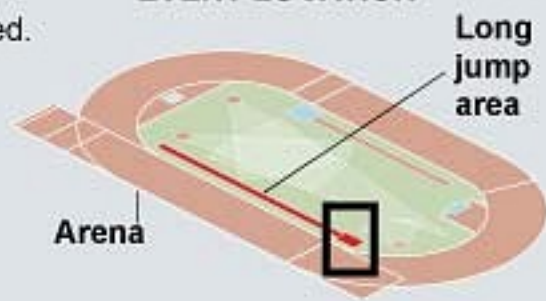


TRIPLE JUMP

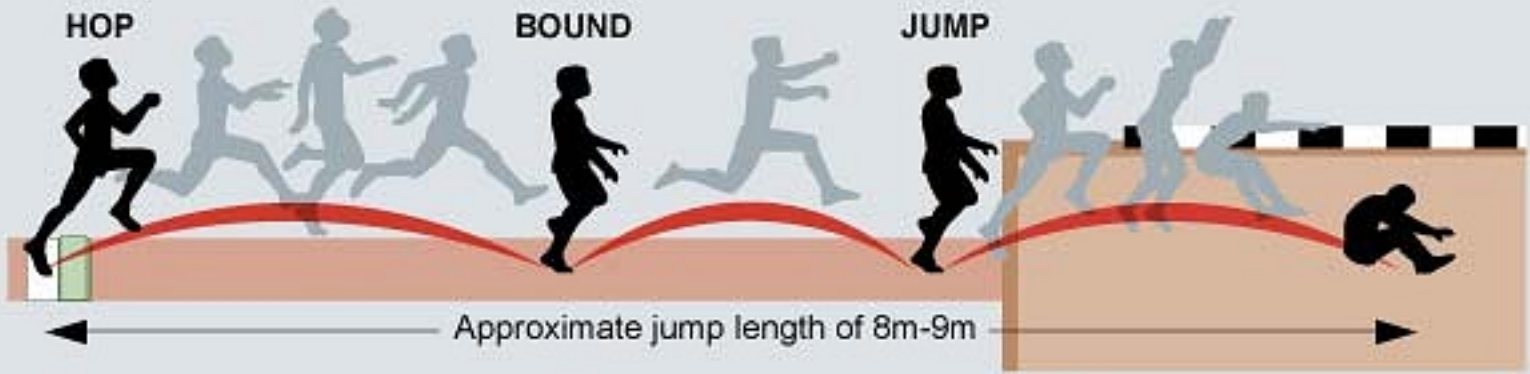
Athletes must run the 40–45m of regulation track before reaching the take-off point – at which stage the jump itself is recorded.

EVENT LOCATION



TECHNIQUE

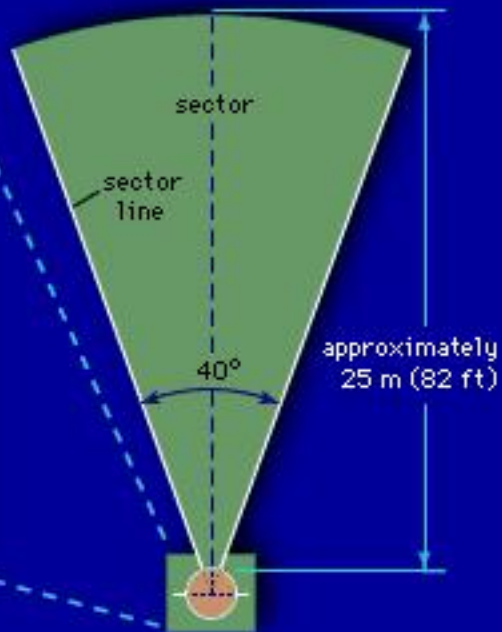
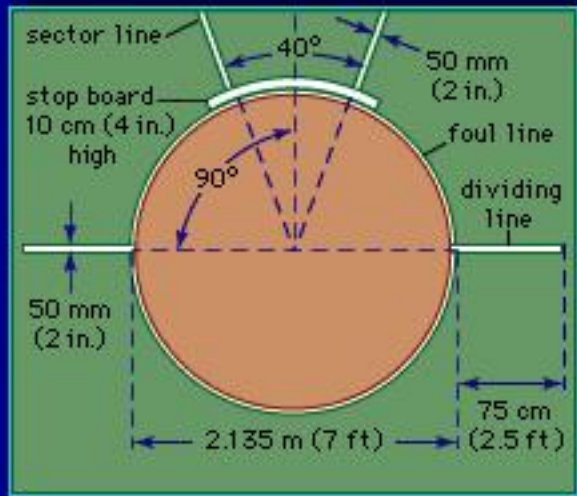
Three-phase jump sequence



1 HOP
Starts at the takeoff mark, athlete lands on the same takeoff leg

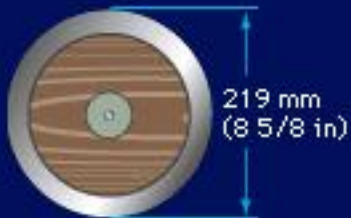
2 BOUND
Immediate takeoff after the hop, this time landing on opposite leg

3 JUMP
Athlete jumps from that same non-takeoff leg to land in the sand pit

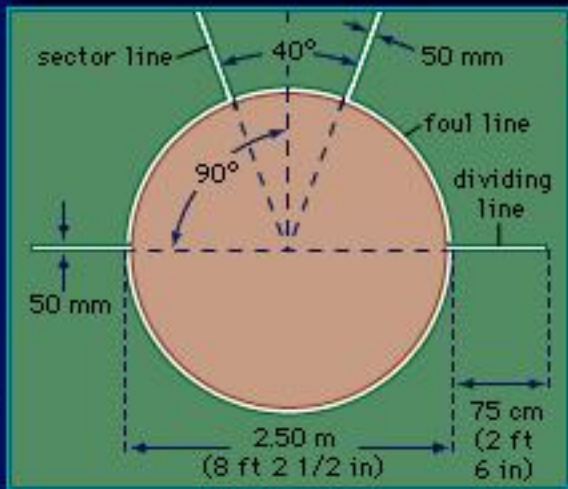




discus (women)
1 kg (2 lb 3.2 oz)

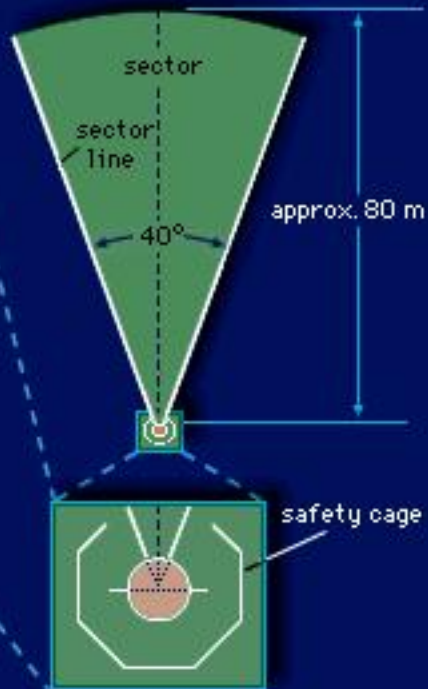


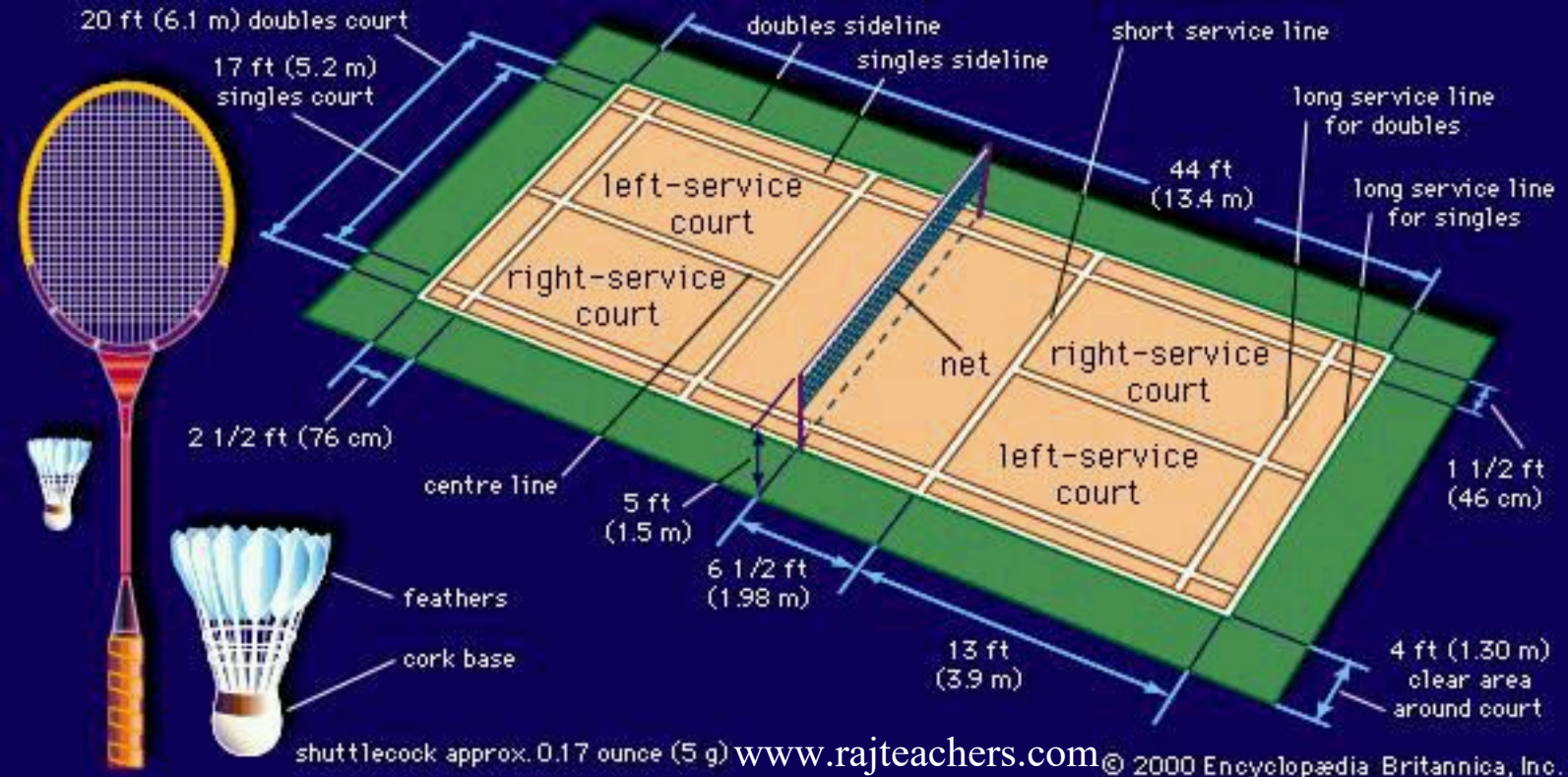
discus (men)
2 kg (4 lb 6.5 oz)

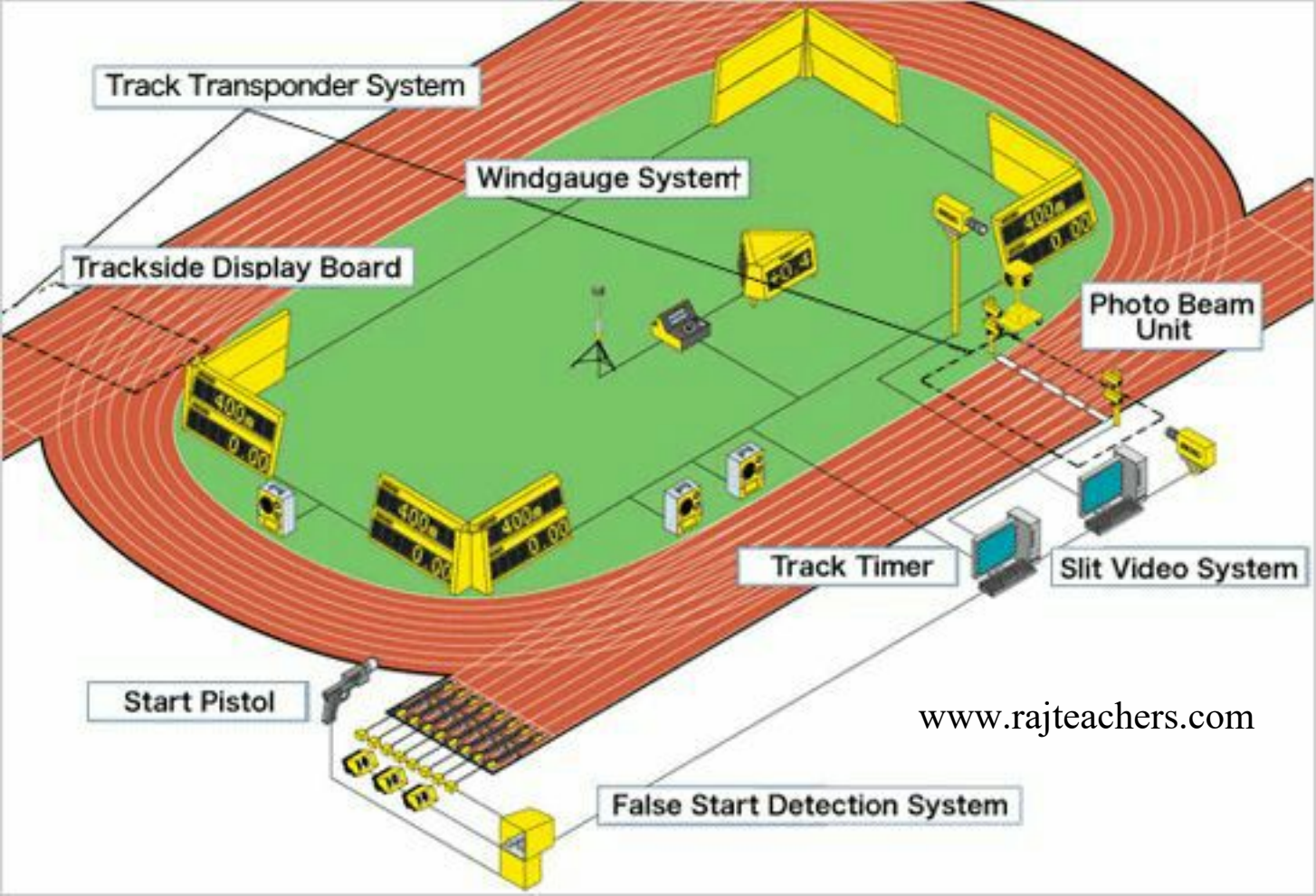


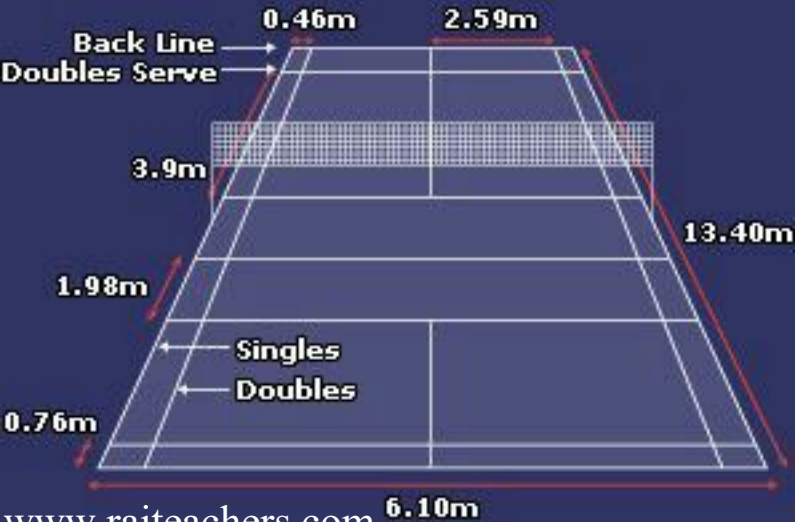
www.rajteachers.com

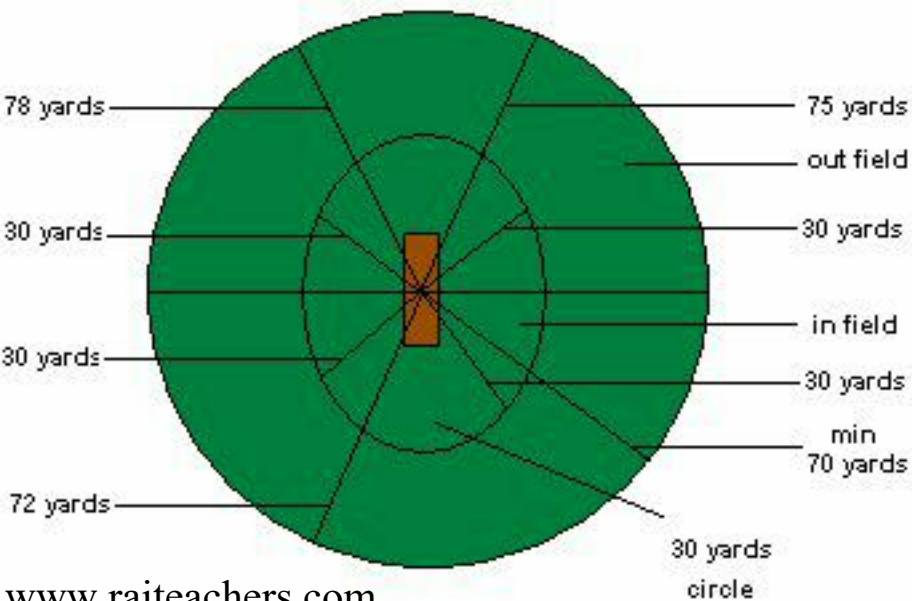
©1996 Encyclopaedia Britannica, Inc.



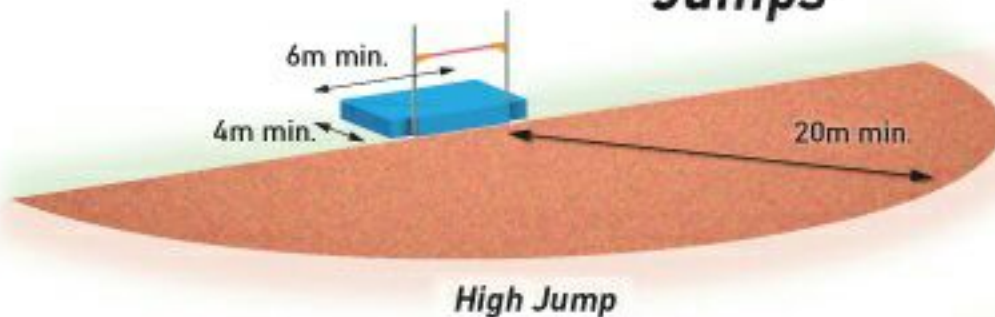




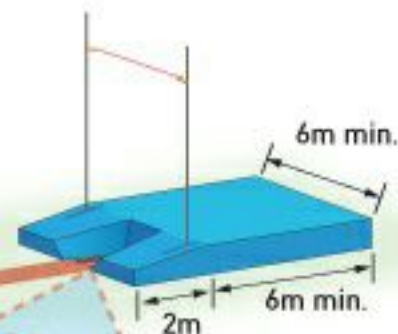




Jumps

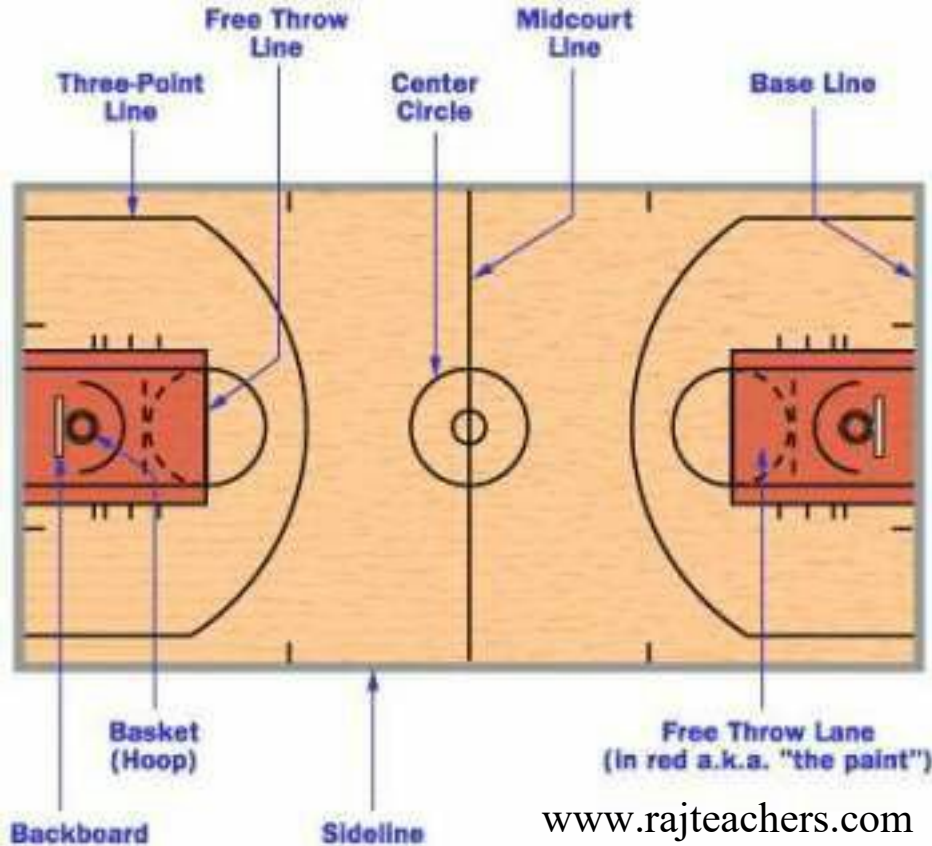


Pole Vault

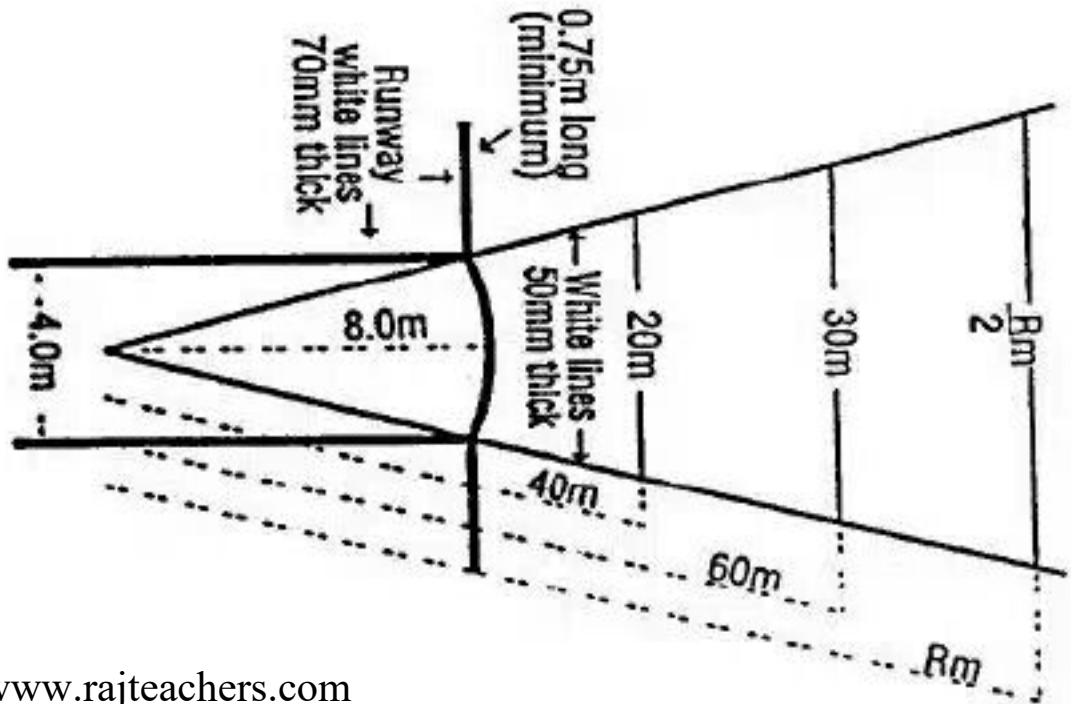


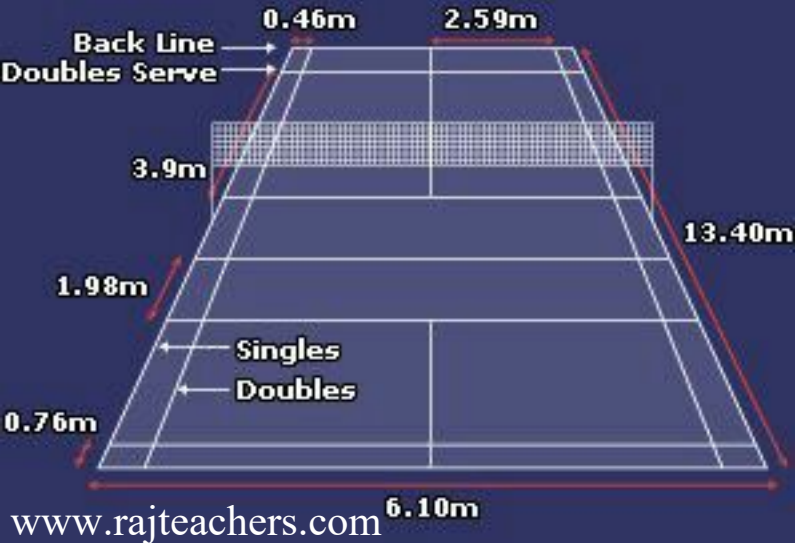
Long Jump / Triple Jump

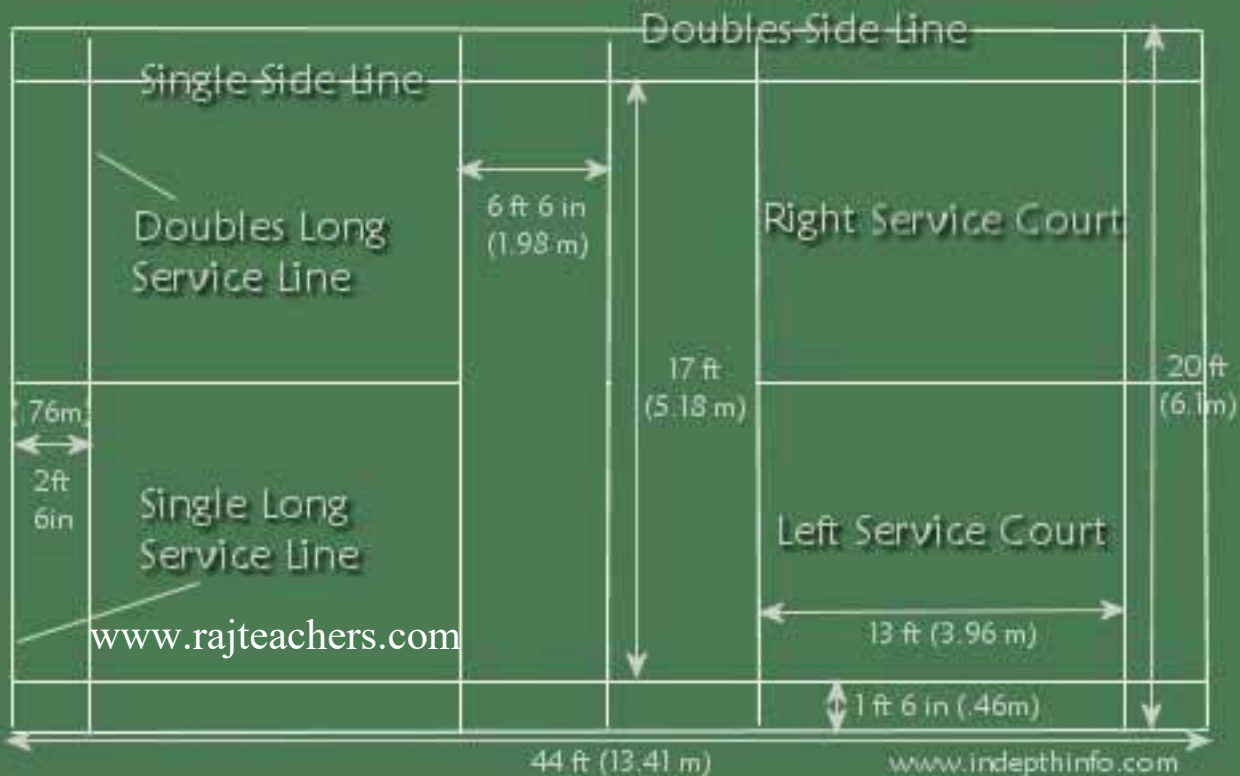


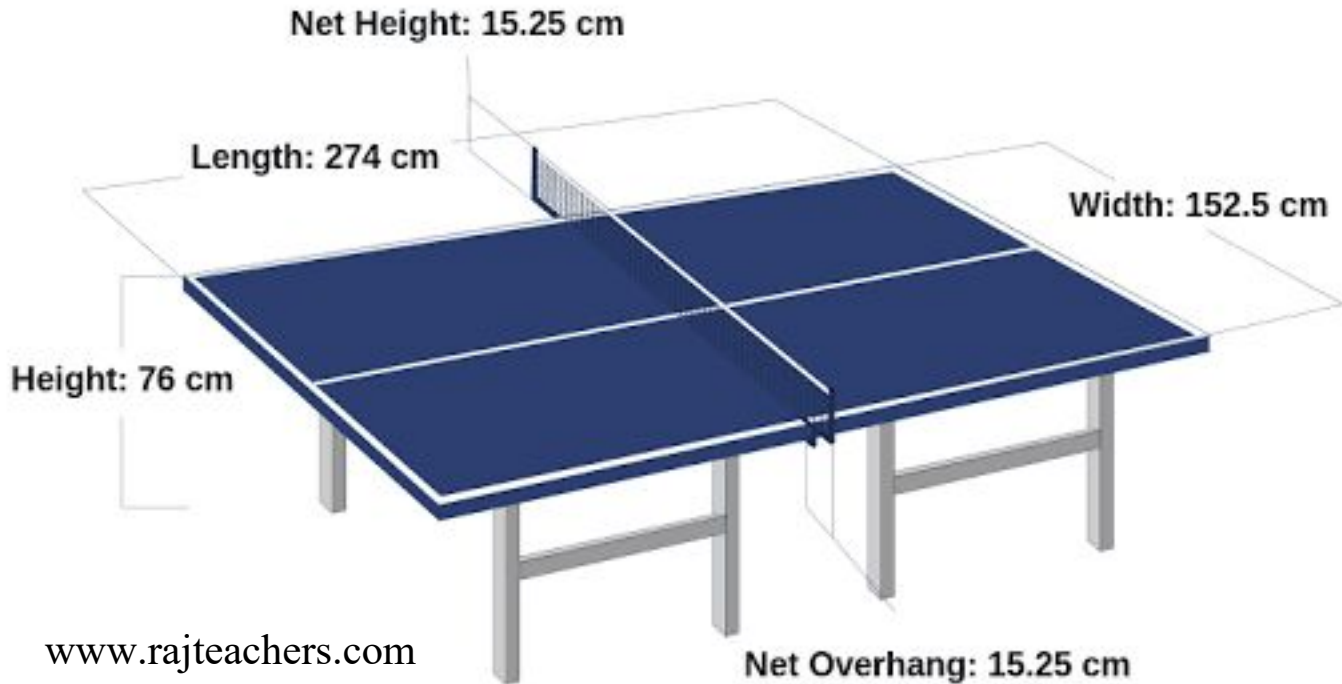


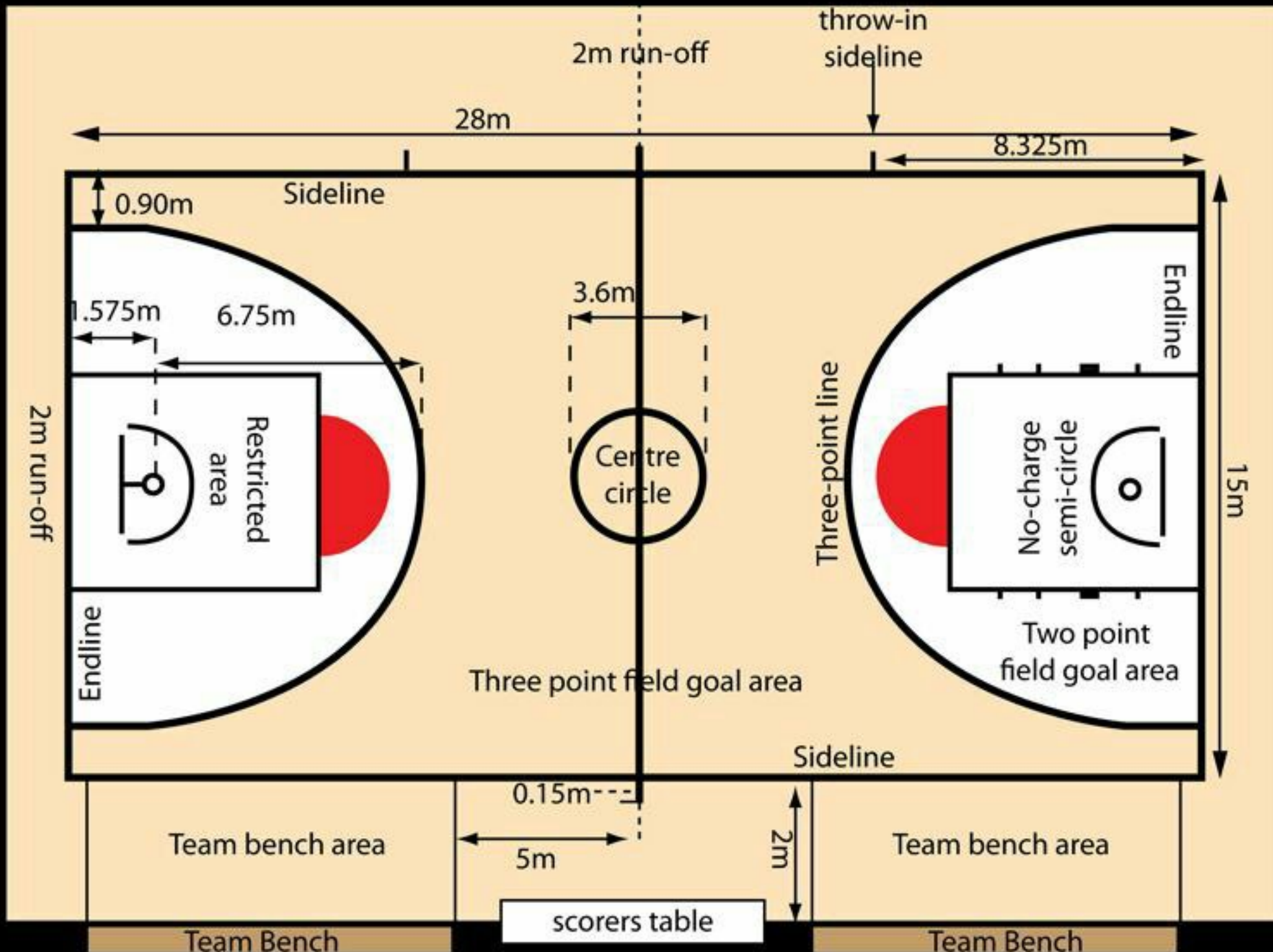
www.rajteachers.com

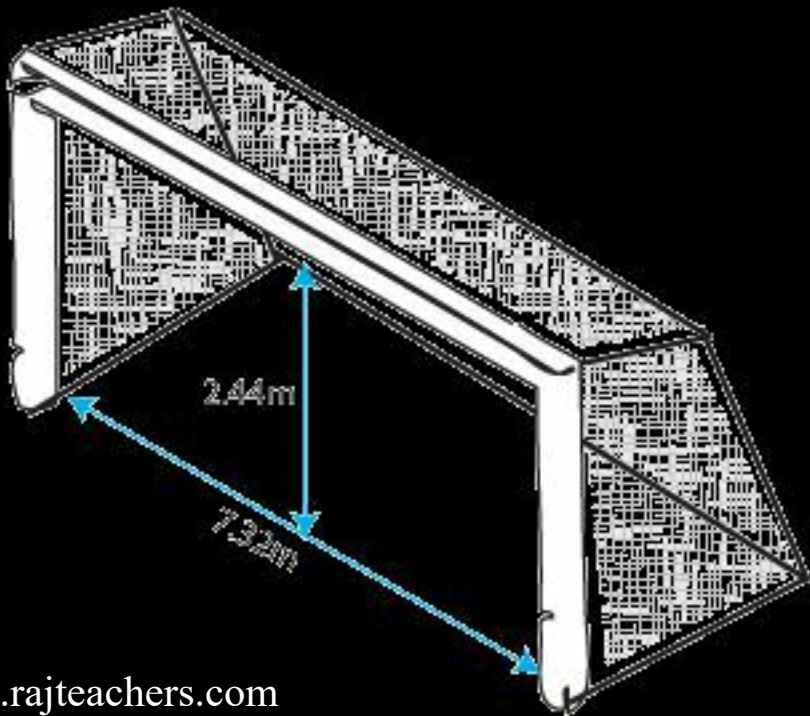




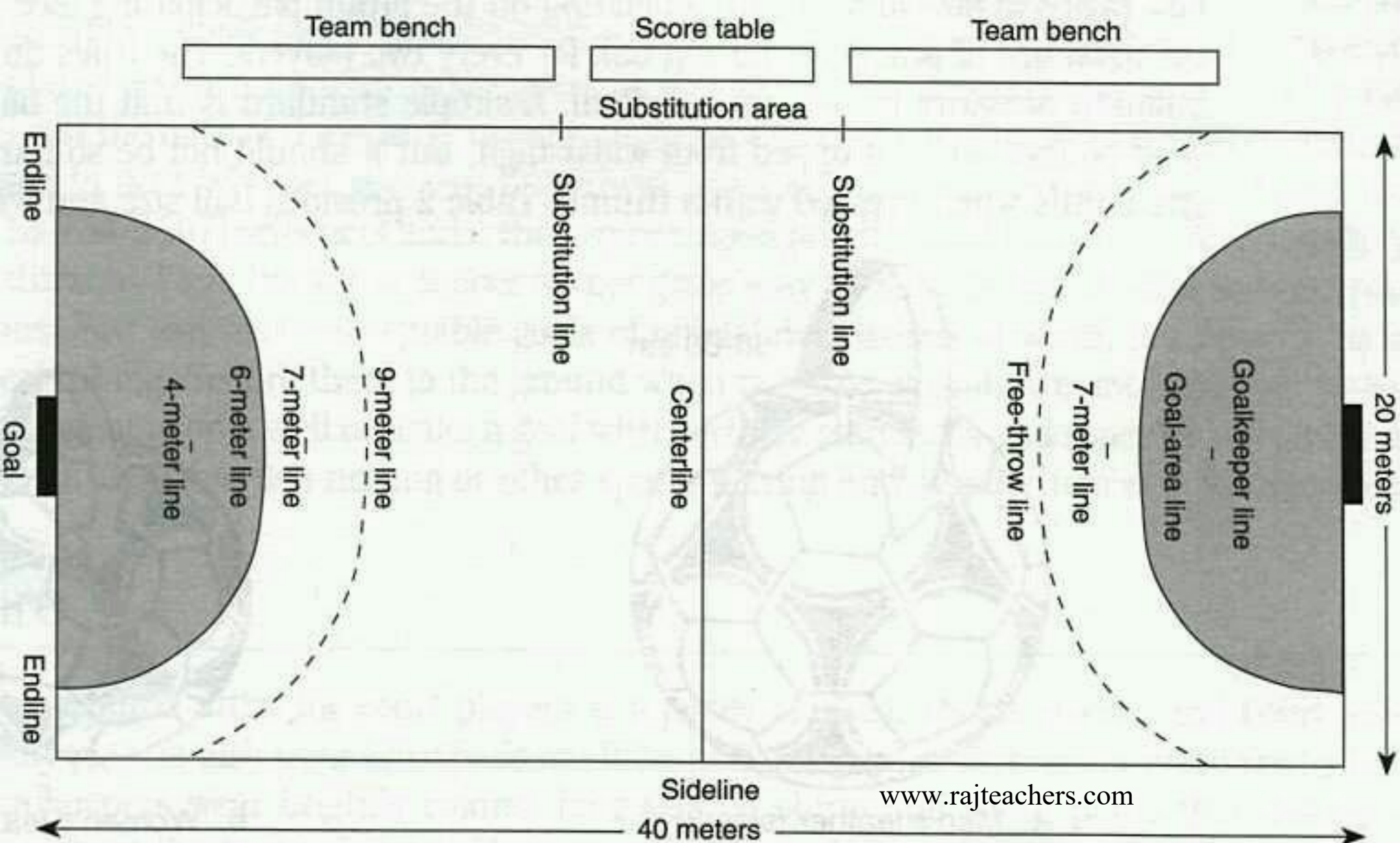




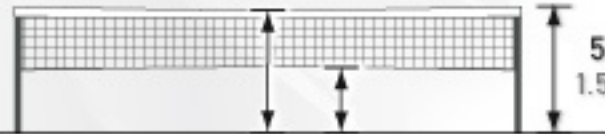
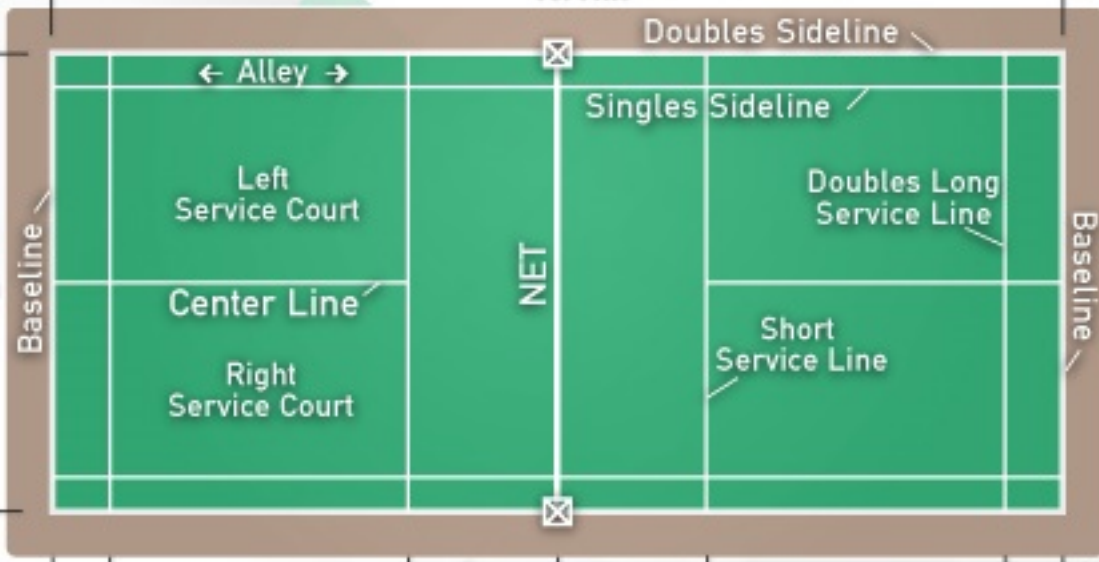






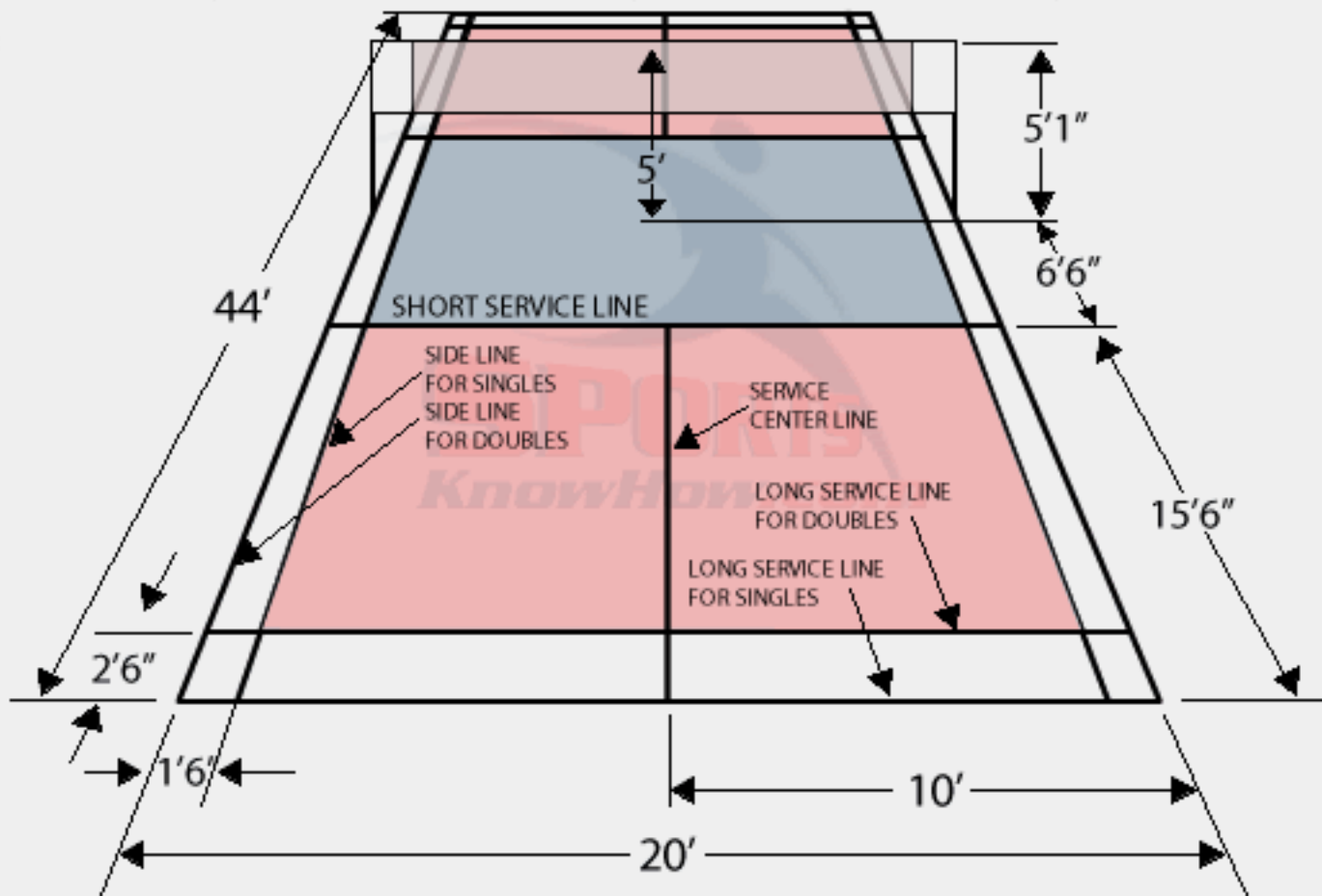


A diagram illustrating the conversion of 44 feet to 13.41 meters. It features two horizontal lines with arrows at both ends. The top line is labeled "44'" and the bottom line is labeled "13.41m". The lines are of equal length, representing the same distance in different units.



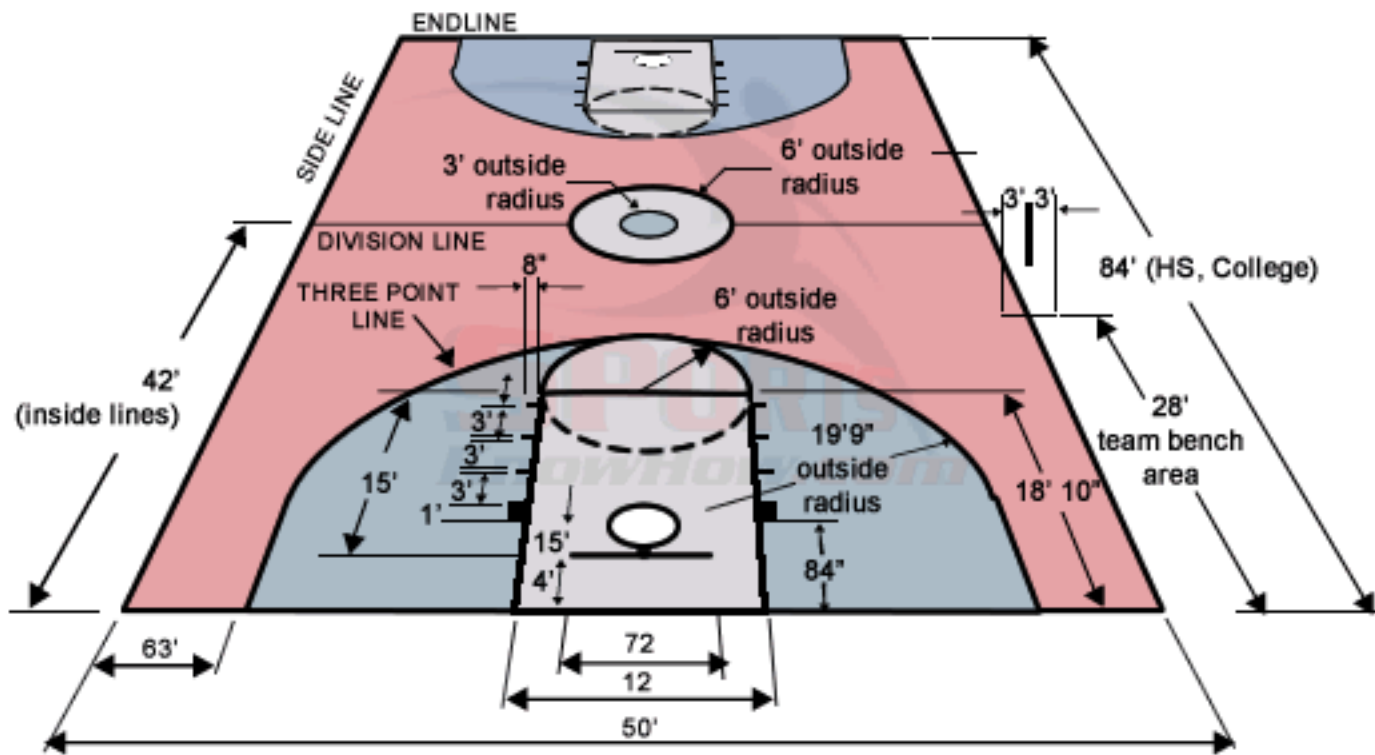
www.rajteachers.com



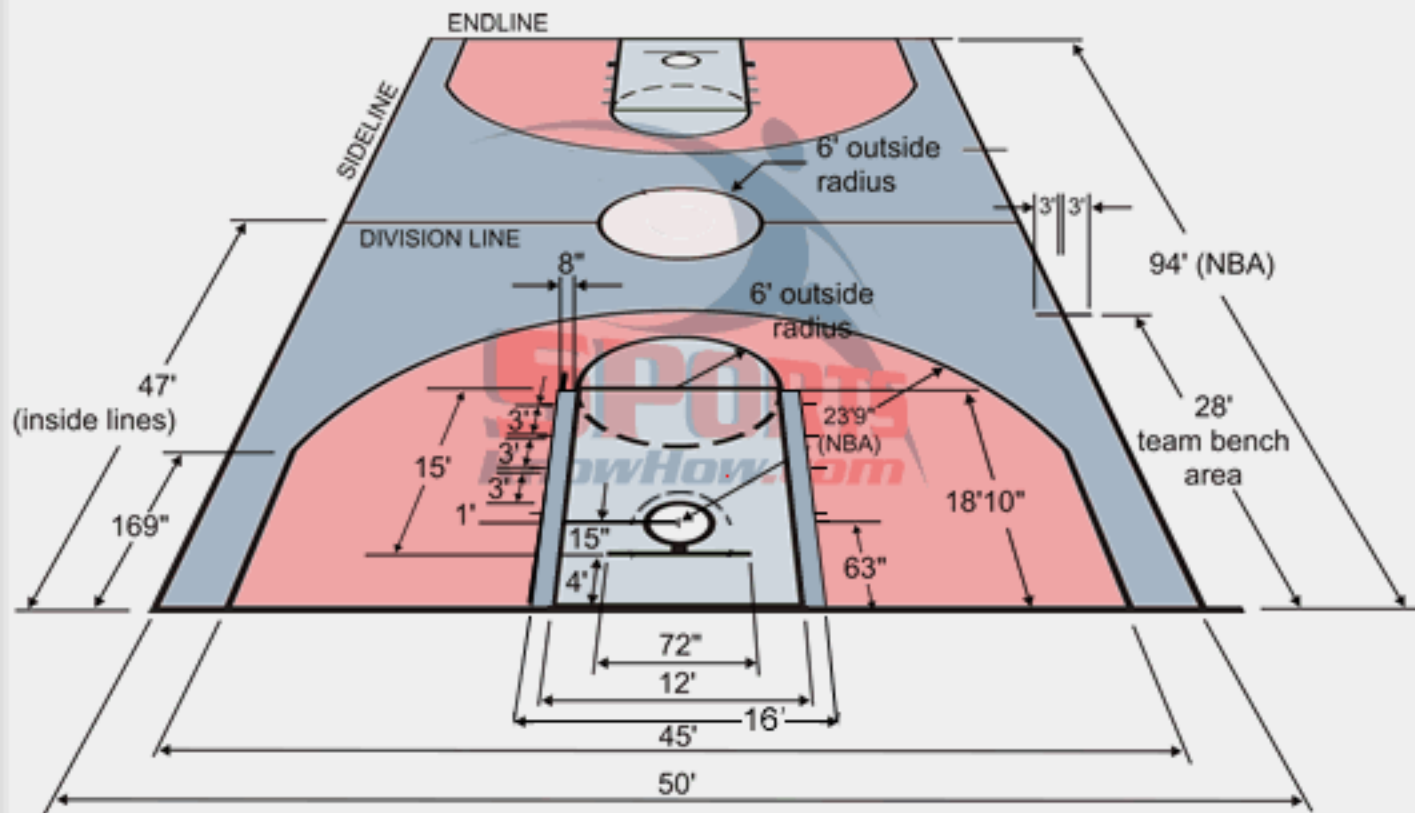


High School Basket Ball Court

diagram

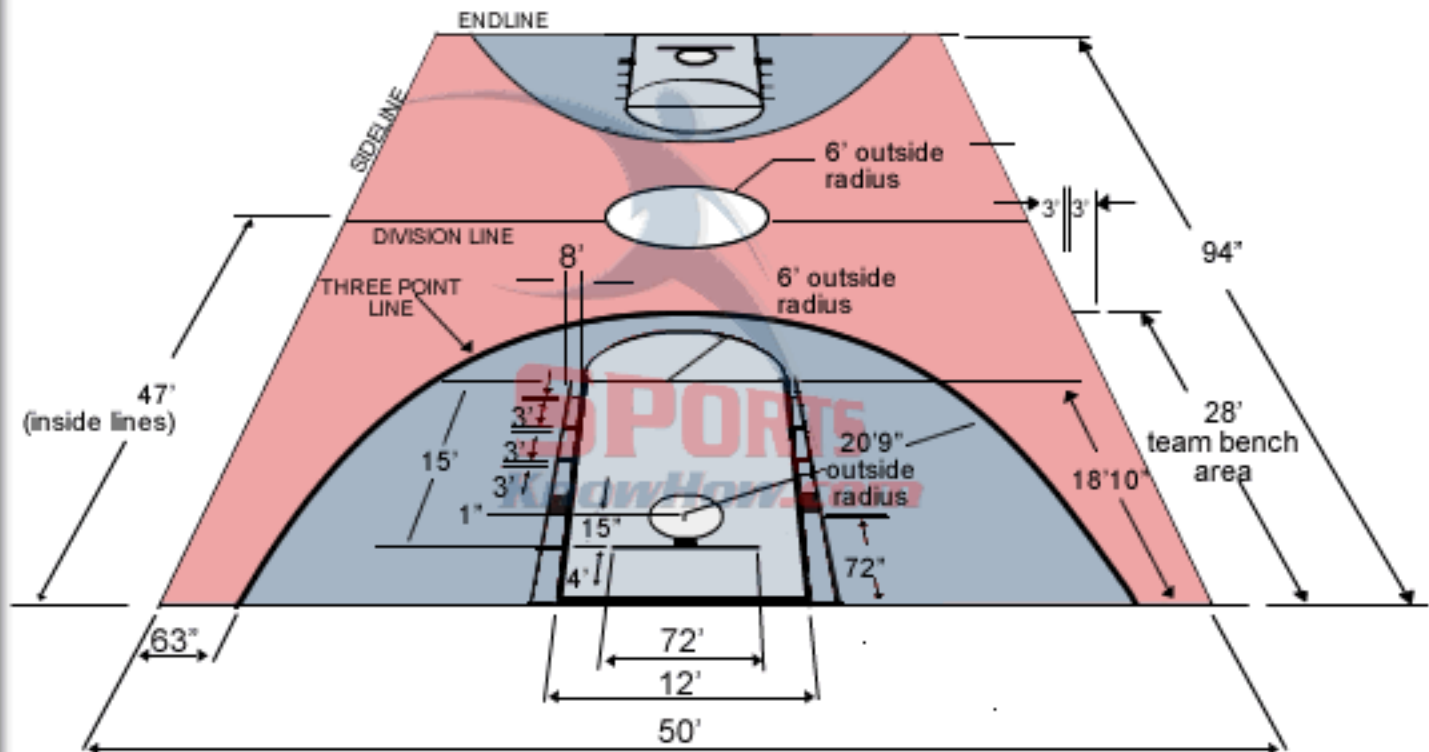


NBA Basketball Court diagram



Womens College (NCAA) Basketball Court

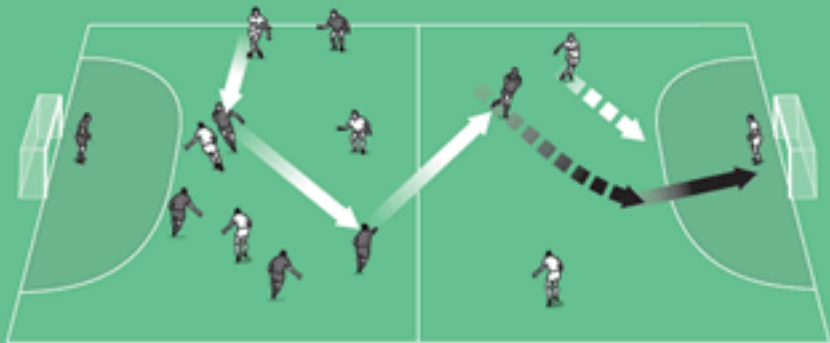
Diagram





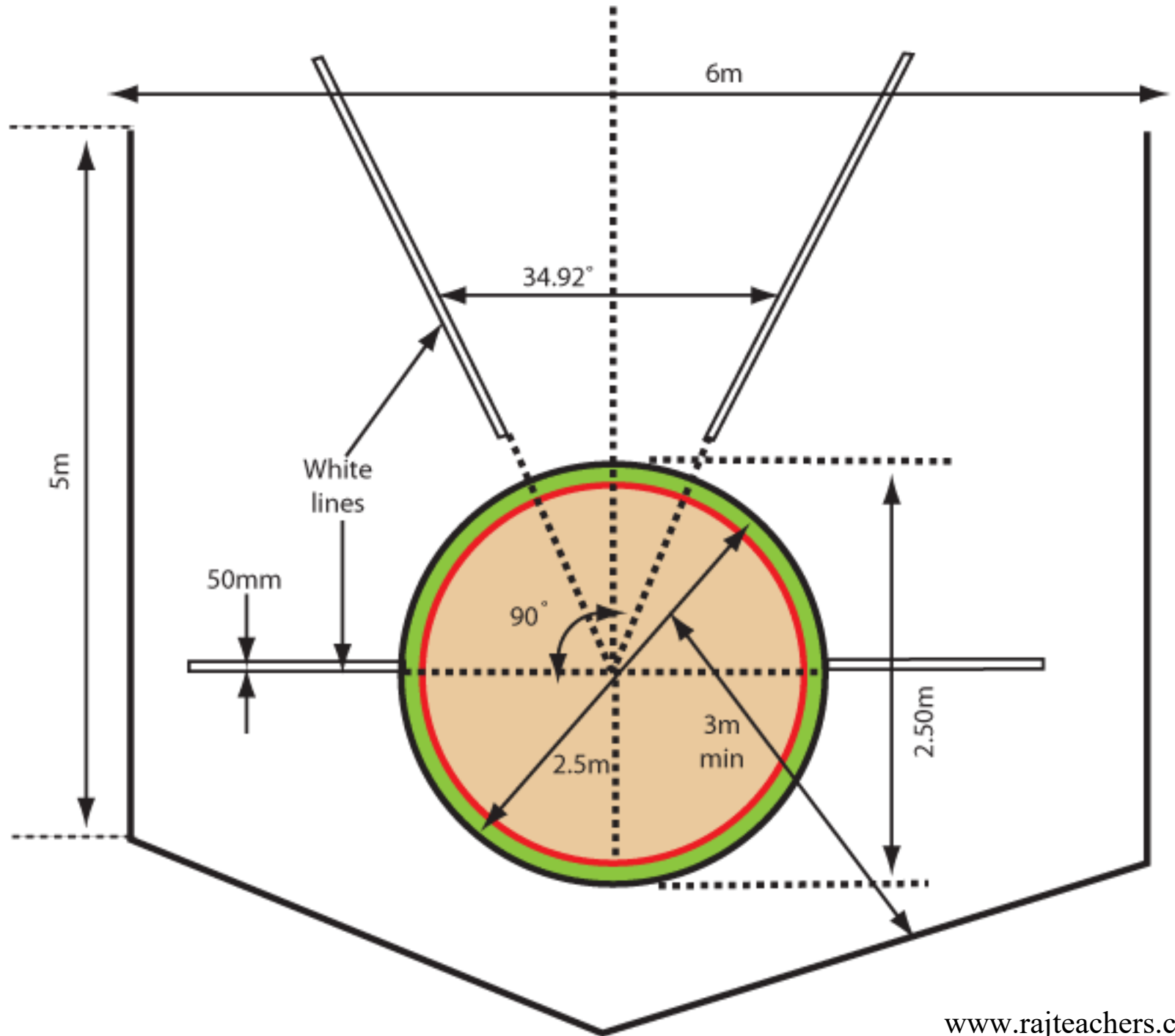


www.rajteachers.com



www.rajteachers.com

player movement  **pass** 
run with ball  **shot** 



Minimum weight for admission to competition and acceptance of a

Record :	1.000kg	1.500kg	1.750kg	2.000kg
----------	---------	---------	---------	---------

Information for manufacturers: Range for supply of implement for competition

	1.005kg	1.505kg	1.755kg	2.005kg
	1.025kg	1.525kg	1.775kg	2.025kg

Outside diameter of metal rim

Min.	180mm	200mm	210mm	219mm
Max.	182mm	202mm	212mm	221mm

Diameter of metal plate or flat centre area

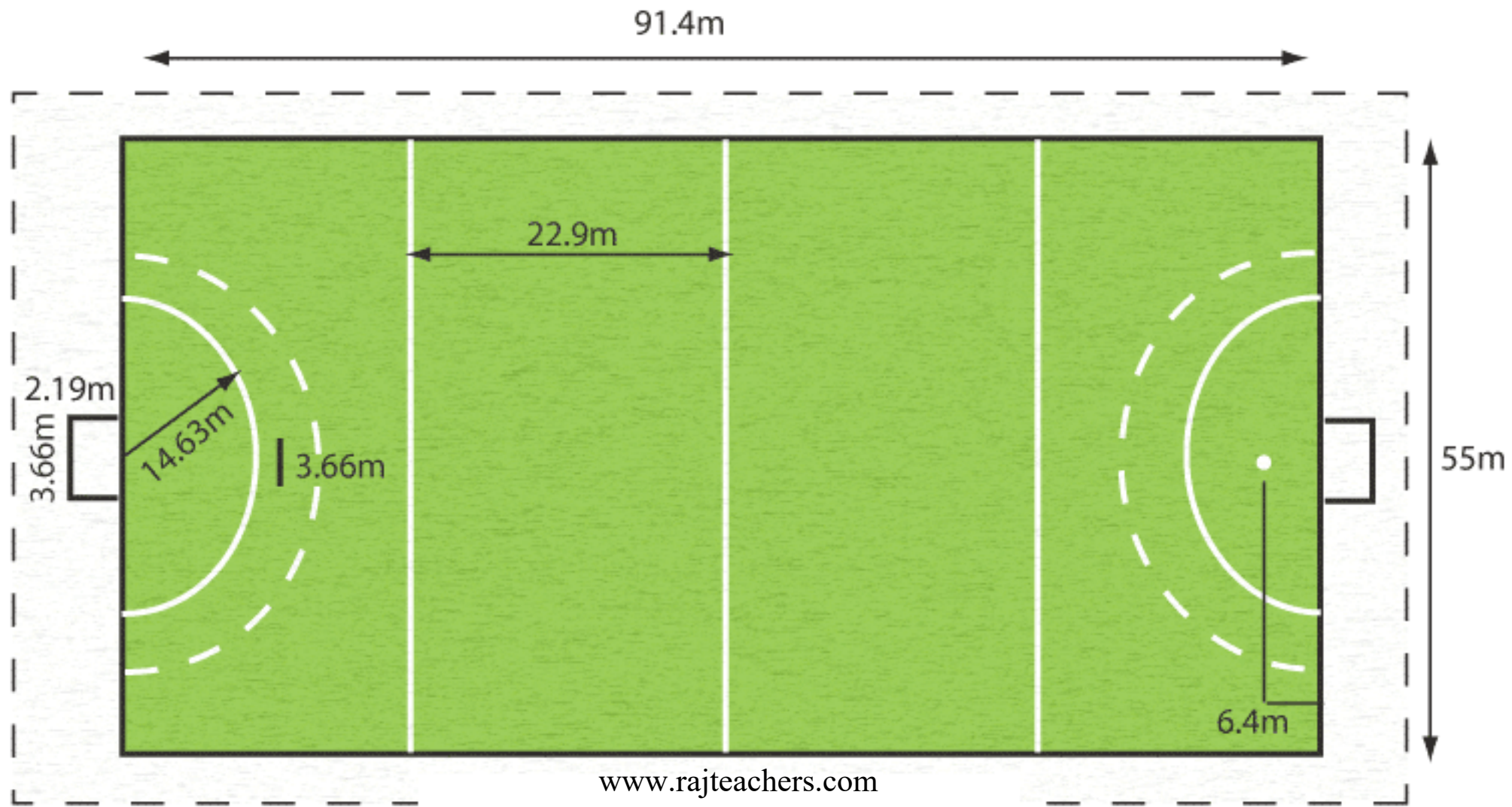
Min.	50mm	50mm	50mm	50mm
Max.	57mm	57mm	57mm	57mm

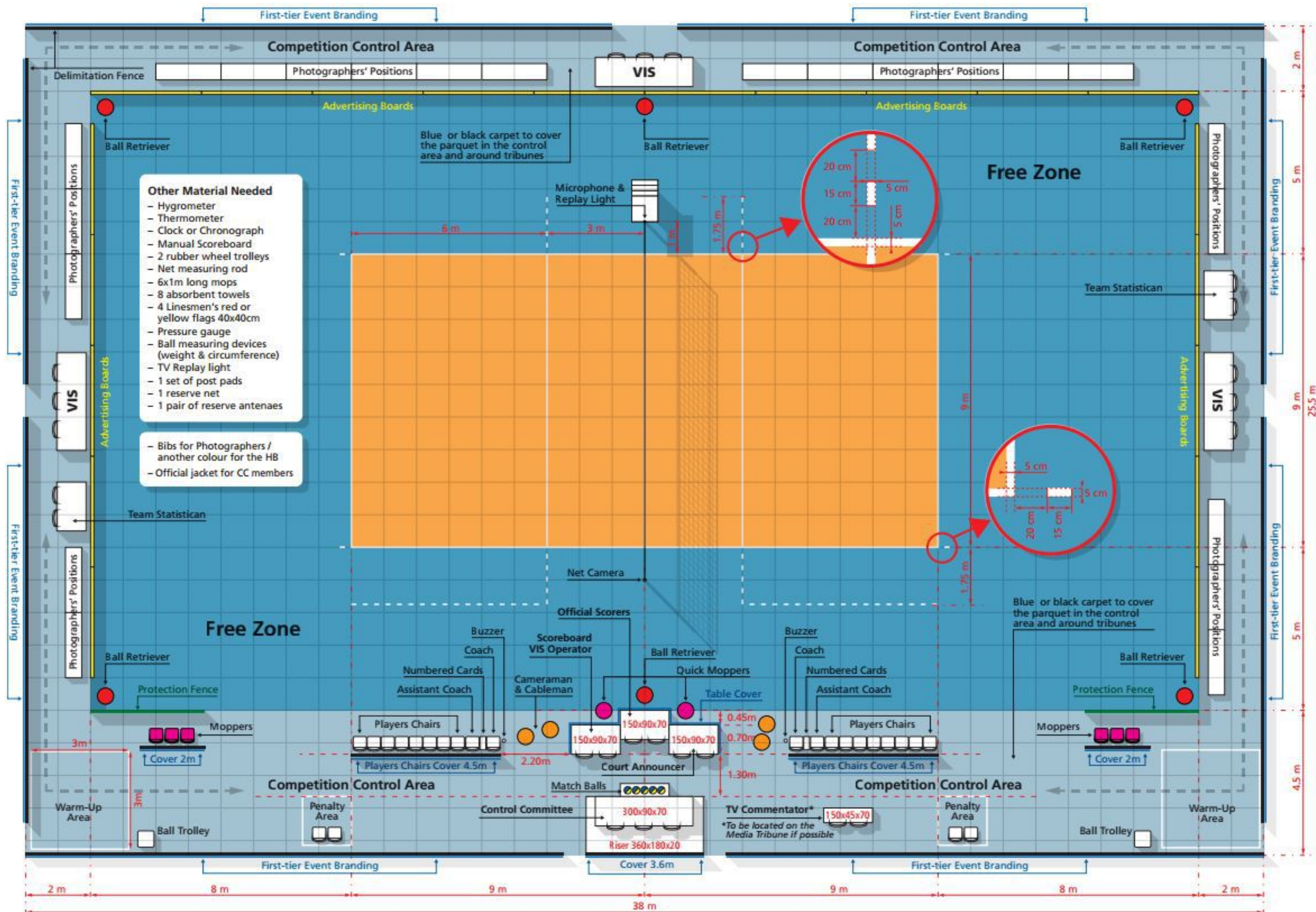
Thickness of metal plate or flat centre area

Min.	37mm	38mm	41mm	44mm
Max.	39mm	40mm	43mm	46mm

Thickness of metal rim (6mm from edge)

Min.	12mm	12mm	12mm	12mm
Max.	13mm	13mm	13mm	13mm



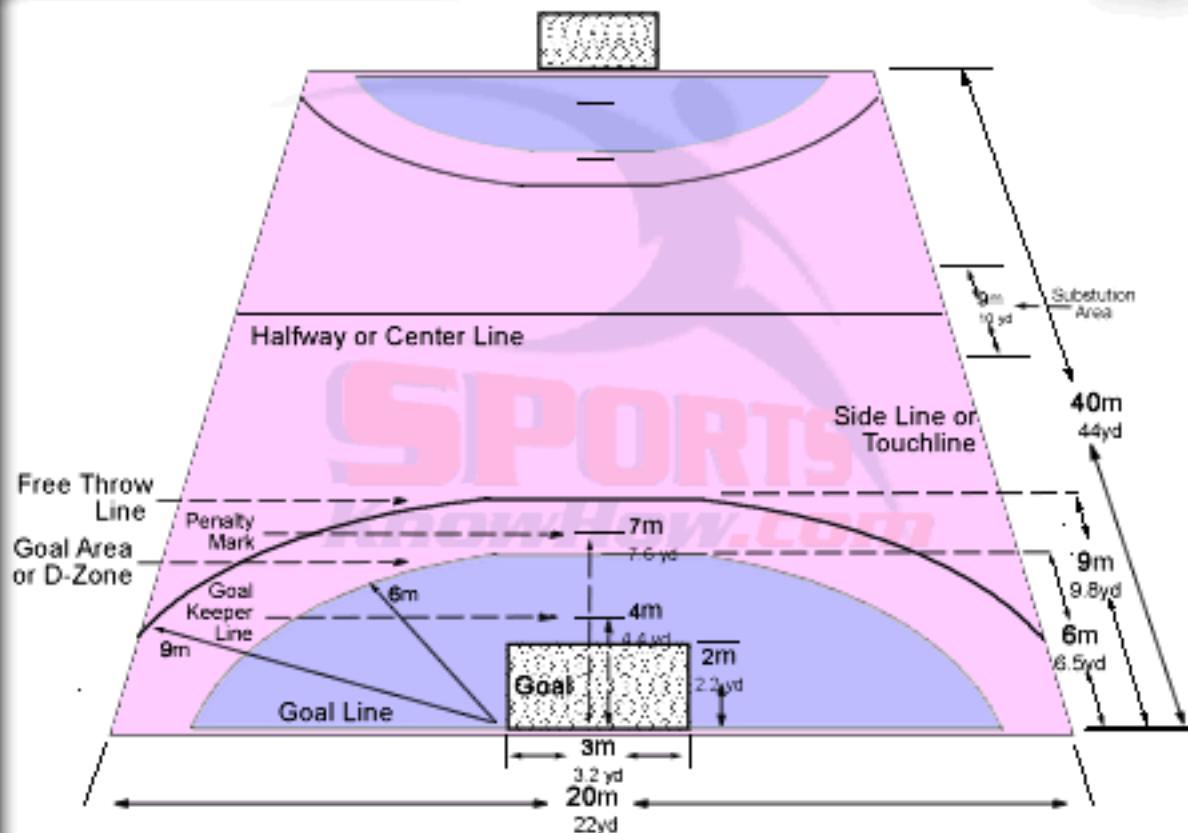


Ideal Football Field with different Areas with their Names.

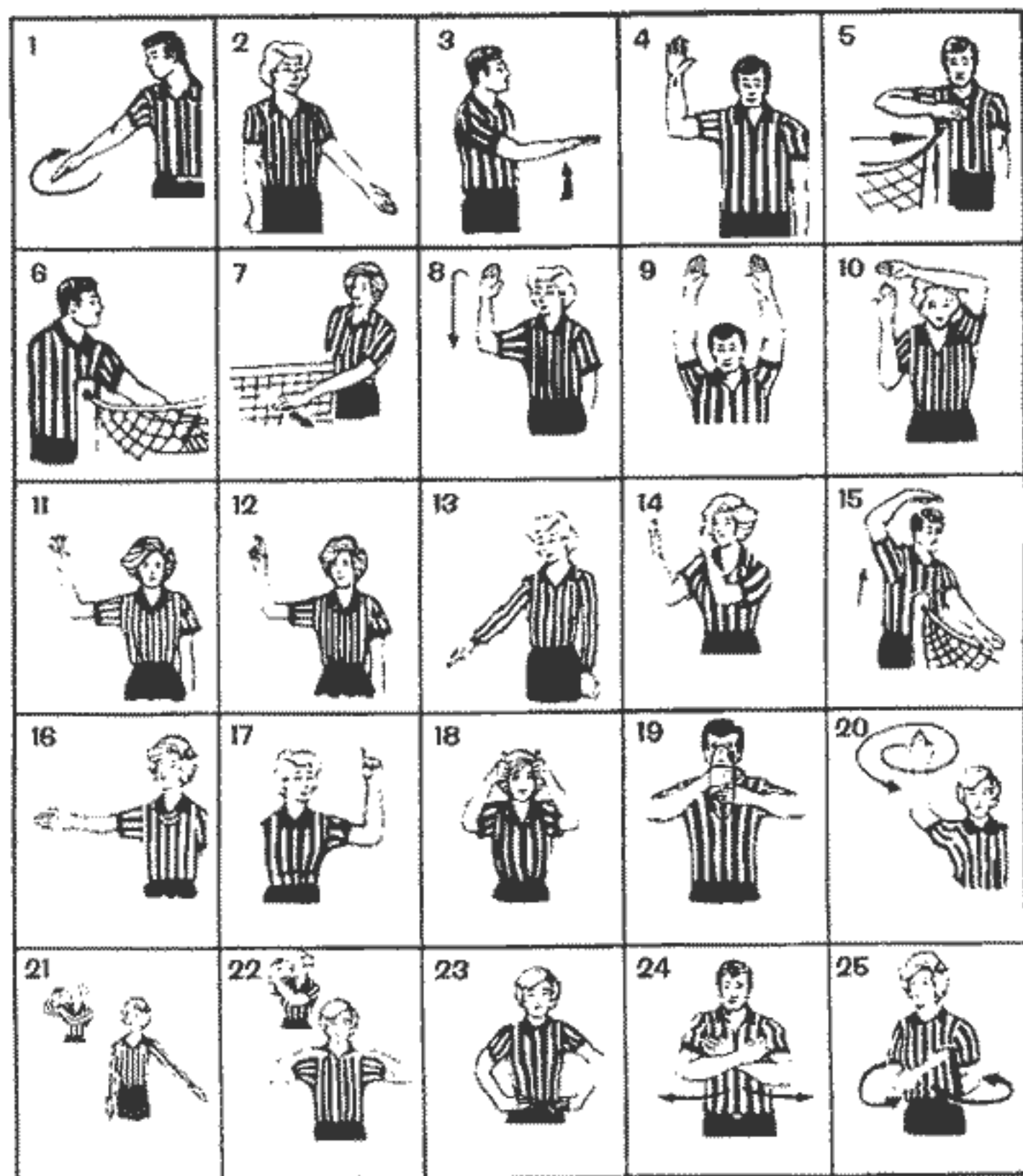


Team Handball Court Dimensions

diagram



OFFICIAL VOLLEYBALL SIGNALS



1 - Illegal Alignment/
Improper Server

2 - Line Violation

3 - Illegal Hit

4 - Delay of Service

5 - Over-The-Net

6 - Net Foul or Net Serve

7 - Legal Back Row Attack

8 - Back Row Attacker

9 - Illegal Blocker-Screening

10 - Ball Touched

11 - Four Hits

12 - Double Hit

13 - Ball Lands In-Bounds

14 - Out-of-Bounds/
Antenna Violation

15 - Begin Serve

16 - Side-Out

17 - Point

18 - Replay-Re-serve

19 - Substitution

20 - Illegal Substitution

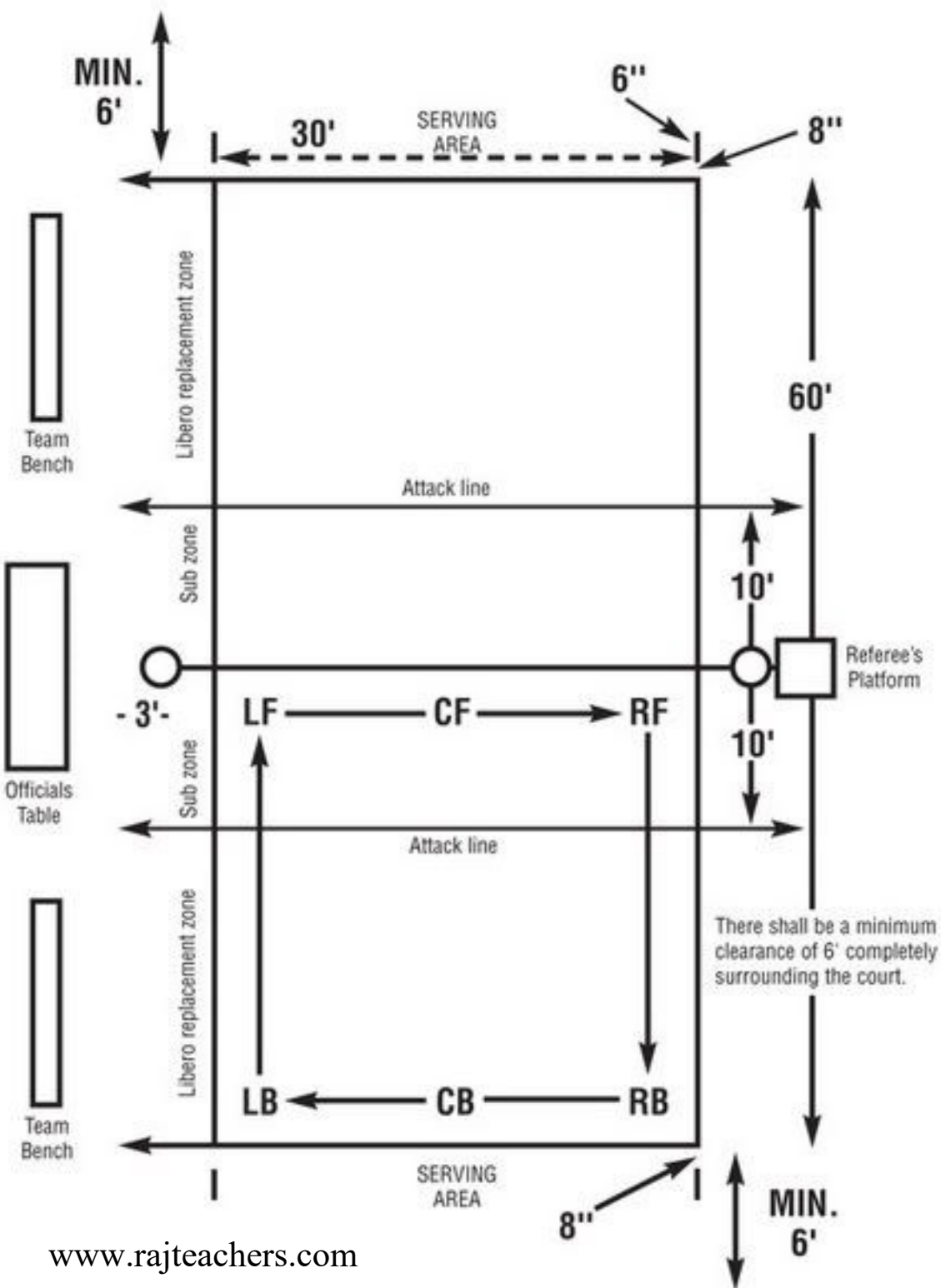
21 - Team Time-Out

22 - Officials Time-Out

23 - Unnecessary Delay

24 - End of Game

25 - Change of Courts

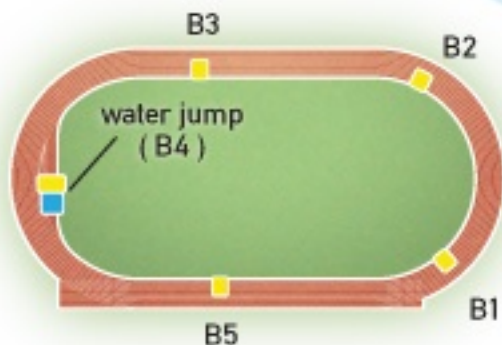




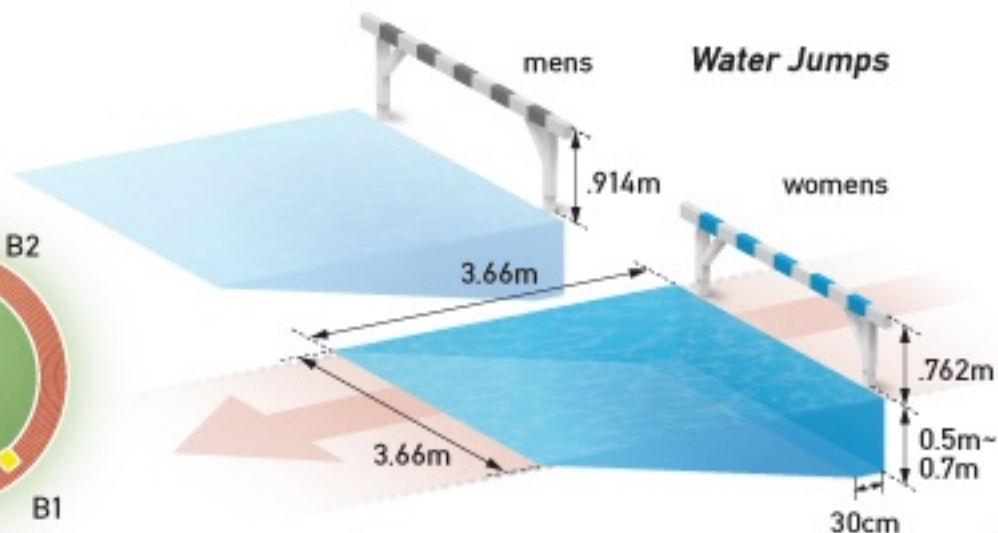
Steeplechase

- mens height
- womens height

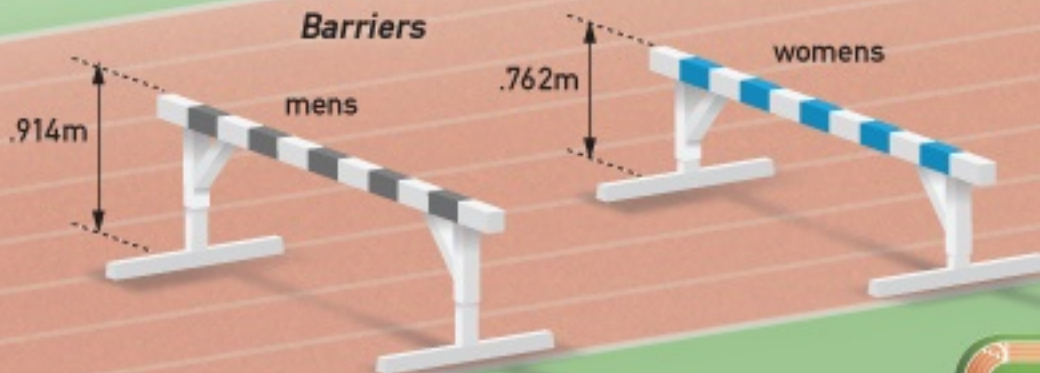
Barrier Placement

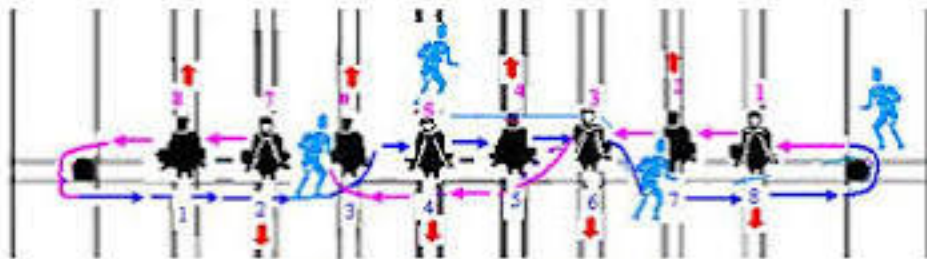


Water Jumps



Barriers

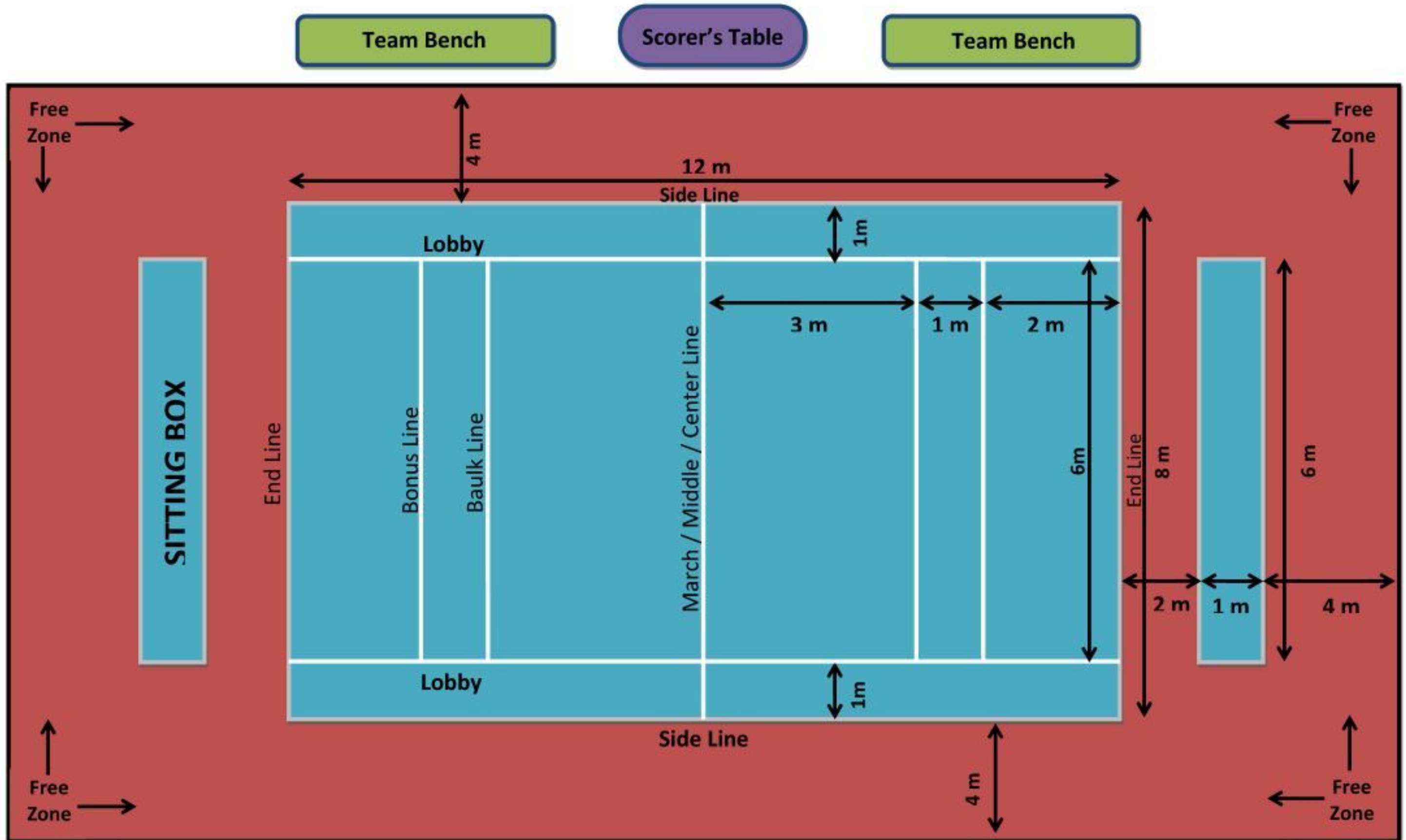




→ Defender going from left pole to right pole
← Defender going from right pole to left pole

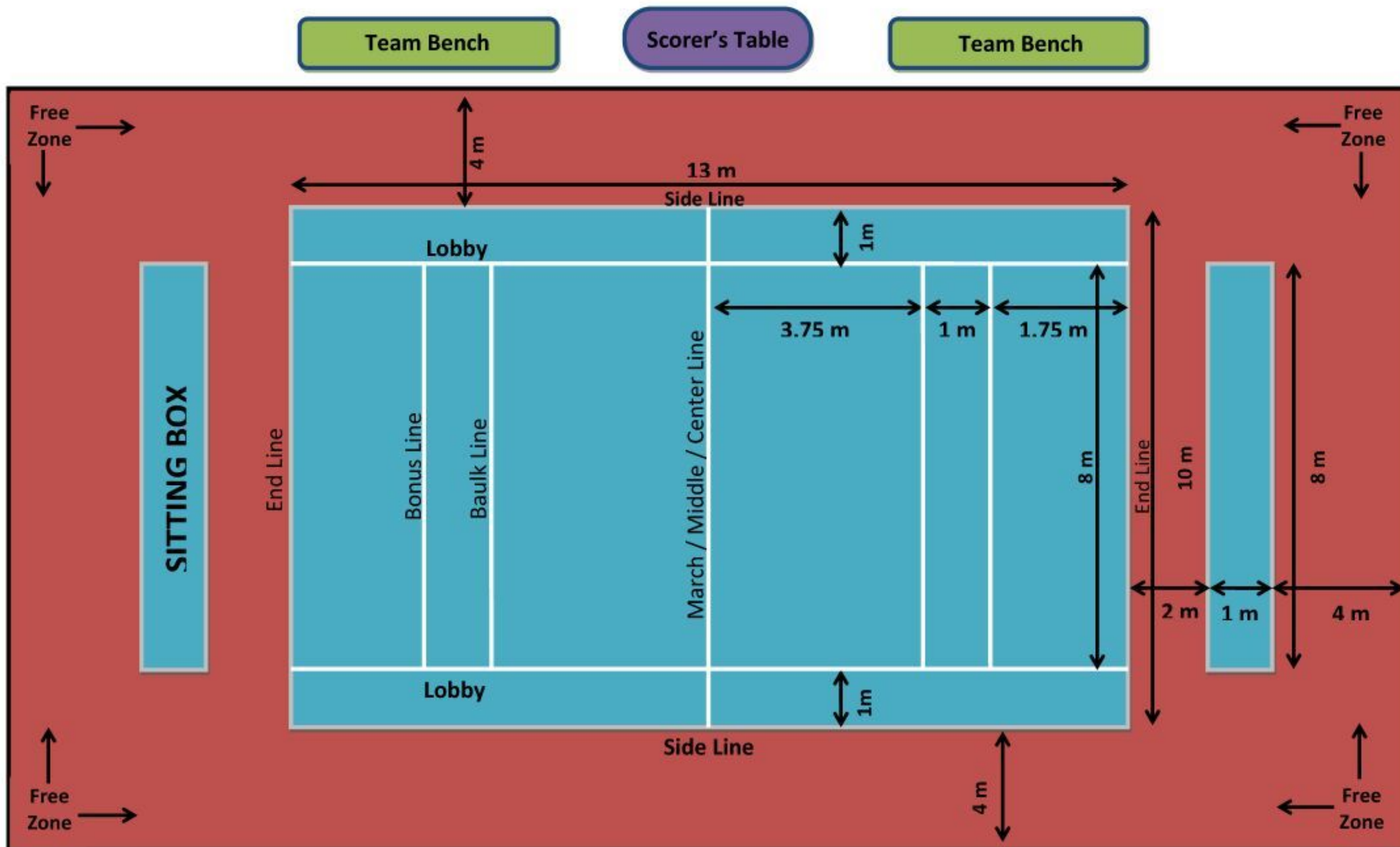
KABADDI COURT MEASUREMENTS

Senior Women and junior Girls Court Measurements



KABADDI COURT MEASUREMENTS

Senior Men and junior boys Court Measurements



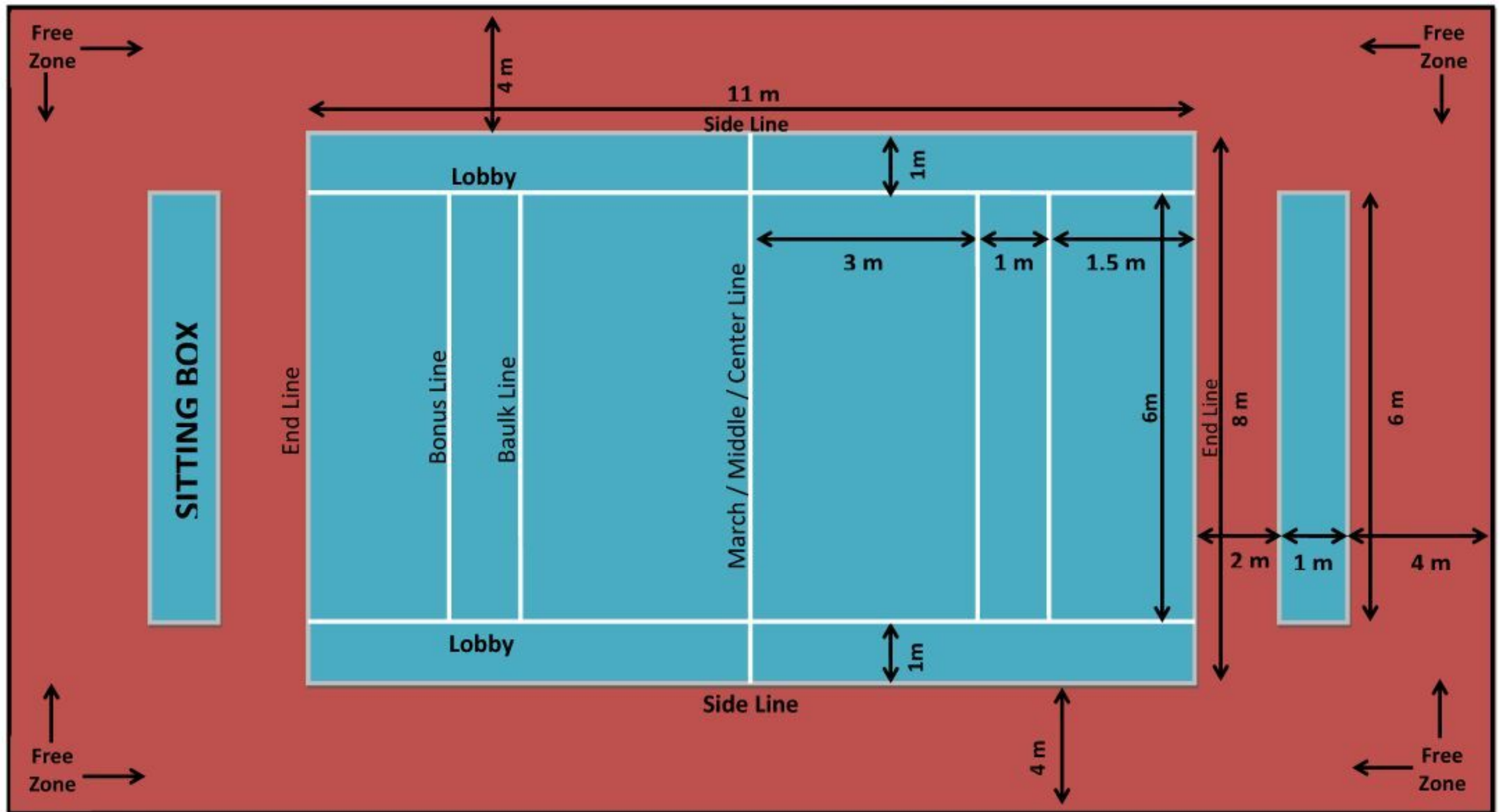
KABADDI COURT MEASUREMENTS

Sub junior Boys and Girls Court Measurements

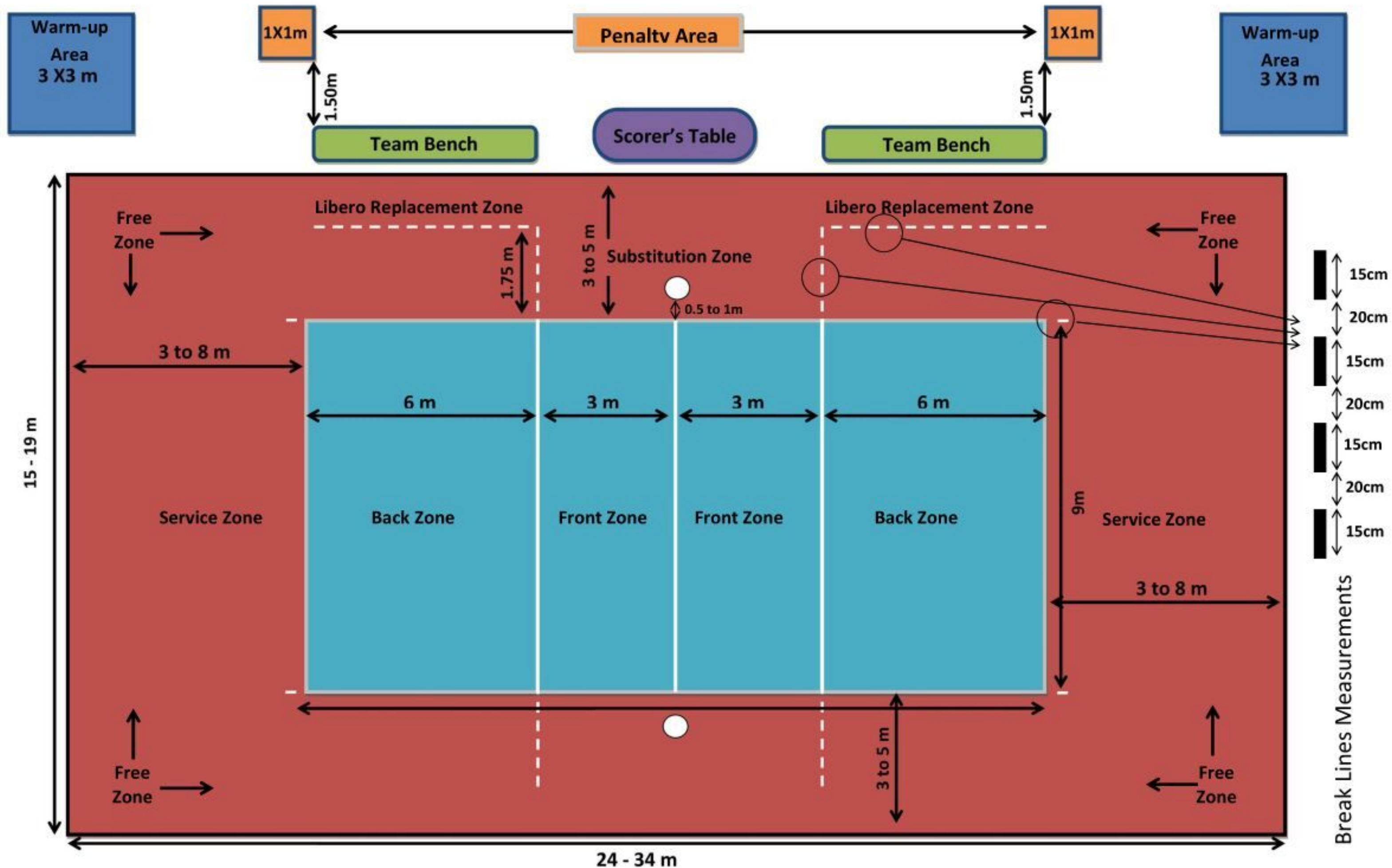
Team Bench

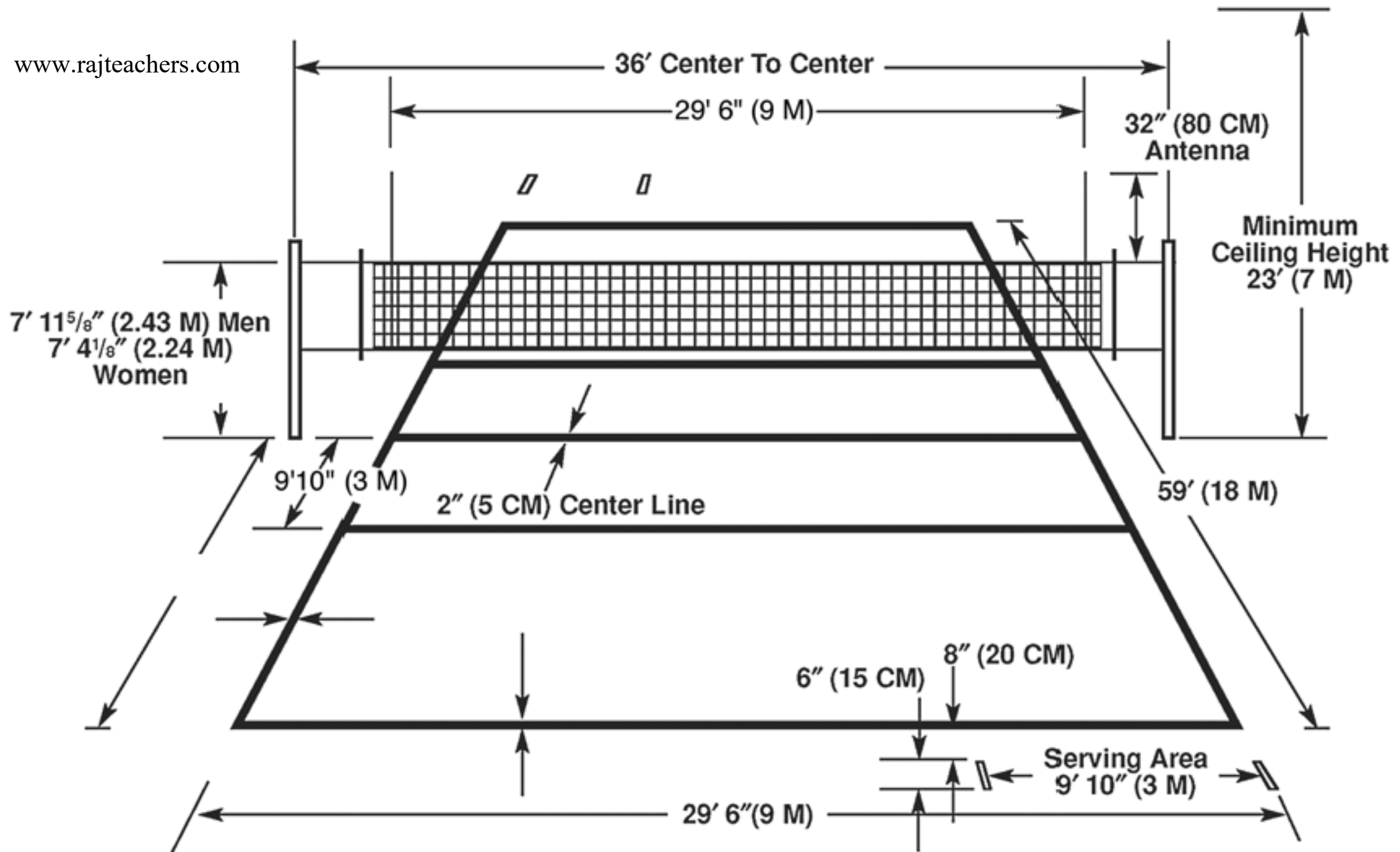
Scorer's Table

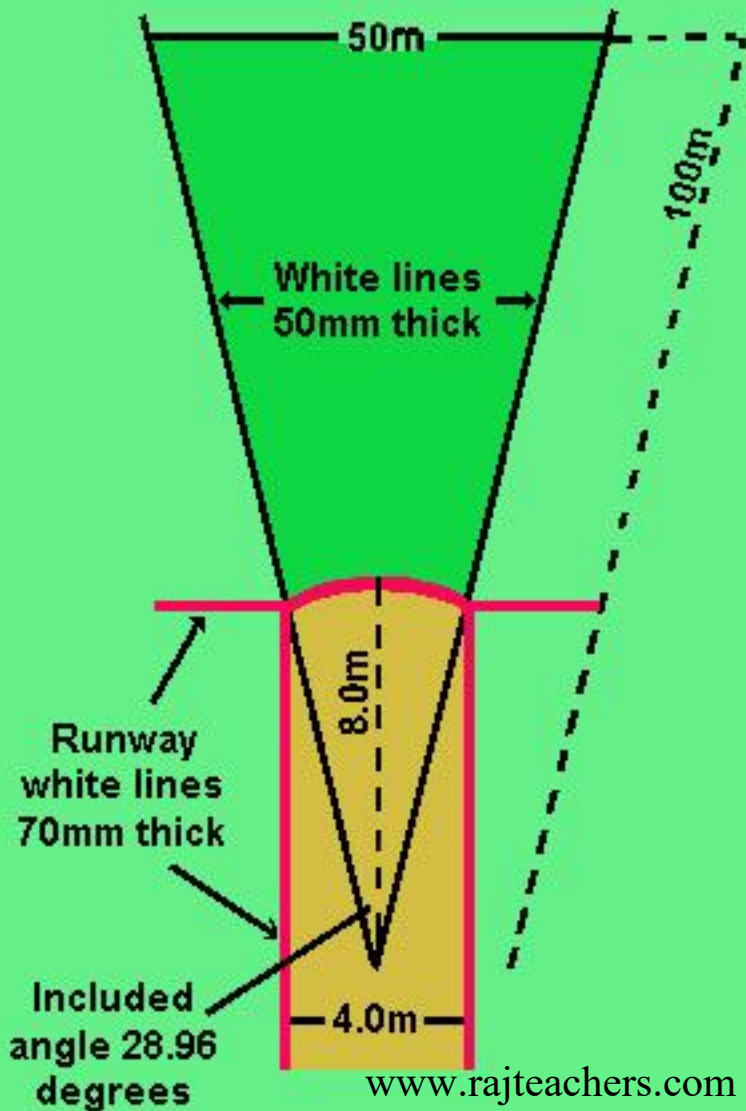
Team Bench

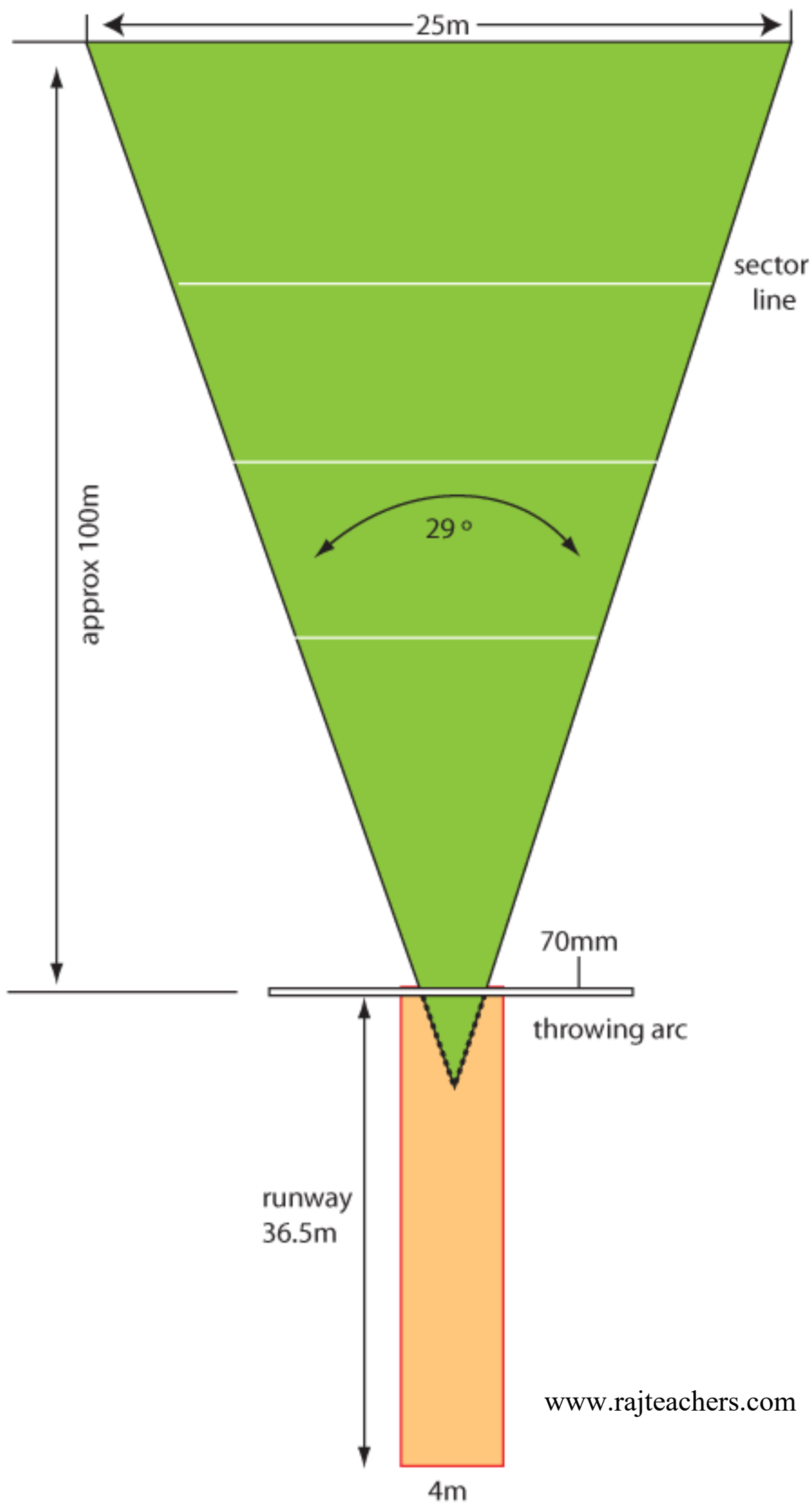


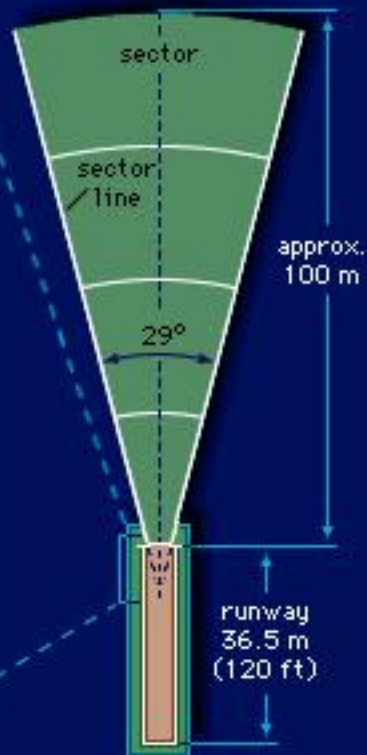
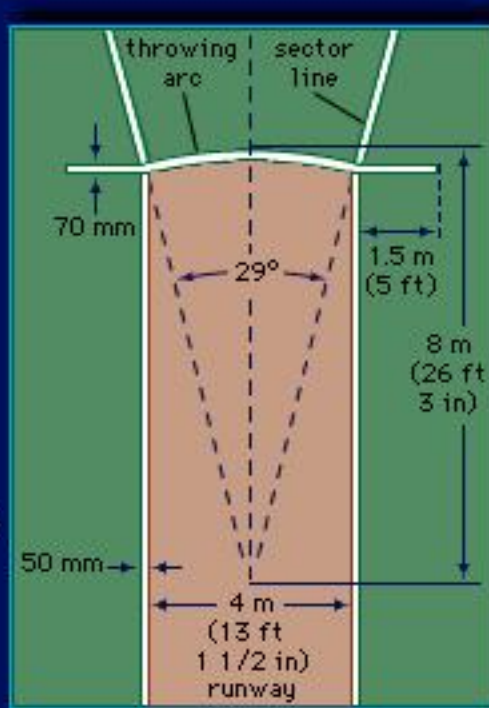
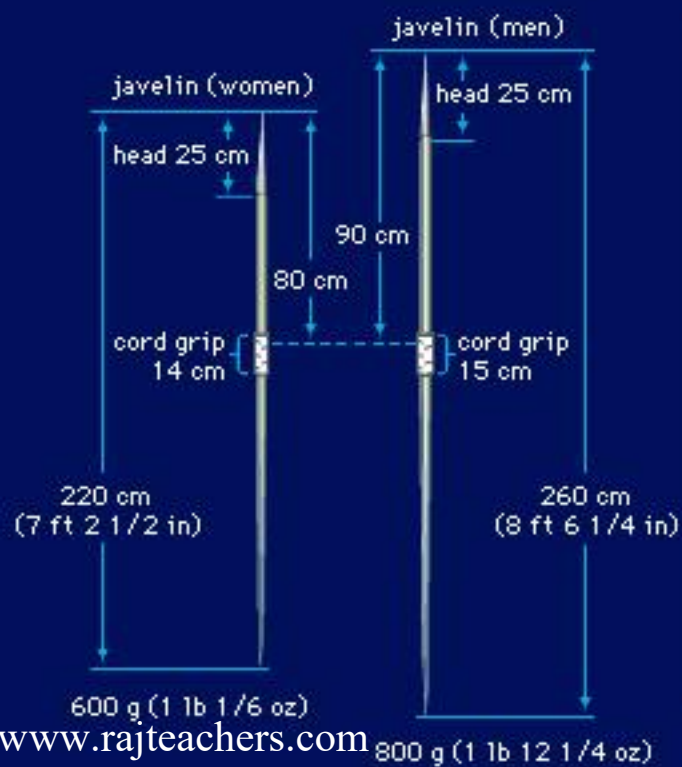
VOLLEYBALL COURT MEASUREMENTS













Kabaddi (HPS Girls)

1. Length ----- 11 mts
2. Width ----- 8 mts
3. End line to Bonus line ---- 1.50 mts
4. Bonus line to Balk line --- 1 mts
5. Lobby ----- 1 mts
6. Total player Weight ----- 48 kg

Kabaddi (HS Boys)

1. Length ----- 13 mts
2. Width ----- 10 mts
3. End line to Bonus line ---- 1.50 mts
4. Bonus line to Balk line --- 1 mts
5. Lobby ----- 1 mts
6. Total player Weight ----- 57 kg

Kabaddi (HS Girls)

www.rajteachers.com

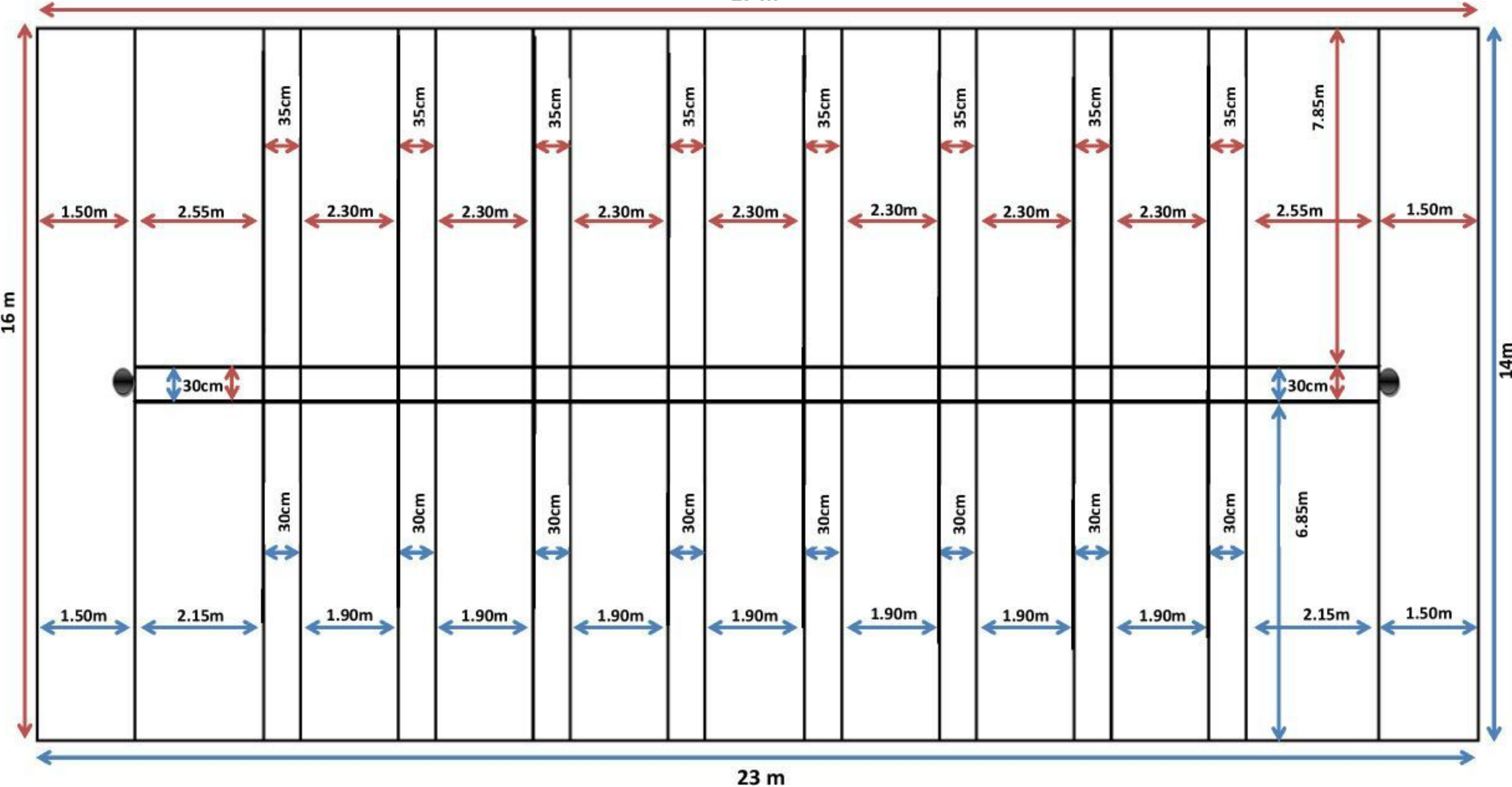
1. Length ----- 12 mts
2. Width ----- 8 mts
3. End line to Bonus line ---- 1.50 mts
4. Bonus line to Balk line --- 1 mts
5. Lobby ----- 1 mts
6. Total player Weight ----- 53 kg

KHO-KHO COURT MEASUREMENTS

Red – Men, Women, Jr. Boys and Girls

Blue - Sub Juniors Boys and Girls

27 m



Pole Height (Above the Ground) - 1.20m to 1.25m, diameters shall measure between 9 to 10cm, top of the posts shall be flat and free from any short edges.

Kho-Kho Court Measure.

12-02-2015

20:03

www.rajteachers.com

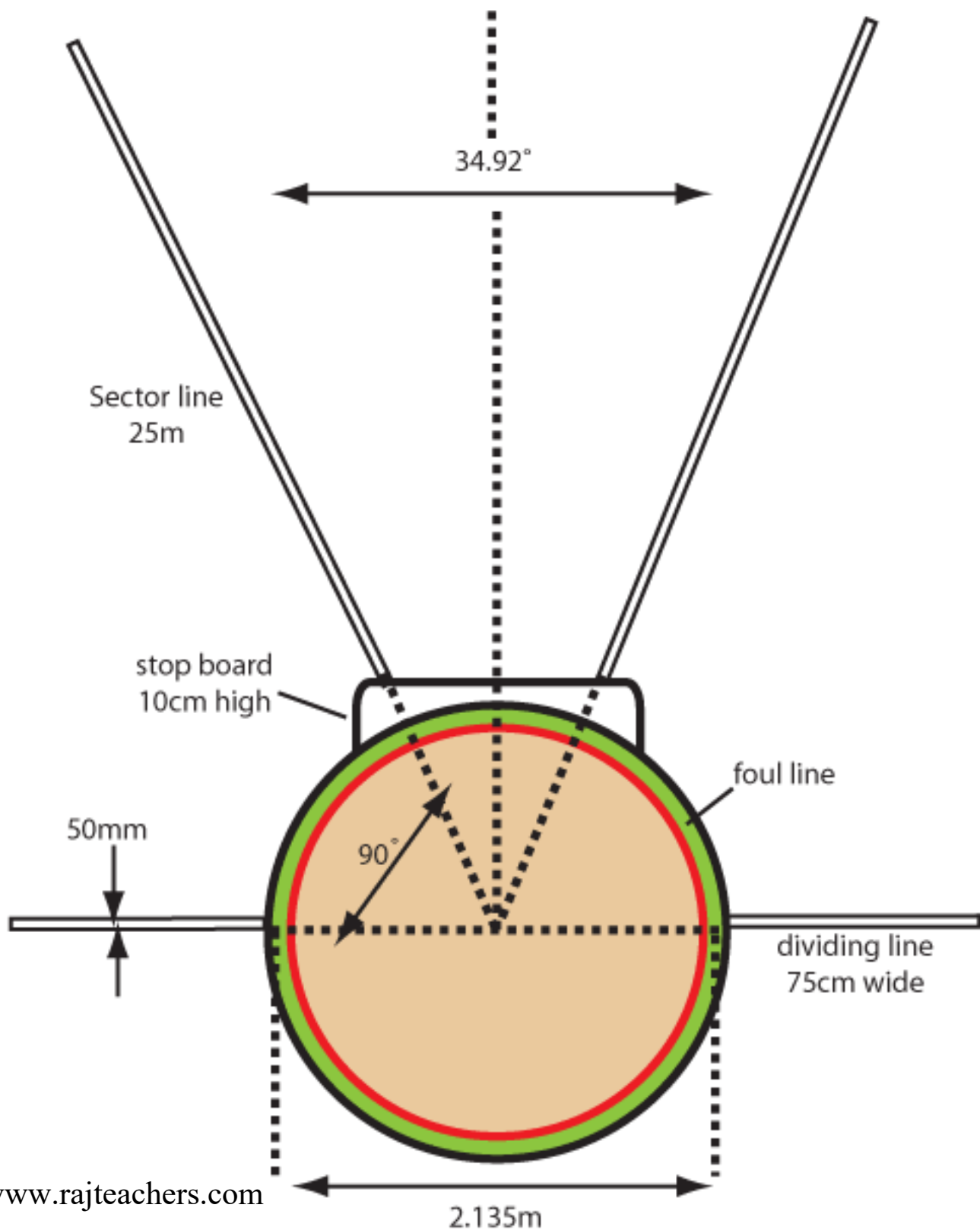
Kho-Kho (High School)Boys &Girls

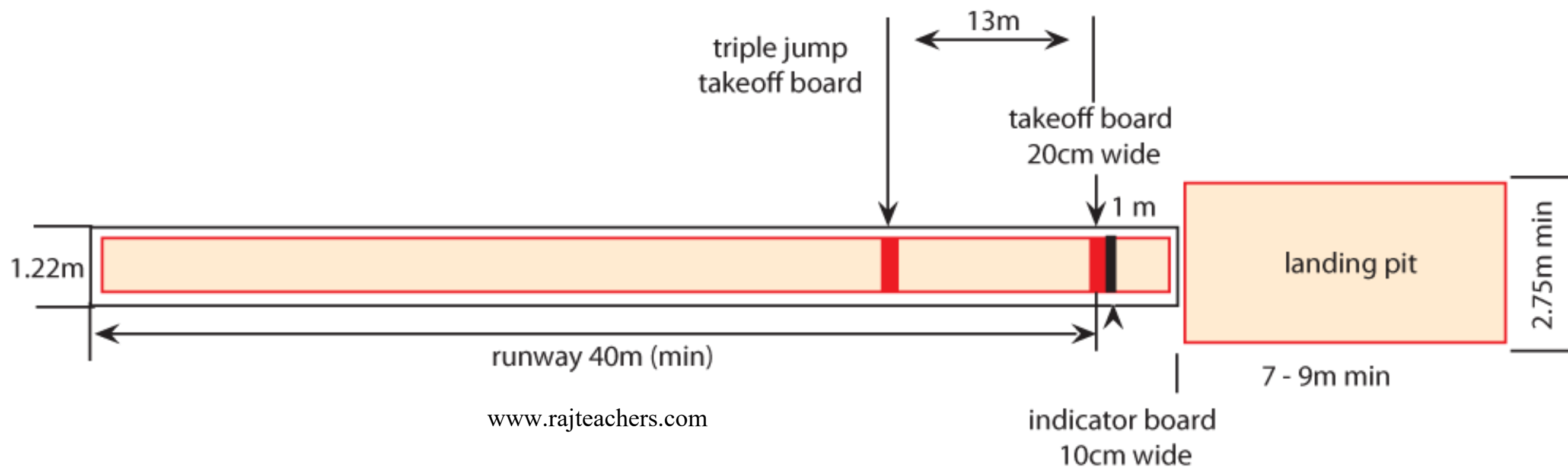
1. Length -----27 mts
2. Width -----16 mts
3. Side line to Pol line -----1.50mts
4. Pol line to 1st Box -----2.55 mts
5. 1st Box to 2nd Box -----2.30 mts
6. Box -----35x30 mts
7. Poll length -----

Kho-Kho (HPS)Boys &Girls

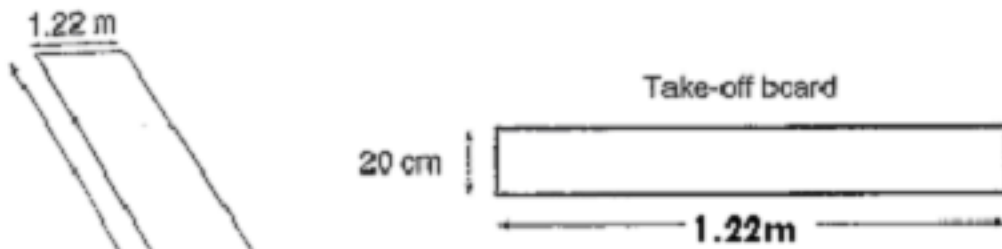
1. Length -----23 mts
2. Width -----14 mts
3. Side line to Pol line -----1.50 mts
4. Pol line to 1st Box -----2.15 mts
5. 1st Box to 2nd Box -----1.90 mts
6. Box -----30x30 mts
7. Poll length ----- 1.20 to 1.25 mts



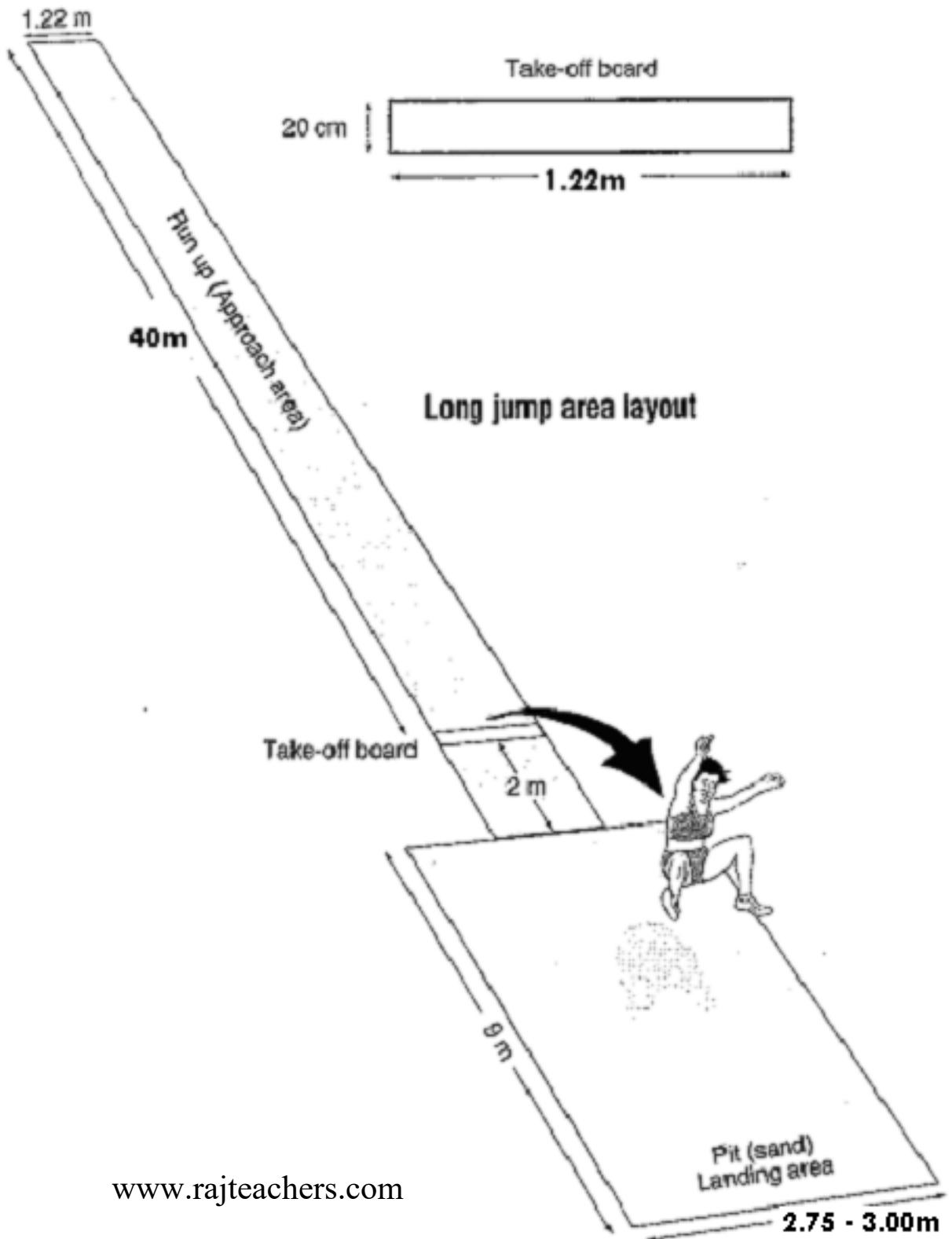


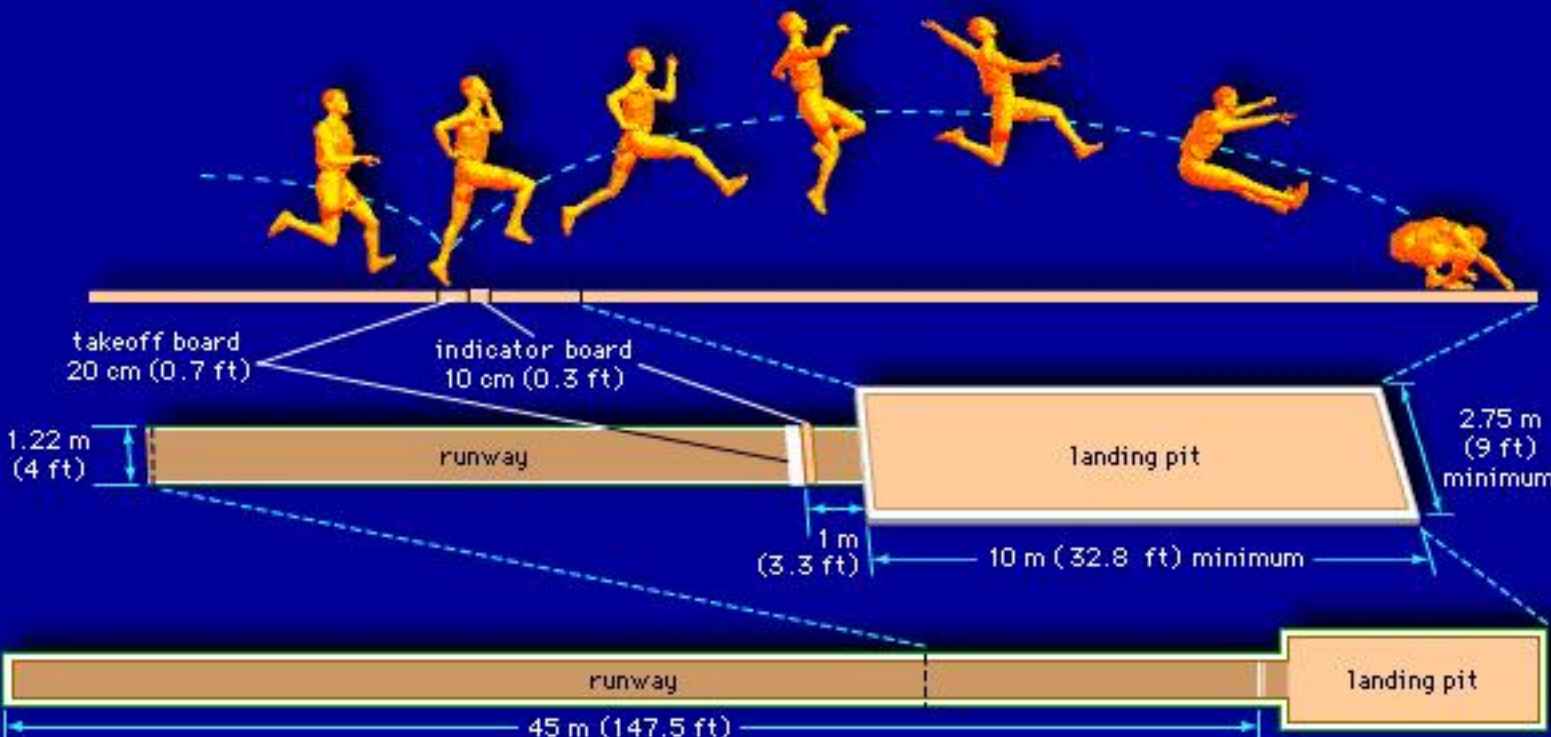


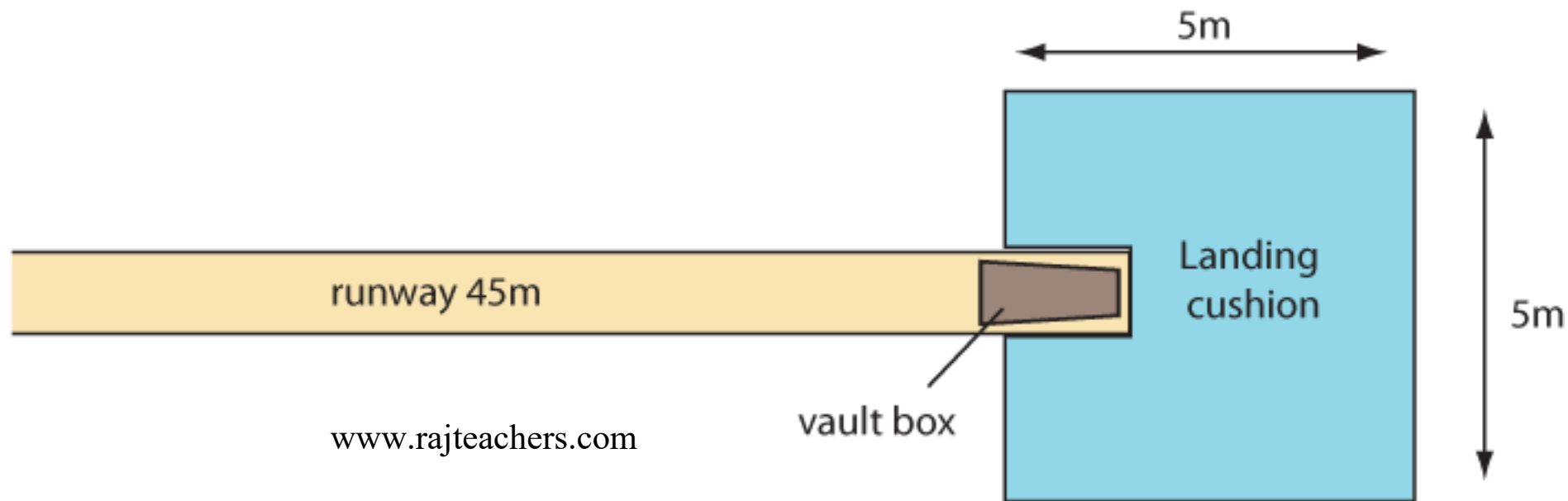
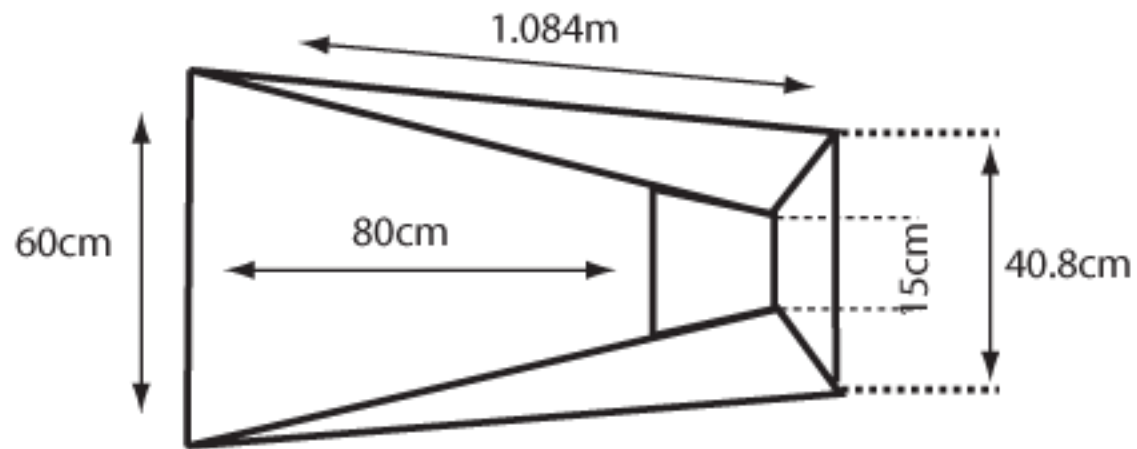
Take-off board



Long jump area layout









9



10



11



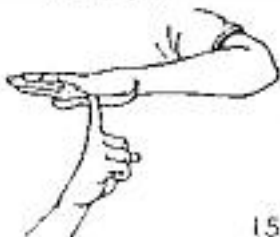
12



13



14



15

SIGNS IN KHO KHO



1



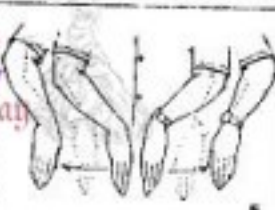
2



3



4



5



6

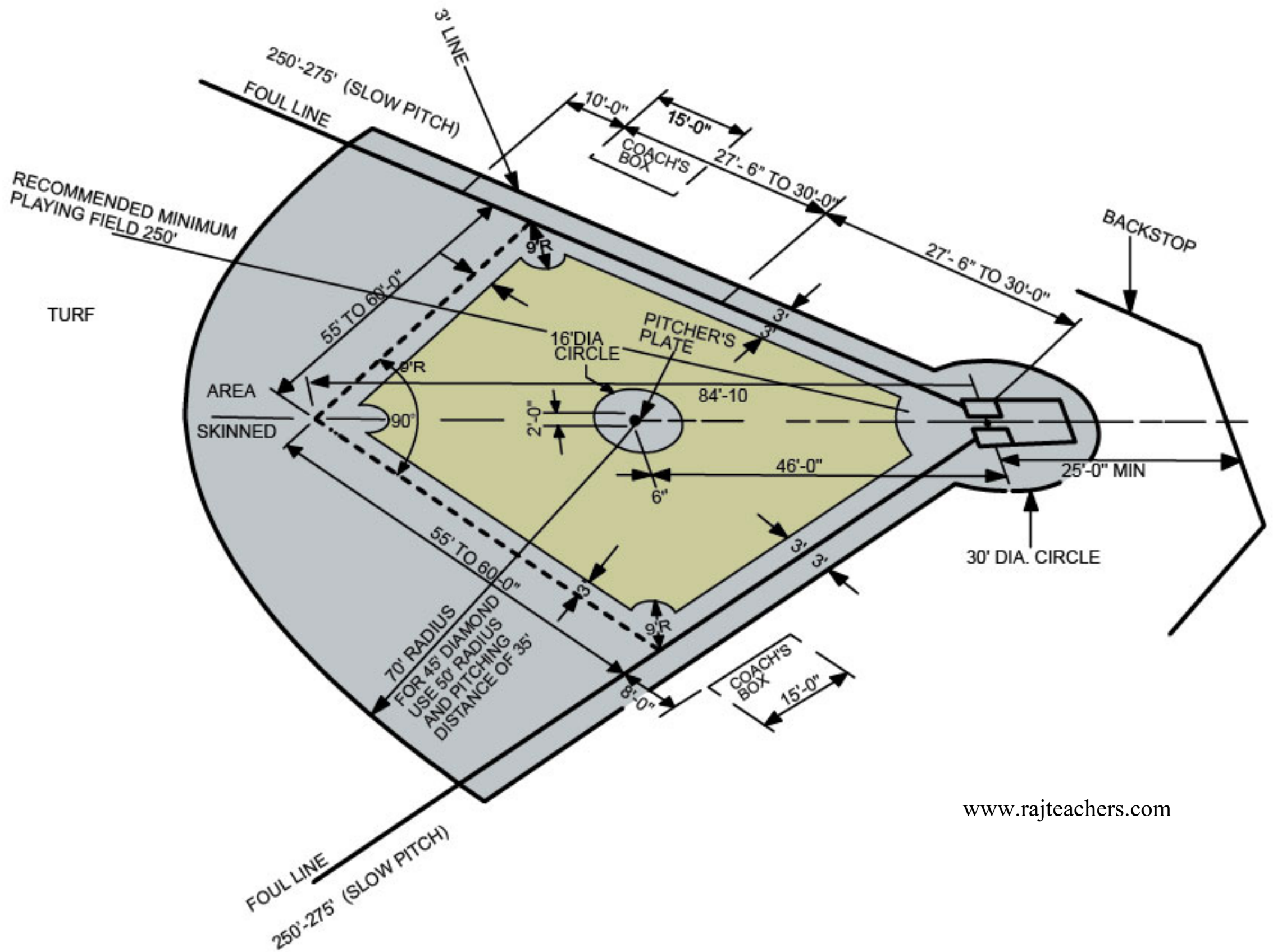


7



8

lipsticks to politics
Line of Love Way



ITF/ATF/TFI

Sub-Juniors U-16 Yrs
15.30x9.20MTS (50x30)

Juniors U-18 Yrs
18.30x12.20MTS (60x40)

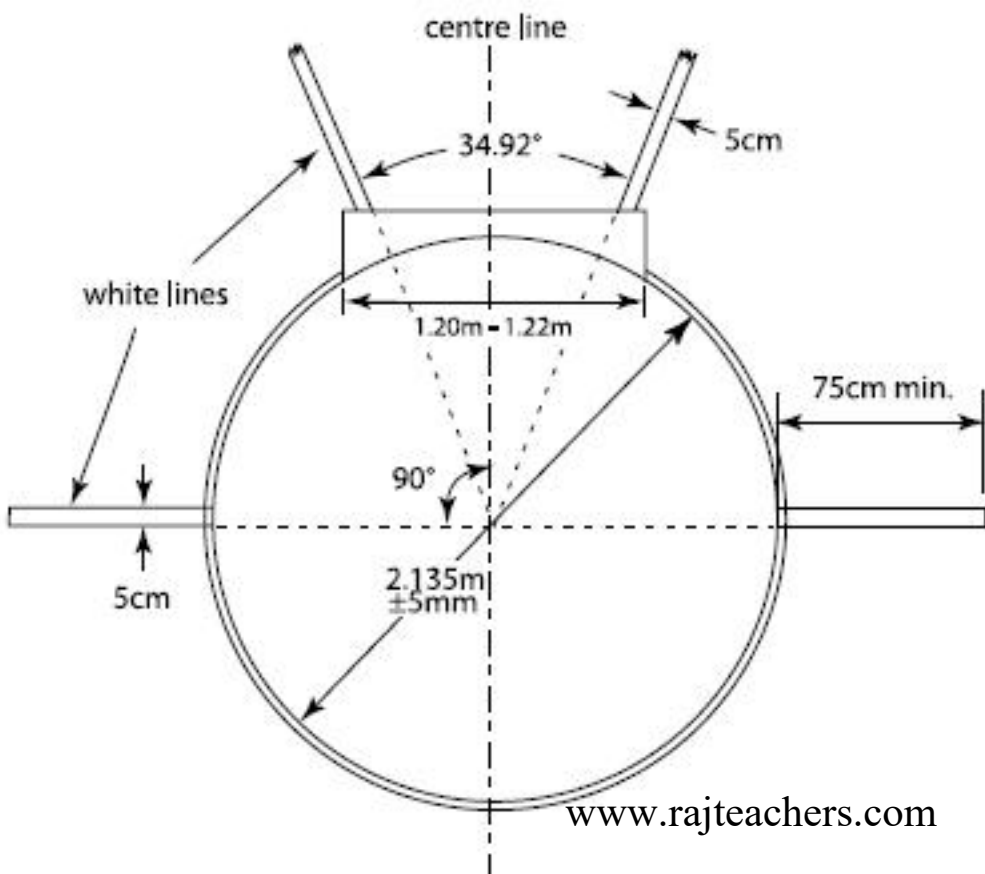
Seniors A-18 Yrs
18.30x12.20MTS (60x40)

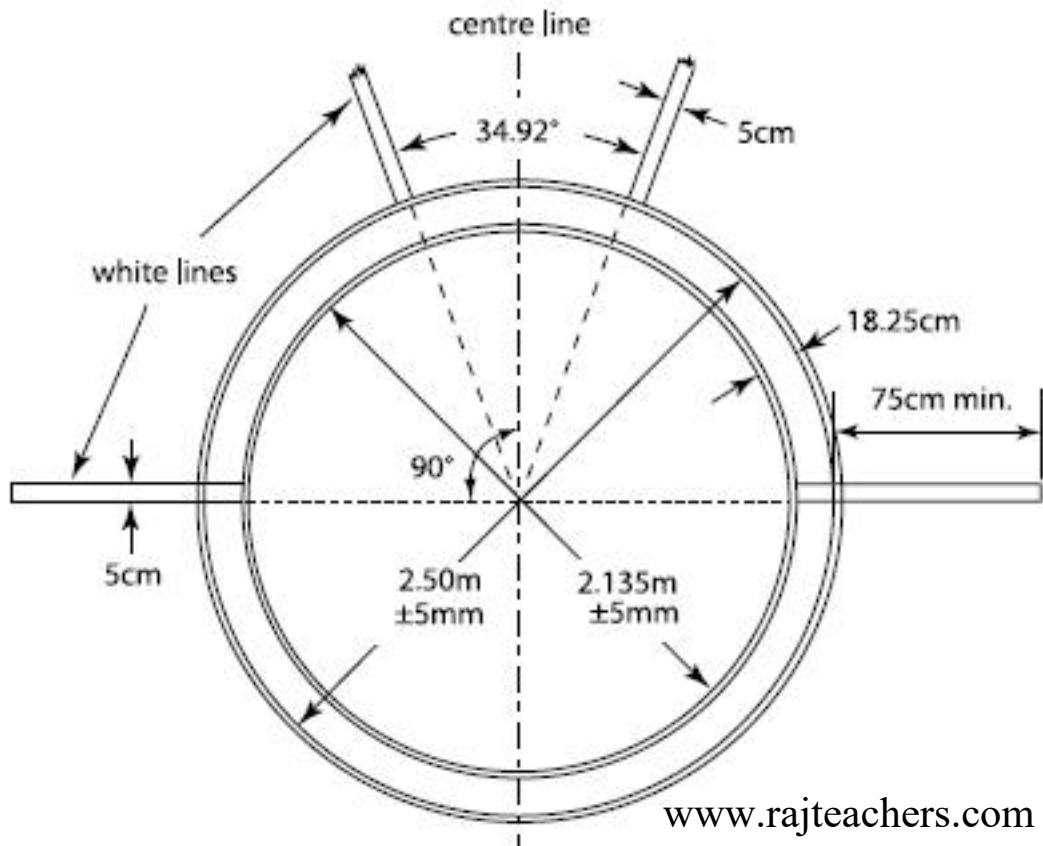
SGFI

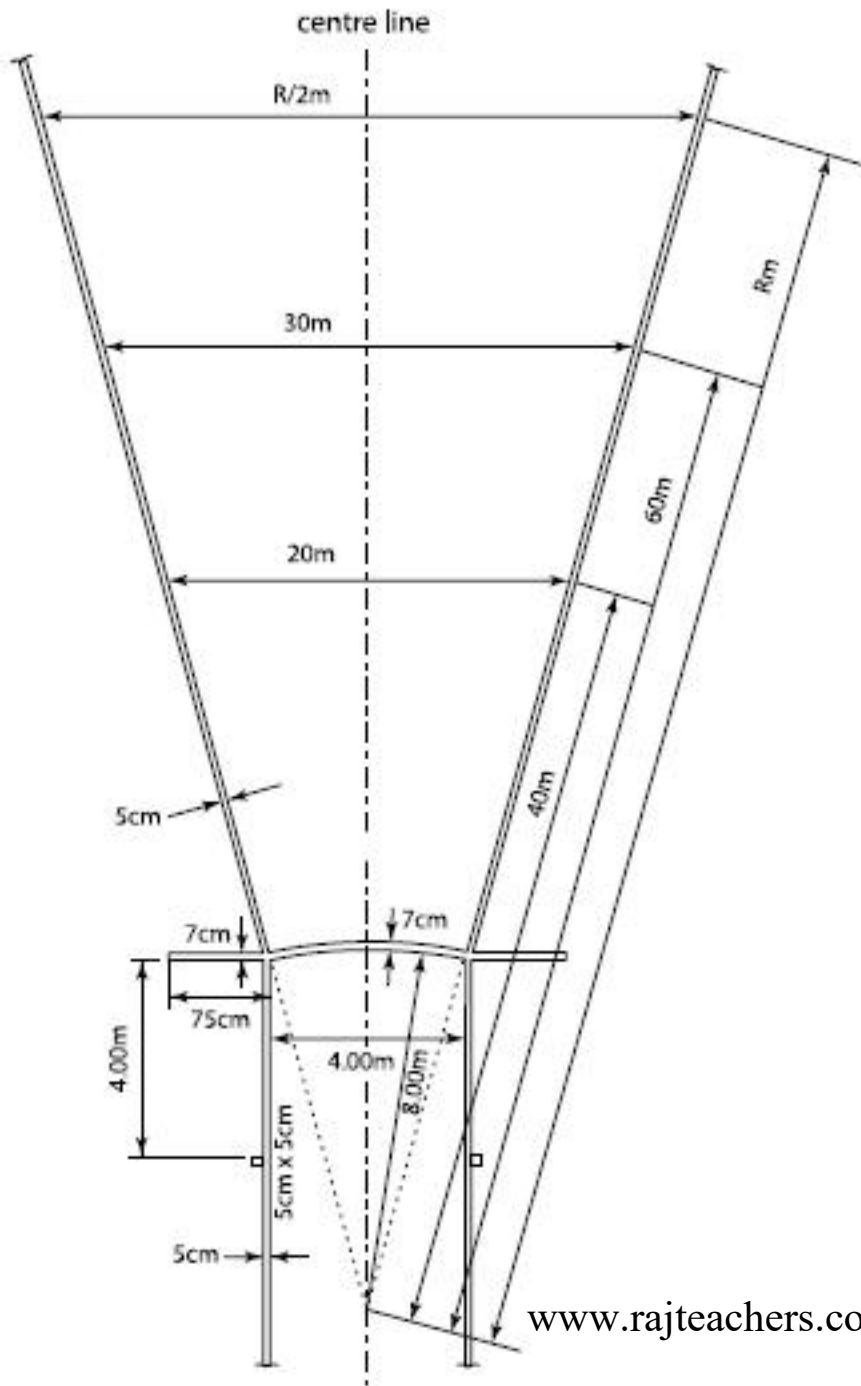
U-14 Yrs
15.30x9.20MTS(50x30)

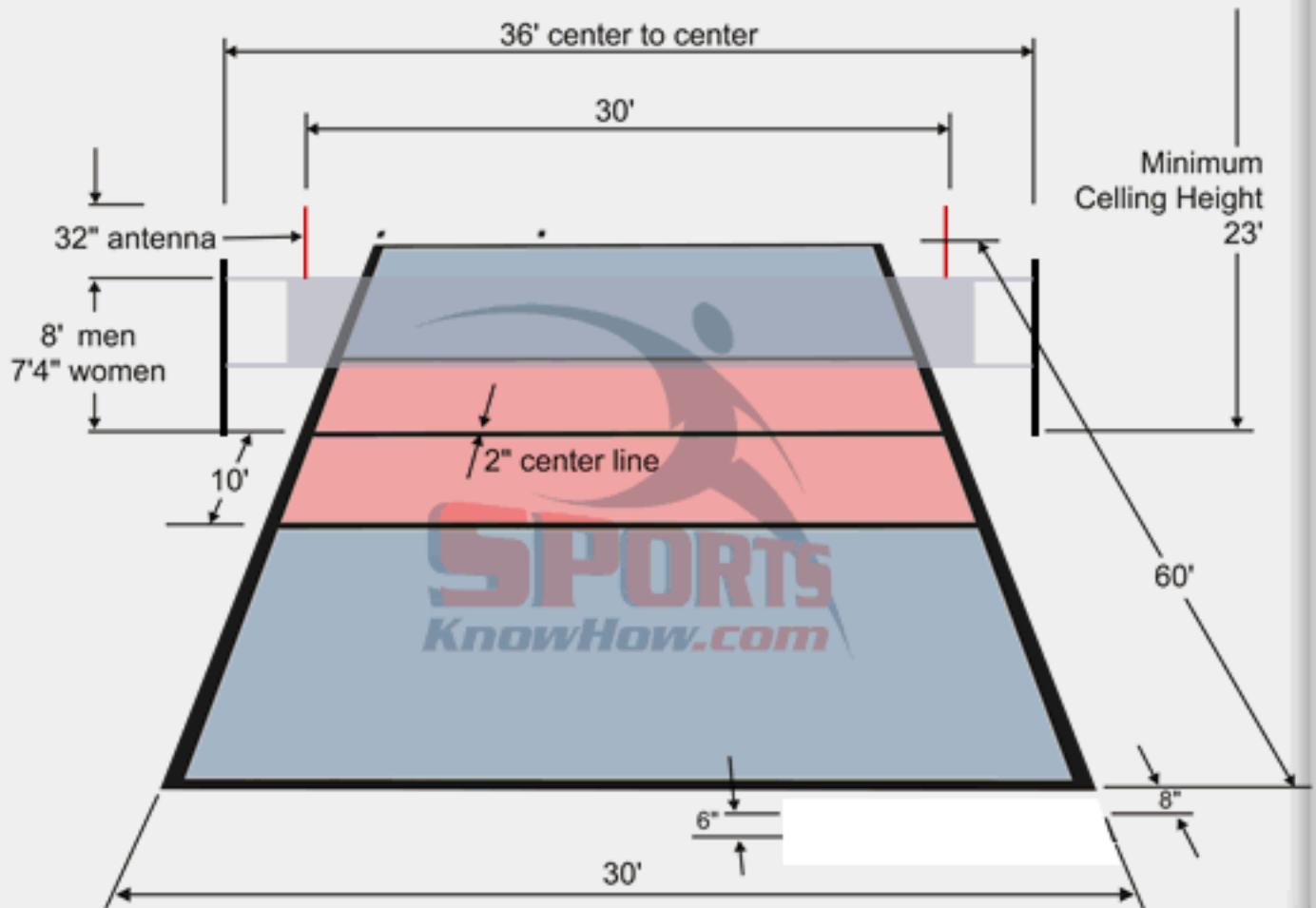
U-17 Yrs
18.30x12.20MTS(60x40)

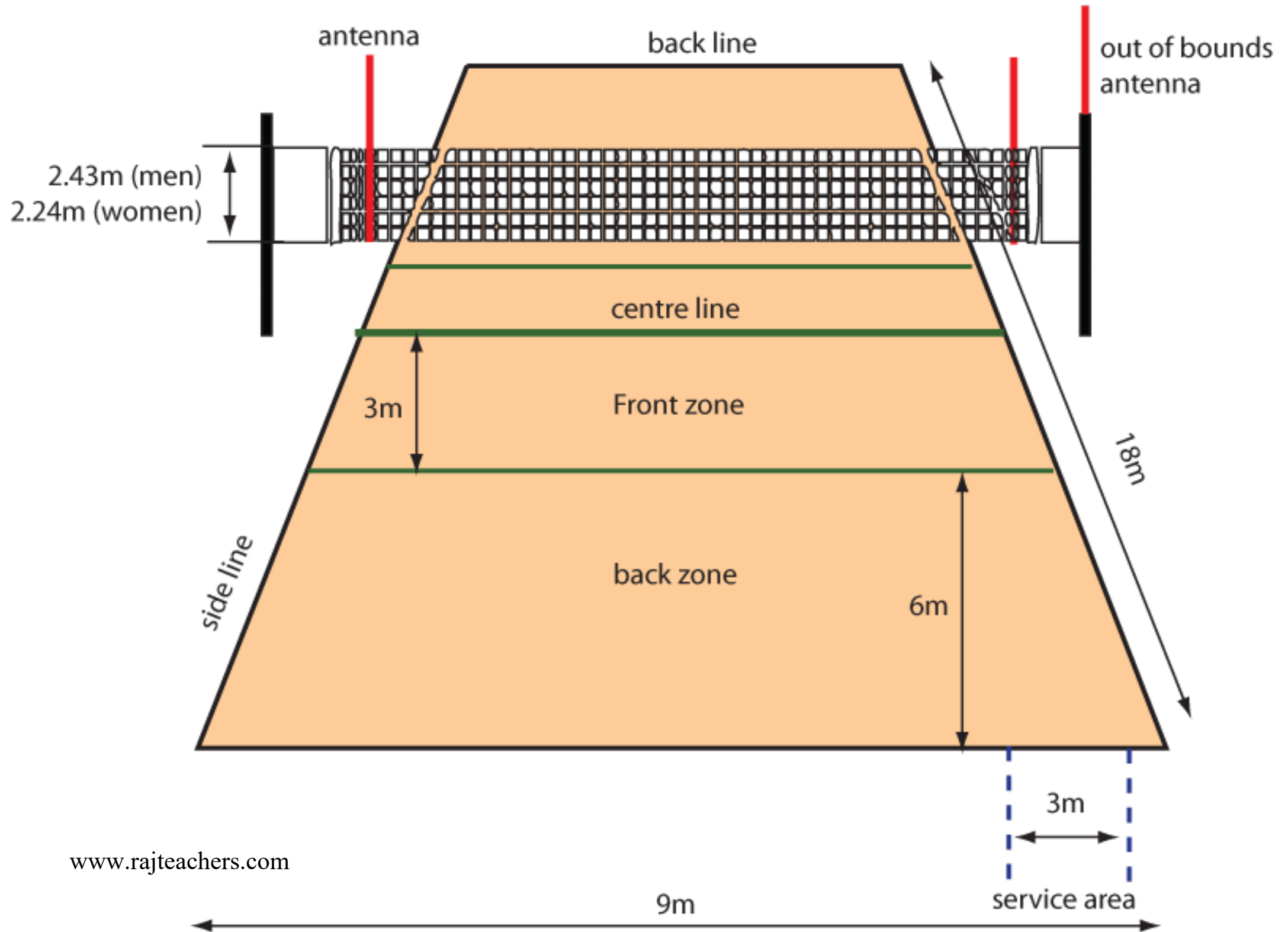
U-19 Yrs
18.30x12.20MTS(60x40)

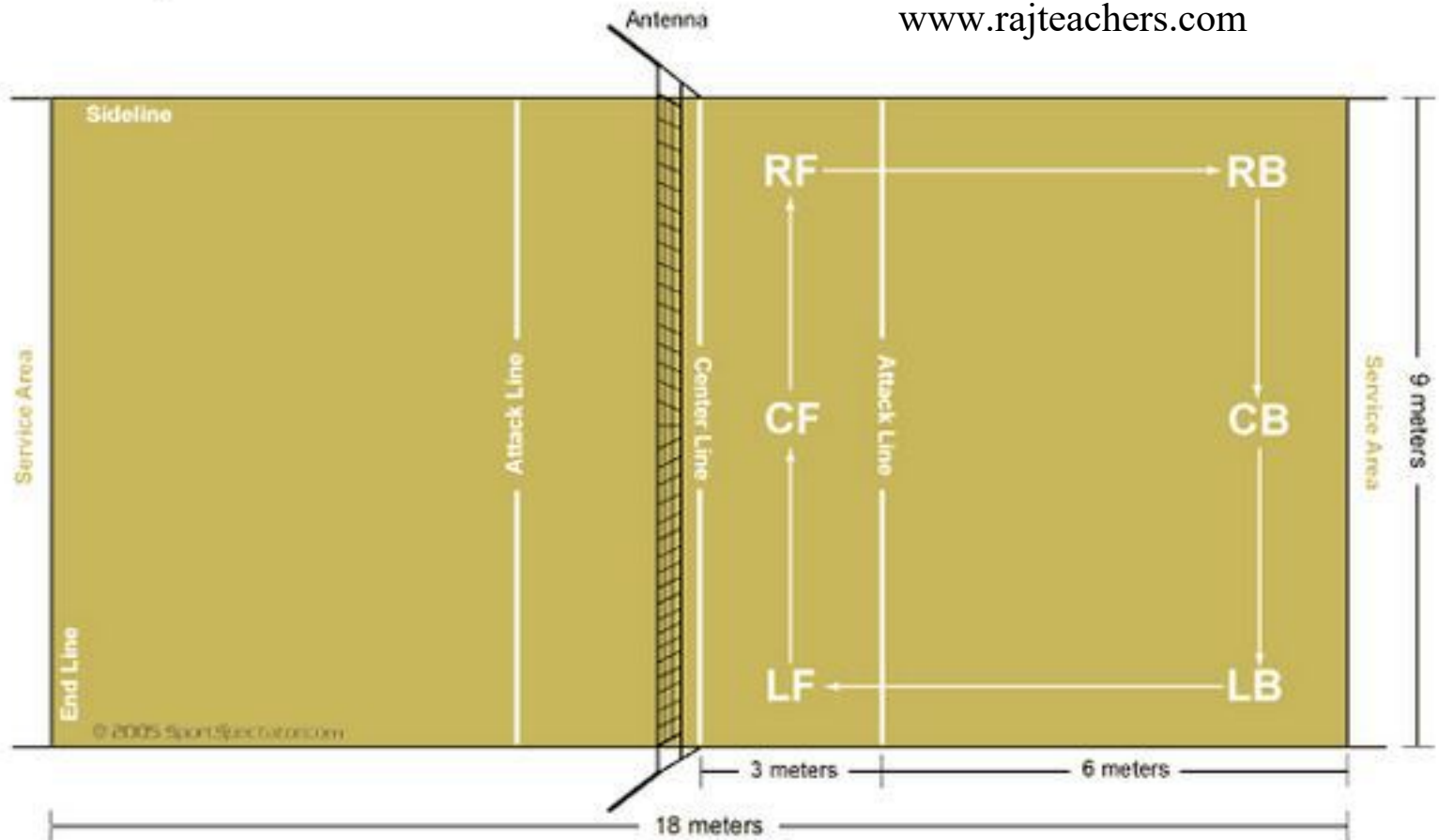












volleyball court
diagram

