

SPORTS — FULL MIND MAP

Topic-wise · Fully Explained · Hinglish · SSC / BPSC / BSSC / Railway

Questions 801 – 1087

Topics in this chapter:

1. Olympics — History, Firsts & India's Records
2. Cricket — Rules, Terms & Records
3. Hockey — Rules, Umpire Signals & India Legends
4. Football — Rules, Terms & Clubs
5. Badminton — Rules, Cups & Players
6. Table Tennis, Tennis & Racket Sports
7. Kabaddi, Kho-Kho & Indigenous Games
8. Basketball, Volleyball & Handball
9. Wrestling, Boxing & Combat Sports
10. Athletics — Track & Field
11. Weightlifting, Gymnastics & Powerlifting
12. Chess & Mind Sports
13. Swimming, Equestrian & Water Sports
14. Shooting, Archery & Fencing
15. Golf, Billiards & Other Individual Sports
16. Indian Sports Bodies, Institutes & Awards
17. Indian Traditional/Regional Sports
18. Sports Nicknames & Famous Personalities
19. Cups, Trophies & Tournament Facts
20. Miscellaneous Sports Facts

1. Olympics — History, Firsts & India's Records

- **IOC (International Olympic Committee)** — founded **23 June 1894**, HQ **Lausanne (Switzerland)**, first President — **Demetrius Vikelas** (Pierre de Coubertin — doosre/founder-successor). Pehle modern Olympics — **Athens, 1896**. India first participate hui **1900 (Paris)** — athlete Norman Pritchard. **Olympic motto** — **Pierre de Coubertin ne propose kiya** ('Citius, Altius, Fortius — Communiter'). Olympic flag mein **5 rings** hain (Coubertin ne 1913 mein design ki, 5 continents represent karti hain). IOA (Indian Olympic Association) — **IOC se affiliated** hai, first President — **Sir Dorabji Tata (1927, Delhi)**, PT Usha — first woman President. [Q802, Q805, Q815, Q735, Q734, Q755, Q887, Q1081]
- **WWI/WWII ki wajah se Olympics cancel hue** — **1916, 1940, 1944**. **2nd Olympics** — **Paris, France, 1900**. Olympics **1952** — **Helsinki** mein hue. **Summer aur Winter Olympics mein 2 saal ka gap** hota hai (dono 4-4 saal ke cycle mein, par offset). **First Winter Olympics** — **1924, Chamonix (France)**, pehla gold — Charles Jewtraw (USA). **Beijing** — **duniya ka pehla city jo Summer AUR Winter dono Olympics host kar chuka**. Sabse zyada Olympics host karne wala country — **USA (8 baar)**, phir **France (5)**, **Japan (4)**. **South Africa ne kabhi Olympics host nahi ki** (trap). [Q805, Q815, Q951, Q968, Q895, Q987, Q1030]

- **India ka Olympics record:** 1900-2020 tak **35 medals** jeete. **1928-1980 ke beech 8 gold medals** (sab hockey mein, ek streak). **Total 10 gold** — Abhinav Bindra (2008, Beijing, 10m air rifle — **doosra individual champion**) aur Neeraj Chopra (2020 Tokyo, javelin — **pehla track-and-field individual gold, aur India ka overall pehla individual track/field gold**). **1960 mein India ne gold NAHI jeeta tha** hockey mein (streak break hui). Gold medal winners list: Jaipal Singh (1928), Lal Bokhari (1932), Dhyan Chand (1936), Kishan Lal (1948), K.D. Singh (1952), Balbir Singh Sr (1956), Charanjit Singh (1964), Vasudevan Bhaskaran (1980). **First Indian contingent — 1920 Olympics mein gaya.** [Q864, Q970]
- **Tokyo Olympics 2020:** India ka rank — **48** (1 gold — Neeraj Chopra javelin, 2 silver — Mirabai Chanu weightlifting/Ravi Kumar Dahiya wrestling, 4 bronze — PV Sindhu/Lovlina Borgohain/men's hockey team/Bajrang Punia). Flag bearers: Mary Kom & Manpreet Singh (opening), Bajrang Punia (closing). Competitors — 122, 18 sports. **Satish Kumar — pehla Indian Super Heavyweight Boxing (2020 Olympics).** [Q825, Q828]
- **London Olympics 2012:** India ne **total 6 medals — 2 silver (Sushil Kumar wrestling, Vijay Kumar shooting) + 4 bronze** jeete. [Q932, Q1074]
- **Double Medalists:** Women — **PV Sindhu** (Silver Rio 2016, Bronze Tokyo 2020, badminton). Men — **Sushil Kumar** (Bronze Beijing 2008, Silver London 2012, wrestling). **KD Jadhav** — independent India ka pehla individual Olympic medalist (bronze, wrestling, 1952 Helsinki). **Leander Paes** — first Indian AND Asian tennis player Olympic medal (bronze, 1996 Atlanta). [Q915, Q943]
- **Michael Phelps (USA) — sabse zyada individual gold Olympic medals** (28 total — 23 gold, 3 silver, 2 bronze), swimming. **Youth Olympic Games — pehli baar 2010, Singapore. First edition Commonwealth Youth Games — 2000, Edinburgh (Scotland). Paralympic Games — India ne kabhi host nahi kiye** (trap); pehle Paralympics — 1960, Rome; pehli Winter Paralympics — 1976, Sweden. [Q934, Q957, Q979, Q885, Q741, Q1078]
- **Modern Olympic gold medal** — mostly **silver** se bana hota hai (minimum 6 gram gold ki coating, diameter min 60mm, thickness min 3mm). [Q1086]

2. Cricket — Rules, Terms & Records

- **Cricket England mein shuru hua.** Pehla cricket club — Hambledon (England). MCC (Marylebone Cricket Club) — 1787. India ka pehla cricket club — Calcutta Cricket Club (1792). Pehla international match — US vs Canada (1844). India ka pehla international match — England ke against (1932). **ICC — Imperial Cricket Conference, 1909 mein bani, 1989 mein 'International Cricket Council' rename hui, HQ Dubai.** Oval stadium — cricket se associated hai. [Q950, Q820, Q842]
- **1 over mein 6 balls** hote hain. ODI mein bowler max **10 overs**, T20 mein max **4 overs** bowl kar sakta hai. **Test match minimum 90 overs/day**, minimum over rate **15 overs/hour**. Test — 5 din, 2 innings har team ki, pehla test match 1877 Australia-England ke beech. [Q835, Q841, Q890, Q990]
- **Pitch length — 22 yards.** Stumps ki height — **28 inches**. Stumps aur popping crease ka distance — **1.22m**. Ball circumference — **8.81-9 inches**. On-field umpires — **2** hote hain. [Q903, Q969, Q1006, Q959, Q888]
- **World Cup (Men's ODI) — 1975 mein shuru hua, England mein hosted, West Indies ne jeeta** (Australia ko haraaya final mein). India 2 baar jeeti — 1983 (West Indies ko haraya) aur 2011 (Sri Lanka ko haraya). **T20 World Cup — pehla 2007, South Africa mein, India ne jeeta (MS Dhoni captain, Pakistan runner-up).** India T20 WC **1 baar** jeeti hai (2007). **First Women's World Cup — 1973, England (host+winner);** India ne kabhi women's WC nahi jeeta. [Q810, Q839, Q920, Q993]
- **ODI ka pehla match — Australia vs England, 1971, Melbourne (MCG).** India ne apna pehla ODI **1974** mein khela (England ke against, Leeds, captain Ajit Wadekar). **Duckworth-Lewis formula — pehli baar 1 January 1997** use hui. [Q875, Q913]
- **Terms: Strike rate** — 100 balls mein average runs. Economy rate — bowler ka average runs/over. **Straight drive, Leg bye, 'How's that?'** — sab cricket terms. **Chinaman** — left-arm unorthodox spin. **4 runs** — ball boundary tak ground par jaaye. First slip — batsman ke peeche fielding position. [Q857, Q867, Q868, Q902, Q935, Q1049, Q1050]

- **Umpire signals:** dono haath horizontal extend — **wide ball**. Index finger upar — **batsman out**. Dono haath sar ke upar — six runs. Knee touch — leg bye. Arm shoulder-height — no ball. [Q869, Q981]
- **Kapil Dev — 1983 World Cup mein sabse zyada runs** (303 runs, 8 innings, 175* vs Zimbabwe famous innings). **Sachin Tendulkar — sabse zyada international matches khele (664 matches, 34357 runs)**, youngest Bharat Ratna (2014). Sachin ka pehla ODI century — **79th match mein**. **Yuvraj Singh — 6 sixes ek over mein — Kingsmead, Durban (Stuart Broad ke against, T20 WC)**. [Q936, Q1043, Q1075, Q999]
- **ICC WC 2011 mascot — Stumpy (elephant)**, India winner tha. **Rahul Dravid — 'The Wall'**. **T20 powerplay (first 6 overs) — max 2 fielders 30-yard circle ke bahar**. **Lala Amarnath — independent India ka pehla Test captain** (1952, Pakistan ke against jeeta). **Maharaja of Vizianagaram — pehla Indian BCCI President**. **Wilson Jones — independent India ka pehla world champion (kisi bhi sport mein) — billiards/snooker (1952, 1954)**. [Q998, Q940, Q1026, Q1059, Q1082, Q1038]
- **Domestic tournaments:** **Duleep Trophy** — domestic first-class (Kumar Shri Duleepsinhji ke naam par). Syed Mushtaq Ali Trophy — T20. Vijay Hazare Trophy — 50-over (1993-94 se shuru). [Q953, Q986]
- **Narendra Modi Cricket Stadium (Motera) — Ahmedabad** mein hai, Sabarmati River ke kinare. Doosre stadiums: Eden Gardens (Kolkata), Wankhede Stadium (Mumbai), HPCA Stadium (Dharamshala), Ekana Stadium (Lucknow), Arun Jaitley Stadium (Delhi). **Javelin throw** — track and field event hai (spear ~2.5m lambi). [Q850, Q1010]

3. Hockey — Rules, Umpire Signals & India Legends

- **India ka pehla Hockey World Cup — 1975** (Malaysia mein, captain Ajit Pal Singh, Pakistan ko haraya). **Independence ke baad pehla Olympic gold — 1948, London** (British team ko haraya). **Major Dhyan Chand — 'Wizard/Hockey Wizard' aur 'Hockey ka Jadugar'** kehlate hain, 3 Olympic golds (1928, 1932, 1936), Padma Bhushan 1956, 29 August (unka birthday) **National Sports Day** hai, unke naam par **Major Dhyan Chand Khel Ratna Award** hai. [Q745, Q770, Q939, Q1047]
- **Team mein 11 players** (10 field + 1 goalkeeper). **Hockey ball weight — 156-163 gm**. Pitch — 91.4m x 55m. Goal post — 2.14m high, 0.05m wide. Yellow card — **5 minute suspension**. [Q826, Q847]
- **Umpire signals:** dono arms horizontal towards goal — **penalty corner**. Ek arm horizontal, open hand face level — **free hit**. Ball back line se cross ho, defender-touched — **long corner**. 16-yard hit — dono arms horizontal sideways. Penalty stroke — ek arm penalty spot, doosra straight air mein. [Q909, Q918, Q972]
- **Birsa Munda International Hockey Stadium — Rourkela, Odisha**, duniya ka sabse bada fully-seated hockey stadium (Guinness record, 20,011 capacity, inaugurated 5 January 2023). [Q870]
- **Trophies:** **Rangaswami Cup** — hockey. **Beighton Cup — India ka sabse purana hockey tournament (1895 mein institute hua)**. Doosre hockey cups: Agha Khan Cup, Maharaja Ranjit Singh Gold Cup, Scindia Gold Cup, Murugappa Gold Cup. [Q816, Q1083]
- **Field hockey mein substitute players ki koi limit nahi** (unlimited). **Back-stick term hockey se associated hai** (rounded back side se ball hit karne ki penalty). **16-yard hit — Field hockey ka term hai** (striking circle ke andar foul ya ball backline cross hone par defence ko milta hai). **'Blue line' term Hockey se associated hai** (Badminton NAHI — badminton 1992 mein full-medal Olympic sport bana) — trap. [Q1008, Q956, Q1052, Q994]

4. Football — Rules, Terms & Clubs

- **FIFA World Cup — 1930 mein shuru hua**, quadrennial, pehla winner — Uruguay (runner-up Argentina). **Sheffield FC — duniya ka pehla football club (1857, England)**. FIFA — 1904 mein bana (7 countries), Paris mein founded, HQ Zurich (Switzerland). Football Olympics mein 1900 se, officially 1908 se khela gaya. India ne pehli baar Olympic football 1948 (London) mein khela. **India ka pehla football match — 'Calcutta Club of Civilians' vs 'Gentlemen of Barrackpore' (1854)**. **Calcutta FC — India ka pehla football club (1872)**. **Indian Football Association (IFA) — 1893 established hui** (HQ Kolkata). AIFF — 1937 mein bana. [Q812, Q1029]

- **Football pitch** — **105m x 68m**, match **2 halves of 45 minutes**, players — 11 (1 goalkeeper). Football weight — 410-450 gm, circumference 68-70cm. **Goal posts ke beech distance** — **7.32m**, height 2.44m/8ft (FIFA standard). **Penalty spot** — **goal line se 12 yards, goal ke midpoint se 11m**. [Q821, Q898, Q861, Q978, Q914, Q1004]
- **Terms:** Foul ke baad opposition ko milta hai — **free kick**. Ball frame ya referee se lag kar goal/touch lines ke andar rahe — **still in play**. Warning card — **yellow**, dismissal — red. [Q836, Q967, Q1009]
- **Cristiano Ronaldo** — **Portugal** se hain (Messi — Argentina, Mbappe — France, Iniesta — Spain). **Real Madrid** apne home games **Bernabeu stadium mein khelte hain** (1902 mein bana, Madrid). **Pele (Brazil)** — **sabse zyada FIFA World Cup wins** (Brazil 5 baar jeeta), 'The Black Pearl'/'King of Football' kehlate hain. [Q808, Q863, Q1044, Q1079]
- **Indian football: Manisha Kalyan** — **first Indian female footballer UEFA Women's Champions League mein**. Sunil Chhetri — doosra Indian footballer jo 100 international games khele (Bhaichung Bhutia pehla tha). Atanu Bhattacharya — 1980s mein goalkeeper the. [Q881, Q1070, Q1072]
- **Durand Cup** — **1888, Shimla mein founded** (India ka sabse purana football tournament hai, Mohun Bagan sabse zyada titles — 17). Indian Super League (ISL) — 2013 mein bana, **pehla edition Atletico de Kolkata ne jeeta (2014)**. Doosre football cups: IFA Shield (1893), Federation Cup (1977), Santosh Trophy (1941). [Q938, Q1000, Q1035]

5. Badminton — Rules, Cups & Players

- **Badminton ka origin** — **Pune, India** mein hua, pehle '**Poona**' kehlate the (1860s British army officers khelte the); 1873 mein Duke of Beaufort ne apni estate 'Badminton House' mein introduce kiya, isi naam se naam pada. **Badminton** — **Indonesia ka national game** hai. [Q973, Q831]
- **Net height** — **5.1 feet**. Singles court — 13.40m long, 5.18m wide. Doubles court width — 6.1m. Shuttlecock equipment use hoti hai. Match — best of 3 sets, 21 points each. **Yellow card** — **misconduct warning, red card** — **fault, black card** — **disqualification**. [Q831, Q946, Q983]
- **Thomas Cup** (men's team) — pehla edition **1949**, founder George Alan Thomas, biennial event; **India ne pehli baar 2022 mein jeeta** (Indonesia ko haraya). **Uber Cup** (women's) — pehli baar 1956-57. Syed Modi India International — Lucknow mein hoti hai (BWF Grand Prix, 2009 se). **World Badminton Championship 2026** — **India organise karega**. [Q884, Q916, Q827, Q1021]
- **Saina Nehwal** — **India ka pehla Olympic badminton medal** (Bronze, 2012 London). Awards: Arjuna (2009), Padma Shri (2010), Khel Ratna (2009-10), Padma Bhushan (2016). **PV Sindhu** — **double Olympic medalist** (Silver 2016, Bronze 2020). **K Srikanth** — **2021 mein pehla Indian World Championship final (men's singles) mein pahunchne wala**. [Q926, Q915, Q974]

6. Table Tennis, Tennis & Racket Sports

- **Table Tennis:** China ka national sport (ping-pong/whiff-whaff). Olympic sport bana **1988 Seoul** se. Table dimensions — **2.74m long**, 1.525m wide, 0.76m high. '**Rally**' — ball play mein rehne ka period. Lets — **unlimited** allowed on serve. **Shakehand grip** use hoti hai table tennis mein. [Q807, Q923, Q960, Q1053]
- **Corbillon Cup** — women's team event, World TT Championships. **Manika Batra** — TT player, Asian Cup bronze. **Bhavina Patel** — Para TT, Tokyo Paralympic silver, Arjuna 2021. World Para TT Championships pehli baar **1990, Assen (Netherlands)** mein hui. [Q855, Q925, Q988]
- **Lawn Tennis: Wimbledon** — **duniya ka sabse purana tennis tournament (1877 se)**. Doosre Grand Slams: US Open (1881), French Open (1891), Australian Open (1905). **4 Grand Slams saal mein khele jaate hain**. Doubles court width — **10.97m/36 feet** (singles 8.23m/27 feet); court length dono ke liye 78 feet same hai. Complete set — minimum 6 games (jaise 6-4). Deuce ke baad agla point — 'Advantage'. Highest governing body — International Tennis Federation (1913). [Q924, Q860, Q1027, Q965, Q980, Q1077]
- **Roger Federer** — famous **Lawn Tennis** player. Doosre famous players: Rafael Nadal, Novak Djokovic, Serena Williams, Sania Mirza. [Q928]

- **Roger Federer** — lawn tennis. **Leander Paes** — first Indian/Asian tennis Olympic medal (bronze, 1996). **Leander Paes & Mahesh Bhupathi** — **1999 mein Open era mein first pair jo saare Grand Slam finals mein pahunchi ek hi saal mein** (French Open + Wimbledon jeete). Vijay Amritraj & Anand Amritraj — lawn tennis se associated. [Q943, Q1060, Q1055]
- **Squash**: 'Let Ball', 'Stroke Ball', 'No Let' — squash terms. **Deepika Pallikal** — pehli Indian jo Professional Squash Association Women's top-10 mein aayi. World Squash Federation — HQ Hastings (UK), 1967 establish hui. **Jahangir Khan (Pakistan)** — **10 British Open + 6 World Championships**. [Q806, Q910, Q1066, Q1011]

7. Kabaddi, Kho-Kho & Indigenous Games

- **Kabaddi men's court** — **13m x 10m** (women's — 12m x 8m). Match — **40 minutes (2 halves of 20 min)**. **7 players** per team. International Kabaddi Federation — founded 2004, HQ Jaipur. Terms: Cant, Raider, Raid, **Lona** (poori team knockout), Tackle point. **Attack line kabaddi se related NAHI hai** (trap). [Q832, Q853, Q904, Q862, Q1020]
- **Circle-style Kabaddi World Cup** — Punjab Govt (India) administer karti hai, pehla event 2010 (Ludhiana, India winner). **2020 World Cup — Pakistan ne jeeta (host bhi Pakistan)**. **Pro Kabaddi League** — **2014** mein founded hui. Players: Pardeep Narwal, Anup Kumar, Deepak Niwas Hooda, Pawan Sehrawat. **Sahanand Mahadev Shetty** — **pehla Arjuna Award (Kabaddi, 1972)**. [Q852, Q1024, Q829]
- **Kho-Kho**: 'Inning' term — kho-kho se associated. **12 players total**, match mein 9 players field mein hote hain per side. Terms: Kho, Chaser, Runner, Cross Lane, Central Lane, Pole, Square. [Q837, Q838]
- **Mallakhamb** — Madhya Pradesh ka state game (traditional Indian sport, pole-based); naam 'Malla' (wrestler) + 'khamb' (pole) se aaya, first national championship 1962 (Gwalior). **Mardani Khel** — Maharashtra ka martial art (patta sword, vita lance use hota hai). **Sagol Kangjei (Manipur)** — modern **Polo** jaisa hai (sagol=horse, kang=ball). [Q1013, Q1087, Q1073]
- **State traditional sports**: Cockfighting/Seval Sandai (Karnataka/TN/AP), Maramadi Bull Surfing (Kerala), **Kambala** — **buffalo race, Karnataka**, Jallikattu/Pallanguzhi (Tamil Nadu), Bullock cart race (Maharashtra), Camel racing (Rajasthan), Dhopakhel (Assam). **Nehru Trophy Boat Race** — **Kerala** (Punnamada Lake, Alappuzha, August 2nd Saturday). [Q906, Q1056]
- **Dahi Handi** — **Maharashtra mein sports event maana jaata hai** (Krishna Janmashtami ke time, Gopal Kala bhi kehlata hai). [Q893]
- **Janjatiya Khel Mahotsav** — pehli baar **Odisha** mein hua (tribal sports celebrate karne ke liye, Bhubaneswar, Culture Ministry + Odisha Govt + KIIT University). [Q854]

8. Basketball, Volleyball & Handball

- **Basketball**: Court shape — rectangle. **Team mein 5 players court par** (12 total squad), positions: Point guard, Shooting guard, Small forward, Power forward, Center. **Free-throw** — **1 point**. Max points ek shot mein — **4 points** (technically 3-point + foul shot combo se). **Dribble aur Screen technique** basketball se associated. **Pivoting** — ek pair pair ground par rakh kar move karna. Centre line — **back court ka part hai**. [Q840, Q843, Q1002, Q1005, Q845, Q908, Q963, Q975]
- **FIBA** — founded 18 June 1932, HQ Mies (Switzerland). **FIBA game** — **4 quarters of 10 minutes** (NBA — 4 quarters of 12 min; NCAA — 2 halves of 20 min). **Los Angeles Clippers, Portland Trail Blazers** — **Men's Basketball (NBA) teams**. Basketball — Serbia/Lithuania/Estonia ka national game hai. Famous players: Wilt Chamberlain, Michael Jordan, LeBron James. [Q992, Q1033]
- **Volleyball**: William G. Morgan ne 1895 mein Holyoke, Massachusetts mein invent kiya (originally 'Mintonette' naam tha). **Team mein 6 players** (12 total with substitutes). Court — 18m x 9m. Net height — men 2.43m, women 2.24m. **4th set — 25 points** tak khela jaata hai. **US** — **pehla 'official' volleyball rules compilation, YMCA ne publish kiya**. FIVB — Federation Internationale de Volleyball, dono (indoor + beach) govern karti hai. **Antenna equipment volleyball mein use hoti hai**. Volleyball Federation of India — HQ Chennai (1951 mein founded), NOT Delhi — trap. [Q823, Q889, Q882, Q1028, Q834]

- **Beach Volleyball** — 2 players per team, **0 substitutes**, court 16m x 8m. Olympic sport since 1996 (Atlanta); indoor volleyball Olympic sport since 1964 (Tokyo). **1965 FIVB Men's World Cup — Poland ne host ki** (inaugural edition). [Q905, Q962, Q984]
- **Handball**: ball weight men — **425-475 gm** (women 325-375gm). Court — 40m x 20m. Team — 7 players. Dribbling rokne ke baad **3 seconds** mein pass/shoot karna zaroori hai. **First Field Handball World Championships — Germany, 1938** (Germany jeeta, sirf 4 teams: Germany, Austria, Sweden, Denmark). [Q849, Q961, Q933]

9. Wrestling, Boxing & Combat Sports

- **Wrestling**: Olympics mein 2 styles — **Freestyle aur Greco-Roman** (doosre styles: Folk style, Sumo). Mat thickness — **5-7 cm**. **Vinesh Phogat — pehli Indian woman wrestler jisne World Championships mein 2 medals jeete** (Khel Ratna 2020, Arjuna 2016). [Q945, Q856]
- **1979 Asian Wrestling Championships — Jalandhar, India** mein hui (AAWC ne organise kiya, pehli baar). [Q991]
- **Boxing**: 'Ring' — bout hota hai jahan (16-24 feet ropes ke beech). AIBA Junior bouts — **2 min per round**, rest time — **1 minute** (all AIBA competitions). Youth Boxer age range — **17-18 saal**. Clinching, Parrying, Knockout, Knockdown — boxing terms. **Vijender Singh Beniwal — pehla Indian boxer jisne Olympic medal jeeta (Bronze, 2008 Beijing, middleweight)**. [Q958, Q964, Q966, Q976, Q997]
- **Judo — ancient Japanese art of Ju-jitsu** se origin hui, Kano Jigoro ne 1882 mein invent kiya. **Linthoi Chanambam (Manipur) — pehli Indian World Cadet Judo Champion (2022)**. [Q949, Q833]
- **Fencing**: contest between 2 fencers — **'Bout'** kehlata hai. 3 disciplines — foil, epee, saber. Moves: Lunge, Parry, Riposte, Remise. **Bhavani Devi — pehli Indian fencer jo Olympics ke liye qualify hui (2020)**. [Q858, Q1063]

10. Athletics — Track & Field

- **AFI (Athletics Federation of India)** — 1946 mein bana, HQ New Delhi. **7 August — 'Javelin Throw Day'** India mein (Neeraj Chopra ke 2020 Olympic gold ki yaad mein). IAAF (ab World Athletics) — 1912 founded, Stockholm mein, HQ Monaco. [Q814]
- **Neeraj Chopra** — Tokyo 2020 gold **87.58m throw** se (pehla Indian track-and-field Olympic gold). Golds: Olympics 2020, World C'ship 2023 (Budapest), CWG 2018, Asian Games 2018. Silver — World Athletics C'ship 2022 (Oregon). 2016 South Asian Games mein senior national record **Guwahati** mein banaya. Zurich Diamond League gold — **pehla Indian javelin ace**. [Q930, Q859, Q996]
- **Anju Bobby George — India ka pehla World Athletics Championship medal** (Bronze, long jump, 2003 Paris, 6.70m). [Q844, Q1065]
- **Glide Technique — Shot Put mein use hota hai. Decathlon Day 1 (men)**: 100m run, Long jump, Shot put, High jump, 400m run. Day 2: 110m hurdles, Discus, Pole vault, Javelin, 1500m. **Discus throw pehle din ka event NAHI hai (women's decathlon mein bhi Day 1)** — trap. Throwing events equipment: Shot, discus, hammer, javelin. [Q873, Q878, Q1031]
- **100m women's hurdles** — hurdles ke beech distance **8.50m**. **110m hurdles — 10 flights**. **Marathon ki max distance — 42.195 km** (1921 mein standardise hui). Half-marathon — 21.0975 km. First women's Olympic marathon — 1984 (LA). [Q879, Q911, Q896]
- **Relay races mein baton use hota hai**, last runner — 'anchor'. **Lap scorer laps count karta hai** running events mein. First false start — athlete ko **restart karne diya jaata hai** (dusri false start par disqualify). **Triple jump white flag — valid/fair jump** (red — foul). [Q1016, Q1017, Q989, Q982]
- **Thomas Hicks — pehla American male Marathon Olympic gold**. **Annu Rani — pehli Indian woman jo javelin throw mein 60m distance cross ki** (UP se). **Athletics World Cup — sirf ek baar hua, 2018, London mein** (discontinue ho gaya). **Milkha Singh — 'Flying Sikh', 1958 CWG/Asian Games gold**. **Hima Das — 'Dhing Express'** (Assam, 400m national record 50.79s, 2018 Asian Games). [Q874, Q1069, Q985, Q942,

11. Weightlifting, Gymnastics & Powerlifting

- **Weightlifting**: First World Championship — **March 1891, London (sirf men's)**; women's pehli baar **1987, USA** mein hui. IWF (International Weightlifting Federation) — 1905 founded. Indian Weightlifting Federation — 1935. **Clean and Jerk aur Snatch** — dono techniques weightlifting mein use hoti hain (Clean and Jerk — 2-part: barrel shoulder tak clean, phir jerk overhead). **Mirabai Chanu** — Tokyo Olympic silver (2020), world champion, 3x CWG gold, Padma Shri (2018), Khel Ratna (2018), BBC Indian Sportswoman of Year 2022. Doosri weightlifters: Kunjarani Devi, Karnam Malleswari, Sathish Sivalingam. [Q736, Q851, Q917]
- **Powerlifting** — 3 events: **Squats, Bench Press, Deadlift** (Deadlift weightlifting style bhi use hoti hai). Goal — max weight lift karna. **Sakina Khatun** — **pehli Indian woman powerlifter, Tokyo Paralympics 2020 mein participate ki**. [Q880, Q919, Q877]
- **Gymnastics: Pommel Horse, Roman Rings, Vaulting Table** — gymnastics ke apparatus/terms hain. Floor exercise — large floor mat par, 12m square area mein. **Simone Biles (USA)** — gymnastics, most World Championship medals (30, as of Jan 2024), 4 golds 2016 Olympics. [Q922, Q1023, Q927]
- **Dipa Karmakar** — Tripura se, gymnast, 2014 CWG bronze (Glasgow). **Produnova vault** — women's artistic gymnastics vault (front handspring + 2 front somersaults), Dipa duniya ki **5 women mein se ek jo successfully execute kar chuki hain**, Rio 2016 mein 4th place. [Q1040, Q1041]
- **Acrobatic gymnastics** — **Olympic event NAHI hai** (World Games/European Games mein hai, apni World Championships bhi hain) — trap. [Q1037]

12. Chess & Mind Sports

- **Chessboard** — **64 squares (8x8 grid), 32 white squares**. Har side ke **16 pieces**: 8 pawns, 2 bishops, 2 knights, 2 rooks, 1 queen, 1 king. **King** — **sirf 1 square kisi bhi direction mein move karta hai**. **Knight** — **sirf piece jo L-shape mein kahin bhi jump kar sakta hai**. **Rook** — koi bhi number of squares horizontal/vertical. **Queen** — koi bhi direction mein unoccupied squares. **20 July** — **World Chess Day**. [Q809, Q818, Q830, Q941]
- **FIDE** (world chess org) — **20 July 1924** mein bani, HQ Lausanne (Switzerland). **Magnus Carlsen (Norway)** — 5-time World Chess Champion. **AICF (All India Chess Federation)** — **HQ New Delhi, 1951 founded**, FIDE se affiliated. [Q907, Q921, Q1057]
- **Dibyendu Barua** — **India ka doosra Grandmaster (Viswanathan Anand ke baad)**. **P Harikrishna** — **pehla Indian jo Under-10 World Chess Championship jeeta (1996, Menorca, Spain)**, youngest Indian GM (2001, ab Gukesh D ke paas record). **Koneru Humpy** — **pehli Indian Grandmaster jo Women's Chess World Rapid Champion bani**. [Q907, Q937, Q1003]
- **FTX Crypto Cup** — **chess se associated**. **'Trump' term** — **Bridge (card game) se associated**. **Ruia Gold Cup** — **Bridge se associated** (doosre bridge trophies: Basalat Jha, Holkar, Singhania). [Q900, Q995, Q1048]

13. Swimming, Equestrian & Water Sports

- **Swimming pool (Olympics)** — 50m long, 25m wide, min depth 2m, 10 lanes. **Minimum lane width** — **2.13m**. Strokes: Freestyle, Backstroke, Breaststroke, Butterfly, Medley. **Backstroke** — **sirf stroke jo pool ke bahar se dive karke shuru NAHI hoti** (peeth ke bal shuru hoti hai, unique hai). [Q866, Q971]
- **Mihir Sen** — **pehla Indian swimmer jo English Channel cross kiya (1958)**. (Arati Saha — pehli Asian woman; Gertrude Ederle — pehli woman overall; Matthew Webb — pehla swimmer overall). **SM Gayakwad** — **Indian Paralympic swimmer** (2014 Asian Games mein 6 medals, PT Usha ka record tod diya). [Q1046, Q1051]
- **Equestrian** — Olympics ke 3 disciplines: **Dressage, Eventing, Jumping** (Sprint koi discipline NAHI hai — trap). **Equestrian vaulting** — gymnastics + dance horseback par, 1920 Antwerp Olympics mein demonstrate hui. **Dressage** — horse riding se associated. Indian equestrians: Fouaad Mirza, Imtiaaz Anees, Indrajit Lamba.

[Q822, Q811, Q876]

- **National Institute of Water Sports — Goa** mein hai (July 1990 established). [Q1042]

14. Shooting, Archery & Fencing

- **Archery**: target mein **10 circles** hote hain. **Limba Ram** — archery, doosre players: Atanu Das, Deepika Kumari, Tarundeep Rai, Dola Banerjee. Archery event — **2012 Olympics mein Lord's Cricket Ground (LCG) mein hosted hua**. [Q801, Q804, Q871]
- **Shooting**: **Manish Narwal** — Para Pistol Shooter, Arjuna (2020), Khel Ratna (2021). **Saurabh Chaudhary aur Manu Bhaker** — ace pistol shooters (Manu — female). **Trap shooting = Clay-pigeon shooting** (doosre disciplines: skeet, sporting clays). **Abhinav Bindra** — **pehla Indian jo ISSF Blue Cross mila (2018, ISSF ka sabse bada honour)**. **Anjali Bhagwat** — **pehli Indian jisne ISSF Champion of Champions jeeta (2002, air rifle)**. [Q1022, Q1045, Q1018, Q1085, Q1071]
- **Bhavina Patel** — Para Table Tennis, Tokyo Paralympic silver + CWG 2022 gold, Arjuna 2021. Rajasthan — **India ka pehla state jise L-root server mila** (Bhamashah State Data Centre). [Q988, Q762]

15. Golf, Billiards & Other Individual Sports

- **Golf** — ball ko hole mein daalne se score hota hai. **Birdie, Eagle, Albatross, Par** — sab golf terms hain (bogey, handicap bhi). **Offside — Football ka term, Par — Golf ka term** (dono sahi pairs hain). Trophies: FedEx Cup, Walker Cup, Ryder Cup, Augusta Masters, British Open. Indian golfers: Aditi Ashok, Diksha Dagar, Jeev Milkha Singh, Anirban Lahiri. [Q1015, Q1054, Q955]
- **Lawn Bowls** — **Lovely Choubey** is sport se associated (2022 CWG Birmingham mein women's team gold; Rupa Rani Tirkey, Pinki, Nayanmoni Saikia ke saath). [Q954]
- **Billiards** — **Pankaj Advani** associated hain (Arjuna 2004, Khel Ratna 2005-06, Padma Shri 2009, Padma Bhushan 2018). **Wilson Jones** — **independent India ka pehla world champion kisi bhi sport mein** (billiards+snooker, 1951 London mein pehla World Billiards Championship khela). [Q912, Q1038]
- **Bowling** — 'Tenpins' refers karta hai is game ko. **Bungee jumping — adventure sport** hai. **Paragliding — adventure sport** (air-based: hang gliding, parasailing, skydiving, hot air ballooning; land-based: mountaineering, trekking, rock climbing). **Bolt equipment — Mountaineering** mein use hota hai (rope, helmet, harness, crampons, ice axe bhi). [Q1084, Q1019, Q1014, Q1012]
- **Formula One** — international professional auto racing. **2013 Indian Grand Prix — Buddh International Circuit (Greater Noida, UP)** mein hui. **Super Bowl (NFL championship) — USA** mein hota hai. [Q948, Q1001, Q947]
- **Korfbal** — sirf sport jo **specifically dono genders ek saath khelne ke liye design hui hai** (8 players — 4 men, 4 women). [Q865]

16. Indian Sports Bodies, Institutes & Awards

- **Sports Authority of India (SAI) — 1984** mein bani, HQ New Delhi, Ministry of Youth Affairs & Sports ke under. **Netaji Subhas National Institute of Sports (NIS) — Patiala** mein hai, 1961 established, SAI ki academic wing, **Asia ka sabse bada sports institute**. [Q891, Q819]
- **National Sports University — Manipur (Imphal)** mein hai, 16 March 2018 ko PM Modi ne inaugurate ki. Doosri sports universities: LNIPE (Gwalior), Sri Sri Aniruddha Deva Sports University (Dibrugarh, Assam). [Q894]
- **National Anti-Doping Bill, 2021 — Sport sector** ko target karta hai. National Anti-Doping Agency (NADA) — 24 November 2005 formation, HQ New Delhi. [Q944]
- **Major Dhyani Chand Khel Ratna Award** (pehle Rajiv Gandhi Khel Ratna) — India ka sabse bada sports honour. **Pehla recipient (1991-92) — Viswanathan Anand (Chess)**. **Rani Rampal — pehli woman hockey player jise ye award mila**. **Devendra Jhajharia — pehla para-athlete jise ye award mila** (javelin, F46)

category). Award — medallion + certificate + Rs. 25 lakh cash. [Q931, Q1032, Q1058]

- **Arjuna Award** — India ka **doosra sabse bada sporting honour**, pehli baar 1961 mein 20 sportspersons ko diya gaya. First winners: Saleem Durrani (Cricket), Kumari Ann Lumsden (Hockey), Manuel Aaron (Chess), P.K. Banerjee (Football). **Balbir Singh Dosanjh — pehla sportsperson Padma Shri (1957, hockey). Ajmer Singh — Arjuna Award 1966, athletics.** [Q829, Q776, Q872]

- **Nargis Dutt — pehli Indian actress jise Padma Shri mila (1958).** First Padma Shri overall — K. Shankar Pillai (1954, Literature/Education). [Q753]

17. Indian Traditional/Regional Sports

- **Ball Badminton** — India (Tanjore, Tamil Nadu) mein origin hui, racket sport, yellow wool ball (22-23gm, 5-5.5cm diameter), court 12x24m, **5 players per side**. Ends change hoti hain jab side **11 points** score kar le (sab options 11 EXCEPT). Ball color — **yellow**. [Q846, Q848]

- **Bhimrao Ambedkar Multipurpose Stadium — Faizabad** mein hai. **JRD Tata Sports Complex — Jamshedpur, Jharkhand** mein hai (football + athletics ke liye, cricket stadium Keenan Stadium hai). **National Games** — pehli baar 1924 Lahore mein hue, pehle modern National Games — 1985 New Delhi. 35th National Games (2015) — **Kerala** mein (Kerala 2nd baar host kiya, 1987 mein pehle 27th National Games hosted the). 37th National Games — Goa (Oct 2023). [Q883, Q1025, Q899]

- **Asian Games:** OCA (Olympic Council of Asia) regulate karti hai (1951-1978 tak Asian Games Federation karti thi), HQ Kuwait, har 4 saal. **India — pehla country jisne Asian Games host ki (1951, New Delhi)**, doosri baar **1982** mein bhi host ki. **South Korea — 3 baar Asian Games host kiya (1986, 2002, 2014).** 20th Asian Games (2026) — Nagoya (Japan). Motto — 'Play the game in the spirit of the game'. [Q803, Q817, Q886, Q977]

- **1986 Asian Games (Seoul)** — India ne **5 gold medals** jeete. [Q1080]

- **South Asian Federation Games** — pehla edition **1984, Kathmandu** mein (2004 se naam 'South Asian Games' hua). Governing body — South Asia Olympic Council (1983 formed). Motto — 'Peace, Prosperity and Progress'. [Q813]

- **Commonwealth Games** — pehla event **1930, Hamilton (Canada)**, 11 nations. 2022 (Birmingham) — India 4th rank (22 gold). **India ne 2010 mein Commonwealth Games host ki.** [Q824, Q789]

- **Khelo India Winter Games — 2020** mein shuru hue (Leh/Ladakh aur Gulmarg/J&K venues). Pullela Gopichand Badminton Academy — **Hyderabad** mein 2008 mein bani. Assam Rifles Public School (Shillong) — North East India ka **pehla Khelo India Sports school.** [Q897, Q1076, Q1067]

18. Sports Nicknames & Famous Personalities

- **Nicknames:** MS Dhoni — '**Captain Cool**' (Thala/Mahi bhi). Sachin Tendulkar — 'Master Blaster'/'God of Cricket'. Mary Kom — 'Magnificent Mary'. Milkha Singh — 'Flying Sikh'. Major Dhyan Chand — 'Hockey Wizard'. Rohit Sharma — 'Hitman'. Sunil Gavaskar — 'Little Master'. Kapil Dev — 'Haryana Hurricane'. Virat Kohli — 'Chikoo'. Saurav Ganguly — 'Dada'/'Prince of Kolkata'. Rahul Dravid — 'The Wall'. Yuvraj Singh — 'Yuvi'. Anil Kumble — 'Jumbo'. Hima Das — 'Dhing Express'. [Q929, Q940, Q1007]

- **Shiny Abraham Wilson** — 1992 Summer Olympics mein **pehli Indian woman jo opening ceremony mein India ka flag le kar chali**, Asian Games gold medalist. [Q1061]

- **Shabana Akhtar** — Pakistan ki pehli female athlete, 1996 Atlanta Olympics mein (women's long jump). **Duncan White — Sri Lanka ka pehla Olympic medal winner athlete.** [Q1064, Q1068]

- **Alan Burgess** — New Zealand cricketer + WWII veteran (tank driver), June 2020 mein world ka oldest living first-class cricketer bane. [Q1062]

19. Cups, Trophies & Tournament Facts

- **Hockey:** Rangaswami Cup, Agha Khan Cup, Beighton Cup (oldest, 1895). **Cricket:** Asia Cup, C.K. Naidu Trophy, Deodhar Trophy, Duleep Trophy, Irani Trophy, Ranji Trophy, ICC Champions Trophy. **Football:**

Bandodkar Trophy, Durand Cup, Federation Cup, Merdeka Cup. **Volleyball**: Indira Pradhan Trophy, Centennial Cup. **Basketball**: Todd Memorial Trophy, Williams Jones Cup. [Q816]

● **Davis Cup — Tennis (men)**. Wightman Cup — women's tennis. **La Liga Trophy — Football** (Spanish league). European Champions Cup/Heineken Cup — **Rugby**. [Q952, Q1039, Q1036]

20. Miscellaneous Sports Facts

● **Court/Field shapes**: Basketball — rectangle. Boxing — square/circle. Cricket — circular. Hockey/Volleyball/Tennis/Badminton — rectangular. [Q840]

● **Someity — 2020 Tokyo Paralympics ka official mascot tha** (pink cherry-blossom pattern). **'Wings' — Paralympic 2020** se associated hai. [Q901, Q892]

● **Sports/students ke motor development** ke liye visually-challenged ki madad karna directly recommend NAHI kiya jaata as an activity (trap option) — running/hopping/balancing/kicking/climbing jaise activities recommend hoti hain. [Q1034]