

## SPORTS – 50 MCQs (Priority-wise for Sainik School Exam)

1. Which sport is associated with the Davis Cup?

- (a) Football
- (b) Tennis
- (c) Hockey
- (d) Cricket

**Answer:** (b) Tennis

2. How many players are there in a hockey team on the field?

- (a) 11
- (b) 9
- (c) 7
- (d) 6

**Answer:** (a) 11

3. The 2024 Summer Olympics will be held in which city?

- (a) Tokyo
- (b) Paris
- (c) Los Angeles
- (d) Beijing

**Answer:** (b) Paris

4. What is the duration of a normal football match?

- (a) 80 minutes
- (b) 90 minutes
- (c) 70 minutes
- (d) 60 minutes

**Answer:** (b) 90 minutes

5. Who won the 2023 ICC Men's Cricket World Cup?

- (a) India
- (b) England
- (c) Australia
- (d) New Zealand

**Answer:** (c) Australia

6. Who is known as the "Flying Sikh" of India?

- (a) PT Usha
- (b) Milkha Singh
- (c) Kapil Dev
- (d) Anju Bobby George

**Answer:** (b) Milkha Singh

7. The term "Grand Slam" is associated with which sport?

- (a) Tennis
- (b) Golf
- (c) Badminton
- (d) Wrestling

**Answer:** (a) Tennis

8. How many times has India won the ICC Cricket World Cup (ODI)?

- (a) 1
- (b) 2
- (c) 3
- (d) 4

**Answer:** (b) 2 (1983, 2011)

9. What is the national sport of India?

- (a) Hockey
- (b) Cricket
- (c) Kabaddi
- (d) None

**Answer:** (d) None (Hockey is the national game historically, but officially India has no declared national sport)

10. In badminton, what is the scoring system for a singles match?

- (a) Best of 3 games of 21 points
- (b) Best of 5 games of 11 points
- (c) Best of 3 games of 15 points
- (d) Best of 5 games of 21 points

**Answer:** (a) Best of 3 games of 21 points

11. Which Indian won a gold medal in javelin throw at the 2020 Olympics?

- (a) Hima Das
- (b) Neeraj Chopra
- (c) Shivpal Singh
- (d) Annu Rani

**Answer:** (b) Neeraj Chopra

12. What is the length of a standard Olympic swimming pool?

- (a) 25 meters
- (b) 50 meters
- (c) 100 meters
- (d) 75 meters

**Answer:** (b) 50 meters

13. The term "LBW" is used in which sport?

- (a) Football
- (b) Hockey
- (c) Cricket
- (d) Tennis

**Answer:** (c) Cricket

14. Which country won the FIFA World Cup 2022?

- (a) France
- (b) Brazil
- (c) Argentina
- (d) Germany

**Answer:** (c) Argentina

15. Who is the first Indian to win an individual Olympic gold medal?

- (a) Abhinav Bindra
- (b) Sushil Kumar
- (c) PV Sindhu
- (d) Mary Kom

**Answer:** (a) Abhinav Bindra (2008, Shooting)

16. In chess, how many squares are there on the board?

- (a) 64
- (b) 81
- (c) 100
- (d) 49

**Answer:** (a) 64

**17.** Which trophy is associated with football in South America?

- (a) Ashes
- (b) Copa America
- (c) Ryder Cup
- (d) Uber Cup

**Answer:** (b) Copa America

**18.** Total number of players in a kabaddi team?

- (a) 7
- (b) 9
- (c) 11
- (d) 6

**Answer:** (a) 7

**19.** Who is the first Indian woman to win an Olympic silver medal?

- (a) PT Usha
- (b) Saina Nehwal
- (c) PV Sindhu
- (d) Karnam Malleswari

**Answer:** (c) PV Sindhu (2016 Rio, Badminton)

**20.** Which country hosted the 2022 Commonwealth Games?

- (a) Australia
- (b) India
- (c) England
- (d) Birmingham (UK)

**Answer:** (d) Birmingham, UK

**21.** What is the weight of a cricket ball (men's test)?

- (a) 140–151 grams
- (b) 155–163 grams
- (c) 120–135 grams
- (d) 100–110 grams

**Answer:** (b) 155–163 grams

**22.** The term "Love" is used in which sport?

- (a) Cricket
- (b) Tennis
- (c) Badminton
- (d) Table Tennis

**Answer:** (b) Tennis

**23.** Who is the first Indian to win the ATP Tour title?

- (a) Leander Paes
- (b) Ramanathan Krishnan
- (c) Vijay Amritraj
- (d) Sumit Nagal

**Answer:** (a) Leander Paes (1998)

**24.** In which year did India first participate in the Olympics?

- (a) 1920
- (b) 1900
- (c) 1936
- (d) 1948

**Answer:** (b) 1900 (Norman Pritchard)

**25.** Which Indian badminton player won the All England Open in 2001?

- (a) Saina Nehwal

- (b) Prakash Padukone

- (c) Pullela Gopichand
- (d) Kidambi Srikanth

**Answer:** (c) Pullela Gopichand

**26.** Who is the captain of the Indian cricket team (Test) as of 2024?

- (a) Virat Kohli
- (b) Rohit Sharma
- (c) KL Rahul
- (d) Jasprit Bumrah

**Answer:** (b) Rohit Sharma

**27.** The term "Doping" is related to:

- (a) Use of prohibited substances in sports
- (b) A type of sport
- (c) A scoring method
- (d) A foul in football

**Answer:** (a) Use of prohibited substances in sports

**28.** Which country is famous for inventing the game of golf?

- (a) England
- (b) Scotland
- (c) USA
- (d) France

**Answer:** (b) Scotland

**29.** Which Indian state is known for the sport "Yubi Lakpi"?

- (a) Punjab
- (b) Manipur
- (c) Kerala
- (d) Maharashtra

**Answer:** (b) Manipur

**30.** The Thomas Cup is associated with:

- (a) Badminton (Men)
- (b) Tennis
- (c) Cricket
- (d) Football

**Answer:** (a) Badminton (Men)

**31.** Who won the first ICC World Test Championship?

- (a) India
- (b) England
- (c) New Zealand
- (d) Australia

**Answer:** (c) New Zealand (2021)

**32.** In which sport is the term "Butterfly" used?

- (a) Swimming
- (b) Athletics
- (c) Boxing
- (d) Gymnastics

**Answer:** (a) Swimming

**33.** Where were the first modern Olympic Games held?

- (a) Paris
- (b) Athens
- (c) Rome

(d) London

**Answer:** (b) Athens (1896)

**34.** Which is the oldest football tournament in the world?

(a) UEFA Champions League

(b) English Premier League

(c) FA Cup

(d) Copa Libertadores

**Answer:** (c) FA Cup (1871–72)

**35.** Who is the first Indian woman to win a wrestling medal at the Olympics?

(a) Sakshi Malik

(b) Vinesh Phogat

(c) Babita Kumari

(d) Geeta Phogat

**Answer:** (a) Sakshi Malik (2016, Bronze)

**36.** Which colour card in football means sending off?

(a) Yellow

(b) Green

(c) Red

(d) White

**Answer:** (c) Red

**37.** The term "Jab" is used in:

(a) Boxing

(b) Fencing

(c) Judo

(d) Taekwondo

**Answer:** (a) Boxing

**38.** "Lionel Messi" belongs to which country?

(a) Portugal

(b) Brazil

(c) Argentina

(d) Spain

**Answer:** (c) Argentina

**39.** Which Indian cricketer scored the first double century in ODIs?

(a) Rohit Sharma

(b) Virender Sehwag

(c) Sachin Tendulkar

(d) MS Dhoni

**Answer:** (c) Sachin Tendulkar (2010)

**40.** In tennis, which surface is Wimbledon played on?

(a) Clay

(b) Hard court

(c) Grass

(d) Carpet

**Answer:** (c) Grass

**41.** How many gold medals did India win in the 2022 Commonwealth Games?

(a) 10

(b) 22

(c) 15

(d) 18

**Answer:** (b) 22

**42.** Who won the inaugural ICC Women's U-19 T20 World Cup?

(a) India

(b) England

(c) Australia

(d) New Zealand

**Answer:** (a) India (2023)

**43.** The term "Offside" is used in which sport?

(a) Hockey

(b) Football

(c) Both (a) and (b)

(d) Cricket

**Answer:** (c) Both (a) and (b)

**44.** Who is known as the "Wizard of Hockey"?

(a) Dhyan Chand

(b) Balbir Singh Sr.

(c) Leslie Claudius

(d) Dhanraj Pillay

**Answer:** (a) Dhyan Chand

**45.** What is the distance of a marathon race?

(a) 26.2 miles

(b) 42.195 km

(c) Both (a) and (b)

(d) 50 km

**Answer:** (c) Both (a) and (b)

**46.** Who is the first Indian to win a medal at the World Athletics Championships?

(a) PT Usha

(b) Anju Bobby George

(c) Hima Das

(d) Neeraj Chopra

**Answer:** (b) Anju Bobby George (Long Jump, Bronze in 2003)

**47.** The term "Maiden Over" is related to:

(a) Football

(b) Cricket

(c) Hockey

(d) Baseball

**Answer:** (b) Cricket

**48.** Which Indian city hosted the first Asian Games?

(a) Delhi

(b) Mumbai

(c) Kolkata

(d) Chennai

**Answer:** (a) Delhi (1951)

**49.** Who is the first Indian to win a Grand Slam title?

(a) Mahesh Bhupathi

(b) Leander Paes

(c) Sania Mirza

(d) Ramanathan Krishnan

**Answer:** (b) Leander Paes (1999 French Open doubles)

**50.** Who holds the record for the highest individual score in ODI cricket?

(a) Sachin Tendulkar

(b) Rohit Sharma

(c) Virender Sehwag

(d) Martin Guptill

**Answer:** (b) Rohit Sharma (264 runs)

BREAKTHROUGH POINT