

ICSE Paper 2013 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) Define the term Obesity. [2]
- (b) State any two preventive measures to be taken against Communicable Diseases. [2]
- (c) State any three symptoms of Rheumatic fever. [3]
- (d) State any three causes of a Sprain Injury. [3]

Answer:

(a) **Obesity** is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health, leading to reduced life expectancy and/or increased health problems.

(b) Two preventive measures to be taken against communicable diseases are:

1. **Vaccination:** Administration of vaccines to increase resistance of a person against infectious diseases.
2. **Controlling the Agent:** This is the first step to be taken in the prevention of communicable diseases by keeping the atmosphere around you healthy and clean.

(c) Three symptoms of Rheumatic fever are:

1. Damaged muscle tissue of the heart.
2. Central nervous system is also affected.
3. Low blood pressure.

(d) Three causes of a sprain injury are:

1. Accidents that involve fall.
2. Lifting heavy objects.
3. Over stressing the muscles.

Question 2:

- (a) Briefly explain the nature of defect associated with health. [2]
(b) List any two transmission modes of Venereal Diseases. [2]
(c) What is meant by Pathogen? List any two examples. [3]
(d) Mention six causes of Insomnia. [3]

Answer:

(a) The lack of something necessary or desirable for completion or perfection is called **defect**. It can be physical, social or mental.

Physical Disorder: Flat foot, rickets, etc.

Defect to Eyes: Myopia, hypermetropia, etc.

Defect of Speech: Stammering, etc.

Social Defects: Hunger, poverty, etc.

Mental Defects: Feeble minded, etc.

(b) Two Transmission modes of venereal diseases are:

1. Sexual activity with infected person.
2. Bacterial transmission by germs called Gonoecoccus and spirochaete.

(c) **Pathogen** is a disease producing agent such as virus, bacterium or other micro-organism.

Examples: (1) Diplococcus pneumoniae, (2) Tubercle bacilli.

(d) Six causes of Insomnia are:

1. Anxiety or depression
2. Nicotine, caffeine or alcohol
3. Air travel which causes jet lag
4. Poor sleep habits
5. Shift work/overtime
6. Not being active in the daytime.

Question 3:

- (a) State any two preventive measures undertaken to protect our sense of hearing. [2]
(b) What is Oral hygiene? How can it be implemented? [2]
(c) List any three safety measures to prevent poisonous substances being consumed by children. [3]
(d) Mention six harmful effects of smoking. [3]

Answer:

(a) Two preventive measures to protect our sense of hearing are:

1. Avoid listening to loud music.
2. Drop mustard oil in the ears at intervals of week.

(b) The care of teeth, gums and tongue properly, i.e., care of the mouth is called oral hygiene.

It can be implemented by:

1. **Rinsing the mouth:** It should be done after each meal. This helps to remove food particles struck between spaces of teeth and thus prevents tooth decay.
2. **Brushing your Teeth:** Twice a day, i.e., in the morning and before going to bed should be done. Acacia and Neemtwig are the best medicines.

(c) The three safety measures taken are:

1. Unused prescribed drugs should be disposed off quickly.
2. Medicines, disinfectants, insecticides and other such things should be out of reach of children.
3. If the expiry date of a medicine is over, it should not be used.

(d) The six harmful effects of smoking are:

1. Causes insomnia
2. Causes lung cancer
3. Cardiovascular diseases
4. Asthma
5. Leads to premature, preventable death
6. Pregnant smoker is at higher risk of having her baby born too early and with an abnormal low birth weight.

Question 4:

(a) Define the term Recreation. [2]

(b) Differentiate between Antibiotics and Antiseptics. [2]

(c) What is meant by a Balanced Diet? Name its various nutrients. [3]

(d) State the procedure involved for providing first-aid to a person rescued from drowning. [3]

Answer:

(a) **Recreation** is an activity or pastime that relaxes one's mind and provides enjoyment to him.

(b)

Antibiotics	Antiseptics
1. It is a medicine that can destroy harmful bacteria in the body or limit growth.	They are the substances or chemicals which are used for prevention of infections and helps to kill bacteria in any injury.
2. Derived from living organisms.	Derived from ingredients which come from rainforests.

(c) Balanced diet is a diet that contains adequate amounts of all the necessary nutrients required for healthy growth and activity.

Balanced diet contains of seven main nutrients:

- (1) Proteins (2) Carbohydrates (3) Minerals
 (4) Fats (5) Vitamins (6) Water
 (7) Antioxidants

(d) The procedure involved for providing first aid to a person rescued from drowning is as follows:

1. Roll the person on the stomach, it will help to drain out the water from the lungs.
2. Pull the tongue forward lest the individual had swallowed the water that comes out. Remove as much water as possible in this way.
3. Keep the victim warm. Ring up the hospital for ambulance to transfer the person to the hospital.
4. Start artificial respiration at the earliest possible.

Question 5:

(a) What changes occur inside the human body on consumption of medicines or life saving drugs? **[2]**

(b) List any two important precautions to be taken to avoid heart related diseases. **[2]**

(c) What are the symptoms of Pneumonia? **[3]**

(d) List any six preventive steps to avoid accidents related to sporting activities. **[3]**

Answer:

(a) When medicines or life saving drugs are consumed, they increase the resistance of the body towards the diseases and fight against trauma causing factor.

(b) Two Important precautions to be taken to avoid heart related diseases are:

1. By taking healthy and nutritious balanced diet.
2. By exercising regularly.

(c) The symptoms of Pneumonia are:

1. High fever
2. Chills
3. Shortness of breath
4. Increased breathing rate
5. A worsening cough that may produce discoloured or bloody sputum.
6. Sharp chest pains.

(d) The six preventive steps to avoid accidents related to sporting activities are:

1. If you play any sport, you should adequately train for that sport.
2. The rules are designed, impart, to keep things safe and avoid accidents related to sporting activities.
3. Protective pads, mouth guards, helmets, gloves and other equipments keep your knees, hands, teeth, eyes and head safe.
4. Athletes should take some rest at regular intervals.
5. Avoid playing when very tired or in pain.
6. The proper warm up is essential for injury prevention.

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. Handling the ball
2. A double hit
3. A time out
4. Clean-bowled. **[8]**

(b)

1. What do you mean by ball tampering?
2. What is the difference between a hook shot and a pull shot?
3. Draw a neat diagram of a Cricket Pitch and mark the following:
(1) The bowling crease (2) The popping crease (3) The return crease. **[9]**

(c) Define the following terms:

1. The danger-area
2. A stance
3. A china-man
4. A runner. **[8]**

Answer:

(a)

1. **Handling the ball** is a method of dismissing a batsman when he can be given out if he intentionally touches the ball with a hand that is holding the bat with out the permission of the fielding side.
2. Refer **Ans. 6 (a) (iv), 2016.**
3. **Time-out** is a method of dismissal when an incoming batsman is not ready to play within three minutes of the previous batsman being out.
4. **Clean-bowled** is a method of dismissal if the batsman's wicket is put down by a ball delivered by the bowler.

(b)

1. Refer **Ans. 7(b) (ii), 2016.**
2. **Hook Shot:** Played to a bouncer and intended to hit the ball high in the air over square leg hopefully for six runs.
Pull Shot: It is a horizontal bat shot which pulls the ball around the batsman into the square leg area.
3. Refer **Ans. 7(b) (i), 2016.**

(c)

1. The **danger-area** is the central portion of the pitch, a rectangle running down the middle of the pitch, two feet wide, and beginning five feet from each popping crease.
2. Refer **Ans. 7 (c) (i), 2016.**
3. Refer **Ans. 7 (a) (iv), 2016.**
4. In cricket, a **runner** is a team member who runs between the wickets for an injured batsman. When a runner is used, the batsman stands in position and plays shots as normal.

Question 7:

(a) Briefly explain the following terms:

1. A googly
2. A full-toss
3. An over

4. Obstructing the field. [8]

(b)

1. Name six fielding positions on the off-side of the field.
2. Name six strokes played by a batsman.
3. What do you understand by the term Substitute? [8]

(c)

1. What is the difference between a bye and an over-throw?
2. What signals will the umpire give in the following cases?
(1) A dead ball (2) A free hit
(3) To be declared out (4) To contact the third umpire. [9]

Answer:

(a)

1. Refer **Ans. 7 (a) (iii), 2016.**
2. Refer **Ans. 7 (c) (ii), 2016.**
3. **An over** is a series of six balls bowled from one end of a cricket pitch.
4. **Obstructing the field** is a mode of dismissal in cricket. Here, a batsman uses some part of his body or the bat purposely to block the ball from going to any member of the other team.

(b)

1. The six fielding positions on the off-side of the field are:
(1) Point (4) Mid-off
(2) Cover (5) Slip
(3) Gully (6) Long-off
2. The six strokes played by a batsman are:
(1) Block (2) Square Cut
(3) Pull Spot (4) Hook Spot
(5) Straight drive (6) Leg Glance.
3. Refer **Ans. 7 (b) (iii), 2016.**

(c)

1. **Bye:** A bye is a run scored by the batting team i.e. extras when the ball has not been either hit by the bat or has hit the batsman's body.
Over-throw: It is also an extra run when the players are misfielding in the centre, throwing the ball in the outfield.

1. The umpire signals a dead ball by crossing and uncrossing his wrists below his waist with the call dead ball.
2. The umpire signals a free hit by raises his right hand in the air and move it in a circular manner.
3. The umpire signals out by raising his index finger above his head.
4. The umpire signals to contact the third umpire by using both hands to drawing a large square shape in air.

FOOTBALL

Question 8:

(a) Define the following terms:

1. A goal scored
2. A free kick
3. Sent off
4. A through pass [8]

(b)

1. What is the procedure of resuming the game from a corner kick?
2. Name three places from where the ball is passed to an offside player but an offside is not given.
3. List any three offences for which a Red Card is shown to a player. [9]

(c) What decision will the referee give in the following cases?

1. When the goal is scored unintentionally by the centre referee.
2. At a kick off the same player touches the ball a second time.
3. During a penalty kick the ball rebounds from the crossbar and the same player kicks in the ball to score a goal.
4. A defense player intentionally handles the ball in the penalty area. [8]

Answer:

(a)

1. **A goal is scored** when the whole ball passes across the goal line, which lies between the goal posts, and under the cross bar provided that no violation of the laws of the game has been committed by the team scoring the goal.
2. Refer **Ans. 9 (c) (ii), 2016**.
3. **Sent-off** is an activity when the player, substituted player has been given a red card and is sent back, i.e., sent out of the play field if he has committed any offence or not followed the rules of the game.

4. Refer **Ans. 9 (c) (ii) (2), 2016.**

(b)

1. When a corner kick is awarded, the following procedure is followed:
 1. The ball is placed inside the corner arc at the nearest corner flagpost.
 2. Opponents move atleast 10 yds away from the corner arc until the ball is in play.
 3. The ball is kicked by the player of attacking team.
 4. As the ball comes in play, the kicker does not play the ball a second time until the player has touched another player.
2. A player is not in an offside position if:
 1. He is in his own half of the field of play.
 2. He is level with the second last opponent.
 3. He is level with the last two opponents.
3. A red card is shown to a player when:
 1. He uses excessive force or brutality against an opponent when challenging for the ball in play.
 2. He is violating the rules of the game intentionally.
 3. He prevents a goal keeper from releasing the ball from his hands.

(c)

1. When the goal is scored unintentionally by the centre referee, the goal is counted but that referee is removed from the match.
2. In this case, the game is continued whether same player touches the ball twice or not.
3. In this case, the goal is considered to be scored.
4. Refer **Ans. 9 (b) (ii) (2), 2016.**

Question 9:

(a) Draw a diagram of a Football field showing the following areas with dimensions:

1. Touch lines
2. Goal lines
3. The goal area
4. The penalty area
5. The penalty mark
6. The penalty arc
7. The centre circle
8. The corner arc.

(b)

1. Mention three fouls of a Goalkeeper that result in an indirect free kick being awarded.
2. List any three duties to be performed by the Captain of the team.
3. When is the ball considered out of play?

(c)

1. Give the proper procedure to replace a player with a substitute player.
2. Explain the following: 1. An off-side, 2. Extra Time.

Answer:

(a) Refer **Ans. 8 (a), 2016.**

(b)

1. The three fouls of a goalkeeper that results in an indirect free kick are:
 1. Exceeds six seconds holding the ball with his hands and not releasing it.
 2. Touches the ball for the second time after releasing it and not being touched by another player.
 3. Touches the ball with his hand and after he has received it directly from a throw-in taken by a team-mate.
2. The three duties of the captain are:
 1. He takes part in the coin toss at the start of the game.
 2. If there is any issues regarding the rules of the game, then the captain directly consults the referee.
 3. On the victory of the team, the captain leads the team to take their medals.
3. The ball is out of play:
 1. When the referee has stopped by game because of a fault.
 2. When the goal is scored and the game is not restarted again.

(c)

1. The procedure followed to replace a player by a substitute are:
 1. A player may only be substituted during a stoppage in play and with the permission of the referee.
 2. The player to be substituted (outgoing player) must have left the field of play before the substitute (incoming player) may enter the field of play.
 3. The incoming player may only enter the field at the half-way line.
 4. As the substituted player comes in play, the substitution is complete.
 5. Refer **Ans. 9 (c) (i), 2016.**
 6. **Extra-time** is the additional time given at the end of the match to compensate the time lost in injuries, in substitutions, in penalties, etc. or the match has drawn. Thus to give a conclusion to the match, extra-time is awarded.

HANDBALL

Question 10:

(a)

1. What is the height of the goal post from the ground level?
2. What is the weight of the ball?
3. Mention the duration of the match.
4. Mention the number of officials required to conduct a match. [8]

(b)

1. List any three important duties that are performed by the captain of the team.
2. When is a goal scored?
3. When is the ball considered to be in play? [9]

(c) Draw a neat diagram of a Handball court giving all its measurements. [8]

Answer:

(a)

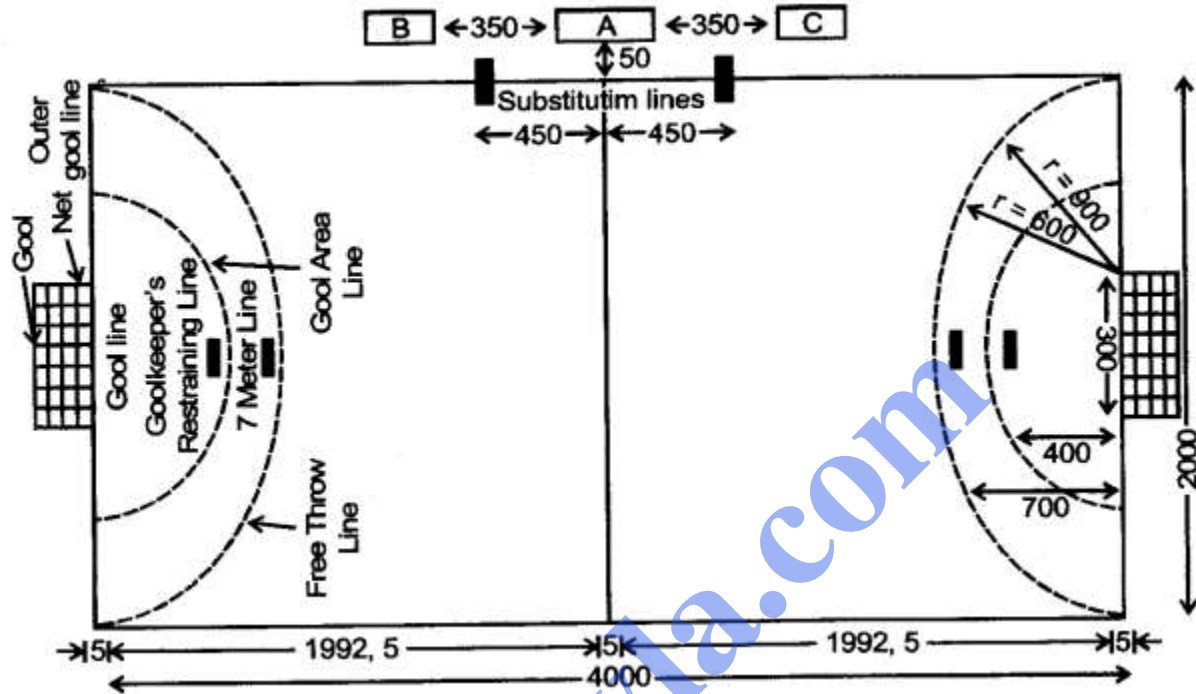
1. The height of a goal post from the ground level is 2 metres.
2. Weight of the ball for males = 425 to 475 gms
Weight of the ball for females = 325 to 400 gms.
3. Duration of match = 2 halves of 30 minutes and half time break of 10 minutes (for men).
Duration of match = 2 halves of 25 minutes with half time break of 10 minutes (for women).
4. The number of officials to conduct a match are 4.

(b)

1. The three duties of the captain in handball are:
 1. He leads the team especially in tense situations.
 2. If there is an issue regarding the rules of the game, the captain speaks to the referee.
 3. He may also lay down the law by giving rules to the team-mates for what they can do and what they cannot do.
2. **A goal is scored** when whole ball crosses the goal line completely without any violation of the rules by thrower, teammate or any team official during or before the throw. If there is a violation of the rules by defender but the ball still goes into the goal, then also goal is scored.

- The ball is in play as soon as the referee blows his whistle to indicate the start of the game. As the game starts the time keeper also starts the official time of the match.

(c)



Question 11:

(a)

- What are the number of court players in a team?
- State the number of players required to participate in a game at a given time.
- What is the duration of the interval?
- What is the circumference of the ball? [8]

(b)

- List any three duties of a Recorder.
- What is the utility of the Goal Area?
- When is a corner Throw awarded? [9]

(c) Define the following terms:

- A throw-off
- A goal-throw
- A line-cut

4. A goal-area. [8]

Answer:

(a)

1. At the time of play, not more than 7 players should be present on the court out of 14 total players. The remaining 7 players are substitutes.
2. At a given time, during the match, one of the player should be a goalkeeper. He can become a court player at any time and vice-versa. A team should have 5 players in the starting and can be increased up to 14 at any time, including overtime.
3. The duration of the interval in any case is 10 minutes. If the game is tied at the end, then 5 minutes overtime can be given.
4. The circumference of the ball for males is 58-60 cms and for females, it is 54–56 cms.

(b)

1. The three duties of the recorder are:
 1. Assists the referee about the score during the match.
 2. Enters the names of the players who are not entitled to participate.
 3. To maintain the score board at every time of the match.
2. The utility of the goal area is that only the goalkeeper is allowed to enter into the goal area. When a court player enters the goal area, the goalkeeper-throw, free throw or 7 meters throw are the decisions given by the referee.
3. A corner throw is awarded when the defender, other than the goalkeeper, has knocked the ball over the goal line. The game is restarted by means of a throw from the corner of the court.

(c)

1. Refer **Ans. 11 (a) (iii), 2016.**
2. A **goal-throw** is awarded when the ball rebounds off the goalkeeper over the endline. The ball is thrown over the endline by the attacking team.
3. When the ball crosses the goal line, the opposing team player throws the ball inside the field without touching the goal line. If the line is cut or touched then it is said a **line-cut**.
4. Refer **Ans. 10 (a) (i), 2016.**

HOCKEY

Question 12:

(a) Define the following terms:

1. An obstruction
2. A centre pass
3. A side-line hit
4. A carried. [8]

(b)

1. List six types of equipment required on the technical table to conduct a match.
2. What do you understand by the term Pass Back?
3. Mention six important positions of a player on the field. [9]

(c) Draw a neat diagram of the Hockey field and mark the following with their measurements:

1. A sideline
2. A penalty spot
3. A shooting circle
4. A corner flag post. [8]

Answer:

(a)

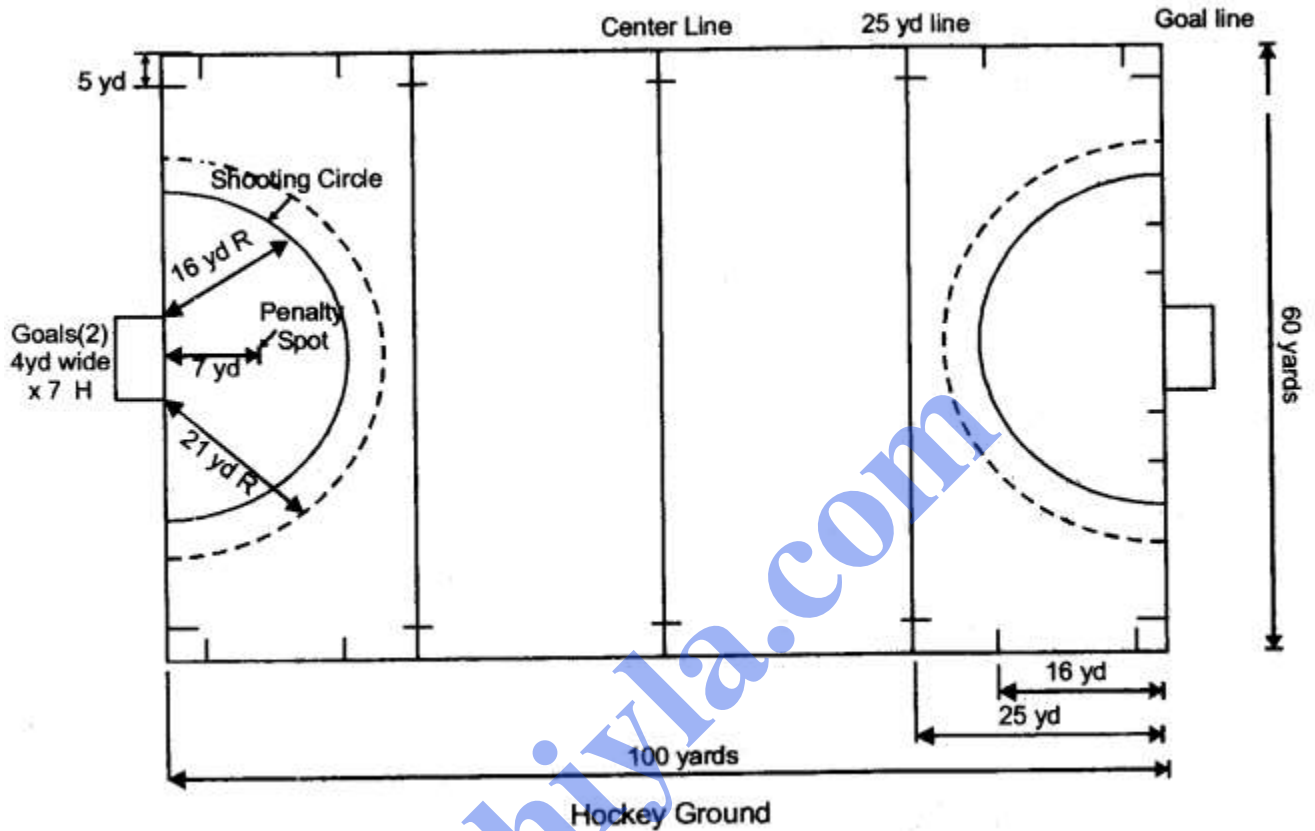
1. Refer **Ans. 12(a) (iv), 2016.**
2. **Centre pass** is a set piece used to start a game and to resume play after a goal has been scored. It is always played from the center line and the ball must be passed back to a teammate.
3. The ball is put on the line wherever it went out, then a player of the team who did not touch the ball last has a free hit. This type of hit is called a **side-line hit**.
4. Refer **Ans. 13 (a) (i), 2016.**

(b)

1. The six equipments required on the technical table are:
 1. Two clocks for keeping the time.
 2. A Hooter for indicating the start and stop of the game.
 3. A score sheet to record the scores.
 4. Three whistles.
 5. Green card to indicate the fault.
 6. Yellow card to indicate the fault.
2. **Pass back** is always taken from the centre of the field and used to start the game, restart after half time and after a goal has been scored.
3. The six important positions of a player on the field are
(1) Halfback (2) Fullback

- (3) Mid fielder/inner or striker
- (4) Defenders
- (5) Goal keeper
- (6) Sweeper.

(c)



Question 13:

(a) Explain the following terms:

1. A rolling substitution
2. A back stick
3. A corner
4. A penalty stroke. [8]

(b)

1. What is the basic compulsory equipment required by a player?
2. What is the duration of the game and interval?
3. When is the ball considered to be out of play? [9]

(c) What decisions will be given in the following situations?

1. When the goalkeeper commits a breach and hinders an opportunity to score a goal.
2. When the ball crosses over the goal line to be finally touched by a forward player.
3. When the goalkeeper catches the ball or it lodges itself in his pads.
4. When the ball crosses the goal post under the cross bar and the goal lines. [8]

Answer:

(a)

1. Refer **Ans. 13 (a) (ii), 2016**.
2. **A back stick** is a type of illegal spot in which the ball is touched by the rounded face of the hockey stick which is considered a penalty.
3. Refer **Ans. 13 (a) (iii), 2016**.
4. **A penalty stroke** is awarded when a defender against an opponent intentionally in the circle prevents the probable scoring of a goal or crossing over the back-line before permitted during the taking of penalty corners.

(b)

1. Basic compulsory equipments required by a player are:
 1. Field players should wear uniform.
 2. Gloves for protection.
 3. Shin, ankle and mouth protection to protect yourself.
 4. A goalkeeper wears a different coloured shirt with a protective headgear.
 5. Stick with a handle and a curved head which is flat on its left side.
2. Duration of the game = two halves of 35 minutes each
Duration of interval = 5-10 minutes for rest.
3. The ball is out of play when:
 1. The ball is over the side-line.
 2. The ball is over the back-line by an attacker.
 3. The ball is over the back-line unintentionally by a defender.

(c)

1. It is given a foul by the umpire, i.e., and IFK is awarded to the goalkeeper.
2. A penalty stroke is awarded to the opposing team player.
3. Penalty stroke is given.
4. It is considered as a goal to be scored.

BASKETBALL

Question 14:

(a) What is meant by:

1. A direct shot.
2. A restricted area.
3. An inside pivot.
4. A two handed bounce pass. [8]

(b) Explain the following terms:

1. A personal foul
2. A screening
3. A technical foul. [9]

(c) What signals will the official give in the following situations?

1. The cancellation of a throw.
2. A charged time out.
3. No free throws are to be awarded.
4. Pushing and charging a player. [8]

Answer:

(a)

1. A **direct spot** is a shot which hits directly on the rim of the basket and then goes inside the basket.
2. The **restricted area** is a semi-circular arc drawn around the area directly underneath the basket. Defending team players cannot draw charging fouls in this area.
3. **An inside pivot** is used by the player when he/she is open before the catch or he/she is on the move. In such case, he/she should plant the inside foot and rise into the shot.
4. **Two handed bounce pass** is done so as to avoid the defender player who has blocked the way or who is not letting the ball to pass to another players. It is same as the chest pass with a difference of one bounce on the ground and then received by the next player.

(b)

1. A player shall not hold, block, push, charge or trip the progress of the opponent by extending any part of his/her body or by bending his/her body into an 'abnormal' position nor shall be involved in any rough or violent play.
2. **Screening** is a blocking move by an offensive player, by standing beside or behind a defender to free a teammate to shoot, receive a pass or drive into score.

3. **A technical foul** is any infraction of the rules penalized as a foul which does not involve physical contact between opposing players on the court or is a foul by a non-player.

(c)

1. Scissor like action with arms, once across chest.
2. The referee blows the whistle simultaneously. He forms a T-shape with index finger showing.
3. The referee crosses both the arms over each other.
4. The referee shows a limitate push.

Question 15:

(a) State:

1. The number of substitutes in a team and the required number of field players.
2. The radius of the centre circle along with the height of the board.
3. The number of referees and umpires required to conduct a match.
4. The thickness of the backboard and the diameter of the ring. **[8]**

(b)

1. Mention three important duties of the officials before the start of the match.
2. What is a Team Foul?
3. What is the procedure adopted to decide the winner if the match ends in a tie? **[9]**

(c) Define the following terms:

1. A blind pass
2. A freeze
3. Extra time
4. A post player **[8]**

Answer:

(a)

1. Number of substitutes = 7 and Required number of field players = 5.
2. Radius of centre circle = 1.80 metres. Height of the board = 2.75 metres.
3. There is one referee and one or two umpires to conduct a match.
4. Thickness of the backboard = 30 mm
Diameter of the ring = 45 cm

(b)

1. The three duties of the officials before the start of the match are:
 1. Inspect and approve all equipment to be used during the game.
 2. Designate the official game clock, twenty-four second device, stopwatch and recognise the table officials.
 3. Select a game ball from at least two used balls provided by the home team.
2. If a team is over their team foul, the player on the opposing team who was fouled will shoot 2 free throws, as if they were in the act of shooting.
3. If the score is tied, the teams go to overtime which is only 5 minutes long instead of 12 minutes for a normal quarter. This goes on until the result is determined.

(c)

1. **A blind pass** is a pass from a ball handler who does not look at the receiver while delivering the pass.
2. **A freeze** is a form in basketball when the ball comes in the possession of two opponent players, i.e., one player from each team simultaneously.
3. **An extra time** is given to conclude the match. In this, all fouls that are committed at the end of play time is considered to have occurred during an interval of play and the free throws are administered before the beginning of the extra time.
4. **A post player** who is standing comparatively near to the basket.

VOLLEYBALL

Question 16:

(a) Define the following terms:

1. A double touch.
2. A ball out of play.
3. A disqualification.
4. A service. [8]

(b)

1. Define the ball under the following headings:
 1. weight.
 2. circumference.
 3. air pressure.
2. Draw a neat diagram of a Volley Ball court and mark the following.
 1. sideline
 2. service line
 3. attack line
 4. front zone
 5. rotation position

6. back zone. [9]

(c)

1. List the responsibilities of the Linesman during the match.
2. List any four responsibilities of the Coach of the team. [8]

Answer:

(a)

1. **A double touch** occurs when the ball touches two parts of a player's body in successive or when a player touches the ball twice in a row.
2. **A ball is out of play** once a fault has occurred and is whistled by a referee.
3. A team member who is disqualified shall not play for the rest of the set and must remain seated in the penalty area with no other consequences.
4. **Service** is the act of putting the ball into play. This is done in order to send the ball over the net into the opponent's court.

(b)

1.
 1. Weight of the ball = 260 to 280 gms
 2. Circumference of the ball = 65 to 67 gms
 3. Air pressure of the ball = 0.3 – 0.325 kgf/cm²
2. Refer **Ans. 17 (c), 2016.**

(c)

1. The responsibilities of the linesman during the match are:
 1. They have a red flag to indicate that the ball is in the court or not.
 2. They judge if the player crossed the line when serving the ball.
 3. They help the referee to make signals and decisions about the ball's position.
 4. They also check whether the ball is touching the antennae or not.
2. The four responsibilities of the coach of the team are:
 1. The coach of the team trains the player without focusing more on the outcome.
 2. He decides which player will be on the court to play based on the player's performance.
 3. He decides when the substitution is to be made during the match.
 4. He also takes the time-out to guide his/her team for the rest of the game.

Question 17:

(a) Briefly explain the following terms:

1. A service zone.
2. A substitution zone.
3. An attack line.
4. A substitution [8]

(b)

1. When is the ball considered in and out of play?
2. What do you mean by expulsion?
3. Explain how a set and a match is won by a team? [9]

(c)

1. What is the procedure adopted to start a game?
2. How many contacts are permitted in returning the ball over the net?
3. Explain the procedure. [8]

Answer:

(a)

1. **A service zone** is the spot on the court in which the player tries to serve the ball, i.e., 9 m wide area between each end line.
2. **A substitution zone** is an area between the attack lines and the center lines along the sideline where substitutes remain to enter into the game.
3. **An attack line** separates each side of the court into a front zone and a back zone. The line is parallel to the net and 10 ft from the centre line.
4. **Substitutions** may be called only in between points or at the beginning of a set and may not be called during a point or after the referee has authorized a service.

(b)

1. The ball is in play from the serve, i.e., start of the rally till the ball lands on the ground or court to win the point. A ball hit into the net may still be kept in play (upto 3 hits) provided that a player does not make contact with the net. The ball is not in play when the referee declares the fault or if two opposing players touch the net simultaneously, the ball is declared dead and is replayed.
2. An expulsion is a very extreme condition. Extremely offensive conduct results in the red and yellow cards held together, expulsion from the remainder of the game. Expelled players must leave the

playing court and remain seated in the penalty area until the start of a new game. This is known as expulsion.

3. **To win a set**, the team that first scores 25 points with a minimum two point advantage (no scoring cap) wins.

The best of three games will win matches. If there is a deciding game, it will be won by the team that first scores 15 points with a minimum two point advantage.

(c)

1.

1. The toss is done to decide which team takes the service first and which team chooses which side.
 2. Then ball is served from behind the line at the back of the court.
 3. Thus a rally becomes and it continues until the ball rests on the court. The players have to cross the ball to the opponent's side within three hits until the fault happens.
2. When the ball is served to the receiving team, the ball should be returned back within three hits. The fourth hit is counted as a fault and gives a point to the other team. A single player cannot hit the ball consecutively less it will again be a fault. When two or more players of the same team touch the ball simultaneously, then it is considered as a single contact.

SOFTBALL

Question 18:

(a) Define the following terms:

1. A foul ball.
2. An illegal pitcher.
3. A play ball.
4. The strike zone. **[8]**

(b)

1. Mention three important skills of a soft ball player.
2. When does a player become an official?
3. What happens when the batting order is changed? **[9]**

(c)

1. What rule must be remembered in case of a substitution?
2. What is the method adopted in starting the game? **[8]**

Answer:

(a)

1. **A foul ball** is a ball that is hit outside of the foul lines on the field. A ball that bounces in fair territory then goes into foul territory before it passes a base is considered a fair ball.
2. A player is said to be **an illegal pitcher** when the team exceeds the charged conference limit. The player cannot return to the pitching position for the rest of the game.
3. When the ball comes back into play again on the order of the umpire to start the game is called **play ball**.
4. **The strike zone** is a zone to where the pitcher usually throws the ball. It is an area over home plate.

(b)

1. The three important skills of a soft ball player are:
 1. **Pitching:** Throwing the ball from the middle of the pitcher's mound.
 2. **Batting:** Uses the bat to try to hit the pitch forward into fair territory.
 3. **Fielding:** The act of stopping the runs made by opposing team players.
2. Before the game, a meeting is called. In this meeting, the line-up card is inspected and approved by the umpire and team representative to make the player official.
3. If the batting order is changed during the middle of the game or without informing the umpire, then it is considered a fault as the rules of the game are not followed.

(c)

1. The coach and the team representative, if find the need of any substitution, they immediately inform the plate umpire before entrance of the substitution. This change is informed to the scorer by the umpire. The substitution does not become official until the ball has been played.
2. Before starting the game, all field positions are set. The batter is sent to the home plate and the pitcher comes at the pitcher's mound. The ball is thrown to the striking zone to be played by the batter. The ball is thrown by the underhanded motion to the batter. Before the game, the batting order is fixed and cannot be changed any time during the match.

Question 19:

(a) Define the following terms:

1. A foul tip
2. In Jeopardy
3. A fair ball
4. A dead ball. **[8]**

(b) Draw a neat diagram of the Softball field and mark the following positions of the players on the field of play:

1. A pitcher
2. A catcher
3. The first base
4. The second base
5. The third base
6. A short stop
7. A soft fielder
8. A central fielder
9. A right fielder. **[9]**

(c)

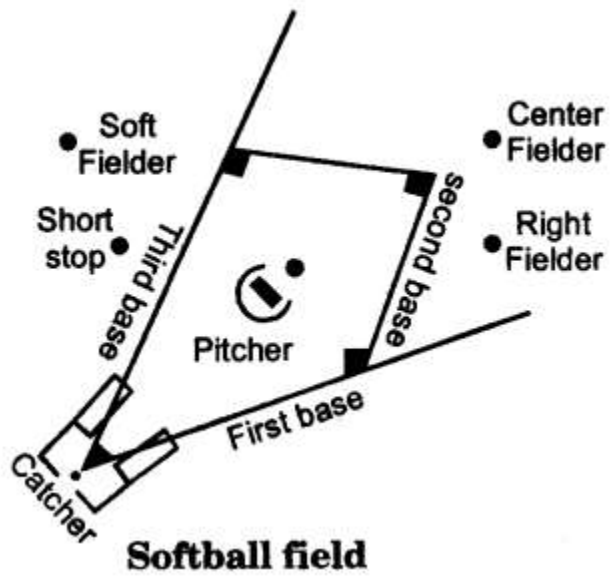
1. What do you mean by a legally caught ball?
2. How is a run scored in the game? **[8]**

Answer.

(a)

1. Refer **Ans. 19(b) (ii), 2016.**
2. A Jeopardy is a state in which the ball is considered as the play ball and the offensive player is not allowed to play in the game.
3. If the batter has hit the ball between the first and the third base lines, then the ball is said to be fair ball.
4. A dead ball is a ball when the game has been stopped by the umpire or the ball is not in play. It remains as a dead ball until the game is started again.

(b)



(c)

1. The catch is considered legal if the fielder of the opposing team holds the ball before it touches the ground or before he releases it.
2. Refer **Ans. 18 (c) (i), 2016.**