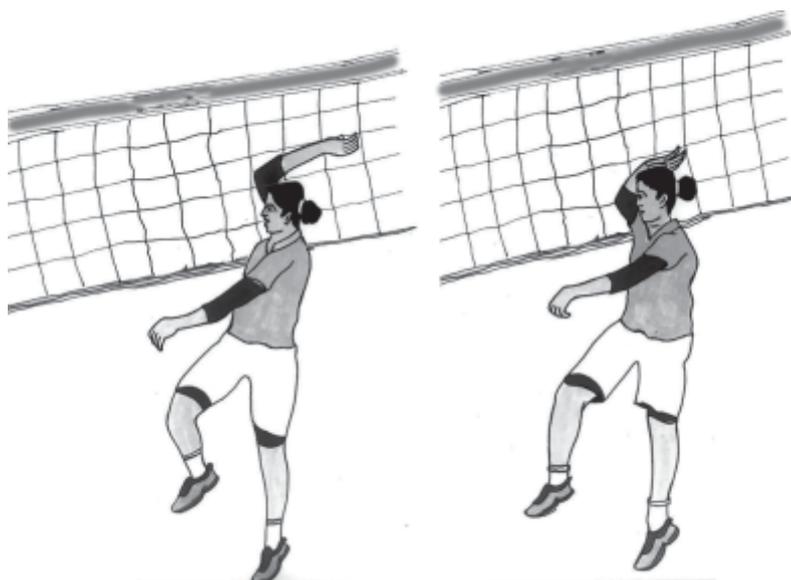


Low set-up

(4) Smashing or Spiking :

Spiking means playing (hitting) the ball over the net in the opponents' court forcefully by the smasher is called smashing. There are two types of spiking -

- (i) One Leg Take-off
- (ii) Two Leg Take-off.



One Leg Take-off

(i) One Leg Take-off : Player takes two or three steps and takes jump with one leg to hit the ball which is set over the net, ball should be hit with open palm by the strong hand. While performing this skill player should not violate any centre line or Net foul. This skill is mostly used in zone 2 or 3.



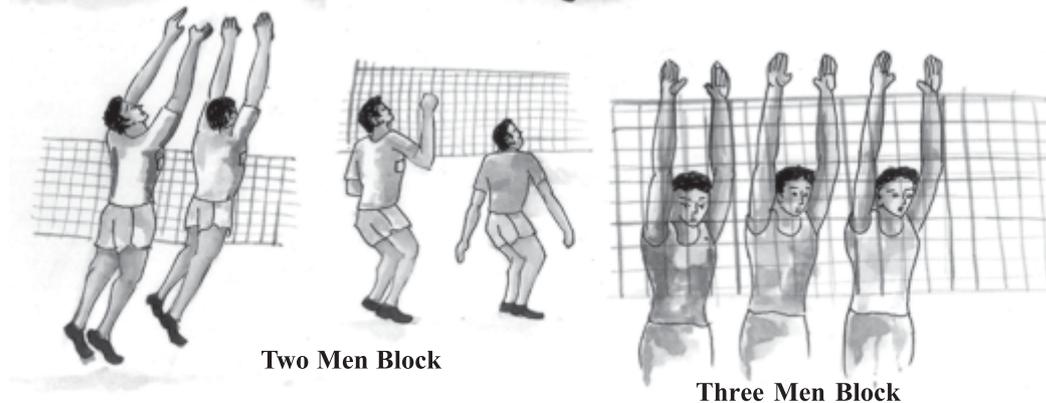
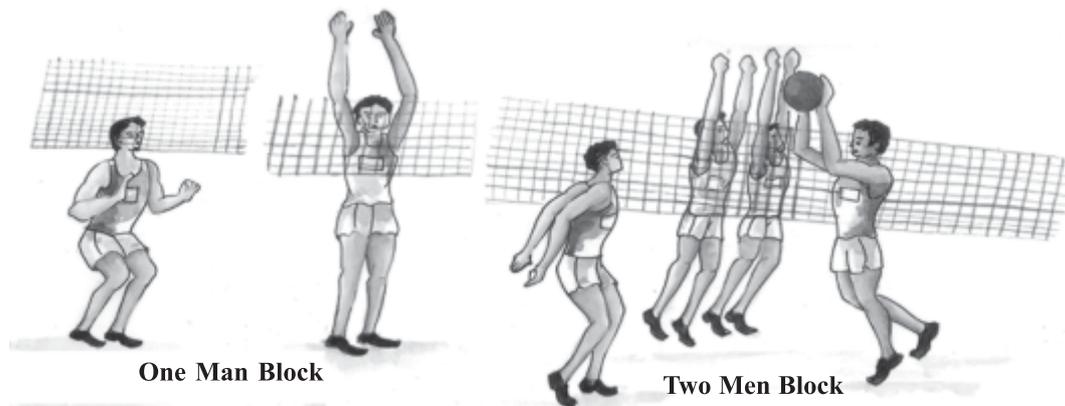
One Leg Take-off

(ii) Two Leg Take-off : In this skill the spiker comes running and spikes the ball over the net by taking two leg Take-off. To score more points this skill is important.

(5) Blocking :

Blocking is an action of players close to the net to intercept the spiked ball coming from the opponents by reaching higher than the top of the net. Only front new players are permitted to complete a block. This technique can be performed by three types :

- (i) One man block
- (ii) Two men block
- (iii) Three men block.



To stop the ball over the net by one man block, two men block and three men block skills are in use. Players who have quick reaction time, proper time and jumping ability are able to maintain balance in the air can do very well in blocking. In blocking players try to stop the spiked ball by open palms of both the hands. This is the best defensive skill of volley ball.

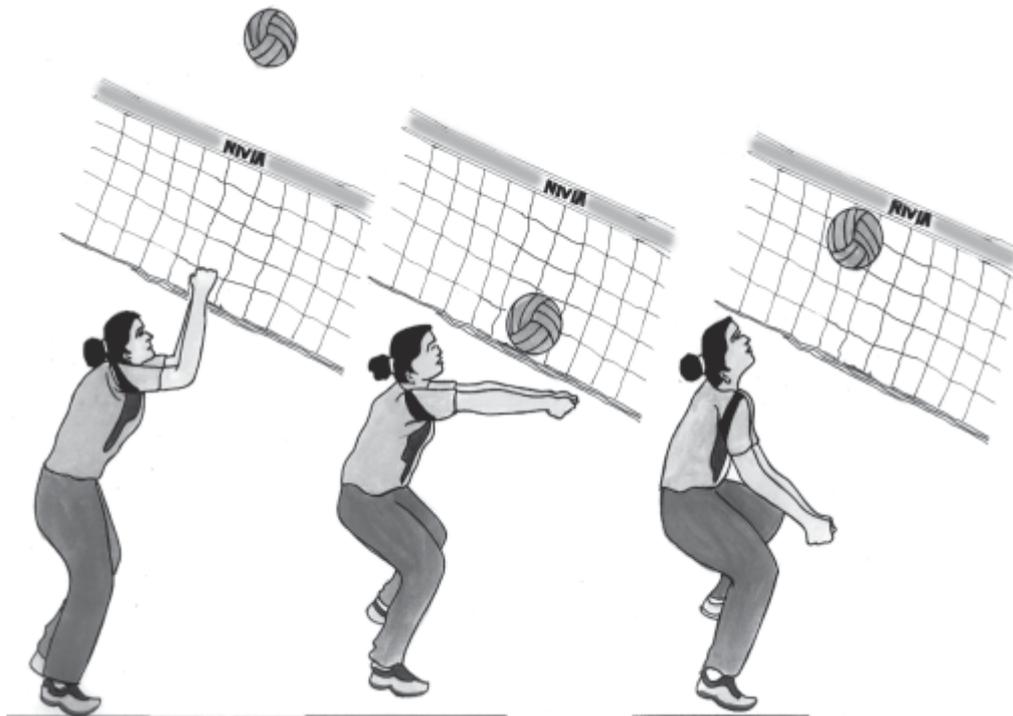
(i) One Men Block : One player from the front line blocks the ball which is spiked by the opposite team.

(ii) Two Men Block : Two front line players block the ball which is smashed by the opposite team. In this block there are more chances to block the ball.

(iii) Three Men Block : All the three front line players block the ball simultaneously which is smashed by the opposite team. In this technique chances to block are more.

(6) Net Recovery :

During game, recovering the ball after it rebounds off the net and successfully made ball in play is called recovery. Front line players should be ready to play the rebounded ball off the net. As soon the ball rebounds off the net and it falls down it should be lifted high or should be passed to the opponent court.



Net Recovery

Rules of Volley Ball Game :

- (1) Measurement of Volley ball court : The length is 18 mts and width is 9 mts. Attack line is 3 mts away from the centre line.
- (2) Height of net for men is 2.43 mts and for women it is 2.24 mts.
- (3) Each team consists of maximum 12 players in which 6 are substitutes.
- (4) The game starts with toss of coin.

(5) At the National & International levels a five sets match is played and the team that wins three sets is declared as the winner. Normally people play a three-set match in which the team winning two sets is declared as the winner.

(6) At the end of each set, the players change the side of ground. In the deciding set side of ground is changed at 8 points.

(7) Each set consists of 25 points. The team that scores 25 points first will be declared winner. If the scores are equal at 24-24 points, the game continues till the lead of 2 points is achieved by any one team.

(8) If both teams win 2-2 sets then 5th set will be deciding set. Which will be of 15 points.

(9) Each team is allowed maximum 6 substitutes. One or more players may be substituted at the same time.

(10) During the play a team is allowed to play the ball maximum three times to send it over the net to the opposite side.

(11) A player may not hit the ball two times consecutively. But blocker can play the ball immediately after the block.

(12) Each team is entitled to a maximum of two time-outs. All time outs are of 30 seconds. Interval between two sets is of 7 minutes. During deciding set interval is of 10 minutes.

(13) The server must hit the ball within 7 seconds after the first referee whistles for service.

Libero :

Libero is a special defensive player in the team. He can not do service, smashing or blocking. He wears coloured T-shirt different from other players. He can not act as a captain.

- When ball is dead he can replace any one of the back line players.
- A libero can be changed any number of times.
- The libero must be recorded on the scoresheet before the match in the special line reserved for it.

EXERCISE

1. Answer the following questions in details :

- (1) Write the types of services and explain simple service in detail.
- (2) List the different types of set-ups and explain any one type in detail.
- (3) Write the type of blockings and explain any one type in detail.

2. Answer the following questions in one-two sentences :

- (1) How volley ball game is started ?
- (2) Write any two types of services.
- (3) What are the lengths and widths of the volley ball ground ?
- (4) Mention different types of blocking.
- (5) What is the weight of ball in volley ball game ?

3. Fill in the Blanks :

- (1) The length of net is _____ mts.
- (2) The volley ball team consists of _____ playing players.
- (3) Ball in volley ball is _____ number.
- (4) Width of Net is _____ mts.
- (5) The height of the net for men is _____ mts.

4. Answer the following questions by selecting correct choice from the options given below :

- (1) What is the name of special defensive player in volley ball ?
(a) Smasher (b) Blocker (c) Libero (d) Captain
- (2) What is the distance of attack line from the centre line in volley ball ?
(a) 5 mts (b) 6 mts (c) 3 mts (d) 8 mts
- (3) How many substitute players are there in volley ball ?
(a) 5 (b) 6 (c) 3 (d) 4
- (4) How many times any team can play the ball to send to the opposite side ?
(a) 5 (b) 2 (c) 3 (d) 1
- (5) What is the height of net for women in volley ball ?
(a) 2.42 mts (b) 1.24 mts (c) 2.24 mts (d) 2.30 mts



Origin of the Game :

England's sport loving people have given many sports to the world like Foot ball, Hockey, Tennis, Water Polo etc. Similarly the game of Cricket has also been gifted to the world by England. The British not only started but also made this game popular in whole world.

The exact year when the game of cricket started is not available, but according to a hand written article obtained from Bodleian Library in Oxford, the priests used to play the game named cricket. More over in 16th Century the information got from other places indicate that the students of Guilder grammar school also used to play this game. The school has specific arrangements and separate ground for the game. But the technical game begin in an around approximately 1700 AD.

The rules and laws of cricket were drawn in 1744 AD and were accepted by all the cricket playing institutions. After 1787 AD the popularity of this game increased immensely. And "Marylebone Cricket Club (MCC)" and Lord's Ground was established in England.

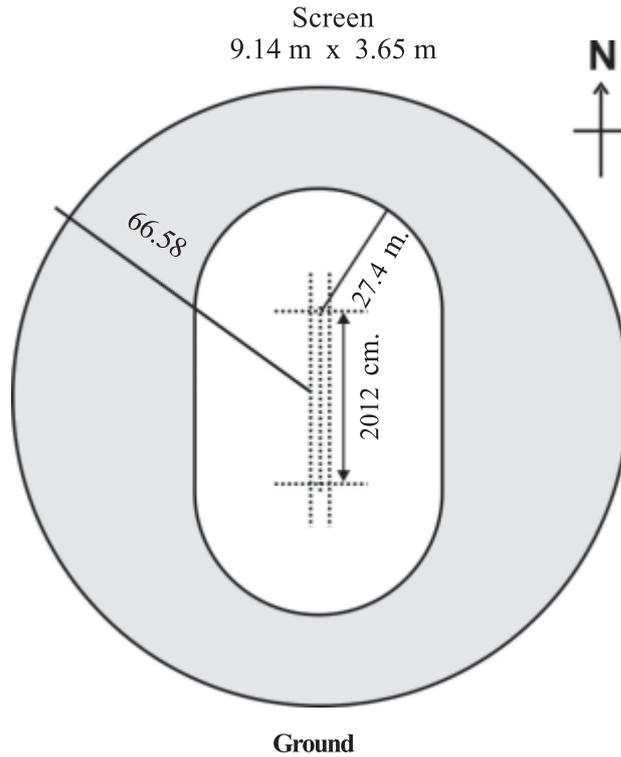
Seeing the popularity of the game in year 1909 AD, Imperial Cricket Council was established and which was then transformed into International Cricket Conference and recognized as International Council and known as ICC in short form. Every year the members of ICC meet and discuss the rules and norms of the game. The suggestions and amendments are made. The Test Series, One Day Series and 20-20 Series tournaments and schedules are finalized. This is the supreme institution of cricket at the International level.

The Zoroastrian community has played an important role in the history of Indian cricket. The Parsees (Parsi) founded the first Indian cricket club – The Oriental Cricket Club in Bombay in 1848. Bombay Union Hindu Club was established in 1866 AD. Mohammedan Cricket Club was founded in year 1883 AD. Parsees team toured England in 1866 AD. England team toured India in year 1889-90 AD. Thus cricket was popularized in India. In India the first authorized cricket match was played between Bombay Gymkhana and Pune Gymkhana. Jamnagar's Maharaja Lt. Ranjitsinhji and Lt. Duleepsinhji gained lot of fame through this game. Under their names, today Ranji Trophy and Duleep Trophy tournaments are organized at the National Level.

Though cricket is played in very less countries then also it is considered to be the world's popular game. Today, One Day International and T-20 cricket are more popular than Test matches. over the whole year various tournaments are also organized. Today even women cricket tournaments are also organized at National and International levels.

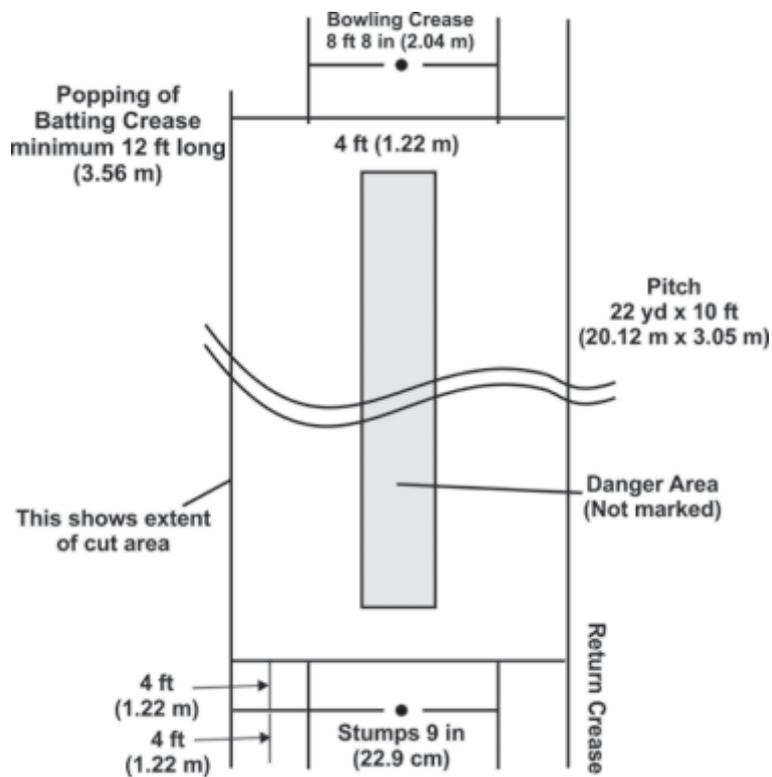
Ground :

The cricket ground is 180 yard long and 145 yards wide, so that 60 to 75 yards boundary can be made.



Pitch :

The ground between both bowling creases is called as pitch. Pitch should be 5 feet wide from the centre of the wicket.

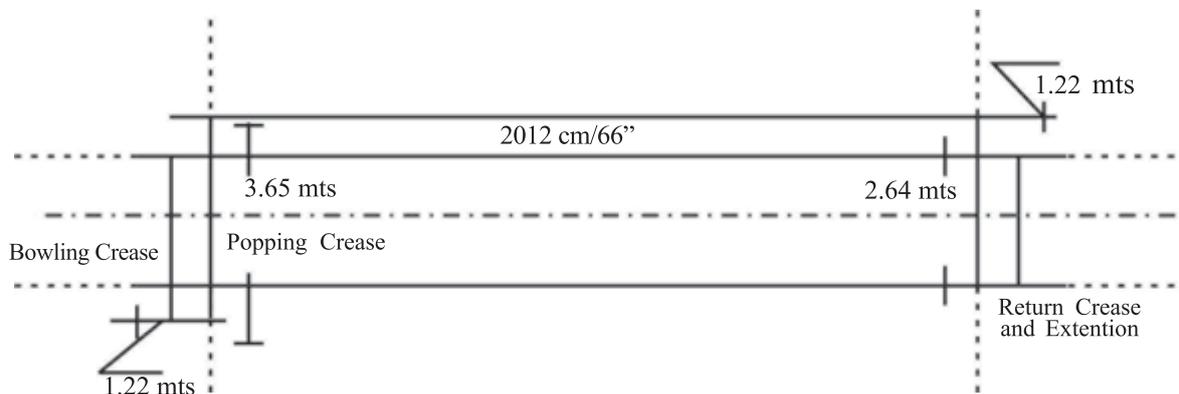


Wickets :

There should be distance of 22 yards (20.12 mts) between the stumps both sides. The two stumps should be erected exactly opposite to each other.

Bowling Crease :

Four creases (one popping crease, one bowling crease, and two return creases) are drawn at each end of the pitch, around the two sets of stumps. The batsmen generally play in and run between the areas defined by the creases at each end of the pitch. The bowling creases lie 22 yards (66ft or 20.12m) away, and marks the other end of the pitch.



Bowling Crease

Popping Crease :

One popping crease is drawn at each end of the pitch in front of each set of stumps. The popping crease is 4ft (1.22 m) in front of and parallel to the bowling crease.

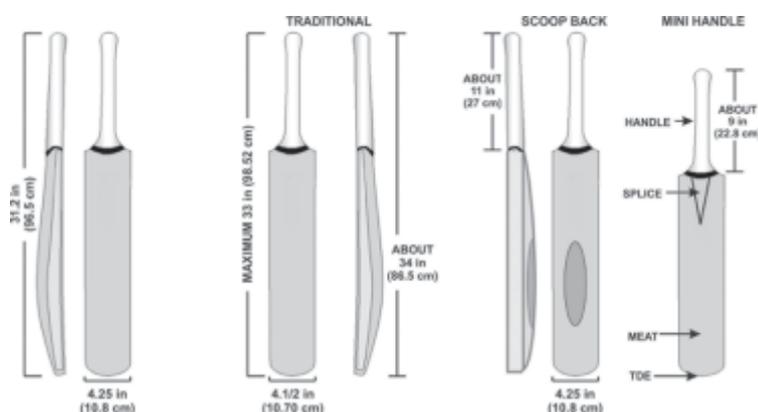
Equipments

(1) Ball :

The cricket ball is spherical in shape. The weight of the ball is limited between $5\frac{1}{2}$ to $5\frac{3}{4}$ ounces and its circumference should not be less than $8\frac{13}{15}$ inches and not more than 9 inches.

(2) Bat :

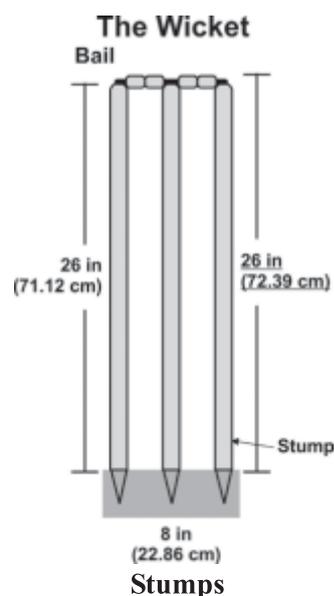
The bat should be maximum 96.5 cm long and 10.8 cm wide.



Different Sizes of Cricket Bats

(3) Stump :

There should be two sets of stumps of equal measurement and size. The length of the stumps should be 71.12 cm from the ground surface. The stump's cylindrical diameter should not be less than 3.49 cm and not more than 3.81 cm. On the top end two bails are kept between three stumps. Each bail should be $4\frac{3}{4}$ inch long. The bail should not be out by more than $\frac{1}{2}$ inches after putting it on stumps. Moreover, in this game, the batsman and the wicket keeper requires the equipment like — pads, hand gloves, wicket keeping gloves, helmet, abdominal guard, leg guards, kit bag, shin guards, etc.



(4) Players :

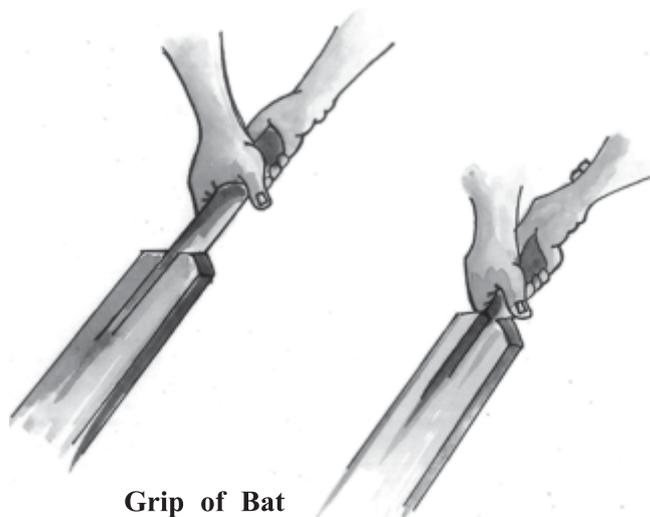
In this game, each team selects 16 players from which 12 players' team is selected, finalized and declared before the game starts. From them 11 players bat ball on the field in the match. While one player is known as the 12th man. If any one of the player gets hurt or dives to another reason he goes to the pavilion, the 12th man comes as a substitute on the ground. The 12th man cannot do batting, bowling or the wicket keeping.

(5) Dress Code :

During test match all the players of the team wear white shirt or t-shirt and white pants. While in one-day test matches or 20-20, each team wears the decided coloured dress skills of cricket game.

(6) Batting (Grip of a Bat) :

The bat is held in such a way that the left hand is in the upper part of the handle and right hand is below it. The fingers and thumbs of both the hands are bent and the bat remains between both the legs and in line of middle stump. The bat should be gripped tightly but not too hard.



(7) Stance :

The position or posture of standing in front of wicket with properly gripped bat is called stance. The right-handed batsman keeps his right leg inside the popping crease and left leg will be kept outside. Both the legs should be 15 cms apart. Both the toes should touch the leg stump line. The body weight



Stance

should be equal on both the legs. The lower part of the bat is kept near the inner toe and the handle of bat is a bit supported by the thighs. The left shoulder will come exactly towards the opposite wicket. After holding the bat the head will be straight and the eyes will be on the bowler.

(8) Back Lift :

The skill of technically lifting the bat from backside for playing the ball bowled is called back lifting. When the bat is taken back the bat's blade's lower edge should be parallel to the ground. The bat is



Back Lift

moved ahead when the ball is to be hit. Both the elbows should be close to the body so that the bat passes near from the body.

(9) Front Foot Drive :

It is usually played to a full length delivery on or outside off stump. It is hit on an offside overpitch ball turned on the leg stump line, and overpitch ball. The body weight is on the front foot so it is called a front foot drive. The front leg, head, eyes, front shoulder, elbow, and knee remains towards the ball. The front foot toe is kept towards the side in which the ball is to be hit. The front foot drive includes the front foot on drive, front foot straight drive, and front foot off drive.

(10) Back Foot Drive :

When the ball is short length and on the stump line or a bit offside or on left stump or towards outside the leg stump, the batsman keeps the body weight on the back foot and hits the ball. This is a back foot drive. In the back foot drive, the batsman moves his back foot towards the stump, keeps his body and the foot in the line of the ball. The front foot is brought towards the back foot and hence the body moves near the stump. The head is kept steady, the eyes on the ball, and the body weight on the back foot. The bat is brought on the ball and a back foot drive is played but one should be careful when playing the back foot drive to get hit wicket.

(11) Hook Shot :

This kind of shot is played during a fast ball is delivered a short pitch. In this hook shot the back lift of the follow through makes the shape like a hook so it will be called a hook shot. This shot gives



Hook Shot

plenty of runs and with high fault one loses a wicket. In this shot the timing of bat and ball contact is very important. If the timing is incorrect one could get caught out.

(12) Bowling :

For getting the batsman out the bowling is very basic effective skill. A good bowler always bowls such a way that the batsman is confused. The line and the length are very important in bowling. The whole process of run up, gripping the ball and delivering it successfully to the batsman is called bowling.

(13) Off Spin Bowling :

Off Spin Bowling is also called off break. In this the ball, after bouncing, goes towards the batsman. In short the ball moves from off stump towards leg stump. For this, the ball's seam is kept at the bottom base tip of the first finger and the second and third fingers are spread around. For the seam grip, the thumb is kept bent at the lower part of the seam.



Grip of Ball



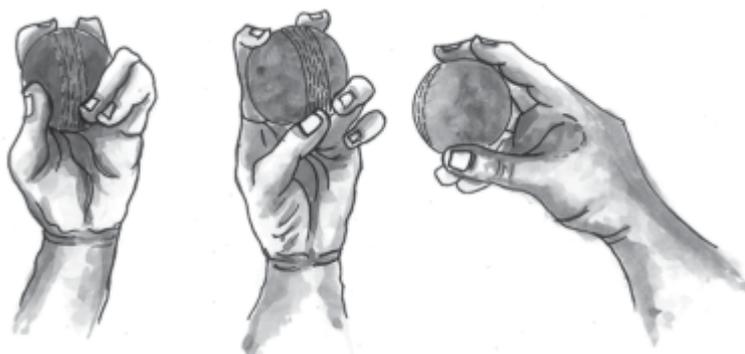
Grip of Ball

(14) Leg Spin :

Leg Spin Bowling is also known as leg break. In leg spin, the ball after bouncing goes away from the batsman. The ball is gripped in the first, second, third fingers on seam. The wrist is kept bent and back part of the hand is kept up. In this type of bowling, the wrist jerk and the spinning speed through the finger plays important while releasing the ball.

(15) Fast Bowling :

When the ball is thrown with more speed it is called fast bowling. This type of bowling is mainly done in the beginning or start of the match. If a fast bowler bowls with proper length, speed and line then he succeeds in getting wicket. Consistent run, a speedy run up near crease proper and wrist movement, maintaining balance of the whole body push. While delivering the ball is all that makes the fast bowling worth watching.

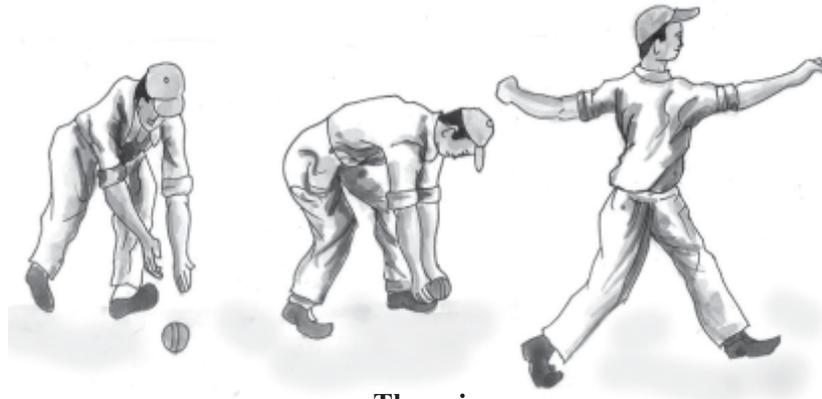


Grip of Ball

In fast bowling, the first and second fingers are kept on either sides of the seam; third and little finger are spread around the ball for grip. The thumb is kept on seam. It is necessary that fast bowler should have physical strength, endurance, tolerance, accuracy, intelligence, confidence and total control over body. A fast bowler can bring variety by bowling Yorker, trimmer, bouncer, beamer, inswing and outswing.

(16) Throwing :

The skill of properly stopping the ball hit by batsman and quickly and accurately releasing it is called throwing. If the ball is stopped quickly, cleanly, and carefully and then thrown accurately, then the run making can be controlled and even throwing is useful to get the batsman run out.

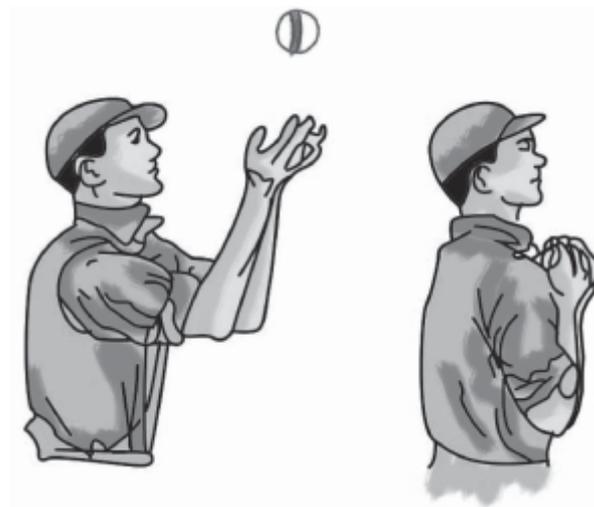


Throwing

There should be good coordination of wrist, elbow and shoulder for good throwing. Taking a good body position, maintaining a body balance, the ball is to be thrown to the wicket keeper or stumps speedily and accurately.

(17) Catching :

The catching skill is very important for winning the match. The skill of holding the ball raised by the batsman's bat or fielder is called catching. For catching, one has to reach the place where the ball is going to fall on the bound. The head should be steady, the eyes on ball. Both the hands should be joined together in a cup shape so that the ball can be caught easily. Catching can be with both hands, style land and by diving also. A good fielder has to be a good catcher also. This skill brings one to a best fielder.



Catching

(18) Wicket Keeping :

In cricket, wicket keeping is very important. To stop the ball going behind the stumps, to catch a tapped ball which has touched the bat or his body part to stump out the batsman who has left his crease, or to run out the batsman while taking run.

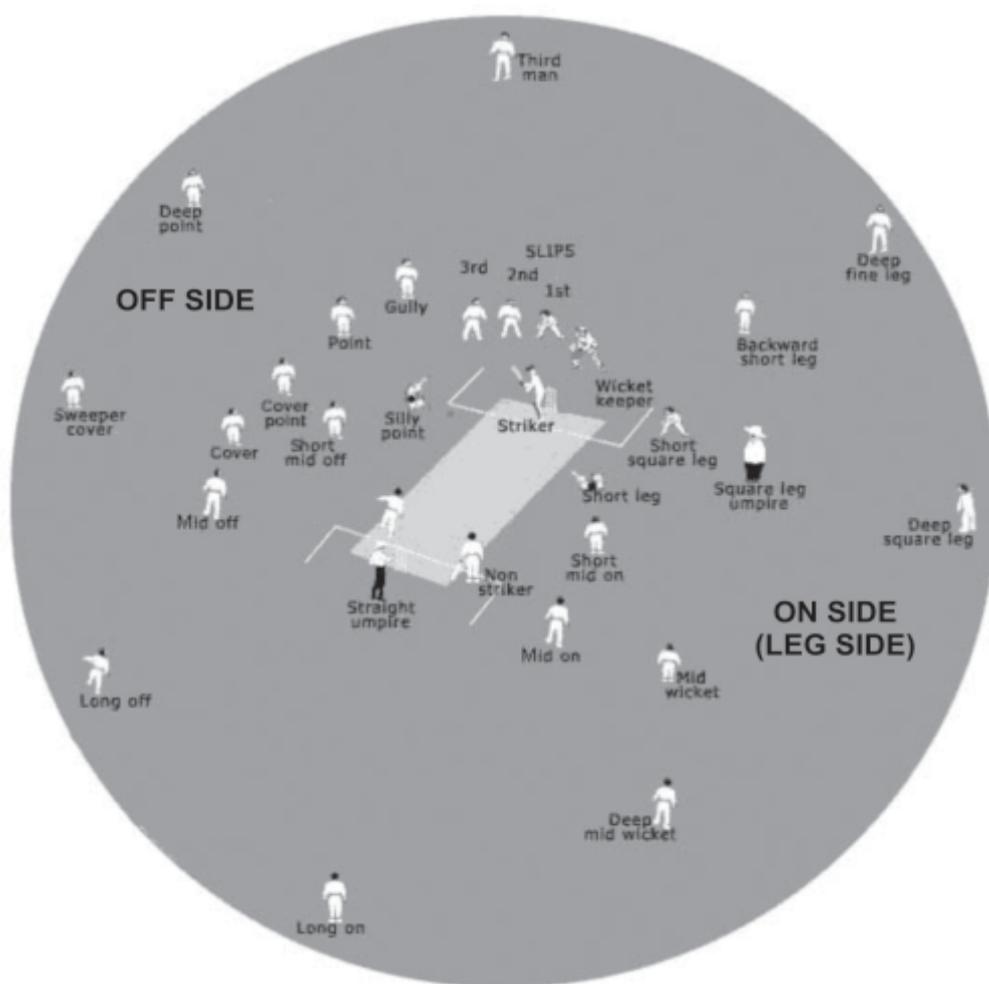


Wicket Keeping

A wicketkeeper's position is behind the batsman. During fast bowling the wicket keeper should be placed at proper place a bit far away from the stumps while during spin bowling he can be near the stumps.

– **Arrangement of Players :**

Arrangement of Players on the Cricket Field



The arrangement of players or field sets during the game :

(1) Bowler (2) Wicketkeeper (3) First Slip (4) Second Slip (5) Third Slip (6) Leg Slip (7) Gully (8) Backward Shorts (9) Short Leg (10) Short Mid-On (11) Silly Mid-Off (12) Short Third Man (13) Cover Point (14) Extra Cover (15) Mid-Off (16) Mid-On (17) Mid-Wicket (18) Square Leg (19) Deep Mid-Wicket (20) Long On (21) Long-Off (22) Deep Extra Cover (23) Deep Third Man.

Rules of The Game :

(1) **Players :** Each team has 11 players and one substitute. Before the toss each team captain has to announce the players' name.

(2) **Substitute :** During illness or injury the substitute can be made to play. A substitute cannot bat, bowl, or do the wicket keeping. A substitute is only allowed to field.

(3) **Umpire :** In a match, 2 umpires are appointed for both the ends. The third umpire's help is taken for the controversial decisions. Moreover, a match referee is also appointed who gives the decision regarding the complaint against the umpires or the team.

(4) **Start, End, and Break :** The game begins or starts with the umpire's word "PLAY", and ends with the word "TIME". According to the rules, lunch break, tea break, and drinks time period is given.

(5) **Innings :** In test match, each team is given the two-two innings turn by turn, such one turn is called innings. In one day each team gets an inning of 50 overs, while in 20-20 cricket match, each team gets an inning of 20 overs.

(6) **Follow On :** When the first batting team has a lead, according to the rules they can keep their turn of playing reserved and compel the other team to take the second inning. This situation is called follow on. In a Five Day Match — the difference should be 200 runs, while in a Three or Four Day Match — the lead should be 150 runs and in a Two Day Match — the lead should be of 75 runs.

(7) **Declaration :** In a test match a batting team can declare its inning at any point of time.

(8) **Scoring :** A scorer records the runs, wickets, balls, details etc according to the umpires' indication in the scoring book.

(9) **Boundary :** If a ball goes out of the decided boundary after pitching, the batsman gets a boundary but if the ball crosses the line without pitching, then the batsman gets six or 6 runs.

(10) **Result :** In a test match, at the end of two innings of both teams, the team scoring more runs is declared winner. If both the innings of both the teams do not get over then the match is declared draw. If at end of the both the innings the scores are level or equal then it is a tie, both are declared equal winners. In one-day cricket, each team plays an inning of 50 overs. The highest scorer or more scorers is declared winner but if the scores are equal at the end of 50 overs then it's adjourned as a tie. While in twenty-twenty, each team plays an inning of 20 overs. Who scores more is declared winner but if the scores are equal or level then each team gets a super over. The team to score more runs in the super over is adjourned winner.

(11) **Over :** A bowler bowls 6 balls to the batsman from one end that is known as over. No ball and wide ball are not counted in one over.

(12) **No Over :** If the bowler does not deliver the ball according to the rule abided ball then the umpire calls it as no ball. In this batsman can play the shot or stroke, he can get runs also on that ball but is not given out even if he is caught or bowled out. Only the run out is given out. Even if no run is scored on a no ball then the batting team gets one run for the no ball and the ball is not counted in the over.

(13) Wide Ball : When the ball is out of reach of the batsman or passes away from too far then the umpire calls such ball a wide ball. Wide ball gives the batting team an extra run and the ball is not counted in the over. Only the stumped out is given out !

(14) Dead Ball : When the ball is in the wicketkeepers hand or batsman is out then this called off or dead ball.

(15) Bye and Leg Bye : When the ball goes behind the wicket without the touching the batsman bat, the number of runs that the batsman runs is the bye runs. When the ball touches any other part of the batsman except the palm or hand and ball goes away the number of runs the batsman runs are called leg-bye runs.

(16) Bold Out : When the ball after touching the bat or batsman body or directly falls on the stumps then the batsman is considered bolded out.

(17) Catch Out : If the ball bounces after touching the batsman bat or wrist and is held by the fielder before it falls on the ground then batsman is considered catch out.

(18) Leg Before Wicket (LBW) : When the batsman is before the wicket and before the ball touches the bat then if umpire feels if the ball had not been defended then it might have directly hit the wicket. Then the umpire can give him leg before wicket out.

(19) Run Out : When the batsman is out of the popping crease while taking a run and if the wicket keeper or fielder put the stumps and bales come off then the batsman is said be run out.

(20) Stump Out : When the batsman while going to play for the ball and if wicket keeper or the fielder puts down the wicket throw ball the batsman is called off stumped out.

(21) Hit Wicket : If the batsman while going to hit the ball hits the stump and it falls off the player it is given hit wicket.

(22) Hit the Ball Twice : If the batsman stops the ball from the going to the stump after once playing the stroke the batsman is given out for hitting twice.

(23) Handle The Ball Out : Without the permission of the opposite team batsman of any end touches the ball and if the opponent team appeals then the batsman of striker or nonstriker is given out as handle the ball out.

(24) Obstructing The Field : If the batsman obstructs the field in his work then the umpire gives the batsman out for obstructing the field.

(25) Appeal : The opponent team's player is out by the other team this kind of appeal is necessary. The umpire gives his decision only offer the appeal.

EXERCISE

1. Answer the following questions in brief :

- (1) Which rights are not given to the 12th player ?
- (2) What is leg spin bowling ?
- (3) What is follow on ?
- (4) In cricket which run is called leg bye run ?
- (5) How does a batsman get LBW in cricket ?

2. Write short note on :

- (1) Back lift (2) Hook shot (3) Fast bowling (4) Catching.

3. Select the correct option for the following questions from the given options :

- (1) The game of cricket began in which country ?
(a) India (b) New Zealand (c) England (d) Australia
- (2) What is the distance between two wickets in the game of cricket ?
(a) 20.12 metres (b) 21.12 metres (c) 22.12 metres (d) 23.12 metres
- (3) What is the maximum length of bat in the game of cricket ?
(a) 90.5 cms (b) 92.5 cms (c) 94.5 cms (d) 96.5 cms
- (4) In game of cricket, what should be the height of stumps from the ground ?
(a) 70.12 cms (b) 71.12 cms (c) 72.12 cms (d) 73.12 cms
- (5) In the game of cricket, how many balls are included in 1 over ?
(a) 4 balls (b) 5 balls (c) 6 balls (d) 7 balls
- (6) How many overs does each team play in a one-day International Cricket Match ?
(a) 20 overs (b) 30 overs (c) 40 overs (d) 50 overs

Activity

- Make the student do the exercise with medicine ball.
- Make the children play the raw traditional games like Dodge Ball, Catch Ball, Relay, Nagolchu, hitting the stumps by using the skills obtained in the game of cricket.
- Make the students practice regularly and coach them the skills of cricket game.

