



CENTRAL ACADEMY

SENIOR SECONDARY SCHOOLS

4 States 30 Cities 64 Schools Over 100,000 Students & the Legacy Continues.....
 An Academy committed to imparting Quality Education and instilling Patriotism & Sanskaras in Centemians

2019

APRIL

संवत् २०७५-७६

SUN		7	14	21	28
MON	1	8	15	22	29
TUE	2	9	16	23	30
WED	3	10	17	24	New Session Commences for KG to IX & XI on 4th
THU	4	11	18	25	Session Commences for Pre-Nursery & Nursery on 8th
FRI	5	12	19	26	World Dance Day Celebration I to XII
SAT	6	13	20	27	

MARCH 2019					
Sun	31	3	10	17	24
Mon		4	11	18	25
Tue		5	12	19	26
Wed		6	13	20	27
Thu		7	14	21	28
Fri	1	8	15	22	29
Sat	2	9	16	23	30

BADMINTON

History : Badminton was popular in the 17th century in England and China. The game got its name from the name of place called 'Badminton' in Gloucestershire where the Duke of Beaufort used to play it in the 17th century. In British India the racket sport Badminton began in mid-1800s, when it was created by British military officers stationed in Pune. It was actually inspired by an Indian Game 'Poona'. It was Colonel Selby who published its rules in 1867. The International Badminton Federation (IBF) (now known as Badminton World Federation) was established in 1934. India joined as an affiliate in 1936. Badminton is the second most played sport in India after Cricket. Badminton in India is managed by Badminton Association of India.

The Game : In Badminton, points are won by hitting a conical shuttlecock over a high net so that it lands on the other side of the court before the opposition can return it. The shuttlecock's lightness and aerodynamic shape means that it can be a game of great delicacy or sudden bursts of power featuring spectacular smashes.

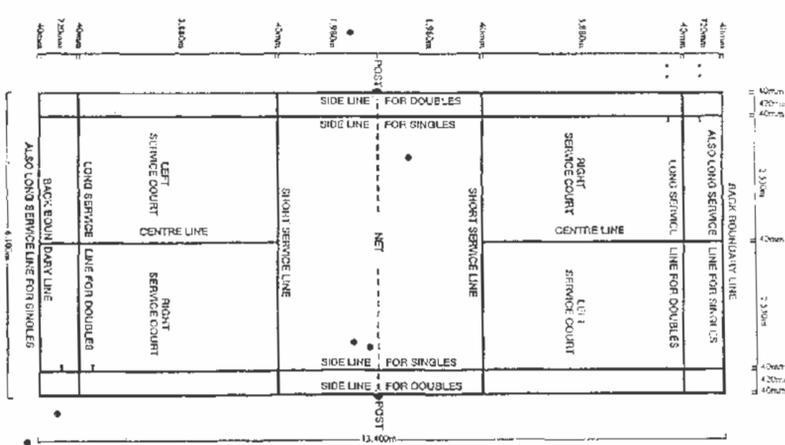
1. 7th CSM, Final match of Boys, played between CA, Prayagraj & CA Indira Nagar at Aashiana, LKO
2. 7th CSM, Final match of Girls, played between CA, Prayagraj & CA, Vikash Nagar at Aashiana, LKO
3. 7th CSM, Final match of Boys, played between CA Indira Nagar & CA Vikash Nagar at Aashiana, LKO

MAY 2019					
Sun		5	12	19	26
Mon		6	13	20	27
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Champions are made from something they have deep inside them - A Dream, A Vision and A Goal.

BADMINTON COURT



MAIN TIPS AT A GLANCE

1. Size of the court for Singles = 13.40 m x 5.18 m (44 Feet x 17 feet) including lines
2. Size of Badminton Court (Doubles) = 13.40m x 6.10m (44 Feet x 20 Feet) including lines
3. Side galleries (each side) = 1 feet 6 inches
4. Back gallery = 2 feet 6 inches
5. Free Space = 2 metre on all sides of court.
6. Height of Poles = 1.55m (5 Feet 1 inch) over Side line for Doubles
7. Width of net & height of net at centre = 2 feet 6 inches & 5 feet respectively
8. Weight of Shuttle-cock = 4.75 gms to 5.50 gms with 16 feathers
9. Racket = 68 cm long and 23 cm wide head.
10. No. of Points in Game = 21 point game in best of three for all categories.
11. Deuce = At 20 all the difference of two points is considered
12. Officials = 1 Umpire, 4 Linesmen, 1 Match Referee.

FUNDAMENTAL RULES & TERMINOLOGY OF BADMINTON

Scoring System

- ▲ A match consists of the best of 3 games of 21 points.
- ▲ Every time there is a serve – there is a point scored.
- ▲ The side winning a rally adds a point to its score.
- ▲ At 20 all, the side which gains a 2 point lead first, wins that game.
- ▲ At 29 all, the side scoring the 30th point, wins that game.
- ▲ The side winning a game serves first in the next game.

Interval and Change of Ends

- ▲ When the leading score reaches 11 points, players have a 60 second interval.
- ▲ A 2 minute interval between each game is allowed.
- ▲ In the third game, players change ends when the leading score reaches 11 points.

Singles

- ▲ At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd, the server serves from the left service court.
- ▲ If the server wins a rally, the server scores a point and then serves again from the alternate service court.
- ▲ If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court – left if their score is odd, and right if it is even.

Doubles

- ▲ A side has only one 'service'.
- ▲ The service passes consecutively to the players as shown in the diagram.
- ▲ At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left court.
- ▲ If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
- ▲ If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
- ▲ The players do not change their respective service courts until they win a point when their side is serving. If players commit an error in the service court, the error is corrected when the mistake is discovered.

Attacking clear : An offensive stroke hit deep into the opponent's court.

Backcourt : Back third of the court, in the area of the back boundary lines.

Backhand : The stroke used to return balls hit to the left of a right-handed player and to the right of a left-handed player.

Base position : The location in the centre of the court to which a singles player tries to return after each shot; also called "centre position".

Baseline : The back boundary line at each end of the court, parallel to the net.

Carry : An illegal stroke in which the shuttle is not hit, but caught and held on the racket before being released; also called a "sling" or "throw".

Centre line : A line perpendicular to the net that separates the left and right service courts.

Clear : A shot hit deep into the opponent's court.

Doubles : A game where a team of two players play against another team of two.

Doubles sideline : The side boundary of a doubles court.

Drive : A fast and low shot that makes a horizontal flight over the net.

Drop shot : A shot hit softly and with finesse to fall rapidly and close to the net in the opponent's court.

Fault : A violation of the playing rules.

Feint : Any deceptive movement that disconcerts an opponent before or during the serve; also called a "balk".

Flick : A quick wrist-and-forearm rotation used to surprise an opponent by changing an apparently soft shot into a faster passing shot.

Forecourt : The front third of the court, between the net and the short service line.

Forehand : The stroke used to return a ball hit to the right of a right-handed player and to the left of a left-handed player.

Game : The part of a set completed when one player or side has scored enough points to win a single contest.

Hairpin net shot : A shot made from below and very close to the net and causing the shuttle to rise, just clear the net, then drop sharply down the other side so that the flight of the shuttlecock resembles the shape of a hairpin.

Halfcourt shot : A shot hit low and to midcourt, used effectively in doubles play against the up-and-back formation.

High clear : A defensive shot hit deep into the opponent's court.

Kill : Fast downward shot that cannot be returned.

Let : A minor violation of the rules allowing a rally to be replayed.

Long Service Line : In singles, the back boundary line. In doubles a line 2-1/2 feet inside the back boundary line. The serve may not go past this line.

Match : A series of games to determine a winner.

Midcourt : The middle third of the court, halfway between the net and the back boundary line.

Net shot : A shot hit from the forecourt that just clears the net and drops sharply.

Passing shot : A shot which passes the opposing player or team.

Push shot : A gentle shot played by pushing the shuttlecock with a little wrist motion.

Rally : The exchange of shots that decides each point.

Serve : The stroke used to put the shuttlecock into play at the start of each rally; also called a "service".

Service court : The area into which a service must be delivered. Different for singles and doubles.

Set : To choose to extend a game beyond its normal ending score if the score is tied with one point to go.

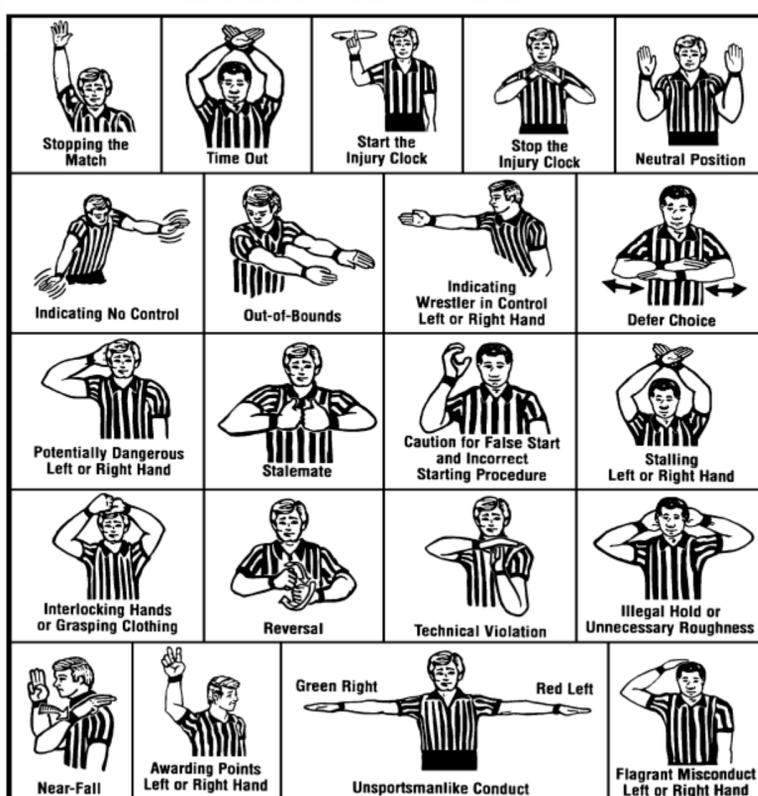
Short service line : The front line of the service courts 1.98 metres from the net. Singles : A game where one player plays against another player.

Singles sideline : The side boundary of a singles court.

Smash : A hard-hit overhead shot that forces the shuttle sharply downwards into the opponent's court.

Wood shot : A legal shot in which the shuttle hits the frame of the racket.

REFEREE SIGNALS FOR BADMINTON



IMPORTANT TOURNAMENTS

Major Badminton Tournaments :

1. **Olympic Games :** Since 1992, Badminton has been an Olympic sport with five events: men's and women's singles, men's and women's doubles and mixed doubles, in which each pair consists of a man and a woman.
2. **Asian Games :** Badminton made its debut in the Asian Games as a demonstration sport at the 1958 Asian Games in Tokyo, Japan, and became a regular competitive sport in 1962 included in Asian Games, Jakarta.
3. **World Championship :** The International Badminton Federation (IBF) (now known as Badminton World Federation) was established in 1934. India joined as an affiliate in 1936. The World Championship is being held after every two years since 1977.
4. **National Championship :** Badminton Association of India (BAI) regulates the team selection, training and coaching to Indian players. Olympic Challenge Cup (National Women), Narang Cup (National Junior Team Men), Shafi Qureshi Cup (National Junior Team Women) matches are organised at National Level.

Other Important Tournaments :

Thomas Cup (World Team Men), Uber Cup (World Team Women), Wills World Cup, European Cup, Konika Cup, Yonex Cup, Mayors Cup, 555 World Cup, China Cup, etc.

NATIONAL AWARDS OF BADMINTON

Arjun Awardees	1981 Partho Ganguli	2012 Ashwini Ponnappa
1961 Nandu Natekar	1982 Madhumita Bisht	2012 Parupalli Kashyap[1]
1962 Meena Shah	1991 Rajeev Bagga	2013 P.V. Sindhu
1965 Dinesh Khanna	2000 Pullela Gopichand	2014 V. Diju
1967 Suresh Goel	1999 George Thomas	2015 Kidambi Shrikant Nammalwar
1969 Dipu Ghosh	2002 Ramesh Tikaram	2018 Nelakurthi Sikki Reddy
1970 Damayanti Tambay	2003 Madasu Srinivas Rao	Rajiv Gandhi Khel Ratna Awardees
1971 Shobha Moorthy	2004 Abhinav Shyam Gupta	2000 P. Gopi Chand
1972 Prakash Padukone	2005 Aparna Popat	2009 Saina Nehwal
1974 Raman Ghosh	2006 Chetan Anand	2016 P.V. Sindhu
1975 Davinder Ahuja	2006 Rohit Bhakar	Padmashree Awardees
1976 Ami Ghia	2008 Anup Sridhar	1977 Meena Shah
1978 Kanwal Thakur Singh	2009 Saina Nehwal	1982 Prakash Padukone
1980 Syed Modi	2011 Jwala Gutta	



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2019

MAY

संवत् २०७६

SUN	I Unit Test from 2nd to 9th I-XII	5	12 Mother's Day 	19	26
MON	Summer Vacation	6	13 National Integration Day 	20	27
TUE		7 Akshay Tritiya Rabindranath Tagore Jayanti 	14	21 Bada Mangal Mahaveer Ji Ka Mela	28 Veer Savarkar Jayanti
WED	1 World Labour Day 	8+ World Red Cross Day	15 International Family Day 	22 Raja Ram Mohan Roy Jayanti 	29
THU	2	9 Gopal Krishna Gokhale Jayanti 	16	23	30
FRI	3	10	17	24	31 Jammat-UL-Vida
SAT	4	11	18 Buddh Purnima 	25	

APRIL 2019					
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BASKETBALL



History : The game of Basketball was invented in United states of America in the late 19th century by Dr. James Naismith. This game used to be played in a Gymnasium, a pair of baskets were nailed on the walls facing each other. Dr. Smith framed certain rules of this game. First time, 5 players were fixed in a team. From 1895 to 1900 AD a lot of amendments were made in the rules. In 1932 International Basketball Federation was constituted. From the very beginning, USA always dominated in Basketball. Approximately 85 years ago in India, the game of Basketball was introduced by YMCA College, Madras. The Indian Basketball Federation was formed in 1950.

The Game : Basketball is a fast paced highly technical ball sport as well as a team sport, whereby two teams of five players attempt to score points in the opposing side's basket. Following the tip-off which starts the match, each team simply aim to score than the other via offense & defense. It is truly an end-to-end sport with numerous baskets scored during the course of a game.

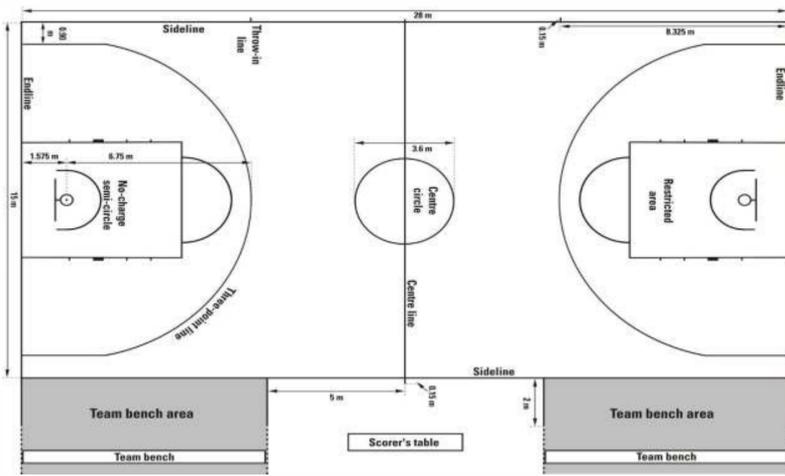
1. 7th CSM, Fianl match of Boys, played between CA, Jankipuram & CA, Indira Nagar, LKO
2. 5th CSM, Final match of Boys, played between CA, Aashiana & CA, Barabanki at Indira Nagar, LKO
3. 6th CSM, Final match of Boys, played between CA, Indira Nagar & CA, Vikash Nagar at Jankipuram LKO

JUNE 2019					
Sun	30	2	9	16	23
Mon		3	10	17	24
Tue		4	11	18	25
Wed		5	12	19	26
Thu		6	13	20	27
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Sat	1	8	15	22	29



Practice like you have never won. Perform like you have never lost.

BASKETBALL COURT

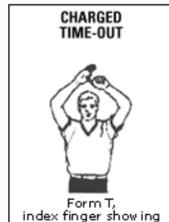
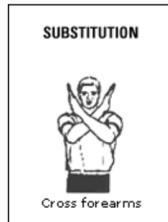


MAIN TIPS AT A GLANCE

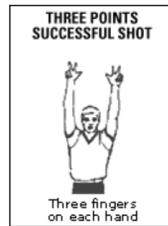
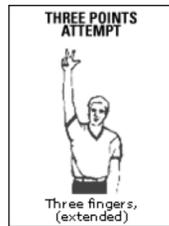
- Total Players in a Team** = 12 (Five field players and seven substitutes)
- Area of Court** = 28 x 15 m (2 m safety zone on all sides)
- Radius of Circles** = 1.80 m
- Height of Board** = 2.90 m from surface
- Diameter of Ring** = 45 cm
- Duration of Game** = 40 min. in four Quarters (10 minutes each)
- Extra time** = 5 min.
- Rest Time in Between** = 2 to 5 min. (between I to II and III to IV Quarters)
5 to 10 min. (in half)
- Timeout Duration** = 1 min.
- Officials (Seven)** = 1 Referee, 1 Umpire, 1 Scorer, 1 Timekeeper, one 24-Seconds Operator

REFEREE SIGNALS FOR BASKETBALL

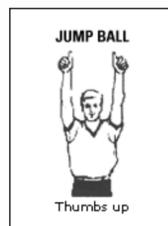
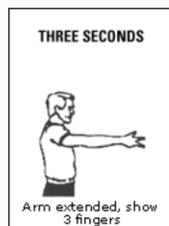
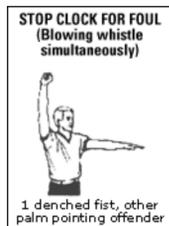
Administrative Signals



Scoring Signals



Violation Signals



IMPORTANT TOURNAMENTS

Major Basketball Tournaments :

- Olympic Games** : Basketball was first introduced as a demonstration sport in 1904 and was inducted in Olympic Games for men at Berlin in 1936. Olympic basketball competitions for women were introduced in 1976.
- Asian Games** : Basketball is one of the sport which was included in Asian Games ever since its beginning in 1951 at Delhi.
- National Basketball Championship** : This championship is controlled by Basketball Federation of India (BFI). The competitions are held for both men and women. This championship includes competitions organized for youth i.e. Under 13, Under 16 and Under 18.

Other Important Tournaments :

FIBA World Championship, NBA League, Federation Cup, Bangalore Blues Cup, Prince Vasalat Jha Trophy, European Cup, America Cup, Services Trophy, B.C. Gupta Trophy, etc.

Important Venues in India :

Guru Nanak Stadium (Ludhiana), Talkatora Stadium, IG Indoor Stadium (Delhi), Tata Sports Complex (Tatanagar), Railways Sports Complex (Mumbai & Varanasi), Nehru Sports Complex (Lucknow), Indoor Sports Complex (Hyderabad), NIS Complex (Patiala & Bengaluru), Katoch Stadium (Jalandhar) etc.

NATIONAL AWARDS OF BASKETBALL

Arjuna Awardees	1979/80 - Om Prakash
1961 - Sarbjit Singh	1982 - Ajmer Singh
1967 - Khushi Ram	1983 - Suman Sharma
1968 - Gurdial Singh	1991 - Radhey Shyam
1969 - Hav. Hari Dutt	1999 - Sajjan Singh Cheema
1970 - Gulam Abbas Moontasir	2001 - Parminder Singh
1971 - Man Mohan Singh	2003 - Satya Wacana
1973 - S. K. Kataria	2014 - Geetu Anna Jose
1974 - A.K. Punj	2017 - Ms Prasanthi Singh
1975 - Hunuman Singh	Dhyan Chand Awardees
1977/78 - T. Vijayaragavan	2002 - Apama Ghosh
	2003 - Ram Kumar

FUNDAMENTAL RULES & TERMINOLOGY OF BASKETBALL

▲ **Number of players** : If you want to play basketball for fun, you have the possibility of playing on your own. But you can also play team games with either 1, 2, 3, 4 or 5 players on each teams. Teams can be mixed, with boys and girls, or not.

On a competition level, a team is made up of 5 players playing on the court and 5 players sitting on the bench that can be used for substitution during the whole period of the game.

▲ **Positions** : Each player is assigned a position when playing. This position is usually determined by the height of the player. The tallest player on the team usually plays "center" also known as "position 5", while the medium size ones play "forwards" / "position 3 and 4". The shortest players then play "guards" / "position 1 and 2"

▲ **Scoring** : A player scores when he manages to throw the ball into the basket, with the ball passing through the basket from above the hoop. Scoring a basket increases the team's score by 3, 2 or one point. If the player successfully shoots from outside of the 3 points line, the basket is worth 3 points, otherwise it is worth 2 points. It is also possible to score one point when shooting from the free throw line, after a foul for instance.

▲ **Violation** : A violation occurs when the player breaks one of the rules of Basketball. A violation results in the awarding of the ball to the opponents. It can also result from the player taking more than 2 steps without bouncing the ball on the floor. This is called Traveling.

Another example of violation occurs when a player stops dribbling and then starts dribbling again or when he bounces the ball with both hands on the ball. We call this a double Dribble.

A violation is also committed if you twist your hand, when in contact with the ball, beyond the vertical, bringing it under the ball. This is called Carry, as the hand must always remain on the top of the ball.

▲ **Fouls** : A foul is an illegal action that can be committed by player from one team against a player from the opposing team. Basketball is generally said to be a non-contact game. If contact occurs beyond what is deemed to be reasonable, or if a player thereby obtains an unfair advantage from it, a foul is committed. There are two types of fouls. The first are called defensive fouls. They occur when the offensive player is being fouled by the defender. Defenders should not block, push, trip, strike or hold the player in possession of the ball. The second ones are the offensive fouls. For example, a player in offence commits a foul when charging into a stationary defender.

Assist - A pass to a teammate that leads directly to a made shot or basket.

Backboard - The structure to which the basket is attached.

Backcourt - The area from the midcourt line to the end line furthest from the offense's basket.

Bank shot - A shot where the ball is bounced off the backboard and then drops into the basket.

Baseline - The line behind each basket; also called the endline.

Basket - The metal rim and corded net hanging which attached to the backboard.

Blocked shot - Stopping of a shot by touching part of the ball on its way up the basket.

Boxing out - Positioning a body between his opponents and the basket to get rebounds and prevent the opponents from doing so.

Charging - When an offensive player runs into a defender who has established position.

Crossover dribble - Dribbling the ball across the body from one hand to the other.

Defensive rebound - A rebound by a player on defense.

Double team - When two teammates guarding a single opponent.

Dribbling - Repeatedly bouncing the ball on the floor with one hand to advance the ball or keep possession of the ball.

Drive to the basket - Move rapidly toward the basket with the ball.

Dunk - When a player close to the basket jumps and throws the ball down into the rim.

Fast break - Begins with a defensive rebound. The player immediately sends a pass toward midcourt to his waiting teammates who are sprinting to their basket and quickly shoot before enough opponents can catch up to stop them.

Flagrant foul - Excessive or unnecessary contact against an opponent.

Foul line or free throw line - The line 15' from the backboard and parallel to the end line which players shoot free-throws from.

Free throw - An unguarded shot taken from the foul line.

Full-court press - When defenders guard the offense in the backcourt and frontcourt.

Guarding - Following an opponent around the court to prevent him from receiving the ball, taking a shot or making a pass.

Jump ball - Where 2 opposing players jump for a ball as an official tosses it above and between them. The player tries to tap the ball to their teammates to gain possession.

Man-to-Man Defense - The defensive strategy where each defensive player is responsible for guarding one opponent.

Offense - The team with possession of the ball.

Offensive rebound - A rebound by a player who is on offense.

Officials - The people on the court wearing black and white striped shirts who control and officiate the game.

Open - When a player is free or unguarded by a defender.

Out of bounds - The area outside of and including the end lines and sidelines.

Pass - When a player throws the ball to a teammate.

Perimeter - The area beyond the top of the foul circle including 3-point line.

Personal foul - Push, hold, trip, hack, charge into an opponent that may result in injury.

Perimeter - The foot that must remain touching the floor until a ball handler who has stopped dribbling is ready to either pass or shoot.

Rebound - When players grab a ball that is coming off the rim after a shot attempt.

Screen - When an offensive player stands next to a defender to give his teammate the chance to take an open shot.

Perimeter - The two boundary lines that run the length of the court.

Squaring up - When a player's shoulders and feet are facing the basket as he releases the ball for a shot.

Starting Lineup - The five players who begin a game.

Substitute - A player who comes into the game to replace another player on the court

Team fouls - Each personal foul committed by a player is also counted against his team; when a team goes over the limit, its opponent is given free-throw opportunities

Technical Fouls - Conduct that officials believe are detrimental to the game and a free-throw opportunity is given to the non-offending team.

3 point play - When a player is fouled as he scores a 2 point field goal which is followed by a successful free-throw.

Three Point Shot - A made shot worth 3 points because the shooter was standing behind the 3-point line when he released the ball.

Timeout - When the game is temporarily stopped by an official or at the request of a coach or team to discuss strategy.

Tip Off - The initial jump ball that starts the beginning of the game.

Traveling - When the ball handler takes too many steps without dribbling.

Turnover - When the offense loses possession of the basketball by passing the ball out of bounds, making a bad pass to the opposing team or committing a floor violation.

Zone Defense - A defense where each defender is responsible for an area of the court and must guard any player who enters into that area.



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2019

JUNE

संवत् २०७६

SUN	30	2	9	16 <small>Father's Day</small>	23
MON	Office Reopens on 10th	3	10	17 <small>Sant Kabir Jayanti</small>	24
TUE	School Reopens on 20th for IX to XII	4	11	18	25
WED	World Yoga Day Celebration IX to XII	5 <small>World Environment Day Eid-ul-Fitr (According to Moon)</small>	12	19	26
THU		6 <small>Maharana Pratap Jayanti</small>	13	20	27
FRI		7	14	21 <small>World Yoga Day</small>	28
SAT	1	8	15	22	29

MAY 2019					
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CRICKET

History : Cricket is a sport tracked back to the early 16th century. In India it was introduced by the British East India Company, in the 18th century and today is one of the most popular sport in the country. There are three variations to the game- Test, One-day and Twenty-20. The oldest form being 'Test Cricket', which has been popular since 1960s. It was after 1963, that as a knock-out competition, limited overs match (one-day), gained popularity. Cricket's newest innovation is 'Twenty-20', which started in 2007 and it has so far enjoyed enormous popularity. The International Cricket Council is the governing body of international cricket, founded in 1909. The Board of Control for Cricket in India(BCCI), is the national governing body for all cricket in India, founded in 1928. Cricket has good television audience ratings.

The Game : It is a game played between two teams consisting of 11 players with varying roles- batsmen, bowlers, wicket-keepers and fielders. The match begins with a coin toss, where the winning captain then decides whether to bat or to field first. The aim of batting is score while that of fielding is to restrict runs.

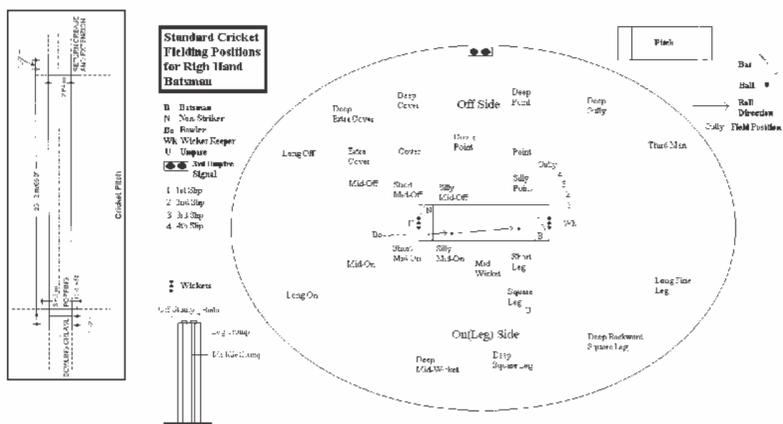
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- 5th CSM, Quarter final match of Boys, played between CA, Vikas Nagar & CA, Aashiana at Barabanki
- 5th CSM, match of Boys, played between CA, Vikas Nagar & CA, Jankipuram at Barabanki

JULY 2019					
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Every worthwhile accomplishment has three stages : A Beginning, A Struggle and A Victory.

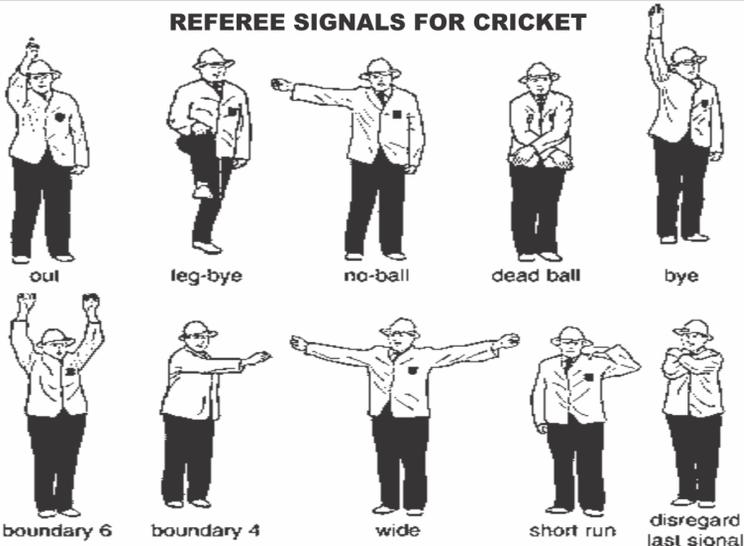
CRICKET GROUND



MAIN TIPS AT A GLANCE

- Number of players in a team = 11+5 (Extras) = 16
- Shape & size of Ground = Elliptical (175 m long & 135 m wide)
- Outer Circle from Wickets = 68.58 m (may vary from 75 to 85 yards)
- Inner Circle from Wickets = 27.4m (30 Yards)
- The breadth of pitch = 10 feet (3.05 m)
- Distance between Stumps = 66 feet, 20.12 m (22 yards)
- Breadth of Stumps = 9 Inches (22.8 cm)
- Height of Stumps = 28 Inches (71.1 cm)
- The widest part of cricket bat = 4 1/4" (10.8 cm)
- Length of the cricket bat = 38" (96.5 cm)
- Colour of ball = white for night and red for day time
- Time for changing every innings = 10 minutes
- Time of changing the player = 2 minutes
- Types of matches = one day (Day/Night), Testmatch (5 days), 20 - Twenty
- Officials = 2 Umpires +1 (Third umpire), 2 Scorers

REFEREE SIGNALS FOR CRICKET



IMPORTANT TOURNAMENTS

INTERNATIONAL:

- WORLD CUP:** It is the most prestigious and honourable tournament, played once in every 4 years. ICC claims it as the biggest and number one event in the world.
- CHAMPIONS TROPHY:** It is an ICC initiative tournament and stands out as the second important event after world cup.
- T20 WORLD CUP:** It is the most viewed and popular tournament.
- ASIACUP:** It is organized by Asian Cricket Council and was started in the year 1984.
- INDIAN PREMIER LEAGUE:** This is India's most viewed tournament which unites youngsters, Indian players and International players.

OTHER INTERNATIONAL TOURNAMENTS:

Border Gavaskar Trophy, Nat-west series, ICC women's championship, County Cricket, Pepsi Cup, Coca-cola Cup, Sharjah Cup, Ashes Cup, Australia Cup, etc.

NATIONAL TOURNAMENTS:

RANJI TROPHY: Organized in the year 1934-35, the Ranji Trophy is the premier cricket tournament in India. The participating teams mainly represent the Indian States.

Some other National Tournaments are Duleep Trophy, Irani Trophy, Deodhar Trophy, Challenger Trophy, Champions League Twenty-20, Rani Jhansi Trophy (women), etc.

Important Venues in India:

Eden Gardens (Kolkata), M.A. Chidambaram Stadium (Chennai), Green Park Stadium (Kanpur), Wankhede Stadium (Mumbai), M. Chinnaswamy Stadium (Bengaluru) etc.

NATIONAL AWARDS OF CRICKET

Arjuna Awardees

Since Cricket is very popular and the most played and veiwed game in India, our country has produced many world class cricketers. There is a long list of around 50 Cricket players who are Arjuna Awardees.

Padma Shree Awardees

1960	Vijay S. Hazare	2004	Saurabh S. Ganguly
1960	Jasu M. Patel	2005	Anil Kumble
1962	Nari J. Contractor	2009	Harbhajan Singh
1962	Pahlan Ratanji Umrigar	2011	Vangipurapu Venkatasai Laxman
1963	Syed Mohammad. Mushtaq Ali		Padma Bhushan Awardees
1964	Moropakan Tesian Gopalan	1956	Cottari Kanakaiya Nayudu
1965	Dinkar Balwant Deodhar	1958	Maharajkumar of Vizianagram
1967	Mohammad. Mansoor Ali Khan Pataudi	1973	Mulvantrai Himmatlal Mankad
1969	Shri Chandrakant Gulab Rao Borde	1980	Sunil M. Gavaskar
1970	Bishan Singh Bedi	1991	Lala Amarnath
1970	E. Ananthrao Prasanna	1991	Dilip Balwant Deodhar
1971	Gundappa Vishwanath	1991	Kapil Dev
1972	B. Subramanya Chandrasekhar	2002	Shri Chandrakant Gulab Rao Borde
1972	Ajit Laxman Wadekar		Padma Vibhushan & Bharat Ratna Awardee
1973	Farookh M. Engineer	2008	Sachin Ramesh Tendulkar
1975	Pankaj Lall Roy		Dronacharya Awardees
1982	Kapil Dev	1986	Deshprem Azad
1982	Syed M.H. Kirmani	1987	Gurcharan Singh
1986	Swaroop Krishan Rao	1990	Ramakanya Achrekar
1987	Dilip Balwant Vengsarkar	2004	Sunita Sharma
1988	Mohd. Azharuddin	2016	Rajkumar Sharma
1999	Sachin Ramesh Tendulkar		Rajiv Gandhi Khel Ratna Awardees
2002	Diana Fram Edulji	1997	Sachin Tendulkar
2003	Srinivas Venkataraghavan	2007	Mahendra Singh Dhoni
2004	Rahul S. Dravid	2018	Virat Kohli

FUNDAMENTAL RULES & TERMINOLOGY OF CRICKET

- ▲ Before the game the teams agree whether it is going to be over one or two innings.
- ▲ In a two-inning match, if the side batting second scores substantially fewer runs than the side batting first, the side that batted first can force their opponents to bat again immediately.
- ▲ Runs are scored when the two batsmen run to each other's end of the pitch.
- ▲ The side which scores the most runs wins the match.
- ▲ An over consists of six balls bowled, excluding wides and no balls.
- ▲ Ways to get out:- Bowled, timed-out, caught, handled the ball, hit the ball twice, hit wicket, leg before wicket, obstructing the field, run-out and stumped.

Appeal : A claim that a batter has been put out, made by the person making the play. (Umpires will not signal some "outs" unless appealed to, by the appropriate player).

Bat-and-pad catch : A hit that hits a batter's leg (pad) and is caught by a fielder BEFORE it touches the ground. A clear "out".

Batting Average : The average number of earned runs scored by a batter, defined as total runs scored divided by number of times the batter was "out".

Bowled : An "out" which is achieved by a pitch that hits the batter's sticks, whether or not touched by the bat.

Bowling average : The (average) number of earned runs scored off a pitcher/bowler per every "out" he takes.

Break : A change in direction of a pitch, after it is bounced by the pitcher.

Bumper : A ball that is bounced high enough to hit a batter's head or shoulders.

Bye(s) : Run(s) scored on "wild pitches". i.e. when the ball goes past the wicket-keeper/catcher without having been touched by the batter, and runs can be scored. The runs are added to the team total as "extras", but not credited to batters... nor charged to bowlers.

Caught (out) : An "out" resulting from a hit caught by a fielder in the air, i.e. before touching the ground, like baseball's "pop fly".

Chinaman : A left-hander's googly a pitch that looks as if it could break INTO a right-handed batter on the bounce, but breaks AWAY instead.

Country : Old name for the outfield, in cricket.

Cover drive : A drive that is hit away from the batter's body.

Cutter , leg- or off- : A fast pitch where a slashing arm action rather than wrist or finger spin is used to get a slight break off the bounce...depending on the direction of the break, it can be called a leg-cutter or off-cutter.

Declaration : In unlimited-over games, a decision by the captain of a batting side to stop batting and put the other side in to bat...usually done to allow enough time to win a game.

Double century : An individual score of 200 runs or more by a batter.

Draw : In an unlimited-overs game of one or two innings, a situation where neither side wins...the first team's total is not surpassed, but the innings are not completed. (No draws are allowed in limited-over games).

Drive : A hit executed by the batter in which he swings the bat in a long arc, much like teeing off at golf, and sends the ball in one of several possible directions.

Duck : A zero individual score, "awarded" to a batter who is "out" without scoring a single earned run.

Follow on : In a full two-innings game, where the team batting second is asked to bat again because its first innings total is far behind that of the other team.

Fourer, or boundary : A line drive that reaches the fence, counting as four runs.

Full toss : A pitch that reaches the batter without a bounce, like a baseball pitch.

Googly : A pitch which is thrown with grip but reverse finger spin... to look like a leg-break that should move across and AWAY from the batter, but actually moves in the OPPOSITE direction.

Hat century : An individual score of 50 runs or more by a batter.

Hat trick : Getting three batters "out" in three successive pitches...

Hook : A hit that is executed by the batter swinging his bat around his body, and following up with a complete body turn, usually pivoting on one foot.

Innings : The total number of runs scored by a team during its time at bat.

Inswing : A pitch that moves into a batter in the air.

"It is not cricket" : An expression meaning, any action that is deceptive contrary to the spirit in which cricket is supposed to be played.

Lbw (leg before wicket) : A pitch which is intercepted by a batter's body before it hits the sticks...an umpire will rule the batter "out" if he is sure that the sticks would have been hit.

Leg break : A pitch that is thrown and breaks into a batter's body off the bounce, from the batter's "leg" side.

Leg bye : Run(s) scored when the ball hits the batter's legs, and goes off into the field . The runs are added to the team total as "extras", but not credited to batters... nor charged to bowlers.

Leg glance : A hit consisting of a deflection around the batter's legs, of a pitch past the wicket keeper (catcher) and behind him.

Leg side : That half of the field, as bisected by a line joining the wickets and extended both ways, where the batter's legs are placed. Also called "on side".

Limited Over games : "Limited Over" games are those where each team is allowed to bat only for a designated number of overs. Typically, 30, 40, 45 or 50 overs are set as the limit for each team's innings.

Lofted drive : A drive where the ball is lofted (hit in the air) to clear infield or midfield positions.

Maiden over : A set of six pitches delivered by a bowler in which no earned runs are scored.

Night watchman : In matches/games lasting 2 or more days, a lower order batter who is sent in to "stall for time" late in the evening, so the more experienced batters can bat the following day.

No-ball : A pitch delivered by a pitcher who has "crossed the line" he is supposed to pitch from, or violated some other rule. When an umpire calls "no ball", the batter cannot be out except when running and gets tagged.

ODI : A One-Day International, an official limited-over cricket game (typically 50 overs per team) where the contenders are accredited national teams.

Off drive : A drive which is executed at about a 45-degree angle to the line of the wickets, on the batter's off side.

Off side : That half of the field, as bisected by a line joining the wickets and extended both ways, which is in front of and away from the batter, i.e. the other half of the field.

On drive : A drive which is executed at about a 45-degree angle to the line of the wickets, on the batter's on or leg side.

Opening batsman : One of the first two batters sent in to start a team's innings.

Outswing : A pitch which moves down and away from the batter in the air, like baseball's "slider".

Over : The set of six pitches delivered from one wicket to the other by a pitcher.

Partnership, stand : Used to indicate the number of runs scored by both batters on base, between one "out" and the next one...

Pull : A hit executed by a batter "pulling" an off-side pitch around his body towards his other side.

Run(s) : Safe crossing(s) from wicket to wicket, by a batter (and his partner) after hitting (earned runs), or off a fielding error. Each crossing scores one run to the batting team.

Run out : Like baseball's "tag"...an "out" which consists of the fielder striking the wickets towards which a runner is headed, before he gets to it.

Run rate : The rate at which runs are being scored per over, in an innings.

Sixer, or over-boundary : A hit that flies over the fence without a bounce, scoring six runs.

Spin (bowler) : A kind of pitch, usually delivered at slow speed, where fingers or/and wrist are used to impart spin to the ball to achieve "breaks" so, spin bowler = a pitcher who uses spin.

Square cut : A hit that looks like a slash across the body, used by batter to hit the ball "square" to his batting position...

Strike rate : The number of earned runs scored by a batter per pitches actually faced by him.

Stumped : An "out" which is made by the catcher/wicket-keeper, catching the batter out of his ground when he is trying to hit...and misses..

Sweep : A hit executed towards his leg or on side, by "sweeping" his bat around his body.

Take guard : What a batter does when he first goes in to bat, i.e. he asks the umpire for guidance, and marks his position where he wishes to stand when batting.

Ton or century : An individual score of 100 runs or more by a batter.

Triple century : An individual score of 300 runs or more by a batter.

Wicket(s) : The terms "wicket", and "wickets", are used in different and important ways. "THE wicket" is the strip of field between the two sets of sticks marking the bases "A wicket", used as singular or plural, is a count of the number of "outs" in an inning. "THE wickets", always used in plural, are the set of three sticks or "stumps" marking the base, in fielding behind the wickets.

Wicket keeper : The position equivalent to baseball's "catcher".

Wicket maiden : A "maiden over" where one or more "outs" such as "bowled" or "caught out" also occur.

Wide ball : A pitch that travels too far from the batter for him to have a reasonable chance of hitting it. The pitcher has to throw the pitch again, and a penalty run is scored for the batting team.

Yorker : An "overpitch" delivery which is thrown so far forward as to bounce right under the batter's bat, and beat him.



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2019

JULY

संवत् २०७६

SUN	School Reopens on 1st for Nursery to VIII	7	14	21	28
MON	1	8	15 <small>Foundation Day CA, Bapu Nagar, BHILWARA</small>	22 <small>Foundation Day CA, Ambamata, UDAIPUR</small>	29 <small>World Tiger Day</small>
TUE	2	9	16 <small>Guru Purnima</small> 	23 <small>Chandra Shekhar Azad Jayanti</small> 	30 <small>World Friendship Day</small>
WED	3	10	17 <small>Foundation Day CA, CHITTORGARH</small> 	24	31 <small>Munshi Premchand Jayanti</small>
THU	4 <small>Jagannath Rathayatra</small> 	11 <small>World Population Day</small> 	18	25	Inter-Class Skit Competition I to X
FRI	5	12	19 <small>Mangal Pandey Jayanti</small> 	26 <small>Foundation Day Kargil Victory Day CA, Aashiana, LUCKNOW</small> 	Fancy Dress Competition Pre-Primary & Primary Sections
SAT	6	13 <small>Foundation Day CA, Sardarpura, UDAIPUR</small> 	20 <small>Foundation Day CA, Hiran Magri, Sec.5, UDAIPUR</small> 	27	II Unit Test from 29th I-IX & XI

JUNE 2019					
Sun	30	2	9	16	23
Mon	3	10	17	24	31
Tue	4	11	18	25	31
Wed	5	12	19	26	31
Thu	6	13	20	27	31
Fri	7	14	21	28	31
Sat	1	8	15	22	29

FOOTBALL

History : Football is also known as Soccer. The history of football is very old, as similar versions of the game were played in many civilizations. Greeks played the game 'Sphaira', Roman people played 'Calcio' & Chinese also played 'Tsu Chu'. The modern version of game came from England in 1848. Federation international de Football Association (FIFA) was formed in 1904 which regulates the rules and development of Football. The first World Cup of Football was organised in 1930. It is a very popular game among Europeans, Latin Americans, Asians and African countries. FIFA has more than 200 nations as its members. Football is the world's most popular game, in number of participants and spectators.

In India, the Britishers brought this game and formed football associations in 1878, Football became very popular in Bengal. There are many clubs associated with football in India like Mohun Bagan, Mohammedan Sporting, East Bengal, etc.

The Game: The beauty and popularity of Football lies in its simplicity; two teams of 11 players each, attempt to kick a ball into opposing team's goal. The sport can be played almost everywhere, from official playing fields, streets, school playgrounds, parks or beaches. A team has a goal keeper and is divided into offense and defense. The game is played for 60 minutes, i.e. 4 quarters of 15 minutes each.

AUGUST 2019					
Sun		4	11	18	25
Mon		5	12	19	26
Tue		6	13	20	27
Wed		7	14	21	28
Thu	1	8	15	22	29
Fri	2	9	16	23	30
Sat	3	10	17	24	31



The harder the struggle, the more glorious the triumph.



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2019

AUGUST

संवत् २०७६

SUN	Hindi & English Recitation Competition Pre-Primary & Primary Sections	4	11	18	25
MON	Literary Week VI to XII Debates, Elocution, Quiz and Essay Writing Competitions in Hindi and English (mostly based on the knowledge about Sports given in the Calendar)	5	12 Vikram Sarabhai Jayanti  Eid-Ui-Zuha (According to Moon)	19	26 Mother Teresa's Birthday 
TUE		6  Hiroshima Day	13	20  Rajiv Gandhi Jayanti	27
WED	II Unit Test I to VIII	7  Tulsidas Jayanti	14	21	28
THU	1  Haritali Amavasya	8	15  Independence Day	22	29  Major Dhyhan Chand Jayanti
FRI	2	9	16	23	30
SAT	3	10	17	24  Janmashtami	31

JULY 2019					
Sun		7	14	21	28
Mon	1	8	15	22	29
Tue	2	9	16	23	30
Wed	3	10	17	24	31
Thu	4	11	18	25	
Fri	5	12	19	26	
Sat	6	13	20	27	

GYMNASTICS



History : Gymnastics is a sport involving the performance of exercises requiring physical strength, flexibility, power, agility, coordination, grace, balance and control. Gymnastics evolved from exercises used by the ancient Greeks that included skills for mounting and dismounting a horse and from circus performance skills. Other gymnastic disciplines include: rhythmic gymnastics, trampolining, Team Gym, tumbling, aerobic gymnastics and acrobatic gymnastics. Internationally, all of the competitive gymnastics events are governed by the Federation Internationale de Gymnastique (FIG). Each country has its own national governing body affiliated to FIG. The Gymnastics Federation of India, GFI was founded in 1952.

The Sport : Gymnastics is a multi-discipline sport. The events of gymnastics include: Four womens' events which are Floor exercises, Uneven Bars, Balance Beam, Vault and six mens' events of Floor exercises, Pommel Horse, Rings, Vault, Parallel Bars and High Bar.

1. Gold Medalist Ashish Kumar on the parallel bars at Gold Coast 2018 Commonwealth Games
2. Third CSM, Boys Jumping through the rings clean with coordination in the Closing Ceremony at IN
3. Bronze Medalist Dipa Karmakar performing at Asian Games 2018

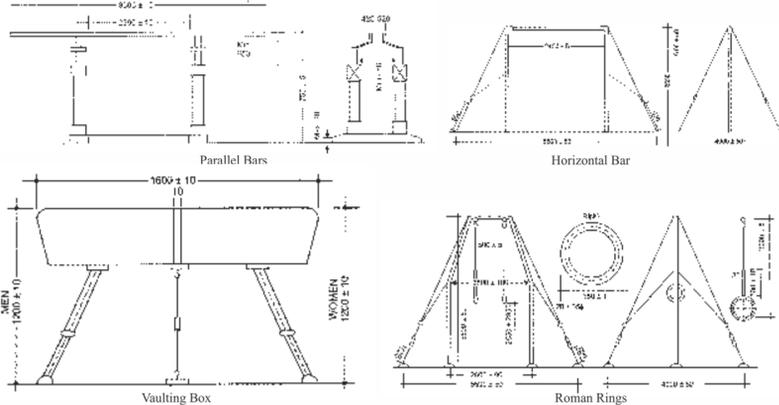
SEPTEMBER 2019					
Sun	1	8	15	22	29
Mon	2	9	16	23	30
Tue	3	10	17	24	
Wed	4	11	18	25	
Thu	5	12	19	26	
Fri	6	13	20	27	
Sat	7	14	21	28	



Don't aspire to be the best of the team. Aspire to be the best for the team.

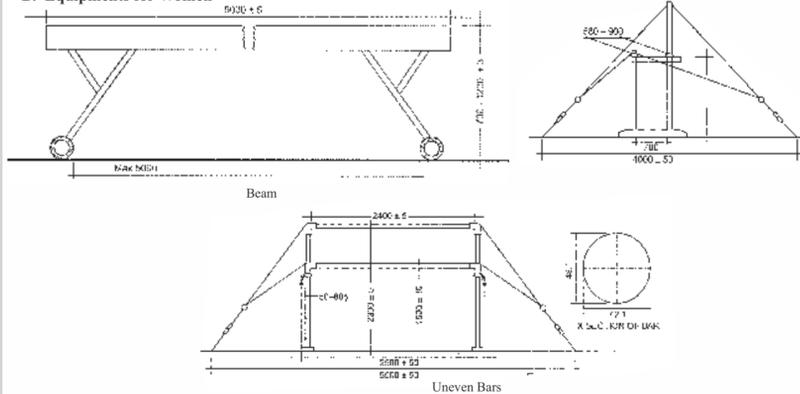
GYMNASTICS APPARATUS & MAIN TIPS AT A GLANCE

A. Equipments for Men



- | | | | |
|--------------------------|-------------------|-----------------------------------|-----------|
| 1. Floor | = 12 m x 12 m | 4. Vaulting Box : | |
| 2. Parallel Bars : | | Height of vaulting box | = 1350 mm |
| Length of bars | = 3500 mm | Adjustable steps in the intervals | = 50 mm |
| Width of bars | = 420 - 520 mm | Length | = 1600 mm |
| Height of the bars | = 1750 mm | 5. Roman Rings : | |
| 3. Horizontal Bar : | | Diameter (grip) | = 28 mm |
| Diameter of bar | = 28 mm | Height of stand from floor | = 5500 mm |
| Length of bar | = 2400 mm | Length of leather straps | = 700 mm |
| Height of the bar | = 2550 to 2700 mm | Thickness | = 4 mm |
| Diameter of uprights | = 50-60 mm | Inside diameter of ring | = 180 mm |
| Diameter of tension-wire | = 5-6 mm | Height of the rings from floor | = 2500 mm |
| | | Width | = 35 mm |

B. Equipments for Women



- | | | | |
|-----------------------------------|---------------|-------------------------------|-----------------------|
| 1. Floor | = 12 m x 12 m | 4. Uneven Bars : | |
| 2. Vaulting Box : | | Length of uneven bars | = 2400 mm |
| Height of vaulting box | = 1250 mm | Height of the bars from floor | = 2300 mm and 1500 mm |
| Adjustable steps in the intervals | = 100-150 mm | Distance between bars | = 580-900 mm |
| Length | = 1600 mm | Diameter of uprights | = 50-60 mm |
| 3. Beam : | | Thickness of uprights | = 30 mm |
| Length of Beam | = 5000 mm | | |
| Width of Beam | = 100 mm | | |
| Height of Beam | = 1200 mm | | |
| Adjustable between | = 700-1200 mm | | |

THE JURY

Gymnastics events are scored by two groups of judges: difficulty judges and execution judges who each award the gymnast a mark out of ten at the end of their routine. If a minor error is made 0.1 is taken off the final mark but more serious errors may cost the gymnast anything up to 0.4 of a point deduction. If the gymnast falls off a piece of apparatus half a point is deducted. Once each judge has given a mark, the highest and lowest scores are discounted and the gymnast's overall score is averaged from the remaining scores.

IMPORTANT TOURNAMENTS

OLYMPIC GAMES : Gymnastics events have been contested since the birth of the modern Olympic movement in 1896 .Indian Gymnasts have been participating in Olympics since 1952.

WORLD CUP : The World Cup of Gymnastics was introduced in 1975, when the FIG decided to organize an original competition and since they are held once in every two years. The gymnasts are invited to the World Cup based on the result of the previous World Championships and Olympics.

ASIAN GAMES : (AGU) Asian Gymnastic Union affiliated to the international federation governs the participation of Indian gymnasts in the Asian Games. Indian gymnasts have won a bronze in 2010.

COMMONWEALTH GAMES : (CGC) Commonwealth Gymnastics Confederation affiliated to the international federation governs the participation in these games. Gymnastics came of age when at the 2010 Commonwealth Games, Ashish Kumar won the first ever medal (bronze) for India.

NATIONAL TOURNAMENTS : Many championships are held around the country in all the disciplines of gymnastics. Currently, there are around 28 affiliated units with the GIF which are consistently participating in National Championships.

OTHER IMPORTANT TOURNAMENTS : International Commonwealth Championship: Indian gymnasts in 2010 won 7 medals, including, three gold, three silver and one bronze. Some other tournaments are:- South Central Asian Gymnastics Championships, Grand Prix Tournament, European Championships, World Trampoline Championships, World SSS Artistic Championships, The Challenge Cup etc.

Important Venues in India : Indira Gandhi Indoor stadium (Delhi), Jawaharlal Nehru Indoor stadium (Cuttack), Netaji Indoor stadium (Kolkata), Rajiv Gandhi Indoor stadium (Kochi) etc.

NATIONAL AWARDS OF GYMNASTICS

Arjuna Awardees

2002	Ashok Diwan
1961	Shri Shyam Lal
1975	Shri Montu Debnath
1985	Km. S. Sharma
1989	Km. Krupali Patel
1998	Ms. Anju Dua
1998	Ms. Ranjini Ramanujam
2000	Dr. (Ms.) Kalpna Debnath
2011	Ashish Kumar

Dronacharya Awardee

2011	Devender Kumar Rathore
2016	Bishweshwar Nandi

FUNDAMENTAL RULES & TERMINOLOGY OF GYMNASTICS

- ▲ Gymnasts are only allowed to make one attempt on each apparatus.
- ▲ Assistants known as 'spotters' may stand next to specified pieces of apparatus to prevent risk of injury but 0.4 will be taken off the final score if help is required.
- ▲ Spotters are allowed to help gymnasts mount the still rings and the horizontal bars.
- ▲ Performers may wear bandages or leather grips to increase friction on the apparatus.
- ▲ They may be penalized for what the judges consider to be unsporting behaviour.
- ▲ They may repeat a routine if it has been interrupted by an external factor.
- ▲ They must obtain permission to leave the arena during a competition.

Abduction: Hip abduction is pushing the knees outward. Shoulder abduction is raising the arms overhead by moving the hands out to the side.

Adduction: Hip adduction is bringing the knees together. Shoulder adduction is pressing the arms downward while out to the side.

Agonist Muscle: The muscle being contracted.

All Around: A gymnast that competes all of their gender specific events

Amplitude: Spectacular execution of a particular skill.

Antagonist Muscle: Muscle acting in opposition.

Apparatus : Specific equipments used in the sport.

Block: Term used to describe a rapid rebounding off of the floor or apparatus with the arms.

Center of Gravity: The point around which a body will rotate.

Code of Points: The rulebook for gymnastics

Compulsory: A routine in which the elements are pre-determined.

Concentric Muscle Contraction: When a muscle shortens while contracting.

Counter Turn: Describe the turning of the hips against the direction of a double leg circle.

Dismount: Last skill in the routine.

Eagle Grip/L Grip: Gymnasts hands turned 180 degrees outward from an over grip

Eccentric Muscle Contraction: When a contracting muscle lengthens.

Extension/Flexion: Extension of a joint is moving toward straightness. Flexion is the opposite. E.g. total flexion of your knee is when your heels are in contact with your rear. In the case of the shoulders, extension is pushing your arm away from your torso as when doing a handstand and pushing your feet as high as possible.

Flexibility: To have a wide range of motion in a joint.

Flip: Rotation about the transverse, or the horizontal axis.

Fractions: The fractions are used in order to describe twist

Grips: The leather straps that gymnasts wear.

Heel Drive: Kicking ones heels hard.

Hurdle: The transitional motion from a run to set up to perform a skill.

Isometric Muscle Contraction: Muscle contracts but does not changes in length.

Mixed Grip: Gripping with each hand differently.

Mount: Identify the first skill in a routine.

Optional: A routine in which the gymnast may perform skills of their choosing under the constraints of special requirements. The skills can be performed in any order but must fit the requirements as specified in the FIG code of points.

Overgrip: Hanging onto the bar with your fingers facing away from you.

Peel: Letting go involuntarily

Pit: A hole in the ground.

Plyometric: Rapidly contracting a muscle from a fully extended start position

Pointed/Flexed Toes: Toe point is an important factor in gymnastics. When the toes and foot are pulled downward so that the line from the knee to the tip of the toes is essentially straight and there is no angle in the ankle. Flexed toes mean the opposite. The toes are pulled upwards till the ankle forms a 90 degree angle.

Pronation: Forearm pronation is where your hands are rotated inward towards palms facing down. Pronation of the ankle is rolling the ankle inward to place pressure on the inside of the foot.

Punch: Bouncing off of the floor or apparatus rather than jumping. Jumping involves bending your legs and pushing, while "punching" involves anticipating the floor and springing off using both any spring in the floor as well as power in your legs

Reciprocal Inhibition: Contracting an agonist muscle.

Rep/Set: Rep is short for repetition. When doing an exercise a rep is simply one cycle of the motion. A set is a collection of reps done without stopping. e.g. doing 20 pushups 5 at a time would be 4 sets of 5 reps.

Rip: Flap of skin tears off of when swinging an event.

Rotation: Circular motion around an axis.

Routine: Sequence of skills on an event.

Salto: A rotation about the transverse axis.

Set: Initiation of most aerial skills.

Specialist: A gymnast that competes selected events.

Spotting: Assist someone safely completing a skill.

Spotting Belt: A spotting belt is a belt that a gymnast wears that is attached to ropes or cables that are generally attached to pulleys connected to the ceiling or a tower. This device allows a coach to "catch" a gymnast when working multiple flipping or twisting skills in a situation when a hand spot would be unfeasible.

Supination: Rolling outwards.

Stick: Land and remain standing without requiring a step

Tight: This term is used by coaches a lot, but what does it really mean? A tight body position is not simply straight, or extended, but taught. The muscles involved in the extension are squeezed. Positions are held rigid so that different parts of the body can move together. Any flexing in the joints can reduce the effectiveness of certain motions. Much of a gymnasts strength training is to enable "tightness".

Timer: A drill that simulates the feel of a skill.

Turnover: Rotating the body along the axis Twist: A rotation about the longitudinal, or vertical, axis. This is the axis that runs from your head to your feet. When you spin in a circle while standing you are "twisting". A right twist is defined as the right shoulder going backwards, the converse for a left twist.

Undergrip: Hanging on a bar with your fingers facing you.



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2019

SEPTEMBER

संवत् २०७६

SUN	1	8 Ramdev Jayanti World Literacy Day	15 Engineers' Day M. Visvesvaraya Jayanti	22	29 Maharaja Agrasen Jayanti Navratri Sthapana
MON	2 Ganesh Chaturthi	9	16 World Ozone Day	23	30
TUE	3	10 Govind Vallabh Pant Jayanti Moharrām (According to Moon)	17 Vishwakarma Jayanti	24	Mid Term Exam from 25th K.G.-IX & XI
WED	4 Foundation Day CA, Jhansi, ALLAHABAD	11 Acharya Vinoba Bhave Jayanti Onam	18	25 Pandit Deendayal Upadhyay Jayanti	Quarterly Exam from 25th X & XII
THU	5 Teacher's Day Radhakrishnan Jayanti	12 Foundation Day Parents' Pride, HM, UDAIPUR	19	26	
FRI	6	13	20	27 World Tourism Day	
SAT	7	14 Hindi Divas	21	28 Bhagat Singh Jayanti	

AUGUST 2019

Sun		4	11	18	25
Mon		5	12	19	26
Tue		6	13	20	27
Wed		7	14	21	28
Thu	1	8	15	22	29
Fri	2	9	16	23	30
Sat	3	10	17	24	31

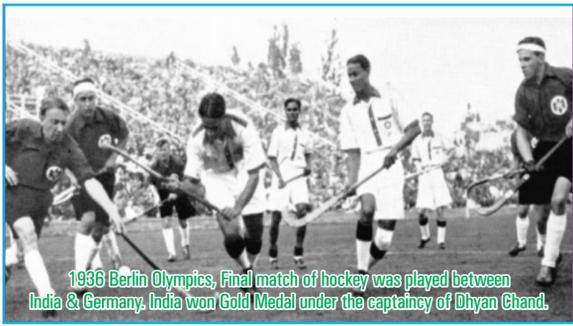
HOCKEY

History : Games resembling Hockey have been played since 2000 B.C. The game evolved in different ways in various European and Asian countries. In some places, it was played on horseback (polo), in other places, it was played on ice (ice-hockey). The rules for modern field hockey were first codified in England. The International Hockey Federation (FIH) was formed in 1924, today it has 120 member nations. Besides Olympics, the World Cup is the main tournament started in 1971 for men and in 1974 for women. India has a glorious history in Hockey. The Indian Hockey Federation (IHF) was formed in 1925 at Gwalior. Hockey India is the governing body of Field Hockey in India. It was formed in April 2009 by IOA. Hockey is very popular in Punjab and other parts of India. India has also gained many Olympic medals in this game (8 times Olympic, 2 times World-Cup, 5 times Asian Championship). In India & Pakistan it is a national sport, together with cricket. Hockey remains largely an amateur sport, because it has not found mass audiences in wealthier nations.

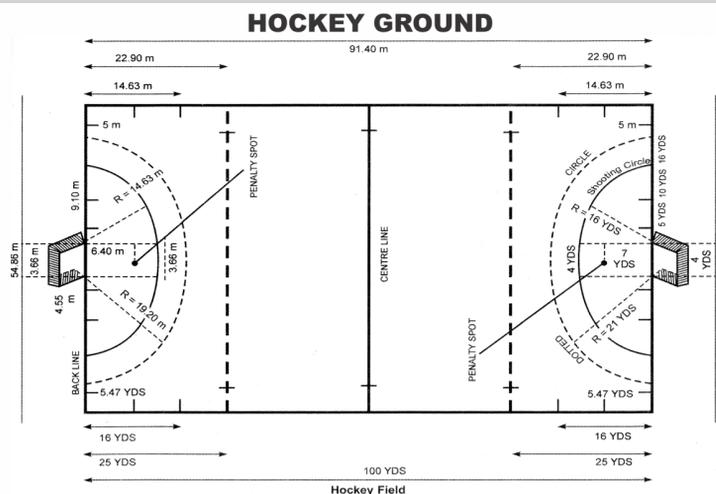
The Game : Field Hockey is a fast moving and potentially bruising game in which two 11-a-side teams of men or women try to hit, push, pass or dribble a small, hard ball into each other's goal using J shaped sticks. The winner is the team with more goals after two 35 minutes halves.

OCTOBER 2019

Sun		6	13	20	27
Mon		7	14	21	28
Tue	1	8	15	22	29
Wed	2	9	16	23	30
Thu	3	10	17	24	31
Fri	4	11	18	25	
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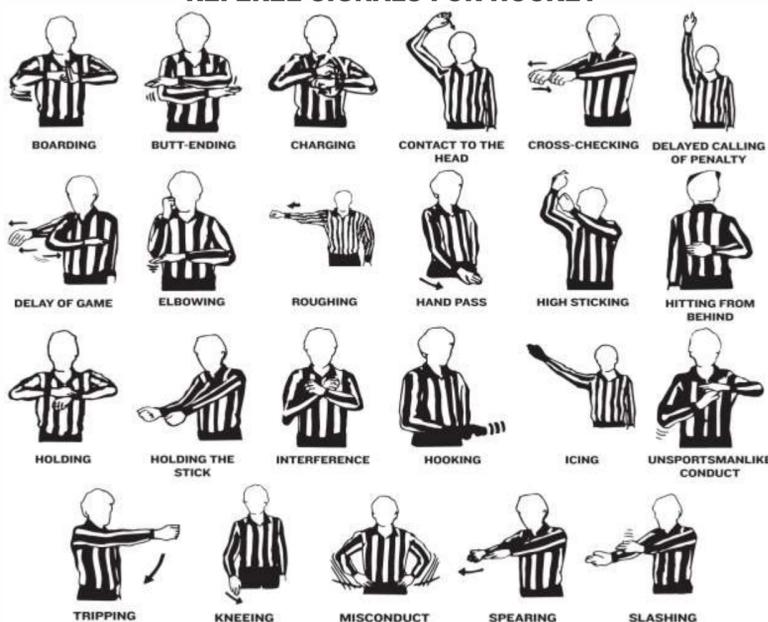
To be a champion you have to believe in yourself ; when no one else will.



MAIN TIPS AT A GLANCE

Number of players	=	11+5 (extras)=16
Length and Breadth of the field	=	100 yards x 60 yards
Duration of match	=	35 – 35 minutes (2 halves)
Interval	=	5 to 10 minutes
Weight of the ball	=	5.5 ounces to 5.75 ounces
Circumference of the ball	=	(22.4 to 23.5 cm or 8 inches to 9 inches)
Weight of the stick	=	23 ounces (women), 28 ounces (men)
Length of the goalpost	=	4 yards
Height of the goalpost	=	7 feet
Height of the backboard	=	18 inches
Depth of the backboard	=	4 feet
Distance of 'D' from end line	=	16 yards
Distance of penalty stroke	=	7 yards
Officials	=	1 Referee, 1 Umpire, 2 Goal Judges
Dotted shooting circle	=	21 yards

REFEREE SIGNALS FOR HOCKEY



IMPORTANT TOURNAMENTS

OLYMPIC GAMES : Hockey was introduced in the Olympics in 1908. Indian hockey made its debut in 1928 Amsterdam Games and clinched gold. Having won 8gold, 1 silver and 2 bronze medals, India is the most successful team ever in Olympics. The period from 1928 to 1956 was the golden era for Indian hockey.

ASIAN GAMES : Hockey has been a part of Asian games since 1958 wherein mens' Indian team also participated and women's competition is held since 1982.

COMMONWEALTH GAMES : Hockey has been a commonwealth sport since 1998.

HOCKEY WORLD CUP : It is an International field hockey competition that is held every four years which started in 1971. The Indian National Field Hockey Team is the first non-European team to be a part of the International Hockey Federation. India won the World Cup in 1975.

NATIONAL TOURNAMENTS : Indian Hockey Tournaments are played throughout the year which are conducted by the Indian Hockey Federation. Most of them are named after renowned personalities. like: All India Chattrapati Shivaji Hockey Tournaments, All India Jawahar Lal Nehru Hockey Tournaments, All India Lal Bahadur Shastri Hockey Tournaments. All India Indira Gold Cup Hockey Tournaments, All India Agha Khan Hockey Tournaments etc.

OTHER IMPORTANT TOURNAMENTS : Champions' Trophy, Hockey Champions Challenge, etc.

Important Venues in India : International Hockey Stadium (Rajnandgaon), Dhyan Chand National Stadium (Delhi), Anna stadium (Tiruchirappalli), Mayor Radhakrishnan Stadium (Chennai), Mahindra Hockey Stadium (Mumbai), Chaudhary Bansi Lal Cricket Stadium (Rohtak), Bangalore Hockey Stadium (Bangalore), International Hockey Stadium (Kollam), Birsamunda Hockey Stadium (Ranchi) etc.

NATIONAL AWARDS OF HOCKEY

Arjuna Awardees

Hockey being a national and one of the most popular game of India, our country has a long list of 79 Arjuna award winners in the particular sport since 1961 till 2018.

Dhyan Chand Awardees	Dronacharya Awardees
2002 Ashok Diwan	2000 Gudial Singh Bhangu
2003 Charles Cornelius	2002 M.K. Kaushik
2003 Dharam Singh Mann	2003 Rajinder Singh
2004 Hardy Singh	2009 Baldev Singh
2005 Rajinder Singh	2010 Ajay Kumar Bansal
2006 Nandy Singh	2011 Rajinder Singh
2007 Varinder Singh	2012 Harendra Singh
2009 Mukhbain Singh	2013 Narinder Singh Saini
2012 Gundeep Kumar	2017 P.A. Raphael
2013 Syed Ali	2018 Charence Lobo
2014 Gurmail Singh	Rajiv Randhi Khel Ratna Awardee
	2000 Dhanraj Pillay
	2017 Mr. Sardara Singh

FUNDAMENTAL RULES & TERMINOLOGY OF HOCKEY

- ▲ No player is permitted to wear anything either in footwear or otherwise, which may be dangerous to other players.
- ▲ The ball shall not be picked up, kicked, thrown, carried or propelled, in any direction, except with the stick.
- ▲ A goal is recognized as scored if the ball passes wholly over the goal line, between the vertical goal posts, and under the horizontal cross-bar and only when it is hit while inside the striking circle.
- ▲ All the players of the attacking team, except the player taking the hit shall be in the field of play.
- ▲ There shall be two umpires. Each umpire shall take one half of the ground for the whole game, the whole of one side line and give corner decisions for his own half of the ground.
- ▲ Obstruction - A player cannot obstruct if he is stationary.
- ▲ Substitution - It may be made only after a player from the same team has left the field
- ▲ No player can tackle from behind; rather he must face the opponent shoulder to shoulder while fighting for the ball.

Add-ten : A delay-of-game foul called by the referee.

Advantage : To continue a game after a foul has been committed.

Aerial : A pass across the field where the ball is lifted into the air over the players' head.

Assist : The pass or last two passes made that lead to the scoring of a goal.

Attack : The team that is trying to score a goal.

Attacker : A player who is trying to score a goal.

Back pass : A pass that moves toward the passing team's end of the field.

Back post : The far post of the goal from the direction the shot is taken.

Basic grip : A style of holding the stick.

Blade : The flat side of the stick's head that is used for hitting the ball.

Blind Pass : Passing the ball without looking forward.

Breakaway : When an offender beats the last defender and goes one-on-one against the goalie.

Bully : A call used to start or restart play.

Corner flag : A marker used to indicate the boundaries of the field.

Center line : A line that divides the field in half.

Center mark : The spot at the center of the field on which the ball is placed to start play.

Center pass : A pass used to begin the game following a goal.

Circle : The semi-circle marked in front of the goals.

Clear : A defensive tactic used to dribble or hit the ball out of the 25-yard area.

Cross : A pass that travels from the right side of the field to the left, or vice-versa.

Dribble : The act of controlling the ball with short strokes of the stick while on the move.

Dive : When a player or goalie lunges forward to stop or propel the ball forward.

Drag flick : Move used by advanced players to take a shot on goal during a penalty corner.

Drive : A hard hit made by putting both hands together at the top of the stick and striking the ball.

End Line : The painted line that designates each end of the playing area.

Field goal : Any goal scored during regulation play (non-penalty play).

Flat pass : A pass that travels straight to the right or left to a teammate.

Flick : To raise the ball from the ground into the air with a quick movement of the stick.

Formation : The setup and positioning of players on one team.

Forward : An offensive position with a primary job of attacking the opponent's goal.

Free hit : A play awarded to a team when opposition commits any infraction outside the shooting circle.

Front post : The post on the goal closest to the person taking the shot.

Give-and-go : Immediate sending and receiving of the ball between the same players.

Goalkeeper : The player on the field for each team who defend the goal.

Green card : A card issued by the referee as a warning for a minor rules violation.

Hacking : A foul called for tackling another player's stick instead of the ball.

Hat trick : When a player scores three goals in one game.

High stick : A foul called for raising the stick above shoulder level.

Hit : A strike of the ball using a downward swinging movement of the stick. This stroke is used to make long passes or to take shots on goals.

Hooking : A foul called when a player uses the stick to hook an opponent's stick or leg.

Kicking back : Substitute who takes the place of the goalkeeper.

Line-up : Also known as "formation," the setup and positioning of players on one team.

Leading pass : Pass where one player sends the ball a few yards ahead of a teammate.

Mark : A defensive tactic

Midfield line : The field players positioned between the offensive and defensive lines.

Officials table : A table located on the sideline where referees conduct their job.

Over-grip : Stick grip that is placed on top of worn or old grip to improve a player's hold on the stick. Overtime time that is added to the end of the regulation for breaking a tie.

Penalty corner : Play awarded to the offensive team if a foul is committed by the defensive team.

Pull and Push : Dragging and moving the ball along the ground respectively.

Raised ball : A foul called by the referee for lifting the ball more than 18 inches off the ground.

Rebound : Ball that bounces back into play off the goalie's pads.

Red card and yellow card : Issued by when a player is guilty of an intentional foul.

Reverse drive : A hit where the ball is struck with the inside edge of the stick using a backward swinging motion.

Roster : An official list of players.

Shooting circle : An area in the shape of a capital "D", made up of two quarter-circles.

Short : A play awarded to the offensive team.

Short-handle grip : A style of holding the stick

Side in : A pass that puts the ball back into play.

Square pass : A pass across the field made in order to change a team's overall point of attack.

Stopper : An offensive player who stops the ball on a penalty corner.

Striker : An offensive player whose main responsibility is to score goals.

Swatting : A foul called against a goalie for making a swinging motion at the ball.

Sweeper : A defender who plays between the defensive line and the goalkeeper.

Switch the field : A play that has a team send the ball from one side of the field to the other.

Tackle : An attempt to take the ball away from an opponent with the stick.

Through pass : A pass that moves the ball forward to a teammate between defending players.

Time : Player lingo for a command to let a teammate know that they have time to dribble the ball.

Trailer : A defensive player on a penalty corner.

Trapping : A penalty for the stepping on the ball.

Triangle : A defensive formation used by midfield players.

Unsportsmanlike conduct : A foul called for dangerous play.



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2019

OCTOBER

संवत् २०७६

SUN	Deepawali Holidays from 23rd to 30th Oct.	6 Durgashtami	13 Shri Valmiki Jayanti	20	27 Deepawali
MON	Dance Competition Nursery & Kindergarten Classes	7 Mahanavmi	14	21	28 Annakoot Govardhan Pooja
TUE	1	8 Indian Air Force Day Dussehra	15	22	29 Bhai Dooj
WED	International Non-Violence Day 2 Gandhi & Shastri Jayanti	9	16 World Food Day	23	30
THU	3	10	17 Karwa Chauth	24 United Nations Day	31 National Unity Day Sardar Vallabh Bhai Patel Jayanti
FRI	World Animal Day 4	11 Jai Prakash Narayan Jayanti	18	25 Dhanteras	Picture Composition & Story Telling Competition Preparatory & Primary Classes
SAT	5	12	19	26 Roop Chaturdashi	EIGHTH CENTEMY SPORTS MEET VI to VIII Uttar Pradesh Zone Organised by CA Aashiana, LUCKNOW From 9th to 13th

SEPTEMBER 2019

Sun	1	8	15	22	29
Mon	2	9	16	23	30
Tue	3	10	17	24	
Wed	4	11	18	25	
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JUDO

History : Judo is a modern martial art, which was invented in Japan in 1882 by Jigoro Kano, derived from the ancient martial art of Jujitsu. Judo is an exciting unarmed combat sport that originated in the orient as a means of self defense which has since grown into an international competitive sport. It does not use tools of any type. It consists partly of defense, by knowing how to fall, and partly of attack by locks. The various locks are potentially dangerous, and when practicing should be released only when the opponent requests this. Judo is a Japanese word meaning "gentleness" or "giving". Coaching of Judo was first arranged at Shantiniketan in 1929, by Rabindranath Tagore. The Judo Federation of India(JFI) was formed in 1965, which promotes, supports and encourages the sport in the country. The sport was recognized by the International Judo federation in 1986. Judo, created system of ranks, which is used in almost all kinds of martial arts. There are separate ranks for juniors and seniors. Ranks are identified by coloured belts and also ten degrees of advanced grades for black belts.

1. A Student of Primary Class practicing Martial Art
2. Students of Middle Classes demonstrating Self Defense Skills at CA, Hiran Magri, Sec. 5, Udaipur
3. International Championship of Judo under 16, organised by Karate-Do Goju Ryu Kenwaki, India in Khelgaon, New Delhi. Swapnil Sonker of class VIII, student of CA, Vikas Nagar, LKO, participated.

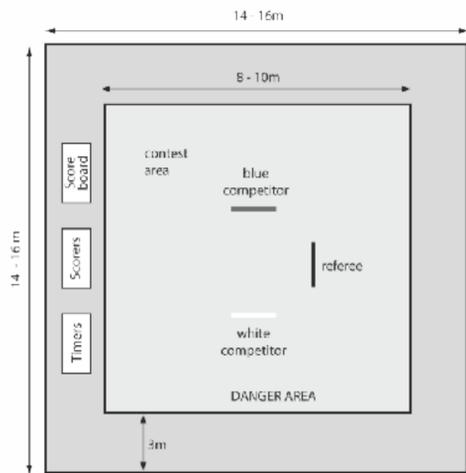
NOVEMBER 2019

Sun		3	10	17	24
Mon		4	11	18	25
Tue		5	12	19	26
Wed		6	13	20	27
Thu		7	14	21	28
Fri	1	8	15	22	29
Sat	2	9	16	23	30



The more difficult the victory, the greater the happiness in winning.

JUDO ARENA



MAIN TIPS AT A GLANCE

Number of judokas (players)	= 2
Name of the playground	= Shajo
Shape of the playfield	= Square
Each side of the platform	= 30 Feet
Number of pieces of mat covering the platform	= 50
Size of each piece of mat	= 3 ft. x 6 ft.
Officials (Referee – 1; Judges – 2; Scorer – 1, Recorder – 1)	= 5
Distance of standing competitors from each other	= 12 Feet

REFEREE SIGNALS FOR JUDO



IMPORTANT TOURNAMENTS

OLYMPIC GAMES

Judo was first included in the Olympic Games in the year 1964 in Tokyo, Japan. Only men participated until 1988, when women participated as a demonstration sport thereafter in 1992 women were awarded with medals for the first time.

ASIAN GAMES

Judo has been a part of the Asian Games since 1986 in which India also participated. India has won 4 bronze medals.

WORLD JODO CHAMPIONSHIPS

The championships began in 1956. It is one of the highest level of international competitions held once in a year for both men and women.

NATIONAL LEVEL TOURNAMENTS

The Judo Federation of India (JFI) organizes Judo championships at sub-junior, junior and senior levels throughout the year.

India has been performing continuously in the international Judo events and has won several gold, silver and bronze medals.

OTHER IMPORTANT TOURNAMENTS

Southend International Judo Championship, Venray International Judo Tournament, North West Judo Tournament, Sportif International Tournament, Sanix International Youth Judo Tournament, Edmonton International Judo Championship etc.

Important Venues in India :

Judo Academy of Aurangabad (Aurangabad), Nashik District Judo Association(Nashik), Nehru Stadium (Delhi), Judo Welfare Society of Delhi (Delhi), Rajkot Judo Association (Rajkot), Kerala Judo Association (Ernakulam), M.P. State Judo Academy, Govt.(Bhopal), Indian Self Defence Academy (Mumbai), Ippon Judo Association (Mumbai), Ludhiana Judo Association (Ludhiana), Trichy District Judo Association (Trichy) etc.

NATIONAL AWARDS OF JUDO

Arjuna Awardees

1992	Sandeep Byala
1993	Cawas Billimoria
1996	Ms. Poonam Chopra
1998	Narender Singh
2003	Akram Shah
2004	Ms. Angom Anita Chanu
2007	Ms. Tombi Devi
2012	Yashpal Solanki

Dronacharya Awardee

2014	Gurucharan Singh Gogi
2018	Jiwan Kumar Sharma

FUNDAMENTAL RULES & TERMINOLOGY OF JUDO

- ▲ After progress has been made in throwing techniques a competitor can unhesitatingly take a lying position and in this way become offensive.
- ▲ When a competitor falls while adopting throwing technique or takes offensive, and the opponent falls, even then he can take a lying posture.
- ▲ The throwing technique is valid, if maximum body of the opponent is inside the arena.
- ▲ When one or both the competitors are outside the contesting area, the use of any technique is reckoned a failure and shall be declared against the rules.
- ▲ If the players go outside the contesting area and on being caught the referee sonoma remain as you are. The referee puts them in the contest area. The position remains the same. In order to restart the game the referee says yusci-gachi.
- ▲ If the judge does not agree with the decision of a referee, he can make suggestion to him (judge). If the referee considers the suggestion proper he can accept it. But the decision of the referee is final.
- ▲ If a competition ends in a draw and time is over, the referee says 'sovemade'.
- ▲ When a player refuses to participate in a competition, the opponent is counted win by default.
- ▲ The player persistently violates the referee or persists in the forbidden activity even after the warning he is counted honsa-kumake.
- ▲ If a player is injured due to the errors of the opponent, he is declared the winner but if injured by his own mistake, opponent is the winner.
- ▲ Bout is arranged by a referee. His decision is final. No appeal is made against it. He keeps himself in the competition ground, keeping a watch on the performance of players.

PROHIBITED ACTS (FOULS AND VIOLATIONS)

Striking or attempt to strike the opponent with any part of the body, gripping opponent's leg with fingers on the inside of the trouser, wrapping legs around opponent's legs when attempting to throw, pushing opponent's face with arms or legs, screwing up opponent's sleeve tightly around his arm are the acts that are prohibited and considered as foul.

Ai-yotsu : Fighting stance

Ashi Waza : Foot/leg techniques.

Atemi Waza : Striking techniques

Ayumi Ashi : Ordinary pattern of walking

Batsugun : Instant promotion

Budo : Martial ways

Bujutsu : Martial arts

Bushido : Way of the warrior

Chui : Light penalty issued when a rule is violated.

Counting : Counting in Japanese: 1 - Ichi 2 - Ni 3 - San 4 - Shi 5 - Go 6 - Roku 7 - Shichi 8 - Hachi 9 - Ku 10 - Ju 11 - Juichi (10 plus one).

Dan : Black belt rank

Debana : Instant of opportunity

Dojo : Training hall for studying the way

Eri : Collar, lapel

Fudoshin : Immovable spirit

Fusegi : Escapes

Fusen Gachi : Win by default

Gokyo : Name for throwing techniques of the Kodokan

Goshin Jutsu : Art of self defense

Hajime : Begin

Hando no Kuzushi : Unbalancing.

Hanso-kumake : Accumulated light penalties

Hantei : Referee call for judge's decision

Happo no Kuzushi : Kuzushi in 8 directions

Hara : Stomach

Harau : A foot sweep

Henka : Combination of rapid

Hidari : Left

Hiji : Elbow

Hiki-te : Pulling hand that grasps the opponent.

Hiki-wake : No decision--tie or draw

Hiza : Knee

Ippon : Victory in one move

Jigotai : Defensive posture

Jikan : Referee call to stop the clock

Jita Kyoei : Principle of mutual prosperity

Joseki : Place of honor, upper seat

Ju no Kata : Forms of gentleness

Ju no Ri : Principle of flexibility or yielding

Judo Ichidai : Spending one's life in pursuit of Judo

Judogi : Judo practice uniform

Jujutsu : Gentle art

Kaeshi Waza : Techniques to counter an opponent's Waza.

Kake : Completion or execution of technique

Kansetsu Waza : Joint locking techniques

Kappo : Resuscitate a combatant who loses conscious due to a strangle.

Kata : Forms

Katame no kata : Forms of grappling

Katsu : Resuscitation

Keikoku : Warning issued when a rule is violated.

Kenka Yotsu : Opposite grips used by each person.

Ki o tsuke : Attention

Kiai : To gather spirit with a shout

Kime no Kata : Forms of decision

Kinshi Waza : Techniques which are prohibited.

Kodansha : High ranking judoka.

Kodokan : Institute in Tokyo where Judo was founded

Kogeki Seyo : Order for judoka to attack

Koka : Score less than a yuko

Koshi : Hip

Koshi Waza : Hip techniques.

Kubi : Neck

Kumikata : Gripping methods

Kuzure : Modified hold

Kuzushi : Unbalancing the opponent.

Kyoshi : Instructor

Kyu : Ranking system indicating levels.

Maai : Space or engagement distance

Mae : Forward, front

Mae Sabaki : Frontal escape

Mae Ukemi : Falling forward

Maitta : Give up sign given by the receiver of a Waza.

Masutemi Waza : Back sacrifice throws

Mat : Temporarily stop a contest.

Migi : Right

Mudansha : Students below black belt rank

Mune : Chest

Nage Waza : Throwing techniques

Nage no Kata : Forms of throwing

Nagekomi : Repetitive throwing practice

Ne Waza : Techniques on the ground

Obi : Judo belt

Okuden : Secret teachings

Osakemi : Pin, referee call to begin timing

Randori : Free sparring drill

Rei : Bow

Rei Ni Hajimari, Rei Ni Owaru : Beginning and ending with a bow of respect.

Reiho : Respect for others.

Renraku Waza : Combination techniques

Ritsu Rei : Bow performed by standing posture.

Seika Tanden : A point in the abdomen.

Seiryoku Zenyo : Principle of maximum efficiency.

Seiza : Formal kneeling posture

Sen : Attack initiative

Sensei : Teacher, instructor

Shiai : Contest

Shiaijo : Competition area

Shido : Instruction / Light penalty.

Shihan : Teacher who sets the standard.

Shinpan : Referee

Shintai : Moving forwards, sideways & backwards

Shisei : Posture

Shizentai : Natural posture

Shodan : Judo practitioner awarded a higher rank.

Shomen : Dojo front

Sode : Sleeve

Soke : Founder of a martial art

Sono Mama : Stop action; command to freeze

Sovemade : Signal to the end of a contest.

Sukasu : An evasive maneuver.

Sute Geiko : Throwing practice against a higher level judoka

Tachi Waza : Standing techniques

Tai Sabaki : Body control manner in which a contestant changes orientation while receiving a Waza.

Tatami : Mat

Te : Hand, arm

Tekubi : Wrist

Tokui Waza : Favorite or best technique

Tori : Player executing technique

Tsugi Ashi : Walking by bringing one foot up to another

Tsukuri : Entry into a technique, positioning

Tsurite : Lifting hand that grasps the opponent.

Uchikomi : Practice of a throwing motion.

Ude : Arm

Uke : Player receiving opponent's attack.

Ukemi : Break fall techniques.

Uratori : Techniques to counter an opponent's Waza.

Ushiro : Backward, rear

Ushiro Sabaki : Back movement control

Ushiro Ukemi : Falling backward

Waki : Armpit

Waza Ari : Near ippon or half point

Waza ari Awasete Ippon : Two waza-ari together for ippon

Yakusoku Geiko : Pre-arranged free practice

Yoko Kaiten Ukemi : Sideways rolling break fall

Yoko Sutemi Waza : Side sacrifice throws

Yoko Ukemi : Falling sideways

Yoshi : Resume action, continue

Yubi : Finger

Yudansha : Person who earned the black belt

Yudanshakai : Black belt association

Yuko : Effective / Moderate advantage

Yusei Gachi : Win by judge's decision

Zanshin : Keeping one's concentration focused.

Zarei : Kneeling salutation

Zenpo Kaiten Ukemi : Forward rolling break fall

Zubon : Pants.



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2019

NOVEMBER

संवत् २०७६

SUN		3	10 <small>Eid-e-Milad (According To Moon)</small>	17 <small>World Students' Day</small>	24
MON		4	11	18	25
TUE		5	12 <small>Guru Nanak Jayanti</small>	19 <small>Rani Lakshmbai Jayanti Indira Gandhi Jayanti</small>	26
WED		6	13	20	27
THU		7	14 <small>Children's Day Jawaharlal Nehru Jayanti</small>	21	28
FRI	1	8	15	22	29
SAT	2 <small>Chhath Pooja</small>	9 <small>Kalidas Jayanti</small>	16	23	30

OCTOBER 2019					
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Sat	5	12	19	26	



KABADDI

History : Origin of Kabaddi can be traced back to ancient India from the epic era of the Mahabharata. This game is very popular in rural India as it has simple rules and does not require any equipment.

Kabaddi rules were framed in the year 1923 and later revised in 1934. Kabaddi is controlled by International Kabaddi Federation (IKF). In India, Kabaddi Federation of India was formed in 1952, which regulates the rules and developments of Kabaddi in the country. Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by India. The game was introduced in the Indian National Games at Calcutta in 1938. In 1950 the All India Kabaddi Federation (AIKF) came into existence and framed the rules. Kabaddi was a demonstration game in the 1982 Asian games at New Delhi. It was officially introduced in the Asian Games in the year 1990. India has the honour of winning all the gold medals in the Asian Games (upto Doha Asian Games). It is known with various names across India like 'hu-tu-tu', 'att-patt' etc.

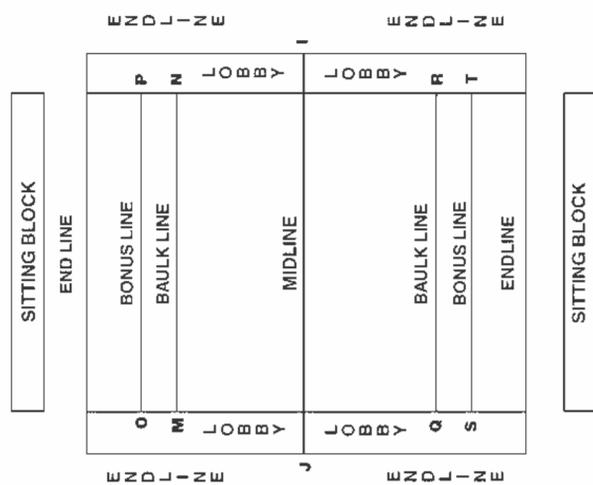
Students of various branches of Central Academy Schools playing friendly Matches of Kabaddi.

DECEMBER 2019					
Sun	1	8	15	22	29
Mon	2	9	16	23	30
Tue	3	10	17	24	31
Wed	4	11	18	25	
Thu	5	12	19	26	
Fri	6	13	20	27	
Sat	7	14	21	28	



Victory is in having done your best. If you have done your best, you have won.

KABADDI COURT



MAIN TIPS AT A GLANCE

- Dimension of Playfield of Kabaddi**
 - For Men or senior = 13 m x 10 m
 - For women and juniors = 12 m x 8 m
 - For mini or sub junior girls and boys = 11 m x 8 m
- Width of the lobby** = 1m (on sides)
- Distance of the centre-line from baulk line (men)** = 3.75m (Men), 3m (Women)
- Width of the centre-line and other lines** = 5cms
- Size of the block for men** = 1x8 m
- Size of the block for women and Juniors** = 1 x6 m
- Surface of Playfield** = Clay/Muddy Terrain
- Free Space area** = 3 to 5 m on all sides
- Number of players in each team** = 12 playing, 5 Reserves
- Duration of match for men** = Two halves of 20 min. each
- Duration of match for women and juniors** = Two halves of 15 min. each
- Period of interval** = 5 min. rest between two halves
- Lona** = 2 Points (all Players are Out)
- Raider speaks "Cant"** = 'Kabaddi-Kabaddi...' in a single breath.
- Officials** = 1 Referee, 2 Umpires, 1 Scorer, 2 Linesmen, 1 time keeper

FUNDAMENTAL RULES OF KABADDI

How is KABADDI played?

Team : Each team shall consist of minimum 10 and maximum 12 players. At the start, seven players can take the field and the rest will be on the bench as substitutes.

Match duration : The match will be divided into two halves of 20 minutes each with a five-minute interval. The teams will swap courts at the beginning of the second half and resume with the same number of players as they had at half-time.

The KABADDI court - Field of Play

The kabaddi court shall be 13mX10m in measurement. It is marked by the following lines:

- Mid line :** Divides the field of play into two halves.
- Court :** Each half divided by the mid line is the court.
- Baulk line :** The line in each court parallel to the mid line. It is at a distance of 3.75m from the mid line.
- Bonus line :** The line running parallel to the baulk line towards the end line. The distance between the baulk line and the bonus line is 1 metre.

What is a Raid?

A raid comprises of the following:

The 'Cant': The repeated, without break and at a stretch, clear chant of the word "Kabaddi-kabaddi" is a 'Cant'.

The 'Raider': One who enters the court of the opponent with a cant is the Raider. The raider must begin his cant before he touches the opponent's court. A raider must intend to get an opponent player out by touching him and then returning successfully to his court within 30 seconds of the start of the raid.

When the raider enters the court of opponent with the cant, it is known as a raid.

Each raid is restricted to 30 seconds.

Successful and unsuccessful raids:

When the raider crosses the baulk line of the defending team at least once during the course of a raid and gets back to his court with the cant, It is known as a successful raid.

If a Raider does not score any points or lose any points during the raid, the raid will be treated as unproductive or empty raid for his team.

After three consecutive empty raids, the raider who carried out the third empty raid is given out and the opposite team is awarded one point.

Who is a Defender?

Every player in whose court the raid is being made is known as the 'Defender'.

Scoring in Kabaddi:

Each team scores one point for every opponent out (while raiding) or pulled out (while defending). The side which manages to put out all the opponents scores a Lona or All Out. Effecting an 'All Out' will give the team two extra points.

If the raider is caught when there are only 3 Defenders or less, the defending team (antis) gets 2 points instead of 1. The additional point is known as the 'Super Catch' point.

How is a player 'Revived'?

When a Raider or Defender causes an opponent to be out, the previously 'out' players from his team may be Revived. The out and revival rule is applicable throughout the match.

When is a Raider given 'out'?

If a defender or defenders hold the Raider and do not allow him to get back to his court until he loses his cant or the referee/umpire blows the whistle, it is known as holding the Raider, and the Raider is declared out. One point is awarded to the defending team.

Substitutions

Five reserve players can be substituted with the permission of the referee.

Substituted players can be re-substituted. If any player is suspended or disqualified from the match, no substitution is allowed for that player. The team will play with less number of players. Substitution is not allowed for players who are out. Any number of substitutions will be allowed during a game with the permission of the referee only. The substitution must take place at the centre line under the supervision of a match official. Match clock will be officially stopped for this duration, which should not exceed 10 seconds. The exchange must take place just after a raider returns to his court, or during any other stoppage in play.

Top scorer's arm bands:

Green: Top Raider based on points earned per match.

Saffron: Top defender based on points earned per match.

TERMINOLOGY OF KABADDI

Anti : Every playing member of team in whose court the raid is being done, is called Anti.

Baulkline : Each of the lines in the court parallel to midline is known as Baulkline. Its distance from midline is 7 m. for men and 3 for women.

Cant : The continuous or repeated sounding of the word " Kabaddi " in a single breath is called Cant.

Dodging : Dodge means pretending to move in one direction but attacking an anti in the reverse direction.

Lobby : Each of the strips on the sides of the playfield measuring one metre in width is known as Lobby.

Lona : When a team puts out all the opponents players, it is called a Lona. The two additional points are given for a Lona.

Midline or Marchline : A line that divides the playfield into two halves is known as Midline.

Pursuit : It is an act of chasing a raider into his court just as he is returning from a cant.

Pivoting : Turning around for the purpose of changing the direction of raid by using one leg as a pivoting leg.

Penetration : Raiding deep in opponents court is called Penetration.

Raider : A player, who goes into the opponents court with the cant is called Raider.

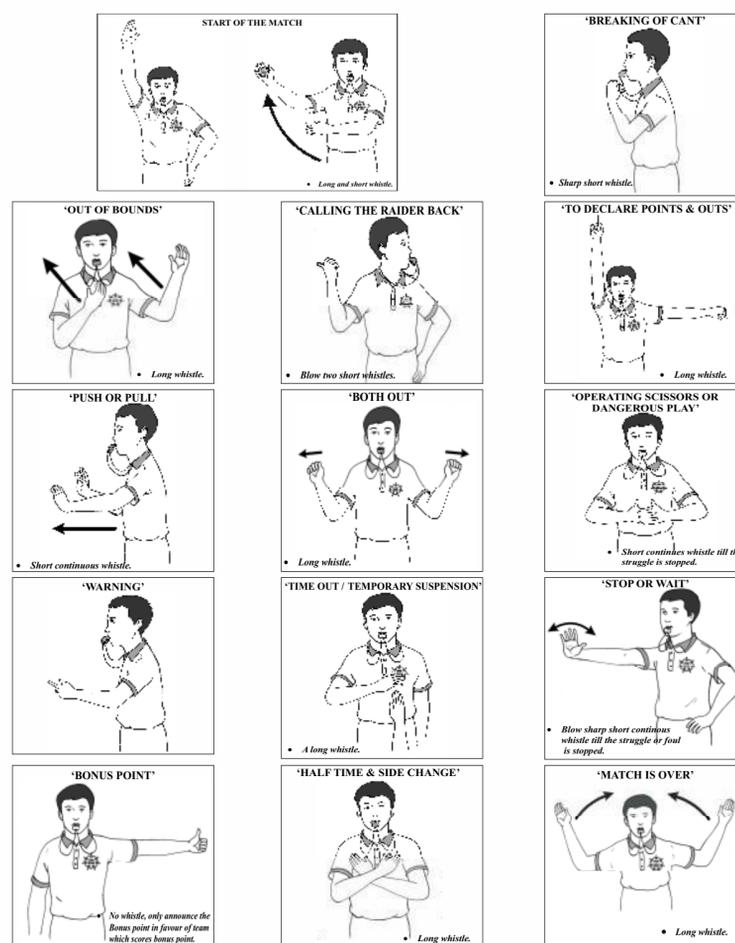
Raid : When a player goes into the opponents court with a cant, is called a Raid.

Stance : When a Kabaddi player maintaining a suitable alert body position during an attack or defence, It is called a Stance

Struggle : When a raider touches an anti or anti touches a raider the Struggle begins.

Touch : if the raider touches the anti or anties by any part of his body even with clothes or shoes, it is called Touch

REFEREE SIGNALS FOR KABADDI



IMPORTANT TOURNAMENTS

- Asian Games :** Kabaddi was included for the first time in the Asian Games in Beijing in 1990 where seven teams took part. India won the gold medal and has also won gold at the subsequent seven Asian Games making it the most successful team in the world stage for Kabaddi.
- Kabaddi World Cup :** Kabaddi World Cup began in 2004 in India and ever since India has won all the World Cup titles so far.
- Pro Kabaddi League :** The first edition of the Pro Kabaddi League started on 26 July 2014 with eight franchises consisting of players from around the world.

Other Important Tournaments :

- Federation Cup
 - National Kabaddi Championship
 - Gold Cup, Mumbai
 - P & T Cup
 - Inter-university Kabaddi Championship
 - All India Schools Kabaddi Tournament
- Though Kabaddi is not played as Olympic Game but efforts are going on to get its recognition in olympics

NATIONAL AWARDS OF KABADDI

Arjuna Awardees		Dronacharya Awardees	
1994	Subbiah Rajarathinam	2008	Pankaj Navnath Shrisat
1995	Perumal Ganesan	2010	Dinesh Kumar
1996	Raju Bhavsar	2011	Tejaswini Bai
1998	Ashan Kumar	2011	Rakesh Kumar
1998	Biswajit Palit	2012	Anup Kumar [1]
1999	Balwinder Singh	2014	Mamta Pujari
1999	Tirath Raj	2015	Manjeet Chhillar
2000	C. Honappa	2015	Abhilasha Shashikant Mhatra
2002	Ram Mehar Singh		
2003	Sanjeev Kumar	2002	E.Prasad Rao
2004	Sunder Singh	2005	Balwant Singh
2005	B C Ramesh	2009	J. Uday Kumar
2006	Naveen Gautam	2012	Sunil Dabas
		2017	Heera Nand Kataria



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2019

DECEMBER

संवत् २०७६

SUN	1 World AIDS Day	8	15	22 National Mathematics Day Shortest Day of the year Srinivasa Ramanujan Jayanti	29
MON	2	9 Gyarvi Shareef	16	23 Choudhary Charan Singh Jayanti	30
TUE	3 Dr. Rajendra Prasad Jayanti	10 Human Rights Day 	17	24 National Consumers' Rights Day	31
WED	4 Indian Navy Day	11 UNICEF Day	18	25 Christmas Pandit Madan Mohan Malviya Jayanti	III Unit Test from 9th K.G. - IX & XI
THU	5	12	19 Ram Prasad Bismil Kakori Bailan Divas Ashfaqulla Khan	26	I Pre-Board Exam from 9th X & XII
FRI	6	13	20	27	30th Parent Teacher Meet
SAT	7 Armed Forces Flag Day	14	21 Parshwanath Jayanti	28	Winter Break from 31st to 7th Jan.

NOVEMBER 2019					
Sun		3	10	17	24
Mon		4	11	18	25
Tue		5	12	19	26
Wed		6	13	20	27
Thu		7	14	21	28
Fri	1	8	15	22	29
Sat	2	9	16	23	30

KHO-KHO

History : Kho-Kho originated in ancient India when it was played with Raths or chariots and it became very popular game in rural India. With its origins in Maharashtra, a Committee was formed in 1914 at Gymkhana Poona, to frame the rules of the game. The primary sports body for this game is called the Kho-Kho Federation of India (KKFI) which was formed in 1958. The first National Kho-Kho Championship was organised in Vijayawada, for men in 1960 and for women in 1961. It has its branches in all the states and it has been conducting Mini, Junior and Open National Championships for both sexes, in many parts of India. Apart from the subcontinent, it is also played in South Africa. This game is yet to get entry in Asian Games.

The Game : Kho kho is a tag sport played by teams of twelve players who try to avoid being touched by members of the opposing team, only 9 players of the team enter the field. It is one of the two most popular traditional tag games of the Indian subcontinent, the other being kabaddi. This game requires lot of speed and endurance.

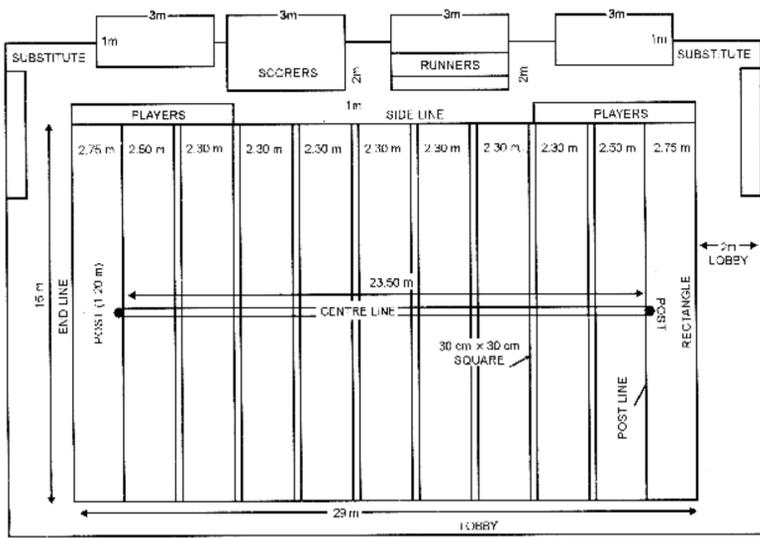
1. 6th CSM, final match of Boys, played between CA, Aashiana & CA, Indira Nagar at Aashiana, LKO
 2. 6th CSM, final match of Girls, played between CA, Vikas Nagar & CA, Aashiana at Aashiana, LKO
 3. 7th CSM, final match of Girls, played between CA, Indira Nagar & CA, Prayagraj at Aashiana, LKO

JANUARY 2020					
Sun		5	12	19	26
Mon		6	13	20	27
Tue		7	14	21	28
Wed	1	8	15	22	29
Thu	2	9	16	23	30
Fri	3	10	17	24	31
Sat	4	11	18	25	



Everyone has the desire to win but only the champions have the desire to prepare.

KHO-KHO COURT



MAIN TIPS AT A GLANCE

1. Dimension of Playfield = 29 m x 16 m
2. Pole Specification = Two poles of 1.20m height & 10 cm thickness
3. Distance between two Poles = 23.5 meter
4. Free Zone Area = 2.75 m x 16 m (beyond Pole Line) on both sides
5. Lobby = 1.5 m on all sides of playfield
6. Sitting Block Area = 30 cm x 30 cm (Square) cutting of Cross Lane and Centre Lane
7. Cross Lane = 30 cm x 16 m
8. Distance between Cross Lane = 2.50 m near Pole and 2.30 m in others
9. Match Duration = (9+5+9) min. in I and II inning with 10 min. break
10. No. of Players = 12 (9 Playing + 3 Substitutes)
11. No. of Square = 8 Squares of 30 cm
12. Tie Rule = Time noted and compared for 1 player in additional Inning
13. Officials = 1 Referee, 2 Umpires, 1 Scorer, 1 Timekeeper

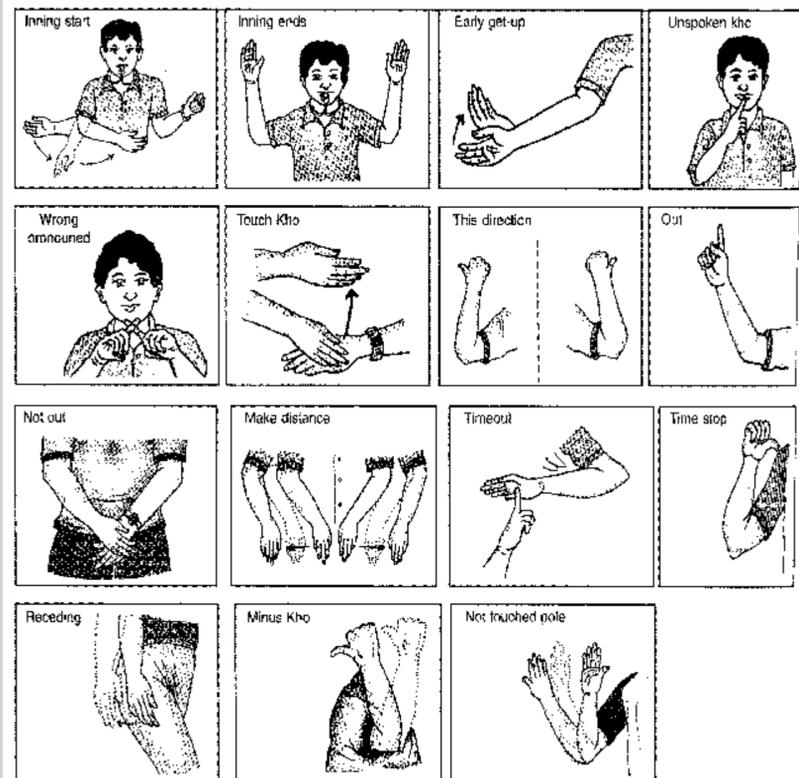
FUNDAMENTAL RULES OF KHO-KHO

- ▲ Each team consists of 12 players, but only 9 players take the field.
- ▲ A match consists of two innings. An inning consists of chasing and running turns of 9 minutes each.
- ▲ One team sits/kneels in the middle of the court, in a row, with adjacent members facing opposite directions. They must sit in a zig zag manner.
- ▲ There is a pole on each end. The runner can go between two players who are sitting in zig zag manner, but the chaser is not allowed to turn back while running and go between the players. But chaser can go to pole and touch it and can go back or go to other side. The chasers end in the shortest time possible.
- ▲ Eight members of the chasing team sit in their eight squares on the central lane, alternately facing the opposite direction, while the ninth member is an active chaser, and stands at either of the posts, ready to begin the pursuit.
- ▲ Members of the chasing team have to put their opponent out, touching them with their palms, but without committing a foul.
- ▲ All the action in Kho-Kho is provided by the defenders, who try to play out the 7 minutes time, and the chasers who try to dismiss them.
- ▲ A defender can be dismissed in three ways:
 - 1) if he/she is touched by an active chaser with his palm without committing a foul
 - 2) if he/she goes out of the limits on his own.
 - 3) if he/she enters the limit late.
- ▲ Defenders enter the limit, in batches of three. After the third and last defender of batch is out, the next batch must enter the limits, before a 'kho' is given by the successful active chaser.
- ▲ Defenders have full freedom of movement on both sides of the central lane, but the active chaser cannot change the direction to which he is committed. He cannot cross the central lane.
- ▲ An active chaser can change position with a seated chaser, by touching him from behind by palm, and uttering the word 'kho' loudly, and simultaneously, chase or attack is build up through a series of 'khos' as the chase continues with a relay of chasers.
- ▲ At the end of the innings there is an interval of 5 minutes and an interval of 2 minutes, in between the turns. Each side alternates between chasing and defence.
- ▲ The team that takes the shortest time to tag/tap all the opponents in the field, wins.

TERMINOLOGY OF KHO-KHO

- Chaser :** The players sitting in the squares are known as chasers. An attacker (active chaser) is a player who pursues the players of the opposite side (runners) with a view to tag and touch them.
- Entry :** A runner is said to have entered the limits as soon as he loses the contact with the ground outside the limits with his feet and comes in contact with the ground inside the field with his feet.
- Foul :** If a sitting or an active chaser violates or commits the breach of any rule, it is known as a foul. A foul is to be declared by a continuous 'short' whistle until the foul is corrected.
- Out of limits :** If a defender loses his contact of the ground within the limits and comes in contact with the ground outside the limits, he is said to have gone out of limits.
- Runners :** The players of the side other than the chasers side are known as runners. The runners who are inside the limits for their turn of running are known as defenders.
- Shoulder line :** An imaginary line running through the centers of the shoulders of a player is known as shoulder line.
- To give Kho :** To give kho perfectly, an active chaser should touch the sitting chaser by hand from behind and utter only the word 'KHO' loudly and distinctly. The feet of an active chaser shall not go beyond the cross lane.
- To take a direction :** If an active chaser goes from one post line to the other post line and after getting a kho, he goes towards a particular post line, he is said to have taken a direction.
- To recede :** While going in a particular direction, when an active chaser touches the ground which he/she had already covered, he/she is said to have receded.
- To leave the rectangle :** When an active chaser lets go his contact of his feet with the rectangle and comes in contact with the ground between the post lines, he is said to have left the rectangle (Free zone).
- To reach the rectangle :** When an active chaser lets go his contact of his feet with the ground between the post lines and comes in contact with the ground of the rectangle, he is said to have reached the rectangle.

REFEREE SIGNALS FOR KHO-KHO



IMPORTANT TOURNAMENTS

National Championships :

1. National Kho-Kho Championship
2. Junior National Championship
3. Sub Junior National Championship
4. School Championship
5. Mini School Championship
6. Primary Mini School Championship
7. All India Inter University Championship
8. Federation Cup
9. National Games
10. Shivaji Cup

NATIONAL AWARDS OF KHO-KHO

Arjuna Awardees

- | | |
|------|---|
| 1970 | Sudhir B. Parab |
| 1971 | Km Achala Suberao Devra |
| 1973 | Km Bhavna Hasmukhlal Parekh |
| 1974 | Km Neelima C. Sarolkar |
| 1975 | Km Usha Vasant Nagarkar, Shreerang J. Inamdar |
| 1976 | Shri S.R. Dharwardkar |
| 1981 | Km Sushma Sarolkar, Shri Hemant M. Takalkar |
| 1983 | Km Veena Narayan Parab |
| 1984 | Shri S. Parkash |
| 1985 | Km Surekha Kulkarni |
| 1998 | Ms. Shoba Narayana |



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2020

JANUARY

संवत् २०७६

SUN	Distribution of Registration Forms for New Admissions from 15th	5	12 National Youth Day Swami Vivekanand Jayanti	19	26 Republic Day
MON	II Pre Board Exam from 8th X & XII	6	13 Lohri	20	27
TUE	Farewell for XII Grandparents' Day & Annual Day Pre-Primary and Primary Sections on SUNDAYS	7	14	21	28 Lala Lajpat Rai Jayanti
WED	1 Happy New Year	8	15 Makar Sankranti Pongal Indian Army Day	22	29 Basant Panchami
THU	2 Guru Gobind Singh Jayanti	9	16	23 Subhash Chandra Bose Jayanti	30 Martyrs' Day
FRI	3	10	17	24	31
SAT	4	11	18	25	SPORTS WEEK Athletics, Sports & Games Events Primary Section

DECEMBER 2019

Sun	1	8	15	22	29
Mon	2	9	16	23	30
Tue	3	10	17	24	31
Wed	4	11	18	25	
Thu	5	12	19	26	
Fri	6	13	20	27	
Sat	7	14	21	28	

TABLE TENNIS



History : The true origin of Table tennis is largely unknown, The sport started becoming popular around the world in the early 1900s. During this time, the official name of the sport was changed from the earlier name Ping-Pong to Table Tennis. It is a major sport worldwide, with millions of participants and major tournaments The International Table Tennis Federation and United Association of Table Tennis were formed at about this time. These organizations are the primary ruling bodies of Table Tennis. Table Tennis in India started to be played in an organized manner from the year 1937, when the Table Tennis Federation of India came into existence in Kolkata. The TTFI is an active member of the International Table Tennis Federation (ITTF) that was established in 1926. India was one of the founder members of the ITTF.

The Game : Table Tennis is a fast moving & physically demanding racket game. Men & Women play as individuals or in pairs. Players win points by hitting a lightweight ball over a net on a table so that their opponents cannot return it or are forced into an error.

- 7th CSM, Final match of Boys, played between CA, Prayagraj & CA Indira Nagar at Aashiana, LKO
- 6th CSM, Final match of Girls, played between CA, Jankipuram & CA, Vikas Nagar at Aashiana, LKO
- 6th CSM, Final match of Boys played between CA, Jankipuram & CA, Indira Nagar at Jankipuram, LKO

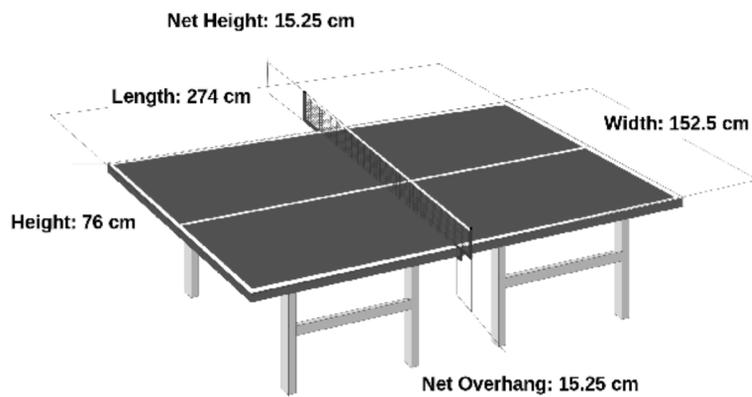
FEBRUARY 2020

Sun		2	9	16	23
Mon		3	10	17	24
Tue		4	11	18	25
Wed		5	12	19	26
Thu		6	13	20	27
Fri		7	14	21	28
Sat	1	8	15	22	29



The right stroke, the right shoot, the right hit & the right move, define the success of a champion.

TABLE TENNIS TABLE



MAIN TIPS AT A GLANCE

Number of players = There are two players in a 'singles' match, four in doubles and 2 male and female players each in 'mixed doubles' match.

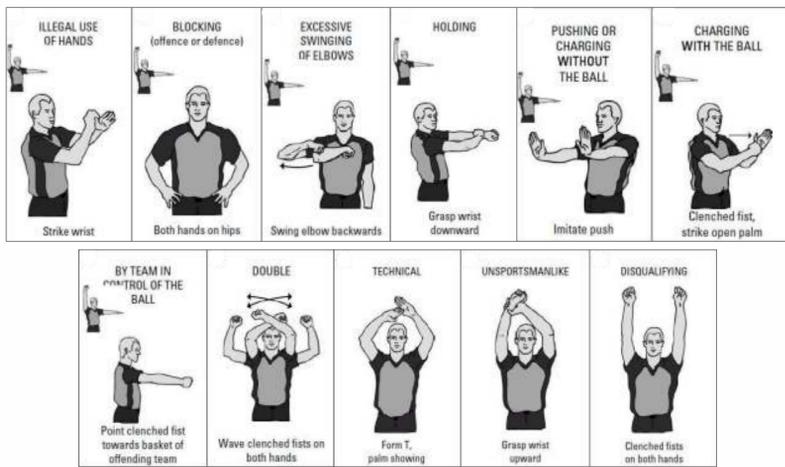
THE TABLE :
Shape of the table = Rectangular
(274 cm long, 152.5 cm wide and 76 cm high)

Length of the net = 183 cm
Height of the net = 15.25 cm
Free space around the table = 3m to sides & 5m to back

THE BALL:
Diameter of the ball = 40 mm
Weight of the ball = 2.7 grams
Colour of the ball = Orange or White
Material of the ball = Celluloid or plastic

THE RACKET:
Average size of the blade = 16.5 cm long, 15 cm wide
Interval between successive games = 1 minute
Time out during match = 1 minute

REFeree SIGNALS FOR TABLE TENNIS



IMPORTANT TOURNAMENTS

Table tennis is one of the largest participation sport in the world as there are local, regional, national, continental and international tournaments taking place all around world. And since, it became a part of the Olympic Games in 1988, the sport has been gaining popularity every year. The two biggest tournaments for professional table tennis players are the Olympic Games and the World Championships.

OLYMPICS GAMES: Table tennis has been a part of the Olympic since 1988, when it was first introduced in the Seoul Olympic Games. The Indian players also took part in it.

ASIAN GAMES: Table Tennis has been contested in Asian Games since 1958, with singles and doubles events for both men and women.

WORLD TABLE TENNIS CHAMPIONSHIPS: This championship started in 1926 in London, England. India participated in the inaugural Championship and it also hosted the World Championship at Mumbai (Bombay) in 1952. It was the first time that this was held in Asia.

NATIONAL LEVEL TOURNAMENTS : The table tennis tournaments in India are organized at different levels, like the school , college , university , state , national level, and various educational institutions. Table tennis tournaments in India are also organized by various table tennis associations. The Table Tennis Federation of India (TTFI) and all the Table Tennis Associations in India at the state level organize various tournaments like National Ranking Championship at all the five zones, for various age groups which includes the Sub-Junior, Junior, Youth, National Table Tennis Championships throughout the year.

OTHER MAJOR TOURNAMENTS: African Championships, African Games, African Cup, European Championships, Euro Top 12, Latin American Championships, Latin America Cup etc.

Important Venues in India :

International and national level table tennis championships are held in gymnasiums and sport complexes. Some of them are Bhim Rao Ambedkar International Sports Stadium (Faizabad), Kalinga Stadium (Bhubaneswar), Jawaharlal Nehru Stadium (Guwahati), Mahabir Stadium (Hisar), Indira Gandhi Arena Talkatora Stadium (Delhi), Dr Shyama Prasad Mukherjee Indoor Stadium (Taleigao), Gachibowli Indoor Stadium (Hyderabad) etc.

NATIONAL AWARDS OF TABLE TENNIS

Arjuna Awardees		Dronacharya Awardee	
1961	J.C. Vohra	1997	Chetan Baboor
1965	G.R. Deewan	1998	Subramaniam Raman
1966	U. Sundararaj	2002	Mantu Ghosh
1967	F.R. Khodajji	2004	Achanta Sharath Kamal
1969	Mir kasim Ali	2005	Soumyadeep Roy
1970	G. Jagannath	2006	Subhajit Saha
1971	K.F. Khodajji	2009	Poulomi Ghatak
1973	N.R. Bajaj	2016	Soumyajit Ghosh
1976	S. Shailja	2017	Anthony Amalraj
1979-1980	Indu Puri	2018	Monika Batra
1980-1981	Manjit Dua	2018	Harmeet Desai
1982	V. Chandrasekhar	2019	Sathiyam Gyanshekhar
1985	Kamlesh Mehta		
1987	Monalisa Barua		
1989	Niyati Shah		
1990	M.S. Walia		

FUNDAMENTAL RULES & TERMINOLOGY OF TABLE TENNIS

- ▲ A match shall consist of the best of any odd no. of games. For each game the first player to reach maximum points, wins that game.
- ▲ A point is scored after each ball is put into play.
- ▲ The edges of the table are part of the legal table surface.
- ▲ The right to choose the initial order of serving, receiving and ends shall be decided by Lots and the winner may choose to serve or to receive first or to start at particular end.
- ▲ Each player serves two points in a row and then switches service.
- ▲ After each game the players switch sides of the table.
- ▲ The ball must rest on one open hand palm. Then it must be tossed up at least 6 inches and struck so the ball first bounces on the server's side and then the opponent's side.
- ▲ If the serve touches the net, it is called a 'let serve'.
- ▲ The tennis ball needs to be hit in such a manner, that it bounces once on his/her side of the table and then, to the side of the opponent player after crossing the net.
- ▲ A player scores when the opponent table tennis player fails to strike the ball back to the player.
- ▲ In singles, the server shall first make a service, the receiver shall then make a return and thereafter the server and receiver, shall alternately each make a return.
- ▲ In doubles, the server shall first make a service, the receiver shall then make a return, the partner of the server shall then make a return, the partner of the receiver shall then make a return and thereafter each player in turn in that sequence shall make a return.

TECHNIQUES OF TABLE TENNIS:

There are five main techniques of the game namely:-

- ▲ **Footwork:** Right placement of feet is very important in table tennis. Placement of feet in line with the incoming ball gives power to the stroke and keeps the body balanced.
- ▲ **Service:** There are three types of services-
 - (a) Foot service: It is basically an offensive delivery, especially if the opponent's delivery is weak.
 - (b) Slow service: A short, slow and steady service is a defensive measure. It is very useful in doubles.
 - (c) Spin service: The spin service is used to confuse and complicate the opponent's action prior to serving to make his anticipation difficult.
- ▲ **Offensive Play:** An offensive player should receive the ball close to the table in order to follow up with his attack.
- ▲ **Defensive Play:** A defensive player should do quite opposite to offensive player. He should take ball as late in the flight as possible and should play as gentle a stroke as possible.
- ▲ **Spinning:** Spinning is used to confuse the opponent and to make his anticipation difficult. In spinning there are two things to remember :-
 - (a) The bat must be tilted forward sharply in order to spin the ball and not actually hit it.
 - (b) The loop drive can only be performed from the chopped or backspinned ball. Spin should be added before sending it back.

Antispin : A smooth rubber with very low surface friction, used to defend against strong spin or to confuse the opponent. This type of rubber is rarely (if at all) seen in modern top-level table tennis, but is popular with amateur and veteran players.

Blade : The wooden part of the paddle.

Block : A topspin shot played close to the table with the racket making contact with the ball just after it bounces.

Crossover : The point where a player has to change from playing a forehand stroke to backhand stroke; often a target for attack, since it is difficult to return balls aimed at this area.

Counter-loop : A loop stroke played in response to a loop stroke from your opponent.

Counter-smash : A smash stroke played in response to a smash stroke from your opponent.

Dead ball : A ball returned without any spin. Very difficult to execute, read, and return.

Deep : Playing any shot which causes the ball to bounce very near to your opponent's end of the table.

Deuce : When the score of both the players or pairs is equal.

Double Bounce : When the ball bounces twice on one side of the table before a return is made, causing that player to lose the point.

Drive : An offensive shot used mostly as a setup or in rallies, where the racket is in a normal position and the ball is struck at a medium pace.

Drop Shot : It is an attacking shot, usually affective against a defensive player.

Early : The rising part of a ball's bounce.

Free Hand : This is the hand of the player that is not carrying the racquet.

Inverted rubber : Rubber which contacts the ball with its smooth surface, and is glued to the rest of the bat with its pimples surface. With a larger contact area this type of rubber generally produces more spin than pimples rubber, although some rubbers are designed to have the opposite effect .

Heavy : Used to describe strong spin.

High Toss Serve : A serve where the ball is thrown high into the air. This helps the server to increase the amount of spin and speed imparted onto the ball.

Kill : An aggressive shot hit with too much speed for the opponent to return it.

Late : The falling part of a ball's bounce

Let : A let is a rally of which the result is not scored.

Loop : A strong topspin stroke that aims to overpower the spin of the oncoming ball (usually backspin).

Loose : A return which is too high, too long, has insufficient spin or a combination of the above. Easy for the opponent to attack or kill.

Lob : A defensive shot used against high-speed balls, where the ball (usually with unpredictable spin) is returned very high in the air, causing difficulty in timing and technique

Multiball : Training method minimizing wasted time by using many balls which are continuously fed to the player, either by another player or a ball robot.

Penhold Grip : Style of player who grips the paddle in a manner similar to holding a pen

Pimples(Pips) : Rubber which contacts the ball with its pimples surface; produces different effects on the spin compared with inverted rubber, due to the reduced contact area and flexibility of the pimples.

Push : A backspin shot usually executed over the playing surface.

Rally : The period during which the ball is in play.

Racquet Hand : This term refers to the player's hand with which he is holding and carrying the racquet.

Sandwich rubber : Inverted rubber, with sponge.

Shakehand Grip or Western Grip : The most popular table-tennis grip; similar to a tennis grip, with the index finger extended over the paddle head perpendicular to the handle.

Smash : An offensive, high-speed shot used against high balls, where the racket is in a normal position to generate the most speed possible.

Speed glue : Glue used to attach rubber to the blade; contains a high percentage of volatile solvents, which soak into the sponge of a rubber and increase the speed and spin of a stroke.

Third ball : The stroke hit by the server after the opponent's return of the serve. Because the serve can be used to make attacking difficult for the opponent, the third ball is frequently the first strong attacking stroke in a table-tennis rally.

Tight : A return which is difficult for the opponent to attack. Always a low ball, usually in combination with being short, having strong backspin or both.

Twiddle : The act of turning the racket in your hand in order to use different sides of the racket to strike the ball. Usually only used by players who have different rubbers on each side of their racket in order to deceive their opponent.



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2020

FEBRUARY

संवत् २०७६

SUN	Annual Exam from 12th IX & XI	2	9 Guru Ravidas Jayanti 	16	23
MON	Hindi & English Calligraphy Competition K.G. to V	3	10	17	24
TUE	Hindi & English Vocabulary Competition VI to IX	4 World Cancer Day	11	18 Maharshi Dayanand Saraswati Jayanti 	25 Ramkrishna Paramhans Jayanti 
WED		5	12	19 Chhatrapati Shivaji Jayanti 	26
THU		6 Foundation Day Parents' Pride, Sardarpura, Udaipur 	13 Sarojini Naidu Jayanti 	20	27
FRI		7	14	21 Maha Shivratri 	28 National Science Day Sir C.V. Raman Jayanti 
SAT	1	8	15	22	29

JANUARY 2020					
Sun		5	12	19	26
Mon		6	13	20	27
Tue		7	14	21	28
Wed	1	8	15	22	29
Thu	2	9	16	23	30
Fri	3	10	17	24	31
Sat	4	11	18	25	

VOLLEYBALL



History : Volleyball was invented in 1895 by William G. Morgan, of YMCA in USA. The Federation Internationale de Volleyball, FIVB (founded in 1947), is the international governing body for the sport of indoor, beach and grass volleyball. Volleyball was introduced in India in 20th century. The first organization, which provided training of volleyball to the youngsters, was YMCA College of Physical Education. The government formed Volleyball Federation of India in 1951, with a view to create awareness and regularize the game at national level. It is popular in urban as well as in rural India.

Game : Volleyball is a high energy sport played between two team of six Players, the object is to score points by hitting a ball over a net so that the opposing team can not return it before it hits the ground. Defensive players dive around the court to get their hands under the ball and push is up towards their teammates it back over the net. At top levels, teams are either all-male or all-female, but it is a also a popular recreational sport, played by mixed teams of all ages and abilities.

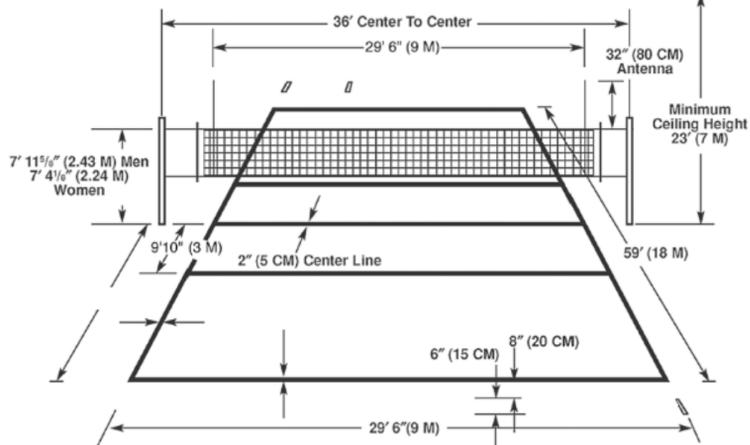
1. 6th CSM, Final match of Girls, played between CA, Janakipuram & CA, Indira Nagar at Indira Nagar, LKO
2. 5th CSM, Final match of Boys, played between CA, Aashiana & CA, Jankipuram at Indira Nagar, LKO
3. 7th CSM, Final match of Girls, played between CA, Aashiana & CA, Janakipuram at Aashiana, LKO

MARCH 2020					
Sun	1	8	15	22	29
Mon	2	9	16	23	30
Tue	3	10	17	24	31
Wed	4	11	18	25	
Thu	5	12	19	26	
Fri	6	13	20	27	
Sat	7	14	21	28	



Success is born out of faith, an undying passion & a relentless drive.

VOLLEYBALL COURT



MAIN TIPS AT A GLANCE

Number of players	=	6
Number of substitutes	=	6
Size of the playfield	=	18 m x 9m
Width of the boundary line	=	5 cm
Size of the net	=	9.50 m(length) and 1 m (breadth)
Size of the net mesh	=	10 cm
Height of the net from the ground	=	2m 43 cm (for men) ; 2 m 24 cm (for women)
Weight of the ball	=	260 to 280 gms
Colour of the ball	=	Multi-coloured
Circumference of the ball	=	65 to 67 cm
Officials	=	1 referee, 1 umpire, 1 scorer and 2 to 4 linesmen

FUNDAMENTAL RULES & TERMINOLOGY OF VOLLEYBALL

THE SERVE:

- ▲ Server must serve from behind the end line until after contact.
- ▲ Ball may be served underhand or overhand. It must be clearly visible to opponents before serve.
- ▲ Served ball may graze the net and drop to the other side for point.
- ▲ First game serve is determined by a volley, each subsequent game shall be served by the previous game loser.
- ▲ Serve must be returned by a bump only. No setting or attacking a serve.

SCORING:

- ▲ Rally scoring is used and a point is scored on every score of the ball.
- ▲ Defense scores on an offensive miss, out of bounds hit, or serve into the net.

ROTATION:

- ▲ Team rotates each time they win the serve and players rotate in a clockwise manner.

PLAYING THE GAME

- ▲ Maximum of three hits per side.
- ▲ Players may not hit the ball twice in succession, block or attack a serve.
- ▲ A ball touching a boundary line is good.
- ▲ A legal hit is contact with the ball by a player body above and including the waist.
- ▲ If two or more players contact the ball simultaneously, it is considered one play.
- ▲ Switching positions is allowed only between front line players. (After the serve only)

BASIC RULE VIOLATIONS

- ▲ Stepping on or over the line on a serve, or failure to serve the ball over the net successfully.
- ▲ Hitting the ball illegally (Carrying, Palming, Throwing etc.)
- ▲ Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact on an opposite player.
- ▲ Failure to serve in the correct order.

10-foot line or attack line : A line on the court 10 feet from the net, parallel with the net.

Ace : A serve that results directly in a point without action by players on the serving team.

Antenna : The vertical rods along the outside edge of the net.

Assist : Passing or setting the ball to a teammate who attacks the ball for a kill.

Attack : This term is used to describe the offensive scheme or pattern with which a team attempts to score a point or to the attempt by a player to score a point by hitting the ball.

Back Set : A set is made when the player setting the ball has his/her back toward the hitter.

Back Row Attack : A player, rotated to the back row jumps behind the 3-meter line to hit

Block : The first line of defense where one or more players successfully terminate a rally or play in their favor by stopping the ball from travelling over the net.

Bump : The use of the forearm to pass or set the ball in an underhand manner.

Carry : An illegal maneuver in which a player makes an underhand contact with the ball.

Center Line : The boundary that runs under the net and divides the court into two parts.

Cross Court Shot : An angular shot made from one side of the offensive team's side of the court to the opposite side of the defensive team's side of the court.

Cut Shot : A spike from the hitter's strong side that travels at a sharp angle across the net.

Dig : The act of successfully receiving a ball.

Double Block : Two players working in unison to intercept a ball at the net.

Double Hit : Successive hits by the same player. (Illegal)

Down Ball : A ball the blockers elect not to attempt to block.

Five-one (5-1) : An offensive system that uses five hitters and one setter.

Floater : A serve with no spin that follows an unpredictable path.

Foot Fault : The illegal act of placing a foot on or inside the end line prior to the serve.

Forearm Pass : Contacting the ball with the forearms to deliver it in an underhandedly.

Free Ball : A ball delivered over the net to the opposing team in a non-threatening way.

Held Ball : A ball that comes to rest for more than the maximum allowable time

Hit : To offensively strike the ball in an effort to terminate the rally for a sideout or point.

Joust : The act of simultaneously making contact with the ball by opposing players immediately above the net. Usually, both players use both hands to forcefully "push" the ball over the net and onto the other player's side of the court.

Jump Serve : One of the most feared serves, when executed consistently, involves the server tossing the ball up and making contact with the ball as it falls by jumping up in the air.

Kill : A successful attack that terminates a play or rally resulting in an immediate point.

Let Serve : A legal serve attempt where the ball makes contact with the net while still managing to go over on the serve receiving team's side of the court.

Libero : A player who can be substituted into a game freely in the back row for defensive purposes, i.e., digging, passing but he is prohibited from serving or attacking the ball.

Line Shot : A line shot refers to a hit attempt where the ball is directed along an opponent's sideline closest to the hitter and usually outside the block.

Line Judge : Officials located at the corners of the court; each linesman is responsible for ruling if the ball is legally in play along the lines.

Middle Hitter/blocker (mh Or Mb) : The position on a team who is primarily responsible for blocking. , usually the tallest players in the team

Middle Up : A defensive system that uses the middle back player to cover short shots.

Mintonette : The original name for the sport given by the founder William Morgan.

Outside Hitter (oh) : The position on a team who is normally responsible for attacking the ball on the left side of the team's side of the court.

Overhead Pass : A ball-handling skill using both hands simultaneously to contact the ball above the head and direct it to the intended target.

Pass : The act of receiving and delivering the ball to the setter.

Power Alley : A cross court hit traveling away from the spiker to the farthest point of the court.

Ready Position : The flexed, yet comfortable, posture a player assumes before moving to the point of contact.

Red Card : A more severe sanction given by the up-referee.

Right-side Hitter (rs) Or Opposite (opp) : The position on a team who is responsible for shutting down the opponent's best left side hitters.

Rotation : The collective clockwise movement of players on a team around their side of the court following a side out. Each rotation determines the identity of the server.

Setter (s) : The position on a team who is considered the leader and is normally responsible for delivering the ball to one of the other players for an attack attempt.

Sideout : In contrast to the rally point scoring system, the sideout scoring system mandates that the only time a team scores a point is when the play ends in the serving team's favor.

Six-two (6-2) : An offensive system that uses six hitters and two setters.

Substitution : Allows one player to replace another player already on the court. Each team is allowed 15 substitutions per game. Each player is allowed an unlimited number of entries.

Tandem : A combination in which one player attacks immediately behind another.

Ten-foot Line (or 3-meter Line) : The two lines that are parallel to the center line.

Yellow Card : Warning given by the up-referee.

REFEREE SIGNALS FOR VOLLEYBALL



IMPORTANT TOURNAMENTS

OLYMPIC GAMES

The history of Olympic volleyball can be traced back to the 1920s. Since 1996, both men's and women's indoor & outdoor events have been conducted.

ASIAN GAMES

Volley ball was first introduced at the Asian Games in 1958 at Tokyo where India gained the third position with bronze. India also won a gold medal in 1955, a bronze in 1958, followed by a silver in 1962. A big boost came to Indian volleyball in 1987, when they won the gold medal, followed by another gold in 1991. The Indian junior volleyball team clinched the Asian title in 2003 in Vishakhapatnam.

COMMONWEALTH GAMES

In 1980, in the Commonwealth Games, India attained third place.

NATIONAL LEVEL TOURNAMENTS

The Indian Volley League (IVL) is a professional league for volleyball competitions in India, launched by the VFI in 2011.

OTHER IMPORTANT TOURNAMENTS

The Power Cup, The Manhattan Six, The Mexico International, Mudd volleyball, World Championship, World Cup, World Grand Champions Cup, World League (Men), World Grand Prix (Women), Club World Championship etc.

Important Venues in India :

Dr Shyama Prasad Mukherjee Indoor Stadium (Goa), Jawaharlal Nehru Stadium (Chennai), Jimmy George Indoor Stadium (Thiruvananthapuram), Kotla Vijay Bhaskar Reddy Indoor Stadium (Hyderabad), Shree Shiv Chhatrapati Sports Complex (Pune), Triprayar Sports and Games Association Indoor Stadium (Kerala), Sree Kanteerava Indoor Stadium (Bangalore), YSR Indoor Stadium (Yanam) etc.

NATIONAL AWARDS OF VOLLEYBALL

Arjuna Awardees	1989	Abdul Basith	
1961	A Palanisamy	1990	D.S. Ror
1962	N. Singh	1991	K.U. Kumar
1972	B.S. Ballu	1999	Sukhpal Singh
1973	G.M. Reddy	2000	P.V. Ramana
1974	M.S. Rao	2001	Amir Singh
1975	Sub. Insp. R. Singh	2002	R. Reddy
1975	K.C. Elamma	2010	K.J. Kapil Dev
1976	Jimmy George	2011	S. Kumar
1977-78	A.R. Rao	2014	Mr. Tom Joseph
1978-79	K Krishnan	Dronacharya Awardees	
1970-80	S.K. Mishra	1990	Shri A. Ramana Rao
1982	G.E. Sridharan	1995	M. Shyam Sunder Rao
1983	R.K. Purohit	2007	G.E. Shridharan
1984	Saley Joseph	Dhyanchand Awardee	
1986	C.C. Valloor	2003	Om Prakash



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2020

MARCH

संवत् २०७६

SUN	1	8 World Literacy Day Women's Day 	15	22	29
MON	2	9 Holika Dahan 	16	23 Shaheed Diwas Ram Manohar Lohia Jayanti 	30 Rajasthan Foundation Day 
TUE	3 World Wildlife Day 	10 Dhulandi 	17	24	31
WED	4	11	18	25	New Session Commences for X & XII
THU	5	12	19	26 Cheti Chand 	Annual Exam from 4th Nursery to VIII
FRI	6	13	20	27	Annual Result Declaration
SAT	7	14	21 Foundation Day CA, Indira Nagar, LUCKNOW 	28	

FEBRUARY 2020

Sun		2	9	16	23
Mon		3	10	17	24
Tue		4	11	18	25
Wed		5	12	19	26
Thu		6	13	20	27
Fri		7	14	21	28
Sat	1	8	15	22	29

SWIMMING



History : Swimming is both a competitive and a recreative sport. Greek and Roman warriors were taught swimming as part of their training. Swimming clubs were established in England in 1860. The Metropolitan Swimming Association was founded in 1869, which laid down the rules for swimming competitions. It was Mathew Web of England who became the first swimmer to swim across the English Channel in 1875. The first Swimming Meet was held in Vienna in 1881. Its World Organization is known a Federation International de Nation Amateur (FINA) which was established in 1908. The Swimming Federation of India was founded in 1940.

The Sport : Swimming is an aquatic sport which involves act of propelling the body through the water with arm and leg motion. The object of any swimming race is to complete the course in the shortest possible time. Each race requires a particular stroke or combination of four swimming styles : Breaststroke, Backstroke, Butterfly and Freestyle. There are both individual and team races for men and women.

- Gaurvi Singhvi of Udaipur - Youth icon & National Level Swimming Champion.
- Students of CA, Ambabari, Jaipur have swimming coaching sessions every summer.
- Tiny Tots enjoying Splash pool at Parents Pride, Sardarpura, Udaipur.

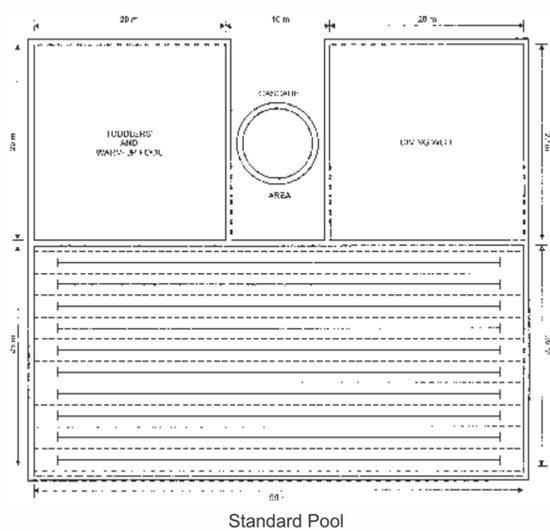
APRIL 2020

Sun		5	12	19	26
Mon		6	13	20	27
Tue		7	14	21	28
Wed	1	8	15	22	29
Thu	2	9	16	23	30
Fri	3	10	17	24	
Sat	4	11	18	25	



Imagine with all your mind, believe with all your heart & achieve with all your might.

SWIMMING POOL



Standard Pool

MAIN TIPS AT A GLANCE

SWIMMING POOL

Length	= 50 m
Depth	= more than 1.80 m
Width	= min. 25 m

LANES

Number of lanes	= 8, but at international level 10 lanes
Width of lanes	= 2.5 m

STARTING PLATFORM

Height of the platform from the water	= 0.5 m to 0.75 m
Area of platform	= 0.5 m x 0.5 m
Maximum slope	= Not more than 100°

WATER TEMPERATURE

Water Temperature of the pool	= +20° celsius (min.)
Officials	= 2 False start rope attendants = 10 Time keepers = 2 Recorders = 1 Drinks Marshall

REFEREE SIGNALS FOR SWIMMING

- The referee shall have full control and authority over all officials, approve their assignments, and instruct them regarding all special features or regulations related to the competitions.
- He/She shall enforce all rules and decisions of FINA and shall decide all questions relating to the actual conduct of the meet, and event or the competition, may intervene in the competition at any stage, and shall adjudicate all protests related to the competition in progress, ensure that all officials are in their respective posts and appoint substitutes wherever necessary.
- When using finish judges without three (3) digital watches, the referee shall determine placing where necessary.
- At the commencement of each event, the referee shall signal to the swimmers by a short series of whistles inviting them to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions on the starting platform (or for backstroke swimming and medley relays to immediately enter the water). A second long whistle shall bring the backstroke and medley relay swimmer immediately to the starting position. When the swimmers and officials are prepared for the start, the referee shall gesture to the starter with a stretched out arm, indicating that the swimmers are under the starter's control. The stretched out arm shall stay in that position until the start is given.
- The referee shall disqualify any swimmer for any violation of the rules that he personally observes or is reported to him by other authorised officials. All disqualifications are subject to the decision of the referee.

IMPORTANT TOURNAMENTS

Professional sport swimming competitions has many styles, which includes butterfly, backstroke, freestyle, individual medley, etc.

OLYMPIC GAMES : Swimming in the olympics, for men started in 1896 in Athens, whereas for women it was included in 1912 Olympic Games. India participated first time in swimming in 1928 Amsterdam, Olympics.

ASIAN GAMES : Swimming was introduced in these games in 1951 and India won its first gold medal and a silver in 1986 .Further, India went on to win a bronze at the 2010 and 2014 Asiad.

WORLD CUP : FINA organizes the swimming World Cup, the first of which was held in 1973, for both men and women. The series of events in the Cup includes freestyle (50 m, 100 m, 200 m, 300 m, 400 m, 800 m) for women and (1800 m) for men, butterfly and individual medley, backstrokes, breaststrokes (50 m, 100 m, 200 m) for both men and women.

COMMONWEALTH GAMES : India won its first medal as bronze in 2010.

NATIONAL LEVEL : National Swimming Championship started in 1994 for both men and women. Some of India's swimming heroes who have made a mark in the sport are Virbhawal Khade, Sandeep Sejwal, Prasanta Karmakar (first disabled Indian swimmer, won dozens of medals at world events).

OTHER IMPORTANT TOURNAMENTS : Cruce a Nado Internacional, NCAA Men's and Women's Swimming and Diving Championships, Pan American Games, Pan Pacific Swimming Championships, Swedish Swimming Grand Prix series, U.S. Open, etc.

Important Venues in India : D.V Patel Stadium (Mumbai), Subroto Roy Sahara Stadium (Pune), Talkatora Stadium (New Delhi), H.V.P.N Swimming Pool (Amravati), H.A.V Swimming Pool (Hissar), War Heroes Stadium (Ambala Cantt) etc.

NATIONAL AWARDS OF SWIMMING

Arjuna Awardees	1990	Bula Choudhury	
1961	Jam. Bajarangi Prasad	1996	Kutraloeswaran
1966	Rima Datta	1998	Bhanu Sachdeva
1967	Arun Shaw	1999	Nisha Millet
1969	Baidyanath Nath	2000	Sebastian Xavier
1971	Bhanwar Singh	2000	J. Abhijith
1973	D. (Tingoo) Khatau	2005	Shikha Tandon
1974	A.B. Sarang	2010	Rehan Poncha
1974	Manjari Bhargava(diving)	2011	Virbhawal Khade
1975	M.S. Rana	2011	Shri Prasanta Karmakar (Paralympics)
1975	Smita Desai	2012	Sandeep Sejwal
1982	Persis Madan	2015	Sharath Gavyakawad
1983	Anita Sood		Dhyan Chand Awardees
1984	Khajan Singh	2011	Shri Sushil Kohli
1988	Wilson Cherian	2014	K.P.Thakkar (Swimming-Diving)

FUNDAMENTAL RULES & TERMINOLOGY OF SWIMMING

- ▲ During competition, if a competitor obstructs other competitors of side lanes, he can be disqualified from the competition.
- ▲ A swimmer who stands on the bottom during the race shall not be disqualified, but he shall not walk.
- ▲ A competitor, who swims over the entire course first, shall be declared the winner of that event.
- ▲ On return, a swimmer shall touch the end of the pool with one or both hands. He/she is not allowed to take a step from the bottom of the pool.
- ▲ During the swimming competition no swimmer shall be allowed to wear any such thing that may help in his/her speed or endurance.
- ▲ In relay races, if the competing team's swimmer, who leaves the starting platform before the preceding teammate touches the wall, shall be disqualified.
- ▲ A swimmer must end the race in the same lane in which he/she started.
- ▲ There shall be four swimmers in each relay team. Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other competitor who has not yet finished his race.
- ▲ Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other competitor who has not yet finished his race.

THE SWIMMING STYLES :

The Crawl Stroke: The fastest swimming stroke because of the continuous propulsions. In this the stronger muscles of the chest and shoulders can be used more effectively.

Back Stroke: The only regulated style swum on the back.

Breast Stroke: Arms and legs perform simultaneously, where arms pulling as the legs trail and legs driving as the arms extend.

Butterfly Stroke: Swimming stroke swum on the breast, with both arms moving simultaneously, accompanied by the butterfly kick.

Aggregate Time : Time achieved by four individuals in separate starts which are added together.

Attached : Status of an athlete member who represents a member club in competition after having met the desired requirements.

Body : The torso, including shoulders and hips.

Closed Competition : Competition or series of competitions among members of a single club.

Conforming Time : Time achieved in a course that corresponds to the meet competition course.

Course : Designated distance over which the competition is conducted.

Drafting/slips Treaming : Swimming behind or next to another open water swimmer.

Draw : Random selection by chance.

Dual Competition : Competition between two teams.

End Of Course : Designated wall for racing turns and finishes.

Feed Pole : A mechanical implement used by coaches or support personnel, to deliver fluid and/or food to open water swimmers during the race.

Finish Point : The physical location where an open water race terminates.

Forward Start : An entry made while facing the course.

Foul : An instance of obstruction, interference, collision, or equipment malfunction which prevents the successful completion of a race.

Heats : A division of an event in which there are too many swimmers to compete at one time.

Lane Line : Continuous floating markers attached to a line stretched from the starting end to the turning end of the course .

Length : Extent of the course from end to end.

Non-conforming Time : Entry time achieved in a course which does not correspond to the course in which the meet will be conducted.

Open Water Swimming : Any swimming competition that takes place in rivers, lakes, or oceans.

Pacing : An attempt by a person not participating in an open water race to enter the water.

Personal Assistant : Person assigned to aid a disabled swimmer.

Place Judge : Official assigned to record the order of finish of all swimmers by lane in each heat.

Program : The order of events, including starting times and intermissions in a meet or portion.

Relay : A race in which each team member swims a specified portion of the course.

Scissor Kick : Use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.

Deck-seed : Swimmers are required to check in for their events on the day of the meet.

Time Standard : The time a swimmer must have previously achieved in order to compete in that event at a designated competition.

Time Trial : An event conducted within or independently of a meet where the swimmer races against the clock to establish an official time.

Touch : Contact with the end of the course.

Turn : A point where the swimmers reverse or change direction.

Unescorted Swim : An open water event where swimmers compete without a designated support craft.

Warning Signal : A bell, whistle, air horn, or other appropriate audible device.