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Annexure-I

List of 16 Khelo India Centres (KICs)

A) Uttarakhand

S.No.	District	Sports	S.No.	Name of the Centres
1	Chamoli	Football	1	Sports Stadium, Gopeshwar
2	Champawat	Football	2	Sports Stadium, Tanakpur
3	Haridwar	Wrestling	3	Sports Office Roshnabad, Haridwar
4	Pauri Garhwal	Football	4	Sports Stadium, Kotdwar
5	Nanital	Hockey	5	Indira Gandhi International Sports Complex, Haldwani
6	Bageshwar	Boxing	6	Sports Stadium, Bageshwar
7	Tehri Garhwal	Football	7	Puranand Sports Stadium, Tehri Garhwal
8	Almora	Hockey	8	Hemwati Nandan Bahuguna Sports Stadium, Almora
9	Pithoragarh	Athletics	9	Sri Surendra Singh Waldia Sports Stadium, Pithoragarh
10	Rudraprayag	Handball	10	Sports Stadium, Agustamuni, Rudraprayag
11	Uttarkashi	Athletics	11	Sports Stadium, Uttarkashi
12	Udham Singh Nagar	Volleyball	12	Sri Manoj Sarkar Sports Stadium, Rudrapur
13	Dehradun	Judo	13	Sports Stadium, Parade Ground, Dehradun

B) Rajasthan

S.No.	District	Sports	S.No.	Name of the Centres
1	Sikar	Hockey	1	DBS (SAI) Girls Centre, Bawadi, Sikar (Extension Centre)

C) Telangana

S.No.	District	Sports	S.No.	Name of the Centres
1	Jagtial	Boxing	1	Jagtiyal DSA Stadium

D) Karnataka

S.No.	District	Sports	S.No.	Name of the Centres
1	Ramanagar	Mallakhamb	1	Karnataka Sahasakala Academy, Sri Ramdevara Hills Road, Ramanagara

S.No.	Designation	Staff Required	Staff Available	Staff to be allotted	Salary (per month)	Month	Total Amount	Remarks
1	High Performance Director	0	0	1	100000-150000	12	₹ 1,800,000.00	
2	Technical Director	0	0	0	0	12	₹ 0.00	
3	Head Coach	0	4	0	100000-150000	12	₹ 0.00	Available: 01-Judo, 02-Athletics, 01-Boxing
4	Young Professional	0	0	1	40000	12	₹ 480,000.00	
5	Assistant Coach	0	0	0	40000-60000	12	₹ 0.00	
6	Physiologist	0	0	1	40000-60000	12	₹ 720,000.00	
7	Nutrition/Dietician	0	2	0	75000-100000	12	₹ 0.00	Available: 01-Athletics, 01-Boxing
8	Masseur	2	0	2	35000	12	₹ 840,000.00	
9	Doctor/Sports injury management team	0	2	0	100000-150000	12	₹ 0.00	Available: 01-Athletics, 01-Boxing
10	Yoga Instructor	0	0	1	25000	12	₹ 300,000.00	
11	Strength & Conditioning Trainer	0	1	2	60000-80000	12	₹ 1,920,000.00	Available: 01-Athletics
12	Physiotherapist	2	3	1	40000-60000	12	₹ 720,000.00	Available: 02-Athletics, 01-Boxing
13	Conditioning Expert	0	0	1	80000-100000	12	₹ 1,200,000.00	
14	Biomechanics Expert	0	0	0	40000	12	₹ 0.00	
	<b>Total</b>			<b>10</b>			<b>₹ 7,980,000.00</b>	

S.No.	Equipment Name	Consumable/Non-Consumable	Quantity Available	Quantity Required	Unit Cost	Total Cost	Quantity Admissible	Unit Cost	Total Amount
1	Judo Dress	Consumables	22	30	₹ 3,600.00	₹ 108,000.00	30	₹ 3,600.00	₹ 108,000.00
2	Gym Rope	Consumables	0	6	₹ 9,000.00	₹ 54,000.00	6	₹ 6,000.00	₹ 36,000.00
3	Theraband	Consumables	0	30	₹ 1,080.00	₹ 32,400.00	30	₹ 695.00	₹ 20,850.00
4	Mini Hurdle	Consumables	0	60	₹ 360.00	₹ 21,600.00	60	₹ 360.00	₹ 21,600.00
5	Hand Punch	Consumables	0	60	₹ 3,500.00	₹ 210,000.00	60	₹ 3,500.00	₹ 210,000.00
6	Skipping Rope	Consumables	0	30	₹ 350.00	₹ 10,500.00	30	₹ 350.00	₹ 10,500.00
7	Medicine Ball (15kg)	Consumables	0	12	₹ 2,175.00	₹ 26,100.00	12	₹ 2,175.00	₹ 26,100.00
8	Ladders	Consumables	0	12	₹ 1,200.00	₹ 14,400.00	12	₹ 800.00	₹ 9,600.00
9	Climbing Rope	Consumables	0	12	₹ 4,000.00	₹ 48,000.00	12	₹ 2,124.00	₹ 25,488.00
10	Gripping Band	Consumables	0	12	₹ 14,000.00	₹ 168,000.00	12	₹ 1,600.00	₹ 19,200.00
	<b>Total</b>					<b>₹ 693,000.00</b>			<b>₹ 487,338.00</b>
	<b>GST @ 18%</b>					<b>₹ 124,740.00</b>			<b>₹ 87,720.84</b>
	<b>Grand Total</b>					<b>₹ 817,740.00</b>			<b>₹ 575,058.84</b>

S.No.	Equipment Name	Consumable/Non-Consumable	Quantity Available	Quantity Required	Unit Cost	Total Cost	Quantity Admissible	Unit Cost	Total Amount
1	Judo Mats	Non-Consumables	98	98	₹ 12,800.00	₹ 1,254,400.00	98	₹10,528.00	₹1,031,744.00
2	Weight Machine	Non-Consumables	1	4	₹ 2,500.00	₹ 10,000.00	4	₹ 2,500.00	₹ 10,000.00
3	Judo Throw Mat	Non-Consumables	0	12	₹ 38,000.00	₹ 456,000.00	12	₹32,700.00	₹ 392,400.00
4	Judo Dummy	Non-Consumables	0	12	₹ 20,000.00	₹ 240,000.00	12	₹ 8,400.00	₹ 100,800.00
5	Hammer	Non-Consumables	0	6	₹ 4,999.00	₹ 29,994.00	6	₹ 2,124.00	₹ 12,744.00
	<b>Total</b>					<b>₹ 1,990,394.00</b>			<b>₹1,547,688.00</b>
	<b>GST @ 18%</b>					<b>₹ 358,270.92</b>			<b>₹ 278,583.84</b>
	<b>Grand Total</b>					<b>₹ 2,348,664.92</b>			<b>₹1,826,271.84</b>

<b>Grand Total</b>	<b>₹ 2,401,330.68</b>
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S.No.	Equipment Name	Consumable/Non-Consumable	Quantity Available	Quantity Required	Unit Cost	Total Cost	Remarks
1	Punching Bag	Consumable	4	10	₹ 21,000.00	₹ 210,000.00	Mandatory Equipment for boxing Training to develop specific demands of Boxing
2	Speed Balls	Consumable	0	8	₹ 1,600.00	₹ 12,800.00	Necessary Equipment for boxing Training to develop specific demands of Boxing
3	Angle Bags	Consumable	0	6	₹ 16,000.00	₹ 96,000.00	Necessary Equipment for boxing Training to develop specific demands of Boxing
4	Training Dummies	Consumable	2	6	₹ 60,000.00	₹ 360,000.00	Necessary Equipment for boxing Training to develop specific demands of Boxing
5	Double End Ball	Consumable	0	4	₹ 3,000.00	₹ 12,000.00	Necessary Equipment for boxing Training to develop specific demands of Boxing
6	Boxing Gloves 10 ounce (Blue/Red)	Consumable	0	40	₹ 3,500.00	₹ 140,000.00	Mandatory Equipment for boxing Training
7	Punching Gloves 12 ounce (Blue/Red)	Consumable	0	8	₹ 3,100.00	₹ 24,800.00	Mandatory Equipment for boxing Training
8	Head Guard (Size-Medium & Small)	Consumable	0	18	₹ 3,200.00	₹ 57,600.00	Mandatory Equipment for boxing Training
9	Punching Pads	Consumable	0	12	₹ 3,400.00	₹ 40,800.00	Necessary Equipment for boxing Training can be used for Teaching and Coaching Poupous
10	Wall Pads	Consumable	0	15	₹ 9,000.00	₹ 135,000.00	Necessary Equipment for boxing Training to develop specific demands of Boxing

11	Skipping Rope	Consumable	0	60	₹ 450.00	₹ 27,000.00	Necessary Equipment for boxing Training to develop specific demands of Boxing
12	Climbing Rope	Consumable	0	2	₹ 3,300.00	₹ 6,600.00	Necessary Equipment for boxing Training to develop specific demands of Boxing
	<b>Total</b>					<b>₹ 1,122,600.00</b>	
	<b>GST @ 18%</b>					<b>₹ 202,068.00</b>	
	<b>Grand Total</b>					<b>₹ 1,324,668.00</b>	

S.No.	Equipment Name	Consumable/Non-Consumable	Quantity Available	Quantity Required	Unit Cost	Total Cost	Remarks
1	Boxing Ring	Non-Consumable	1	3	₹ 850,000.00	₹ 2,550,000.00	Mandatory Equipment for Training and Competition
2	Hammer (3kg, 6kg & 10kg) - 2 each	Non-Consumable	0	2	₹ 2,499.00	₹ 4,998.00	
3	Hammer (3kg, 6kg & 10kg) - 2 each	Non-Consumable	0	2	₹ 3,499.00	₹ 6,998.00	
4	Hammer (3kg, 6kg & 10kg) - 2 each	Non-Consumable	0	2	₹ 4,999.00	₹ 9,998.00	
	<b>Total</b>					<b>₹ 2,571,994.00</b>	
	<b>GST @ 18%</b>					<b>₹ 462,958.92</b>	
	<b>Grand Total</b>					<b>₹ 3,034,952.92</b>	

<b>Grand Total</b>	<b>₹ 4,359,620.92</b>
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S.No.	Equipment Name	Consumable/Non-Consumable	Quantity Available	Quantity Required	Unit Cost	Total Cost	Quantity Admissible	Total Cost	Remarks
1	Medicine Ball 3kg	Consumables	0	3	₹ 1,950.00	₹ 5,850.00	3	₹ 5,850.00	
2	Medicine Ball 4kg	Consumables	0	3	₹ 1,790.00	₹ 5,370.00	3	₹ 5,370.00	
3	Medicine Ball 5kg	Consumables	0	3	₹ 1,650.00	₹ 4,950.00	3	₹ 4,950.00	
4	Ankle Weight	Consumables	0	15	₹ 650.00	₹ 9,750.00	15	₹ 9,750.00	in Pairs
5	Theraband	Consumables	0	15	₹ 1,090.00	₹ 16,350.00	10	₹ 10,900.00	In set
6	Ankle Weight 500g	Consumables	0	24	₹ 600.00	₹ 14,400.00	15	₹ 9,000.00	in Pairs
7	Resistance Trainers	Consumables	0	4	₹ 1,250.00	₹ 5,000.00	4	₹ 5,000.00	
8	Parachute (speed chute of different size-Small, Medium, Long & Extralong)	Consumables	0	8	₹ 999.00	₹ 7,992.00	8	₹ 7,992.00	
	<b>Total</b>					<b>₹ 69,662.00</b>		<b>₹ 58,812.00</b>	
	<b>GST @ 18%</b>					<b>₹ 12,539.16</b>		<b>₹ 10,586.16</b>	
	<b>Grand Total</b>					<b>₹ 82,201.16</b>		<b>₹ 69,398.16</b>	

S.No.	Equipment Name	Consumable/Non-Consumable	Quantity Available	Quantity Required	Unit Cost	Total Cost	Quantity Admissible	Total Cost	Remarks
1	Agility Hurdle	Non-Consumable	0	18	₹ 450.00	₹ 8,100.00	18	₹ 8,100.00	
2	Agility Sticks	Non-Consumable	0	18	₹ 450.00	₹ 8,100.00	18	₹ 8,100.00	
3	Weight Training Rod (20kg)	Non-Consumable	0	2	₹ 35,000.00	₹ 70,000.00	2	₹ 70,000.00	in set
4	Hurdle	Non-Consumable	80	20	₹ 6,500.00	₹ 130,000.00	20	₹ 130,000.00	
5	Weight Training Set (Olympic)	Non-Consumable	0	4	₹ 245,000.00	₹ 980,000.00	4	₹ 980,000.00	
6	Hurdles (Adjustable)	Non-Consumable	0	100	₹ 45.00	₹ 4,500.00	40	₹ 1,800.00	
7	Stable Polymetric Box	Non-Consumable	0	4	₹ 25,996.00	₹ 103,984.00	4	₹ 103,984.00	
8	Abdominal Bench	Non-Consumable	0	4	₹ 25,000.00	₹ 100,000.00	4	₹ 100,000.00	
9	Multipurpose Bench for Weight training	Non-Consumable	0	4	₹ 74,999.00	₹ 299,996.00	4	₹ 299,996.00	
10	Starting Block	Non-Consumable	8	8	₹ 16,015.00	₹ 128,120.00	8	₹ 128,120.00	
11	Weight Jacket (Small)	Non-Consumable	0	6	₹ 3,149.00	₹ 18,894.00	6	₹ 18,894.00	06 per size
12	Weight Jacket (Medium)	Non-Consumable		6	₹ 3,749.00	₹ 22,494.00	6	₹ 22,494.00	
13	Parachute (speed chute of different size-Small, Medium, Long & Extralong)	Consumables	0	8	₹ 999.00	₹ 7,992.00	8	₹ 7,992.00	
14	Training Sleds	Non-Consumable	0	8	₹ 22,000.00	₹ 176,000.00	8	₹ 176,000.00	
	<b>Total</b>					<b>₹ 2,058,180.00</b>		<b>₹ 2,055,480.00</b>	

	<b>GST @ 18%</b>					<b>₹ 370,472.40</b>		<b>₹ 369,986.40</b>	
	<b>Grand Total</b>					<b>₹ 2,428,652.40</b>		<b>₹ 2,425,466.40</b>	

<b>Grand Total</b>	<b>₹ 2,494,864.56</b>
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S.No.	Equipment	Consumable/Non-Consumable	Quantity Available	Required Quantity	Unit Cost	Total Cost	Quantity Admissible	Total Cost
1	Weight Training Rod	Non-Consumable	2	2	₹ 3,500.00	₹ 7,000.00	2	₹ 7,000.00
2	Sauna Bath	Non-Consumable	0	1	₹ 425,000.00	₹ 425,000.00	1	₹ 425,000.00
3	Steam Bath	Non-Consumable	0	1	₹ 300,000.00	₹ 300,000.00	1	₹ 300,000.00
4	Ice Machine	Non-Consumable	0	1	₹ 150,000.00	₹ 150,000.00	1	₹ 150,000.00
5	Techno Gym	Non-Consumable	0	1	₹ 250,000.00	₹ 250,000.00	1	₹ 250,000.00
6	Steam Cabin (Square)	Non-Consumable	0	1	₹ 509,700.00	₹ 509,700.00	0	₹ 0.00
7	Sauna Cabin	Non-Consumable	0	1	₹ 540,000.00	₹ 540,000.00	0	₹ 0.00
8	Visual Board (for reaction ability)	Non-Consumable	0	2	₹ 45,000.00	₹ 90,000.00	2	₹ 90,000.00
9	Treadmil (Commercial)	Non-Consumable	0	4	₹ 343,000.00	₹ 1,372,000.00	4	₹ 1,372,000.00
10	Cross Trainers	Non-Consumable	0	2	₹ 99,999.00	₹ 199,998.00	0	₹ 0.00
11	Sixteen Station Gym	Non-Consumable	0	1	₹ 419,800.00	₹ 419,800.00	0	₹ 0.00
12	Jumping Box	Non-Consumable	0	12	₹ 35,000.00	₹ 420,000.00	12	₹ 420,000.00
13	Exercise Bike	Non-Consumable	0	4	₹ 195,000.00	₹ 780,000.00	4	₹ 780,000.00
14	Medicine Ball - 2 each (1kg)	Non-Consumable	0	2	₹ 710.00	₹ 1,420.00	2	₹ 1,420.00
15	Medicine Ball - 2 each (2kg)	Non-Consumable	0	2	₹ 1,055.00	₹ 2,110.00	2	₹ 2,110.00
16	Medicine Ball - 2 each (3kg)	Non-Consumable	0	2	₹ 1,515.00	₹ 3,030.00	2	₹ 3,030.00
17	Medicine Ball - 2 each (4kg)	Non-Consumable	0	2	₹ 1,710.00	₹ 3,420.00	2	₹ 3,420.00
18	Medicine Ball - 2 each (5kg)	Non-Consumable	0	2	₹ 2,175.00	₹ 4,350.00	2	₹ 4,350.00
19	Medicine Ball - 2 each (6kg)	Non-Consumable	0	2	₹ 2,715.00	₹ 5,430.00	2	₹ 5,430.00
	<b>Total</b>					<b>₹ 5,483,258.00</b>		<b>₹ 3,813,760.00</b>
	<b>GST @ 18%</b>					<b>₹ 986,986.44</b>		<b>₹ 686,476.80</b>
	<b>Grand Total</b>					<b>₹ 6,470,244.44</b>		<b>₹ 4,500,236.80</b>

## Annexure III-A



# **KIRTI**

**KHELO INDIA RISING TALENT IDENTIFICATION**

## **TECHNICAL HANDBOOK**

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## INTRODUCTION

Khelo India is aimed at envisaging holistic development of Sports and creating a sporting conscience in the citizens. The ultimate aim is at mainstreaming sports as a tool for national development, economic development, community development and individual development. To carry forward the vision of Khelo India, the gazette identified a critical pillar of Talent Identification and Development under which sporting talent is identified using modern day technology and international benchmarks for priority disciplines in which India has a comparative advantage.

As a next step in the sphere of talent identification, Project KIRTI has been envisioned with an aim to develop an integrated talent identification architecture based on modern ICT tools and global best practices. It aims to streamline the whole process of grassroot talent identification on a single platform. The roots of the project KIRTI are based on athlete centric approach wherein at every step the process of Talent Identification has been made more broad-based and accessible as compared to other existing programs. Project KIRTI aims to fulfill the vision of the Hon'ble Prime Minister of India "The most important thing is talent hunt: searching talent in every single corner of the country".

Project KIRTI would mark a befitting celebration of foundation laid in the field of talent identification would lead India to "**AMRIT KAL OF SPORTS**", when the nation would celebrate its 100<sup>th</sup> year of Independence.

MY Bharat is an initiative of Ministry of Youth Affairs & Sports to empower Indian youth through social mobility, educational equity, and practical skills. The Khelo India Talent Hunt stands as a pivotal initiative in India's sports landscape, aimed at discovering and nurturing young sporting talent across various disciplines. Launched by the Ministry of Youth Affairs and

Sports, this program seeks to identify and groom athletes at the grassroots level, providing them with a platform to showcase their abilities.

The Project KIRTI is launched at multiple locations across the country and aims to touch all parts of India, including its grassroots, to bind them together with one thread of sports. It is a Pan India sports development scheme which may provide training assistance to approximately all athletes across villages and provide vital information about the talent pool in villages. It would also help athletes in analysing their performance and will aid them in choosing a specific discipline based on their fitness levels and demands of the discipline

This Project can essentially help bridge multiple gaps by conducting a first of its kind large scale organized talent identification across the country. It will reach all pockets of India to identify talented athletes who can be provided handholding support to put them on path of sporting excellence.

## CONCEPT

Project KIRTI (Khelo India Rising Talent Identification) will be a natural extension of the Khelo India Scheme with a strong emphasis on fulfilling the objective of ‘Talent Identification and Development’.

### Various facets of Project KIRTI are:

- The KIRTI model will have a **pyramidal structure** to identify talented sportspersons starting from the grassroots level and culminating in the development of elite athletes for achieving excellence at international platforms.
- Talent identification will be done through a **scientifically designed battery of tests**. It will create a vast pool of development athletes and will be a one of its kind broad based talent identification program in India that will present a new horizon for blue-sky thinking in the existing sporting talent identification ecosystem
- From the data collected through talent identification drives, for the first time “**Bharat Benchmarks**” for performance measurement can be formed. These will act as a yardstick to gauge the performance of athletes in future.
- Project KIRTI would integrate all the existing talent identification tools and present a **unified tool to for performance assessment**. It will reduce the duplication of efforts and make best use of scarce resources.

## OBJECTIVE

- **Athlete centric approach**

Project KIRTI will have an athlete centric approach as testing would be made more accessible, reliable, making whole process would be transparent. Battery of tests followed by sports specific test will be conducted in every district, which would provide opportunity to every athlete to come for performance assessment. Use of ICT like Digital Report card, data analytics, real time reporting and measurable benchmarks would enhance the trust of athletes on the process of athlete selection.

- **Testing based Prediction**

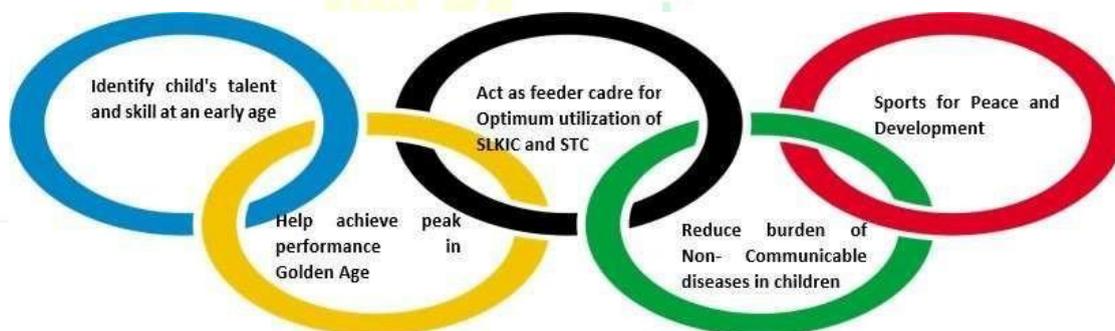
KIRTI Report Card (Sports predictor certificate) would help athletes in analysing their performance and will aid them in choosing a specific discipline based on their fitness levels and demands of the discipline. Report card would also highlight the District level, State level and National level ranking of an athlete so that they can gauge their performance in light of their fellow athletes and thus practicing the Japanese philosophy of “Kaizen” for continuous development.

- **Developing a “Bharat Benchmark”**

Currently benchmarking of performance is a major challenge in efficient performance management as data for a large pool of athletes, who are outside the existing sporting ecosystem, is not captured for analysis. Data collected during the assessment process will be collated and analysed to create a “**Bharat Benchmark**”. This Bharat Benchmark would act as a gold standard for analysing sporting performance of athletes.

- **Inclusive and All encompassing**

Project KIRTI organized as a Nation-wide drive would cover each District and provide opportunity to all athletes to show their sporting acumen. The assessment process would provide opportunity to the talented athlete to shine in a sporting environment.



**Project KIRTI: “Road to Fame & Glory”**

## SALIENT FEATURE

- All Athletes across all the Khelo India disciplines may register themselves on MY Bharat Portal.
- Talent identification will be done through a scientifically designed battery of tests. It will create a vast pool of information of athletes and will be a one of its kind broad based talent identification program in India that will present a new horizon for blue-sky thinking in the existing sporting talent identification ecosystem.
- The data will be collected through a talent identification drive by undertaking the two-step testing procedure, i.e. Physical Fitness Tests and Sports Specific Tests.
- The data collected will enable to draw “Bharat Benchmark” for future talent identification.

## PHYSICAL FITNESS TESTS

A set of 10 Physical Fitness Tests shall be performed on all athletes across all disciplines. The details of the tests shall be as follows:

1. Height
2. Weight
3. Flexibility (Sit & Reach)
4. Strength – Lower Body/Explosive (Standing Vertical Jump)
5. Strength – Lower Body / Explosive (Standing Broad Jump)
6. Strength – Upper Body (Medicine Ball Throw)
7. Speed (30 Mts standing Start)
8. Agility (4 x 10 Mts Shuttle Run)
9. Sit Ups
10. Endurance (800m Run for U-12, 1.6km run for 12+years)

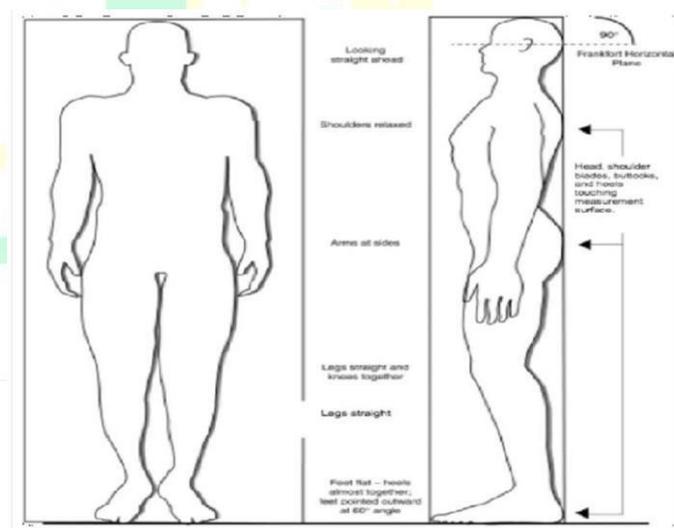
### **Test No. 1: Height**

**Objective:** To measure perpendicular distance from the feet contacting standing surface to the vertex.

**Equipment:** Stadiometer (or steel ruler or tape measure placed against a wall)

**Procedure:** The bare footed athlete should stand straight against a stadiometer, touching the stadiometer with heels, buttocks and upper back. The feet together, and arms by the sides, should also be in contact with the wall when the measurement is made. Shoulders are held comfortably and arms hang at sides with palm facing the thighs. An instruction will be given to the subject to stretch up without raising heels and hold full breath. The ruler of the stadiometer will be lowered until it touches the vertex of the head firmly but without exerting extreme pressure.

**Scoring:** The measurement will be recorded in centimeters.



***Figure -1***

### Test No. II: Weight

**Objective:** To measure the mass of the body of the athlete.

**Equipment:** A standardized electronic weighing machine.

**Procedure:** The athlete, in minimal clothing should stand barefoot at the center of the platform of the weighing machine. He or she will assume a still position with arms by the sides.



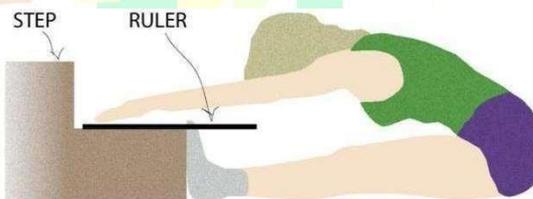
**Figure -2**

**Scoring-** the weight of the athlete will be recorded from the display panel of the weighing machine in 1/10<sup>th</sup> of a kilogram.

### Test No. III: Sit and Reach Test

**Objective:** To measure hip and trunk flexibility of the athlete.

**Equipment:** Sit and reach box (or alternatively a ruler can be used, and a step or box)



**Fig 3. Sit & Reach Test**

**Procedure:** The athlete will be directed to remove his/her shoes and sit on the floor with feet against the testing apparatus. The apparatus is placed against a wall to prevent it from sliding. The athlete fully extends his/her legs with feet about shoulder width apart. Both knees should be locked and pressed flat to the floor - the tester may assist by holding his/her knees down. The subject then bends forward with the palms facing downwards and the hands placed on top of each other or side by side, the subject reaches forward along the measuring line as far as possible. The athlete reaches out and holds that position for one-two seconds while the distance is recorded. Make sure there are no jerky movements.

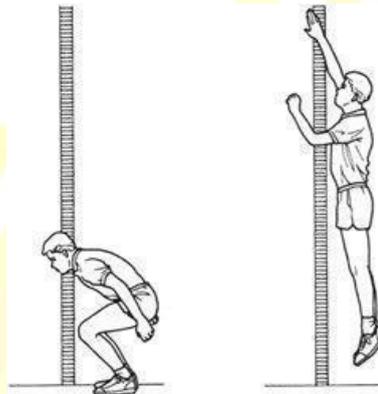
**Scoring:** The athlete can avail three trials and the maximum distance reached out of three trials will be recorded in centimeters.

### Test No. IV: Standing Vertical Jump

**Objective:** To measure the explosive power

**Equipment:** Measuring Tape, Bench, Chair, Chalk Powder and Duster.

**Marking:** A vertical wall is prominently marked in centimeters up to 3.50 meters



***Fig 4. Vertical Jump***

**Procedure:** The athlete is instructed to stand side-wise against the marked wall, keeping the dominant arm raised and stretched completely above the head. He/she will then touch the marked scale on the wall with the tip of the middle finger without raising heels. The point the athlete touched with the tip of the middle finger is recorded in centimeters as **standing reach** of the subject.

Then the athlete dips his or her fingers in chalk powder and stand side on to the marked wall. The athlete is instructed to jump for maximum vertical height with forceful extension of knees and arm swing to touch the highest possible reach at the marked scale. He/she should jump from the spot without shuffling of feet and approach steps.

The reading shall be noted by keeping eyes in level with the chalk mark on the progressed marking on the wall.

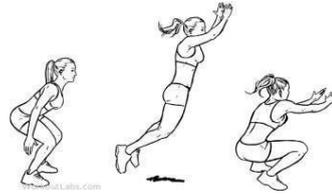
Three attempts will be permitted to the athlete and the best jump will be considered as the score of vertical jump in centimeters.

**Scoring:** To compute vertical jump score in centimeters, the standing reach will be subtracted from vertical jump reach

### Test V: Standing Broad Jump

**Objective:** To measure explosive Legs strength and body coordination

**Equipment:** Floor/ Ground, Measuring Tape, Marker



**Fig 5. Standing Broad Jump**

**Procedure:** The athlete stands behind a line marked on the ground with feet slightly apart. A two-foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backward. Three attempts are allowed. The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Three attempts one after the other are given. All the three are measured and recorded.

**Scoring:** The greatest distance jumped out of three attempts, will be the score of the athlete in centimeters.

#### **Test VI: 30 M Standing Start**

**Objective:** To measure speed of the athlete.

**Equipment:** 30 meters marked track, stopwatch, cone markers, flat and clear surface of at least 60 meters.

**Procedure:** After a short warm up the athlete takes a position behind the starting line. On the starters command “ready” and “go” the athlete will run across the finishing line down at 30 meters from the starting line as fast as possible. Only one participant runs at a time. Two trials are allowed.

**Scoring:** The timing begins at the first movement of an athlete and ends when the athlete's torso crosses the vertical line of the finish line. The best time out of two attempts will be recorded, rounded to the nearest one-tenth of a second.

#### **Test No. VII: Backward Overhead Medicine Ball Throw**

**Objective:** To measure the Dynamic Back Strength

**Equipment:** Steel Measuring Tape, Nails, Marking Powder, Medicine ball 1Kg / 2Kg and open throwing arena for testing.

**Procedure:** The athlete will begin by standing with his/her back facing the direction of the throw, with their heels at the starting line. In the preliminary action, the athlete will hold the medicine ball in both hands with arms fully extended. The movement involves bringing the ball up to chest height with extended arms and then swinging it downward between the legs by flexing the knees. Without any pause in the motion, athlete will quickly bring the ball back over and behind him/her, releasing it above his/her head while leaning the body backward. This movement should be executed with power and explosiveness, involving the extension of the legs, hips, and the body in a backward arch position. The athlete is permitted to fall backward over the line after releasing the ball.

**Weight of Medicine Ball:** 1 kg medicine ball shall be used for girls and under 12 boys category, whereas for boys above 12 years the weight of the medicine ball shall be 2 kg.



***Figure -6. Medicine Ball Throw***

**Number of Attempts:** Each athlete will be given two attempts to perform the throws. In cases of valid reason, such as a fault or interruption, a third attempt will be granted.

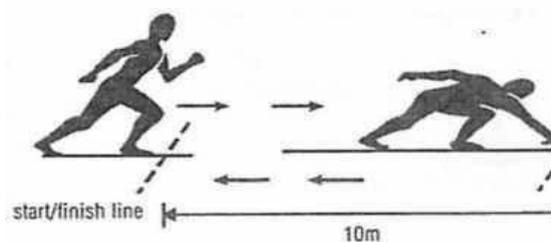
**Scoring:** The best distance covered by the medicine ball, from the point of release to the nearest breaking point on the ground, will be recorded in meters and centimetres.

#### **Test No. VIII: 4X10 M Shuttle Run**

**Objective:** To determine agility of the athlete.

**Equipment:** Stop watch, lime powder and a running course of 10 meters. Surface of the course should be non-slippery.

**Marking:** 10 meters of distance is marked by two parallel lines of 5 meters each.



***Fig.7 Shuttle run test***

**Procedure:** The athletes (2 together) stand behind the starting line. On the command of starting signal “GO”, athletes run faster, go nearest to the other line and touch it with the one hand, turn and come back to starting line, touch it with hand, turns and repeat it for a total of 3 times and 4<sup>th</sup> time, run over the line as fast as possible. Two chances are permitted.

**Scoring:** The better time taken by the athlete to complete the course of 4 X10 meters to the nearest 1/ 10 of a second out of two trials is recorded as score of the test.

### Test No. IX: Sit Ups

**Objective:** To measure Abdominal Strength

**Equipment:** Clean Floor, mat or dry turf and Stop Watch

**Procedure:** The athlete lies on his/her back with knees bent, feet on the floor and heels not more than 12 inches from the buttocks. The angle at the knees should be less than 90 degrees. The athlete puts his hands on the back of his/her neck with fingers clasped and places his elbows squarely on the mat, floor or turf. His/her feet are held by his/her partner to keep them in touch with the surface. The athlete tightens his/her abdominal muscles and brings his/her head and elbows forward as he/she curls up, finally touching elbows to knees. This action constitutes one sit up. The athlete returns to the starting position with his/her elbows on the surface before he/she sits up again. The timer gives the signal “ready-go” and the sit-up performance is started on the word “go”. Performance is stopped on the word “stop”. The watch is started on the word “go” and stopped on the word “stop”.

**Duration of the Test:** The number of correctly executed sit-ups performed in 30 seconds shall be counted as score of the athletes below 12 years and in 45 seconds for above 12 years.



**Figure 8: Sit Ups**

**Rules:**

1. Only one trial shall be allowed unless the tester believes the athlete has not had a fair opportunity to perform.
2. No resting between sit-ups is permitted.
3. No sit up shall be counted in which the athlete does not:
  - a) Keep the fingers clasped behind the neck.
  - b) Bring both elbows forward in starting to sit-up without pushing off the floor with the elbow.
  - c) Return to starting position, with elbows flat on the surface before sitting up again.

**Scoring:** the number of correctly executed sit ups the athlete is able to do within stipulated duration shall be recorded as the score of the athlete. A foul nullifies the count for that sit up.

**Test No. X: Endurance Run (800 M for U-12 and 1.6km above 12 years)**

**Objective:** To Estimate aerobic capacity

**Equipment:** Stopwatch, 1600 meter flat and even surface/ athletics Track, tape / cones (for marking), measuring wheel (if no stadium available)

**Procedure:** After a warm up the athletes are asked to line up in a standing start position at the 400m start at a regular stadium (400m round). If a stadium is not available, the tester has to ensure that there is another possibility to measure the exact distance of 1,600m (e.g. using a measuring wheel).

On the starters command ready and clap/sound of starting signal, the athlete will run the 1.6km as fast as possible. Only one attempt is given to the athletes.

**Scoring:** The performance will be measured by using stopwatch and recorded in 1/10<sup>th</sup> of a second.



**Figure 9: Endurance Run**

**Manpower Requirement for conducting Physical Fitness Tests:**

- a. 10 PET
- b. 16 Volunteer

Total: 26 officials

**Weightage of Marks:**

1. Physical Fitness Tests: 70%
2. Sports Specific Tests: 30%

Total: 100 %

## **SPORTS SPECIFIC TESTS**

Each sports discipline has its own set of Tests which are specific to that discipline itself. Athletes will be assessed on their performance in these tests as per the scoring given in each test.

### **HOCKEY**

**Test to be conducted:** Game Awareness Test

1. Skill Execution
2. Decision Making
3. Versatility
4. Active Involvement
5. Positioning

**Description of Test:**

#### **1. Skill Execution:**

- Assess the athlete's ability to execute various skills relevant to field hockey, such as dribbling, passing, receiving, shooting, and defensive techniques.
- Look for proficiency and consistency in executing these skills under different game situations.
- Pay attention to the athlete's technique, control, accuracy, and creativity in skill execution.

#### **2. Decision Making:**

- Evaluate the athlete's decision-making abilities during gameplay, including choosing between passing, dribbling, shooting, or defensive actions.
- Observe the athlete's ability to make quick and effective decisions under pressure.
- Assess the athlete's awareness of game situations, opponents, teammates' positions, and tactical strategies.

#### **3. Versatility:**

- Determine the athlete's versatility in adapting to various playing positions and roles on the field.
- Look for athletes who demonstrate flexibility and effectiveness in different positions, whether attacking, defending, or transitioning between roles.
- Assess the athlete's ability to contribute positively to the team's performance in multiple areas of the game.

#### **4. Active Involvement:**

- Evaluate the athlete's level of involvement and engagement throughout the match.
- Look for athletes who demonstrate high levels of activity, movement, and participation in gameplay.
- Assess the athlete's initiative in seeking opportunities to contribute to the team's performance, both offensively and defensively.

#### **5. Positioning:**

- Assess the athlete's positioning on the field in relation to the ball, teammates, and opponents.
- Evaluate the athlete's ability to maintain optimal positioning to support offensive attacks, provide defensive cover, and create passing options.
- Look for athletes who demonstrate good spatial awareness, anticipation, and strategic positioning throughout the match.

### **Scoring**

Scoring for Game Awareness		
S. No	Game Awareness Tests	Maximum Marks
1	Positioning	20
2	Skill Execution	20
3	Decision Making	20
4	Versatility	20
5	Active Involvement	20
Total Marks		100

**Time Duration of Test:** Athletes will be divided into 2 teams of 15 players each. 15-15 min match with 5 min break. Total Duration of 35 mins.

### **Manpower Requirement:**

1. Sports Coach – 2
2. PET – 3
3. Ground Staff – 1

### **Equipment Support Requirement:**

1. Sports Equipment –
  - a. Hockey Balls: 12 nos.
  - b. Hockey Bibs: 25 no of 2 colors
  - c. Whistles: 5 nos.
  - d. Chest Numbers: 1-200
  - e. Safety Pins: 1000 nos.
2. Other Equipment –
  - a. Cones
  - b. Lime Powder
  - c. Measuring Tape
  - d. Stationary
  - e. Furniture: 10 Chair and 02 Table

## ATHLETICS

### Test to be conducted:

Any one out of the following:

1. 60m Run
2. 600m
3. Long Jump (Runway 5 meters)
4. High Jump (only Scissor)
5. Shot put (Standing)  
Boys-3Kg & Girls-2 Kg
6. Ball Throw (Standing)  
(Cricket/Hockey Ball 159 gms)

### Description of Tests:

S No	Name of Event	Technical Specifications	Description
1	60m Run &	i. Start	Crouch
2	600m	ii. Number of attempts	Single
		iii. Time (Manual)	Stop watch
		(Electronic)	Seconds converted into 1/10 <sup>th</sup>
		iv. Recording	of a second
3	Long Jump	Only 5meters runway is allowed	Jump into the standard Long Jump Pit
4	High Jump	Fosbury Flop not allowed, Scissor Technique is allowed	Jump into the High Jump Pit
5	Shot put	Only Standing Throw is allowed	3Kg for Boys 2Kg for Girls
6	Ball Throw (Standing)	Specification - Like Cricket Ball of 159g.±4g. & 0.23m circumference.	Throw-from Javelin Sector line

### **1. 60 Meter Sprint**

**Purpose:** To measure Acceleration & Speed

**Equipment:** Flat & Clear surface of at least 90mts with marked distance, Electronic Stop watch, 100m Steel Measuring Tape and Cone markers.

**Measuring Unit:** Duration (time in seconds)

**Procedure:** The test involves a maximum sprint covering a distance of 60 meters, with the time recorded. A comprehensive warm-up should be conducted, which includes practice starts and accelerations. Start from a crouch position (as like Competition).

**Number of attempts:** Single attempt with the group of 6 athletes in one Heat

**Scoring:** The timing begins at the first movement of an athlete and ends when the athlete's torso crosses the vertical line of the finish line. The time recorded, will be rounded to the nearest one-tenth of a second.

## 2. 600meter Run

**Purpose:** To measure the aerobic endurance.

**Equipment:** Stop Watch, smooth and 600meter flat & even surface course/ Athletics Track, marker, paper and pencil.

**Measuring Unit:** Duration (time in minutes)

**Procedure:** Following a thorough warm-up, instructions will be provided to the athletes. Athletes will line up behind the designated starting line. The run will commence with a clear starting signal, which may include a whistle, a "Go" command, or a starting apparatus. The athlete's objective is to cover a distance of 600 meters in the shortest possible time.

**Scoring:** The scoring is determined by the total time taken to complete the 600m course for each participant

## 3. Long Jump

**Purpose:** To jump as far as possible (horizontal distance) from the take-off point.

**Equipment:** Jumping Landing Area, Standardized Steel Measuring Tape and Marker Nail.

**Measuring Unit:** Distance (in meters)

**Procedure:** From a 5m run-up area at the most, the athletes has to jump as far as possible from the take-off point. Landing is generally done on a sand pit.

**Number of Attempts:** Each athlete will have three (3) attempts with the maximum 24 athletes in a group at a time.

**Scoring:** The distance will be measured from the nearest break in the landing area made by any part of the body to the take-off line. The measurement shall be taken perpendicular to the take-off line or its extension. The best distance achieved out of two attempts will be recorded.

## 4. High Jump

**Purpose:** To jump as High as possible (vertical distance).

**Equipment:** Standardized high jump pit (mat), Standardized Steel Measuring Tape.

**Measuring Unit:** Distance (in meters)

**Procedure:** From a run-up area at the most, the athletes has to jump high as possible from a scissor technique.

**Number of Attempts:** Each athlete will have three (3) attempts on each height with the maximum 24 athletes in a group at a time.

**Scoring:** Measurements shall be made, in whole centimeters, perpendicularly from the ground to the lowest part of the upper side of the bar. Each athlete shall be credited with the best of all three trials.

## 5. Shot put (Standing) Boys-3kg/Girls-2Kg

**Purpose:** To throw the shot as far as possible through a pushing action from Standing Position from shot put circle (Concrete/ or Hand plain surface)

**Equipment:** Steel Measuring Tape, Nails, Marking Powder, Medicine ball 1Kg/ 2Kg and open throwing arena for testing.

**Measuring Unit:** Distance (In meters)

**Procedure:** The athlete will begin by standing perpendicular to the throwing direction, the athlete places the shot into his/her neck, and throw the shot as far as possible through a pushing action.

**Number of Attempts:** Each athlete will have three (3) attempts with the maximum 24 athletes in a group at a time.

**Scoring:** The best distance covered by Shot, from the point of release to the nearest breaking point on the ground, will be recorded.

## 6. Ball Throw (Specification - Like Cricket Ball of 159g.±4g. & 0.23m circumference).

**Purpose:** To throw the Ball as far as possible from Standing Position, from Javelin Sector.

**Procedure:** The coach marks one line with tape or a rope on even ground (preferably track or even grass, if possible). A measurement tape with the zero-point at the beginning of this line will be installed at the side of the throwing area. The athletes are asked to take a ball and move to the line (toes of the front foot should be very close but not touching the line). They progress into the power position, similar to the standing throw position in javelin throw. The athletes perform a straight throw, with the ball staying above shoulder height throughout the movement, trying to throw the cricket ball as far as possible. They are supposed to use their legs and hips for the overall body extension to increase power and the velocity of the ball. No. of attempts: Every athlete is allowed to execute two [2] throws with one arm. If an additional throw is necessary due to whatever reason, a third attempt will be granted.

**Scoring:** The distance covered from zero-point to the landing point of the implement (1.00m steps on the measurement tape) will be considered for the record.

\* **Note:** The coaches always downscale the distance to the nearest 1.00m mark to save time.

**Time Duration of Test:** Time required to test a group of 50 athletes is 1:30 Hours if events are conducted simultaneously i.e Track/Jump/Throws.

### **Manpower Requirement:**

1. Sports Coach – 3
2. PET – 10
3. General Volunteer – 10

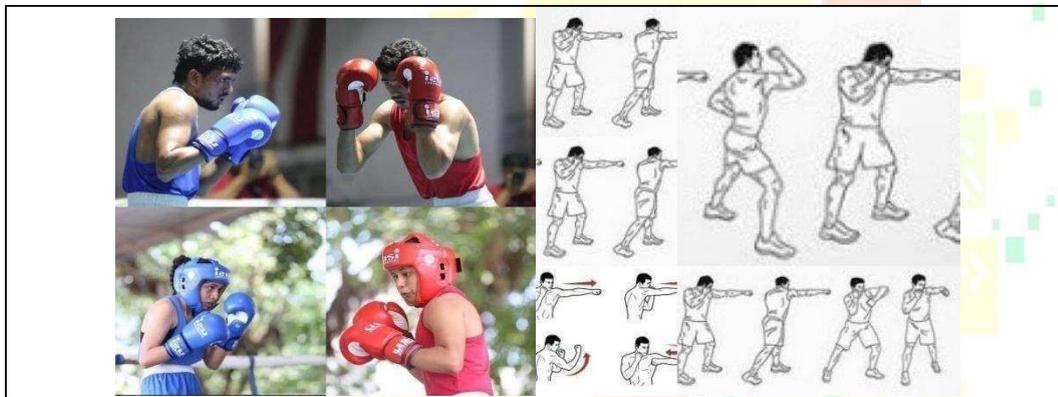
### **Equipment Support Requirement:**

1. Sport Equipment:
  - a. Standard Athletics Track (provision of Long Jump Pit and for High jump pit
  - b. As mentioned in Event Description
2. Other Equipment:
  - a. Stationary

## BOXING

**Test to be conducted:** Shadow Boxing

**Description of Test:** To check his/her coordination, balance, transfer of body weight, use of different position inside of ring as per the situation arising. In this test, the Boxer is asked to do the Shadow Boxing inside the ring. Each round consists of two minutes. During Shadow Boxing, the boxer has to perform the actions - offensive defensive and counter action movement and use the ring generalship boxer has to perform by imagining the opponent and use all the technical and tactical ability.



**Figure 1: Shadow Boxing**

**Scoring:** Points are to be awarded on offensive/ defensive movements of boxers. Out of 10 marks.

**Time Duration of Test:** 2-minute Rounds with 1 minute rest between each round with a total of 3 Rounds. Total Duration of 10-15 mins.

### **Manpower Requirement:**

1. Sports Coach – 1
2. PET – 4
3. Ground Staff – 2
4. Doctor - 1

### **Equipment Support Equipment:**

1. Sports Equipment –
  - a. Boxing Glove: 10 Oz
    - i. Red – 10 nos.
    - ii. Blue – 10 nos.
  - b. Stop Watch: 5
  - c. First Aid Box
2. Other Equipment –
  - a. Bucket: 2
  - b. Plastic Mug: 2
  - a. Portable Weighing Machine
  - b. Office Bell (Manual)
  - c. Stationary

## VOLLEYBALL

**Test to be conducted:** Playing Ability

**Description of Test:** To assess playing ability, the athletes are tested in standard game situation. The playing court shall measure 16meter length and 8meter width. The height of the net shall measure 2.24 for boys and 2.19 for girls.

For the purpose of assessing game performance of volleyball athletes, statistical match analysis will be used. A real time analysis has to be performed by sufficient number of trained scouts/experts to evaluate the playing performance of athletes in serve, reception, set, attack, block, and floor defence, using 3-point rating scale. The Playing Performance Template is as follows:

Sl. No.	Element	Outcome	Score
1	Serve	Ace Serve	2
		Rally continued	1
		Serve error	0
2	Reception	Reception targeted to the setter's zone	2
		Free ball to opponent's court	1
		Reception error results point to opponent	0
3	Set	Set resulting single block/ dis organized double block	2
		Set resulting organized double block and triple block	1
		Setting error resulting point to opponent	0
4	Attack	Attack or consequences of attack leading to end of the rally	2
		Rally continues after the attack	1
		Attack error result to point to opponents.	0
5	Block	Block scores a point	2
		Block results rebound of ball to either side of the court and the rally continue.	1
		Block error including wipe off.	0
6	Floor Defense	Defense leading to organization of attack	2
		Defense leading to free ball to opponents	1
		Defense error (unable to play the ball with in the designated perimeter area).	0

**Scoring:**

Total Points Scored X100  
2X Total Attempts

**Time Duration of Test:**

1. Athletes will be divided into 2 teams of 15 players each. 15-15 min match with 5 min break. Total Duration of 35-45 mins.

**Manpower Requirement:**

1. Sports Coach – 3
2. PET – 2
3. Ground Staff – 3

**Equipment Support Requirement:**

1. Sports Equipment –
  - a. Volleyball: 10 nos.
  - b. Volleyball Court: 2
2. Other Equipment –
  - a. Stationary

## WEIGHTLIFTING

**Test to be conducted:** Power Snatch, Front Squat, Dead Lift.

Age	Weight Category (Boys)									
13-14years	49kg	55kg	61kg	67kg	73kg	81kg	89kg	96kg	102kg	+102kg
15-16years										
17-18years										

Age	Weight Category (Girls)									
13-14years	40kg	45kg	49kg	55kg	59kg	64kg	71kg	76kg	81kg	+81kg
15-16years										
17-18years										

### Description of Test & Scoring/Benchmark for Males:

#### 1. Power Snatch

**Description of Test:** The test is conducted to assess the maximum explosiveness for specific classical exercises.

The lifter grips the barbell palm downward with hook grip and create the force to lift the barbell from the ground by applying the force to the ground to break the inertia. The barbell reaches just above the knee in the first pull where the knee is in the maximum extended position and the total weight is shifted to the upper body. Then amortization phase begins with maximum extension to the maximum flexion of the knees and the bar is in the mid of the thigh (power position) in this phase where the velocity of the barbell decreases. Explosive phase begins from barbell middle of the thigh to the maximum height of the barbell, by giving final acceleration to the bar with maximum speed along with the triple extension of the joints like ankle, knee and hip, bending of elbows complete the kinematic chain. Final drop phase where the lifter shifts the leg sideward along with bending of the knees and opening of the elbow to catch the barbell with arms straight in the 1/3<sup>rd</sup> squat position or power position.



**Scoring:** Will be based on the maximum weight lifted by the lifter in the Power Snatch in the respective category.

## 2. Front squat

### Description of Test:

Lifter stands erect with barbell in the front shoulder and clavicle bone and position of the legs: placed at shoulder width. Lifter lowers the hip squats down by bending of knees and goes to the lowest point where the quadriceps and calf muscle contacts. Then the lifter pushes the shoulder upward & opens the knee joints and using the quadriceps muscle as prime mover get up to the upright position.



**Scoring:** Will be based on the maximum weight lifted by the lifter in the Front Squat in the respective category.

## 3. Dead lift

### Description of Test:

The bar shall be placed horizontally in front of the lifter's feet. It shall be gripped with starting position of two hands clean and uplifted with one continuous motion until the lifter is standing erect position. At the completion of the lift the knees must be locked and the shoulder thrust back. The referees signal shall indicate the when the bar is held motionless in the final positioner in any stopped position. Then the lifer will drop the bar on platform after the referees' signal by uttering down.



**Scoring:** Will be based on the maximum weight lifted by the lifter in the Dead Lift in the respective category.

**Time Duration of Test:** Three Sports Specific Tests can be completed in a total duration of 2 hours for each category.

**Manpower Requirement:**

1. Sports Coach – 2
2. PET – 2
3. Ground Staff/Volunteers – 2

**Equipment Support:**

1. Sports Equipment –
  - a. Weighing Scale (150 kg) – 2
  - b. Stop Watch – 2 nos.
  - c. Whistle – 6 nos.
2. Other Equipment –
  - a. Electrical Extension Box – 2 nos.
  - b. Magnesium Carbonate Light – 10 kgs
  - c. Chalk Powder – 10 kgs
  - d. Cone & Flag – 5 nos.
  - e. Measuring Tape (50 mtr) - 2
  - f. Stationary

## WRESTLING

**Test to be conducted:** Wrestling Movement Test (WMT), Dummy Throw Test (DTT) and Squat Thrust & Jump/Burpee Fitness Test

### **Description of Test:**

#### **1. Wrestling Movement test (WMT)**

**Rational:** The movement and load structure of the said test is similar to the wrestling movements of attacks and defense

**Purpose of the test:** The WMT measures the attacking and defensive abilities of a wrestler.

**Equipment required:** Wrestling mat, timer

**Pre-test:** Demonstrate and explain the free-style stepping/high-leg action, thumb-block, knee-drop, sprawl, knee-spin, down/arm block and Greco-Roman – Clinching, thumb-block, back-step, back-arch and fall – movements. Prepare forms and record basic information such as age, height, body weight, gender, test conditions.

**Procedure:** Subject will start in standing position. The subject – on the signal – will start doing the wrestling movements (Either free style or Greco roman movements) as many times as possible during the pre-determined time frames i.e., 30sec -- 30 sec Rest -- 20sec – 20 sec Rest -- and 10 sec.

**Scoring:** Total Number of wrestling movements in three segments of test i.e., 1-30 sec 2-20 sec 3-10 sec

**Note: Athlete (Boys and Girls) should clear any 2 (two) tests given below**

Sr. No.	Tests	Remarks
1	Wrestling Movement Test (WMT)	Total Number of wrestling movements in three segments of test i.e., 1-30 sec 2-20 sec 3-10 sec

#### **2. Dummy Throw Test (DTT)**

**Rational:** The movement and load structure of the said test is similar to the most of the scoring movements of the wrestlers

**Purpose of the test:** the DTT is a test of anaerobic capacity and whole body's explosiveness

**Equipment:** Wrestling mat, timer, dummies

**Pre-test:** Explain the test procedures to the subject. Prepare forms and record basic information such as age, height, body weight, gender, test conditions.

**Target population:** Wrestlers (Men & Women) with wrestling experience > 3 years – G/R, F/S, W/R

#### **Procedure:**

1. The wrestler takes the body lock on upper chest of the dummy that of marked size as per body weight and height of the wrestler – weight of dummy: < 60% of the subject's body weight

2. On the go command, the subject – already in grip on dummy and is in standing position will make a back-arch and turn on a wrestling mat.
3. Wrestler has to use the central wrestling area of 7-meter diameter
4. Scoring: No. of throws in 30 sec. will be the score



Note: Athlete (Boys and Girls) should clear any 2 (two) tests given below		
Sr. No.	Tests	Remarks
1	Dummy Throw Test (DTT)	No. of throws in 30 sec. will be the score

### 3. Squat Thrust & Jump/Burpee Fitness Test

**Rational:** This test is a simple test of muscle endurance, and coordination, in which the subject attempts the maximum number of burpees in a set time period and is close to the load structure of the wrestling

**Purpose:** This is a test of strength endurance (muscle endurance) though body control, balance and coordination are also factors.

**Equipment:** Even floor, timer

**Pre-test:** Explain the test procedures to the subject. Prepare forms and record basic information such as age, height, body weight, gender, test conditions.

**Procedure:** The standard starting position for the burpee is standing erect with the arms by the side. From the standing position, squat down and place the hands on the floor in front of the feet. Putting the body weight on the hands, the legs are thrust back to a push-up position with a straight line from the shoulders to the heels. Next pull the legs back and return to the squatting position, then up back to the starting standing position. One complete burpee is from the standing back to the standing position. The 'bottom' of the Burpee the chest must touch the ground, and at the 'finish' of the Burpee, the feet must leave the ground with the hands reaching above the ears.



**Note: Athlete (Boys and Girls) should clear any 2 (two) tests given below**

Sr. No.	Tests	Remarks
1	Squat Thrust & Jump/Burpee Fitness Test	Total number of thrusts in 2:30 Minutes

**Time Duration of Test:**

Time required to test a group of 50 athletes is 4 Hours.

**Manpower Requirement:**

1. Sports Coach – 2
2. PET – 2
3. General Volunteer – 2

**Equipment Support Requirement:**

1. Sports Equipment:
  - a. Dummy - No- 4 (a) 10kg (b) 15kg
  - b. Stop Watch – 5
  - c. Indoor Hall with 2 Full Wrestling Mat Set
  - d. Whistle - 5
2. Other Equipment:
  - a. Stationary

## KHO-KHO

### Test to be conducted:

<b>Sports Specific Skill/Event Tests</b>
(01 Test)
Zigzag Run
Scoring-Measurable

<b>Timings</b>				
SN	Event/Tests	U13 Years	U14 Years	U15 Years
1	Zig-Zag Run	13 seconds	12 Seconds	10 Seconds

### Description of Sports Specific Fitness & Events Tests

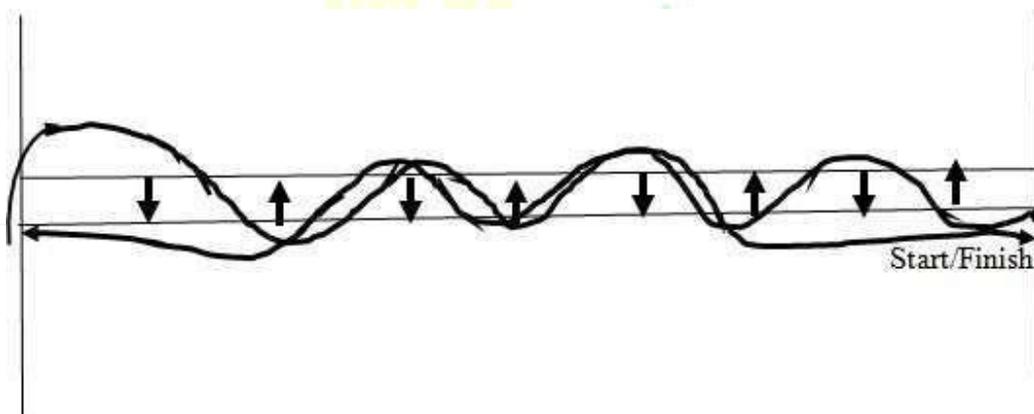
#### 1. ZIG-ZAG RUN

It is the basic and fundamental defensive skill of the KHO-KHO game. Single chain should not be used as a main weapon at the higher levels of the game. It can be mixed with other chains and rings and can be executed according to the situation.

"Single chain is nothing but playing "ZIG-ZAG" from one post to another and returning back in the same manner".

**Single Six Up-** By using a single six-up chain a defender can avoid the pressure by the last 3 chasers, the defender will start playing single chain up to 6th seated chaser and move to the post without taking entry in between 7th & 8th. This is known as single six up.

**Scoring:** The scoring is determined by the total time taken to complete one round for each participant. (Minimum 10 seconds)



**Time Duration of Test:** Time required to test a group of 50 athletes is 4 hours (3 chances for each athlete).

**Manpower Requirement:**

1. Sports Coach – 2
2. PET – 1
3. General Volunteer – 4

**Equipment Support Requirement:**

1. Sports Equipment:
  - a. FOP = 02
  - b. Marking powder: 50kg = 04 bags each venue
  - c. Measuring tape: 50 meters = 01
  - d. Hose pipe: 50 meters = 01
2. Other Equipment –
  - a. Stationary items

## KABADDI

### Test to be conducted:

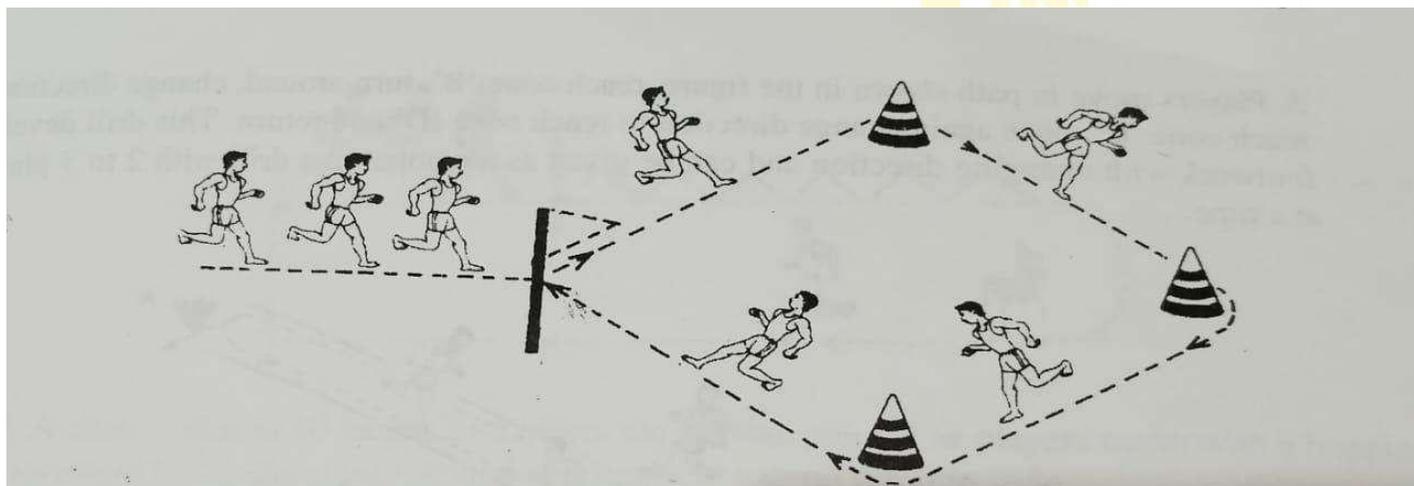
<b>Sports Specific Skill/Event Tests</b>
<p>Name &amp; Number of tests (04 Tests)</p> <ol style="list-style-type: none"> <li>1) Footwork</li> <li>2) Hand Touch</li> <li>3) Toe Touch</li> <li>4) Catching ability</li> </ol>
<p>Scoring- Measurable - On a scale of 1 to 10, 10 being the highest. Tests marking will be done by Three experts of the game</p>

### Description of Tests:

S No	Name of Event	Technical Specifications	Description
1	Footwork (Offence and defense)	<ol style="list-style-type: none"> <li>i. Start</li> <li>ii. Number of attempts</li> <li>iii. Time Manual (Electronic)</li> <li>iv. Recording</li> </ol>	<p>Stance approach Execution follow-through action</p> <p>Stop watch Timing Gates Seconds converted into 1/10<sup>th</sup> of a second</p>
2	Hand Touch	T shape hanger and hanging ball	<p>Leg lunging ability Flexibility Touching ability</p>
3	Toe Touch	Marking cone/ medicine ball	<p>Leg thrusting ability Flexibility Touching ability</p>
4	Catching ability (03 Tests)	Partner	<p>Hand grip Holding position Supporting</p>

## 1. Footwork (offence and defence):

- a. Leading leg raid
- b. Shuffling leg raid
- c. Natural raid
- d. Combination raid

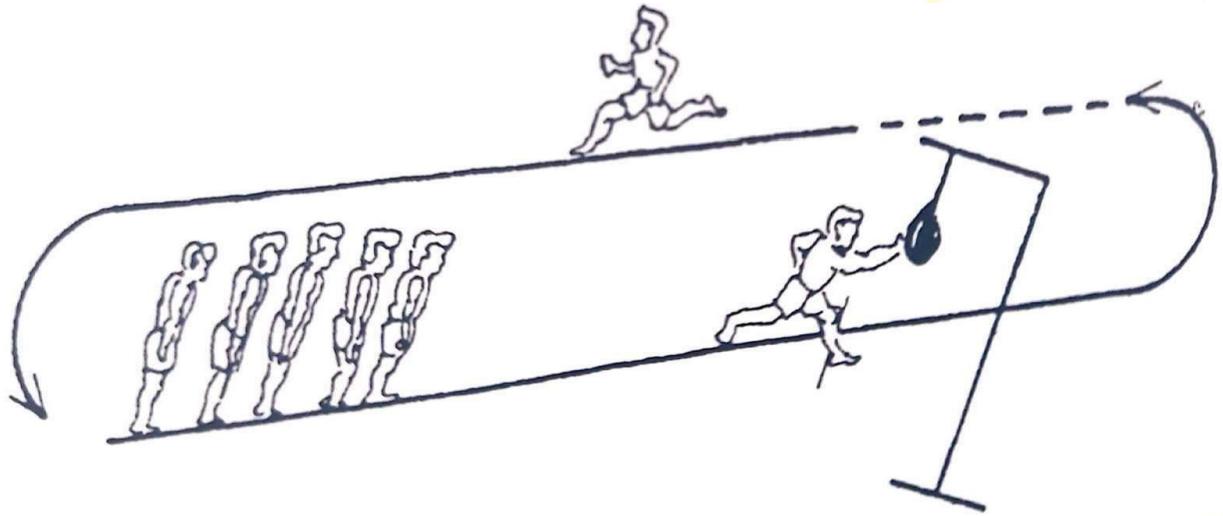


The players' stand as shown in the figure, sprint around the three cones placed starting with a gap of 3 meters and try to touch the player in front. **Tests marking will be done by three experts of the game**

## 2. Hand Touch

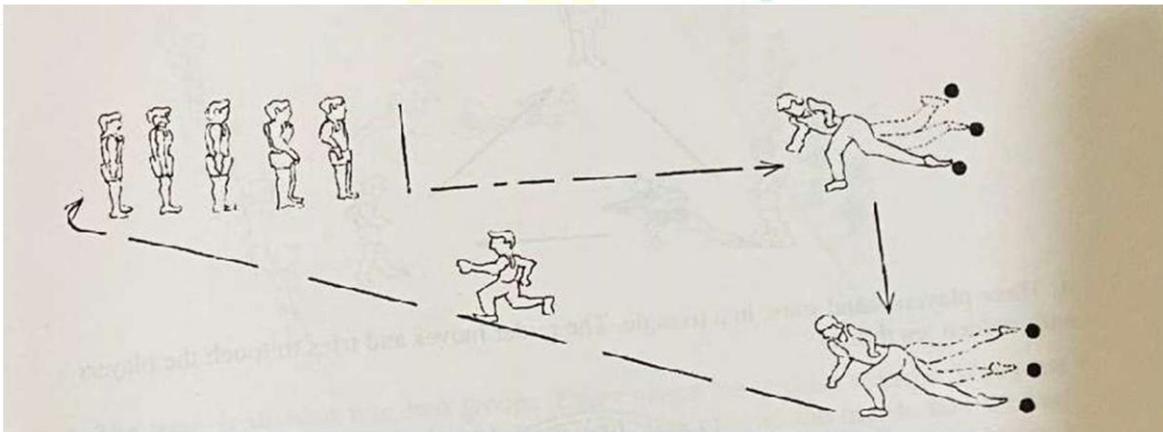


- Raider must observe the alertness of the defensive player as well as position
- Gap between the player at corner and second man, position, study path of covering strong, and work movement (point) and apply the and touch on the nearest target with nearest hand



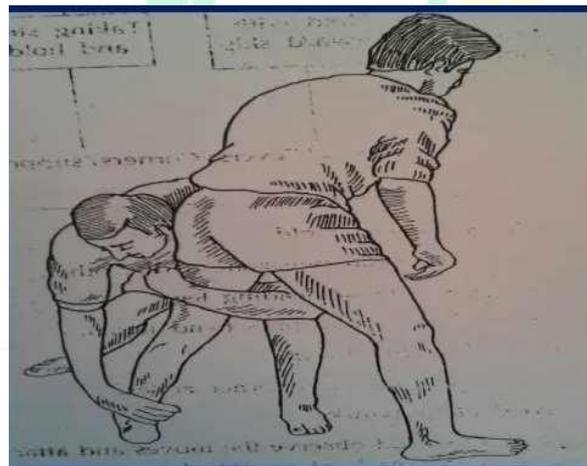
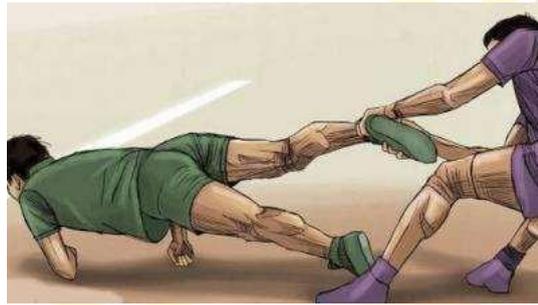
A ball is hung at a distance of 6 meters the plyers sprints and touches the ball with his hand and returns as shown in the fig. This helps develop running hand touches.

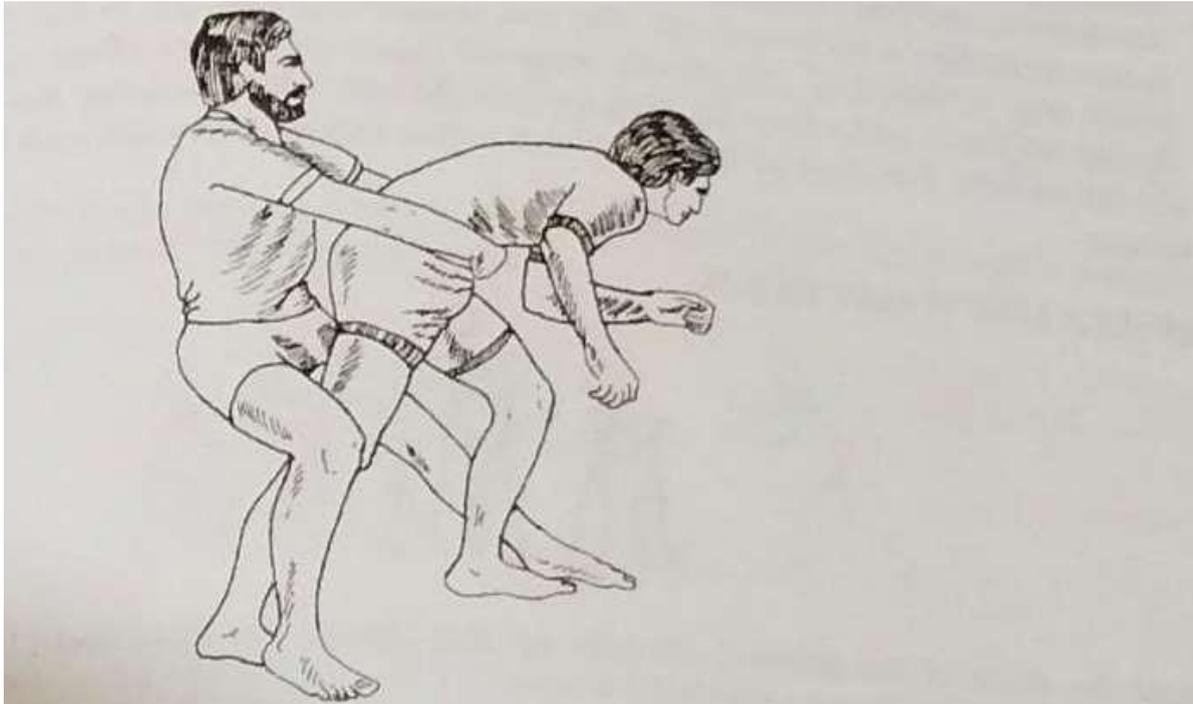
### 3. Toe touch



1. The player moves with cant and executes toe touch at three spots as shown in the returns to starting point, figure, moves forward and once again executes toe touches at the given three spots.

**1. Catching ability (Ankle hold thigh hold waist hold)**





**Time Duration of Test:** Time required to test a group of 50 athletes is 4 hours.

**Manpower Requirement:**

1. Sports Coach – 2
2. PET – 3
3. General Volunteer – 2

**Equipment Requirement:**

1. Sports Equipment:
  - a. FOP = 02
  - b. Marking powder: 50kg = 04 bags each venue
  - c. Measuring tape: 50 meters = 01
2. Other Equipment
  - a. Stationary items
  - b. Hose pipe: 50 meters = 01
  - c. Motor ability Test specific items

## ARCHERY

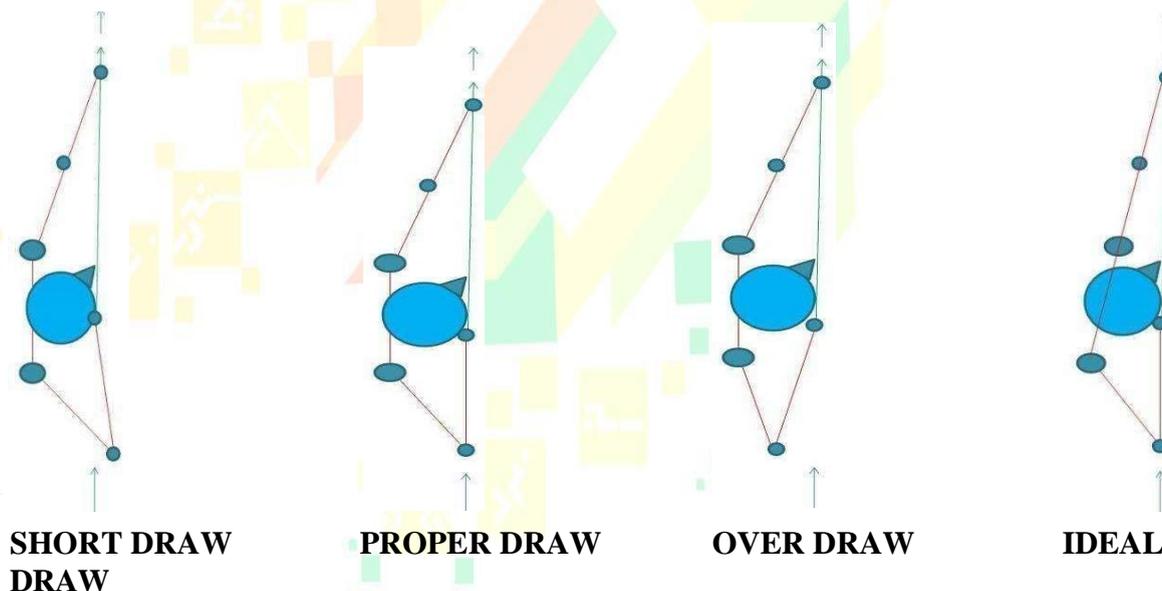
### Test to be conducted & Scoring:

SN	Sports Specific Tests	Points
1	T – Stance	5
2	Scores at 20/30 Meters	5
	<b>Total</b>	<b>10</b>

### Description of Test

#### 1. T-Stance

Points	Observation
5	Perfect – T stance
4	Medium: Short/Over Draw (3 In)
3	Average: Short/Over Draw (4 In)
2	Poor: Short/Over Draw (5 In)
1	Poor: Short/Over Draw (6 In)



## 2. Scoring

Scores at 20 Meters (Under 14) & 30 Meters (Under 17)

Points	Recurve Indian Round Boys	Recurve Indian Round Girls
5	> 300	>275
4	300-275	274-251
3	274-250	250-226
2	250-225	225-201
1	< 225	<200

**Time Duration of Test:** Time required to test a group of 60 athletes is 3 hours.

**Manpower Required:**

1. Coaches - 2
2. PET - 3
3. Volunteers - 1

**Equipment Support Required:**

1. Sports Equipment:
  - a. Target boss with stand & target face - 5
  - b. Speaker and Mike - 1
  - c. Tent - 20'30'
  - d. Banners - 5 Big, 5 Small
2. Other Equipment:
  - a. Stationary

## FOOTBALL

**Test to be conducted:** Playing ability test for Grassroot Proven Talent

**Description of Test and Scoring:**

**Aim:** To evaluate the playing ability of the individual during normal game.

**Materials:** Football, Football field 7V7 /11V11, Goal posts, referee.

Basic Information	
Name:	Gender:
State:	Date of birth:
Club:	Dominant Foot:
Contact:	Playing position:

**SUMMARY: 3 – Good    4 – Very Good    5 – Excellent (Maximum Marks- 5)**

**(ATTACKING)**

**ADDITIONAL COMMENTS**

RECEIVING – first touch		
DRIBBLING – able to get past opponent		

**(DEFENDING)**

**ADDITIONAL COMMENTS**

TACKLING / INTERCEPTIONS		
STRONG in 1 v 1 DEFENDING		

**Transition**

**ADDITIONAL COMMENTS**

Transition from defense to attack		
Transition from attack to defense		

**Technical**

**ADDITIONAL COMMENTS**

PASSING – driven with accuracy		
SHOOTING / FINISHING		

**PSYCHOLOGICAL**

**ADDITIONAL COMMENTS**

LEADERSHIP – dominate play		
COMMUNICATION – team player		

**TOTAL SCORING:** Out of 50 marks

**Time Duration of Test:** Time required to test a group of 60 athletes is 3 hours.

**Manpower Required:**

1. Coaches - 2
2. PET - 3
3. Volunteers - 1

**Equipment Support Required:**

1. Sports Equipment:
  - a. 7\*7 / 11s Standard Football Field
  - b. Stop Watch (Casio-100Memory) - 6
  - c. Measuring Tape – 6
  - d. Markers (Multicolor) – 60
  - e. Football – 15
  - f. Movable Mini Goal Posts (12 \* 6 Feets) – 2
  - g. Target Board - 1
2. Other Equipment:
  - a. Stationary – 1
  - b. First Aid Kit - 1

**“Annexure III - B”**

<b>Fixed Cost of 10 Physical Fitness Tests</b>						
<b>Sr No</b>	<b>Particulars</b>	<b>Sub Component</b>	<b>Qty</b>	<b>Rate (Rs.)</b>	<b>Amount (Rs.)</b>	<b>Total (Rs.)</b>
1	<b>10 Physical Tests</b>	Height Measuring Rod	2	1700	3400	<b>49,700</b>
		Weighing Machine Digital	2	1000	2000	
		Sit and Reach Box	2	4000	8000	
		Measuring Tape (30 Metre)	3	1000	3000	
		Vertical Jump Height Measuring Device	2	7000	14000	
		Medicine Ball 1 Kg	2	800	1600	
		Medicine Ball 2 Kg	2	1200	2400	
		Stop Watch	4	3700	14800	
		Whistle	5	100	500	

The cost of physical fitness tests has been derived by taking the total cost of requirements of conducting each test

*Annexure III - B (contd.)*

<b>Fixed cost for Sports Specific Equipment</b>						
<b>S. No</b>	<b>Discipline</b>	<b>Item Required</b>	<b>Qty</b>	<b>Rate (Rs.)</b>	<b>Amount (Rs.)</b>	<b>Total (Rs.)</b>
1	<b>Athletics</b>	Shot Put (3kg)	3	750	2,250	<b>25,450</b>
		Shot Put (2kg)	3	500	1,500	
		Cricket/ Hockey Balls (159 gms)	5	100	500	
		Whistle	6	100	600	
		Measuring Tape (1 of each size)	3	700	2,100	
		Stop Watch	5	3,700	18,500	
2	<b>Hockey</b>	Hockey balls	24	150	3,600	<b>6,400</b>
		Bibs (25 Units of Color 1)	1	1,200	1,200	
		Bibs (25 Units of Color 2)	1	1,200	1,200	
		Whistle	4	100	400	
3	<b>Kabaddi</b>	Stopwatch	2	3700	7,400	<b>7,400</b>
4	<b>Wrestling</b>	Stopwatch	3	3,700	11,100	<b>11,600</b>
		Whistle	5	100	500	
5	<b>Volleyball</b>	Volleyballs	8	1,000	8,000	<b>1,5000</b>
		Volleyball Net	2	2,000	4,000	
		Bibs (12pc/set*2 Color)	2	1,500	3,000	
6	<b>Boxing</b>	Boxing Gloves (2 Colors*5)	10	2,000	20,000	<b>49,300</b>
		Small Head Guard (2 Colors*3)	6	2,000	12,000	
		Medium Head Guard (2 Colors*3)	6	2,000	12,000	
		Big Head Guard (2 Colors*1)	2	2,000	4,000	
		Bucket	2	300	600	
		Plastic Mug	2	100	200	
		Office Bell (Manual)	1	500	500	
7	<b>Football</b>	Football	10	1,000	10,000	<b>13,000</b>
		Bibs (12pc/set*2 Color)	2	1,500	3,000	
8	<b>Archery</b>	Target Face 30 Mtr	20	150	3,000	<b>3,000</b>
9	<b>Kho-Kho</b>	Stop Watch	2	3,700	7,400	<b>7,400</b>
10	<b>Weightlifting</b>	Weighing Scale (150 Kg)	1	5,000	5,000	<b>10,900</b>
		Stop Watch	1	3,700	3,700	
		Whistle	2	100	200	
		Magnesium Carbonate light / Chalk Powder	5	400	2,000	
<b>(A) Total cost for 10 disciplines (Rs.)</b>						<b>1,49,450.00</b>
<b>(B) Total cost for 5 disciplines (Rs.)</b>						<b>74,725.00</b>
<p>The cost of sports-specific equipment has been derived (from the fixed cost of conducting 10 disciplines).  The method of computation is as below:  (A) Total Fixed Cost of Equipment (10 sports-specific disciplines) = 1,49,450  (B) Total Fixed Cost of Equipment for a KIRTI TAC (05 Sports Specific discipline) = 74,725 (i.e. A/2)</p>						

**“Annexure III - C”**

<b>Table A - Fixed Agency Cost Per Venue (in Rs.)</b>				
<b>S No</b>	<b>Particulars</b>	<b>Specifications</b>	<b>Unit Price</b>	<b>Cost</b>
1	(a) Branding	MS Pipe Frame with 320 GSM Blackback Star Flex (Backdrops, Venue Branding, A Boards, Signages at Venue, Assessment Zoning, Standees )	-	<b>20,000</b>
2	(b) Media	Public Awareness Campaigns, Social Media Campaigns	10,000	<b>20,000</b>
		Photographers, Videographers	10,000	
3	(c) Stationary	1 set will include ( Files - 3 nos. Paper Punching - 1 no, Pens - 10 nos, Pencil - 5 nos, Sharpener - 2 nos, Stapler - 2 nos, Stapler Pins - 2 box, Highlighter - 2 nos, Glue Stick -2 nos, Exam Board -2nos )	-	<b>2,500</b>
<b>A. Total (a+b+c)</b>				<b>42,500</b>

<b>Table B - Recurring Agency Cost Per Venue (in Rs.)</b>						
<b>S No</b>	<b>Particulars</b>	<b>Specifications</b>	<b>Unit</b>	<b>Qty</b>	<b>Unit Price</b>	<b>Cost</b>
	<b>Venue Operations &amp; Overlays</b>					
1	Chairs	Plastic chair with arm support	Nos.	150	5	750
2	Tables	Wooden Tables/ Plastic Tables with cloth & Frills	Nos.	50	50	2,500
3	Fan	Standing/ Mobile Fans	Nos.	10	75	750
4	Notice Board	Notice Board to put prints and intructions along with board pins	Nos.	2	50	100
5	Patio Umbrelas	Umbrella with Base	Nos.	25	100	2,500
6	Bins	Plastic/Metal bins with garbage bags (Wet & dry bins to be labelled separately). - 30L	Nos.	10	25	250
7	PA System with Mic					2,500
8	Marking Cone - Triangle		Nos.	20	5	100
9	Marking Cone - Flat Circular		Nos.	50	2	100
<b>(d) Total of Venue Operations &amp; Overlays</b>						<b>9,550</b>
	<b>Manpower</b>					
1	Security	throughout the assessment duration - 1 shift	Nos.	1	500	500
2	Housekeeping	throughout the assessment duration - 1 shift	Nos.	2	300	600
3	Volunteer	throughout the assessment duration - 1 shift	Nos.	16	500	8,000
4	Digital Data Operator	throughout the assessment duration - 1 shift	Nos.	5	800	4,000
<b>(e) Total Manpower</b>						<b>13,100</b>
	<b>ICT &amp; Hardware</b>					
1	Laptop	4 gb ram, 256 GB hardisk, Windows laptop with microsoft office - Excel, Word, PPT & Google chrome	Nos.	5	1,000	5,000
2	Extension Board	Copper Wire required at various points for extending the power requirement to desired locations.	Nos.	10	25	250
3	Internet Connection	100 Mbps connection with lans and routers, all equipments included	Nos.	2	500	1,000

4	Printer	HP Laserjet 1010	Nos.	2	750	1,500
<b>(f) Total ICT &amp; Hardware</b>						<b>7,750</b>
	<b>Others</b>					
1	Drinking Water - 20 ltr cans	20 litre water cans	Nos.	30	90	2,700
2	Water Dispenser	20 litre water can dispenser	Nos.	5	25	125
3	First Aid Kit Box		No.	1	250	250
<b>(g) Total Others</b>						<b>3,075</b>
<b>A. Grand Total (d+e+f+g)</b>						<b>33,475</b>

“Annexure III - D”

S.No	State/UT	Tentative Date of Exam
1	Chhattisgarh	19th Feb to 14th March 2024
2	Madhya Pradesh	Standard 6,7,8,9,11 - 25th Feb to 18th March 2024 Standard 10 - 5th Feb to 28th Feb 2024
3	Himachal Pradesh	Standard 8 - 2nd March to 12th March 2024 Standard 9 - 26th Feb to 6th March 2024 Standard 10 - 2nd March to 21st March 2023 Standard 11 - 26 Feb to 22nd March 2024 Standard 12 - 1st March to 28th March 2024
4	Kerala	1st March - 27th March 2024
5	Tamil Nadu	1st March - 8th April 2024
6	Haryana	Standard 6, 7, 8, 9 - 10th March - 24th March, 2024 Standard 10 - 27th Feb to 26th March 2024
7	Uttar Pradesh	Standard 6,7,8,9,11 - 4th March to 16 March 2024 Standard 10 - 22nd Feb to 9th March 2024
8	Andhra Pradesh	Standard 6, 7, 8 - 28th Feb to 13th March 2024 Standard 9 - 15th April - 27th April 2024
9	Karnataka	11th March - 16th March 2024
10	Telangana	18th March - 2nd April 2024
11	Gujarat	Standard 6,7,8,9,11 - 25th March to 8th April, 2024
12	Rajasthan	Standard 8 - 28th March - 4th April 2024 Standard 6,7,9 & 11 - 5th April 2024 Onwards Standard 10 - 7th March to 30th March 2024
13	Assam	1st Feb to 28th Mar
14	Meghalaya	1st Feb - 15th Feb 2024
15	Bihar	1st Feb to 28th Mar
16	Jharkhand	6th Feb to 28th Mar
17	Odisha	15th Feb to 28th Mar
18	West Bengal	Standard 6, 7, 8, 9, 11 - 4th March to 16th March 2024 Standards 10 & 12 - As per CBSE
19	Sikkim	1st Feb to 28th Mar
20	Maharashtra	Standard 6,7,8,9,11 - 15th March- 15th April 2024