

# COACH ELKINS Team Sports Final Exam Study Guide

SPRING 19 -- RETIREMENT

## **Badminton:**

1. SEVEN points constitute a game in class this semester.
2. If the birdie lands on the line, it is IN.
3. When serving, you stay on the right-hand side AND ROTATE BACK & FORTH EACH SERVE.
4. The forehand grip is SIMILAR to the one used in tennis.
5. Serves are most effective if they are short, low, AND NEAR FRONT LINE.
6. A serve struck above the waist is ILLEGAL.
7. Reaching over the net or touching the net is ILLEGAL.

## **Pickle Ball:**

8. A player MAY step into the non-volley zone if he/she allows the ball to bounce before returning it
9. Both members of the serving team should be BACK NEAR BASE LINE at the time of the serve so that neither will forget to let the FIRST RETURNED BALL before they return it.
10. Whenever a team begins serving, the player in the RIGHT-HAND court will serve first.
11. A ball that lands on a line is considered IN.
12. When receiving team wins the serve, the player in the right service court will start SERVING.
13. To volley means to hit the ball BEFORE it bounces.

## **Softball:**

14. Bunting is ILLEGAL in slow pitch softball
15. The bat SHOULD be held with a relaxed grip across the fingers when hitting
16. When base running in softball, a base runner MAY OVER RUN first base
17. In slow pitch softball, if a runner leaves the base before the batter contacts the ball, the BASE RUNNER is called OUT.
18. In softball, a play in which the fielder elects to put out a base runner rather than the batter is called a FIELDER'S CHOICE.
19. An official softball game consists of SEVEN innings.
20. Slow pitch softball and baseball play the SAME NUMBER of players in the field on defense at one time.
21. In slow pitch softball, pitches MUST have at LEAST SIX – FOOT ARC on them.
22. In softball, a defensive play that results in two outs is called a DOUBLE PLAY.
23. In softball, each team is allowed THREE OUTS per inning.

## **Basketball:**

24. When dribbling the basketball, you should NOT watch the ball.
25. A moving screen in basketball is ILLEGAL.
26. In basketball, a DOUBLE DRIBBLE is called when a player dribbles, picks up the ball and dribbles again.
27. If a player pushes or holds an opponent in basketball, a personal FOUL is called on him / her.
28. In basketball, the TRIPLE THREAT POSITION allows you to shoot, pass or dribble.

### **Speedball:**

29. In Speed Ball there are FOUR WAYS to SCORE.
30. A pass into the scoring zone (MALE TO MALE ) is worth 1 POINT.
31. A drop kick in that is caught by a teammate into the scoring zone (MALE TO MALE) is worth 2 POINTS.
32. A kick or a header into the hockey net (MALE) is worth 2 POINTS.
33. A shot beyond the Basketball ARC on the court made (MALE) is worth 3 POINTS if made, -1 POINT if missed.

### **Volleyball:**

34. The forearm pass is usually the: FIRST HIT
35. Another name for the forearm pass is the: BUMP
36. When setting a volleyball, you should form a window: IN FRONT OF YOUR FACE
37. The term used for a change of serve as a result of play is called: SIDE OUT
38. A ball that lands on the line is called: IN
39. You can score points in volleyball when you are: ANY TIME DURING GAME
40. A ball that hits the net on the serve is: IN
41. How many times can one team hit the ball before the ball has to go over the NET? 3
42. How many times can on player hit the ball CONSECUTIVELY? 1

### **Racquetball:**

43. In racquetball, you may play: SINGLES, DOUBLES, & CUT THROAT
44. In racquetball doubles, how many players from one team may serve to start the game? 1
45. In racquetball, when the first server of the doubles team loses his serve it is called: HAND OUT
46. In racquetball, cutthroat is a game played with \_\_\_\_\_ players: 3
47. In racquetball doubles, with the exception of the first set of serves, how many players get to serve before relinquishing it to the other team? 2
48. In racquetball doubles, partners have to: AVOID CONTACT WITH OTHER TEAM & ALTERNATE PLAYING THE BALL
49. In racquetball, a player may: PLAY THE BALL ON ONE BOUNCE OR NO BOUNCES (EXCEPT ON SERVE, PLAYERS MUST LET SERVE BOUNCE)
50. In racquetball, the server must: LET THE BALL BOUNCE BEFORE SERVING, MAKE CONTACT WITH BALL BELOW WAIST, & HIT THE BACK WALL BEFORE THE SIDE WALL

FLAG FOOTBALL  
INDOOR SOCCER

