

GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.

PRELIMINARY EXAMINATION 2016-2017

SUBJECT : PHYSICAL EDUCATION

CLASS : X

TIME : 2 HOURS

MARKS: 100

Answers to this paper must be written on the paper provided separately.
You will **not** be allowed to write during the first 15 minutes.
This time is to be spent in reading the question paper.
The time given at the head of this paper is the time allowed for writing the answers.

Attempt **all** questions from SECTION A and **two** questions from SECTION B.
The intended marks for questions or parts of questions are given in brackets.[]

SECTION A (50 MARKS)

Attempt all questions from this section.

Question 1

- a) Define first aid. [2]
- b) What is meant by community health? [2]
- c) What is Arthritis? State any two causes of Arthritis. [3]
- d) What is meant by the term RICER? [3]

Question 2

- a) Define recreation. [2]
- b) What is vaccination? [2]
- c) State any three preventive steps from receiving an electric shock. [3]
- d) State any three harmful effects of consuming alcohol. [3]

Question 3

- a) What is BMI? Define. [2]
- b) What is Artherosclerosis? [2]
- c) What is obesity? State any two causes of obesity. [3]
- d) Differentiate between Droplet infection and Vector infection. [3]

Question 4

- a) Define exercise. [2]
- b) What is organic disease? [2]
- c) What is Bronchitis? State any two preventive measures for Bronchitis. [3]
- d) State any three factors that influence the diet requirement of a person. [3]

Question 5

- a) State any two postural defects. [2]
- b) What do you understand by the term hygiene? [2]
- c) What is meant by a Balanced Diet? Name its various nutrients. [3]
- d) Name the pathogens which causes the following diseases: [3]

I) Pneumonia

II) Leprosy

III) Cholera.

SECTION B (50 Marks)

Attempt **two** questions from this section.

You must attempt **one** question on each of the **two** games of your choice.

CRICKET

Question 6

(a) Explain the following terms in Cricket. [8]

i) A stance.

ii) Super over.

iii) A direct hit.

iv) Session.

(b) (i) State any three conditions due to which a pitch may be changed. [3]

ii) State any three ways in which runs are scored. [3]

iii) Write the following: [3]

I) Weight of the ball.

II) The length of the bails.

III) The length of the bat.

(c) (i) State any four instances when the ball is considered a dead ball. [4]

ii) Explain the following terms: [4]

I) The bowling crease.

II) The return crease.

Question 7

(a) Explain the following terms in Cricket. [8]

(i) A timed out.

ii) Scorer.

iii) Chinaman.

iv) The perfume ball.

- (b) (i) What are the provisions for the batsman's retirement? [3]
- ii) Explain the role of third umpire in the match. [3]
- iii) Name any six fielding positions on the leg side of the field of play. [3]
- c) i) What is the position of the wicket keeper in a match? [2]
- ii) When the batsman is given out by leg before wicket? [2]
- iii) When is a striker considered to be out stumped? [2]
- iv) When the bowler can change the end in a match? [2]

FOOTBALL

Question 8

- (a) Explain the following terms in Football: [8]
- i) Corner arc.
- ii) FIFA.
- iii) Offside.
- iv) A dropped ball.
- (b) (i) What is a tackling in football? [3]
- ii) What is technical area in football? [3]
- iii) Mention any three circumstances where the referee awards an indirect free kick against a goalkeeper. [3]
- (c) (i) Explain the procedure of taking a throw in. [4]
- ii) As a referee what decision would you take if the following incident occurs during a match: [4]
- I) He finds a player guilty of violent action.
- II) An indirect free kick is kicked into team's own goal.

Question 9

- (a) Explain the following terms in Football: [8]
- (i) A penalty area.
 - ii) Optional mark.
 - iii) Halfway line.
 - iv) Half time interval.
- (b) (i) What is a tie break in football? [3]
- ii) Explain the term trapping in football. State the importance of trapping. [3]
 - iii) State any three duties of assistant referee. [3]
- (c) Draw a diagram of football field showing all its dimensions. [8]

VOLLEYBALL

Question 10

- (a) Explain the following terms in Volleyball: [8]
- i) Centre line.
 - ii) Free zone.
 - iii) Screening.
 - iv) Warm up area.
- (b) (i) What is the procedure adopted to start the match? [3]
- ii) What are the legal interruptions in volleyball? [3]
 - iii) Explain the term technical time out. [3]
- c) i) Differentiate between single block and collective block in volleyball. [4]

ii) Write the following: [4]

- I) Height of the net for men.
- II) Height of the net post.
- III) Circumference of the ball.
- IV) Weight of the ball.

Question 11

(a) Explain the following terms in Volleyball: [8]

(i) Four hits.

ii) Disqualification.

iii) A substitution.

iv) Ace.

(b) (i) State any three duties of scorer during the match. [3]

ii) When the service is changed during the match? [3]

iii) State any three penetration faults in volleyball. [3]

c) i) List any four blocking faults in volleyball. [4]

ii) What signals shall the referee give for the following: [4]

- I) Change of court.
- II) Ball 'out'.
- III) Double contact.
- IV) Blocking faults.

GREENLAWNS HIGH SCHOOL
PRELIMINARY EXAMINATION 2016-2017

SUBJECT: PHYSICAL EDUCATION

CLASS : X

BIOLOGY

Question 1

a) **First Aid:** First aid is the immediate temporary treatment given to the patient after an accident or sudden illness to provide temporary relief till the doctor arrives. It can be life saving skill. [2]

b) **Community Health:** Community Health means the health of the public. The responsibility for community health is of the government and local institutions. [2]

c) **ARTHRITIS:** Arthritis is the inflammation of the joints in one or more areas of the body. It is a serious disease in which persons joints become painful, swollen and stiff.

Causes: 1) The synovial fluid is reduced and causes stiffness in joints.

2) In some cases due to lack of calcium causes arthritis.

3) This tendency may be inherit in some people or may be result of viral infection, like gonorrhoea and syphilis.

4) Obesity can lead to arthritis because joints have to bear the extra weight of the person. [3]

d) **RICER:** Rest, ICE, Compression, Elevation and Rehabilitation.

1) Rest: Rest to the player and completely restrict the movement of affected part.

2) Ice: Immediately apply ice over the affected part to stop internal bleeding.

3) Compression: Compression is applied to limit the amount of swelling.

4) Elevation: Elevate the affected part above the level to heart.

5) Rehabilitation: After complete treatment perform rehabilitation exercises to regain strength of the muscles. All these steps are also known as RICER . [3]

Question 2

a) **RECREATION:** The recreation simply means to create happiness, to feel good and joyful or to live the moment. It recreates our lost energy. It depends upon the needs, occupation and interest of the person. [2]

b) **Vaccination:** The process of introduction or injection of vaccine (protective substance) into human body will offer protection against subsequent attack of the disease. This process is called vaccination. E.g. taking vaccination for small pox, cholera, typhoid, cholera etc. [2]

c) **Preventive steps from receiving electric shock:** [3]

To avoid accidents caused by electricity following precautions should be taken:

1) Never use electricity appliance while standing bare footed on the floor and with wet body.

2) Keep electrical appliances away from water and do not use them without having plug

3) Keep all the appliances out of reach of small children.

4) Keep electrical equipment, wiring and fuse in proper order and fuse should never be replaced with higher ampere or thick wires.

5) Disconnect electrical gadgets when not in use.

6) Stay away from broken electricity wires after storms, till the current is disconnected by switching it off.

- d) **Harmful effects of alcohol:** Harmful effects of consuming excessive alcohol are:
- 1) It depresses the higher brain centers which provide judgment, restraint and inhibition to human thought.
 - 2) The users of alcohol neglect their health and soon the body loses its resistance.
 - 3) The efficiency of work is lessened. It reduces the efficiency of every tissue of body.
 - 4) Alcohol affects the lining of the stomach and causes inflammation.
 - 5) It depresses parts of nervous system, thus acting as a sedative, analgesic agent. [3]

Question 3

a) **Body Mass Index (BMI):** Body Mass Index is a tool that helps you to measure the amount of body fat you have based on your height and weight. [2]

b) **ARTHEROSCLEROSIS:** The arterioles become narrow and lose their elasticity because of the thickening of the fibrous tissues or the deposition of cholesterol or calcium. In advanced stages the arteries may rupture and let out blood because of rise in blood pressure. It may happen in the brain and may lead to partial paralysis. [2]

c) **OBESITY:** It means excessive accumulation of fat cells in the body and the tendency of an individual to gain weight due to this. This results from intake of more calories than required by the body.

Causes of obesity:

Intake of calories in excess as compared to metabolic requirement, Heredity, Faulty habits of eating, Lack of exercise, Eating lots of sweets or junk food, Thyroid imbalance, Taking lots of fats and fried food, Drinking Alcohol. Economic status. [3]

d) **Droplet infection:** During Coughing, sneezing, speaking loudly etc. droplets of sputum are sprayed into the air in minute particles containing germs of infectious diseases. E.g. Common cold, tuberculosis, mumps, influenza, Diphtheria, whooping cough, pneumonia, chickenpox, measles etc.

Vector infection : Certain insects transmit a variety of diseases from one person to another these insects are called as vectors. The infection or diseases caused by these insects is called vector infection. E.g. malaria, filariasis, cholera, typhoid. [3]

Question 4

a) **EXERCISE:** Exercise can be defined as the sequence of movements performed in the rhythmic manner. OR Exercise is the process of putting load on the body to improve the working efficiency. [2]

b) **Organic diseases:** The diseases that effects the organic system of the body is known as Organic diseases. In these diseases there is a structural change in some tissues or organs of the body. E.g. cancer, Ulcer, Brain tumor, cardio-vascular diseases, Arthritis, Kidney failure etc. [2]

c) **BRONCHITIS:** Bronchitis is a respiratory disease in which the bronchial tubes (wind pipe) become infected and there is swelling which results coughing and difficulty in breathing.

Preventive measures:

- 1) The best treatment is to take rest and eat easily digestible food.
- 2) Don't smoke and avoid contact with people who have cold or bronchitis.
- 3) Inhalation of moist steam is the best treatment.
- 4) Taking cough syrup or medicine to relieve cough.
- 5) Hot pack over chest or hot water gargles also relieve cough.
- 6) Penicilin or some other antibiotic medicine.
- 7) Stay indoors during high air pollution. [3]

d) Factors affecting diet :

- 1) Age: In growing age the children need more proteins.
- 2) Gender (sex): Males need more calories as compared to females.
- 3) Workout difference: Persons with heavy physical workout need more calorie than those with less physical activity.
- 4) Body weight: The weight also brings difference of diet. Obese person should take fibrous food whereas slim person needs more proteins and fat.
- 5) Pregnant or feeding mother: A pregnant or feeding mother needs extra diet i.e. more amount of carbohydrates, proteins, fats, vitamins and minerals.
- 6) Diet during injury: Injured person should take more proteins and minerals. Whereas ill person is given light meal. [3]

Question 5

a) Postural defects: Kyphosis, Lordosis, Flat foot, Scoliosis, Knock knees, Rickets. [2]

b) Hygiene: It is a set of practices conducive to maintaining health and preventing disease, especially through cleanliness. [2]

c) Balanced diet: A balanced diet is that diet which contains all nutrients in correct proportion for efficient working of the body. It contains all nutrients in sufficient quantity and it fulfills the needs of body. The nutrients of balanced diet are: Carbohydrates, Proteins, Fats, Vitamins, Minerals, Water, and Fiber. [3]

d) The disease and their pathogen:

- | | | |
|------------------------|--|-----|
| i) Pneumonia | Bacteria (<i>Diplococcus pneumoniae</i>) | |
| ii) Influenza | Virus (<i>Influenza virus</i>) | |
| iii) Amoebic Dysentery | Protozoan (<i>Entamoeba Histolytica</i>) | [3] |

CRICKET

Question 6

a) Explain the following term:

i) Stance: The striker stands before his wicket, on or near the popping crease in a batting style is called as stance. The batsman stands with his bat down in front of wicket, ready to hit the ball which will be bowled from the other end of the pitch by bowler. [2]

ii) Super over: When T20 match ends in tie and there must be a winner, a super over rule is applied. Each team nominates a mini team of three batsmen and one bowler and they play a mini match of one over, whoever wins this match of one over is declared the winner of match. [2]

iii) Direct Hit: A run out attempt in which the throw from deep fieldsman put down the wicket without first being caught by a fieldsman standing at the stumps. [2]

iv) Session: A period of play, from start to lunch, lunch to tea and tea until stumps. There are three sessions in a day in test match. [2]

b) i) The conditions when a pitch can be changed during the match:

A pitch may be changed when it has excess of grass, moist, sticky, cracked or damaged. The pitch shall not be changed during the match unless the umpire decides with the consent of both captains. [3]

ii) A run: The score shall be reckoned by runs. A run is scored in match as follows:

A run is scored, at any time while the ball is in play, the batsman have crossed and made good their grounds from end to end, When a boundary is scored.

When penalty runs awarded, When extra runs are awarded e.g.no ball, wide ball etc.

When lost ball is called. [3]

iii) Write the following:

- I) Weight of the ball: 156 to 163 grams (5.50 to 5.57 ounces).
II) The length of the bails: 10.95cm (4 ^{15/16} inches)
III) The length of the bat: 38 inches (96.5cms) [3]

c) i) The ball shall be considered a dead ball if:

- 1) The ball completely settles in the hands of the bowler or the wicket keeper.
- 2) The ball reaches or bounces over boundary.
- 3) On the call of 'over' or 'time' by the umpire.
- 4) For an adequate reason, the striker is not ready to receive the ball and makes no attempt to play.
- 5) One or both bails fall from striker's wicket before he receives the delivery of the ball.
- 6) If the ball lodges in a protective helmet worn by a member of the fielding side.
- 7) Whether played or not it lodges in the clothing or equipment of a batsman or the clothing of an umpire.
- 8) Lost ball is called by the umpire. [4]

ii) Explain the following terms:

i) The bowling crease: The bowling crease shall be marked from the centre of the three stumps at the bowler's end. It shall be of 2.64m (8ft 8inches) in length with the stumps in the centre. [2]

ii) The return crease: The return crease which are the inside edges of the crease markings shall be at the right angles to the popping crease at a distance of 1.22m (4ft) behind the wicket. [2]

Question 7

a) Explain the following term:

i) Timed Out: It is a method of getting out, when a incoming batsman fails to take guard or for his partner to be ready to receive the next ball within two minutes of fall of the previous wicket in One day and Test matches, and 90 seconds in T20 matches. [2]

ii) Scorers: Scorers are the officials who are appointed to keep the records of all runs scored, extras and wicket taken by the bowler. They accept and acknowledge instructions and signals given to them by the umpire. There are two scorers in a match. [2]

iii) Chinaman: A ball bowled by a left- handed bowler to a right handed batsman that spins from the off side to the leg side. The bowler throws a spin ball by keeping his head down not facing to batsman and his arm goes over the head is called china man bowling OR When a left arm spinner delivers an off break bowling, it is termed as Chinaman. [2]

iv) Perfume ball: A bouncer on or just outside off-stump that passes within inches of the batsman's face. So called because the ball is supposedly close enough to the batsman's face that he can smell it. [2]

b) i) Batsman's retirement: If a batsman is injured, he may retire and resume his innings when fit again, so long as his team's inning is not over. If a batsman is too injured to bat when no other batsman remains to come in after a wicket falls, his innings must be forfeited and his team's innings ends. [3]

ii) Third umpire: The third umpire is T.V. umpire. He is off the field and makes the final decision on question referred to him by on field umpire. When the umpire are unable to decide on a close decision. e.g. run out, caught out, boundary, stumping etc. [3]

iii) Fielding positions on Leg side of the field: Fine leg, long leg, mid wicket, mid on, silly mid on, square leg, long on, deep square leg, leg slip, forward short leg, backward short leg, leg gully, deep Sweeper. [3]

c) i) Position of Wicket Keeper: The wicket keeper shall remain behind the wicket at the striker end from the moment the ball comes into play until a ball is delivered by the bowler either it touches the bat or person of the strikers end or the striker attempt a run. [2]

ii) Leg before wicket: When the batsman tries to stop or play the ball which is not a no ball any part of his body, which in the opinion of the umpire, is pitched in a straight line of the stumps and if the batsman did not intercept it by any part his body, the ball would have hit the wicket, the batsman is given out by Main Umpire as LBW. [2]

iii) Stumped|: A striker is out 'stumped' if in receiving the ball, not being a no ball delivered by the bowler, he be out of his ground otherwise than in attempting run (run out), bouncing from the wicket keeper, or ball rebounding from the wicket keeper's person (except helmet) without the intervention of another fielder. [2]

iv) Bowler changing ends: A bowler shall be allowed to change the ends as often as desired, provided that he does not bowl two over's or parts there of consecutively in the same innings. [2]

FOOTBALL

Question 8

a) Explain the following term:

i) Corner arc: It is a quarter circle with a radius of 1m from each corner flag post inside the field of play. The ball is kept in corner arc, while taking a corner kick. [2]

ii) FIFA: The Federation International de Football Association was formed in 21 May1904. FIFA control the rules of the game, it is responsible for both the organization of a number of tournaments and their promotion. [2]

iii) Offside: A player is off side when he is closer to the opposing goal line than the ball and the second last opponent at the moment the ball is played. [2]

iv) Dropped ball: A dropped ball is a way of restarting the match after a temporary stoppage that becomes necessary, while the ball is in play. [2]

b) i) TACKLING: This is to take away the ball from opponent. For this, the player keeps the eyes on the ball and watch the speed, stride and proximity of the ball to the opponent. Tackle when the ball has just left the foot of the dribbler. [3]

ii) Technical Area: The technical area 1m (1yd) on either side of the designated seated area and extends forward upto a distance of 1m (1yd) from the touch line. Substitutes, coach and other officials (physiotherapist or Doctor) sits on benches. Only one person at a time is authorized to convey tactical instructions. [3]

iii) An indirect free kick is awarded:

1) If a goal keeper takes more than 6 seconds while controlling the ball with his hands before releasing it.

2) If a goal keeper touches the ball again with his hands after it has been released from his possession and not touched by any other player.

3) If a goalkeeper touches the ball with his hands after it has been deliberately kicked to him by a team mate (back pass).

4) If a goalkeeper touches the ball with his hands after he has received it directly from a throw in taken by a team mate. [3]

c) i) Procedure of Throw-in: At the moment of delivering the ball the thrower:

Faces the field of play, has part of each foot either on the touch line or on the ground, outside the touch line, uses both the hands. Delivers the ball from behind and over his head. Delivers the ball from the point where it left the field of play.

The ball is in play when it enters the field of play. [4]

ii) Referees decision:

I) He finds a player guilty of violent action: Sent off the player by showing red card. [2]

II) An indirect free kick is kicked directly into the teams own goal:

A corner kick is awarded to the opposing team. [2]

Question 9

a) Explain the following term:

i) **The penalty area:** It is area bounded by lines drawn at right angles at a distance 16.5m (18yds) from the inside of each goal post and are joined by a line drawn parallel with the goal line (40.32m). [2]

ii) **Optional mark:** It is a mark made at the goal line 9.15m from the corner flag post. At the time of corner kick the defensive team player will stand after optional mark. [2]

iii) **Halfway line:** The field of play is divided into two halves by halfway line. It is 45m to 90m in length. These lines are 12cm (5inches) wide. [2]

iv) **Half time interval:** Players are entitled to an interval at half time. The half time interval must not exceed 15 minutes. [2]

b) i) **Tie break:** When no team is able to score or when the scores are level in the normal duration of the match then tie break is applied. First extra time (Two equal periods not exceeding 15 minutes each) is given, in case tie remains unbroken, five penalty kicks are given to each team. The whole process used to decide the match is known as tie break. [3]

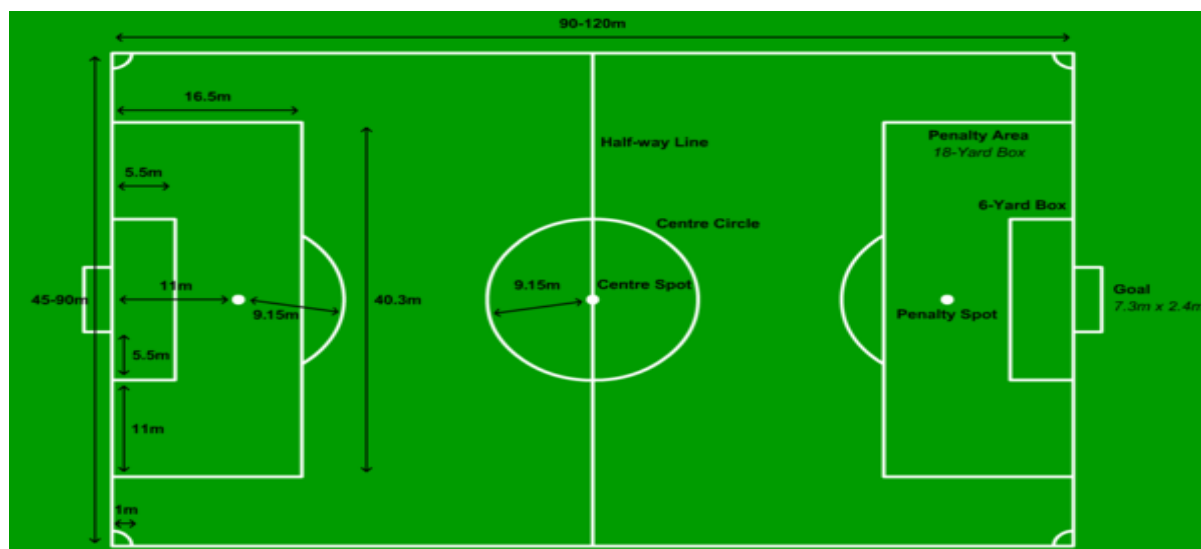
ii) **TRAPPING:** When a player uses his body to slow down and control a moving ball, most often using his chest, thighs or feet is called trapping. The purpose of trapping is to prevent the ball from rebounding away. [3]

iii) Duties of Assistant referees :

Two linesmen are appointed whose duties, to the decision of the referee, are to indicate:

- 1) When the whole of the ball has passed out of the field of play.
- 2) Which side is entitled to a corner kick, goal kick or throw in.
- 3) When a player may be penalized for being in an offside position.
- 4) When a substitution is requested.
- 5) When misconduct or any other incident has occurred out of view of the referee. [3]

c) THE FIELD OF PLAY:



[8]

VOLLEYBALL

Question 10

a) Explain the following terms:

i) Centre line: The axis of centre line divides playing court into two equal halves measuring $9m \times 9m$ each. This line extends beneath the net from sidelines to sidelines. A fault is called if a player crosses this line with any part of the body. [2]

ii) Free Zone: The free zone is the area that borders the volleyball court. The border must be a least $3m$ wide and in international matches it is $5m$ to $8m$ wide. [2]

iii) SCREENING: The players of the serving team must not prevent their opponent, through individual or collective screening from seeing the server or the flight path of the ball. A player or a group of player of the serving team makes a screen by waving arms, jumping or moving sideways during the execution of the service or by standing grouped to hide the flight path of the ball. [2]

iv) Warm up area: The warm up areas is sized approximately $3m \times 3m$, are located in both of the bench-side corners, outside the free zone. [2]

b) i) How to start a game : Before entering the playing court the first referee carries out a toss in the presence of two team captains. The winner of the toss chooses: either the right to serve or the side of the court in the first set. If the deciding set to be played, a new toss will be carried out. The match begins with service. [3]

ii) Legal interruption : The legal interruptions of the game are the time outs, technical time outs and the substitutions. They are only granted by the referee when the ball is dead at the request of either the coach or the game captain. A maximum of 2 time-outs and 6 substitutions are allowed in each set. [3]

iii) Technical time outs: For FIVB world and official competitions, in set 1-4, two additional 60 seconds Technical Time outs are applied automatically when the leading team reaches the 8th and 16th points.

In the deciding (5th) set, there are no technical time outs; only two time outs of 30 seconds duration may be requested by each team. [3]

c) i) Single block: When only one player takes part in block. It is essential to select a place to make a jump for block. [2]

Collective block: A collective block is executed by two or three front line players close to each other and is completed when one of them touches the ball. [2]

ii) Write the following:

- | | | |
|------------------------------------|---|-----|
| I) Height of net for men: | 2.43m (243cm or 2.65yards or 7.97feet) | |
| II) Height of the net post: | 2.55m (255cm or 2.78yards or 8.36feet) | |
| III) Circumference of ball: | 65 to 67cm. (25.59 inches to 26.37 inches) | |
| IV) Weight of the ball: | 260 to 280 grams (0.26kg to 0.28 kg or 9.17 oz to 9.87oz) | [4] |

Question 11

a) Explain the following terms:

i) Four hits: The team is entitled to a maximum of three hit (in addition to blocking) for returning the ball. If more are used, the team commits the fault of four hits. [2]

ii) Disqualification : A second expulsion during a match or any attempted/actual physical aggression towards others will result in the red and yellow cards held apart, disqualification for the remainder of the match. A team member who is sanctioned by disqualification must leave the Competition Control Area for the remainder of the match. [2]

iii) SUBSTITUTION: A Substitution is the act by which the referees authorize a player (other than the libero) to leave the court and another player to occupy his position on the court after being recorded by the scorer. Substitution requires the referee's authorization. Each team is allowed 6 substitutions per set. Each player is allowed an unlimited number of entries. [2]

iv) Ace: A serve that results directly in a point, usually when the ball hits the floor untouched on the receiving team's side of the court. [2]

b) i) Duties of scorer during the match:

- 1) The scorer records the point scored.
- 2) The scorer controls the serving order of each team.
- 3) The scorer indicates any error to the referee immediately after the service hit.
- 4) Records misconduct, warning, sanctions and improper request.
- 5) They control the intervals between the sets.
- 6) He notifies the referees of a request for regular game interruption that is out of order.[3]

ii) Service changed: When the serving team loses a point this is called service change, which means that the opposition becomes the serving team and serves the next point.[3]

iii) Penetration fault: A player commits a penetration fault if he:

- 1) Touches a ball in the opponent's space before or during the opponent's attack-hit.
- 2) Interferes with any other ball contact in the opponent's space.
- 3) Enters into the opponent's court while the ball is in play.
- 4) Touches the net or an antenna because of his action.
- 5) Penetrates into the opponent's space, from the beneath the net and touches or interferes with an opponent. [3]

c) i) Blocking fault :The blocking faults are as follows:-

- 1) The blocker touches the ball in the opponent's space either before or simultaneously with the opponent's attack hit.
- 2) The back row player or a libero completes a block or participates in a completed block.
- 3) Blocking the opponent's service.
- 4) The ball is sent "out" off the block.
- 5) Blocking the ball in the opponent's space from outside the antenna.
- 6) A libero attempts an individual or collective block.
- 7) The ball goes into the net and terminates the play
- 8) The blocker commits a net violation or center line violation. [4]

ii) Referees signals:

I) Change of court:

The referee raise the forearms front and back and twist team around the body.

II) Ball "out":

The referee raise the forearms vertically, hands open palms towards the ball.

III) Double contact:

The referee raise two fingers, spread open.

IV) Blocking fault:

The referee raise both arms vertically, palms forward. [4]