

**Football**

Association football, more commonly known as football or soccer is a team sport played with a spherical ball between two teams of **eleven players**.

The game is played on a rectangular field called a pitch with a goal at each end.

**The Trophies and Cups: -****FIFA World Cup-**

- It takes place every four years and **thirty-two** teams play this major event.
- The 2018 World Cup was held in **Russia**; **France** defeated **Croatia** by 4 goals to lift the trophy.
- The 2022 FIFA World Cup is scheduled to take place in Qatar, Doha

**FIFA Confederations Cup-**

- The most recent Confederations Cup was held in June 2017 in Russia, where Germany beat Chile 1-0 to win the cup.

**UEFA European Football Championship-**

- The most recent championship was won by Italy in 2020.

**Santosh Trophy (National Championship)****B.C. Raj Trophy (National Championship)****DCM Trophy Durand Cup****Subroto Mukherjee Cup****Famous players:**

- Cristiano Ronaldo(Portugal)
- Neymar(Brazil)
- Lionel Messi(Argentina)
- David Beckham(United Kingdom)
- Eden Hazard(Belgium)
- Mohamed Salah(Egypt)
- Wayne Rooney(United Kingdom)
- Pep Guardiola(Spain)
- Ronaldinho(Brazil)
- Sergio Agüero(Argentina)
- Kaká(Brazil)

**Famous Indian players**

- Baichung Bhutia
- Sunil Chhetri
- Peter Thangaraj
- Jeakson Singh
- Jarnail Singh Dhillon

**Related Term:**

- Kick, Goal, Head, Penalty kick, Dribble, Off side, Move, Hatrick, Foul, Left out, Right out, Stopper, Defender, Sideback, Pass, Baseline, Rebound, Comer bick, etc.

**National games of Countries:**

- Brazil, Denmark, Haiti, Israel, Mauritius, France



## BASKETBALL

Basketball, game played between two teams of **five players** each on a rectangular court, usually indoors.

### The Trophies and Cups:-

#### FIBA Basketball World Cup:

- The current champions are the **Spain**, who defeated Argentina in the final of the 2019 tournament, which was held in **China**.
- The 2023 FIBA Basketball World Cup will be the 19th tournament of the FIBA Basketball World Cup for men's national basketball teams. The tournament will be hosted in **Indonesia, Japan & Philippines**.

#### Euro League:

- The EuroLeague, known as the Turkish Airlines EuroLeague for sponsorship reasons, is the top-tier European professional basketball club competition, organized by Euroleague Basketball since 2000.
- Real Madrid is also the current champion, having defeated Fenerbahçe in the 2018 final.

### Famous Players:

- LeBron James
- Michael Jordan
- Magic Johnson
- Wilt Chamberlain
- Oscar Robertson

### Related Term:

- Free throw, Common foul, Under head, Technical foul, Overhead, etc.

### National Game of Countries:

- Lithuania, Latvia (Summer), Estonia

## CRICKET

Cricket is a bat-and-ball game played between two teams of **eleven players** on a field at the centre of which is a 20-metre (22-yard) pitch with a wicket at each end, each comprising two bails balanced on three stumps.

The bat is made of wood, usually salix alba (white willow), and has the shape of a blade topped by a cylindrical handle. The blade must not be more than four and one quarter inches (108 mm) wide and the total length of the bat not more than 38 inches (965 mm). There is no standard for the weight which is usually between 2 lb 7 oz and 3 lb (1.1 and 1.4 kg).

The ball is a hard leather-seamed spheroid, with a circumference of 22.9 centimetres (9.0 in). The ball has a "seam": six rows of stitches attaching the leather shell of the ball to the string and cork interior.

### The Trophies and Cups: -

#### ICC Cricket World Cup:

- The ICC Cricket World Cup is the international championship of One Day International (ODI) cricket. The event is organized by the sport's governing body, the International Cricket Council (ICC), every four years.
- The 2019 Cricket World Cup was the 12th Cricket World Cup, hosted by England and Wales.
- England defeated New Zealand to win their First ICC Cricket World Cup 2019.
- Ten teams participated in 2019 world cup.
- The 2023 Cricket World Cup is the 13th edition of the Cricket World Cup, scheduled to be hosted by India.
- The 2019 World Cup will feature 10 teams, a decrease from previous World Cups in 2011 and 2015 which featured 14 teams.

### Ashes Trophy:

- The Ashes is a Test cricket series played between England and Australia.
- 2019 Ashes series recently played in England, Australia retained the Ashes after winning the fourth Test, with England levelling the series 2-2 in the final test, resulting in the first drawn Ashes series since 1972.
- The 2021-22 Ashes Series is an upcoming series of Test cricket matches to be played between England and Australia for The Ashes in Australia.



### **Asia Cup:**

- The ACC Asia Cup is a men's One Day International and Twenty20 International cricket tournament.
- It was originally scheduled to be held every two years.
- The 2018 Asia Cup was a One-Day International (ODI) cricket tournament that was held in the United Arab Emirates in September 2018.
- Number of team participated in 2018 Asia cup was 6 : Afghanistan, Bangladesh, India, Pakistan, Sri Lanka and Hong Kong
- India was the defending champions and retained their title, after beating Bangladesh by three wickets in the final.
- The 2022 Asia cup scheduled to be hosted by Sri Lanka.

### **Ranji Trophy:**

- The Ranji Trophy is a domestic first-class cricket championship played in India between teams representing regional and state cricket associations.
- The current Ranji Trophy champion is Saurashtra, which won against Bengal in the final match of the 2019–20 season held at Chandigarh.
- Some More Cricket Trophies
  1. Deodhar Trophy
  2. Duleep Trophy
  3. Gavaskar–Border Trophy
  4. Vijay Hazare Trophy

### **Most popular players:**

- Brett Lee
- Muttiah Muralitharan
- Lasith Malinga
- Chris Gayle
- Brian Lara
- Wasim Akram
- M S Dhoni
- Shoaib Akhtar
- Shahid Afridi
- Sachin Tendulkar

### **Related term:**

Toss, Run, Wicket, Pitch, Stump, Bails, Crease, Pavalion, Gloves, Wicket Keeper, Over, , Followon, Rubber, Spin, Ashes, Catch, Bowled, Stump out, Run out, L. B. W; Hit Wicket, Googley, Not out, No ball, Wide ball, Maiden over, Over Throw, Bye, Leg by, , Cover drive, Late cut, Hook, Glance, Stroke, Shot, Pull, Sixer, Followthrough, Turn, , , Bouncer, Hat trick, Round the wicket, Over the wicket, Seamer, Boundry line, Slip, Square leg, Runner, Cover, Yorker, Gully, Long on, Silly point, Midwicket, Mid on, Forward short leg, Deep/mid-wicket, etc.

### **NATIONAL GAME OF COUNTRIES:**

- Antigua and Barbuda, Australia, Barbados, Bermuda, England, Jamaica

### **GOLF**

Golf is a club-and-ball sport in which players use various clubs to hit balls into a series of holes on a course in as few strokes as possible.

### **The Trophies and Cups: -**

- Canada Cup
- Ryder Cup
- Walker Cup
- Eisenhower Cup



### **Most popular players:**

- Jack Nicklaus
- Tiger Woods
- Bobby Jones
- Walter Hagen
- Sam Snead
- Arnold Palmer

### **Most popular Indian players:**

- Shiv Kapur
- Anirban Lahiri
- Arjun Atwal
- Jyoti Randhawa
- Jeev Milkha Singh
- Gaganjeet Bhullar

### **Related term:**

- Albatross, Golf Ball, Birdie, Bogey, Bunker, Caddie, Coloured Flags, Eagle, 18 Hole Round, Fairway, Fore!, Golf, Links, 'Out' and 'In', Par, Rules of Golf, Stymie, Tee, Water Hazard

### **National Game of countries: -**

- Scotland

### **TENNIS**

Tennis is a racket sport that can be played individually against a **single opponent (singles)** or between two teams of **two players each (doubles)**.

### **The Trophies and Cups: -**

#### **Australian Open:**

- The Australian Open is a tennis tournament held annually over the last fortnight of January in Melbourne, Australia.
- Novak Djokovic was the winner of the Men's Singles in 2021. It was his 18th Major Singles title and his Ninth at the Australian Open.
- Naomi Osaka was the winner of the Women's Singles in 2021. It was her 4<sup>th</sup> Grand Slam singles title.
- Filip Polasek and Ivan Dodig were the winner of Men's Doubles team in 2021.
- Elise Mertens and Aryana Sabalenka were the winner of Women's Doubles team in 2021.

#### **French Open:**

- The French Open also called Roland-Garros, is a major tennis tournament held over two weeks between late May and early June at the Stade Roland-Garros in Paris, France.
- Novak Djokovic was the winner of the Men's Singles in 2021. It was his 19th Grand Slam singles title and 2<sup>nd</sup> title at Roland Garros.
- Barbora Krejčíková was the winner of the Women's Singles in 2021. It was her Seventh Grand Slam title
- Pierre-Hugues Herbert and Nicolas Mahut were the winner of Men's Doubles team in 2021.
- Barbora Krejčíková and Kateřina Siniaková were the winner of Women's Doubles team in 2021.
- Desirae Krawczyk and Joe Salisbury were the winner of Mixed Doubles team in 2021.

#### **The Championships, Wimbledon:**

- The Championships, Wimbledon, commonly known simply as Wimbledon, is the oldest tennis tournament in the world, and is widely regarded as the most prestigious. It has been held at the All England Club in Wimbledon, London, since 1877 and is played on outdoor grass courts.
- Novak Djokovic was the winner of the Wimbledon Singles in 2021. It was his 20th Grand Slam Men's Singles title and his Sixth Wimbledon title.
- Ashleigh Barty was the winner of the Women Singles in 2021. It was her Thirteen Grand Slam Women's Singles title.



- Nikola Mektic And Mate Pavic were the winner of Men's Doubles team in 2021.
- Hsieh Su-wei and Elise Mertens were the winner of Women's Doubles title in 2021.
- Neal Skupski and Desirae Krawczyk were the winner of Mixed Doubles title in 2021.

### **United States Open Tennis Championships:**

- The United States Open Tennis Championships is a hard-court tennis tournament. The tournament is the modern version of one of the oldest tennis championships in the world, the U.S. National Championship, for which men's singles was first played in 1881.
- Daniil Medvedev won the men's singles title. This was his First Grand Slam singles title.
- Emma Raducanu won the women's singles title. This was her first Grand Slam title.
- Rajeev Ram (USA) and Joe Sailsbury were the winner of men's doubles team in 2021.
- Samantha Stosur and Zhang Shuai were the winner of the women's doubles team in 2021.
- Desirae Krawczyk and Joe Sailsbury were the winner of Mixed Doubles team in 2021.

### **Davis Cup:**

- The Davis Cup is the premier international team event in men's tennis. It is run by the International Tennis Federation (ITF) and is contested annually between teams from competing countries in a knock-out format. It is described by the organisers as the "World Cup of Tennis", and the winners are referred to as the World Champion team.
- The competition began in 1900 as a challenge between Great Britain and the United States. By 2016, 135 nations entered teams into the competition.
- The most successful countries over the history of the tournament are the United States (winning 32 tournaments and finishing as runners-up 29 times) and Australia (winning 28 times, including four occasions with New Zealand as Australasia, and finishing as runners-up 19 times).
- The present champions are Croatia, who beat France to win their second title in 2018.

### **Famous Players:**

- Rafael Nadal
- Roger Federer
- Serena Williams
- Novak Djokovic
- Maria Sharapova
- Martina Hingis
- Andy Murray
- Sania Mirza
- Leander Paes
- Mahesh Bhupathi

### **Related Terms:**

Service, Grand slam, Deuce, Advantage, Game Point, Break point, Smash, Shot, Break, Grass Court, Drop shot, Netplay, Baseline, etc.

### **National Game of countries:**

- Tennis is not national game for any country.

### **ICE HOCKEY**

Ice hockey is a contact team sport played on ice, usually in a rink, in which two teams of skaters use their sticks to shoot a vulcanized rubber puck into their opponent's net to score points.

Teams usually consisting of six players each: **one goaltender, and five players** who skate up and down the ice trying to take the puck and score a goal against the opposing team.

### **The Trophies and Cups: -**

Ice Hockey World Championships

- The Ice Hockey World Championships are an annual international men's ice hockey tournament organized by the International Ice Hockey Federation (IIHF). First officially held at the 1920 Summer Olympics, it is the sport's highest profile annual international tournament.



## **Kontinental Hockey League**

- The Czech Extraliga
- The Finnish Liiga
- The Swedish Hockey League

### **Famous Players:**

- Alexander Ovechkin
- Sidney Crosby
- Wayne Gretzky
- Nick Kypreos
- Brian Leetch

### **Related Terms:**

- Assist, Attacking Zone, Backhand Shot, Backcheck, Backstop, Bender, Blue line, Center, Dump And Chase, Wrap Around, etc.

### **National game of countries:**

- Canada (In Winter), Czech Republic

## **VOLLYBALL**

Volleyball is a popular team sport in which two teams of **six players** are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

It has been a part of the official program of the Summer Olympic Games since Tokyo 1964.

### **The Trophies and Cups: -**

- Centennial Cup
- Federation Cup
- Indira Pradhan Trophy
- Shivanthi Gold Cup

### **Famous Players:-**

- Kerri Walsh Jennings
- Giba
- Ivan Zaytsev
- Sheilla Castro
- Yumilka Ruiz

### **Related Terms:**

- Spikers, Booster, Deuce, Smash, Sidearm, Penetration, etc.

### **National games of countries:**

- Nepal and Sri Lanka

## **RUGBY**

Rugby union, commonly known in most of the world simply as rugby, Rugby is a contact team sport which originated in England in the first half of the 19th century. One of the two codes of rugby football, it is based on running with the ball in hand.

In its most common form, a game is between two teams of **15 players** using an oval-shaped ball on a rectangular field with H-shaped goalposts at each end.

### **Trophies and Cups: -**

- Bledisloe Cup
- Calcutta Cup
- Webb Ellis Trophy



**Famous Players:**

- Richie McCaw
- Dan Carter
- Brian O'Driscoll
- Jonah Lomu
- Jonny Wilkinson

**Related Terms:**

- conversion kick, drop goal, drop-kick, fly half, hooker, place kick, prop, scrum half

**National games of countries:**

- New Zealand, Wales, Georgia

**BOXING**

Boxing is a combat sport in which two people, usually wearing protective gloves, throw punches at each other for a predetermined amount of time in a boxing ring.

**Trophies and Cups: -**

- Aspy Adjahia Trophy
- Federations Cup
- Val Baker Trophy

**Famous Players:**

- Floyd Mayweather
- Muhammad Ali
- Mike Tyson
- Mary Kom
- Sugar Ray Leonard

**Related Terms: -**

- Knock out, Ring Stoppage, Punch, Round, Upper-cut, Kidney punch, Timing, Foot work, etc.

**National games of countries:**

- Boxing is not national game for any country.

**BASEBALL**

Baseball is a bat-and-ball game played between two opposing teams who take turns batting and fielding. The game proceeds when a player on the fielding team, called the pitcher, throws a ball which a player on the batting team tries to hit with a bat.

A baseball game is played between two teams, each composed of **nine players**.

**Famous Players:**

- Mike Trout
- Clayton Kershaw
- David Price
- Miguel Cabrera
- Yoenis Céspedes

**Related Terms: -**

- Pinching, Home run, Base runner, Perfect game, Throw, Strike, Put out, etc.

**National games of countries:**

- Latvia, Cuba, USA, Venezuela



## FORMULA 1

Formula One (Formula 1) is the highest class of **single-seater auto racing** sanctioned by the Fédération Internationale de l'Automobile (FIA) and owned by the Formula One Group.

The FIA Formula One World Championship has been one of the premier forms of racing around the world since its inaugural season in 1950.

A Formula One season consists of a series of races, known as Grands Prix, which take place worldwide on purpose-built circuits and on public roads.

### Trophies and Cups: -

- Abu Dhabi Grand Prix
- Australian Grand Prix
- Bahrain Grand Prix
- Belgian Grand Prix
- Brazilian Grand Prix
- British Grand Prix
- German Grand Prix
- Hungarian Grand Prix

### Famous Players:

- Lewis Hamilton
- Valtteri Bottas
- Sebastian Vettel
- Max Verstappen
- Daniel Ricciardo

### Related Terms:

- 107% rule, Backmarker, Blistering, Cockpit, Delta Time, Drive-through penalty, Flat spot, Formation lap or warm-up lap, Jump start, Lollipop, Parc ferme, Pit board, Pit wall, Pits, Steward, Tire warmer, Visor strip, Constructor, Circuit, etc.

## LACROSSE

Lacrosse is a team sport played with a lacrosse stick and a lacrosse ball. Players use the head of the lacrosse stick to carry, pass, catch, and shoot the ball into the goal.

There are **ten players** on each team: three attackmen, three midfielders, three defensemen, and one goalie. Each player carries a lacrosse stick.

The sport has four versions that have different sticks, fields, rules and equipment: field lacrosse, women's lacrosse, box lacrosse and interrosse. The men's games, field lacrosse (outdoor) and box lacrosse (indoor), are contact sports and all players wear protective gear: helmet, gloves, shoulder pads, and elbow pads.

The sport is governed by the Federation of International Lacrosse.

### Trophies and Cups: -

- NCAA Men's Lacrosse Championship
- NCAA Division I Women's Lacrosse Championship
- World Lacrosse Championship
- NCAA Division III Men's Lacrosse Championship
- World Indoor Lacrosse Championship
- Women's Lacrosse World Cup
- Mann Cup

### Famous Players: -

- Paul Rabil
- Lyle Thompson
- Hannah Nielsen
- Kristen Kjellman
- Miles Thompson



### **Related terms: -**

- Attack area, Attacker, Clear, Crease, Cross check, Crosse, Defender, Defensive Area, Face-off, Goal, Goal Keeper, Fast break, Man-up Man-Down (power play), Midfielder, Offsides, Ride, Settled, Slashing , Stick , Transition , Unsettled , Wing area, etc.

### **National games of countries:**

- Canada (in Summer)

## **HANDBALL**

Handball is a team sport in which two teams of **seven players each** (six outcourt players and a goalkeeper) pass a ball using their hands with the aim of throwing it into the goal of the other team. A standard match consists of two periods of 30 minutes, and the team that scores more goals wins.

### **Trophies and Cups: -**

- Handball-Bundesliga
- International Handball Federation
- IHF World Women's Handball Championship
- European Men's Handball Championship

### **Famous Players: -**

- Nikola Karabatić
- Mikkel Hansen
- Domagoj Duvnjak
- Gro Hammerseng
- Katrine Lunde

### **Related Terms:**

- Court player, Goalie, Corner Throw, Free throw, Penalty throw, Referee's throw, Dive shot, Goal, Throw-in, Throw-on, Throw out, etc.

### **National games of countries: -**

- Iceland

## **FIELD HOCKEY**

Field hockey is a team game of the hockey family. The earliest origins of the game date back to the Middle Ages in Pakistan. The game can be played on grass, water turf, artificial turf or synthetic field as well as an indoor board surface.

Each team plays with **eleven players, including the goalie**.

Players use sticks made out of wood, carbon fibre, fibre glass or a combination of carbon fibre and fibre glass in different quantities to hit a round, hard, plastic ball. The length of the stick depends on the player's individual height.

### **Men's Hockey Trophies and Cups: -**

- The ASHF Asia Cup: - The ASHF Asia Cup is an international men's and women's field hockey tournament governed by the Asian Hockey Federation (ASHF). It was introduced in 1982 for men's competition and the women's competition was added a year later as non-official championship until the official tournament held in 1985. South Korea has been the most successful team with 4 titles in Men's and 3 titles in Women's competition. India has reached the most number of finals in Men's (8 times) and South Korea, Japan(tied) in Women's (5 times) competitions.
- **Hockey World Cup: -**
  - The Men's Hockey World Cup is an international field hockey competition organized by the International Hockey Federation (FIH). The tournament was started in 1971. It is held every four years, bridging the four years between the Summer Olympics.
  - There is also a Women's Hockey World Cup, which has been held since 1974 and was organised by the International Federation of Women's Hockey Associations (IFWHA) until 1981, when the governing bodies merged into the current International Hockey Federation in 1982.



- Pakistan is the most successful team, having won the tournament four times. The Netherlands and Australia have each won three titles, and Germany has won two titles. Belgium and India have both won the tournament once.
- The 2018 tournament was held in Bhubaneswar, India from 28 November to 16 December. Belgium defeated Netherlands in a penalty shoot-out 3–2 after the match ended in a 0–0 tie to win their first World Cup title. The World Cup expanded to 16 teams in 2018, and FIH will evaluate the possibility of increasing it to 24 in 2022.
- The 2023 Hockey World Cup will be held at the Kalinga Stadium in Bhubaneswar.

### Some Important Hockey Cup

- Aga khan Cup
- Maharaja Ranjit Singh Gold Cup
- Dhyanchand Trophy
- Sindhia Gold cup
- Murugappa Gold Cup
- Wellington Cup
- Nehru Trophy
- Stanley Cup
- Sultan Azlan Shah Cup

### Women's Hockey Trophies and Cups: -

- Lady Ratan Tata trophy
- Nehru trophy
- Begam Rasul Torphy
- Lady Ratan Tata Trophy
- Gurunanak Championship

### Famous Players: -

- Dhyan Chand
- Sohail Abbas
- Maddie Hinch
- Alexandra Danson
- Dhanraj Pillay
- Sandeep Singh
- Sardar Singh

### Related terms: -

- Bully, Short corner, Hatrick, Goal, Penalty Corner, Penalty stroke, Pushin, Cut, Scoop, Dribble, Centre forward, Half back, Astroturf, Sudden death, Left in, Left out, Off-side, Tie breaker, Carried, Stick, Striking circle, Under cutting, etc.

### National games of countries: -

- India, Pakistan

### BADMINTON

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are **"singles" (with one player per side) and "doubles" (with two players per side)**.

Badminton is often played as a casual outdoor activity in a yard or on a beach; formal games are played on a rectangular indoor court. Points are scored by striking the shuttlecock with the racquet and landing it within the opposing side's half of the court.

### Trophies and Cups: -

- All England Open Badminton Championships: - The All England Open Badminton Championships is the world's oldest badminton tournament, held annually in England. With the introduction of the BWF's latest grading system, it was given Superseries status in 2007, upgraded to Superseries Premier status in 2011.
- Aggrawal Cup



- Amrit Diwan Cup
- Asia Cup
- Australasia Cup
- Chaddha Cup
- European Cup
- Harilela Cup
- Ibrahim Rahimatillah Challenger Cup
- Konica Cup
- Sophia Cup
- Kitiakara Cup
- Thomas Cup
- Tunku Abdulrahman Cup
- Uber Cup
- Yonex Cup

**Famous players: -**

- Saina Nehwal
- Lee Chong Wei
- Lin Dan
- P. V. Sindhu
- Carolina Marin
- Srikanth Kidambi
- Ashwini Ponnappa

**Related terms: -**

- Shuttle cock, Service court, Double fault, Fore hand, Back Hand, Smash, Hit, Drop, Net, Love, , etc.

**National games of countries: -**

- Indonesia

**TABLE TENNIS**

Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using small rackets.

The game takes place on a hard table divided by a net. Except for the initial serve, the rules are generally as follows: players must allow a ball played toward them to bounce one time on their side of the table, and must return it so that it bounces on the opposite side at least once.

Table tennis is governed by the worldwide organization International Table Tennis Federation (ITTF), founded in 1926. ITTF currently includes 226 member associations.

**Trophies and Cups: -**

**Men:**

- Berna Bellack cup
- Ramanuja Trophy (Junior)
- Swathling Cup

**Women:**

- Cobillion Cup
- Jai Laxmi cup
- Rajkumari Challenge Cup (junior)
- Travancore Cup



### **Famous Players: -**

- Ma Long
- Timo Boll
- Zhang Jike
- Soumyajit Ghosh
- Kasumi Ishikawa

### **Related Terms: -**

- Volley, Late service, Drive spin, Half volley, Back hand, Chop, etc.

### **National games of countries: -**

- China has not formally declared a national sport but on the basis of popularity table tennis called as national game.

## **WATER POLO**

Water polo is a competitive team sport played in the water between two teams. The game consists of four quarters in which the two teams attempt to score goals by throwing the ball into the opposing team's goal. The team with the most goals at the end of the game wins the match.

Each team is made up of **six field players and one goalkeeper**. Except for the goalkeeper, players participate in both offensive and defensive roles. Water polo is typically played in an all-deep pool meaning that players cannot touch the bottom.

### **Trophies and Cups: -**

- LEN Euro Cup
- Pro Recco
- UEFA Champions League
- Women's LEN Super Cup
- LEN Super Cup
- FINA Water Polo World League
- European Water Polo Championship

### **Famous Players: -**

- Tony Azevedo
- Brenda Villa
- Maggie Steffens
- Sandro Sukno
- Bronwen Knox

### **Related Terms: -**

- Advantage, Ball under, Brutality, Corner throw, Dry pass, Eggbeater, Free throw, Goal throw, Major foul, Neutral throw, Ordinary foul, Penalty foul, Penalty throw, Stalling, Swim-off, Wet pass, etc.

### **National Games of countries:**

- Hungary

## **WRESTLING**

Wrestling is a combat sport involving grappling-type techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. The sport can either be theatrical for entertainment (see professional wrestling), or genuinely competitive.



### **Trophies and Cups: -**

- Asian Wrestling Championships
- The Summer Olympics
- Asian Games
- European Wrestling Championships
- Olympic Games
- Wrestling World Cup

### **Famous Players: -**

- Narsingh Pancham Yadav
- Sakshi Malik
- Bajrang Punia
- Geeta Phogat
- Sushil Kumar

### **Related Terms: -**

- Free style, Point, Hal Nelson, Heave, etc.

### **National game of Countries:**

- Iran

## **SWIMMING**

Swimming is an individual or team sport that requires the use of one's entire body to move through water. The sport takes place in pools or open water.

Competitive swimming is one of the most popular Olympic sports, with varied distance events in butterfly, backstroke, breaststroke, freestyle, and individual medley.

### **Trophies and Cups: -**

- FINA World Championships
- Asian Swimming Championships
- European Aquatics Championships
- United States Swimming National Championships
- Asian Games

### **Famous Players: -**

- Michael Phelps
- Mark Spitz
- Jenny Thompson
- Matt Biondi
- Ryan Lochte

### **Related Terms: -**

- Freestyle, Back stroke, Breast stroke, Butterfly, Lane, Pool, Crawl, etc.

## **POLO**

Polo is a horseback mounted team sport. It is one of the world's oldest known team sports.

A game of Central Asian origin, polo was first played in Persia (Iran) at dates given from the 6th century BC to the 1st century AD.

The game is played by two opposing teams with the objective of scoring goals by hitting a small hard ball with a long-handled wooden mallet, and through the opposing team's goal. Each team has **four mounted riders**, and the game usually lasts one to two hours, divided into periods called chukkas (or "chukkers").



**Trophies and Cups: -**

- Ezra Cup
- Gold Cup
- King's Cup
- Prithi Pal Singh Cup
- Radha Mohan Cup
- Winchester Cup

**Famous Players: -**

- Adolfo Cambiaso
- Facundo Pieres
- Nic Roldan
- Carlos Gracida
- Mariano Aguerre
- Gonzalo Pieres

**Related Terms: -**

- Bits, Martingale, Girth, Reins, Line of the Ball, Right of Way, Foul, Line-Man-Ball, Take a Man, Hit to the Right, Playing Diagonals, Train Formation, etc.

**WEIGHT LIFTING**

Olympic-style weightlifting, or Olympic weightlifting, often simply referred to as weightlifting, is an athletic discipline in the modern Olympic programme in which the athlete attempts a maximum-weight single lift of a barbell loaded with weight plates.

The two competition lifts in order are the snatch and the clean and jerk. The snatch is a wide-grip, one-move lift. The clean and jerk is a close-grip, two-move lift.

Each weightlifter receives three attempts in each, and the combined total of the highest two successful lifts determines the overall result within a bodyweight category. Bodyweight categories are different for male and female competitors.

**Trophies and Cups: -**

- World Weightlifting Championships: - The World Weightlifting Championships is an event organized by International Weightlifting Federation. The first competition, held in March 1891, was won by Edward Lawrence Levy of England.
- Commonwealth Games: - Weightlifting is one of the sports at the quadrennial Commonwealth Games competition. It has been a Commonwealth Games sport since 1950. It is a core sport and must be included in the sporting programme of each edition of the Games.
- European Weightlifting Championships
- Burdwan Trophy

**Famous Players: -**

- Punam Yadav
- Sanjita Chanu
- Mirabai Chanu
- Zhou Lulu
- Naim Süleymanoğlu
- Saikhom Mirabai Chanu

**Related Terms: -**

- Jerk, Snatch, etc.

**GYMNASTIC**

Gymnastics is a sport that includes exercises requiring balance, strength, flexibility, agility, coordination and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest and abdominal muscle groups. Alertness, precision, daring, self-confidence and self-discipline are mental traits that can also be developed through gymnastics.



The most common form of competitive gymnastics is artistic gymnastics which consists of (for girls) floor, vault, beam and uneven bars. For boys they have floor, vault, rings, pommel, parallel bars and horizontal bar.

#### **Trophies and Cups: -**

- Acrobatic Gymnastics World Championships: - The Acrobatic Gymnastics World Championships are the World Championships for acrobatic gymnastics. Before 2006 they were known as the World Sports Acrobatics Championships
- Acrobatic Gymnastics World Cup (IFSA) and World Cup Series (FIG)
- World Games
- Youth Olympic Games
- Acrobatic Gymnastics Junior World Championships (IFSA) and World Age Group Competitions (FIG)

#### **Famous Players: -**

- Simone Biles
- Nadia Comăneci
- Shawn Johnson
- Aly Raisman
- Jordyn Wieber

#### **Related Terms: -**

- Parellel bar, Horizontal bar, Push up, Floor exercise, Uneven bar, Sit up. etc.

### **CHESS**

Chess is a **two-player** strategy board game played on a chessboard, a checkered game-board with 64 squares arranged in an eight-by-eight grid.

Each player begins the game with 16 pieces: one king, one queen, two rooks, two knights, two bishops, and eight pawns. Each of the six-piece types moves differently. The most powerful piece is the queen and the least powerful piece is the pawn. The objective is to 'checkmate' the opponent's king by placing it under an inescapable threat of capture. To this end, a player's pieces are used to attack and capture the opponent's pieces, while supporting their own.

In addition to checkmate, the game can be won by voluntary resignation by the opponent, which typically occurs when too much material is lost, or if checkmate appears unavoidable. A game may also result in a draw in several ways.

#### **Trophies and Cups: -**

- Naidu Trophy
- Khaitan Torphy
- Lin Are City Trophy
- World Cup

#### **Famous Players: -**

- Magnus Carlsen
- Judit Polgár
- Humpy Koneru
- Hou Yifan
- Krishnan Sasikiran
- Viswanathan Anand

#### **Related Terms: -**

- E. L. O. rating, Grand master, International master, Gambit, Kings Indian Defence, etc.

### **SNOOKER**

Snooker is a cue sport played on a table covered with a green cloth or baize, with pockets at each of the four corners and in the middle of each of the long side cushions. A full-size table measures 11 ft 8 1/2 in × 5 ft 10 in (3569 mm x 1778 mm), commonly referred to as 12 × 6 ft.

Using a cue and **22 coloured balls**, players must strike the white ball (or "cue ball") to pot the remaining balls in the correct sequence, accumulating points for each pot.



### **Trophies and Cups: -**

- World Snooker Championship: - The World Snooker Championship is the leading snooker tournament both in terms of prestige and prize money. The first championship was held in 1927 and was won by Joe Davis. Davis won the first 15 championships before retiring from the event, undefeated, after his 1946 success.
- UK Championship
- China Open
- Indian Open
- World Grand Prix

### **Famous Players: -**

- Ronnie O'Sullivan
- Mark Selby
- Steve Davis
- John Higgins
- Neil Robertson

### **Related Terms: -**

- Pull, Cue, Hit, Object ball, Scoring, Cushion billiards, Break shot, etc.

## **TRACK & FIELD ATHLETICS**

Athletics is a collection of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race walking.

### **Trophies and Cups: -**

- IAAF World Championships in Athletics
- Olympic Games
- Asian Games
- IAAF World Indoor Championships

### **Famous Players: -**

- Usain Bolt
- Allyson Felix
- Michael Johnson
- Florence Griffith Joyner
- Carl Lewis

### **Related Terms: -**

- Relay, Track, Lane, Photofinish, Hurdles, Shotput, Discus Throw, Hammer Throw, High Jump, Triple Jump Cross Country, etc.

## **KHO KHO**

Kho kho is a popular tag and ancient sport from India. It is played by teams of **12 nominated players out of fifteen**, of which nine enter the field who sit on their knees (chasing team), and 3 extra (defending team) who try to avoid being touched by members of the opposing team. It is one of the two most popular traditional tag games in the Indian subcontinent, the other being Kabaddi. Apart from the Indian subcontinent, it is also played by the Indian community in South Africa

### **Trophies and Cups: -**

- National Kho-Kho Championship.
- Nehru Gold Cup.
- Federation Cup.



## BRIDGE

Contract bridge, or simply bridge, is a trick-taking card game using a standard 52-card deck. In its basic format, it is played by four players in two competing partnerships, with partners sitting opposite each other around a table.

Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the world's most popular card games, particularly among seniors.[4][5] The World Bridge Federation (WBF) is the governing body for international competitive bridge, with numerous other bodies governing bridge at the regional level.

### Trophies and Cups: -

- Basalat Jha Trophy
- Holkar Trophy
- Ruia Gold Cup
- Singhanian Trophy

### Related Terms: -

- Master point, Gland slam, Perfect deals, Dummy, Trump, etc.

## Yachting

Sailing as a sport involves a variety of competitive sailing formats that are sanctioned through various sailing federations and yacht clubs. Racing disciplines include matches within a fleet of sailing craft, between a pair thereof or among teams.

### Trophies and Cups: -

- America Cup: - The America's Cup, affectionately known as the Auld Mug, is a trophy awarded to the winner of the America's Cup match races between two sailing yachts. One yacht, known as the defender, represents the yacht club that currently holds the America's Cup and the second yacht, known as the challenger, represents the yacht club that is challenging for the cup.

The 2017 America's Cup was the 35th staging of the America's Cup yacht race. The challenger, Emirates Team New Zealand, won by a score of 7 to 1 over the defender, Oracle Team USA. It was held on the Great Sound in Bermuda.

## NETBALL

Netball is a ball sport played by two teams of **seven players**. Its development, derived from early versions of basketball, began in England in the 1890s.

By 1960, international playing rules had been standardized for the game, and the International Federation of Netball and Women's Basketball (later renamed the International Netball Federation (INF)) was formed.

As of 2011, the INF comprises more than 60 national teams organized into five global regions.

### Trophies and Cups: -

- Anantrao Pawar Trophy etc.

## Horse Racing

Horse racing is an equestrian performance sport, typically involving **two or more horses ridden by jockeys** over a set distance for competition. It is one of the most ancient of all sports, as its basic premise – to identify which of two or more horses is the fastest over a set course or distance – has been unchanged since at least classical antiquity.

### Trophies and Cups: -

- Beresford Cup
- Blue Riband Cup
- Derby Cup
- Grand National Cup

### Related Terms: -

- Three day Event, Dresses, Show jumping, Faults, etc.

### National game of countries: -

- Mongolia