

PHYSICAL EDUCATION

PAPER 1

(THEORY)

Maximum Marks: 70

Time Allotted: Three Hours

Reading Time: Additional Fifteen Minutes

Instructions to Candidates

- You are allowed **an additional 15 minutes** for **only** reading the question paper.
- You must **NOT** start writing during reading time.
- This question paper has **nine** printed pages and **fifteen** questions.
- There are **three** sections in the paper: **A, B and C**. **Internal choices** have been provided in one question in Section B and one question in Section C.
- **Section A** consists of one question having fifteen sub-parts of **one mark** each. Attempt all questions.
- **Section B** consists of **five** questions of **five marks** each. Attempt all questions.
- **Section C** consists of **nine questions** of **five marks** each. Attempt all questions on **any two** games in this section.
- The intended marks for questions are given in brackets [].

Instructions to Supervising Examiner

- Kindly read **aloud** the Instructions given above to all the candidates present in the examination hall.

SECTION A– 15 MARKS

Question 1

- (i) Radhika joined a training camp and observed that some athletes were running on uneven surfaces like bushes, rocks, pits etc. She could not understand the type of training they were undergoing and asked her coach. [1]

Which type of training were the athletes undergoing? (Understanding)

- (a) Interval training
 - (b) Fartlek training
 - (c) Acceleration run
 - (d) Ballistic method
- (ii) Physical Education ensures _____ development of an individual. [1]
- (a) character
- (b) ethnic
- (c) skill
- (d) overall
- (iii) Identify the career in the field of physical education, shown below. (Recall) [1]



- (a) Sports journalism
 - (b) Sports commentator
 - (c) Sports Psychologist
 - (d) Sports Manager
- (iv) Which of the following is **NOT** a demerit of league tournament? (Recall) [1]
- (a) Chances of injury due to fatigue
 - (b) Expensive
 - (c) Fair opportunity
 - (d) Time consuming

- (v) Name the method shown in the picture to make a fixture. (Understanding) [1]

1-2						
1-3	2-3					
1-4	2-4	3-4				
1-5	2-5	3-5	4-5			
1-6	2-6	3-6	4-6	5-6		
1-7	2-7	3-7	4-7	5-7	6-7	

- (a) Knock-out
(b) Tabular
(c) Staircase
(d) Cyclic
- (vi) Given below are two statements marked Assertion and Reason. Read the two statements carefully and choose the correct option. (Analysis) [1]

Assertion: Sports Training is an unorganised instruction for a planned performance activity.

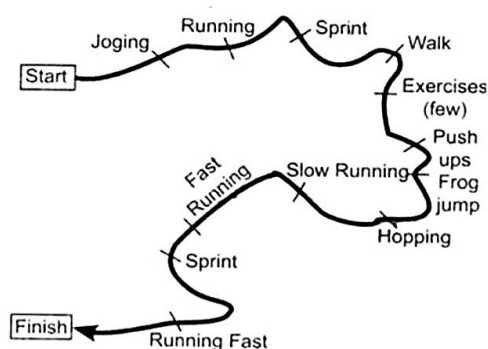
Reason: It trains the players in enduring physical load through a variety of physical exercises backed up by necessary technical and tactical inputs.

- (a) Both Assertion and Reason are true and Reason is the correct explanation of Assertion.
(b) Both Assertion and Reason are true but Reason is not the correct explanation of Assertion.
(c) Assertion is true and Reason is false.
(d) Assertion is false and Reason is true.
- (vii) A condition of the body or mind that makes it difficult for the person to do certain activities is called _____. (Recall) [1]
- (viii) _____ is the rapid spread of an infectious disease to many people in a given population within a short period of time. (Recall) [1]
- (ix) A stretch or tear in ligament is known as _____. (Recall) [1]
- (x) A _____ is a piece of medical equipment used to prevent an injured body part from moving and to protect it from any further damage. (Recall) [1]
- (xi) When and by whom was Circuit Training Method developed? (Recall) [1]
- (xii) What is *warming up* ? (Recall) [1]
- (xiii) Write the full form of CPR. (Recall) [1]
- (xiv) What are *grazes*? (Recall) [1]
- (xv) What is *rehabilitation*? (Recall) [1]

SECTION B – 25 MARKS

Question 2

[5]



Identify the training method shown above. Write *any four* merits of this training method. **(Understanding)**

Question 3

[5]

(i) Write short notes on the following:

(a) Thomas Splint **(Recall)**

(b) Occupational Health Hazards **(Recall)**

OR

(ii) Answer the following:

(a) Mention *any five* ill effects of consumption of alcohol. **(Recall)**

(b) What is *disability*? Explain *any four* causes of Disability. **(Recall)**

Question 4

[5]

Samaira is a badminton coach in a school. She has to prepare her team for the upcoming state level tournaments. Hence, she conducts a training session in the school and observes that few players are good in defense but unable to play till the last moment due to lack of strength and endurance.

Suggest a method of training to Samaira that will help her increase the strength and endurance of her players. Support *any four* reasons for your answer. **(Application)**

Question 5

[5]

Draw a fixture of eight teams using Tabular method. **(Application)**

Question 6 [5]

(i) What is *conditioning*? Write *any four* advantages of Conditioning. (Recall)

OR

(ii) Write a short note on Posture. (Recall)

SECTION C – 30 MARKS

Attempt all questions on any two games from this section.

FOOTBALL

Question 7

(i) Answer the following questions:

(a) What is an *indirect free kick* in the game of football? State *any two* situations when a referee awards an indirect free kick. (Recall) [3]

(b) What will be the decision of the referee if a player is in offside position? (Application) [1]

(c) What will be the decision of the referee if the player fights with other player during the game? (Application) [1]

(ii) (a) Mention *any five* occasions when a player is **NOT** considered as *offside*. (Recall) [5]

OR

(b) Differentiate between *added time* and *extra time*. (Understanding)

(iii) Explain the following: (Understanding) [5]

(a) Advantage

(b) Tie Break

CRICKET

Question 8

(i) Answer the following questions:

(a) Explain *Test Match Cricket*. (Understanding) [3]

(b) What is term used in cricket if the bowler bowls the ball directly above the waist height? (Application) [1]

(c) What will be the decision of the umpire if a batsman obstructs the field during the game? (Application) [1]

- (ii) (a) Mention *any five* instances when the umpire calls and signals a no ball. [5]
(Recall)

OR

- (b) Enlist *ten* ways of a batsman getting out. (Recall)
- (iii) Explain the following terms: (Understanding) [5]
- (a) Sledging
- (b) Super Over

HOCKEY

Question 9

- (i) Answer the following questions:
- (a) What are the differences between a *short corner* and a *long corner* in hockey? [3]
(Recall)
- (b) What will be the referee's decision if a player raises the bottom part of the stick above his shoulder while attempting to hit the ball? [1]
(Application)
- (c) What will be the decision of the umpire in Field hockey if the ball is hit from outside the circle and goes into the goal? [1]
(Application)
- (ii) (a) What are *foot foul* and *air ball* in hockey? (Understanding) [5]
- OR
- (b) Explain *forehand pass*. (Understanding)
- (iii) Explain the following: (Understanding) [5]
- (a) Obstruction.
- (b) Zonal marking

BASKETBALL

Question 10

- (i) Answer the following questions:
- (a) State the difference between *team foul marker* and *player foul marker*. [3]
(Recall)
- (b) If a team has committed five fouls in a quarter, what will be the decision of the referee? [1]
(Application)
- (c) During a match, a player bumps into the opponent from behind. What will be the decision of the referee? [1]
(Application)

- (ii) (a) What is the procedure of substitution in a basketball match? **(Recall)** [5]

OR

- (b) What is *screening*? What are the two positions of legal screening? **(Recall)**

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

- (a) Held ball
(b) Travelling

VOLLEYBALL

Question 11

- (i) Answer the following questions:

- (a) Enlist any *three* attack errors. **(Understanding)** [3]
(b) If a player serves out of a rotation order, what will be the referee's decision? **(Application)** [1]
(c) What will be the decision of the referee if a player crosses the centre line while smashing the ball? **(Application)** [1]

- (ii) (a) State the circumstances when the team is declared to be defaulting. How is a set and a match decided in such a situation? **(Understanding)** [5]

OR

- (b) State *any five* duties of the first referee in volleyball. **(Understanding)**

- (iii) Explain the following: **(Understanding)** [5]

- (a) Side Bands
(b) Screening

TENNIS

Question 12

- (i) Answer the following questions:

- (a) What is the pattern of scoring in a tiebreaker? **(Recall)** [3]
(b) What will be the decision of an umpire if a server is taking more time to start the service? **(Application)** [1]
(c) What will be the decision of an umpire if a server toss the ball but takes back the ball in his hand? **(Application)** [1]

- (ii) (a) State *any five* duties of the chief umpire in tennis. **(Understanding)** [5]

OR

- (b) State *any five* instances when a player loses a point during the game. **(Understanding)**
- (iii) Explain the following terms: **(Understanding)** [5]
- (a) Alley
- (b) Slice

BADMINTON

Question 13

- (i) Answer the following questions:
- (a) Mention the rules of the correct service in badminton. **(Recall)** [3]
- (b) Rishika is participating in a match of badminton which is about to begin. On which side of the court will Rishika serve in the beginning of the game? **(Application)** [1]
- (c) What will be the decision of the umpire if the score is 20-20 in the game of badminton? **(Application)** [1]
- (ii) (a) Mention *any five* situations when *Let* is called by the umpire. **(Recall)** [5]
- OR**
- (b) Explain *any two* types of strokes in badminton. **(Understanding)**
- (iii) Explain the following terms: **(Understanding)** [5]
- (a) Cross court
- (b) Drive

SWIMMING

Question 14

- (i) Answer the following questions:
- (a) State the various types of cooling down exercise after swimming. **(Recall)** [3]
- (b) What will be the decision of the referee if a swimmer is not touching the wall on a turn? **(Application)** [1]
- (c) What will be the decision of the referee if a swimmer in freestyle swimming competition walks on the bottom? **(Application)** [1]
- (ii) (a) What is *false start rope*? What is its importance in swimming? **(Recall)** [5]
- OR**
- (b) State *any five* duties of Inspector on Turns. **(Recall)**

- (iii) Explain the following: **(Understanding)** [5]
- (a) Tapper
 - (b) Paddler

ATHLETICS

Question 15

- (i) Answer the following questions:
- (a) What is *high jump*? Name the different techniques of high jump. **(Recall)** [3]
 - (b) A javelin falls with tail of the javelin in a javelin throw event. What will be the referee's decision? **(Application)** [1]
 - (c) What will be the decision of the officials if a player exits from the front side of the shotput sector after the throw? **(Application)** [1]
- (ii) (a) Write the duties of the lap scorer. **(Recall)** [5]

OR

- (b) Draw a neat diagram of a discus throw sector, with all its specifications. **(Recall)**
- (iii) Explain the following terms: **(Understanding)** [5]
- (a) Photo finish
 - (b) Hurdles

Empowering Minds & Transforming Lives since 1958



PHYSICAL EDUCATION

PAPER 1

(THEORY)

ANSWER KEY

SECTION A– 15 MARKS

Question 1

While attempting Multiple Choice Questions, candidates are required to write only one option as the answer.

- (i) (b) Fartlek Training [1]
- (ii) (d) overall [1]
- (iii) (b) Sports Commentator [1]
- (iv) (c) Fair opportunity [1]
- (v) (a) Staircase [1]
- (vi) (c) Assertion is false and Reason is true. [1]
- (vii) Disability [1]
- (viii) Epidemic [1]
- (ix) Sprain [1]
- (x) splint [1]
- (xi) Circuit training method was developed by R. E. Morgan and G. T. Anderson in 1953 at the university of Leeds, England. [1]
- (xii) Warming up is an exercise done to prepare the body for intense and rigorous training / competitions. [1]
- (xiii) Cardiopulmonary Resuscitation [1]
- (xiv) A graze is a scraping or rubbing away of the skin surface that occurs after falling on knees, hands or elbows. [1]
- (xv) Rehabilitation is derived from word 'habilita' which means ability; so, rehabilitation means to regain ability. According to W.H.O., 'Combined and coordinate of medical, social, educational and vocational measures for training or re-training the individual to the highest possible level of functional ability'. [1]

SECTION B – 25 MARKS

Question 2

[5]

Fartlek training

Merits:

- Easy to adopt for the players.
- Not rigid but flexible in nature.
- Gives more self-confidence.
- Develop the calibre of tackling situation.
- It develops creativity and gives adventure.

(Any four merits)

Question 3

[5]

- (i) (a) It is named after the famous British Orthopaedic surgeon, Thomas Hugh Owen. He introduced a splint for immobilisation of the hip, a knee splint. It is a metal splint which consists of ring at the end to fit around the upper arm or leg, and two shafts extending down the side of the limb in a long 'U' shape with a crosspiece of the bottom where the traction is applied. It can be used in fracture of thigh, bone, near the knee and leg. A splint can be used except when there is big wound which makes the use of splint painful.
- (b) Occupational health hazards refer to the physical, chemical and other risks that one is exposed to at their workplace. These hazards need to be prevented or controlled to establish and maintain a safe and healthy working environment. These hazards may include chemical agents and solvents, heavy metals such as lead and mercury, physical agents such as loud noise or vibration and physical hazards such as electricity or dangerous machinery which can cause potential damage to the persons using them.

The occupational hazards include the following:

- Chemical hazards arise from excessive airborne concentrations of mists, vapours, gases or solids in the form of dusts, fumes and fibres.
- Physical hazards include exposures to vibration, radiation, and noise, hot or cold environment.
- Biological hazards include organism or toxic substances produced by living things that can cause illness or disease in humans. Examples are bacteria, fungi, parasites and insects.
- Ergonomic hazards include design of workplaces and jobs that involve repetition, force and awkward posture.
- Psychological hazards represent an important group and include occupations that might endanger the mental health of workers

OR

- (ii) (a) Ill effects of consumption of Alcohol
- Contrary to the usual belief, alcohol does not stimulate the brain; it depresses the brain like an anesthetic.
 - Sense of observation, attention and finer judgment is lost.
 - Alcohol develops number of physical ailments related to liver, brain, blood, heart, kidney and other vital organs.
 - An excess of alcohol reduces the amount of vitamin B in the liver, and it causes damage to the liver.
 - Alcohol is also the cause of automobile accidents
 - The life span of alcohol addicts reduces by the regular use of alcohol.
 - It causes loss of body heat in winter.
 - It also affects the harmony and peace in the family and society.
 - Displaces food in the diet and provides empty calories devoid of vitamins, minerals and protein, causing multiple deficiencies.

(Any five ill effects to be mentioned)

- (b) Disability means inability to do work. It is that state when an individual is not able to work efficiently. World Health Organisation defines disability, "As a restriction or lack of ability to perform an activity in the manner or within the range considered normal for a human being."

Causes of Disability:

- **Poverty and Malnutrition:** Poverty is one of the biggest causes of disability. Poor people are most vulnerable to disability because they are forced to live and work in unsafe environments with poor sanitation, crowded living conditions and with little access to education, clean water or enough good food. This makes diseases such as tuberculosis and polio and the severe disabilities they cause much more common because disease get passed from one person to another more easily. Many babies who are born in poor families may be born with disabilities or may die in infancy. This may be because the mother did not get enough to eat when she was pregnant or may be because she did not get enough to eat when she was growing up.
- **Wars:** Explosions during wars cause people to become deaf, blind and lose their limbs, as well as cause other injuries. Their mental health is also badly affected by the violence. The destruction of homes, schools, health centres and means of livelihood that results from conflicts and wars leads to increased disability, poverty and disease.
- **Nuclear Accidents:** Many people have suffered after being exposed to massive amounts of radiation. This happened after accident in nuclear power plants at Three Mile Island in the USA in 1979 and at Chernobyl in the Ukraine in 1986. And it also happened when the USA dropped nuclear bombs on Japan in 1945. These incidents caused widespread destruction and death from exposure to radiation. The people who are survived in these accidents and bombing attacks have suffered mainly from

cancers, either tumours in various parts of the body, especially in the thyroid gland or leukaemia, all of which brings an early death. In communities where these nuclear incidents happened, there has also been an increase in the number of children born with learning difficulties such as Down syndrome.

- **Poor Access to Health Care:** Many a times, vaccines are not available or people who are poor or live far from cities cannot afford them or there are not medicines / vaccines enough for everyone.
- **Illness:** Some illness can cause physical or learning problems when baby is born. Illnesses that can cause birth defects include German measles, which is a common cause of deafness in newborn babies. There is a vaccine that gives protection against rubella, but a woman who gets an immunization of the rubella vaccine should not get pregnant for one month afterward.
- **Medicines and Injections:** When used correctly, certain injected medicines, like some vaccinations are important to protect health and prevent disability. However, there is a worldwide use of unnecessary injections. Each year the unnecessary injections sicken, kill or disable millions of persons, especially children. Giving injections with an unclean needle or syringe is a common cause of infection and can pass the germs that cause serious diseases such as HIV / AIDS or hepatitis. Unclean injections are also a common cause of infection that can lead to paralysis or spinal cord injury or death.
- **Dangerous Working Conditions:** Individual who work long hours without enough rest are likely to have accidents. Individual who works in factories, mines or agricultural plantations can be exposed to dangerous machinery, tools or chemicals. Accidents, overwork and exposure to chemicals can all cause disability.
- **Accidents:** Many individuals get disabling injuries at home by burns from cooking fires, falls, road accidents and breathing or drinking toxic chemicals. Workplace accidents, especially in less regulated sectors such as construction, agriculture, mining and smaller businesses are a common source of disability.
- **Poison and Pesticides:** Poisons such as lead found in paints, pesticides such as rat poison and other chemicals can cause disabilities in people. Smoking or chewing tobacco, breathing smoke and drinking alcohol can also harm a person.
- **Inherited Disability:** Some disabilities are known to be inherited, such as spinal muscular atrophy and muscular dystrophy. Women who already have one or more children with inherited disability are more likely to give birth to another child with the same problem.

(Any four causes to be explained)

Question 4

[5]

Samaira can use the method of Continuous Training / Fartlek Training / Isotonic training / Isometric training to increase the strength and endurance of her players.

(Any four reasons)

Question 5

[5]

Fixtures for 8 teams as per Tabular Method

Team: A, B, C, D, E, F, G, & H

Number of Columns: $n + 1 = 8 + 1 = 9$

Number of rounds: $n - 1 = 8 - 1 = 7$

Number of matches: $\frac{n(n-1)}{2} = \frac{8(8-1)}{2}$
 $= \frac{8 \times 7}{2}$
 $= \frac{56}{2} = 28$ matches

	A	B	C	D	E	F	G	H
A		1	2	3	4	5	6	7
B			3	4	5	6	7	2
C				5	6	7	1	4
D					7	1	2	6
E						2	3	1
F							4	3
G								5
H								

ROUND 1		ROUND 2		ROUND 3		ROUND 4	
1 st match	A vs B	1 st match	A vs C	1 st match	A vs D	1 st match	A vs E
2 nd match	C vs G	2 nd match	B vs H	2 nd match	B vs C	2 nd match	B vs D
3 rd match	D vs F	3 rd match	D vs G	3 rd match	E vs G	3 rd match	C vs H
4 th match	E vs H	4 th match	E vs F	4 th match	F vs H	4 th match	F vs G

ROUND 5		ROUND 6		ROUND 7	
1 st match	A vs F	1 st match	A vs G	1 st match	A vs H
2 nd match	B vs E	2 nd match	B vs F	2 nd match	B vs G
3 rd match	C vs D	3 rd match	C vs E	3 rd match	C vs F
4 th match	G vs H	4 th match	D vs H	4 th match	D vs E

Question 6

[5]

- (i) Conditioning is a form of training that enhances stamina and endurance, which are crucial for maintaining strong athletic performance throughout practice, game or training session. It develops the body's ability to meet the energy demands of various sports, both aerobic and anaerobic.

Conditioning is the long-term activity and a regular process in which an individual is conditioned for a specific task. The process of conditioning involves overloading a person which causes temporary disturbance in homeostasis. Later, recovery period is provided in which growth and repair takes place. The individual gets ready for the next task and ultimately adaptation happens.

Advantages of conditioning:

- Stronger Athletes:
- Faster Athletes:
- Powerful Athletes
- Confident Athletes
- Injury Prevention:
- Improve Sports Specific Skills:
- Increases Familiarity:

(Any four advantages)

OR

- (ii) Posture

Posture refers to the way in which a person sits or walks. Correct posture implies the balancing of the body in accurate and proper manner while sitting, standing, walking, and writing or during any other action of the body.

- Correct posture of standing: Weight should be equally distributed on both legs; both the heels of the feet should meet each other. Toes of the feet should be 3"- 4" apart. Body should be erect, straight knees, chest forward, chin inside and belly backward.
- Correct posture of sitting: During sitting, our head, spinal column, shoulder and hip should be straight line and erect. Legs should touch the ground. Thighs should be in horizontal position. While reading, the distance between book and eye should be at least 30 cm.
- Correct posture of walking: The heel of the foot should be touching the ground and then weight should be transferred to the toes.
- Correct posture of sleeping: Use a normal size pillow and not a thick one.

SECTION C – 30 MARKS

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

FOOTBALL

Question 7

- (i) (a) An indirect free kick is a kick through which a goal cannot be scored directly. Any player other than a kicker must touch the ball before it goes into the goal. [3]

Situations of free kick:

If a player:

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or send off a player

- (b) Indirect free kick will be awarded to the opponent team. [1]

- (c) Red card will be given to that player. [1]

- (ii) (a)
 - An attacker in an offside position, not interfering with an opponent, does not touch the ball.
 - When the ball rebounds from the goal post.
 - At the time of corner kick.
 - At the time of throw-in.
 - If a player is level with the second-last player.
 - At the time of the goal kick. [5]

OR

- (b) Added time is increment in the total time of game play that is of 90 minutes. This is on account of delay in play due to an injury to the player, substitution of player, disciplinary action etc. On the contrary, extra time is awarded on account of tie breaker. It starts with a kick-off while added time does not. A short break is also provided during extra time. No such break is provided during added time. The duration of added time is not fixed while in extra time, there is a fixed time allocated to the team.

- (iii) [5]

- (a) Advantage is when an offence (foul, handball, offside, technical, etc.) occurs and, because the non-offending team has useful possession of the ball, the referee allows players to continue, as it is to their benefit.

- (b) After regular time or 90 minutes, the usual method is extra time, where each team plays two 15-minute periods of extra time. The team that leads at the end of 30 minutes wins the tie. If, at the end of extra time i.e., after 120 minutes, no winner can be decided the match goes to a penalty shoot-out.

CRICKET

Question 8

- (i) (a) Test cricket is a form of first-class cricket played at the international level between two teams. A match consists of four innings (two per team) in which players have to play until they get all batsmen out. It is scheduled to last for up to five days with six hours of play each day. A minimum of 90 overs are scheduled to be bowled per day making it the sport with the longest playing time. In the past, some Test matches had no time limit and were called Timeless Tests. [3]
- (b) No Ball is declared. [1]
- (c) Batsman declared out. [1]
- (ii) (a)
 - Front foot, No ball
 - 2-Back foot, No ball
 - Waist height, No ball
 - No ball for ball bouncing over the head
 - No ball for ball bouncing multiple times
 - No ball for ball throwing (chucking)
 - No ball for failure to notify umpires the mode of delivery
 - No ball for breaching the number of fielders on the on side
 - 9- No ball if wicketkeeper is in front of the stumps [5]
- OR**
- (b)
 - Caught
 - Bowled
 - Leg Before Wicket
 - Stumped
 - Run Out
 - Hit Wicket
 - Handle The Ball
 - Obstructing The Field
 - Hit The Ball Twice
 - Timed Out
- (iii) [5]
- (a) In the sport of cricket, sledging is the practice of deliberately insulting or verbally intimidating an opposing player. The purpose is to try to weaken the opponent's concentration, thereby causing them to underperform or make them prone to error. It can take different forms such as humour, abuse or even aggression.
- (b) Super Over, also called a one-over eliminator or a one over per side eliminator, is a tie-breaking method used in limited-overs cricket matches, where both teams play a single, additional over of six balls to determine the winner of the match. A match that goes to a Super Over is officially declared a "tie" and is won by the team who score the most runs

in the Super Over. Since a rule change in October 2019 for knockout and bilateral series matches, if a Super Over ends in a tie, it is followed by another Super Over.

HOCKEY

Question 9

- (i) (a) In field hockey, a penalty corner, sometimes known as a short corner. It is a penalty given against the defending team. It is predominantly awarded for a defensive infringement in the penalty circle or for a deliberate infringement within the defensive 23-metre area. They are eagerly sought by attacking players and provide an excellent opportunity to score. There are particular rules for that only apply at penalty corners and players develop specialist skills, such as the drag flick, for this particular phase in the game. [3]

Long corner: A long corner is awarded if a defender accidentally puts the ball over the back line. Long corners are taken approximately 20m back from the goal line and in-line with the point at which the ball crossed the goal line and cannot be hit directly into the circle.

- (b) High Stick foul is given. [1]
(c) Goal will not be counted. [1]
- (ii) (a) Foot Foul: Field players are not allowed to use their feet or any other body part, to control the ball. If the ball hits a player's foot, the umpire will either award the other team a free hit or let the game continue if the other team gains an advantage. Only the goalkeeper is allowed to use hands, feet and body to stop or strike the ball. [5]

Air Ball: The ball is allowed to be lifted in the air as long as the referee does not consider the play to be "dangerous." The referee will make that call if the ball could potentially hit or injure another player. The general rule is that the ball should not be lifted above the knee within five meters of another player. An exception to this rule is when the ball is raised by using a scooping or long-pushing action of the stick or when there are no players in the same proximity as the ball. The ball cannot be hit into the air unless it is a direct shot on goal.

OR

- (b) A forehand pass is any pass made of the right side of body, also known as "open side" or "strong side" because body faces the target on the hit. The left side is the "reverse side" or "weak side" because the player's back is to the target. With forehand passes, the hits are harder and more accurate.

As a way of passing, there are specific types of forehands passes a player can make. The push, hit, aerial pass and any other type of pass can be made from the right side of body. The ball will be positioned a little differently depending on the type of pass, but it will always be on the right side of body.

Listed below are the basic principles to follow for any forehand pass or hit:

- All forehand passes should begin with the ball to the right of body.
- Before passing, keep the ball on bottom of the stick.
- Position the to face the target.
- Depending on what type of pass is made, the ball will be placed a little differently.
- To pass, the stick has to be swept forward in one fluid motion.
- As the player moves the stick forward, the bodyweight has to be shifted from the back foot to the front foot.
- The final motion is the follow through. The player has to make sure to point the stick and body at the target after having released the ball.
- The player has to always keep the eyes on the target, not the ball, when making a pass.
- During a game, forehand pass is to be used when passing to an unmarked teammate. If the player ever has the option of using a forehand pass or a backhand pass, forehand pass should be used. The beginner players are trained to play a forehand pass accurately and with more power.

(iii)

[5]

- (a) This is awarded against a hockey player who uses their body or stick to prevent an opponent from reaching the ball.
- (b) This is a defensive tactic where players on the defence are responsible for guarding a specific zone or area of the field. So, the defensive player is responsible for guarding an attacking player who comes into his area of the zone

BASKETBALL

Question 10

- (i) (a) Team foul: It is the total number of fouls a team commits. It includes all the fouls made by the players of a team. Once the team reaches a certain number of fouls, free throws are awarded to the opposing team. Team foul marker indicates the fouls committed by a team. [3]

Player foul, on the other hand, is personal and against a specific player who does not follow the rules of the game. Certain player fouls may result in severe penalties. Player foul marker denotes the fouls made by an individual player.

- (b) Teams are considered "over the limit" once its players combine to commit five fouls in a single quarter. At that point, the opposing team is awarded two free throws for any defensive foul committed, even if the foul did not occur during the act of shooting. [1]
- (c) If it is done purposely, sportsmanship foul will be given in which two free throws will be given to the opponent on whom foul is done and possession [1]

of the ball will also be given to the opponent. If it is done by mistake, common foul is given, and possession is given to the opponent.

- (ii) (a) Substitutions can only be made when the game is stopped and is done by the score table notifying the referees of the request to substitute a player. The coach should have players that are to go into the game “report” to the score table and request a substitution. [5]

Substitutions are permitted by either team when the whistle is blown to stop the game or after the last free throw if the ball becomes dead. After a basket is scored in the last two minutes of the fourth quarter or extra period, only the team who has been scored against may initiate a substitution.

In basketball, there are a total of ten players on the field at the same time, five per team. In addition, a team can have up to seven substitute players with unlimited substitutions.

OR

- (b) Screening is when an offensive player legally blocks the path of a defender to open up another offensive player for a shot or to receive a pass.

Fundamentals of the Screener (Person setting the screen):

- 1- Feet should be a little wider than shoulder-width apart. It's very important to have a wide, strong base.
- 2- Hands should be crossed across the chest (girls) or protecting the groin area (boys)
- 3- The screener needs to be stationary as the screen is set. Otherwise, the screener will be called for an offensive foul.
- 4- Body should be vertical (should not be leaning forward or backwards).
- 5- Square to the defender. The middle of the screener's chest should be in line with the defender's shoulder and hips.

(Any two positions)

- (iii) [5]

- (a) A situation in basketball in which two opponents have their hands on the ball at the same time so that neither can gain control without undue roughness, and which results in a jump ball.
- (b) Travelling is one of the fundamental rules in basketball that pertains to the movement of players with the basketball. When a player holding the basketball moves their feet beyond a set limit without dribbling, it is called travelling. This violation is a key part of the game's rules and is crucial to understand for anyone involved in the sport.

VOLLEYBALL

Question 11

(i) (a) The following are the attack errors: [3]

- The ball lands out of bounds.
- The ball goes into the net and terminates the play or goes into the net on the third hit.
- The ball is blocked by the opposition for a point or side out.
- The attacker is called for a center line violation.
- The attacker is called for illegal contact (lift, double hit) on the attack hitting the ball to the floor on the opponent's side.

(Any three)

(b) Referee will give rotational foul. Point and service will be given to the opponent team. [1]

(c) Penetration fault will be given to the team. Point and service will be given to the opponent team. [1]

(ii) (a) In the following circumstances the team is declared to be defaulting: [5]

- If a team refuses to play after being summoned to do so.
 - If a team does not appear on the playing court on time without a justifiable reason.
- In both cases, the defaulting team forfeits the match 0-3 with the score of 0-25 for each set.

OR

- (b)
- Prior to the match, the first referee:
 - Inspects the conditions of the playing area, the ball and other equipment.
 - Performs the toss with the team captain.
 - Controls the teams warming up.
 - During the match the first referee:
 - Decides upon the faults of the server and the positions of the serving team.
 - Decides upon the faults on playing the ball.
 - Decides upon the faults above the net.
 - Decides upon the attack hit faults of the libero.
 - At the end of the match, the referee checks the score sheet and signs it.

(Any five duties of the first referee)

(iii) [5]

- (a)
- Two white bands are fastened vertically to the net and placed directly above each sideline. They are 5 cm wide 1 m. long and are considered as a part of net.

- (b) • A player or a group of players of the serving team makes a screen by waving arms, jumping or moving sideways during the execution of the service or by standing grouped to hide the flight path of the ball. The players of the serving team must not prevent their opponent, through individual or collective screening from seeing the server or the flight path of the ball.

TENNIS

Question 12

- (i) (a) • During a tie-break game, points are scored ‘Zero’, ‘1’, ‘2’, ‘3’, etc. [3]
 The first player or team to win seven points win the ‘game’ and ‘set’, provided there is a margin of two points over the opponents. If necessary, the tie-break game shall continue until this margin is achieved.
- The player whose turn it is to serve shall serve the first point of the tie-break game. The following two points shall be served by the opponents.
- After this, each player or team shall serve alternately for two consecutive points until the end of the tie-break game. The player or team whose turn it was to serve first in the tie-break game shall be the receiver in the first game of the following set.
- (b) In this situation, umpire will first warn the server, if the server repeats the same mistake, then the referee will take away the first serve of that point. So now the server will have only one serve for that particular point. [1]
- (c) No warning will be given in this situation as the server can toss the ball and take back in hand as many times as she wants. [1]
- (ii) (a) The Chief Umpire shall: [5]
- Recruit a sufficient number of competent officials for the tournament.
 - Conduct the necessary pre-tournament training of officials including review of the Rules of Tennis, the appropriate Tournament Rules and Regulations, Code of Conduct and the Duties and Procedures for Officials.
 - Prepare a list of officials which shall include mailing address and ITF/national certifications, if any, of all officials used during the tournament. A copy of such list shall be delivered to the ITF Supervisor/Referee and, if required, to ITF Officiating.
 - Schedule the on-court assignments of officials for each day of the tournament, subject to the approval of the ITF Supervisor/Referee.
 - Conduct meetings with all on-court officials to specify court assignments and the procedures to be used for making calls, hand signals, rotations and other responsibilities. For further details of Line Umpires’ responsibilities please refer to the ITF Line Umpire Guide.
 - Evaluate the performance of all on-court officials.
 - Be present on-site at all times during play.
 - The Chief Umpire shall not be a Chair Umpire or Line Umpire in that

event, unless approved by the ITF Supervisor/Referee.

- Assist the ITF Supervisor/Referee in the performance of his/her duties.
- All Chief Umpires at ITF World Tennis Tour events must be completely familiar with the live-scoring hand-held devices and the correct use thereof.

(Any five duties)

OR

- (b)
- If a player fails to return an opponent's good shot before the second bounce, the point is lost.
 - If the shot lands outside the lines.
 - If the shot hits the ground or a permanent fixture outside the lines before it bounces, a point is lost. Permanent fixtures outside the lines include umpire chairs, stands, fences, roof, lights or curtains.
 - If the player hits the ball more than once (accidental double hits caused by racket wobble don't count), a point is lost.
 - A player may lose a point if he/she or anything she/ he wears or carries (at the beginning of the point) touches the net or the court on your opponent's side. The player may also lose a point if the ball hits the player or the player's partner or anything the player wears or carries (other than the racquet).
 - If a player hits the ball before it has crossed to his / her side of the net, a point is lost.
 - If the player lets the ball go back by itself (e.g., in a heavy wind or due to heavy backspin) without touching it, a point is lost. In other words, the player must return the ball.
 - If unintentional interference occurs, play a let, starting the point over. If a player hinders his or her opponent's shot by some intentional act, that player loses the point.

(Any five instances)

(iii)

[5]

- (a) Alley is basically the doubles sideline. The singles court is only restricted to the inside sideline, the end of the alley is the end of the court for doubles. Alley is basically the doubles sideline.
- (b) A slice forehand or backhand is essentially the opposite of a topspin shot. Rather than brushing up and over the tennis ball, a slice shot is hit by brushing underneath the tennis ball and creating backspin. Players hit the forehand and backhand slice with one hand, usually with a continental grip or a slight variation of this grip bordering on an eastern. The slice shot can be highly effective to quickly change the pace of a rally to throw off your opponent. It's often hit as a defensive shot when a player has little time to react, or when a player is on the run.

BADMINTON

Question 13

- (i) (a) The rules to be followed for performing a correct service are as follow: [3]
- Neither side shall cause undue delay to the delivery of the service once the server and the receiver are ready for the service.
 - On competition of the backward movement of the server's racket head, any delay in the start of the service shall be considered an undue delay.
 - The server and the receiver shall stand within diagonally opposite service court without touching the boundary lines of these service courts.
 - Some part of the feet of the server and the receiver shall remain in contact with the surface of the court in a stationary position from the start of the service until the service is delivered.
 - The server's racquet shall initially hit the base of the shuttle.
 - The whole shuttle shall be below the server's waist at the instant of being hit by the server's racket. The waist shall be considered an imaginary line round the body, level with the lowest part of the server's bottom rib.
 - The shaft and the racket head of the server's racket at the instant of hitting the shuttle shall be pointing in a downward direction,
 - The movement of the server's racket shall continue forwards from the start of the service until the service is delivered.
 - The flight of the shuttle shall be upwards from the server's racket to pass over the net so that if not intercepted, it shall land in the receiver's service court.
 - In attempting to serve, the server shall not miss the shuttle.
- (Any three rules)*
- (b) The first serve of the game is always made from the right side of the court to the opposite diagonal side. [1]
- (c) If the score reaches 20–20, then 21 points are no longer enough to win the game. The game will continue until two clear points are won by either of the players / teams. [1]
- (ii) (a)
 - It shall be a let if any unforeseen or accidental situation has occurred.
 - It shall be a let if a line judge is unsighted and the umpire is unable to make a decision.
 - It shall be a let if the server serves before the receiver is ready.
 - It shall be a let if during play, the shuttle disintegrates, and the base completely separates from the rest of the shuttle.
 - If the shuttlecock hits the net and lands in the opponent's court, it's typically considered a let. [5]
- (Any five situations)*

OR

- (b) • Clear shot:
Trajectory: high, towards the back court
Played from: Back court
Purpose: Defensive shot
The aim of this shot is to let the shuttle fly high in the air and land at the opponent's back court. It is used when the player needs time to get back to the base before the next return or if the player does not have a clear opportunity to kill and win the point.

- Drop:
Trajectory: Looping close to the net
Played from: Back court
Purpose: Attacking Shot

It is used when the shuttle is heading towards the player in the back court. As an attempt to this stroke, the player must hit downward towards the opponent's forecourt, aiming for it to go just over the net. The closer the shuttle drops to the net, the harder it is to return.

This shot is used when the opponent is in the back court, expecting a clear shot or a drive.

- Drive:
Trajectory: Flat, towards the body
Played from: Mid-court
Purpose: Defensive Shot

The drive is a flat shot hit directly and slightly over the net. It is a very powerful and quick counter attacking shot. The player should hold the racquet with the head facing straight ahead. It can sometimes be strategic to aim the shot at the opponent who will be unable to react or shift his body in time as their natural reaction will be to duck/avoid the shot.

- Smash:
Trajectory: Close to the net
Played from: Back court/Mid-court
Purpose: To provide less time for the opponent

It is the most lethal shot in badminton. It can be defined as a drive angled downwards. It can be used when the shuttle is high in the air and can be angled downwards. *(Any two types explained in brief)*

(iii)

[5]

- (a) Cross court: A shot played from one corner of the net across to the other side corner of the net, in a manner that is along with the net is a cross-court net shot. It is a very specific shot. It travels in a very specific angle, making it hard for the opponent to read and even reach it.
- (b) Drive: The drive is played from mid-court to mid-court and is a quick, flat, powerful counter-attacking shot. It can be both a backhanded and forehanded shot. When it is executed correctly, a player will force their opponent to hit an upward return.

SWIMMING

Question 14

- (i) (a) Types of cooling down exercises after swimming are as follows: [3]
- Swimming five laps, slowing down with each consecutive distance until you swim the last one at a leisurely pace. Swimming a combination of backstroke and freestyle to stretch out back muscles and neck.
 - Take a kickboard and perform two laps kicking leisurely, with or without fins. Choose flutter kick on the stomach or back, breaststroke kick or dolphin kick.
 - Face the pool wall and hold onto the edge. Then, legs should be moved slowly until the knees are against chest. The head should be lowered between shoulders to stretch out upper and lower back. Hold the position and then straighten out the legs, letting them dangle beneath. The move is to be repeated.
 - Stand on the perimeter ledge of a deep pool or on the bottom of a shallow pool. Stand up on toes and then return to a neutral foot position. Repeat the motion to stretch out calf muscles and feet. Swim with feet in a flexed position. This exercise helps avoid foot cramps after workouts.
 - Get out of the pool and do a gentle streamline stretch. Streamline means extending arms straight above head, elbows pressed against ears. Cross the elbows behind head and then rotate at the waist to the left and then to the right.
 - Take a warm shower if available and wash off any chlorine on skin and hair.
- (b) Player will be disqualified. [1]
- (c) Player will be disqualified. [1]
- (ii) (a) False Start Rope is stretched across the swimming pool. It is used to stop and prevent a swimmer from going any further. The rope is made of polymer elastic. The rope is typically located about halfway on yard pools and about 50-feet from the starting end on meter pools. [5]

OR

- (b) Duties and powers of the Inspector on Turns are:
- Ensure that swimmers comply with the relevant Rules from the start, when turning and at the finish
 - Ensure swimmers comply with the relevant Rules for the change-over in relay events.
 - Alert the Chief Inspector of Turns of an observed infraction or violation by standing and looking at the Chief until acknowledged and then report the infraction to the Referee. If the Referee accepts the report, a Rule Infraction Card will be given to the Inspector of Turns for completion. The Rule Infraction Card is a signed card

that details the event, heat, lane number, distance, stroke, gender and infraction in terms of the relevant Rule.

- Record the number of laps completed by each swimmer and, in events of 800 metres and over, keep the swimmer informed of the number of laps remaining to be swum by displaying lap cards at the turn or start end of the pool. Electronic equipment may be used including underwater display.
- The lap cards should be turned after the turn, generally as the swimmer passes under the backstroke turn indicators.
- Don't turn lap cards too early as swimmers sometimes look back after one or two strokes.
- The cards indicate the number of laps to be completed after the swimmer has turned. The numbers shown are thus uneven, if displayed at the turn end and even if displayed at the start end.
- At the starting end, in events of 800 metres and over, give a warning signal when each swimmer has two lengths plus five (5) metres to swim to finish. The signal may be repeated after the turn until the swimmer is five (5) metres out from the turn: The warning signal is usually given by a whistle but can be a bell (the instrument should be consistent across all lanes) o It should be given as the swimmer reaches the backstroke flags and continue as the swimmer approaches the wall.
- Where backstroke starting ledges are being used, each Inspector of Turns at the starting end shall install the ledge prior to the start of each race and adjust it to zero, and then remove the ledge after the start.
- If required, take the finishing time by operating a push (SAT) button for timing purposes.

(Any five duties)

(iii)

- (a) A personal assistant who uses a pole with a soft tipped end to tap a blind or visually impaired swimmer as notification of turns and the finish is known as Tapper.
- (b) A person on a paddle board or manually propelled craft who supports an open water swimmer or group of swimmers is known as paddler.

[5]

ATHLETICS

Question 15

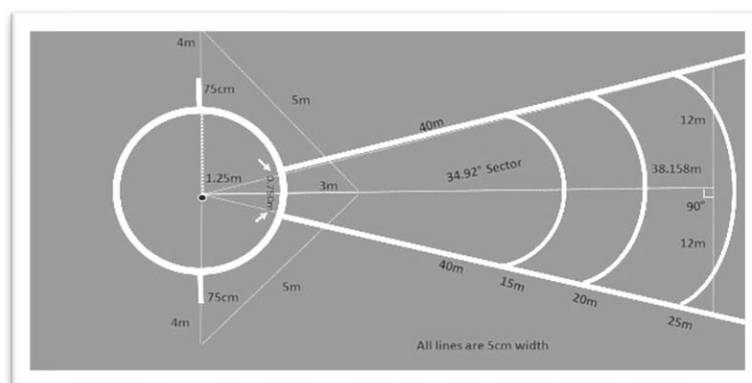
- (i) (a) The high jump is a track and field event in which competitors must jump unaided over a horizontal bar placed at measured heights without dislodging it. In its modern, most-practiced format, a bar is placed between two standards with a crash mat for landing. [3]

Different techniques of high jump:

- Scissors technique
 - Eastern cut-off technique
 - Western roll technique
 - Straddle technique
 - Fosbury flop
- (b) Referee will consider it a foul throw. [1]
- (c) Referee will consider it a foul throw. [1]
- (ii) (a) The duties of lap scorer are as follows: [5]
- Lap scorers shall keep a record of the laps completed by all athletes in races longer than 1500 metres.
 - They operate the display board to show the number of laps remaining by the lead runner.
 - They ring the bell at the beginning of final lap preferably for each runner.
 - They inform the timekeepers when the assigned competitor is nearing the finish.
 - They note the lap timings as given by the official timekeeper.
 - All lap scorers should operate from inside of the track and be uniformly spread along the first curve. Normally bell is rung for the winner, but it is preferable to ring bell of each competitor finishing the race.
 - If a competitor is being lapped, he should be informed about this.
 - They have to remember points for effective lap scoring.
 - The recording is done on a lap scoring sheet where record for a maximum of four runners is kept.
 - As soon as the runner enters the first curve, the lap scorers speak out loudly the chest number of the competitor and number of laps to go.
 - They make a special note of the runner who has been lapped.
 - Chief lap scorer should alternately keep record of the entire runner on a score sheet, where numbers are written horizontally for each lap according to the order of running.
 - It is preferable to have both type of lap scoring done simultaneously to have a double check.

OR

(b)



(iii)

[5]

- (a) A photo finish occurs in a sporting race when multiple competitors across the finishing line are nearly the same time. As the naked eye may not be able to determine which of the competitors crossed the line first, a photo or video taken at the finish line may be used for a more accurate check.
- (b) Hurdles or hurdling is a track and field sport that involves running and jumping over obstacles at speed. Hurdling is part of athletics at the Olympic Games

