

**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 Gupthill

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

BREAKTHROUGH POINT