

ICSE Paper 2014 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) Name two causes of a heart attack. [2]
- (b) State two factors to ensure personal hygiene and cleanliness. [2]
- (c) State any three advantages of Health Education. [3]
- (d) Define the term Drugs. [3]

Answer:

(a) Two causes of heart attack are:

1. Obesity
2. When the person is taking a lot of stress.

(b) Two factors to ensure personal hygiene and cleanliness are:

1. Good and healthy habit.
2. Cleanliness of the parts of the body.

(c) Refer Ans. 1 (a), 2016.

(d) **Drugs** can be defined as any chemical substance that is taken to overcome the sickness to improve the health.

Question 2:

- (a) Define the term Immunity. [2]
- (b) State any two harmful effects of chewing tobacco. [2]
- (c) State the full form of AIDS and HIV. [3]
- (d) Write the caloric requirement of the following age groups:

1. A child aged 14 years.
2. An adult Female (50 kg).
3. An adult Male (60 kg). [3]

Answer:

(a) Refer Ans. 3 (d), 2016.

(b) Two harmful effects of chewing tobacco are:

1. Mouth cancer.
2. Not able to open the mouth properly.
3. Gives rise to many types of allergies.

(c) **AIDS**—Acquired Immuno Deficiency Syndrome.

HIV—Human Immunodeficiency Virus.

(d)

1. A child aged 14 years -1800 – 2000 calories
2. An adult female (50 kg) – about 2500 calories
3. An adult male (60 kg) – about 2100 calories.

Question 3:

(a) Briefly explain the importance of sleep in our daily routine. [2]

(b) What is arteriosclerosis? [2]

(c) Define posture. What is the correct posture while standing? [3]

(d) State any three symptoms of Tuberculosis. [3]

Answer:

(a) Sleep is a natural phenomenon needed for rest and rebuilding of mind and body after the day's work. Sound sleep is essential for optimal performance. Many important functions of the body takes place during our sleep hours.

(b) **Arteriosclerosis** is defined as stiffening lor hardening of the arterial walls. As the arterial walls harden, the heart has to pump harder and against resistance to enable the arterial blood reach all the peripheral Organs.

(c) Posture means carriage or the manner holding one's body while sitting, standing, walking and lying.

The correct posture while standing is:

1. Body should be straight in upright position.
2. Body's weight should be distributed equally on both the feets.
3. Heels and feet should be joined.
4. Toes should be 18 inches apart with knees straight.

5. Neck straight with chin forward and tight.
6. The belly must be backward with chest forward.

(d) Three symptoms of tuberculosis are:

1. Coughing blood.
2. The lymph nodes near the heart and lungs also become enlarged.
3. Loss of appetite.

Question 4:

(a) Why are antiseptics used? [2]

(b) What precautions must be taken to prevent Athlete's foot? [2]

(c) What form of first aid would be given to a person suffering from skin burn injuries? [3]

(d) State the treatment for patients who have suffered an electric shock. [3]

Answer:

(a) Antiseptics are used for preventing infection and help to kill bacteria in any injury. It is used to sterilize the skin before giving an injection.

(b) The preventions taken for Athlete's foot are:

1. Feet should be clean and dried well after bath and dusted with talcum powder.
2. Wear open slippers and sandals to keep the feet cool and dry.
3. Feet should be saved from dust, etc.

(c) The first aid given to skin burn injuries are:

1. Remove the heat source from the patient or vice-versa which is easiest.
2. Cool the injured area by cold water.
3. If the patient is badly injured or the burn is causing significant pain then call the ambulance or the doctor.
4. Make the patient sit or lay down and apply a sterile dressing.

(d) The first aid given for an electric shock are:

1. Separate the person from current's source.
2. When you can safely touch the person, do CPR if the person is not breathing or does not have a pulse.
3. Check for other injuries like bleeding wounds, fractures, burns, etc.
4. Call a doctor if the patient is seriously injured and cannot be treated.

Question 5:

(a) Mention any two causes of Ringworm. [2]

- (b) What is meant by Immunization? [2]
(c) Mention any three symptoms of Malaria. [3]
(d) State any three factors that influence the diet requirement of a person. [3]

Answer:

(a) Two causes of Ringworm are:

1. Spreads through instruments of the barber.
2. Using patient's comb or towel or under garments.

(b) **Immunization** is the process by which an individual's immune system becomes fortified against an agent. It is also known as immunogen.

(c) Three symptoms of malaria are:

1. Fever with chill coming at regular or alternate intervals of days.
2. Temperature is lowered due to sweating after half an hour.
3. Swelling of the spleen.

(d) Three factors that influence the diet requirement of a person:

1. Quality and quantity of food taken.
2. Unavailability of food due to over-population and increased urbanization.
3. Efficiency of their digestive system in absorbing is low.

SECTION-B (50 Marks)

Attempt two questions from this Section.

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

CRICKET

Question 6:

(a) Briefly explain the following terms:

1. An LBW
2. A Hit-Wicket.
3. A Run-out.
4. A Stump out. [8]

(b)

1. Enumerate any three duties of a leg Umpire.
2. State any three donations of pace howling.

3. What is meant by the term Bad-Light? [9]

(c) Explain the following terms in Cricket:

1. Hitting the ball twice.
2. A Runner.
3. The Toss.
4. The Danger Area. [8]

Answer:

(a)

1. **An LBW:** If the batsman misses the ball with his bat but has touched any part of his body when it would otherwise have hit the wicket, it is called leg before wicket (LBW).
2. **A Hit-wicket:** If, in attempting the ball or taking a run, the batsman touches and breaks the wicket, the act is called hit-wicket.
3. **A Run-out:** If the batsman, attempting to take a run or returning to his crease, the fielder breaks his wicket when he is out of the crease, he is said to be run-out.
4. **A Stump out:** If the wicket-keeper breaks the wicket while gathering the ball and hitting the stumps, when the batsman is out of the crease or trying to take any run, it is called stump out.

(b)

1. Three duties of leg umpire are:
 1. Gives decisions on leg before wicket.
 2. Gives decisions on stumping.
 3. Gives decisions on run-outs at one end.
 4. Gives decisions on events when the other umpire is not sure of his decisions.
2. Three variations of pace bowling are:
 1. Swing bowling.
 2. Seam bowling.
 3. Mixture of fast, swinging, seaming and also cutting balls.
3. **Bad-light** includes bad conditions of the environment which makes it too dark for the match to continue. Usually the match is either postponed or cancelled.

(c)

1. The striker is out when he hits the ball twice. If the ball is in play and the striker's any part of the body or his bat touches the ball again before the ball has been touched by a fielder.

2. **A runner** is a player from the batting side who assists an injured batsman by running between the wickets. The runner wears and carry same equipment and can be run out.
3. In cricket, a coin is tossed to determine which team bats first. This is called the toss. Before play beings, the toss happens infront of the two captains.
4. **Danger area** may refer to the protected area of a cricket pitch, on which the bowler may not run in his follow-through.

Question 7:

(a) Briefly explain the following terms:

1. A wide ball.
2. A duck.
3. An appeal.
4. A no-ball. **[8]**

(b)

1. State the difference between a Dot-ball and a Dead-ball.
2. What is the importance of the thirty yard circle?
3. Explain the term Bump-ball. **[9]**

(c)

1. List any four protective equipment used in a game of Cricket.
2. Mention any four fielding positions on the onside of the field.
3. State the full form of ICC and BCCI.
4. Explain the term Sweep-shot. **[8]**

Answer:

(a)

1. **A wide ball:** If the bowler bowls the ball far away from the stumps or over the head of the batsman, the umpire will signal the ball as a wide. This gives the whole team extra run and the bowler has to bowl the ball again.
2. **A duck:** If the batsman gets out without scoring any run, he is said to be out for a duck.
3. **An appeal:** Appeal is the act of a bowler or fielder shouting at the umpire to ask if his last ball took the batsman's wicket. Usually phrased in the form of howzat (how-is-that?).
4. **A no ball:** The bowler must bowl each ball with part of his front most foot behind the popping crease. If he oversteps this mark, he has bowled a no ball.

(b)

1. **Dot Ball:** A delivery bowled without any runs scored off it, so called because it is recorded in the score book with a single dot.
Dead Ball: It is the state of play in between deliveries, in which batsman may not score runs or be given out.
2. Refer **Ans. 6 (b) (iii), 2016.**
3. A **bump ball** is the ball that bounces off of the pitch, immediately after being hit by the bat and flies into the air.

(c)

1. Refer **Ans. 6 (b) (i), 2016.**
2. Refer **Ans. 6 (b) (ii), 2016.**
3. **ICC**—International Cricket Council.
BCCI—Board of Control for Cricket in India.
4. Refer **Ans. 7 (c) (iv), 2016.**

FOOTBALL

Question 8:

(a) Explain the following terms in football:

1. An Expulsion.
2. A Warning.
3. Injury time.
4. A Throw in. **[8]**

(b) What is the procedure of resuming the game from:

1. A Penalty kick.
2. A Goal kick.
3. An Indirect Free-kick. **[9]**

(c) Write the following:

1. Length and breadth of the field.
2. Duration of the match and duration of extra time.
3. Breadth and Height of the Goal Post.
4. Radius of Centre circle and Corner arc. **[8]**

Answer:

(a)

1. **An Expulsion:** In football, the expulsion is shown by the referee by showing a red card. A player who is expelled is required to leave the field of play immediately and must take no further part in the game. The team continues with one less player.
2. **A Warning:** In football, the warning is shown by the referee by showing a yellow card. The player's details are then recorded by the referee in a small notebook and he can continue playing in the game.
3. **Injury time:** Injury time is the time added on by the referee at the end of each 45 minute half to compensate for interruptions during the game. It is commonly added on for substitutions (30 seconds for each) injuries time wasting and other interruptions.
4. **Throw in:** The throw-in is taken from the point where the ball crossed the touch-line. It is taken by the opponent player who last touched the ball when it crossed the touch-line, either on the ground or in the air.

(b)

1. A penalty kick is taken from 12 yards out from the goal on the penalty mark. The shooter places the ball on penalty mark and at the whistle of the referee, he/she is ready to strike. The goalkeeper tries to save the shot. If shooter gets success, then the goal is scored.
2. 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.
3. The indirect free kick is taken from where the infringement occurred, unless the offence was committed with the goal area of team awarded the kick in which case kick may be taken from anywhere within the goal area. The opponents must remain 10 yards from the ball until the ball is in play.

(c)

1. Length of field = 90 – 120 mts.
Breadth of field = 45 – 90 mts.
2. Duration of match – 90 minutes (two equal periods of 45 minutes).
Duration of extra time – 30 minutes.
when the winner is not decided or match is tied.
3. Breadth of the goalpost – 7.28 metre (2.4 feet)
Height of the goalpost – 2.4 metre (8 feet)
4. Radius of centre circle = 9.15 mts
Radius of Corner arc = 1.00 mt.

Question 9:

(a) Write the following:

1. Weight and Circumference of the ball.

2. Minimum and maximum number of players to begin the match.
3. State the full form of 'FIFA'.
 1. The distance of the Penalty Point from the Goal line
 2. The Height of the Corner flags. **[8]**

(b)

1. Under what three situations is a player not considered off-side?
2. State the position of the following during the execution of a penalty kick in a game of football:
 1. The ball.
 2. The defending goal-keeper.
 3. The players.
3. State any three duties of an Assistant Referee. **[9]**

(c) Explain the following:

1. A Goal scored.
2. A Tie breaker.
3. Sudden death.
4. Any four fundamental skills of Football. **[8]**

Answer:

(a)

1. Weight of ball = 410 – 450 gms
Circumference of ball = 68-70 cm
2. Minimum number of players to begin the match = 7 players
Maximum number of players = 11 players.
3. Federation Internationale de Football Association.
4. Distance of penalty point from goal line = 11 metres.
Height of Corner flags = 1.5m (5 feet)

(b)

1. Three 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.
 5. The ball is placed on the penalty mark, 11 metres away from the goal line.

6. The defending goal-keeper shall stand on the goal line between the goal posts until the ball is kicked.
 7. The players shall be within the field of play but outside the penalty areas and atleast 10 yards from and behind the penalty mark until the ball is kicked.
2. Refer Ans. 8 (b), 2016.

(c)

1. **A goal scored:** when the whole ball passes over the goal line, between goalposts and under crossbars, provided there is no violence of the Laws of the game by the team previously who has scored the goal.
2. In football, many matches end in a draw, but in cases where a winner must be chosen then tie breaker is applied, there are three methods of this. The usual method is Normal Extra Time. If, at the end of extra time, no winner can be decided, the match goes to a penalty shootout.
3. Sudden death has been perceived as a particularly poor fit for football because the process gives an inherent advantage to the team who gains possession of the ball: they can score and end the game immediately, but the team on defense cannot score immediately.
4. The four fundamental skills of football are:
(1) Passing and Interpassing. (2) Kicking.
(3) Heading. (4) Dribbling.

HANDBALL

Question 10:

(a)

1. When is a throw-in awarded?
2. Mention any two situations when the 7-Metre throw is awarded.
3. Mention any four duties of the time keeper. **[8]**

(b)

1. Mention any three instances when a two minute suspension is given.
2. State any three violations for which the opposition is awarded a free throw.
3. What is the procedure for a substitution during a match? **[9]**

(c)

1. State any four duties of the Referee.
2. List any four Fundamental skills of Handball. **[8]**

Answer:

(a)

1. A throw-in is awarded when ball goes out of bounds and is taken from the point at which the ball went out.
2. A 7 metre throw is awarded when:
 1. Chance of scoring is illegally destroyed anywhere on the court by a player or team official of the opposing team.
 2. Unwarranted whistle signal at the time of clear chance of scoring.
3. Refer Ans. 10 (b) (i), 2016.

(b)

1. Refer Ans. 10(b) (ii), 2016.
2. The situations for a free throw are:
 1. The player must have one foot continuously in contact with the court and must throw or pass within 3 seconds else a foul is made and free throw is awarded.
 2. Free throws are taken for any violation not covered by the penalty throw.
 3. If the foul or infringement occurs between the goal line and the free throw line, a free throw is taken just outside the free throw line opposite from where the foul took place.
 4. If no team had the possession of the ball then the team who had the last possession takes the free throw to start the game.
3. The procedure for substitution during a match is:
 1. Player being substituted comes out of the playing court through the substitution zone/area of this team.
 2. Substitute player enters the court through the substitution zone-area.

(c)

1. The four duties of the referee are:
 1. Ensures that the game is played in accordance with the rules and penalize any infractions.
 2. Ensures that the players are not involved in any misconduct with other players or anything of that sort.
 3. Keeps the time of the play and scores throughout the game.
 4. Have all the authorities to make any decision regarding any issues. The decision is final and binding.
2. The four fundamental skills of Handball are:
 - (1) running (2) jumping
 - (3) catching (4) throwing.

Question 11:

(a) Explain the following terms in Handball:

1. A Fast-Break.
2. A Referee's throw.
3. The Duration of play.
4. A Double-Dribble. [8]

(b) Briefly explain the following:

1. Passive-Play.
2. Shuffling.
3. A Tie-Rule. [9]

(c) Answer the following:

1. The Length and breadth of the field.
2. The Weight and circumference of the ball for Male and Female Players.
3. The Duration of the game and duration of extra time.
4. The Number of players and officials required for a match. [8]

Answer:

(a)

1. A **fast-break** is an offensive strategy in handball. In a fast break, a team attempts to move the ball up court and into scoring position as quickly as possible, so that the defense is out numbered and does not have time to set up.
2. The referee bounces the ball to resume the game after any incidental infringement by the players of both the teams.
3. A game in hand ball consists of two 30 minutes halves, with 10 minutes break in between. If game is tied, then two 5-minutes period with 1 minute time out is given. If the game is still tied, then penalty shootout takes place after 10 minutes and 11 minutes.
4. **Double-Dribble** occurs when a player receives the ball, bounces the ball, holds it and bounces it again.

(b)

1. **Passive play** is when the team keeps the ball in possession without making a recognizable attempt to attack or try to score. In this case, a free throw is awarded to the other team.
2. **Shuffling:** As the ball moves away from your defensive space, you will shift along the 6-meter line by shuffling in the direction the ball is moving. Move with short,

quick shuffle steps, never crossing your feet and keeping them in contact with the floor.

3. **A Tie-rule:** Overtime will be given in the play off, if the game is still a tie, penalty throw will decide the winner.

(c)

1. Length of field = 40 metres,
Breadth of field = 20 metres,
2. **For Male:**
Weight of ball = 425 – 475 gms
Circumference of ball = 58-60 cms
For Female:
Weight of ball = 325 – 375 gms
Circumference of ball = 54 – 56 cms
3. **Duration of game:** 2 halves of 30 minutes for men
2 halves of 25 minutes for women.
[Duration of extra time is 2 halves of 5 minutes.]
4. **Number of Players:** Maximum of 14 players (6 court players, 1 goal-keeper, and 7 substitutes)
Number of officials: 2 Referee, 1 Score, and 1 Time-Keeper.

HOCKEY

Question 12:

(a) Explain the following terms:

1. A Field-Goal.
2. Sudden death.
3. A Warning.
4. A 16-yard Hit. **[8]**

(b)

1. List any three Fundamental skills of Hockey.
2. Explain the term Corner Push.
3. Explain the execution of Dribbling in Hockey. **[9]**

(c) Explain the following terms:

1. A Suspension.
2. A Free hit.
3. Astro turf.

4. A Goal scored. [8]

Answer:

(a)

1. **A field goal** is means of scoring in football. To score a field goal, the team in possession of the ball must place kick, or drop kick, the ball through the goal, i.e., between the uprights and over the crossbar during a play.
2. **Sudden death** refers to a point in the game when one act can end the game. Thus overtime is typically referred to as sudden death.
3. 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.
4. **A 16-yard hit** is a type of free hit, awarded to the defense, when the ball goes wholly over the backline and the attacking team was the last to touch it in any way. It is taken in line with where the ball crossed the backline, upto 14.63 metres from the backline.

(b)

1. The three fundamental skills of Hockey are:
 1. Straight and reverse hit.
 2. Straight and reverse push.
 3. Straight flick.
2. In hockey, the **corner push** is taken on the backline by an attacking player within 5 yd of the corner flag but nearest to where the ball crossed the back line. Once the ball has been struck, this player may not touch the ball until it has been played by another player of either side.
3. **Dribbling:** In hockey, Dribbling is running with the ball while shifting is right and left and keeping perfect control so as to pass it any time or change its direction to beat a player.

(c)

1. In hockey, **suspension** is shown by a red card. If a player gets a red card during a game then he or she is suspended for the remainder of the game. Usually the suspension length is determined by the rules of the league that the player is participating in.
2. **Free hits** are awarded when offences are committed outside the scoring circles. The ball may be hit, pushed or lifted in any direction by the team offended against.
3. **Astro turf** is a brand of artificial turf. The original Astro turf product was a short pile synthetic turf. The prime reason in incorporate Astro turf on game field was to avoid cost of layings natural turf, especially indoors.

4. A **goal is scored** when a player of the attacking team plays the ball in the circle, after which the ball crosses wholly the backline between the goal posts and under the crossbar.

Question 13:

(a) Explain the following terms:

1. A manufactured foul.
2. A side line hit.
3. A corner hit.
4. A free-hit. **[8]**

(b)

1. State any six responsibilities of an Umpire in a game of Hockey.
2. Mention three situations when a penalty stroke is awarded. **[9]**

(c) Answer the following:

1. The length and breadth of the Play field.
2. The duration of the game for Men and Women players of Hockey.
 1. The weight of the ball.
 2. The distance of the Penalty mark from the Goal line.
3. The dimension of the Goal Post and the Shooting Circle. **[8]**

Answer:

(a)

1. **Manufacture foul:** When player or players are found that they are not using the specified equipment as per rules is known as manufacture foul. In this stage penalty corner is awarded to opposing team.
2. **A side line hit** is also called a scoop hit. It is played by lifting the ball off the ground by placing the head of the stick under the ball and shoveling it forward.
3. **The corner hit** is taken on the back line by an attacking player within 5 yards of the corner flag but nearest to where the ball crosses the back line. Once the ball has been struck, the player may not touch the ball until it has been played by another player of either side.
4. Refer Ans. 12. (c). (ii), 2014.

(b)

1. The six responsibilities of an umpire in the game of hockey are:
 1. Applies the rule of the game.

2. Uphold a duty of care to the players by keeping the game safe.
 3. Has the authority to award penalty corner, penalty stroke or free hits.
 4. Records the scoring of goals and issuing of penalty cards to players.
 5. Ensures that the correct amount of time is allowed for the match.
 6. Ensures fair play throughout the game.
2. Three situations when a penalty stroke is awarded are:
1. intentional foul within the circle.
 2. foul preventing a probable goal.
 3. on breaking the line early at a penalty corner.

(c)

1. Length of play field = 91.40 metres,
Breadth of play field = 55 metres.
2. **Duration of the Game:** 2 halves of 35 minutes (Men)
2 halves of 30 minutes (Women)
A half-time interval of 5 minutes for both men and woman players of Hockey.
 1. Weight of the ball = 156 -163 gms.
 2. Distance of penalty mark from the goal line = 6.4 metres.
3. Dimension of the Goal Post = 12 Feet (3.66 metres) × 7 Feet (2.14 meters)
Dimension of the Shooting Circle = 14.63 meters.

BASKETBALL

Question 14:

(a) Explain the following time rules:

1. A '24' Seconds Rule.
2. A '8' Seconds Rule.
3. A '5' Seconds Rule.
4. A '3' Seconds Rule. **[8]**

(b)

1. Differentiate between a 'Zone-Defence' and a 'Man to Man Defence'.
2. Differentiate between a 'Technical Foul' and a 'Multiple Foul'.
3. State three violations that may occur during the course of the game. **[9]**

(c) Explain the following terms in Basketball:

1. Team foul Indicators.
2. A 24 Second device.
3. Charging.

4. A held ball. [8]

Answer:

(a)

1. Whenever a player gains control of a live ball on the playing court, his team must attempt a shot for a field goal within 24 secs. This is called **24 seconds rule**.
2. Whenever a player gains control of a live ball in his back court, his team must cause the ball to go into its front court within 8 seconds. This is called **8 seconds rule**.
3. When a player is being closely guarded who is holding the ball, does not pass, shoot sole or dribble the ball **within 5 second**, it is violation with side line throw for the opponents.
4. While one team is in control of the ball on the court and the clock is running, a player shall not remain in the opponents restricted area for **more than 3 consecutive seconds**.

(b)

1. **Zone defense** refers to each player being assigned an area of the floor that he is responsible for. He is to defend the basket against anyone in his area.
Man to man defence is where each individual is assigned an opposing player and is to follow him around regardless of where he goes.
2. **A technical foul** is charged to a team or individual team personnel. Technical fouls are the fouls committed when the ball is dead.
When two or more personal fouls are committed by the team, it is called **multiple souls**. This foul is committed against the same opponent at approximately the same time.
3. The three violations that occur during the course of game are:
 1. Ten second rule which results in side line throw to other team.
 2. Five second rule resulting in side line throw to opponents.
 3. A player on whom the foul is made in the act of shooting shall be awarded a free throw.

(c)

1. **Team foul indicators** should be of red colour and minimum of 350 mm in height and of 200 mm in width. They should be clearly visible to everyone. Electronic devices can be used but they must meet the above specifications.
2. The **24 second device** is a separate control unit provided for 24 second operator with a loud automatic signal to indicate the end of 24 second period when the display shows zero.
3. **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.

4. **Held ball** is called when two opponents have or two hands so firmly the ball that neither can gain possession without roughness. It is also called when a player in the front court is so closely guarded that he cannot play for a goal.

Question 15:

(a) Write the following:

1. The Length and breadth of the Court.
2. The Weight and Circumference of the ball.
3. The Duration of the game and that of extra time.
4. The Dimension of the Restricted area. [8]

(b)

1. Mention any three occasions when the ball is considered dead.
2. Differentiate between a Cut-in and a Throw in.
3. Differentiate between a Foul and a Violation. [9]

(c) Explain the following terms:

1. A Substitution.
2. A Fake.
3. A Chest Pass.
4. A Bounce-Pass. [8]

Answer:

(a)

1. Length of court = 28 metres
Breadth of court = 15 metres.
2. For men;
Weight of ball = 567 – 650 gms.
Circumference of ball = 749 – 780 mm.
For women;
Weight of ball = 510 – 567 gms.
Circumference of ball = 724 – 737 mm.
3. **Duration of Game:** 4 periods of 10 minutes each with 2 minutes break after each period. There is a half-time interval of play of 15 minutes.
Extra time: 5 minutes extra is given to break the tie.
4. The restricted area has radius of 4 feet (1.22 m) from below the center of the basket.

(b)

1. The occasions when a ball becomes dead during play are:
 - (1) Blocking (2) Holding
 - (3) Double foul (4) Disqualification of player.
2. There are a number of different types of cuts that can be made in addition to making the correct moves in running a specific play or set motion offense, and in addition to setting and cutting around screens.
In throw in, the player must not carry the ball onto the court and release it within 5 seconds. By throw in, you cannot basket the ball directly without being touched by anyone on the court.
3. Generally fouls are related to personal physical contact, while violations are not. Violations are more related to the ball or court.
Ex: Fouls are hitting, pushing, slapping and holding whereas violation are 3 second rule, 5 second rule, etc.

(c)

1. **Substitution:** It is replacing player by reserve player. It is given on demand to officials, moreover, ball is in dead (not a live). The player to be substituted should be entered only when the other player has moved out of the court boundaries.
2. A fake is an offensive move in basketball, made by the ball carrier in which the ball carrier fakes a shot without leaving the ground so as to get the defensive player to make a move that makes defending the ball carrier more difficult.
3. **Chest-Pass:** It is a direct pass to own teammate at chest level. Ball is passed with initial momentum depending upon the distance to pass. It is passed with both the hands which are flexed initially and later extended toward passing.
4. The bounce pass is used to avoid a defender who is trying to block or intercept the ball. The ball is bounced once on the floor between the two passers. The bounce takes the ball past the defender below his reach.

VOLLEYBALL

Question 16:

(a) What is meant by the following terms in Volleyball?

1. Physical contact.
2. A Service
3. A Setter.
4. Blocking fault. **[8]**

(b)

1. Draw a diagram showing the Rotation a position it presents in the court.
2. Difference between an Attack Line and Back line.

3. Explain the difference between an Ace and a Floating Service. [9]

(c) Explain the following terms:

1. A Rotation.
2. A Side-out.
3. A Penalty.
4. Carrying the Ball. [8]

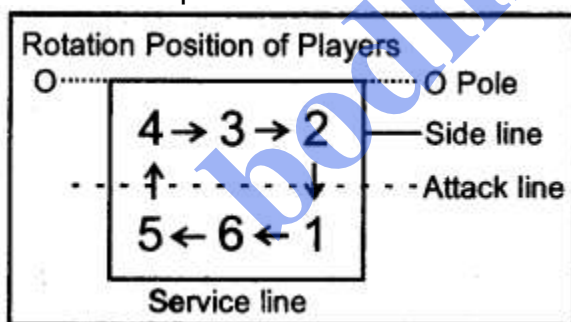
Answer:

(a)

1. A **physical contact** occurs when a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.
2. **Service** is the act of putting the ball into play. This is done by the right hand back line player, who hits the ball with his open or closed hand, in order to send the ball over the net into the opponent's court. The server stands in the service area and hits the ball.
3. A **setter** is a player who touches the second ball to set it up for the third touch or spike. They are like the second captain on the court.
4. When the blocker touches the net while blocking, it is called **blocking fault**.

(b)

1. The rotation position follows a clockwise:



Once the players have rotated into the back court, cannot play as attacking player. Libero who is defensive back row player can occupy the position of any defence players, as he cannot complete an attack hit from anywhere.

1. **Attack-Line:** An extended line behind the centre line which restricts libero to smash from front area of court. It is 3m away from the net.
Back-Line: A line at the back of court at 9 m from net. It is also known as service-line.
2. **Floating-Service:** A technique of performing service in which ball is hit hard and it makes steep landing in opponents' court.
Ace: A point scored over service which is unreturned.

(c)

1. Refer Ans. 16(c) (i), 2016.
2. **Side-out** means when a team wins on other team's serving game to take back the serving rights in order to win the points.
3. **A penalty** is committed by the team by making a playing action contrary to the rules. The referee judge the faults and determines the consequences according to the rules. *
4. **Carrying the Ball:** If ball rests momentarily in the hands of the player, i.e., it is held for short duration in the action, it is illegal.

Question 17:

(a) State the following:

1. The Length and breadth of the Playfield.
2. The Height of the net for (men) and for (women).
3. The Weight and circumference of the ball.
4. The Dimension of the 'Free Zone Area' and the 'Service Line'. **[8]**

(b)

1. State any three duties of a coach.
2. List any six service faults. **[9]**

(c) Explain the following terms:

1. Change of court.
2. A Penetration-Fault.
3. A Misconduct.
4. A Blocking. **[8]**

Answer:

(a)

1. Length of playfield = 18 metres.
Breadth of playfield = 9 metres.
2. For Men;
Height of the net = 2.43 metres.
For Women;
Height of the net = 2.24 metres.
3. Weight of ball = 260 – 280 gms.
Circumference of ball = 65-67 cms.

4. Dimension of free zone area: 3 metres wide.
Dimension of Service line: 9 metre from centre line.

(b)

1. Three duties of the coach are:
 1. He gives each player equal attention, regardless of skill level.
 2. Helps in making substitution during the course of the game.
 3. Trains the player in a disciplined and demanding manner.
2. Six service faults are:
 1. Crossing the service line when serving the ball.
 2. When foot/feet is on the service line.
 3. The service touches the net at the top, then it is replayed.
 4. The service being blocked.
 5. Service should be done only by the hand not with any other part of the body (as allowed during the rally).
 6. If the service is not done from the baseline.

(c)

1. The players change the court at the end of each game. In the final set it is changed at 8th point.
2. A **penetration fault** involves moving a backrow setter into the front court in order to perform a set. A front court setter can then act as a third smasher.
3. Refer **Ans. 16 (a) (ii), 2016.**
4. Refer **Ans. 16 (a) (i), 2016.**