

Section-B (Games)

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Section-B

(Games)



1 Cricket



KNOWLEDGE OF THE GAME

A cricket match is played between two teams of eleven players each on a field of variable size and shape. The ground is grassy and is prepared by groundsmen whose jobs include fertilising, mowing, rolling and levelling the surface. Field diameters of 140–160 yards (130–150 m) are usual. The perimeter of the field is known as the boundary and this is sometimes painted and sometimes marked by a rope that encircles the outer edge of the field. The field may be round, square or oval. The objective of each team is to score more runs than the other team and to completely dismiss the other team. In one form of cricket, winning the game is achieved by scoring the most runs, even if the opposition has not been completely dismissed. In another form, it is necessary to score the most runs and dismiss the opposition in order to win the match, which would otherwise be drawn.

Before a match begins, the two team captains meet on the pitch for the toss (of a coin), with the winner deciding which team will bat first. Two players from the batting side, and all eleven players from the bowling/fielding side, then enter the field, and play proceeds by a member of the fielding team, known as the bowler, delivering (*i.e.*, bowling) the ball from one end of the pitch towards the wicket at the other end, which is guarded by one of the batsmen, known as the striker. The striker's role is to strike the ball well enough to score runs, if possible, while not being dismissed. The other batsman, known as the non-striker, waits at the opposite end of the pitch near the bowler. The bowling teams' objectives are to prevent the scoring of runs and to dismiss the batsman. A dismissed batsman, who is declared to be "out", must leave the field to be replaced by a teammate.

The most common forms of dismissal are bowled, when the bowler hits the stumps directly with the ball and dislodges the bail(s); leg before wicket (lbw), when the batsman prevents the ball from hitting the stumps with his body instead of his bat; and caught, when the batsman hits the ball into the air and it is intercepted by a fielder before touching the ground.

Runs are scored by two main methods: either by hitting the ball hard enough for it to cross the boundary, or by the two batsmen swapping ends by each simultaneously running the length of the pitch in opposite directions whilst the fielders are retrieving the ball.

Adjudication is performed on the field by two umpires, aided by a Third umpire and Match referee in international matches. They communicate with two off-field scorers (one per team) who record all the match's statistical information including runs, dismissals, overs, etc.

There are various formats ranging from Twenty-20, played over a few hours with each team having a single innings of 20 overs (*i.e.*, 120 deliveries), to Test matches played over five days with unlimited overs and the teams playing two innings apiece. Traditionally, cricketers play in all-white kit, but in limited overs cricket they wear club or team colours. In addition to the

baise kit, some players wear protective gear to prevent injury caused by the ball, which is hard, solid spheroid made of compressed leather enclosing a cork core. Historically, cricket's origins are uncertain and the earliest definite reference is in south-east England in the middle of the 16th century. It spread globally with the expansion of the British Empire, leading to the first international matches in the second half of the 19th century. The game's governing body is the International Cricket Council (ICC), which has over 100 members, twelve of which are full members who play Test matches. The game's rules are held in a code called the *Laws of Cricket* which is owned and maintained by Marylebone Cricket Club (MCC) in London.

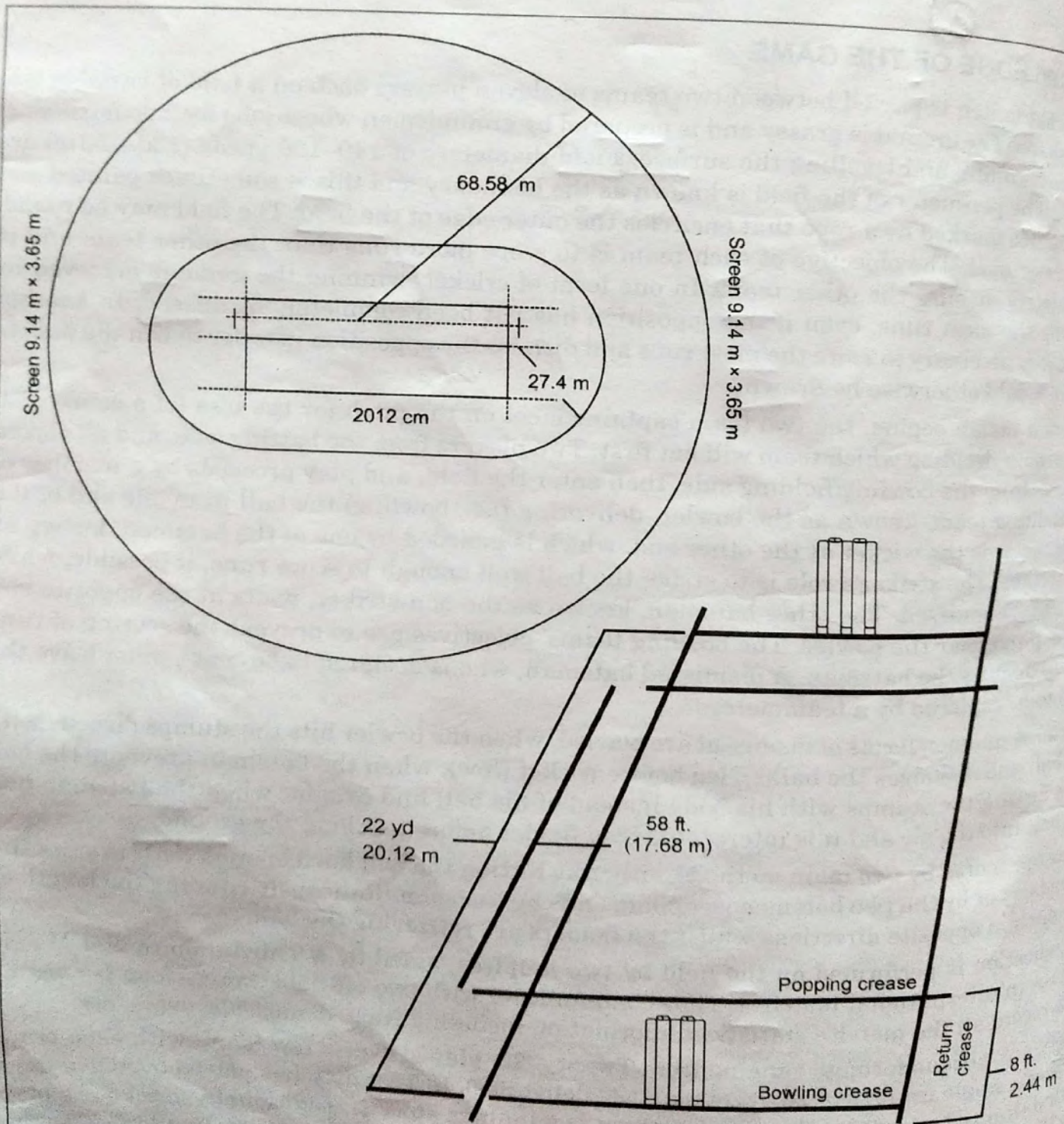


Fig. 1.1: Measurement of Cricket Field

The sport is followed primarily in Australasia, Great Britain and Ireland, the Indian subcontinent, southern Africa and the West Indies. Women's cricket, which is organised and played separately, has also achieved international standard. The most successful side playing international cricket is Australia, having won seven One Day International trophies, including five World Cups and having been the top-rated Test side than any other country.

RULES AND REGULATIONS OF THE GAME

Measurements of the Cricket Ground and Specifications of Sports Equipment

Cricket	
1. Number of players in a team	11 + 5 (Extra) = 16
2. Number of umpires in a match	2 + 1 (Third umpire)
3. Weight of ball	5½ to 5¾ ounces (156 gm)
4. Circumference of ball	22.4 cm to 22.9 cm
5. Length of the bat	38" (96.5 cm)
6. Widest part of bat	4¼" (10.8 cm)
7. Breadth of pitch on both sides from central wicket	4 feet 4 inches
8. Distance of stumps from one side to the other	22 yards or 2012 cm
9. Breadth of wickets	9 inches
10. Colour of ball	white for night and red for day time
11. Number of scorers	2
12. Time for changing every innings	10 minutes
13. Time for changing the player	2 minutes
14. Types of matches	one day, three day, five day, Twenty-20
15. Height of wicket from ground	28 inches
16. Radius of small circle	27.4 m
17. Radius of boundary	68.58 m (may vary from 75 to 85 yards)

Pitch

The pitch is 22 yard long between the wickets and is 10 feet (3.0 m) wide. It is a flat surface and has very short grass that tends to be worn away as the game progresses. The condition of the pitch has a significant bearing on the match and team tactics are always determined with the state of the pitch, both current and anticipated, as a deciding factor.

Wickets or Stumps

Each wicket consists of three wooden stumps placed in a straight line and surmounted by two wooden crosspieces called bails, the total height of the wicket including bails is 28.5 inches and the combined width of the three stumps is 9 inches.

Bails

The bails should be placed on the stumps on each side. The bails should be 11.1 cm long and when placed on the wickets should not rise more than 1.3 cm above them.

Creases ③

Four lines, known as creases, are painted onto the pitch around the wicket areas to define the batsman's safe territory and to determine the limit of the bowler's approach. These are called the "popping" (or batting) crease, the bowling crease and two "return" creases.

The stumps are placed in line on the bowling creases and so these must be 22 yards apart. A bowling crease is 8 feet 8 inches long with the middle stump placed or fixed exactly at the centre. The popping crease, has the same length, is parallel to the bowling crease and is 4 feet in front of the wicket. The return creases are perpendicular to the other two; they are adjoined to the ends of the popping crease and are drawn through the ends of the bowling crease to a length of at least 8 feet.

When bowling the ball, the bowler's back foot in his delivery stride must land within the two return creases while his front foot must land on or behind the popping crease. If the bowler breaks this rule, the umpire calls "No ball".

The importance of the popping crease to the batsman is that it marks the limit of his safe territory for he can be stumped or run out if the wicket is broken while he is out of his ground.

Pitches vary in consistency and thus in the amount of bounce, spin and seam movement available to the bowler. Hard pitches are usually good to bat on because of high but even bounce. Dry pitches tend to deteriorate for batting as cracks often appear and when this happens spinners can play a major role. Damp pitches, or pitches covered in grass allow good fast bowlers to extract extra bounce. Such pitches tend to offer help to fast bowlers throughout the match, but become better for batting as the game goes on.

Bat ④

The bat is made of wood and has the shape of a blade topped by a cylindrical handle. The blade must not be more than $4\frac{1}{4}$ inches wide and the total length of the bat not more than 38 inches.

However, the thickness of the edges (40 mm) and the overall depth is 67 mm.

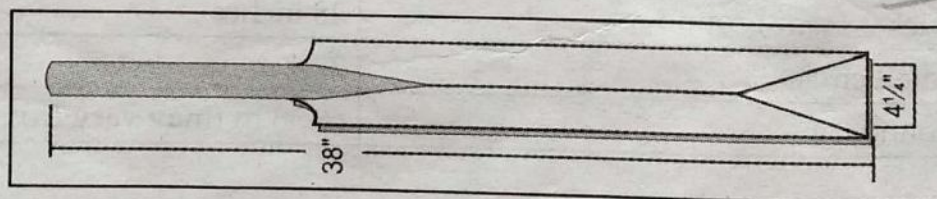


Fig. 1.2: Cricket Bat

Ball

The ball is a hard leather-seamed spheroid of circumference 8.8125" to 9" or 22.4 cm to 22.9 cm. The hardness of the ball, which can be delivered at speed of more than 90 miles per hour (140 km/h), is a matter for concern and batsmen wear protective clothing including pads, batting gloves for the hands, a helmet for the head and an abdominal guard. The weight of the ball should not be less than $5\frac{1}{2}$ ounces or more than $5\frac{3}{4}$ ounces and should have the circumference between 22.4 cm and 22.9 cm.

Duties of Match Referee ①

A match referee administers a cricket match by watching the game from outside the field. The referee makes no decisions of relevance to the outcome of the game, but he has the power to

fine players and/or teams for unethical play. In cricket matches, these penalties are monetary fines and/or suspension from subsequent matches.

Umpires

Two umpires are appointed, one on each end (bowlers end and strikers end), to control the game. The umpires shall take positions from where they can easily see any act upon which their decision may be required. The umpire at the strikers end may elect to stand on the off instead of leg side of the pitch. The umpires shall change the ends after each side has had one innings.

5 Duties of the Umpires

The umpire should ensure that the game is conducted and the equipments used are strictly in accordance with rules and regulations of cricket. They should make sure that the wickets are properly pitched, whether the ground is fit for the play and whether there is appropriate light for play. Umpires shall make frequent and regular inspections of the condition of the ball. If there is any dispute regarding the use of the ball, the umpire shall change the ball after consultation and the ball must be of similar condition to that in use. An umpire may consult with the other umpire on a point of fact which the latter may have been in a better position to see and shall then give his decision. If the doubt remains after consultation, the decision shall be given in favour of the batsman. All disputes shall be determined by the umpires. The umpire's decision is final and he may change his decision.

2 Duties of Third Umpire

The third umpire is also known as an off-field umpire who usually gives his decision when the on-field umpires are unsure. The third umpire sits off the field, with a television replay monitor. The field umpire can use his discretion to refer a close decision to the third umpire to refer to dismissal of a batsman, catches or boundaries via a wireless set or a signal light system. The third umpire looks at various TV replays from different angles and comes to a conclusion by pressing the appropriate signal. A red light indicates that the batsman is out and a green one otherwise. In the event that the third umpire too is unable to get a clear picture, the benefit of the doubt again goes to the batsman. Over the years, the TV umpire has been asked to assist in dismissals such as run-outs, stumped, caught and hit wicket.

5 Duties of Scorers

Outside the field, the match details including runs and dismissals are recorded by two official scorers, one representing each team. The scorers are directed by the hand signals of an umpire. For example, the umpire raises a forefinger to signal that the batsman is out. He raises both arms above his head if the batsman has hit the ball for six runs. The scorers are required by the rules of cricket to record all runs scored, wickets taken and overs bowled.

7 Innings

The innings is the term used for the collective performance of the batting side. All eleven members of the batting side take a turn to bat an "innings" and can end before they all do so. Depending on the type of match being played, each team has one or two innings. The term "innings" is also sometimes used to describe an individual batsman's contribution ("he played a fine innings" etc.).

The main aim of the bowler, supported by his fielder, is to dismiss the batsman. A batsman when dismissed is said to be "out" and that means he must leave the field of play and be replaced by

the next batsman of his team. When ten batsmen have been dismissed (i.e., are out), then the whole team is dismissed and the innings is over. The last batsman, the one who has not been dismissed, is not allowed to continue alone as there must always be two batsmen "in". This batsman is termed "not out".

If an innings should end before ten batsmen have been dismissed, there are two "not out" batsmen. An inning can end early for three reasons: because the batting side's captain has chosen to "declare" the innings closed (which is a tactical decision), or because the batting side has achieved its target and won the game, or because the game has ended prematurely due to bad weather or running out of time. In limited overs cricket, there might be two batsmen still "in" when the last of the allotted overs has been bowled.

Overs

The bowler bowls the ball in sets of six deliveries (or "balls") and each set of six balls is called an over. This name came about because the umpire calls "Over!" when six balls have been bowled. At this point, another bowler is deployed at the other end and the fielding side changes ends. A bowler cannot bowl two successive overs, although a bowler can bowl unchanged at the same end for several overs. The batsmen do not change ends and so the one who was non-striker is now the striker and vice versa. The umpires also change positions so that the one who was at square leg now stands behind the wicket at the non-striker's end and vice versa.

8 Combination of a Team

A team consists of eleven players. Depending on his or her primary skills, a player may be classified as a specialist batsman or bowler. A well-balanced team usually has five or six specialist batsmen and four or five specialist bowlers. Teams nearly always include a specialist wicketkeeper because of the importance of this fielding position. Each team is headed by a captain who is responsible for making tactical decisions such as determining the batting order, the placement of fielders and the rotation of bowlers.

A player who excels in both batting and bowling is known as an all-rounder. One who excels as a batsman and wicketkeeper is known as a "wicketkeeper/batsman", sometimes regarded as a type of all-rounder. True all-rounders are rare as most players focus on either batting or bowling skills.

Substitutes

Now, the number of named substitutes has been increased to 6. Earlier they used to be 4.

13 Types of Matches

- (i) **Test Matches:** These are played between two teams which are usually in a group of matches called a 'series'. These matches last up to five days. Test matches are played in a white uniform dress up.
- (ii) **One Day Match:** It is known as ODI matches. These matches are played with a bowling limit of 50 overs and are finished up within one day. The teams wear their unique multi-coloured uniforms. Each team plays one innings only and faces a limited number of overs, usually a maximum of 50 bowling overs (6 balls/over).
- (iii) **Twenty-20 or T-20 Match:** It is a new variant of a limited overs match. This kind of matches are totally similar to ODI matches as compared for rules and activities but the only difference is the number of overs bowled which are reduced from 50 overs to 20 overs in a match.

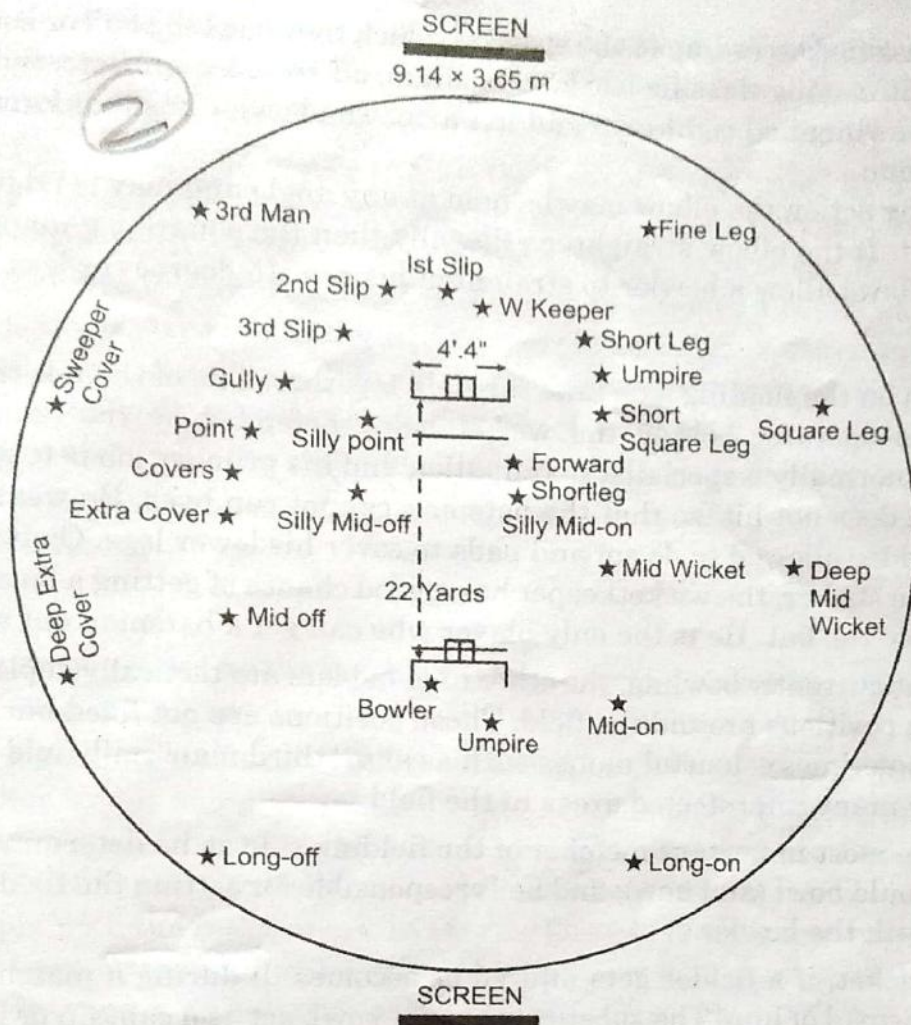


Fig. 1.3: Position of Players in The Field

Bowling

The bowler reaches his delivery stride by means of a "run-up", although some bowlers with a very slow delivery take no more than a couple of steps before bowling. A fast bowler needs momentum and takes quite a long run-up, running very fast as he does so.

The fastest bowlers can deliver the ball at a speed of over 90 miles per hour (140 km/h) and they sometimes rely on sheer speed to try and defeat the batsmen, who is forced to react very quickly. Other fast bowlers rely on a mixture of speed and guile. Some fast bowlers make use of the seam of the ball so that it "curves" or "swings" in flight. This type of delivery can deceive a batsman into mistiming his shot so that the ball touches the edge of the bat and can then be "caught behind" by the wicketkeeper or a slip fielder.

At the other end of the bowling scale is the "spinner" who bowls at a relatively slow pace and relies entirely on guile to deceive the batsman. A spinner will often "buy his wicket" by "tossing one up" (a parabolic path) to lure the batsman into making a poor shot. The batsman has to be very wary of such deliveries as they are often "flighted" or spun so that the ball will not behave quite as he expects and he could be "trapped" into getting himself out.

In between the pacemen and the spinners are the "medium pacers" who rely on persistent accuracy to try and contain the rate of scoring and wear down the batsman's concentration.

All bowlers are classified according to the speed at which they bowl the ball or bowling technique adopted. Bowling is usually classified as fast, medium, off-spin, leg spin, etc. But officially there are two types of bowling i.e., right arm and left arm. The bowler has to inform about it to the umpire and batsman.

During the bowling action the elbow may be held at any angle and may bend further, but may not straighten out. If the elbow straightens illegally then the square-leg umpire may call no ball. The current laws allow a bowler to straighten his arm 15 degrees or less.

Fielding

All eleven players on the fielding side take the field together. One of them is the wicketkeeper aka "keeper" who operates behind the wicket being defended by the batsman on strike. Wicketkeeping is normally a specialist's occupation and his primary job is to gather deliveries that the batsman does not hit, so that the batsman cannot run byes. He wears special gloves (he is the only fielder allowed to do so) and pads to cover his lower legs. Owing to his position directly behind the striker, the wicketkeeper has a good chance of getting a batsman out caught off a fine edge from the bat. He is the only player who can get a batsman out stumped.

Apart from the one currently bowling, the other nine fielders are tactically deployed by the team captain in chosen positions around the field. These positions are not fixed but they are known by specific and sometimes colourful names such as slip, "third man", silly mid on and long leg. There are always many unprotected areas in the field.

The captain is the most important member of the fielding side as he determines all the tactics including who should bowl (and how); and he is responsible for setting the field, though usually in consultation with the bowler.

In all forms of cricket, if a fielder gets injured or becomes ill during a match, a substitute is allowed to field instead of him. The substitute cannot bowl, act as a captain or keep wicket. The substitute leaves the field when the injured player is fit to return.

Batting

At any one time, there are two batsmen in the playing area. One of the batsman remains at the striker's end to defend the wicket and to score runs if possible. The other batsman takes the position at non-striker's end.

Batsmen come into bat in a batting order decided by the captain of the team. The top batting positions are usually given to the most competent batsman in the team. Though it is not mandatory so when a wicket falls any player who has not yet batted may be sent for batting. If a batsman retires due to injury, he is actually 'not out'. A substitute in such case is not allowed, but he may resume if he is not extremely injured. If he is able to bat but not run then another player may run for him.

Runs

The primary concern of the batsman on strike (i.e., the "striker") is to prevent the ball hitting the wicket and secondarily to score runs by hitting the ball with his bat so that he and his partner have time to run from one end of the pitch to the other before the fielding side can return the ball. To register a run, both runners must touch the ground behind the crease with either their bats or their bodies (the batsmen carry their bats as they run). Each completed run increments the score.

More than one run can be scored from a single hit but, while hits worth one to three runs are common, the size of the field is such that it is usually difficult to run four runs. To compensate

for this, hits that reach the boundary of the field are automatically awarded four runs if the ball touches the ground to the boundary or six runs if the ball clears the boundary on the full. The batsman do not need to run if the ball reaches or crosses the boundary.

Hits for five are unusual and generally rely on the help of "overthrow" by a fielder returning the ball. If an odd number of runs is scored by the striker, the two batsmen have changed ends and the one who was non-striker is now the striker. Only the striker can score individual runs but all runs are added to the team's total. The decision to attempt a run is ideally made by the batsman who has the better view of the ball's progress and this is communicated by calling: "yes", "no" and "wait" are often heard. Running is a calculated risk because if a fielder breaks the wicket with the ball while the nearest batsman is out of his ground (*i.e.*, he does not have part of his body or bat in contact with the ground behind the popping crease), the batsman is run out. A team's score is reported in terms of the number of runs scored and the number of batsmen that have been dismissed.

Extras

Additional runs can be gained by the batting team as extras due to errors made by the fielding side. This is achieved in four ways:

1. **No ball.** A penalty of one extra that is conceded by the bowler if he breaks the rules of bowling either by (a) using an inappropriate arm action; (b) overstepping the popping crease; (c) having a foot outside the return crease. In addition, the bowler has to re-bowl the ball. In limited overs matches, a no ball is called if the bowling team's field setting fails to comply with the restrictions. In shorter formats of the game (20-20, ODI) the free hit rule has been introduced. If a bowler crosses the popping crease with his front foot at the point of delivery, a no ball will be called. This will result in a free hit to the batsman. Whereby he is safe from losing his wicket except for being run-out.
2. **Wide.** A penalty of one extra that is conceded by the bowler if he bowls so that the ball is out of the batsman's reach; as with a no ball, a wide must be re-bowled.
3. **Bye.** Extra(s) awarded if the batsman misses the ball and it goes past the wicketkeeper to give the batsmen time to run in the conventional way (note that the mark of a good wicketkeeper is one who restricts the tally of byes to a minimum).
4. **Leg bye.** Extra(s) awarded if the ball hits the batsman's body, but not his bat and it goes away from the fielders to give the batsmen time to run in the conventional way.

When the bowler has bowled a no ball or a wide, his team incurs an additional penalty because that ball (*i.e.*, delivery) has to be bowled again and hence the batting side has the opportunity to score more runs from this extra ball. The batsmen have to run (*i.e.*, unless the ball goes to the boundary for four) to claim byes and leg byes but these only count towards the team total, not to the striker's individual total for which runs must be scored off the bat.

Dismissal of Batsman

1. **Bowled.** The bowler has hit the wicket with the ball and the wicket has "broken" with at least one bail being dislodged. If the ball hits the wicket without dislodging a bail it is not out.
2. **Caught.** The batsman has hit the ball with his bat or with his hand and the ball has been caught before it has touched the ground by a member of the fielding side.

3. **Leg before wicket (lbw).** First and foremost, the ball must, in the opinion of the on-field umpire, be going onto hit the stumps if the ball had not hit the pad of the batsman first. If the batsman plays an attempted shot to the delivery, then the ball must hit the batsman's pad in line with the stumps and be going on to hit the stumps for the batsman to be given out. If the batsman does not attempt to play a shot, then the ball does not have to hit the pad in line with the stumps but it still must be going on to hit the stumps. If the ball pitches outside the leg stump, then the batsman cannot be given out under any circumstances.
4. **Run out.** A member of the fielding side has broken or "put down" the wicket with the ball while a batsman was out of his ground; this usually occurs by means of an accurate throw to the wicket while the batsmen are trying to make a run.
5. **Stumped** is similar except that it is done by the wicketkeeper after the batsman has missed the bowled ball and has stepped out of his ground and is not attempting a run.
6. **Hit wicket.** A batsman is out hit wicket, if he dislodges one or both bails with his bat, person, clothing or equipment in the act of hitting the ball, or when setting off for a run.
7. **Hit the ball twice** is very unusual and was introduced as a safety measure to counter dangerous play and protect the fielders. The batsman may legally play the ball a second time only to stop the ball hitting the wicket after he has already played it.
8. **Obstructed the field.** Another unusual dismissal which tends to involve a batsman knowingly getting in the way of a fielder.
9. **Handled the ball.** A batsman must not intentionally use his hand to protect his wicket (note that the bowled ball often hits the batsman's hand but this is not intentional by the batsman and so is not out; though he can of course be caught off his hand).
10. **Timed out** usually means that the next batsman did not arrive at the wicket within three minutes of the previous one being dismissed.

In the vast majority of cases, it is the striker who is out when a dismissal occurs. If the non-striker is dismissed it is usually by being run out, but he could also be dismissed for obstructing the field, handling the ball or being timed out.

A batsman may leave the field without being dismissed. If injured or taken ill the batsman may temporarily retire and be replaced by the next batsman. This is recorded as retired hurt or retired ill. The retiring batsman is not out and may resume the innings later. An unimpaired batsman may retire and this is treated as being dismissed retired out; no player is credited with the dismissal. Batsmen cannot be out bowled, caught, leg before wicket, stumped or hit wicket off a no ball. They cannot be out bowled, caught, leg before wicket, or hit the ball twice off a wide. Some of these modes of dismissal can occur without the bowler bowling a delivery. The batsman who is not on strike may be run out by the bowler if he leaves his crease before the bowler bowls and a batsman can be out obstructing the field or retired out at any time. Timed out is, by its nature, a dismissal without a delivery. With all other modes of dismissal, only one batsman can be dismissed per ball bowled.

10 Innings Closed

An innings is closed when:

1. Ten of the eleven batsmen are out; in this case, the team is said to be "all out".
2. The team has only one batsman left who can bat, one or more of the remaining players being unavailable owing to injury, illness or absence; again, the team is said to be "all out".
3. The team batting last reaches the score required to win the match.

4. The predetermined number of overs has been bowled (in a one-day match only, most commonly 50 overs; or 20 in Twenty-20).
5. A captain declares his team's innings closed while at least two of his batsmen are not out (this does not apply in one-day limited over matches).

Results

If the team that bats last is all out having scored fewer runs than their opponents, the team is said to have "lost by number of runs". If the team that bats 1st scores enough runs to win, it is said to have "won by n wickets", where n is the number of wickets left to fall. For instance a team that passes its opponents' score having only lost six wickets would have won "by four wickets".

In a two-innings-a-side match, one team's combined first and second innings total may be less than the other side's first innings total. The team with the greater score is then said to have won by an innings and n runs and does not need to bat again: n is the difference between the two teams' aggregate scores.

If the team batting last is all out and both sides have scored the same number of runs, then the match is a tie; this result is quite rare in matches of two innings a side. In the traditional form of the game, if the time allotted for the match expire before either side can win, then the game is declared a draw.

FUNDAMENTAL SKILLS AND TECHNIQUES

A. Batting Skills

- (i) **On Drive:** This stroke is played against a ball that is slightly over pitched and is coming on the leg stump or slightly outside the leg stump. The technique of an on drive is same as off drive. The only difference is that the downward swing of the bat and the movement of the front foot should be slightly across the line of the incoming ball.
- (ii) **Off Drive:** An off drive is played against a slightly over pitched ball or a half volley ball pitching on or a little outside the off stump. In this stroke, the bat should be taken back with a good back lift, the front foot should be moved forward in line with the oncoming ball and placed near the spot where the ball is likely to pitch. The toe of the front foot should point in the direction of hit. The bat should be swung forward along with the forward movement of the front leg and body weight transferred on to the front foot. The ball should be contacted with a straight bat and sufficient force to drive it to the off side. A good follow through would help in providing necessary power and direction to the stroke.

- (iii) **Square Cut:** It is a back footed stroke played against a ball that is a little short of length and is pitched on or outside the off stump. In a square cut, the bat should be lifted well back, by taking the right elbow away from the body (for right handed batsman), the batsman should move his right foot back, across the wicket towards his right and place it in line with the oncoming ball. The toe of this foot should point towards the direction of stroke and weight shifted on this leg.

To strike the ball, the bat should be swung forward and downward to meet the ball with a powerful arm and wrist action. The ball should be connected almost knee high under the eyes and with a rolling action of the bat over the ball.

- (iv) **Leg Glance:** This is a subtle scoring shot dealing with balls pitched on the line of the batsman's legs or slightly to the leg side. The batsman leans his weight on to the back foot, perhaps shuffling sideways to improve the relative line of the ball. He holds the bat vertically and connects with the ball in front of his pads, with the bat angled back to the

leg side. Any swing of the bat is minimal. The ball is deflected fine down the leg side behind the batsman.

B. Fielding

(i) **Close Catching:** Close catching comes to a fielder from close range unexpectedly and gives very little time to react to the situation. Therefore, a fielder in such positions must be quick and agile to catch the ball immediately. Assuming a proper stance for holding such catches is very important for a close in fielder.

For proper standing position, it is advisable to stand with feet apart and placed at a comfortable distance from each other. The knees should be flexed, body bent forward with weight of the body equally distributed on the toes of the feet and hands in a ready position (to catch the ball) in front of the thighs. The hands should form a basket by placing one hand over the other or holding them close to each other in a cup like position. The body should be relaxed and ready to move in any direction.

As far as possible, a catch should be taken with two hands, by closing the fingers and taking the hands back and close to the body to absorb the shock of impact and avoid any rebound from the hand. In a special case a catch may be taken with one hand by extending an arm to one side or by diving and taking a catch.

(ii) **Catching in the Outfield:** It generally comes to a fielder in positions such as Mid off, Mid on, Long off, Long on, or Third Man, etc. For taking such catches in the outfield, a fielder should judge the flight of the ball by keeping an eye on the ball and take a position under it. After getting into position, with feet slightly spread, a fielder should raise his hands up and form a basket with his hands, with fingers spread and pointing upwards.

The ball should be held at the proper time by closing the fingers and allowing the arms to come down a little to absorb the impact of the ball and avoid any rebound of the ball. As far as possible the ball should be brought close to the chest to hold it nicely.

(iii) **Long Barrier:** The long barrier is used to ensure the ball is stopped. It is used when fielding far away from the batsman. For long barrier, move to the line of the ball, getting into a low and balanced position, get sideways to the ball and kneel, creating a barrier with no gap between your knee and heel. Then keeping your hands on the ball, collect the ball with fingers pointing down. You should abstain from kneeling too early, make sure you know where the ball is going.



Fig. 1.4. Close Catching



Fig. 1.5. Long Barrier

(iv) Throwing:

(a) **Underarm Throwing:** To throw a ball using the underarm technique, begin by facing your target while holding the ball in your dominant hand. Shift your body weight to center over that same-side leg. For example, if you're throwing right-handed, you'll put your weight on your right foot. Swing the arm holding the ball back behind you and stride 12 inches forward with the other foot so that you're in a staggered stance. Your shoulders should remain facing your target. Swing your arm forward, simultaneously transferring your weight onto your lead foot and moving your free arm back slightly to help you maintain balance. Release the ball once your hand is positioned between your waist and shoulder.

(b) **Overarm Throwing:** After fielding the ball, suck the ball with both hands towards the chest. Next, swing both hands down and thrust them fully away from the body with the front arm pointing to the target and the thumbs of the throwing arm pointing downwards. The elbows of both arms are horizontal, with the ball facing downward. The front foot steps towards the target. At this point the front shoulder, hips and feet are in the same plane and aligned in the direction of the target. Now, quickly dig the front elbow into the side of the body to generate power and the throwing arm traces a question mark. Care should be taken to keep the elbow of the throwing arm above shoulder level at the instant the ball is released. The ball is released over the front foot. When releasing the ball, try to impart maximum backspin, by keeping a firm grip and a loose wrist. Keep the palm of the throwing arm behind the ball and in the direction of target and flick the fingers down after the ball is released. The throwing arm and back leg follows through over the front foot in the direction of the target. Always throw the return to the wicketkeeper on the full. When fielding inside the 30 yards circle, develop a short back swing and quick release. You need to use a long back swing when fielding in the deep.

C. Bowling

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(i) **Outswing:** A swinger is a fast ball that takes a swing in the air. It may be an outswing or inswing. An out swinger is a ball that is bowled towards the leg or middle stump, but moves in the air towards the off stump, or away from it. For bowling outswing, the ball should be held with the first and second fingers on one side of the seam at the top of the ball and the thumb on the lower part of the seam. The seam should point towards the third man position in this grip.

In order to deliver the ball, the run up to the wicket should be straight, smooth and rhythmic. For delivering the ball, the body should be turned to the right (for right handed batsman) so that his left shoulder faces the batsman. The right foot of the bowler should be parallel to the bowling crease, his left arm thrown up and the bowler should look towards the batsman from above his left shoulder. The ball should be delivered with a straight arm by turning the body towards the left and transferring the weight from right to the left foot. The toe of the left foot at the time of the delivery should point towards the fine leg side.

(ii) **Inswing:** A ball that is bowled towards the off stump of a batsman, but moves in the air during delivery towards the leg side before pitching is called an inswing. The grip of the ball for an inswinger is similar to an outswing ball but in this case the seam of the ball should point towards fine leg when it is held with the index finger, middle finger and the thumb.

The bowling action of an inswinger is almost similar to an outswing action, but at the time of delivery, the left leg should not go across the wicket and its toe should point towards the batsman.

(18) (iii) **Yorker:** A yorker is a ball pitched on or near the batsman's crease. This is one of the most dangerous balls in the game if pitched on the line of the stumps. The batsman has two options:

- Step onto the front foot and attempt to hit the ball just before it hits the pitch. This requires good timing and can be dangerous if the ball dips under the toe of the bat as it is swung.
- Step on the back foot and bring the bat down quickly for a back foot defensive shot. The bat needs to travel rapidly from the normal backswing because it has to travel further than a normal back foot defensive, to block the ball right on the pitch. If the ball hits the pitch and bat together, it can squeeze through the gap under the bat unless the bat is held forcefully on the pitch.

In either case, if the ball gets under the bat and is on the line of the wicket, the batsman will probably be bowled. A good yorker cannot effectively be hit for runs. The best the batsman can hope to do is defend and keep it away from his wicket.

(iv) **Full Toss:** A full toss is a ball which does not bounce on the pitch before reaching the batsman. Full tosses are generally easy to hit, and batsman relish the thought of being bowled one. The standard response is to step onto the front foot, swing the bat through the line of the ball, and crash it through the field in precisely the direction the batsman desires.

Full tosses are frequently hit to or over the boundary for 4 or 6. Bowlers try not to bowl full tosses, but occasionally they misjudge the length of an attempted yorker, or their fingers slip as they release the ball.

D. Wicket Keeping

- (20) (i) **Footwork:** Be ready to move your body across quickly to catch the ball. Get your head straight in the line of the ball, by scuffling your feet quickly sideways but staying facing the bowler. You won't be able to get into line every ball, but the intent must be there.
- (ii) **Diving:** Diving often compensates for poor footwork so make sure you are moving your feet well if you find you dive a lot. However, diving becomes necessary for the keeper when the ball is hopelessly out of his standing range. A thick edge on the ball would make it go away from you so you have to dive to take the ball. When you are standing up from the crouch position, you are on your toe, weight evenly distributed, which allows you to execute a dive easily. Try and look to catch the ball with two hands, but one hand expands your diving reach and looks spectacular.
- (iii) **Catching the Ball:** When the ball reaches, catch it with relaxed but strong hands. Have a steady head with your eyes on the ball all the way into the gloves. Your hands should be in line with your body and ideally you should take the ball below your chest. Your fingers will usually be pointing downwards as most takes will be below chest height. Keep your thumb comfortably apart to create a side catching area. The ball should be caught in palm of the gloves not in fingers.

TERMINOLOGY

The brief description of some of the terms is given below:

- **Dolly catch:** A very simple catch which is easily taken by a fielder.
- **Maiden over:** A maiden over is that over in which the batsman is unable to make run.
- **Bump ball:** A ball which is played off the bat almost instantly into the ground and is caught by a fielder.
- **Ball tampering:** The illegal action of changing the condition of the ball by artificial means usually picking or lifting the seam of the ball or applying saliva or sweat.
- **Hat trick:** When a bowler takes three wickets on three consecutive balls he is said to have scored a hat trick.
- **Extra:** Run not scored by the batsman but the run through byes, leg byes, no-balls and wide balls. These runs are included in the scores of a team but not credited to the batsman.
- **Rubber:** In the series of international test matches, a team, who wins more matches than the other team, is called to have won the rubber.
- **Over:** Series of deliveries (6 in England and 8 in Australia) made consecutively by one bowler from one end of the field before the bowling is taken up by another bowler at the other end.
- **Over pitch:** To bowl the ball so that it bounces so far up the wicket that it can be played with ease by the batsman.
- **Seam:** Slightly raised band of stitches round a cricket ball which enables bowlers to make it spin.
- **Sitter:** An extremely easy catch.
- **Skittle:** To dismiss rapidly a side or a number of batsmen.
- **Spin:** To twist the ball when bowling so that, on pitching it changes directions.
- **Sundry:** Sundry means extra. This term is used in Australia.
- **Sweep:** It is stroke in which the ball is played behind the wicket on the leg side with a sweeping movement of the bat.
- **No ball:** A ball is called 'no ball' when either umpire considers that the bowler's delivery is not fair.
- **Gully:** It is an off side fielding position between the slips and point.
- **Bouncer:** Ball pitched short by a fast bowler so that it rises sharply, often over the batsman's head.
- **Sight screen:** It is a large screen positioned on the boundary so that it forms a backdrop behind the bowler, so that the striker can see the ball clearly.
- **Cover drive:** A drive by the batsman toward cover.
- **Full toss:** A ball that comes right up to the batsman without pitching.
- **Hook shot:** A batting stroke in which a short pitched delivery is played towards the leg side with horizontal bat.
- **Off cutter:** A fast delivery which deviates from off side towards the leg after pitching.
- **Pull shot:** A shot is played on a ball that is a little short of length and comes waist high to the batsman.

- **Leg glance:** It is played against a ball that comes on the leg stump and is moving toward the leg side.
- **Late cut:** It is executed late when the ball crosses the line of the body.
- **Straight drive:** The stroke that is played on a slightly over pitched ball coming on the middle or the middle and off stumps.
- **Leg cutter:** It is a ball that moves towards the off side after pitching on the middle or leg stump.
- **Dead ball:** If the ball, while in play, is hit by the batsman on to the camera or its cable.
- **Follow on:** The side batting first and leading by 200 runs in a five day match, 150 runs in a 3 day match 100 in 2 day match and 75 runs in a one day match can ask their opponent to follow their innings.
- **Power play:** It is the name for the fielding restrictions in limited overs and T-20 cricket.
- **Beamer:** It is a type of delivery in which the ball without bouncing, passes above the batsman's waist height. This ball is often close to the head of the batsman and is thus dangerous.
- **Innings:** One player's or team's turn to bat or bowl.
- **Night watchman:** A lower order batsman sent in when the light is dimming to play out the remaining overs of the day in order to protect more valuable batsman for the next day's play.
- **Overthrow:** The scoring of extra runs due to an errant throw from a fielder.
- **Uppercut:** A typical shot played against a short ball or bouncer.
- **Flick shot:** A gentle movement of the wrist to move the bat.
- **Dot ball:** A delivery bowled without any scored off it, so called because it is recorded in the score book with a single dot.
- **Century:** A single score of at least 100 runs, a significant landmark of a batsman.
- **Short pitch:** A delivery that bounces relatively close to the bowler.
- **Reverse sweep:** Reverse sweep is played by dropping one knee and reversing one's hands so that you can swing the ball from the leg to off, rather than the more natural off to leg.
- **Reverse swing:** It involves sideways movement of the ball through the air that is contrary to your average everyday laws of physics.
- **Declaration:** When the batting side ends their innings before all their players are dismissed.
- **Nick:** A faint edge off the bat.
- **Tailender:** Players who come in towards the end of an innings, generally. Nos. 8, 9, 10 and 11 who are noted for their batting process.
- **Appeal:** It is an act of a bowler or fielder shouting at the umpire to ask if his last ball took the batsman's wicket.
- **Full length delivery:** A delivery that pitches closer to the batsman than a ball pitching on a good length but further away than a half-volley.
- **Golden Duck:** A dismissal from the first ball faced in a batsman's innings.

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NATIONAL AND INTERNATIONAL GOVERNING BODIES OF CRICKET

Board of Control for Cricket in India (BCCI): BCCI is the national governing body for cricket in India. It was formed in December 1928 as a society, registered under the Tamil Nadu Societies Registration. It is a consortium of State Cricket Associations and the State Association select their representative who in turn elect the BCCI officials. It organises various tournaments such as Ranji Trophy, Duleep Trophy, Indian Premier League, Irani Cup, etc. There are various office bearers of BCCI such as President, Vice-president, Secretary, Joint-secretary and Treasurer. The term of the office bearer is 3 years. No person shall be office bearers for more than 3 terms in all.

International Cricket Council (ICC): ICC is the international governing body of cricket. It was founded as the Imperial Cricket Conference in 1909 by representatives from England, Australia and South Africa. It was renamed the International Cricket Conference in 1965. After that it took its current name in 1989. ICC has 4 members, 12 full members that play test matches and 92 associate members. It is responsible for the organization and governance of cricket's major international tournaments. It also appoints the umpires and referees that officiate at all sanctioned test matches, ODI and Twenty-20 Internationals.

NATIONAL AND INTERNATIONAL TOURNAMENTS

National Tournaments

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Ranji Trophy: The Ranji Trophy was launched as the "Cricket Championship of India" at a meeting of the Board of Control for Cricket in India in July 1934. The first Ranji Trophy fixtures took place in 1934-35 with Bombay walking away with the top honour.

Irani Trophy: The Irani Trophy was conceived during the 1959-60 season to commemorate the 25th year of the Ranji Trophy championship. The tournament was named after the late Z.R. Irani, who was associated with the Board of Control for Cricket in India since its inception in 1928.

Duleep Trophy: The Duleep Trophy, named after Kumar Shri Duleep Singhji, was launched by the BCCI to espouse more competition in the Indian cricket arena. The tournament was proposed to help the national selectors in assessing the form of the cricketers.

Deodhar Trophy: The Deodhar Trophy was started in the 1973-74 as a one-day equivalent of the Ranji Tournament. It is named after the grand old man of Indian Cricket—Late Prof. D. Deodhar. It is played between the five Indian cricket zones—the North, South, East, West and Central Zone.

Vijay Hazare Trophy: It is also known as Ranji One Day Trophy. It was started in 2002-03 as a limited over cricket competition involving state teams from the Ranji Trophy plates. It is named after the famous Indian cricketer Vijay Hazare.

Indian Premier League (IPL): IPL is a professional Twenty-20 cricket league in India contested during April and May of every year by teams representing Indian cities. It was founded by BCCI in 2007. IPL has an exclusive window in ICC Future Tour's Programme. It is most attended cricket league in the world. The First IPL was held in 2008.

International Tournament

ICC Cricket World Cup: World Cup is a one day international competition. It is held after every four years. The first World Cup was organised from June 7, 1975 at Lords Stadium (England). The first match was played between India and England. In the beginning, this cup was named as 'Prudential Cup' and later on this cup was named as World Cup Cricket on June 9, 1979. Since 1999 World Cup, its name has been changed permanently as ICC Trophy. India won the world Cup first time in 1983.

ICC Champions Trophy: The ICC Champions Trophy is One Day International (ODI) cricket tournament. It is organised by the International Cricket Council (ICC). It stands second in importance only to the Cricket World Cup. The first tournament was held in Bangladesh in 1998. It was inaugurated as the ICC Knock out Tournament in 1998. Since then it has been played approximately every four years. Its name was changed to the Champions Trophy in 2002.

ICC World Twenty-20: The ICC world Twenty-20 is also referred to as the T20 World Cup. It is the international championship of Twenty-20 cricket. It is organised by cricket's governing body, the International Cricket Council (ICC). This tournament currently consists of 16 teams comprising all ten ICC full members and six other associate members chosen through the World Twenty-20 qualifier. The first tournament was held in South Africa in 2007. This tournament has generally been held every two years.

World Cricket League: The ICC World Cricket League is a series of international one day cricket tournament for national teams without test status. It is administered by International Cricket Council. The first ICC World Cricket League was held in 2007-09. This tournament is played on league system.