

# ICSE Paper 2015 Physical Education

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**(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 [ ].

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## SECTION-A (50 Marks)

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

### Question 1:

(a) Mention two steps that may be taken to maintain personal cleanliness. [2]

(b) State two causes of obesity in children. [2]

(c) Give three precautions an athlete should take while exercising. [3]

(d) Define the term organic disease. Give two examples. [3]

### Answer:

(a)

1. Take bath every day in the morning, but in summer one should take bath twice a day.
2. Teeth should be brushed twice a day.

(b) Two causes of obesity in children:

1. Faulty habit of eating.
2. Heredity.

(c)

1. Exercise should be taken in open air.
2. Exercise should be done in the early morning or evening.
3. Proper rest should be taken.

(d) **Organic Disease:** A disease of a particular abnormal condition, a disorder of structure or function that affects a part or all parts of an organism is called organic

disease.

Examples: Ulcer, Brain Tumor.

**Question 2:**

(a) What is meant by 'hereditary disease'? [2]

(b) Name any two types of heart diseases. [2]

(c) What is a prescribed drug? How is it different from a non-prescribed drug? [3]

(d) Differentiate between innate immunity and acquired immunity. [3]

**Answer:**

(a) **Hereditary Disease:** Disease which is transmitted from parents to their children is called Hereditary disease.

(b) Two types of heart disease:

1. Cardiac failure
2. Hypertension.

(c) **Prescribed Drug:** A prescribed drug is a pharmaceutical drug that legally requires a medical prescription to be dispensed.

It is different from a non-prescribed drug because it can only be bought at a doctor's prescription.

(d) **Innate immunity:** This immunity is present in the body since the birth.

**Acquired immunity:** This immunity is acquired by infection or vaccination or by the transfer of antibody.

**Question 3:**

(a) Write the full form of WHO and CPR. [2]

(b) State two symptoms of Insomnia. [2]

(c) Suggest three measures to avoid accidents caused by a fire. [3]

(d) State any three causes of a bad posture. [3]

**Answer:**

(a) **WHO:** World Health Organization.

**CPR:** Cardio Pulmonary Resuscitation.

(b) Two symptoms of Insomnia:

1. General tiredness
2. Irritability.

(c) Three measures to avoid accidents caused by a fire:

1. Match boxes, burning stoves, open fire should be kept out of reach of children.
2. Avoid burning papers or leaves out of door on windy day.
3. Don't smoke while in bed.

**(d)** Three causes of a bad posture:

1. Injury
2. Obesity
3. Lack of awareness.

**Question 4:**

- (a)** What is understood by the term 'cramp'? [2]  
**(b)** What is meant by the term 'sprain'? [2]  
**(c)** Differentiate between a defect and an injury. [3]  
**(d)** What is meant by the term 'RICER'? [3]

**Answer:**

- (a) Cramp:** A cramp is a sudden, severe and involuntary contraction of muscle.  
**(b) Sprain:** A sprain is damage to one or more ligaments in a joint, often caused by trauma or the joint being taken beyond its functional range of motion.  
**(c) Defect:** Defect is an imperfection or problem in an individual's body which causes hindrance in its proper functioning.  
**Injury:** Injury is defined as a physical harm, damage or hurt to any part of the body.  
**(d) RICER:** RICER means Rest, Ice, Compression, Elevation and Referral. These are essential elements for a quick recovery from an injury.

**Question 5:**

- (a)** State any four steps to treat a bone injury. [2]  
**(b)** Name any two diseases spread by a virus. [2]  
**(c)** State three causes of accidents that occur due to an electric shock. [3]  
**(d)** What first aid must be administered to an athlete suffering from cramps? [3]

**Answer:**

**(a)**

1. The patient should be warned not to move.
2. If there is bleeding it should be stopped immediately.
3. Injured part should be immobilized and anti shock measure should be taken.
4. A doctor or an ambulance should be summoned at once.

**(b)** Two disease spread by virus:

1. Common cold
2. Chickenpox

(c) Three causes of accidents due to electric shock:

1. Due to faulty appliances.
2. Use of faulty wires and cords.
3. Work with electricity with wet hands.

(d) First Aid to an athlete suffering from cramps:

The first aid for muscle cramps is provided to the patient to relax the affected muscle. This involves stretching, massages and heat application.

### **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) Briefly explain the following terms:

1. An overthrow.
2. A boundary for six.
3. A yorker.
4. Popping crease. **[8]**

(b)

1. When is a ball deemed 'lost' during play? What procedures are then adopted in case the ball is declared 'lost'?
2. State three instances when the ball is considered a 'dead ball'.
3. Mention three situations when a team's innings is said to be complete? **[9]**

(c)

1. Identify the colour of the cricket ball used in test and one day matches. What is the reason behind using coloured balls?
2. When is a 'follow on' implemented during the course of a test match?
3. What is the umpire's decision in the following cases:
  1. When a batsman obstructs a fielder trying to catch the ball.
  2. When a batsman hits the ball intentionally twice in succession. **[8]**

**Answer:**

**(a)**

1. **An Overthrow:** An overthrow is an extra run scored by a batsman as a result of the ball not being collected by a fielder in the centre, having been thrown in from the outfield.
2. **A Boundary for Six:** It is a way of scoring run when a batsman hit the ball with the bat and ball touches the ground outside the boundary.
3. **A Yorker:** A ball bounced very close to the batsman's crease.
4. **Popping Crease:** A crease from where the batsman plays the ball which is delivered by the bowler, is called popping crease.

**(b)**

1. When a ball in play cannot be found or recovered, any fielder may call lost ball. When "lost ball" is called the batting side fixes a penalty that would have been in fact run before the call of lost ball was made.
2. Three situations when the ball is considered a dead ball:
  1. If it lodges in an umpire's clothing.
  2. If it hits any equipment kept in the field.
  3. If it reaches the batsman in more than one tip on the ground after being released from bowler's hand.
3. Three situations when an inning is said to be complete:
  1. When 10 batsmen of the batting team are declared out.
  2. In one day cricket match, when prescribed overs are completed.
  3. When the given target of runs is achieved by the batting side.

**(c)**

1. **Colours of Ball:** Test match – Red  
One day match – White.  
**Red Colour Ball:** Red colour ball retains its colour till completion of 80 overs and the batsman can easily pick this ball in test matches.  
**White Colour Ball:** White colour ball is more visible in flood light than red colour ball.
2. **Follow on:** When a team bats first and leads by at least 200 runs in 5 days' match.  
150 runs in 3 day match.  
100 runs in 2 day match.  
In a one day match with two innings per side, 75 runs.
3.
  1. Obstructing the field – Out
  2. Hitting the ball twice – Out.

**Question 7:**

(a) Briefly explain the following terms:

1. A bouncer.
2. The third umpire.
3. Scorers.
4. A hat-trick. **[8]**

(b)

1. Mention any three instances when a bowler does not get credit for wickets being taken.
2. State any three situations where a batsman can be declared out even when a 'no ball' has been bowled.
3. What is meant by 'extra runs'? Give two examples of extra runs. **[9]**

(c)

1. State any two conditions due to which a pitch may be changed.
2. Mention the length of the cricket pitch.
3. What will be the umpire's decision in the following cases:
  - (a) If the ball becomes unfit for play during the course of the game
  - (b) If a batsman touches the ball with his hands? **[8]**

**Answer:**

(a)

1. A bouncer is a type of delivery which is pitched short so that it bounces on the pitch well short of the batsman and rears upto chest or head height as it reaches the batsman.
2. **Third Umpire:** The third umpire (or TV umpire) is an off-field umpire who makes the final decision in matters referred to him by the two on-field umpires.
3. **Scorers:** The scorer is someone appointed to record all runs scored, all wickets taken, the number of overs bowled.
4. **A Hat-trick:** A hat-trick is when a bowler takes three wickets on consecutive deliveries, dismissing three different batsmen.

(b)

1.
  1. When the batsman is run out.
  2. When the batsman is timed out.
  3. Obstructing the field if the batsman given out.

2.
  1. Run out
  2. Hit the ball twice
  3. Stumped-out.
3. **Extra Runs:** An extra is a run scored by a means other than a batsman hitting the ball. Examples: No ball, Wide ball, Bye, Leg bye.

(c)

1. When the pitch is unfit to play.
2. When the pitch has uneven bounce, with the consent of both captains, the umpire can change the pitch.
3. Length of pitch = 22 yard or 20.12 mts.
  - (a) Umpire will change the ball with the same number of over played ball.
  - (b) Handling the ball (batsman will be declared out)

## FOOTBALL

### Question 8:

(a) Explain the following terms:

1. The technical area.
2. The optional mark.
3. Centre circle.
4. A corner kick. **[8]**

(b)

1. What is a 'kick-off? Give any two instances when it is initiated.
2. What is the procedure adopted to restart a match when there is a situation of a dropped ball.
3. Mention any three circumstances where the referee awards an indirect free kick against the goalkeeper. **[9]**

(c)

1. State any two conditions when the ball is called 'out of play'.
2. What should be the width of the goal line, touchline and goalpost?
3. Define a direct free kick.
4. How many substitutions may be permitted in an official competition organized under the auspices of FIFA. **[8]**

**Answer:**

**(a)**

1. **Technical Area:** The area outside the playfield where coach, manager and players sit is known technical area.
2. **Optional Mark:** It is a mark 9.15 mts from corner on the goal line towards the goal post.
3. **Centre Circle:** It is a circle of 9.15 mts in the centre of playfield from where the kick off is taken.
4. **Corner Kick:** It is awarded when ball passes the goal fine last touched by defenders. It is taken from corner arc.

**(b)**

1. **Kick-off:** When the game is started from the centre circle after toss is known as kick-off.  
Kick-off is initiated:
  1. after halftime
  2. after each goal scored.
2. **Dropped Ball:** Referee will restart the match after a situation of dropped ball. Ball will be dropped in between the two players of opposite team, when the ball touches the ground game will start.
3.
  1. When goalkeeper touches the ball with his hand, after it is passed to him by his own team player.
  2. When the goalkeeper delays to restart or kick the ball after holding the ball in his hand for more than six seconds.
  3. When he touches the ball outside the penalty area with his hand.

**(c)**

1. **Out of play:**
  1. When the ball wholly crosses the goal fine.
  2. When the half time is over.
  3. When the ball crosses the touch line wholly.
2. Width of goal line – 5 inches = 12 cms  
Width of touch line – 5 inches = 12 cms  
Width of goal post – 5 inches = 12 cms.
3. **Direct Free Kick:** A direct free kick is a method of restarting the game. A goal may be scored directly from a direct free kick.
4. Three substitutions are permitted in a game.

**Question 9:**

**(a)** Explain the following terms:

1. Corner arc
2. Ball in play
3. Penalty mark
4. A goal kick. [8]

(b)

1. State the three methods of restarting a game in football.
2. Mention three instances for which a direct free kick is awarded.
3. State any three types of fouls committed by a player that may invite a red card from the referee. [9]

(c)

1. What procedure may be adopted if the ball is damaged or becomes defective during the course of play?
2. Mention three circumstances when time is lost or wasted during the course of play and that is added at the end of each playing session.
3. Define an indirect free kick.
4. What colour warning cards are shown by a referee during the course of playing in a football match? What does the colour of a warning card indicate? [8]

Answer:

(a)

1. **Corner Arc:** It is the arc of one metre inside the playfield on each corner from when the corner kick is taken.
2. **Ball in Play:** When the ball rebounds off a goal frame, corner flag, referee or assistant referee, assuming that they are on the field of play at the time and goal can be scored is known as ball in play.
3. **Penalty Mark:** Penalty mark is a mark of 11 metres away from the centre of goal post towards the centre line from where the penalty kick is taken.
4. **Goal Kick:** When the ball crosses the goal line last touched by the offensive player. The defending team is awarded goal kick.

(b)

1. Three methods of restarting the game:
  1. By the dropped ball
  2. By the throw in
  3. By the corner kick.
2. Direct free kick is awarded:
  1. When any player kicks or attempts to kick an opponent.

2. Jumps at an opponent
3. Charges an opponent.
3. Fouls for which red card is shown to a player:
  1. He spits at an opponent or any Other person.
  2. When he is guilty of serious foul play.
  3. Receives a second caution in the same match.

(c)

1. When the ball becomes defective during the game, referee stops the game and changes the ball.
2. Time lost during the play:
  1. In injury.
  2. In substitution.
  3. In fouls.
3. Indirect Free Kick: It is given when some foul or injury to player has occurred outside the penalty area.
4. Colours of warning card shown during the match are Red and Yellow:
  1. **Yellow Card:** It indicates a caution to a player.
  2. **Red Card:** It indicates that the player to be sent off the game or disqualification of a player.

## HANDBALL

### Question 10:

(a) Explain the following terms:

1. 4 metre line
2. 9 metre line
3. IHF
4. Goalposts **[8]**

(b)

1. Mention three situations of unsportsmanlike conduct during the game.
2. State any three advantages a handball goalkeeper enjoys?
3. List any three goal shooting techniques used by players in a handball game. **[9]**

(c)

1. When is a time out necessary?
2. State any two occasions when a goalkeeper may be disqualified by the referee.

3. What will the referee's decision be when a player enters his own goal area and in trying to stop the ball with his foot deflects it into MS own goal?
4. What is the maximum time a player can hold on to a ball in a match? **[8]**

**Answer:**

**(a)**

1. **4 metre line:** A 4 metre line is 15 cm long line directly in front of the goal line. It is parallel to the goal line and 4 metres away from it.
2. **9 metre line:** 9 metres line is known as free throw line. It is drawn 3 metres outside the goal area line.
3. **IHF:** International Handball Federation.
4. **Goal posts:** It is wooden post made with inner dimension of 1 m height and 3 m length. The wooden log must be 8 cm thick.

**(b)**

1. Unsportsmanlike conduct:
  1. Pull or hit the ball out of the hand of an opponent.
  2. Block or force away an opponent.
  3. Restrain, push, run or jump into an opponent.
2. Refer **Ans. 10 (b) (iii), 2016.**
3. Three goal shooting techniques:
  1. Jump throw
  2. 7 metre throw
  3. Fall away throw.

**(c)**

1. Time out is necessary when there is any typical reason like injuries, suspensions or court cleaning.
2. Goalkeeper may be disqualified:
  1. For fouls which endanger the opponent's health.
  2. Because of a third suspension to the goalkeeper.
3. Goal will be counted and yellow card will be shown to player.
4. A player can hold the ball for a maximum of 3 seconds.

**Question 11:**

**(a)** Explain the following terms:

1. 7 metre line
2. Substitution line
3. Safety zone

4. Score keeper. [8]

(b)

1. Mention any three restrictions imposed on a handball goalkeeper?
2. List any three situations when a goalkeeper throw is awarded?
3. State any three types of passes used in the game of handball? [9]

(c)

1. How many timeouts are permitted and of what duration?
2. What is meant by 'running' in a game of handball?
3. What will the referee's decision be if the ball is in the defending team's goal area and is picked by the opposition team's player who then scores a goal?
4. What is the width of the marking lines of a playing field in a game of handball?

**Answer:**

(a)

1. **7 metre line:** The 7 metre line is a one meter long line, directly in front of the goal. It is parallel to the goal line and 7 metre away from it.
2. **Substitution Line:** The substitution line for each team extends from the center line to a point at a distance of 4.5 metres from the center line.
3. **Safety Zone:** The safety zone surrounding the court has a minimum width of atleast one metre along the sidelines and 2 m behind the goal lines.
4. **Score Keeper:** A person who keeps track of goals, fouls and time in a handball game is known as score keeper. He is also responsible for team roasters.

(b)

1. **Three Restrictions on Goalkeeper:**
  1. He cannot touch the ball when it is rolling or stationary outside the goal area.
  2. He will not re-enter the goal area from the playing area with the ball.
  3. Endanger the opponent while in the act of defence.
2. **Goalkeeper throw:**
  1. A player of the opposing team has entered the goal area in violation.
  2. When the ball goes out from the end lines (goal line).
  3. When the player of opposing team touches the ball when it is rolling or stationary in the goal area.
3. **Types of passes in the Game:**
  1. Bounce pass.
  2. Chest pass, Hook pass, Overhead pass, Jump pass, Side arm pass, Shoulder pass.

(c)

1. **No. of time out in a game:** Three time-outs.
2. **Duration of time-out:** One minute.
3. **Running:** When a player holding the ball in the hands moves in any direction without bouncing the ball is called running.
4. Goal will not be scored and the goalkeeper's throw will be awarded.
5. Width of the marking line in the game of Handball – 5 cm.

## HOCKEY

### Question 12:

(a) Explain the following terms:

1. A stroke
2. A scoop
3. Backline
4. A hit **[8]**

(b)

1. What is meant by a 'centre-pass'?
2. Briefly explain the warning cards used in a game of hockey.
3. What is understood by a 'manufactured foul'? **[9]**

(c)

1. What is meant by a 'long corner'?
2. What is an 'advantage' in a game of hockey?
3. What will the referee's decision be if a player enters the field before completion of a 5 minute suspension and a goal is scored by his/her team simultaneously during that duration of play?
4. Give two instances when the ball is declared out of play in a game of hockey? **[8]**

### Answer:

(a)

1. **A Stroke:** A stroke is a technique to send the ball from one place to another or his own team players.
2. **A Scoop:** To hit under the ball, causing it to rise. It is a foul, if it is raised dangerously.

3. **Backline:** The backline is a width line of playfield on which goalpost is fixed or kept.
4. **A Hit:** The stroke used for moving the ball over long distance or for shooting.

(b)

1. **Centre Pass:** Centre pass is a push or hit made in any direction to start the game or to restart the game after a goal has been scored.
2. The three different colour cards are used in a game of hockey—Green, Yellow and Red.
  1. **Green Card:** It is used to caution the player.
  2. **Yellow Card:** It is used for the temporary suspension.
  3. **Red Card:** It is used for disqualification from the game.
3. **Manufactured Foul:** When the equipments are not manufactured according to the rules is called manufactured foul.

(c)

1. **Long Corner:** When the ball is unintentionally hit across the end line by a defender or goalkeeper a long corner is awarded.
2. **Advantage:** The rules do not allow the person who kicked the ball to gain advantage from the kick, so the ball will automatically be passed on to the opposing team.
3. Goal will not be counted and the player will be disqualified or sent off the game.
4. **Ball is out of play:**
  1. When the ball crosses the side line.
  2. When referee stops the game.

**Question 13:**

(a) Explain the following terms:

1. A push
2. A raised ball
3. Sideline
4. A flick **[8]**

(b)

1. What is meant by a side line hit?
2. State any three situations when a penalty corner is said to be complete.
3. List any six basic equipments worn by a hockey goalkeeper. **[9]**

(c)

1. What is the height of the flag posts placed on the hockey field?
2. State the full form of FIH.
3. What decision will the referee take if the ball is hit outside the backline intentionally by the defender?
4. What is meant by the term 'back-stick' in a game of hockey? [8]

**Answer:**

**(a)**

1. **A Push:** Moving the ball along the ground using a pushing movement of the stick after the stick placed close to the ball.
2. **A Raised Ball:** When the ball is hit and ball leaves the ground and goes on waist hit it is called raised ball.
3. **Side Line:** Line of 90 mts in the length is called side line.
4. **A Flick:** Pushing the ball so that it is raised off the ground.

**(b)**

1. **Side Line Hit:** When the ball wholly crosses the side line and to restart the game a hit is taken from place from where ball is passes.
2. Three situations when a penalty corner is taken as complete:
  1. The penalty corner when a goal is scored.
  2. When the ball after push crosses the shooting circle more than 5 mts.
  3. When the ball is pushed from the corner point and it stops on shooting circle and after that it is hit and crosses goal line.
3. Six equipments worn by a hockey goal keeper:
  1. Helmet
  2. Chest guard
  3. Gloves
  4. Pad
  5. Shoes
  6. AD guard.

**(c)**

1. Height of flag posts placed on hockey field = 1.20 mt to 1.50 mts.
2. **FIH:** International Hockey Federation.
3. Long corner will be awarded if the ball is intentionally hit outside the backline.
4. **Back Stick:** An illegal shot in which the ball strikes the rounded face of the hockey stick.

## **BASKETBALL**

**Question 14:**

(a) Explain the following terms:

1. A jump ball
2. Travelling
3. A foul
4. A free throw [8]

(b)

1. Mention three situations when the ball is considered 'live' in a game of basketball.
2. Mention any three duties of a scorer in a basketball match.
3. Explain in brief the term 'jump shot'. [9]

(c)

1. How many time-outs can a team avail during a basketball match?
2. What is understood by the term 'duntt' in basketball?
3. Differentiate between unsportsmanlike foul and disqualifying foul.
4. State any two types of shooting baskets. [8]

**Answer:**

(a)

1. **Jump Ball:** An official tosses the ball between two players of opposing team to start the game at a common point.
2. **Travelling:** Travelling is the illegal movement of one or both feet beyond the limits outlined any direction while holding a live ball on the court.
3. **Foul:** A foul is an infraction of the rules concerning illegal personal contact with an opponent.
4. **A Free Throw:** A free throw is an opportunity given to a player to score one point, uncontested, from a position behind the free throw line.

(b)

1. When the ball is considered 'live' in a game:
  1. During the jump ball, the ball is legally topped by a jumper.
  2. During a free throw the ball is at the disposal of the free thrower.
  3. During throw in, the ball is at the disposal of a player for the throw-in.
2. Three duties of scorer:
  1. Scorer shall keep a record of teams by entering the names and numbers of players.
  2. Scorer maintains running summary of points scored.

3. Indicates the number of fouls committed by each player.
3. **Jump Shot:** When a player jumps in the air by having live ball and attempts to convert the ball in the basket is called jump shot.

(c)

1. The number of time-outs a team can avail during the match is 5 time-outs.
2. **Dunk:** When a player jumps high enough to get the ball up and over the ring to press it forcefully into the ring it is called Dunk.
3. **Unsportsman Like Foul:** In this a player's contact foul which, in the judgement of the official, is not a legitimate attempt to directly play the ball according the rules. **Disqualifying Foul:** A disqualifying foul is any flagrantly unsportsmanlike action of a player, coach substitute or team follower etc.
4. Two types of shooting baskets:  
(a) Lay-upshot (b) Dunk shot.

**Question 15:**

(a) Explain the following terms:

1. Alternating possession
2. Double dribble
3. Player out of bounds
4. A throw in [8]

(b)

1. State three passing techniques used by players in a basketball match.
2. Mention the three types of baskets that are scored from different areas of a court and state the points awarded for each type.
3. Explain the term 'low dribble'. [9]

(c)

1. What is the penalty imposed on a team for a team foul committed?
2. What are player foul markers?
3. When is a ball out of bounds?
4. Explain the term 'double foul' in a game of basketball. [8]

**Answer:**

(a)

1. **Alternating Possession:** When a shot bounces off the rim and away from the basket, players from opposing team grab the ball and fight for possession it is called alternating possession. .
2. **Double Dribble:** When any player after dribble holds the ball and again starts dribbling it is called double dribble.
3. **Player out of Bounds:** The player is out of bounds when he touches the floor or any object on or outside a boundary.
4. **Throw in:** When the ball crosses the side line a throw in is awarded.

(b)

1. Three passing techniques are:
  1. Chest pass.
  2. Bounce pass.
  3. Overhead pass.
2. Three types of basket shots with points are:
  1. **Lay-up shot:** 2 Points
  2. **Free throw:** 1 Point
  3. **Dunk shot:** 2 Points
3. **Low Dribble:** Low Dribbling is used when the offensive player with the ball is being guarded closely. Low dribble is controlled dribble.

(c)

1. When a team foul is committed two free throws are awarded.
2. Foul marker is a marker which indicates the foul committed by the player.
3. When the ball goes out of the side line it is called ball out of bound.
4. Refer **Ans. 14 (a) (ii), 2016.**

## VOLLEYBALL

### Question 16:

(a) Explain the following terms in:

1. Change of Courts
2. The penalty area
3. Side bands
4. Libero replacement zone **[8]**

(b)

1. What is understood by the term 'attack hit'?
2. What is meant by the term 'Libero'?

3. Define the terms 'Setter' and 'Ace' in a game of volleyball. [9]

(c)

1. List any two faults that players commit while playing the ball.
2. State the full form of FIVB.
3. State the maximum number of Libero players a team can include in the team list.
4. What is the duration of a time-out? [8]

**Answer:**

(a)

1. **Change of Courts:** When a set of play is complete both the teams change their side is called change of court.
2. **The Penalty Area:** A penalty area, sized 1 × 1 mt equipped with two chairs is located in the control area outside the prolongation of each end line.
3. **Side Bands:** Two white bands are fastened vertically to the net and placed directly above each side line.
4. **Libero Replacement Zone:** The Libero replacement zone extends from the attack line to the end line.

(b)

1. **Attack Hit:** All actions which direct the ball towards the opponents with the exception of service and block are considered attack hits.
2. **Libero:** One player among 12 players is designated as Libero who wears different coloured uniform and can be substituted infinite times.
3. **Setter:** A person raising the ball for spike/smash.  
**Ace:** A serve which lands in the receiving team's court without being touched by the receiving team.

(c)

1. Two fouls committed by players in a game:
  1. Double contact
  2. Net touch
  3. Rotation foul.
2. **FIVB:** The International Volleyball Federation.
3. Maximum No. of Libero player: One in a team.
4. Duration of time-out is 30 seconds.

**Question 17:**

(a) Explain the following terms:

1. Aspiker
2. Warm up area
3. A ball "in"
4. An assisted hit [8]

(b)

1. State any three specific rules related to a Libero player.
2. List the various sanction cards used by the referee along with the offence for which they are used.
3. List three types of service techniques used by volleyball players. [9]

(c)

1. When is the ball considered "out"?
2. What is the maximum number of time-outs and substitutions per set for a team?
3. Explain the term 'four hits'.
4. List two conditions when a team is compelled to substitute a player. [8]

**Answer:**

(a)

1. **A Spiker:** A player who hits the ball hard or smashed the ball is a spiker.
2. **Warm up Area:** Warm up area is of 3 × 3 mts at both the ends of service zone where a player warms up before substitute.
3. **A ball 'in':** The ball is in when it touches the floor of the playing court including the boundary lines.
4. **An Assisted Hit:** A player takes support from a team-mate or any structure in order to reach the ball within the playing area.

(b)

1. Three rules related to Libero:
  1. Libero cannot serve the ball after a point score.
  2. Libero cannot smash the ball.
  3. Libero will not boost the ball.
2. Cards are used in game of volleyball which sanction:
  1. **Warning:** Verbal or hand signal, no card
  2. **Penalty:** Yellow Card
  3. **Expulsion:** Red Card
  4. **Disqualification:** Yellow + Red card (jointly).
3. Three service techniques are:
  1. Under arm service

2. Overhead service (Tennis Service)
3. Round arm service.

(c)

1. **The Ball Considered 'out':** The part of the ball which contacts the floor is completely outside the boundary lines.
2. **Maximum No. of Time-outs Per Set:** Four time outs.  
**Substitution Per Set:** Six substitutions.
3. **Four Hits:** The team is entitled to a maximum of three hits for returning the ball. If more are used, the team commits the fault of "Four Hits".
4. Team compelled to substitute a player:
  1. When the player is injured.
  2. When the player is not performing well in the game.

## SOFTBALL

### Question 18:

(a) Explain the following terms in softball:

1. Bunt
2. Over slide
3. The dug out
4. A Fly ball

(b)

1. Mention any three circumstances when the batter is out.
2. List three situations when an umpire calls a ball.
3. State three situations when an umpire can suspend play. [9]

(c)

1. When is a pitcher credited with a loss?
2. List two situations when a base hit shall not be recorded.
3. What will the decision of the referee be when the ball in play is overthrown or is blocked?
4. List two instances when the umpire declares no pitch. [8]

### Answer:

(a)

1. **Bunt:** A bunt is batted ball that is not hit with full force and swing.

2. **Over Slide:** When a player allows the foot of your straightened leg to slide over the base, is over slide.
3. **The Dug Out:** Area where coaches, players, substitutes or other bench persons sit or remain is called dug out.
4. **A Fly Ball:** A ball that is batted in a high arc, usually to the out field.

**(b)**

1. When batter is out:
  1. When the third strike is caught by catcher.
  2. When the ball is caught by any player.
  3. When he/she bunts foul after second strike.
2. Umpire calls a ball: For each legally pitched ball that—
  1. does not enter the strike zone.
  2. touches the ground before reaching home plate and does not swing.
  3. touches home plate and at which the batter does not swing.
3. Umpire can suspend play:
  1. An umpire may suspend play when in his judgement, conditions justify such action.
  2. In case of injury.
  3. The umpire shall suspend play whenever a batter or pitcher, steps out of position for a legitimate reason.

**(c)**

1. A pitcher shall be charged with a loss, regardless of the number of innings he has pitched, if he is replaced when his team is behind in the score and his team thereafter fails to tie the score or gain the lead.
2. Base hit shall not be recorded:
  1. When a runner is forced out by a batted ball.
  2. When a player fielding a batted ball retires a preceding runner with ordinary efforts.
3. When the ball is in play and it is overthrown or is blocked the next base will be awarded.
4. Umpire declares no pitch: No pitch shall be declared when—
  1. The pitcher pitches during a suspension of play.
  2. The ball slips from the pitcher's hand during his windup or during the back swing.

**Question 19:**

**(a)** Explain the following terms:

1. Appeal play
2. A batted ball

3. Fair territory
4. Base path [8]

(b)

1. State three situations when a ball is declared a 'blocked ball'?
2. List three situations when an umpire calls a strike.
3. Write three instances when an umpire calls a delayed dead ball. [9]

(c)

1. When are stolen bases credited to a runner?
2. List two situations when a runner is declared 'not out'.
3. What will the decision of the referee be when the ball gets lodged in the clothing of an opponent player?
4. When does the pitch start? [8]

**Answer:**

(a)

1. **Appeal Play:** An appeal play occurs when a member of the defensive team calls the attention of an umpire to an infraction which he would otherwise ignore.
2. **A Batted Ball:** A fair ball which is hit by the batter is called batted ball.
3. **Fair Territory:** The area between the home and first base or home and third base is called fair territory.
4. **Base Path:** An imaginary line three feet to either side or direct line between the bases.

(b)

1. When a ball is declared a 'blocked ball':
  1. When the ball is stopped by a person not engaged in the game.
  2. When the ball touches any objects which is not part of the official equipment.
  3. When the ball touches official playing area.
2. Umpire calls a strike:
  1. For each legally pitched ball entering the strike zone before touching the ground and at which the batter does not swing.
  2. For each pitched ball struck and missed by the batter.
3. When an umpire calls a delayed dead ball:
  1. An illegal pitch
  2. Catcher's obstruction
  3. Plate umpire interference.

(c)

1. Stolen bases are credited to a runner whenever he advances one base unaided by a hit, a putout, an error, a force out, a fielder's choice or an illegal pitch.
2. Runner is declared not out:
  1. A runner shall not be out when he reaches the next base.
  2. A runner shall not be out if he obstructed in the middle of base path.
3. The ball which gets lodged in the clothing of an opponent player and the runner changes the bases or runs to next base, base will be awarded.
4. The pitch starts after the hands have been placed together, and one hand is taken off the ball.