

ICSE Paper 2012 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) Why is hygiene called the art of living? [2]
- (b) State any four ways to keep our skin healthy and disease free. [2]
- (c) State any three qualifications that a good shoe must possess. [3]
- (d) List three advantages of recreation in the modern style of living. [3]

Answer:

(a) It is rightly said, "If the wealth is lost nothing is lost but if the health is lost everything is lost." Good health may be said to be a state of well-being of an individual which results in a feeling of complete harmony with the environment. Personal health includes all the things essential for a man, eg., diet, way of living, cleanliness of the body, sleep, rest, exercise etc. All things are very essential to maintain the body in perfect health.

(b) The skin is the body's first line defence against infection. A clean, intact skin is a barrier for bacteria and fungi.

The four ways to keep the skin healthy and disease free are:

1. Cold water is an excellent tonic and stimulant for the functions of the skin. Take a cold water bath daily.
2. The skin should be thoroughly dried with a rough towel. This should produce a pleasant feeling of warm glow all over the body.
3. Avoid tattooing on the skin
4. Avoid tight fitting clothes.

(c) Feet are the base and very important organ of our body on which the weight of the whole body is concentrated.

The three qualifications that a good shoe must possess are:

1. The uppers should be of a light material which breathes and sheds water, tolerating limited autumn rains.
2. The tongue should be soft/padded to protect against the pressure from laces and knots.
3. A non-skid, removable inner sole is a plus, as it will increase the shoe's grip on your foot, preventing it from sliding around in the shoe.

(d) The term recreation is derived from the word recreate, mean to make again. The mode of recreation differs from each other depending on his choice and available equipments. The three advantages of recreation in the modern style of living are:

1. Helps in the later onset of fatigue.
2. Prevent individual to indulge him in unnecessary things.
3. To regenerate the interest and enthusiasm.

Question 2:

(a) State two rules of dental hygiene. [2]

(b) What do you understand by a genetic disease? [2]

(c) List any three diseases spread by bacteria. [3]

(d) State three points to prevent obesity. [3]

Answer:

(a) Common problems of the teeth includes dental caries (tooth decay) and bleeding gums. The two rules of dental hygiene are:

1. The teeth and gums must be cleaned thoroughly after every meal, or atleast twice a day. Regular brushing with a fluoride toothpaste, flushing and massaging the gums are effective ways to prevent decay and disease.
2. Rinse the mouth nicely after each meals; it possible the gargles should be done with the lukewarm water.

(b) **A genetic disease** is an illness caused by one or more abnormalities in the genome, especially a condition that is present from birth. Most genetic disease are quite rare and affect one person in every several thousands or millions. Genetic disorders may or may not be heritable, i.e., passed down from the parents genes. In non-heritable genetic disorders, defects may be caused by new mutations or changes to the DNA.

(c) The three diseases spread by bacteria are:

1. Bacterial meningitis
2. Toxic shock syndrome
3. Paratyphoid fever.

(d) The three points to prevent obesity are:

1. **Appetite:** Eat when you are really hungry, avoid eating again and again and eat without feeling hungry. To have proper appetite, it is compulsory to perform some physical activity.
2. **Age Factor:** As the age increases, there should be some changes in the eating habits. At childhood eat more proteins and in young age proper amount of carbohydrates, fat and proteins should be consumed and in the old age less and light food should be taken for the easy digestion.
3. **Punctuality:** Eat at a proper time and also eat less at night to avoid constipation, do not over eat.

Question 3:

- (a) State four advantages of a correct posture. [2]
- (b) Name two diseases Spread by fungi. [2]
- (c) State any three preventive steps for Tuberculosis. [3]
- (d) List any three preventive steps to cure Arthritis. [3]

Answer:

(a) When the individual's all the organs are in proper and right alignment, it is called a posture.

The four advantages of a correct posture are:

1. Correct postures leads to self-confidence and strength.
2. Correct postures helps in maintaining the body framework erect and balanced.
3. All the organs of the body function well in cooperation and harmony with one another without any special effort.
4. Both the shoulders are in straight line.

(b) The two diseases spread by fungi are:

1. Ringworm
2. Thrush.

(c) The three preventive steps for tuberculosis are:

1. **Separate Utensils:** The utensils of a patient should be kept separate and should be washed with hot water and disinfected.
2. **Sputum Examination:** The patient's sputum should be examined.

3. **Vaccination:** Arrangements should be made for B.C.G. vaccination especially for small children.

(d) The three preventive steps of cure Arthritis are:

1. Sit whenever possible and eliminate unnecessary walking. Consult the specialist doctor.
2. Wear sensible shoes to reduce the risk of foot deformity.
3. Rest should be provided to the affected joints.

Question 4:

- (a) Explain the terms: (1) BMI, (2) BCG. [2]
- (b) What do you mean by CPR and ABC? [2]
- (c) List three injuries to the skin? [3]
- (d) State three symptoms of the bone injury. [3]

Answer:

(a)

1. **BMI:** Body mass index is a measure for human body shape based on an individual's mass and height. Thus this method determines whether the person is obese or not.

$$\text{BMI} = \frac{\text{Mass (Kg)}}{\text{Height (m)}^2}$$

2. **BCG:** It is a vaccine against tuberculosis that is prepared from a strain of the attenuated live bovine tuberculosis bacillus. It can be anywhere from 0 to 80% effective in preventing tuberculosis for a duration of 15 years.

(b)

1. **CPR:** Cardiopulmonary resuscitation is an emergency procedure for manually preserving brain function until further measures to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest.
2. **ABC:** Airway, Breathing and Circulation. This means that when providing first aid, the airway of the injured person must be checked first, then the breathing and after that, the circulation, to see that the heart is beating or not.

(c) Three injuries to skin are:

1. Bruises when the skin drags to the surface.
2. Cuts and wounds when there is a major accident.
3. Burns by any means of hot bodies.

(d) Three symptoms of bone injury are:

1. When the body part is not moving and there is extreme pain.
2. The area has swollen from the usual shape.
3. If forced to move that area, cracking sound occurs between the bones.

Question 5:

(a) What do you mean by the term RICE? **[2]**

(b) State four causes of sports injuries. **[2]**

(c) State three preventive steps from receiving an electric shock. **[3]**

(d) Name the pathogens for the following diseases:

1. Chicken Pox
2. Typhoid
3. Scabies. **[3]**

Answer:

(a) RICE stands for Rest, Ice, Compression and Elevation. It is a treatment method for soft tissue injuries. When used appropriately, recovery duration is usually shortened and discomfort minimised. It is considered a first-aid treatment rather than a cure for soft tissue injuries. The aim is to manage discomfort and internal bleeding.

(b) Four causes of sports injury are:

1. When players are practicing for long periods without break.
2. When a muscle gets pulled or there is a sprain because connective tissues are torn.
3. When the ground of the field or court is hard and during the play, there meet with an accident.
4. When there are exercising without taking water or depletion sodium salts in their bodies.

(c) The three preventive steps are:

1. Keep the appliances away from water.
2. Do not step or twist or bend them.
3. Use wooden seat or platform or wear rubber soles when repairing any electrical appliances.

(d)

1. Chicken pox—Virus
2. Typhoid—Salmonella typhi
3. Scabies—mites.

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) State the following:

1. Weight and circumference of the ball.
2. Length and the widest part of the Cricket bat.
3. Height and the Breadth of stumps.
4. Size of bails and sight screen. **[8]**

(b)

1. Describe any six occasions when a batsman may be declared out? **[6]**
2. State any three duties of Umpires. **[3]**

(c) What is meant by the following terms:

1. A duck
2. A century
3. A maiden over
4. A bye. **[8]**

Answer:

(a)

1. Refer **Ans. 6 (c) (i), 2016.**
2. Refer **Ans. 6 (c) (ii), 2016.**
3. Refer **Ans. 6 (c) (iii), 2016.**
4. Size of bails = 11.1 cm
Size of sight screen = 10ft – 12ft in width and 10ft – 14ft in height.

(b)

1. Six occasions when a batsman may be declared out are:
 - (1) Catch out
 - (2) Leg Before Wicket (LBW)
 - (3) Hit the ball twice
 - (4) Bowled
 - (5) Stumped Out
 - (6) Run Out.
2. The three duties of the umpire are:
 1. He starts the game by coin tossed to decide which team will bat first.
 2. He give decisions throughout the match by giving signals.
 3. He ensures that the game is played fair and there is no sort of partiality.

(c)

1. If the batsman gets out without scoring any run, he is said to be out for a duck.
2. When the batsman has completed 100 runs on his individual part without being out, it is called **a century** to be completed for that batsman.
3. When a bowler completes an over without any runs being scored from it, it is termed a **maiden**.
4. A **bye** is a run scored by the batting team when striker misses a ball and the wicket-keeper fails to gather it cleanly, the batsman may take runs. These runs are called byes and are scored as extras.

Question 7:

(a)

1. State any four conditions when runs are added to the team's total and not to the batsman's total runs.
2. Explain a 'declaration' in a Cricket match.
3. What does a quick single mean? **[8]**

(b) Briefly explain the following:

1. An over-throw
2. A power-play
3. A follow-on in a five-day match. **[9]**

(c)

1. Differentiate between a glance and a sweep shot.
2. State any four duties of a Captain. **[8]**

Answer:

(a)

1. The conditions when runs are added to the team's total and not to the batsman's total are:
(1) No balls (2) Wides
(3) Byes (4) Leg byes.
2. **A declaration** in a cricket match occurs when a captain declares his team's innings closed. This is applied only to matches in which each team is scheduled to bat in two innings.
3. **A quick single** means when the two batsman on the pitch run quickly to take a single run.

(b)

1. **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 power play is a feature introduced into One Day International Cricket in 1991, In a power play, restriction are applied on the fielding team: Only 2 or 3 players are allowed outside to 30 yards circle. There are two power plays in an ODI Cricket innings starting from October 30,2012.
3. A follow-on is a term used in cricket to describe a situation where the team that bats second is forced to take the second batting innings immediately sifter its first, because the team was not able to get close enough to the score achieved by the first team batting in the first innings.

(c)

1. **Glance Shot:** It is a normal back-stroke which is played at a glancing angle, through the slips area in order to give the batsman, maximum time to watch the ball.
Sweep Shot: It is played with the back most knee on the ground, to hit low bouncing balls.
2. The four duties of the captain are:
 1. Participates in the coin toss to choose batting or fielding first.
 2. Selects the player who will be playing, before the toss.
 3. Ensures that the team is not breaking any rules of the games and abiding the laws.
 4. Ensures that no time is wasting during the match either during batting or fielding turn.

FOOTBALL

Question 8:

(a)

1. What is the width of all the lines drawn on a football field?
2. What is a penalty arc why is it important?
3. Explain the position of the ball and the players during a penalty kick. [8]

(b)

1. What is the procedure of resuming the game from a Goal Kick?
2. Give any three situations when a kick-off is applied.
3. Give three offences for which a yellow card is shown to a player? [9]

(c)

1. Write four situations when a player is not off-side when he receives the ball.
2. How many player substitutions are allowed to a team during a match? What is the procedure adopted in the above situation? [8]

Answer:

(a)

1. The width of all lines drawn on the football field is 12 cm, i.e., 5 inches.
2. **A penalty arc** is an arc of circle from the penalty mark outside the penalty area. It is important because the ball is kept in this penalty arc to take the penalty kicks.
3. The position of the ball and players during penalty kick is as follows:
 1. **Ball:** Placed on the penalty mark.
 2. **Kicker:** Properly identified while taking the penalty kick.
 3. **Defending Goal Keeper:** Remains on his goal line, facing the kicker, between goalposts until the ball has been kicked.
 4. **Other Players:** Atleast 9.15 m away from penalty mark.

(b)

1. The ball comes in play again after the goal kick made by the player of the opposing team. The kicker does not play the ball a second time until it has touched another player.
2. The three situations when the kick-off is applied are:
 1. During the start of the game.
 2. At the start of each period of extra time, where applicable.
 3. Just after a goal has been scored.
3. The three offences for which yellow card is shown to a player are:
 1. Striking an opponent.

2. For playing a dangerous illegal play.
3. Swearing at an official amongst others.

(c)

1. The four situations when a player is not offside when he receives the ball are:
 1. Directly from a goal kick.
 2. Directly from a corner-kick.
 3. Directly from a throw-in.
 4. Nearer to his opponents' goal line than both the ball and the second last opponent.
2. The substitutions that are allowed to a team during a match is maximum of 3 players. The procedure adopted is as follows:
Refer **Ans. 9 (c) (i), 2013.**

Question 9:

(a)

1. Write the maximum and the minimum number of players required to begin a match.
2. Answer the following:
 1. Shape and material of the ball.
 2. Circumference and weight of the ball.
 3. State any four duties of the reference during a match in progress. **[8]**

(b)

1. What is advantage in football?
2. Define the following:
 1. Zone defence
 2. Man to man defence. **[9]**

(c)

1. Explain the following terms:
 1. A drop ball.
 2. A slide tackle
2. State any four situations when a direct free kick is awarded to the opposing team. **[8]**

Answer:

(a)

1. Maximum number of players = more than 11 players where one player is a goal keeper

Minimum number of players = 7

1. Shape of ball = spherical
Material = leather or other suitable material
 1. Weight of ball = 410 – 450 gms
 - Circumference of ball = 68 – 70 cms

2. The four duties of the referee during match are:
 1. Controls the match in co-operation with the assistant referees and where applicable, with fourth official.
 2. Stops, suspends or terminates the match because of outside interference of any kind.
 3. Ensures that no unauthorised persons enter the field of play.
 4. Restarts the match after it has been stopped.

(b)

1. According to the principle of advantage, play should be allowed to continue when the team against which an offence has been committed will benefit from ongoing play. The referee indicates this by calling “advantage” and extending both arms in front of his body.
 1. **Zone defence** is a defence scheme in which the players work together to cover areas of the field to protect against the passes made by opposing team.
 2. **Man to man defence** is a type of defensive tactic used in which each player is assigned to follow the single player of the opposing team. The strategy is not rigid but aggressive.

(c)

1.
 1. **A drop ball** can occur for restarting the stoppage in the game by any interference or when play is stopped due to serious injury to a player or a ball becoming defective.
 2. **Slide tackle** is a method of dispossessing an opponent. This is very effective and must be acquired by the defenders. It happens at the ground level by sliding the body feet forward to take the ball from the player in possession.
2. The four situations when direct free kick is awarded are:
 1. Kicks or attempts to kick an opponent.
 2. Trips or attempts to trip an opponent.
 3. Tries to jump or jump on an opponent.

4. Stikes or tries to strike an opponent.

HANDBALL

Question 10:

(a)

1. What area comprises the safety zone in a Handball court?
2. Describe the attire to a Handball team.
3. What is a penalty shootout and when is it carried out? [8]

(b)

1. List any six occasions when the clock is stopped during the game?
2. How does a player advance with the ball? [9]

(c)

1. State any four throws used in the game of Handball.
2. When the ball is being advanced with, what is it that the opposition players are not permitted to do? [8]

Answer:

(a)

1. There is a safety zone surrounding the playing court with a width of metre atleast along the side lines and 2 metres behind the goal lines.
2. All court players wear identical uniforms. The goal keepers of each team wears same colour, but different from court players of both team and opposing goal keeper. The players must wear numbers that are atleast 20 cm high in the back of the shirt and atleast 10 cm in the front. The numbers used should be from 1 to 20. The players must also wear sports shoes.
3. If a game is tied after regular time and a clear winner is necessary, it would proceed to two 5-minutes periods of overtime with a 1 minute break before each.

(b)

1. The six occasions when the clock is stopped during the game are:
 1. During the half break of the game.
 2. When the timed-out is requested by the team.
 3. When any substitution or disqualification has been made.
 4. When the time-keeper or the technical delegate deliberately stops the clock by a whistle signal.

5. When the game is tied and a break is given.
6. Between two consecutive overtime periods' halves.
2. A player advances with the ball either bouncing it, rolling it on the floor or dribbling it towards the opponent's goal.

(c)

1. The four throws used in the game are:
(1) The goalkeeper-throw (3) Throw-off
(2) Free throw (4) Throw-in
2. After the ball has been controlled, the ball cannot be touched by the opposing player if the ball has not touched the floor or the goal in the meantime. The opposing players cannot pull or hit the ball out of the hands, arms or legs. They cannot even block or force away with arms, hands or legs.

Question 11:

(a)

1. What area comprises the safety zone in a Handball court?
2. What is the restraining line meant for?
3. Explain the term 'throw off'. **[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 passive-play
4. A fast-break. **[8]**

Answers:

(a)

1. There is a safety zone surrounding the playing court with a width of metre atleast along the side lines and 2 metres behind the goal lines.
2. Refer **Ans. 11 (a) (ii), 2016.**
3. Refer **Ans. 11. (c), (i), 2013.**

(b)

1. Refer **Ans. 11 (b) (i), 2016.**
2. Refer **Ans. 11(b) (ii), 2016.**
3. Refer **Ans. 11 (b) (iii), 2016.**

(c)

1. Refer **Ans. 11 (c) (i), 2016.**
2. Refer **Ans. 11 (c) (ii), 2016.**
3. If the attacking team does not make sufficient progress, the referee can call passive play, turning control over to the other team. Thus it is not allowed to keep the ball in possession without making any attempt to attack or to shoot on the goal.
4. Refer **Ans. 11 (c) (iv), 2016.**

HOCKEY

Question 12:

(a)

1. When does the substitution of players take place in the game of Hockey?
2. In the event of the ball going over a back line, how does the game resume?
3. When is a free hit awarded to a defender and to an attacker? **[8]**

(b)

1. List three offences of defenders penalized with a penalty corner against them?
2. List any six "Do nots" that players are to avoid during a game. **[9]**

(c)

1. Write any four occasions when the umpire blows the whistle during a game.
2. What is the procedure to resume the game when the ball is played over the black line unintentionally by a defender? **[8]**

Answer:

(a)

1. Substitution is allowed at any time except during the penalty corner. The players can be substituted due to injury or as per the wish but not allowed for suspended

players. At the time of penalty corner, only the player who is hurt or the defending goalkeeper can be substituted.

2. If the ball goes over a back line, the game is restarted again by keeping the ball on the side line.
3. A free hit is awarded to the team when:
 1. A defender commits an offence between 23 metres areas.
 2. An attacker commits an offence within 23 metres area from where their opponents are defending.

(b)

1. Refer **Ans. 13(b) (ii), 2016.**
2. The six "Do nots" that players are to avoid during a game are:
 1. Players must not use the stick in a dangerous way.
 2. They must not touch, handle or interfere with other players or their sticks or clothing.
 3. They must not intentionally raise the ball from a hit except for a shot at goal.
 4. Players must not delay the game to gain benefit by time wasting.
 5. Players must not tackle unless in a position to play the ball without body contact.
 6. They must not play the ball with the back of the stick.

(c)

1. Refer **Ans. 12 (c) (i), 2016.**
2. Refer **Ans. 12 (b) (ii), 2016.**

Question 13:

(a)

1. What is a flick and when it is used during a game?
2. Who assists the two umpires in the conduct of the game.
3. Define the following:
 1. Indian dribble
 2. Shovelling **[8]**

(b)

1. Define Feinting.
2. Name six playing positions in the game of Hockey. **[9]**

(c) Explain the following terms:

1. A misconduct
2. A corner push
3. Dangerous play
4. A warning. [8]

Answer:

(a)

1. A flick means to lift or raise the ball over the stick of an opponent. It is used to pass to the team mate or place the ball into the goal.
2. The two umpires are assisted by the time-keepers during the conduct of the game.
 1. **Indian dribble** is a hockey technique which consists of pushing the ball rapidly from right to left and then from left to right repeatedly by turning the hockey stick.
 2. **Shovelling** is the simplest shot in which the puck is pushed or flicked in any direction. Players typically resort to shovelling the ball to push loose ball past a sprawling or out-of-position goal tender.

(b)

1. **Feinting** is done to mislead an opponent in the match of hockey. It is done by quickly pushing the ball forward or laterally with the forehand and catching it on the backhand.
2. Refer **Q. 12. (b) (iii), 2013.**

(c)

1. **A misconduct** is any act of rough or dangerous play, wasting the time or not following any rules of the game. A misconduct penalty is given by the referee on such conditions.
2. Refer **Ans. 13 (b) (iii), 2016.**
3. Refer **Ans. 12 (c) (ii) (2), 2016.**
4. **A warning** is given by the referee when a player is playing a rough or dangerous game or performing any misconduct. A warning is indicated by a green card.

BASKETBALL

Question 14:

(a) What is meant by:

1. Back Court
2. Front Court

3. Held ball
4. Rebounding. **[8]**

(b)

1. How does a team advance with the ball in an attempt to score?
2. When is the clock stopped during a game of Basketball?
3. Explain a situations of a basket interference. **[9]**

(c)

1. State four occasions when a ball becomes dead during play.
2. List four duties of a Scorer. **[8]**

Answer:

(a)

1. **Back court** is the rest of the court, including the opponent's basket and inbound position of the back-board, including the division line nearest to the team's basket. While attacking if you reach the front court then is it not allowed to come at the back of the court.
2. A **front court** is the area of the court from the endline to the near edge of the midcourt line, which includes the basket and the inbounds part of the back-board.
3. Refer **Ans. 15 (b) (iii), 2016.**
4. Refer **Ans. 15 (a) (iii), 2016.**

(b)

1. To attempt to score, the team advances by dribbling and passing the ball to one another and finally pivoting the ball into the basket by a tall player.
2. The clock is stopped during a game of basket ball when the ball is out of play.
3. Basket interference occurs when a player:
 1. Touches the ball or basket, when the ball is on or within either basket.
 2. Touches the ball while any part of the ball is within the imaginary cylinder that has the basket ring as its lower base.
 3. Reaches through the basket from below and touches the ball before it enters the cylinder.
 4. Pulls down a movable ring so that it contacts the ball before the ring returns to its original position.

(c)

1. The four occasions when a ball becomes dead during play are:
(1) Blocking (2) Holding
(3) Double foul (4) Disqualification of player.
2. The four duties of scorer are:
 1. Keeps record of running points scored, by entering the field goals and the free throws made.
 2. Keeps record of time-outs.
 3. He also effects substitution as without informing him substitution cannot be done.
 4. Sounds his signal only when the ball is dead and before the ball becomes live again.

Question 15:

(a)

1. What duties are performed by a 24 Second Operator?
2. What is meant by the term 'Charging'?
3. List any four types of match equipment. **[8]**

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

1. Blocking
2. Holding
3. Lay-up-shot. **[9]**

(c) Explain the following terms:

1. Dribbling
2. Board-shot
3. Three point
4. Team Fouls. **[8]**

Answer:

(a)

1. The duties of a 24 seconds operator are:
 1. Stops and resets to 24 seconds when the game is stopped because of an action connected with the team not in control of the ball.
 2. Stops and resets to 24 seconds when an official blows his whistle for a foul or violation.
 3. Stopped but not resets to 24 seconds when a player of a team has been injured who has the control of the ball.
 4. Stopped but not resets to 24 seconds when a double foul occurs.

2. **Charging** is a foul called when an offensive player collides with a defensive player who is stationary and has both feet firmly planted on the floor.
3. Four equipment used in basket ball are:
 - (1) Game clock and stop watch
 - (2) 30 second device
 - (3) Score sheets
 - (4) Basket balls.

(b)

1. Refer **Ans. 15(b) (i), 2016.**
2. Refer **Ans. 15(b) (ii), 2016.**

The lay-up-shot is a shot in which basket ball when in possession, the hand is up and the eyes are focused at a point on the backboard where the ball is to be banked into the basket.

(c)

1. Refer **Ans. 15 (c) (i), 2016.**
2. Refer **Ans. 15 (c) (ii), 2016.**
3. Refer **Ans. 14 (a) (iv), 2016.**
4. Refer **Ans. 15 (c) (iii), 2016.**

VOLLEYBALL

Question 16:

(a)

1. Write the dimensions and characteristics of the ball used in a game of Volley ball.
2. How is a point scored in the game of Volleyball? **[8]**

(b) Enumerate the duties of:

1. A first reference
2. An Assistant reference
3. A captain on the court. **[9]**

(c) Briefly explain the following:

1. Rotation
2. A collective block
3. Screening
4. Technical time-out. **[8]**

Answer:

(a)

1. Circumference of the ball = 65 – 67 cms
Weight of the ball = 260 – 280 gms
The ball shall be spheroid and of an adequate inflation. The other surface of the ball shall be made of leather or synthetic leather. The other surface of the ball may be made of rubber.
2. A point is scored in the game of volley ball when:
 1. Ball grounds on the opponent's court.
 2. Fault is committed by the next team.
 3. Penalty is received by the opponent's team.

(b)

1. Refer **Ans. 16 (b) (i), 2016.**
2. Refer **Ans. 16 (b) (ii), 2016.**
3. Refer **Ans. 16 (b) (iii), 2016.**

(c)

1. Refer **Ans. 16 (c) (i), 2016.**
2. Refer **Ans. 16 (c) (ii), 2016.**
3. Refer **Ans. 16 (c) (iii), 2016.**
4. Refer **Ans. 16 (c) (iv), 2016.**

Question 17:

(a) Explain the following terms:

1. Carrying the ball
2. Consecutive-Contact
3. Setter
4. Free-Zone-Area **[8]**

(b)

1. What is a rally point?
2. What is spiking and how is it performed?
3. What are the three different skills of the game of Volleyball? **[9]**

(c) What is meant by:

1. A floating-Service

2. Antennae
3. Libro
4. Ace. [8]

Answer:

(a)

1. **Carrying the ball** means that the ball is in the possession of the player for a long time which is a foul.
2. Refer **Ans. 16 (a) (iv), 2016.**
3. A **setter** is a player who touches the second ball to set it up for the third touch or spike. They are the most important player of the team for offence.
4. The **free zone area** surrounds the court with a minimum width of 2m. It is the area where the players rest during the time-outs.

(b)

1. Refer **Ans. 17(a) (ii), 2016.**
2. When the ball is hit hard or is smashed, it is called spiking. It is performed by taking a proper jump before attempting to smash the ball. The player while in jump, turns his hand with turn of wrist to the direction of the smash. Turning may be right or left. It can be made from any position and then ball is tried to land on the opponent's court.
3. The three different skills in the game of volleyball are:
 1. The net recovery
 2. The attack or smash
 3. Serving the ball

(c)

1. **Floating service** is the service which changes its direction and course all of a sudden. The floating movement depends upon the value of ball, it float in the opposite direction of the value of a ball. The serve is taken similar to over head service except the last movement of the wrist is directed towards the flight of the ball and the use of force according to distance from the baseline.
2. An **antennae** is a flexible rod, 1.80m long and 10mm in diameter, made of fiber glass or similar material. The top 80 cm of each antenna extends above the net and is marked with 10 cm stripes of contrasting colour, preferably red and white. The antenna are considered as part of the net and laterally delimit the crossing space.
3. A **Libero** is a specialised defensive player who must be recorded on the scoresheet before the match in the special line reserved for this. He/she can be

neither team captain nor game captain.

4. **An ace** is when one team serves the ball and the opposing team is not able to return the serve. It can be touched by the players but not returned.

SOFTBALL

Question 18:

(a)

1. What name is given to the Softball playing field?
2. Explain what is meant by fair territory and foul territory in Softball.
3. Give the number of batter's boxes in Softball and their dimensions. **[8]**

(b)

1. Describe an officially approved Softball and its measurement.
2. Write any six duties of the plate umpire. **[9]**

(c)

1. Name the infielders and the outfielders.
2. Define the following:
 1. Batting-order
 2. A chopped ball. **[8]**

Answer:

(a)

1. The softball playing field is called a pitch.
2. The **fair territory** is the area beginning with and including home plate and extending between and including foul lines into which a batter must bat the ball as for a safe hit.
The **foul territory** is an area which is outside the fair territory.
3. On each side of home plate there is a batter's box which measures 3 feet in width and 7 feet in length. The lines inside of the batter's box shall be 6 inches from home plate. The line in the front of the box shall be 4 feet in front of the line drawn through centre of home plate.

(b)

1. Circumference of ball = 30.5 – 30.8 cms
Weight of ball = 178 – 198.4gms

It is soft and made up of a mixture of cork and rubber and is covered with white or yellow leather in two pieces. It has figure 8 written on it and is sewed by red thread.

2. Refer **Ans. 18 (b) (ii), 2016.**

(c)

1. The players who take their position in the central field are called infielders and the players who stand outside the infield, i.e., between the infield and the boundaries are called outfielders.
 1. The batting order is the order in which the batter comes on the pitch. This order should be given to the plate umpire by the captain of the team and must be noted on the score sheet or line-up card.
 2. Refer **Ans. 18 (a) (i), 2016.**

Question 19:

(a)

1. Explain a fair ball and a foul ball.
2. Who is an on deck batter and what role does he play in the game?

(b)

1. List any three conditions when a batter become a batter runner.
2. List any three occasions when the base runners are entitled to advance without liability to be put out.
3. What does in jeopardy mean in Softball? **[9]**

(c)

1. List four occasions when a base runner is declared out?
2. Explain the following:
 1. Force out
 2. Inning. **[8]**

Answer:

(a)

1. A **fair ball** is a ball that is hit in the fair territory including home plate and not extending foul lines.
A **foul ball** is the ball that is hit in the foul territory, i.e. outside the foul lines.
2. The batter who is on deck traditionally waits in a location in the foul territory called the on deck circle. The role of the on-deck batter is only guarantee that the batter

will get a chance to bat in the inning if there are fewer than two outs and the number of outs plus the number of base runners adds up to fewer than three.

(b)

1. Refer **Ans. 18(c) (iii), 2016.**
2. Three occasions when the base runners are entitled to advance without liability to be put out are:
 1. When forced to vacate a base because the batter was awarded a base on balls.
 2. When a wild pitch or passed ball goes under, over, through or lodges in the backstop.
 3. When the ball is in play and is overthrown (beyond the boundary lines) or is blocked.
3. Refer **Ans. 19. (a) (ii), 2013.**

(c)

1. The four conditions when the base runner is declared out are:
 1. If he/she is not able to occupy or touch the next base with any part of their body.
 2. Whenever he passes another runner.
 3. When he/she starts running in the reverse order.
 4. If the fielder reaches the base of the base runner before holding the ball in the hand.
 5. A force out is an out which can be made only when a base runner loses the right to the base which he is occupying because the batter becomes a base runner, and before the batter or a succeeding base runner has been put out.
 6. Refer **Ans. 19 (c) (iii), 2016.**