

CUET · PHYSICAL EDUCATION · CLASS XI · CODE 321

# Team Games

CUET unit: Games and Sports / Team Games — history, rules, equipment specifications, fundamental skills

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## Snapshot

- Chapter defines a team game and surveys seven classic team games — Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho and Volleyball — with history, rules, court/ground specifications, equipment and skills.
- CUET regularly tests factual data (year of invention, court/ground dimensions, ball weight/circumference, number of players, duration, officials).
- Skill names (dribbling, passing, shooting, rebounding) and rule-violations (3-sec, 5-sec, 8-sec, 24-sec, LBW, offside, 7-metre throw) are high-yield distractor material.
- Indian-context facts (BFI founders, Durand Cup, AIFF, Arjuna/Khel Ratna awardees) and governing bodies (FIBA, ICC, FIFA, IHF, AHF) are recurrent MCQ themes.

## Detailed Notes

### 2.1 Core concepts

- A **team game** is an activity in which individuals are organised in a team to compete with the opposing team in accordance with a set of laws/rules to win; classic examples are Basketball, Cricket, Football, Handball, Hockey, Volleyball etc. (NCERT §Team Games intro, p. 129)
- **Basketball** is played between two teams of five players each on a court; it builds bone-muscle strength and boosts immunity. (NCERT §Basketball, p. 129)
- Basketball was invented by **Dr. James Naismith in December 1891** at the YMCA Training School (now Springfield College), Springfield, Massachusetts; first rules were published in the college magazine "Triangle" on 15 January 1892 under the title "A New Game". (NCERT §History, p. 129-130)
- **FIBA** (Federation Internationale de Basketball) was founded in **Geneva in 1932**; Basketball was officially recognised as an Olympic game in **1936 at Berlin**; first appeared in the III Olympic Games at St. Louis, USA in 1904. (NCERT §History, p. 130)
- Basketball reached India c. 1905 at YMCA Calcutta; **BFI (Basketball Federation of India) was constituted in 1950 at Mumbai**; first National Championship under BFI held at **Ludhiana in 1951**. (NCERT §History of basketball in India, p. 130-131)

- **Basketball court** measures **28 m × 15 m** with at least 2 m free space; lines are 5 cm wide; centre circle has a radius of 1.80 m. (NCERT §Playing court / Boundary lines, p. 131)
- **Free-throw line** is 5.80 m from inner edge of end line and 3.60 m long; restricted area outer edges are 2.45 m from mid-point of end lines. Scoring — **3 points** from beyond 3-point line, **2 points** from inside, **1 point** for free-throw. (NCERT §Free-throw lines, p. 132)
- **Backboard** dimensions 1.80 m × 1.05 m; ring inside diameter 450-459 mm; net 400-450 mm with 12 loops; rim is 3.05 m from ground. (NCERT §Backboard, p. 133)
- **Men's basketball (Size 7)** circumference 749-780 mm and weight 567-650 g; **Women's (Size 6)** 724-737 mm and 510-567 g. (NCERT §Table 1, p. 134)
- A team has up to **12 members** including captain; **5 players** on court; game has **4 periods of 10 minutes each**, half-time 15 min, 2-min intervals between quarters; tied scores → 5-min extra periods. (NCERT §Team / Playing time, p. 134-135)
- Time violations — **3 sec** (restricted area), **5 sec** (holding the ball), **8 sec** (must go to opponent's court), **24 sec** (shot clock). Five personal fouls → player excluded. (NCERT §Violations / Fouls, p. 136-137)
- Fouls categorised as **Personal, Technical, Unsportsmanlike, Disqualifying**. Basic skills include stance, footwork, dribbling, passing-receiving, shooting and rebounding. (NCERT §Fouls / Basic Skills, p. 138)
- Passing types — Chest, Overhead, Push, Bounce, Shoulder, Hook, Off-the-dribble, Baseball. Shooting types — Jump, Dunk, Free Throw, Layup, Three-point shot. (NCERT §Passing / Shooting, p. 139)
- Three basic defences — **Man-to-man, Zone, Combined defence**. (NCERT §Defence, p. 140-141)
- **Prasanthi Singh** received Arjuna Award (2017) and was the first basketball player to receive **Padma Shri (2018)**. (NCERT §Awards, p. 141)
- **Cricket** game first recorded in 16th-century England; first recorded match in Kent in 1646; **MCC formed 31st May 1787**; ICC (then Imperial Cricket Conference) formed **30 Nov 1907**; **BCCI established 1928**; India's first Test was vs England in **1932**. (NCERT §Cricket — History, p. 142-143)
- Cricket: 11 playing + 5 extras = 16; **3 umpires, 1 match referee, 2 scorers**; bat 38 in/965 mm long and 4.25 in/108 mm wide; ball **155.9-163 g**, circumference 22.4-22.9 cm; pitch **22 yds (20.12 m) × 3.05 m**; stumps 28 in high, 9 in wide. (NCERT §Cricket Table, p. 145)
- 11 ways of dismissal — Bowled, Caught, Stumped, LBW, Run Out, Hit Wicket, Handled the Ball, Obstructing the Field, Timed Out, Hit the Ball Twice, Retired. (NCERT §When is a batsman declared out, p. 146-148)
- **Football** — FIFA founded in **Paris in 1904**; FA (England) was the first governing body; Durand Cup started in **Shimla 1888** (second oldest in the world). AIFF formed

1937; affiliated to FIFA in 1948 and AFC in 1954. (NCERT §Football — History, p. 149-151)

- Football ground: length 90-120 m, width 45-90 m (FIFA); ball circumference **68-70 cm**, weight **410-450 g**, air pressure 0.6-1.1 atm. There are **17 Laws of football**; match — two equal halves of **45 minutes** with half-time  $\leq$  15 min. (NCERT §Laws 1, 2, 7, p. 151-154)
- 11 players per team (one goalkeeper);  $\geq$ 7 required to start; max 3 substitutes (official competition). Fouls penalised by Direct/Indirect Free Kick or Penalty Kick; Yellow/Red Card system. **Goalposts 7.32 m apart, 2.44 m high**. (NCERT §Laws 3, 12, p. 152, 155-160)
- **Handball** — international governing body formed in 1928 as Federation International Handball Amateur; renamed **IHF in Copenhagen 1946**; first men's World Championship 1954, women's 1957. Women's Handball added to Olympics in 1976 Montreal. (NCERT §Handball — History, p. 161)
- **Handball Federation of India** established 1972; first National Championship at Rohtak (1972). India's first Asian Games participation 1982. Court is **40 m × 20 m**; team has 16 players (7 playing: 6 court + 1 goalkeeper). (NCERT §Functional Rules, p. 161-163)
- Handball: 3 steps with the ball, 3 seconds holding; durations by age — 8-12 yrs (2×20 min), 12-16 yrs (2×25 min), 16+ (2×30 min); overtime 2×5 min. Penalties — Yellow Card warning, 2-minute suspension, Red Card disqualification (= three 2-min suspensions). (NCERT §Playing the Ball / Punishments, p. 164-166)
- Handball **goal area = 6-metre line**, free-throw line = 9-metre line (broken), 7-metre line for penalty; goal interior 2 m × 3 m. (NCERT §Specifications, p. 167)
- Handball ball sizes — IHF Size 3 (men/male youth >16): 58-60 cm, 425-475 g; IHF Size 2 (women, male youth 12-16): 54-56 cm, 325-375 g; IHF Size 1 (female youth 8-14, male 8-12): 50-52 cm, 290-330 g. (NCERT §Table 5, p. 168)

## 2.2 Definitions to memorise

| Term           | Definition  | Page |
|----------------|---|------|
| Team game      | Activity where individuals are organised in a team to compete with the opposing team under rules to win | 129  |
| Violation      | An infraction of the rules of the game (e.g., dribbling, out-of-bounds, time rules in basketball)       | 136  |
| Personal foul  | Illegal personal contact between two opponents in basketball; >5 fouls → player excluded                | 137  |
| Technical foul | A non-contact foul of a behavioural nature (warning, disrespect, foul language, delay)                  | 138  |
| Rebound        | Gaining possession of the ball after a missed field goal or free throw                                  | 140  |

| Term                             | Definition  | Page     |
|----------------------------------|---|----------|
| LBW                              | Ball bowled hits the batsman first (not bat) and would have hit the wickets — Leg Before Wicket       | 147      |
| Offside                          | A player is offside if nearer to opponents' goal line than both the ball and the second-last opponent | 155      |
| 7-metre throw                    | Penalty throw in handball awarded for illegally demolishing a clear scoring chance                    | 165      |
| Throw-off                        | Restart in handball given to team that wins toss; opponents 3 m away from ball                        | 164      |
| Twelfth player                   | Reserve fielder in cricket used if a player is injured — cannot bat, bowl, keep wicket or captain     | 143      |
| Free throw (basketball)          | Unopposed 1-point shot from 5.80 m line after a foul  | 132      |
| Three-point shot                 | Field goal scored from beyond the 6.75 m arc — worth 3 points   | 132      |
| Crouch start (basketball stance) | Low triple-threat stance for dribbling/shooting/passing   | 138      |
| Zone defence                     | Defenders cover an area rather than a specific player   | 140      |
| Man-to-man defence               | Each defender marks a designated opponent   | 140      |
| LBW                              | Leg Before Wicket — ball would have hit stumps but for the pad  | 147      |
| Yellow Card                      | Caution shown to player for serious foul (football/handball)  | 158, 165 |
| Red Card                         | Sending-off; player permanently excluded from match   | 158, 166 |
| Direct Free Kick                 | Football restart from which a goal can be scored directly   | 156      |
| Indirect Free Kick               | Football restart from which goal can only be scored after a touch                                     | 157      |
| Penalty Kick                     | Football kick from 11 m spot for foul inside penalty area   | 157      |
| Throw-off                        | Handball restart at centre after toss   | 164      |
| FA Cup                           | World's oldest football championship (1872, England)  | 150      |

### 2.3 Diagrams / processes to remember

- **Fig. 5.2 — Basketball court** (28 m × 15 m) — locate centre circle (radius 1.80 m), 3-point line, no-charge semi-circle, restricted area. (p. 131)
- **Fig. 5.3 — Restricted area in basketball:** 5.8 m × 4.9 m, no-charge semi-circle, neutral zone. (p. 132)

- **Fig. 5.4-5.5 — Basketball backboard:** 182.9 × 121.9 cm; rim 3.05 m from ground; inner rectangle 61 × 45.7 cm. (p. 133)
- **Fig. 5.7 — Basketball player positions:** 1-Point guard, 2-Shooting guard, 3-Small forward, 4-Power forward, 5-Centre. (p. 134)
- **Fig. 5.15 — Cricket fielding positions** (slips, gully, point, cover, mid-off, mid-on, square leg, fine leg, third man, long off/on, deep square, deep mid-wicket). (p. 144)
- **Fig. 5.17 — Cricket pitch:** 20.12 m × 3.05 m with bowling, popping, return creases. (p. 145)
- **Fig. 5.19 — Umpire signals:** Bye, Leg-bye, Out, Short Run, Six, Four, Decision Change, Dead Ball. (p. 146)
- **Fig. 5.23 — Football ground** with 90-120 m × 45-90 m, penalty spot 11 m, centre circle radius 9.15 m, penalty area 16.5 m × 40.3 m. (p. 151)
- **Fig. 5.29/5.30 — Handball court** 40 m × 20 m: 6-m goal-area, 9-m free-throw (broken), 7-m penalty, 4-m goalkeeper restraining line. (p. 162)
- **Fig. 5.32 — Handball goalpost:** 3 m × 2 m, posts 8 cm square cross-section, painted in two contrasting colours. (p. 168)

## 2.4 Common confusions / NTA trap points

- Basketball **3-point line distance** vs free-throw distance — free throw is 5.80 m; 3-point shot is from outside the 3-point arc (don't confuse with the no-charge semi-circle 1.25 m).
- Basketball Time Rules: **3-sec** (in restricted area), **5-sec** (holding), **8-sec** (cross half-court), **24-sec** (shot clock) — frequently swapped in distractors.
- FIFA founded **1904 in Paris**; Durand Cup **1888 in Shimla** — second oldest tournament in the world (FA Cup 1872 is the oldest football championship).
- Cricket ball weight **155.9-163 g** is often confused with football ball weight **410-450 g**.
- Handball court (**40 × 20 m**), Basketball court (**28 × 15 m**), Football ground (**90-120 × 45-90 m**) — dimensions get swapped.
- Cricket pitch length — **22 yds = 20.12 m**, not 22 m. Width 3.05 m or 10 feet.
- BFI established **1950 at Mumbai**; first National Championship under BFI **1951 at Ludhiana** — students often invert these.
- Basketball ring inside diameter is **450-459 mm** and rim is **3.05 m from ground** — exactly equal to cricket pitch width by coincidence.
- Basketball Men Size 7 = 749-780 mm / 567-650 g; Women Size 6 = 724-737 mm / 510-567 g. The "Size 5" used by mini basketball is NOT discussed.
- Handball ball IHF Sizes 1/2/3 — Size 3 men (58-60 cm, 425-475 g); Size 2 women (54-56 cm, 325-375 g); Size 1 youth (50-52 cm, 290-330 g). Easy to mis-assign by gender.

- Cricket has **11 ways of dismissal** — not 10 — including "Hit the ball twice" and "Retired".
- Football has **17 Laws** (not 11 or 19); match = 2 × 45 min; max 3 official substitutes.
- Handball durations by age: 8–12 yrs (2 × 20 min); 12–16 yrs (2 × 25 min); 16+ (2 × 30 min); overtime 2 × 5 min.
- Handball penalties: Yellow Card warning → 2-min suspension → Red Card disqualification = three 2-min suspensions. NTA likes to drop a step.

## 2.5 Key concepts table — court dimensions, durations and historical anchors

| #  | Sport / item               | NCERT specification   | Page    |
|----|----------------------------|---|---------|
| 1  | Basketball court           | 28 m × 15 m; 5 cm lines; 2 m free space; centre circle r = 1.80 m | 131     |
| 2  | Basketball free-throw line | 5.80 m from end line; 3.60 m long                                 | 132     |
| 3  | Basketball scoring         | 3 (beyond arc), 2 (inside), 1 (free throw)                        | 132     |
| 4  | Basketball backboard       | 1.80 × 1.05 m; rim 3.05 m high; ring ID 450–459 mm                | 133     |
| 5  | Basketball Size 7 (M)      | 749–780 mm circumference; 567–650 g                               | 134     |
| 6  | Basketball Size 6 (W)      | 724–737 mm; 510–567 g   | 134     |
| 7  | Basketball team            | 12 members; 5 on court; 4 × 10 min + 5-min OT                     | 134–135 |
| 8  | Basketball time violations | 3-s, 5-s, 8-s, 24-s   | 136–137 |
| 9  | Basketball fouls types     | Personal, Technical, Unsportsmanlike, Disqualifying               | 137–138 |
| 10 | Basketball founder         | Dr James Naismith, Dec 1891, YMCA Springfield MA                  | 129–130 |
| 11 | FIBA                       | Geneva, 1932  | 130     |
| 12 | BFI                        | Mumbai, 1950; 1st National 1951 Ludhiana                          | 130–131 |
| 13 | Cricket MCC formed         | 31 May 1787   | 142     |
| 14 | ICC                        | 30 Nov 1907   | 143     |
| 15 |                            | 1928 / 1932 vs England  | 143     |

| #  | Sport / item            | NCERT specification   | Page     |
|----|-------------------------|---|----------|
|    | BCCI / India 1st Test   |   |          |
| 16 | Cricket ball            | 155.9–163 g; 22.4–22.9 cm circumference   | 145      |
| 17 | Cricket bat             | 38 in / 965 mm long, 4.25 in / 108 mm wide  | 145      |
| 18 | Cricket pitch           | 22 yds / 20.12 m × 3.05 m   | 145      |
| 19 | Cricket dismissals      | 11 ways (Bowled, Caught, Stumped, LBW, Run Out, Hit Wicket, Handled, Obstructing, Timed Out, Hit Ball Twice, Retired) | 146–148  |
| 20 | Football FIFA founded   | Paris, 1904   | 149      |
| 21 | Durand Cup              | Shimla, 1888 — 2nd oldest in world  | 150      |
| 22 | AIFF                    | 1937; FIFA-affiliated 1948; AFC 1954  | 151      |
| 23 | Football ground         | 90–120 m × 45–90 m  | 151      |
| 24 | Football ball           | Circumference 68–70 cm; 410–450 g; 0.6–1.1 atm  | 152      |
| 25 | Football laws           | 17 Laws; 2 × 45 min; ≤ 3 substitutes; goalpost 7.32 × 2.44 m  | 152–160  |
| 26 | Handball governing body | IHF, Copenhagen 1946  | 161      |
| 27 | HFI                     | 1972; 1st National Rohtak 1972  | 161      |
| 28 | Handball court          | 40 m × 20 m; goal 2 × 3 m   | 162, 167 |
| 29 | Handball team           | 16 squad; 7 on court (6 + 1 GK)   | 163      |
| 30 | Handball ball balls     | Size 3 (M) 58–60 cm; Size 2 (W) 54–56 cm; Size 1 (Y) 50–52 cm   | 168      |

## 2.6 Extended discussion — why team games dominate the CUET stem-density curve

Team games occupy the highest stem-density slot in the CUET PE syllabus because every game contributes at least four exam-friendly fact families: a **founder / federation cluster**, a **court/ground dimension cluster**, an **equipment specification cluster** and a **rule / time / scoring cluster**. Multiply by seven sports and you have roughly 30 atomic facts ripe for direct-recall MCQs.

The **founder/federation cluster** is best memorised as a paired table. Naismith → Basketball → 1891 → FIBA 1932 → BFI 1950; cricket "16th-century England" → MCC 1787 → ICC 1907 → BCCI 1928; football FA 1863 → FIFA 1904 → AIFF 1937 → Durand Cup 1888; handball → IHF 1946 → HFI 1972. NCERT explicitly notes that Durand Cup is

the **second-oldest tournament in the world** — the world's oldest football championship is the FA Cup (1872), mentioned in passing.

The **court/ground dimension cluster** has internal mnemonics. Handball court is **double** the size of basketball court in each dimension (40 × 20 m vs 28 × 15 m, give or take). Football is range-based (90–120 × 45–90 m) to accommodate older grounds. Cricket pitch is a single immutable strip (22 yds × 10 ft = 20.12 × 3.05 m). Basketball rim is at the same numerical height (3.05 m) as the cricket-pitch width — useful memory bridge.

The **equipment specification cluster** is where students most often slip. Basketball ball: Men Size 7 (≈ 8" diameter, 567–650 g); Women Size 6 slightly smaller and lighter. Football: 68–70 cm circumference, 410–450 g, 0.6–1.1 atm air. Cricket: 155.9–163 g, 22.4–22.9 cm circumference (smaller and heavier than the basketball/football). Handball: gendered sizes 1/2/3 with both circumference and weight bands. CUET examiners exploit cross-sport weight confusion by inserting a cricket ball weight under a "basketball" stem.

The **rule/time/scoring cluster** has its own subtle traps. Basketball: 3/5/8/24 second rules; 4 × 10 min game; 5 personal fouls = exclusion. Football: 17 Laws, 2 × 45 min, 3 substitutes, offside (level with 2nd-last opponent or last two = onside), yellow/red cards. Cricket: 11 ways of dismissal including the rare "Hit the ball twice", "Timed Out" and "Retired". Handball: 3-step rule + 3-second hold; Y-card → 2-min → R-card (= 3 × 2 min); 7-metre throw is the **penalty**; 9-metre line is the **free-throw**; 6-metre line is the **goal area**.

## Practice MCQs

## PYQ Alignment

Chapter 5 (Team Games) is a perennial CUET source — dimension and timing facts (court/ground sizes, ball weights, durations) and identification of governing bodies/founders appear almost every year. NTA typically frames 6-8 questions across Basketball, Cricket, Football and Handball mixing factual recall, match-the-following on time rules/skills, and assertion-reason items on offside/violations.