

ISC Board EXAMINATION - 2024

PHYSICAL EDUCATION

Solved Paper

Class-12th

Maximum Marks: 70

Time allowed: Three hours

(Candidates are allowed additional 15 minutes for only reading the paper.
They must NOT start writing during this time.)

Answer all questions in Section A and Section B.

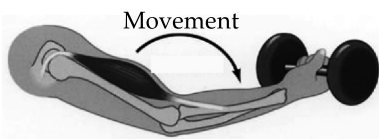
Answer all questions on **any two** games in Section C.

The intended marks for questions or parts of questions are given in brackets [].

SECTION A - 15 MARKS

Question 1

- (i) One of the causes for chronic respiratory diseases is _____ pollution. [1]
- (ii) Sejal is an athlete of 400 m race. After an intense session of practice, her coach makes her do stretching to ease and relax her body. [1]
The type of exercise that Sejal's coach makes her do is _____ exercise.
- (iii) _____ is a method by which strong teams are placed in the fixture in such a way that they do not compete against each other in the beginning of the competition. [1]
- (iv) _____ are hard and thick layers of skin that develop from the skin's response to friction and pressure. [1]
- (v) During a cricket match, a batsman gets injured on his shoulder (deltoid) after getting hit by the ball. The injury causes acute pain and discoloration of skin. This soft tissue injury that the player suffers from is known as _____. [1]
- (vi) Which one of the following chemicals is formed in the body while engaging in sports activities? [1]
- (a) Chloric acid
(b) Lactic acid
(c) Acetic acid
(d) Hydrochloric acid
- (vii) The image given below shows a type of contraction in which the length of the muscle increases when it is under load. Identify the type of contraction shown below. [1]



- (a) Concentric (b) Decentric
(c) Extrinsic (d) Eccentric

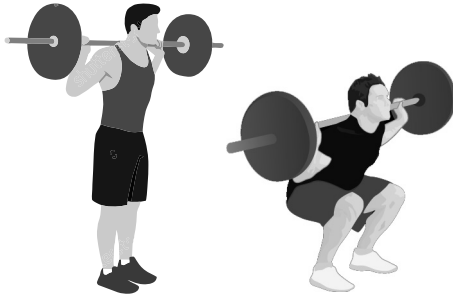
- (viii) In _____ method, games are arranged in a sequential pattern and no bye is given to any team as there is no requirement for an odd or even number of teams. [1]
- (a) Staircase (b) Tabular
(c) Cyclic (d) Knock-out
- (ix) The image given below shows a physical condition in which legs curve outward keeping the knees apart. Identify the physical condition shown below. [1]



- (a) Flat foot (b) Scoliosis
(c) Bowleg (d) Lordosis
- (x) **Statement 1:** Isometric exercises are recommended to people going through the process of Rehabilitation. [1]
Statement 2: Isometric exercises involve rigorous physical activities.
- (a) Statement 1 is true and Statement 2 is false.
(b) Statement 1 is false and Statement 2 is true.
(c) Both the Statements are true.
(d) Both the Statements are false.
- (xi) What is meant by *culture*? [1]
- (xii) Give the meaning of *posture*. [1]
- (xiii) What is a *round robin tournament*? [1]
- (xiv) Expand IOC. [1]
- (xv) State *any one* objective of SAI. [1]

SECTION B - 25 MARKS

Question 2 [5]
Identify the training method shown below. Write *any four* advantages of this method.



Question 3 [5]
(i) Answer the following questions.
(a) Discuss the role of Physical Education in National Integration.
(b) What is *rehabilitation*? Name *any three* organisations working in the field of rehabilitation in India.

OR

(ii) Write short notes on the following
(a) Continuous Training Method
(b) Fracture

Question 4 [5]
(i) Show a League tournament fixture consisting of nine teams by using the Cyclic Method
OR
(ii) Which sports institute is located at Patiala? Write *any four* functions of this institute.

Question 5 [5]
What is *sports training*? Explain *any four* points on the importance of Sports Training.

Question 6 [5]
Ramya is a badminton player. She used to practice vigorously every day. In one of her practice sessions, she skipped the warming up exercises. As a result, her ankle twisted during the practice. She was diagnosed with ligament tear and advised by the doctor to take complete rest for few weeks.
(i) Identify the type of injury Ramya suffered.
(ii) Write the steps of First Aid that can be given in such cases.

SECTION C - 30 MARKS

Attempt all questions on *any two* games from this section.

FOOTBALL

Question 7
(i) Answer the following questions.
(a) Explain *dropped ball*.
(b) During a match, if the goalkeeper collects the ball directly by a throw-in by his teammate, what will be the referee's decision?
(c) During a kick-off, the player touches the ball a second time before it is touched by another player. What will be the referee's decision?

(ii) (a) What is meant by *wall formation*? Explain the procedure of Wall Formation in the game of football. [5]

OR

(b) State *any five* circumstances under which time is lost during a game of football.
(iii) Explain the following terms: [5]
(a) VAR
(b) Sudden death

CRICKET

Question 8

(i) Answer the following questions:
(a) Write *any three* situations when an umpire adds a penalty of five runs to the opponent team. [3]
(b) During a match, there is a close call for a run-out. The umpire on the field is unable to take a decision. What should the umpire on the field do in this situation? [1]
(c) If an umpire touches his right shoulder with his right hand during a game, what signal is he giving? [1]
(ii) (a) List *any five* variations of Spin-bowling. [5]
OR
(b) List *any five* decisions taken by the Third umpire in the game of cricket.

(iii) Explain the following terms: [5]
(a) Appeal
(b) Bump Ball

HOCKEY

Question 9

(i) Answer the following questions:
(a) Enlist *any three* International and *any three* National Tournaments of Hockey. [3]
(b) A player strikes the ball with the rounded back of the hockey stick during the match. What will be the decision of the umpire? [1]
(c) What will be the decision of the umpire if a defender commits a foul within the striking circle that prevents an attacker from having a clear goal-scoring opportunity? [1]
(ii) (a) Name the different types of Penalty Cards shown during the game of hockey. Explain *any two* of these cards. [5]
OR

(b) State *any five* duties of the Captain of a Hockey team.
(iii) Explain the following terms: [5]
(a) Substitution
(b) 16-yard hit

BASKETBALL

Question 10

(i) Answer the following questions:
(a) Explain Game Clock and Shot Clock. [3]
(b) What will be the decision of the referee if a technical foul is committed by a team's coach? [1]

- (c) What decision will be given by the referee if a player deliberately scores a basket on his own side? [1]

- (ii) (a) List *any ten* equipment used in the game of Basketball. [5]

OR

- (b) State *any five* conditions for scoring in the game of Basketball.

- (iii) Explain the following terms: [5]

- (a) Screening
(b) 3 seconds rule

VOLLEYBALL

Question 11

- (i) Answer the following questions:

- (a) Explain the different types of blocking during the game of Volleyball. [3]

- (b) During a serve, the server serves the ball without tossing it. What will be the referee's decision? [1]

- (c) A server serves the ball, and the opponents are not even able to touch the ball when it is within the court. What is the term used to denote this situation? [1]

- (ii) (a) Explain rotation with the help of a diagram. [5]

OR

- (b) State *any five* duties of the Line Judge in the game of Volleyball.

- (iii) Explain the following: [5]

- (a) Double Contact
(b) Procedure of Substitution

TENNIS

Question 12

- (i) Answer the following questions:

- (a) Briefly explain *match point* and *set point*. [3]

- (b) If the racket breaks during rally, what will be the Chair Umpire's decision? [1]

- (c) During a match, a player deliberately wastes time which breaks the flow of the game and makes the opponent lose focus. What will be the decision of the Chair Umpire? [1]

- (ii) (a) Mention *any five* fundamental skills that a Tennis player must possess. [5]

OR

- (b) State the following dimensions:

- (1) Height of the net at the pole in the Tennis court

- (2) Size of Single's tennis court

- (3) Distance between Base line and Service line

- (4) Minimum distance between the net post and the side line

- (5) Weight of the ball

- (iii) Explain the following terms: [5]

- (a) Drive
(b) Chip Shot

BADMINTON

Question 13

- (i) Answer the following questions:

- (a) Mention *any three* duties of a Service judge. [3]

- (b) If a player serves the shuttle cock from the wrong side of the court, what will be the decision of the umpire? [1]

- (c) What will be decision of the umpire if a server serves above the waistline? [1]

- (ii) (a) Enlist *any five* International Badminton tournaments [5]

OR

- (b) Answer the following questions:

- (1) State the dimensions of the badminton court in a Double's game.

- (2) What is the number of points in each set in a game of Badminton?

- (3) What is the weight of the shuttle cock?

- (4) Mention the height of the net at the centre of the court.

- (5) Name any two officials present during a match of Badminton.

- (iii) Explain the following terms: [5]

- (a) Testing mark
(b) Net drop

SWIMMING

Question 14

- (i) Answer the following questions:

- (a) Explain *synchronized swimming*. [3]

- (b) In a swimming event, a swimmer makes an early start before the signal is given by the starter. What will be the decision of the judge? [1]

- (c) In a swimming event, two swimmers touch the finish wall almost at the same time, making it difficult for the judge to determine the winner. [1]

How will the judge decide the winner?

- (ii) (a) State *any five* rules of Diving. [5]

OR

- (b) Name *any five* International Swimming Tournaments.

- (iii) Explain the following terms: [5]

- (a) Escort craft
(b) Marathon swimming

ATHLETICS

Question 15

- (i) Answer the following questions:

- (a) Explain *marking radius* and *running radius*. [3]

- (b) After release, the discus touches the pole of safety case and lands inside the sector. What will be the decision of the judge? [1]

- (c) What will be the decision of the judge if an athlete falls back after landing in a long jump event? [1]

- (ii) (a) Draw a neat diagram of a standard 400 m track with all its dimensions and specifications. [5]

OR

- (b) What is meant by *decathlon*? List the events

and their correct order in the decathlon competition.

- (iii) Explain the following terms: [5]

- (a) Shoulder shrug
(b) Straddle jump



ANSWERS

Answer 1

- (i) Air pollution

Explanation: Air pollution refers to the presence of harmful or excessive quantities of substances in the air that can be harmful to human health and the environment.

- (ii) stretching.

Explanation: The text mentions Sejal is an athlete and "stretching" is a common cool-down activity for athletes after intense exercise.

- (iii) Seeding.

Explanation: Seeding involves ranking teams based on their perceived strength, past performance, or a combination of factors. Stronger teams are then placed in the fixture in a way that minimizes the chance of them facing each other early on.

- (iv) calluses.

Explanation: Calluses: Larger, flat areas of thickened skin, typically on palms, fingers, and soles of the feet.

- (v) contusion

Explanation: A contusion, commonly known as a bruise, occurs when a small blood vessels near the skin's surface are damaged or broken due to a blunt force impact, such as being hit by a cricket ball. This results in bleeding under the skin, leading to discoloration, swelling, and pain in the affected area.

- (vi) Option (b) is correct.

Explanation: Lactic acid is produced by muscles during intense exercise when oxygen supply is limited. It contributes to muscle fatigue and the burning sensation experienced during exercise.

- (vii) Option (d) is correct.

Explanation: Eccentric Contraction involves in the lengthening of the muscles when they are in under-load, they are particularly effective for the development of the strength and growth of the muscles.

- (viii) Option (a) is correct.

- (ix) Option (c) is correct.

Explanation: Bowleg is a postural deformity in which knees goes apart. It is also known as Genu Varum. Genetic, Obesity, Malnutrition are the main reasons for this deformity.

- (x) Option (c) is correct.

Explanation: Isometric exercises involve contracting a muscle without any movement in the joint. This makes them a safe and effective way to strengthen the muscles and improve stability, especially during the period of recovery from injuries.

Isometric exercises are not involve in rigorous physical activities.

They involve static contractions and do not require a high level of exertion. This makes them suitable for people with limited mobility or recovering from injuries.

- (xi) Culture is a broad concept that encompasses the share of beliefs, values, behavior, and practices of a particular group of people. It's like the identity of a group, passed down through generations.

- (xii) Posture refers to the way you hold your body, both when we are in motion (dynamic posture) and at rest (static posture). It's not just about standing up straight; it's about the alignment of your muscles, bones, and joints throughout our body.

- (xiii) A round-robin tournament is a competition format where all participants play against each other once, usually in turn. It's a fair and balanced system that contrasts with elimination tournaments where losers are knocked out after a certain number of losses. Round-robin tournament is also known as League Tournament.

- (xiv) The International Olympic Committee

- (xv) Promote and Broad-base sports in the country. This means SAI aims to increase participation and interest in sports across the India, not just at the elite level.

SECTION B

Answer 2

Isotonic Exercise.

Four Advantages of this method are: Increased muscle strength.

1. Improved muscle tone and definition.
2. Enhanced bone health and density.
3. Metabolic benefits, including fat loss.

Answer 3

- (i)(a) Bringing diverse groups together through sports and activities.

Fostering teamwork, cooperation, and mutual respect.

Encouraging cultural exchange and appreciation.

Providing opportunities for conflict resolution and building positive relationships.

Promoting a healthy lifestyle and overall well-being, contributing to a stronger, more cohesive society.

- (b) Rehabilitation is the process of restoring or improving physical, mental, or social abilities affected by injury, illness, or disability to enhance independence and quality of life.

Three organizations working in the field of rehabilitation in India are:

1. National Institute for the Empowerment of Persons with Intellectual Disabilities (NIEPID)
2. Rehabilitation Council of India (RCI)
3. All India Institute of Physical Medicine and Rehabilitation (AIIPMR)

OR

- (ii)(a) Imagine running a marathon - that's continuous training in a nutshell. It's all about exercising for a sustained period, like a long jog or brisk walk, without stopping for breaks. The intensity is usually low to moderate, keeping the heart rate in a comfortable zone.

- (b) A fracture is basically a broken bone. It can be a small crack or a complete break, and it can happen from a variety of bumps and tumbles. Imagine dropping your phone and the screen cracks - that's kind of what happens to a bone in a fracture, but hopefully not as easy to see!

Answer 4

- (i) Total Number of team = 9

Total Number of Match

$$= N(n-1)/2 = 9(9-1)/2 = 9*8/2 = 72/2 = 36 \text{ match}$$

Total number round = $n = 9$ round

Fixture

I round	I round	III round
9 B	8 B	7 B
8 1	7 9	6 8
7 2	6 1	5 9
6 3	5 2	4 1
5 4	4 3	3 2
IV round	V round	VI round
6 B	5 B	4 B
5 7	4 6	3 5
4 8	3 7	2 6
3 9	2 7	1 7
2 1	1 9	9 8
VII round	VIII round	IX round
3 B	2 B	1 B
2 4	1 3	9 2
1 5	9 4	8 3
9 6	8 5	7 4
8 7	7 6	6 5

OR

- (ii) The sports institute located at Patiala is the Netaji Subhas National Institute of Sports (NSNIS).

Four functions of NSNIS are:

1. Training elite athletes in various sports disciplines.
2. Conducting research and development programs to enhance sports performance.
3. Provide coaching education and certification courses to aspiring coaches.
4. Organizing seminars, workshops, and conferences related to sports science and sports management.

Answer 5

Sports training is a structured program designed to improve an athlete's physical and mental abilities for a specific sport. It involves a variety of exercises and drills that target different aspects of performance, like:

Physical Fitness: Building strength, endurance, speed, agility, and flexibility

Skill Development: Refining technique and mastering sport-specific movements

Mental Toughness: Enhancing focus, concentration, and perseverance

Builds Teamwork (for team sports): Training together allows teammates to develop communication, coordination, and trust. This translates to better on-field performance and a stronger team dynamic.

Answer 6

- (i) Ramya suffered an ankle injury known as a ligament tear. Ligament tears are common in sports like badminton due to sudden movements, changes in direction, or landing incorrectly.

- (ii) **Rest:** Immediately stop any activity and avoid putting weight on the injured area to prevent further damage.

Ice: Apply ice wrapped in a cloth or use a cold pack on the injured area for about 15-20 minutes every 2-3 hours. This helps reduce swelling and pain.

Compression: Use a compression bandage or wrap to provide support and reduce swelling. Ensure it's snug but not too tight to restrict blood flow.

Elevation: Elevate the injured ankle above the level of the heart, preferably while lying down. This helps reduce swelling by allowing fluids to drain away from the injury site.

Pain Relief: Over-the-counter pain relievers like ibuprofen or acetaminophen can be taken as directed to manage pain and inflammation. Follow the dosage instructions on the medication label.

Medical Evaluation: Seek medical attention promptly, especially if there is severe pain, significant swelling, inability to bear weight, or if the injury is accompanied by a popping sound. A doctor can assess the severity of the injury and recommend further treatment, such as physical therapy or immobilization with a brace or splint.

SECTION C
FOOTBALL

Answer 7

(i) (a) A dropped ball in football occurs when the referee stops play and drops the ball from shoulder height at the spot where it was when play was stopped. This is typically done to restart the game after a temporary stoppage for an injury or other reasons, and it involves two opposing players contesting for the ball once it's dropped.

(b) If the goalkeeper collects the ball directly from a throw-in by their teammate during a match, the referee's decision will be an indirect free kick for the opposing team from the spot where the goalkeeper handled the ball. This is considered a violation because goalkeepers cannot handle the ball directly from a throw-in taken by their own team.

(c) If a player touches the ball a second time before it is touched by another player during a kick-off, the referee's decision will be an indirect free kick for the opposing team from the spot where the player touched the ball the second time. This is known as a "double touch" violation during a kick-off, and the indirect free kick is awarded to the opposing team.

(ii) (a) Wall formation in football refers to the defensive tactic where players from the defending team line up side by side to form a barrier (wall) between the ball and the goal during a free kick, particularly when the free kick is within shooting range. The purpose of the wall is to block or deflect the trajectory of the ball to prevent it from going directly into the goal.

The procedure for wall formation during a free kick in football is as follows:

Positioning: The players of the defending team, usually three to five players, position themselves close to the ball but at least 9.15 meters (10 yards) away from the spot where the free kick will be taken. The goalkeeper may also position themselves behind or to the side of the wall, depending on the situation.

Formation: The players in the wall stand shoulder to shoulder, with their arms typically held close to their bodies. They may jump or raise their arms slightly during the free kick to block the ball's path.

Blocking the Shot: As the opposing team takes the free kick, the players in the wall try to block the shot by jumping or moving slightly to intercept the ball's trajectory. The goal is to prevent the ball from going over or through the wall and into the goal.

Recovery: After the free kick is taken, whether the wall successfully blocks the shot or not, the players of the defending team quickly recover and react to the play to regain possession of the ball or defend against further attacks.

OR

(b) Time is lost during a game of football under the following circumstances:

Injury Stoppage: When a player is injured and requires medical attention or treatment on the field, the referee stops the game, and time is lost until the player is ready to continue or is substituted.

Substitution: When a team makes a substitution, the game is temporarily stopped as the substituted player leaves the field, and the new player enters. This results in a loss of time until play resumes.

Goal Celebrations: After scoring a goal, players often celebrate by running, huddling, or engaging in other celebratory actions. This celebration time is considered as a time lost.

Ball Retrieval: If the ball goes out-of-play and needs to be retrieved, either by ball or players, time is lost until the ball is back in play.

Time-Wasting Tactics: Players or teams may engage in time-wasting tactics, such as taking excessive time for throw-ins, goal kicks, or free kicks, to run down the clock and preserve a lead or draw the game.

(iii) (a) VAR stands for Video Assistant Referee. It is a technology used in football to review decisions made by the on-field referee during a match. VAR allows officials to review incidents such as goals, penalty decisions, red card offenses, and cases of mistaken identity by watching video replays. The VAR system aims to improve the accuracy of refereeing decisions and reduce controversial or incorrect calls during games.

(b) Sudden death in sports, particularly in tournaments or competitions, refers to a tie-breaker format where the first team or individual to score or achieve a specific outcome wins the match or contest immediately. It is often used in situations where a decisive result is needed, such as in Knock-out stages or tie-breaking scenarios. In sudden death, the game continues until one side scores, and the match ends instantly with that score, regardless of the remaining time or period.

CRICKET**Answer 8**

(i) (a) An umpire adds a penalty of five runs to the opponent team in the following situations:

1. If the fielding team intentionally damages the pitch during the match.
2. If the fielding team deliberately alters the condition of the ball, such as tampering with it.
3. If the fielding team obstructs the batsman or deliberately distracts the batsman while he is attempting a run.

(b) If there is a close call for a run-out during a match and the umpire on the field is unable to make a decision, the umpire should consult with the

third umpire, who reviews the replay footage to determine whether the batsman is out or not. The on-field umpire waits for the third umpire's decision before making the final call.

- (c) When an umpire touches his right shoulder with his right hand during a game, he is signalling a penalty of five runs to the batting team due to the ball hitting a helmet kept on the field by the fielding team.

- (ii) (a) Five variations of spin bowling are:

Off-Spin: The ball spins from the off side to the leg side for a right-handed batsman, bowled by an off-spin bowler who uses fingers to impart spin.

Leg-Spin: The ball spins from the leg side to the off side for a right-handed batsman, bowled by a leg-spin bowler who uses wrist action to generate spin.

Googly: A leg-spin delivery that spins in the opposite direction, from off to leg (for a right-handed batsman), often bowled as a surprise variation.

Top-spin: A delivery that has more revolutions on the ball, causing it to dip and bounce more, making it difficult for batsmen to judge the trajectory.

Slider: A delivery that skids through quickly without much spin, deceiving the batsman expecting a turning ball.

OR

- (b) Five decisions taken by the Third Umpire in the game of cricket are:

Run-out decisions: Reviewing replays to determine if a batsman is out of his crease when the bails are dislodged by the fielding team.

Stumping decisions: Checking if a batsman's foot is outside the crease when the wicket-keeper removes the bails with the ball in hand.

Boundary decisions: Confirming whether a fielder's contact with the ball was inside or outside the boundary rope when fielding.

Catch decisions: Verifying if a catch was taken cleanly by the fielder without any doubt of it touching the ground.

No-ball decisions: Checking if a bowler's front foot is behind the popping crease when delivering the ball to ensure it's a legal delivery or not.

- (iii) (a) **Appeal:** In cricket, an appeal is a formal request made by the fielding team to the umpire for a decision regarding whether the batsman is out or not. The appeal is typically made after a fielder believes that a dismissal has occurred, such as a catch, a run-out, or a stumping. The fielding team usually makes the appeal by shouting "How's that?" or a similar phrase, accompanied by gestures like raising their arms or pointing towards the umpire.

The umpire then assesses the appeal and makes a decision based on the rules of the game and their observation of the play.

- (b) **Bump Ball:** A bump ball in cricket refers to a situation where the ball bounces off the ground and then is caught by a fielder without touching any part of the batsman's bat or body before hitting the ground. In such cases, the fielding team may appeal for a catch, but the decision ultimately depends on whether the umpire believes the catch was taken cleanly without the ball touching the ground or any part of the batsman's equipment. Bump ball situation can sometimes be challenging for umpires to judge accurately, especially if the catch is close to the ground or if there's uncertainty about whether the ball was cleanly caught.

HOCKEY

Answer 9

- (i) (a) **Three International Tournaments of Hockey:**

Hockey World Cup

FIH Hockey Pro League

Olympic Games (Hockey event)

Three National Tournaments of Hockey:

Hockey India League (HIL)

Senior National Hockey Championship (India)

Hockey India Junior National Championship.

- (b) If a player strikes the ball with the rounded back of the hockey stick during a match, the decision of the umpire will be to call a foul. Using the rounded back of the stick is considered an illegal action in hockey, known as a back-stick hit, and results in the opposing team gaining possession of the ball.
- (c) If a defender commits a foul within the striking circle that prevents an attacker from having a clear goal-scoring opportunity in hockey, the decision of the umpire will be award as a penalty stroke to the attacking team.
- (ii) (a) In hockey, the different types of penalty cards shown during the game are:

Green Card: A green card is shown as a warning for minor offenses or misconduct. It serves as a caution to the player to avoid further violations.

Yellow Card: A yellow card indicates a temporary suspension from the game, typically lasting for 5 minutes. It is shown for more serious offenses or repeated minor infractions.

Red Card: A red card results in the player being ejected from the game and usually leads to a more extended suspension, depending on the severity of the offense. It is shown for serious misconduct, violent conduct, or multiple yellow card offenses.

OR

- (b) **Five duties of the Captain of a Hockey Team are:**

1. **Leadership:** The captain provides leadership both on and off the field, inspiring and motivating teammates to perform their best and work together as a cohesive unit.
 2. **Communication:** The captain acts as a primary communicator between the team, coaching staff, and officials during games and practices, ensuring clear instructions and strategies are conveyed effectively.
 3. **Decision-making:** The captain makes crucial decisions during games, such as strategy adjustments, substitutions, and penalty discussions with officials, to benefit the team's performance.
 4. **Role model:** The captain sets a positive example for teammates through their work ethic, sportsmanship, and dedication to the team's success, serving as a role model for younger or less experienced players.
 5. **Team unity:** The captain fosters a sense of unity and camaraderie within the team, promoting teamwork, respect, and a positive team culture that enhances overall performance and morale.
- (iii) (a) Substitution in hockey refers to the process of replacing a player on the field with another player from the team's roster during a stoppage in play. This can be done for various reasons, such as tactical adjustments, fatigue management, or injury substitutions. The substitution is typically carried out at the team's bench area or designated substitution zone, following the rules and regulations set by the governing body of the sports.
- (b) 16-yard hit in hockey is a free hit awarded to the defending team from the 16-yard line (also known as the 25-yard line in some variations) of their defensive zone. This hit is awarded to the defending team when an attacking player commits an infringement inside the attacking 16-yard circle, such as a foul or a foot violation. The defending team takes the 16-yard hit to restart play and regain possession of the ball, aiming to move it out of their defensive zone and initiate an attacking play.

BASKETBALL

Answer 10

- (i) (a) Game Clock is an important component which is used to track the time remaining in each quarter or period of play. It counts down from a specified duration, typically 12 minutes for professional basketball and varying durations for college or high school basketball. The game clock stops during time-outs, fouls, substitutions, and other interruptions, ensuring accurate timing of game events. The game clock is synchronized with the shot clock to regulate offensive possessions, which typically last 24 seconds in the NBA. It serves as a fundamental tool for regulating the flow of the

game, determining the quarter durations, and maintaining fair and accurate timing of basketball, whereas competitions at all levels. The Shot Clock in basketball is a separate timer that determines the maximum amount of time a team has to attempt a shot after gaining possession of the ball. It prevents teams from stalling or holding onto the ball for too long without attempting to score. The shot clock is reset to its full duration (usually 24 seconds in professional games and 30 seconds in college and international games) whenever a team gains possession through a rebound, inbound pass, or turnover. If a team fails to attempt a shot within the shot clock's time limit, they lose possession of the ball, and the opposing team gains control.

(b) If a team's coach commits a technical foul in basketball, the referee's decision will be awarded one free throw to the opposing team, along with possession of the ball at the center line (midcourt). Additionally, the coach may also receive a warning or be ejected from the game, depending on the severity of the foul or if multiple technical fouls are committed.

(c) If a player deliberately scores a basket on his own side in basketball, the decision by the referee will be awarded two points to the opposing team. This is considered an "own goal" or basket interference, and points are credited to the opponent.

- (ii) (a) Ten equipment used in the game of basketball are:
- Basketball (official size and weight)
 - Basketball hoop (rim and net)
 - Backboard
 - Basketball court (with markings for free-throw line, three-point line, etc.)
 - Basketball shoes
 - Uniform (jersey and shorts)
 - Shot clock
 - Game clock
 - Whistle (used by referees)
 - Scoreboard

OR

- (b) Five conditions for scoring in the game of basketball are:
1. Making a field goal by shooting the ball into the opponent's basket from within the three-point line.
 2. Successfully making a free throw after being fouled.
 3. Scoring a field goal from beyond the three-point line.
 4. Capitalizing on a turnover or steal by the opposing team and scoring on a fast break.
 5. Making a successful tip-in or put-back after grabbing an offensive rebound.

- (iii) (a) A screen in basketball refers to a legal tactic where an offensive player without the ball positions themselves to block or impede the movement of a defensive player. Screens are used to create space for teammates to maneuver, receive passes, or take open shots.
- (b) The 3 seconds rule in basketball refers to the time limit an offensive player is allowed to spend in the key (restricted area) near their opponent's basket without actively participating in the play (i.e., not dribbling, shooting, or passing). If an offensive player violates this rule, it results in a turnover, and the ball is awarded to the opposing team.

VOLLEYBALL

Answer 11

- (i) (a) In volleyball, there are different types of blocking techniques used by players:

Solo Block: This is when a single player jumps to block an incoming attack from the opposing team. It's usually done by a front-row player near the net.

Double Block: In this type of blocking, two players from the same team jump together to block an attack. It's more effective in covering a wider area of the net and can provide better defense against powerful spikes.

Triple Block: Less common but occasionally used, a triple block involves three players jumping simultaneously to block a shot. This is usually reserved for crucial defensive situations or against particularly strong hitters.

- (b) If during a serving, the server serves the ball without tossing it, the referee's decision will be to call a fault, specifically a "foot fault." The server must toss the ball into the air before striking it during a serve. Failure to do so results in the opposing team gaining a point and possession of the ball.

- (c) In volleyball, the term used to denote the situation where the server serves the ball, but the opponents are not even able to touch the ball when it's within the court is called an "Ace." An ace occurs when the serve results in a point directly without the opponents being able to make a play on the ball.

- (ii) (a) Each team's side of the volleyball court will be filled with two rows of three players each, making for a total of six spots. Though players rotate clockwise, the positions are labeled counter-clockwise.

Position 1: The right back, where the serving player is.

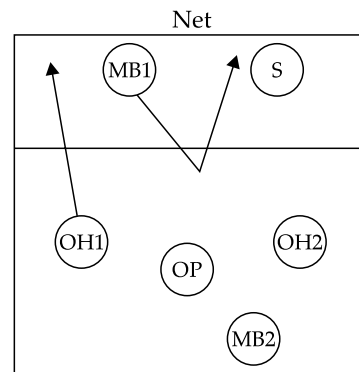
Position 2: The right front, just in front of the right back.

Position 3: The middle front, to the left of the front right.

Position 4: The left front, which is to the left of the middle front.

Position 5: The left-back, behind the left front.

Position 6: The middle back, behind the middle front.



OR

- (b) Falling whether the ball is in or out of bounds along the lines assigned to them.

Observing and signaling foot faults by players during serves.

Notifying the referee of any violations, such as illegal contacts or net faults, that occur within their designated area of the court.

Assisting the referee in verifying points, rotations, and substitutions, especially when there are discrepancies or challenges from the teams.

Ensuring that players are properly positioned during serve reception and that rotations are executed correctly according to the rules.

- (iii) (a) Double Contact: In volleyball, a double contact occurs when a player contacts the ball twice in succession during a single attempt to play the ball. This usually happens during setting or receiving the ball, where the player unintentionally makes contact with the ball twice with their hands or arms. Double contact is considered a violation and results in a point awarded to the opposing team.

- (b) Procedure of Substitution: In volleyball, the procedure of substitution involves replacing one player with another player during a stoppage in play, typically when the team is rotating or during a time-out. The steps for substitution are as follows: The coach or captain informs the referee about the substitution request.

The players involved in the substitution wait at the substitution zone near the scorer's table.

The referee acknowledges the substitution request and signals for the substitution to proceed.

The outgoing player leaves the court through the substitution zone, and the incoming player enters the court to take their position.

The referee confirms the substitution and allows play to resume.

TENNIS**Answer 12**

- (i) (a) Match point in tennis refers to the point that, if won by the serving player, would result in them winning the entire match. Set point, on the other hand, is the point that, if won by a player, would secure them the set they are currently playing. Both match point and set point are crucial moments in a tennis match, often marking the culmination of intense rallies and strategic play.
- (b) The Chair Umpire's decision if the racket breaks during a rally in tennis would depend on the circumstances. If the racket breaks due to normal wear and tear, the Chair Umpire may allow the player to continue with a replacement racket. However, if the racket breaks due to the player's deliberate action or misconduct, the Chair Umpire may penalize the player with a code violation or point penalty.
- (c) If a player deliberately wastes time during a tennis match, disrupting the flow of the game and causing the opponent to lose focus, the Chair Umpire may issue a warning or penalty against the player. This could include a time violation warning, point penalty, or even disqualification if the behavior persists or is severe enough to warrant such action.
- (ii) (a) **Forehand Stroke:** The ability to execute a powerful and accurate shot using the dominant hand's forehand side, essential for both offensive and defensive play.

Backhand Stroke: Proficiency in hitting backhand shots with control and consistency using the non-dominant hand's backhand side, crucial for versatility in shot selection.

Serve: A strong and effective serve is crucial for initiating the points and gaining an advantage in matches, including first serve for power and second serve for consistency.

Volleys: Skill in executing volleys at the net, including both forehand and backhand volleys, for finishing points quickly and effectively when approaching the net.

Footwork: Good footwork and movement on the court are essential for reaching and returning shots, maintaining balance, and positioning oneself optimally during rallies.

OR

- (b) 1. **Height of the net at the pole in the tennis court:** 3 feet (0.914 meters) for both singles and doubles play.
2. **Size of Single's tennis court:** The standard dimensions of a singles tennis court are 78 feet (23.77 meters) in length and 27 feet (8.23 meters) in width for the playing area, excluding the additional space

3. **Distance between Base line and Service line:** The distance between the baseline and the service line in tennis is 21 feet (6.4 meters) for both singles and doubles matches.

4. **Minimum distance between the net post and the sideline:** The minimum distance between the net post and the sideline in tennis is 3 feet (0.914 meters) on each side, totaling 6 feet (1.828 meters) of clearance required between the net post and the sideline.

5. **Weight of the ball:** The standard weight of a tennis ball used in professional matches is approximately 2 ounces (57 grams). However, different types of tennis balls, such as those used for practice or recreational play, may vary slightly in weight.

- (iii) (a) Drive in tennis refers to a powerful and aggressive shot hit with top-spin, typically executed from the baseline or mid-court area. A drive shot involves a full swing of the racket, generating speed and spin to send the ball deep into the opponent's court with pace and accuracy.
- (b) Chip shot in tennis is a technique where the player lightly taps or "chips" the ball over the net with minimal backswing and follow-through. It is often used for low, short shots close to the net, especially when the player is in a defensive position or wants to change the pace of the rally. Chip shots are effective for adding variety to shots and surprising opponents with unexpected placement.

BADMINTON**Answer 13**

- (i) (a) Monitoring and ensuring that the server's foot is positioned correctly within the service court during the serve.

Observing and signaling if the shuttlecock is struck above the waistline by the server.

Assisting the umpire in identifying and calling any service faults or violations during the match.

- (b) If a player serves the shuttlecock from the wrong side of the court in badminton, the referee's decision will be to call a fault, and the serving team will lose the rally, resulting in a point for the opposing team.
- (c) If a server serves the shuttlecock above the waistline in badminton, the umpire's decision will be to call a fault, and the serving team will lose the rally, resulting in a point for the opposing team.

- (ii) (a) Five International Badminton tournaments are:
 All England Open Badminton Championships
 BWF World Championships
 Sudirman Cup
 Thomas Cup (Men's Team)
 Uber Cup (Women's Team)

OR

- (b) 1. In a doubles game of badminton, the dimensions of the court are 20 feet (6.1 meters) in width and 44 feet (13.4 meters) in length.
 2. The number of points in each set in a game of badminton can vary depending on the specific rules being followed. However, in standard competitive play, a set is typically played up to 21 points. The player or team that reaches 21 points first, with a minimum two-point advantage, wins the set.
 3. The weight of a shuttlecock used in badminton is approximately 4.75 to 5.50 grams.
 4. The height of the net at the center of the court in badminton is 5 feet (1.524 meters).
 5. Two officials present during a match of badminton are the umpire and the service judge. The umpire oversees the overall conduct of the match, enforces the rules, and makes final decisions on disputes. The service judge monitors the legality of serves and assists the umpire in calling service faults.
- (ii) (a) Testing mark in badminton refers to a marking or line on the court used for testing the shuttlecock's flight and accuracy during an equipment testing or warm-up sessions. Players often use the testing mark to gauge their shots' trajectory and to adjust their technique before the start of a match.
- (b) Net drop in badminton is a type of shot where the player delicately taps the shuttlecock over the net with a short and controlled stroke, causing the shuttlecock to drop sharply and close to the net on the opponent's side. A net drop is typically used as a strategic shot to force the opponent to move forward quickly or to set up for an attacking shot.

SWIMMING

Answer 14

- (i) (a) Synchronized swimming is a water sport that combines elements of swimming, dance, and gymnastics. It involves choreographed routines performed by teams or solo swimmers in synchronized movements, often accompanied by music. Synchronized swimmers display strength, flexibility, and artistic flair while performing intricate routines both above and below the water's surface.
- (b) If a swimmer makes an early start before the signal is given by the starter in a swimming event, the judge's decision will be to disqualify the swimmer for a false start. The judge ensures fair competition by enforcing rules regarding the timing of the start. The winner in a swimming event is decided based on the swimmer who touches the finish wall first, as detected by electronic timing systems or manual timing if electronic systems are not available.
- (c) In a swimming event where two swimmers touch the finish wall almost at the same time, making

it difficult for the judge to determine the winner, the judge will rely on electronic timing systems or photo-finish technology. These systems accurately measure the swimmers' times down to milliseconds, allowing the judge to determine the winner based on the swimmer who touched the wall first, as indicated by the timing system.

- (ii) (a) Five rules of Diving are:

Divers must start their dives from the designated diving board or platform.

Divers must perform their dives within the specified degree of difficulty and technique standards set for each dive.

Divers must maintain their form and posture throughout the dive, including pointed toes, straight legs, and minimal splash upon entry.

Divers must complete their dives without any interruptions or interruptions, such as touching the pool bottom or grabbing the diving board.

Divers must surface from the water immediately after completing their dives, demonstrating control and composure.

OR

- (b) Five International Swimming Tournaments are:

FINA World Championships

Olympic Games (Swimming Events)

Pan Pacific Swimming Championships

European Swimming Championships

Commonwealth Games (Swimming Events)

- (iii) (a) Escort craft in swimming refers to a boat or vessel that accompanies swimmers during open water swimming events, such as marathon swims or long-distance races. The escort craft provides support and safety to swimmers by carrying supplies like food, water, medical aid, and communication equipment. It also helps in navigation, monitoring the swimmer's progress, and ensuring their safety in challenging open water conditions.
- (b) Marathon swimming is a type of open water swimming event that involves a long-distance swims in natural bodies of water, such as lakes, rivers, or oceans. Marathon swims can vary in length but often cover distances of 10 kilometers (6.2 miles) or more. These swims require endurance, stamina, and strategic pacing as swimmers navigate through changing water conditions, currents, and weather challenges. Marathon swimming is often part of competitive events and can also be undertaken as solo or organized swims for personal achievement.

ATHLETICS

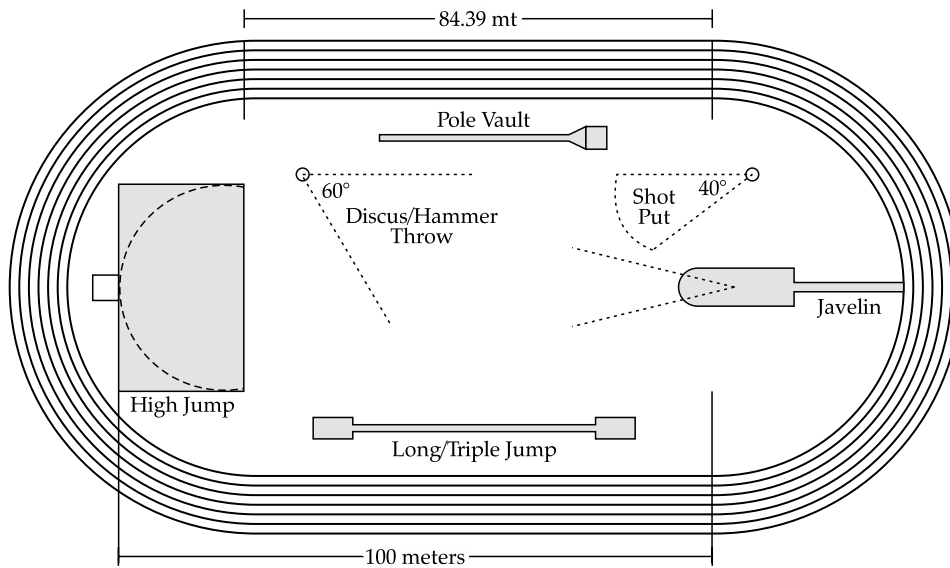
Answer 15

- (i) (a) Marking radius in athletics refers to the distance from the center of the circle or throwing area to

the edge of the throwing sector, used in events like shot-put and discus-throw. Running radius is the distance from the inner edge of the track to the outer edge of the running lane, crucial for measuring the correct distance in sprinting events like the 100 meters or 200 meters.

- (b) If after release, the discus touches the pole of the safety cage but lands inside the sector, the judge's decision will be considered as the throw valid. As long as the discus lands within the designated sector and does not go out of bounds, it is considered as

(ii) (a)



OR

- (b) Decathlon is a combined athletics event in which athletes compete in ten different track and field events. The events are held over two consecutive days, with five events on each day. The decathlon tests a wide range of athletic abilities, including speed, strength, endurance, and agility.

The events in the decathlon and their correct order are as follows:

Day 1:

100 meters

Long jump

Shot put

High jump

400 meters

Day 2:

110-meter hurdles

Discus throw

Pole vault

a legal throw, regardless of whether it touches the safety cage.

- (c) If an athlete falls back after landing in a long jump event, the judge's decision will depend on whether the athlete's landing was within the legal landing area. If the athlete lands within the designated landing zone without stepping over the foul line, the jump is considered valid. However, if the athlete lands outside the landing area or crosses the foul line, it results in a foul jump.

Javelin throw

1500 meters

- (iii) (a) Shoulder shrug in athletics refers to a movement where the shoulders are raised upward toward the ears and then lowered back down in a controlled manner. This exercise is commonly used to strengthen and develop the muscles of the upper back, shoulders, and neck. It helps improve shoulder mobility, stability, and overall posture, making it beneficial for athletes involved in various sports and activities.

- (b) Straddle jump is a jumping technique used in athletics, gymnastics, and other sports. It involves jumping off both feet simultaneously and spreading the legs apart in a wide "straddle" position while in the air. The goal of a straddle jump is to achieve maximum height and distance while maintaining control and proper form. This jump is commonly seen in events like high-jump and long-jump, where athletes aim to clear obstacles or achieve greater distances.