

**SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS: PATIALA
(ACADEMICS SECTION)**

NOTIFICATION

No:SAI/NSNIS/Acad./2026-27

Dated:27-03-2026

Sports Authority of India (SAI), Netaji Subhash National Institute of Sports (NS NIS), Patiala, invite online applications for 64th Batch of Diploma Course in Sports Coaching 2026-27. Interested candidates may apply through website for Online Application: <https://www.dipsc.nsnis.in/> for more details kindly visit NS NIS website: www.nsnis.org

- **Date of opening of Online Application : 27th March, 2026 (03:00 PM)**
- **Last date for filling up online application: 23rd April, 2026 (11.59 PM)**
- **Correction Window: 24th April 2026 (12.00 AM) to 25th April 2026 (11.59 PM) (2 days)**

(SAI NSNIS Academic Division)

Helpline No: 0175-2394351 (Office Time-9.30 AM to 06.00PM)

E:mail nsnisacademics@gmail.com



**Sumit Miglani
Director (Academics)**

**SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS
OLD MOTI BAGH: PATIALA-147001**

**Admission to 64th Batch Diploma Course in Sports Coaching
(Session 2026-27)**

Date of opening of Online Application: 27th March, 2026 (03.00 PM onwards)

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Helpline No: 0175-2394351

E:mail: nsnisacademics@gmail.com

**SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS: PATIALA**

**ADMISSION NOTICE FOR DIPLOMA COURSE IN SPORTS COACHING
(ACADEMIC SESSION 2026-27)**

LAST DATE FOR SUBMISSION OF APPLICATION: 23rd April 2026 (11.59 PM)

Website for Online Application: <https://www.dipsc.nsnis.in/>

SAI - Netaji Subhas National Institute of Sports, Patiala invites online applications from the candidates who fulfill the **eligibility criteria for admission** to the Diploma Course in Sports Coaching for the academic session **2026-27**.

ADMISSION PROCEDURE:

- i. Eligible candidates desirous to seek admission to Diploma Course in Sports Coaching should apply online on the registration portal on or before the last date prescribed in the notification.
- ii. Para Sport Athletes in the disciplines of Para-Athletics, Para-Badminton, Para-Shooting, Para-Swimming, Para-Archery, and Para-Table Tennis are hereby invited to apply for admission to the Diploma Course in Sports Coaching. The detailed eligibility criteria for Para Sport Athletes are specified separately at Point No. X.
- iii. All details regarding filing up of online application and fee payment are given on the above-mentioned registration portal. For any queries, helpline numbers given on the registration portal can be contacted.
- iv. Eligible candidates shall be called for online admission test on the basis of documents submitted by them.
- v. Admitted Candidates must be in possession of all original certificates/credentials and other documents for verification by the respective academic centres at the time of joining the course.

I. SPORT DISCIPLINES AND COURSES SEAT VACANCIES:

S.No.	Sports Discipline	Vacancies	Sr.No.	Sports Discipline	Vacancies
1	Archery	30	14	Kabaddi	30
2	Athletics	75	15	Kho-Kho	20
3	Badminton	20	16	Rowing	10
4	Basketball	30	17	Shooting	20
5	Boxing	50	18	Swimming	20
6	Canoeing & Kayaking	15	19	Table-Tennis	40
7	Cycling	30	20	Taekwondo	20
8	Fencing	30	21	Tennis	20
9	Football	50	22	Volleyball	30
10	Gymnastics	20	23	Weightlifting	30
11	Handball	20	24	Wrestling	50
12	Hockey	50	25	Wushu	25
13	Judo	30	26	Yogasana	20
	Total	785*			

**In addition to the above course vacancies, a total of 104 supernumerary vacancies over and above will be created (a total of 4 in each sports discipline 2 for male 2 for female).*

II. Indicative list of Cities*for the Online examination for admission in Diploma Course in Sports Coaching 2026-27

Sr. No.	Indian Locations	Sr. No.	Indian Locations	International Locations
1	AHMEDABAD	16	KOCHI	NEPAL
2	AMBALA	17	KOLKATA	SRI LANKA
3	BANGALORE	18	KOZHIKODE	
4	BHOPAL	19	LUCKNOW	
5	CHANDIGARH	20	MUMBAI	
6	CHENNAI	21	NAGPUR	
7	COIMBATORE	22	NEW DELHI	
8	FARIDABAD	23	NOIDA	
9	GURUGRAM	24	PATNA	
10	GUWAHATI	25	PUNE	
11	HYDERABAD	26	RAIPUR	
12	IMPHAL	27	THIRUVANANTHAPURA	
13	JAIPUR	28	VARANASI	
14	JAMMU	29	VISAKHAPATANM	
15	JODHPUR			

**(i)The students may indicate their preference of exam city from this list while applying on the registration portal.*

**(ii)SAI NSNIS reserves the rights to allot the final exam city and exam centre which may be different from the city opted by the candidate due to administrative reasons.*

III. CATEGORY-A DIRECT ADMISSION FOR EMINENT SPORTS PERSONS-

Minimum Educational Qualifications:	10+2 (12th Pass)
Minimum Sports Achievements:	<ul style="list-style-type: none"> • Olympics – Medal Winners / Participation • Senior – World Championship – Medal Winners / Participation • Senior – Grand Slam & World Cup (FIFA or equivalent) – Medal Winners / Participation • Senior – World Grand Prix & World Cup (not equivalent to FIFA) – Medal Winners / Participation • Senior – Asian Games – Medal Winners / Participation • Senior – Asian Championship – Medal Winners / Participation • Senior – Commonwealth Games – Medal Winners / Participation • Senior – Commonwealth Championship – Medal Winners • Senior – World University Games – Medal Winners • Senior – Asia Level Cup (Football or equivalent) – Medal Winners • Junior/Youth – World Championship – Medal Winners / Participation • Junior/Youth – Olympic Games – Medal Winners / Participation • Junior/Youth – Asian Games / Championship – Medal Winners • Junior/Youth – World Cup (Football or equivalent) – Medal Winners • Cadet – World Championships – Medal Winners

Note:

1. During the admission process, candidates selected under category A as per Merit List are exempted from appearing in the online admission tests, and Online/ Offline/Physical interview Subject to clear/pass the Medical Examination, General Fitness & Sports Skill Test.
2. Filling of application process will remain same for category A as per other categories.
3. In addition to the number of vacancies advertised against each sport discipline, Four Supernumerary vacancy (Two for men and Two for women) will be additionally for candidates in category A.
4. In case of more than two candidates (per gender) in one sport discipline, Candidates will be selected based on the Merit List Prepared.
5. In case of Score tie (within the same gender group), admission will be given to the candidates who is elder in age.
6. Rest of the eligible candidates in this category have to undergo the entire selection process based on merit as applicable to candidates in other categories.
7. In case of vacancy falling short due to non-availability of candidate in any sport discipline, the vacancy assigned to that sport can be diverted to other sport disciplines if requirement so exists. The diversion of vacancies from one sport to other will be finalised by a Committee Chaired by Sr. Executive Director, NSNIS, Patiala.

CATEGORY-B

Minimum Educational Qualification:	Graduation
Minimum Sports Achievements:	<p>A) <u>Participation in</u> Major International recognized competition other than mentioned in Category – A.</p> <p style="text-align: center;">OR</p> <p>B) <u>Participation in any of the following:</u></p> <ol style="list-style-type: none"> 1. Recognized Senior National Championships 2. Khelo India University Games 3. All India Inter University games <p style="text-align: center;">OR</p> <p>C) <u>Two times participation in any of the following:</u></p> <ol style="list-style-type: none"> 1. Recognized Junior/Youth National Championship 2. Inter Services/Inter Railways Championships/All India Police Games 3. Khelo India Youth/Khelo India School Games.

CATEGORY-C (ONLY FOR NORTH-EAST CANDIDATES)

Minimum Educational Qualification:	Graduation
Sports Achievements:	Medal Winner in North East Games OR Two times participation in North East Game OR Fulfilling the criteria as mentioned in category B above.

IV. AGE CRITERIA:

The age limit for applicants for the course shall be 21-45 years as on the last date of submission of application.

Upper Age relaxation upto **Five** years shall be given to:

1. The candidate who have participated in Olympic Games/Senior World Championship/Asian Games/Senior Asian Championship/Commonwealth Games/Senior Commonwealth Championship.
2. Candidates belonging to SC/ST/OBC category.
3. In service and Ex-service candidates from Armed Forces of India.

V. ALLOTMENT OF MARKS FOR ADMISSION CRITERIA:

The final selection of candidates shall be based on a merit list based on marks achieved in accordance with the following criteria:

S. No	Items	Marks
1	Educational Qualifications	05
2	Sports Achievements	20
3	Online/ Offline/Physical Interview **	10
4	Specialized Sports Theory Test (MCQ)*	20
5	General Knowledge Theory Test (MCQ)*	05
6	Logical Reasoning & Coaching Aptitude (MCQ)*	05
7	Language & Communication (MCQ)*	05
8	Basic Computer Knowledge (MCQ)*	05
9	General Fitness Test**	05
10	Specialized Sports Skill Test**	20
Total Marks		100

* Online test will be conducted for S.No. 4 to S.No. 8 (No TA/DA will be provided for the same)

** Trainees will be shortlisted for the interview and General Fitness/Sports Skill Test in a 1:3 ratio based on their total score, for which Educational Qualification, Sports Achievements, and Admission Test performance will be considered. For instance, in Archery, with 30 available seats, the top 90 candidates, ranked on merit based on Educational Qualification, Sports Achievements, and Admission Test performance, will be selected for the next stage (Online/ Offline/Physical Interview) of the admission process.

VI. MARKS FOR EDUCATIONAL QUALIFICATION:

Candidate with additional educational qualification will be awarded marks as per the following qualifications: -

EDUCATIONAL QUALIFICATION *	Marks
6-Week Certificate Course	Grade A: 02 Marks Grade B: 1.5 Marks Grade C: 01 Mark
BPEd/ BPE/Post Graduate in any subject other than Physical Education	03
MPEd/ MBA in Sports Management	04
M.Phil/PhD in Physical Education/ Sports	05

**Only the highest educational qualification will be considered for marks grading subject to submission of the document at the time of the application itself.*

VII. MARKS FOR SPORTS ACHIEVEMENTS:

Candidates with sports achievements shall be awarded marks as per the following table: -

Sr. No.	Sports Achievements*	Marks Allotted
1	Medal Winners – Olympics	20
2	Medal winner: Senior - World Championship Senior - Grand Slam & World Cup (*FIFA OR Equivalent) Participation – Olympics	18
3	Medal winners: Senior – Asian Games Senior – World Grand Prix & World Cup (*Other Sports (OS) not equivalent to FIFA) Participation: Senior - World Championship Senior - Grand Slam & World Cup (*FIFA OR Equivalent)	16
4	Medal winners: Senior - Asian Championship Senior - Commonwealth Games Junior/Youth - World Championship Junior/Youth - Olympic Games Participation: Senior – World Grand Prix & World Cup (*OS not equivalent to FIFA) Senior – Asian Games	14
5	Medal winners: Senior – Commonwealth Championship Senior - World University Games Senior – Asia level Cup (*Football or equivalent) Junior/Youth – Asian Games/Championship Junior/Youth - World Cup (*Football or equivalent) Cadet - World Championships Participation: Senior – Asian Championship Senior - Commonwealth Games Junior/Youth - World Championship Junior/Youth - Olympic Games	12

6	<p>Medal winners: Senior - National Games Senior - Asia level Cup (*OS not equivalent to football) Junior/Youth - Commonwealth Games/C' ship</p> <p>Participation: Senior – Commonwealth Championship Senior - World University Games Senior – Asia level Cup (*Football or equivalent) Junior/Youth – Asian Games/Championship Junior/Youth - World Cup (*Football or equivalent) Cadet - World Championships</p>	10
7	<p>Medal winners: Senior - World Military/Police Games Senior – BRICS/SAARC/SAAF Games OR C' ship Senior - National Championship</p> <p>Participation: Senior - National Games Senior - Asia level Cup (*OS not equivalent to football) Junior/Youth - Commonwealth Games/C' ship</p>	08
8	<p>Medal winners: All India - Inter-University Junior/Youth – BRICS/SAARC/SAAF Games/C' ship Cadet – Asian Championships Khelo India - University Games</p> <p>Participation: Senior - World Military/Police Games Senior – BRICS/SAARC, SAAF Games OR C' ship Senior - National Championship</p>	06
9	<p>Medal winners: Senior - All India Military/Police Games Junior/Youth - National Championships Cadet- Commonwealth Championship</p> <p>Participation: Junior/Youth – BRICS/SAARC, SAAF Games OR C' ship Cadet – Asian Championships</p>	04
10	<p>Medal winners: Cadet - National Championships Khelo India - Youth National Games</p> <p>Participation: Cadet - Commonwealth Championship</p>	02

**Only the highest sports qualification will be considered for marks grading subject to submission of the document at the time of the application itself.*

VIII. SYLLABUS FOR ON-LINE ADMISSION TEST:

1. Specialised Sport theory Test - Basic terminology, abbreviation, technical rules, specification of play fields/courts/arena/equipment and competition format.
2. General knowledge - current affairs, basic sports awareness at national and international level, awards, rural sports in the country and sports promotional schemes.
3. Logical reasoning and coaching aptitude - Numerical, relationship, sequential, diagrammatic, reasoning pattern of intermediate standard. Fault finding, problem solving and analytical aptitude.
4. Language and communication test - Grammar, comprehensive, synonyms, antonyms of matric standard in English.
5. Basic computer knowledge - Basic knowledge of Microsoft office and excel, terminology of computer and internet.

IX. GENERAL FITNESS & SPORTS SKILL TESTS:

Candidates shall be required to undergo the **General Fitness Test (05 marks)** and **Sports-Specific Skill Test (20 marks)** as part of the admission process, and both shall carry weightage in the overall merit. The detailed criteria and assessment parameters are provided at **Annexure “B”**.

X. EVALUATION CRITERIA FOR PARA SPORT ATHLETES – DIPLOMA IN SPORTS COACHING:

Applications under the Para Sport category shall be considered only for the notified para-sport disciplines and respective classifications. Para Sport Athletes shall be evaluated based on prescribed eligibility criteria, educational marks, sports achievements, written test and a General Fitness Test adapted to the respective impairment classifications.

a. Para-Sport Disciplines and Centres

Admission to the Diploma in Sports Coaching course under the Para Sport category shall be restricted to the following disciplines:

Sr. No.	Discipline	Classification	SAI Centres
1	Para-Athletics	T/F12-13, T/F35-38, T/F40-47, T/F62/64, F57	SAI Patiala, SAI Bengaluru
2	Para-Badminton	SL3-4, SU5, SH6	
3	Para-Shooting	SH-1 (Non-Wheelchair User)	
4	Para-Archery	Open Category	SAI Kolkata
5	Para-Table Tennis	Class 6-10	

b. 1. ELIGIBILITY CRITERIA FOR CATEGORY -A* (DIRECT ADMISSION):

Minimum Educational Qualifications:	10+2 (12th Pass)
Sports Achievements:	Participation in Paralympic Games Medal Winners of Senior World Para Championships Gold/ Silver/Bronze Medal winners in Asian Para/Commonwealth Games Medal Winners in Senior Asian Para/Commonwealth Championships/Junior World Para Championships Medal Winners in World Military Games

**Other conditions will be similar as per “point III-Note” mentioned at page no.5 above.*

b. 2. ELIGIBILITY CRITERIA FOR CATEGORY - B:

Minimum Educational Qualifications:	Graduation
Sports Achievements:	Athletes who meet any one of the following criteria: Participated in a major internationally recognized Para-Competition OR Won at least one medal and participated at least two times in any of the following: Recognized Senior Para-National Championships Khelo India Para Games

c. Marks for sports achievements:

Sr. No.	Sports Achievements*	Marks Allotted
1	Participation in Paralympic Games Medal Winners of Senior World Para Championships Gold Medal winners in Asian Para/Commonwealth Games	20
2	Silver/Bronze Medal in Asian Para/ Commonwealth Games Medal Winners in Senior Asian Para/Commonwealth Championships / Junior World Para Championships Medal Winners in World Military Games	15
3	Participation in Asian Para/Commonwealth Games/Senior World Para or Asian Para or Commonwealth Championships Participation in: World Military Games	10
4	Medal Winners in Senior Para-National Championship	05

**Only the highest sports qualification will be considered for marks grading subject to submission of the document at the time of the application itself.*

d. Marks for educational qualifications:

EDUCATIONAL QUALIFICATION	Marks
6-Week Certificate Course	Grade A: 02 Marks Grade B: 1.5 Marks Grade C: 01 Mark
Postgraduate in any subject	03
MBA in Sports Management	04
M.Phil/Ph.D. in any subject	05

**Only the highest educational qualification will be considered for marks grading subject to submission of the document at the time of the application itself.*

e. General fitness & sports skill tests for Para Athletes:

Candidates shall be required to undergo the **General Fitness Test (05 marks)** and **Sports-Specific Skill Test (20 marks)** as part of the admission process, and both shall carry weightage in the overall merit. The detailed criteria and assessment parameters are provided at **Annexure "C"**.

Note: Provision for admission of Para-Athletes shall be made in the identified disciplines, and the number of seats allocated shall be decided based on merit and availability of eligible candidates, subject to the discretion of the Competent Authority. All other provisions such as admission process, age criteria, syllabus, fee structure, and related guidelines shall be applicable to Para Sport disciplines as per the norms prescribed for the non-para category.

XI. MPORTANT POINTS FOR THE ATTENTION OF THE CANDIDATES:

1. The candidates, before submitting the online application, shall ensure their eligibility to appear in the examination.
2. Applications of candidates who do not fulfill the eligibility criteria or submit incomplete applications shall be rejected.
3. A candidate shall apply under either the able-bodied category or the para-sports category only, and multiple applications across categories shall not be accepted.
4. Request for change in any particular in the application shall not be entertained under any circumstances. However, a chance will be given to the candidates to correct/modify/edit some of the particulars of the application online, only through the correction window for 2 days only after the last date of submission, if required so.
5. Admission of a candidate to the course is provisional subject to being found physically and medically fit and verification of educational and sports certificates.
6. In case a candidate is found providing incorrect/manipulated information or identity is proved to be false or certificates found fake at any time even after the start/end of the course, the candidate will be terminated/disqualified immediately and shall face penal action as per law.
7. The name on the photo identification card must match with the name as in the application submitted. If the name has been changed due to marriage or due to any other reasons, candidate must show the relevant document (in original) at the time of written exam. (Marriage Certificate /Divorce/Degree /Legal Name Change Document)
8. In case of any technical issue or due to a natural disaster, exam in a particular shift/subject may get rescheduled.
9. Sports specific merit list will be prepared on the basis of marks obtained by the candidates in respect of educational qualification, sports achievement and marks of specialised sports theory, General Knowledge, Logical Reasoning and Coaching Aptitude, Language and Communication, Basic Computer Knowledge examination and Online/ Offline/Physical interview, General Fitness Test & Sports Skill Test.
10. Online/ Offline/Physical interview, General Fitness Test & Sports Skill Test will be conducted tentative in the month of June-July 2026 at 03 (Three) Academic centers of SAI (NS NIS, Patiala, SAI NSSC, Bangalore, SAI NSEC, Kolkata).
11. Provisional Merit list (Sports specific) of the candidates will be displayed on NSNIS website **www.nsnis.org**.
12. Candidates selected provisionally have to undergo the medical fitness test at their respective SAI Academic Centres.
13. In case the applicant is serving as a government employee, Non-Objection Certificate(NOC) from concerned government organisation needs to be produced and submitted to concerned SAI Academic centre.
14. During the conduct of the course students must have to report physically at academic centre, boarding and lodging facilities will be will be provided at SAI NS NIS, Patiala, SAI NSEC, Kolkata, SAI NSSC, Bangalore (Only for Girls) and SAI LNCPE, Trivendrum.
15. During the complete academic year at least 85% attendance in each semester is compulsory to appear for the exam. Further permission needs to be taken well in advance for the leave, from In-charge Academic of the concerned Academic centre.
16. In case of Score tie (within the same discipline), admission will be given to the candidates who is elder in age.

17. Candidates awaiting result of qualifying examination may also apply for admission with the clear stipulation that in the event of their selection they will be admitted only if they fulfill all eligibility requirements of concerned course of study at the time of admission.
18. **Internship:** Candidates have to attend two-month Internship. The internship is to be attended as per center allotted to the candidate on PAN India basis.

NOTE:

1. **Sports Authority of India reserves the right to cancel a course/a particular sports discipline or change the venue of a course in view of inadequate response or due to other administrative reasons.**
2. **A reservation of 30% of seats in each sports discipline shall be applicable for women candidates in the Diploma in Sports Coaching programme, with effect from the academic session 2026–27. In case sufficient eligible women candidates are not available against the reserved seats, the same shall be allocated to male candidates as per merit.**
3. **Sports Authority of India reserves the right to change the venue and also increase/decrease the duration of the course, due to administrative and other reasons.**
4. **Candidates suspended/provisionally suspended under doping offence are not eligible to apply during their suspension period. Any such cases found at any time during course will be terminated immediately and the disciplinary action will be taken.**
5. **Candidates facing criminal charges before a court of law are not eligible to apply for admission under the diploma course. Any such cases found at any time during course will be terminated immediately and the disciplinary action will be taken.**

Cont...

Encl:

1. **Annexure – A: Fee Structure for Diploma in Sports Coaching Course 2026-27**
2. **Annexure – B: Evaluation Criteria for General Fitness Test & Sports Skill Test**
3. **Annexure – C: Evaluation Criteria for Para Athletes-General Fitness Test & Sports Skill Test**

A. FEE STRUCTURE FOR DIPLOMA IN SPORTS COACHING SESSION 2026-27

1. Application fees Rs. 1500*/- (Non-Refundable)

2. FEE STRUCTURE FOR DIPLOMA IN SPORTS COACHING SESSION 2026-27

FEE STRUCTURE (Figures in Indian Rupees)		
Fee Bifurcation	Indian Candidates	Foreign Candidates
First Installment To be deposited at the of Admission time		
Examination Fee	4000-00	5000-00
Scientific Journal	500-00	500-00
Library Fee	500-00	500-00
TV & Entertainment Fee	500-00	500-00
Medical Assistance for Minor Ailments	500-00	500-00
Syllabus	300-00	300-00
Security Deposit (Refundable)	1000-00	1000-00
Uniform (Blazer, Track Suit & Tie etc.)	4000-00	4000-00
Establishment/Academic Charges	5000-00	8000-00
Tuition Fee	39500-00	64500-00
Equipment charges	2500-00	2500-00
Guest Faculty, Intramurals/Pedagogy, etc.	2500-00	2500-00
Verification of Certificates	3000-00	3000-00
TOTAL	63,800-00*	92,800-00*
Lodging Charges & Boarding Charges applicable at the respective centre will be charged		

**(Additionally, convenience fee for online transaction as applicable will be levied by the payment gateway)*

B. FEE REFUND:

If a student chooses to withdraw from the Diploma Course in Sports Coaching in which he/she is enrolled, the institute will follow the refund policy of University Grants Commission (UGC) of 2018 as approved in XXIX SAI NS NIS, Academic Council Meeting.

C. Written Entrance Examination: 31st May 2026, (Sunday).

D. Bridge Course Class: Will be conducted for a period of one month for the candidates selected under category A, tentatively from 1st to 30th June 2026.

ANNEXURE -B

I. GENERAL FITNESS TEST

Age and Gender wise Norms for conduct of General Fitness Test for Diploma Course in Sports Coaching 2026-27 except for Athletics discipline is as under:

A. For Male Candidate:

SI. No.	TEST	21-30 years	Score	31-35 years	Score	36-40 years	Score	41-45 years	Score	46-50 years	Score
1	30 mtr. Flying sprint	4.8 sec	1.00	5 sec	1.00	5.2 sec	1.00	5.4 sec	1.00	5.6 sec	1.00
		5 sec	0.50	5.2 sec	0.50	5.4 sec	0.50	5.6 sec	0.50	5.8 sec	0.50
		5.2 sec	0.25	5.4 sec	0.25	5.6 sec	0.25	5.8 sec	0.25	6 sec	0.25
		5.4 sec	0	5.6 sec	0	5.8 sec	0	≥6 sec	0	6.2 sec	0
2	Standing broad jump	1.6 m	1.00	1.55 m	1.00	1.5 m	1.00	1.45 m	1.00	1.4 m	1.00
		1.55 m	0.50	1.5 m	0.50	1.45 m	0.50	1.4 m	0.50	1.35 m	0.50
		1.5 m	0.25	1.45 m	0.25	1.4 m	0.25	1.35 m	0.25	1.3 m	0.25
		1.45 m	0	1.4 m	0	1.35 m	0	1.3 m	0	1.25 m	0
3	6 x 10 mtr Shuttle Run	16.5 sec	1.00	17 sec	1.00	17.5 sec	1.00	18 sec	1.00	18.5 sec	1.00
		17 sec	0.50	17.5 sec	0.50	18 sec	0.50	18.5 sec	0.50	19 sec	0.50
		17.5 sec	0.25	18 sec	0.25	18.5 sec	0.25	19 sec	0.25	19.5 sec	0.25
		18 sec	0	18.5 sec	0	19 sec	0	19.5 sec	0	20 sec	0
4	Bend and Reach Test	4 cm	1.00	3.5 cm	1.00	3 cm	1.00	2.5 cm	1.00	2 cm	1.00
		3.5 cm	0.50	3 cm	0.50	2.5 cm	0.50	2 cm	0.50	1.5 cm	0.50
		3 cm	0.25	2.5 cm	0.25	2 cm	0.25	1.5 cm	0.25	1 cm	0.25
		2.5 cm	0	2 cm	0	1.5 cm	0	1 cm	0	0.5 cm	0
5	1600 mtr Run	7:30.0 Min	1.00	8:0. Min	1.00	8:30. Min	1.00	9:00.Min	1.00	9:30.Min	1.00
		8:0.00 Min	0.50	8:30.Min	0.50	9:00.Min	0.50	9:30. Min	0.50	10:00.Min	0.50
		8:30.00 Min	0.25	9:00.Min	0.25	9:30.Min	0.25	10:00. Min	0.25	10:30.Min	0.25
		9:00.00 Min	0	9:30.Min	0	10:00.Min	0	10:30. Min	0	11:00Min	0

- Score will be awarded as per the scale from 0-1
- Score will be awarded for Male/ Female separately.
- Maximum score will be 05.
- It is compulsory for all the trainees to attempt and complete all the Tests.

B. For Female Candidate:

SI.No.	TEST	21-30 years	Score	31-35 years	Score	36-40 years	Score	41-45 years	Score	46-50 years	Score
1	30 mtr. Flying sprint	5.40 sec	1.00	5.6 sec	1.00	5.8 sec	1.00	6 sec	1.00	6.2 sec	1.00
		5.6 sec	0.50	5.8 sec	0.50	6 sec	0.50	6.2 sec	0.50	6.4 sec	0.50
		5.8 sec	0.25	6 sec	0.25	6.2 sec	0.25	6.4 sec	0.25	6.6 sec	0.25
		≥6 sec	0	6.2 sec	0	6.4 sec	0	6.6 sec	0	6.8 sec	0
2	Standing broad jump	1.4 m	1.00	1.35 m	1.00	1.3 m	1.00	1.25 m	1.00	1.2 m	1.00
		1.35 m	0.50	1.3 m	0.50	1.25 m	0.50	1.2 m	0.50	1.15 m	0.50
		1.3 m	0.25	1.25 m	0.25	1.2 m	0.25	1.15 m	0.25	1.10 m	0.25
		1.25 m	0	1.2 m	0	1.15 m	0	1.10 m	0	0.95 m	0
3	6 x 10 mtr Shuttle Run	17.5 sec	1.00	18 sec	1.00	18.5 sec	1.00	19 sec	1.00	19.5 sec	1.00
		18 sec	0.50	18.5 sec	0.50	19 sec	0.50	19.5 sec	0.50	20 sec	0.50
		18.5 sec	0.25	19 sec	0.25	19.5 sec	0.25	20 sec	0.25	20.5 sec	0.25
		19 sec	0	19.5 sec	0	20 sec	0	20.5 sec	0	21 sec	0
4	Bend and Reach Test	4 cm	1.00	3.5 cm	1.00	3 cm	1.00	2.5 cm	1.00	2 cm	1.00
		3.5 cm	0.50	3 cm	0.50	2.5 cm	0.50	2 cm	0.50	1.5 cm	0.50
		3 cm	0.25	2.5 cm	0.25	2 cm	0.25	1.5 cm	0.25	1 cm	0.25
		2.5 cm	0	2 cm	0	1.5 cm	0	1 cm	0	0.5 cm	0
5	1600 mtr Run	9:00.0	1.00	9:30.0 Min	1.00	10:00.0 Min	1.00	10:30.0	1.00	11:00.0	1.00
		9:30.0	0.50	10:00.0 Min	0.50	10:30.0	0.50	11:00.0	0.50	11:30.0	0.50
		10:00.0	0.25	10:30.0 Min	0.25	11:00.0	0.25	11:30.0	0.25	12:00.0	0.25
		10:30.0	0	11:00.0 Min	0	11:30.0	0	12:00.0	0	12:30.0	0

- Score will be awarded as per the scale from 0-1
- Score will be awarded for Male/ Female separately.
- Maximum score will be 05.
- It is compulsory for all the trainees to attempt and complete all the Tests.

II. SPECIALIZED SPORTS SKILL TEST

1. SPORTS GENERAL & SPECIFIC SKILL TEST FOR **ATHLETICS** DISCIPLINE

A. Athletics General & Specific Skill Assessment Rubric:

Sr. No.	Description	Marks
1	Long Jump	5
2	Shot put	5
3	Endurance Test	5
4	20 m Crouch Start	5
5	Skill Evaluation	5
	Total	25

B. Marking Criteria

1. Long Jump (05 marks)

Men

Age	Excellent (5)	Very Good (4)	Good (3)	Average (2)	Poor (1)
21–25	5.90+	5.50–5.89	5.10–5.49	4.61–5.09	<4.60
26–30	5.70+	5.30–5.69	4.90–5.29	4.41–4.89	<4.40
31–35	5.60+	5.10–5.59	4.60–5.09	4.21–4.59	<4.20
36–40	5.20+	4.70–5.19	4.20–4.69	4.01–4.19	<4.00
41–45	4.90+	4.40–4.89	4.00–4.39	3.71–3.99	<3.70

Women

Age	Excellent (5)	Very Good (4)	Good (3)	Average (2)	Poor (1)
21–25	5.00+	4.50–5.00	4.10–4.49	3.80–4.09	<3.80
26–30	4.90+	4.40–4.89	4.00–4.39	3.70–4.00	<3.70
31–35	4.60+	4.10–4.59	3.70–4.09	3.40–3.69	<3.40
36–40	3.50+	3.30–3.49	3.20–3.30	3.10–3.20	<3.10
41–45	3.30+	3.20–3.25	3.15–3.20	3.00–3.15	<3.00

2. Shot Put (05 marks)

Men (5 kg)

Age	Excellent (5)	Very Good (4)	Good (3)	Average (2)	Poor (1)
21–25	14.00+	12.50–13.99	11.00–12.49	9.50–10.99	<9.50
26–30	13.50+	12.00–13.49	10.50–11.99	9.00–10.49	<9.00
31–35	12.50+	11.00–12.49	9.50–10.99	8.50–9.49	<8.50
36–40	11.50+	10.00–11.49	9.00–9.99	8.00–8.99	<8.00
41–45	10.50+	9.50–10.49	8.50–9.49	7.50–8.49	<7.50

Women (3.5 kg)

Age	Excellent (5)	Very Good (4)	Good (3)	Average (2)	Poor (1)
21–25	11.00+	10.00–10.99	8.50–9.99	7.50–8.49	<7.50
26–30	10.50+	9.50–10.49	8.00–9.49	7.00–7.99	<7.00
31–35	9.80+	8.80–9.79	7.80–8.79	6.80–7.79	<6.80
36–40	9.00+	8.00–8.99	7.20–7.99	6.50–7.19	<6.50
41–45	8.50+	7.50–8.49	6.80–7.49	6.00–6.79	<6.00

3. Endurance Test (05 Marks)

Women – 800 m

Age	Excellent (5)	Very Good (4)	Good (3)	Average (2)	Poor (1)
21–25	≤2:28	2:29–2:42	2:43–2:58	2:59–3:18	>3:18
26–30	≤2:30	2:31–2:45	2:46–3:00	3:01–3:20	>3:20
31–35	≤2:40	2:41–2:55	2:56–3:10	3:11–3:30	>3:30
36–40	≤2:50	2:51–3:05	3:06–3:20	3:21–3:40	>3:40
41–45	≤2:55	2:56–3:10	3:11–3:25	3:26–3:45	>3:45

Men – 1500 m

Age	Excellent (5)	Very Good (4)	Good (3)	Average (2)	Poor (1)
21–25	≤ 4:10	4:11–4:30	4:31–4:55	4:56–5:20	> 5:20
26–30	≤ 4:15	4:16–4:35	4:36–5:00	5:01–5:30	> 5:30
31–35	≤ 4:25	4:26–4:50	4:51–5:15	5:16–5:45	> 5:45
36–40	≤ 4:40	4:41–5:05	5:06–5:30	5:31–6:00	> 6:00
41–45	≤ 4:55	4:56–5:20	5:21–5:45	5:46–6:15	> 6:15

4. 20 m CROUCH START (05 Marks)

Men

Age	Excellent (5)	Very Good (4)	Good (3)	Average (2)	Poor (1)
21–25	≤ 3.05 s	3.06 – 3.15	3.16 – 3.25	3.26 – 3.40	≥ 3.41
26–30	≤ 3.10 s	3.11 – 3.20	3.21 – 3.30	3.31 – 3.45	≥ 3.46
31–35	≤ 3.15 s	3.16 – 3.25	3.26 – 3.35	3.36 – 3.50	≥ 3.51
36–40	≤ 3.20 s	3.21 – 3.30	3.31 – 3.40	3.41 – 3.55	≥ 3.56
41–45	≤ 3.25 s	3.26 – 3.35	3.36 – 3.45	3.46 – 3.60	≥ 3.61

Women

Age	Excellent (5)	Very Good (4)	Good (3)	Average (2)	Poor (1)
21–25	≤ 3.35 s	3.36 – 3.50	3.51 – 3.65	3.66 – 3.85	≥ 3.86
26–30	≤ 3.40 s	3.41 – 3.55	3.56 – 3.70	3.71 – 3.90	≥ 3.91
31–35	≤ 3.45 s	3.46 – 3.60	3.61 – 3.75	3.76 – 3.95	≥ 3.96
36–40	≤ 3.50 s	3.51 – 3.65	3.66 – 3.80	3.81 – 4.00	≥ 4.01
41–45	≤ 3.55 s	3.56 – 3.70	3.71 – 3.85	3.86 – 4.05	≥ 4.06

Skill Evaluation (Chose any one Athletic Event from each Group 1 and 2)

Group – I	Group – II	
Crouch start	Long Jump	Shot Put
Hurdles (High & Low)	High Jump	Discus Throw
Steeplechase	Triple Jump	Javelin Throw
Race walking	Pole Vault	Hammer Throw

Skill Grading

Grade	Observation	Marks
Excellent	Complete technique execution with Correct phases & good balance. Correct movements with correct timing. Physiological efficiency. Highly coordinated actions.	05
Very good	Execution of technique with Correct phases with minor errors. Movement timing is not efficient. Less physiological efficiency.	04
Good	Technique execution with faults and balance issues.	03
Average	Technique execution with incomplete phases.	02
Poor	Only accurate stance, rough form of technique with many errors	01

2. SPORTS SPECIFIC SKILL TEST FOR **ARCHERY** DISCIPLINE

A. Archery Skill Assessment Rubric:

S. N.	Name of Test	Marks
1.	Body Posture	4
2.	Draw	4
3.	Anchor	4
4.	Shot Execution	4
5.	Scoring	4
	Total Marks	20

B. Marking Criteria:

Body Posture (04 Marks)	Draw (04 marks)	Anchor (04 Marks)	Shot Execution (04 Marks)	Scoring (04 Marks)
Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks	Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks	Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks	Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks	70M (Recurve) 330 & Above (04 Marks) 329 – 320 (03 Marks) 319 – 310 (02 Marks) 309 – 300 (01 Mark) 50M (Compound) 345 & Above (04 Marks) 344 - 340 (03 Marks) 339 - 335 (02 Marks) 334 - 330 (01 Marks) 50M (Indian Round) 330 & Above (04 Marks) 329 – 320 (03 Marks) 319 – 310 (02 Marks) 309 – 300 (01 Mark)

<p>Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks</p>	<p>Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks</p>	<p>Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks</p>	<p>Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks</p>	<p>70M Recurve 325 & Above (04 Marks) 324 – 315 (03 Marks) 314 – 305 (02 Marks) 304 – 295 (01 Mark) 50 M Compound 340 & Above (04 Marks) 339 – 335 (03 Marks) 334 – 330 (02 Marks) 329 – 325 (01 Marks) 50 M (Indian Round) 325 & Above (04 Marks) 324 – 315 (03 Marks) 314 – 305 (02 Marks) 304 – 295 (01 Mark)</p>
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3. SPORTS SPECIFIC SKILL TEST FOR **BADMINTON** DISCIPLINE

A. Badminton Skill Assessment Rubric:

S. N.	Name of Test	Marks (Any 4 test will be Conducted)
1.	Fore Hand Straight Toss	5
2.	Fore Hand Cross Court Toss	5
3.	Back Hand Straight Toss	5
4.	Back Hand Cross Court Toss	5
5.	Fore Hand Straight Smash	5
6.	Fore Hand Cross Court Smash	5
7.	Back Hand Drop	5
8.	High Lob Service	5
9.	Multi Shuttle Feeding	5
	Total Marks	20

B. Marking Criteria:

S.NP	Name of the Test	Gender	Age	Methodology	Each test (05 Marks)
1	Fore Hand Straight Toss	Male/Female	Age No Bar	The feeder will feed the shuttle to the base line and the player will hit the shuttle straight to the box marked in back gallery. Each player will get 5 attempts.	Each correct toss (each attempt) will carry 1 mark
2	Fore Hand Cross Court Toss	Male/Female	Age No Bar	The feeder will feed the shuttle to the base line and the player will hit the shuttle cross court to the box marked in back gallery. Each player will get 5 attempts.	Each correct toss (each attempt) will carry 1 mark
3	Back Hand Straight Toss	Male/Female	Age No Bar	The feeder will feed the shuttle to the base line and the player will hit the shuttle using backhand straight to the box marked in back gallery. Each player will get 5 attempts.	Each correct toss (each attempt) will carry 1 mark

4	Back Hand Cross Court Toss	Male/Female	Age No Bar	The feeder will feed the shuttle to the base line and the player will hit the shuttle using backhand cross court to the box marked in back gallery. Each player will get 5 attempts.	Each correct toss (each attempt) will carry 1 mark
5	Fore Hand Straight Smash	Male/Female	Age No Bar	The feeder will feed the shuttle to the base line and the player will hit the shuttle straight down to the box marked near the side line. Each player will get 5 attempts.	Each correct smash (each attempt) will carry 1 mark
6	Fore Hand Cross Court Smash	Male/Female	Age No Bar	The feeder will feed the shuttle to the base line and the player will hit the shuttle cross court smash to the box marked near the side line. Each player will get 5 attempts.	Each correct smash (each attempt) will carry 1 mark
7	Back Hand Drop	Male/Female	Age No Bar	The feeder will feed the shuttle to the base line and the player will hit the shuttle straight down near the net box. Each player will get 5 attempts.	Each correct drop(each attempt) will carry 1 mark
8	High Lob Service	Male/Female	Age No Bar	The player will serve the shuttle with due height and land it in the back gallery box. Each player will get 5 attempts.	Each correct service (each attempt) will carry 1 mark
9	Multi Shuttle Feeding	Male/Female	Age No Bar	The coach will feed multiple shuttles over the court and the player will move and play using different strokes.	Each correct feeding will carry 1 mark

NOTE:

1. There is no Male & Female difference since these tests focus on Badminton skills and accuracy.
2. There is no Age Bar since these tests are focused on accuracy without heavy physical demand.
3. As per the mark chart for the Diploma Examination, the total marks allotted 5 marks for each test and there should be 4 tests.
4. Any tests can be chosen for each Examination accordingly.

4. SPORTS SPECIFIC SKILL TEST FOR **BASKETBALL** DISCIPLINE

A. Basketball Skill Assessment Rubric:

S. N.	Name of Test	Marks
1.	10 layup shot test	5
2.	Speed Spot Shooting 1 minute	5
3.	Group Tactics	5
4.	Game Evaluation	5
	Total Marks	20

B. Marking Criteria:

Test 1. Norms for 10 layup shot test (5 marks)

MEN		WOMEN	
Timings (MINS)	Marks	Timings (MINS)	Marks
Below 0.55	5	Below 1.05	5
0.56-1.00	4.5	1.06-1.10	4.5
1.01-1.05	4	1.11-1.15	4
1.06-1.10	3.5	1.16-1.20	3.5
1.11-1.15	3	1.21-1.25	3
1.16-1.20	2.5	1.26-1.30	2.5
1.21-1.25	2	1.31-1.35	2
1.26-1.30	1.5	1.36-1.40	1.5
1.31-1.35	1	1.40-1.45	1
1.36-1.40	0.5	1.45-1.50	0.5
Above 1.40	0	Above 1.50	0

Test 2: Norms for Speed Spot Shooting 1 minute (5 marks)

Shot Made	Marks
10 and above	5
9	4.5
8	4
7	3.5
6	3
5	2.5
4	2
3	1.5
2	1
1	0.5
0	0

Test 3: Group Tactics (eg: 2on 2 , 3on 3 etc.) (5 marks) (subjective)

Criteria	Marks
Decision Making	1
Passing Ability	1
Offensive Tactics	1
Defensive Tactics	1
Speed /Quickness/ Coordination	1

Test 4: Game Evaluation (5 marks) (subjective)

Criteria	Marks
Decision Making	1
Court Awareness	1
Team Play	1
Offensive Skill	1
Defensive Skill	1

5. SPORTS SPECIFIC SKILL TEST FOR **BOXING DISCIPLINE**

A. Boxing Skill Assessment Rubric:

Sr. No.	Description	Marks
1	Stance, Guard and Footwork	5
2	Punching Technique	5
3	Defensive Skills	5
4	Controlled Sparring / Ring Craft	5
	Total Marks	20

B. Marking Criteria

1. Stance, Guard and Footwork – 5 Marks

Purpose:

To evaluate the candidate's ability to maintain correct boxing stance, defensive guard, balance, and ring movement while performing forward, backward, lateral movements and pivots.

Key Elements Assessed

- Correct boxing stance (weight distribution, feet position)
- Proper guard position protecting chin and body
- Balance and coordination during movement
- Forward, backward, lateral movement and pivot
- Ability to maintain stance and guard while moving

Performance Level	Marks	Objective Indicators
Excellent	5	Maintains correct stance and guard at all times; smooth forward, backward and lateral movement; proper pivoting and balance; excellent coordination and control.
Very Good	4	Stance and guard mostly correct; minor technical errors; movement controlled but slightly less fluid.

Good	3	Correct stance demonstrated but footwork slightly slow; occasional imbalance or guard drop during movement.
Average	2	Frequent mistakes in stance and guard; poor coordination in movement; difficulty maintaining balance.
Poor	1	Unable to maintain correct stance and guard while moving; very limited understanding of footwork.

2. Punching Technique – 5 Marks

Purpose:

To assess the candidate's ability to execute fundamental punches with correct mechanics, coordination, accuracy and speed.

Key Elements Assessed

- Correct execution of jab, cross, hook and uppercut
- Body alignment and weight transfer
- Punch accuracy and targeting
- Speed and rhythm of punching
- Proper retraction and guard recovery after punching

Performance Level	Marks	Objective Indicators
Excellent	5	Demonstrates correct technique in all basic punches; proper body mechanics and weight transfer; punches accurate, fast and well- coordinated.
Very Good	4	Most punches technically correct; minor mistakes in alignment or recovery; good speed and coordination.
Good	3	Basic punches demonstrated but limited speed, coordination or accuracy.
Average	2	Incorrect punching mechanics; weak coordination and inconsistent targeting.
Poor	1	Unable to perform punches properly; incorrect technique in most punches.

3. Defensive Skills – 5 Marks

Purpose:

To evaluate the candidate's ability to effectively defend against punches using fundamental defensive techniques during partner drills or controlled practice situations. This test assesses the boxer's reaction time, defensive awareness, balance, and ability to maintain guard while defending.

The candidate should demonstrate the ability to avoid or neutralize incoming punches without losing balance, position, or ring awareness.

Key Elements Assessed

A. Blocking

- Ability to stop or absorb punches using proper guard position (gloves, forearms, elbows).
- Maintains tight guard protecting head and body.
- Uses correct techniques such as high guard or palm block for head punches and elbow block for body punches.
- Maintains balance and stance after blocking.

B. Slipping

- Ability to move the head slightly to the left or right to avoid straight punches (jab or right straight).
- Movement should be short, controlled and efficient, without excessive bending.
- Maintains eye contact and balance to prepare for counter attack.

C. Ducking

- Ability to bend the knees and lower the body to avoid punches.
- Demonstrates smooth head movement under the punch while maintaining stance.
- Returns quickly to correct guard position after the movement.

D. Parrying

- Ability to deflect incoming punches using the gloves or forearms.
- Redirects the opponent's punch slightly away from the target area.
- Maintains proper timing and control without losing defensive position.

Performance Evaluation Criteria

Performance Level	Marks	Detailed Indicators
Excellent	5	Demonstrates all defensive techniques (blocking, slipping, ducking, parrying) effectively with correct timing, balance and guard; reacts quickly and maintains strong defensive awareness.
Very Good	4	Demonstrates most defensive techniques correctly; minor mistakes in timing or guard position but overall effective defence.
Good	3	Basic defensive actions shown but reactions slightly slow; limited variation in defensive techniques.
Average	2	Inconsistent defensive movements; poor timing and coordination; guard frequently drops.
Poor	1	Unable to perform defensive techniques effectively; significant technical mistakes.

4. Controlled Sparring / Ring Craft Test – 5 Marks

Test Description:

The candidate will participate in one round (2 minutes) of controlled light sparring with a partner of similar weight and skill level under the supervision of evaluators. The purpose of this test is to assess the boxer's ring craft, tactical awareness, movement, distance control, and ability to apply boxing skills in a live situation.

The sparring should be technical and controlled, focusing on skill demonstration rather than power punching.

Key Components Assessed

1. **Ring Control** – Ability to control the ring and dictate movement.
2. **Distance Management** – Maintaining proper punching distance and avoiding unnecessary exchanges.
3. **Use of Angles and Footwork** – Moving effectively around the ring and creating attacking or defensive angles.
4. **Tactical Awareness** – Ability to apply appropriate tactics such as attacking, defending, counter-attacking, feinting, drawing and adapting to the opponent.
5. **Composure and Decision Making** – Maintaining calmness, good judgement, and control during sparring.

Performance Evaluation Criteria

Performance Level	Marks	Detailed Indicators
Excellent	5	Demonstrates excellent ring awareness and control; maintains proper distance; effectively uses angles, footwork and combinations; shows clear tactical planning; adapts quickly to opponent's actions; maintains balance and composure throughout the round.
Very Good	4	Shows good ring awareness and positioning; maintains reasonable distance control; uses some angles and combinations; displays basic tactical understanding but with minor lapses.
Good	3	Demonstrates basic ring movement and defensive awareness; limited tactical variation; occasional loss of distance control or positioning.
Average	2	Poor ring positioning and limited tactical understanding; frequently trapped on ropes or corners; slow decision-making during exchanges.
Poor	1	Unable to control ring space; ineffective movement; poor distance management and minimal tactical awareness.

6. SPORTS SPECIFIC SKILL TEST FOR **CANOEING & KAYAKING** DISCIPLINE

A. Kayaking & Canoeing Skill Assessment Rubric:

Sr. No.	Name of Test	Marks
1.	Kayaking/ Canoeing 500 mtr	4
2.	Kayaking/ Canoeing Ergometer 1000 mtr	4
3.	Sit-ups	3
4.	Pull-ups	3
5.	Push-ups	3
6.	200M Swimming Test	3
	Total Marks	20

B. Marking Criteria:

Name of the Test	Test-1 Kayaking 500 mtr Time and Marks				Test-1 Canoeing 500 mtr Time and Marks			
	1	2	3	4	1	2	3	4
M-B30	A>3:00	3:00-2:50	2:49-2:40	2:39-2:30	A>4:00	4:00-3:50	3:49-3:40	B<3:39
M-30-35	A>3:05	3:05-2:55	2:54-2:45	2:44-2:35	A>4:05	4:05-3:55	3:54-3:45	B<3:44
M-36-40	A>3:10	3:10-3:00	2:59-2:50	2:49-2:40	A>4:10	4:10-4:00	3:59-3:50	B<3:49
M-41-45	A>3:15	3:15-3:05	3:04-2:55	2:54-2:45	A>4:15	4:15-4:05	4:04-3:55	B<3:54
M-46-50	A>3:20	3:20-3:10	3:09-3:00	2:59-2:50	A>4:20	4:20-4:10	4:09-4:00	B<3:59
Name of the Test	Test-1 Kayaking 500 mtr Time and Marks				Test-1 Canoeing 500 mtr Time and Marks			
Gender & Age	1	2	3	4	1	2	3	4
F-B30	A>3:10	3:10-3:00	2:59-2:50	2:49-2:40	A>4:10	4:10-4:00	3:59-3:50	B<3:49
F-30-35	A>3:15	3:15-3:05	3:04-2:55	2:54-2:45	A>4:15	4:15-4:05	4:04-3:55	B<3:54
F-35-40	A>3:20	3:20-3:10	3:09-3:00	2:59-2:50	A>4:20	4:20-4:10	4:09-4:00	B<3:59
F-41-45	A>3:25	3:25-3:15	3:14-3:05	3:04-2:55	A>4:25	4:25-4:15	4:14-4:05	B<4:04
F-46-50	A>3:30	3:30-3:20	3:19-3:10	3:09-3:00	A>4:30	4:30-4:20	4:19-4:10	B<4:09

Name of the Test	Test-2 Kayaking Ergometer 1000 mtr Time and Marks				Test-2 Canoeing Ergometer 1000 mtr Time and Marks			
Gender & Age	1	2	3	4	1	2	3	4
M - B30	A>5:30	5:30-5:20	5:19-5:10	B>5:09	A>6:00	6:00-5:50	5:49-5:40	B>5:39
M 30-35	A>5:35	5:35-5:25	5:24-5:15	B>5:14	A>6:05	6:05-5:55	5:54-5:45	B>5:44
M 36-40	A>5:40	5:40-5:30	5:29-5:20	B>5:19	A>6:10	6:10-6:00	5:59-5:50	B>5:49
M 41-45	A>5:45	5:45-5:35	5:34-5:25	B>5:24	A>6:15	6:15-6:05	6:04-5:55	B>5:54
M 46-50	A>5:50	5:50-5:40	5:39-5:30	B>5:29	A>6:20	6:20-6:10	6:09-6:00	B>5:59
Name of the Test	Test-2 Kayaking Ergometer 1000 mtr Time and Marks				Test-2 Canoeing Ergometer 1000 mtr Time and Marks			
Gender & Age	1	2	3	4	1	2	3	4
F - B30	A>6:00	6:00-5:50	5:49-5:40	B>5:39	A>6:30	6:30-6:20	6:19-6:10	B>6:09
F 30-35	A>6:05	6:05-5:55	5:54-5:45	B>5:44	A>6:35	6:35-6:25	6:24-6:15	B>6:14
F 35-40	A>6:10	6:10-6:00	5:59-5:50	B>5:49	A>6:40	6:40-6:30	6:29-6:20	B>6:19
F 41-45	A>6:15	6:15-6:05	6:04-5:55	B>5:54	A>6:45	6:45-6:35	6:34-6:25	B>6:24
F 46-50	A>6:20	6:20-6:10	6:09-6:00	B>5:59	A>6:50	6:50-6:40	6:39-6:30	B>6:29

Name of the Test	Test-3 Sit-ups				Test-4 Pull-ups				Test-5 Push-ups			
Gender & Age	0	1	2	3	0	1	2	3	0	1	2	3
M <30	<20	20-30	31-40	41-50	<10	10-14	15-19	20-24	<30	30-40	41-50	51-60
M 30-35	<17	17-27	28-37	38-47	<8	8-12	13-17	18-22	<27	27-37	38-47	48-57
M 36-40	<14	14-24	25-34	35-44	<7	7-10	11-15	16-20	<24	24-34	35-44	45-54
M 41-45	<12	12-21	22-31	32-41	<6	6-8	9-13	14-18	<21	21-31	32-41	42-51
M 46-50	<9	9-18	19-28	29-38	<4	4-6	7-11	12-16	<18	18-28	29-38	39-47
Name of the Test	Test-3 Sit-ups				Test-4 Pull-ups				Test-5 Push-ups			
Gender & Age	0	1	2	3	0	1	2	3	0	1	2	3
F <30	<15	15-25	26-35	36-45	<8	8-12	13-17	18-22	<25	25-35	36-45	46-55
F 30-35	<13	13-21	22-31	32-41	<7	7-10	11-15	16-20	<21	21-31	32-41	42-51
F 35-40	<11	11-18	19-28	29-38	<6	6-9	10-13	14-18	<18	18-28	29-38	39-48
F 41-45	<9	9-15	16-25	26-35	<5	5-7	8-11	12-16	<15	15-25	26-35	36-44
F 46-50	<7	7-12	13-22	23-32	<4	4-6	7-9	10-14	<12	12-21	22-32	33-40



भारतीय खेल प्राधिकरण
नेताजी सुभाष राष्ट्रीय खेल संस्थान: पटियाला
SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS: PATIALA



Name of the Test	Test-6 200M Swimming Test (Meters) and marks			
Gender & Age	0	1	2	3
For All	Below 50M	100M	150M	200M

7. SPORTS SPECIFIC SKILL TEST FOR **CYCLING** DISCIPLINE

A. Cycling Skill Assessment Rubric:

Sr. No.	Description	Marks
1	Sprint	5
2	1000 Mts Individual Time Trial	5
3	4000 Mts Individual Pursuit	5
4	Cycling Still	5
	Total Marks	20

B. Marking Criteria

1. Sprint (5 MARKS)

	Timing (sec)	Score		Timing (sec)	Score
Male	13:000 & below	5 marks	Female	14.500 & below	5 marks
	13:001 - 14:500	4 marks		14.501 - 16.000	4 marks
	14:501 - 16:000	3 marks		16.001 - 17.500	3 marks
	16:001 - 17:500	2 marks		17.501 - 19.000	2 marks
	16:501 = 18.000	1 mark		19.001 & 20.500	1 mark
	more than 18:000	0 mark		more than 20.500	0 mark

2. 1000 Mts Individual Time Trial (5 MARKS)

	Timing (min)	Score		Timing (min)	Score
Male	1.20.000 & below	5 marks	Female	1.30.000 & below	5 marks
	1.20.001 - 1.30.000	4 marks		1.30.001 - 1:40:000	4 marks
	1.30.001 - 1.40.000	3 marks		1:40:001 - 1:50:000	3 marks
	1.40.001 - 1:50:000	2 marks		1:50:001- 2:00:000	2 marks
	1:50:001 - 2:00:000	1 mark		2:00:001- 2:10:000	1 mark
	more than 2:00:000	0 mark		more than 2:10:000	0 mark

3. 4000 MTS INDIVIDUAL PURSUIT (5 MARKS)

	Timing (min)	Score		Timing (min)	Score
Male	5.45.000 & below	5 marks	Female	6.30.000 & below	5 marks
	5.45:001 - 6.15.000	4 marks		6.30.001 - 7.00.000	4 marks
	6.15.001 - 6.45.000	3 marks		7.00.001 - 7:30:000	3 marks
	6.45.001 - 7:15:000	2 marks		7:30:001- 8:00:000	2 marks
	7:15:001- 7:45:000	1 mark		8:00:001 – 8:30:000	1 mark
	more than 7:45:00	0 mark		more than 8:30:000	0 mark

4. Cycling Still for both Male & Female (each skills carry 1 mark)

1. Riding on straight line
2. Bunny hop
3. Bottle pickup
4. Zig zag ride through cones
5. Balancing on bicycle

8. SPORTS SPECIFIC SKILL TEST FOR **FENCING** DISCIPLINE

A. Fencing Skill Assessment Rubric:

Sr. No	Test Name	Description	Marks
1.	7-5-7 Agility	Measures "Change of Direction", critical for resetting after an unsuccessful attack.	5
2.	Lunge Speed Test	Evaluates explosive leg power and speed in executing lunges.	5
3.	Target Accuracy	Evaluates precision and blade control while attacking specific target areas.	5
4.	Advance-Retreat Speed Test	Measures agility and movement control along the piste.	5
Grand Total			20

Introduction

The following Specific Skill Test Protocols are designed to assess the trainee coach's ability to demonstrate and execute fundamental fencing techniques with proper form, control, timing, and tactical understanding. These tests simulate real fencing situations and evaluate essential skills required for both performance and coaching demonstration.

Objectives of Fencing Skill Tests

The objectives of conducting specific fencing skill tests are:

- To evaluate technical proficiency in fundamental fencing movements.
- To assess speed, coordination, balance, and timing.
- To examine the trainee's tactical understanding of offensive and defensive actions.
- To ensure trainee coaches can demonstrate correct technique while teaching athletes.
- To measure consistency and control under simulated fencing situations.

Testing Procedure

- All candidates must report in proper sports kit.

- Warm-up: 15 minutes supervised.
- Each skill will be demonstrated once by the examiner.
- Two trials allowed (best score considered).
- Time measurement through stopwatch.

B. Marking Criteria

1. 7-5-7 Agility Shuttle

- **Procedure:** Fencer starts at the 2m line, sprints in *On-Guard* to the 9m line (7m distance), immediately retreats to the 4m line (5m distance), and finishes by advancing back to the 11m line (7m distance).

Marks	Criteria
5	Exceptional explosive transitions; zero vertical oscillation of the head; perfect balance.
4	High speed; slight loss of "depth" in the stance during the retreat phase.
3	Average agility; noticeable "heaviness" in the feet during the change of direction.
2	Sluggish movements; legs become straight (loss of On-Guard) to gain speed.
1	Poor coordination; frequent loss of balance or "stumbling" during transitions.

Score	Rating	Male (sec)	Female (sec)
5	Distinction / Elite	< 6.65	< 7.25
4	High Pass / Advanced	6.66 – 7.15	7.26 – 7.75
3	Standard Pass / Proficient	7.16 – 7.70	7.76 – 8.35
2	Conditional / Developing	7.71 – 8.30	8.36 – 9.05
1	Unsatisfactory	> 8.30	> 9.05

2. Lunge Speed Test

Procedure

- Trainee starts in En Garde position.
- On command, performs 10 rapid lunges to the target.
- Time and technical accuracy are assessed.

Marks	Criteria
5	Very fast lunges with perfect balance
4	Fast with minor balance errors
3	Moderate speed
2	Slow execution
1	Poor technique and balance

3. Target Accuracy Test

Procedure

1. A target pad or dummy is placed on the fencing line.
2. The trainee performs 10 direct attacks to the designated target.
3. Targets may include:
 - Chest (Foil)
 - Torso
 - Shoulder
4. Each attack must be executed with:
 - Proper extension
 - Correct footwork
 - Accurate contact

Marks	Criteria
5	10/10 Accuracy. Immediate, "reflexive" reaction (< 0.4s). No hesitation.
4	9/10 Accuracy. Fast reaction; rhythmic and smooth.
3	7-8/10 Accuracy. Visible "processing pause" (hesitation) before the lunge.
2	5-6/10 Accuracy. Multiple misses or hitting the wrong color/light.
1	< 5/10 Accuracy. Frequent "False Starts" or total failure to hit the dummy.

4. Advance–Retreat Speed Test

Procedure

1. Trainee performs continuous advance and retreat for 20 seconds.
2. Movements must maintain fencing stance and balance.

Marks	Criteria
5	Perfect distance judgement
4	Minor distance errors
3	Acceptable control
2	Frequent distance mistakes
1	Poor spatial awareness

9. SPORTS SPECIFIC SKILL TEST FOR **FOOTBALL** DISCIPLINE

A. Football Skill Assessment Rubric:

S. N.	Name of Test	Marks
1.	Linear Sprint Test for Fitness	5
2.	Creative speed Test	5
3.	Testing of Agility	5
4.	Short Dribbling Test	5
	Total Marks	20

B. Marking Criteria:

1. Linear Sprint Test for Fitness

Testing of Linear Speed (Average Time) Norms: 4.13 sec (4.15-4.19)		
Distance in Second	Rating	Marks
<4.10	Excellent	
4.10-4.20	Very Good	
4.20-4.30	Good	
4.30-4.40	Moderate	
4.4.-4.50	Low	
>4.50	Poor	

2. Creative speed Test

Testing of Creative Speed Norms: 16 sec (16-18 Second)		
Distance in Second	Rating	Marks
<16	Excellent	
19-17	Very Good	
17-18	Good	
18-19	Moderate	
19-20	Low	
>21	Poor	

3. Testing of Agility

Testing of Agility Norms: 15 sec (14-16 Second)		
Distance in Second	Rating	Marks
<14	Excellent	
14-15	Very Good	
15-16	Good	
16-17	Moderate	
17-18	Low	
>18	Poor	

4. Short Dribbling Test

Short Dribbling Test Norms: 10 sec (10-11 Second)		
Distance in Second	Rating	Marks
<10.0	Excellent	
10-11	Very Good	
11-12	Good	
12-13	Moderate	
13-14	Low	
>14	Poor	

Game assessment	Rating	Marks
Technique execution	Excellent	5
Tactical Awareness	V.Good	4
Decision making with ball	Good	3
Decision making without ball	Average	2
Mental toughness	Below average	1
	Poor	0

Game assessment Criteria	1	2	3	4	5	Total
Technique execution						
Tactical Awareness						
Decision making with ball						
Decision making without ball						
Mental toughness						
Grand Total Average =						

10. SPORTS SPECIFIC SKILL TEST FOR **GYMNASTICS** DISCIPLINE

A. Gymnastics Skill Assessment Rubric:

Sr. No.	Name of Test	Marks
1.	Foundational Specific Tests	6
2.	Apparatus Skill Assessment	12
3.	Bonus Performance	2
	Total Marks	20

B. Marking Criteria:

The total 20 marks under the Sports Specific Assessment shall be distributed as under.

(A) **Foundational Gymnastics -Specific Ability Tests- 06 Marks.**

These tests are designed to evaluate: - Controlled speed and Vault Mechanics, Static Strength, Core Strength and hanging control, Body alignment and balance, Flexibility and mobility. Evaluation shall be carried out strictly in accordance with the predefined Standard of Performance (SOP) criteria.

(B) **Apparatus Skill Assessment – 12 Marks**

A total of 12 marks (points) shall be allotted towards apparatus – specific skill evaluation. Each apparatus shall carry 02 marks, except Uneven Bars & Balance Beam carry 4 marks, assessing essential technical competency, body control, execution quality and completion of prescribed skill elements. Assessments shall cover the following apparatus and required parts of Gymnastics. Floor, Pommel Horse, Still Rings, Vaulting Table, parallel Bars, Horizontal Bars, Uneven Bars, Balance Beam. Clearly completed performance shall be considered for scoring.

(C) **Bonus Performance - 02 Marks**

An additional 02 marks shall be awarded as Bonus Performance marks based on controlled and technically sound dismount execution i.e. Fix Landing on Floor, Still Rings, Parallel Bars and Horizontal Bar for Men's and for women's- Vaulting Table, Uneven Bars, Balance Beam and Floor, 0.50 for each apparatus. Bonus marks shall be awarded strictly on merit and only when the dismount demonstrates with stick landing no steps no falls on above mentioned apparatus for men's and women's.

Evaluation Principles

1. All assessments shall be conducted uniformly for all candidates.
2. Scoring shall strictly adhere to predefined skills and standard of performance (SOP) guidelines mentioned in scoring system.
3. The evaluation process shall remain transparent and under the CCTV surveillance or additional video recording for verification purpose.
4. Each element/skill carries a predefined value as indicated in the scoring table. Any deviation from the prescribed standard shall be evaluated through the applicable deduction criteria which has mentioned in scoring table.
5. The decision of the duly constituted evaluation panel shall be final and binding.

A. Foundational Gymnastics -Specific Ability Tests- 06 Marks. **MALE** (Total 1 point each test)

1. Handstand Hold Test (Maximum 01 Mark)

Points	0.25	0.50	0.75	1.00 Mark
Stable Hold In sec.	5 sec.	10 sec.	15 sec.	20 sec.

2. Circles on Mushroom Test. (Maximum 01 Marks)

Points	0.25	0.50	0.75	1.00 Marks
Number of Circles	5	10	15	20

3. "L" Hold on Still Rings (At Rings & above Level)

Points	0.25	0.50	0.75	1.00
Hold in sec.	5 sec.	10 sec.	15 sec.	20 sec.

**4. Controlled Approach and Springboard Punch, with Fixed Landing in marking zone Test.
(15 Metre fixed Run- Two Foot Take off on the Spring Board-Flight to landing in marks zone)**

Points Score system	0.25	0.50	0.75	1.00
0.25 for each component	0.25	0.25	0.25	0.25
Performance Component	Simultaneous two - foot spring board contact	Knees fully extended and straight body after take of (Flight zone)	Landing completely inside 1m X 1m Zone	Controlled fixed / Stick landing (no step, hop or hand support.)

5. Swing to Handstand on Parallel Bars

Points	0.25	0.50	0.75	1.00
Repetition of swing to perfect handstand	01	02	03	04

6. Swing to change on “Horizontal Bar” (Level of swing and turn at horizontal level & above)

Points	0.25	0.50	0.75	1.00
Repetition of swing to turn	01	02	03	04

A. Foundational Gymnastics -Specific Ability Tests- 06 Marks. Female (Total 1 point for each test)

1. Controlled Approach and Springboard Punch with Fixed Landing Test. (15 Meter fixed Run- Two Foot Take off to landing in marks zone)

Points Score system	0.25	0.50	0.75	1.00
0.25 for each component	0.25	0.25	0.25	0.25
Performance Component	Simultaneous two -foot spring board contact	Knees fully extended and straight body after take of (Flight zone)	Landing completely inside 1m X 1m Zone	Controlled fixed / Stick landing (no step, hop or hand support.)

2. Mount “Kip” On Uneven Bars

Points	0.25	0.50	0.75	1.00
Repetition of Kip	1-2	3-4	5-6	7 & Above

**3. All split on Balancing Beam (Cross split with left leg forward, Cross with right leg forward & side Split position hold for two seconds each)
Technical evaluation test.**

Points	0.25	0.50	0.75	1.00
Performs	Attempt All Three Positions with visible effort	All three splits with 180°	All three split with 180° & no arms support	All splits without arms support with 180° legs separation and hold each for 2 sec.

4. Handstand holds on the floor

Points	0.25	0.50	0.75	1.00
Stable Hold In sec.	5 sec.	10 sec.	15 sec.	20 sec.

5. Hang and toes touch to Uneven Bars

Points	0.25	0.50	0.75	1.00
Repetition of toes Touch	03	06	09	12

6. Series of Leap Jumps (Three Leap Jumps in the row with legs straight)

Points	0.25	0.50	0.75	1.00
Performs	Attempt 1 Leap Jump with 150° & more legs separation	Attempts 2 Leap Jump with 160°	Attempts 3 Leap Jump-170°	Attempts 3 Leap Jump with 180°

(B) Apparatus Skill Assessment – 12 Marks

1. FLOOR (Total 02 Marks) for MALE & FEMALE.

SR. NO	NAME OF THE SKILLS	POINTS	ELEMENTS EVALUATION
01	1. Approach with two three running steps, and Forward handspring step out.	0.25	If handspring land on the both feet entire value of skill shall be deducted
	2. Forward handspring landing on both feet together	0.25	If the both feet not together at the time of landing entire value of the skill shall be deducted
	3. Forward Fly handspring with landing on both feet together & continue to--	0.25	If the legs are not together at the time of landing entire value of the skill shall be deducted
	4. Forward Salto tuck Above Forward Tumbling passage expected to perform in continuous succession.	0.25	If after the forward Salto- the hands touch backward or forward to floor, entire value of the skill shall be deducted If not in continuous succession 0.25 from final score shall be deducted
02	1. Approach with two three running steps - Round-off and three back handsprings in the row. 2. Backward Salto Tuck Dismount (if fix landing 0.50 bonus point shall be awarded)	0.25 X 3 = 0.75 0.25	If the missing any backward handspring 0.25 shall be deducted -If the missing salto or hands touch during the landing entire value of the skill shall be deducted & will not get the bonus.

2. POMMEL HORSE (MALE)

SR. NO	NAME OF THE SKILLS	POINTS	ELEMENTS EVALUATION
01	1.Four Scissor Swings (2 Forward & 2 Backward) 2.Swing leg back & continue---	1.00	Each scissors have 0.25 value and if the scissors perform with legs below shoulder level, entire value of every scissor shall be deducted
02	Three front supports circles on pommels and continue to dismount flank.	0.75	Each circle and Flank dismount has 0.25 value and missing any circle or circle with legs open and bend shall be deducted the entire value of that particular circle. Flank dismount with open legs shall be deduct 0.25
		0.25	

3. STILL RINGS (Total 02 Marks) (MALE)

Sr. no	NAME OF THE SKILLS	POINTS	ELEMENTS EVALUATION
01	Two three preparatory swings and Back uprise to support	0.25	If the uprise performs with bend arms 0.25 deduct
02	L- Sit hold 2 Seconds	0.25	Legs below rings level deduct 0.25
03	Shoulder Stand hold 2 Seconds	0.25	If not hold for 2 seconds deduct 0.25
04	Controlled Straight body lower to inverted hang	0.25	During the lowering if the bend body deduct 0.25
05	Two consecutive backward swings through inverted hang (Dislocation)	0.50	If missing any swings or swings with bend arms shall be deducted 0.25 for each
06	Backward Straight (layout) Salto Dismount (if perform with fixed landing bonus 0.50)	0.50	If the body bend during the layout 0.25 shall be deducted

4. Vault Table (Total 02 Marks) MALE AND FEMALE

SR. NO	NAME OF THE SKILLS	POINTS	Credit, No-credit System
01	Handspring Forward Vault	1.00	Both the vaults shall be evaluated on a credit/no-credit basis in accordance with recognized FIG technical standards. Incomplete execution, fall or major deviation shall result in zero marks
02	Handspring Sideways vault (Bonus 0.50 for only FEMALE performance with fix landing)	1.00	

5. PARALLEL BARS (MALE)

SR. NO	NAME OF THE SKILLS	POINTS	ELEMENTS EVALUATION
01	Glide Kip	0.50	Glide kip with bend arms will deduct 0.25
02	L- Sit Hold 2 seconds	0.50	Legs below the bar level will deduct 0.25
03	Straddle Press to handstand Hold 2 Seconds	0.50	Unstable handstand hold will deduct 0.25
04	Swing Forward & Salto Backward tuck Dismount (If Fixed landing shall be awarded bonus 0.50)	0.50	Hit the bar during dismount will deduct 0.25

6. HORIZONTAL BAR (MALE)

SR. NO	NAME OF THE SKILLS	POINTS	ELEMENTS EVALUATION
01	Preparatory two to three swings and backward uprise	0.50	If backward uprise performs with bend arms 0.25 will be deducted
02	Backward hip circle to handstand	0.50	If hip touch to bar during the backward hip circle 0.25 will be deducted
03	One Back Giant Swing	0.50	If the legs are not extended and together during B.G. Swing 0.25 will be deducted
04	On 2 nd Back Giant Swing, Salto Backward tuck / Straight dismount (If fixed landing shall be awarded bonus 0.50)	0.50	If Dismount performs after two Giant Swing 0.25 will be deducted

7. UNEVEN BARS (**FEMALE**)

SR. NO	NAME OF THE SKILLS	POINTS	ELEMENTS EVALUATION
01	Glide Kip	0.50	If the glide kip perform with touching the matt or bend legs shall be deducted 0.25
02	Forward Hip Circle to Cast	0.50	Legs open or bend shall be deducted 0.25
03	Keep foot on the Low Bar and both leg backward stoop circle	0.50	Foot placement with bend legs will be deducts 0.25
04	$\frac{3}{4}$ Stoop circle and shoot to catch the High Bar	1.00	Legs bend during shoot catch 0.50 shall be deducted
05	Kip on High Bar & Cast	0.50	One extra swing before kip- will be deducted 0.25
06	Swing down and backward Salto tuck/ Straight body dismount (IF fixed Landing bonus 0.50)	1.00	Extra swings before dismount shall be deducted 0.50

8. BALANCE BEAM (**FEMALE**)

SR. NO	NAME OF THE SKILLS	POINTS	ELEMENTS EVALUATION
01	Front support on the beam & jump to side split position hold 2 sec. without arms support	0.50	If split position perform with arms support shall be deducted 0.25
02	Close the legs & back rocking and stand with body waves.	0.50	If body waves not perform and stand normally 0.25 shall be deducted
03	One or two steps and Leap Jump	0.50	If leap jump performs with bend legs 0.25 deduct
04	One leg 360-degree turn	0.50	Fall during the turn or leg keep back after turn entire value of the skill shall be deducted.
05	Any Scale hold (T or Y)	0.50	If legs below shoulder level during the scale hold 0.25 shall be deducted.
06	Turn 180 degree and cartwheel	0.50	If fall during or after the cartwheel entire value of the element shall be deducted
07	Side Split Jump	0.50	If fall after side split jump entire value of the element

			shall be deducted.
08	Turn Left or right, two three running steps and salto forward tuck dismount (If performs with fixed landing in dismount bonus 0.50)	0.50	No bonus for extra steps, Hop and fall after the dismount.

11. SPORTS SPECIFIC SKILL TEST FOR HANDBALL DISCIPLINE

A. Handball Skill Assessment Rubric:

Sr. No	Test Name	Description	Marks
1.	Catching & Passing Ability Test	Catching & Passing the ball for 30 sec from 5m distance at marked 2m x 2m target on wall.	5
2.	30 mt- Dribbling Test	Zig-zag dribble through 7 cones (timed)	5
3.	Feint (L-R or R-L)	The candidate starts at the 12- 14meter from the Goal post. They dribble toward a defender positioned at the 7-meter line and perform L-R or R-L feints followed by Throw on Goal Action.	5
4.	Playing Performance	The protocol must shift from isolated skills to Applied Game Intelligence. The examiners are looking for how you function within a team system (7 v/s 7) under match pressure.	5
Grand Total			20

Introduction

Handball is a high-intensity Olympic team sport requiring technical efficiency, tactical awareness, physical fitness, and decision-making ability. For the 64th Batch of Diploma in Sports Coaching (Handball), it is proposed to conduct a Handball Specific Skill Test to assess the fundamental and advanced technical competencies of trainee coaches.

The test will evaluate their playing proficiency, demonstration ability, and technical understanding, which are essential for effective coaching.

Objectives of the Handball Skill Test

- To assess fundamental technical skills in handball.
- To evaluate advanced game-specific skills under match conditions.
- To measure speed, coordination, and ball control.
- To assess tactical decision-making ability.
- To evaluate demonstration skills required for coaching.

Testing Procedure

- All candidates must report in proper sports kit.
- Warm-up: 15 minutes supervised.
- Each skill will be demonstrated once by the examiner.
- Two trials allowed (best score considered).
- Time measurement through electronic stopwatch.
- Evaluation panel of minimum three qualified coaches.

B. Marking Criteria:

1. Catching & Passing Ability Test (05- marks)

Test Protocol:

Catching & Passing the ball for 30 sec from 5m distance at marked 2m x 2m target on wall.

Normative values for Men's section		Normative values for women section	
Successful catch & Passes	Marks	Successful catch & Passes	Marks
26 & Above	5	24 & Above	5
24–25	4	22–23	4
22–23	3	20–21	3
20-21	2	18-19	2
18–19	1	16–17	1
17 & Below	0	15 & Below	0

2. 30-mt Dribbling Test (05-Marks)

Test Protocol:

7 cones placed at 3-m distance (Total 30-m). Timed test.

Normative values for Men's section		Normative values for women section	
Time (Seconds)	Marks	Time (Seconds)	Marks
5.99 & Below	5	6.99 & Below	5

6.01–7.0	4	7.01–7.99	4
7.01–8.0	3	8.01–8.99	3
8.01–9.0	2	9.01–9.99	2
9.01– 10	1	10.01– 10.99	1
10.1 & Above	0	11.0 & Above	0

3. Feints (L-R or R-L) (05-marks)

Observation-Based Scoring (Subjective Analysis) for both Male and Female

Test Protocol: The candidate starts at the 12- 14meter from the Goal post. They dribble toward a defender positioned at the 7-meter line and perform L-R or R-L feints followed by Throw on Goal Action.

Component	Marks (1-5)
Safety Distance from Defender	1-5
Ball safety	1-5
Feinting Maneuver Action	1-5
Consequential Action	1-5
Grand Total after Aggregate	

4. Playing Performance – (05- marks) for both Male and Female

The panel usually uses a **Point-Frequency Chart** to mark you on these specific occurrences:

Action Category	Component	Marks (1-5)
Technical	High-velocity jump shot; Clean 1v1 feint.	1-5
Tactical	Assisting the Pivot; Effective Group Tactics (PCH, RAP, ROP, SC)	1-5
Defensive	Successful block; Steal/Interception.	1-5
Psychological	Encouraging teammates; Quick recovery.	1-5

12. SPORTS SPECIFIC SKILL TEST FOR HOCKEY DISCIPLINE

A. 1: Hockey Skill Assessment Rubric OR:

Sl.no	Name of Test	Marks
1	Long passing accuracy	5
2	Overhead passing accuracy	5
3	Receiving long distance	5
4	Game /awareness Performance	5
5	Total Marks	20

A. 2: Goalkeeper Test

Sl.no	Name of Test	Marks
1	Kicking accuracy	5
2	1 minute's jump & rich	5
3	1 minutes approaching & blocking	5
4	1v/s1 shoot-out	5
5	Total Marks	20

B. Marking Criteria

1. Long passing accuracy

Player must display Hit/Slap skills over 25 m (girls) and 35 m (boys) with accuracy. After receiving a 10 m pass from slightly off-center, pass ball using fore-stick at speed directly in front (25 m (girls) and 35 m (boys)) Perform 05 times. Repeat the same procedure, passing 03 balls at 45 degrees on the fore-stick. Repeat the same procedure, passing 02 balls at 45 degrees on the reverse stick.

Guide-lines for Scoring

Record the accuracy of the 05 Hit/slap. A successful long passing accuracy skills occurs if the ball passes between the cones. Total repetition for 1 player is 5 times. 1 Marks will be award for 1 Successful attempt.(Execution + Accuracy)

Sl.no	Name of test for men's and women's	Norms	Marks
1	Long passing accuracy	> 90% Excellent	5
		80 – 90% Very Good	4
		70 – 80% Good	3
		70-60% Average	2
		<60% Fair	1

2. Overhead passing accuracy

Player must display overhead passing and skills over (35m for boys and 23 m for Girls) with accuracy. Place four cones in a 2.5 m square 23 m directly in front of the player (girls) and four cones in a 2.5 m square 35m in front of the boys. After receiving from a 10 m pass, play an overhead pass into the designated target. Repeat this procedure 5times.

Guide-lines for Scoring

Record the accuracy of the 5 overhead passes. A successful pass occurs if the ball passes into the square of cones. Total repetition for 1 player is 5 times. 1 Marks will be award for 1 Successful attempt.(Execution + Accuracy)

Sl.no	Name of test for men's and women's	Norms	Marks
1	Overhead passing accuracy	> 90% Excellent	5
		80 – 90% Very Good	4
		70 – 80% Good	3
		70-60% Average	2
		<60% Fair	1

3. Receiving long distance

Player must receive a hit or slap hit at speed from 35 m boys and 25 m girls. Player must lead 5 m to receive ball; receive 03 balls on fore-stick and 03 balls on reverse stick. Mark the ability of the player to trap the ball “dead” and their foot positioning. Player receives 03 balls onto fore-stick. Player receives 02 balls onto reverse stick

Guidelines for Scoring.

Record the accuracy of the 05 passes. A successful pass occurs if the ball passes between the cones. Total repetition for 1 player is 5 times. 1 Marks will be award for 1 Successful attempt.

Sl.no	Name of test for male's and Female's	Norms	Marks
1	Receiving long distance	> 90% Excellent	5
		80 – 90% Very Good	4
		70 – 80% Good	3
		70-60% Average	2
		<60% Fair	1

Game Awareness

Sl.no	Parameter (male's and Female's)	Marks
1	Positioning with and without ball	2
2	Skills execution	1
3	Decision making	2

A.2 Goalkeeper test

1) Kicking accuracy

Goalkeeper has to stand 5 meters ahead of the center of the striking circle facing towards the goalpost. Place 5 balls on the top of the center circle. On the command "GO" goalkeeper has to take 2 steps and kick the ball inside the goal post by right leg. Same procedure has to be done with the left leg continuously for all ten balls.

Scoring: Number of ball enter inside the goal is the score.

Sl.no	Name of test for male's and Female's	Norms	Marks
1	Kicking Accuracy	> 90% Excellent	5
		80 – 90% Very Good	4
		70 – 80% Good	3
		70-60% Average	2
		<60% Fair	1

2. One (1) minutes jump & Reach

Goalkeeper has to stand in the middle of the goal post and on the goal line. On the command “GO” he has to jump to reach right corner of the goal post and then to the left corner and same procedure will be continue for 1 minute.

Scoring: Maximum number of jumps in 1 minute is the score.

Sl.no	Name of test for male's and Female's	Norms	Marks
1	1 Minutes Jump & Reach	> 90% Excellent (30-35— Female, 35-40 Male)	5
		80 – 90% Very Good	4
		70 – 80% Good	3
		70-60% Average	2
		<60% Fair	1

3. One (1) minutes Approaching & blocking

Goalkeeper has to stand in the middle of the goal post and on the goal line. On the command “GO”, he has to move toward cone A (45 Degree) at the distance of 7 yards and make a blocking position by both the leg and come back to the original position and then again, he has to move towards cone B (90 Degree) and do the same and coming back to the original position and then go to cone C (135 Degree).

Scoring: Maximum number of repetitions in 1 minute is the score.

Sl.no	Name of test for male's and Female's	Norms	Marks
1	1 Minutes Approaching & blocking	> 90% Excellent (Female: 18-20 , male: 20-22)	5
		80 – 90% Very Good	4
		70 – 80% Good	3
		70-60% Average	2
		<60% Fair	1

4. 1v/s1 shoot-out

To assess the proficiency of goalkeeper performing a 1vs 1 from the 23 m line. With a Goal-keeper in place, the player has 8 seconds to score a goal. After the first 1 vs 1, a minimum of 30 seconds is allowed for GK and player to recover. Total repetition of 1v1 is 5 times. 1 Marks will be award for 1 Successful save.

Sl.no	Name of test for male's and Female's	Norms	Marks
1	1v/s1 shoot-out	> 90% Excellent	5
		80 – 90% Very Good	4
		70 – 80% Good	3
		70-60% Average	2
		<60% Fair	1

13. SPORTS SPECIFIC SKILL TEST FOR **JUDO** DISCIPLINE

A. Judo Skill Assessment Rubric:

Sr. no.	Name of Test	Marks
1	Fundamental (Supplementary exercise, ukemi etc.)	5
2	Nage -waza techniques	5
3	Katame -waza techniques	5
4	Shiai sss (as per candidates appear)	5
Total Marks		20

B. Marking Criteria

Sr. No.	Name of Skill Test	Observation Parameters	Marks
1	Fundamental (Supplementary exercise, ukemi etc.)	<ul style="list-style-type: none"> • Proper form and technique • Control and balance • Coordination • Flow and rhythm 	Excellent -5 Very good-4 Good-3 Average -2 Below average -1
2	Nage -waza techniques	<ul style="list-style-type: none"> • Proper form and technique • Control and balance • Coordination • Flow and rhythm 	Excellent -5 Very good-4 Good-3 Average -2 Below average -1
3	Katame -waza techniques	<ul style="list-style-type: none"> • Proper form and technique • Control and balance • Coordination • Flow and rhythm 	Excellent -5 Very good-4 Good-3 Average -2 Below average -1
4	Shiai sss (as per candidates appear)	<ul style="list-style-type: none"> • Winner • Rules adherence • Technique execution • Strategy and tactics 	Excellent -5 Very good-4 Good-3 Average -2

		<ul style="list-style-type: none">• Sportsmanship• Physical and mental toughness• While observation age factor may also consider.	Below average -1
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14. SPORTS SPECIFIC SKILL TEST FOR **KABADDI** DISCIPLINE

A. Kabaddi Skill Assessment Rubric:

S. N.	Name of Test	Marks
1.	Hand Touch	3
2.	Kick	3
3.	Toe touch /Bonus	3
4.	Blocking/Thigh hold	3
5.	Ankle hold / waist hold	3
6.	Game Evaluation	5
	Total Marks	20

B. Marking Criteria:

Name of the discipline	Name of the test	Male / female	Bench mark			Score	Result	Total 20 marks
KABADDI	Test for offence and defensive skill perfection		Average Perfection (01 point)	Good Perfection (02 point)	Excellent Perfection (03 point)			15
	1) Hand Touch							
	2) Kick							
	3) Toe touch /Bonus							
	4) Blocking/Thigh hold							
	5) Ankle hold / waist hold							
	Game Evaluation		Average Perfection (02 point)	Good Perfection (03 point)	Excellent Perfection (05 point)			05

Note:

- Maximum points for each offensive and defensive specific skill will be 15, Maximum points in each offensive and defensive specific skill will be 03.
- Maximum points of Game evaluation will be 05 points.

15. SPORTS SPECIFIC SKILL TEST FOR KHO-KHO DISCIPLINE

A. Kho-Kho Skill Assessment Rubric:

S. N.	Name of Test	Marks
1.	Cover & Attack	5
2.	Post Turn	5
3.	Zig Zag Run	5
4.	3-3-2 Test	5
	Total Marks	20

B. Marking Criteria:

Sl. No	Name of The Test	Age Group								
		Below-30			Below -40			Below-45		
		Time	Marks	Grade	Time	Marks	Grade	Time	Marks	Grade
1	Cover & Attack	Below 30 Second	5 Marks	Excellence	Below 35 Second	5 Marks	Excellence	Below 40 Second	5 Marks	Excellence
		30-35 Sec	4 marks	Very Good	35-40 Sec	4 marks	Very Good	40-45 Sec	4 marks	Very Good
		35-40 Sec	3 Marks	Good	40-45 Sec	3 Marks	Good	45-50 Sec	3 Marks	Good
		40 to 45	2 Marks	Average	45 to 50	2 Marks	Average	50 to 55	2 Marks	Average
		Above 45 Sec	1 Marks	Poor	Above 50 Sec	1 Marks	Poor	Above 55 Sec	1 Marks	Poor
2	Post Turn	Below 25 Second	5 Marks	Excellence	Below 30 Second	5 Marks	Excellence	Below 35 Second	5 Marks	Excellence
		25-30 Sec	4 marks	Very Good	30-35 Sec	4 marks	Very Good	35-40 Sec	4 marks	Very Good

16. SPORTS SPECIFIC SKILL TEST FOR **ROWING** DISCIPLINE

A. Rowing Skill Assessment Rubric:

Sr. No.	Name of Test	Marks
1.	500M in Rowing Single Scull	4
2.	Rowing Ergometer 2000 mtr	4
3.	Sit-ups	3
4.	Pull-ups	3
5.	Push-ups	3
6.	200M Swimming Test	3
	Total Marks	20

B. Marking Criteria:

Name of the Test	TEST I –500M in Rowing Single Scull (Time in Minute)			
	1	2	3	4
Gender & Age				
M -B30	A>2:30	2:30-2:21	2:20-2:11	B>2:10
M 30-35	A>2:35	2:35-2:26	2:25-2:16	B>2:15
M 36-40	A>2:40	2:40-2:31	2:30-2:21	B>2:20
M 41-45	A>2:45	2:45-2:36	2:35-2:26	B>2:25
M 46-50	A>2:50	2:50-2:41	2:40-2:31	B>2:30
Name of the Test	TEST I – 500M in Rowing Single Scull (Time in Minute)			
F -B30	A>3:00	3:00-2:50	2:49-2:40	B>2:39
F 30-35	A>3:05	3:05-2:55	2:54-2:45	B>2:44
F 35-40	A>3:10	3:10-3:00	2:59-2:50	B>2:49
F 41-45	A>3:15	3:15-3:05	3:04-2:55	B>2:54
F 46-50	A>3:20	3:20-3:10	3:09-3:00	B>2:59

Name of the Test	Test-2 Rowing Ergometer 2000 mtr Time and Marks			
Gender & Age	1	2	3	4
M - B30	A>7:30	7:30-7:21	7:20-7:11	B>7:10
M 30-35	A>7:35	7:35-7:26	7:25-7:16	B>7:15
M 36-40	A>7:40	7:40-7:31	7:30-7:21	B>7:20
M 41-45	A>7:45	7:45-7:36	7:35-7:26	B>7:25
M 46-50	A>7:50	7:50-7:41	7:40-7:31	B>7:30
F - B30	A>8:00	8:00-7:51	7:50-7:41	B>7:40
F 30-35	A>8:05	8:05-7:56	7:55-7:46	B>7:45
F 35-40	A>8:10	8:10-8:01	8:00-7:51	B>7:50
F 41-45	A>8:15	8:15-8:06	8:05-7:56	B>7:55
F 46-50	A>8:20	8:20-8:11	8:10-8:01	B>8:00

Name of the Test	Test-3 Sit-ups				Test-4 Pull-ups				Test-5 Push-ups			
Gender & Age	0	1	2	3	0	1	2	3	0	1	2	3
M <30	<20	20-30	31-40	41-50	<10	10-14	15-19	20-24	<30	30-40	41-50	51-60
M 30-35	<17	17-27	28-37	38-47	<8	8-12	13-17	18-22	<27	27-37	38-47	48-57
M 36-40	<14	14-24	25-34	35-44	<7	7-10	11-15	16-20	<24	24-34	35-44	45-54
M 41-45	<12	12-21	22-31	32-41	<6	6-8	9-13	14-18	<21	21-31	32-41	42-51
M 46-50	<9	9-18	19-28	29-38	<4	4-6	7-11	12-16	<18	18-28	29-38	39-47
Name of the Test	Test-3 Sit-ups				Test-4 Pull-ups				Test-5 Push-ups			
Gender & Age	0	1	2	3	0	1	2	3	0	1	2	3
F <30	<15	15-25	26-35	36-45	<8	8-12	13-17	18-22	<25	25-35	36-45	46-55
F 30-35	<13	13-21	22-31	32-41	<7	7-10	11-15	16-20	<21	21-31	32-41	42-51
F 35-40	<11	11-18	19-28	29-38	<6	6-9	10-13	14-18	<18	18-28	29-38	39-48
F 41-45	<9	9-15	16-25	26-35	<5	5-7	8-11	12-16	<15	15-25	26-35	36-44
F 46-50	<7	7-12	13-22	23-32	<4	4-6	7-9	10-14	<12	12-21	22-32	33-40

Name of the Test	Test-6 200M Swimming Test (Meters) and marks			
Gender & Age	0	1	2	3
For All	Below 50M	100M	150M	200M

17. SPORTS SPECIFIC SKILL TEST FOR **SHOOTING DISCIPLINE**

A. Shooting Skill Assessment Rubric:

S. N.	Name of Test	Marks
1.	Basic Accuracy Test (10 shots shooting)	4
2.	Holding Stability Test (Dry + Live)	4
3.	Range Discipline	4
4.	Range order	4
5.	Following of Safety Rules/Handling of Fire arms	4
	Total Marks	20

B. Marking Criteria:

Sl. No.	Type of Test	Duration and Criteria	Marks	Remarks
01.	Basic Accuracy Test (10 shots shooting)	Grouping within 10,9 & 8 rings Grouping within 7 rings Grouping within 6 Rings Grouping within 5 Rings Grouping out of 5 rings	4 Marks 3 Marks 2 Marks 1 Marks 0 Mark	Grouping as per the event of student's choice (10, 25 or 50 metre Events)
02.	Holding Stability Test (Dry + Live)	Up to 25 Sec Up to 20 Sec Up to 15 Sec Up to 10 Sec Less than 10 Sec	4 Marks 3 Marks 2 Marks 1 Marks 0 Mark	Observation movement of sight - visual observation/or by Scatt
03.	Range Discipline	Excellent Good Average Poor	4 Marks 3 Marks 2 Mark 1 Mark	To test the level of basic aspects of Shot Routine

04.	Range order	Excellent Good Average Poor	4 Marks 3 Marks 2 Mark 1 Mark	Range Commands -To test the awareness about the range orders and commands
05.	Following of Safety Rules/Handling of Fire arms	Excellent Good Average Poor	4 Marks 3 Marks 2 Mark 1 Mark	To test the level of awareness of fire arm safety/handling

18. SPORTS SPECIFIC SKILL TEST FOR SWIMMING DISCIPLINE

A. Swimming Skill Assessment Rubric:

S. N.	Name of Test	Marks
1.	800m Freestyle (Endurance)	5
2.	200m Individual Medley (Strokes Technique)	5
3.	50m Freestyle (Speed Test)	5
4.	50m Main Stroke (Specified Stroke- Back Stroke/ Breast Stroke/Butterfly Stroke- Freestyle Main Stroker's may go Second Stroke)	5
	Total Marks	20

B. Marking Criteria:

For Male:

SL. NO	EVENTS	MEN										REMARKS
		100%	90%	80%	70%	60%	50%	40%	30%	20%	10%	
1.	800m Free Style	9:34.39 & Below	10:34.39 & Below	11:34.39 & Below	12:34.39 & Below	13:34.39 & Below	14:34.39 & Below	15:34.39 & Below	16:34.39 & Below	17:34.39 & Below	18:34.39 & Below	Current Senior National (2025) Eighth place timing plus one minute added to give points.
2.	200m Individu al Medley	2:23.66 & Below	2:33.66 & Below	2:43.66 & Below	2:53.66 & Below	3:03.66 & Below	3:13.66 & Below	3:23.66 & Below	3:33.66 & Below	3:43.66 & Below	3:53.66 & Below	Current Senior National (2025) Eighth place timing plus 10

													Seconds added to give points.
3.	50m Free Style	25.95 sec & Below	27.95 sec & Below	29.95 sec & Below	31.95 sec & Below	33.95 sec & Below	35.95 sec & Below	37.95 sec & Below	39.95 sec & Below	41.95 sec & Below	43.95 sec & Below	Current National (2025) Eighth place timing plus two Seconds added to give points	Senior (2025) Eighth place timing plus two seconds added to give points.
4.	50 M Bk/s	28.98 sec & Below	30.98 sec & Below	32.98 sec & Below	34.98 sec & Below	36.98 sec & Below	38.98 sec & Below	40.98 sec & Below	42.98 sec & Below	44.98 sec & Below	46.98 sec & Below	Current National (2025) Eighth place timing plus two seconds added to give points.	Senior (2025) Eighth place timing plus two seconds added to give points.
5.	50 M Br/s	31.76 sec & Below	33.76 sec & Below	35.76 sec & Below	37.76 sec & Below	39.76 sec & Below	41.76 sec & Below	43.76 sec & Below	45.76 sec & Below	47.76 sec & Below	49.76 sec & Below	Current National (2025) Eighth place timing plus two seconds added to give points.	Senior (2025) Eighth place timing plus two seconds added to give points.
6.	50 M B/fly	27.43 sec & Below	30.43 sec & Below	33.43 sec & Below	36.43 sec & Below	39.43 sec & Below	42.43 sec & Below	45.43 sec & Below	48.43 sec & Below	51.43 sec & Below	54.43 sec & Below	Current National (2025) Eighth place timing plus two seconds added to give points.	Senior (2025) Eighth place timing plus two seconds added to give points.

For Female:

SL. NO	EVENTS	WOMEN										REMARKS
		100%	90%	80%	70%	60%	50%	40%	30%	20%	10%	
1.	800m Free Style	10:43.93 & Below	11:43.93 & Below	12:43.93 & Below	13:43.93 & Below	14:43.93 & Below	15:43.93 & Below	16:43.93 & Below	17:43.93 & Below	18:43.93 & Below	19:43.93 & Below	Current Senior National (2025) Eighth place timing plus one minute added to give points.
2.	200m Individual Medley	2:48.95 & Below	2:58.95 & Below	3:08.95 & Below	3:18.95 & Below	3:28.95 & Below	3:38.95 & Below	3:48.95 & Below	3:58.95 & Below	4:08.95 & Below	4:18.95 & Below	Current Senior National (2025) Eighth place timing plus 10 Seconds added to give points.
3.	50m Free Style	30.17 sec & Below	32.17 sec & Below	34.17 sec & Below	36.17 sec & Below	38.17 sec & Below	40.17 sec & Below	42.17 sec & Below	44.17 sec & Below	46.17 sec & Below	48.17 sec & Below	Current Senior National (2025) Eighth place timing plus two Seconds added to give points
4	50 M Bk/s	33.62 sec & Below	35.62 sec & Below	37.62 sec & Below	39.62 sec & Below	41.62 sec & Below	43.62 sec & Below	45.62 sec & Below	47.62 sec & Below	49.62 sec & Below	51.62 sec & Below	Current Senior National (2025) Eighth place timing plus two seconds added to give points.

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5.	50 M Br/s	37.62 sec & Below	39.62 sec & Below	41.62 sec & Below	43.62 sec & Below	45.62 sec & Below	47.62 sec & Below	49.62 sec & Below	51.62 sec & Below	53.62 sec & Below	55.62 sec & Below	Current National Eighth place timing plus two seconds added to give points.	Senior (2025) place
6.	50 M B/fly	31.67 sec & Below	34.67 sec & Below	37.67 sec & Below	40.67 sec & Below	43.67 sec & Below	46.67 sec & Below	49.67 sec & Below	52.67 sec & Below	55.67 sec & Below	58.67 sec & Below	Current National Eighth place timing plus two seconds added to give points.	Senior (2025) place

19. SPORTS SPECIFIC SKILL TEST FOR **TABLE TENNIS** DISCIPLINE

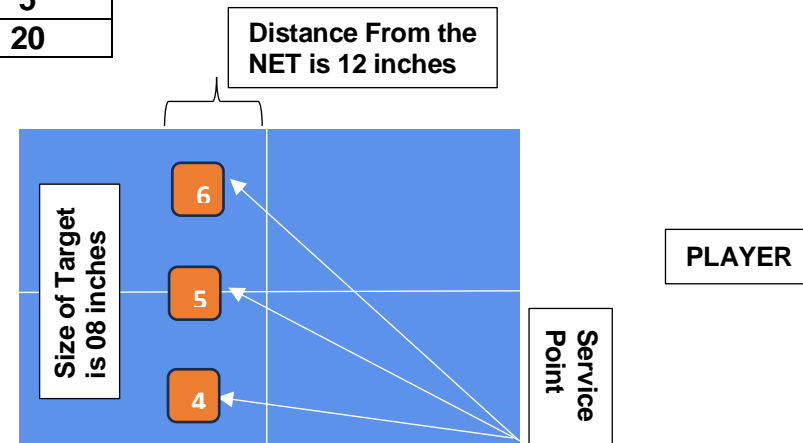
A. Table Tennis Skill Assessment Rubric:

S. N.	Name of Test	Marks
1.	Forehand backspin service	5
2.	Forehand Topspin Drive	5
3.	Backhand Chop to Chop	5
4.	Forehand Counter Attack For 30 Seconds	5
	Total Marks	20

B. Marking Criteria:

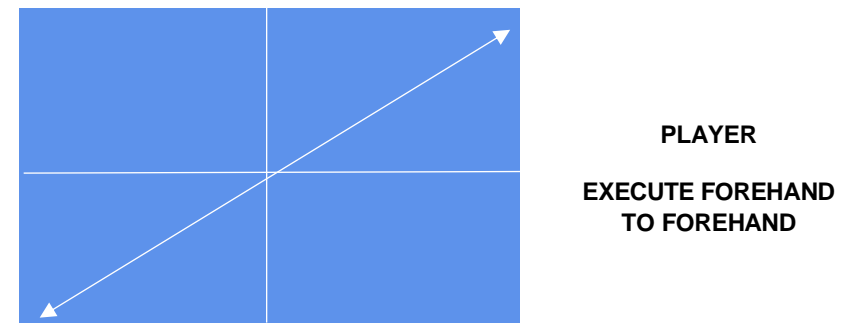
Test no.1: Forehand Backspin Service

Attempts taken	Marks
3 To 6 Attempts	05
7 To 8 Attempts	04
9 To 10 Attempts	03
11 To 12 Attempts	02
13 To 14 Attempts	01
More than 14 Attempts	00



Test no. 2: Forehand Topspin Drive

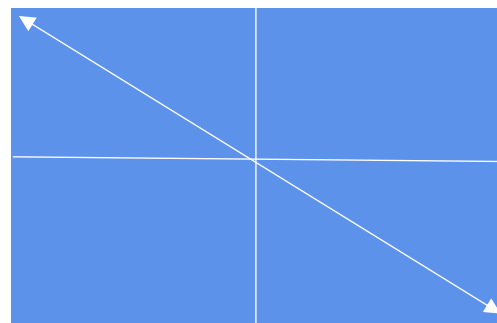
Attempts taken	Marks
35 To 30 Drives	05
29 To 25 Drives	04
24 To 20 Drives	03
19 To 15 Drives	02
14 To 10 Drives	01
Less than 10 Drives	00



NOTE: Max. rallies should be counted for marking points after 02 errors.

Test no.3 Backhand Chop to Chop

Attempts taken	Marks
50 To 45 Pushes	05
44 To 40 Pushes	04
39 To 35 Pushes	03
34 To 30 Pushes	02
29 To 25 Pushes	01
Less than 25 Pushes	00

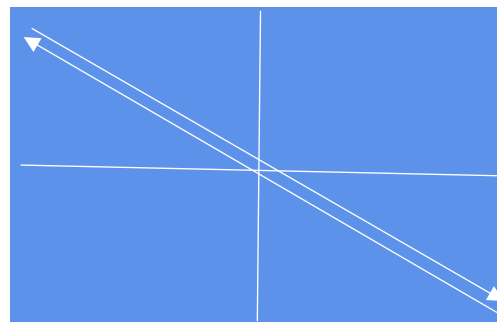


PLAYER
EXECUTE BACKHAND
HOP ROSS COURT

NOTE: Max. Strokes should be counted for points after 02 errors.

Test no.4: Forehand Counter Attack For 30 Seconds

Number of Block	Marks
45 to 41 strokes	05
40 to 36 strokes	04
35 to 31 strokes	03
30 to 26 strokes	02
25 to 15 strokes	01
Less than 15 strokes	00



PLAYER

20. SPORTS SPECIFIC SKILL TEST FOR **TAEKWONDO** DISCIPLINE

A. Taekwondo Skill Assessment Rubric:

S. N.	Name of Test	Marks
1.	Recognized Poomsae Test	5
2.	Specific Steps / Footwork Ability Test	5
3.	Kicking Ability Test	5
4.	Sparring Ability Test	5
	Total Marks	20

B. Marking Criteria:

Sl. No	Name of the test	Procedure			Marks
1.	Recognized poomsae test	Accuracy	Presentation	Very Good	5
		1. Accuracy in basic movement 2. Accuracy in individual movement of the Poomsae 3. Balance	1. Speed and power 2. Rhythm & tempo 3. Expression of energy	Good	4
				Above Average	3
				Average	2
				Below average	1
				Poor	0
				Out of 5	
2.	Specific steps / footwork ability test	Without Equipment	With Equipment	Very Good	5
		1. In place 2. Attack 3. Counter-Attack 4. Mixed 5. With Partner	1. Ladder 2. Rope 3. Cone 4. Mini Hurdle 5. Stepper	Good	4
				Above Average	3
				Average	2
				Below average	1
				Poor	0
				Out of 5	
3.	Kicking ability test	On target	On Human Dummy	Very Good	5
		1. Trunk level Kicks 2. Head level Kicks	1. COD 2. FSKT	Good	4
				Above Average	3

		3. Trunk level Turning kick 4. Head level Turning kick (All tests are to be conducted)	3. Head Kick test 4. Combinations Kicks (Any two tests to be conducted)	Average	2
				Below average	1
				Poor	0
					Out of 5
4.	Sparring ability test	Scoring ability	Defending ability	Very Good	5
		1. Body Score (Direct)	1. Gamjeom	Good	4
		2. Body Score (Turning)	2. Blocking	Above Average	3
		3. Head Score (Direct)	3. Clashing	Average	2
		4. Head Score (Turning)	4. Clenching	Below average	1
		5. Special Techniques	5. Distancing	Poor	0
					Out of 5
				GRAND TOTAL	Out of 20

21. SPORTS SPECIFIC SKILL TEST FOR **LAWN TENNIS** DISCIPLINE

A. Lawn Tennis Skill Assessment Rubric:

S. N.	Name of Test	Marks
1.	Forehand Ground Stroke	5
2.	Backhand Ground Stroke	5
3.	Forehand & Backhand Volley	5
4.	Service	5
	Total Marks	20

B. Marking Criteria:

Name of Test	Male/ female	Marks	Result/score
Forehand Ground Stroke	Male/ Female	5	The feeder will feed 10 balls from service line and the player will hit the ball from the baseline into the marked area. 2 legal hits carry 1 mark. Ex.- 10 legal shots are equal to 5 marks.
Backhand Ground Stroke	Male/ Female	5	The feeder will feed 10 balls from service line and the player will hit the ball from the baseline into the marked area. 2 legal hits carry 1 mark. Ex.- 10 legal shots are equal to 5 marks.
Forehand & Backhand Volley	Male/ Female	5	The feeder will feed 10 balls from baseline alternately & the player will hit the ball from the net zone into the marked area. 2 legal hits carry 1 mark. Ex.- 10 legal volleys are equal to 5 marks.
Service	Male/ Female	5	Each player will have to hit 5 balls from the Deuce Court & 5 Balls from the Advantage Court into the marked service area. 2 legal serves carry 1 mark. Ex.- 10 legal services are equal to 5 marks.
Total Marks		20	

Note: -

- In case of an odd number of successful hits, the higher number will be awarded.
- There is no age bar or distinction between male and female players, as these tests focus on lawn tennis skills and accuracy.

22. SPORTS SPECIFIC SKILL TEST FOR VOLLEYBALL DISCIPLINE

A. Volleyball Skill Assessment Rubric:

S. N.	Name of Test	Description	Marks
1.	Serving Efficiency Test	To assess the accuracy and ball control in serving execution	5
2.	Alternate Passing with Wall Test	To assess the Forearm and Volley Pass Playing Ability	5
3.	Attacking Efficiency Test	To assess the accuracy and ball control in Attacking	5
4.	Playing performance	To assess the playing performance and game sense.	5
		Total Marks	20

B. Marking Criteria:

1. SERVING EFFICIENCY TEST (FIVB LEVEL-I):

PURPOSE: The purpose of this test is to check the accuracy and ball control in service execution

PROCEDURE: As shown in the Figure 01, the one side of the volleyball court will be divided into five target zones (two zones of 4.5x3 meters in the front zone and three zones of 6x3 meters in back row. After proper warm up the trainee will be asked to execute 5 serves from the service zone of the other side of the court. Trainee must execute 01 serve per target zone in a sequence starting from target zone 01 to 05. Player will be given liberty to execute any type of service, except Underarm Serve and service must be executed as per the official rules of the game.

Target Zone-02 6x3 m	Target Zone- 01			Service Zone
Target Zone-03 6x3 m	4.5x3 m			
Target Zone-04 6x3 m	Target Zone- 05 4.5x3 m			

Figure 01: Court Setup for Volleyball Serving Efficiency Test

SCORING: Each correct serve landing the designated target zone gets a 01 Mark. Any ball not reaching the target zone will be considered as incorrect and no score will be given. In case the ball lands on the lines forming the target zone, it will be considered correct, and score will be given to the trainee. The top of the net will be fixed at the height of 2.43 m for men and 2.24 m for women. The trainee is allowed to perform service anywhere from the service zone.

Norm Referenced Evaluation for Serving Efficiency Test (Data in Number of successful Execution)		
Marks	Number of correct successful serves in target zone	
	Male	Female
05	05	05
04	04	04
03	03	03
02	02	02
01	01	01

2. ALTERNATE PASSING WITH WALL TEST:

PURPOSE: The purpose of this test is to assess the efficiency in Under Arm Pass and Volley Pass.

PROCEDURE: The player will be asked to do alternate Volley and Underarm Pass for 30 Seconds on the target area marked on the wall while standing behind the restriction line. For male the restriction line will be marked 2.60-meters away from the wall. For female this line will be marked 2.20-meters away from the wall. The .80x.80-meter target will be marked on the wall in such a way that its base line will be at the height of 02.50-meters from the surface and its apex will be at the height of 3.30-meters. On signal 'Go' the trainee will start alternate passing on the target area. In case the ball lands on the lines forming the target area, it will be considered correct, and it will be counted as a valid repetition.

SCORING: A maximum of 05 marks are possible. Final Score will be calculated by refereeing to the Score Table given below.

Norm Referenced Evaluation for Alternate Passing with Wall Test (Data in Number of successful Repetitions)		
Marks	Number of correct successful pass	
	Male	Female
05	30 & above	28 & above
4.5	28-29	26-27
04	26-27	24-25
3.5	24-25	22-23
03	22-23	20-21
2.5	20-21	18-19
02	18-19	16-17
1.5	16-17	14-15
01	14-15	12-13
0.5	12-13	10-12

3. ATTACKING EFFICIENCY TEST:

PURPOSE: To assess the accuracy and ball control in Attacking.

EQUIPMENT/FACILITIES REQUIRED: Volleyballs, properly marked court (as per the test description given), Record-sheet and Pen.

PROCEDURE: As shown in the Figure below, the one side of the volleyball court marked for down-the line and cross court Hitting. To mark the Down the line target area, a 9.00-meters long line will be marked 02 meters inside the right sideline on the one side of the court. On the same side of the court target area for the cross court will also be marked. To mark the cross-court area on the same side of the court, one diagonal line will be marked from the one side of the centre line on the other side of the court which will be 06 meters away from the centreline. After proper warm up the trainee will be asked to execute 5 attacks (two down the line and

two cross-court one by one and fifth attack in the zone which must be called out by the trainee before the execution. If the Set is not as per the liking of the trainee, he can refrain to attacking and, in such case, attempt will not be counted. If the trainee hits the ball, attempt will be counted irrespective to the quality of the Set. If the ball touches the net while attacking, it will not be considered as legal hit even if the ball lands in the designated target zone. The ball must be hit forcefully and tactical placement in the Target zone or soft hits will not be considered as legal attempt. In such cases no other attempt will be given.

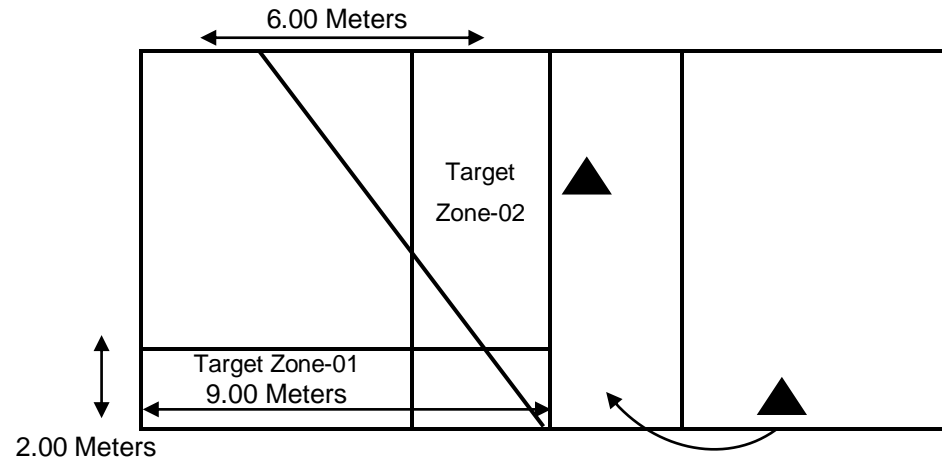


Figure 01: Court Setup for Volleyball Attacking Efficiency Test

SCORING: Each correct attack landing the designated target zone gets a 01 Mark. Any ball not reaching the target zone will be considered as incorrect and no score will be given. In case the ball lands on the lines forming the target zone, it will be considered correct, and score will be given to the trainee. The top of the net will be fixed at the height of 2.43 m for men and 2.24 m for women.

Norm Referenced Evaluation for Attacking Efficiency Test (Data in Number of successful Execution)		
Marks	Number of correct successful Attacks	
	Male	Female
05	05	05
04	04	04
03	03	03
02	02	02
01	01	01

- 4. Playing performance:** - overall playing performance will be judged by experts of the game available in department and marks out of 5 will be given based on the performance during actual competition among players. The average of all experts will be considered as final score.

FORMAT FOR OVERALL PLAYING PERFORMANCE

Sr. no	Name	Expert 1	Expert 2	Expert 3	Average score out of 5
1					
2					
3					
4					
5					

23. SPORTS SPECIFIC SKILL TEST FOR WEIGHTLIFTING DISCIPLINE

A. Weightlifting Skill Assessment Rubric:

S. N.	Name of Test	Description	Marks
1.	Snatch Technique	Assessment of the candidate's technical execution of the snatch lift	5
2.	Clean Technique	Assessment of the candidate's technical execution of the clean movement	5
3.	Jerk Technique	Assessment of the candidate's technical execution of the jerk movement	5
4.	Relative Strength (Classical Biathlon)	Marks based on total weight lifted relative to body weight	5
		Total Marks	20

B. Marking Criteria:

1. Evaluation Criteria for Technique Tests for both Male & Female (Snatch, Clean, Jerk - 5 Marks each)

Each lift is evaluated using a 5-point rating scale considering technique accuracy, balance, movement pattern, coordination and confidence.

Marks	Performance Level	Evaluation Criteria
5	Excellent	Highly accurate technique, excellent balance, correct movement pattern and strong confidence
4	Very Good	Minor technical errors but overall good execution and stability
3	Good	Acceptable technique with noticeable faults
2	Average	Multiple technical errors and poor balance
1	Poor	Incorrect technique and ineffective execution

2. Relative Strength (Classical Biathlon Total)

Relative strength is calculated using the formula:

Relative Strength = (Snatch + Clean & Jerk Total) ÷ Body Weight

Relative Strength Rating – Men

Marks	Relative Strength Ratio	Performance Level
5	≥ 2.40	Excellent
4	2.10 – 2.39	Very Good
3	1.80 – 2.09	Good
2	1.50 – 1.79	Average
1	≤ 1.49	Below Average

Relative Strength Rating – Women

Marks	Relative Strength Ratio	Performance Level
5	≥ 1.90	Excellent
4	1.60 – 1.89	Very Good
3	1.30 – 1.59	Good
2	1.00 – 1.29	Average
1	≤ 0.99	Below Average

3. General Instructions

- Evaluation will be conducted by qualified coaches or experts.
- The decision of the evaluation panel will be final.
- Average of marks may be award given by 3 assessors

24. SPORTS SPECIFIC SKILL TEST FOR **WRESTLING** DISCIPLINE

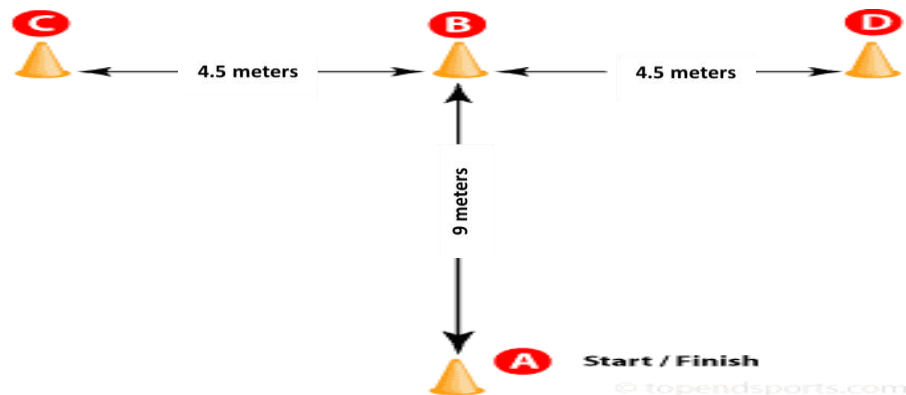
A. Wrestling Skill Assessment Rubric:

S. N.	Name of Test	Marks
1.	Modified T-Test	5
2.	Dummy Throw Test (DTT)	5
3.	Wrestling Movement Test (WMT)	5
4.	Squat Thrust & Jump/Burpee Fitness Test	5
	Total Marks	20

B. Marking Criteria:

1. Modified T-Test

Purpose of the test: The modified T-Test is a test of wrestling movements in a neutral stance that include forward, lateral, and backward shuffling.



Procedure: The subject starts at cone A. On the command of the timer, the subject shuffles to cone B and touches the base of the cone with their stance hand. Ensure that the participants face forward when shuffling and do not cross their feet over one another.

They then turn left and shuffle sideways to cone C, and touch its base, this time with their left hand. Then shuffling sideways to the right to cone D and touching the base with the right hand. They then shuffle back to cone B, touching with the left hand, and run backwards to cone A. The stopwatch is stopped as they pass cone A.

Scoring: The trial will not be counted if the subject crosses one foot in front of the other while shuffling, fails to touch the base of the cones, or fails to face forward throughout the test. Take the best time of three successful trials to the nearest 0.1 seconds. The table below shows some scores for adult team sport athletes.

Males (seconds)	Females (seconds)	Marks
Below 9.5	Below 10.5	5
9.5 to 10.5	10.5 to 11.5	4
10.6 to 11.5	11.6 to 12.5	3
11.6 to 12.5	12.6 to 13.5	2
13.6 to 14.5	13.6 to 14.5	1

2. Dummy Throw Test (DTT)

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

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 the 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. The wrestler must use the central wrestling area of a 7-meter diameter. Scoring: The number of throws in 30 sec. will be the score

Total no of Throws (Male)	Total no of Throws (Female)	Marks
18 and above	16 and above	5
14-17	13-15	4
10-13	9-12	3
7-10	6-8	2
4-7	3-5	1

3. Wrestling Movement test (WMT)

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

Procedure: The subject will start in a standing position. The subject – on the signal – will start doing the wrestling movements (either freestyle or Greco-Roman movements) as many times as possible during the pre-determined time frames, i.e., 30sec -- 30 sec relax -- 20sec— 20 sec relax -- and 10 sec.

Scoring: Total Number of wrestling movements in three segments of the test, i.e., 1ST 30 sec, 2ND 20 sec, 3RD 10 sec all segment are compulsory.

For Both Male & Female

Movements in 30 Sec	Movements in 20 sec	Movements in 10 sec	Total	Marks
			90 and above	5
			80-89	4
			70-79	3
			60-69	2
			50-59	1
			<50	0

4. Squat Thrust & Jump/Burpee Fitness Test

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

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 bodyweight 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.



Scoring: Total number of thrusts in 2:30 Minutes

Total number of Thrusts (Male)	Total number of Thrusts (Male)	Marks
70 and above	65 and above	5
60-69	55-64	4
50-59	45-54	3
40-49	35-44	2
30-39	25-34	1

25. SPORTS SPECIFIC SKILL TEST FOR WUSHU DISCIPLINE

A. Wushu Skill Assessment Rubric:

S. N.	Name of Test	Marks
1.	Taolu	10
2.	Sanshou/Sanda	10
	Total Marks	20

B. Marking Criteria:

The Practical Skill Test will consist of two components: Taolu (10 Marks) and Sanshou/Sanda (10 Marks). Each test item carries 5 marks. Candidates are required to perform any two tests from Taolu and any two tests from Sanshou/Sanda. The best performance will be evaluated to calculate the final marks.

1. Taolu Skill Test (10 Marks)

Sl. No.	Name of the Taolu Test	Marks
1	Demonstration of Five Basic Stances	5
2	Demonstration of Five Leg Techniques	5
3	Demonstration of Five Hand Forms / Hand Techniques	5
4	Demonstration of Five Balance Techniques	5
5	Demonstration of Five Jumping Techniques	5
6	Demonstration of Five Compulsory Taolu Movements	5
7	Performance of any Bare-Hand Routine, Long Weapon Routine, or Short Weapon Routine with proper Salute Protocol	5

Note: The deduction content will be applied in accordance with the Evaluation Method and Standards for Wushu Taolu Judging Methods (2024), correct execution, coordination, balance, control and overall performance. For assessment, 1 mark will be awarded for correct and proper technique and ½ mark for average performance. candidates are required to demonstrate the prescribed techniques.

Example:

Category	Technique Name/Description	Deduction Content	Marks
Hand Forms/Shapes	Quán (Fist)	- Face of fist uneven. - The thumb is not pressing on the second segment of both the index and middle fingers	Good =1 Average =1/2
	Zhǎng (Palm)	- Four fingers not straight and held together. -Thumb is not bent and held in tightly	Good =1 Average =1/2
	Gōu Shǒu (Hook)	- The five fingers are not pinched - Wrist not hooked completely	Good =1 Average =1/2
Hand Forms/Shapes	Jiàn Zhǐ (Sword Fingers)	- Index finger and middle finger not kept straight and -Thumb not pressing on the ring finger and little finger.	Good =1 Average =1/2

Candidates must perform any two tests. Maximum Marks (Taolu): 10

2. Sanshou / Sanda Skill Test (10 Marks)

Sl. No.	Name of the Sanshou / Sanda Test	Marks
1	Demonstration of Five Punching combination Techniques	5
2	Demonstration of Five Kicking combination Techniques	5
3	Demonstration of Five Throwing Techniques	5

Note: For Sanda (Sanshou) assessment, candidates are required to demonstrate the prescribed techniques. Each technique will be evaluated based on correct execution, coordination, balance, control, and overall performance. For assessment, 1 mark will be awarded for good, correct, and proper technique, while ½ mark will be awarded for average performance. Marks will be awarded according to the quality and accuracy of the demonstration.

Candidates must perform any two tests. Maximum Marks (Sanshou): 10

Note

- Each skill must be demonstrated with proper technique, coordination, balance, and discipline.
- Salute protocol must be followed before and after routine performances.
- Marks will be awarded based on technical accuracy, body coordination, balance, power, and overall performance.

26. SPORTS SPECIFIC SKILL TEST FOR YOGASANA DISCIPLINE

A. Yogasana Skill Assessment Rubric:

S. N.	Name of Test	Marks
1.	Forward Bending	4
2.	Back Bending	4
3.	Twisting	4
4.	Leg Balance	4
5.	Hand Balance	4
	Total Marks	20

B. Marking Criteria:

Yogasana Evaluation Sheet (Total Marks: 20)

Category	Name of Asana	Flexibility (1)	Stability (1)	Accuracy (2)	Total (4)
Forward Bending					
Back Bending					
Twisting					
Leg Balance					
Hand Balance					

Additional Observations	Remarks
Difficulty Level of Asanas	
Mounting & Dismounting Control	
Body Alignment & Control	
Confidence & Presentation	
Proper Yogasana Sports Costume	

ANNEXURE- C

NORMS FOR FITNESS TESTS OF PARA ATHLETES:

Candidates shall be required to undergo the General Fitness Test (05 marks) and Sports-Specific Skill Test (20 marks) as part of the admission process, and both shall carry weightage in the overall merit. Age and Gender wise Norms for conduct of General Fitness Test for Diploma Course in Sports Coaching 2026-27 is as under:

I. General Fitness Test (05 marks) any 2 test needs to be performed by the trainee:

A. GENERAL FITNESS TEST NORMS FOR MALE PARA ATHLETE CANDIDATE:

A. Proposed Test -1

Fitness Test Norms for Male Athlete Candidate: For Para-Athletics: - T/F12-13: -

Sr. No.	Test	21-30 Years	Score	31-35 Years	Score	36-40 Years	Score	41-45 Years	Score	46-50 Years	Score
1	30mtr. Flying sprint	5.00 sec	2.50	5.20 sec	2.50	5.40 sec	2.50	5.60 sec	2.50	5.80 sec	2.50
		5.20 sec	1.50	5.40 sec	1.50	5.60 sec	1.50	5.80 sec	1.50	6.00 sec	1.50
		5.40 sec	0.50	5.60 sec	0.50	5.80 sec	0.50	6.00 sec	0.50	6.20 sec	0.50
		5.60 sec	0	5.80 sec	0	6.00 sec	0	6.20 sec	0	6.40 sec	0
2	Standing broad jump	1.55 m	2.50	1.50 m	2.50	1.45 m	2.50	1.40 m	2.50	1.35 m	2.50
		1.50 m	1.50	1.45 m	1.50	1.40 m	1.50	1.35 m	1.50	1.30 m	1.50
		1.45 m	0.50	1.40 m	0.50	1.35 m	0.50	1.30 m	0.50	1.25 m	0.50
		1.40 m	0	1.35 m	0	1.30 m	0	1.25 m	0	1.20 m	0
3	Bend and Reach Test	4.5 cm	2.50	4.0 cm	2.50	3.5 cm	2.50	3.0 cm	2.50	2.5 cm	2.50
		4.0 cm	1.50	3.5 cm	1.50	3.0 cm	1.50	2.5 cm	1.50	2.0 cm	1.50
		3.5 cm	0.50	3.0 cm	0.50	2.5 cm	0.50	2.0 cm	0.50	1.5 cm	0.50
		3.0 cm	0	2.5 cm	0	2.0 cm	0	1.5 cm	0	1.0 cm	0
4	1600mtr Run	8:00 Min	2.50	8:30 Min	2.50	9:00 Min	2.50	9:30 Min	2.50	10:00 Min	2.50
		8:30 Min	1.50	9:00 Min	1.50	9:30 Min	1.50	10:00 Min	1.50	10:30 Min	1.50
		9:00 Min	0.50	9:30 Min	0.50	10:00 Min	0.50	10:30 Min	0.50	11:00 Min	0.50
		9:30 Min	0	10:00 Min	0	10:30 Min	0	11:00 Min	0	11:30 Min	0

Proposed Test -2

For Para-Athletics: - T/F35, F40, T/F42 & T/F62:-

For Para-Archery: - Open Category

Para-Shooting: - SH-1 (If they Can 30mtr. Flying sprint)

Para-Table Tennis: - Class 6 & 7

Sr. No.	Test	21-30 Years	Score	31-35 Years	Score	36-40 Years	Score	41-45 Years	Score	46-50 Years	Score
1	30mtr. Flying sprint	5.60 sec	2.50	5.80 sec	2.50	6.00 sec	2.50	6.20 sec	2.50	6.40 sec	2.50
		5.80 sec	1.50	6.00 sec	1.50	6.20 sec	1.50	6.40 sec	1.50	6.60 sec	1.50
		6.00 sec	0.50	6.20 sec	0.50	6.40 sec	0.50	6.60 sec	0.50	6.80 sec	0.50
		6.20 sec	0	6.40 sec	0	6.60 sec	0	6.80 sec	0	7.00 sec	0
2	Standing broad jump	1.55 m	2.50	1.50 m	2.50	1.45 m	2.50	1.40 m	2.50	1.35 m	2.50
		1.50 m	1.50	1.45 m	1.50	1.40 m	1.50	1.35 m	1.50	1.30 m	1.50
		1.45 m	0.50	1.40 m	0.50	1.35 m	0.50	1.30 m	0.50	1.25 m	0.50
		1.40 m	0	1.35 m	0	1.30 m	0	1.25 m	0	1.20 m	0
3	Bend and Reach Test	4.5 cm	2.50	4.0 cm	2.50	3.5 cm	2.50	3.0 cm	2.50	2.5 cm	2.50
		4.0 cm	1.50	3.5 cm	1.50	3.0 cm	1.50	2.5 cm	1.50	2.0 cm	1.50
		3.5 cm	0.50	3.0 cm	0.50	2.5 cm	0.50	2.0 cm	0.50	1.5 cm	0.50
		3.0 cm	0	2.5 cm	0	2.0 cm	0	1.5 cm	0	1.0 cm	0
4	1600mtr Run	9:30 Min	2.50	10:00 Min	2.50	10:30 Min	2.50	11:00 Min	2.50	11:30 Min	2.50
		10:00 Min	1.50	10:30 Min	1.50	11:00 Min	1.50	11:30 Min	1.50	12:00 Min	1.50
		10:30 Min	0.50	11:00 Min	0.50	11:30 Min	0.50	12:00 Min	0.50	12:30 Min	0.50
		11:00 Min	0	11:30 Min	0	12:00 Min	0	12:30 Min	0	13:00 Min	0

Proposed Test -3

For Para-Athletics: - T/F36 & F41: -

Para-Badminton: - SU5

Para-Table Tennis: - Class 8 & 9

Sr. No.	Test	21-30 Years	Score	31-35 Years	Score	36-40 Years	Score	41-45 Years	Score	46-50 Years	Score
1	30mtr. Flying sprint	5.40 sec	2.50	5.60 sec	2.50	5.80 sec	2.50	6.00 sec	2.50	6.20 sec	2.50
		5.60 sec	1.50	5.80 sec	1.50	6.00 sec	1.50	6.20 sec	1.50	6.40 sec	1.50
		5.80 sec	0.50	6.00 sec	0.50	6.20 sec	0.50	6.40 sec	0.50	6.60 sec	0.50
		6.00 sec	0	6.20 sec	0	6.40 sec	0	6.60 sec	0	6.80 sec	0
2	Standing broad jump	1.55 m	2.50	1.50 m	2.50	1.45 m	2.50	1.40 m	2.50	1.35 m	2.50
		1.50 m	1.50	1.45 m	1.50	1.40 m	1.50	1.35 m	1.50	1.30 m	1.50
		1.45 m	0.50	1.40 m	0.50	1.35 m	0.50	1.30 m	0.50	1.25 m	0.50
		1.40 m	0	1.35 m	0	1.30 m	0	1.25 m	0	1.20 m	0
3	Bend and Reach Test	4.5 cm	2.50	4.0 cm	2.50	3.5 cm	2.50	3.0 cm	2.50	2.5 cm	2.50
		4.0 cm	1.50	3.5 cm	1.50	3.0 cm	1.50	2.5 cm	1.50	2.0 cm	1.50
		3.5 cm	0.50	3.0 cm	0.50	2.5 cm	0.50	2.0 cm	0.50	1.5 cm	0.50
		3.0 cm	0	2.5 cm	0	2.0 cm	0	1.5 cm	0	1.0 cm	0
4	1600mtr Run	9:00 Min	2.50	9:30 Min	2.50	10:00 Min	2.50	10:30 Min	2.50	11:00 Min	2.50
		9:30 Min	1.50	10:00 Min	1.50	10:30 Min	1.50	11:00 Min	1.50	11:30 Min	1.50
		10:00 Min	0.50	10:30 Min	0.50	11:00 Min	0.50	11:30 Min	0.50	12:00 Min	0.50
		10:30 Min	0	11:00 Min	0	11:30 Min	0	12:00 Min	0	12:30 Min	0

Proposed Test -4

**For Para-Athletics: - T/F37, T/F43-44, F57 & T/F64: -
Para-Table Tennis: - Class 10**

Sr. No.	Test	21-30 Years	Score	31-35 Years	Score	36-40 Years	Score	41-45 Years	Score	46-50 Years	Score
1	30mtr. Flying sprint	5.20 sec	2.50	5.40 sec	2.50	5.60 sec	2.50	5.80 sec	2.50	6.00 sec	2.50
		5.40 sec	1.50	5.60 sec	1.50	5.80 sec	1.50	6.00 sec	1.50	6.20 sec	1.50
		5.60 sec	0.50	5.80 sec	0.50	6.00 sec	0.50	6.20 sec	0.50	6.40 sec	0.50
		5.80 sec	0	6.00 sec	0	6.20 sec	0	6.40 sec	0	6.60 sec	0
2	Standing broad jump	1.55 m	2.50	1.50 m	2.50	1.45 m	2.50	1.40 m	2.50	1.35 m	2.50
		1.50 m	1.50	1.45 m	1.50	1.40 m	1.50	1.35 m	1.50	1.30 m	1.50
		1.45 m	0.50	1.40 m	0.50	1.35 m	0.50	1.30 m	0.50	1.25 m	0.50
		1.40 m	0	1.35 m	0	1.30 m	0	1.25 m	0	1.20 m	0
3	Bend and Reach Test	4.5 cm	2.50	4.0 cm	2.50	3.5 cm	2.50	3.0 cm	2.50	2.5 cm	2.50
		4.0 cm	1.50	3.5 cm	1.50	3.0 cm	1.50	2.5 cm	1.50	2.0 cm	1.50
		3.5 cm	0.50	3.0 cm	0.50	2.5 cm	0.50	2.0 cm	0.50	1.5 cm	0.50
		3.0 cm	0	2.5 cm	0	2.0 cm	0	1.5 cm	0	1.0 cm	0
4	1600mtr Run	8:30 Min	2.50	9:00 Min	2.50	9:30 Min	2.50	10:00 Min	2.50	10:30 Min	2.50
		9:00 Min	1.50	9:30 Min	1.50	10:00 Min	1.50	10:30 Min	1.50	11:00 Min	1.50
		9:30 Min	0.50	10:00 Min	0.50	10:30 Min	0.50	11:00 Min	0.50	11:30 Min	0.50
		10:00 Min	0	10:30 Min	0	11:00 Min	0	11:30 Min	0	12:00 Min	0

Proposed Test - 5

For Para-Athletics: - T/F38 & T/F45-47: -

Sr. No.	Test	21-30 Years	Score	31-35 Years	Score	36-40 Years	Score	41-45 Years	Score	46-50 Years	Score
1	30mtr. Flying sprint	5.00 sec	2.50	5.20 sec	2.50	5.40 sec	2.50	5.60 sec	2.50	5.80 sec	2.50
		5.20 sec	1.50	5.40 sec	1.50	5.60 sec	1.50	5.80 sec	1.50	6.00 sec	1.50
		5.40 sec	0.50	5.60 sec	0.50	5.80 sec	0.50	6.00 sec	0.50	6.20 sec	0.50
		5.60 sec	0	5.80 sec	0	6.00 sec	0	6.20 sec	0	6.40 sec	0
2	Standing broad jump	1.55 m	2.50	1.50 m	2.50	1.45 m	2.50	1.40 m	2.50	1.35 m	2.50
		1.50 m	1.50	1.45 m	1.50	1.40 m	1.50	1.35 m	1.50	1.30 m	1.50
		1.45 m	0.50	1.40 m	0.50	1.35 m	0.50	1.30 m	0.50	1.25 m	0.50
		1.40 m	0	1.35 m	0	1.30 m	0	1.25 m	0	1.20 m	0
3	Bend and Reach Test	4.5 cm	2.50	4.0 cm	2.50	3.5 cm	2.50	3.0 cm	2.50	2.5 cm	2.50
		4.0 cm	1.50	3.5 cm	1.50	3.0 cm	1.50	2.5 cm	1.50	2.0 cm	1.50
		3.5 cm	0.50	3.0 cm	0.50	2.5 cm	0.50	2.0 cm	0.50	1.5 cm	0.50
		3.0 cm	0	2.5 cm	0	2.0 cm	0	1.5 cm	0	1.0 cm	0
4	1600mtr Run	8:00 Min	2.50	8:30 Min	2.50	9:00 Min	2.50	9:30 Min	2.50	10:00 Min	2.50
		8:30 Min	1.50	9:00 Min	1.50	9:30 Min	1.50	10:00 Min	1.50	10:30 Min	1.50
		9:00 Min	0.50	9:30 Min	0.50	10:00 Min	0.50	10:30 Min	0.50	11:00 Min	0.50
		9:30 Min	0	10:00 Min	0	10:30 Min	0	11:00 Min	0	11:30 Min	0

Proposed Test -6

Para-Badminton: - SL3-4

Sr. No.	Test	21-30 Years	Score	31-35 Years	Score	36-40 Years	Score	41-45 Years	Score	46-50 Years	Score
1	30mtr. Flying sprint	5.85 sec	2.50	6.05 sec	2.50	6.25 sec	2.50	6.45 sec	2.50	6.65 sec	2.50
		6.05 sec	1.50	6.25 sec	1.50	6.45 sec	1.50	6.65 sec	1.50	6.85 sec	1.50
		6.25 sec	0.50	6.45 sec	0.50	6.65 sec	0.50	6.85 sec	0.50	7.05 sec	0.50
		6.45 sec	0	6.65 sec	0	6.85 sec	0	7.05 sec	0	6.45 sec	0
2	Standing broad jump	1.55 m	2.50	1.50 m	2.50	1.45 m	2.50	1.40 m	2.50	1.35 m	2.50
		1.50 m	1.50	1.45 m	1.50	1.40 m	1.50	1.35 m	1.50	1.30 m	1.50
		1.45 m	0.50	1.40 m	0.50	1.35 m	0.50	1.30 m	0.50	1.25 m	0.50
		1.40 m	0	1.35 m	0	1.30 m	0	1.25 m	0	1.20 m	0
3	Bend and Reach Test	4.5 cm	2.50	4.0 cm	2.50	3.5 cm	2.50	3.0 cm	2.50	2.5 cm	2.50
		4.0 cm	1.50	3.5 cm	1.50	3.0 cm	1.50	2.5 cm	1.50	2.0 cm	1.50
		3.5 cm	0.50	3.0 cm	0.50	2.5 cm	0.50	2.0 cm	0.50	1.5 cm	0.50
		3.0 cm	0	2.5 cm	0	2.0 cm	0	1.5 cm	0	1.0 cm	0
4	1600mtr Run	9:55 Min	2.50	10:25 Min	2.50	10:55 Min	2.50	11:25 Min	2.50	11:55 Min	2.50
		10:25 Min	1.50	10:55 Min	1.50	11:25 Min	1.50	11:55 Min	1.50	12:25 Min	1.50
		10:55 Min	0.50	11:25 Min	0.50	11:55 Min	0.50	12:25 Min	0.50	12:55 Min	0.50
		11:25 Min	0	11:55 Min	0	12:25 Min	0	12:55 Min	0	13:25 Min	0

Proposed Test -7

Para-Badminton: - SH6,

Sr. No.	Test	21-30 Years	Score	31-35 Years	Score	36-40 Years	Score	41-45 Years	Score	46-50 Years	Score
1	30mtr. Flying sprint	5.40 sec	2.50	5.60 sec	2.50	5.80 sec	2.50	6.00 sec	2.50	6.20 sec	2.50
		5.60 sec	1.50	5.80 sec	1.50	6.00 sec	1.50	6.20 sec	1.50	6.40 sec	1.50
		5.80 sec	0.50	6.00 sec	0.50	6.20 sec	0.50	6.40 sec	0.50	6.60 sec	0.50
		6.00 sec	0	6.20 sec	0	6.40 sec	0	6.60 sec	0	6.80 sec	0
2	Standing broad jump	1.55 m	2.50	1.50 m	2.50	1.45 m	2.50	1.40 m	2.50	1.35 m	2.50
		1.50 m	1.50	1.45 m	1.50	1.40 m	1.50	1.35 m	1.50	1.30 m	1.50
		1.45 m	0.50	1.40 m	0.50	1.35 m	0.50	1.30 m	0.50	1.25 m	0.50
		1.40 m	0	1.35 m	0	1.30 m	0	1.25 m	0	1.20 m	0
3	Bend and Reach Test	4.5 cm	2.50	4.0 cm	2.50	3.5 cm	2.50	3.0 cm	2.50	2.5 cm	2.50
		4.0 cm	1.50	3.5 cm	1.50	3.0 cm	1.50	2.5 cm	1.50	2.0 cm	1.50
		3.5 cm	0.50	3.0 cm	0.50	2.5 cm	0.50	2.0 cm	0.50	1.5 cm	0.50
		3.0 cm	0	2.5 cm	0	2.0 cm	0	1.5 cm	0	1.0 cm	0
4	1600mtr Run	8:50 Min	2.50	9:20 Min	2.50	9:50 Min	2.50	10:20 Min	2.50	10:50 Min	2.50
		9:20 Min	1.50	9:50 Min	1.50	10:20 Min	1.50	10:50 Min	1.50	11:20 Min	1.50
		9:50 Min	0.50	10:20 Min	0.50	10:50 Min	0.50	11:20 Min	0.50	11:50 Min	0.50
		10:20 Min	0	10:50 Min	0	11:20 Min	0	11:50 Min	0	12:20 Min	0

B. GENERAL FITNESS TEST NORMS FOR FEMALE PARA ATHLETE CANDIDATE:

Proposed Test - 1

Para Athletics T/F12-13

Sr. No.	Test	21-30 Years	Score	31-35 Years	Score	36-40 Years	Score	41-45 Years	Score	46-50 Years	Score
1	30mtr. Flying sprint	5.60 sec	2.50	5.80 sec	2.50	6.00 sec	2.50	6.20 sec	2.50	6.40 sec	2.50
		5.80 sec	1.50	6.00 sec	1.50	6.20 sec	1.50	6.40 sec	1.50	6.60 sec	1.50
		6.00 sec	0.50	6.20 sec	0.50	6.40 sec	0.50	6.60 sec	0.50	6.80 sec	0.50
		6.20 sec	0	6.40 sec	0	6.60 sec	0	6.80 sec	0	7.00 sec	0
2	Standing broad jump	1.40 m	2.50	1.35 m	2.50	1.30 m	2.50	1.25 m	2.50	1.20 m	2.50
		1.35 m	1.50	1.30 m	1.50	1.25 m	1.50	1.20 m	1.50	1.15 m	1.50
		1.30 m	0.50	1.25 m	0.50	1.20 m	0.50	1.15 m	0.50	1.10 m	0.50
		1.25 m	0	1.20 m	0	1.15 m	0	1.10 m	0	1.05 m	0
3	Bend and Reach Test	5.0 cm	2.50	4.5 cm	2.50	4.0 cm	2.50	3.5 cm	2.50	3.0 cm	2.50
		4.5 cm	1.50	4.0 cm	1.50	3.5 cm	1.50	3.0 cm	1.50	2.5 cm	1.50
		4.0 cm	0.50	3.5 cm	0.50	3.0 cm	0.50	2.5 cm	0.50	2.0 cm	0.50
		3.5 cm	0	3.0 cm	0	2.5 cm	0	2.0 cm	0	1.5 cm	0
4	1600mtr Run	9:00 Min	2.50	9:30 Min	2.50	10:00 Min	2.50	10:30 Min	2.50	11:00 Min	2.50
		9:30 Min	1.50	10:00 Min	1.50	10:30 Min	1.50	11:00 Min	1.50	11:30 Min	1.50
		10:00 Min	0.50	10:30 Min	0.50	11:00 Min	0.50	11:30 Min	0.50	12:00 Min	0.50
		10:30 Min	0	11:00 Min	0	11:30 Min	0	12:00 Min	0	12:30 Min	0

Proposed Test - 2

T/F35, F40, T/F42, T/F62, Archery-Open Category, Shooting SH1, TT 6-7

Sr. No.	Test	21-30 Years	Score	31-35 Years	Score	36-40 Years	Score	41-45 Years	Score	46-50 Years	Score
1	30mtr. Flying sprint	6.00 sec	2.50	6.20 sec	2.50	6.40 sec	2.50	6.60 sec	2.50	6.80 sec	2.50
		6.20 sec	1.50	6.40 sec	1.50	6.60 sec	1.50	6.80 sec	1.50	7.00 sec	1.50
		6.40 sec	0.50	6.60 sec	0.50	6.80 sec	0.50	7.00 sec	0.50	7.20 sec	0.50
		6.60 sec	0	6.80 sec	0	7.00 sec	0	7.20 sec	0	7.40 sec	0
2	Standing broad jump	1.35 m	2.50	1.30 m	2.50	1.25 m	2.50	1.20 m	2.50	1.15 m	2.50
		1.30 m	1.50	1.25 m	1.50	1.20 m	1.50	1.15 m	1.50	1.10 m	1.50
		1.25 m	0.50	1.20 m	0.50	1.15 m	0.50	1.10 m	0.50	1.05 m	0.50
		1.20 m	0	1.15 m	0	1.10 m	0	1.05 m	0	1.00 m	0
3	Bend and Reach Test	5.0 cm	2.50	4.5 cm	2.50	4.0 cm	2.50	3.5 cm	2.50	3.0 cm	2.50
		4.5 cm	1.50	4.0 cm	1.50	3.5 cm	1.50	3.0 cm	1.50	2.5 cm	1.50
		4.0 cm	0.50	3.5 cm	0.50	3.0 cm	0.50	2.5 cm	0.50	2.0 cm	0.50
		3.5 cm	0	3.0 cm	0	2.5 cm	0	2.0 cm	0	1.5 cm	0
4	1600mtr Run	10:00 Min	2.50	10:30 Min	2.50	11:00 Min	2.50	11:30 Min	2.50	12:00 Min	2.50
		10:30 Min	1.50	11:00 Min	1.50	11:30 Min	1.50	12:00 Min	1.50	12:30 Min	1.50
		11:00 Min	0.50	11:30 Min	0.50	12:00 Min	0.50	12:30 Min	0.50	13:00 Min	0.50
		11:30 Min	0	12:00 Min	0	12:30 Min	0	13:00 Min	0	13:30 Min	0

Proposed Test - 3

T/F36, F41, Badminton SU5, TT 8-9

Sr. No.	Test	21-30 Years	Score	31-35 Years	Score	36-40 Years	Score	41-45 Years	Score	46-50 Years	Score
1	30mtr. Flying sprint	5.80 sec	2.50	6.00 sec	2.50	6.20 sec	2.50	6.40 sec	2.50	6.60 sec	2.50
		6.00 sec	1.50	6.20 sec	1.50	6.40 sec	1.50	6.60 sec	1.50	6.80 sec	1.50
		6.20 sec	0.50	6.40 sec	0.50	6.60 sec	0.50	6.80 sec	0.50	7.00 sec	0.50
		6.40 sec	0	6.60 sec	0	6.80 sec	0	7.00 sec	0	7.20 sec	0
2	Standing broad jump	1.38 m	2.50	1.33 m	2.50	1.28 m	2.50	1.23 m	2.50	1.18 m	2.50
		1.33 m	1.50	1.28 m	1.50	1.23 m	1.50	1.18 m	1.50	1.13 m	1.50
		1.28 m	0.50	1.23 m	0.50	1.18 m	0.50	1.13 m	0.50	1.08 m	0.50
		1.23 m	0	1.18 m	0	1.13 m	0	1.08 m	0	1.03 m	0
3	Bend and Reach Test	5.0 cm	2.50	4.5 cm	2.50	4.0 cm	2.50	3.5 cm	2.50	3.0 cm	2.50
		4.5 cm	1.50	4.0 cm	1.50	3.5 cm	1.50	3.0 cm	1.50	2.5 cm	1.50
		4.0 cm	0.50	3.5 cm	0.50	3.0 cm	0.50	2.5 cm	0.50	2.0 cm	0.50
		3.5 cm	0	3.0 cm	0	2.5 cm	0	2.0 cm	0	1.5 cm	0
4	1600mtr Run	9:30 Min	2.50	10:00 Min	2.50	10:30 Min	2.50	11:00 Min	2.50	11:30 Min	2.50
		10:00 Min	1.50	10:30 Min	1.50	11:00 Min	1.50	11:30 Min	1.50	12:00 Min	1.50
		10:30 Min	0.50	11:00 Min	0.50	11:30 Min	0.50	12:00 Min	0.50	12:30 Min	0.50
		11:00 Min	0	11:30 Min	0	12:00 Min	0	12:30 Min	0	13:00 Min	0

Proposed Test - 4
T/F37, F57, T/F64, TT 10

Sr. No.	Test	21-30 Years	Score	31-35 Years	Score	36-40 Years	Score	41-45 Years	Score	46-50 Years	Score
1	30mtr. Flying sprint	5.60 sec	2.50	5.80 sec	2.50	6.00 sec	2.50	6.20 sec	2.50	6.40 sec	2.50
		5.80 sec	1.50	6.00 sec	1.50	6.20 sec	1.50	6.40 sec	1.50	6.60 sec	1.50
		6.00 sec	0.50	6.20 sec	0.50	6.40 sec	0.50	6.60 sec	0.50	6.80 sec	0.50
		6.20 sec	0	6.40 sec	0	6.60 sec	0	6.80 sec	0	7.00 sec	0
2	Standing broad jump	1.38 m	2.50	1.33 m	2.50	1.28 m	2.50	1.23 m	2.50	1.18 m	2.50
		1.33 m	1.50	1.28 m	1.50	1.23 m	1.50	1.18 m	1.50	1.13 m	1.50
		1.28 m	0.50	1.23 m	0.50	1.18 m	0.50	1.13 m	0.50	1.08 m	0.50
		1.23 m	0	1.18 m	0	1.13 m	0	1.08 m	0	1.03 m	0
3	Bend and Reach Test	5.0 cm	2.50	4.5 cm	2.50	4.0 cm	2.50	3.5 cm	2.50	3.0 cm	2.50
		4.5 cm	1.50	4.0 cm	1.50	3.5 cm	1.50	3.0 cm	1.50	2.5 cm	1.50
		4.0 cm	0.50	3.5 cm	0.50	3.0 cm	0.50	2.5 cm	0.50	2.0 cm	0.50
		3.5 cm	0	3.0 cm	0	2.5 cm	0	2.0 cm	0	1.5 cm	0
4	1600mtr Run	9:20 Min	2.50	9:50 Min	2.50	10:20 Min	2.50	10:50 Min	2.50	11:20 Min	2.50
		9:50 Min	1.50	10:20 Min	1.50	10:50 Min	1.50	11:20 Min	1.50	11:50 Min	1.50
		10:20 Min	0.50	10:50 Min	0.50	11:20 Min	0.50	11:50 Min	0.50	12:20 Min	0.50
		10:50 Min	0	11:20 Min	0	11:50 Min	0	12:20 Min	0	12:50 Min	0

Proposed Test - 5
T/F38, T/F45-47

Sr. No.	Test	21-30 Years	Score	31-35 Years	Score	36-40 Years	Score	41-45 Years	Score	46-50 Years	Score
1	30mtr. Flying sprint	5.50 sec	2.50	5.70 sec	2.50	5.90 sec	2.50	6.10 sec	2.50	6.30 sec	2.50
		5.70 sec	1.50	5.90 sec	1.50	6.10 sec	1.50	6.30 sec	1.50	6.50 sec	1.50
		5.90 sec	0.50	6.10 sec	0.50	6.30 sec	0.50	6.50 sec	0.50	6.70 sec	0.50
		6.10 sec	0	6.30 sec	0	6.50 sec	0	6.70 sec	0	6.90 sec	0
2	Standing broad jump	1.40 m	2.50	1.35 m	2.50	1.30 m	2.50	1.25 m	2.50	1.20 m	2.50
		1.35 m	1.50	1.30 m	1.50	1.25 m	1.50	1.20 m	1.50	1.15 m	1.50
		1.30 m	0.50	1.25 m	0.50	1.20 m	0.50	1.15 m	0.50	1.10 m	0.50
		1.25 m	0	1.20 m	0	1.15 m	0	1.10 m	0	1.05 m	0
3	Bend and Reach Test	5.0 cm	2.50	4.5 cm	2.50	4.0 cm	2.50	3.5 cm	2.50	3.0 cm	2.50
		4.5 cm	1.50	4.0 cm	1.50	3.5 cm	1.50	3.0 cm	1.50	2.5 cm	1.50
		4.0 cm	0.50	3.5 cm	0.50	3.0 cm	0.50	2.5 cm	0.50	2.0 cm	0.50
		3.5 cm	0	3.0 cm	0	2.5 cm	0	2.0 cm	0	1.5 cm	0
4	1600mtr Run	9:30 Min	2.50	10:00 Min	2.50	10:30 Min	2.50	11:00 Min	2.50	11:30 Min	2.50
		10:00 Min	1.50	10:30 Min	1.50	11:00 Min	1.50	11:30 Min	1.50	12:00 Min	1.50
		10:30 Min	0.50	11:00 Min	0.50	11:30 Min	0.50	12:00 Min	0.50	12:30 Min	0.50
		11:00 Min	0	11:30 Min	0	12:00 Min	0	12:30 Min	0	13:00 Min	0

Proposed Test - 6
Badminton SL3-4

Sr. No.	Test	21-30 Years	Score	31-35 Years	Score	36-40 Years	Score	41-45 Years	Score	46-50 Years	Score
1	30mtr. Flying sprint	6.45 sec	2.50	6.65 sec	2.50	6.85 sec	2.50	7.05 sec	2.50	7.25 sec	2.50
		6.65 sec	1.50	6.85 sec	1.50	7.05 sec	1.50	7.25 sec	1.50	7.45 sec	1.50
		6.85 sec	0.50	7.05 sec	0.50	7.25 sec	0.50	7.45 sec	0.50	7.65 sec	0.50
		7.05 sec	0	7.25 sec	0	7.45 sec	0	7.65 sec	0	7.85 sec	0
2	Standing broad jump	1.35 m	2.50	1.30 m	2.50	1.25 m	2.50	1.20 m	2.50	1.15 m	2.50
		1.30 m	1.50	1.25 m	1.50	1.20 m	1.50	1.15 m	1.50	1.10 m	1.50
		1.25 m	0.50	1.20 m	0.50	1.15 m	0.50	1.10 m	0.50	1.05 m	0.50
		1.20 m	0	1.15 m	0	1.10 m	0	1.05 m	0	1.00 m	0
3	Bend and Reach Test	5.0 cm	2.50	4.5 cm	2.50	4.0 cm	2.50	3.5 cm	2.50	3.0 cm	2.50
		4.5 cm	1.50	4.0 cm	1.50	3.5 cm	1.50	3.0 cm	1.50	2.5 cm	1.50
		4.0 cm	0.50	3.5 cm	0.50	3.0 cm	0.50	2.5 cm	0.50	2.0 cm	0.50
		3.5 cm	0	3.0 cm	0	2.5 cm	0	2.0 cm	0	1.5 cm	0
4	1600mtr Run	10:45 Min	2.50	11:15 Min	2.50	11:45 Min	2.50	12:15 Min	2.50	12:45 Min	2.50
		11:15 Min	1.50	11:45 Min	1.50	12:15 Min	1.50	12:45 Min	1.50	13:15 Min	1.50
		11:45 Min	0.50	12:15 Min	0.50	12:45 Min	0.50	13:15 Min	0.50	13:45 Min	0.50
		12:15 Min	0	12:45 Min	0	13:15 Min	0	13:45 Min	0	14:15 Min	0

Proposed Test - 7
Badminton SH6

Sr. No.	Test	21-30 Years	Score	31-35 Years	Score	36-40 Years	Score	41-45 Years	Score	46-50 Years	Score
1	30mtr. Flying sprint	5.90 sec	2.50	6.10 sec	2.50	6.30 sec	2.50	6.50 sec	2.50	6.70 sec	2.50
		6.10 sec	1.50	6.30 sec	1.50	6.50 sec	1.50	6.70 sec	1.50	6.90 sec	1.50
		6.30 sec	0.50	6.50 sec	0.50	6.70 sec	0.50	6.90 sec	0.50	7.10 sec	0.50
		6.50 sec	0	6.70 sec	0	6.90 sec	0	7.10 sec	0	7.30 sec	0
2	Standing broad jump	1.38 m	2.50	1.33 m	2.50	1.28 m	2.50	1.23 m	2.50	1.18 m	2.50
		1.33 m	1.50	1.28 m	1.50	1.23 m	1.50	1.18 m	1.50	1.13 m	1.50
		1.28 m	0.50	1.23 m	0.50	1.18 m	0.50	1.13 m	0.50	1.08 m	0.50
		1.23 m	0	1.18 m	0	1.13 m	0	1.08 m	0	1.03 m	0
3	Bend and Reach Test	5.0 cm	2.50	4.5 cm	2.50	4.0 cm	2.50	3.5 cm	2.50	3.0 cm	2.50
		4.5 cm	1.50	4.0 cm	1.50	3.5 cm	1.50	3.0 cm	1.50	2.5 cm	1.50
		4.0 cm	0.50	3.5 cm	0.50	3.0 cm	0.50	2.5 cm	0.50	2.0 cm	0.50
		3.5 cm	0	3.0 cm	0	2.5 cm	0	2.0 cm	0	1.5 cm	0
4	1600mtr Run	9:50 Min	2.50	10:20 Min	2.50	10:50 Min	2.50	11:20 Min	2.50	11:50 Min	2.50
		10:20 Min	1.50	10:50 Min	1.50	11:20 Min	1.50	11:50 Min	1.50	12:20 Min	1.50
		10:50 Min	0.50	11:20 Min	0.50	11:50 Min	0.50	12:20 Min	0.50	12:50 Min	0.50
		11:20 Min	0	11:50 Min	0	12:20 Min	0	12:50 Min	0	13:20 Min	0

II. Sports Skill Test Para Athlete Candidates (20 marks)

1. Skill Test for Para-Athletics:

Skill Evaluation (Chose any one Athletic Event)

Sr. No.	Event	Sr. No.	Event	Sr. No.	Event
1	Crouch Start	1	Long Jump	1	Shot Put
2	Sprint	2	High Jump	2	Discus Throw
3	Middle & Long Distance			3	Javelin Throw

Skill Grading

Grade	Observation	Marks
Excellent	Complete technique execution with Correct phases & good balance. Correct movements with correct timing. Physiological efficiency. Highly coordinated actions.	Between 17 to 20
Very good	Execution of technique with Correct phases with minor errors. Movement timing is not efficient. Less physiological efficiency.	Between 13 to 16
Good	Technique execution with faults and balance issues.	Between 09 to 12
Average	Technique execution with incomplete phases.	Between 05 to 08
Poor	Only accurate stance, rough form of technique with many errors	Between 00 to 04

2. Skill Test for Para-Archery (Both Male & Female):

S. N.	Name of Test	Marks
1.	Coordination During Shot	4
2.	Draw	4
3.	Anchor	4
4.	Shot Execution	4
5.	Scoring	4
	Total Marks	20

Name of the Discipline	Coordination During Shot (04 Marks)	Draw (04 Marks)	Anchor (04 Marks)	Shot Execution (04 Marks)	Scoring (04 Marks)
Archery (Male)	Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks	Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks	Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks	Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks	70M (Recurve) 320 & Above (04 Marks) 319 – 310 (03 Marks) 309 – 300 (02 Marks) 299 – 290 (01 Marks) 50M (Compound) 340 & Above (04 Marks) 339 – 335 (03 Marks) 334 – 330 (02 Marks) 329 – 325 (01 Marks) 50M (Indian Round) 300 & Above (04 Marks) 299 – 295 (03 Marks) 294 – 290 (02 Marks) 289 – 285 (01 Marks)
Archery (Female)	Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks	Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks	Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks	Very Good - 04 Marks Good – 03 Marks Satisfactory – 02 Marks Average – 01 Marks Poor – 00 Marks	70M (Recurve) 310 & Above (04 Marks) 309 – 300 (03 Marks) 299 – 290 (02 Marks) 289 – 280 (01 Marks) 50M (Compound) 335 & Above (04 Marks) 334 – 330 (03 Marks) 329 – 325 (02 Marks) 324 – 320 (01 Marks) 50M (Indian Round) 290 & Above (04 Marks) 289 – 285 (03 Marks) 284 – 280 (02 Marks) 279 – 275 (01 Marks)

3. Skill Test for Para Badminton(Both Male & Female):

Para Badminton (Standing Classes) – Skill Assessment Framework (Out of 20 Marks)

Classes Covered: SL3, SL4, SU5, SH6

Objective:

To evaluate stroke quality, movement efficiency, and adaptability in order to identify effective execution, smart adaptation, and consistency within functional limitation.

S. N.	Name of Test	Marks
1.	On-Court Movement	6
2.	Basic Stroke Quality	10
3.	Adaptability & Functional Efficiency	4
	Total Marks	20

1. On-Court Movement – 6 Marks

- Footwork / Stepping Pattern – 2
- Balance & Stability (lunges & recovery) – 2
- Change of Pace & Direction – 2

2. Basic Stroke Quality – 10 Marks

- Tosses / Lifts (length, height, control) – 2
- Drops (net control & variation) – 2
- Smashes (power, angle, placement) – 2
- Defence (blocks, lifts, reaction) – 2
- Parallel / Straight Shots (accuracy & consistency) – 2

3. Adaptability & Functional Efficiency – 4 Marks

- Adaptation to Impairment (technique modification) – 2
- Consistency & Error Control – 2

Evaluation Guidelines

- Assess within functional capacity, not against able-bodied standards
- Prioritize control and consistency over power

Class-specific Focus

- SL3: Balance & controlled movement in half badminton court
- SL4: Speed & full-court coverage
- SU5: Stroke adaptation (upper limb asymmetry)
- SH6: Timing, speed & compact strokes

4. Skill Test for Para Shooting (Both Male & Female):

S. N.	Name of Test	Marks
1.	Basic Accuracy Test (10 shots shooting)	4
2.	Holding Stability Test (Dry + Live)	4
3.	Range Discipline	4
4.	Range order	4
5.	Following of Safety Rules/Handling of Fire arms	4
	Total Marks	20

Sl. No.	Type of Test	Duration and Criteria	Marks	Remarks
01.	Basic Accuracy Test (10 shots shooting)	Grouping within 10,9 & 8 rings Grouping within 7 rings Grouping within 6 Rings Grouping within 5 Rings Grouping out of 5 rings	4 Marks 3 Marks 2 Marks 1 Marks 0 Mark	Grouping as per the event of student's choice (10, 25 or 50 metre Events)
02.	Holding Stability Test (Dry + Live)	Up to 25 Sec Up to 20 Sec Up to 15 Sec Up to 10 Sec Less than 10 Sec	4 Marks 3 Marks 2 Marks 1 Marks 0 Mark	Observation movement of sight - visual observation/or by Scatt
03.	Range Discipline	Excellent Good Average Poor	4 Marks 3 Marks 2 Mark 1 Mark	To test the level of basic aspects of Shot Routine
04.	Range order	Excellent Good Average Poor	4 Marks 3 Marks 2 Mark 1 Mark	Range Commands -To test the awareness about the range orders and commands
05.	Following of Safety Rules/Handling of Fire arms	Excellent Good Average Poor	4 Marks 3 Marks 2 Mark 1 Mark	To test the level of awareness of fire arm safety/handling

5. Skill Test for Para Table Tennis (Both Male & Female):

S. N.	Name of Test	Marks
1.	Long or Short Back Spin to Backhand	05
2.	Long or Short Back Spin to Forehand	05
3.	Forehand Stroke & Rally	05
4.	Backhand Stroke & Rally	05
	Total Marks	20

1. The skill of service is the first step to compete in table tennis. The following table provides

Testing Items (Service)	Marks	Test Instruction	Scoring
Long or Short Back Spin to Backhand	05	Each service item is conducted five (5) times. Trainees is informed to do the correct skill and allowed to practice once .	0: wrong service and wrong location of the ball or missed the service 1 to 2: poor control in service or poor location of the ball but not missed. 3 to 5: good control in service and good location of the ball.
Long or Short Back Spin to Forehand	05		

The test of service for PARA Table Tennis Diploma Trainees Induction.

2. Basic table tennis skills and control test is one of the main parts of table tennis. The basic skills and control test is strongly related to the theoretical framework of **3S** (Spin, Speed, and spot) and **3C** (consistency, control and change) principles in Para table tennis. The following table provides basic skills and control test for PARA Table Tennis Diploma Trainees Induction.

Basic Skills & Control Items	Marks	Test Instruction	Scoring
Forehand Stroke & Rally	05	A coach or technical staff asks the trainees to play using certain types of table tennis skills for 30 seconds and to try to make a consistent rally.	0: Wrong stroke and cannot control the ball on the table. 1 to 2: Poor stroke and/or may not consistently control the ball on the table. 3 to 5: Good control of stroke and consistently control the ball on the table.
Backhand Stroke & Rally	05	The coach demonstrates a trial and clearly explain the testing skill to the trainees.	

Notes: For the Basic skills test, poor control means poor demonstration in strokes which relate to poor stroke and/or may not consistently control the ball on the table. Have to hit a ball at the right time with proper spin or speed, and performing the playing poor location means the ball does not reach the expected area on the table.