

## 6. Team Games and Sports I

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### Exercise

#### Basket ball

**Q1) Answer the following questions :-**

**1) List any five important rules of the basketball game**

**Ans :-** The important rules of basketball game are as follows :-

i) In the Basketball game, there should be 12 players in each team where only 5 members/players for each team are permitted to be in the basketball court. No limits for substitutions.

ii) The game is played only for ten minutes in each quarters (i.e is 1<sup>st</sup> quarter, 2<sup>nd</sup> quarter, 3<sup>rd</sup> quarter, and 4<sup>th</sup> quarter)

Quarters	Play Time	Rest/Break Time (in between)
1st – 2nd	10 minutes	2 minutes
2nd – 3rd	10 minutes	15 minutes (Half Time)
3rd – 4th	10 minutes	2 minutes
4th	10 minutes	Game over

After the half time means in between 2<sup>nd</sup> and 3<sup>rd</sup> quarters the teams can exchange their sides if they wish to. If any extra time is needed then 5 minutes are been added/given. When the game is not played/active, the clock/watch/time is been stopped.

iii) On offense (the team with the ball and is attempting to make a score by a basket) and On defence (the team that defends/ protects itself from being getting scored by a basket from the opposite team). In the basket ball game, the ball is moved by two ways either by dribbling or by passing the ball to the other team members. If incase the ball goes out of the court, then the ball is been handed over to the other team who is playing in opposite.

iv) In this game, a uniform is allowed for both men and women to wear. The uniform is standard with a pair of shorts and jersey on which the bib number should be printed/visible clearly on both the sides back and front. Players should wear the shoes that helps them to provide the ankle

v) In the basket ball game, there is a need of ball, clocks, score board, scoresheets, possession arrows

## **2) List any five penalties of basket ball game.**

**Ans :-** The five penalties of basket ball game are as follows :

i) On offense (the team with the ball and is attempting to make a score by a basket) and On defence (the team that defends/ protects itself from being getting scored by a basket from the opposite team). In the basket ball game, the ball is moved by two ways either by dribbling or by passing the ball to the other team members. If incase the ball goes out of the court, then the ball is been handed over to the other team who is playing in opposite.

ii) If any player from the team tries to make/ establish unfair contact with the opponent, then it results into foul. The players who are been fouled get the ball possession or are offered the chances of one or two free throws. One point is rewarded for making the successful free throw into the basket from a 15 feet line (4.6 m).

iii) Before removing the player from the game, 5 fouls are been exempted, but they don't remain the part of the game.

iv) Two points are allowed for dropping/throwing in the basket and whereas three points are been rewarded if the ball is been thrown into the basket from the distance of 6.25 meters line.

## **3) How does playing basketball help us in the improvement of our health?**

**Ans :-** Basketball is the fast, free flowing and high scoring games in which different types of skills/ techniques are been use like dribbling, passing, shooting etc. While playing the game with the help of such skills, it helps our body to be exercised properly. Hence it helps us in improving our health.

## **4) Which is the motor skill you enjoyed the most and why?**

**Ans :-** The motor skill which we enjoy in basketball game is passing. Passing means first we have to find a good shooter from our team and must pass the ball between player for proper defence from the attackers. Passing the ball to the good defenders which creates a very good passing line for scoring the higher

points. The reason for liking this motor skill is that it helps to maintain proper coordination among the team members/mates.

**5) Explain any one fundamental skill of basketball game.**

**Ans :-** As we are aware about the main objective of playing basketball is to score as many points as they can for winning the game. And shooting is one of the technique in scoring more points. Shooting the ball can be done with one hand or either with the both hands. There are some ways specified in shooting a ball which are :-

- Jump shot
- Dunk shot
- Free throw
- Layup
- Three-point shot
- Hook shot

**6) How can you improve your performance in the game of basketball?**

**Ans :-** To improve the performance in the game of basketball it is necessary to focus and develop the basic skills like Dribbling, passing, receiving and shooting.

**Q2) Fill in the blanks :-**

- 1) Measurement of a basketball court is **28×15** meters.
- 2) Height of the lower edge of the board from floor is **10 feet (3 meters)**
- 3) Diameter of the ring is **3.6 m**
- 4) Duration of one quarter is **10 minutes with 2 minutes rest.**
- 5) Duration of team time out is **after half time**

**Q3) State whether True or False :-**

- 1) Five players are required to start a game. (**True**)
- 2) Basketball game was invented in 1981. (**False**)
- 3) Player is to be substituted within 20 seconds. (**False**)
- 4) Player can leave the court anytime. (**False**)
- 5) After five fouls player has to leave the court. (**True**)

## **Cricket**

**Q1) Answer the following questions :-**

**1) List the basic rules of the game of cricket?**

**Ans :-** The basic rules of the game cricket are as follows :-

- i) Cricket is game mainly played between two team consisting of 11 players each. An extra player means the 12<sup>th</sup> player can be kept as reserve player and can be only used as a
- ii) The 12<sup>th</sup> player appointed has no right to bat, ball or do wicket keeping. He cannot become the captain of the team. He is appointed as an alternate
- iii) In the cricket field, there are presence of two umpires and the third umpire is offscreen which takes decision on the basis of videos.
- iv) If incase both the umpires fails to take the accurate decision when the call is too close, then it's a time of the third umpire to consult by reviewing the video in slow motion and takes decision.

**2) What has been the impact of Twenty 20 form of cricket on Test Matches?**

**Ans :-** The first Twenty 20 International was a women's team match which was played between England and New Zealand on 5<sup>th</sup> August 2004. Whereas on 17<sup>th</sup> February 2005, the first Twenty 20 International was a men's team match was played between Australia and New Zealand. In the year 2007 the first Twenty 20 World cup was played in West Indies and India was the winner of it.

**Q2) Fill in the blanks :-**

- 1) Cricket became an international game with the formation of the **Imperial Cricket Conference (I.C.C)** in 1909.
- 2) The name of Imperial Cricket Conference was changed to **International Cricket Conference (later it was named Council)** to enable countries outside the Common Wealth to become its members.
- 3) The International Cricket Council (ICC) staged the first limited over Cricket World Cup in **1975.**
- 4) The lines that delineate the width of the court are called the **Crease**
- 5) The Indian Cricket Control Board came into being towards the end of **1928**

6) The National Cricket Championship known as **Ranji** Trophy, named after Prince Ranjit Singh of Nawanagar.

### **Football**

**Q1) Answer the following questions :-**

**1) What is the stipulated size of the field for playing football to the international standard?**

**Ans :-** The rectangular length of the football field/pitch is 100 to 110 meters (110 to 120 yards) and the width measurement size is 65 to 75 meters (70 to 80 yards). There are goal posts (width size is 7.32 meters and height is 2.44 meters) on the both sides (ends) of the field.

**2) How many players constitute a football team and what are their positions ?**

**Ans :-** There are 11 players that constitute a football team. Their positions are Goal keeper, Right full back, Left full back, Center back, Center Back (or sweeper, if used), Defending/ Holding Midfielder, Right Mid fielder/Winger, Central/ Box-to-Box midfielder, Striker, Attacking Midfielder, Striker, Attacking Mid fielder (playmaker), Left Midfielder/ Wingers.

**3) What are the basic equipment requirement for football teams ?**

**Ans :-** The basic requirements of equipment's for football teams are Football shoes (known as Studs), Socks (Stockings), Shin guards, Gloves for goal keeper, Football.

**4) What role does the Referee play? Who are the other officials in the football match ?**

**Ans :-** Referee is the official declared as in charge of the game. He makes the final decision. Related to the game. The referee checks that the game is started and ended within the time allotted. During the game, no fights takes place. None of the player cannot leave the field, without taking his permission. He also confirms that during the game, the players and the ball follows the game rules. During the match, the referees have a right to take against the player for doing an offence. For the first time, the referee shows a Yellow card to the player which means it's a warning and after it if the players commits any offence for the second time, then Red colour card is been shown which means the player is been removed/expelled from the game. A straight red card shown to a player means no warning given against the severe offence like foul (rowdism) play, spitting, handling the ball to get defended from being goaled, missing the opportunity of

scoring a goal and in anger making insulting gestures or language during the game. Along with the referee, there are two other assistants (officials).

**5) What is the official duration of a football match? How far can it be extended and why?**

**Ans :-** The official duration of a football match is been played for two halves of consisting of 45 minutes each. If incase the scores of both the teams between whom the match is played is equal, then there's an extra time of 5-10 minutes is given.

**6) On how many occasions is the kick off used during a football match?**

**Ans :-** On the occasions of free kicks, penalty kick, corner kicks etc the kick off are been used during the football match.

**7) What are the penalties that the Referee can award against offences during the match ?**

**Ans :-** During the match, the referees have a right to take against the player for doing an offence. For the first time, the referee shows a Yellow card to the player which means

it's a warning and after it if the players commits any offence for the second time, then Red colour card is been shown which means the player is been removed/expelled from the game. A straight red card shown to a player means no warning given against the severe offence like foul (rowdism) play, spitting, handling the ball to get defended from being goaled, missing the opportunity of scoring a goal and in anger making insulting gestures or language during the game.

**8) What are the rules regarding free kick, penalty kick, throw in and corner kick?**

**Ans :-** The rules regarding free kick, penalty kick, throw in and corner kick are as follows:

**i) Free kick :-** Till the ball is been kicked, the opposite team players should remain 10 yards far way from the ball (The ball is kicked again, if this rule is violated). There are two types of free kicks i) Direct free kick ( the shooter/kicker of the ball has to kick the ball directly into the goal post of the opposite team) ii) Indirect free kick (in this type of kick direct kicking the ball is avoided, the second player has to touch the ball before the final kick is taken at opposite teams goal post).

**ii) Penalty kick :-** Penalty kick is taken as punishment against the mistake or wrong happened in the field during the game. One player is been nominated from the team to kick the ball in the opposite teams (who has done wrong thing/mistake) goal post. While the penalty kick is been taken the nominated person from the team has a right to kick from the penalty spot at the goal post whereas the goal keeper of the opposite team must remain in the line of his goal post (defending the ball from getting goaled). During the penalty other players must remain outside the penalty area (i.e is behind the penalty spot). Once the kick is taken, the player cannot touch the ball until its touched by the second

**iii) Throw in :-** Throw in is the reward for the ball crossing the line marked/ defined by the teams (which team last touched the ball). A ball must be thrown in the field by the player with his both hand holding the ball behind and above his head (if not so, then it may be treated as a Foul and the chance is given to the opposite player/team). The player cannot throw the ball directly into the opposite teams goal posts (that goal may not be counted) or in other teams goal keeper.

**iv) Corner kick :-** A corner kick is a gift/reward after the ball crosses the opposite teams goal post line after being touched by one of their player. The corner kick is taken from the side where the ball has gone in the field. The opponent players should be 10 yards faraway from the corner arc. The kicker of the ball cannot touch the ball for the next time until its been touched by the second/other

## **9) What are the norms of the fair play in football for footballers and spectators ?**

**Ans :-** The norms of the fair play in football are as followed :-

### **For footballers**

**i) Fair Play :-** The football game by the both teams should be played fairly i.e means no cheating must be done. The game should be played in the spirit of sportsmanship (friendly manner).

**ii) The game should be played for winning, but accept the defeat with dignity :-** in every game, every team team plays well to get win but sometimes they lose the match. Instead of getting upset/angry by losing the match, the team/ players should accept the defeat/lose in a friendly manner and ,must realize the mistake for losing the match and should overcome the mistakes and try their level best to win the next match.

**iii) Observe the laws of the game :-** The plyers or the teams must follow the rules of the games. They should always follow the officials guidelines/orders.

**iv) Respect opposite team, team fellow men's, officials and spectators :-** To make the game fair play, the player must equally pay respect to his fellow

teammates, opponents team players, officials ( by obeying/following their instructions and games rules), spectators (paying respect to them).

v) **Promoting the interests of football** :- Every footballer must play the game fairly in such a way, other people also must get motivation to play the game of

vi) **Honor the persons who respect/defend the football** :- The person who is protecting/ respecting the football game (they may be the spectators/ football lovers), the player must give an importance to them and pay respect to them.

### **For the spectators**

i) **Appreciate the game played** :- The spectators must appreciate the hard efforts made by the player during the game whether the player is from the opponent team.

ii) **Respect the game** :- The spectators must respect the game by giving appreciation/respect to the players. They should not use any abusive words, or bad signs, throw any items like bottles etc from the spectators.

iii) **Agree with the officials decisions** :- The spectators must agree the decisions taken by the officials for the fair play of game.

### **Q2) Fill in the blanks :-**

1) The first ever football club in India, the **Calcutta Football Club** was founded in 1872.

2) The first football association, known as “Indian Football Association” (IFA) which was established in 1893 was replaced by **All India Football Federation (AIFF)**

3) The decade of 1951 to 1962 is known as the **golden** era in the history of Indian football.

4) India became the first Asian nation to reach the Olympic football semifinals in the **1956 Summer Olympics**.

5) The Asian Football Confederation (AFC) was formed in the Second Asian Games held in Manila in **7<sup>th</sup> May 1954**.

### **Hockey**

### **Q1) Answer the following questions :-**

1) **Write a brief note on the history of Hockey in India ?**

**Ans :-** Hockey is the most oldest game in India since the ancient times nearly about 1200 years ago. The game is played with different variations by the Arabs, Europeans, Greeks, Romans, etc. The game of hockey was developed in the 19<sup>th</sup> century in the British Isles. In India, the game was introduced by the Britishers as they knew this game and its rules well, so they used to play it, by which it became most famous in India. At those times, the rules were been formulated by London Hockey Association (after its formation).

In the year 1924, International Hockey Federation (FIH) was been formed after which three years International Hockey Federation for womens were been established. In the year 1885-86, the first club in India was been formed at Calcutta after that in Bombay and Punjab. The hockey was firstly participated/first became the part of Olympics in the year 1928 at Amsterdam, where India hockey team won the first gold medal in Olympics.

The crowd present in the Amsterdam appreciated the playing skill of the Indian hockey team legend Dhyan Chand. From the year 1928-1956, Indian hockey team won 6 consecutive matches and won six Olympic gold medals respectively. It was an golden era for India hockey team, where many best players were created which the world has ever seen.

**2) What are the specific rules of the game in respect of (i) field, (ii) players, (iii) equipment, (iv) free hits, (v) long corner, (vi) short corner , and (vii) penalty stroke.**

**Ans :-** The rules of the game in some aspects are as follows :-

**i) Field :-** The hockey is always played on the field having the rectangular size of 91.40 m x 55 m. there are 2 goal posts at the end of the field having the size as 2.14m high, 1.20 m deep and 3.66 m wide which are measured from the inner side of the posts and the bars. the post is surrounded by half circle of 16.43 m by a white solid line. The penalty spot is been identified by the spot of 0.15m in diameter that is marked by the center of 6.40 m from the distance of each goals.

**ii) Players :-**

**iii) Equipment :-** The hockey stick is been made up of which should be of 3 feet (90 centimeters) long, 2 inches wide. Kevlar carbon fiber composites, with a rounded handle flattening out on one side and with a hook at the bottom. Sometimes the stick is also made of fiber glass.

**iv) Free hits :-** free hits are always given when the illegal act in the game is done from the outside of the scoring circle. The ball should be hit or pushed once in any direction by the team offends against. When the free hit is given, opponent team players should stand 5 m away from the ball and for attacking free hits it should be 5 m from the circle.

**v) Long corner :-** After the ball gets touched by the defender, the ball goes behind the back line, then long corner is allowed. The attacking team players play the long corner kick, by releasing the kick from the 22.90 meter.

**vi) Short corner :-** Penalty corner is given against the defending team for doing any illegal act in the game is done within the defensive circle. This mistake is done while defending the 23m area, and the ball is played behind the defending circle by the defending.

**vii) Penalty stroke :-** Penalty stroke is allowed, when the defender makes the foul within the circle which leads/provides a chance for the attacking team. The penalty is taken by the single player from the attacking team from the spot of 6.4 m from the penalty spot and directly in the frontside of the goal against the goalkeeper. The goalkeeper must stand on his heels on the goal line, and should not move until the ball is played.

## **Q2) Fill in the blanks :-**

1) If the ball is raised off the ground in a manner that is, in the umpire's opinion, dangerous, the ball is turned over to the **other team** and they receive a **free hit** from the point of contact.

2) Hockey uses a three-tier card system of warnings and suspensions and these are known as (i) A **green** card, (ii) **yellow** card, (iii) **red** card.

3) The procedure laid down in the FIH tournament regulations for tie breaker mandates **7.5** minutes each way of "golden goal" extra time (i.e., the game ends as soon as one team scores). If scores are still leveled, the game will be decided with **penalty strokes**.

## **Volleyball**

### **Q1) Answer the following questions :-**

**1) Which motor skill you enjoyed the most and why ?**

**Ans :-** Smash is the motor skill that I like the most, just because while giving a better smash (to hit the ball hard and gain the point).

- i) As per the height, distance and speed of the ball, the player has to
- ii) Now just swing the arm behind the body , bend slightly and jump on the both
- iii) Stretch the arm, and hit the ball hardly between the head and the shoulder.
- iv) Now make a balance landing on the both feet and move the weight of the body from toe to heel. To avoid in getting hurt, flex the knees.
- v) For this setting the ball, passing and receiving the ball practice is needed
- vi) The player hits ball against the wall
- viii) The player hits the ball in such a manner/direction that it hits the wall before the player reaches it.

### **3) Explain any one technique of volley ball ?**

**Ans :-** Smash is the motor skill that I like the most, just because while giving a better smash (to hit the ball hardly and gain the point).

- i) As per the height, distance and speed of the ball, the player has to
- ii) Now just swing the arm behind the body, bend slightly and jump on the both
- iii) Stretch the arm, and hit the ball hardly between the head and the shoulder.
- iv) Now make a balance landing on the both feet and move the weight of the body from toe to heel. To avoid in getting hurt, flex the
- v) For this setting the ball, passing and receiving the ball practice is needed
- vi) The player hits ball against the wall
- vii) The player hits the ball in such a manner/direction that it hits the wall before the player reaches it.

### **4) How can you improve your performance in the game of volleyball ?**

**Ans :-** The performance in the game of volleyball can be improved by following the game rules properly and avoiding fouls :-

#### **Rules of the volleyball game**

- i) The game is played by the 6 players consisting in each
- ii) The game can be started when any player from one of the team, does the service from the back of the court

iii) The receiving (opponent team from the service team) should make sure that the ball that is been serviced by the service team, must not land/drop in their court side.

iv) The players in the team are allowed only three times to touch the ball, and should make successfully sure to win the rally by dropping the ball at the opponents side or if not the team will conduct a foul and rally will be lost. The team who wins the rally, the point is allotted to that team and the next game is started by making a service of that

v) The ball can mostly played by the hands or an arm of player, or the ball can be pushed or hitted by making use of any body

### **Faults in the volleyball game**

i) The foul can take place if any player touches or throws the

ii) The same player should not be in contact with the ball for two times

iii) The same team should not be in contact with the ball for four times continuously.

iv) Not to touch the net during the

v) Not to cross the center line and rotation

### **Q2) Fill in the blanks :-**

1) The game of volleyball was first played in 1895

2) Volleyball is a fast game played by two teams of 6 players each.

3) When the rally continues, each team is allowed upto three consecutive touches.

### **Q3) State whether True or False :-**

1) It is considered as a fault if six players are playing the game. **(False)**

2) A player catches and throws the ball. **(False)**

3) Three consecutive contacts with the ball made by the same team are allowed **(False)**

4) Two consecutive contacts with the ball made by the same player are allowed **(False)**

5) The player touches the net during the play. **(False)**