

ICSE Paper 2016 Physical Education

(Two Hours)

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

*You will **not** be allowed to write during the first **15** minutes.*

This time is to be spent in reading the Question Paper.

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

*Attempt **all** questions from **Section A** and **two** questions from **Section B**.*

The intended marks for questions or parts of questions are given in brackets [].

SECTION-A (50 Marks)

*(Attempt **all** questions from this Section)*

Question 1:

- (a)** Write any two advantages of health education. **[2]**
- (b)** Name any two diseases caused due to lack of oral hygiene. **[2]**
- (c)** State any three anti-mosquito measures. **[3]**
- (d)** Mention any three causes of tuberculosis. **[3]**

Answer:

(a) Advantages of health education:

1. It helps the person gain good and healthy habits.
2. It helps provide defence towards diseases and infections.
3. It also keeps the environment in complete harmony.

(b) Scabies and Eczema

(c) Anti-mosquito measures:

1. Emptying water from containers around the home, removing unused plastic pools, old tires etc.
2. Destroying mosquito larvae by non-hazardous natural means such as throwing them in dry places
3. or feeding them to larvae eating fishes.
4. Spreading DDT powders in areas suspicious of mosquito larvae.

(d) Three causes of tuberculosis:

1. Smoking and Alcoholism.
2. By droplet infection from the infected person.
3. Meat products of an infected animal.

Question 2:

(a) Name any four common sports injuries. **[2]**

(b) What is nutrition? **[2]**

(c) Mention any three factors to have healthy hair. **[3]**

(d) What is pneumonia? Write any two symptoms of pneumonia. **[3]**

Answer:

(a) Four common sports injuries:

- | | |
|---------------|----------------|
| (i) Sprains | (ii) Contusion |
| (iii) Strains | (iv) Abrasion. |

(b) NUTRITION: The science which deals with nutritious diet and its importance for the individual is known as Nutrition.

(c) Factors for healthy hairs:

1. A good quality shampoo or soap should be used for washing hair.
2. Use of driers and chemical colours should be avoided.
3. Hair should be combed everyday.

(d) PNEUMONIA: Pneumonia is a disease of lungs and can attack in any age.

Symptoms:

1. A patient suffer from high fever and feels difficulty in breathing due to the swelling in lungs.
2. Sever cough and cold and sometimes the patient complains of chest pain and feels restlessness.

Question 3:

(a) State any four advantages of correct posture. **[2]**

(b) State any four advantages of recreation. **[2]**

(c) Name the micro-organism which causes Malaria. Mention any two symptoms. **[3]**

(d) What is Immunity? Name the types of Immunity. **[3]**

Answer:

(a) Advantages of correct postures:

1. It improves the personality.
2. It develops physical fitness and athletic ability.
3. It gives grace and efficiency of movement.
4. It prevents disorders and diseases.

(b) Advantages of recreation:

1. Recreation helps in reducing mental tension, illness and stress.
2. Recreation plays an important role in encouraging such things as preservation of natural resources, construction of play grounds etc.
3. Recreation recognizes the people to become all that they are capable of becoming and contribute to the society.
4. It plays an important role in the life of children and youth by avoiding them from committing criminal acts.

(c) Malaria is caused by a sporozoon parasite and carried from man to man by the agency of certain species of female anopheline mosquitoes.

Symptoms: Body ache and Fever.

(d) Immunity is the ability of an organism to resist a particular infection or toxin by the action of specific antibodies or sensitized white blood cells.

Types of Immunity: Basically immunity is divided into two categories:

1. **Innate Immunity:** It is the natural resistances with which a person is born. It provides resistances through several physical, chemical and cellular approaches.
2. **Adaptive Immunity:** It is further divided in two major types natural and artificial. Naturally acquired immunity occurs through contact with a disease causing agent, when the contact was not deliberate, whereas artificially acquired-immunity develops only through deliberate actions such as vaccination.

Question 4:

(a) Define disinfectants? **[2]**

(b) What is meant by the term vector Infection? **[2]**

(c) What is the full form of HIV? Mention any two symptoms. **[3]**

(d) State the sleep requirement for the following age groups: **[3]**

1. Infants and children from 6 months to 2 years.
2. 2 years to 12 years.
3. Adults with normal routine.

Answer:

(a) Disinfectants: It is an agent which destroys the micro-organisms which are likely to spread diseases. Disinfectants are very effective in the prevention and control of

communicable diseases.

Example: Phenol, bleaching powder.

(b) Vector Infection: Vectors are organisms that transmit pathogens and parasites from one infected person (or animal) to another, causing serious diseases in human populations. Vector borne disease are infections transmitted by the bite of infected arthropod species, such as mosquitoes, ticks etc.

(c) HIV: Human Immunodeficiency Virus.

Symptoms: Weight loss and Diarrhoea.

(d)

1. **Infants:** 20 hours.
2. **Children (6 months to 2 year):** 15 hours
2 years to 12 years: 11 to 12 hours
3. **Adults:** 7 to 8 hours.

Question 5:

(a) Name any two diseases spread by Fungi. **[2]**

(b) Write the full form of ABC and BMI. **[2]**

(c) Suggest three precautions that should be taken to avoid accidents caused by cooking gas. **[3]**

(d) State any three ill-effects of drugs. **[3]**

Answer:

(a) Aspergillosis and Candidiasis

(b) ABC: Agility, Balance and Coordination.

BMI: Body Mass Index.

(c) Precautions to avoid accidents caused by cooking gas:

1. Protect your hands with the help of tongs while working on gas.
2. There should be no fire near a gas cylinder or pipe.
3. Don't look into the oven, ignite the match stick first before opening the gas.

(d) Ill-effects of drugs:

1. In children they can lead to cessation of growth.
2. In woman they may cause various degrees of masculinity, with changes in voice.

3. The hormone production is suppressed and the hormonal balance may be upset.

SECTION-B (50 Marks)

*Attempt **two** questions from this Section.*

*You must attempt **one** question on each of the **two** games of your choice.*

CRICKET

Question 6:

(a) Explain the following terms:

1. Time out.
2. Catch out.
3. Intentional Disturbance.
4. Double Hit.

(b)

1. List any three Protective Equipment used by the batsman.
2. Write down any three fielding positions of on side.
3. What is the importance of 30 yard circle in the game of cricket? [9]

(c) Write the following:

1. Weight and circumference of a cricket ball.
2. Length and widest part of a cricket bat.
3. Height and breadth of cricket stumps.
4. Distance between stumps and distance of inner circle from the wickets. [8]

Answer:

(a)

1. **Time out:** If the next batsman did not arrive at the wicket or pitch within minutes of the previous one being dismissed, its called time-out.
2. **Catch Out:** When a batted ball is caught by a fielder before it touches the ground, its called catch out.
3. **Intentional Disturbance:** Intentional disturbance means obstructing the field. It is one of the ten methods of dismissing a batsman in cricket.
4. **A double hit** is a method of dismissal of the batsman when the ball is in play, it strikes any part of his bat or while guarding his wicket, he hits the ball again.

(b)

1. Four protective equipment used by batsman in a game of cricket:
 1. Helmet to protect the head.
 2. Gloves to gain grip and prevent injury in the hand.
 3. Leather shoes usually with spiked soles for grip on the grass.
 4. Pads to protect knees and lower legs.
2. Fielding positions on the onside of the field are:
 1. Square leg
 2. Mid wicket
 3. Fine leg
 4. Mid on.
3. The importance of the thirty yard circle is that this circle divides the field into an infield and outfield.

(c)

1. Weight of the ball = 156 – 163 gms.
Circumference of ball = 22.4 – 22.9 cm
2. Length of cricket bat = 96.5 cm
Maximum width of cricket bat = 10.8 cm
3. Height of stumps = 71.1 cm
Breadth of stumps = 22.8 cm
4. Distance between stumps = 22 yards
Distance of inner circle from wickets = 30 yards

Question 7:

(a) Explain the following terms:

1. A sight screen.
2. How's That?
3. A googly.
4. A china-man. **[8]**

(b)

1. Draw a diagram of a Cricket Pitch and mark the following:
 1. The Bowling Crease
 2. The Popping Crease
 3. The Return Crease.
2. What do you mean by ball tampering?
3. What do you mean by the term substitute? **[9]**

(c) Explain the following:

1. A Stance
2. A Full Toss
3. A Run-up
4. A Sweep Shot. [8]

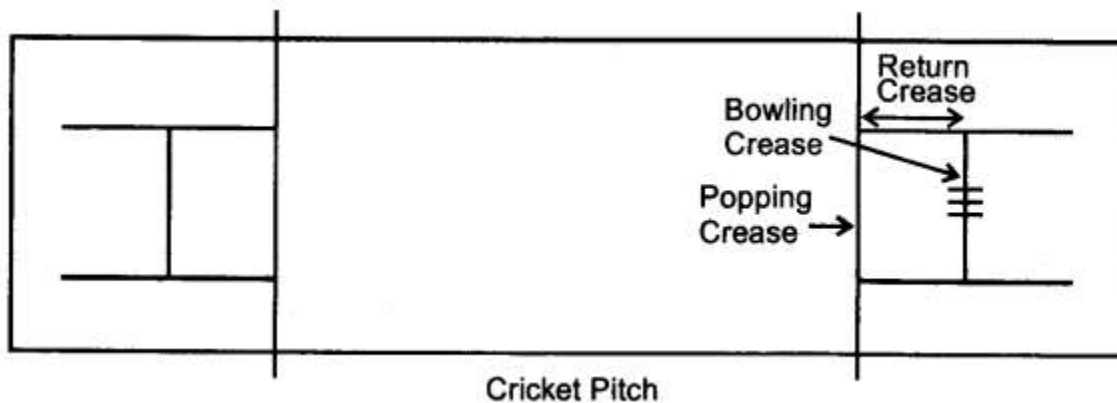
Answer:

(a)

1. **A sight screen** is a specified white or coloured screen kept behind the stumps over the boundary line, to provide visibility of approaching bowler towards batsman. It is with the dimensions of 6 meters in length and 3 meters high.
2. **How's That:** An appeal by the fielding players to umpire to consider the delivery of ball carefully. This appeal pressurises the umpire to consider them.
3. A **googly** is a cricket ball bowled as an off break with the leg break down. Such a ball is usually bowled by a right-arm leg spinner.
4. Left-handed wrist spinners are called **china-man** bowlers. A ball delivered in this way will spin from the off-side to the leg-side for a right-handed batsman.

(b)

1. Cricket Pitch



2. In cricket, **ball tampering** is an action in which a fielder illegally alters the condition of the ball. The primary motive is to interfere with the aerodynamics of the ball. Few ways of ball tampering are rubbing the ball on the ground, applying gum on it etc.
3. A substitute is a replacement player that the umpire allows when a player has been injured or become ill after the nomination of the players at the start of the game.

(c)

1. **Stance** is the position in which a batsman stands in order to have the ball bowled to him. An ideal stance is 40 cm apart from the feet, parallel and astride the crease.
2. **A full-toss** is a cricket ball bowled that reaches the batsman without bouncing.
3. **A Run** is an approach run taken by bowler during bowling.
4. **A sweep shot** is played similar to the pull shot except it is played with the backmost knee on the ground so as to hit balls which bounce low.

FOOTBALL

Question 8:

(a) Draw a diagram of a football field showing all the dimensions. [8]

(b)

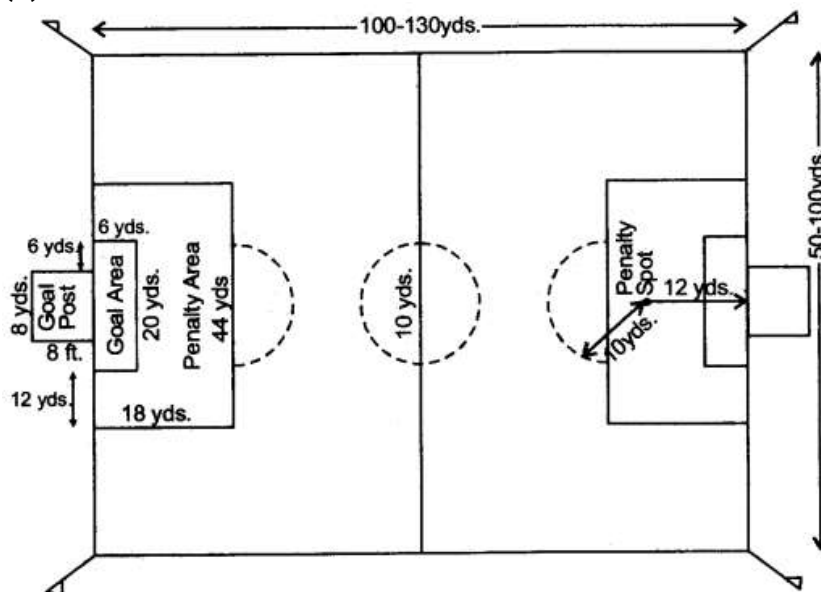
1. State three procedures that will be followed during a kick off.
2. State any three duties of an Assistant Referee.
3. What is the procedure of taking a throw in? [9]

(c)

1. When is the corner kick awarded and from where is it taken?
2. Explain the following:
 1. A Substitution
 2. A Through-Pass.

Answer:

(a)



(b)

1. Procedure to be followed during a kick-off:
 1. During kick-off players remain in their own half.
 2. Opponent team player does not enter 10 yard circle until ball is pushed or kicked forward.
 3. Kick-off player should not touch the ball consecutively second time until played by another player.
2. Three duties of assistant referee are:
 1. He indicates whether the whole ball has passed outside the field of play.
 2. Indicates whether player must be penalised for an off side offence.
 3. Indicates which side is entitled to return the ball into field of play.
3. Throw-in is taken by the player from the sideline. Player throws the ball over the head to give the pass to his player. Both the feet are in contact with ground.

(c)

1. Corner kick is awarded when a defender puts the ball out of the play behind his team's goal line. It is taken from corner-arc or quarter-yard circle.
 1. **A Substitution** is change of players during match with permission of the referee. Maximum two substitution are allowed.
 2. **A through pass** is a type of pass between the defenders into the open space between the full backs and the goalkeeper. This pass may be played along the ground or in the air.

Question 9:

(a)

1. State any four offences committed by a player within his own penalty area, which warrants the award of a penalty kick.
2. What is the circumference and weight of a standard football? State its minimum and maximum size. **[8]**

(b)

1. How is a goal scored in the game of football?
2. As a Referee what decisions would you take if the following incidents occur during a match:
 1. A player intentionally pushes an opponent.
 2. A defending player intentionally handles the ball in the penalty area.
 3. A player indulges in misconduct even after receiving a yellow card.
3. In a knockout tournament if the match ends in a draw, what will be the procedures followed to determine the winner of the match? **[9]**

(c) Explain the following:

1. An offside
2. A Free-kick
3. Heading
4. Passing. [8]

Answer:

(a)

1. Offences committed by a player:
 1. Kicks or attempts to kick an opponent.
 2. Pushes an opponent.
 3. Handles the ball deliberately (except for the goalkeeper within his own penalty area.)
 4. Jumps at an opponent.
2. **Circumference of football:** 69 to 71 cm.
Weight of football: 400 to 450 grams.

(b)

1. To score a goal in the game of football, the ball must pass completely over the goal line between the goal posts and under the cross bar and no rules may be violated on the play.
 1. When a player intentionally pushes an opponent then a referee will either gives him a yellow card or awarded a free or penalty kick to an opponent player.
 2. If a defense player intentionally handles the ball in the penalty area, then it is considered to be a fault and the referee awards a penalty kick.
 3. If a player indulges in misconduct even after receiving a yellow card then a referee will give him a red card making him out of play.
2. During a knock-out tournament, if there is a tie at the end of regulation time, then the teams play for 30 minutes extra time of two halves of 15 minutes each overtime period. In this duration, if any team makes the goal, wins the match.

(c)

1. **An off-side** is a position when a player is nearer to his opponents' goal line, than both the ball and the second last opponent. It is not an offence in itself to be in an off-side position.
2. **A free kick** is a kick which is awarded to the team if the opposing team has made a fault. This kick is taken from the place where the opposing team has made the fault.

3. **Heading** means to re-direct the ball towards the net. A defender heads the ball to deflect it away from the goal. In heading, forehead hits the overhead coming ball.
4. **Passing** means passing the ball to own teammate who is close. The ball is slightly pushed so that it should reach to the desired point.

HANDBALL

Question 10:

(a) Explain the following:

1. Goal area
2. Free throw line
3. Duration of the extra time
4. Free space area [8]

(b)

1. Mention any three duties of time keeper.
2. Mention any three instances when a referee gives a two-minute suspension to a player.
3. Write any three privileges of the goal keeper. [9]

(c)

1. Write six situations where a penalty throw is awarded?
2. Write any two situations where a warning is given. [8]

Answer:

(a)

1. **Goal area** is a rectangular area to the sides and front of the goal, measuring 20 × 6 yards on a full-sized pitch, from which goal kicks are taken.
2. **Free Throw Line:** A dashed near semi-circular line and nine meters from the goal post marks the free-throw line. Free throw is taken from this line
3. **Duration of extratime:** Maximum two overtimes, each consisting of two straight 5-minute periods with a one-minute break in between.
4. **Free Space Area** is a 3 meters on all sides of play field.

(b)

1. Duties of the time keeper are:
 1. Records time of playing.

2. Interrupts the game when technical delegate from the responsible federation visits.
3. Keeps record of suspension time of suspended players.
4. Checks the exit and entry of substituting players.
2. The three instances are:
 1. Serious or repeated rules violations.
 2. Unsportsman like conduct.
 3. Illegal substitution.
3. The advantages a handball goalkeeper enjoys:
 1. He can touch the ball by any part of his body.
 2. He can move with the ball inside the goal area.
 3. Leave the goal area without the ball and participate in the game.

(c)

1. Situations where a penalty throw is awarded:
 1. When a clear chance of scoring is illegally prevented anywhere on the court by an opposing team player.
 2. When the referees have interrupted a legitimate scoring chance for any reason.
 3. When a player pushes the opponent player.
 4. When a player jumps over opponent player.
 5. Impeding the opponents counterattack.
 6. Holding the opponents player.
2. Situations where warning is given:
 1. When a player reaches around opponent intentionally.
 2. When a player tries to hit the opponent player.

Question 11:

(a)

1. Mention the two throws for which the referee must always blow the whistle to restart the game.
2. What is the restraining line meant for?
3. Explain the term 'throw off'.
4. Explain the term 'free throw' in handball. **[8]**

(b)

1. What is meant by a referee throw?
2. When is a player excluded from the game?
3. What is the purpose of the substitution line? **[9]**

(c) Define the following terms:

1. A suspension
2. An exclusion
3. A goal scored
4. A fast – break. [8]

Answer:

(a)

1. Free throw and Throw-off.
2. The restraining line means that the goalkeeper is not allowed to cross this line. This line is about 4.4 yards away from the rear goal line.
3. **A throw-off** is taken by the team that wins the coin toss and chooses to start the game with the ball. At a whistle, the ball is passed from centre court to a teammate and play begins.
4. **Free Throw** is also known as 9 meter throw. If defensive team commits fault or violation then opponent is awarded with 9 meter free-throw. Defensive player must be 3 meter away from the opponent players.

(b)

1. The **referee throw** is taken from the center of court. The referee will throw the ball vertically between two players of the two teams. Occurs when two opposing players commit a violation.
2. The **player is excluded from the game** for unsportsmanlike conduct after receiving a warning and even a 2-minutes suspension. He is excluded for fouls which endanger the opponent's health and for an assault by a team official.
3. The player is substituted and enters the field of play from the substitution line.

(c)

1. **A suspension:** A player is suspended from the game for a period of two minutes, for a serious rules violation or for unsportsmanlike conduct. The player is usually given a warning first. The referee raises his arm with two finger extended to indicate the player has been suspended.
The suspension of player is done when:
 1. Faulty substitution
 2. Repeated fouls
 3. Repeated unsportsmanlike conduct
 4. As a consequence of a disqualification of a player or team official.
2. **An Exclusion:** A player is excluded when he found guilty of an assault (according to rules) during the play time on or out side the playing court. After calling a time-out, the referees raises and cross both the arms over the head to indicate the player has been excluded.

3. **A Goal Scored** is scored when the entire ball crosses the goal line inside the goal. A goal may be scored from any throw (free-throw, throw-in, throw-off, goal-throw).
4. The **fast break** begins when the defense team takes the ball by means of blocking, interception or rule violation.

HOCKEY

Question 12:

(a) Explain the following terms:

1. A Goal Line
2. A Playing Distance
3. Dribbling
4. An Obstruction [8]

(b) In the event of the ball going over a back line, how does the game resume:

1. When an attacker knocks the ball out of play?
2. When a defender unintentionally knocks the ball out of play?
3. When a defender intentionally knocks the ball out of play? [9]

(c)

1. Write any four occasions when the umpire blows the whistle during a game.
2. Explain the following terms:
 1. A penalty corner
 2. Dangerous play. [8]

Answer:

(a)

1. **Goal Line** is a 60 yard line on the goal. Goal line is used for penalty corner and corner attacker.
2. **Playing Distance:** The distance within which a player is capable of reaching the ball to play it, is called playing distance.
3. **Dribbling** is tackling the ball with the stick work. The movement of ball is controlled by rolling stick around it, while maintaining constant control of it with the stick.
4. **Obstruction** is when a player prevents another player from playing the ball by placing their own body or stick between the other player or their stick and the ball shadow (or third party) obstruct opponent from tackling a team member in the way as discussed before.

(b)

1. When an attacker knocks the ball out of play then opponents are rewarded with 16-yard hit.
2. When the ball is played over the black-line unintentionally by a defender then a free kick is awarded. It shall be taken from anywhere at a spot within 16 yards of inner edge of defending team's back line or through the line drawn parallel to side line or the place where breach occurred.
3. When a defender intentionally knocks the ball out of play then long corner pass is permitted to attacking team in that case.

(c)

1. The four occasions when umpire blows the whistle during the game are:
 1. At the starting and the ending of the match.
 2. Indicate a goal.
 3. Re-start the match after a goal has been scored or awarded.
 4. Stop the match for any other reason and to restart it.
5. **A Penalty Corner:** When intentional or unintentional offence is committed by defensive player in their shooting circle then a penalty corner is given to opponents. It is taken from end line 10 yards away from goal post.
6. **Dangerous play** is when, if the player intentionally hurts another player or any accident occurs during the match which makes the condition serious.

Question 13:

(a) Explain the following:

1. Carried
2. A Rolling-substitution
3. A Bully
4. A Corner [8]

(b)

1. Mention three procedures to be followed while taking a 'Penalty Strock'.
2. List three instances wherein 'Penalty Corner' is awarded.
3. State the importance of the shooting circle. [9]

(c) Explain the following:

1. A Corner Push
2. A Dodge
3. A Tapping

4. A Shin Guard [8]

Answer:

(a)

1. When a ball is hit on your leg (foot) while dribbling or tackling opponent, it is considered as a foul (foot foul), opponent can intentionally hit the ball at your leg to free hit. So you have to be careful while tackling opponent.
2. **Rolling substitutions** can be made and it is at international level to see players being constantly substituted on and off throughout the match.
3. **A Bully** is a method to start or restart the game after interruption. In this, opponent player tries to gain control by dribbling against each other on the command of referee.
4. **A corner** is awarded for an offence by a defender in the circle which does not prevent the probable scoring of a goal. It is also awarded when the defender plays the ball intentionally over the back-line.

(b)

1. Procedures to be followed while taking 'Penalty Stroke':
 1. Time stops during penalty stroke.
 2. Only goalkeeper and the player taking stroke is permitted inside shooting circle.
 3. Player flicks the ball from penalty spot 7 yards in front of goal post.
2. The three instances are:
 1. For an offence in the circle which does not prevent the probable scoring of a goal.
 2. For an intentional offence outside the circle but within 23 metres area, defenders are defending.
 3. For intentionally playing the ball over the back line.
3. **Shooting Circle:** If attacking team commits foul in opponents shooting circle, then, opponents are rewarded with 16 yard hit; if defensive team commits foul inside the shooting circle then opponents are awarded penalty corner.

(c)

1. **A corner push** is pushing the ball, by involving the penalty corners which is an attack within the field of play.
2. **A Dodge** is the technique of dribble, in which the coming opponents are deceived in other direction by fake body movement. It prevents opponents to interfere or get possession of the ball.
3. **A Tapping** skill is used to stop the fast coming ball by carefully stopping with stick. In this the stick is kept in between the fast coming ball so that it stops close to stick.

4. **A Shin Guard** is the protective equipment used by a player to protect the shin-bone and ankle. It is fiber made flat curved guard which is worn under the stocking to protect lower leg and ankle.

BASKETBALL

Question 14:

(a) Explain the following:

1. An alternating possession indicator
2. A double foul
3. A violation
4. Three point successful shot.

(b)

1. Explain the following terms:
 1. A ten second rule
 2. A cut in
 3. A clean shot
2. What do you mean by Man-to-Man marking?
3. Define the term Zone-Defence.

(c) Write the following:

1. An illegal screening
2. A live-ball
3. A dead-ball
4. A lay-up-shot.

Answer:

(a)

1. An alternating possession indicator is given, when a shot bounces off the rim and away from the basket, and players from opposing team grab the ball and fight for its possession.
2. **Double Foul:** A double foul is a situation in which two opponents commit personal fouls against each other at same time.
3. **A Violation** is an infraction of rules of game, i.e. illegal actions for controlling or dribbling the ball during the game without obstructing opponent.
4. **A three-point shot** is made from beyond the three-point line, an arc surrounding the basket. A successful attempt is worth three points made inside the three-point line.

(b)

1.

1. **A Ten Second Rule:** In this rule, a player has 10 seconds to attempt a free throw. If the player does not attempt a free throw within 10 seconds of receiving the ball, the free throw attempt is lost, and a free throw violation is called.
2. **A Cut in:** The fast movement of the player towards the basket through two or more opponents to receive the ball.
3. **Clean Shot:** A shot in which the ball goes through the basket without hitting the rim is called a clean shot.
2. **Man-to-Man Marking:** Man-to-man defence is where each individual is assigned an opposing player and is to follow him around regardless of where he goes.
3. **Zone-Defence:** It refers to each player being assigned an area of the floor that he is responsible for. He is to defend the basket against anyone in his area.

(c)

1. **Illegal-Screening** is illegal attempt to delay or prevent opponent player who does not control the ball from reaching desired position.
2. **Live-Ball:** During jump-ball if ball is legally tapped or officials place the ball for play or at the disposal of free throw-in, it is called a live-ball.
3. **Dead-Ball:** Ball lands out of bounds, official blows the whistle in case of violation, fouls etc. It is temporarily stop of game.
4. **Lay-Up-Shot:** A shot executed by a player while moving two steps with the ball and attempting a shot.

Question 15:

(a) Explain the following:

1. A time out
2. A disqualifying foul
3. Rebounding
4. A closely guarded player. [8]

(b) What do you understand by the following terms?

1. Blocking
2. Holding
3. A Held-ball. [9]

(c) Explain the following terms:

1. Dribbling
2. Aboard-shot
3. A three point-shot
4. Team Fouls. [8]

Answer:

(a)

1. **A Time Out** is an interruption of game requested by coach. It lasts not more than one minute. It can be taken one time in I, II and III quarter; except two times can be taken in IV quarter.
2. **A disqualifying Foul** is personal foul of a player, with or without the ball. It has been deliberately committed against opponent. This is a serious foul in which opponent gets two free-throws along with side pass from centre-line.
3. **A rebound** in basketball is the act of successfully gaining possession of the ball after a missed goal or free throw.
4. **A Closely Guarded Player:** A player is considered closely guarded when a defender is guarding that player within six feet in the front court.

(b)

1. **Blocking** is defined as contact which stops the progress of movement of a player on offense under the condition that the player who is in danger of being called for a blocking does not have both feet on the ground.
2. **Holding:** Both hands should be used to hold the ball, but only the shooting hand will actually propel the ball forward. Two handed shots should not be taken. The shooting hand is the 'platform' and should be underneath the ball with the wrist locked back.
3. **Held ball** is called when two opponents have one or two hands so firmly on the ball that neither can gain possession without roughness. It is also called when a player in the front court is so closely guarded that he cannot play for a goal.

(c)

1. **Dribbling** is done using one hand at a time. The ball is bounced into the floor and the player can remain still or move across the court while dribbling.
2. **Board shot** is a shot, aiming at the backboard at an angle to deflect the ball into the basket ball hoop.
3. **A three-point shot** is made from beyond the three-point line, an arc surrounding the basket. A successful attempt is worth three points made inside the three-point line.
4. A team is in a team foul penalty situation, when it has committed four team fouls in a period. In such foul, all subsequent players' personal fouls committed on a

player who is not in the act of shooting shall be penalised by 2 free throws instead of a throw-in.

VOLLEYBALL

Question 16:

Explain the following:

1. A blocking
2. A misconduct
3. An assisted hit
4. A consecutive contact [8]

(b) Enumerate any three duties of each of the following :

1. A First referee
2. A Captain on the court.
3. An Assistant referee [9]

(c) Briefly explain the following

1. A rotation
2. A collective block
3. A screening
4. A technical time-out. [8]

Answer:

(a)

1. **Blocking** is an action of blocking the ball at the net to enter the team's court of the defense team.
2. **A misconduct** is when a player uses foul means of verbal and non-verbal expressions or violates the rules of the game.
3. **An Assisted Hit:** A player when takes the support from teammate or any other structure or object in order to reach the ball within the playing area.
4. If the player hits the ball two times at a go, then it is called **consecutive contact**.

(b)

1. The duties of first referee are:
 1. The warming up of the teams is controlled by him.
 2. Gives signals to indicate fouls and breaking of the laws.
 3. Helps to perform toss between the two captains.

4. Decides the scores, check the score sheet and sign it at the end of the match.
2. The duties of assistant referee are:
 1. He checks that during start of any set, the actual positions of the players are similar to that on line-up sheets.
 2. Checks whether there is external interference with the ball anytime during the match.
 3. At the end of the match, the assistant referee also signs the score-sheet with reference to first referee.
 4. Assists the first referee when he is not in a position to see the contact.
3. The duties of the captain are:
 1. Represents the team in the toss.
 2. When ball is not in play, only captain can speak to the referee.
 3. To check the floor, the net, the ball with prior authorization.
 4. To request for time-outs and substitution whenever needed.

(c)

1. **Rotation** is in clockwise direction, one position every time you get the ball to serve. This is done continuously until the players play their position.
2. **A collective block** is when 2 or three players take part in a block. All the hands should be raised at one time and level. It raises a wide screen over the net.
3. **Screening** involves the serving team blocking the opposing team's view of the server or the trail of the ball. This includes jumping, are waving or moving sideways as the serve is being made.
4. During international and official competition, two 60 seconds **technical time-outs** are automatically given when leading team reaches 8th and 16th point in the first to fourth set. In this time out the players are required to go to free zones on their benches. If the game is tied, then no technical time out is given in the deciding set.

Question 17:

(a)

1. List the officials appointed to conduct the match.
2. What is a rally point?
3. Who requests the referee for a substitution?
4. When is the service changed during a match? **[8]**

(b)

1. List three Services Faults which leads to a change of service.
2. Mention three types of Delays which prolongs the game.
3. Explain the procedure of substitution during play. **[9]**

(c) Draw a neat diagram of a Volley Ball court and mark the following:

1. sideline
2. service line
3. attack line
4. front zone
5. back zone
6. rotation position
7. height of the net (men) from the ground
8. size of the net. [8]

Answer:

(a)

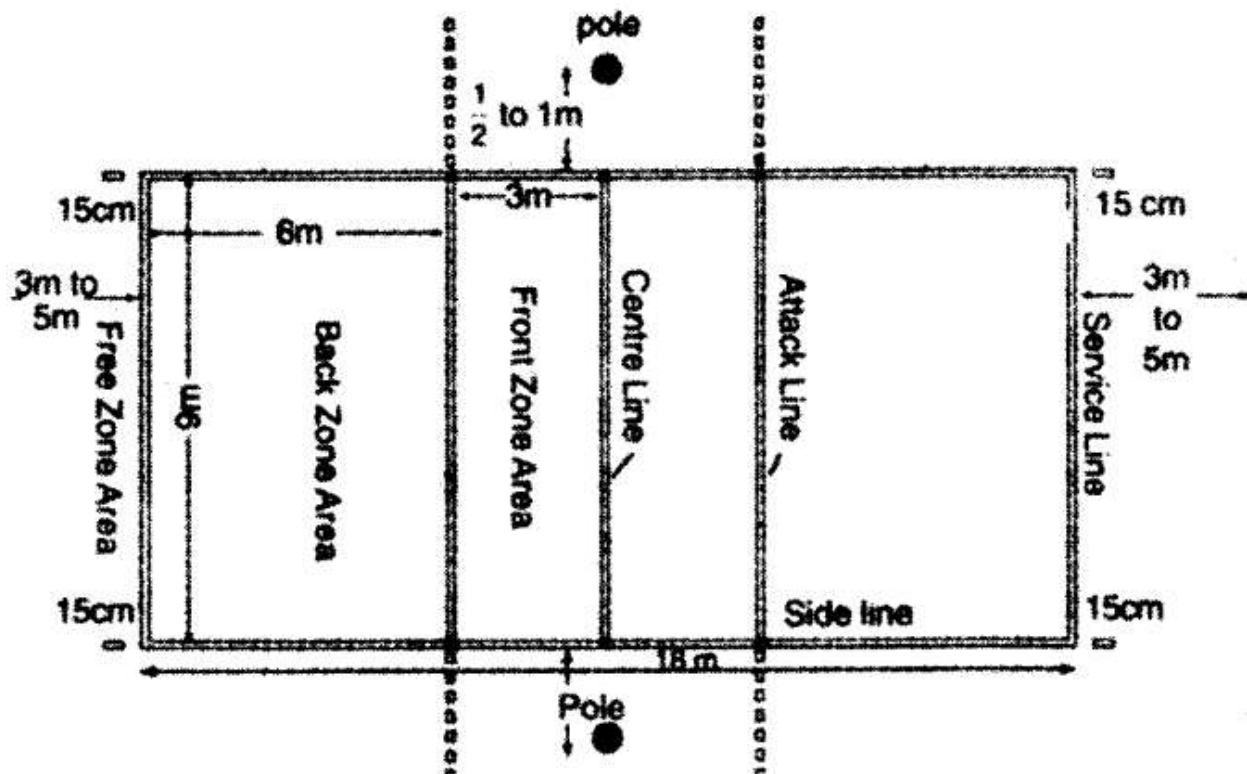
1. Following officials appointed to conduct the match:
 1. First Referee
 2. Assistant Referee
 3. Scorer
 4. Lines Men
2. **A rally** starts as the player serves the ball until the ball is dropped from any side. If the serving team wins the rally, then they get a point and their serve continues. If the receiving team wins the rally, then they too get a point and the service breaks.
3. Substitution requests can be made by either a coach positioned in the bench or warm-up area or the playing captain.
4. When the serving team loses a point this is called a "Service Change" which means that the opposition becomes the serving team and serves the next point.

(b)

1. Service faults which leads to change of service:
 1. If the server violates the service order.
 2. If the server doesn't execute the service properly.
 3. If the ball touches a player of the serving team or fails to completely cross the vertical plane of the net through the crossing space.
2. **Types of Delays:**
 1. Delaying a Substitution.
 2. Repeating an improper request.
 3. Requesting an illegal substitution.
 4. Prolonging other game interruptions, after having been instructed to resume the game.
3. **Procedure of Substitution:**
 1. When a substitute enters the substitution zone, the second referee whistles and signals the request.

2. The first referee copies the substitution signal, but does not whistle.
3. Second referee look at the players and sees the uniform number.
4. Then he authorizes the entry.
5. After the entry, second referee check with the scorekeeper.
6. Once the substitutions are recorded, second referee look for other requests and ensure the court is ready for play.
7. Put the whistle back in the mouth, move back in position, and give the ready signal back to the first referee.

(c)



Question 18:

(a) Explain the following terms:

1. A chopped ball
2. A batter
3. A tagging
4. An illegally caught ball. [8]

(b)

1. List three instances of a Trapped Ball.
2. State three duties of a plate umpire.
3. Mention three instances when the ball is dead and not is play. [9]

(c)

1. What is the procedure of scoring in the soft ball?
2. What is the procedure of substitution in the game of softball?
3. List any three conditions when a batter become a, batter runner. [8]

Answer:

(a)

1. **A chopped ball** is an illegal shot in which the ball is deliberately hit hard downward so that it bounces into the air in an attempt to avoid being caught.
2. **A Batter** is the offensive player who swings at the pitches and attempts to reach base by hitting a ball into fair play or accumulating enough balls for a walk.
3. **A Tagging:** A base runner that is not oh a base when he/she is tagged by a player with ball. The defense must create three 'outs' before it can switch to defense. This is called tagging.
An Illegally Caught Ball occurs when a fielder catches a batted or thrown ball with his/her cap, glove, or any part of his/her uniform while it is detached from its proper place.

(b)

1. **Instances of a Trapped Ball:**
 1. When a ball hasn't been caught properly, hitting the ground before the player catching it and scoop it up.
 2. A thrown ball to any base for a force out which is caught with glove over the ball on the ground rather than under the ball.
 3. A legally batted fly ball that is caught against a fence with the glove or bare hand.
2. Duties of the plate umpire are:
 1. Shall determine when a game is forfeited.
 2. Declares whether a batter bunts, or chops a ball.
 3. Give base decisions when necessary.
 4. Calls for all balls and strikes.
 5. Declares whether the fly ball is am infield or outfield fly.
 6. Also calls fouls, legal or illegal caught balls.
3. The ball is dead and not in play in the following circumstances:
 1. When the ball is batted illegally.
 2. When 'no pitch' is declared by umpire.
 3. When a ball is pitched illegally.
 4. When a foul ball is not caught.

(c)

1. The runs are scored in the game as follows:
 1. Each time a run is scored as the runner touches the first, second and third base lines and finally reaching the home plate.
 2. When the tie-breaker occurs, the runner does not have to touch the first base if he starts running from the second base.
 3. If the batter-runner being put out before legally touching first base, then the run is not scored.
 4. The runs are not scored if:
 1. Runner being forced out due to batter becoming runner.
 2. Runner fails to contact the base to which he belongs until a pitch is released.
 3. Preceding runner being declared out.
 4. Runner fails to contact the base until pitch is batted or reached home plate.
2. In the game of softball, a substitute may take the place of a player whose name is in the team's batting order. The coach or captain of the team making the substitution must immediately notify the plate umpire who will stop the game and announce the change to coach and captain of the other team.
3. The three conditions when a batter becomes a batter runner are:
 1. As soon the batter hits a ball and it lands in the fair territory.
 2. Until the ball has been interfered by the catcher.
 3. When the umpire calls for a four balls.

Question 19:

(a)

1. Name any two miscellaneous playing equipment.
2. What is the distance between the bases?
3. What is the length and breadth of the catcher's boxes?
4. Which team is called a defensive team? **[8]**

(b)

1. Under what circumstances is the base runner entitled for more than one base?
2. What do you mean by an interference?
3. What is a foul tip? **[9]**

(c) Explain:

1. A stealing
2. An altered Bat
3. An innings

4. Circumference and weight of the ball. [8]

Answer:

(a)

1. **Two playing equipments:**

1. **Bat:** Not more than 34 inches long and 6 inches in diameter.
2. **Ball:** Circumference = 30.5 ± 0.3 cm
Mass = 178 gms.
2. Distance between the bases should be 60 feet in length and the field is 60 inches square.
3. Length of Catcher's Box: 10 feet from batter box
Breadth of Catcher's Box: 8 feet 5 inches
4. The team occupying each of the nine positions on the field that attempts to prevent the opposing team from scoring is called a defensive team.

(b)

1. If a batted ball bounces off a fielder (in the fair territory) and goes over the fence in foul territory, or if it goes over the fence at a location that is closer than the official distance, the batter is entitled for next base and first base runner is entitled for second base.
2. **Interference** is called when a batter or runner obstructs a defender from making a play on the ball or when a defensive player impedes a runner in the baseline.
3. **A foul tip** is when the pitched ball hits the bat and goes directly and sharply to the catcher, who catches it.

(c)

1. In softball, **stealing** a base is everything. If you hit a single, then with the power of stealing you could be on third, that is called stealing.
2. **An Altered Bat:** An illegal practice, involving adding material or extra grips to the bat, including more than two layers of tape is called an altered bat.
3. An **Inning** in softball consists of two halves, where a single half is called a frame. In each half, one team bats until three outs are made with the other team playing defense.
4. **Circumference of Ball:** 11 to 12 inches
Weight of Ball: 6 to 7 oz.