

# KHO-KHO

Hanuman Vyayam Parcharak Mandal, Baroda provided this game a modern form. In 1960 Kho-kho federation of India was formed. In this year the first national championship (men) was organized. In 1961 Kho-Kho championship for women was started.

## TIPS AT A GLANCE

### KHO-KHO

- |   |  |
|---|--|
| 1. Shape of playfield   | = Rectangular  |
| 2. Total area including lobby                                   | = 33 m × 21 m  |
| 3. Playfield (Length & Breath)                                  | = 29m × 16m  |
| 4. Free zone  | = 2.75 m × 16m                                       |
| 5. Center Lane  | = 23.50m × 30cm                                      |
| 6. Cross Lane   | = 16 m × 30cm  |
| 7. Distance between last line<br>and 1 <sup>st</sup> Cross line | = 2.50 m   |
| 8. Each court divided by the center line                        | = 7.85 m   |
| 9. Squares  | = 8 squares (30 × 30cm)                              |
| 10. Posts   | = 120 cm above and<br>Perpendicular to the ground    |
| 11. Duration of each innings                                    | = 9 min.   |
| 12. Interval  | = 5 min.   |
| 13. Officials   | = 5 (umpires-2, Timekeeper-1<br>Scorer-1, Referee-1) |
| 14. Total innings   | = 4(2 innings for each team)                         |

## FUNDAMENTAL SKILLS

### 1. Chasing Skills

- |               |                           |                  |
|---------------|---------------------------|------------------|
| a) Giving Kho | b) Taking Direction       | c) Sudden Change |
| d) Tapping    | e) Turning Round the post | f) Trapping      |
| g) Diving     | h) Fake Kho               | i) Late Kho      |

## 2. Running Skills

- |                              |                            |
|------------------------------|----------------------------|
| a) Position on the court     | e) Dodging                 |
| b) Running                   | (i) Front dodge            |
| c) Avoiding trapping         | (ii) Back dodge            |
| d) Positioning near the post | (iii) Round the post dodge |

The brief explanation of some of the fundamental skills is given below:

1. **Giving Kho.** A chaser must say the word 'Kho' when he is touching the sitting chaser. It is a foul if he does not say this word.
2. **Taking direction:** After receiving the kho, a chaser should take his first step out of the cross lane with care because that step will decide his direction to move.
3. **Fake kho:** In such Kho, the chaser pretends to give kho but actually he follows the runner.
4. **Tapping:** Tapping is touching an active runner by extending an arm. Tapping should be done when the runner is on the post while tapping the body should lean forward and arm should be extended completely.
5. **Trapping:** For trapping, the active chaser should try to bring two or three runners to one side or towards the post. This situation is called trapping.
6. **Diving:** In this technique, a chaser pounces on an active runner to touch him spontaneously. It requires a lot of courage and practice for being an expert diver.

## IMPORTANT TOURNAMENTS

1. Federation Cup
2. Nehru Gold Cup
3. National Kho-Kho Championship
4. Inter University Championship

## SPORTS AWARDS

### ARJUNA AWARDEES

1970	Sudhir Parav
1971	Archana Divre
1973	Bhavana Parav
1974	Neelima sarolkar
1975	Miss Usha Nagarkar, Srirang Inamdar
1976	D.S Ramchandra
1980-81	Shanta Ram Jadhav
1981	Sushma Sarolkar, Hemant Kalalkar
1983-84	S.Prakash, Veena Parav
1985-86	Surekha Kulkarni

**QUESTIONS AND ANSWERS ABOUT KHO-KHO**

Q1. Who are called 'chasers'?

Ans. The players sitting in the squares are called chasers.

Q2. What is the length and width of the ground?

Ans. 29 m × 16 m.

Q3. What is the height of the posts?

Ans. 1.20 to 1.25 m.

Q4. What is the dimension of squares?

Ans. 30 cm × 30 cm.

Q5. How many points are awarded, if a runner is out?

Ans. One point.

Q6. What is the circumference of the poles?

Ans. 30 to 40 cm.

Q7. How many officials are required in a Kho-Kho match?

Ans. Six - One referee, two umpires, one timekeeper and two scorers

Q8. Name the famous players of Kho-Kho match?

Ans. Bhawna Parikh, Neelima Sarolkar, Sushma Sarolkar, Usha Nagarkar, L.M. Prakash, Veena Parav, Surekha Kullarni and Shobha Narayan.

Q9. How many players are there in a Kho-Kho team?

Ans. A kho- kho team consists of 12 players. Only 9 players play at a time and remaining 3 players are substitutes.

Q10. How many innings are there in a kho-kho match?

Ans. There are two innings in a kho-kho match for one team.

Q11. What is the duration of a Kho-Kho match?

Ans. Duration of a Kho-Kho match is (9-5-9) 9 (9-5-9) minutes.

Q12. Can the chasers finish their turn before the allotted time?

Ans. Yes, they can do so, but the captain of the team will have to tell the referee.

Q13. Will the defenders have to come again, if they are all out before the time?

Ans. Yes, they will have to come in the same order as early.

Q14. If the match is not completed due to unavoidable circumstances, what will be Outcome of the match?

Ans. Under such circumstances, the match will be played with the same players and with the same officials, if it is played in the same session. The scores will also be the same. On the other hand, if it is played at any other session there will be a fresh match. The players and officials may be different.

Q15. What are the basic skills of Kho-Kho?

Ans. Sitting in squares, diving, chain formation, making circles, pole dive, giving Chou, turning round the pole, running, dodging, sudden change of direction.

Q16. Is a player considered out, if his feet are outside the court?

Ans. Yes, he will be considered out.

Q17. Can a runner touch the sitting chaser?

Ans. No, a runner cannot touch the sitting chaser. If he does so, the referee can warn him. He will be out.

Q18. In which year Archana Divre you got the Arjuna Award in Kho-Kho game?

Ans. In 1971

Q19. Miss Usha Nagaker is associated with which game?

Ans. Kho-Kho

Q20. Described the free Zone?

Ans. This is an area where both the runner and chaser can move in any direction.

# TABLE TENNIS

This 'Ping- Pong' Association was established in 1933. Table tennis Association of India was formed in 1938.

Table Tennis was introduced in 1988 Olympics. but in Asian Games it was introduced much earlier in 1958.

## TIPS AT A GLANCE

### Table Tennis

Shape of the table of the table tennis	= Rectangular
Length of the table	= 274 cm
Width of the table	= 152.56 cm
Height of the table from the floor	=76 cm
Length of the net	= 183 cm
Height of the net from surface of the table	= 15.25 cm
Diameter of the ball	= 40 mm
Weight of the ball	= 2.53 gm
Colour of the ball	= White or Orange
Material of the ball	= Celluloid or Plastic
Interval between successive game	= 1 min.
Time of during match	= 1 min.
Width of side lines and end line	= 2 cm
Width of the line which divides the Surface parallel to side lines	= 3mm

## TERMS OF TABLE TENNIS

1. Grip  
Western grip or shake hand grip                      (b) Pen hold grip
2. Strokes

## Basic Strokes

## (b) Attacking Strokes

### Types of Basic Strokes

- a) Push strokes
- b) Backhand Push Strokes

- (c) Forehand Push Strokes
- (d) Block Strokes

### Types of Attacking Strokes

- Topspin
- (b) Drop shot
- (c) Counter hitting
- 3. Service
  - Top spin service
  - Backspin service
- 4. Tactics
  - Receiving
  - c) Topspin with side spin
  - d) Backspin with side spin

The brief examination of some of the fundamental skills is given below:-

**Grip:-** Western grip or Shake Hand Grip , Pen Hold Grip:-

**Strokes:-**

**Drop shot**

**Top spin service:-**

**Back spin service:-**

**Top spin with side spin:-**

**Tactics**

**Drop Shot**

## IMPORTANT TOURNAMENTS

National Table Tennis Championship  
Olympic Table Tennis Championship  
Asian Games Table Tennis Championship  
Commonwealth Games Table Tennis Championship  
World Table Tennis Championship  
All India University Table Tennis Championship

## SPORTS AWARD

## ARJUNA AWARDEES

- 1. 1961 J.C Vohra
- 2. 1970 Jagannath
- 3.1966 Usha Sunderajan
- 4.1965 Gautam Dewan
- 5. 1973 N.R.Bajaj
- 6. 1979 Indu Puri

## ELITE SPORTS PERSONS OF THE YEAR AWARD

1998-1999 Chetan Baboor

1999-2000 Chetna Baboor and S.Raman

## QUESTIONS AND ANSWERS ABOUT TABLE TENNIS

Q1. What is the length and breadth of table?

Ans. 274cm×152.5cm

Q2. What is the height of the table?

Ans.76 cm

Q3. What is the length of net?

Ans. 183 cm

Q4.What is the height of the net from the surface of table tennis?

Ans.15.25 cm

Q5. What are the dimensions of ball?

Ans. Its diameter is 40 mm, weight 2.53 gm

Q6. What are the main services which are used in table tennis?

Ans. 1.Back spin and cut service      2. Top spin service

3. Side Spin Service

Q7. How many sets are there in a match?

Ans. Best of 5 for men and best of 3 for women.

Q8. Name the famous players of India.

Ans. Indupuri, Manjeet Dua, V. Chandra Shekhar, Kamlesh Mehta, Manjeet Singh, Arun Basak.

Q9. How many points are there in a set of Table Tennis match?

Ans. The player, who scores 11 points prior to his opponent, wins the set. If each player has 10 points then the player wins the set, who makes two points consecutively.

Q10. How many officials are there in a game of Table Tennis?

Ans Referee-1 Umpire-1      Assistant Umpire-1

Q11. What are the basic skills of table tennis?

Ans. 1. Gripping      2. Service      3.push      4.forehand      5. Flat kill shot

6. drop shot      7.defence chop

Q12. What is the colour of table tennis bat?

Ans. One surface is red while the other is black.

Q13. How many times can server perform server consecutively in single?

Ans. A server can do the service two times continuously whether he gets the points or not.

Q14. How many services are given to each player, if the score is 10-10?

Ans If the points are equal the each player get one service to make 2 points continuously. If he is unable to do the other player gets the service and so on.

Q15. How are the sides and service selected in a table tennis match?

Ans Sides and service are decided by toss. If a player wins the toss he/ she can choose either side or service.

Q16. What are the types of gripping a tennis bat?

Ans There are two types of gripping a tennis bat.

Q17. What are the important cups related to table tennis?

Ans. Asia Cup, Grand Prix Cup, Gold Cup

Q18. Write the width of the line which divides the surface parallel to sidelines?

Ans 3 mm

Q19. Who won the Elite sportsperson of the year award 1998-99?

Ans Cheten baboor

Q20. Who got arjuna award in 2013 in table tennis?

Ans. Mouma Das

## YOGA

Yoga is derived from a Sanskrit word “yuj” which means union or joins.

The elements of yoga are:

- |              |          |           |             |
|--------------|----------|-----------|-------------|
| 1. Yama      | 2.Niyam  | 3.Asana   | 4.Pranayama |
| 5.pratyahara | 6.dharna | 7. Dhyana | 8.Samadhi   |

The following yogic exercises have numerous advantages for maintaining good health:

1. **Tadasana.**
2. **Vrikshasana .**
3. **Trikonasana.**
4. **Padamasana.**
5. **Vajrasana.**
6. **Matasyansana**
7. **. Bhujangasana.**
8. **Shalabhasana.**
9. **Halasana.**
10. **Shavasana.**

### Pranayama.

‘prana’ means breath and ‘yama’ stands for control or discipline. Thus pranayama is an appropriate control over the process of breathing i.e. inhalation and exhalation. It refers to breathing exercises that are used for relaxation, concentration and meditation. Maharishi patanjali defines pranayama in ‘yoga sutras’, according to which there are following three stages of pranayama:

1. Puraka (inhalation)
2. Rechaka(exhalation)



### 3. Kumbhaka (retention of breath)

All the above three breathing exercises of pranayama focus on extending time for each of these three stages of breathing.

#### Major types of pranayama

1. Sheetli pranayama (the cooling breath).
2. Sheetal pranayama (the hissing breath).
3. Kapalabhati Pranayama (the frontal brain bellowing):
4. Ujjai pranayama (the psyche breath):

### **QUESTIONS AND ANSWERS ABOUT YOGA**

Q1. What are the types of asanas?

Ans. There are three types of asanas:

- (i) Meditative asanas      (ii) Relaxative asanas      (iii) Corrective asanas

Q2. What are the advantages of Bhujangasana?

- Ans. a) It increases the digestive efficiency.  
b) The vertebral column and muscles become strong.

Q3. What are the advantages of Shalabhasana?

- Ans. a) It removes the excess fat from the thighs, hips, waist and abdomen.  
b) It improves the functions of intestines.

Q4. What are the advantages of Paschimotanasana?

- Ans. a) It removes gas trouble.  
b) It prevents the early ossification of bones.

Q5. What are the advantages of Padmasana?

- Ans. a) It removes urinary disorders.  
b) This asana is good for concentration of mind.

Q6. Name the advantages of Tadasana.

- Ans. a) It reduces obesity.  
b) It removes constipation.

Q7. What are the advantages of Sarvangasana?

- Ans. a) It relieves headache.  
b) It prevents the untimely wrinkling of the face.

Q8. What are the advantages of Chakrasana?

Ans a) It removes the back pain.  
b) It removes the pain of kidneys.

Q9. What are the benefits of doing Shavasana?

Ans.a) It strengthens the nervous system.  
b) It controls the high blood pressure.

Q10. What are the advantages of Vajrasana?

Ans. a) It is helpful for concentration.  
b) It is helpful for getting rid of dysentery, back pain and chest diseases.

Q11. What are the benefits of practicing Matasyasana?

Ans. a) It is helpful in removing back pain, knee pain and tonsillitis.  
b) It also removes the defects of eyes.

Q12. What are the advantages of Halasana?

Ans. a) It keeps the abdominal organs healthy.  
b) It keeps the spine supple.

Q13. What are the advantages of Ardhamatseyendrasana?

Ans. a) It keeps gall bladder and prostate healthy.  
b) It enhances the stretchability of back muscles.

Q14. What are the advantages of Gomukhasana?

Ans. a) It makes the leg muscles strong and elastic.  
b) It improves the function of lungs.

Q15. What are the advantages of Vrikshasana?

Ans. a) It develops the sense of balance.  
b) It tones up the leg muscles and nervous system.

Q16. What is Pranayama?

Ans. Pranayama is an appropriate control over the process of breathing i.e. inhalation and exhalation.

Q17. Write any two benefits of Ujjai Pranayama.

Ans. a) Remove cough and clears throat.  
b) Cures snoring trouble.

Q18. Name any two major types of Pranayama.

Ans.a) Sheetli Pranayama  
b) Sheetkari Pranayama

Q19. What are the benefits of Kapalbhatai Pranayama?

Ans. a) purifies blood                      b) enhances supply of oxygen to the body

Q20 Write any three advantages of Sheetli Pranayama.

Ans. a) refreshes body and mind            b) reduces anger, anxiety and stress

## BADMINTON

### TIPS AT A GLANCE

#### BADMINTON

Size of the court for doubles	=	44' feet x 20' feet
Size of the court for singles	=	44' x 17' feet
Width of net	=	2 feet 6 inches
Height of net from centre	=	5 feet
Height of net from poles	=	5 feet 1 inch
Weight of shuttle	=	4.73 gm to 5.50 gm
No. of feathers in a shuttle	=	14 to 16
Length of feathers	=	2½ to 2¾ inches
Length of racket	=	27 inches
Weight of racket	=	85 to 140 gm
Length of frame	=	11 inches
Width of frame	=	9 inches
Points in Singles and Doubles (M and W)	=	21 points
Side galleries (each side)	=	1 feet 6 inches
Back gallery	=	2 feet 6 inches
No. of max. sets	=	3 set

### TERMS OF BADMINTON

1. Grip of racket
2. Stance
3. Footwork

4. Footwork on guard stance
5. Pivot
6. Forehand return
7. Back court return
8. Service :(a) Short service, (b) Long service, (c) Receiver in service
9. Strokes : (a) Forehand stroke, (b) Backhand stroke, (c) Overhead stroke, (d) Net stroke

## **IMPORTANT TOURNAMENTS AND VENUES**

### **Tournaments**

1. Thomas Cup (World Team Men)
2. Uber Cup (World Team Women)
3. Wills World Cup
4. European Cup
5. Monika Cup.
6. Yonex Cup
7. Olympic Challenge Cup (National Women)
8. Naarang Cup (National Junior Team Men)
9. Shafi Qureshi Cup (National Junior Team Women)
10. Mayors Cup
11. 555 World Cup
12. China Cup

### **Venues**

1. NDMC Indoor Stadium, N. Delhi
2. University Stadium, Trivandrum
3. Nehru Stadium, Indore

## **SPORTS AWARDS**

### **ARJUNA AWARDEES:**

1961	Nandu Natekar, Meena Shah
1965	Dinesh Khanna
1967	Sudesh Goel
1969	Dipu Ghosh
1970	Damayanti V. Tambay.
1971	Shobha Moorthy
1972	Prakash Padukone
1974	Romen Ghosh
1975	Devender Ahuja

1976	Ami Ghai
1977	Kanwal Thakur Singh
1980	Syed Modi
1982	Partho Ganguli, Madhumita Goswami
1991	Rajeev Bagga
1996	Sandeep Singh Dhillon
1999	P. Gopi Chand
2000	George Thomas
2004	Abhinav Shyam Gupta
2005	Aparna Popat
2006	Chetan Anand
2007	Anup Sridhar
2008	Saina Nehwal
2011	Jwala Gutta
2012	Ashwani Ponnappa, Parupalli Kashyap
2013	P.V. Sindhu

#### **PADMASHRI AWARDEES**

1977	Meena Shah
1982	Prakash Padukone

#### **RAJIV GANDHI KHEL RATNA AWARDEES**

2000	P.Gopi Chand
2009	Saina Nahwal

#### **EDDI CHUNG AWARDEES**

1998	Den Peter Gaid
1999	Kamila Martin
2000	Sandra Vijeya

### **QUESTIONS AND ANSWERS ABOUT BADMINTON**

- Q:1      What is the length and breadth of badminton court for singles?  
 Ans.     44 feet x 17 feet.
- Q:2      What is the length and breadth of badminton court for doubles?  
 Ans.     44 feet x 20 feet.
- Q:3      What is the breadth of the net ?  
 Ans.     2 feet 6 inches.
- Q:4      What is the height of poles from the ground ?  
 Ans.     1.55 m (155cm).
- Q:5      What is the weight of the shuttle cock ?  
 Ans.     The weight of the shuttle cock may vary from 4.73 gm to 5.50

- Q:6 How many feathers are there in a shuttle?  
Ans. There are 14 to 16 feathers in a shuttle.
- Q:7 What is the length of the feathers of a shuttle?  
Ans. The length of the feathers of a shuttle may vary from 2½ inches to 2¾ inches.
- Q:8 What is the measurement of mesh of badminton net?  
Ans. The measurement of mesh of badminton net is 15 mm to 20mm.
- Q:9 What is the breadth of white tape of upper part of badminton net?  
Ans. The breadth of white tape of upper part of badminton net is 75mm.
- Q:10 How many points does a game consist for men/women singles and doubles?  
Ans. Nowadays a game consists of 21 points for men / women singles and doubles.
- Q:11 Will be a foul, if the server's feet are not in his half at the time of service?  
Ans. Yes, it will be a foul.
- Q:12 What are the types of games in badminton?  
Ans. Singles, Doubles and Mixed Doubles.
- Q:13 Can a server do his service from left court, if his points are in even i.e., 0, 2, 4, 6 points?  
Ans. No, it will be foul, he can do his service from the right court only.
- Q:14 If the server's points are in odd numbers, can he do service from the right court?  
Ans. No, he will do the service from the left court.
- Q:15 What are the types of service in badminton?  
Ans. There are three types of service in badminton :  
Flight service  
Low service  
Drive service.
- Q:16 What are the types of stroke in badminton?  
Ans. There are four types of stroke in badminton-forehand stroke, backhand stroke, nt stroke and overhead stroke.
- Q:17 Will it be foul, if the server's shuttle is missed at the time of service?  
Ans. No, it will not be a foul.
- Q:18 If any player strikes the shuttle twice or in doubles the second player strikes the shuttle, will it be a foul?  
Ans. In both positions, it will be a foul.
- Q:19 Is dodging allowed during the service by the server?  
Ans. No, it is not allowed, so if any player dodges at that time, it will be a foul.
- Q:20 If any part of the body, dress or racket touches the net during the play, will it be a foul ?  
Ans. Yes, it will be a foul.
- Q:21 Can a player strike the shuttle before it crosses the net?  
Ans. No, it will be a foul, if an opponent does so.

# BASKETBALL

## TIPS AT A GLANCE

1. Number of teams = 2
2. Number of court players in a team = 5
3. Number of substitutes in a team = 7
4. Total players = 12
5. Size of basketball court = 28 x 15 m
6. Radius of the centre circle = 1.80 m
7. Breadth of boundary lines = 5 cm
8. Thickness of the backboard = 3 cm
9. Height of lower edge of board from the floor = 2.90 m
10. Circumference of the ball = 75 to 78 cm
11. Weight of ball = 600 gm to 650 gm
12. Duration of basketball game = Four durations of 10 minute each
13. Interval between two durations = 5 (1-Referee, 1-Umpire, 1-Scorer, 1-Timekeeper, 1-24 Second Operator)

## IMPORTANT TOURNAMENTS

1. European Cup
2. America Cup
3. Asia Cup
4. Services Trophy
5. William Toad Memorial Trophy (National - Men)
6. Prince Vasalat Jha Trophy (National - Women)
7. B.C. Gupta Trophy
8. Federation Cup
9. Bangalore Blues Cup
10. C. Munni Swami Cup.
11. All India Ramu Memorial Trophy.

## SPORTS AWARDS

## ARJUNA AWARDEES

1961	Sarbjeeet Singh
1967	Khushi Ram
1968	Gurdyal Singh
1969	Hari Dutt
1970	Abbas Moontasir
1971	Man Mohan Singh
1973	Surender Kumar Kataria
1974	Anil Kumar Punj
1975	Hanuman singh
1977-78	T. Vijay Raghavan
1979-80	Om Prakash
1982	Ajmer Singh
1983	Radhey Shyam, Suman Sharma
1999	Sajjan Singh Cheema
2001	Parminder Singh

## DHYAN CHAND AWARDEES

2002	Ram Kumar
2003	M. Kumar

## QUESTIONS AND ANSWERS ABOUT BASKETBALL

- Q:1      What are the measurements of basketball court?  
Ans.     28m x 15 m.
- Q:2      What is the height of the board from ground?  
Ans.     2.90 m.
- Q:3      What is the circumference of the ball?  
Ans.     75 to 78 cm.
- Q:4      What is the weight of the ball?  
Ans.     600 to 650 gm.
- Q:5      How many players are there in a team?  
Ans.     Total 12 players (5 players + 7 substitutes).
- Q:6      What is the duration of the match?  
Ans.     10 M - 2M (Rest) - 10 M-10 M (Rest)-10 M - 2 M (Rest) -10 M
- Q:7      How many time- outs can be taken in a match?



Ans. Two time-outs to each team in first half and 3 time-outs to each team in second half.

Q:8 What is the duration of a time-out?

Ans. One minute.

Q:9 If a player commits 5 fouls in first half, can he play in second half?

Ans. After committing 5 fouls, the player cannot play in the same match.

Q:10 From which material the board is made?

Ans. The board is made of hard wood or fiber glass.

Q:11 What is the diameter of the ring which is attached to the board?

Ans. The diameter of the ring (inside) is 45 cm.

Q:12 Can an old ball be used in a match?

Ans. Yes, an old ball can be used in a match but it should be made of leather.

Q:13 What numbers are printed on the shirts of players?

Ans. Numbers 4 to 15 are printed on the shirts of players.

Q:14 Can any player leave the court during the match?

Ans. No, without permission of officials no player can leave the court.

Q:15 What is the method of giving points?

Ans. A basket beyond 3 points line = 3 points

A basket from inside the 3 points line = 2 points.

A basket by free throw = 1 points.

Q:16 What is pivoting?

Ans. Pivoting means taking a step once or more than once in any direction with the same foot but the other foot, which is called pivot foot, should remain in touch with the floor.

Q:17 What are the different types of passing in Basketball?

Ans. Push pass, bounce pass, underhand pass with two hands, Baseball pass, Hook pas, Flip pass, Volley pass and one handed side pass.

Q:18 What is 'Zone' to zone defense?

Ans. It is a system of defense in which players are responsible for defense of their sides. This system of defense is mainly suited against a team that is slow in making moves.

Q:19 What is man to man defense ?

Ans. In this system of defence, every player of a team is responsible for defence against any specific player of opposite team. he is fully responsible for him and follows him on the court.

Q:20 If both the teams have equal points after the end of the second half, how will the decision of the winner and loser be taken?

Ans. An extra time of 5 minutes will be given and this extra time will be given again and again till the tie is broken.

Q:21 What is the duration of substitution?

Ans. The duration of substitution is 20 seconds.

- Q:22 What do you mean by "Three Seconds Rule"?
- Ans. A player cannot remain for more than three seconds in the opponent's restricted area, while the ball is in the control.
- Q:23 What do you mean by "Ten Seconds Rules" ?
- Ans. According to this rule, during the last three minutes of the play of the second half and during all the extra periods of play, the attacking team must bring the ball to its front court within ten seconds after the possession of the ball.
- Q:24 What is the length and breadth of the board?
- Ans. The length and breadth of the board are 1.80 m and 1.20 m respectively.
- Q:25 Which type of ball is used in competitions?
- Ans. Leatherette ball is used in competitions.
- Q:26 Can a team pass the time in last two minutes game?
- Ans. No, in the last two minutes game, there should be actual play.
- Q:27 In there any 30 seconds rule?
- Ans. No, instead of 30 seconds rule, there is 24 seconds rule.
- Q:28 From where the free throws are taken?
- Ans. Free throws are taken from the end line.
- Q:29 What is the minimum distance of basketball upright from the end line?
- Ans. The minimum distance is 2 m away from the end line.

# VOLLEY BALL

## TIPS AT A GLANCE

1.	Size of the playfield.	=	18 m x 9 m
2.	Width of boundary lines	=	5 cm
3.	Size of the net	=	Length 9.50 m,      breadth 1 m.
4.	Size of net mesh	=	10 cm
5.	Height of net from the ground (men)	=	2 m 43 cm
6.	Height of net from the ground (women)	=	2 m 24 cm
7.	Circumference of the ball	=	65 to 67 cm
8.	Weight of the ball	=	260 to 280 gm
9.	Number of players in each team	=	6
10.	Number of substitutes	=	6
11.	Size of the marks on chest and back	=	Length 15 cm min. and breadth 10 cm min.
12.	Officials (Referee -1, Umpire-1 Scorer -1, Lines-men-2 to 4)	=	7
13.	Length of the antenna	=	1.80 m
14.	Colour of the ball	=	Multi-coloured
15.	Length of service area	=	9 m

## IMPORTANT TOURNAMENTS

1.	Federation Cup.	Grand Champions Cup.
2.	Asia Cup.	Shiwani Gold Cup
3.	World Cup	Poornima Trophy (National Women)
4.	India Gold Cup	Super Challenge Cu
5.	Canada Open	Italian Open
6.	Hamburg Open	New Zealand Open

## SPORTS AWARDS

### ARJUNA AWARDEES

1961	A. Palaniswamy	1971	Malini Reddy
1962	Nripjit Singh	1972	Balwant Singh alias Ballu
174	Sham Sunder Rao	1989	Abdul Bashid
1975	Ranbir Singh	1990	Dalel Singh
1976	Jimmy George	1991	K. Uday Kumar
1977-78	A. Raman Rao	1999	Sukh Pal Singh
1978-79	Kutty Krishnan	2000	P.V. Raman

1979-80	Sridharan	2001	Amir Singh
1983	R.K. Purohit	2002	Ravi Kant Reddy
1984	Sally Joseph	2009	Kapil Dev
1986	Cyril C. Valloor	2011	Sanjay Kumar

### **DRONACHARYA AWARDEES**

1990	Ramana Rao
1995	M. Shyam Sunder Rao
2007	G.E. Sridharan

### **DHYAN CHAND AWARDEE**

2002	Om Prakash
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## **QUESTIONS AND ANSWERS ABOUT VOLLEY BALL**

- Q:1 What is the length and breadth of volleyball court?  
 Ans. The length of volleyball court is 18m and breadth is 9m.
- Q:2 What is the height of the antenna?  
 Ans. The height of antenna is 1.80 m. It is fixed in the net in such a way that it remains 80cm above the net.
- Q:3 What is the length and breadth of net?  
 Ans. The length and breadth of net are 9.50 m and 1m respectively. It is made up of small square nets. The size of each small square net is 10 x 10 cm.
- Q:4 What is the standard height of net for men and women?  
 Ans. The standard height of net for men is 2.43 m from the centre whereas for women its height is 2.24 m.
- Q:5 What should be the accurate height of the poles?  
 Ans. The accurate height of the poles should be 2.55 m above the ground. The poles are fixed 0.50 m to 1.00m away from the side lines.
- Q:6 What is the standard weight of the ball?  
 Ans. 260 gm to 280 gm.
- Q:7 What is the required circumference of the ball?  
 Ans. The circumference of ball should be 65 to 67 cm.
- Q:8 What should be the pressure of air in the ball?  
 Ans. It should be 0.40 to 0.45 kg/cm<sup>2</sup>.
- Q:9 How many players are there in a team?  
 Ans. There are 12 players in a team but six players play at a time.
- Q:10 How many time outs can be taken by a team in one set?  
 Ans. Two time - outs.
- Q:11 Describe the officials of volleyball match.  
 Ans. Referee-1, Umpire-1, Scorer-1, Linesmen-2 to 4.

- Q:12 When does the rotation take place?  
Ans. After the change of service.
- Q:13 What are the types of service in volleyball?  
Ans. Underhand service, Round arm service, floating service, High spin service and Smashing service.
- Q:14 How many sets are there in a volleyball match?  
Ans. Five sets.
- Q:15 What are the various types of blocking in volleyball?  
Ans. There are three types of blocking in volleyball i.e., one man blocking, two men blocking and three men blocking.
- Q:16 Will it be a foul, if the ball touches the net slightly in case of service?  
Ans. No, it will not be a foul, if the ball touches the net in case of service but it should reach in opponents' court.
- Q:17 How many time outs are given for rest?  
Ans. Two time outs are given for rest.
- Q:18 What is the duration for a time-out for rest ?  
Ans. Each time out for rest has a time limit of 30 seconds.
- Q:19 How many time outs are given for substitution?  
Ans. Six time outs for substitution per team per set are given in a match. These time outs are allowed only on the request of captain or a coach.
- Q:20 Can a time out be given at any time?  
Ans. No, it can be given only when the ball is dead.
- Q:21 Is the number on the T-Shirt (front as well as back) necessary for a player?  
Ans. Yes, it is necessary on both sides of the T-Shirt.
- Q:22 Name the basic skills used in volleyball.  
Ans. 1. Serving, 2. Passing, 3. Diving, 4. Rolling, 5. Blocking, 6. Smashing, 7. Busting.
- Q:23 What is the time limit of interval between sets?  
Ans. The time limit between 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> sets is 2 minutes, whereas between 4<sup>th</sup> and 5<sup>th</sup> sets, it is 5 minutes.
- Q:24 Is the double touch foul in volleyball?  
Ans. Yes, the double touch in volleyball is foul.
- Q:25 After crossing net in opponent's court, can a player do interference with the ball?  
Ans. No, if any player does such interference, it is foul.
- Q:26 Is it foul to cross or touch the centre line during the match?  
Ans. Yes, to cross or touch the centre line is foul.
- Q:27 Can a back zone player participate in blocking from the front zone?  
Ans. No. he is not allowed to participate in blocking.
- Q:28 Can a service be performed without tossing of ball?  
Ans. No, tossing of ball is necessary.
- Q:29- What are the types of passing?

Ans. There are three types of passing :

- 1- Under hand pass with single hand.
- 2- Under hand pass with both hands.
- 3- Over head or chest pass.

Q:30 Which types of players should a good team consist?

Ans. At least six players should be good defenders, boosters and smashers.

Q:31 Name the coach who was awarded Dronacharya award in volleyball in 1995.

Ans. M. Sham Sunder Rao.

Q:32 Can any player of a team come forward for blocking?

Ans. No, only the players of first line can participate in blocking.

Q:33 Is M. Shyam Sunder Rao a dronacharya awardee?

Ans. Yes

Q:34 Name the important cups and trophies.

Ans. World Cup and Federation Cup.

Q:35 What is written on the back of the T-Shirt of a libero player?

Ans. The word 'LIBERO' is written on the back of the T-shirt of a libero player.

Q:36 Is a colored ball permitted in a match?

Ans. Yes, a colored ball is permitted.

Q:37 Has every service a point?

Ans. Yes, every service has a point as a table tennis game.

Q:38 Is let service allowed?

Ans. Yes, Let service is allowed.

Q:39 Can the first service be received by any part of the body?

Ans. Yes, it can be received by any part of the body.