



# Physical Education Notes Unit 3

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# SECTION A — DETAILED NOTES: BASICS OF GAMES AND SPORTS

**Unit III Coverage:** According to the syllabus, students choose ONE game from the list in the exam hall. All 15 sports are covered below across the same structured categories: Individual/Team nature, Indoor/Outdoor, Players & Equipment, Play Field/Arena specifications, General Rules, Interpretation of Rules, Fundamental Skills, Fouls & Penalties, Scoring Rules, Winning/Losing, and Safety & Awards.

## 1. Athletics

<b>Individual / Team</b>	Individual (sprints, jumps, throws); Team (relays — 4x100m, 4x400m).
<b>Indoor / Outdoor</b>	Primarily outdoor; some indoor track events exist.
<b>Players &amp; Equipment</b>	Individual (1); Relay (4/team). Gear: Spikes, batons, implements (javelin, discus, shot put, hammer), hurdles, poles, starting blocks.
<b>Play Field / Arena</b>	Track: Standard 400m oval, 8–9 lanes. Field: Designated zones for jumps/throws. Long jump — sandpit; High jump/Pole vault — landing mat.
<b>General Rules</b>	Starting gun; false start = DQ; lane violations; finish-line photo finish determines winner.
<b>Interpretation of Rules</b>	Electronic timing for sprints; precise tape/laser measurement for field events; wind gauge for sprints/jumps.
<b>Fundamental Skills</b>	Sprint start (crouch/block start); hurdling; Fosbury Flop (high jump); hang technique (long jump); baton exchange (visual/blind); shot put glide/spin; discus/javelin throwing technique.
<b>Fouls &amp; Penalties</b>	False start → DQ; lane violation → DQ; stepping out of throwing circle → no-throw; knocking hurdle deliberately → DQ.
<b>Scoring Rules</b>	Track: Fastest time wins. Field: Longest distance / greatest height. Relay: Fastest cumulative time.
<b>Winning / Losing</b>	Decided in finals; ties broken by next-best performance or photo finish.
<b>Safety &amp; Awards</b>	Warm-up/cool-down mandatory; medical staff on site. Awards: Olympic/World/National medals, records, scholarships.

## 2. Badminton

<b>Individual / Team</b>	Singles (1 vs 1); Doubles (2 vs 2); Mixed Doubles.
<b>Indoor / Outdoor</b>	Competitive play: Always indoor (controlled environment to prevent wind interference).
<b>Players &amp; Equipment</b>	1 or 2 per side. Gear: Racket (≤680mm length), shuttlecock (feather/synthetic), net (1.55m at posts, 1.524m centre), court shoes.
<b>Play Field / Arena</b>	Singles: 13.4m × 5.18m; Doubles: 13.4m × 6.1m. Service courts (short/long service lines differ for singles and doubles).
<b>General Rules</b>	Rally point system — point on every rally; Best of 3 games; each game to 21 (win by 2, cap at 30); serve below waist, diagonally, feet stationary.
<b>Interpretation of Rules</b>	Faults: serve above waist, receiver moves early, touching net, shuttle not cleared. Let: interference/obstruction replays point.
<b>Fundamental Skills</b>	Smash (overhead attacking), Drop shot (soft placement), Clear (deep defensive), Net kill, Drive (flat fast), Flick serve, Low serve, Backhand.
<b>Fouls &amp; Penalties</b>	Fault → point to opponent; persistent misconduct → Warning → Disqualification.
<b>Scoring Rules</b>	Rally point: each fault/winner = 1 point. Game won at 21 (or 30). Match won by winning 2 games.
<b>Winning / Losing</b>	Win 2 games; if 20–20, win by 2-point lead; 29–29 → first to 30 wins.

**Safety & Awards**

Proper warm-up, court shoes essential. Awards: BWF World Championships, All England, Thomas/Uber/Sudirman Cups, Olympics.

### ■ 3. Basketball

<b>Individual / Team</b>	Team sport — 5 players per side on court (up to 12-player roster).
<b>Indoor / Outdoor</b>	Competitive: indoor hardwood court; recreational: outdoor courts common.
<b>Players &amp; Equipment</b>	5 active players + 7 bench. Gear: Basketball (size 7 men, 6 women), hoop (3.05m/10ft high), court shoes, uniforms.
<b>Play Field / Arena</b>	Court: 28m × 15m. Key areas: Free-throw line (4.6m), 3-point arc (6.75m from basket), centre circle, restricted area.
<b>General Rules</b>	Score by shooting ball into hoop; move with ball only by dribbling; passing permitted; 4 quarters × 10 min (FIBA) or 12 min (NBA).
<b>Interpretation of Rules</b>	Traveling (>2 steps without dribble); Double-dribble (dribble, hold, dribble again); Out-of-bounds; Shot clock (24 sec).
<b>Fundamental Skills</b>	Shooting (jump shot, layup, free throw, 3-pointer, hook shot); Dribbling (crossover, behind-back, spin); Passing (chest, bounce, overhead, no-look); Rebounding; Defense (man-to-man, zone); Dunking.
<b>Fouls &amp; Penalties</b>	Personal foul: illegal contact; 5 personal fouls → DQ. Technical foul: conduct violation. Flagrant foul: violent → ejection. Bonus free throws after team fouls.
<b>Scoring Rules</b>	2 pts (inside 3-pt arc); 3 pts (beyond arc); 1 pt (free throw).
<b>Winning / Losing</b>	Most points at end wins; tied → 5-min overtime periods until winner.
<b>Safety &amp; Awards</b>	Ankle supports, proper shoes, padded floor. Awards: NBA Championship, FIBA World Cup, Olympics, MVP awards.

### ■ 4. Cricket

<b>Individual / Team</b>	Team sport — 11 players per team.
<b>Indoor / Outdoor</b>	Traditionally outdoor on large oval/circular grass field; indoor nets for practice.
<b>Players &amp; Equipment</b>	11 players/team. Gear: Bat (max 96.5cm long), ball (leather, 155.9–163g), stumps (3) + bails (2), pads, gloves, helmet, abdominal guard.
<b>Play Field / Arena</b>	Field: Oval/circular (varies). Pitch: Central 22-yard (20.12m) strip. Creases: Batting (popping), bowling, and return creases. Boundary: 65–90m from pitch centre.
<b>General Rules</b>	Batting team scores runs; bowling/fielding team dismisses batsmen. Over = 6 legal deliveries. Dismissals: Bowled, Caught, LBW, Run out, Stumped, Hit wicket.
<b>Interpretation of Rules</b>	LBW (ball would hit stumps, not hit bat first, pitched in line); Wides (too far from batsman); No balls (overstepping, illegal action); DRS (review system).
<b>Fundamental Skills</b>	Batting: Drive, cut, pull, hook, sweep, reverse sweep, defensive block. Bowling: Seam, swing, spin (off/leg break, googly, doosra), yorker, bouncer. Fielding: Catching, throwing, ground fielding. Wicket-keeping.
<b>Fouls &amp; Penalties</b>	No-ball → run + extra delivery; Wide → run + extra delivery; Short run (not awarded); Ball tampering → sanctions.
<b>Scoring Rules</b>	Runs (running between wickets); Boundaries: 4 (ground) / 6 (over boundary full); Extras (no balls, wides, byes, leg byes).
<b>Winning / Losing</b>	Test: Most runs after all wickets (draw possible). ODI/T20: Most runs in allotted overs wins. Tied match → Super Over in limited overs.
<b>Safety &amp; Awards</b>	Helmet, pads, gloves mandatory for batsmen. Awards: ICC World Cup (ODI/T20), Test Championship, Man of Match/Series, Arjuna Award.

## ■ 5. Football (Soccer)

<b>Individual / Team</b>	Team sport — 11 players on field per team (up to 23 squad).
<b>Indoor / Outdoor</b>	Outdoor on grass/artificial turf; Indoor variant: Futsal (5-a-side).
<b>Players &amp; Equipment</b>	11 active players. Gear: Ball (size 5), jersey, shorts, socks, shin guards, cleats (boots), goalkeeper gloves.
<b>Play Field / Arena</b>	Pitch: Rectangular, 100–110m × 64–75m (international). Goal area (6m), penalty area (18m), centre circle (9.15m radius), halfway line.
<b>General Rules</b>	Score by getting ball into opponent's goal; any body part except hands/arms (goalkeeper exception in penalty area); two 45-min halves; offside rule.
<b>Interpretation of Rules</b>	Offside (attacker nearer goal than 2nd last defender when ball played); Handball (deliberate contact); VAR review system.
<b>Fundamental Skills</b>	Passing (short/long), Dribbling, Shooting, Heading, Tackling, Crossing, Goalkeeping, Set pieces (free kicks, corners, penalties, throw-ins).
<b>Fouls &amp; Penalties</b>	Free kick (after foul); Penalty kick (foul in penalty area); Yellow card (caution — 2 = red); Red card (ejection, 10 players).
<b>Scoring Rules</b>	Goal scored when entire ball crosses goal line between posts and under crossbar. Each goal = 1 point.
<b>Winning / Losing</b>	Most goals wins; Draw if equal goals; Extra time + penalty shootout may decide winner in knockout stages.
<b>Safety &amp; Awards</b>	Shin guards mandatory, warm-up essential. Awards: FIFA World Cup, UEFA Champions League, Ballon d'Or, domestic leagues.

## ■ 6. Gymnastics

<b>Individual / Team</b>	Individual events + Team competitions (individual scores contribute to team total).
<b>Indoor / Outdoor</b>	Always indoor in specialised gymnasium facilities.
<b>Players &amp; Equipment</b>	MAG (Men): Floor, Pommel Horse, Rings, Vault, Parallel Bars, Horizontal Bar. WAG (Women): Vault, Uneven Bars, Balance Beam, Floor. Gear: Mats, chalk, grips, springboard.
<b>Play Field / Arena</b>	Gymnasium. Floor exercise: 12m × 12m sprung floor. Vault runway. Beam: 5m long, 10cm wide, 1.25m high.
<b>General Rules</b>	Perform routines on apparatus; Judged on D-score (Difficulty) + E-score (Execution); Deductions for errors; Final Score = D + E – Neutral Deductions.
<b>Interpretation of Rules</b>	D-score: difficulty value of all elements. E-score: quality, deductions for form/technique/landings. Neutral deductions: out-of-bounds, time violations.
<b>Fundamental Skills</b>	Vault: Handspring, Tsukahara, Amanar. Uneven/Parallel Bars: Releases, Pirouettes, Swings. Beam: Acrobatic series, Leaps, Turns. Floor: Tumbling passes, Choreography. Rings: Holds, Swings, Iron cross.
<b>Fouls &amp; Penalties</b>	Deductions from E-score (falls, steps on landing, poor form, time violations); Out-of-bounds deduction on floor.
<b>Scoring Rules</b>	Final Score = D-score + E-score – Neutral Deductions. Highest score wins.
<b>Winning / Losing</b>	Highest final score wins (individual); Highest combined team score wins (team).
<b>Safety &amp; Awards</b>	Mandatory spotting, qualified coaches, mats, equipment checks. Awards: Olympic/World/National medals, individual apparatus medals.

## ■ 7. Handball

<b>Individual / Team</b>	Team sport — 7 players per side (6 court players + 1 goalkeeper).
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<b>Indoor / Outdoor</b>	Predominantly indoor; outdoor variants (beach handball) exist.
<b>Players &amp; Equipment</b>	7 active players (14–16 squad). Gear: Ball (size 3 men, 2 women), goals (3m × 2m), court shoes, optional goalkeeper gloves.
<b>Play Field / Arena</b>	Court: 40m × 20m. Goal area (6m zone — goalkeeper only); Free-throw line (9m dashed); 7-meter line (penalty); Centre line.
<b>General Rules</b>	Score by throwing ball into goal; max 3 seconds holding / 3 steps with ball; dribbling allowed (no double dribble); limited physical contact; goalkeeper rules.
<b>Interpretation of Rules</b>	Fouls: pushing, holding, striking; Violations: >3 steps, >3 sec hold, double-dribble; Free throw (minor foul); 7-meter throw (penalty for clear goal chance).
<b>Fundamental Skills</b>	Shooting (jump shot, set shot, hip shot, dive shot, penalty throw); Passing (overhand, underhand, behind-back); Dribbling; Goalkeeping; Pivoting.
<b>Fouls &amp; Penalties</b>	Free throw (minor fouls); 7-meter throw (serious fouls); Yellow card (warning); 2-minute suspension; Red card (disqualification).
<b>Scoring Rules</b>	Goal scored when entire ball crosses goal line. Each goal = 1 point.
<b>Winning / Losing</b>	Most goals wins; Draw if equal (unless winner needed); Extra time / penalty throws may decide.
<b>Safety &amp; Awards</b>	Warm-up, court shoes, fair play. Awards: IHF World Championships, Olympics, European/domestic leagues.

## ■ 8. Hockey (Field Hockey)

<b>Individual / Team</b>	Team sport — 11 players on field per team.
<b>Indoor / Outdoor</b>	Traditionally outdoor (grass/artificial turf); indoor variant exists (6-a-side).
<b>Players &amp; Equipment</b>	11 active players (up to 16 squad). Gear: Hockey stick (curved head, flat side only), ball, shin guards, mouthguard, helmet (goalkeeper), kickers, hand protectors.
<b>Play Field / Arena</b>	Field: 91.4m × 55m. Goalposts (3.66m × 2.14m). Shooting circle (D-area, 14.63m radius — must shoot from here to score). Centre line, 23m lines.
<b>General Rules</b>	Score by hitting ball into goal using flat side of stick only; no intentional foot/body contact with ball; four 15-min quarters; penalty corners and strokes.
<b>Interpretation of Rules</b>	Obstruction (blocking opponent from ball); Dangerous play (stick raised above shoulder); Stick interference; Penalty corner (foul in circle by defence); Penalty stroke.
<b>Fundamental Skills</b>	Dribbling (Indian dribbling); Passing (push pass, hit, flick); Shooting; Tackling (block, jab, poke); Drag flick; Reverse stick play; Goalkeeping.
<b>Fouls &amp; Penalties</b>	Free hit (minor fouls); Penalty corner (defence foul in circle); Penalty stroke (foul preventing probable goal); Cards: Green (warning), Yellow (suspension), Red (expulsion).
<b>Scoring Rules</b>	Goal scored when ball fully crosses goal line in cage, played by attacker within circle. Each goal = 1 point.
<b>Winning / Losing</b>	Most goals wins; Draw if equal; Shootout may decide winner in knockout.
<b>Safety &amp; Awards</b>	Shin guards, mouthguard mandatory, warm-up essential. Awards: FIH World Cup, Olympics, Champions Trophy, domestic leagues.

## ■ 9. Judo

<b>Individual / Team</b>	Primarily individual (1 vs 1); team competitions exist.
<b>Indoor / Outdoor</b>	Always indoor on tatami mats.
<b>Players &amp; Equipment</b>	2 competitors. Gear: Judogi (jacket + pants + belt), tatami mats (competition area 8×8m to 10×10m + safety area).
<b>Play Field / Arena</b>	Competition mat: 8×8m to 10×10m. Safety area surrounding the contest area.

<b>General Rules</b>	Win by Ippon (throw opponent onto back with force/control/speed — 10s hold-down), Osaekomi (25s hold-down), or Submission (joint lock/choke). Throwing techniques (Nage-waza) + Grappling (Katame-waza).
<b>Interpretation of Rules</b>	Ippon (full point — decisive throw, 25s hold, submission); Waza-ari (half point — near ippon, 10s hold; 2 waza-ari = ippon); Shido (minor penalty — passivity, false attacks, grip violations); Hansoku-make (DQ).
<b>Fundamental Skills</b>	Throws (O-goshi, Uchi-mata, Seoi-nage, Harai-goshi, Tai-otoshi); Holds (Kesa-gatame, Kuzure-kesa-gatame); Chokes (Hadaka-jime, Okuri-eri-jime); Arm locks (Ude-garami); Counters (Kaeshi-waza); Ukemi (break-fall).
<b>Fouls &amp; Penalties</b>	Shido (minor infractions — passivity, false attacks, grip violations); Hansoku-make (DQ — serious violations or accumulated shidos).
<b>Scoring Rules</b>	Ippon (ends match immediately); Waza-ari (half point; 2 = ippon); Golden Score (overtime — first score wins).
<b>Winning / Losing</b>	Win by Ippon; Win by accumulated Waza-ari; Win by decision (referee) if no scores; Loss by Hansoku-make.
<b>Safety &amp; Awards</b>	Falling techniques (ukemi), qualified instructors, safe mats mandatory. Awards: Olympic/World medals, Grand Slam/Prix titles, national titles.

## ■ 10. Kabaddi

<b>Individual / Team</b>	Team sport — 7 players on court per team (12-player squad).
<b>Indoor / Outdoor</b>	Both indoor (pro leagues) and outdoor (traditional).
<b>Players &amp; Equipment</b>	7 active players. Gear: Court, proper attire (shorts/jerseys), optional knee/ankle supports.
<b>Play Field / Arena</b>	Men: 13m × 10m; Women: 12m × 8m. Areas: Midline (divides halves), Baulk line, Bonus line, Lobby (sides, active during raids).
<b>General Rules</b>	Score via "raider" entering opponent half, touching defenders, returning safely while chanting "kabaddi" continuously; defenders try to tackle raider; revival rules apply.
<b>Interpretation of Rules</b>	Raider must chant "kabaddi" continuously without pause; bonus point for crossing bonus line if 6+ defenders; super tackle (3 or fewer defenders stop raider).
<b>Fundamental Skills</b>	Raiding: Toe touch, hand touch, dubki, jump kick, hand-to-hand raid. Defending: Chain tackle, ankle hold, waist hold, thigh hold, block. Strategic positioning.
<b>Fouls &amp; Penalties</b>	Raider stops chanting → declared out; stepping out of boundary → out; time wasting → point to opponents.
<b>Scoring Rules</b>	Touch points (each defender touched = 1 pt); Tackle points (raider stopped = 1 pt to defending team); Bonus point (cross bonus line with 6+ defenders); All-out (all 7 out) = 2 bonus pts.
<b>Winning / Losing</b>	Most points at end wins; 40 min match (20 min × 2 halves); tied → no draw in Pro Kabaddi (Super Raid tiebreaker).
<b>Safety &amp; Awards</b>	Ankle/knee support, proper warm-up. Awards: Kabaddi World Cup, Pro Kabaddi League trophy, Arjuna Award.

## ■ 11. Kho-Kho

<b>Individual / Team</b>	Team sport — 9 players per team (12-member squad).
<b>Indoor / Outdoor</b>	Primarily outdoor; indoor versions played as well.
<b>Players &amp; Equipment</b>	9 players per side. Gear: Court, posts (wooden, 120cm high, 30cm below ground), proper attire.
<b>Play Field / Arena</b>	Court: 29m × 16m. Two posts at ends. Central lane (30cm wide). Cross-lanes (perpendicular, 8 in number). Sitting blocks for chasers.
<b>General Rules</b>	Chasers (9 sit in lane facing alternate directions) try to tag runners; active chaser can change by tapping seated chaser (Kho); runner out if tagged; 3 runners enter at a time.

<b>Interpretation of Rules</b>	Chaser cannot run backward; must give Kho to seated chaser to transfer; runner out if crosses boundary; direction violation by chaser = foul.
<b>Fundamental Skills</b>	Chasing: Running, chasing technique, chain chasing, giving Kho correctly. Defending: Dodging, changing direction, using boundaries.
<b>Fouls &amp; Penalties</b>	Direction foul (chaser runs backward without Kho); late Kho; tag from wrong direction; foul = free time/point to runners.
<b>Scoring Rules</b>	Point for each runner tagged out. Two innings each (one chasing, one running). Most points wins.
<b>Winning / Losing</b>	Team with most points after both innings wins. Tied → additional rounds.
<b>Safety &amp; Awards</b>	Proper footwear, warm-up, safe court surface. Awards: National Kho-Kho Championship, Arjuna Award.

## ■ 12. Volleyball

<b>Individual / Team</b>	Team sport — 6 players per side on court (12-member squad).
<b>Indoor / Outdoor</b>	Indoor competitive play; Beach Volleyball (2 vs 2) is outdoor Olympic variant.
<b>Players &amp; Equipment</b>	6 players. Gear: Volleyball (circumference 65–67cm), net (2.43m men, 2.24m women), court shoes, kneepads, optional libero vest.
<b>Play Field / Arena</b>	Court: 18m × 9m (divided by net). Attack line (3m from net). Service zone (behind end line). Free zone (3m outside boundary).
<b>General Rules</b>	Maximum 3 hits per side to return ball over net; point scored if ball lands in opponent court or opponent commits error; rally point system; each player rotates clockwise on side-out.
<b>Interpretation of Rules</b>	Fault: 4 hits, carry/lift, double contact, net touch, foot fault on serve, back-row player attacking from front zone.
<b>Fundamental Skills</b>	Serve (underhand, float, topspin, jump serve); Bump/Forearm pass; Set (overhead pass); Spike/Attack; Block (single, double, triple); Dig; Libero defense.
<b>Fouls &amp; Penalties</b>	Fault → point to opponent; Yellow card (warning); Red card (point + serve to opponent); unsportsmanlike conduct.
<b>Scoring Rules</b>	Rally point system: each rally produces a point. Sets 1–4: first to 25 (win by 2); Set 5 (deciding): first to 15 (win by 2).
<b>Winning / Losing</b>	Win 3 sets out of 5 to win match. First team to reach set score (with 2-pt lead) wins set.
<b>Safety &amp; Awards</b>	Kneepads essential, ankle bracing, proper landing technique. Awards: FIVB World Championship, Olympics, World League, Nations League.

## ■ 13. Swimming

<b>Individual / Team</b>	Individual events (all strokes) + Team relay events (4×100m, 4×200m freestyle/medley).
<b>Indoor / Outdoor</b>	Competitive: indoor pools; outdoor open-water swimming also exists.
<b>Players &amp; Equipment</b>	1 swimmer (individual); 4 swimmers (relay). Gear: Swimsuit, cap, goggles, starting blocks, lane ropes, touch pads (electronic timing), anti-wave lanes.
<b>Play Field / Arena</b>	Olympic pool: 50m × 25m, 8 lanes (each 2.5m wide), depth ≥2m. Short course: 25m pool.
<b>General Rules</b>	Each stroke (Freestyle, Backstroke, Breaststroke, Butterfly) has specific legal technique; fastest time wins; false start (early entry) = DQ.
<b>Interpretation of Rules</b>	Freestyle: any stroke (front crawl predominant). Backstroke: must remain on back except turns. Breaststroke: simultaneous symmetrical arm/leg movement. Butterfly: both arms simultaneously, dolphin kick.
<b>Fundamental Skills</b>	Freestyle (front crawl): flutter kick, alternating arms, bilateral breathing. Backstroke: back, alternating arms, flutter kick. Breaststroke: pull, breathe, kick, glide. Butterfly: butterfly kick (dolphin), simultaneous arm pull. Flip turns; dive starts.

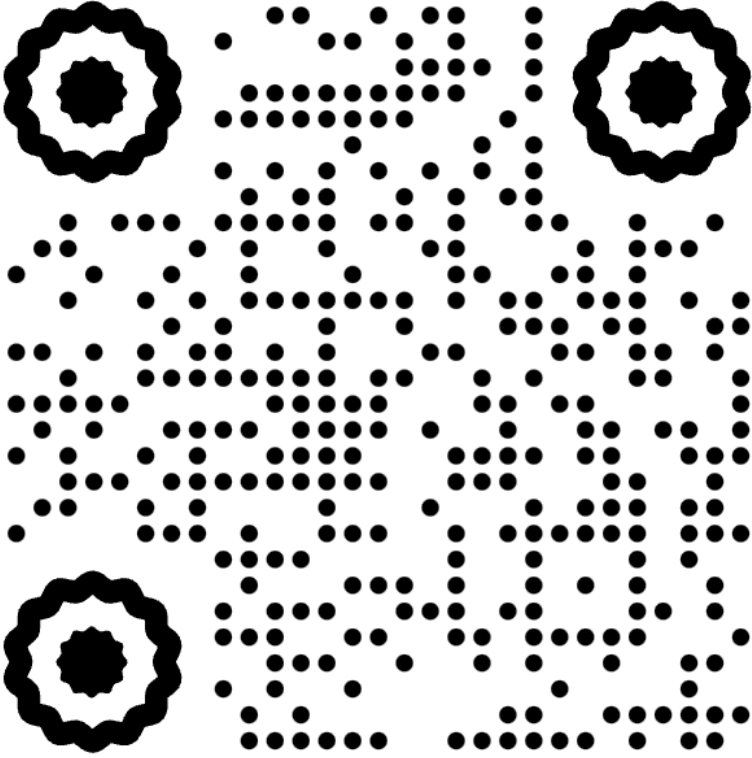
<b>Fouls &amp; Penalties</b>	False start → DQ; illegal stroke technique → DQ; not touching wall at turn/finish → DQ; lane violation.
<b>Scoring Rules</b>	Fastest time wins; Relay: cumulative team time. World Records recognized by FINA/World Aquatics.
<b>Winning / Losing</b>	Fastest to touch electronic pad at finish wins; ties split by thousandths of a second via touchpad.
<b>Safety &amp; Awards</b>	Lifeguard supervision, anti-slip surfaces, dive-only in deep ends. Awards: Olympic medals, World Championship medals, World Records.

## ■ 14. Table Tennis (TT)

<b>Individual / Team</b>	Singles (1 vs 1); Doubles (2 vs 2); Team competitions.
<b>Indoor / Outdoor</b>	Always indoor — controlled environment essential.
<b>Players &amp; Equipment</b>	1 or 2 per side. Gear: Table tennis bat (rubber on both sides), celluloid/plastic ball (40mm, white/orange), net (15.25cm height), table.
<b>Play Field / Arena</b>	Table: 2.74m × 1.525m, 76cm above floor. White lines (2cm side lines, 3mm centre line for doubles). Playing space: ≥14m × 7m × 5m height.
<b>General Rules</b>	Rally point system — 11 points per game (win by 2); Best of 5 or 7 games; Serve alternates every 2 points; at 10–10, alternate every point (deuce); serve must bounce on own side first then opponent's.
<b>Interpretation of Rules</b>	Net/edge ball: net = let (replay), edge = fair. Illegal serve (ball not visible, hidden by body, tossed <16cm). Obstruction (touching table, touching net, free hand touches table).
<b>Fundamental Skills</b>	Topspin (forehand/backhand loop); Backspin (chop/push); Sidespin; Smash; Block; Flick; Short game (push/drop); Serve variation (heavy backspin, sidespin, nospin); Footwork.
<b>Fouls &amp; Penalties</b>	Point to opponent for illegal serve, obstructing ball, hitting twice, wrong return. Yellow card (warning); Red card (point deduction).
<b>Scoring Rules</b>	Rally point: each rally = 1 point. Game to 11 (win by 2). Match won by winning majority of games.
<b>Winning / Losing</b>	Win 3 games (best of 5) or 4 games (best of 7). At 10–10 deuce, first to get 2-point lead wins.
<b>Safety &amp; Awards</b>	Proper footwear, wrist warm-up. Awards: ITTF World Championships, Olympic medals, World Cup, ITTF rankings.

## ■ 15. Wrestling

<b>Individual / Team</b>	Individual sport (1 vs 1); team competitions exist (based on combined weight class results).
<b>Indoor / Outdoor</b>	Indoor on wrestling mat (tatami/wrestling mat).
<b>Players &amp; Equipment</b>	2 wrestlers. Gear: Singlet (one-piece suit), wrestling shoes, ear guards, 12m circular mat (1m protection zone + red passive zone + 9m wrestling area).
<b>Play Field / Arena</b>	Mat: 12m diameter circle. Central circle (1m diameter). Central wrestling area (9m diameter). Red zone (passive zone warning). Protection area (1m boundary).
<b>General Rules</b>	Score points by executing throws, takedowns, holds; Win by fall (pin both shoulders for 0.5–1 sec); Freestyle and Greco-Roman styles; 6-min bout (two 3-min periods).
<b>Interpretation of Rules</b>	Freestyle: leg attacks allowed; Greco-Roman: no holds below hips, no leg attacks. Danger position (back exposed to mat) = 2–3 pts. Passivity warning leads to Greco clinch/Freestyle push-out opportunity.
<b>Fundamental Skills</b>	Takedowns (single leg, double leg — freestyle only); Throws (suplex, headlock — both styles); Reversals; Escapes; Pins; Gut-wrench; Arm throws; Leg lace (freestyle).
<b>Fouls &amp; Penalties</b>	Illegal holds (choke, arm lock, hair pull) → warning + 1 pt to opponent; persistent passivity → caution; fleeing the mat → points to opponent; brutality → DQ.
<b>Scoring Rules</b>	Takedown/Throw (2–5 pts depending on amplitude); Reversal (1 pt); Danger position (2–3 pts); Fall = immediate win regardless of score.
<b>Winning / Losing</b>	Win by Fall (pin); Technical superiority (10-pt lead); Points at end of bout; Referee decision if equal points.



# Free CBT Mock Test

## SECTION B — PRACTICE MCQ BANK

### 50 Questions | Hard Level | CUET / Class 12 Pattern

■ Case Study MCQs (Q.1–Q.10)	Scenario-based — read carefully, both options may seem correct
■ Standard MCQs (Q.11–Q.40)	30 questions covering all 15 sports
■ Match the Following (Q.41–Q.43)	3 match sets — play fields, governing bodies, awards
■ Additional MCQs (Q.44–Q.50)	7 extra application-based questions

## SECTION I: CASE STUDY MCQs (Q.1–Q.10)

*Instructions: In Case Study MCQs, two or more options may appear correct. Choose the MOST accurate/complete answer.*

**Q.1. [CASE] A student observes that in Cricket, a delivery pitches outside the off-stump, hits the pad, and the umpire raises the finger. The batsman reviews. Which interpretation is MOST accurate for an LBW decision to stand?**

- (a) Ball must pitch in line with stumps or on off-side only
- (b) Ball must be going on to hit the stumps, pitched in line, not hit bat first — and above the knee roll
- (c) The ball can pitch outside leg stump and still be LBW if going down leg
- (d) Umpire's call on LBW cannot be overturned by DRS in any scenario

**Q.2. [CASE] In Volleyball, the score is 24–24 in Set 1. Team A serves, Team B wins rally. Next rally Team A wins. Score is now 25–25. Which rule BEST applies?**

- (a) Team A wins the set since they regained the lead
- (b) Play continues — win by 2-point lead required; no cap in sets 1-4 until 2-point lead achieved
- (c) The set is decided by a coin toss at 25-25
- (d) A 5-point golden set tiebreaker begins immediately at 25-25

**Q.3. [CASE] In Judo, Athlete A executes a throw that partially lifts opponent but does not land them on their back cleanly. The referee awards Waza-ari. Later in the same bout, A executes another Waza-ari. What is the CORRECT outcome?**

- (a) Athlete A leads by two half-points but the match continues to Golden Score
- (b) Two Waza-ari equal one Ippon — match ends immediately with Athlete A winning
- (c) The second Waza-ari only gives A a score advantage, not an automatic win
- (d) Both Waza-ari are nullified if B scores one Ippon before match end

**Q.4. [CASE] In a Kabaddi match, the raider crosses the baulk line, touches 2 defenders, but is caught before returning. There are 5 defenders on the court. The raider had crossed the bonus line. What is the CORRECT points award?**

- (a) Defending team gets 1 tackle point only; no bonus for raider since he was caught
- (b) Raider gets 2 touch points; defending team gets 1 tackle point; no bonus point since fewer than 6 defenders
- (c) Raider gets 2 touch points + 1 bonus point; defending team gets 1 tackle point
- (d) Only the defending team scores — all raider points are forfeited when caught

**Q.5. [CASE] A Gymnastics athlete performs a floor routine. Their D-score is 5.8, E-score is 8.2, and they receive a 0.3 neutral deduction for stepping out of bounds. What is the CORRECT final score?**

- (a) 14.0 (D + E only; neutral deductions are separate)
- (b) 13.7 (D-score + E-score – Neutral Deduction = 5.8 + 8.2 – 0.3)
- (c) 14.3 (only E-score is deducted from, not final score)
- (d) 13.4 (both D-score and E-score are each reduced by 0.3 separately))

**Q.6. [CASE] In Badminton doubles, the score is 29–29. Team A wins the next rally. What is the CORRECT outcome?**

- (a) Game continues to 31 as per deuce rule
- (b) Team A wins the game 30–29 — in badminton, 30 is the absolute cap, first to 30 wins
- (c) A super tiebreak of 5 points is played from 29–29
- (d) The game is replayed from 0–0 as no winner can be decided at 29–29

**Q.7. [CASE] In Table Tennis singles, the score reaches 10–10 (Deuce). Which rule CORRECTLY describes what follows?**

- (a) Service alternates every 2 points as normal until one player wins by 2
- (b) Service alternates every single point; first player to gain a 2-point lead wins the game
- (c) A sudden death single point is played — server chosen by toss
- (d) The game is decided by a 3-point rapid tiebreak with no service changes

**Q.8. [CASE] A Football player in the penalty area deliberately handles the ball to stop a goal. The referee awards a penalty. The goalkeeper saves it, but the ball rebounds and an attacker scores from the rebound. What is the CORRECT ruling?**

- (a) Goal is disallowed — only the original penalty taker can score from a rebound
- (b) Goal stands — any player except the original taker can score from a penalty rebound
- (c) Goal disallowed — the penalty must be retaken for a handball offence
- (d) A corner kick is awarded instead of allowing the rebound goal

**Q.9. [CASE] In Kho-Kho, the active chaser runs past a sitting chaser without giving Kho, reverses direction, and tags a runner. Is the tag valid?**

- (a) Yes — the tag is valid as direction rules only apply when giving Kho
- (b) No — the chaser committed a direction foul by reversing without giving Kho; runner is safe and a foul is awarded
- (c) Yes — reversals are allowed if the runner changes direction first
- (d) No — but only if the runner specifically appeals to the referee

**Q.10. [CASE] In Wrestling (Freestyle), an athlete throws their opponent with a grand amplitude throw (suplex), landing them in a bridge/danger position. The opponent does not get pinned but is in danger for 3 seconds. What is the CORRECT score?**

- (a) 2 points for the throw only; danger position is ignored if opponent is not pinned
- (b) 5 points — grand amplitude throw (5 pts for throwing to danger position with bridge/high amplitude)
- (c) 3 points — 2 for throw, 1 for danger position separately scored
- (d) 1 point only — danger position points are only given if the hold is maintained for 5 seconds

## ■ SECTION II: STANDARD MCQs (Q.11–Q.40)

**Q.11. The standard Olympic swimming pool length used in international competition is:**

- (a) 25 metres
- (b) 50 metres
- (c) 100 metres
- (d) 30 metres

**Q.12. In Badminton, the net height at the centre of the court is:**

- (a) 1.55 metres
- (b) 1.34 metres
- (c) 1.524 metres
- (d) 1.60 metres

**Q.13. In Football, a red card results in:**

- (a) A free kick awarded to opponents
- (b) Player ejection and team plays with 10 players for remainder
- (c) A 5-minute suspension only
- (d) Only a financial fine; player continues playing

**Q.14. In Basketball, how many points is a free throw worth?**

- (a) 2 points
- (b) 3 points
- (c) 1 point
- (d) No points — only possession changes

**Q.15. The Fosbury Flop technique is associated with which athletics event?**

- (a) Pole Vault
- (b) Long Jump
- (c) High Jump
- (d) Triple Jump

**Q.16. In Gymnastics, what does D-score represent?**

- (a) Deduction score for errors
- (b) Difficulty value of elements performed
- (c) Dynamic execution score
- (d) Distance covered in floor exercise

**Q.17. In Kabaddi, how many players does each team have on the court at a time?**

- (a) 9 players
- (b) 11 players
- (c) 7 players
- (d) 6 players

**Q.18. In Handball, the 7-meter throw is equivalent to which penalty in Football?**

- (a) Free kick
- (b) Corner kick
- (c) Penalty kick
- (d) Goal kick

**Q.19. The playing field in Field Hockey must have goals scored from inside which area?**

- (a) Anywhere on the field
- (b) The D-area (shooting circle)
- (c) The 23-metre line
- (d) The centre circle only

**Q.20. In Volleyball, a Libero player is:**

- (a) A player allowed unlimited substitutions but cannot attack from front zone
- (b) A player who serves as captain
- (c) A player who can only play at the net
- (d) A substitute allowed only in the final set

**Q.21. In Wrestling, a "Fall" (pin) occurs when:**

- (a) Opponent's foot touches outside the mat
- (b) Both of opponent's shoulders are held on mat for the required duration
- (c) The opponent concedes verbally
- (d) The referee awards a 5-point throw

**Q.22. The governing body of international Judo is:**

- (a) FIJ
- (b) IJF (International Judo Federation)
- (c) FISU
- (d) World Judo Council (WJC)

**Q.23. In Table Tennis, the minimum height a ball must be tossed during a legal serve is:**

- (a) 10 cm
- (b) 20 cm
- (c) 16 cm
- (d) 12 cm

**Q.24. In Cricket, a delivery that passes too far from the batsman on the leg side is called:**

- (a) No ball
- (b) Wide
- (c) Bye
- (d) Free hit

**Q.25. In Kho-Kho, how many runners enter the field at a time?**

- (a) 1 runner
- (b) 3 runners
- (c) All 9 at once
- (d) 5 runners

**Q.26. In Athletics relays, the baton must be exchanged within which designated zone?**

- (a) 10-metre takeover zone
- (b) 20-metre takeover zone
- (c) 30-metre takeover zone
- (d) No specific zone exists — free exchange anywhere

**Q.27. In Handball, the goal area (6-metre zone) is reserved exclusively for:**

- (a) Any offensive player during attack
- (b) The defending goalkeeper only
- (c) Both attacking and defending players during set plays
- (d) The team captain during penalty situations

**Q.28. The Basketball hoop height from the floor in competitive play is:**

- (a) 3.50 metres
- (b) 3.05 metres (10 feet)
- (c) 2.90 metres
- (d) 3.25 metres

**Q.29. In Swimming, which stroke requires the swimmer to remain on their back throughout?**

- (a) Freestyle
- (b) Breaststroke
- (c) Backstroke
- (d) Butterfly

**Q.30. The Ballon d'Or award is associated with which sport?**

- (a) Basketball
- (b) Cricket
- (c) Football (Soccer)
- (d) Athletics

**Q.31. In Badminton, what is a "Let"?**

- (a) A point awarded to the serving team
- (b) A replay of the rally due to interference or obstruction
- (c) A type of illegal serve
- (d) A shot that clips the top of the net and falls over

**Q.32. In Gymnastics (MAG), which apparatus requires the athlete to hold iron cross and similar static positions?**

- (a) Parallel Bars
- (b) Horizontal Bar
- (c) Rings
- (d) Pommel Horse

**Q.33. A Cricket batsman is dismissed "Stumped" when:**

- (a) The bowler hits the stumps directly
- (b) A fielder catches the ball before it bounces
- (c) The wicket-keeper puts down the wicket while the batsman is outside the crease and not attempting a run
- (d) The ball hits the batsman's pad and deflects onto the stumps

**Q.34. In Volleyball, which player position CANNOT attack the ball above net height from the front zone?**

- (a) Middle blocker
- (b) Outside hitter
- (c) Libero
- (d) Opposite hitter

**Q.35. In Field Hockey, which card results in a temporary suspension of the player?**

- (a) Red card
- (b) Green card
- (c) Yellow card
- (d) Blue card

**Q.36. In Wrestling Greco-Roman style, the KEY restriction compared to Freestyle is:**

- (a) No throws are permitted
- (b) No holds below the hips and no leg attacks are allowed
- (c) Match is only 2 minutes long
- (d) Athletes must remain standing at all times

**Q.37. In Kabaddi, an "All-Out" means:**

- (a) All 7 players of the opposing team are sent off simultaneously
- (b) All 7 defenders are out — the team scoring gets 2 bonus points + all players revived
- (c) The raider successfully tags all players in one raid
- (d) A team forfeits due to insufficient players

**Q.38. In Basketball, "Traveling" is defined as:**

- (a) Moving the ball via a pass beyond half-court
- (b) Taking more than 2 steps with the ball without dribbling
- (c) Dribbling the ball with both hands simultaneously
- (d) Stepping on the boundary line while holding the ball

**Q.39. In Table Tennis, at score 10–10 (deuce), service changes:**

- (a) Every 5 points
- (b) Every 2 points as normal
- (c) Every single point
- (d) Only when the receiver requests

**Q.40. The Thomas Cup in Badminton is contested by:**

- (a) Mixed doubles teams
- (b) Women's national teams
- (c) Men's national teams
- (d) Under-18 youth national teams

### ■ SECTION III: MATCH THE FOLLOWING (Q.41–Q.43)

**Q.41. MATCH THE FOLLOWING — Play Field Dimensions: Column A: 1. Basketball Court 2. Handball Court 3. Volleyball Court 4. Field Hockey Column B: P. 91.4m × 55m Q. 40m × 20m R. 28m × 15m S. 18m × 9m**

- (a) 1-R, 2-Q, 3-S, 4-P
- (b) 1-Q, 2-R, 3-P, 4-S
- (c) 1-P, 2-S, 3-Q, 4-R
- (d) 1-S, 2-P, 3-R, 4-Q

**Q.42. MATCH THE FOLLOWING — Governing Bodies: Column A: 1. Cricket 2. Judo 3. Football 4. Field Hockey**  
**Column B: P. FIH Q. FIFA R. IJF S. ICC**

- (a) 1-R, 2-S, 3-P, 4-Q
- (b) 1-S, 2-R, 3-Q, 4-P
- (c) 1-Q, 2-P, 3-S, 4-R
- (d) 1-P, 2-Q, 3-R, 4-S

**Q.43. MATCH THE FOLLOWING — Awards / Trophies: Column A: 1. Badminton (Women's team) 2. Football (individual) 3. Cricket (best ODI team) 4. Gymnastics (international)** Column B: P. Olympic/World medals Q. ICC World Cup R. Ballon d'Or S. Uber Cup

- (a) 1-R, 2-S, 3-Q, 4-P
- (b) 1-Q, 2-R, 3-P, 4-S
- (c) 1-S, 2-R, 3-Q, 4-P
- (d) 1-P, 2-Q, 3-S, 4-R

## ■ SECTION IV: ADDITIONAL MCQs (Q.44–Q.50)

**Q.44. In Athletics, the "blind baton exchange" in relay is used when:**

- (a) Incoming runner gives baton without outgoing runner looking back (pure speed handoff)
- (b) The race is held at night under floodlights
- (c) Baton is passed under the armpit of the receiver
- (d) Both runners stop to ensure safe handoff

**Q.45. In Swimming, a "flip turn" is executed at the wall primarily to:**

- (a) Rest briefly during the race
- (b) Maintain speed and momentum by using the wall to push off efficiently
- (c) Change swimming style at each turn
- (d) Allow officials to record the swimmer's lap time

**Q.46. In Football (Soccer), the offside rule applies when:**

- (a) An attacker is in the opponent's half at any time
- (b) An attacker is nearer to the opponent's goal line than both the ball AND the second-last defender at the moment the ball is played to them
- (c) An attacker touches the ball inside the opponent's penalty area
- (d) An attacker is not within 10 metres of the defending goalkeeper

**Q.47. In Kho-Kho, which line determines whether a bonus point is awarded to the raider?**

- (a) The Baulk line
- (b) The Bonus line
- (c) The Midline
- (d) The Lobby boundary

**Q.48. In Badminton, which shot is hit steeply downward with maximum power from above the net?**

- (a) Clear
- (b) Drop shot
- (c) Drive
- (d) Smash

**Q.49. In Judo, "Ukemi" refers to:**

- (a) An attacking throwing technique
- (b) The art of safe falling / break-fall technique
- (c) A type of choking technique
- (d) The referee's signal for Ippon

**Q.50. The "Drag Flick" is a fundamental attacking skill in which sport?**

- (a) Cricket (fast bowling)
- (b) Kabaddi (raiding)
- (c) Field Hockey (penalty corners)
- (d) Handball (7-meter throw)

## ■ ANSWER KEY — Quick Reference

Q.1 (B)	Q.2 (B)	Q.3 (B)	Q.4 (B)	Q.5 (B)
Q.6 (B)	Q.7 (B)	Q.8 (B)	Q.9 (B)	Q.10 (B)
Q.11 (B)	Q.12 (C)	Q.13 (B)	Q.14 (C)	Q.15 (C)
Q.16 (B)	Q.17 (C)	Q.18 (C)	Q.19 (B)	Q.20 (A)
Q.21 (B)	Q.22 (B)	Q.23 (C)	Q.24 (B)	Q.25 (B)
Q.26 (B)	Q.27 (B)	Q.28 (B)	Q.29 (C)	Q.30 (C)
Q.31 (B)	Q.32 (C)	Q.33 (C)	Q.34 (C)	Q.35 (C)
Q.36 (B)	Q.37 (B)	Q.38 (B)	Q.39 (C)	Q.40 (C)
Q.41 (A)	Q.42 (B)	Q.43 (C)	Q.44 (A)	Q.45 (B)
Q.46 (B)	Q.47 (B)	Q.48 (D)	Q.49 (B)	Q.50 (C)

## ■ DETAILED ANSWER EXPLANATIONS

Read carefully — understand WHY the correct answer is right AND why other options are wrong.

### Q.1 — Correct Answer: (B)

In Cricket, for LBW to stand: ball must not touch the bat first; must pitch in line or on off-side (not outside leg); must be going on to hit the stumps; impact must be in line; above knee roll. Option (a) is partially right but incomplete. (c) is categorically wrong — pitching outside leg stump = not out. (d) is wrong — DRS can overturn umpire's call within margin.

### Q.2 — Correct Answer: (B)

Volleyball scoring uses rally point (every rally = point). At 24–24, neither team has won by 2. The game continues until one team leads by 2. In sets 1–4, there is NO upper cap — they just need 2-point lead. Cap of 30 applies only in Badminton, not Volleyball. Play continues beyond 25 until 2-pt gap.

### Q.3 — Correct Answer: (B)

This is the core Judo scoring rule: 2 Waza-ari = 1 Ippon, which ends the match immediately. (a) is wrong — match does not continue. (c) is wrong — it IS an automatic win. (d) is wrong — opponent's Ippon would only matter before the second Waza-ari is scored.

### Q.4 — Correct Answer: (B)

In Kabaddi: Touch points = 2 (each defender touched). Tackle point = 1 (to defending team). Bonus point requires 6 or more defenders on court — only 5 present, so NO bonus. Option (c) is the trap — it incorrectly adds bonus. Option (d) is wrong — touch points are awarded even if raider is caught.

### Q.5 — Correct Answer: (B)

Final Score = D-score + E-score – Neutral Deductions = 5.8 + 8.2 – 0.3 = 13.7. (a) ignores neutral deduction. (c) misunderstands where deductions apply. (d) incorrectly deducts from both scores separately.

### Q.6 — Correct Answer: (B)

In Badminton, 30 is the absolute cap — at 29–29, the very next point wins (first to 30 wins). (a) is wrong — no cap above 30. (c) and (d) do not exist in BWF rules.

### Q.7 — Correct Answer: (B)

At Deuce (10–10) in Table Tennis, service alternates EVERY SINGLE POINT (not every 2). First to gain a 2-point lead wins. (a) is the most common trap — normal service (every 2) does NOT apply in deuce. (c) and (d) do not exist in ITTF rules.

### Q.8 — Correct Answer: (B)

Football law: Any player (except the original taker) can score from a penalty rebound. Original taker cannot touch ball again until another player touches it. (a) is the most common misconception. (c) and (d) are incorrect — no retake or corner for rebound goals.

### Q.9 — Correct Answer: (B)

In Kho-Kho, the active chaser CANNOT change direction without giving Kho to a seated chaser. Running backward without giving Kho is a direction foul — runner is safe and the foul is awarded to the running team. (a) and (c) are incorrect — no such exceptions exist. (d) is wrong — referee calls it automatically.

### Q.10 — Correct Answer: (B)

In Wrestling, a grand amplitude throw landing opponent in bridge/danger = 5 points (highest scoring throw). (a) is wrong — danger position IS separately rewarded in the combined 5-pt throw. (c) incorrectly separates scores. (d) is wrong — 5-second rule applies to specific holds, not throw-to-danger scoring.

**Q.11 — Correct Answer: (B)**

Olympic competition pool = 50m (long course). 25m pools are used for short-course competitions. 100m and 30m do not exist as standard pool lengths.

**Q.12 — Correct Answer: (C)**

Badminton net: 1.55m at posts, 1.524m at centre (dips slightly). The centre measurement is 1.524m. Option (a) is the post height, not centre. Option (b) is incorrect.

**Q.13 — Correct Answer: (B)**

Red card = immediate ejection + team plays with 10 players for the rest of the match. (a) is incomplete. (c) is incorrect — no temporary suspension in football for red cards. (d) is wrong — player leaves the pitch.

**Q.14 — Correct Answer: (C)**

Free throw = 1 point only. 2-pointer (inside arc) = 2 pts. 3-pointer (beyond arc) = 3 pts. This is a basic scoring rule.

**Q.15 — Correct Answer: (C)**

Fosbury Flop = High Jump technique (back-first, arching over bar). Pole Vault uses different technique. Long Jump uses hang/hitch-kick. Triple Jump uses hop-step-jump.

**Q.16 — Correct Answer: (B)**

D-score in Gymnastics = Difficulty score — the sum of difficulty values of all elements performed in the routine. E-score = Execution (quality). Neutral deductions are separate.

**Q.17 — Correct Answer: (C)**

Kabaddi: 7 players per team on court at a time (12-player squad). Not 9 (Kho-Kho), not 11 (Cricket/Football), not 6 (Volleyball).

**Q.18 — Correct Answer: (C)**

Handball 7-meter throw = equivalent to Football penalty kick. Both are awarded for serious fouls preventing a clear goal-scoring opportunity. Same strategic concept.

**Q.19 — Correct Answer: (B)**

In Field Hockey, goals can ONLY be scored from inside the shooting circle (D-area). Shots from outside the circle don't count even if they enter the goal. (a), (c), (d) are all incorrect.

**Q.20 — Correct Answer: (A)**

Libero = defensive specialist in volleyball. Wears different coloured jersey. Can substitute unlimited times for back-row players. CANNOT serve (in most competitions), attack above net height from front zone, or set from front zone for spike above net.

**Q.21 — Correct Answer: (B)**

Pin/Fall in wrestling = both of opponent's shoulders held on the mat simultaneously for required duration (varies by level). This ends the match regardless of score. (a), (c), (d) are incorrect.

**Q.22 — Correct Answer: (B)**

IJF = International Judo Federation — the world governing body. (a) FIJ does not exist. (c) FISU = University sports. (d) WJC does not exist.

**Q.23 — Correct Answer: (C)**

ITTF rules: ball must be tossed at least 16cm vertically from an open palm before striking. This ensures visibility. (a) 10cm and (b) 20cm are incorrect. (d) 12cm is also incorrect.

**Q.24 — Correct Answer: (B)**

A Wide in Cricket = delivery too far from batsman (either side) for them to play a normal cricket shot. Leg-side wide = passes beyond the leg-stump area. (a) No-ball = illegal delivery (overstepping, etc.). (c) Bye = missed by batsman AND keeper. (d) Free hit = after no-ball.

**Q.25 — Correct Answer: (B)**

In Kho-Kho, 3 runners enter the playing area at a time per innings. When all 3 are out, next 3 enter until all 9 have batted.

**Q.26 — Correct Answer: (B)**

Athletics relay: The takeover zone is 20 metres long. Both incoming and outgoing runners must be within this zone during the exchange. Exchanges outside = DQ. (a) 10m and (c) 30m are incorrect.

**Q.27 — Correct Answer: (B)**

Handball: The 6-metre goal area is EXCLUSIVELY for the defending goalkeeper. No outfield player (attacking or defending) may enter it. Attacking player in goal area = ball given to goalkeeper.

**Q.28 — Correct Answer: (B)**

Basketball hoop = 3.05 metres (10 feet) from the floor. This is a universal standard across NBA, FIBA, Olympic play. (a), (c), (d) are incorrect.

**Q.29 — Correct Answer: (C)**

Backstroke: swimmer lies on back throughout (except during turns — flip turn allowed briefly). Freestyle = no restriction. Breaststroke = face down. Butterfly = face down with dolphin kick.

**Q.30 — Correct Answer: (C)**

Ballon d'Or = annual award for best football (soccer) player in the world, presented by France Football magazine. Not related to Basketball, Cricket, or Athletics.

**Q.31 — Correct Answer: (B)**

A "Let" in Badminton = the rally is stopped and replayed. Occurs due to: unexpected obstruction, shuttle caught in net on service, server/receiver not ready. (a) is incorrect. (c) describes a fault. (d) is a net cord in Tennis — in Badminton the net cord on serve = Let, but on rally = in play.

**Q.32 — Correct Answer: (C)**

Rings (Still Rings) in MAG gymnastics requires athletes to hold positions like Iron Cross, Maltese Cross, Swallow, etc. These are strength holds unique to the rings apparatus. Pommel Horse = circular swing motions.

**Q.33 — Correct Answer: (C)**

Stumped = wicket-keeper collects ball and puts down the wicket (removes bails) while batsman is outside crease AND not attempting a run. (a) = Bowled. (b) = Caught. (d) = this scenario could be Hit Wicket or LBW, not stumped.

**Q.34 — Correct Answer: (C)**

The Libero CANNOT: attack the ball when it is completely above the net height from the front zone; set an overhand pass in the front zone that is attacked above net. (a), (b), (d) are all regular attacking positions.

**Q.35 — Correct Answer: (C)**

Field Hockey cards: Green = warning (2 min off). Yellow = temporary suspension (5–10 min). Red = permanent expulsion. (a) Red = expulsion. (b) Green = 2-min suspension. (d) Blue card does not exist in FIH rules.

**Q.36 — Correct Answer: (B)**

Greco-Roman wrestling: NO holds below the hips, NO leg attacks. This is the defining rule. Both wrestlers must use upper-body techniques only. Freestyle allows leg grabs, trips, double-leg takedowns.

**Q.37 — Correct Answer: (B)**

All-Out in Kabaddi = all 7 defenders are out simultaneously. The team that achieves it earns 2 BONUS points in addition to the 7 touch points. All 7 defenders are then revived and play continues.

**Q.38 — Correct Answer: (B)**

Traveling = moving with the ball without dribbling for more than 2 steps (or pivoting illegally). (c) = Double-dribble. (d) = Out-of-bounds violation. (a) is not a violation.

**Q.39 — Correct Answer: (C)**

At deuce (10–10) in Table Tennis, service changes every SINGLE point. This continues until one player leads by 2 (e.g., 12–10). (a), (b), (d) are incorrect — the standard 2-point service rotation does NOT apply in deuce.

**Q.40 — Correct Answer: (C)**

Thomas Cup = Men's international Badminton team championship (biennial, BWF). Uber Cup = Women's equivalent. Sudirman Cup = Mixed team. (a), (b), (d) are incorrect.

**Q.41 — Correct Answer: (A)**

Basketball: 28m × 15m (R); Handball: 40m × 20m (Q); Volleyball: 18m × 9m (S); Field Hockey: 91.4m × 55m (P). Correct: 1-R, 2-Q, 3-S, 4-P.

**Q.42 — Correct Answer: (B)**

Cricket → ICC (International Cricket Council); Judo → IJF (International Judo Federation); Football → FIFA; Field Hockey → FIH (Federation of International Hockey). Correct: 1-S, 2-R, 3-Q, 4-P.

**Q.43 — Correct Answer: (C)**

Uber Cup = Women's badminton team championship (1-S); Ballon d'Or = individual football award (2-R); ICC World Cup = Cricket ODI team award (3-Q); Olympic/World medals = Gymnastics international recognition (4-P). Correct: 1-S, 2-R, 3-Q, 4-P.

**Q.44 — Correct Answer: (A)**

Blind baton exchange = outgoing runner extends hand backward without looking, incoming runner places baton in it. Used in sprint relays (4×100m) for maximum speed. Visual exchange (looking) = used in longer relays for safety. (b), (c), (d) are incorrect.

**Q.45 — Correct Answer: (B)**

Flip turn = tumble turn executed at pool wall to maintain momentum. Swimmer flips body, pushes powerfully off the wall, and continues swimming without stopping — preserves race speed. (a) is wrong — no rest. (c) and (d) are incorrect.

**Q.46 — Correct Answer: (B)**

Offside in Football: attacker must be (1) in opponent's half AND (2) nearer to opponent's goal than both the ball AND the second-last defender at the MOMENT ball is played. (a) is wrong — position in opponent's half alone is not offside. (c) and (d) are incorrect offside definitions.

**Q.47 — Correct Answer: (B)**

Bonus line in Kabaddi = if raider crosses the bonus line while 6 or more defenders are on court, raider earns 1 bonus point even without touching anyone. Baulk line = line raider must cross to attempt a touch.

**Q.48 — Correct Answer: (D)**

Smash = the most powerful attacking shot in Badminton, hit steeply downward from a high point above the net. Clear = defensive, hit deep to back. Drop = soft placement near net. Drive = flat, fast parallel shot.

**Q.49 — Correct Answer: (B)**

Ukemi = the art of safe falling / break-fall techniques in Judo. Essential for safety when being thrown. Types: forward roll (mae-ukemi), backward fall (ushiro-ukemi), side fall (yoko-ukemi). (a) = nage-waza. (c) = shime-waza. (d) = referee signal.

**Q.50 — Correct Answer: (C)**

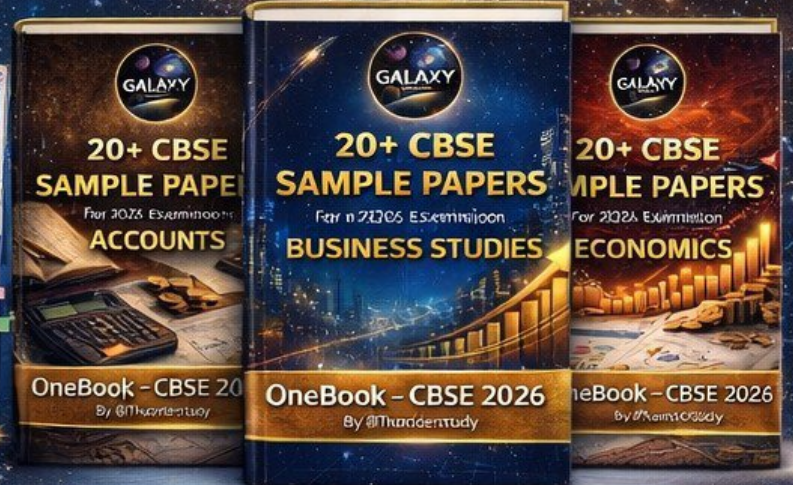
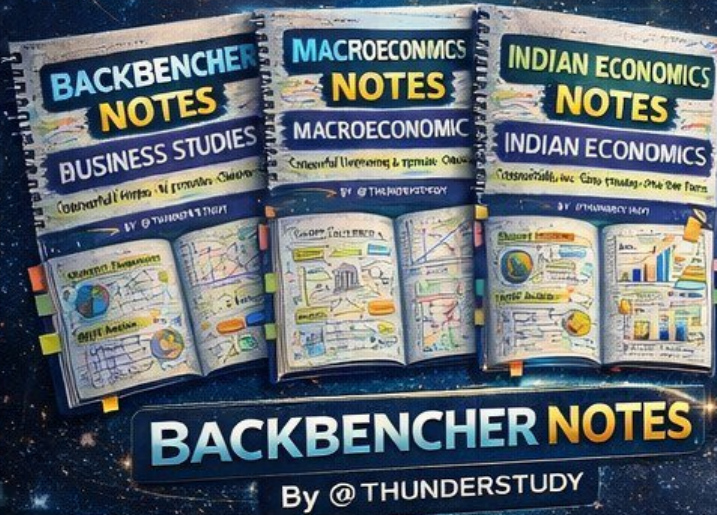
Drag Flick = a specialised technique in Field Hockey used primarily during penalty corners. Player drags the ball and whips it powerfully toward the goal — a lethal set-piece skill. Not associated with Cricket, Kabaddi, or Handball.

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