

Sports Trivia Questions for Adults

Bring different sports fans into one round with clear rules, origins, and event-history questions.

Host guide / Letter / Adult trivia / 25–40 minutes

Read the guide privately first if this activity has hidden answers. Print single-sided at Actual size / 100%. Cut only sheets marked CARDS. Keep answer keys with the host.

What you need

- Printed question cards or a host screen
- Pens and score sheet
- A timer (optional)
- One host or a reader for each team

How to run it

1. Choose teams of two to five or play individually.
2. Read the prompt and allow 20–30 seconds for a response.
3. Award one point for a correct answer; accept equivalent wording.
4. Reveal the answer and read the short explanation.
5. Choose cards from at least six subjects for a shorter round.
6. Keep the answer key with the host, separate from player-facing prompts.

A multi-sport lineup

The cards are balanced across team and individual sports. Some questions are quick scoring checks, while others ask about the origins of an event or a long-standing competition. Teams can choose a sport category or let the host mix the deck.

- Football and baseball rules
- Basketball origins
- Olympic events and symbols
- Tennis scoring
- Golf championship history
- FIFA World Cup history

Make the round easy to follow

Read each question clearly and let players confer before answering. Sports terms vary by country, so the host can accept an equivalent name when the idea is correct. Questions are written to avoid requiring knowledge of current teams, seasons, or record holders.

- Allow 20–30 seconds per question.
- For a shorter game, play four cards from six categories.
- After each reveal, ask which sport people would like to learn more about.

Keep the facts in context

Official rulebooks and governing-body histories are used for the specific rules or milestones in each card. Rules can differ between professional, amateur, youth, and international formats; the prompt names the relevant context where needed. Olympic symbols are described without repeating the popular but inaccurate idea that each ring color corresponds to one continent.

- NFL scoring refers to NFL rules.
- The baseball questions use MLB materials.
- The tennis point sequence follows the US Open explainer.

CARDS / Sports Trivia Questions for Adults

<p>R_TRIVIA_SPORTS-001 / American football</p> <p>How many points is a touchdown worth under NFL rules?</p>	<p>R_TRIVIA_SPORTS-002 / American football</p> <p>How many points is a field goal worth under NFL rules?</p>
<p>R_TRIVIA_SPORTS-003 / American football</p> <p>How many points is a safety worth under NFL rules?</p>	<p>R_TRIVIA_SPORTS-004 / Baseball</p> <p>How many innings make up a standard MLB regulation game, unless extended or shortened by rules?</p>
<p>R_TRIVIA_SPORTS-005 / Baseball history</p> <p>Which two teams played in the first modern World Series in 1903?</p>	<p>R_TRIVIA_SPORTS-006 / Baseball</p> <p>How far is the pitcher's plate from the rear point of home plate in modern baseball?</p>

CARDS / Sports Trivia Questions for Adults

<p>R_TRIVIA_SPORTS-007 / Basketball</p> <p>Who invented basketball in 1891?</p>	<p>R_TRIVIA_SPORTS-008 / Basketball</p> <p>What did the first basketball goals consist of?</p>
<p>R_TRIVIA_SPORTS-009 / Basketball history</p> <p>In what year did basketball become an Olympic sport?</p>	<p>R_TRIVIA_SPORTS-010 / Olympics</p> <p>At which modern Olympic Games was the first marathon race held?</p>
<p>R_TRIVIA_SPORTS-011 / Olympics</p> <p>At which Olympic Games did the women's marathon make its debut?</p>	<p>R_TRIVIA_SPORTS-012 / Olympic history</p> <p>At which Olympic Games was the marathon first run over the 42.195-kilometer distance used today?</p>

CARDS / Sports Trivia Questions for Adults

<p>R_TRIVIA_SPORTS-013 / Olympics and design</p> <p>How many interlaced rings appear in the Olympic symbol?</p>	<p>R_TRIVIA_SPORTS-014 / Olympics and design</p> <p>Who created the first design for the Olympic rings?</p>
<p>R_TRIVIA_SPORTS-015 / Tennis</p> <p>What does “love” mean in tennis scoring?</p>	<p>R_TRIVIA_SPORTS-016 / Tennis</p> <p>In men’s singles at the US Open, are matches played as best of three or best of five sets?</p>
<p>R_TRIVIA_SPORTS-017 / Football / soccer history</p> <p>What dog found the stolen Jules Rimet World Cup trophy in 1966?</p>	<p>R_TRIVIA_SPORTS-018 / Golf</p> <p>At which golf course was the first Open Championship played in 1860?</p>

CARDS / Sports Trivia Questions for Adults

<p>R_TRIVIA_SPORTS-019 / Golf</p> <p>Who won the first Open Championship in 1860?</p>	<p>R_TRIVIA_SPORTS-020 / Golf</p> <p>In which year was prize money first paid out at The Open?</p>
<p>R_TRIVIA_SPORTS-021 / Football / soccer</p> <p>In what year did the inaugural FIFA World Cup take place?</p>	<p>R_TRIVIA_SPORTS-022 / Football / soccer</p> <p>Who designed the first Jules Rimet World Cup trophy?</p>
<p>R_TRIVIA_SPORTS-023 / Football / soccer</p> <p>Which country won the first men's FIFA World Cup?</p>	<p>R_TRIVIA_SPORTS-024 / Olympics and symbols</p> <p>Were the Olympic ring colors selected to map one color to each continent?</p>

Host answer key

Keep this section separate from player cards. Accept equivalent wording where the meaning matches.

01. Six.

The NFL rulebook assigns six points to a touchdown.

02. Three.

A successful field goal is worth three points in NFL scoring.

03. Two.

The NFL rulebook gives the defense two points for a safety.

04. Nine.

MLB's regulation-game definition uses nine innings as the standard, with conditions for ties and early endings.

05. Boston Americans and Pittsburgh Pirates.

The modern World Series began in 1903 as a best-of-nine contest between the American and National League champions.

06. 60 feet 6 inches.

MLB explains that the pitching distance was established in 1893 and remains a familiar baseball measurement.

07. James Naismith.

Naismith developed the indoor game for students at the YMCA Training School in Springfield, Massachusetts.

08. Peach baskets.

The original game used two peach baskets fastened high above the gym floor.

09. 1936.

Basketball was added to the Olympic programme at the 1936 Berlin Games; James Naismith attended and performed the opening tip-off.

10. Athens 1896.

The inaugural modern Olympic marathon was staged in Athens, with a route of about 40 kilometers.

11. Los Angeles 1984.

The women's marathon first appeared on the Olympic programme at Los Angeles 1984.

12. London 1908.

The London 1908 course measured 42.195 kilometers. That route's distance later became the standard; the event did not formally standardize it on the spot.

13. Five.

The rings are the Olympic symbol and represent the union of the continents and athletes from around the world.

14. Pierre de Coubertin.

The IOC traces the design to Coubertin, founder of the modern Olympic Movement.

15. Zero points.

In tennis scoring, a player with no points is said to have "love."

16. Best of five sets.

The US Open explainer states that men's singles is played in a best-of-five-sets format, while many other divisions use best of three.

17. Pickles.

FIFA's trophy history recounts that the stolen trophy was discovered by a dog named Pickles beneath a garden hedge in South London.

18. Prestwick.

The inaugural Open was held at Prestwick in Scotland.

19. Willie Park Sr.

The Open's official history names Park as the first Champion Golfer.

20. 1863.

The championship's historical archive records its first prize fund in 1863.

21. 1930.

FIFA's first men's World Cup was held in 1930, with Uruguay as host.

22. Abel Lafleur.

The French sculptor designed the original trophy, which depicted Nike, the Greek goddess of victory.

23. Uruguay.

The 1930 tournament was hosted and won by Uruguay.

24. No.

The IOC says Coubertin selected the five ring colors plus white because those colors appeared in every national flag at the time; they do not each map one-to-one to a continent.

Hosting questions

Does this quiz include current scores?

No. It focuses on stable rules and historical milestones.

Do players need to follow every sport?

No. Teams can use category choice, hints, or a no-score version.

Can I mix international and U.S. sports?

Yes. The questions include both U.S. leagues and international events.

References

NFL rulebook states touchdown 6, field goal 3, and safety 2 points.

<https://operations.nfl.com/media/gsaatbb/2023-rulebook.pdf>

NBA history recounts Naismith's 1891 game, 13 rules, and peach baskets.

<https://jr.nba.com/james-naismith-invention-basketball>

FIFA trophy history identifies the first tournament, Uruguay, and Abel Lafleur.

<https://www.fifa.com/en/tournaments/mens/worldcup/canadamexicousa2026/articles/trophy-design-history-jules-rimet>

IOC history supports Athens 1896, London 1908 distance, and women's 1984 debut.

<https://www.olympics.com/ioc/news/the-inaugural-modern-olympic-marathon>

IOC explains ring design, colors, and symbolism.

<https://www.olympics.com/ioc/olympic-rings>

US Open explainer defines love, the points sequence, and deuce.

https://www.usopen.org/amp/en_US/news/articles/2026-09-04/2026_us_open_things_to_know_before_you_go.html

The Open official history gives the 1860 venue and first winner, and 1863 prize fund.

<https://www.theopen.com/latest/notable-firsts-at-the-open>

MLB rules define a regulation game as nine innings.

<https://www.mlb.com/glossary/rules/regulation-game>

MLB history explains the 1903 World Series and its teams.

<https://www.mlb.com/glossary/miscellaneous/modern-era>

MLB history explains when the 60-feet-6-inch pitching distance was codified.

<https://www.mlb.com/amp/news/why-is-the-mound-60-ft-6-inches-away.html>

Original AI-assisted resource with AI editorial review. Independent human playtesting and physical printing have not been completed. Answer, listen, or pass.