



13. NETBALL



121

INTRODUCTION

Netball emerged from early versions of basketball and evolved into its own sport as the number of women participating in sports increased. The game was initially played indoors between two teams of nine players, using an association football that was thrown into closed-end peach baskets. From the start, it was considered socially appropriate for women to play netball; netball's restricted movement appealed to contemporary notions of women's participation in sports, and the sport was distinct from potential rival male sports. Netball became a popular women's sport in countries where it was introduced and spread rapidly through school systems.

HISTORY

In Australia, the term women's basketball was used to refer to both netball and basketball. During the 1950s and 1960s, a movement arose to change the Australian name of the game from women's basketball to netball in order to avoid confusion



between the two sports. In 1970, the Council of the All Australia Netball Association officially changed the name to "netball" in Australia.

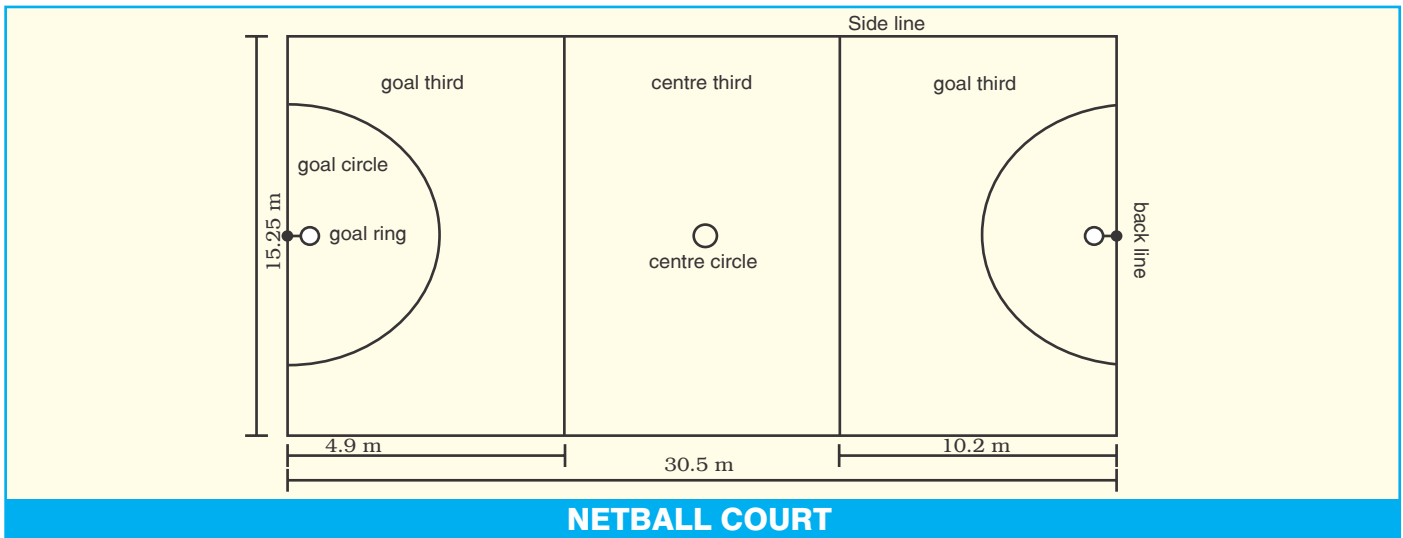
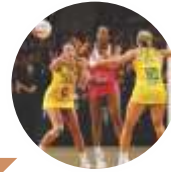
The World Netball Championships have been held every four years since, most recently in 2015. The World Youth Netball Championships started in Canberra in 1988, and have been held roughly every four years since. In 1995, the International Olympic Committee designated netball as an Olympic recognised sport. Three years later it debuted at the 1998 Commonwealth Games in Kuala Lumpur.

Points To Remember

- | | |
|-------------------------------------|---|
| ● Shape of Netball court | = Rectangular |
| ● Length of Netball court | = 30.5 m (100 feet) |
| ● Width of the Netball court | = 15.25 m (50 feet) |
| ● Goal circle radius | = 4.9 m |
| ● Weight of Netball | = 397 – 454 gm (14 – 16 oz) |
| ● Circumference of Netball | = 27 – 28" |
| ● Internal diameter of Netball ring | = 15" (380 mm) |
| ● Height of Netball posts | = 10' (3.05m) |
| ● No. of players | = 7 |
| ● No. of officials | = 2 – Referees, 2 Scorers, 2 Timekeepers. |



Scan & View



NETBALL COURT

SPECIFICATIONS OF THE PLAYFIELD AND RELATED SPORTS EQUIPMENTS

- Netball Court
- Netball
- Netball Ring
- Netball Posts
- Scoreboard
- Uniform
- Netball Shoes
- Sport Gear

Netball Court: Netball is usually played on a wooden court measuring about 30.5 meters (100 feet) \times 15.25 meters (50 feet). The court is split into thirds, with the middle being known as "center third" and the other two sections containing the nets known as "goal thirds". In both of these goal thirds, there is a semicircle known as "the circle" that contains the hoop. If making your own court, it is important to use a flat surface that is safe to run around on.

Netball: Netball looks similar to volleyball. These balls are made of leather or rubber with a weight of 397 – 454g (14–16) ounces and a circumference of 27–28 inches. It is essential to have multiple netballs in case the one used gets lost or damaged.



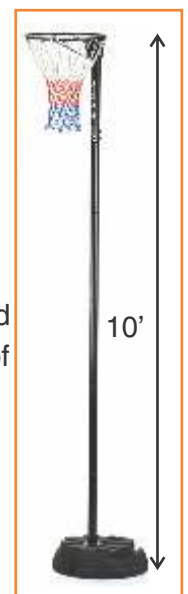
Netball Ring (or Goal):

Netball ring is located on top of the post. Netball rings have an internal diameter of 15 inches (380 mm) and go out 6 inches (150 mm) from the posts. They are typically made of steel. The colour of the net must be easily visible with a clean opening for the ball to pass through.



Netball Posts: The height of netball for professional is 10 feet (3.05 meters) and for junior level players the post height is normally set at 9 feet (2.74 meters).

Scoreboard: An electronic scoreboard is used in netball for smooth running of the play.





123



Equipments Used

Net ball Uniform:

Use comfortable clothes for flexibility and movement. The kit or bibs used must have player's name and position easily visible above the waist on front and back. Common materials worn are made of ultra-mesh, lycra, and micromesh for air flow and breathability.



Netball Shoes: The Netball shoes should be court specific and designed to withstand side-to-side and stop-start movement required to play the game.

These shoes have special design factors that help to improve performance and there is no risk of any injury.



Sports Gear: Knee and ankle guards are used for greater stability. Extra support on legs can help a player to perform at his best.



LATEST GENERAL RULES

- You cannot travel with the ball.
- There are only 7 players on court from each team at all times unless a player has been sent off by the referee.
- You cannot snatch or hit the ball out of a player's hands. This is called contact.
- You must stand beside the player until the ball has left the player's hands.
- When defending the ball, you must stand 3 feet away from the person with the ball.
- Players cannot hold the ball for more than 3 seconds.

- Players are not allowed to move into the areas that they are not designated to.
- When the defense in the circle are called up by the referee, they have to stand beside the shooter.
- The shooter has the decision of shooting the ball or passing the ball.
- When the ball goes out of court, the team who last touched the ball hands the ball over to the opposing team.

FUNDAMENTAL SKILLS

Catching: Catching is one of the most important skills in netball. You need to get the technique correct and then have lots of practice.

To catch:

- Eyes on the ball
- Extend hands forward with fingers spread and thumbs behind the ball (make a 'W') keeping hands "soft"
- Pull / grab / snatch the ball towards your body



Chest Pass: Pass with two hands from the chest, used for quick, short, and accurate passes.

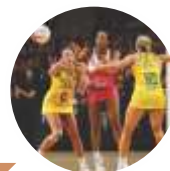
- Stand front on with the ball in two hands at chest height and elbows down
- Step forward
- Push the ball with wrist and fingers



Shoulder Pass: One hand pass used for speed and accuracy over long distances.

- Opposite foot to the throwing arm forward
- Ball held with one hand level with the shoulder
- Step forward as throwing arm comes through





- Follow through throwing arm in the direction of the pass

Goal Shooting:

- Ball is held above the head-feet, knees, elbow all pointing to the post
- Rest the ball on one hand and place the other hand on the side of the ball to steady it
- Stand with feet about shoulder width apart
- Bend the knees and shoot the ball - aim high, not at the ring
- Flick wrist and point the fingers at the post (wave good-bye to the ball) - rebound.

**Landing:**

- Control the hip, knee and ankle when landing. Do not allow for any swing (inward or outward) on landing.

- Keep the knee and toe pointing in the same direction
- Ensure a 'soft' (slightly bent) landing of the hip, knee and ankle.

By following these guidelines the risk of injury to the lower limb is reduced and a stable base is made to ensure a fantastic pass and decision can be made in a short span of time.

Netball is a fast paced sport, players are required to move with speed and agility.

The ability to land and use correct footwork techniques while in a dynamic situation is a fundamental skill netballers are required to master.

**IMPORTANT TOURNAMENTS****International**

1. Netball World Cup
2. Asian Netball Championship
3. Commonwealth Games

National

1. National Netball Championship
2. Federation Cup Netball Championship
3. US Open Netball Championship

VIVA-VOCE

Q1. What are the dimensions of Netball court ?

Ans. 30.5 metre (100 feet) × 15.25 metre (50 feet)

Q2. What is the weight of netball ?

Ans. The weight of netball is 14-16 ounces.

Q3. What is the circumference of a Netball ?

Ans. It is 27-28 inches.

Q4. Netball is made of which material ?

Ans. It is made of leather or rubber.

Q5. What is the height of net ball posts ?

Ans. The height of netball posts is 10 feet (3.05 metre).

Q6. What is the internal diameter of netball rings ?

Ans. The internal diameter is 15 inches (380 mm) and go out 6 inches (150 mm) from the posts.

Q7. What is the function of scoreboard in netball ?

Ans. An electronic scoreboard is used in netball for smooth functioning of the play.

Q8. What type of clothes are used by the players during the play ?

Ans. Comfortable clothes are used for free movement and breathability.

Q9. What type of sports gear is used by players ?

Ans. Knee and ankle guards are used for greater stability during the play.

Q10. What type of shoes are used in netball ?

Ans. These shoes have special designed factors that help to improve the performance and there is no risk of injury.



14. FENCING



125

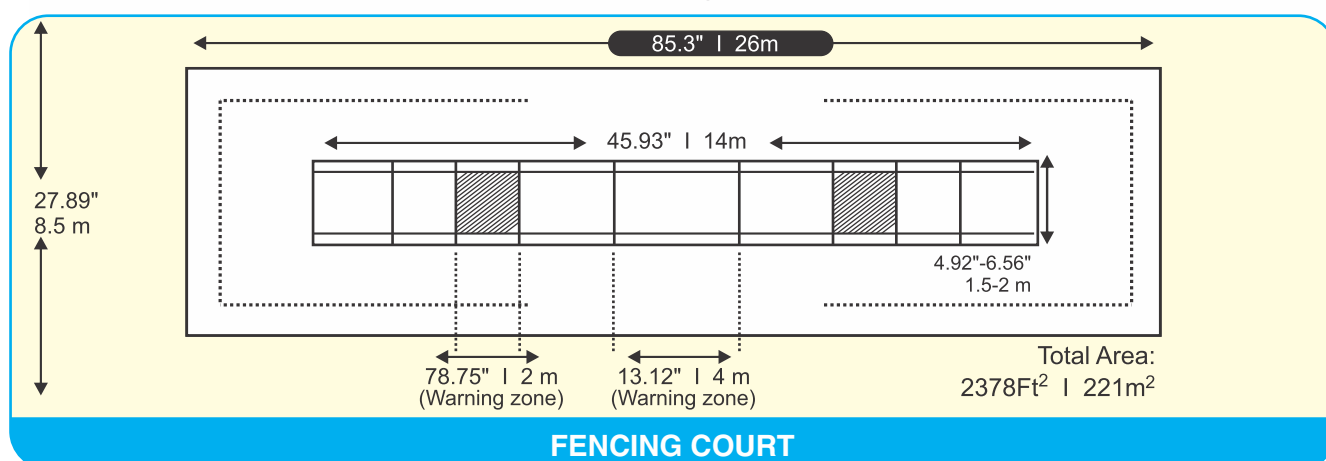
INTRODUCTION

The mechanics of modern fencing originated in the 18th century in an Italian school of fencing of the Renaissance, and under their influence, were improved by the French school of fencing. The Spanish school of fencing stagnated and was replaced by the Italian and French schools.

HISTORY

Fencing traces its roots to the development of swordsmanship for duels and self-defence. Fencing is believed to have originated in Spain;

some of the most significant books on fencing were written by Spanish fencers. Treatise on Arms was written by Diego de Valera between 1458 and 1471 and is one of the oldest surviving manuals on western fencing shortly before dueling came under official ban by the Catholic Monarchs. In conquest, the Spanish forces carried fencing around the world, particularly to southern Italy, one of the major areas of strife between both nations. Fencing was mentioned in the play The Merry Wives of Windsor written sometime prior to 1602.



FENCING COURT

Points To Remember

- Total weight of FOIL = Less than 500 g
- Maximum length of foil = 110 cm
- Maximum breadth of blade = 90 cm
- Length of fencing court = 45.93" (14m)
- Width of fencing court = 4.92" – 6.56" (1.5 – 2m)
- Total weight of EPEE = 770 gm
- Length of weapon = 110 cm
- Maximum length of blade = 90 cm
- Width of any three sides of blade = 24 mm
- Total length of SABRE = 105 cm
- Total weight of Sabree = Less than 500 gm
- Width of blade on the button = 4 mm
- Thickness below the button = 1.2 mm
- Maximum below length of blade = 88 cm



Scan & View



SPECIFICATIONS OF THE PLAYFIELD AND RELATED SPORTS EQUIPMENTS

Fencing Court : The portion of the field of play used for fencing should be 45.93" (14 m) long and 4.92" - 6.56" (1.5-2 m) wide. The field of play has an even surface and the field used for fencing is called the piste.

Fencing Weapons

1. **Foil**
2. **Epee**
3. **Sabre**

- **Foil** – This is the smallest weapon of all. Most fencers start with a foil. The target area for foil is upper body only excluding arm and neck. Foil fencers wear a metallic vest called a lame for target area. A lame does not protect fencers but it serves as a target area. FIE-approved blades are usually made from a type of high-end stainless steel metal called Maragine. The FIE foil blades are a little heavier and more expensive but they provide a substantial longer life span than the non-FIE blades. Foil masks were previously the same as the epee masks.



- **Epee** – Epee has a bigger guard compared to foil. The blade on the epee weapon is also wider thicker and heavier. The target area is from head to toe. Some epee blades are FIE approved.



- **Sabre** – Sabre differs from foil and epee in the action of touch. There is much more slashing in sabre fencing while foil and epee fencers mainly pokes the



opponents. The target area for sabre is any place above the waistline including arms and head. Sabre fencers must wear an electrical jacket (called a lame) for target area. Some sabre blades are FIE approved. The FIE approved blades are usually made from a type of high-end stainless steel metal called Maragine. The FIE blades are a little heavier and more expensive but they provide a substantial longer life span than the non-FIE blades. Unlike foil and epee, sabre FIE blades are not required in domestic or international tournaments. The replacement blades for sabre are also the cheapest among the three.

Equipments Used in Fencing

Jacket: These jackets are specially designed for fencing and are closely fitted with a special strap that goes between the legs and are used to provide adequate protection to fencers. Also folded fabric is sewn round the collar to prevent opponents attack.

Plastron: This is an underarm protector that is worn below the jacket to provide extra protection to the sword arm, belly and some parts of the fencers back side. This is made of material like kevlar.

Mask: There are different masks used for different weapons. These are : Foil masks, Sabre masks and three weapon masks. The mask should be free from holes and dents. The fencing mask can support 12 kg on the metal mesh.

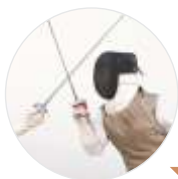
Breeches and Knickers: These are short trousers just below the knees. These are quipped with braces for protection.

Gloves: Gloves are used to protect the weapon hand and also for good grip. Besides, the gloves prevents blade from going into the sleeves and thus protects from any injury.

Chest Protector: It is made of plastic or aluminium. These are used in foil fencing and act as a guard against hits.



127



EQUIPMENTS USED



LATEST GENERAL RULES

- Fencers must salute one another and the referee at the beginning and end of the bout, with failure to do so can result in the loss of a point (the winner) or even suspension (the loser).
- Points are scored by hitting your opponent in accordance with the specific requirements for the type of weapon being used (as detailed above).
- In foil, strikes outside the target area stop the contest before resuming afresh, however strikes with the blade (whilst not counting) do not stop the action; the latter rule also applies to the epee.
- Barging the opponent, using your hand to cover the target zone or foot faults can lead to a points penalty at the referee's discretion.

FUNDAMENTAL SKILLS

The basic moves

There are three main moves used in fencing:

- Lunge** – the basic attacking move. The sword arm is extended fully, while the back leg remains stationary as the front leg moves forward.
- Parry** – a defensive action where the fencer blocks the opponent's lunge. When parrying, only the blade should move, while the arm should be kept as straight as possible.
- Riposte** – a counterattack by the fencer who has blocked the opponent with a parry.



LUNGE



PARRY



RIPOSTE

The Stance

The correct fencing stance is as follows:

- The correct position involves pointing the front foot straight forward, with the back foot at a 90° angle to it. The feet should be around 91cm (3ft) apart.
- Both legs should be bent, to enable the fencer to readily move speedily to make an attack or defend.
- The sword arm should be bent at a 45° angle in front of the fencer, and the other arm should be kept behind the fencer.
- When moving forward in fencing, the front foot should move first, and then be followed by the back foot.



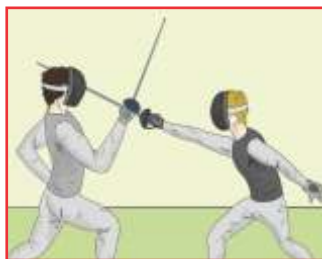


- When moving backward, the back foot should move first and then be followed by the front foot.

The attack

There are four types of fencing attacks on an opponent:

- **High outside** — an attack to the top of the opponent, going to the outside of the blade between the opponent's weapon and shoulder.
- **Low outside** — the same area as high outside but made closer to the waist.
- **High inside** — going inside of the blade, in the middle of the chest to the shoulder.
- **Low inside** — the same as high inside but lower.



IMPORTANT TOURNAMENTS

International

1. International Fencing Federation
2. Asian Fencing Championship
3. World Fencing Championship
4. Junior and Cadet World Fencing Championship
5. European Fencing Championship
6. Commonwealth Fencing Championship
7. USA Fencing National Championship
8. Turnoi Satellite Fencing Championship

National

1. Khelo India
2. National Championship

VIVA-VOCE

Q 1. What are the dimensions of fencing court ?

Ans. The dimensions are : 45.93" (14m) × 4.92"-6.56" (1.5-2m) wide.

Q 2. How many weapons are used in Fencing?

Ans. Three weapons.

Q 3. Which weapon is the edged weapon ?

Ans. Edged weapon is Sabre.

Q 4. Name the fencing weapons.

Ans. Foil, Epee and Sabre.

Q 5. How many forms of game are there ?

Ans. There are three forms of games in Fencing.

Q 6. What colour is usually worn by competitors in a fencing tournament ?

Ans. Fencing suits used are white.

Q 7. What are the basic skills of Fencing ?

Ans. Lunge, Parry, Riposte.

Q 8. Write the types of attacks in Fencing ?

Ans. High outside, low outside, high inside, low inside.



15. CRICKET



129

INTRODUCTION

The game evolved as the national sport in the 18th century England and was very prominent especially in London. Around 1760, bowlers began to pitch the ball instead of rolling or skimming it. To counter the bouncing ball, the old 'hockey stick' shape was replaced with modern straight bat. The introduction of 'new laws' in the late 18th century found inclusion of three stump wicket and lbw (leg before wicket).

HISTORY

The introduction of 'roundarm' and consequently 'over arm' in place of 'underarm' the bowling faced controversy in the 19th century. Being organized at the county level led to the creation of county clubs. Sussex was formed in 1839. The game was spread overseas by the British Empire and had found its foothold in India, North America, The Caribbean, South Africa, Australia and New Zealand. The first ever Test match took place at the Melbourne Cricket Ground between Australia and England in 1876-77.

During the 20th century, test cricket continued to expand with the inclusion of India, West Indies and New Zealand before World War II and Pakistan, Sri Lanka and Bangladesh in the post war period. English counties introduced a new limited over's variant in 1963 heralding a new era for the game. The International Cricket Council (ICC) organized the first Cricket World Cup in this version of the game in 1975. By the second half of the first decade of 21st century, 20 cricket has become very popular and the inaugural World Championship was held in 2007.



Points To Remember

- | | |
|--|-------------------------------|
| ● Number of players in cricket team | = 11 + 5 (Extra) = 16 |
| ● Number of umpires in a cricket match | = 2+1 (Third umpire) |
| ● Weight of the cricket ball | = 5 ½ to 5 ¾ ounces (156 gms) |
| ● Circumference of cricket ball | = 8" to 9" |
| ● Length of the cricket bat | = 38" (96.5 cms) |
| ● The widest part of cricket bat | = 4¼" (10.8 cms) |
| ● The breadth of pitch on both sides from central wicket | = 4 feet 4 inches |
| ● Distance of stumps from one side to the other | = 22 yards |
| ● Breadth of wickets | = 9 inches |
| ● Number of scorers | = 2 |
| ● Time for changing the player | = 2 minutes |



Scan & View



SPECIFICATIONS OF THE PLAYFIELD AND RELATED SPORTS EQUIPMENTS

Field of the play: Cricket is played on a large flat oval or circular field with a pitch in the middle. On the field of play there are always two umpires, two batsmen and all of the fielding team which include one bowler one wicketkeeper and nine other fielders.

Pitch: The even surface at the center of the field of play is known as the pitch. Moisture contents, grass, soil type are among the many pitch related factors that helps to determine how the ball will travel after it strikes the pitch. The pitch is 22 yards in length and 12 feet wide. The bowling crease is the length of a pitch (22 yards) and is the distance between the two bowling creases. A wicket is placed on each of the two bowling creases. The popping crease is the main part of the bowler's front foot and is behind this line, when the ball is delivered, the umpire calls "No Ball".

The Wicket: The wicket consists of three wooden stumps and two wooden bails. The bails rest on the

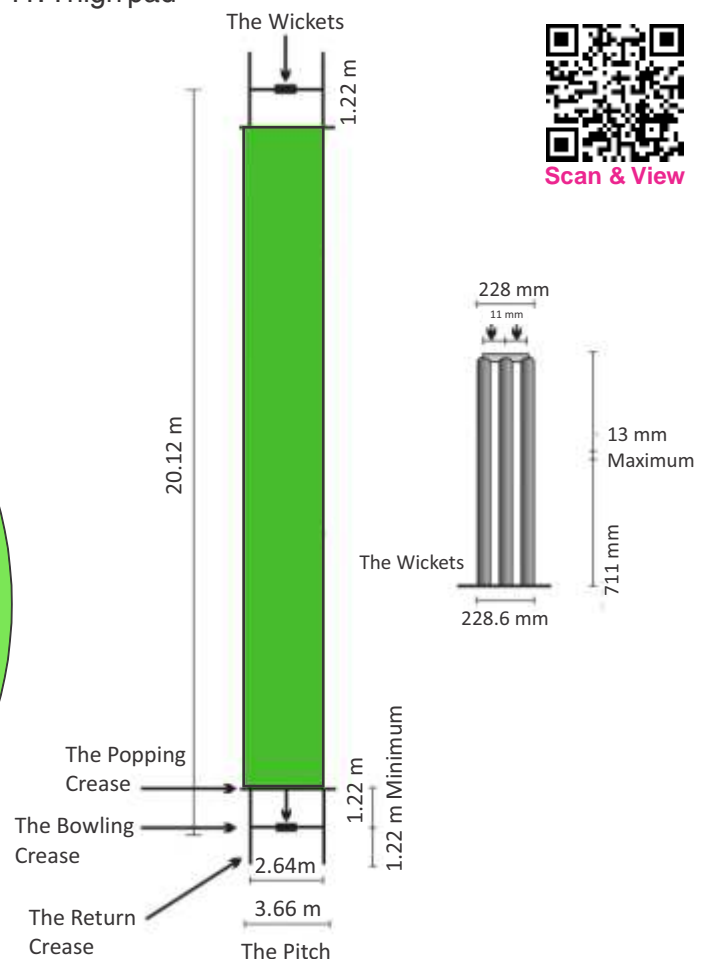
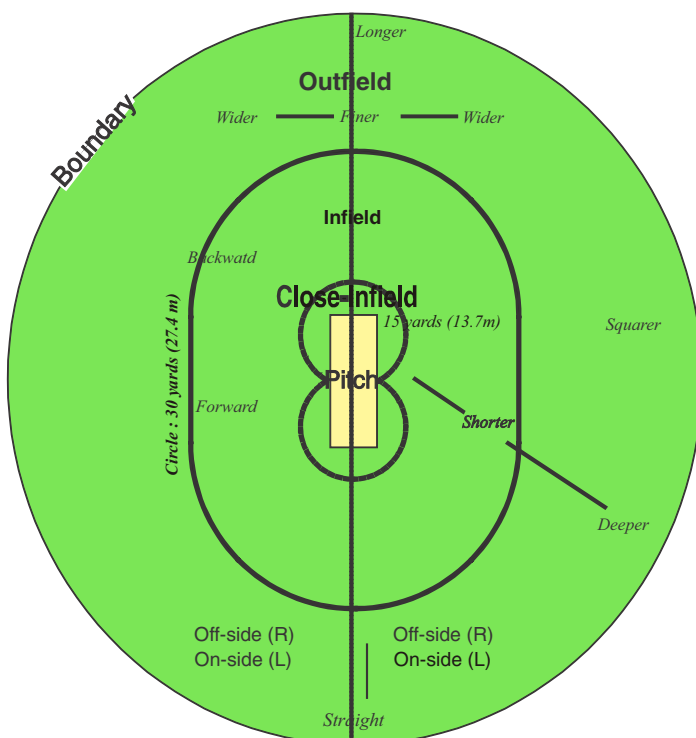
stumps in shallow grooves cut along the top of each stump. Two set of wickets are used in a match, each at either end of the pitches. The height of the stumps is 28 inches and width is 9 inches.

Ball: The cricket ball consists of a leather exterior and an interior of rubber cork and tightly wound string which makes the ball very hard. Although the red ball is traditional, white balls are regularly used in limited over matches. The diameter of the ball is 9 inches.

Bat: Made of wood and comprising of a blade and handle, the bat should not exceed 38 inches in length.

Safety Equipments

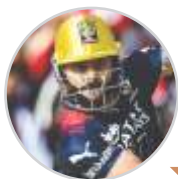
1. Leg guards
2. Batting gloves
3. Abdominal guard
4. Helmet
5. Wicketkeeping pads
6. Batting pads
7. Chest pad
8. Elbow guard
9. Bowling spikes
10. Wicketkeeping gloves
11. Thigh pad



Scan & View



130

**LATEST GENERAL RULES**

1. Every teams hall play two innings alternately.
2. At least 15 minutes before the start of the match, the captains of both the teams shall toss for the innings.
3. The winner of the toss shall communicate to the captain of the rival team about his decision regarding batting or fielding. The decision shall not be changed later on.
4. To declare the innings, the captain of batting team may declare an innings closed at any time during a match.
5. **Boundaries** – If the ball crosses the boundary line, after a batsman hits it, it is called a boundary. Four runs are given for a boundary. If the hit ball directly falls out of the boundary (even though some fielder has touched it) it is called a sixer. If the boundary results from an overthrow, then the scored runs and the runs of the boundary shall be counted in the score.
6. **Bye** – When the ball has not touched the bat or the batsman but batsman takes a run that run is called a bye Run.
7. **The result** – Any team which makes more runs in its two completed innings is considered winner team in a test match. One day matches shall be decided by the one inning.
8. **Over** – (a) The Ball shall be bowled from each wicket in overs consisting of 6 Balls. This is done alternately on each wicket.
(b) A 'No Ball' and a 'Wide Ball' shall not be reckoned as one of the overs. No bowler can ball two overs consecutively in one innings.
9. **Leg Bye** – When the ball touches the leg or body of the batsman excluding hands, then the batsman runs and gets Leg bye run.
10. **No Ball** – While playing the ball if the front foot of the bowler goes ahead of batting crease or cuts the returning crease the umpire declares 'No ball'.
11. **Wide Ball** – The umpire declares a wide ball if the bowler shall bowl the ball so high or so wide

over the wicket, that the ball passes out of the reach of the striker.

The batsman gets out in the following ways:

1. **Bowled out:** When the bowler delivers a ball that hits the wicket.
2. **Time out:** If the incoming batsman takes more than three minutes to reach the pitch.
3. **Caught:** If a fielder catches the ball after the batsman hits it and before it touches the ground.
4. **Handle the ball:** When a batsman handles the ball without the consent of the fielding side.
5. **Hit the ball twice:** When the batsman strikes the ball twice.
6. **Hit wicket:** If the bat or any part of batsman breaks the wicket.
7. **Run out:** If the wicket is broken and the bat or batsman is not behind the popping crease.
8. **Stumped out:** If the wicketkeeper hits the wicket and the batsman is outside the popping crease.
9. **Obstructing the field:** If the batsman deliberately obstructs the fielding side.
10. **Leg before wicket:** Leg before wicket is perhaps the most complex, controversial and difficult thing to judge in cricket. When the part of the batsman intercepts a ball that would have hit the wicket.
Extra Run: Runs scored that did not arise from the batsman striking the ball are called extra runs. The most common extras are no balls, bye, leg-bye and wides.

FUNDAMENTAL SKILLS**Batting:**

1. Grip
2. Stance
3. The back lift
4. Defensive batting
5. Stroke

(i) **Forward stroke:** The batsman moves in a forward direction. He may take two or three small steps so that the ball bounces near the batsman. The batsman hits on the half volley.

(ii) **Backward stroke:** This stroke is used when the ball bounces far away from batsman and he is



able to see the movement of ball after it hits the ground. In this stroke the batsman brings the back leg into the path of the ball so that no space for the ball to pass is given.

6. The hook

7. The cuts: square cut, late cut, leg glance.

Bowling techniques:

The good bowling depends on speed, turn and length. The bowling is divided into two categories i.e. fast or medium pace bowling and spin bowling.

(a) **Out Swing:** The ball moves in the air from leg stump to off stump.

(b) **In swing:** In this the ball moves from off stump to leg side.

(c) **Leg spin:** The ball moves after touching the ground. The ball bounces in line to leg stump and moves towards off side.

(d) **Off spin:** The ball bounces at the off stump and moves towards the leg stump.

(e) **Googly:** It is an off spin ball and is performed by action of the leg spin.



OUT SWING



IN SWING



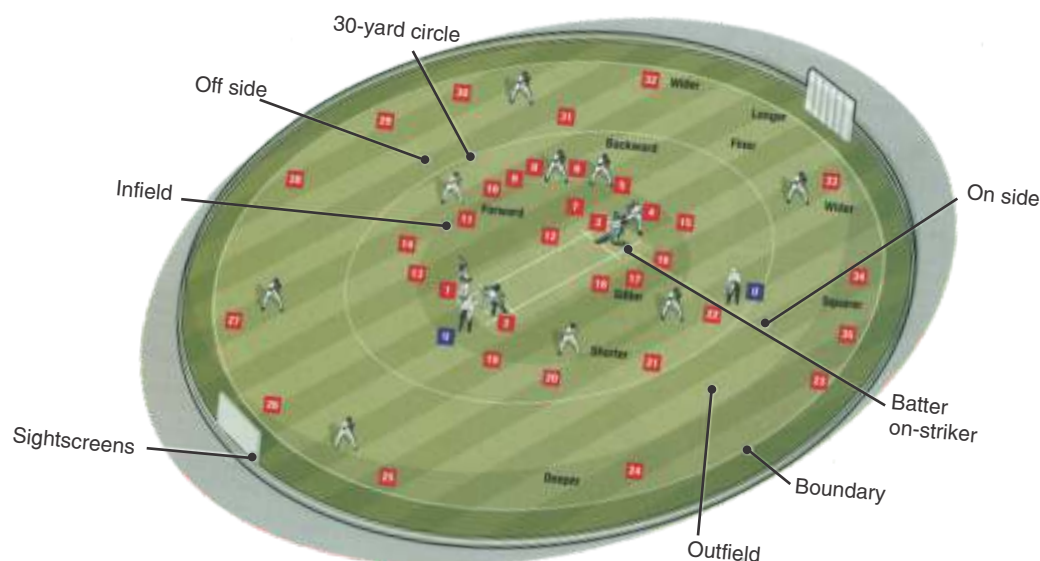
LEG SPIN



OFF SPIN

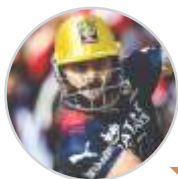
FIELDING POSITIONS (As per diagram given below)

1 Bowler	7 Silly point	13 Mid-off	19 Mid-on	25 Long-on	31 Backward point
2 Non-striking batter	8 Point	14 Wide mid-off	20 Wide mid-on	26 Straight hit	32 Third man
3 Striking batter	9 Cover point	15 Leg slip	21 Mid wicket	27 Long-off	33 Find leg
4 Striking batter	10 Cover	16 Short leg	22 Square leg	28 Deep extra cover	34 Long leg
5 Slips	11 Extra cover	17 Forward short leg	23 Deep square leg	29 Deep cover	35 Deep b/w find leg
6 Gully	12 Silly mid-off	18 Silly mid-point	24 Deep mid-wicket	30 Sweeper	36 Umpires





132

**IMPORTANT TOURNAMENTS****International**

1. ICC Cricket World Cup
2. ICC Champions Trophy
3. ICC World Cup T20
4. World Cricket League

National

1. Ranji Trophy
2. Duleep Trophy
3. Vijay Hazare Trophy
4. Deodhar Trophy
5. Irani Trophy
6. Indian Premier League (IPL)

VIVA-VOCE

Q1. A cricket team consists of how many players?

Ans. There are 16 players in a cricket team.

Q2. What is the total number of umpires in a cricket team?

Ans. There are 3 umpires in a cricket match. Two umpires in ground and third umpire is out of the field.

Q3. What is the length of a cricket bat?

Ans. The length of a cricket bat is 38 inches.

Q4. How much is the maximum width of a cricket bat?

Ans. The maximum width of a cricket bat is $4\frac{1}{4}$ inches.

Q5. What is the weight of a cricket ball?

Ans. The weight of a cricket ball is $5\frac{1}{2}$ to $5\frac{3}{4}$ ounces.

Q6. How much is the circumference of a cricket ball?

Ans. The circumference of a cricket ball is 8 to 9 inches.

Q7. What is the colour of a cricket ball?

Ans. The colour of a cricket ball is red for day matches and white for night matches.

Q8. How much is the distance of stumps from one side to the other?

Ans. The distance of stumps from one side to the other is 22 yards.

Q9. How much is the breadth of the pitch on both sides?

Ans. The breadth of the pitch on both sides is 4 feet and 4 inches.

Q10. What is the breadth of wickets?

Ans. The breadth of the wickets is 9 inches.

Q11. What is the size of the screen?

Ans. The size of the screen is 9.14 m x 3.65 m.

