

Class X - Health and Physical Education

## Team Games and Sports II

# CBSE NOTES

## Team Games and Sports II - Quick Look Revision Guide

*Your 1-page summary of the most exam-relevant takeaways from Health and Physical Education.*



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# Key Points

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## 1. Kabaddi is an indigenous game of India.

Kabaddi is a traditional Indian sport that involves two teams competing by sending a 'Raider' to the opposite half to tag opponents while chanting 'Kabaddi'. It's known by various names across India.

## 2. Kabaddi court dimensions for men and women.

For men, the Kabaddi court is 13x10 meters, and for women, it's 12x8 meters. The court is divided into two halves by a midline.

## 3. Scoring system in Kabaddi.

Points are scored by tagging opponents and returning to the home half. A 'Lona' awards 2 extra points for making all opponents out.

## 4. Kho-Kho is a traditional chasing game.

Kho-Kho involves two teams, chasers and runners, with the objective of tagging runners within a time limit. It's played on a rectangular court.

## 5. Kho-Kho playground specifications.

The Kho-Kho playground is 27 meters long and 16 meters wide, with two rectangles at the ends and wooden poles in the middle.

## 6. Judo means 'the gentle way'.

Judo, developed in Japan, focuses on throws, grappling, and submissions. It emphasizes balance and leverage, derived from jujutsu.

## 7. Judo competition area details.

The Judo competition area is 14-16 meters square, with a contest area of 8-10 meters square, marked by a danger zone.

## 8. Wrestling is one of the oldest sports.

Wrestling involves grappling techniques like clinches and throws. It has historical significance in India, known as 'Malla Yuddha'.

## 9. Wrestling mat dimensions.

The wrestling mat is a 9-meter circle with a 1-meter border. The protection area is 1.2 to 1.5 meters wide.

## 10. Freestyle vs. Greco-Roman wrestling.

Freestyle allows attacks on legs, while Greco-Roman restricts leg attacks. Both styles have similar rules otherwise.

## 11. Kabaddi's offensive and defensive skills.

Offensive skills include touches and kicks, while defensive skills involve holds and blocks to counter the raider.

## 12. Kho-Kho's chain and ring game tactics.

Defenders use chain and ring formations to evade chasers, showcasing strategic movement and teamwork.

## 13. Judo's scoring system.

An 'Ippon' (10 points) wins the match instantly. Lesser scores can accumulate, with golden score deciding ties.

#### **14. Wrestling's scoring terms.**

Points are awarded for takedowns, exposures, reversals, and escapes. A fall wins the bout immediately.

#### **15. Kabaddi's time-out rules.**

Each team gets two 30-second time-outs per half. Official time-outs are for injuries or interruptions.

#### **16. Kho-Kho's match duration.**

A match has two innings of 9 minutes each for chasing and running, with teams switching roles.

#### **17. Judo's uniform requirements.**

Judokas wear a 'judogi' (uniform) in blue or white, with a belt indicating rank. The uniform must be loose-fitting.

#### **18. Wrestling's weight categories.**

Wrestlers compete in specific weight classes, ensuring fair matches. Categories vary by age and gender.

#### **19. Kabaddi's bonus point rule.**

A raider scores a bonus point by crossing the bonus line with at least 6 opponents on the court.

#### **20. Judo's penalties: shido and hansoku.**

Shido are minor penalties; three shido become hansoku-make (disqualification). Direct hansoku-make expels the judoka.

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