



AFCAT SPORTS

Notes + Complete Solved PYQ Bank

AFCAT Sports Notes

01. Sports Basics and Team Strength

1.1 Cricket	Eleven players per side; the pitch is 22 yards (20.12 m) long.
1.2 Association football	Eleven players per side, including one goalkeeper; a standard senior match is 90 minutes plus added time.
1.3 Field hockey	Eleven players per side, including the goalkeeper; an international match has four quarters of 15 minutes.
1.4 Basketball	Five players per side on court; FIBA games use four quarters of 10 minutes.
1.5 Volleyball	Six players per side on court; a match is normally best of five sets.
1.6 Beach volleyball	Two players per side; there are no substitutions in the standard format.
1.7 Kabaddi	Seven players per side on court in the standard format; each raid is normally limited to 30 seconds.
1.8 Kho kho	A squad has 12 players, of whom nine take the field at the start of a standard turn.
1.9 Baseball	Nine players per side are fielded; a regulation game normally lasts nine innings.
1.10 Rugby union	Fifteen players per side; rugby sevens uses seven players and shorter matches.
1.11 Polo	Four players per side in outdoor polo; a period of play is called a chukker.
1.12 Water polo	Seven players per side in the water, including the goalkeeper.
1.13 Netball	Seven players per side, each assigned a position with restricted court areas.
1.14 Handball	Seven players per side on court, including the goalkeeper.

1.15 Futsal	Five players per side, including the goalkeeper; it is FIFA's indoor small-sided football format.
1.16 Ice hockey	Six players per side are normally on the ice, including the goaltender.
1.17 Lacrosse	Field lacrosse uses ten players per men's team; other formats have different team strengths.
1.18 Badminton	One player per side in singles and two per side in doubles; matches are best of three games to 21 points.
1.19 Tennis	One player per side in singles and two per side in doubles; a standard game progresses 15, 30, 40 and game.
1.20 Table tennis	Singles uses one player per side and doubles two; a game is played to 11 points with a two-point winning margin.
1.21 Chess	An individual contest is between two players; each begins with 16 pieces.
1.22 Boxing	An individual combat sport organised by weight category; Olympic-style bouts use three rounds of three minutes for elite men and women.
1.23 Snooker	An individual or doubles cue sport played with 22 balls: 15 reds, six colours and one cue ball.
1.24 Athletics track	A standard outdoor track is 400 metres per lap in lane one.
1.25 Marathon	The official marathon distance is 42.195 kilometres.

02. High-Yield Sports Terminology

2.1 Cricket terms	Appeal, beamer, bouncer, duck, follow-on, googly, leg bye, LBW, maiden over, nightwatchman, powerplay, reverse swing and yorker.
2.2 Googly	A leg-spinner's delivery that turns in the direction opposite to the conventional leg break.
2.3 Chinaman bowling	Traditional term for left-arm unorthodox wrist spin; the neutral description is now preferred.

2.4 Duck and golden duck	A duck is dismissal for zero; a golden duck is dismissal from the first ball faced.
2.5 Football terms	Dribble, free kick, hat-trick, offside, penalty kick, sliding tackle, throw-in and sudden death.
2.6 Hockey terms	Bully, drag flick, free hit, jab, penalty corner, scoop, push and roll-in.
2.7 Volleyball terms	Ace, antenna, block, dig, libero, rotation, set and spike.
2.8 Libero	A defensive volleyball specialist wearing a contrasting jersey; restricted from certain attacking actions.
2.9 Table-tennis terms	Chop, counter-hit, deuce, drop shot, let, penhold grip, rally and topspin.
2.10 Basketball terms	Alley-oop, dribble, free throw, lay-up, pivot, rebound, screen and slam dunk.
2.11 Badminton terms	Clear, deuce, drive, drop, fault, flick serve, let, rally and smash.
2.12 Polo terms	Chukker, mallet, handicap and ride-off.
2.13 Wrestling terms	Bout, fall or pin, freestyle, Greco-Roman, takedown and repechage.
2.14 Chess terms	Bishop, castling, check, checkmate, en passant, gambit, pawn, stalemate and zugzwang.
2.15 Golf terms	Birdie, bogey, bunker, caddie, eagle, fairway, fore, green, par, putt and tee.
2.16 Baseball terms	Diamond, home run, inning, pitcher, strike, tag and umpire.
2.17 Billiards and snooker terms	Baulk, break, cannon, cue, hazard, in-off, pot and snooker.
2.18 Shooting terms	Bull's-eye, firearm, muzzle, prone, rapid fire, skeet, trap and target.
2.19 Kho-kho terms	Chaser, defender or runner, direction, early get-up, fake kho, pole dive and giving kho.

2.20 Swimming terms	Backstroke, breaststroke, butterfly, crawl or freestyle, medley, springboard and turn.
2.21 Boxing terms	Bout, jab, hook, knockout, ring, southpaw and uppercut.
2.22 Tennis terms	Ace, advantage, break point, deuce, double fault, drop shot, let, love and tie-break.
2.23 Athletics terms	Baton, decathlon, false start, heptathlon, relay, steeplechase and photo finish.
2.24 Archery terms	Bull's-eye, draw, end, nock, quiver, recurve and target face.
2.25 Cycling terms	Peloton, sprint, time trial, velodrome and yellow jersey.
2.26 Rugby terms	Conversion, drop goal, line-out, scrum, tackle and try.
2.27 Formula One terms	Chicane, constructor, grid, paddock, pit stop, pole position and safety car.
2.28 Horse-racing terms	Derby, furlong, jockey, photo finish, steeplechase and thoroughbred.

03. Cups, Trophies and Championships

3.1 Cricket world events	ICC Cricket World Cup - men's ODI; ICC Men's T20 World Cup - men's T20; ICC World Test Championship - Test cricket.
3.2 The Ashes	Test-cricket series contested by England and Australia.
3.3 Border-Gavaskar Trophy	Test-cricket series contested by India and Australia.
3.4 Anderson-Tendulkar Trophy	Test series between England and India, introduced for the 2025 series.
3.5 Ranji Trophy	India's premier first-class domestic cricket championship; first played in 1934-35 and named after K. S. Ranjitsinhji.
3.6 Duleep Trophy	Indian domestic first-class tournament traditionally associated with zonal teams.
3.7 Irani Cup	First-class match between the Ranji Trophy champion and Rest of India.

3.8 Vijay Hazare Trophy	India's senior domestic one-day cricket competition.
3.9 Syed Mushtaq Ali Trophy	India's senior domestic T20 cricket competition.
3.10 Deodhar Trophy	Indian domestic limited-overs tournament historically contested by zonal or selected teams.
3.11 FIFA World Cup	Senior men's association-football world championship organised by FIFA.
3.12 Durand Cup	Historic Indian football tournament first held in 1888.
3.13 Santosh Trophy	India's national football championship for state and institutional teams.
3.14 Subroto Cup	International inter-school football tournament organised in India.
3.15 UEFA Champions League	Leading annual club competition in European football.
3.16 FIH Hockey World Cup	Senior field-hockey world championship organised by the International Hockey Federation.
3.17 Sultan Azlan Shah Cup	Invitational men's field-hockey tournament hosted in Malaysia.
3.18 Beighton Cup	Historic field-hockey tournament associated with Kolkata.
3.19 Thomas Cup	World men's team championship in badminton.
3.20 Uber Cup	World women's team championship in badminton.
3.21 Sudirman Cup	World mixed-team championship in badminton.
3.22 Davis Cup	Premier international men's team competition in tennis.
3.23 Billie Jean King Cup	Premier international women's team competition in tennis; formerly the Fed Cup.
3.24 Laver Cup	Men's team tennis event between Team Europe and Team World.
3.25 Swaythling Cup	Men's team trophy at the World Table Tennis Championships.

3.26 Corbillon Cup	Women's team trophy at the World Table Tennis Championships.
3.27 Ryder Cup	Men's golf team contest between Europe and the United States.
3.28 Solheim Cup	Women's golf team contest between Europe and the United States.
3.29 Webb Ellis Cup	Trophy awarded to the men's Rugby World Cup champion.
3.30 Bermuda Bowl	Open-team world championship trophy in contract bridge.
3.31 Ezra Cup	Historic polo trophy contested in India.
3.32 Val Barker Trophy	Historic Olympic boxing award for the tournament's most outstanding stylist; last awarded at Rio 2016.

04. Governing Bodies and Headquarters

4.1 IOC	International Olympic Committee; headquarters at Lausanne, Switzerland.
4.2 IPC	International Paralympic Committee; headquarters at Bonn, Germany.
4.3 FIFA	World governing body for association football; headquarters at Zurich, Switzerland.
4.4 ICC	International Cricket Council; headquarters at Dubai, United Arab Emirates.
4.5 FIH	International Hockey Federation; headquarters at Lausanne, Switzerland.
4.6 BWF	Badminton World Federation; headquarters at Kuala Lumpur, Malaysia.
4.7 ITF	International Tennis Federation; headquarters in London, United Kingdom.
4.8 FIDE	International Chess Federation; headquarters at Lausanne, Switzerland.

4.9 World Athletics	Governing body for athletics; headquarters at Monaco.
4.10 FIBA	International Basketball Federation; headquarters at Mies, Switzerland.
4.11 FIVB	International Volleyball Federation; headquarters at Lausanne, Switzerland.
4.12 World Rugby	Governing body for rugby union; headquarters in Dublin, Ireland.
4.13 ISSF	International Shooting Sport Federation; headquarters at Munich, Germany.
4.14 World Archery	Governing body for international archery; headquarters at Lausanne, Switzerland.
4.15 UWW	United World Wrestling; headquarters at Corsier-sur-Vevey, Switzerland.
4.16 OCA	Olympic Council of Asia; headquarters at Kuwait City, Kuwait.
4.17 Commonwealth Sport	Organisation responsible for the Commonwealth Games; formerly called the Commonwealth Games Federation.
4.18 IOA	Indian Olympic Association; India's National Olympic Committee, headquartered in New Delhi.
4.19 Sports Authority of India	SAI is the national sports-development organisation under the Ministry of Youth Affairs and Sports; headquarters in New Delhi.
4.20 BCCI	Board of Control for Cricket in India; headquarters in Mumbai.
4.21 AIFF	All India Football Federation; national governing body for association football in India.
4.22 Hockey India	National governing body for field hockey in India.

05. Olympics and Paralympics

5.1 Ancient Olympic Games	Traditionally dated to 776 BCE at Olympia in honour of Zeus.
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5.2 Modern Olympics	The first modern Olympic Games were held at Athens in 1896.
5.3 Pierre de Coubertin	Central figure in reviving the modern Olympics and founding the IOC.
5.4 Olympic motto	Citius, Altius, Fortius - Communiter: Faster, Higher, Stronger - Together.
5.5 Olympic rings	Five interlaced rings: blue, yellow, black, green and red on a white field.
5.6 Ring-colour caution	The IOC does not assign each ring colour to a particular continent; that popular mapping is incorrect.
5.7 Ring arrangement	Top row: blue, black and red; lower row: yellow and green.
5.8 Olympic flag	Created in 1913 and first flown at an Olympic Games at Antwerp in 1920.
5.9 Olympic oath	Introduced for athletes at the Antwerp 1920 Games.
5.10 Olympic flame	A flame was first lit in the stadium at Amsterdam 1928; the modern torch relay began at Berlin 1936.
5.11 Cancelled Games	The Olympics were cancelled in 1916, 1940 and 1944 because of the two World Wars.
5.12 Tokyo postponement	Tokyo 2020 was postponed by the COVID-19 pandemic and held in 2021 while retaining the Tokyo 2020 name.
5.13 Women at the Olympics	Women first competed at the Paris 1900 Olympic Games.
5.14 Summer Olympic hosts	Paris 2024; Los Angeles 2028; Brisbane 2032.
5.15 Winter Olympic hosts	Milano Cortina 2026; French Alps 2030; Salt Lake City-Utah 2034.
5.16 Paralympic origin	The first official Paralympic Games were held at Rome in 1960.
5.17 Paralympic symbol	The Agitos symbol uses red, blue and green elements around a central point.

5.18 India's first Olympic medals	Norman Pritchard won two silver medals in athletics at Paris 1900, credited to India in IOC records.
5.19 Independent India's first individual medal	K. D. Jadhav won wrestling bronze at Helsinki 1952.
5.20 India's first individual Olympic gold	Abhinav Bindra won the men's 10 m air rifle at Beijing 2008.
5.21 First Indian woman Olympic medallist	Karnam Malleswari won weightlifting bronze at Sydney 2000.
5.22 Two individual Olympic medals	Sushil Kumar became the first Indian to win individual medals at two Olympics; P. V. Sindhu became the first Indian woman to do so.
5.23 India at Paris 2024	India won six medals: one silver and five bronze, finishing 71st in the official medal table.
5.24 Paris 2024 silver	Neeraj Chopra won silver in men's javelin throw.
5.25 Paris 2024 shooting medals	Manu Bhaker won women's 10 m air-pistol bronze and partnered Sarabjot Singh for mixed-team bronze; Swapnil Kusale won men's 50 m rifle 3 positions bronze.
5.26 Paris 2024 other bronze medals	Aman Sehrawat won men's freestyle 57 kg wrestling bronze; the Indian men's hockey team won bronze.
5.27 First Indian Paralympic gold	Murlikant Petkar won the men's 50 m freestyle swimming gold at Heidelberg 1972.
5.28 Avani Lekhara	Shooter who became the first Indian woman to win Paralympic gold and the first Indian woman to win two medals at one Paralympic Games, at Tokyo 2020.

06. Asian, Commonwealth and Indian Multi-Sport Games

6.1 Asian Games origin	The first Asian Games were held in New Delhi in 1951.
6.2 Asian Games motto	Ever Onward; the emblem uses a rising sun.
6.3 Father of the Asian Games	Guru Dutt Sondhi is widely called the Father of the Asian Games.
6.4 India's first Asian Games gold	Swimmer Sachin Nag won the men's 100 m freestyle at New Delhi 1951.

6.5 Asian Games in India	New Delhi hosted the Asian Games in 1951 and 1982.
6.6 Hangzhou 2022	Held in 2023 after postponement; India recorded its first 100-plus medal haul with 107 medals.
6.7 Commonwealth Games origin	First held as the British Empire Games at Hamilton, Canada, in 1930.
6.8 India's first Commonwealth gold	Milkha Singh won the men's 440 yards at Cardiff 1958.
6.9 First Indian woman CWG individual gold	Roopa Unnikrishnan won shooting gold at Kuala Lumpur 1998.
6.10 Birmingham 2022	India won 61 medals: 22 gold, 16 silver and 23 bronze.
6.11 South Asian Games	The first SAF Games were held at Kathmandu, Nepal, in 1984; the event was renamed the South Asian Games in 2004.
6.12 South Asian Games members	Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka are the participating South Asian nations.
6.13 National Games of India	Multi-sport competition among Indian states, Union Territories and selected institutional teams; the IOA oversees the Games.
6.14 Khelo India Youth Games	National multi-sport programme for youth athletes, with state-wise medal competition and talent identification.
6.15 Khelo India University Games	Multi-sport competition for university athletes under the Khelo India programme.
6.16 National Sports Day	Observed on 29 August, the birth anniversary of Major Dhyan Chand.

07. Indian Sporting Firsts and Milestones

7.1 First Indian Olympic hockey gold	India won the men's field-hockey title at Amsterdam 1928, beginning a run of six consecutive Olympic gold medals through 1956.
7.2 First Indian woman Asian Games gold	Kamaljeet Sandhu won the women's 400 m at Bangkok 1970.

7.3 First Indian World Athletics medallist	Anju Bobby George won women's long-jump bronze at the 2003 World Championships in Paris.
7.4 First Indian to cross English Channel	Mihir Sen, in 1958.
7.5 First Asian woman across English Channel	Arati Saha of India, in 1959.
7.6 First woman to swim seven seas	Bula Choudhury became the first woman to cross sea channels of all five continents, popularly called the seven seas feat.
7.7 First Indian badminton All England champion	Prakash Padukone won the men's singles title in 1980.
7.8 Second Indian All England champion	Pullela Gopichand won the men's singles title in 2001.
7.9 First Indian badminton world champion	P. V. Sindhu won the women's singles title at the 2019 BWF World Championships.
7.10 First Indian woman badminton world No. 1	Saina Nehwal reached the BWF women's singles world No. 1 ranking in 2015.
7.11 First Indian Grand Slam champion	Mahesh Bhupathi won the 1997 French Open mixed doubles with Rika Hiraki.
7.12 First Indian career Grand Slam in doubles	Leander Paes completed the career Grand Slam in men's doubles.
7.13 First Indian woman Grand Slam champion	Sania Mirza won the 2009 Australian Open mixed doubles with Mahesh Bhupathi.
7.14 India's first chess Grandmaster	Viswanathan Anand became India's first Grandmaster in 1988 and later the undisputed world champion.
7.15 First Indian woman Grandmaster	Koneru Humpy became India's first woman to earn the open Grandmaster title.
7.16 Youngest world chess champion	D. Gukesh became the youngest undisputed world chess champion in 2024 at age 18.

7.17 First Indian gymnast at Olympics	Dipa Karmakar competed at Rio 2016 and finished fourth in the women's vault.
7.18 First Indian gymnast CWG medal	Ashish Kumar won silver and bronze at the 2010 Commonwealth Games.
7.19 First Indian billiards world champion	Wilson Jones won the amateur world billiards title in 1958.
7.20 First Indian Olympic athletics gold	Neeraj Chopra won men's javelin at Tokyo 2020, India's first Olympic athletics gold.
7.21 First Indian to throw 90 m	Neeraj Chopra recorded 90.23 m in javelin at the 2025 Doha Diamond League.
7.22 First Indian Thomas Cup title	India won the men's badminton team world championship in 2022.
7.23 First Indian women's cricket world title	India won its first ICC Women's Cricket World Cup, the ODI event, in 2025.
7.24 First Indian FIDE Women's World Cup winner	Divya Deshmukh won the 2025 title, defeating Koneru Humpy in an all-Indian final.

08. Sports Awards, Nicknames and Books

8.1 Major Dhyan Chand Khel Ratna	India's highest sporting honour; called the Rajiv Gandhi Khel Ratna before its renaming in 2021.
8.2 Arjuna Award	Recognises outstanding performance and qualities of leadership, sportsmanship and discipline.
8.3 Dronacharya Award	National award for outstanding coaches in sports and games.
8.4 MAKA Trophy	Maulana Abul Kalam Azad Trophy recognises overall performance in competitive university sports.
8.5 Tenzing Norgay National Adventure Award	India's national honour for outstanding achievement in adventure activities.
8.6 Major Dhyan Chand	The Wizard of Hockey.

8.7 P. T. Usha	Payyoli Express; also called the Golden Girl of Indian athletics.
8.8 Milkha Singh	The Flying Sikh.
8.9 Mary Kom	Magnificent Mary.
8.10 Leander Paes	Pocket Dynamo.
8.11 Sourav Ganguly	Prince of Calcutta and Bengal Tiger.
8.12 Viswanathan Anand	Vishy; also called the Lightning Kid during his early career.
8.13 Rahul Dravid	The Wall.
8.14 Harbhajan Singh	The Turbanator.
8.15 Shoaib Akhtar	Rawalpindi Express.
8.16 Michael Phelps	The Baltimore Bullet and Flying Fish.
8.17 Pele	The Black Pearl.
8.18 Sachin Tendulkar	Master Blaster and Little Master.
8.19 Kapil Dev	Haryana Hurricane.
8.20 M. S. Dhoni	Captain Cool and Mahi.
8.21 Virender Sehwag	Nawab of Najafgarh and Sultan of Multan.
8.22 Anil Kumble	Jumbo.
8.23 Sunny Days	Autobiographical cricket book by Sunil Gavaskar.
8.24 Playing It My Way	Autobiography of Sachin Tendulkar, written with Boria Majumdar.
8.25 Straight from the Heart	Autobiography of Kapil Dev.
8.26 No Spin	Autobiography of Shane Warne, written with Mark Nicholas.
8.27 The Test of My Life	Autobiographical account by Yuvraj Singh.
8.28 281 and Beyond	Autobiography of V. V. S. Laxman.

8.29 Six Machine	Autobiography of Chris Gayle.
8.30 Ace Against Odds	Autobiography of Sania Mirza.
8.31 Unbreakable	Autobiography of Mary Kom.
8.32 Playing to Win	Autobiography of Saina Nehwal.
8.33 The Race of My Life	Autobiography of Milkha Singh, written with Sonia Sanwalka.
8.34 A Shot at History	Abhinav Bindra's autobiography, written with Rohit Brijnath.
8.35 Mind Master	Viswanathan Anand's reflections on chess and life, written with Susan Ninan.
8.36 Beyond the Goal	Biography of Bhaichung Bhutia by Mohammad Amin-ul Islam.
8.37 A Century Is Not Enough	Autobiography of Sourav Ganguly, written with Gautam Bhattacharya.
8.38 Unguarded	Autobiography of Mithali Raj.

09. Sport-by-Sport Rapid Revision

9.1 Cricket formats	Tests have up to five days; ODIs use 50 overs per side; T20 internationals use 20 overs per side.
9.2 Cricket dismissal caution	There are ten recognised modes of dismissal in the Laws; 'retired out' is treated separately from retired hurt.
9.3 Grand Slam events	Australian Open, French Open, Wimbledon and US Open.
9.4 Grand Slam surfaces	Australian Open and US Open - hard; French Open - clay; Wimbledon - grass.
9.5 Football card system	Yellow is a caution; red means dismissal. Two yellow cards in one match produce a red card.
9.6 FIFA World Cup cycle	Normally held every four years; the men's tournament expands to 48 teams in 2026.

9.7 Hockey penalty corner	Awarded for specified defensive offences; attackers begin outside the shooting circle and the ball must leave the circle before a goal can be scored under the standard procedure.
9.8 Badminton scoring	Best of three games to 21; at 20-all, a two-point lead is required, capped at 30.
9.9 Table-tennis service	Service alternates every two points, but every point after 10-all.
9.10 Chess titles	Grandmaster is the highest standard over-the-board title awarded by FIDE, excluding the separate world-champion title.
9.11 Decathlon	Ten-event combined athletics competition traditionally contested by men at the Olympics.
9.12 Heptathlon	Seven-event combined athletics competition traditionally contested by women at the Olympics.
9.13 Pentathlon disciplines	Modern pentathlon now combines fencing, swimming, obstacle-course racing and laser run; horse riding was replaced after Paris 2024.
9.14 Triathlon	Swimming, cycling and running in that order.
9.15 Biathlon	Winter sport combining cross-country skiing and rifle shooting.
9.16 Ironman	Long-distance triathlon brand using a 3.8 km swim, 180 km cycle and marathon run, with minor course rounding.
9.17 Tour de France jerseys	Yellow - overall leader; green - points; polka dot - mountains; white - best young rider.
9.18 Formula One championships	Drivers' Championship is for drivers; Constructors' Championship is for teams.
9.19 Shooting disciplines	Olympic shooting includes rifle, pistol and shotgun events.
9.20 Archery at Olympics	Olympic target archery uses recurve bows; compound archery is part of the LA 2028 programme in mixed-team form.

10. Current Sports Events - 2025

10.1 ICC Champions Trophy 2025	India defeated New Zealand in Dubai to win the men's ODI tournament.
10.2 World Test Championship 2025	South Africa defeated Australia at Lord's to win the 2023-25 ICC World Test Championship.
10.3 ICC Women's Cricket World Cup 2025	India defeated South Africa at DY Patil Stadium, Navi Mumbai, to win its first women's ODI World Cup.
10.4 Men's Asia Cup 2025	India defeated Pakistan in the T20-format final in the UAE to win its ninth men's Asia Cup title.
10.5 IPL 2025	Royal Challengers Bengaluru defeated Punjab Kings to win their first Indian Premier League title.
10.6 WPL 2025	Mumbai Indians defeated Delhi Capitals to win their second Women's Premier League title.
10.7 Australian Open 2025	Jannik Sinner won the men's singles; Madison Keys won the women's singles.
10.8 French Open 2025	Carlos Alcaraz won the men's singles; Coco Gauff won the women's singles.
10.9 Wimbledon 2025	Jannik Sinner won the men's singles; Iga Swiatek won the women's singles.
10.10 FIDE Women's World Cup 2025	Divya Deshmukh defeated Koneru Humpy in the tiebreak of an all-Indian final at Batumi, Georgia.
10.11 Neeraj Chopra's 90 m barrier	He threw an Indian record 90.23 m at the Doha Diamond League on 16 May 2025.
10.12 National Sports Policy 2025	Approved by the Union Cabinet to replace the 2001 policy and promote excellence, participation, economic development and integration with education.
10.13 Khelo India Water Sports Festival	The inaugural edition was held at Dal Lake, Srinagar; Madhya Pradesh topped the overall medal table.
10.14 World Para Athletics Championships	New Delhi hosted the 2025 edition at Jawaharlal Nehru Stadium, the first edition held in India.

10.15 Asian Archery Championships	India topped the 2025 championships with ten medals, including six gold.
10.16 38th National Games	Held in Uttarakhand in 2025; Services Sports Control Board topped the medal table.

11. Current Sports Events - 2026

11.1 ICC Men's T20 World Cup 2026	India defeated New Zealand by 96 runs in Ahmedabad, becoming the first team to retain the title and the first to win three men's T20 World Cups.
11.2 ICC Women's T20 World Cup 2026	Australia defeated host England at Lord's to win its seventh women's T20 World Cup title.
11.3 Australian Open 2026	Carlos Alcaraz won the men's singles; Elena Rybakina won the women's singles.
11.4 French Open 2026	Alexander Zverev won the men's singles; Mirra Andreieva won the women's singles.
11.5 Wimbledon 2026	Jannik Sinner retained the men's singles title; Linda Noskova won her first women's singles major.
11.6 Women's Premier League 2026	Royal Challengers Bengaluru defeated Delhi Capitals to win their second WPL title.
11.7 Ranji Trophy 2025-26	Jammu and Kashmir defeated Karnataka to win their maiden Ranji Trophy title.
11.8 Vijay Hazare Trophy 2025-26	Vidarbha defeated Saurashtra by 38 runs to win their maiden title.
11.9 Thomas Cup 2026	China defeated France 3-1 in Horsens, Denmark; India and Denmark earned bronze medals as losing semifinalists.
11.10 Uber Cup 2026	South Korea defeated China 3-1 in Horsens to win its third women's world team title.
11.11 Asian Beach Games 2026	At Sanya, China, India won six medals - three gold, two silver and one bronze - and finished sixth.
11.12 Khelo India Beach Games 2026	Held in Diu; Karnataka topped the medal standings.

11.13 Khelo India Winter Games 2026	The ice-sports leg of the sixth edition was held in Leh, Ladakh; figure skating was added.
11.14 Milano Cortina Winter Olympics	Italy hosted the Winter Olympics from 6 to 22 February 2026 using a multi-city regional model.
11.15 ICC Hall of Fame 2026	Sourav Ganguly, Anjum Chopra and Kevin Pietersen formed the Class of 2026.
11.16 Squash World Cup 2025 milestone	India won its first SDAT Squash World Cup title; the team included Joshna Chinappa, Anahat Singh and Abhay Singh.
11.17 Hardik Pandya milestone	He became the first Indian to complete 100 wickets and 1,000 runs in men's T20 internationals.
11.18 World Athletics Indoor host	Bhubaneswar was selected to host the 2028 World Athletics Indoor Championships, India's first hosting of the event.

12. Upcoming Hosts and Exam Calendar

12.1 FIFA World Cup 2026	Hosted jointly by Canada, Mexico and the United States; first men's World Cup with 48 teams. The final is scheduled at New York New Jersey Stadium.
12.2 Commonwealth Games 2026	Scheduled in Glasgow, Scotland, from 23 July to 2 August with a compact ten-sport programme.
12.3 Asian Games 2026	Scheduled in Aichi-Nagoya, Japan, from 19 September to 4 October.
12.4 BWF World Championships 2026	Scheduled in New Delhi, India, in August.
12.5 Summer Olympics 2028	Los Angeles, United States; cricket, flag football, lacrosse, squash and baseball-softball are additional sports.
12.6 Summer Olympics 2032	Brisbane, Australia.
12.7 Winter Olympics 2030	French Alps, France.
12.8 Winter Olympics 2034	Salt Lake City-Utah, United States.

12.9 FIFA World Cup 2030	Main hosts Morocco, Portugal and Spain, with centenary matches in Argentina, Paraguay and Uruguay.
12.10 FIFA World Cup 2034	Saudi Arabia.
12.11 FIFA Women's World Cup 2027	Brazil.
12.12 AFC Asian Cup 2027	Saudi Arabia.
12.13 ICC Cricket World Cup 2027	South Africa, Zimbabwe and Namibia will host the men's ODI World Cup.
12.14 ICC Men's T20 World Cup 2028	Australia and New Zealand.
12.15 India 2036 bid caution	Ahmedabad is central to India's proposed 2036 Olympic bid, but the IOC has not awarded the 2036 Games as of July 2026.

Five-Year Solved PYQ Bank

AFCAT Reported Sports PYQs | 2022-2026

1. The term 'chukker' is associated with which sport?

- A.** Polo
- B.** Hockey
- C.** Golf
- D.** Boxing

Answer: A. Polo

A chukker is a period of play in polo.

AFCAT 1 2026 | Reported memory-based question

2. The Thomas Cup is associated with:

- A. Badminton
- B. Table tennis
- C. Tennis
- D. Football

Answer: A. Badminton

The Thomas Cup is the world men's team badminton championship.

AFCAT reported, 2022-2026 | Cups and trophies

3. The Durand Cup is associated with which sport?

- A. Football
- B. Cricket
- C. Hockey
- D. Basketball

Answer: A. Football

The Durand Cup is a historic football tournament in India, first held in 1888.

AFCAT reported, 2022-2026 | Cups and trophies

4. The term 'bully' is used in:

- A. Hockey
- B. Polo
- C. Wrestling
- D. Volleyball

Answer: A. Hockey

Bully is a field-hockey term used for a method of restarting play.

AFCAT reported, 2022-2026 | Sports terminology

5. How many players from one team are on the court in standard kabaddi?

- A. Seven
- B. Six
- C. Eight
- D. Nine

Answer: A. Seven

A standard kabaddi side fields seven players on the court.

AFCAT reported, 2022-2026 | Team strength

6. The Uber Cup is the world team championship for:

- A. Women's badminton
- B. Women's tennis
- C. Men's badminton
- D. Mixed badminton

Answer: A. Women's badminton

The Uber Cup is the world women's team badminton championship.

AFCAT reported, 2022-2026 | Cups and trophies

7. The Swaythling Cup is awarded in the men's team event of:

- A. Table tennis
- B. Badminton
- C. Lawn tennis
- D. Squash

Answer: A. Table tennis

The men's team trophy at the World Table Tennis Championships is the Swaythling Cup.

AFCAT reported, 2022-2026 | Cups and trophies

8. Abhinav Bindra won India's first individual Olympic gold in:

- A. Men's 10 m air rifle
- B. Men's 25 m rapid-fire pistol
- C. Men's 50 m rifle 3 positions
- D. Men's trap

Answer: A. Men's 10 m air rifle

Bindra won the men's 10 m air-rifle title at the Beijing 2008 Olympics.

AFCAT reported, 2022-2026 | Indian Olympic milestones

9. Where is the headquarters of FIFA?

- A. Zurich
- B. Lausanne
- C. Geneva
- D. Paris

Answer: A. Zurich

FIFA, the world governing body for association football, is headquartered in Zurich, Switzerland.

AFCAT reported, 2022-2026 | Governing bodies

10. The Ranji Trophy is associated with:

- A. Cricket
- B. Football
- C. Hockey
- D. Badminton

Answer: A. Cricket

The Ranji Trophy is India's premier domestic first-class cricket championship.

AFCAT reported, 2022-2026 | Cups and trophies

11. In tennis, the score at 40-40 is called:

- A. Deuce
- B. Love
- C. Advantage
- D. Let

Answer: A. Deuce

At deuce, a player must normally win two consecutive points to win the game.

AFCAT reported, 2022-2026 | Sports terminology

12. The Santosh Trophy is India's national championship in:

- A.** Football
- B.** Hockey
- C.** Cricket
- D.** Volleyball

Answer: A. Football

The Santosh Trophy is contested by state and institutional football teams.

AFCAT reported, 2022-2026 | Cups and trophies

13. India's highest sporting honour is the:

- A.** Major Dhyan Chand Khel Ratna Award
- B.** Arjuna Award
- C.** Dronacharya Award
- D.** Dhyan Chand Award

Answer: A. Major Dhyan Chand Khel Ratna Award

The Major Dhyan Chand Khel Ratna is India's highest sporting honour.

AFCAT reported, 2022-2026 | Sports awards

14. Who is popularly known as the 'Flying Sikh'?

- A.** Milkha Singh
- B.** Gurbachan Singh Randhawa
- C.** P. T. Usha
- D.** Makhan Singh

Answer: A. Milkha Singh

The celebrated Indian sprinter Milkha Singh was popularly called the Flying Sikh.

AFCAT reported, 2022-2026 | Sports personalities

15. What was the official mascot of the Paris 2024 Olympic Games?

- A. The Olympic Phryge
- B. Miraitowa
- C. Vinicius
- D. Bing Dwen Dwen

Answer: A. The Olympic Phryge

The Paris 2024 mascots were Phrygian-cap characters called the Phryges.

AFCAT reported, 2022-2026 | Olympics

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

- A. Six
- B. Seven
- C. Five
- D. Eight

Answer: A. Six

India won one silver and five bronze medals at Paris 2024.

AFCAT reported, 2022-2026 | Olympics

17. The current Olympic motto includes which final word?

- A. Together
- B. Peace
- C. Unity
- D. Victory

Answer: A. Together

The motto is Faster, Higher, Stronger - Together; the Latin form ends with Communiter.

AFCAT reported, 2022-2026 | Olympics

18. The French Open tennis championship is played on:

- A.** Clay courts
- B.** Grass courts
- C.** Hard courts
- D.** Carpet courts

Answer: A. Clay courts

Roland Garros, the French Open venue, uses outdoor red-clay courts.

AFCAT reported, 2022-2026 | Grand Slams

19. How many interlaced rings appear in the Olympic symbol?

- A.** Five
- B.** Four
- C.** Six
- D.** Seven

Answer: A. Five

The Olympic symbol has five interlaced rings: blue, yellow, black, green and red.

AFCAT reported, 2022-2026 | Olympics

20. Who became the first Indian woman to win a Commonwealth Games table-tennis singles gold?

- A.** Manika Batra
- B.** Mouma Das
- C.** Sreeja Akula
- D.** Ayhika Mukherjee

Answer: A. Manika Batra

Manika Batra won the women's singles title at the Gold Coast 2018 Commonwealth Games.

AFCAT reported, 2022-2026 | Indian milestones

CDS Official Sports PYQs | 2022-2026

21. Avani Lekhara excels in which one of the following sports?

- A. Archery
- B. Shooting
- C. Badminton
- D. Weightlifting

Answer: B. Shooting

Avani Lekhara is a Paralympic rifle shooter and a multiple Paralympic medallist.

CDS II 2022 | Official UPSC paper

22. 'The Chevrons' is the nickname of the national cricket team of:

- A. Zimbabwe
- B. Ireland
- C. Bangladesh
- D. South Africa

Answer: A. Zimbabwe

The Zimbabwe national cricket team is popularly known as the Chevrons.

CDS I 2023 | Official UPSC paper

23. Abhinav Bindra became the first Indian to win an individual Olympic gold medal in which event and Games?

- A. 10 m air rifle at Beijing 2008
- B. 50 m rifle 3 positions at Athens 2004
- C. 10 m air pistol at London 2012
- D. Trap at Rio 2016

Answer: A. 10 m air rifle at Beijing 2008

Bindra won the men's 10 m air-rifle event at Beijing 2008.

CDS II 2023 | Official UPSC paper

24. Which set contains only Indian badminton players who have won or finished runners-up in singles at the All England Open?

- A. Prakash Padukone, P. V. Sindhu and Lakshya Sen
- B. Pullela Gopichand, Saina Nehwal and Lakshya Sen
- C. Saina Nehwal, P. V. Sindhu and Kidambi Srikanth
- D. Prakash Padukone, P. V. Sindhu and Saina Nehwal

Answer: B. Pullela Gopichand, Saina Nehwal and Lakshya Sen

Gopichand won in 2001, while Saina Nehwal and Lakshya Sen have finished runners-up. The original paper tested this set.

CDS II 2023 | Official UPSC paper

25. Yogesh Singh, who won a gold medal at the Asian Championship in 2024, is associated with:

- A. Shooting
- B. Wrestling
- C. Archery
- D. Weightlifting

Answer: A. Shooting

Yogesh Singh won gold in the men's 25 m standard-pistol event at the 2024 Asian Shooting Championships.

CDS I 2024 | Official UPSC paper

26. Consider the ICC Under-19 Men's Cricket World Cup 2024: 1. Australia won its fourth title. 2. South Africa hosted the tournament. Which is correct?

- A. 1 only
- B. 2 only
- C. Both 1 and 2
- D. Neither 1 nor 2

Answer: C. Both 1 and 2

Australia won its fourth title and South Africa hosted the 2024 tournament.

CDS I 2024 | Official UPSC paper

27. Who was not a member of the Indian squash team that won the country's first SDAT Squash World Cup title in 2025?

- A. Joshna Chinappa
- B. Anahat Singh
- C. Abhay Singh
- D. Arjun Erigaisi

Answer: D. Arjun Erigaisi

Arjun Erigaisi is a chess grandmaster; the title-winning squash team included Joshna Chinappa, Anahat Singh and Abhay Singh.

CDS I 2026 | Official UPSC paper

28. Who became the first Indian cricketer to complete 100 wickets and 1,000 runs in T20 internationals?

- A. Hardik Pandya
- B. Ravindra Jadeja
- C. Axar Patel
- D. Washington Sundar

Answer: A. Hardik Pandya

Hardik Pandya achieved the stated T20I all-round double.

CDS I 2026 | Official UPSC paper

