

SPORTS AND GAMES

Notes in MCQ Form with Answers

247 Questions | 13 Sections

Correct answers are shown in green below each question, with a one-line note to remember.

1. Olympics and Major Games

Q1. Who is known as the father of the modern Olympic Games?

- | | |
|----------------------------|--------------------|
| (A) Pierre de Coubertin | (B) Avery Brundage |
| (C) Juan Antonio Samaranch | (D) Thomas Bach |

Answer: (A) Pierre de Coubertin

Note: He founded the IOC in 1894 in Paris.

Q2. Where were the first modern Olympic Games held (1896)?

- | | |
|------------|---------------|
| (A) Paris | (B) Athens |
| (C) London | (D) Stockholm |

Answer: (B) Athens

Note: Held in Greece, the birthplace of the ancient Games.

Q3. What is the Olympic motto?

- | | |
|-----------------------------|-----------------|
| (A) Citius, Altius, Fortius | (B) Play True |
| (C) Unity in Diversity | (D) Ever Onward |

Answer: (A) Citius, Altius, Fortius

Note: Means Faster, Higher, Stronger. 'Communiter' (Together) was added in 2021.

Q4. How many rings are there in the Olympic symbol?

- | | |
|----------|-----------|
| (A) Six | (B) Seven |
| (C) Five | (D) Four |

Answer: (C) Five

Note: Blue, yellow, black, green and red rings on a white background.

Q5. Where is the headquarters of the IOC?

- | | |
|---------------------------|------------|
| (A) Geneva | (B) Athens |
| (C) Lausanne, Switzerland | (D) Paris |

Answer: (C) Lausanne, Switzerland

Note: IOC was founded in 1894.

Q6. Where is the Olympic flame lit?

- | | |
|------------|---------------------|
| (A) Sparta | (B) Athens |
| (C) Delphi | (D) Olympia, Greece |

Answer: (D) Olympia, Greece

Note: Lit using the sun's rays and a parabolic mirror.

Q7. Which city hosted the 2024 Summer Olympics?

- | | |
|--------------------|------------|
| (A) Tokyo | (B) Paris |
| (C) Rio de Janeiro | (D) London |

Answer: (B) Paris

Note: Paris hosted in 1900, 1924 and 2024. Next hosts: Los Angeles 2028, Brisbane 2032.

Q8. In which year were the Tokyo Olympics (named Tokyo 2020) actually held?

- | | |
|----------|----------|
| (A) 2020 | (B) 2019 |
| (C) 2022 | (D) 2021 |

Answer: (D) 2021

Note: Postponed by one year due to COVID-19.

Q9. Who was the first Indian to win an Olympic medal?

- | | |
|------------------|----------------------|
| (A) Dhyan Chand | (B) K.D. Jadhav |
| (C) Milkha Singh | (D) Norman Pritchard |

Answer: (D) Norman Pritchard

Note: Won two silver medals in athletics at Paris 1900.

Q10. Who won India's first individual Olympic gold medal?

- | | |
|-------------------|--------------------------------|
| (A) Vijay Kumar | (B) Abhinav Bindra |
| (C) Neeraj Chopra | (D) Rajyavardhan Singh Rathore |

Answer: (B) Abhinav Bindra

Note: Beijing 2008, 10 m air rifle (shooting).

Q11. Who was the first Indian woman to win an Olympic medal?

- | | |
|-----------------------|------------------|
| (A) Karnam Malleswari | (B) Mary Kom |
| (C) P.T. Usha | (D) Saina Nehwal |

Answer: (A) Karnam Malleswari

Note: Bronze in weightlifting at Sydney 2000.

Q12. Who won independent India's first individual Olympic medal?

- | | |
|--------------------|------------------|
| (A) Vijender Singh | (B) K.D. Jadhav |
| (C) Sushil Kumar | (D) Leander Paes |

Answer: (B) K.D. Jadhav

Note: Wrestling bronze at Helsinki 1952.

Q13. Neeraj Chopra won Olympic gold at Tokyo in which event?

- | | |
|------------------|-------------------|
| (A) Hammer throw | (B) Javelin throw |
| (C) Discus throw | (D) Shot put |

Answer: (B) Javelin throw

Note: Throw of 87.58 m. He won silver at Paris 2024.

Q14. How many medals did India win at the Tokyo Olympics?

- | | |
|-------|-------|
| (A) 9 | (B) 5 |
| (C) 6 | (D) 7 |

Answer: (D) 7

Note: 1 gold, 2 silver, 4 bronze - India's best ever tally.

Q15. How many medals did India win at the Paris 2024 Olympics?

- | | |
|-------|-------|
| (A) 7 | (B) 6 |
| (C) 4 | (D) 8 |

Answer: (B) 6

Note: 1 silver (Neeraj Chopra) and 5 bronze.

Q16. Who became the first Indian (post-Independence) to win two medals in a single Olympics?

- | | |
|------------------|-------------------|
| (A) Sakshi Malik | (B) Manu Bhaker |
| (C) P.V. Sindhu | (D) Mirabai Chanu |

Answer: (B) Manu Bhaker

Note: Paris 2024: bronze in 10 m air pistol and mixed team (with Sarabjot Singh).

Q17. In which year did India win its first Olympic hockey gold?

- | | |
|----------------------|-------------------|
| (A) 1920 (Antwerp) | (B) 1948 (London) |
| (C) 1928 (Amsterdam) | (D) 1936 (Berlin) |

Answer: (C) 1928 (Amsterdam)

Note: Dhyan Chand was the star of the 1928 team.

Q18. How many Olympic gold medals has India won in hockey?

- | | |
|-------|-------|
| (A) 7 | (B) 9 |
| (C) 6 | (D) 8 |

Answer: (D) 8

Note: 1928, 32, 36, 48, 52, 56, 64 and 1980.

Q19. Which Indian woman shuttler won Olympic medals at both Rio 2016 and Tokyo 2020?

- | | |
|----------------------|-----------------|
| (A) Ashwini Ponnappa | (B) P.V. Sindhu |
| (C) Saina Nehwal | (D) Jwala Gutta |

Answer: (B) P.V. Sindhu

Note: Silver (2016) and bronze (2020); first Indian woman with two individual Olympic medals.

Q20. Which Indian weightlifter won silver at Tokyo 2020 (India's first medal there)?

- | | |
|-----------------------|-------------------|
| (A) Karnam Malleswari | (B) Punam Yadav |
| (C) Sanjita Chanu | (D) Mirabai Chanu |

Answer: (D) Mirabai Chanu

Note: 49 kg category.

Q21. Where and when were the first Asian Games held?

- | | |
|---------------------|------------------|
| (A) Bangkok, 1950 | (B) Manila, 1954 |
| (C) New Delhi, 1951 | (D) Tokyo, 1954 |

Answer: (C) New Delhi, 1951

Note: India hosted the Games again in 1982.

Q22. What is the motto of the Asian Games?

- | | |
|------------------------------|------------------------|
| (A) Ever Onward | (B) Unity in Diversity |
| (C) Faster, Higher, Stronger | (D) Sports for All |

Answer: (A) Ever Onward

Note: Motto of the Olympic Council of Asia.

Q23. How many medals did India win at the Hangzhou Asian Games (held 2023)?

- | | |
|---------|---------|
| (A) 70 | (B) 100 |
| (C) 107 | (D) 86 |

Answer: (C) 107

Note: 28 gold, 38 silver, 41 bronze - India's best ever.

Q24. Which city hosted the 2022 Commonwealth Games?

- | | |
|----------------|----------------|
| (A) Delhi | (B) Birmingham |
| (C) Gold Coast | (D) Glasgow |

Answer: (B) Birmingham

Note: 2026 host: Glasgow. 2030 (centenary) host: Ahmedabad.

Q25. In which year did Delhi host the Commonwealth Games?

- | | |
|----------|----------|
| (A) 2002 | (B) 2010 |
| (C) 2006 | (D) 2014 |

Answer: (B) 2010

Note: Mascot: Shera the tiger.

Q26. The first Commonwealth Games (British Empire Games) were held in 1930 at:

- | | |
|----------------------|--------------|
| (A) London | (B) Sydney |
| (C) Hamilton, Canada | (D) Auckland |

Answer: (C) Hamilton, Canada

Note: Now held every four years.

Q27. Where were the first Winter Olympics held (1924)?

- | | |
|-----------------|----------------------|
| (A) Lake Placid | (B) Chamonix, France |
| (C) Oslo | (D) St. Moritz |

Answer: (B) Chamonix, France

Q28. Who won India's first Paralympic gold medal?

- | | |
|-------------------|------------------------|
| (A) Deepa Malik | (B) Devendra Jhajharia |
| (C) Avani Lekhara | (D) Murlikant Petkar |

Answer: (D) Murlikant Petkar

Note: Swimming, Heidelberg 1972.

Q29. How many medals did India win at the Paris 2024 Paralympics?

- | | |
|--------|--------|
| (A) 19 | (B) 10 |
| (C) 29 | (D) 35 |

Answer: (C) 29

Note: Including 7 gold - India's best Paralympic haul.

Q30. Who is the first woman President of the Indian Olympic Association (IOA)?

- | | |
|-----------------------|-----------------------|
| (A) Mary Kom | (B) P.T. Usha |
| (C) Anju Bobby George | (D) Karnam Malleswari |

Answer: (B) P.T. Usha

Note: Elected in December 2022. IOA was formed in 1927.

2. Cricket

Q31. What is the length of a cricket pitch?

- | | |
|--------------|--------------|
| (A) 22 yards | (B) 24 yards |
| (C) 25 yards | (D) 20 yards |

Answer: (A) 22 yards

Note: 22 yards = 20.12 m (one chain).

Q32. How many stumps and bails are used at one end of the pitch?

- | | |
|-----------------------|-----------------------|
| (A) 2 stumps, 3 bails | (B) 4 stumps, 2 bails |
| (C) 3 stumps, 3 bails | (D) 3 stumps, 2 bails |

Answer: (D) 3 stumps, 2 bails

Q33. Where is the 'Home of Cricket' located?

- (A) MCG, Melbourne
- (C) Lord's, London

- (B) The Oval, London
- (D) Eden Gardens, Kolkata

Answer: (C) Lord's, London

Note: Owned by the Marylebone Cricket Club (MCC).

Q34. Where is the headquarters of the ICC?

- (A) London
- (C) Dubai

- (B) Lahore
- (D) Mumbai

Answer: (C) Dubai

Note: Moved from Lord's to Dubai in 2005.

Q35. Where is the headquarters of the BCCI?

- (A) Kolkata
- (C) Chennai

- (B) Mumbai
- (D) New Delhi

Answer: (B) Mumbai

Note: BCCI was formed in 1928.

Q36. The first Cricket World Cup (1975) was won by:

- (A) Australia
- (C) India

- (B) England
- (D) West Indies

Answer: (D) West Indies

Note: Captain Clive Lloyd; hosted by England.

Q37. Who captained India to its first World Cup win in 1983?

- (A) M.S. Dhoni
- (C) Sunil Gavaskar

- (B) Kapil Dev
- (D) Sourav Ganguly

Answer: (B) Kapil Dev

Note: Beat West Indies in the final at Lord's.

Q38. India won the 2011 ODI World Cup under whose captaincy?

- (A) M.S. Dhoni
- (C) Virat Kohli

- (B) Rohit Sharma
- (D) Rahul Dravid

Answer: (A) M.S. Dhoni

Note: Beat Sri Lanka at Wankhede Stadium, Mumbai.

Q39. Who won the first T20 World Cup (2007)?

- (A) Pakistan
- (C) South Africa

- (B) Australia
- (D) India

Answer: (D) India

Note: Captain M.S. Dhoni; final vs Pakistan in Johannesburg.

Q40. India won the 2024 T20 World Cup by beating which team in the final?

- (A) New Zealand
- (C) Australia

- (B) South Africa
- (D) England

Answer: (B) South Africa

Note: Final at Barbados; captain Rohit Sharma.

Q41. Who won the 2023 ODI Cricket World Cup?

- | | |
|-----------------|---------------|
| (A) New Zealand | (B) India |
| (C) England | (D) Australia |

Answer: (D) Australia

Note: Final in Ahmedabad against India.

Q42. India won the 2025 ICC Champions Trophy by beating:

- | | |
|------------------|---------------|
| (A) New Zealand | (B) Pakistan |
| (C) South Africa | (D) Australia |

Answer: (A) New Zealand

Note: Final in Dubai; captain Rohit Sharma.

Q43. Which team won the 2025 Women's ODI World Cup?

- | | |
|-------------|------------------|
| (A) India | (B) South Africa |
| (C) England | (D) Australia |

Answer: (A) India

Note: Captain Harmanpreet Kaur; final played at Navi Mumbai.

Q44. Who holds the record for the highest individual score in Test cricket (400*)?

- | | |
|----------------------|--------------------|
| (A) Don Bradman | (B) Brian Lara |
| (C) Sachin Tendulkar | (D) Matthew Hayden |

Answer: (B) Brian Lara

Note: vs England at Antigua, 2004.

Q45. Who scored the first double century in ODIs?

- | | |
|------------------|----------------------|
| (A) Rohit Sharma | (B) Sachin Tendulkar |
| (C) Chris Gayle | (D) Virender Sehwag |

Answer: (B) Sachin Tendulkar

Note: 200 vs South Africa, Gwalior, 2010.*

Q46. Who holds the record for the highest individual ODI score (264)?

- | | |
|----------------------|---------------------|
| (A) Sachin Tendulkar | (B) Rohit Sharma |
| (C) Martin Gupthill | (D) Virender Sehwag |

Answer: (B) Rohit Sharma

Note: vs Sri Lanka, Eden Gardens, 2014.

Q47. Who is the first cricketer to score 100 international centuries?

- | | |
|--------------------|----------------------|
| (A) Jacques Kallis | (B) Sachin Tendulkar |
| (C) Virat Kohli | (D) Ricky Ponting |

Answer: (B) Sachin Tendulkar

Note: He played 200 Tests. Bharat Ratna in 2014 - first sportsperson to receive it.

Q48. Which Indian bowler took all 10 wickets in a Test innings?

- | | |
|---------------------|-----------------------|
| (A) Kapil Dev | (B) Anil Kumble |
| (C) Harbhajan Singh | (D) Bishan Singh Bedi |

Answer: (B) Anil Kumble

Note: vs Pakistan at Delhi, 1999. First was Jim Laker (England).

Q49. Who has taken the most wickets in Test cricket (800)?

- | | |
|--------------------------|--------------------|
| (A) Shane Warne | (B) Anil Kumble |
| (C) Muttiah Muralitharan | (D) James Anderson |

Answer: (C) Muttiah Muralitharan

Note: Sri Lankan off-spinner.

Q50. What was Sir Don Bradman's Test batting average?

- | | |
|------------|-----------|
| (A) 95.14 | (B) 98.50 |
| (C) 100.00 | (D) 99.94 |

Answer: (D) 99.94

Note: He needed just 4 runs in his last innings for an average of 100.

Q51. Dismissal without scoring any run is called a:

- | | |
|----------|------------|
| (A) Duck | (B) Googly |
| (C) Bye | (D) Maiden |

Answer: (A) Duck

Note: Golden duck = out on the first ball faced.

Q52. Taking three wickets off three consecutive balls is called a:

- | | |
|---------------|----------------|
| (A) Hat-trick | (B) Over-trick |
| (C) Triple | (D) Treble |

Answer: (A) Hat-trick

Q53. Who was the first Indian to score 10,000 Test runs?

- | | |
|----------------------|--------------------|
| (A) Sachin Tendulkar | (B) Sunil Gavaskar |
| (C) Kapil Dev | (D) Rahul Dravid |

Answer: (B) Sunil Gavaskar

Q54. Which Indian captain won all three ICC trophies (T20 WC, ODI WC, Champions Trophy)?

- | | |
|--------------------|-----------------|
| (A) Kapil Dev | (B) Virat Kohli |
| (C) Sourav Ganguly | (D) M.S. Dhoni |

Answer: (D) M.S. Dhoni

Note: 2007, 2011 and 2013.

Q55. Who captained India in its first Test match (1932, Lord's)?

- | | |
|-------------------|-----------------|
| (A) Lala Amarnath | (B) C.K. Nayudu |
| (C) Vijay Hazare | (D) Pataudi Sr. |

Answer: (B) C.K. Nayudu

Q56. The IPL was started in which year?

- | | |
|----------|----------|
| (A) 2005 | (B) 2010 |
| (C) 2008 | (D) 2007 |

Answer: (C) 2008

Note: First champions: Rajasthan Royals (captain Shane Warne).

Q57. Which team won the IPL in 2025 for the first time in its history?

- (A) Delhi Capitals
- (B) Punjab Kings
- (C) Lucknow Super Giants
- (D) Royal Challengers Bengaluru

Answer: (D) Royal Challengers Bengaluru

Note: Beat Punjab Kings in the final.

Q58. The Ranji Trophy is a domestic competition in which sport?

- (A) Football
- (B) Cricket
- (C) Hockey
- (D) Badminton

Answer: (B) Cricket

Note: Named after K.S. Ranjitsinhji. Mumbai has won the most titles.

Q59. The 'Border-Gavaskar Trophy' is contested between:

- (A) India and England
- (B) India and Pakistan
- (C) Australia and England
- (D) India and Australia

Answer: (D) India and Australia

Note: Test series.

Q60. The 'Ashes' series is played between:

- (A) Australia and South Africa
- (B) England and Australia
- (C) India and Australia
- (D) England and West Indies

Answer: (B) England and Australia

Note: Since 1882.

Q61. Which Test match was the first ever played (1877)?

- (A) England vs Australia at The Oval
- (B) Australia vs South Africa at Sydney
- (C) England vs India at Lord's
- (D) Australia vs England at Melbourne

Answer: (D) Australia vs England at Melbourne

Q62. How many overs per side are there in a T20 match?

- (A) 25
- (B) 20
- (C) 10
- (D) 50

Answer: (B) 20

Note: ODI = 50 overs per side.

Q63. A ball that turns the opposite way to a leg-spin delivery (for a right-hander) is called:

- (A) Bouncer
- (B) Yorker
- (C) Doosra
- (D) Googly

Answer: (D) Googly

Note: Invented by B.J.T. Bosanquet.

3. Football

Q64. How many players does each team field in a football match?

- (A) 11
- (B) 9
- (C) 12
- (D) 10

Answer: (A) 11

Note: Including the goalkeeper.

Q65. What is the duration of a standard football match?

- | | |
|-----------------|----------------|
| (A) 80 minutes | (B) 70 minutes |
| (C) 100 minutes | (D) 90 minutes |

Answer: (D) 90 minutes

Note: Two halves of 45 minutes.

Q66. Where is the FIFA headquarters?

- | | |
|-------------------------|--------------|
| (A) Geneva | (B) Paris |
| (C) Zurich, Switzerland | (D) Lausanne |

Answer: (C) Zurich, Switzerland

Note: FIFA was founded in 1904 in Paris.

Q67. Where was the first FIFA World Cup (1930) held?

- | | |
|-------------|---------------|
| (A) Brazil | (B) Argentina |
| (C) Uruguay | (D) Italy |

Answer: (C) Uruguay

Note: Uruguay also won it.

Q68. Which country has won the most FIFA World Cups?

- | | |
|---------------|------------|
| (A) Argentina | (B) Italy |
| (C) Germany | (D) Brazil |

Answer: (D) Brazil

Note: 5 titles: 1958, 62, 70, 94, 2002.

Q69. Who is the all-time leading goal scorer in World Cup history (16 goals)?

- | | |
|----------------------|--------------------|
| (A) Pele | (B) Lionel Messi |
| (C) Ronaldo (Brazil) | (D) Miroslav Klose |

Answer: (D) Miroslav Klose

Note: Germany.

Q70. Which player won three World Cups with Brazil?

- | | |
|------------|----------------|
| (A) Neymar | (B) Pele |
| (C) Zico | (D) Ronaldinho |

Answer: (B) Pele

Note: 1958, 1962 and 1970. Known as 'Black Pearl'.

Q71. Who won the 2022 FIFA World Cup in Qatar?

- | | |
|---------------|------------|
| (A) Croatia | (B) France |
| (C) Argentina | (D) Brazil |

Answer: (C) Argentina

Note: Beat France on penalties; captain Lionel Messi.

Q72. The 2026 FIFA World Cup is jointly hosted by:

- | | |
|----------------------------|----------------------------|
| (A) Qatar and UAE | (B) Spain and Portugal |
| (C) USA, Brazil and Canada | (D) USA, Canada and Mexico |

Answer: (D) USA, Canada and Mexico

Note: First with 48 teams.

Q73. From how far is a penalty kick taken?

- | | |
|--------------|---------------------|
| (A) 15 yards | (B) 12 yards (11 m) |
| (C) 10 yards | (D) 18 yards |

Answer: (B) 12 yards (11 m)

Q74. Which card means a player is sent off the field?

- | | |
|-----------------|----------------|
| (A) Yellow card | (B) Green card |
| (C) Blue card | (D) Red card |

Answer: (D) Red card

Note: Yellow = caution.

Q75. The 'Hand of God' goal was scored by Diego Maradona in the World Cup of:

- | | |
|----------|----------|
| (A) 1978 | (B) 1990 |
| (C) 1982 | (D) 1986 |

Answer: (D) 1986

Note: Against England; Argentina won the title.

Q76. The All India Football Federation (AIFF) was formed in:

- | | |
|----------|----------|
| (A) 1937 | (B) 1951 |
| (C) 1947 | (D) 1927 |

Answer: (A) 1937

Note: Headquarters: New Delhi.

Q77. Which is the oldest football tournament in Asia (started 1888, Shimla)?

- | | |
|--------------------|-----------------|
| (A) Federation Cup | (B) Durand Cup |
| (C) Santosh Trophy | (D) Subroto Cup |

Answer: (B) Durand Cup

Q78. The Santosh Trophy is the national championship among:

- | | |
|------------------|-----------------------------|
| (A) Universities | (B) Schools |
| (C) Clubs | (D) State and service teams |

Answer: (D) State and service teams

Note: Started in 1941.

Q79. India won the Asian Games football gold in 1951 (Delhi) and:

- | | |
|--------------------|--------------------|
| (A) 1958 (Tokyo) | (B) 1970 (Bangkok) |
| (C) 1962 (Jakarta) | (D) 1966 (Bangkok) |

Answer: (C) 1962 (Jakarta)

Note: Coach: Syed Abdul Rahim.

Q80. Which Indian footballer retired from international football in June 2024?

- | | |
|----------------------|---------------------------|
| (A) Sandesh Jhingan | (B) Gurpreet Singh Sandhu |
| (C) Bhaichung Bhutia | (D) Sunil Chhetri |

Answer: (D) Sunil Chhetri

Note: India's all-time top scorer.

Q81. The Indian Super League (ISL) began in:

- | | |
|----------|----------|
| (A) 2016 | (B) 2010 |
| (C) 2014 | (D) 2012 |

Answer: (C) 2014

Note: First champions: Atletico de Kolkata.

Q82. Which Kerala-born footballer is known as the 'Black Panther' of Indian football?

- | | |
|------------------|---------------------|
| (A) V.P. Sathyan | (B) Jo Paul Ancheri |
| (C) I.M. Vijayan | (D) C.V. Pappachan |

Answer: (C) I.M. Vijayan

Note: From Thrissur; Padma Shri 2003.

4. Hockey

Q83. How many players are on the field for one hockey team?

- | | |
|--------|--------|
| (A) 11 | (B) 10 |
| (C) 12 | (D) 9 |

Answer: (A) 11

Q84. A standard hockey match is played in:

- | | |
|------------------------------|----------------------------|
| (A) 3 periods of 20 minutes | (B) 2 halves of 45 minutes |
| (C) 4 quarters of 15 minutes | (D) 2 halves of 30 minutes |

Answer: (C) 4 quarters of 15 minutes

Note: Total 60 minutes (changed from 2 x 35 min).

Q85. Who is known as the 'Wizard of Hockey'?

- | | |
|-----------------------|----------------------|
| (A) Major Dhyan Chand | (B) Balbir Singh Sr. |
| (C) Dhanraj Pillay | (D) Roop Singh |

Answer: (A) Major Dhyan Chand

Note: Born 29 August 1905 at Prayagraj.

Q86. National Sports Day (29 August) is the birthday of:

- | | |
|-----------------------|------------------|
| (A) Major Dhyan Chand | (B) Mary Kom |
| (C) Kapil Dev | (D) Milkha Singh |

Answer: (A) Major Dhyan Chand

Q87. India won the Hockey World Cup only once, in:

- | | |
|----------|----------|
| (A) 1983 | (B) 1998 |
| (C) 1975 | (D) 1971 |

Answer: (C) 1975

Note: Kuala Lumpur; beat Pakistan 2-1.

Q88. India won bronze in hockey at which two recent Olympics?

- | | |
|-------------------------------|----------------------------------|
| (A) Tokyo 2020 and Paris 2024 | (B) Beijing 2008 and London 2012 |
| (C) London 2012 and Rio 2016 | (D) Rio 2016 and Tokyo 2020 |

Answer: (A) Tokyo 2020 and Paris 2024

Note: Beat Germany (Tokyo) and Spain (Paris).

Q89. Which Kerala goalkeeper retired after India's bronze at Paris 2024?

- | | |
|-------------------|--------------------|
| (A) Suraj Karkera | (B) Krishan Pathak |
| (C) P.R. Sreejesh | (D) Savita Punia |

Answer: (C) P.R. Sreejesh

Note: From Kizhakkambalam, Ernakulam. Arjuna (2015), Khel Ratna (2021).

Q90. Where is the headquarters of the International Hockey Federation (FIH)?

- | | |
|--------------|---------------|
| (A) Brussels | (B) Lausanne |
| (C) London | (D) Amsterdam |

Answer: (B) Lausanne

Note: Founded in 1924.

Q91. The term 'bully' is associated with which game?

- | | |
|--------------|------------|
| (A) Polo | (B) Rugby |
| (C) Football | (D) Hockey |

Answer: (D) Hockey

Note: Used to start play.

Q92. Which of these is a hockey tournament?

- | | |
|------------------|--------------------|
| (A) Ranji Trophy | (B) Santosh Trophy |
| (C) Durand Cup | (D) Beighton Cup |

Answer: (D) Beighton Cup

Note: Another famous hockey cup: Aga Khan Cup.

Q93. Which country won the 2023 Men's Hockey World Cup held in Odisha?

- | | |
|-----------------|-------------|
| (A) Netherlands | (B) Belgium |
| (C) Germany | (D) India |

Answer: (C) Germany

Note: Held at Bhubaneswar and Rourkela.

Q94. Hockey is widely regarded as India's national game, but officially:

- | | |
|--|------------------------------------|
| (A) No sport has been declared the national game | (B) Hockey is officially declared |
| (C) Kabaddi is officially declared | (D) Cricket is officially declared |

Answer: (A) No sport has been declared the national game

Note: Government reply under RTI.

5. Athletics

Q95. What is the distance of a full marathon?

- | | |
|---------------|-------------|
| (A) 42.195 km | (B) 40 km |
| (C) 45 km | (D) 42.5 km |

Answer: (A) 42.195 km

Note: Named after the legend of Pheidippides.

Q96. How many events are there in a decathlon?

- | | |
|--------|--------|
| (A) 7 | (B) 12 |
| (C) 10 | (D) 8 |

Answer: (C) 10

Note: Heptathlon = 7 events (women).

Q97. Who holds the 100 m world record (9.58 s)?

- | | |
|-----------------|----------------|
| (A) Carl Lewis | (B) Usain Bolt |
| (C) Yohan Blake | (D) Tyson Gay |

Answer: (B) Usain Bolt

Note: Set at Berlin, 2009. Jamaican.

Q98. Milkha Singh, the 'Flying Sikh', finished fourth in the 400 m at:

- | | |
|------------------------|--------------------|
| (A) Rome Olympics 1960 | (B) Tokyo 1964 |
| (C) London 1948 | (D) Melbourne 1956 |

Answer: (A) Rome Olympics 1960

Note: Time 45.73 s (national record for decades).

Q99. P.T. Usha missed an Olympic bronze by 1/100 of a second in:

- | | |
|------------------------|-------------------------------------|
| (A) 800 m, Moscow 1980 | (B) 400 m hurdles, Los Angeles 1984 |
| (C) 400 m, Seoul 1988 | (D) 100 m, Seoul 1988 |

Answer: (B) 400 m hurdles, Los Angeles 1984

Note: Time: 55.42 s. She was 4th.

Q100. Who was the first Indian to win a medal at the World Athletics Championships?

- | | |
|-----------------------|-------------------|
| (A) Anju Bobby George | (B) Neeraj Chopra |
| (C) Shiny Wilson | (D) P.T. Usha |

Answer: (A) Anju Bobby George

Note: Long jump bronze, Paris 2003.

Q101. Neeraj Chopra became World Champion in javelin in which year?

- | | |
|---------------------|-------------------|
| (A) 2019 (Doha) | (B) 2024 (Paris) |
| (C) 2023 (Budapest) | (D) 2022 (Eugene) |

Answer: (C) 2023 (Budapest)

Note: He won silver at Eugene 2022.

Q102. Which Indian athlete is nicknamed 'Dhing Express'?

- | | |
|----------------|-----------------|
| (A) Tintu Luka | (B) P.T. Usha |
| (C) Hima Das | (D) Dutee Chand |

Answer: (C) Hima Das

Note: Won U20 World Championship 400 m gold (2018).

Q103. The baton is used in which athletics event?

- | | |
|--------------|------------------|
| (A) Marathon | (B) Steeplechase |
| (C) Hurdles | (D) Relay race |

Answer: (D) Relay race

Q104. Which event involves a 'run-up, plant and vault' using a flexible pole?

- | | |
|----------------|---------------|
| (A) High jump | (B) Javelin |
| (C) Pole vault | (D) Long jump |

Answer: (C) Pole vault

Q105. The 'Hop, Step and Jump' is the other name of:

- | | |
|-----------------|---------------|
| (A) Triple jump | (B) High jump |
| (C) Pole vault | (D) Long jump |

Answer: (A) Triple jump

Q106. Who won Asian Games 2018 gold in men's 1500 m for India?

- | | |
|----------------------|--------------------|
| (A) Tajinderpal Toor | (B) Jinson Johnson |
| (C) Gopi Thonakal | (D) Muhammed Anas |

Answer: (B) Jinson Johnson

Note: Jinson is a Kerala athlete.

Q107. The headquarters of World Athletics is in:

- | | |
|--------------|------------|
| (A) Lausanne | (B) Monaco |
| (C) Paris | (D) London |

Answer: (B) Monaco

Note: Formerly IAAF.

Q108. Which athlete won the 2024 Olympic javelin gold with an Olympic record throw of 92.97 m?

- | | |
|------------------------------|--------------------|
| (A) Anderson Peters | (B) Jakub Vadlejch |
| (C) Arshad Nadeem (Pakistan) | (D) Neeraj Chopra |

Answer: (C) Arshad Nadeem (Pakistan)

Note: Neeraj won silver (89.45 m).

6. Badminton, Tennis, Table Tennis, Chess, Golf

Q109. Who was the first Indian to win the All England Badminton Championship (1980)?

- | | |
|-----------------------|----------------------|
| (A) Pullela Gopichand | (B) Prakash Padukone |
| (C) Syed Modi | (D) Srikanth Kidambi |

Answer: (B) Prakash Padukone

Note: Gopichand won it in 2001.

Q110. Who won India's first Olympic badminton medal (bronze, London 2012)?

- | | |
|-----------------|------------------|
| (A) P.V. Sindhu | (B) Saina Nehwal |
| (C) Jwala Gutta | (D) Aparna Popat |

Answer: (B) Saina Nehwal

Q111. Who was India's first badminton World Champion (2019, Basel)?

- | | |
|------------------|----------------------|
| (A) Lakshya Sen | (B) Kidambi Srikanth |
| (C) Saina Nehwal | (D) P.V. Sindhu |

Answer: (D) P.V. Sindhu

Q112. The Thomas Cup is awarded in:

- | | |
|--------------------------|----------------------------|
| (A) Men's team badminton | (B) Men's tennis |
| (C) Table tennis | (D) Women's team badminton |

Answer: (A) Men's team badminton

Note: India won it first in 2022 (beat Indonesia 3-0). Uber Cup = women. Sudirman Cup = mixed.

Q113. Which Kerala shuttler was part of India's historic 2022 Thomas Cup team?

- | | |
|-----------------------|---------------------|
| (A) Ajay Jayaram | (B) H.S. Prannoy |
| (C) Parupalli Kashyap | (D) B. Sai Praneeth |

Answer: (B) H.S. Prannoy

Note: From Thiruvananthapuram.

Q114. Which Grand Slam is played on grass?

- | | |
|---------------|---------------------|
| (A) Wimbledon | (B) French Open |
| (C) US Open | (D) Australian Open |

Answer: (A) Wimbledon

Note: French Open = clay; US Open and Australian Open = hard courts.

Q115. Which Grand Slam is played at Roland Garros?

- | | |
|---------------|---------------------|
| (A) US Open | (B) French Open |
| (C) Wimbledon | (D) Australian Open |

Answer: (B) French Open

Q116. The Davis Cup is associated with:

- | | |
|-------------------------|-----------------------|
| (A) Women's team tennis | (B) Badminton |
| (C) Golf | (D) Men's team tennis |

Answer: (D) Men's team tennis

Note: Women's team event: Billie Jean King Cup (earlier Fed Cup).

Q117. Which Indian pair won the 1999 French Open men's doubles?

- | | |
|--------------------------------------|-----------------------------|
| (A) Vijay and Anand Amritraj | (B) Paes and Bopanna |
| (C) Leander Paes and Mahesh Bhupathi | (D) Rohan Bopanna and Aisam |

Answer: (C) Leander Paes and Mahesh Bhupathi

Q118. Who became the first Indian woman to win a Grand Slam title (Australian Open mixed, 2009)?

- | | |
|---------------------------|------------------|
| (A) Sunitha Rao | (B) Ankita Raina |
| (C) Nirupama Vaidyanathan | (D) Sania Mirza |

Answer: (D) Sania Mirza

Note: With Mahesh Bhupathi.

Q119. Who won the 2024 Australian Open men's doubles title at age 43?

- | | |
|------------------|---------------------|
| (A) Leander Paes | (B) Rohan Bopanna |
| (C) Yuki Bhambri | (D) Mahesh Bhupathi |

Answer: (B) Rohan Bopanna

Note: Partner: Matthew Ebden.

Q120. Who won an Olympic tennis bronze for India at Atlanta 1996?

- | | |
|---------------------|--------------------|
| (A) Mahesh Bhupathi | (B) Leander Paes |
| (C) Ramesh Krishnan | (D) Vijay Amritraj |

Answer: (B) Leander Paes

Q121. The Swaythling Cup is related to:

- | | |
|-------------------------------|-----------------------------|
| (A) Squash | (B) Badminton |
| (C) Women's team table tennis | (D) Men's team table tennis |

Answer: (D) Men's team table tennis

Note: Women's: Corbillon Cup.

Q122. Who is India's first Grandmaster in chess (1988)?

- | | |
|-----------------------|-------------------------|
| (A) Viswanathan Anand | (B) Pentala Harikrishna |
| (C) Dibyendu Barua | (D) Koneru Humpy |

Answer: (A) Viswanathan Anand

Note: Five-time World Champion. First Khel Ratna awardee (1991-92).

Q123. Who became the youngest World Chess Champion in 2024 (aged 18)?

- | | |
|-----------------------|--------------------|
| (A) R. Praggnanandhaa | (B) Arjun Erigaisi |
| (C) Magnus Carlsen | (D) D. Gukesh |

Answer: (D) D. Gukesh

Note: Defeated Ding Liren in Singapore.

Q124. How many squares are there on a chess board?

- | | |
|--------|--------|
| (A) 60 | (B) 72 |
| (C) 64 | (D) 81 |

Answer: (C) 64

Note: 32 pieces in total (16 each).

Q125. Which city hosted the 44th Chess Olympiad (2022)?

- | | |
|-------------|-----------------------------|
| (A) Mumbai | (B) Chennai (Mahabalipuram) |
| (C) Kolkata | (D) Budapest |

Answer: (B) Chennai (Mahabalipuram)

Note: India won both Open and Women's golds at Budapest 2024.

Q126. Which game is believed to have originated in India as 'Chaturanga'?

- | | |
|-----------|------------|
| (A) Rugby | (B) Golf |
| (C) Chess | (D) Tennis |

Answer: (C) Chess

Q127. In golf, one stroke under par on a hole is called a:

- | | |
|-----------|---------------|
| (A) Eagle | (B) Birdie |
| (C) Bogey | (D) Albatross |

Answer: (B) Birdie

Note: Eagle = 2 under, Albatross = 3 under, Bogey = 1 over.

Q128. How many holes are there in a full golf round?

- | | |
|--------|--------|
| (A) 18 | (B) 12 |
| (C) 20 | (D) 9 |

Answer: (A) 18

Q129. The Ryder Cup in golf is contested between:

- | | |
|-----------------------|---------------------|
| (A) Europe and USA | (B) India and USA |
| (C) USA and Australia | (D) Asia and Europe |

Answer: (A) Europe and USA

Q130. In badminton, a game is won by reaching how many points (rally scoring)?

- | | |
|--------|--------|
| (A) 21 | (B) 11 |
| (C) 25 | (D) 15 |

Answer: (A) 21

7. Combat Sports, Shooting and Other Sports

Q131. Who is the Indian boxer with six World Championship titles?

- | | |
|-----------------------|-------------------|
| (A) Sarita Devi | (B) Mary Kom |
| (C) Lovlina Borgohain | (D) Nikhat Zareen |

Answer: (B) Mary Kom

Note: Olympic bronze at London 2012.

Q132. Who won India's first Olympic boxing medal (bronze, Beijing 2008)?

- | | |
|--------------------|-----------------|
| (A) Vijender Singh | (B) Mary Kom |
| (C) Jitender Kumar | (D) Akhil Kumar |

Answer: (A) Vijender Singh

Q133. Who won boxing bronze at Tokyo 2020 for India?

- | | |
|--------------------|-----------------------|
| (A) Simranjit Kaur | (B) Lovlina Borgohain |
| (C) Mary Kom | (D) Pooja Rani |

Answer: (B) Lovlina Borgohain

Q134. Who won the World Boxing Championship in 2022 and 2023 for India?

- | | |
|-------------------|-----------------------|
| (A) Saweety Boora | (B) Lovlina Borgohain |
| (C) Nitu Ghanghas | (D) Nikhat Zareen |

Answer: (D) Nikhat Zareen

Note: Nitu and Saweety won in 2023.

Q135. Who won India's first Olympic medal in women's wrestling (Rio 2016)?

- | | |
|-------------------|------------------|
| (A) Vinesh Phogat | (B) Divya Kakran |
| (C) Geeta Phogat | (D) Sakshi Malik |

Answer: (D) Sakshi Malik

Note: Bronze.

Q136. Who is India's only two-time individual Olympic medallist in wrestling (2008 bronze, 2012 silver)?

- | | |
|--------------------|------------------|
| (A) Yogeshwar Dutt | (B) Sushil Kumar |
| (C) Bajrang Punia | (D) Ravi Dahiya |

Answer: (B) Sushil Kumar

Q137. Which wrestler was disqualified from the Paris 2024 final for being 100 g overweight?

- | | |
|-------------------|------------------|
| (A) Antim Panghal | (B) Nisha Dahiya |
| (C) Vinesh Phogat | (D) Anshu Malik |

Answer: (C) Vinesh Phogat

Note: 50 kg women's freestyle.

Q138. Who won India's first individual Olympic silver (2004, Athens)?

- | | |
|------------------|--------------------------------|
| (A) Vijay Kumar | (B) Abhinav Bindra |
| (C) Gagan Narang | (D) Rajyavardhan Singh Rathore |

Answer: (D) Rajyavardhan Singh Rathore

Note: Double trap shooting.

Q139. Who won silver in the 2012 London Olympics in 25 m rapid fire pistol?

- | | |
|------------------|------------------|
| (A) Vijay Kumar | (B) Ronjan Sodhi |
| (C) Gagan Narang | (D) Jitu Rai |

Answer: (A) Vijay Kumar

Note: Gagan Narang won bronze (10 m air rifle).

Q140. Which Indian archer is a World No. 1 recurve archer?

- | | |
|--------------------|-----------------------|
| (A) Deepika Kumari | (B) Lakshmirani Majhi |
| (C) Ankita Bhakat | (D) Dola Banerjee |

Answer: (A) Deepika Kumari

Q141. Who has won the most Olympic gold medals (23)?

- | | |
|--------------------|----------------|
| (A) Michael Phelps | (B) Ian Thorpe |
| (C) Usain Bolt | (D) Mark Spitz |

Answer: (A) Michael Phelps

Note: American swimmer; 28 medals in total.

Q142. How many competitive swimming strokes are there?

- | | |
|-------|-------|
| (A) 4 | (B) 3 |
| (C) 5 | (D) 6 |

Answer: (A) 4

Note: Freestyle, backstroke, breaststroke, butterfly.

Q143. Which Kerala swimmer was first Indian to achieve the Olympic 'A' qualifying mark in swimming?

- | | |
|-----------------------|---------------------|
| (A) Virdhawal Khade | (B) Srihari Nataraj |
| (C) Saurabh Sangvekar | (D) Sajan Prakash |

Answer: (D) Sajan Prakash

Note: From Idukki.

Q144. Who was the first Indian Formula One driver (2005)?

- | | |
|--------------------|------------------------|
| (A) Armaan Ebrahim | (B) Vijay Mallya |
| (C) Karun Chandhok | (D) Narain Karthikeyan |

Answer: (D) Narain Karthikeyan

Note: Buddh International Circuit hosted the Indian GP 2011-13.

Q145. Pro Kabaddi League (PKL) was started in:

- | | |
|----------|----------|
| (A) 2010 | (B) 2012 |
| (C) 2016 | (D) 2014 |

Answer: (D) 2014

Note: Kabaddi first featured in the Asian Games in 1990.

Q146. Which team won both Men's and Women's Kho-Kho World Cup in 2025?

- | | |
|------------------|-----------|
| (A) South Africa | (B) Iran |
| (C) India | (D) Nepal |

Answer: (C) India

Note: First Kho-Kho World Cup, held in New Delhi.

Q147. Which sport is Mirabai Chanu associated with?

- | | |
|-------------------|-------------|
| (A) Weightlifting | (B) Judo |
| (C) Wrestling | (D) Archery |

Answer: (A) Weightlifting

8. Players, Courts and Equipment

Q148. How many players are in a kabaddi team on the court?

- | | |
|-------|--------|
| (A) 7 | (B) 11 |
| (C) 9 | (D) 6 |

Answer: (A) 7

Note: Squad of 12.

Q149. How many players are on court for one volleyball team?

- | | |
|-------|-------|
| (A) 7 | (B) 9 |
| (C) 5 | (D) 6 |

Answer: (D) 6

Q150. How many players are on court for one basketball team?

- | | |
|-------|-------|
| (A) 6 | (B) 5 |
| (C) 9 | (D) 7 |

Answer: (B) 5

Q151. How many players are there in a handball team on the court?

- | | |
|-------|--------|
| (A) 9 | (B) 6 |
| (C) 7 | (D) 11 |

Answer: (C) 7

Q152. How many players are there in a Kho-Kho team on the field?

- | | |
|--------|--------|
| (A) 7 | (B) 9 |
| (C) 11 | (D) 12 |

Answer: (B) 9

Note: Squad of 12.

Q153. How many players are there in a water polo team in the water?

- | | |
|-------|-------|
| (A) 9 | (B) 7 |
| (C) 6 | (D) 5 |

Answer: (B) 7

Q154. How many players are on a baseball team on the field?

- | | |
|--------|-------|
| (A) 11 | (B) 9 |
| (C) 10 | (D) 7 |

Answer: (B) 9

Q155. How many players are in a polo team?

- | | |
|-------|-------|
| (A) 4 | (B) 7 |
| (C) 6 | (D) 5 |

Answer: (A) 4

Note: A period of play is called a 'chukker'.

Q156. How many players are on the field in a rugby union team?

- | | |
|--------|--------|
| (A) 15 | (B) 13 |
| (C) 9 | (D) 11 |

Answer: (A) 15

Note: Rugby league: 13.

Q157. How many players are there in an ice hockey team on the ice?

- | | |
|--------|-------|
| (A) 11 | (B) 7 |
| (C) 6 | (D) 5 |

Answer: (C) 6

Q158. Who invented basketball (1891)?

- | | |
|-----------------------|--------------------|
| (A) William G. Morgan | (B) Walter Camp |
| (C) Abner Doubleday | (D) James Naismith |

Answer: (D) James Naismith

Note: At Springfield, Massachusetts, USA.

Q159. Who invented volleyball (1895)?

- | | |
|-------------------------|-----------------------|
| (A) Walter Wingfield | (B) William G. Morgan |
| (C) Pierre de Coubertin | (D) James Naismith |

Answer: (B) William G. Morgan

Q160. What is the height of a basketball hoop from the floor?

- | | |
|-------------|----------------------|
| (A) 12 feet | (B) 10 feet (3.05 m) |
| (C) 8 feet | (D) 9 feet |

Answer: (B) 10 feet (3.05 m)

Q161. What is the size of a volleyball court?

- | | |
|-----------------|-----------------|
| (A) 16 m x 8 m | (B) 18 m x 9 m |
| (C) 20 m x 10 m | (D) 22 m x 11 m |

Answer: (B) 18 m x 9 m

Q162. What is the height of the men's volleyball net?

- | | |
|------------|------------|
| (A) 2.50 m | (B) 2.43 m |
| (C) 2.00 m | (D) 2.24 m |

Answer: (B) 2.43 m

Note: Women: 2.24 m.

Q163. What is the size of a standard football goal?

- | | |
|--------------------------|------------------------------|
| (A) 8 m wide, 3 m high | (B) 6 m wide, 2 m high |
| (C) 7 m wide, 2.5 m high | (D) 7.32 m wide, 2.44 m high |

Answer: (D) 7.32 m wide, 2.44 m high

Note: 8 yards x 8 feet.

Q164. Which ball is hit with a racket over a net on a court of 78 ft x 36 ft (doubles)?

- | | |
|-----------------------|-----------------|
| (A) Table tennis ball | (B) Shuttlecock |
| (C) Tennis ball | (D) Squash ball |

Answer: (C) Tennis ball

Q165. The length of a standard Olympic swimming pool is:

- | | |
|-----------|----------|
| (A) 100 m | (B) 75 m |
| (C) 50 m | (D) 25 m |

Answer: (C) 50 m

Q166. The ring in boxing is a:

- | | |
|--------------|------------------------------|
| (A) Circle | (B) Hexagon |
| (C) Triangle | (D) Square (with four sides) |

Answer: (D) Square (with four sides)

Note: Ironically called a 'ring'.

9. Sports Terms

Q167. 'LBW' is a term in:

- | | |
|-------------|--------------|
| (A) Hockey | (B) Football |
| (C) Cricket | (D) Baseball |

Answer: (C) Cricket

Note: Leg Before Wicket.

Q168. 'Deuce' and 'Love' are terms used in:

- | | |
|------------|------------|
| (A) Polo | (B) Hockey |
| (C) Tennis | (D) Golf |

Answer: (C) Tennis

Q169. 'Offside' is a term used in:

- | | |
|--------------|-------------|
| (A) Tennis | (B) Kabaddi |
| (C) Football | (D) Cricket |

Answer: (C) Football

Note: Also used in hockey (earlier) and rugby.

Q170. 'Birdie' and 'Eagle' are terms used in:

- | | |
|---------------|--------------|
| (A) Badminton | (B) Baseball |
| (C) Archery | (D) Golf |

Answer: (D) Golf

Q171. 'Smash' and 'Shuttle' are related to:

- | | |
|---------------|----------------|
| (A) Badminton | (B) Volleyball |
| (C) Tennis | (D) Squash |

Answer: (A) Badminton

Q172. 'Spike' and 'Block' are terms in:

- | | |
|--------------|----------------|
| (A) Handball | (B) Basketball |
| (C) Football | (D) Volleyball |

Answer: (D) Volleyball

Q173. 'Dunk' and 'Dribble' are terms in:

- | | |
|----------------|------------|
| (A) Basketball | (B) Hockey |
| (C) Volleyball | (D) Rugby |

Answer: (A) Basketball

Note: Dribble is also used in football and hockey.

Q174. 'Chukker' is a term used in:

- | | |
|-------------|------------|
| (A) Skating | (B) Polo |
| (C) Golf | (D) Rowing |

Answer: (B) Polo

Q175. 'Gambit' and 'Checkmate' are terms in:

- | | |
|------------|------------|
| (A) Carrom | (B) Ludo |
| (C) Chess | (D) Bridge |

Answer: (C) Chess

Q176. 'Raid' and 'Lobby' are terms in:

- | | |
|---------------|-------------|
| (A) Wrestling | (B) Judo |
| (C) Kabaddi | (D) Kho-Kho |

Answer: (C) Kabaddi

Q177. 'Scrum' is a term used in:

- | | |
|--------------|--------------|
| (A) Rugby | (B) Baseball |
| (C) Football | (D) Polo |

Answer: (A) Rugby

Q178. 'Pitcher' and 'Home run' are terms in:

- | | |
|--------------|-------------------|
| (A) Cricket | (B) Softball only |
| (C) Baseball | (D) Golf |

Answer: (C) Baseball

Q179. 'Penalty corner' and 'Striking circle' are terms in:

- | | |
|--------------|----------------|
| (A) Football | (B) Water polo |
| (C) Handball | (D) Hockey |

Answer: (D) Hockey

Q180. 'Ippon' is a scoring term in:

- | | |
|------------|---------------|
| (A) Boxing | (B) Karate |
| (C) Judo | (D) Taekwondo |

Answer: (C) Judo

Q181. 'Yorker' and 'Maiden over' are terms in:

- | | |
|-------------|--------------|
| (A) Cricket | (B) Squash |
| (C) Golf | (D) Baseball |

Answer: (A) Cricket

Q182. 'Bull's eye' is a term used in:

- | | |
|--------------|--------------------------|
| (A) Chess | (B) Archery and shooting |
| (C) Swimming | (D) Cycling |

Answer: (B) Archery and shooting

Q183. 'Butterfly' and 'Backstroke' are terms in:

- | | |
|---------------|--------------|
| (A) Athletics | (B) Swimming |
| (C) Cycling | (D) Rowing |

Answer: (B) Swimming

Q184. 'Pommel horse' and 'Parallel bars' belong to:

- | | |
|----------------|-------------------|
| (A) Gymnastics | (B) Weightlifting |
| (C) Judo | (D) Wrestling |

Answer: (A) Gymnastics

10. Trophies and Cups

Q185. Ranji Trophy - which sport?

- | | |
|--------------|------------|
| (A) Football | (B) Hockey |
| (C) Cricket | (D) Polo |

Answer: (C) Cricket

Q186. Santosh Trophy - which sport?

- | | |
|----------------|--------------|
| (A) Volleyball | (B) Football |
| (C) Hockey | (D) Cricket |

Answer: (B) Football

Q187. Duleep Trophy - which sport?

- (A) Kabaddi
- (C) Football

- (B) Hockey
- (D) Cricket

Answer: (D) Cricket

Note: Irani Trophy and Vijay Hazare Trophy are also cricket.

Q188. Durand Cup - which sport?

- (A) Cricket
- (C) Football

- (B) Hockey
- (D) Tennis

Answer: (C) Football

Q189. Subroto Cup - which sport?

- (A) Hockey
- (C) Basketball

- (B) Football (school level)
- (D) Cricket

Answer: (B) Football (school level)

Q190. Aga Khan Cup and Beighton Cup - which sport?

- (A) Hockey
- (C) Golf

- (B) Cricket
- (D) Football

Answer: (A) Hockey

Q191. Thomas Cup, Uber Cup and Sudirman Cup - which sport?

- (A) Squash
- (C) Badminton

- (B) Tennis
- (D) Table tennis

Answer: (C) Badminton

Q192. Davis Cup - which sport?

- (A) Squash
- (C) Badminton

- (B) Tennis
- (D) Golf

Answer: (B) Tennis

Q193. Swaythling Cup - which sport?

- (A) Table tennis
- (C) Tennis

- (B) Badminton
- (D) Polo

Answer: (A) Table tennis

Q194. Ryder Cup and Walker Cup - which sport?

- (A) Hockey
- (C) Polo

- (B) Golf
- (D) Tennis

Answer: (B) Golf

Q195. Wisden Trophy is contested between:

- (A) India and England
- (C) Australia and India

- (B) England and West Indies
- (D) England and Australia

Answer: (B) England and West Indies

Q196. The Maulana Abul Kalam Azad (MAKA) Trophy is given to:

- | | |
|-------------------|--|
| (A) Best coach | (B) Best state |
| (C) Best Olympian | (D) The overall top-performing university in inter-university sports |

Answer: (D) The overall top-performing university in inter-university sports

Q197. Which trophy is awarded to the winner of the Kerala boat race at Punnamada Lake?

- | | |
|--------------------|-------------------|
| (A) Nehru Trophy | (B) Ranji Trophy |
| (C) Santosh Trophy | (D) Gandhi Trophy |

Answer: (A) Nehru Trophy

11. Awards, Institutions and Days

Q198. What is India's highest sporting honour?

- | | |
|-----------------------|--|
| (A) Arjuna Award | (B) Major Dhyan Chand Khel Ratna Award |
| (C) Dronacharya Award | (D) Padma Shri |

Answer: (B) Major Dhyan Chand Khel Ratna Award

Note: Earlier named Rajiv Gandhi Khel Ratna; renamed in August 2021.

Q199. Who was the first recipient of the Khel Ratna (1991-92)?

- | | |
|-----------------------|-----------------------|
| (A) Viswanathan Anand | (B) Karnam Malleswari |
| (C) Leander Paes | (D) Sachin Tendulkar |

Answer: (A) Viswanathan Anand

Q200. The Arjuna Award was instituted in:

- | | |
|----------|----------|
| (A) 1971 | (B) 1955 |
| (C) 1985 | (D) 1961 |

Answer: (D) 1961

Note: For outstanding sports performance.

Q201. The Dronacharya Award is given to:

- | | |
|--------------------|-----------------|
| (A) Sports coaches | (B) Journalists |
| (C) Sportspersons | (D) Referees |

Answer: (A) Sports coaches

Note: Instituted in 1985.

Q202. The Dhyan Chand Award (since 2002) is given for:

- | | |
|-----------------------|------------------------------------|
| (A) Best coach | (B) Lifetime achievement in sports |
| (C) Best young player | (D) Best university |

Answer: (B) Lifetime achievement in sports

Q203. Who was the first sportsperson to receive the Bharat Ratna (2014)?

- | | |
|------------------|----------------------|
| (A) Dhyan Chand | (B) Sachin Tendulkar |
| (C) Milkha Singh | (D) Kapil Dev |

Answer: (B) Sachin Tendulkar

Q204. National Sports Day in India is observed on:

- | | |
|----------------|---------------|
| (A) 15 August | (B) 2 October |
| (C) 12 January | (D) 29 August |

Answer: (D) 29 August

Note: Birthday of Major Dhyan Chand.

Q205. The Sports Authority of India (SAI) was set up in:

- | | |
|----------|----------|
| (A) 1991 | (B) 1984 |
| (C) 1974 | (D) 2001 |

Answer: (B) 1984

Note: Headquarters: New Delhi.

Q206. The 'Khelo India' programme was launched in:

- | | |
|----------|----------|
| (A) 2014 | (B) 2018 |
| (C) 2016 | (D) 2020 |

Answer: (B) 2018

Note: First Khelo India Youth Games held in 2018 at New Delhi.

Q207. International Olympic Day is observed on:

- | | |
|-------------|----------------|
| (A) 23 June | (B) 26 January |
| (C) 6 April | (D) 8 March |

Answer: (A) 23 June

Q208. World Chess Day (FIDE) is observed on:

- | | |
|---------------|-------------|
| (A) 20 July | (B) 20 June |
| (C) 1 January | (D) 6 April |

Answer: (A) 20 July

Q209. Which ministry is responsible for sports in the Government of India?

- | | |
|--|------------------------------|
| (A) Ministry of Youth Affairs and Sports | (B) Ministry of Culture |
| (C) Ministry of Education | (D) Ministry of Home Affairs |

Answer: (A) Ministry of Youth Affairs and Sports

Q210. The Target Olympic Podium Scheme (TOPS) aims to:

- | | |
|---|--------------------------|
| (A) Support top athletes for Olympic medals | (B) Train referees |
| (C) Build stadiums only | (D) Conduct school games |

Answer: (A) Support top athletes for Olympic medals

Note: Launched in 2014.

12. Famous Sportspersons and Nicknames

Q211. Sachin Tendulkar is nicknamed:

- | | |
|--------------------|------------------|
| (A) Master Blaster | (B) The Wall |
| (C) Dada | (D) Captain Cool |

Answer: (A) Master Blaster

Note: Also called 'Little Master'.

Q212. Rahul Dravid is nicknamed:

- (A) Master Blaster
- (C) Dada

- (B) Hurricane
- (D) The Wall

Answer: (D) The Wall

Q213. M.S. Dhoni is nicknamed:

- (A) The Wall
- (C) Dada

- (B) Haryana Hurricane
- (D) Captain Cool

Answer: (D) Captain Cool

Q214. Kapil Dev is nicknamed:

- (A) Haryana Hurricane
- (C) Little Master

- (B) Hyderabad Hero
- (D) Prince

Answer: (A) Haryana Hurricane

Q215. Sourav Ganguly is popularly known as:

- (A) Master
- (C) Captain Cool

- (B) Wall
- (D) Dada

Answer: (D) Dada

Note: Also 'Prince of Kolkata'.

Q216. Milkha Singh is known as:

- (A) Dhing Express
- (C) Payyoli Express

- (B) Flying Fish
- (D) The Flying Sikh

Answer: (D) The Flying Sikh

Q217. P.T. Usha is known as:

- (A) Flying Sikh
- (C) Magnificent

- (B) Dhing Express
- (D) Payyoli Express

Answer: (D) Payyoli Express

Note: Also 'Golden Girl of Indian track'.

Q218. Mary Kom is known as:

- (A) Golden Girl
- (C) Iron Lady

- (B) Magnificent Mary
- (D) Flying Queen

Answer: (B) Magnificent Mary

Q219. Pele (Brazil) is called:

- (A) El Pibe
- (C) Hand of God

- (B) Kaiser
- (D) Black Pearl

Answer: (D) Black Pearl

Q220. Who is known as 'Hand of God' footballer?

- (A) Pele
- (C) Diego Maradona

- (B) Zidane
- (D) Zico

Answer: (C) Diego Maradona

Q221. Who is called the 'Little Master' of Indian cricket?

- | | |
|----------------------|--------------------|
| (A) M.S. Dhoni | (B) Kapil Dev |
| (C) Dilip Vengsarkar | (D) Sunil Gavaskar |

Answer: (D) Sunil Gavaskar

Q222. Who is known as the 'Lightning Bolt'?

- | | |
|----------------|-------------------|
| (A) Carl Lewis | (B) Jesse Owens |
| (C) Usain Bolt | (D) Justin Gatlin |

Answer: (C) Usain Bolt

13. Kerala Sports

Q223. Which Kerala athlete is called the 'Payyoli Express'?

- | | |
|-----------------------|-------------------|
| (A) Shiny Wilson | (B) M.D. Valsamma |
| (C) Anju Bobby George | (D) P.T. Usha |

Answer: (D) P.T. Usha

Note: From Payyoli, Kozhikode. 4 gold at 1986 Seoul Asian Games.

Q224. Which Kerala athlete was the first Indian woman to reach an Olympic semi-final (1984, 800 m)?

- | | |
|------------------|-------------------|
| (A) Tintu Luka | (B) K.M. Beenamol |
| (C) Mercy Kuttan | (D) Shiny Wilson |

Answer: (D) Shiny Wilson

Note: From Idukki.

Q225. Who won the 400 m hurdles gold at the 1982 Delhi Asian Games for India?

- | | |
|-------------------|--------------------|
| (A) M.D. Valsamma | (B) K.C. Rosakutty |
| (C) Shiny Wilson | (D) P.T. Usha |

Answer: (A) M.D. Valsamma

Q226. Who won the 2003 World Championships long jump bronze (Paris)?

- | | |
|-----------------------|-------------------|
| (A) Anju Bobby George | (B) Beenamol K.M. |
| (C) Mayookha Johny | (D) Shiny Wilson |

Answer: (A) Anju Bobby George

Note: From Changanassery. Khel Ratna 2003.

Q227. Who is Kerala's famous volleyball player after whom a Thiruvananthapuram indoor stadium is named?

- | | |
|-----------------|-------------------|
| (A) Abdul Razak | (B) Jimmy George |
| (C) Tom Joseph | (D) Kishore Kumar |

Answer: (B) Jimmy George

Note: From Peravoor, Kannur. Kerala's highest sports award is named after him.

Q228. What is the highest sports award given by the Kerala Government?

- | | |
|------------------|------------------------|
| (A) Arjuna Award | (B) Jimmy George Award |
| (C) Khel Ratna | (D) Vayalar Award |

Answer: (B) Jimmy George Award

Q229. Where is the Greenfield International Stadium located?

- | | |
|---------------|-------------------------------------|
| (A) Kozhikode | (B) Karyavattom, Thiruvananthapuram |
| (C) Thrissur | (D) Kaloor, Kochi |

Answer: (B) Karyavattom, Thiruvananthapuram

Note: Hosted the 2018 India-West Indies ODI.

Q230. Where is the Jawaharlal Nehru International Stadium (home of Kerala Blasters)?

- | | |
|-------------------|-----------------|
| (A) Kaloor, Kochi | (B) Karyavattom |
| (C) Kottayam | (D) Kannur |

Answer: (A) Kaloor, Kochi

Q231. Who was the first Malayali to play Test cricket for India (2001)?

- | | |
|-----------------------------|-------------------|
| (A) K.N. Ananthapadmanabhan | (B) Tinu Yohannan |
| (C) S. Sreesanth | (D) Sanju Samson |

Answer: (B) Tinu Yohannan

Q232. Which Kerala cricketer took the final catch (Misbah) in the 2007 T20 World Cup final?

- | | |
|------------------|-------------------|
| (A) Sanju Samson | (B) Basil Thampi |
| (C) S. Sreesanth | (D) Tinu Yohannan |

Answer: (C) S. Sreesanth

Note: Also in the 2011 World Cup squad.

Q233. Kerala reached the Ranji Trophy final for the first time in:

- | | |
|-------------|-------------|
| (A) 2020-21 | (B) 2024-25 |
| (C) 2012-13 | (D) 2018-19 |

Answer: (B) 2024-25

Note: Lost to Vidarbha on first-innings lead.

Q234. How many times has Kerala won the Santosh Trophy?

- | | |
|-------|-------|
| (A) 5 | (B) 9 |
| (C) 6 | (D) 7 |

Answer: (D) 7

Note: Including 2018 and 2021-22 (Malappuram final).

Q235. Which Kerala club won the I-League twice in a row (2020-21, 2021-22)?

- | | |
|---------------------|-----------------------|
| (A) FC Kerala | (B) Kochi Tuskers |
| (C) Kerala Blasters | (D) Gokulam Kerala FC |

Answer: (D) Gokulam Kerala FC

Note: From Kozhikode.

Q236. Kerala Blasters FC's home city is:

- | | |
|------------------------|---------------|
| (A) Thiruvananthapuram | (B) Kozhikode |
| (C) Kochi | (D) Kannur |

Answer: (C) Kochi

Note: ISL runners-up in 2014, 2016 and 2021-22.

Q237. Where is the Nehru Trophy Boat Race held?

- | | |
|------------------------|-------------------------------|
| (A) Vembanad, Kottayam | (B) Pamba River |
| (C) Ashtamudi Lake | (D) Punnamada Lake, Alappuzha |

Answer: (D) Punnamada Lake, Alappuzha

Note: Held on the second Saturday of August.

Q238. Which boat race is held on the Pamba River at Aranmula during Onam?

- | | |
|------------------|---------------------------|
| (A) Nehru Trophy | (B) Champakulam Moolam |
| (C) Payippad | (D) Uthrattathi Boat Race |

Answer: (D) Uthrattathi Boat Race

Note: Palliyodam boats take part.

Q239. The 'Champions Boat League' (CBL) in Kerala was launched in:

- | | |
|----------|----------|
| (A) 2019 | (B) 2021 |
| (C) 2017 | (D) 2015 |

Answer: (A) 2019

Note: Snake boats (chundan vallam).

Q240. Which snake boat race is held at Champakulam during Moolam day?

- | | |
|----------------------------------|------------------|
| (A) Champakulam Moolam Boat Race | (B) Nehru Trophy |
| (C) Aranmula | (D) Kumarakom |

Answer: (A) Champakulam Moolam Boat Race

Note: Oldest and most famous Kerala boat race.

Q241. Kerala hosted the National Games in which edition and year?

- | | |
|-------------------------------|----------------|
| (A) 35th National Games, 2015 | (B) 34th, 2011 |
| (C) 36th, 2022 | (D) 33rd, 2011 |

Answer: (A) 35th National Games, 2015

Note: Mascot: Amu (Indian Koel).

Q242. Which Kerala triple jumper won the 2022 Commonwealth Games gold?

- | | |
|------------------------|------------------------|
| (A) Abdulla Aboobacker | (B) Eldhose Paul |
| (C) Praveen Chithravel | (D) Murali Sreeshankar |

Answer: (B) Eldhose Paul

Note: Abdulla Aboobacker won silver.

Q243. Which Kerala long jumper won silver at the 2022 Commonwealth Games?

- | | |
|-------------------|------------------------|
| (A) Eldhose Paul | (B) Jeswin Aldrin |
| (C) Mohammed Anas | (D) Murali Sreeshankar |

Answer: (D) Murali Sreeshankar

Note: 8.08 m.

Q244. Which Kerala martial art is considered one of the oldest fighting systems in the world?

- | | |
|-------------------|--------------|
| (A) Kalaripayattu | (B) Thang-ta |
| (C) Silambam | (D) Gatka |

Answer: (A) Kalaripayattu

Q245. Which was Kerala's first sports school (Thiruvananthapuram, 1975)?

- | | |
|---------------------------|-----------------------------|
| (A) Jimmy George School | (B) G.V. Raja Sports School |
| (C) Kerala Sports Academy | (D) Usha School |

Answer: (B) G.V. Raja Sports School

Q246. Which Kerala-born sportsperson received the Padma Bhushan in 2025 after Olympic bronze?

- | | |
|-------------------|-----------------------|
| (A) I.M. Vijayan | (B) P.T. Usha |
| (C) P.R. Sreejesh | (D) Anju Bobby George |

Answer: (C) P.R. Sreejesh

Note: Also Arjuna Award (2015) and Khel Ratna (2021).

Q247. Which Kerala athlete is the President of the Indian Olympic Association?

- | | |
|-----------------------|----------------|
| (A) Anju Bobby George | (B) P.T. Usha |
| (C) Sreejesh | (D) Tintu Luka |

Answer: (B) P.T. Usha

Note: She was also nominated to the Rajya Sabha in 2022.