Sports Played Without a Ball

The fact that it's your ball won't let you make the rules in these competitive sports.

NSWTGIREL	
OMBINTADN	
OCRTIAANGU	
NYGSISCMAT	
ITJSUUJ	<u>-</u>
TABGKOEADINSR	
CIOKYEEHC	
GITGELHITINWF	
TRDAS	<u>-</u>
KICGOLCBINRM	<u>-</u>
HECRRYA	<u>-</u>
WISDGANOOBRN	<u>-</u>
BONUS WORD:	
	(form bonus word from the marked letters in the other answers)

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