

ground and then leg should be forwarded straight and rhythm of hands and opposite leg should be maintained. Run all the time on toes.

(c) Position of Trunk : While running, angle of trunk will be approximately at 25° . Balance may be lost if you bend your body more forward and if you keep your body straight, it will obstruct your speed.

(4) Finish : The runner should cross the finish line with top speed. The runner has to decide the distance which he will cover at top speed after taking into consideration his remaining energy and endurance.

There are three types of finish (1) Run - through (2) Torso finish and (3) Shoulder finish. In middle distance running second type of finish is more comfortable. After crossing the finish line with top speed continue running for 8 to 10 strides more. Crossing the finish line with jump, taking long strides on bending more forward is harmful.

Any competitor during running wants to over take other runner, he may go from right side of that runner without touching or disturbing him/her. If runner runs inside the track or he / she tries to push or stop other runners to run he/she will be disqualified.

(2) Relay Race

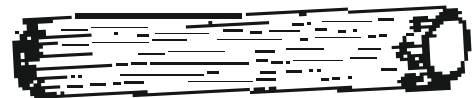
Generally competitions organized on the track are individual events. But relay races are held on track yet are team events. At the international level 4 x 100 mtrs and 4 x 400 mtrs relay races are organized on tracks for men and women. We will learn here 4 x 100 mtrs relay race.

4 x 100 mtrs Relay Race : In this relay race 4 players of one team will run 100 - 100 mtrs, by one alternatives and complete the 400 mtrs distance. During running baton is handed over to their partner in sequence. This relay race is very speedy and action of change of baton provides entertainment to spectators. In this relay run baton is used so it is also called baton relay race.

Baton : Baton shall be a smooth hollow tube circular in section, made of wood, metal or any other rigid material in one piece as shown in the figure. Each baton shall be numbered and of a different colour given to each team.

The length of baton shall be 28 to 30 cm.

The outside diameter shall be 1.2 cm to 1.3 cm and it shall not weigh less than 50 gms.



Baton

Skills of Relay Race : There are three types of skills in 4 x 100 mtrs relay (1) Start (2) Baton Exchange (3) Finish.

(1) Start: In relay race first runner among the team of four will take a start from behind the starting line. Crouch start is compulsory in this race. There are three types of crouch start (A) Bunch or bullet start (B) Medium Start (C) Elongated start. First runner Starter will use any of the above starts. Generally good runner selects any start according to his own height. i.e. bullet, medium or elongated start.

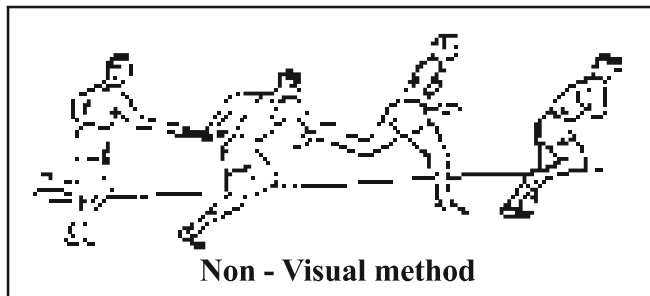
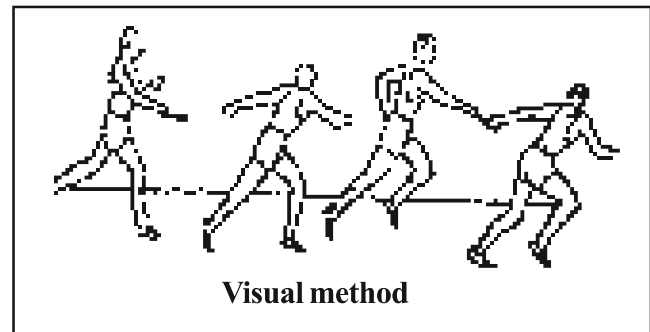
As soon as the command "on your marks" is heard, each runner places the toes of his strong leg on the starting block at a distance of 40 to 50 cm behind the starting line in his own lane, then he places toe of his free leg on the block according to bullet, Medium or elongated start in such a way that the toe touches the ground.

After that the runner shall hold the baton at the bottom with the palm of his left hand with the help of last three fingers, keeping thumb of left hand and first finger on reverse position "V". Front end of baton should not touch the ground, Where as fingers of right hand are together and thumb should be

separate making a " V " shape. Keep fingers and thumbs 2 to 4 cm away from the starting line. The fingers of the hands are placed on the ground at a distance equal to that between the shoulders. The runner eye sight is naturally fixed in the direction of his lane. Further action of start i.e. Set and Go are performed as you learnt earlier.

(2) Baton Exchange: In relay races the first runner passes the baton to the second runner the second runner will pass to the third and third to the fourth. This action is called baton exchange. This should be performed in baton exchange zone only. Length of baton exchange zone is 20 mtrs. There are two methods of baton exchange, (A) Visual method (B) Non - visual method.

(a) Visual method : Exchange of baton is seen by both incoming runner and outgoing runner so this method is called visual method. In this method outgoing runner has to see back side while running so it obstructs the speed of runner. This method of exchanging baton is more in use.



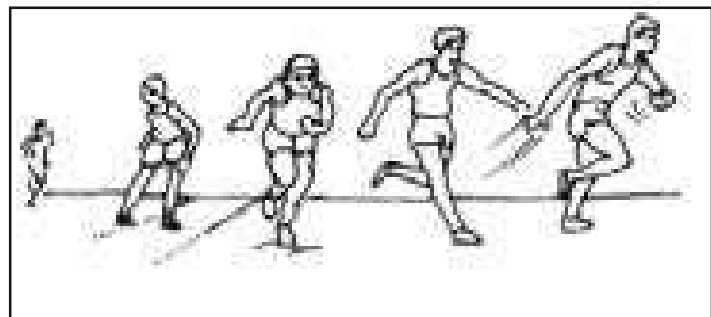
(b) Non - Visual method : In this running only the incoming runner can see the action of exchange. The outgoing runner can not see it. This method is more useful in 4 x 100 mtr relay. Exchange of baton is done while both the incoming and outgoing runner are running at full speed. There is no risk of reducing speed during exchange of baton. In this method incoming runner has to be more alert

while exchanging baton.

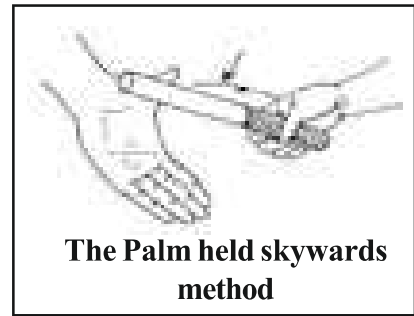
The exchange of baton is done in three ways, (1) Cup - shape method (2) The up swing method (3) The palm held skywards method.

(i) Cup - Shape method : This method is more suitable to school children and beginners. In this method the outgoing runner runs with his hand near his waist in such a way that the palm is kept in the skyward direction and the thumb is kept in the forward direction. The incoming runner keeps the baton in the open palm of the outgoing runner near his waist.

(ii) The up swing method : In this method the outgoing runner extends his right hand with the palm pointing towards the ground and the thumb extended towards the body. Keeping the thumb and the fingers of that hand straight, he makes a shape of inverted " V ". The baton bearer gives an upward sweep to the baton and places it between the thumb and the fingers of his partner running ahead of him.



(iii) The Palm held skywards method : In this method the outgoing runner extends his arm backwards in such a way that the palm faces the sky., the thumb of the hand extended backwards points towards, his body. The fingers are straight and the thumb is free and away from the fingers. The incoming runner gives a downward swing to the baton and places it on the extended palm of his partner.



First runner in relay race takes crouch start. He keeps baton in his left hand. He will pass the baton to second runner in his right hand. Second runner while running will exchange the baton from his right hand to left hand and then he will pass to the third runners in his right hand. This way all the runners will exchange the baton. The second, the third and the fourth runner may run 10 mtr behind the first line of baton exchange zone towards the starting line. But baton exchange must be done in baton exchange zone only.

(3) Finish : The fourth runner of the relay team will cross the finish line with maximum speed like short distance running with baton in hand.

All competitors in relay race competition should keep in mind a few important rules which are as follows.

- (1) While taking a start any part of his body or baton should not touch in his own lane or ahead of starting line.
- (2) If competitor uses the starting blocks, his spikes or boots must have touched the ground.
- (3) The competitor should start running only after the sound of the pistol or the clapper is heard.
- (4) The lanes on the track of a relay race to be taken by teams are decided by lots.
- (5) In relay competition the runner has to carry baton only in his hand.
- (6) Baton must be exchanged only in the baton exchange zone.
- (7) If the baton falls down while changing, it must be picked up by the runner who has dropped it, he can not take the help of any other runner.
- (8) In 4 x 100 mtrs relay race all the four runners of a team have to run the entire distance in their own lane.
- (9) In relay race members of the team may decide the order of running according to their choice .

Exercise

1. Answer the following questions in one or two sentences :

- (1) Explain two methods of running in 800 mtrs run.
- (2) Explain the position of trunk in middle distance running.
- (3) Explain the finish in middle distance running.
- (4) Explain the visual method in relay run.
- (5) How is the baton in relay race ?

2. Write answers in one or two sentences of the following questions :

- (1) Which runnings are included in middle distance running ?
- (2) Where is the starting line for 1500 mtrs run in 400 mtrs track ?
- (3) How a runner should over take his competitor in middle distance running ?
- (4) How many players are there in one team of relay run ?
- (5) List the methods of baton exchange in relay race.

3. Answer the following questions by selecting correct option from the options given below.

- (1) Which distance of running is included in middle distance running ?
(A) 50 mtrs (B) 100 mtrs (C) 200 mtrs (D) 800 mtrs.
- (2) Which type of start is used in 1500 mtrs run ?
(A) Standing Start (B) Crouch Start (C) Elongated Start (D) Bullet Start
- (3) How are the starting strides in middle distance running ?
(A) Long (B) Short (C) Speedy (D) None of them.
- (4) What is the minimum weight of baton ?
(A) 30 grams (B) 40 grams (C) 50 grams (D) 45 grams.
- (5) Which start should be taken by the first runner in relay race ?
(A) Standing Start (B) Crouch Start (C) Any Start (D) Elongated start.

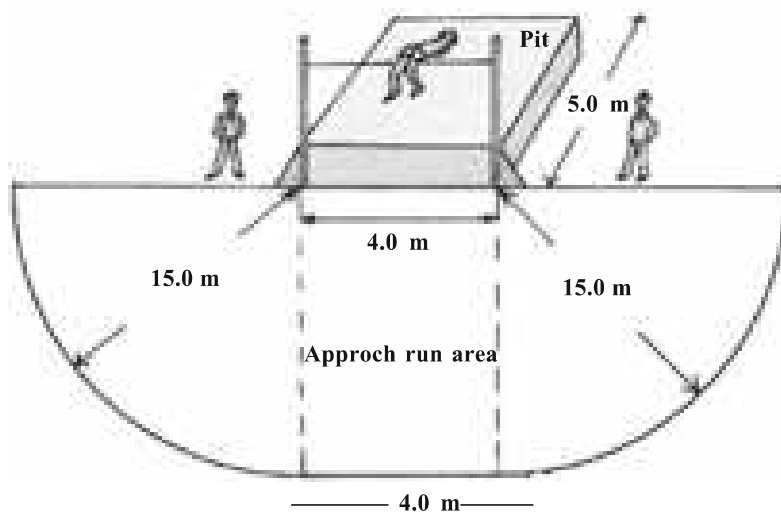


● High Jump :

Among all the track and field events high jump occupies unique position. Skills for high jump are developed repeatedly and many changes have taken place in the skills of high jump. In high jump an athlete comes running, takes off on a stronger leg, lifts the body in the upward direction, crosses the cross bar and lands on the pit.

In high jump, if the athlete wants to jump higher, the parts of the body below the waist should be turned upwards to raise the centre of gravity of the body as high possible in air. Thus in high jump, lifting the body in the direction opposite to that of the force of gravity and maintaining the proper position of the body have great importance.

● Ground:



High Jump: Ground, Equipment

● Approach run :

Minimum length of approach run is 15 mtrs. Length of approach run for Olympic and international competitions is kept 20 to 25 mtrs.

From the uprights of high jump an area of 15 mtrs, radius is drawn and the entire area is levelled to be used as the approach run.

● **Pit:** Length is 5 mtrs and width is 4 mtrs. Instead of filling the pit with sand, rubber foam (pit) is used for safety.

● Equipment :

Uprights : They shall be sufficiently high as to exceed the actual heights to which the crossbar is raised by at least 10 cm. The distance between the uprights shall be not less than 4 mtrs nor more than 4.04 mtrs.

Crossbar : The crossbar shall be made of wooden or other suitable materials. The overall length of the crossbar shall be 3.98 mtrs, to 4.02 mtrs. The maximum weight of the cross bar shall be 2.00 kg. The diameter of the circular part of the crossbar shall be 2.9 cm to 3.1 cm. The end pieces shall be square in shape.

● **Supports of crossbar :** Support of the crossbar shall be 4 cm wide and 5 cm long with rectangular shape.

● **Skills :**

(1) Approach run.

(2) Take – off.

(3) Bar clearance.

(4) Landing.

Now let us discuss these skills in detail.

(1) Approach Run : Following items can be included in approach run :

● **Direction :** The direction to be taken by the athlete depends on the style that the athlete intends to adopt. In the scissor style, eastern cut-off style and fosbury flop style the take off leg is placed on the outside, away from the crossbar, compared to the free leg, so an athlete who takes off on the right leg will have to come to the take off point from the left side, while in the western roll and straddle style as the take off leg is coming towards the crossbar, the athlete will have to come running from the right side.

● **The angle (for the run) :** The angle of the body formed at the take off mark with the crossbar while running towards the side of the uprights in the direction of the approach run is called the angle of approach run. This angle is different in various styles of high jump. Generally the athlete arrives at the angle of 39° to 45° .

● **The distance :** After deciding the direction and angle of the approach run, the athlete has to decide the distance he will run before taking off. Generally athletes execute the take off after covering a distance of 12 to 15 mtrs in 7 to 9 strides.

(2) Take off : The athlete first makes a mark on the ground at a proper distance from the uprights and the cross bar. He takes this measurement with his arm. This mark is for athlete as his take off mark. Taking care not to obstruct the speed obtained during the run-up, the athlete touches the take off mark first with the heel of his take off foot, takes off and lifts his body in the upward direction. The last stride in the run up is longer and touches the take off mark first with the heel of his take off foot, slightly bends the knee of take off leg, centre of gravity of the body will be slight back and downward. Because of the momentum of the body, it will be pushed forward when the toe of the take off leg touches the ground. At this time, if the arm is swung from down to the upward direction, and if the free leg is straightened with a swing, it will be easier for the athlete to lift his body effectively in the upward direction. In short combination of lifting ability of take off foot, swing of free leg and upward motion of both the arms lift the body effectively in the upward direction.

(3) Bar clearance : The action of passing the body successfully over the cross bar is also as important as the take-off. The position of the body while clearing the cross bar plays an important role in crossing the bar. Position of body depends on different styles of bar clearance in high jump. Different styles of bar clearance is as follows. (i) Scissor style (ii) Eastern cut off style (iii) Western roll style (iv) Straddle Style (v) Fosbury flop style.

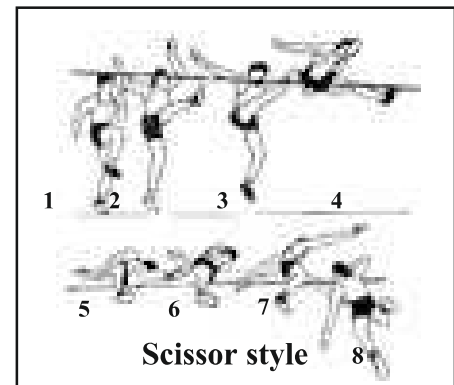
(4) Landing : While coming down towards the ground from the height of the crossbar landing is done in such a way that the reaction of the push is minimized and the landing is safe, without causing any injury to the body. The action of landing will be different according to the different styles adopted by the athletes.

Landing in scissor style is done on take off legs or some times on both the legs. In eastern cut-off style, it is on take off leg. In western roll style it is on take off leg and both hands parallel to cross bar. In straddle style it is on free leg and both the arms and then rolling on free leg side in the pit, in fosbury flop style landing is done on the back and the shoulders.

- **Styles of Bar clearance in high jump : (Bar Clearance)**

- (1) Scissor style.
- (2) Eastern cut off style.
- (3) Western roll style.
- (4) Straddle style.
- (5) Fosbury flop style.

(1) Scissor style : Approach run should be in such a way so that take off leg falls outside the crossbar, then athlete touches the take off mark first with the heel then toe of his take off leg takes off with the swing of hand and free leg and lifts the body in the upward direction, as athlete reaches at maximum height take sitting position over the crossbar keeping both hands and legs straight forward. After this position give momentum first to free leg, then take off leg towards the pit and lands on free leg or both the legs. While landing to reduce force of body he lands on toes, as leg touches the ground he bends the joints of leg in sequence.



This style is not more effective, because while clearing more height position of the body over the crossbar plays very important role. In this style position of the body over the cross bar is sitting, so to lift hand and trunk more energy is spent and more parts of the body fall between crossbar and centre of gravity of the body, so to gain more height, this style is not effective.

(2) Eastern cut off style : Approach run is same as scissor style, but before take off last two strides should be outside the cross bar. Lift the body with the help of swing of free leg, lifting ability of take off leg and swing of both the arms. While going over the crossbar athlete will turn the body towards the approach run so that heel of take of leg, knee, hip and buttock of that side remain near the crossbar. From this position bends towards the pit and brings take of leg downward quickly, so that waist will bend towards the crossbar and landing will be done on take off leg. While landing, keep both the arms upward so that they do not touch the crossbar. This style is also not very useful for clearing more height.

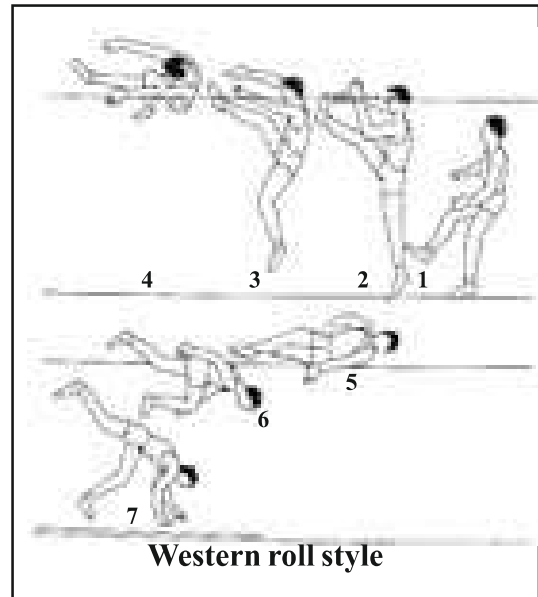
(3) Western roll style : The distance of approach varies from competitor to competitor. Some of them select 4 to 5 steps in approach run where as some of them select 10 to 12 steps. But most of the competitors select 6 to 8 steps. Steps are selected in such a way that take off leg comes, nearer to the crossbar in the last step. These steps are taken at an angle from 40° to 45° . A competitor increases his speed in last three steps. The last step is always longer than the other steps. This helps in having the higher swing of free leg. At the end of the approach run take off is taken by a strong leg.

Since, last step remains longer, the heel of the take-off leg first touches the ground. Then the toes of the leg touches the ground. At this moment the upward swing of the free leg helps the body to be lifted in the upward perpendicular motion.

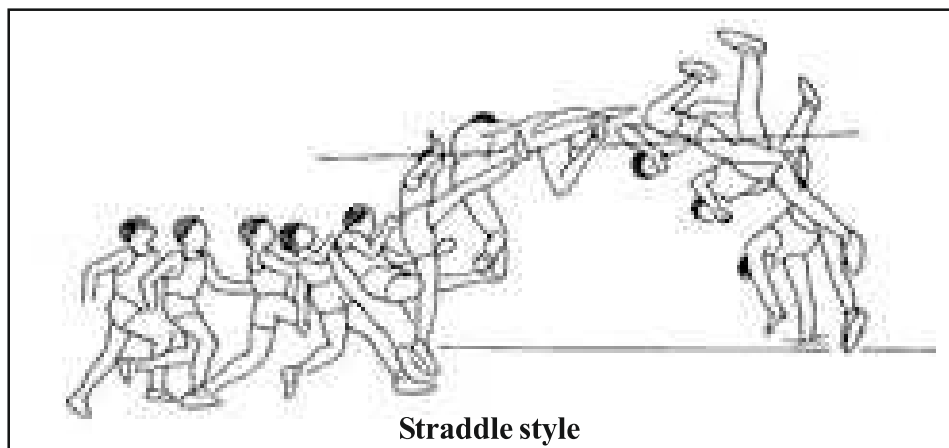
After take off the body passes over the crossbar, while crossing strong leg will be bent from the knee, and right side waist, the knee of the right leg and its thigh will be facing the cross bar. Free leg will be straight and shall remain parallel to the cross-bar. Thus the body shall remain in the sleeping position on the left side, landing will be done on take off leg and both the arms. During landing players will bend nearer joints, while take off leg and both hands will touch the ground.

In this style less part of the body falls between the centre of gravity and crossbar over the crossbar. So better height is cleared than the scissor and eastern cut off style.

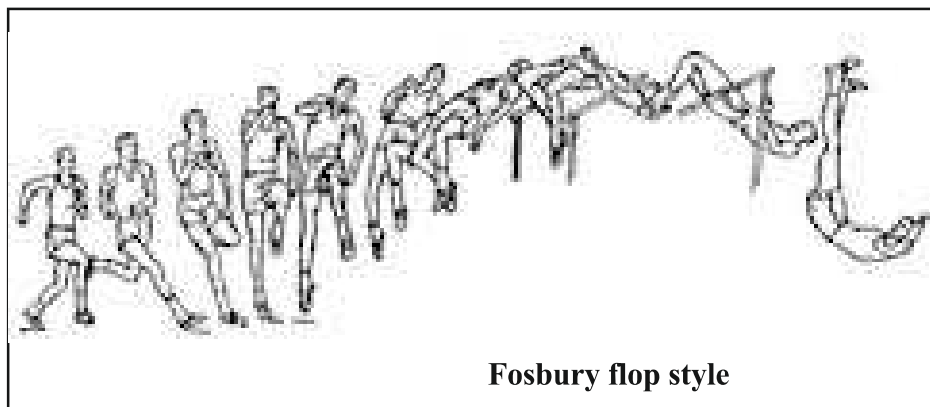
(4) Straddle style : In this style the athlete completes the running distance in 7 to 9 strides. He takes the strides from an angle of 30° to 40° in such a way that his take off foot comes near the crossbar. During the last three strides the athlete increases his running speed. The last stride is longer compared to other strides, then athlete places the heel of his stronger foot almost at right angle to the cross bar near it. During the take off action, the heel of the foot touches the ground first and then only his toes touch the ground. The take off leg is bent slightly and is given an upward swing.



After the take off the head and the shoulders of the athlete go above the cross bar and then the rest of the body comes above the bar. When athlete comes on the cross bar, his body stays facing down above the cross bar and parallel to it. While his free leg and the arm on that side are inclined towards the jumping pit from the cross bar. After crossing the bar, the athlete kicks in the air upwards with his stronger leg so that the rest of the body passes over the cross bar and starts coming down towards the pit. The athlete completes the landing with his free leg and both the arms.



(5) Fosbury flop style : In this style the back is turned towards the cross-bar, while taking off and because the body has to be turned around a perpendicular axis, the runway is kept semicircular in shape. The starting point and the take-off mark are in a straight line and at the right angle of the bar. The athlete arrives with a circular motion in such a way that the take-off leg is away from the crossbar. In this way he gains the speed needed for the take off. Most of the athletes take the first five strides straight in the direction of the up rights and the last three strides in a circular direction.



After acquiring the maximum speed through the approach run, the athlete will have to raise both his legs up to the lower edge of the bar. After take off both the legs are bent at the knees and with the upward reaction of the stamping of the foot during the take off and the swinging of the arms in the upward direction, the body is lifted in the upward direction. As a result the weight of the body comes quickly on the take off leg and so the action of lifting the body upwards is to be done quickly. As the arrival is speedy in the circular movement, the push of the body is stronger on the outer side of the take off leg. So in order to keep the weight of the body on the take-off leg, the athlete takes the last stride slightly sideways. As soon as the action of straightening the take-off leg becomes speedier the upward movement of the bottoms begins. At the time of the take-off the bar is by the side of the body. While athlete is crossing the bar, the bar will be towards his back. The shoulder on the side of the bar will stay upwards during the take-off. With this action the position of the body lying face upwards over the bar can be achieved easily.

As both the legs are together, they will hang downwards until the upper part of the body, including the bottoms passes over the bar. As the bottoms are pushed upwards, the position of the shoulders and the movement of the legs for crossing the bar become easy. As long as the bottoms do not clear the bar, the arms will remain close to the body. But as soon as the bar is cleared, the arms are straightened on the sides. As soon as the bottoms clear the bar, the knees are lifted towards the chest. After crossing the bar, the legs are straightened in the upward direction as a result of which circular motion at the back or in the body ceases and landing becomes possible on the shoulders and the back. This position looks like a Halasan or keeping legs forward in sleeping position.

In present time in National and International competitions most of the athletes use the fosbury flop style. To clear the maximum height Fosbury flop is the best scientific method.

During the Mexico Olympics, American athlete Dick Fosbury had used new method and cleared the 2.24 mtrs height with new record. So, this style is known as Forsbury flop.

● **Rules :**

- (1) The athletes shall compete in an order drawn by lot.
- (2) The athletes should wear clear number on the chest.
- (3) Each athlete will be given three trials at each height.
- (4) If he fails to clear the bar in all three trials, he will be out from the competition (This will not apply to solve the tie for first place).

- (5) The rate of increasing the height of the cross-bar should not be less than 2 cm.
- (6) In high jump, a competitor must take-off with one leg only.
- (7) The trial of athlete shall be failure in the following -
- After the jump if cross bar falls down.
 - If, before clearing the cross bar any part of the body crosses the imaginary line between the two uprights in level with the take off line, and after the jump touches any part inside the pit including the landing area.
 - If athlete does not take his trial within two minutes after the judge call.
- (8) A competitor can start jumping at any height announced by the chief judge.
- (9) A competitor can ask 'pass' at any height.
- (10) Last height that a competitor has cleared according to the rules, will be considered as his score.
- (11) Even after all the other athletes have failed, an athlete is entitled to continue jumping until he has forfeited his right to complete further.
- (12) After an athlete has won the competition the height or heights to which the bar is raised shall be decided by the athlete, in consultation with the relevant judge or referee.
- (13) In case of records, the judges shall also recheck the measurement, before each subsequent record.

Exercise

1. Answer the following questions in one or two sentences :

- (1) What is the length and width of pit in high jump ?
- (2) List the equipment used in high jump.
- (3) Write the various styles of bar clearance in high jump.
- (4) How is landing performed in straddle style ?
- (5) Which is the best style for clearance the bar in high jump ?

2. Write short notes :

- (1) Scissor style.
- (2) Eastern cut off style.
- (3) Western roll style.
- (4) Straddle style.
- (5) Fosbury flop style.

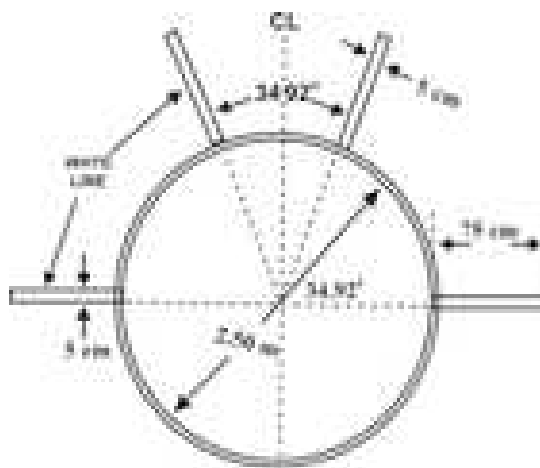
3. Answer the following questions by selecting correct option from the options given below.

- (1) What is the minimum length of approach run in high jump ?
(A) 5 mtrs (B) 10 mtrs (C) 15 mtrs (D) 20mtrs
- (2) What is the length of cross bar ?
(A) 3.94 to 3.98 mtrs (B) 3.98 to 4.02 mtrs
(C) 4.02 to 4.06 mtrs (D) 4.06 to 4.10 mtrs.
- (3) What is the maximum weight for cross bar in high jump ?
(A) 2.00 kg (B) 3.00 kg (C) 4.00 kg (D) 5.00 kg
- (4) What is the length of pit in high jump ?
(A) 2 mtrs (B) 3 mtrs (C) 4 mtrs (D) 5 mtrs
- (5) How many trials are given to each competitor at new height in high jump ?
(A) One (B) Two (C) Three (D) Four



- **The ground for Discus Throw :**

As shown in the figure, the throwing circle for discus throw is drawn with a diameter of 2.50m. The diameter line is extended outside the circle on both sides to the length of 75 cm and is 5 cm broad. Instead of the extended lines, wooden strips of the same measure can be put. These lines are straight with the imaginary line passing through the centre of the circle and at the right angle with centre line of the throwing area. The surface inside the circle is levelled with cement concrete or such hard substance. The surface must not be slippery.



Discus Throw

An iron ring 6 mm thick is fixed just outside the circle. It should be in white colour.

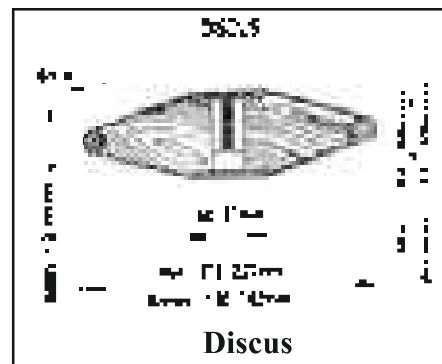
The top of the rim of circle should be at the ground level. The inner part of the circle should be made 14 mm to 26 mm below the ground level.

The Throwing Area : The throwing area for 'discus throw' is drawn by extending two lines beyond the circle. The lines are at an angle of 34.92° and are 5 cm broad. The surface of the throwing area will be even and made of soft earth or with well arranged lawn. So, there will be a clear throwing mark of discus.

The cage for discus throw : For the safety of the spectators, official and participants, a suitably constructed cage is erected around the throwing circle. The cage is made of 6 panels of netting 3.17 mm wide and 4 m in height arranged. The panels should be fixed in such a way that the discus will neither pass through the net nor from under it with the push or the momentum. The cage is inspected regularly to check its safety.

Discus : As shown in the figure, the discus is made of wood, iron or fiber wood. Iron and steel brass are used in the making of the discus. The edge of the ring on the rim of the discus are circular in shape. The radius of the circular part is approximately 6 mm.

On both the sides of the discus, the surface will be equally sloping and having a circumference of 2.5 cm to 2.8 cm from the centre. In the middle part of the edge of the discus, a metal plate is used while in the part between the two, wood is used. The discus may be prepared without metal plate, but its measurement should be as per rules. The discus of 2 kg for men and 1 kg for women are used for discus throw.



- **The skills of discus throw :**

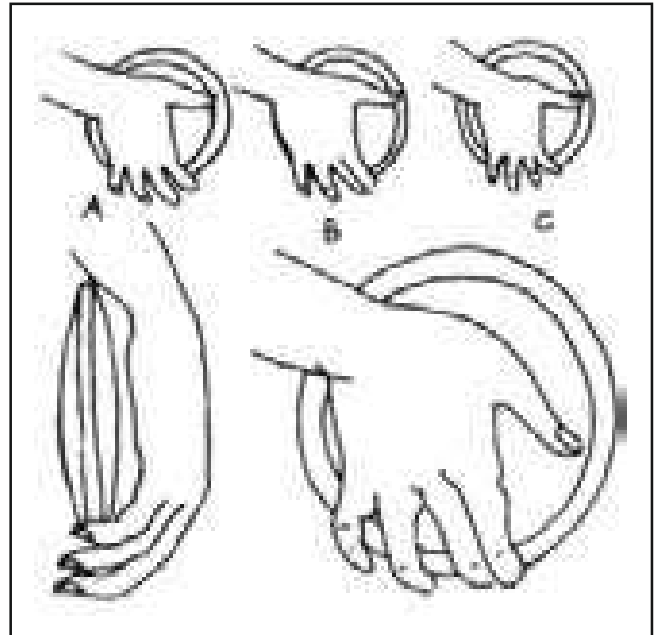
A thrower throws the discus from the throwing circle, which has a diameter of 2.50 m. With the help of the body movements, the thrower gets the force from the movement. He uses the force for throwing the discus

to a maximum distance. We will study the skills of discus throw as under. (1) Grip (2) Stance (3) Arm swings (4) Turn (5) Throw (6) Release (7) Changing of legs.

(1) Grip : The way the discus is held in the hand is called the grip. The way the discus should be held depends mainly on the size of the athlete's palm and the length of his fingers. The force of the push depends mainly on the grip. So the discus is held at the edges with the tips of the fingers so that the discus is balanced properly in the hand and can be given momentum while turning it. The palm remains against the discus while the thumb is spread in a straight line with the wrist. There are four types of grips as shown in the figure.

Types of Grip:

(A) In the first type of grip, all the fingers are spread on the discus. The edge of the discus is held firm with the finger tips. This type is suitable for keeping the balance and gives a better chance for the discus to spin after the throw. This type of grip is more suitable for athletes having long arms.



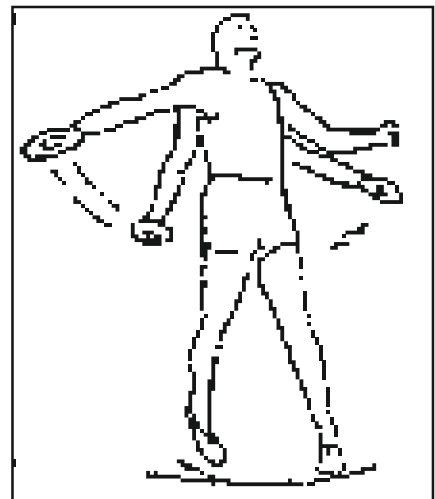
Types of Grip

(B) In the second type of grip, if the fingers are long, the first two fingers are joined together and the other fingers are spread on the discus. In this grip, the main pressure is given on the first two fingers.

(C) In this types of grip, the last (small) finger is spread away from the others. Competitors whose fingers are short, hold the discus keeping the rim of the discus in between the tips of the fingers and the inner cut of the knuckles. This type of grip is more suitable for athletes having short fingers.

(D) In this type of grip, the first two fingers are kept joined together and the other fingers are spread. The other end of the discus touches the wrist and the middle of the palm does not touch the discus. The thumb is held near the first finger. This grip is called the 'claw' type of grip because it resembles the grip of an eagle on its prey.

(2) Stance : The right foot is placed touching the back part of the circle from inside, while the left foot is placed 40 to 50 cm inside the circle in the direction of the throw. The weight of the body is divided equally on both the legs. The muscles of the body are relaxed. After taking the stance, a competitor takes a suitable grip on the discus with his right hand. Now he will be in a position to start taking the preliminary swings.



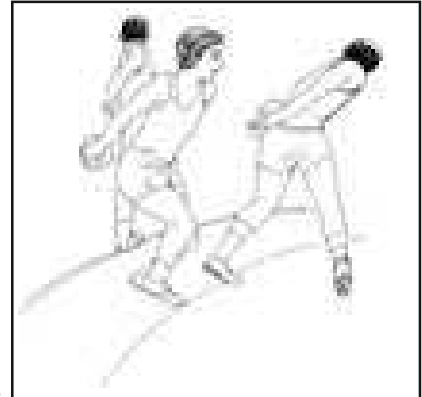
Preliminary arm swings

(3) Preliminary arm swings : To remove the inertia of the discus and to give the body more freedom of movement, every competitor generally swings his arms twice or thrice. These are called preliminary swings. During the swing, the discus is brought from above the left shoulder towards the right shoulder. The weight of the body is shifted from the left

leg to the right leg. The left leg is loosened at the knee and the heel is raised. When the arm is swung forward the weight of the body shifts on the left leg and the right heel is raised. Normally the competitors take those arm swings in order to prepare their body and mind for the throw and to keep the discus in proper control.

(4) Turn (Pivot): For gaining force from the body, it is necessary to remove the inertia from the body, so it is necessary to bring the body in motion. It is not possible to gain force within the distance 2.50 m. It is very difficult to control the body at the time of throwing the discus. It may happen that the competitor crosses the circle and enters into throwing area. So it is necessary to take turn and then throw the discus.

As shown in the figure, when the right hand holding the discus reaches the far end of the backside, the body is turned around leftwards on the toes of the left foot. The right foot is lifted and moved up to the center of the circle. He takes complete $1\frac{3}{4}$ (one and three - fourth) turn and sends the discus in a maximum motion. During this entire action of turning around, the knees are bent a little (in a sitting position) and kept in that position. The toes of the feet do the job of pivoting. During the turning action the hand with the discus is constantly held upto shoulder. The left arm is in a loose, relaxed position.



Turn



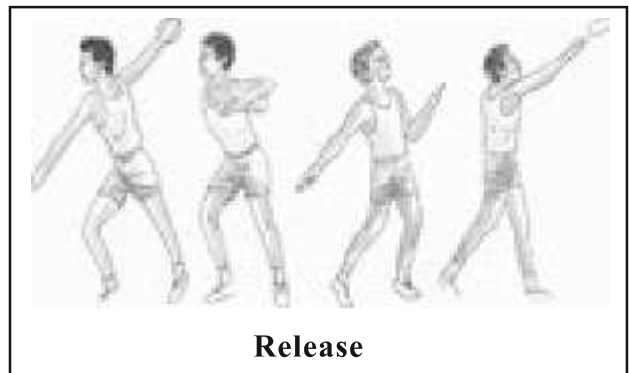
Throw

(5) Throw: The feet movement in the discus throw, is to be understood. The action of straightening the right leg which is bent at the knee in the earlier position, creates the driving force and the action of throwing begins. At this time, the heel of the right foot moves above the ground and the leg bent at the knee becomes straight, and the entire weight of the body is lifted with a great force above the ground with an upward push. When the right hand makes a right angle with the throwing direction, the discus is released from the hand.

At the time of release, the palm is facing the sky and the discus is in the groundward position. At this time the discus is given the last push with the wrist and the fingers.

(6) Release : The discus is thrown in such a way, that it travels in a circular, clockwise direction. The discus is given the last push with the first finger.

(7) Changing of feet or the reverse : During the action of throwing the discus in order to maintain the balance of the body and to prevent a faulty throw, the competitor performs the action of reverse or changing the feet. In this action, the right foot is placed at the spot where the left foot is and when the body turns towards the left, the left leg is raised straight towards the back and the right leg is bent from the knee.



Release

Rules of the Discus throw competition :

Some important rules are given belows for the Discus throw which will be useful to the competitors.

- (1) The order of the throws is decided by lots.
- (2) Every competitor has to throw the discus only from the circle.
- (3) During the throwing action, if any part of the competitor's body touches the upper part of ring or the ground of the throwing area, it will be regarded as a foul.
- (4) The competitor shall go out of the rear semi - circle only after the discus thrown by him lands on the ground and only after he has regained the steady standing position.
- (5) The trial will be declared a foul, if the discus falls on either of the sector lines.
- (6) A competitor will not be allowed to tie his fingers together, nor will be allowed to use adhesive tapes for this purpose. He will not be allowed to use handgloves also.
- (7) If a competitor does not arrive when called for a trial, he will not be given another chance.
- (8) If there are eight or fewer competitors each will be given six trials in their turn to decide the winner rank.
- (9) If there are more than eight competitors, each of them will be given three trials by turn in the first instance. Those eight competitors who score the highest distances are given three more trials by turns. If there distance is a tie for the eighth place, all those competitors who have scored the same distance are included for the subsequent round.
- (10) If there is a tie for deciding the ranks of the winners, the next best performance of all competitors involved in the tie will be taken into consideration for resolving the tie. If the points scored by two or more competitors in all the six trials are equal and if the tie is for the first rank, the tie shall remain.

Exercise

1. Explain the following skills.

- (1) Stance in discus throw
- (2) Swings of the arms.
- (3) Release of the discus
- (4) Changing of feet in discus throw.

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

- (1) How does the order of the throw is decided ?
- (2) Which materials are used for making discus ?

- (3) Write down the names of the various skills of discus throw.
- (4) In which direction will the discus travel, when the right handed athlete throws the discus ?

3. Answer the following questions by selecting correct option from the options given below.

- (1) What is the weight of discus for men ?
(A) 1 kg (B) 2 kg (C) 3 kg (D) 2.5 kg.
- (2) What is the angle of the throwing area ?
(A) 34.92 degree (B) 34.12 degree (C) 32.92 degree (D) 40 degree.
- (3) If there are six competitors in discus throw, how many trials will be given to each competitor ?
(A) 3 (B) 5 (C) 6 (D) 8
- (4) How many skills of discus throw are there ?
(A) 3 (B) 4 (C) 7 (D) 8

4. Suggested Activities :

- (1) For practice, the discus of less weight should be used.
- (2) Arm swings of turn, release and changing of feet should be done without discus. Use the tennicoit ring.
- (3) Try to release the discus in such a way that it travels in a circular, clockwise direction for right handed, left handed athletes should make necessary adjustment. For this practice, stand at a particular place, release the discus with extended right or left hand towards the sky.



Kabaddi has a prominent place in all the popular and prevalent games. It is especially played in Gujarat, Rajasthan, Andhra Pradesh, Bengal and Madhya Pradesh.

This game's origin or source is Gujarat and Maharashtra. The basic skills are to swiftly hold or catch the opponent and to get away from the hold and holding the breath. This game was regulated and organized by rules and systematic competitive tournaments were started by the players of Satara & Pune in year 1912. Then in year 1923, Hind Vijay Gymkhana of Baroda and in 1934 Maharashtra Physical Education Board, Pune arranged the competition, tournaments with revised and improvised rules. As result in 1938 Kabaddi was included in 'Indian Olympic Games' and got the status of National Games. In year 1952 National Kabaddi Federation of India was established. In 1956 women Kabaddi competition started and in 1961 it was given the place in inter-university games.

In year 1936, in Berlin Olympics Hanuman Vyayam Pracharak Mandal, Amravati gave the demonstration of Kabaddi for popularizing this game at the world level. But till today this game has not got the competitive status in Olympic (has not got the status of sport event). National Kabaddi Championship started in 1952. Today kabaddi from a big play ground game has become an indoor or outdoor game in small ground. Kabaddi is a very interesting and thrilling, exciting game. The ground is made soft to avoid the injury to the players. Now it is played on mattresses. This game is very energetic, healthy and inexpensive. Since its inclusion in Asian games, till today in India has maintained the championship title.

As it requires very less equipments, less space or ground and as requires quickness, alertness and energy as it develops presence of mind, body, soul and team spirit, attracts everyone-old and young.

● **The Equipment:**

- (1) Mattresses (2) Whistle (3) Stop Watch (4) Marking thread and chalk (5) Score board
- (6) Red, Green, yellow cards

● **Game time:**

For Senior-Junior Boys: 20-5-20=45 minutes, i.e. a game time of 20 minutes (two halves of the full-time) with a 5 minute break.

For girls and Sub Junior boys: 15-5-15=35 minutes, i.e. a game time of 15 minutes (two halves of the full-time) with a 5 minute break.

● **Ground for men (Senior and Junior boys):**

Length-13 metres and width-10 metres

Distance between end line to central line-6.50 metres

Central line to cross line (balk line) – 3.75 metres

Cross line to bonus line – 1.0 metre

Bonus line to end line – 1.75 metres

Lobby should be 1 metre broad and 13 metres long from ground line on both sides (13 x 1.0)

Waiting Block - It should be 2.0 metres away from both end lines. Its measurement is 8.0 metres in length and 1.0 metre width.

- **Ground for women and subjunior boys:**

Length-11 metres and width-8 metres

Distance between end line to central line-5.50 metres

Central line to cross line (balk line) – 3.00 metres

Cross line to bonus line – 1.0 metre

Bonus line to end line – 1.50 metre

Lobby should be 1 metre broad and 11 metres long from ground line on both sides (11 x 1.0) metres

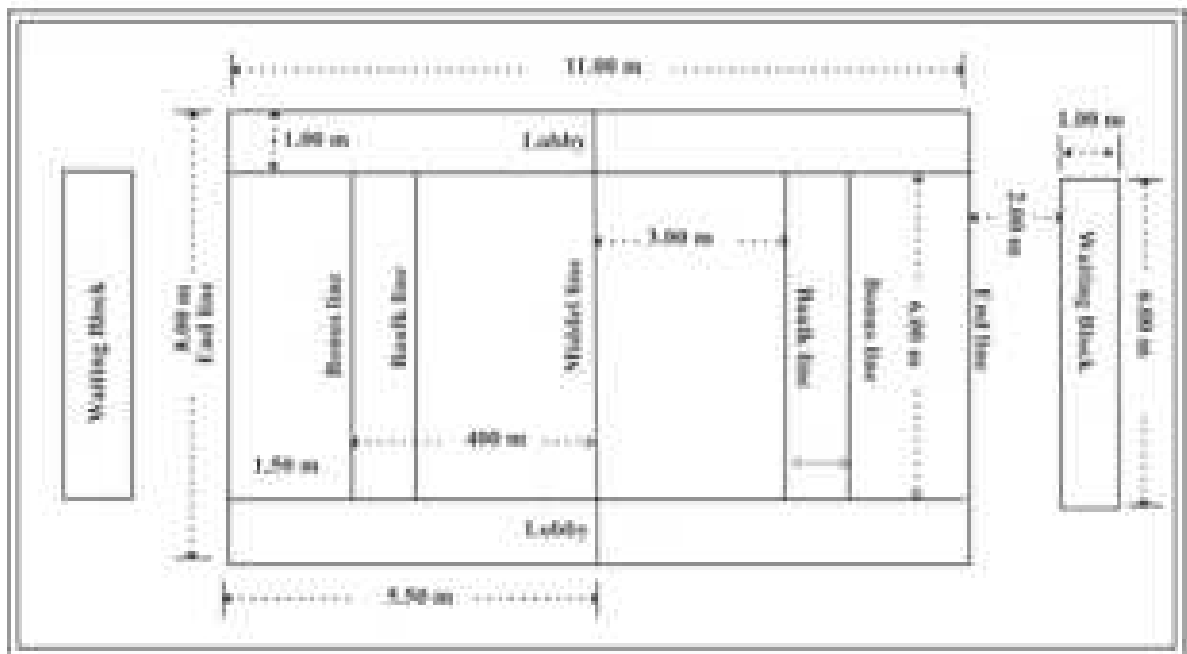


Diagram ground for women

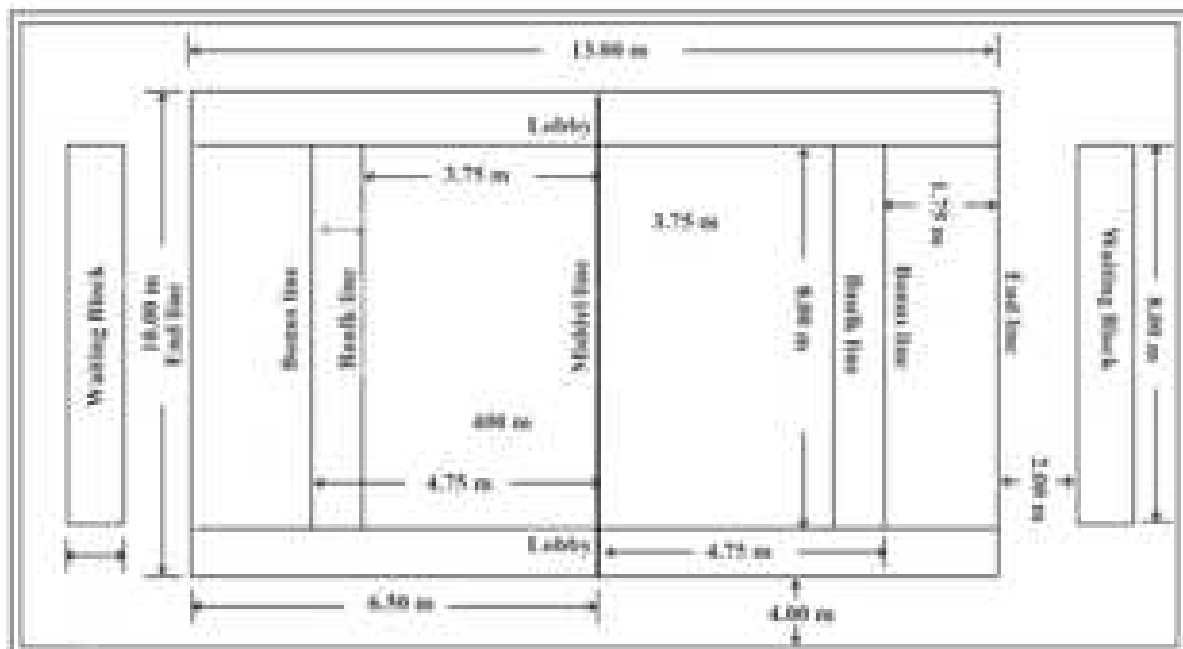


Diagram ground for men

Waiting Block - It should be 2.0 metres away from both end lines. Its measurement is 6.0 metres in length and 1.0 metre width.

- **Skills of Kabaddi :**

There are mainly two skills in Kabaddi :

- (a) Raider's (Offender) skill.
- (b) Anti - Raider's (Defender) skill.

- **Skills of Raider :**

- (a) To touch with leg.
- (b) Breaking cover.
- (c) To chase (pursuit).

- **To touch with leg :**

The raider goes in the opponent's court chanting (cant) a word Kabaddi; he steadily, swiftly tries to touch the opponent by stretching his leg.

- **To break the cover :**

The defenders are ready in many ways to cover the raider then the raider quickly tries to touch opponent by stretching his hand or leg, while the defenders try to catch him, the raider jumps over and gets out of the cover or breaks the chain and tries to get away from sides or from below. This skill is called as to break the cover.

- **To chase (Pursuit) :**

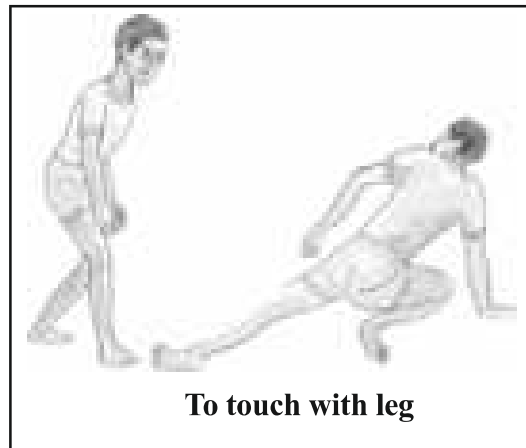
When the raider has completed his legal raid and while returning to his court and his back towards the opponents' court then an opponent raider suddenly chases and quickly touches him with leg or hand and safely reaches his court. This skill requires speed, jump, increase the speedy motion or to stop it.

- **Skills of Defenders :**

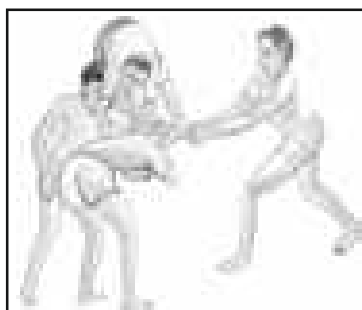
- To catch the leg.
- To catch the hand
- To catch the hand - leg.
- Chain cover.
- One chain cover.
- Two chain cover.
- Three chain cover.
- Half moon cover.

- **To catch the leg :**

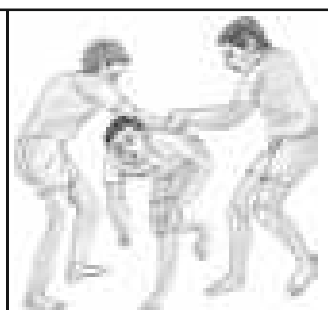
When the raider crosses the baulk line or tries to cross it, the defender's corner player holds the stretched leg quickly from the ankle and raises it above the ground towards himself. So the raider gets imbalanced and his breath breaks.



To touch with leg



To break the cover



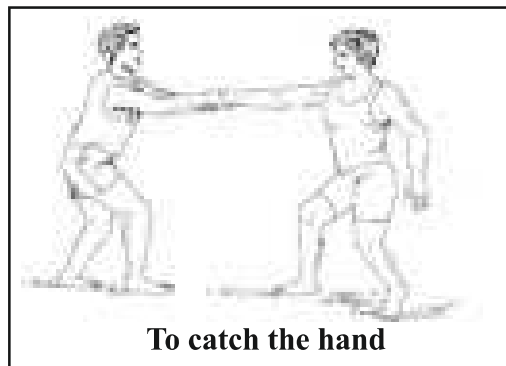
To break the cover



To catch the leg

To catch the hand :

In this skill when the raider tries to cross the baulk line, he stretches his hand in order to touch the opponent. The defender as soon as gets a chance, holds the opponent's wrist and pulls him towards himself.



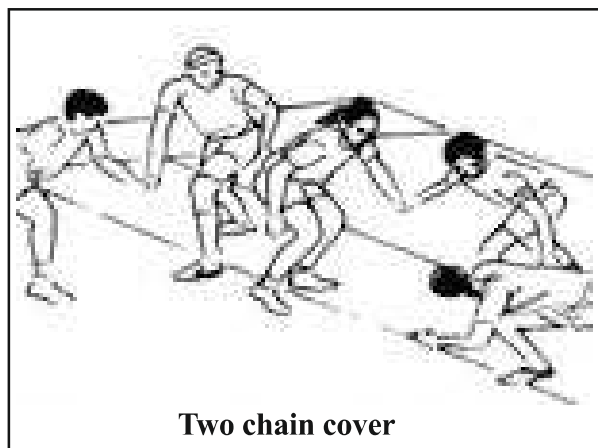
To catch the hand - leg :

During the raid the raider stretches his hand and leg to cross the baulk line, he tries to cross the baulk line with his leg and tries to touch the opponent with either of his moving hands. At this time a player of the defender team holds his leg with one hand and with another hand holds or catches his hand and pulls him toward himself. So the raider gets imbalanced.

Chain cover :

The defender team's players hold each other's hand and thus by making chain try to cover or catch the raider. In this skill the defender team's players make different types of chains. These chains can be as follows :

- a) One chain cover.
- b) Two chain cover.
- c) Three chain cover.

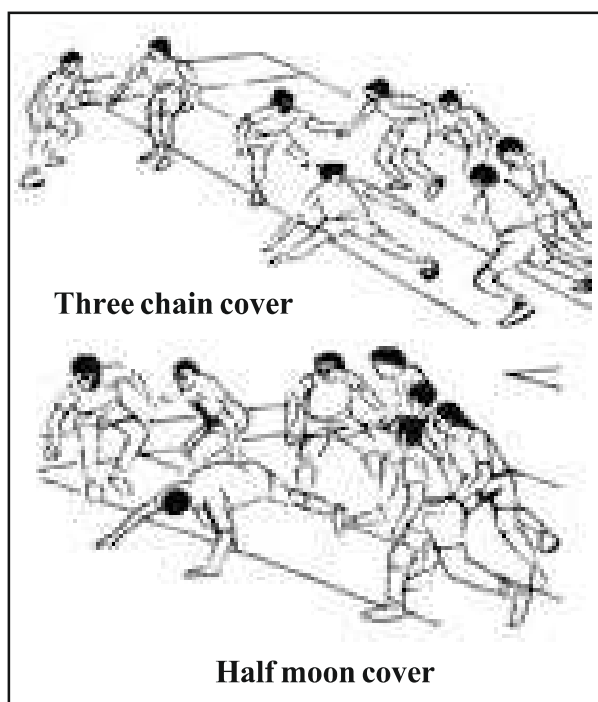


Half moon cover :

When the raider instead of trying raid on corner to cross the baulk line raids or tries to cross the baulk line from middle, then immediately the defender team's player form a semi - circle and try to cover or attack him from both sides and prevent him from going back to his court safely.

Rules of the Game :

- (1) Each team has 12 players, in which 7 in play and 5 are substitutes.
- (2) This game is played on smooth, plain, even ground and on mattresses also.
- (3) The game is started by tossing a coin, the toss winner chooses his court or attack (Raid). During the half time both the team exchange the court. The number of the players in the beginning of second half will be same as left in the first half.
- (4) The raider has to start chanting the word, "Kabaddi - Kabaddi" from his court.
- (5) One point is awarded for one player's out of opponent team.



- (6) Both the teams get to the raid one after another, turn by turn.
- (7) No player can apply any oily substance during the game (while the play is on).
- (8) Before collision struggle if any part of a player's body is out of the court he will be considered out. But during struggle if the player's body part is out of the court or if his body is in touch with any player's body or if some body parts inside, then he will not be considered out.
- (9) During struggle with the body of opponent lobby is included in the court.
- (10) The players who are out will sit in the waiting block in order of getting out and respectively will enter in the game in the order they got out, by getting a point.
- (11) If the word Kabaddi is started lately or slowly then referee can warn him. But if he repeating and do intentionally, then the opposition is given the technical point.
- (12) If the breath of the raider breaks while canting "Kabaddi - Kabaddi" in the opponent's court then he is declared out.
- (13) While defending, the opponent can not be pushed. The pusher will be considered out.
- (14) If all the players of a team are out, then the points of out players and two extra points have to be rewarded, to the opponent. It can be called as lona.
- (15) If during raid more than one raider starts the raid then referee sends the players back and the turn is considered over. If this error or mistake is repeated then raider team is given warning and opposition is given a point.
- (16) When the raider is in the opponent court, the defender team's player cannot cross the centre line and if he does so, then he is considered out.
- (17) No player can take drugs or alcoholic substances.
- (18) The player who is out, dismissed or banned can not be substituted or make alive.
- (19) For discussion or game plan, each team gets two time-outs of "30 seconds" each in each half time, for which the captain or the coach has to get permission from the referee.
- (20) For proper management of game there is one main referee as well as assistant umpires also, who decide for all fouls as well as points. He can inform the player by showing him different cards according to the need.
Green card - Warning / Alert.
Yellow card - Temporary dismissal.
Red Card - Dismissal for the game or whole tournament.
- (21) When the game starts, there should be 7 players, of each team in their court.

Exercise

1. Answer the following questions.

- (1) Explain the half-moon cover skill.
- (2) Explain to touch with leg skill.
- (3) Explain the skill to break the cover.

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

- (a) Which are the skills of defender team ?
- (b) What is meant by crossing baulk line ?
- (c) State the length of women's court.
- (d) In one half-time, how many time-outs can be taken ?

3. Answer the following questions by selecting correct option from the options given below.

- (1) How many players should be there in start of play ?
(A) 5 (B) 7 (C) 6 (D) 8
- (2) How Many points are awarded for getting one opponent player out ?
(A) Two (b) Five (c) One (D) Three
- (3) How many extra points are awarded for Lona ?
(A) Three (B) Four (C) One (D) Two
- (4) What is the length for men's Kabaddi court ?
(A) 7 meters (B) 13 meters (C) 10 meters (D) 12 meters
- (5) When can an out player be revived ?
(A) When second half begins (B) When opponent's any player is out
(C) When opponent's raider returns back safely after a raid.
(D) When a bonus point is awarded
- (6) When is lobby included in court ?
(A) When raider returns back. (B) After the half time.
(C) When the game begins. (D) During the struggle with opponent player.
- (7) Which point is awarded to opponent, when the Kabaddi word is intentionally lately started even after warning ?
(A) Minus point (B) Bonus Point (C) Technical point (D) Tackle point
- (8) What is the break the chain skill of raider called to break cover of opponent ?
(A) To raid (B) To touch with leg (C) To break the cover (D) To kick.
- (9) How many halves are to be played in Kabaddi ?
(A) Two (B) Three (C) One (D) Four
- (10) How far is the baulk line from centre line in men's kabaddi court ?
(A) 3.5 meters (B) 4.0 meters (C) 3.75 meters (D) 4.50 meters



The game of basketball is considered as one of the fastest games. Men and women play this game with enthusiasm. It can be played outdoor and indoor. It was invented in 1851 by an American named Dr. Jems Neysmith.

Since, this game was played keeping the basket at particular height and throwing the ball in it, it was named as basket ball. At latter stage instead of basket a ring with a net was replaced. This change was done because it was difficult to put out the balls being collected in the basket. This was hindering the game also. In the year 1894, the rules of the game were formulated and considered as international rules. Initially the measurements of the play ground were not fixed. So the players of the team were kept 5, 7 and 9 also. But by means of formulating rules as international ones, the number of the playing players was kept 5. Since, the game is speedy, the number of substitutes was kept 7.

In the year 1897, the first world basketball championship was organized in America. For the wider development of this game an “International Basketball Federation” was established in the year 1932.

In 1936, the competition for men was organized for the first time in the 11th world Olympic games conducted in the Berlin city of Germany. Likewise the competition for women was organized for the first time in the 21st world Olympic games conducted in Montrial in the year 1976.

In 1900, Charse Peterson tried to popularise this game in kolkata city of India. From 1920 the Young Men’s Christian Association (Y. M. C. A.) in Chennai (Madras) had tried to popularise this game through the college of physical education, in India. In 1950, the Basketball Federation of India was established to co - ordinate the game. In 1951, when the first Asian game’s competition was conducted in Delhi, the capital of India, in which the men and women Basketball teams took part in them. In India, the Basketball games competitions are organized every year at different levels i.e. District, State and National levels.

● **Basket -ball play-ground:**

Measurements :

(1) Length and width : 28 m x 15 m

(2) Centre Circle : Radius - 1.80 m

(3) Free throw lines : 3.60 m

Equipments :

(1) Boards : Two boards are required.

Length and width of Board : 1.80 m x 1.05 m.

Thickness of board : 3 cm

(2) Ring and Net : Iron round ring : Inner diameter 45 cm

Thickness of iron rods : 20 mm

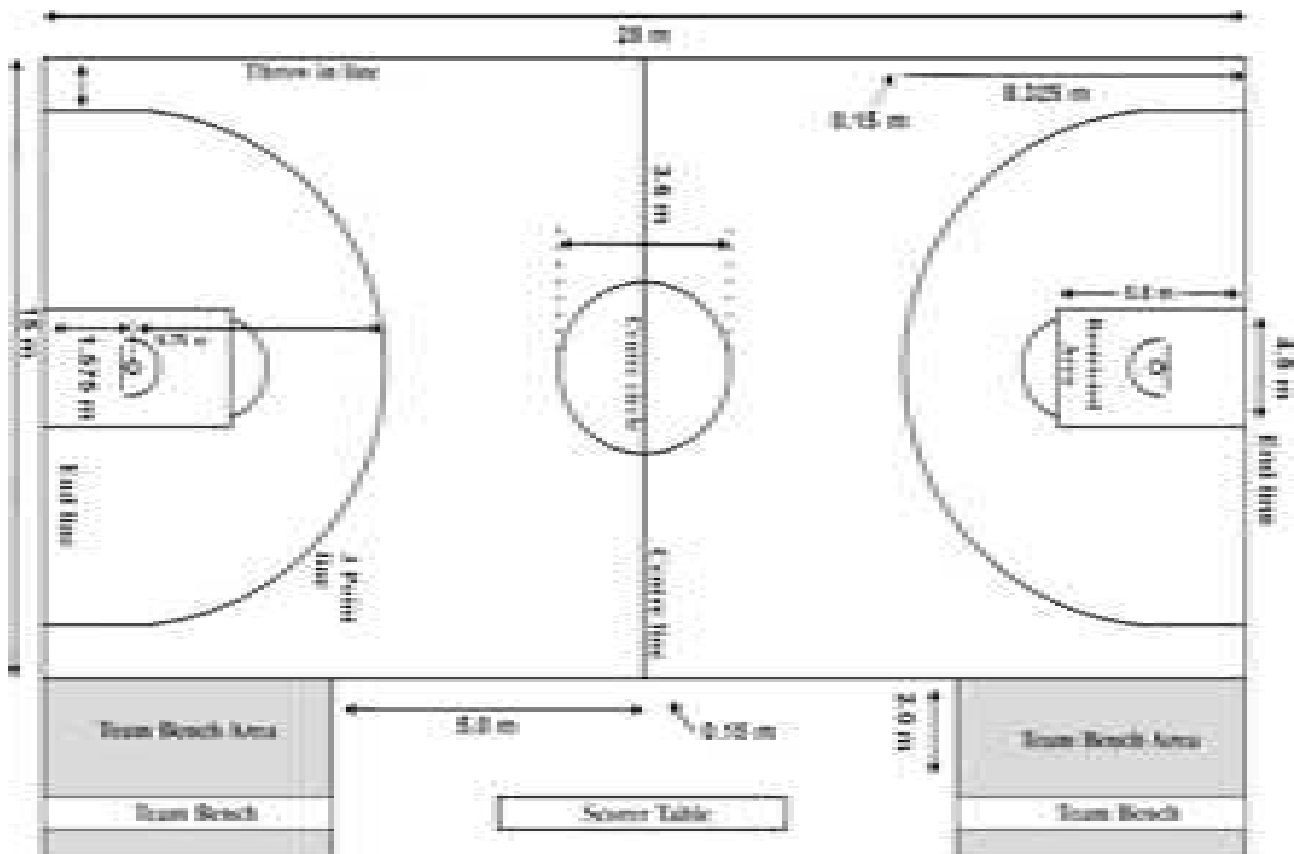
Length of net : 40 cm

Ball :

Round rubber ball. Weight : 600 gms to 650 gms.

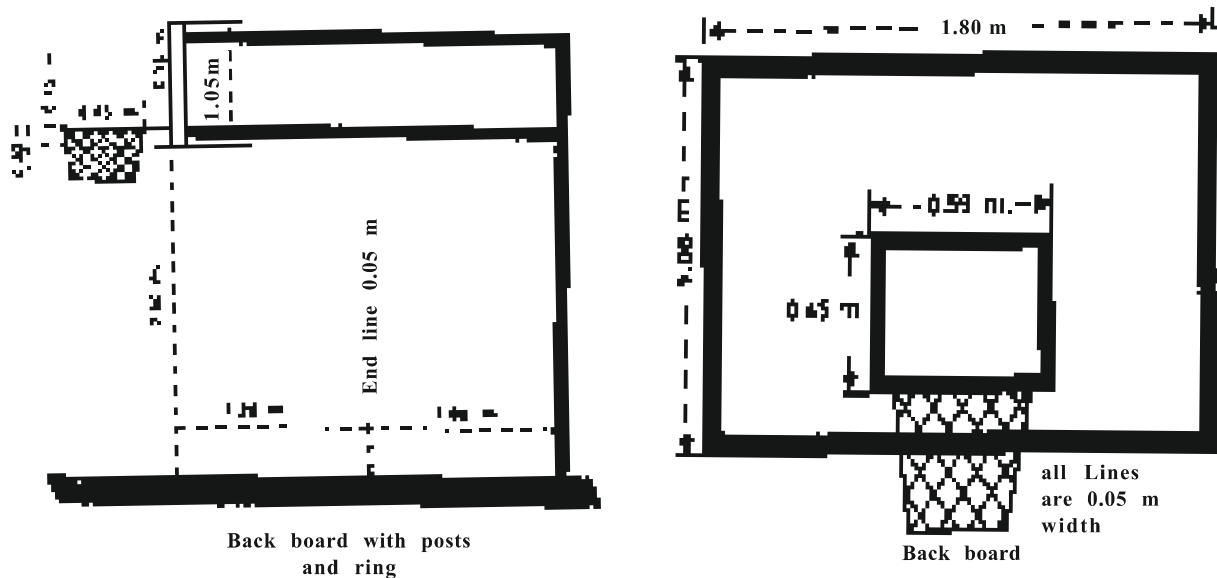
Circumference : 75 cm to 78 cm

Basketball Play ground



Other Equipments :

Scorebook, Stop and go watch, stop watch, Call bell, Bell, Score board and foul indicator numbers from 1 to 5, out of which 1 to 4 numbers should be black colour and the 5th one should be red colour.



Skills :

- (1) Passing :** (1) Two hand over head pass. (2) Two hand chest pass.
(3) Two hand bounce pass. (4) One hand under hand pass.
(5) Two hand under hand pass.
- (2) Dribbling :** (1) Low dribble (2) High dribble
- (3) Shooting :** (1) Shooting without support (2) Shooting with the support of board
- (4) Lay up shot :**
- (5) Set shots :** (1) One hand set shot (2) Two hand set shot

Now we shall get information regarding different skills of the game.

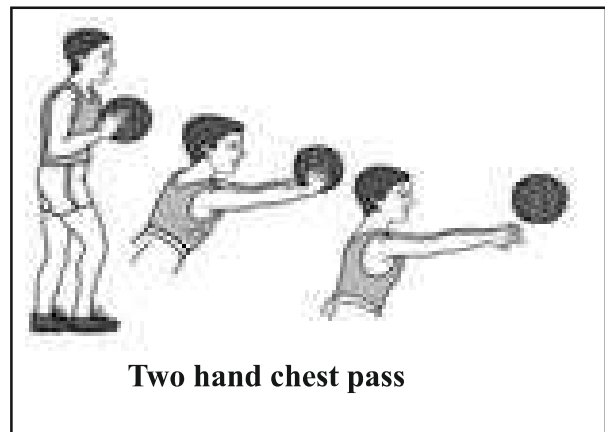
(1) Passing :

Passing being the basic skill in the game of basketball, it has got more importance. By means of getting control over the skill of passing, the game can be made speedy, which will be helpful in scoring more baskets.

In the game of basket ball, the action of giving the ball from one player to the other player of the same team is called “passing”. For the effectiveness of this skill in the game, the well understood co-operation of all the players is quite necessary. So, to win the game the mastery over the skill of all the players becomes necessary.

Now, we shall get information regarding types of the skills of passing.

(i) Two hand over head pass : A player in the basic position, in which he shall keep his both the legs little open and bent from the knees. His eye - sight shall remain in front, the back shall be straight and the body shall remain little leaned in the front and shall hold the ball. From this basic position he shall take the ball in front of the forehead. The hand shall be kept bent from the elbow and shall remain on the sides. Then keeping the grip over the ball, shall take the wrists downward. Then putting one leg in front shall extend the hands in front of the head alongwith a ball. From there he shall release the ball with a jerk of wrists from over the head. The body weight shall come over the front leg.



(ii) Two hand chest pass : A player shall hold the ball and come in the basic position. He shall bring his wrists little downward alongwith a ball. Then keeping the eye-sight towards the receiver of the ball shall release the ball speedily with a push of the wrists. He shall push the ball from the front of his shoulders. The ball shall travel paralalled to the chest of the receiver of the ball. The motion of the ball shall be the direction of the movement of the arms of the clock. After the release of the ball, the weight of the body shall be on the front foot and the palms of the hands shall remain in the outward direction, but shall remain nearer to each other.

(iii) Two hand bounce pass: A player shall hold the ball in the basic position. The ball is not passed in the front, but instead, the ball is collided with the ground and sent to the receiver. The ball shall reach the receiver at an angle at which it might have been collided. This skill is called V pass also.

(iv) One hand under hand pass : The player shall hold the ball in the basic position. Then he shall bring the ball near the right knee. He shall keep the elbows nearer to the body. Then he shall keep the right hand straight keeping its palm in the direction of the throw. To give support to the ball shall keep the left hand in such a way that it remains in the front. Then alongwith taking the left leg in the front shall give a swing to the hands and take them in the front. When the ball comes nearer the plane of the shoulders, the ball shall be released with the push of the fingers. After the release of the ball, the palm of the right hand shall remain toward the sky. This pass can be performed with the left hand from the left side.

(V) Two hand under hand pass:

A player shall hold the ball in the basic position and bring it on the right side near the waist. Right elbow shall remain on the back side near the body. Left hand shall remain in front touching with the body. Eye-sight shall be in the direction of the throw. From this position he shall do the action of pass like one hand under hand pass, with both the hands. This pass can be performed from left side.

(2) Dribbling :

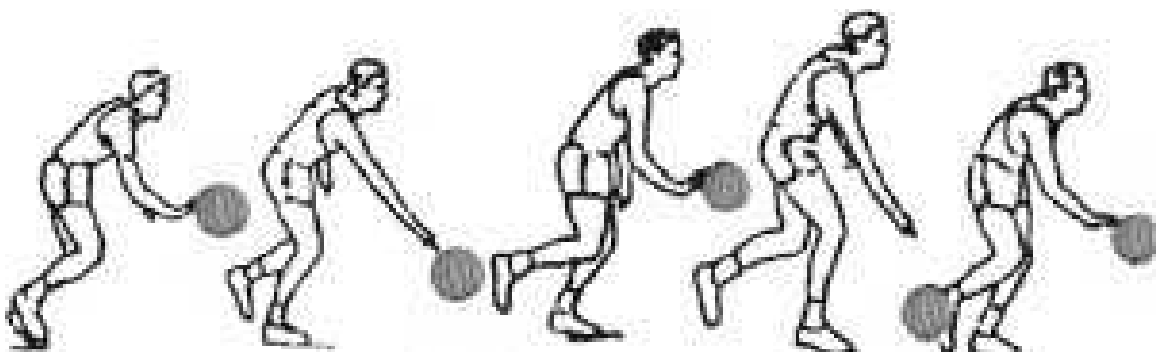
In the game of basketball the skill of tapping the ball with one hand on and often on the ground is called dribbling. Alongwith dribbling one can go forward with a ball. After dribbling the ball once it can be hold, but after holding it can not be dribbled again. The ball hold after dribble needs compulsarily necessarily to be passed. Or if a player is near the board he can shoot it. The dribbling is to be done with one hand only. While dribbling one has to keep the eye-sight in the front.

Types of Dribbling :

(a) Low dribble, (B) High dribble

(i) Low dribble : In this type of dribbling the ball is kept at the height lower than the knee and then dribbled. In low dribble one can keep control over the ball. Generally, when any player of the opposite team comes nearer to the dribbler, he can be dodged another side keeping the control over the ball.

(ii) High dribble : In high dribble, mostly the ball remains at the height above the waist. To get this height, the ball is needed to be collided with the ground with more power. To travel with speedy motion one has to use skill of high dribble. But, while doing high dribble if one is inattentive, the opposite player can easily snatch away the ball.



High Dribble

(3) Shooting : During the game of basketball, the skill of throwing the ball in the ring basket from different places in different situations is called shooting. In the game of basketball, getting the victory depends upon more number of baskets and more number of baskets depend upon the perfect and successful shooting in the ring. Shooting is done in two ways :

- (a) Shooting without support (Straight shooting)
- (b) Shooting with support of the board (Assisted shooting)

(i) Straight Shooting : In straight shooting the ball is passing through the ring without any support whatsoever.

(ii) Assisted shooting : In this type of shooting the ball is being passed through the ring, after being collided with the board.

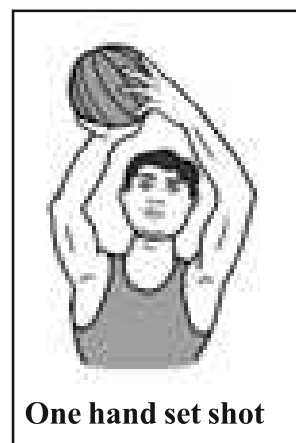
(4) Lay - up shot : With dribbling when a player comes near the board and collides the ball with the board to shoot is called lay-up shot. In lay-up shot, when a player is little away from the board shall stop dribbling and catch the ball when his right or left leg is on the ground and in motion he shall take a long step with any of the legs and shall jump high and shall extend the shooting hand from the elbow and shall collide the ball in the rectangle drawn on the board, slowly. The ball collided thus mostly passes through the ring. After the lay-up shot, the player shall land on the ground on both of his legs.

(5) Set Shot :

There are two types of set-shot :

- i. One hand set shot :
- ii. Two hand set shot :

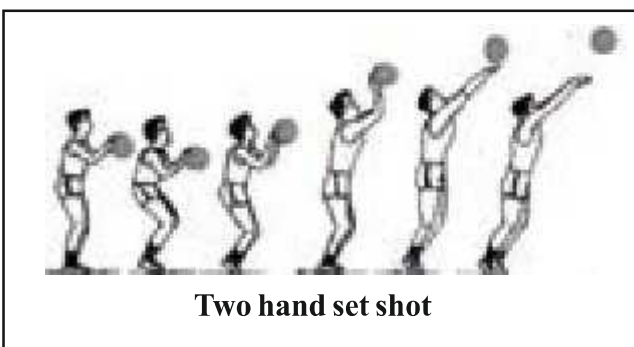
(i) One hand set shot : A player shooting with right hand shall keep his right leg in the front. As shown in the picture the palm of the right hand shall face the ring, and the palm of the left hand shall remain in touch with the ball to support it. Then the right hand shall be extended toward the ring. When the hand becomes straight the ball shall be thrown toward the ring with a push of the wrist and the fingers. When the ball is released from the right hand its palm shall remain toward the ground.



Shooting can be done differently as follows :

- (I) To shoot, bringing the ball in front of shoulder.
- (II) To shoot, bringing the ball over the head.
- (III) To shoot, bringing the ball over the shoulder and on the side of the head.

(ii) Two hand set shot : This skill is used to shoot from the far distance. Initially a player shall hold the ball coming in the basic position. He shall bring both the wrists downward along with ball. Then he shall extend his hand above from the front of the forehead. Making the hands straight, he shall make the legs straight from the knees and shall rest the body on the toes of the legs, and shall push the ball towards the ring with the help of the wrists and the palms. The ball shall go towards the ring with speed. After the release of the ball the palms of the hand shall remain sideward and near to each other.



Individual practice :

The game of basketball is such, in which one can have individual practice. Such practice can be done effectively for the following skills :

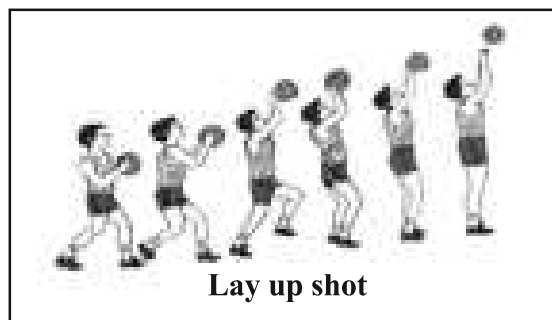
- (a) Dribbling practice
- (b) Shooting practice.
- (c) Lay up shot practice.
- (d) Set shot practice.

(i) Dribbling practice : In dribbling practice a player can dribble high and low. Practice can be done with slow speed and high speed. While practising one can abruptly stop and immediately can go ahead. The time limit can be framed out by experience to achieve required physical fitness. If need be, one can keep on dribbling standing at one spot.

(ii) Shooting practice : Shooting can be done from any distance and any spot in the ground. For perfection one can fix the numbers of shooting and can note as to how many shots were successful.

(iii) Lay up shot practice :

In this skill dribbling, jumping and shooting actions are included. The practice of lay up shot can be done with slow speed in the beginning and can be increased at the latter stage. It can be performed from the front of the board, from the right side or from the left side of the board. While shooting if the ball collides with the board and does not pass through the ring, one should try to collect the ball to try it again.



(iv) Set shot practice :

Set shot can be done with one hand and also with two hands. The practice of this shot can be done in three ways: (i) bringing the ball in front of the shoulder, (ii) bringing the ball over the head and (iii) bringing the ball over the head and on it's side.

For long distance shooting two hands set shot should be used. This skill can be performed from the front of the board, from any direction and from any distance.

Team practice :

If one wants to practise in a team, there should be two teams consisting of 5 players in each team. To get mastery over team practice, the teams should play the games for different time limits. In the beginning they can have two halves for 5 minutes each, Then they can play two halves for 10 minutes each and ultimately for 20 minutes each.

For team practice inter class competitions and friendly matches can be arranged. At school level and college level such practices of the games can be arranged for boys and girls both.

Rules the of game :

(1) Every team of basket ball game comprises of total 12 players including 5 playing players and 7 substitutes.

(2) Dribbling can be done with one hand only. After stopping doing the dribbling, it cannot be done again.

(3) If there is a foul, intentional foul or the technical foul during the shooting, the opposite team shall be given free throw.

(4) **Free throw :** Free throw is done from the free throw line of the opposite team. In this throw, if the thrower commits a foul and there is a basket, it shall be considered cancelled. If opposite team commits a foul and theres is a basket, it shall be considered as a basket, but if there is no basket, the free thrower shall be given the chance again. If in the second chance there is a basket then the team who score basket shall get one point.