

1.	What is the total marathon run?			A
	a.	42.195	c.	21.31
	b.	20.30	d.	2.50
2.	3000 meters long race is included in which of the following sports?			A
	a.	Steeplechase	c.	Hepathalon
	b.	Pentathlon	d.	Decathlon
3.	"What event is the verb associated with?"			B
	a.	Long distance	c.	.High jump
	b.	Cycle run	d.	100th race
4.	What is the main type of race?			A
	a.	3	c.	5
	b.	4	d.	6
5.	What are the types of four-way departure?			A
	a.	3	c.	5
	b.	4	d.	
6.	What is the width of a running lane in a standard track?			A
	a.	1.22 to 1.25 m	c.	1.5 to 1.5 m
	b.	1.30 to 1.30 m	d.	1.00 to 1.30 m.
7.	6. How much is less for crosscountry brothers?			C
	a.	12	c.	12.5
	b.	6	d.	8
8.	How many km is required for crosscountry sisters?			D
	a.	12	c.	12.5
	b.	9	d.	8
9.	What is the tally event in pentathlon?			A
	a.	5	c.	3
	b.	8	d.	10
10.	What is the length of the thikpatiya in long length?			A
	a.	1.22 m	c.	30 cm
	b.	1.50 m	d.	30 cm
11.	What is the length of the board in long jump?			D
	a.	1.5 m	c.	30 cm
	b.	1.50	d.	20 cm
12.	What is the thickness of the beam in the long run?			B
	a.	1.5 m	c.	30 cm
	b.	10 cm	d.	20 cm
13.	How many seconds does a jumper have to take a chance after being called to jump?			A
	a.	60	c.	30
	b.	30	d.	20
14.	How many chances does each competitor get in each of the highs and lows?			A
	a.	3	c.	8
	b.	4	d.	6

15.	How many cm can both the stands (horses) be moved farther or closer if the player demands the same?		C
	a. 30	c. 80	
	b. 30	d. 100	
16.	16. What is the diameter of the sphere of a golf ball feld?		B
	a. 6.12 m	c. 6.12 m	
	b. 2.135 M	d. 6.412 m	
17.	State the length of the plank in the shot put. ?		A
	a. 1.22 m	c. 1.50 m	
	b. 1.10 m	d. 1.30 m	
18.	State the height of the plank in the shot put. ?		C
	a. 11.5 cm	c. 10 cm	
	b. 11 cm	d. 12.5 cm	
19.	What should be the weight of the hammer used in hammer throwing competition?		A
	a. 7.265 to 7.285 kg	c. 7.526 to 7.285 kg	
	b. 7.265 to 7.258 kg	d. 7.265 to 7.528 kg	
20.	What is the diameter of a circle?		A
	a. 2.50 m	c. 2.40m	
	b. 2.25 m	d. 2.55m	
21.	What is the weight of the wheel in the wheel?		C
	a. 2 kg	c. 1 kg	
	b. 4 kg	d. 4.2	
22.	Which of the following does not hold a spear throw?		C
	a. Finish grip	c. Akilkan grip	
	b. American grip	d. Yes Gatorian Grip	
23.	Which of the following events is for men only?		C
	a. Golf	c. Hammer blow	
	b. Chakraf Ank	d. Barchif Bank	
24.	What is the minimum number of minutes of rest time given between two turns in 100 mead?		A
	a. 2 minutes	c. 20 minutes	
	b. 30 minutes	d. 15 minutes	
25.	How many meters of baton pradesh is made for baton replacement in relay race?		B
	a. 10 th	c. 15th	
	b. 20m	d. 20th	
26.	In both the events of steeplechase, where is the rounding process in water?		A
	a. Fourth	c. The third	
	b. The second	d. Each	
27.	How many steps will have to be crossed in the 4th Steeplechase event?		B
	a. 18	c. 30	
	b. 28	d. 16	
28.	How many obstacles are to be crossed in the 2000th event of teeplechase?		A
	a. 18	c. 30	



	b. 28	d. 16	
29.	How many times do you have to jump out of the water in the 2000 event of steeplechase?		A
	a. 7	c. 6	
	b. 5	d. 4	
30.	How many times do you have to jump out of the water in the 2000 steeplechase event?		B
	a. 7	c. 6	
	b. 5	d. 4	
31.	What is the number of players and substitutes in Kabaddi?		A
	a. 7 + 5	c. 7 + 2	
	b. 7 + 3	d. 6 + 6	
32.	How many meters wide is the collision bar in Kabaddi?		A
	a. 1 m	c. 2 m	
	b. 1.5 m	d. 1.75 m	
33.	"Kicking" is a word associated with which sport?		B
	a. Kho-kho	c. Volley ball	
	b. Kabaddi	d. Handball	
34.	The word "raid" is associated with which sport?		B
	a. Kho-kho	c. Volley ball	
	b. Kabaddi	d. Hand Ball	
35.	What is the time out time in Kabaddi?		A
	a. 30 seconds	c. 15 seconds	
	b. 60 seconds	d. 45 seconds	
36.	In Kabaddi, how much time can a short link take in one half?		B
	a. 1	c. 3	
	b. 2	d. 4	
37.	Which of the following points is used in the score sheet of Kabaddi?		B
	a. Δ	c. \square	
	b. \bigcirc	d. /	
38.	Kyuchinh is used to indicate bonus points in the score sheet of Kabaddi game		A
	a. Δ	c. \square	
	b. \bigcirc	d. /	
39.	What is the distance between cross line and bonus line in Kabaddi?		D
	a. 75 cm	c. 90 cm	
	b. 80 cm	d. 100 cm	
40.	What is the size of senior Bhai's field in Kabaddi?		B
	a. 10 * 12 m	c. 11 * 12 m	
	b. 10 * 13 m	d. 11 * 8m	
41.	The word "Karnok" is associated with whit support?		B



	a.	Swimming	c.	Kusti	
	b.	Kho-kho	d.	Kabaddi	
42.	What is the height of a pole in a game of volleyball?				C
	a.	2.43 m	c.	2.55 m	
	b.	2.24 m	d.	2.54 m	
43.	What is the circumference of a ball in volleyball?				A
	a.	65 cm To 67 cm	c.	65 cm To 66 cm	
	b.	65 cm To 68 cm	d.	65 cm To 69 cm	
44.	What is the weight of a ball in volleyball?				A
	a.	50 to 60 grams	c.	. 20 to 30 grams	
	b.	20 to 30 grams	d.	40 to 50 grams	
45.	In the game of volleyball, how many meters are drawn on both sides of the midline?				D
	a.	6	c.	1	
	b.	4	d.	3	
46.	In the game of volleyball, how many times can a player play the ball continuously?				A
	a.	2	c.	4	
	b.	1	d.	3	
47.	The words "half volley" and "full volley" are associated with which sport?				B
	a.	Volley ball	c.	Base ball	
	b.	Football	d.	Handball	
48.	48. Football is the national sport of which two countries?				D
	a.	America and Spain	c.	Brazil and Australia	
	b.	UK And Australia	d.	Brazil and Argentina	
49.	How many players are there in the game of football in Brazil and today?				B
	a.	9	c.	12	
	b.	11	d.	13	
50.	What is the circumference of the ball in football?				A
	a.	68 to 71 cm	c.	66 to 72 cm	
	b.	65 to 71 cm	d.	70 to 75 cm	
51.	What is the weight of a ball in football?				
	a.	396 to 456 grams	c.	396 to 465 grams	A
	b.	369 to 456 gram	d.	396 to 546 grams	
52.	What is the weight of a ball in the game of hockey?				A
	a.	156 to 163 g	c.	160 to 170 g	
	b.	150 to 170 g	d.	140 to 160 g	
53.	What is the length of a hockey stick?				A
	a.	75 to 93 cm	c.	85 to 95 cm	
	b.	80 to 90 cm	d.	75 to 98 cm	
54.	How many players are there in each hockey game?				A
	a.	11 + 5	c.	11 + 4	
	b.	12 + 3	d.	12 11 + 3	



55.	How many umpires are there in the game of hockey?		B
	a. 5	c. 2	
	b. 4	d. 6	
56.	How many cm thick lines are drawn in the game of hockey?		A
	a. 7	c. 2	
	b. 5	d. 6	
57.	The word "China Man" is associated with which sport?		B
	a. Kusti	c. Karate	
	b. Cricket	d. Table Tennis	
58.	How many players are there in a team in the game of cricket?		A
	a. 11 + 5	c. 11 + 4	
	b. 12 + 3	d. 11 + 3	
59.	In cricket, what is the distance between the champs on both sides of the opposite side?		B
	a. 21.12 m c	c. 22.12 m	
	b. 20.12 m	d. 22 meters	
60.	The lines drawn at equal distances of 1.22 meters in front of bowling kicks are called kicks?		A
	a. Popping kickers	c. Quick Tet	
	b. Pitch	d. Bowling Kickers	
61.	What is the weight of a kick ball?		A
	a. 155 to 163 g	c. 160 to 170 g	
	b. 150 to 170 g	d. 140 to 160 grams	
62.	What is the name given to a ball that falls within or very close to the batting crease in a kick?		B
	a. Google	c. Fulltose	
	b. Yorker	d. Flight	
63.	What is the length of a badminton racket?		A
	a. 68 to 70 cm	c. 65 to 66 cm	
	b. 64 to 65 cm	d. 70 to 72 cm.	
64.	How many meters is the length of a badminton coat?		A
	a. 13.40 m	c. 14.30 m	
	b. 12.40 m	d. 13.60 m	
65.	Which sport is known as Shuttle Coke?		B
	a. Table tennis	c. Snooker	
	b. Badminton	d. Lone Techniques	
66.	Which metal is used in making a badminton racket?		D
	a. Iron	c. Copper	
	b. Zinc	d. Aluminum	
67.	The word "lobe" is associated with which sport?		B
	a. Table tennis	c. Snooker	
	b. Badminton	d. Lone Tennis	
68.	What is horse riding called a playground?		A

	a.	Arena	c.	Ring	
	b.	Field	d.	Cos	
69.	The word "T" belongs to which game?				D
	a.	Football	c.	Hockey	
	b.	Cricket crack	d.	Golf	
70.	What are the names of football, polo, and hockey fields?				D
	a.	Ring	c.	Track	
	b.	Coat	d.	Field	
71.	What is the size of the ball in a game of table tennis?				B
	a.	44 mm	c.	50 mm	
	b.	40 mm	d.	54 mm	
72.	State the size of the basketball field.				A
	a.	28 * 15 m	c.	18 * 15 m	
	b.	38* 15 m	d.	23 * 15 m	
73.	What is the diameter of an iron ring in the game of basketball?				B
	a.	35 cm	c.	40 cm	
	b.	45 cm	d.	42 cm	
74.	What is the thickness of the rod of a basketball ring?				A
	a.	20 mm	c.	16 mm	
	b.	25 mm	d.	25 22 mm	
75.	What is the weight of a rubber ball in the game of basketball?				B
	a.	550 to 600 g	c.	650 to 700 g	
	b.	600 to 650 g	d.	600 625 to 675 g	
76.	What is the circumference of a rubber ball in the game of basketball?				A
	a.	75 to 78 cm	c.	75 to 80 cm	
	b.	73 to 75 cm	d.	70 to 75 cm	
77.	Which of the following is a scalar quantity?				A
	a.	Mass	c.	Velocity	
	b.	Weight	d.	Gravity	
78.	Which of the following is found to be the most agile?				B
	a.	High Jumper Athlete	c.	Swimmer	
	b.	Jim nests	d.	Device	
79.	Which of the following concepts reflects the true nature of modern specific physical education?				A
	a.	Physical training	c.	Movement education	
	b.	Theology of movement	d.	Athleticism	
80.	Which of the following is not considered as an organization?				A
	a.	Clubs	c.	Organizations	
	b.	Schools	d.	Society	
81.	The longest muscle in the body.				D
	a.	Deltoid	c.	Pectorals Major	
	b.	Isiliopsoas	d.	Sertotrius	
82.	A dynamometer is used to measure.				C



	a.	Flexibility	c.	Strength	
	b.	Agility	d.	Speed	
83.	The head is a sequence of				A
	a.	Person X element	c.	Character	
	b.	Health	d.	Tiffany	
84.	What is reduced by sweating profusely during strenuous physical activity?				A
	a.	Sodium Chloride	c.	Calcium	
	b.	Potassium	d.	Glycogen	
85.	In which Olympics did women participate for the first time?				B
	a.	1896 Athens	c.	1920 Entw	
	b.	1900 Patrice	d.	1928 Amsterdam	
86.	From a sociological point of view, which of the following is the most important factor in the development of the human personality?				D
	a.	Money	c.	Sakihatya	
	b.	Eight	d.	Culture	
87.	Which of the following game was developed in 1839 in New York by Abner Doubleday from The English Rounders?				D
	a.	Basketball	c.	Netball	
	b.	Volleyball	d.	Baseball	
88.	Which of the following is found to be the most agile?				B
	a.	High Jumper Athlete	c.	Swimmer	
	b.	Gymnasts	d.	Davis	
89.	Which of the following sports is included in the World C Military Cup organized by International Military Spots C Council (CISM) ?				B
	a.	Kick crack	c.	Volleyball	
	b.	Football	d.	Basketball	
90.	Is the world under their feet a biography?				A
	a.	Pullela Gopichand	c.	Ajiat Wadekar	
	b.	Nawab Pataodi	d.	Sachin Tendulkar	
91.	Who was the best player in the 2018 season of the World Championships in Athletics at Discus Throw Men?				C
	a.	Gerd Cantor	c.	Daniel Stahl	
	b.	Virgilizus Alekna	d.	Robert	
92.	Who decides which non-full member teams will be allowed to participate in the ICC Cricket World Cup?				C
	a.	International Cricket Council Constance	c.	World Cricket League and ICC World Cup qualifiers	
	b.	World Cricket League and BCCI	d.	ICC and BCCI	
93.	Shikha Tandon is most famous for which swimming event?				A
	a.	50m freestyle	c.	Freestyle relay	
	b.	50th backstroke	d.	Medley relay	
94.	When was the first AIBA Makihala World Boxing Championship held?				D
	a.	1999	c.	1985	



	b. 1995	d. 2001	
95.	Against which player did Magnus Carlos defend his 2018 World Chess Championship title?		C
	a. Sergei Karjakin	c. Fabiano Caruana	
	b. Vishwanathan Anand	d. Johann Zuckertort	
96.	Which team has been most successful in Women's Hockey World Cup?		A
	a. Netherlands	c. India	
	b. Pakistan	d. Australasia	
97.	Which of the following words is used to describe the parts of a cricket bat?		C
	a. Eyes and toes	c. Shoulder and toe	
	b. Legs and arms	d. Neck and shoulder	
98.	Where is the headquarters of ISSF located?		C
	a. In gland	c. Jum C's	
	b. USA	d. Russia	
99.	Which was the top ranked country in the 2005 UCI ProTour Kiev winner?		A
	a. Italy	c. A b of jam	
	b. Spain	d. USA	
100.	When was the Vince Baton Tyrrell introduced at the Commonwealth Games?		C
	a. 1934	c. 1958	
	b. 1938	d. 1954	
101.	Where in Greece were the ancient Olympic Games held?		C
	a. Athens	c. Olympia	
	b. Corinth	d. Argos	
102.	When was the Commonwealth Games first held?		A
	a. 1930	c. 1945	
	b. 1936	d. 1929	
103.	When was the Athletics Federation of India formed?		C
	a. 1985	c. 1946	
	b. 1978	d. 1965	
104.	Which player was the highest scorer in 2018 FIFA World Cup?		C
	a. Luca Motidrk	c. Hurri cane	
	b. Kylian Mbappe	d. Thibaut Courtois	
105.	Which of the following was named as Super Champion by World Boxing Organization?		D
	a. Jaw kalzaghe	c. Jaman Taylor	
	b. Bernard Hopkins	d. All of the above	
106.	Which male athlete has won the most gold medals in the World Championships in Athletes ?		C
	a. Carl Lewis	c. Usain Bolt	
	b. Greg Houghton	d. Michael Johnson	
107.	Which of the following is the first country to win the World Cup at home?		B
	a. Australia	c. England	
	b. India	d. West Indies	

108.	Who was the winner of long jump in 2018 Diamond League for Men?		B
	a. Pedro Kipchado	c. Christian Taylor	
	b. Luvo Manyonga	d. Kieron McMaster	
109.	Where is the headquarters of International cyclingYukinian located?		C
	a. England	c. Switzerland	
	b. Germany	d. France	
110.	When was the World C Box X Counstins formed?		B
	a. 1965	c. 1959	
	b. 1963	d. 1969	
111.	Which was the first city to host a fun run before the 2018 Asian Games?		C
	a. Jakata	c. Lahore	
	b. New Delhi	d. Seoul	
112.	Who is the captain of India Dacivs Cup team?		B
	a. Cylinder pace	c. Anand Amritraj	
	b. Mahesh Bhupakit	d. Zeeshan Ali	
113.	Who won the bronze medal in the individual shotgun skeet event for women in the 2018 ISSF Ju Kinner World C Cup?		A
	a. Ganmat Sekhon	c. Ufei Che A	
	b. Anna Zadnova	d. Wendy sings	
114.	The "Tlatelolco Massacre" took place in the midst of which Oscillympic Games?		B
	a. 1964 Summer Oscillimps X, Tokyo	c. 1972 Summer Osilimamps X, Mucinak	
	b. 1968 Summer Oscillimps, Mexico City	d. 1976 Summer Oscillops, Montreal	
115.	In which country was the first Youth Oscillympic Games held?		B
	a. Japan	c. Vietnam	
	b. Singapore	d. South Kotriya	
116.	Which country is the origin of the game of Teknis?		B
	a. Canada	c. France	
	b. England	d. Spain	
117.	What is the "Royal Buckedale Club" famous for?		A
	a. As a golf club	c. A as a football club	
	b. As a tennis club	d. As a table tennis club	
118.	Who codified the Boxing Code of Rules "Marquess of Queensberry Rules"?		D
	a. Jack Broton	c. Daniel Mendoza D	
	b. John L. Sullivan	d. John Graham Chambers	
119.	James J. Who was defeated by Corbett in 1892 to win the title of "First World Boxing Heavyweight Champion under the Queensberry Rules"?		C
	a. Jack Killern	c. John L. Sullivan	

	b.	Charlie Mitchell	d.	Paddy Ryan	
120.	What is the International Board of Governors for the sport of amateur wrestling?				C
	a.	United Wrestling Federation	c.	United World Wrestling	
	b.	United Wrestling Assoc	d.	Joint Wrestling Committee	
121.	The regional form of which sport is "Puroresu" ?				C
	a.	Polo	c.	Kusti	
	b.	Golf	d.	Technins	
122.	Who is the first and only Indian weightlifter to win an Olympic medal?				C
	a.	Deepa Masilak	c.	Karnam Malleshwari	
	b.	Lalita Babar	d.	Shiny Abraham	
123.	What is John Frederick Cole famous for?				A
	a.	As a powerlifter	c.	A as a wrestler	
	b.	As a boxer	d.	As an archer	
124.	What is John Cook famous for?				A
	a.	As a powerlifter	c.	A as a wrestler	
	b.	As a boxer	d.	As an archer	
125.	What is the boxing defense technique in which the boxer rotates the body slightly so that the incoming punch passes harmfully to the side of the head?				A
	a.	Slip	c.	Blocking	
	b.	Bobbing	d.	Clinching	
126.	What is the boxing defense technique in which the boxer moves the head from side to side and below the incoming punch?				B
	a.	Slip	c.	Blocking	
	b.	Bobbing	d.	Clinching	
127.	Who are the participants of the boxing match "The Rumble in the Jungle" held in 1974?				D
	a.	Muhammad Ali and Jo Frazier	c.	Floyd Mayweather Jr. and Manny Pacquiao	
	b.	George Carpentier and Jack Dempsey	d.	Muhammad Ali and George Foreman	
128.	From which Summer Olympics did volleyball become part of the official event program?				B
	a.	1960 Summer Olympics	c.	1968 Summer Olympics	
	b.	1964 Summer Olympics	d.	1972 Summer Olympics	
129.	Friend 10 Cup "Which sport is a professional competition?				B
	a.	Baseball	c.	Basketball	
	b.	Rugby union	d.	Volleyball	
130.	India's Nikhat Zareen and Gaurav Solanki are associated with which sport?				B
	a.	Cricket	c.	Archery	
	b.	Boxing	d.	Tennis	
131.	Netra Kumanan, who was in the news recently, became the first Indian woman to qualify for which sport at the Tokyo Olympics?				B
	a.	Weight lifting	c.	Fencing	

	b.	Sailing	d.	Table tennis	
132.	Which tennis player has won the Italian Open tennis tournament?				B
	a.	Roger Federer	c.	Novak Djokovic	
	b.	Rafael Nadal	d.	Andy Murray	
133.	Which basketball legend has been inducted into the Basketball Hall of Fame posthumously?				C
	a.	Wilt Chamberlain	c.	Kobe Bryant	
	b.	Tom Hanson	d.	John Hevelisek	
134.	Which country is set to host FIFA U-17 Women's World Cup 2022?				D
	a.	U.S	c.	Japan	
	b.	France	d.	India	
135.	How many sports awards by the President of India are included in the National Sports Awards of India?				B
	a.	Four	c.	Eight	
	b.	Six	d.	Ten	
136.	Phil Mickelson became the oldest athlete to win a major championship in which sport?				B
	a.	Tennis	c.	Squash	
	b.	Golf	d.	Table-tennis	
137.	What position did the Indian men's hockey team win in the Asian Champions Trophy?				C
	a.	first	c.	Third	
	b.	Second	d.	None	
138.	Novak jokovic, named Balkan Athlete of the Year 2021, is from which country?				B
	a.	Bulgaria	c.	Greece	
	b.	Serbia	d.	Hunger	
139.	What is the position of Indian women's hockey team in Asia Cup 2022?				C
	a.	first	c.	Third	
	b.	Second	d.	Fourth	
140.	What sport is Sakibul Gani associated with in the recent news?				B
	a.	Hockey	c.	Badminton	
	b.	Cricket	d.	Chess	
141.	What is the name of the new sport that has recently appeared in the news that is a combination of tennis, badminton and ping-pong?				B
	a.	Home ball	c.	Hip hop ball	
	b.	Pickled ball	d.	Fraudulent ball	
142.	Which country topped the medal tally at the 2022 Beijing Winter Olympics?				C
	a.	China	c.	Norway	
	b.	USA	d.	Germany	
143.	Which Indian state hosts 2G SAAF and National Cross Country Athletics Championships?				B
	a.	Goa	c.	Sikkim	
	b.	Nagaland	d.	Uttarakhand	

144.	Which city is the host of Senior National Chess Championship-2022?			B
	a.	Mumbai	c.	Chennai
	b.	Kanpur	d.	Panaji
145.	Which state / UT hosted India's first ice wall climbing competition?			B
	a.	Himachal Pradesh	c.	Uttarakhand
	b.	Ladakh	d.	Sikkim
146.	Who is the first Indian woman cricketer to participate in six ICC Women's Cricket World Cups?			A
	a.	Mithali Raj	c.	Harmanpreet Kaur
	b.	Shelfali Varma	d.	Zulhan Goswami
147.	Which countries won Uber Cup and Thomas Cup 2021 respectively?			B
	a.	India and China	c.	Japan and Bangladesh
	b.	China and Indonesia	d.	China and India
148.	which sport is Pragyandha seen in the news recently?			B
	a.	Cricket	c.	Soccer
	b.	Chess	d.	Volleyball
149.	October 2021, Who is the highest wicket-taker in T20 International cricket?			C
	a.	R Ashwin	c.	Shakib Al Hasan
	b.	Jaspreet Bumrah	d.	Tim Southee
150.	The goddess Hawney, who recently won the title at the Charleville competition in France, is associated with which sport?			C
	a.	Weight-lifting	c.	Fencing
	b.	Archery	d.	Shooting