



PARMAR SSC

SPORTS

Part - 2



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Dimensions

Football — Also known as Soccer

- Length: 91–120 m; 105 m
- Width: 45–91 m; 68 m

Goal post

- Width: 24 ft
- Radius: 9.15 m
- Height: 8 ft
- Difference between the goal posts: 7.32 m (24 ft)



- No. of players: 11
- Game is of: 90 mins
- Tie breaker: 30 mins
- Penalty shoot out ← When tie
- Width of Football: 410–460 gm
- Substitute allowed in football: 3

Trophies and Cups Associated

- India: Durand, Santosh, Rovers
- Famous Indian players: Sunil Chhetri, Bhaichung Bhutia, P. K. Banerjee
- World: Merdeka Cup, Scissors, La Liga
- Famous players of the world
- Ronaldo: Portugal
- Messi: Argentina
- Neymar Jr.: Brazil
- Aitana Bonmati: Spain

Hockey

- Ground
- Length: 91.44 m
- Breadth: 55 m

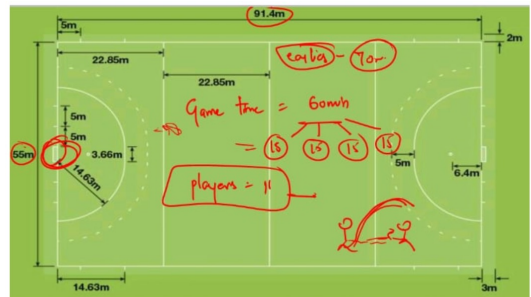
Goalpost

- Height: 2.14 m
- Length: 3.66 m

- Ball weight: 156–163 gm
- Players: 11
- Substitute: No limits
- Game time: 60 mins
- Earlier: 70 mins
- 15 mins intermission (4 times)
- 2020 Hockey World Cup: in Belgium + Netherlands

Terms associated with Hockey

- Astroturf: grass/field where Hockey is played
- Dribble
- Scoop



Cards

- Green: Time penalty of 5 mins
- Yellow: Time penalty of 10 mins
- Red: Out

Hockey World Cup

- 1971: Pakistan won (most no. of times = 4)
- 1973
- 1975: India → Most no. of times hosted — 4 times



FihHockey5s World Cup → Muscat, Oman 2024 (1st World Cup)

- Netherlands won in Men and Women Team

Trophies

- Nehru Trophy
- Wellington Trophy
- Aga Khan Cup
- Maharaja Ranjit Singh Rangaswamy Cup
- Sultan Azlan Shah Cup
- Sultan of Johor Cup → Both hosted in Malaysia
- Begum Rasul Trophy
- Murugappa Gold Cup

Tennis

- Dimension: 78 ft x 36 ft
- Net height: 3 ft
- Most Grandslams won by: Djokovic (24 times)

Tournaments

- Grandslam: 4
 - Wimbledon: 1877 (UK) → Played on grass
 - US Open: 1881 (US) → Played on hard court
 - French Open: 1891 (France) → Played on clay court
 - Australian Open: 1905 (Australia) → Played on hard court



Australian Open

- Men's Singles won by: Jannik Sinner
- Women's Singles won by: Aryna Sabalenka
- Doubles: Rohan Bopanna + Mathew Ebden
- Deuce means: Equality in points

Badminton

- Dimension: 44 ft x 20 ft (17 ft)
- Net height: 5 ft in middle and 5ft 1 inch at the edges of the court
- Head of Badminton Federation of India: Himanta Biswa Sharma

Sports Authority of India (SAI) was formed in: 1984

Cards

- Yellow: Warning for misconduct
- Red: Warning for fault
- Black: equal to 2 yellow cards

Cups Associated

- Thomas Cup: Men
- Uber Cup: Women
- India: Syed Modi India International



Table Tennis

- Also known as Ping Pong
- Weight of ball: 2.79 gm
- Table dimensions: 9 ft x 5 ft
- Height: 2.5 ft
- Net height: 15.25 cm

Famous players

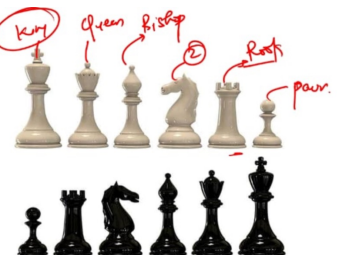
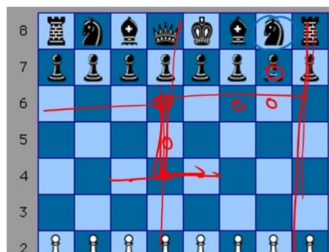
- Achanta Sharath Kamal
- Manika Batra
- Shreeja Akula
- Bhavina Patel

Chess: 16 pieces/player

- Pawn: 8
- Knight: 2 → 2.5 → Moves in L-shape
- Bishop: 2
- Rook: 2
- Queen: 1
- King: 1

Terms associated with chess

- Stalemate
- Checkmate
- Gambit



Famous players

- R Pragganandhaa
- R Vaishali
- Arjun Erigaisi



Basketball

- Length: 94 ft
- Width: 50 ft
- Weight: 22 ounces (600 gm)

Terms associated with Basketball

- Dribble
- Pivot

Sports and No. of Players

- Basketball: 5
- Volleyball: 6
- Netball/Handball: 7 → Also in Water Polo, Kabaddi
- Baseball: 9 → Also in Kho Kho
- Football/Cricket: 11 players
- Polo: 4
- Futsal: 5
- Ice Hockey: 6

Billiards

- Ball weight: 160-170 gm
- Parkaj Advani (famous player)

Sports Honour/Award → Sportsman awarded with Rs 25 lakhs

Major Dhyan Chand Khel Ratna Award (used to be known as Rajiv Gandhi Khel Ratna Awards)

- 1st recipient: Viswanathan Anand
- Youngest recipient: Abhinav Bindra
- Latest recipients: Chirag Shetty and Satwiksairaj Rankireddy
- 1st women recipient: Karnam Malleshwari

Arjuna Award → Sportsman awarded with Rs 15 lakhs

- 1st: 1961
- 1st women: Meena Shah in 1962 (Badminton)

- Athletics: Gurbachan Singh Randhawa
- Badminton: Nandu Natekar
- Basketball: Sharabjit Singh
- Boxing: L. Buddy D'Souza
- Chess: Manuel Aaron
- Archery: Krishna Das
- Cricket: Salim Durani
- Kabaddi: Shahanand Shetty

Started in 1985

Dronacharya Award → Sportsman awarded with Rs 15 lakhs

- Wrestling: Bhalchandra Bhaskar Bhagwat
- Boxing: O P Bhardwaj
- Athletics: O M Nambiar
- 1st women recipient: Hansa Sharma in 2000 (weightlifting)