

## Chapter - 7

### Team Games

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#### Answer the following questions

**1. Where did the game of basketball originated?**

**Ans.** In winters outdoor sports were restricted in America due to excessive cold so indoor sports were widely played during winters. Naismith, a 31-year old graduate student created the indoor sport to keep athletes indoors during the winters. He developed this game as this was less prone to injury compared to Football.

**2. Who was Dr. James Naismith?**

**Ans.** Dr. James Naismith in 1891 developed the game of basketball at the Springfield College of Physical Education, Massachusetts, USA.

**3. What are the dimensions of the basketball court?**

**Ans.** a. International Basketball Federation (FIBA)- 28× 15 metres

b. National Basketball Association (NBA)-28.7 x 15.2 metres

**4. Name any three fundamental skills of basketball.**

**Ans.** Dribbling, passing and Shooting are three main skills used in basketball.

**5. List any two fouls in Basketball.**

**Ans.** Personal Fouls and Technical Fouls are two types of fouls in Basketball.

**6. Why there is provision for substitution of players during a basketball match?**

**Ans.** Substitutions are essential in basketball to replace the players in case of injuries, reduce or avoid penalties and remove tired players from the court.

**7. What is the role of the table officials in a basketball match?**

**Ans.** The role of table officials is to ensure smooth conduct of the game by properly monitoring the game. These people enforce the rules and maintains order in the game.

**8. When was the first one-day International cricket match played?**

**Ans.** In the year 1971 the first one-day International cricket match was played.

**9. What is the dimensions of a cricket pitch?**

**Ans.** The dimensions of the cricket pitch are:

Length-22 yards (20.12 m)

Width-10ft (3.05 m)

**10. What is an inning of cricket?**

**Ans.** Inning is the number of times a player or a team came on to bat or to bowl. The cricket match is separated into two innings. During an inning, one team does bowling and fielding while the other team does batting.

**11. How a batsman gets “out” in cricket?**

**Ans.** Stumped, run-out, Bowled, Caught, LBW are few examples when a batsman gets out in Cricket.

**12. List any five rules of the football game.**

**Ans.** The above mentioned are the five rules of football apart from many other rules as well.

No slide tackles, No off sides, No throw-ins, Kick offs will be taken from half-way, etc are few more rules which are incorporated in football game.

**13. How can playing football help us in the improvement of our health?**

**Ans.** Playing football can be very much useful as it serves as boon for both physical as well as mental health. The combination of running, walking, sprinting and kicking in football can bring benefits such as increased stamina, reduced body fat, improved cardiovascular health, improved muscle strength and tone, increased bone strength and improved coordination.

It can also help to reduce depression and anxiety and help to prevent mental disorders.

**14. Which fundamental skills did you enjoy the most in football and why?**

**Ans.** I enjoyed the most is improving my fitness level and some of the dribbling tricks in football.

**15. What is the name of the top most body which controls the game of football all over the world and where is its headquarter situated?**

**Ans.** FIFA is the highest governing international body which controls the game of football. Its headquarters situated at Zurich, Switzerland.

**16. List the equipments required to play the game of Hockey.**

**Ans.** For the game of hockey, we require Hockey stick and Ball, helmet, shoes, shin and mouth guards and many more.

**17. What is the protective gear that the goalkeeper should wear?**

**Ans.** The protective gear that the goalkeeper should wear is shin guard or shin pad.

**18. What is the penalty for a player playing with the rounded side of the Hockey stick?**

**Ans.** A two-minute pause is given to the team by showing a green card when a player playing with the rounded side of the Hockey Stick.

**19. When is penalty stroke given in Hockey?**

**Ans.** A penalty stroke is given for an intentional foul on an attacker who has the opportunity to play the ball in the circle

**20. Write any five important rules of the Kabaddi.**

**Ans.** Five important rules of Kabaddi are: Team, Time of the match, Scoring Method, Time out, Consultation of Coach.

**21. What are the dimensions of the kabaddi court?**

**Ans.** a. For men, the dimensions of the Kabaddi court is 13 X 10 meters.

b. For boys and women, the dimensions of the Kabaddi court is 11 x 8 meters.

**22. Which fundamental skills were you able to develop the best in kabaddi and why?**

**Ans.** So, Raiding is the nerve point of Kabaddi since more points can be scored through it.

**23. List down the factors required to improve a player's performance in the game of kabaddi?**

**Ans.** Build your concentration, speed, fitness, strength and stamina to improve your performance in the game of Kabaddi.

**24. List and explain any two important rules of play Khokho?**

**Ans.** Two important rules to play Kho-Kho are: Time duration of match and Number of players.

**25. List the chasing skills in Kho-Kho.**

**Ans.** The chasing skills in Kho-Kho: Change of Direction, Tapping, Pole Diving, Fake and sudden Kho, Giving Kho and many other skills.

**26. Which fundamental skill did you enjoy the most in Khokho and why?**

**Ans.** Dodging is the most enjoyable skill in Kho-Kho.

**27. Explain any one fundamental skill of the kho-kho game.**

**Ans.** Thus, chasing is one of the fundamental skills in which the chaser runs and traps the runner by various techniques. The chasing can be done by team effort or by one single person.

**28. What is the name of the apex body which controls the game of Kho-kho in India?**

**Ans.** The Kho-kho Federation of India is the apex body that controls Kho-kho in India.

**29. How and where did the game of Volleyball originated?**

**Ans.** The game Volleyball originated from Holyoke, Massachusetts and was played without a net initially.

**30. What is a rally in Volleyball?**

**Ans.** A volley ball match is played with a best of 5 sets. 25 points for the first four sets and 15 for the next set.

**31. In Volleyball what is rotation and how is it determined?**

**Ans.** Rotation in volleyball is the change of positions of every player of the team to one spot in clockwise manner and this happens just before the team is about to serve.

**32. What is an antenna in Volleyball?**

**Ans.** A flexible rod that helps the referee and the players to judge whether the ball has flown within the boundary parameters or not is called as an antenna.

**33. Explain the bonus line in Kabaddi.**

**Ans.** A line between the balk line and end line is called a bonus line. A bonus point is given to the raider for crossing the bonus line on the ground if he makes sure that no other part of his body is touching the area between the midline and the bonus line.

**34. When is Lona given in Kabaddi?**

**Ans.** When the entire team is out, two bonus points are given to the opposite team which is called Lona.

**35. How many players are in Kabaddi Team.**

**Ans.** There are 12 players in a Kabaddi team.

## Fill in the blanks

**(i) Free throws are attempted from a line ..... from the basket.**

**Ans.** 15 feet

**(ii) In India, YMCA at Kolkata introduced basketball some .....years ago.**

**Ans.** 80

**(iii) Basketball originated in the year .....1..... The Imperial Cricket Conference (ICC) was formed in the year .....2..... .**

**Ans.** 1. 1891, 2. 1909

**(iv) The name Imperial Cricket Conference was changed to**

**..... .**

**Ans.** International Cricket Conference (late Council).

**(v) An England team toured India for the first time in the year**

**..... .**

**Ans.** 1902-03.

**(vi) Measurement of a football field is ..... .**

**Ans.**  $90-120 \times 45-90$  m.

**(vii) Diameter of the football is ..... .**

**Ans.** 68-70 cms.

**(viii) Duration of one half in football is ..... .**

**Ans.** 45 minutes.

**(ix) Duration of time out in football is ..... .**

**Ans.** 10-15 minutes.

**(x) Measurement of hockey field is ..... .**

**Ans.**  $91.4 \times 55$  m.

(xi) Height of the lower edge of the hockey goalpost from ground is .....

Ans. 2.14 m.

(xii) Weight of the hockey ball is .....

Ans. 156-163 g.

(xiii) Duration of one quarter of the hockey game is .....

Ans. 15 minutes.

(xiv) Length of the Hockey stick is .....1..... Length of kabaddi court is .....2.....

Ans. 1. 89-95 cm. 2. 13 m.

(xv) Width of kabaddi court is .....

Ans. 10 m.

(xvi) Duration of one half in Kabaddi is .....

Ans. 20 minutes.

(xvii) Duration of time out in Kabaddi is .....

Ans. 5 minutes.

(xviii) Length of Kho-kho court is .....

Ans. 29 m.

(xix) Width of Kho-kho court is .....

Ans. 16 m

(xx) Duration of one inning in Kho-Kho is .....

Ans. 36 min.

(xxi) Measurement of Volleyball court is .....

Ans.  $18 \times 9$  m.

(xxii) Height of the upper edge of the Volleyball net from floor is .....

Ans. 2.43 m.

(xxiii) Circumference of the Volleyball is .....

Ans. 65-67 cm.

(xiv) Length of the antenna in Volleyball is .....

Ans. 1.80 m.

### Tick (P) mark either Yes / No

(i) In 1894, Naismith drew up the first 13 rules in Basketball (Yes/No)

Ans. Yes

(ii) A jump ball in Basketball is when a referee throws the ball up at the centre circle. (Yes/No)

Ans. Yes

(iii) A basketball team consist of five players in total. (Yes/No)

Ans. No

(iv) The cricket pitch is 22 yard (20.12m) in length. (Yes/No)

Ans. Yes

(v) The weight of the cricket ball is 150gms. (Yes/No)

Ans. Yes

(vi) The cricket bat is 10.8cm. in width and 96.5cm. in length including the handle. (Yes/No)

Ans. Yes

(vii) Three umpires are appointed to conduct an international cricket match. (Yes/No)

Ans. Yes

(viii) Ten players in football are required to start a game. (Yes/No)

Ans. No

(ix) Football game was invented in 1871. (Yes/No)

Ans. No

(x) A player in football is to be substituted within 20 seconds. (Yes/No)

Ans. No

(xi) A player in football can leave the ground at any time. (Yes/No)

Ans. No

(xii) After getting a red card in football a player has to leave the ground. (Yes/No)

Ans. Yes

(xiii) Eleven players are required to start a game in hockey. (Yes/No)

Ans. Yes

(xiv) Hockey game was invented in 1828. (Yes/No)

Ans. No

(xv) India first participated in hockey in the Olympics in 1924. (Yes/No)

Ans. No

(xvi) Kho-Kho was included in Indian Olympics in 1938. (Yes/No)

Ans. No

(xvii) Monkey crawl is a technique of sitting in a square. (Yes/No)

Ans. No

(xviii) Trapping in kho-kho means touching an active runner by extending an arm. (Yes/No)

Ans. Yes

(xix) A Kho-Kho match consists of three innings. (Yes/No)

Ans. Yes

(xx) Six players are required to start a game in Volleyball. (Yes/No)

Ans. Yes

(xxi) Volleyball game was invented in 1895. (Yes/No)

Ans. Yes

(xxii) Player is to be substituted within 10 seconds in Volleyball. (Yes/No)

Ans. No

(xxiii) Player can leave the court at any time. (Yes/No)

Ans. No