

Chapter 20: Games & Sports

Games: Structured activities or recreational pursuits governed by specific rules and played for enjoyment or competition. They can be individual or team-based and are often less formal than sports.

Sports: Physical activities with competitive elements, generally involving individual or team participation, governed by established rules and often aiming for performance and achievement. Sports typically involve physical exertion and skill.

Types of Games & Sports

Outdoor Games	Indoor Games	Water Sports	Adventure Sports	Traditional Sports
Cricket	Chess	Sailing	Mountaineering	Kabaddi
Football	Carrom	Surfing	Paragliding	Kho-Kho
Basketball	Table Tennis	Scuba Diving	Bungee Jumping	Kushti (Indian Wrestling)
Tennis	Snooker	Water Polo	Skydiving	Archery
Badminton	Billiards	Rowing	Rock Climbing	Polo
Golf	Video Games			
Swimming				
Athletics (Track and Field)				

Individual sports	Team sports
Athletics (running, jumping, throwing)	Football (soccer)
Swimming	Basketball
Gymnastics	Volleyball
Tennis	Cricket
Golf	Hockey
Boxing	Baseball
Wrestling	Rugby
Chess	Handball
Billiards/Snooker	Field hockey

List of International Sporting Events

Event	Type	Sport	Frequency	Location	Notable Details
Olympic Games	International	Multi-sport	Every 4 years	Various cities	Summer and Winter Games; first held in 1896
Paralympic Games	International	Multi-sport	Every 4 years	Various cities	For athletes with disabilities; follows the Olympics
Asian Games	International	Multi-sport	Every 4 years	Various Asian cities	Involves Asian countries; first held in 1951
Commonwealth Games	International	Multi-sport	Every 4 years	Various cities	Includes nations of the British Commonwealth; first held in 1930
FIFA World Cup	International	Football (Soccer)	Every 4 years	Various countries	Premier global football tournament; first held in 1930
Wimbledon Championships	International	Tennis	Annually	London, UK	The oldest tennis tournament; part of the Grand Slam
French Open	International	Tennis	Annually	Paris, France	Also known as Roland Garros; played on clay courts
US Open	International	Tennis	Annually	New York, USA	Played on hard courts; one of the Grand Slam tournaments
Australian Open	International	Tennis	Annually	Melbourne, Australia	Played on hard courts; first Grand Slam of the year
NBA Finals	National	Basketball	Annually	USA	Championship series of the NBA; best-of-seven series
Super Bowl	National	American Football	Annually	USA	Championship game of the NFL; played in February

Olympic Games:

- **History and Significance:**

- The Olympic Games originated in ancient Greece around 776 BC as a religious festival in honor of Zeus. The modern Olympics were revived in 1896 by Pierre de Coubertin, aiming to foster international peace and unity through sport. The Games have grown into one of the largest and most prestigious sporting events in the world.

- **Summer and Winter Olympics:**

- **Summer Olympics:** Held every four years, featuring sports like athletics, swimming, and gymnastics. The first modern Summer Games took place in Athens, Greece in 1896.
- **Winter Olympics:** Also held every four years, featuring winter sports such as skiing, ice hockey, and figure skating. The first Winter Games were held in Chamonix, France in 1924.

- **Notable Records and Achievements:**

- Highlights include Usain Bolt's world record in the 100 meters, Michael Phelps' multiple gold medals in swimming, and the historic performances by athletes like Nadia Comăneci and Simone Biles.

FIFA World Cup:

- **History and Impact:**

- The FIFA World Cup, first held in 1930, is the premier global football (soccer) tournament. Organized by the International Football Association (FIFA), it occurs every four years and is known for its large-scale viewership and influence on the sport.
- It has significantly impacted global football by elevating the sport's popularity and encouraging international competition.

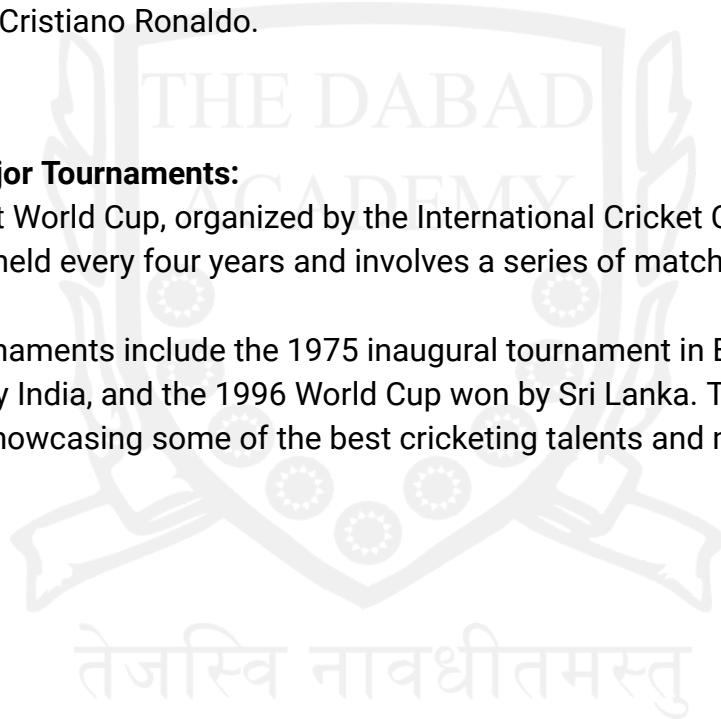
- **Key Teams and Players:**

- Notable teams include Brazil, Germany, and Italy, each with multiple World Cup victories. Key players have included Pelé, Diego Maradona, and more recently, Lionel Messi and Cristiano Ronaldo.

Cricket World Cup:

- **Overview and Major Tournaments:**

- The Cricket World Cup, organized by the International Cricket Council (ICC), began in 1975. It is held every four years and involves a series of matches among cricket-playing nations.
- Major tournaments include the 1975 inaugural tournament in England, the 1983 World Cup won by India, and the 1996 World Cup won by Sri Lanka. The event has grown in prestige, showcasing some of the best cricketing talents and memorable matches.



Popular Sports & their Key Terms

Sport	Key Terms
Football (Soccer)	Goal, offside, penalty kick, corner kick, free kick, red card, yellow card
Basketball	Basket, layup, three-pointer, foul, rebound, steal, block
Cricket	Bat, ball, wicket, bowler, batsman, fielder, run, six, four, catch
Tennis	Serve, ace, forehand, backhand, volley, deuce, match point
Golf	Tee, fairway, green, hole, par, birdie, eagle, bogey
Volleyball	Spike, dig, set, block, serve, attack line
Hockey	Stick, ball, goal, penalty stroke, penalty corner, dribble, pass
Baseball	Bat, ball, pitcher, catcher, batter, home run, strikeout, walk
Rugby	Try, conversion, tackle, scrum, lineout, drop goal
Swimming	Freestyle, backstroke, breaststroke, butterfly, relay
Athletics	Sprint, distance running, jumping (high jump, long jump, triple jump), throwing (shot put, discus, javelin)
Boxing	Punch, knockout, round, referee, gloves
Wrestling	Pin, submission, hold, referee
Chess	King, queen, rook, bishop, knight, pawn, checkmate, stalemate
Table Tennis	Paddle, ball, serve, forehand, backhand, smash
Badminton	Racket, shuttlecock, serve, smash, drop shot
Squash	Racket, ball, court, serve, volley
Fencing	Sword, blade, guard, lunge, parry
Weightlifting	Barbell, weights, snatch, clean and jerk
Gymnastics	Vault, beam, bars, floor exercise, rings

Traditional Indian Games

- **Kabaddi:** A contact sport where teams compete to raid the opponent's court and tag players.
- **Kho-Kho:** A tag game where players try to avoid being tagged by the opposing team.
- **Mallakhamb:** A form of gymnastics that involves performing acrobatic feats on a vertical pole.
- **Carrom:** A board game similar to pool, popular in many Indian households.
- **Badminton:** A racket sport played with a shuttlecock.
- **Tennis:** A racket sport played on a court with a net.
- **Chess:** A board game for two players.
- **Carrom:** A board game similar to pool.

Notable Indian Athletes

- **Sachin Tendulkar:** Cricket
- **Sunil Gavaskar:** Cricket
- **Viswanathan Anand:** Chess

- **P.V. Sindhu:** Badminton
- **Saina Nehwal:** Badminton
- **Leander Paes:** Tennis
- **Sania Mirza:** Tennis
- **Mary Kom:** Boxing
- **Abhinav Bindra:** Shooting
- **Vijender Singh:** Boxing
- **Dhyan Chand:** Hockey
- **Kapil Dev:** Cricket
- **Mithali Raj:** Cricket
- **Anjum Moudgil:** Shooting
- **Neeraj Chopra:** Javelin throw
- **Milkha Singh:** Running

Indian Sports Leagues

- **Indian Premier League (IPL):** Cricket
- **Indian Super League (ISL):** Football
- **Pro Kabaddi League:** Kabaddi
- **Pro Wrestling League:** Wrestling
- **Premier Hockey League:** Hockey
- **Premier Badminton League:** Badminton
- **Pro Volleyball League:** Volleyball
- **Women's Premier League:** Cricket

Governing Bodies & Associations

Federation	Sport
International Olympic Committee (IOC)	Overall Olympic Movement
Fédération Internationale de Football Association (FIFA)	Football (Soccer)
International Cricket Council (ICC)	Cricket
International Basketball Federation (FIBA)	Basketball
International Tennis Federation (ITF)	Tennis
International Hockey Federation (FIH)	Field Hockey
World Athletics	Athletics (Track and Field)
International Swimming Federation (FINA)	Swimming, Diving, Water Polo
World Table Tennis Federation (ITTF)	Table Tennis
World Badminton Federation (BWF)	Badminton

Sports & Team Size

Sport	Number of Players
Football (Soccer)	11 vs 11
Basketball	5 vs 5
Cricket	11 vs 11
Volleyball	6 vs 6
Hockey	11 vs 11
Baseball	9 vs 9
Rugby	15 vs 15 (union), 7 vs 7 (sevens)
Tennis	1 vs 1, 2 vs 2 (doubles)
Golf	Individual
Badminton	1 vs 1, 2 vs 2 (doubles)
Table Tennis	1 vs 1, 2 vs 2 (doubles)
Chess	1 vs 1
Swimming	Individual, relays (multiple swimmers)
Athletics (Track and Field)	Individual, relays
Boxing	1 vs 1
Wrestling	1 vs 1
Gymnastics	Individual
Fencing	1 vs 1
Weightlifting	Individual

National Sports of Countries

Country	National Sport	Country	National Sport
India	Cricket	Australia	Cricket
United States	Baseball	Canada	Ice Hockey
China	Table Tennis	Argentina	Polo
Brazil	Football (Soccer)	Italy	Football (Soccer)
Russia	Ice Hockey	Spain	Football (Soccer)
France	Football (Soccer)	Mexico	Charrería (Mexican Horsemanship)
Germany	Football (Soccer)	Nigeria	Football (Soccer)
Japan	Sumo Wrestling	South Africa	Rugby
South Korea	Taekwondo	Japan	Sumo Wrestling
		China	Table Tennis

Sports Tournaments in India

Tournament Name	Sport	Tournament Name	Sport
Indian Premier League (IPL)	Cricket	Federation Cup (Football)	Football (Soccer)
Indian Super League (ISL)	Football (Soccer)	Ranji Trophy (Cricket)	Cricket
Pro Kabaddi League	Kabaddi	Duleep Trophy (Cricket)	Cricket
Pro Wrestling League	Wrestling	Vijay Hazare Trophy (Cricket)	Cricket
Premier Hockey League	Hockey	Deodhar Trophy (Cricket)	Cricket
Premier Badminton League	Badminton	Irani Cup (Cricket)	Cricket
Pro Volleyball League	Volleyball	National Football Championship	Football (Soccer)
Women's Premier League	Cricket	National Basketball Championship	Basketball
National Games of India	Multi-sport	National Volleyball Championship	Volleyball
National Tennis Championship	Tennis	National Badminton Championship	Badminton
National Chess Championship	Chess		

Important Stadiums in India

Stadium Name	Location	Sport
Eden Gardens	Kolkata, West Bengal	Cricket
Wankhede Stadium	Mumbai, Maharashtra	Cricket
Chinnaswamy Stadium	Bengaluru, Karnataka	Cricket
Feroz Shah Kotla	Delhi	Cricket
Sardar Patel Stadium	Ahmedabad, Gujarat	Cricket
Rajiv Gandhi International Stadium	Hyderabad, Telangana	Cricket
M. Chinnaswamy Stadium	Bengaluru, Karnataka	Cricket
Narendra Modi Stadium	Ahmedabad, Gujarat	Cricket
Jawaharlal Nehru Stadium	New Delhi	Cricket, Football
Salt Lake Stadium	Kolkata, West Bengal	Football

Q19. How many players are there on a standard rugby union team?

- a) 13 b) 14
c) 15 d) 12

Q20. What is the national sport of India?

- a) Cricket b) Field Hockey
c) Football d) Badminton

Q21. What is the national sport of Canada?

- a) Ice Hockey b) Lacrosse
c) Soccer (Football) d) Baseball

Q22. What is the national sport of Japan?

- a) Judo b) Sumo Wrestling
c) Karate d) Baseball

Q23. What is the national sport of New Zealand?

- a) Cricket b) Soccer (Football)
c) Rugby Union d) Field Hockey

Q24. What is the national sport of South Korea?

- a) Taekwondo b) Judo
c) Table Tennis d) Soccer (Football)

Q25. The Tour de France is associated with which sport?

- a) Athletics b) Cycling
c) Swimming d) Skiing

Q26. The "Subroto Cup" is associated with which sport in India?

- a) Cricket b) Hockey
c) Football d) Badminton

Q27. Who is known as the "Flying Sikh"?

- a) Kapil Dev b) Sardar Singh
c) Milkha Singh d) P. T. Usha

Q28. Who is often referred to as the "Dhing Express" in Indian sports?

- a) Mary Kom b) P. V. Sindhu
c) Dutee Chand d) Hima Das

Q29. Who is often called the "Magician of Hockey"?

- a) Dhyan Chand b) Sardar Singh
c) Balbir Singh Sr. d) Roelant Oltmans

Q30. The "Nehru Cup" is associated with which sport in India?

- a) Cricket b) Hockey
c) Football d) Tennis

Q31. The "Federation Cup" is associated with which sport in India?

- a) Cricket b) Hockey
c) Tennis d) Football

Q32. The Indian Super League (ISL) is associated with which sport?

- a) Cricket b) Hockey
c) Football d) Kabaddi

Q33. The Wimbledon Championships are associated with which sport?

- a) Soccer (Football) b) Tennis
c) Cricket d) Golf

Q34. The "Durand Cup" is associated with which sport in India?

- a) Cricket b) Hockey
c) Football d) Tennis

Q35. The "Murugappa Gold Cup" is associated with which sport in India?

- a) Cricket b) Hockey
c) Football d) Tennis

Q36. The Wankhede Stadium is located in which city?

- a) Kolkata b) Delhi
c) Mumbai d) Chennai

Q37. The Masters Tournament is associated with which sport?

- a) Swimming b) Golf
c) Basketball d) Ice Hockey

Q38. The Davis Cup is a well-known competition in which sport?

- a) Cricket b) Soccer (Football)
c) Lawn Tennis d) Rugby

Q39. Which city is home to the iconic cricket stadium known as Eden Gardens?

- a) Mumbai b) Kolkata
c) Chennai d) Delhi

Q40. The "Santosh Trophy" is associated with which sport in India?

- a) Cricket b) Hockey
c) Football d) Tennis

Answers

Q1. b	Q2. a	Q3. d	Q4. b	Q5. c
Q6. c	Q7. b	Q8. c	Q9. b	Q10. c
Q11. b	Q12. a	Q13. b	Q14. c	Q15. b
Q16. a	Q17. a	Q18. b	Q19. c	Q20. b
Q21. a	Q22. b	Q23. c	Q24. a	Q25. b
Q26. c	Q27. c	Q28. d	Q29. a	Q30. c
Q31. d	Q32. c	Q33. b	Q34. c	Q35. b
Q36. c	Q37. b	Q38. c	Q39. b	Q40. c

