

**Ministry of Youth Affairs & Sports
Department of Sports**

**National Sports Talent Search
Scheme
(NSTSS)**

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1	CHAPTER	Introduction
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1.1 Sports and physical education play a crucial role in the all-round development of youth, who constitute not only about 70 per cent of our population. The National Sports Policy 2001 lays special emphasis on “**Broad-basing of Sports**” through grassroots level sport activity and “**Promoting Excellence in Sports**” at the national and international levels. After General Elections to 16th Lok Sabha, the Hon’ble President of India made a joint address to both the houses of Parliament on 09th June, 2014. In his speech he stated that his Government will launch a National Sports Talent Search System. The relevant paragraph is reproduced below:-

“13. The children and youth of the country need avenues of recreation that develop them constructively and keep them fit. My government will launch a ‘National Sports Talent Search System’. It will facilitate development and promotion of Indian sports, particularly rural sports. Sports will be popularized by making it an integral part of the school curriculum and providing educational incentives”.

It is, therefore, essential to give adequate thrust to sports development so that it could permeate through other aspects of social life and make the youth health conscious, positive and productive. Further, for the purpose of promoting excellence in sports, it is also essential that with a view to “**catch them young and teach them rightly**” through scientific training methods, sporting talent is searched for, spotted and nurtured in a methodical manner in order to reach such a state of sporting excellence as to be able to become medal prospects in various international events.

1.2At present, there is no national programme for searching of sporting talent. The National Sports Talent Search Scheme (NSTSS) aims at achieving these objectives and through this Scheme, talented sportspersons will be identified and nurtured so as to enable them to participate in National and International Sports events, win medals and bring laurels to the country. It will also deepen and widen the seedbed of sporting talent, leading to better performances by our sportspersons in national and international events.

2	CHAPTER	National Sports Talent Search Scheme (NSTSS)
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2.1 Scheme Objectives

- i. In the first phase, Identification of sporting talent among students all over the country in the age group of 8 – 12 years (for admission in Class IV to Class VI) who possess inborn qualities such as anthropometric, physical and physiological capabilities without any anatomical infirmities
- ii. In the second phase, Nurturing of the Sporting Potential / talent identified in District level Sports schools / Central Sports Schools / Junior Sports Academies etc., to make them excel at the National and international sports competitions.

2.2 Scheme Strategy:

- I. **Structured approach:** The Scheme will follow a structured and methodical approach with time tested tools already in use nationally for searching of sporting talent. The following will be the modalities for implementation of the Scheme:
 - a. The students in the age group of 8 – 12 years have to undertake **Physical Efficiency and Sports Aptitude Tests (PESAT)** in the form of 6 battery of tests, namely, 30 m run (Flying start); Standing Broad jump; 6 x 10 m Shuttle run; Forward Bend & Reach; Medicine Ball put and 600 m run for boys and girls as per the details given in **Annexure 1**. The scoring methodology is given in **Annexure 2**. **In case certain States/UTs opt to cover students below the age of 8 years or above the age of 12 years, they will be at liberty to do so. However, the financial assistance under the NSTSS will be restricted to the**

expenditure incurred on students in the age group of 8 – 12 years only.

- b. The battery of 6 no. tests may take place at 3 levels namely school level and block level and district level through the state / UT machinery simultaneously in a fixed period of the year after online registration and results should be displayed in website. The online registration form is enclosed as **Annexure 3**. The standards / norms fixed for conduct of six tests namely 30 m run (Flying start); Standing Broad jump; 6 x 10 m Shuttle run; Forward Bend & Reach; Medicine Ball put and 600 m run for boys and girls separately are enclosed as **Annexure 4**.
- c. From each school, 4 boys and 4 girls securing the total highest marks in all six tests will be shortlisted and they will appear in the Block level tests again: **8 students / school**.
- d. Thus, 4 boys and 4 girls securing highest total marks in 6 tests from each school will participate in the Sport Talent search conducted at the block level in the same 6 tests. Out of these children appearing from different schools within the block, 16 boys and 16 girls securing highest total marks in all the six tests will be shortlisted for the Sports Talent Search conducted at district level: **32 students / block**.
- e. Thus, 32 students securing highest total marks in 6 tests from each block will participate in the Sports Talent Search conducted at the district level in the same 6 tests.
- f. The total marks obtained by each of these 32 students per block in all 6 different tests at district level will be compiled for all districts together and a common merit list will be prepared. Out of this combined merit list, the top 2000 children approximately (1000 boys and 1000 girls) from different districts securing

highest total marks will be shortlisted. As the sports culture varies from State to State. The figure of 2000 children (1000 Boys and 1000 Girls) per State is just an indicative one. The actual allocation of no. of children per State will be decided based on the performance of athletes in each State irrespective of the population of the State. Thus, **there is no specific district quota for the state level sports talent search.**

- g. The score card to be filled up at each level for the battery of 6 tests is enclosed as **Annexure 5.**
- h. Detailed guidelines for conduct of the battery of 6 tests, including the general guidelines and the check list are enclosed as **Annexure 6.**
- i. A state level ranking on the Physical Fitness of all children in the age group of 8 – 12 years will be given.
- j. Admission for these 1000 boys and 1000 girls identified through the NSTSS will be made in the
 - i. Junior Sports Academies
 - ii. State Sports Academies/Sports Hostels run by State Governments
 - iii. State Sports Scholarships
 - iv. State Sports Schools
 - v. Central Sports Schools and
 - vi. Sports Training Centre (STC)/Special Area Games (SAG) of Sports Authority of India (SAI).

Nevertheless, in addition to Govt. Schools/academies, private agencies/institutes may also be allowed to admit the eligible children under this scheme in their institutes.

- k. Selected candidates should agree to the condition that they should be present for training at least 22 days in a month on the prescribed play ground.
- l. The entire information on the participants from School to State level will be entered and stored in a web based NSTSS portal. The national portal will have administrative login for each State / UT for the database of districts and blocks so that the schools can be mapped on to it. It will facilitate the schools :
- i. to register online
 - ii. then download software and printable format to record the data of field trials
 - iii. make offline data entry and
 - iv. then upload the same on the portal.
 - v. There would be facility to export the result sheet to the schools for their own consumption.
- m. Once the data is uploaded by the school on a given cut-off date, the Block Development Officer (BDO) will generate list of Students from all schools within his block (4 boys and 4 girls from each school based on the basis of marks scored) who will participate at the block level sports talent test. E mail / SMS will be sent to the schools to enable them to send the selected students (4 boys + 4 girls from each school) for the battery of tests on the prescribed date. The printable format will also be generated prior to the test for recording the field tests' data. They will fill up the results of the tests and handover the same to the BDO who will get data entry done through online or offline software.
- n. Thereafter, the data will be uploaded on the NSTSS portal. The data from different blocks within the district will be compiled on a given date and the list of participants for the district level sports talent test will be generated who will be sent message again to participate in the battery of 6 no. field level tests at

district level. After compilation of data from the district level of battery of tests from all districts in the state / UT, the result will be generated at state / UT level which can be sent through e mail to all schools / District Sports Officers. Also, information in PDF format will be available.

- o. Subsequently, there will be linkage of data of each selected student every time the test is conducted.
- p. The NSTSS Portal shall be in English in the beginning. From second year onwards, data entry can be in both English and official language of the state / UT.
- q. Some schools may not send online nomination (It is assumed that internet facility in the vicinity of schools to upload data). Hence, the direct entry at block level may be considered during first two years.
- r. Some blocks may not conduct tests or in the first year, it would be easy to conduct tests at district level owing to time limitations. Hence, direct entry at district level may also be permitted. (NSTSS Portal would be prepared accordingly).
- s. The states & CBSE / ICSE will have school data base. The same should be uploaded by district / state administration so that drop down list would be available.
- t. Data should be entered on NSTSS portal at block level as internet facilities are available at all block HQs due to MGNREGA data uploading since 2008 onwards.
- u. The boy / girl should have completed 7 years or should not have completed 12 years at the time of appearing for the school test.

- v. The block wise information will be filled in on the portal every year indicating date, time and venue for tests. The admin work can be done at district level for all blocks and hence budget should have flexibility.
- w. The data uploaded by the school may not be authentic and hence may not be made public. Software should throw “**good**” schools based on their authenticity of data by comparing results at school and block level for eight players sent by them.
- x. Editing the data, once uploaded, is not allowed without the approval of concerned DM / Secretary (Sports).
- y. Mahanagar Palikas, Nagar palikas and other urban local bodies may not have separate entities as Blocks and thus the students from the urban local bodies may not be aware to which block they belong. In case of Mahanagar palikas, Zones / Circles should be equated with blocks, while the Nagarpalikas can be given same status as Blocks, as being followed in Gujarat for Khel Mahakumbh.
- z. CBSE is also in the process of uploading sports aptitude tests. Hence, alignment is essential.
- aa. The district level tests should be conducted under SAI observation by availing the services of SAI coaches.
- bb. Development of software, Hardware maintenance, management of data at back end, test check of software-pilot project, Training of state level manpower on use of software, compilation and management of national database and its ownership, sharing of data base for public consumption-report generation will be done centrally by the Ministry of Youth Affairs & Sports, Department of Sports.

- II. **Implementation through the States and UTs**, Such talent search of sportspersons through a battery of tests has been in vogue in various institutes / organs of the State Government for decades and thus it is a time tested process. States like Haryana, Karnataka, Maharashtra, Andhra Pradesh, Tamil Nadu, Kerala, Manipur, Assam, Punjab, Rajasthan etc., run such talent search schemes having the battery of tests which are very similar to the proposed scheme. The tests are simple and elementary obviating the need for any specialized executive agency or personnel. Any school teacher / Physical Education Teacher can perform these tests and enter the data in the prescribed proforma of data sheet. Therefore, this Scheme is to be implemented by the States / UTs to whom the financial assistance will flow as a Central Sector Scheme. The tests at Block level and district level will be supervised by the Sports machinery of the State Government and also by the SAI STC / SAG staff wherever available.
- III. **Integrated approach** by combining the efforts of the Ministry of Youth Affairs and Sports, Sports Authority of India, State Governments; and Sports promotion organizations such as State Sports Associations/ Councils, with the flexibility to associate the National Sports Federations, Indian Olympic Association and other public and private sports promotion bodies.
- IV. **Utilisation of list of selected candidates:** Keeping in tune with the objectives of the Scheme, the States are encouraged to utilise the list of sporting talent identified through the NSTSS for admission to the State Sports Academies/Sports Schools/ Sports Hostels, and sponsoring of sportspersons under State Sports Scholarships, wherever already existing. In addition to Govt. Schools/academies, the States may also encourage private agencies/institutes to admit the eligible children in their institutes from amongst list of children identified through this scheme to involve non-government entities in nurturing of sporting talent and to avoid duplication of efforts in sporting

talent scouting and also offer sports scholarships to nurture the sporting talent identified through the NSTSS.

- V. **Initiation of new scheme for encouraging sportspersons:** Such State Governments which do not have any State Sports Academies/Sports Schools or Sports Hostels run by them or any State Sports Scholarships may take initiatives to launch such schemes in right earnest so that sporting talent identified from their States through NSTSS can be nurtured forthwith.
- VI. **Monitoring & Supervision:** Keeping in view the pivotal role assigned to the scheme for searching of sporting talent at national level, it is necessary to monitor and supervise the implementation and progress of the scheme closely. Hence, it is proposed to set up a NSTSS Cell at Ministry level under a nodal officer assisted by personnel engaged on contract basis to implement and monitor the progress of the Scheme in close conjunction with the authorities concerned in the States and UTs.
- VII. **Scheme Campaign:** A campaign shall be conducted through the MYAS, SAI and State Government mechanisms to disseminate information and generate enthusiasm about NSTSS among target groups, i.e., school children throughout the country. Appropriate funding arrangement shall be made to carryout the campaign through media, publications, seminars, workshops, etc.
- VIII. **Scheme Coverage and Duration:** The scheme envisages to cover all schools in different States / UTs throughout the country **(both rural and urban)** for a period of five years from 2015-16 to 2019-20.
- IX. **Scheme Outlay:**The Scheme has an annual outlay of approximately **Rs.42.00 Crore**. The total fund requirement to cover all the schools is estimated to be around **Rs. 210 crores** for a period of 5 years. Details of Financial implications is placed at **Annexure 7**.
- X. **FUNDING PATTERN:**

The funding under the Scheme will be broadly under three major heads:

- i. **Expenditure for conducting the Battery of Tests :**
 - a. **At School Level:** The Schools will be expected to conduct the tests out of their own resources since these will be conducted in-house without any elaborate arrangements or travelling involved.
 - b. **At Block & District Level:** Funds for this purpose will be released to the State Government based on proposals submitted by them in proportion to the number of Blocks/Districts where the tests are going to be conducted.
- ii. **Expenditure for development of software:** The software will be got developed from any suitable vendor after following due procedure at national level by Department of Sports, Ministry of Youth Affairs & Sports, Government of India.
- iii. **Data entry in respect of the participants at each level of selection:** The data entry will be done through a selected vendor after following due procedure. **However, depending upon the need of the situation, the responsibility of data entry can be entrusted to State Authorities as well for which funds will be reimbursed as per actual or @Rs.5.00 per entry, whichever is lower.**
- iv. **NSTSS Cell at Ministry level:**
 - a. Expenditure on this account will be borne out of the scheme allocation for setting up and running the administrative machinery comprising human resources (contractual officers and supporting staff), office equipment, stationery, etc.
 - b. **Items of Expenditure:** The items of expenditure will include remuneration/contract payment to mission personnel, experts, consultants, outsourcing functions like the development and management of IT enabled Management Information Systems, the conduct of

orientation programme for School Teachers/Physical Education teachers, website development, web enabled reporting systems, hiring of space and the procurement of office equipment, the hiring of agency services for campaign, audio-visual productions and media campaigns, contracting or supporting research studies, study visits, training programmes, promote international cooperation and exchange programmes in the field of talent search and nurturing or any other item of expenditure approved by the Competent authority of the Ministry of Youth Affairs & Sports.

- v. **Fund flow to States / UTs:** The fund flow in respect of NSTSS from the Central Government will be to the State Government where the fund flow is through the State consolidated fund. The fund flow will be monitored through Central Plan Scheme Monitoring System (**CPSMS**).

Battery of Six Tests

<i>S. No.</i>	<i>Discipline</i>	<i>Significance</i>
<i>1</i>	<i>30 Meter Flying</i>	<i>Test speed</i>
<i>2</i>	<i>Standing Broad Jump</i>	<i>Test Strength of the lower portion of the body and explosive power</i>
<i>3</i>	<i>Forward Bend & Reach</i>	<i>Test Flexibility</i>
<i>4</i>	<i>6X10 Shuttle Run</i>	<i>Test agility</i>
<i>5</i>	<i>Medicine Ball Put</i>	<i>Test shoulder strength</i>
<i>6</i>	<i>600 Meter Race</i>	<i>Test endurance</i>

Scoring methodology

Points Table

Type of Test	Number of Attempts	Basis of scoring	Maximum Score
30 m flying start	2	Best attempt	10
Standing Broad Jump	3	Best attempt	10
Medicine ball throw	3	Best attempt	10
6x10 m Shuttle runs	2	Best attempt	10
Forward bend & reach	1	Best attempt	10
600 m run	1	Best attempt	10
Total Maximum			60

Annexure 3

Registration Form

1.	Unique Registration Number	
2.	Name of Candidate	
3.	Age (Years)	
4.	Age verification proof submitted (Birth Certificate from Municipality/Hospital/School)	
5.	Sex	
6.	Date of Birth	
7.	Place of Birth	
8.	School	
9.	Class	
10.	District	
11.	Parent/Guardian Name	
12.	Occupation of Parent/Guardian	
13.	Present address of candidate	
14.	Contact number	
15.	Signature/Thumb Impression of Candidate	
16.	Signature of Senior Coach	

Battery of Tests at State Level Boys

30 Metre Flying Start(Seconds)

	Diff	Highest	00	10	20	30	40	50	60	70	80	90	100
8 yrs	0.90	5.30	5.30	5.11	4.96	4.83	4.72	4.63	4.54	4.46	4.43	4.41	4.40
9 yrs	0.90	5.10	5.10	4.91	4.76	4.63	4.52	4.43	4.34	4.26	4.23	4.21	4.20
10 yrs	0.90	4.90	4.90	4.71	4.56	4.43	4.32	4.23	4.14	4.06	4.03	4.01	4.00
11 yrs	1.00	4.80	4.80	4.59	4.42	4.28	4.16	4.05	3.95	3.87	3.83	3.81	3.80
12 yrs	1.00	4.70	4.70	4.49	4.32	4.18	4.06	3.95	3.85	3.77	3.73	3.71	3.70

6x10 Shuttle Run(Seconds)

	Diff	Highest	00	10	20	30	40	50	60	70	80	90	100
8 yrs	2.00	19.70	19.70	19.28	18.94	18.66	18.42	18.20	18.00	17.84	17.76	17.72	17.70
9 yrs	1.80	19.30	19.30	18.92	18.62	18.36	18.15	17.95	17.77	17.63	17.55	17.52	17.50
10 yrs	1.80	19.10	19.10	18.72	18.42	18.16	17.95	17.75	17.57	17.43	17.35	17.32	17.30
11 yrs	1.50	18.40	18.40	18.09	17.83	17.62	17.44	17.28	17.13	17.01	16.95	16.92	16.90
12 yrs	1.40	18.00	18.00	17.71	17.47	17.27	17.10	16.95	16.81	16.70	16.64	16.61	16.60

600 metre Run(Seconds)

	Diff	Highest	00	10	20	30	40	50	60	70	80	90	100
8 yrs	0.25	3.50	3.50	3.45	3.41	3.37	3.34	3.31	3.29	3.27	3.26	3.25	3.25
9 yrs	0.36	3.56	3.56	3.48	3.42	3.37	3.33	3.29	3.25	3.23	3.21	3.20	3.20
10 yrs	0.36	3.46	3.46	3.38	3.32	3.27	3.23	3.19	3.15	3.13	3.11	3.10	3.10
11 yrs	0.60	3.10	3.10	2.97	2.87	2.79	2.72	2.65	2.59	2.54	2.52	2.51	2.50
12 yrs	0.30	2.30	2.30	2.24	2.19	2.14	2.11	2.08	2.05	2.02	2.01	2.00	2.00

Standing Broad Jump (SBJ) (Centimetres)

	Diff	Highest	00	10	20	30	40	50	60	70	80	90	100
8 yrs	46.00	131.00	131.00	140.66	148.48	154.92	160.44	165.50	170.10	173.78	175.62	176.54	177.00
9 yrs	41.00	139.00	139.00	147.61	154.58	160.32	165.24	169.75	173.85	177.13	178.77	179.59	180.00
10 yrs	31.00	149.00	149.00	155.51	160.78	165.12	168.84	172.25	175.35	177.83	179.07	179.69	180.00
11 yrs	45.00	156.00	156.00	165.45	173.10	179.40	184.80	189.75	194.25	197.85	199.65	200.55	201.00
12 yrs	46.00	164.00	164.00	173.66	181.48	187.92	193.44	198.50	203.10	206.78	208.62	209.54	210.00

Medicine ball 1 kg(Metres)

	Diff	Highest	00	10	20	30	40	50	60	70	80	90	100
8 yrs	0.51	2.26	2.26	2.37	2.45	2.53	2.59	2.64	2.69	2.73	2.75	2.76	2.77
9 yrs	0.63	2.51	2.51	2.64	2.75	2.84	2.91	2.98	3.05	3.10	3.12	3.13	3.14
10 yrs	0.94	2.66	2.66	2.86	3.02	3.15	3.26	3.37	3.46	3.53	3.57	3.59	3.60
11 yrs	0.80	4.70	4.70	4.87	5.00	5.12	5.21	5.30	5.38	5.44	5.48	5.49	5.50
12 yrs	0.90	5.10	5.10	5.29	5.44	5.57	5.68	5.78	5.87	5.94	5.97	5.99	6.00

Forward Bend Reach(Centimetres)

	Diff	Highest	00	10	20	30	40	50	60	70	80	90	100
8 yrs	7.00	4.00	4.00	5.47	6.66	7.64	8.48	9.25	9.95	10.51	10.79	10.93	11.00
9 yrs	7.00	5.00	5.00	6.47	7.66	8.64	9.48	10.25	10.95	11.51	11.79	11.93	12.00
10 yrs	7.00	6.00	6.00	7.47	8.66	9.64	10.48	11.25	11.95	12.51	12.79	12.93	13.00
11 yrs	7.00	7.00	7.00	8.47	9.66	10.64	11.48	12.25	12.95	13.51	13.79	13.93	14.00
12 yrs	7.00	8.00	8.00	9.47	10.66	11.64	12.48	13.25	13.95	14.51	14.79	14.93	15.00

Battery of Tests at State Level Girls

30 Metre Flying Start(Seconds)

	Diff	Highest	00	10	20	30	40	50	60	70	80	90	100
8 yrs	1.00	5.60	5.60	5.39	5.22	5.08	4.96	4.85	4.75	4.67	4.63	4.61	4.60
9 yrs	1.00	5.40	5.40	5.19	5.02	4.88	4.76	4.65	4.55	4.47	4.43	4.41	4.40
10 yrs	1.00	5.20	5.20	4.99	4.82	4.68	4.56	4.45	4.35	4.27	4.23	4.21	4.20
11 yrs	0.80	4.90	4.90	4.73	4.60	4.48	4.39	4.30	4.22	4.16	4.12	4.11	4.10
12 yrs	0.90	4.80	4.80	4.61	4.46	4.33	4.22	4.13	4.04	3.96	3.93	3.91	3.90

6x10 Shuttle Run(Seconds)

	Diff	Highest	00	10	20	30	40	50	60	70	80	90	100
8 yrs	1.70	20.50	20.50	20.14	19.85	19.62	19.41	19.23	19.06	18.92	18.85	18.82	18.80
9 yrs	1.80	20.40	20.40	20.02	19.72	19.46	19.25	19.05	18.87	18.73	18.65	18.62	18.60
10 yrs	2.00	20.20	20.20	19.78	19.44	19.16	18.92	18.70	18.50	18.34	18.26	18.22	18.20
11 yrs	1.70	19.40	19.40	19.04	18.75	18.52	18.31	18.13	17.96	17.82	17.75	17.72	17.70
12 yrs	1.90	19.30	19.30	18.90	18.58	18.31	18.08	17.88	17.69	17.53	17.46	17.42	17.40

600 metre Run(Seconds)

	Diff	Highest	00	10	20	30	40	50	60	70	80	90	100
8 yrs	0.66	4.25	4.25	4.11	4.00	3.91	3.83	3.76	3.69	3.64	3.61	3.60	3.59
9 yrs	0.70	4.10	4.10	3.95	3.83	3.74	3.65	3.58	3.51	3.45	3.42	3.41	3.40
10 yrs	0.71	4.01	4.01	3.86	3.74	3.64	3.56	3.48	3.41	3.35	3.32	3.31	3.30
11 yrs	0.50	3.50	3.50	3.40	3.31	3.24	3.18	3.13	3.08	3.04	3.02	3.01	3.00
12 yrs	0.80	3.00	3.00	2.83	2.70	2.58	2.49	2.40	2.32	2.26	2.22	2.21	2.20

Standing Broad Jump (Centimetres)

	Diff	Highest	00	10	20	30	40	50	60	70	80	90	100
8 yrs	33.00	114.00	114.00	120.93	126.54	131.16	135.12	138.75	142.05	144.69	146.01	146.67	147.00
9 yrs	37.00	123.00	123.00	130.77	137.06	142.24	146.68	150.75	154.45	157.41	158.89	159.63	160.00
10 yrs	31.00	129.00	129.00	135.51	140.78	145.12	148.84	152.25	155.35	157.83	159.07	159.69	160.00
11 yrs	40.00	136.00	136.00	144.40	151.20	156.80	161.60	166.00	170.00	173.20	174.80	175.60	176.00
12 yrs	40.00	146.00	146.00	154.40	161.20	166.80	171.60	176.00	180.00	183.20	184.80	185.60	186.00

Medicine ball 1 kg(Metres)

	Diff	Highest	00	10	20	30	40	50	60	70	80	90	100
8 yrs	0.68	1.80	1.80	1.94	2.06	2.15	2.24	2.31	2.38	2.43	2.46	2.47	2.48
9 yrs	0.79	2.02	2.02	2.19	2.32	2.43	2.53	2.61	2.69	2.75	2.79	2.80	2.81
10 yrs	0.98	2.21	2.21	2.42	2.58	2.72	2.84	2.95	3.04	3.12	3.16	3.18	3.19
11 yrs	1.00	4.00	4.00	4.21	4.38	4.52	4.64	4.75	4.85	4.93	4.97	4.99	5.00
12 yrs	0.90	4.60	4.60	4.79	4.94	5.07	5.18	5.28	5.37	5.44	5.47	5.49	5.50

Forward Bend Reach(Centimetres)

	Diff	Highest	00	10	20	30	40	50	60	70	80	90	100
8 yrs	7.00	4.00	4.00	5.47	6.66	7.64	8.48	9.25	9.95	10.51	10.79	10.93	11.00
9 yrs	7.00	5.00	5.00	6.47	7.66	8.64	9.48	10.25	10.95	11.51	11.79	11.93	12.00
10 yrs	7.00	6.00	6.00	7.47	8.66	9.64	10.48	11.25	11.95	12.51	12.79	12.93	13.00
11 yrs	7.00	7.00	7.00	8.47	9.66	10.64	11.48	12.25	12.95	13.51	13.79	13.93	14.00
12 yrs	7.00	8.00	8.00	9.47	10.66	11.64	12.48	13.25	13.95	14.51	14.79	14.93	15.00

Proforma for Score Sheet

Testing level (School/Block/district)	
Name of School/Block/district/State	
Date of Testing	

S. No.	Name of Candidate	Age	Height	Weight	30 Mts flying start (a)		Standing Broad Jump (b)			Medicine ball throw (c)			6x10 m shuttle runs (d)		Forward bend & reach (e)	800 m run (f)	Total (a+b+c+d+e+f)
			In Cms.	In Kgs.	Atte mpt 1	At te m pt 2	Atte mpt 1	Att em pt 2	Atte mpt 3	Atte mpt 1	Att em pt 2	Att em pt 3	Att em pt 1	At te m pt 2			
1.																	
2.																	
3.																	
4.																	
5.																	
6.																	
7.																	
8.																	
9.																	
10																	

Signature of Evaluating Coach	
Signature of Senior Coach	
Signature of Zone Convener	

GUIDELINES TO CONDUCT THE BATTERY TEST

Anthropometric Measurements:

1. Height:

Test Aim:- To measure the standing height.

Equipment:- Height Measuring Stand or marking on the wall.

Procedure:- The subject stands erect bare-footed with heels and back of the head touching the stands or wall. The device of measurement stand or a flat card-board is put up on the top of the head to take the height of an individual.

Scoring:- The measurement is taken to the nearest centimetre.

2. Weight:

Test Aim:- To assess the body mass.

Equipment:- Standard Weighing Machine.

Procedure:- The subject stands on the platform of the weigh-in Machine bare-footed with foot parallel and weight equally distributed on both the feet. Minimum cloth worn likes vest and short in case of boys and shirts/blouse and shorts/skirt in case of girls.

Scoring:- The weight is recorded from the indicator dial of the machine in kgs.

Motor Ability Tests:

3. 30 Mtr.Flying Start:

Test Aim:- To measure the maximum speed.

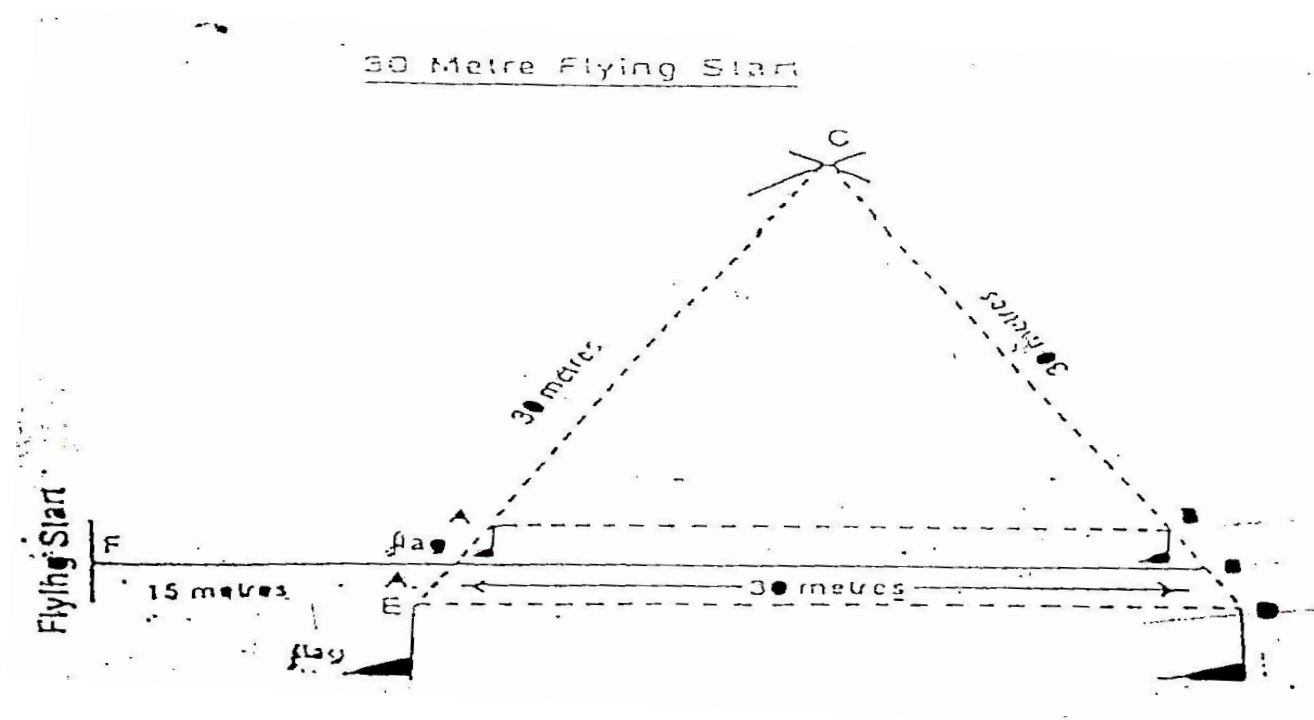
Equipment:- Stop Watch ($1/10^{\text{th}}$ of a second) and six flag posts.
45 metre running strip, measuring tape.

Marking:- 45 metre distance is divided into two zones of 15 metres and the other of 30 metres say F.A.&B. is of 15 metres and AB is of 30 metres. Take radius of 30 metres and mark an arc from point A. Mark another arc of 30 metres from point B and intersecting at point C. Join CA and extend to E and join CB and extend to D. Fix flags at all these six points A,B,C,D,E & F.

Procedure:- The performer stands behind the line F and accelerates and crosses the line 'B' with maximum possible speed.

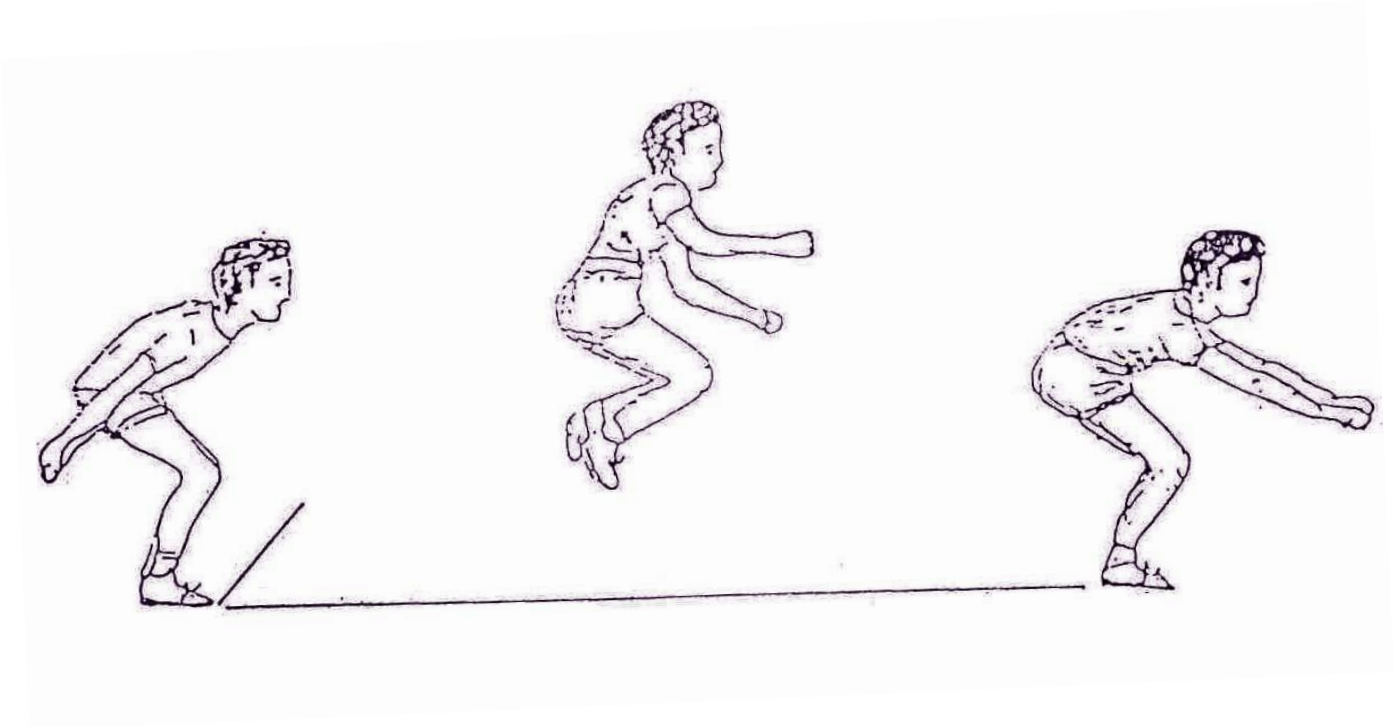
Scoring:- The time keeper stands on points C and when the runner comes in line with flag A and E, he starts the watch and when the torso of runner comes in line B & D he stops the watch . The time is then noted down from the watch.

Participants are not permitted to run with spikes and running area should be firm and non-slippery.



Standing Broad Jump:

- Test Aim:- To measure the explosive strength of the legs.
- Equipment:- Measuring tape, a levelled long jump pit with the take off line.
- Marking:- A line is marked near the edge of the jumping pit.
- Procedure:- The performer stands behind the take off line with feet together. He flexes his knees, takes back arms raising the heels a little and along with a vigorous forward and upward arm swing he extends the knees into jumping pit to cover the maximum horizontal distance.
- Scoring:- The distance covered in centimeters between the take off line and the nearest landing mark is measured. The score will be best of three trials.



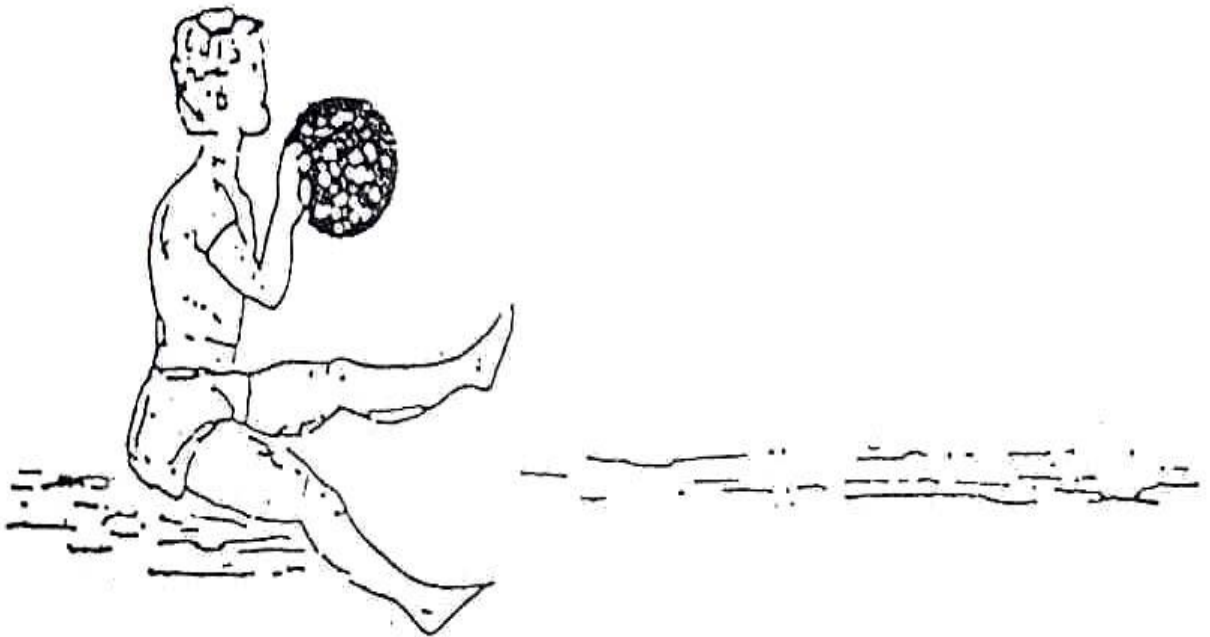
Medicine Ball Put:-

Test Aim:- To measure explosive strength of the arms.

Equipments:- Medicine Ball of 1 Kg.

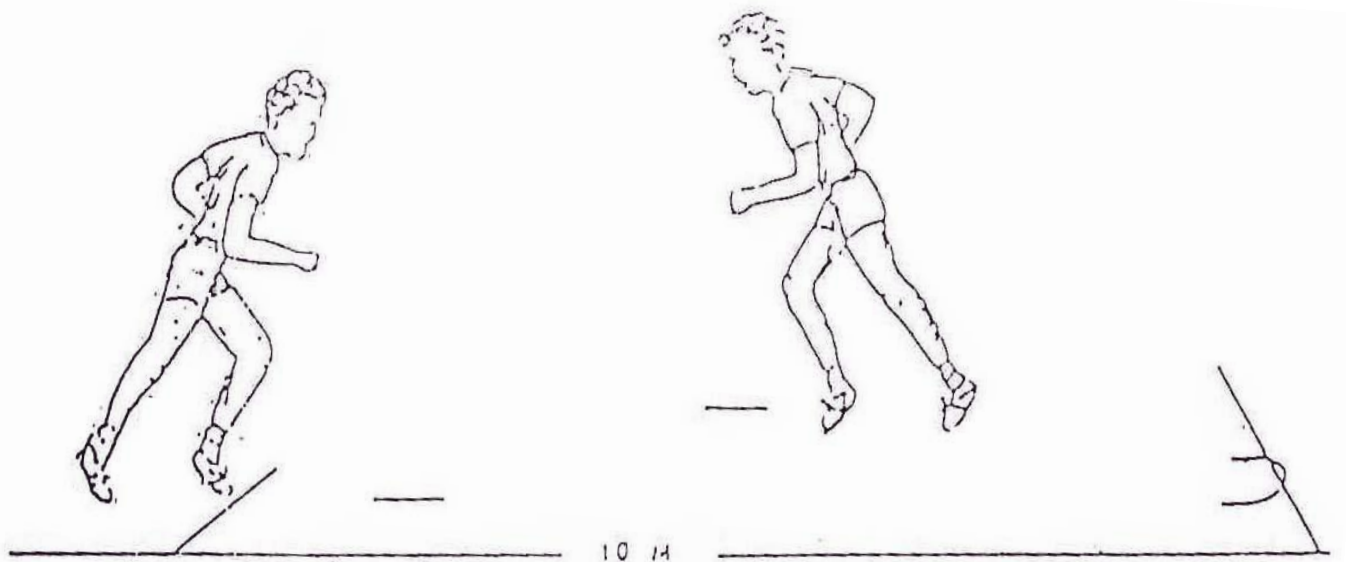
Procedure:- The subject sits in the centre of the shot put throwing circle with his legs stretched forward comfortably. Legs should also be comfortably apart. His spine should be in line with the centre of the circle. From this position he throws the medicine ball up and forward as far as possible with both hands. The throw should be made from the chest outwards. Three attempts are given.

Scoring:- The distance is measured in centimeters. The score will be best of three throws where a horizontal distance shall be measured from the centre of the circle.



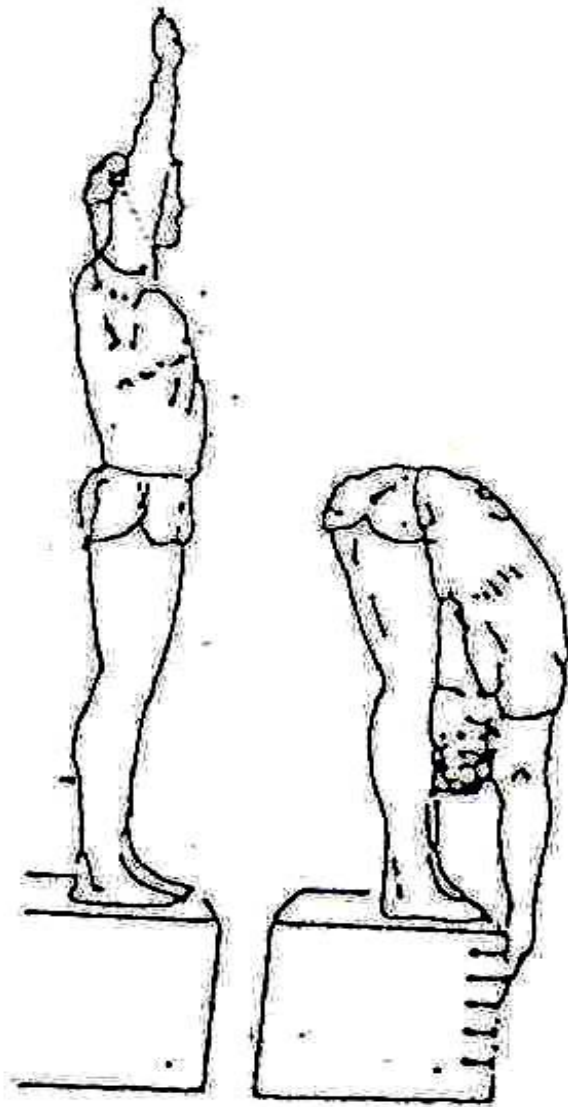
6 X 10 Meters Shuttle Run .

- Test Aim:- To determine the agility of the subject.
- Equipment:- Stop watch, lime powder.
- Marking:- 10 Metres of distance is marked by two parallel lines of 5 metres each.
- Procedure:- The subject stands behind the starting line. On getting starting signal “GO” he runs faster, goes nearest to the other line and touches it with the one hand (see figure), turns and comes back to starting line, touches it with hand, turns and repeats it for a total of 5 times and 6th time runs over the line as fast as possible.
- Scoring:- The time taken by the performer to complete the course of 6 x10 meters to the nearest 1/10th of a second is recorded as score of the test. Only one chance is given.
- Note:- Participants are not allowed to use spikes and the area should be firm and non-slippry.



Flexibility Test :(Forward Bend and Reach)

- Test Aim:- To measure the flexibility of the subject.
- Equipment:- Test should be conducted on stable wooden box 40 CMs high On one side of the box scale 0-30 Cms is marked.
- Procedure:- Subject stands barefoot on the box with both feet together with toes in line with the edge of the box from this position he bends forward and downward while keeping his knees straight. He extends his hands along the scale as down as possible. Both the hands should be parallel .At a maximum reach he holds the position for about 2 seconds.
- Scoring:- The result is read from the scale. Two attempts are given at recovery rest of 30 seconds. In case a subject is not able to extend his hands even to the level of the box then the distance from the 0 Cm. mark to the tip of middle finger should be measured with a scale and recorded as negative score.



600 Meters Run:-

- Test Aim:- To measure the endurance of the subject .
- Equipment:- Stop Watch .
- Marking:- The 600 metres distance is marked on the field or a marked 400 metres track can be used where curve start is to be given.
- Procedure:- The performer stands behind the starting line. On getting starting signal he runs the 600 metre distance two times in as limited time as possible.
- Scoring:- The time to cover the 60 metres distance to nearer $1/10^{\text{th}}$ of a second is recorded as score of the test.

Instruction:-

1. Child should have a Date of Birth Certificate in original from School/Hospital/Municipality.
2. Child should bring two passport size photographs while appearing for final selection trials.
3. Child should have a proper sports kit for general as well as for specific tests as required in each game/sport.

GENERAL GUIDE LINES

The test are to be spread over in two and more days. The sequence in which the tests should be conducted is given below:-

S.No.	Day	Event
1.	First Day	(i)Registration of Player (ii) Height and Weight recording
2.	Second Day and onward	(i) 30m Flying start (Race) (ii) Standing Broad Jump (iii) 6 x 10m Shuttle Race.

POINT TO BE CONSIDERED: ----

1. Before the tests, a short warm- up; 10 min. jogging and walking followed by 10 min free hand exercises.
2. Trial attempts before the tests are allowed in order to familiarize the subject with the tests.
3. Subject should be divided into groups as per the number of stations.
4. There should be separate station for each test with adequate distance.
5. Testers, time keepers and assistants should be briefed before hand and should be given needed practice before starting the tests.

CHECK LIST

1. Public Address System
2. Drinking water
3. Indicators to be installed at proper place at the venue.
4. Doctor at the place of events.
5. Photographer.
6. Proper tenting as required.
7. Technical officials are not allowed to carry mobile inside the test area.

For the players :-

1. Players should bring their original age proof certificate along with photo copy.
 - (i) Board certificate or
 - (ii) Admission and withdrawal register photo copy with the signature of competent authority.
2. Players should bring four passport size photo graphs with their name on the back side second round test.

Financial implication

NON-RECURRING

1. Development of Software : Rs.0.50 Crore

RECURRING

1. Data Entry for each student in respect of all six battery of tests at each level, namely, school, block, district and State :

Rs. 5/- per entry(for 1.20 crore data) : Rs. 6.00 Crore

2. **Expenditure for conducting battery of tests**

- Block level (@ Rs. 44000/- per Block for about 7000 Blocks) : Rs. 30.80 Crores

- District level (@ Rs. 50000/- for about 700 Districts) : Rs. 3.50 Crores

Total : Rs. 34.30Crores

3. **Other Expenses**

- Project Officer, Supporting Staff, Computer terminals, Stationery etc., : Rs.1 Crore

Total : Rs.1.00crore

4. **Total estimated expenditure**

- Data Entry : Rs. 6.00 Crorea

- Conducting battery of tests as Block and District level : Rs.34.30Crorea

- Other Expenses : Rs. 1.00 Crore

Total : Rs.41.30Crores

Say: 42Crores

For 5 years = 42 x 5 = Rs. 210Crores