



KHELO INDIA CSC

KHELO INDIA STATE CENTRE OF EXCELLENCE

Sports Complex, Hockey Stadium, Sector - 42, Chandigarh - 160036

E-mail - csc_cfha@yahoo.com



CSC-UT-KI-2021/178

Dated 9/11/2021

NOTICE FOR INDUCTION OF BOYS AND GIRLS IN THE ROWING, BOXING & HOCKEY SPORTS DISCIPLINES IN KHELO INDIA STATE CENTRE OF EXCELLENCE, CHANDIGARH

DETAIL OF SELECTION TRIALS IN RESPECT OF HOCKEY SPORTS DISCIPLINE:-

S. N.	Total No. of players (Boys & Girls).	Age	Date of trials	Venue & time of trials
1.	15 Girls	Born on or after 1.1.2003	15.11.2021 and 16.11.2021	Reporting time 10.00 A.M. onwards at Hockey Ground, Sector-42 Chandigarh.
2.	15 Boys	Born on or after 1.1.2004	17.11.2021 and 18.11.2021	Reporting time 10.00 A.M. onwards at Hockey Ground, Sector-42 Chandigarh.

DETAIL OF SELECTION TRIALS IN RESPECT OF ROWING SPORTS DISCIPLINE:-

S.N	Total No. of players (Boys & Girls).	Age	Height and weight	Date of trials	Venue & time of trials
1.	15 Boys & 15 Girls in the age of under 15 years (U-15)	Born on or after 1.1.2007	Minimum height of 168 cm for Boys & 163 cm for Girls	17.11.2021 and 18.11.2021	<ul style="list-style-type: none"> Reporting time 8:00 A.M. at Athletic Ground, Sports Complex, Sector-7, Chandigarh Only Swimming tests will be held at Lake Sports Complex, Chandigarh

DETAIL OF SELECTION TRIALS IN RESPECT OF BOXING SPORTS DISCIPLINE:-

S.N	Total No. of players (Boys & Girls).	Age	Height and weight	Date of trials	Venue & time of trials																																				
1.	15 Boys & 15 Girls in the age group of above 13 to under 18 years (Sub-Junior, Junior and Youth)	born between 1.1.2004 to 31.12.2007	<table border="1"> <thead> <tr> <th colspan="3">Boys</th> </tr> <tr> <th>Age Group</th> <th>Height</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>2004</td> <td>172</td> <td>48</td> </tr> <tr> <td>2005</td> <td>167</td> <td>46</td> </tr> <tr> <td>2006</td> <td>162</td> <td>44</td> </tr> <tr> <td>2007</td> <td>157</td> <td>42</td> </tr> <tr> <th colspan="3">Girls</th> </tr> <tr> <th>Age Group</th> <th>Height</th> <th>Weight</th> </tr> <tr> <td>2004</td> <td>163</td> <td>46</td> </tr> <tr> <td>2005</td> <td>161</td> <td>46</td> </tr> <tr> <td>2006</td> <td>157</td> <td>44</td> </tr> <tr> <td>2007</td> <td>154</td> <td>40</td> </tr> </tbody> </table>	Boys			Age Group	Height	Weight	2004	172	48	2005	167	46	2006	162	44	2007	157	42	Girls			Age Group	Height	Weight	2004	163	46	2005	161	46	2006	157	44	2007	154	40	20.11.2021 and 21.11.2021	<ul style="list-style-type: none"> Reporting time 7:00 A.M. onwards at Athletic Ground, Sports Complex, Sector-46, Chandigarh. Those candidates who will clear the Height, Weight and Physical fitness test to proceed for another Skill tests at Boxing Ring at Multipurpose Hall, Hockey Stadium, Sector-42, Chandigarh.
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Note: - The selection criteria and other instructions are available on the website <http://sportsdeptt.chd.gov.in> and <http://chdpr.gov.in>, any change of schedule shall be intimated on the same site.

[Signature] 09/11/21

for **Joint Secretary
Secretary
Chandigarh Sports Council**



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CSC-UT-KI-2021/ 178

Dated 9/11/2021

NOTICE FOR INDUCTION IN THE HOCKEY SPORTS DISCIPLINE IN KHELO INDIA STATE CENTRE OF EXCELLENCE, CHANDIGARH (BOYS AND GIRLS)

The KISCE, Chandigarh is going to conduct selection trials to select 15 Girls, Born on or after 1.1.2003 and 15 Boys, Born on or after 1.1.2004 at the following venues on the dates indicated against each:-

Sr. No.	Total No. of players (Boys & Girls).	Age	Date of trials	Venue & time of trials
1.	15 Girls	Born on or after 1.1.2003	15.11.2021 and 16.11.2021	Reporting time 10.00 A.M. onwards at Hockey Ground, Sector-42 Chandigarh.
2.	15 Boys	Born on or after 1.1.2004	17.11.2021 and 18.11.2021	Reporting time 10.00 A.M. onwards at Hockey Ground, Sector-42 Chandigarh.

- The interested children/players shall come for trials in proper kit with original Birth Certificate issued by the Competent Authority (Municipal Corporation/Health Department/Municipal Council/Gram Panchayat) and two recently passport size photographs.

Note:- The selection criteria and other instructions are available on the website <http://sportsdeptt.chd.gov.in> and <http://chdpr.gov.in>, any change of schedule shall be intimated on the same site.

Facilities:- The selected candidates in Hockey sports discipline under KISCE, Chandigarh shall be provided Boarding & Lodging and other facilities provided by KISCE, Chandigarh as per agreement that would be executed between CSC (KISCE, Chandigarh) and parents/guardian of the selected candidates.

For any enquiry, please contact: 94632-06328


Joint Secretary
 for **Secretary**
Chandigarh Sports Council



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CSC-UT-KI-2021/178

Dated 9/11/2021

KHELO INDIA STATE CENTRE OF EXCELLENCE, CHANDIGARH, HOCKEY TESTS TO BE CONDUCTED FOR BOYS

PRELIMINARY TEST FOR BOYS				
S. N.	Tests	Time	Points	
1.	30 Mtrs Flying Start	3.8 -3.5	1	
		3.4-3.1	2	
		3.0 -& Less	3	
2	Standing Board Jump	2.01-2.16	1	
		2.17-2.32	2	
		2.33 -& Above	3	
3	Yo-Yo Test	15.7-17.2	1	
		17.3-18.6	2	
		18.7-20.1	3	
4	Repeated Sprints 6x30	Difference-5%	1	
		Difference-3%	2	
		Less than-2%	3	
5	Shuttle Run 6 * 10	15.9-15.3	1	
		15.2-14.8	2	
		14.7- & Less	3	
SKILL TEST FOR BOYS				
S.N.	Tests	Attempts	Points	Remarks
1.	Slap Test	10 Balls	10	60 Meters Dignal (Target 5 meters)
2	Turn and Receive (5 Meters Distance)	10 Balls	10	Straight and Reverse (25 meters Distance)
3	Receive and Shoot	10 Balls	10	Straight and Reverse
4	Dodging and Tackling	10 times tackles	10	2 v/s 1 (10*20 meters)
5	Games and Tact's (Skill Abilities)	30 Minutes	10	Full Ground Match Slap(disguised), 3D Skills, Drag Flicks, Lifting and Tapping etc.



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Dated 9/11/2021

KHELO INDIA STATE CENTRE OF EXCELLENCE, CHANDIGARH, HOCKEY TESTS TO BE CONDUCTED FOR BOYS-GOAL KEEPER

PRELIMINARY TEST FOR GOAL-KEEPER (BOYS)				
S. N.	Tests	Time	Points	
1.	30 Mtrs Flying Start	3.8 -3.5	1	
		3.4-3.1	2	
		3.0 -& Less	3	
2	Standing Board Jump	2.01-2.16	1	
		2.17-2.32	2	
		2.33 -& Above	3	
3	Yo-Yo Test	15.7-17.2	1	
		17.3-18.6	2	
		18.7-20.1	3	
4	Repeated Sprints 6x30	Difference-5%	1	
		Difference-3%	2	
		Less than-2%	3	
5	Shuttle Run 6 * 10	15.9-15.3	1	
		15.2-14.8	2	
		14.7- & Less	3	
SKILL TEST FOR GOAL-KEEPER (BOYS)				
S.N.	Tests	Attempts	Points	Remarks
1.	Kicking the ball for Accuracy	10 Balls	10	From Top of the D
2	Backward and Forward	1 minute	10	7 yard at 45 (Right & Left), Centre
3	1 v/s 1 Shoot Out	10 attempt	10	10 seconds per attempt
4	Agility Test	3 attempt	10	T-Test, with kit
5	Game and Tacts	30 minute	10	Full game



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Dated 9/11/2021

KHELO INDIA STATE CENTRE OF EXCELLENCE, CHANDIGARH, HOCKEY TESTS TO BE CONDUCTED FOR GIRLS

PRELIMINARY TEST FOR GIRLS				
Sr. No.	Tests	Time	Points	Remarks
1.	30 Mtrs Flying Start	3.8 -3.6	1	
		3.5-3.4	2	
		3.3 -& Less	3	
2	Standard Board Jump	1.71-1.91	1	
		1.92-2.12	2	
		2.13 -& Above	3	
3	Yo-Yo Test	14.6-15.5	1	
		15.6-16.5	2	
		16.6-17.5	3	
4	Repeated Sprints 6x30	Difference-5%	1	
		Difference-3%	2	
		Less than-2%	3	
5	Shuttle Run 6 * 10	17.9-17.3	1	
		17.2-16.6	2	
		16.5- & Less	3	
SKILL TEST FOR GIRLS				
Sr.No.	Skill Tests	Attempts	Points	Remarks
1.	Slap Test	10 Balls	10	50 Meters Dignal (Target 5 meters)
2	Turn and Receive (5 Meters Distance)	10 Balls	10	Straight and Reverse (25 meters Distance)
3	Receive and Shoot	10 Balls	10	Straight and Reverse
4	Dodging and Tackling	10 times tackles	10	2 v/s 1 (10*20 meters)
5	Games and Tact's (Special Abilities) Skills	30 Minutes	10	Full Ground Match Slap(disguised), 3D Skills, Drag Flicks, Lifting and Tapping etc.



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KHELO INDIA STATE CENTRE OF EXCELLENCE, CHANDIGARH, HOCKEY TESTS TO BE CONDUCTED FOR GIRLS-GOAL-KEEPER

PRELIMINARY TESTS FOR GOAL KEEPER (GIRLS)				
Sr. No.	Preliminary tests	Time	Points	Remarks
1.	30 Mtrs Flying Start	3.8 -3.6	1	
		3.5-3.4	2	
		3.3 -& Less	3	
2	Standing Board Jump	1.71-1.91	1	
		1.92-2.12	2	
		2.13 -& Above	3	
3	Yo-Yo Test	14.6-15.5	1	
		15.6-16.5	2	
		16.6-17.5	3	
4	Repeated Sprints 6x30	Difference-5%	1	
		Difference-3%	2	
		Less than-2%	3	
5	Shuttle Run 6 * 10	17.9-17.3	1	
		17.2-16.6	2	
		16.5- & Less	3	
SKILL TESTS FOR GOAL KEEPER (GIRLS)				
S.N.	Skill Tests	Attempts	Points	Remarks
1.	Kicking the ball for Accuracy	10 Balls	10	From Top of the D
2	Backward and Forward	1 minute	10	7 yard at 45 (Right & Left), Centre
3	1 v/s 1 Shoot Out	10 attempt	10	10 seconds per attempt
4	Agility Test	3 attempt	10	T-Test, with kit
5	Game and Tacts	30 minute	10	Full game

Note:

- Merit list shall be prepared as per the position gained by him/ her as the conditions noted above.
- The candidate shall not be eligible for selection trials without original date of birth certificate issued by the competent authority.
- The D.O.B certificate shall be got verified from the concerned Authorities to avoid any complication at later stage. In case, the birth certificate submitted by the parents of the inmate is found false/ not genuine, the entire responsibility shall be borne by the parents of inmate and the action will be taken as per agreement. Further, the enrollment shall be terminated immediately without assigning any notice.
- The concerned parents may make their own arrangement at their own level during the trial.
- In case any injury is occurred to the participating candidates during the trials, the CSC and KISCE, Chandigarh shall not be held responsible in any manner.
- All the candidates and their parents/guardian shall follow the SOP's of Covid-19 issued by Govt. of India and Chandigarh Administration.
- No TA/DA shall be paid.
- The selected candidates in Hockey sports discipline under KISCE, Chandigarh shall be provided Boarding & Lodging and other facilities provided by KISCE, Chandigarh as per agreement.



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Dated 9/11/2021

NOTICE FOR INDUCTION IN THE ROWING SPORTS DISCIPLINE UNDER KHELO INDIA STATE CENTRE OF EXCELLENCE, CHANDIGARH (BOYS AND GIRLS)

The KISCE, Chandigarh is going to conduct selection trials to select 15 Boys & 15 Girls under 15 years (U-15) at the following venues on the dates indicated against each:-

Sr.No.	Total No. of players (Boys & Girls).	Age	Height and weight	Date of trials	Venue & time of trials
1.	15 Boys & 15 Girls in the age of under 15 years (U-15)	Born on or after 1.1.2007	Minimum height of 168 cm for Boys & 163 cm for Girls	17.11.2021 and 18.11.2021	<ul style="list-style-type: none"> Reporting time 8:00 A.M. at Athletic Ground, Sports Complex, Sector-7, Chandigarh. Those candidates, who will clear the Height, Weight and Flexibility parameters to proceed for other physical & skill tests. Only Swimming tests will be held at Lake Sports Complex, Chandigarh. Boys and girls who are proficient in swimming will be preferred however exceptionally promising non swimmer candidates may be considered provisionally till clearance of Swimming test for which adequate time will be provided. and onus of same will rest on the individual candidate

- The interested candidates shall come for trials in proper kit with original Birth Certificate issued by the Competent Authority (Municipal Corporation/Health Department/Municipal Council/Gram Panchayat) and two recently passport size photographs.

Note:- The selection criteria and other instructions are available on the website <http://sportsdeptt.chd.gov.in> and <http://chdpr.gov.in>, any change of schedule shall be intimated on the same site.

Facilities:- The selected candidates in Rowing sports discipline under KISCE, Chandigarh shall be provided Boarding & Lodging and other facilities provided by KISCE, Chandigarh as per agreement that would be executed between CSC (KISCE, Chandigarh) and parents/guardian of the selected candidates.

For any enquiry, please contact: 98761-84727.


Joint Secretary
for Secretary
Chandigarh Sports Council



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CSC-UT-KI-2021/ 178

Dated 9/11/2021

PHYSICAL AND SKILL TEST FOR THE ROWING SPORTS DISCIPLINE FOR THE SELECTION OF CANDIDATES UNDER KHELO INDIA STATE CENTRE OF EXCELLENCE, CHANDIGARH.

The details of the type of test, time/repetitions and points awarded in descending order for each test shall be as per the position/ ranking gained by the candidates. Ranking will be in descending order with max points being awarded to the one performing the maximum reps/ least time and least points to the one performing least reps/ max time.

S.N.	Male Rowers under 15 years (15 Boys)			Female Rowers under 15 years (15 Girls)		
	Exercises/ work	Time/ Repts	Points	Exercises	Time/ Repts	Points
1.	Height in Centimetres	H>174 H> 172 H> 170 H>168cm, minimum	4,3,2,1 Ranking will be in descending order with max points being awarded to the tallest and least to the shortest.	Height in Centimetres	H>167cm H>165, H>163, cm minimum	3,2,1 Ranking will be in descending order with max points being awarded to the tallest and least to the shortest.
2.	Body Composition	Arm Span	On ground evaluation	Body Composition	Arm Span	On ground evaluation
3.	Hip & ankle Flexion Test	(Y.N)	Yes/No	Hip & ankle Flexion Test	(Y.N)	Yes/No
4.	Sit and Reach test - lower back and hamstring test	15cm (min)	Yes/No 1.0	Sit and Reach test - lower back and hamstring test	15cm (min)	Yes/No 1.0
5.	Sit-up Test Abdominal curl	(1max)	One point for each rep will be awarded.	Sit-upTest Abdominal curl. (Modified Body)	(1max)	One point for each rep will be awarded.
6.	Sargent Jump Test or Vertical Jump Test	>42-4 >38-3 >34-2 >30cm-1 (min)	Ranking will be in descending order with max points to the maximum reach of each candidate.	Sargent Jump Test or Vertical Jump Test	>35-4 >31-3 >27-2 >23cm-1 (min)	Ranking will be in descending order with max points to the maximum reach of each candidate.
7.	Shuttle Run Test)	6 Mts Shuttle in 30 sec	One point for each rep will be awarded.	Shuttle Run Test)	6 Mts Shuttle in 30 sec	One point for each rep will be awarded
8.	Chin-up Test Arm and shoulder muscle.	Max -3 Mid,-2 Least-1	for Boys as many repetitions as possible. One point for each rep will be awarded.	Fixed above the bar	For women the maximum time a girl holds in that position is recorded and that becomes her score.	Max -3 Mid,-2 Least-1
9.	Running Test	800mts/3.30m	3.20-3.30-1 3.10-3.19-2 <3.00 -3	Running Test	800mts/4.00	3.50-4.00-1 3.40-3.49-2 <3.30 -3

Note:

- Before any candidate undertakes any of the above-mentioned tests, he/she will have to first clear the mandatory screening tests which are listed as Tests number 1, 2,3,&4 above.
- Final Merit list shall be prepared as per the points gained by each candidate and shall be final and binding for all.
- The candidate shall not be eligible for selection trials without original date of birth certificate issued by the competent authority.
- The D.O.B certificate shall be got verified from the concerned Authorities to avoid any complication at later stage. In case, the birth certificate submitted by the parents of the inmate is found false/ not genuine, the entire responsibility shall be borne by the parents of inmate and the action will be taken as per agreement. Further, the enrolment shall be terminated immediately without assigning any notice.
- In case any injury is occurred to the participating candidates during the trials, the CSC and KISCE, Chandigarh shall not be held responsible in any manner.
- The concerned parents may make their own arrangement at their own level during the trial.
- All the candidates and their parents/guardian shall follow the SOP's of Covid-19 issued by Govt. of India and Chandigarh Administration.
- No TA/DA shall be paid.
- The selected candidates in Rowing sports discipline under KISCE, Chandigarh shall be provided Boarding & Lodging and other facilities provided by KISCE, Chandigarh as per agreement.



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CSC-UT-KI-2021/ 108

Dated 9/11/2021

NOTICE FOR INDUCTION IN THE BOXING SPORTS DISCIPLINE UNDER KHELO INDIA STATE CENTRE OF EXCELLENCE, CHANDIGARH (BOYS AND GIRLS)

The KISCE, Chandigarh is going to conduct selection trials to fill up 15 Boys & 15 Girls in the age group of above 13 to under 18 years (U-18) born between 1.1.2004 to 31.12.2007 (Sub-Junior, Junior and Youth) shall be eligible for the trials on the following venues on the dates indicated against each:-

S.N.	Total No. of players (Boys & Girls).	Age	Height and weight			Date of trials	Venue & time of trials
			Age Group	Height	Weight		
1.	15 Boys & 15 Girls in the age group of above 13 to under 18 years (U-18) (Sub-Junior, Junior and Youth)	born between 1.1.2004 to 31.12.2007	Boys			20.11.2021 and 21.11.2021	<ul style="list-style-type: none"> Reporting time 7:00 A.M. onwards at Athletic Ground, Sports Complex, Sector-46, Chandigarh. Those candidates who will clear the Height, Weight and Physical fitness test to proceed for another Skill tests at Boxing Ring at Multipurpose Hall, Hockey Stadium, Sector-42, Chandigarh.
			Age Group	Height	Weight		
			2004	172	48		
			2005	167	46		
			2006	162	44		
			2007	157	42		
			Girls				
			Age Group	Height	Weight		
			2004	163	46		
			2005	161	46		
			2006	157	44		
2007	154	40					

- The interested candidates shall come for trials in proper kit with original Birth Certificate issued by the Competent Authority (Municipal Corporation/Health Department/Municipal Council/Gram Panchayat) and two recently passport size photographs.

Note:- The selection criteria and other instructions are available on the website <http://sportsdeptt.chd.gov.in> and <http://chdpr.gov.in>, any change of schedule shall be intimated on the same site.

Facilities:- The selected candidates in Boxing sports discipline under KISCE, Chandigarh shall be provided Boarding & Lodging and other facilities provided by KISCE, Chandigarh as per agreement that would be executed between CSC (KISCE, Chandigarh) and parents/guardian of the selected candidates.

For any enquiry, please contact: 81089-33634

[Handwritten Signature] 09/11/21

**Joint Secretary
for Secretary
Chandigarh Sports Council**



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CSC-UT-KI-2021/176

Dated 9/11/24

KHELO INDIA STATE CENTRE OF EXCELLENCE, CHANDIGARH BOXING BATTERY TESTS FOR BOYS & GIRLS (1.1.2004 To 31.12.2007)

Battery Test for Boys, Under -14 years (2007)

S. No	Type of Test	Time/Distance	Points
1.	Vertical Jump	48.0	3
		45.0	2
		43.0	1
2.	30 Mtr Flying Start	4.05 and less	3
		4.10	2
		4.15	1
3.	Medicine Ball Throw	7.7 mtr	3
		7.2	2
		6.7	1
4.	6x10 Mtr Shuttle Run	16.1	3
		16.6	2
		17.1	1
5.	Forward Bend and Reach	15 and above	3
		14 to 11	2
		10 to 7	1
6.	800 Meter Run	3.15	3
		3.20	2
		3.25	1

Battery Test for Boys, Under -16 years (2006)

S. No	Type of Test	Time/Distance	Points
1.	Vertical Jump	50.0	3
		47.0	2
		45.0	1
2.	30 Mtr Flying Start	4.00 and less	3
		4.05	2
		4.10	1
3.	Medicine Ball Throw	9 mtr	3
		8.2	2
		7.2	1
4.	6x10 Mtr Shuttle Run	15.7	3
		16.5	2
		16.8	1
5.	Forward Bend and Reach	15 and above	3
		14 to 11	2
		10 to 7	1
6.	800 Mtrs Run	3.10	3
		3.25	2
		3.20	1

Battery Test for Boys, Under -16 years (2005)

S. No	Type of Test	Time/Distance	Points
1.	Vertical Jump	54.0	3
		50.0	2
		47.0	1
2.	30 Mtr Flying Start	3.95 and less	3
		4.0	2
		4.05	1
3.	Medicine Ball Throw	9.7 mtr	3
		8.7	2
		7.4	1
4.	6x10 Mtr Shuttle Run	15.5	3
		15.8	2
		16.3	1
5.	Forward Bend and Reach	15 and above	3
		14 to 11	2
		10 to 7	1
6.	800 Mtr Run	3.00	3
		3.10	2
		3.15	1



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CSC-UT-KI-2021/178

Dated 9/11/221

Battery Test for Boys, Under -18 years (2004)

S. No	Type of Test	Time/Distance	Points
1.	Vertical Jump	55.0	3
		53.0	2
		49.0	1
2.	30 Mtr Flying Start	3.90 and less	3
		3.95	2
		4.0	1
3.	Medicine Ball Throw	9.5	3
		9.0	2
		8.3	1
4.	6x10 Mtr Shuttle Run	14.9	3
		15.4	2
		15.9	1
5.	Forward Bend and Reach	15 and above	3
		14 to 11	2
		10 to 7	1
6.	800 Mtr Run	2.45	3
		2.53	2
		3.5	1

Battery Test for Girls, Under -14 years (2007)

S. No	Type of Test	Time/Distance	Points
1.	Vertical Jump	47.0 cm	3
		41.0	2
		39.0	1
2.	30 Mtr Flying Start	4.25 and less	3
		4.30	2
		4.40	1
3.	Medicine Ball Throw	7.3mtr	3
		6.6	2
		6.0	1
4.	6x10 Mtr Shuttle Run	17.2	3
		17.7	2
		18.2	1
5.	Forward Bend and Reach	15 and above	3
		14 to 11	2
		10 to 7	1
6.	800 Mtr Run	3.15	3
		3.20	2
		3.25	1

Battery Test for Girls, Under -16 years (2006)

S. No	Type of Test	Time/Distance	Points
1.	Vertical Jump	48.0	3
		45.0	2
		43.0	1
2.	30 Mtr Flying Start	4.15 and less	3
		4.20	2
		4.30	1
3.	Medicine Ball Throw	8.0 mtr	3
		7.0	2
		6.5	1
4.	6x10 Mtr Shuttle Run	16.9	3
		17.3	2
		17.8	1
5.	Forward Bend and Reach	15 and above	3
		14 to 11	2
		10 to 7	1
6.	800 Mtr Run	3.10	3
		3.15	2
		3.20	1



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Battery Test for Girls, Under -16 years (2005)

S. No	Type of Test	Time/Distance	Points
1.	Vertical Jump	50.0	3
		47.0	2
		45.0	1
2.	30 Mtr Flying Start	4.10 and less	3
		4.15	2
		4.25	1
3.	Medicine Ball Throw	8.3 mtr	3
		7.5	2
		7.0	1
4.	6x10 Mtr Shuttle Run	16.6	3
		17.0	2
		17.4	1
5.	Forward Bend and Reach	15 and above	3
		14 to 11	2
		10 to 7	1
6.	800 Mtr Run	3.05	3
		3.10	2
		3.15	1

Battery Test for Girls, Under -18 years (2004)

S. No	Type of Test	Time/Distance	Points
1.	Vertical Jump	52.0	3
		49.0	2
		47.0	1
2.	30 Mtr Flying Start	4.05 and less	3
		4.10	2
		4.15	1
3.	Medicine Ball Throw	8.7 mtr	3
		7.9	2
		7.4	1
4.	6x10 Mtr Shuttle Run	16.1	3
		16.6	2
		17.1	1
5.	Forward Bend and Reach	15 and above	3
		14 to 11	2
		10 to 7	1
6.	800 Mtr Run	3.0	3
		3.10	2
		3.15	1

SKILL/GAME TEST FOR FINAL TRIALS

S. N.	Skill Tests	Points
1.	Footwork	3,2,1
2.	Shadow Boxing	3,2,1
3.	Punching Bag	3,2,1
4.	Sparring (Attack, Defense, Counter Attack)	3,2,1



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NOTE:-

- The candidate shall also undergo bone age test to determine the bone age of the candidate (if required).
- The candidate shall come for trials in proper kit with original Birth Certificate issued by the Competent Authority and two passport size photographs.
- The D.O.B certificate shall be got verified from the concerned Authorities to avoid any complication at later stage. In case, the birth certificate submitted by the parents of the inmate is found false/ not genuine, the entire responsibility shall be borne by the parents of inmate and the action will be taken as per agreement. Further, the enrolment shall be terminated immediately without assigning any notice.
- The concerned parents may make their own arrangement at their own level during the trial.
- In case any injury is occurred to the participating candidates during the trials, the CSC and KISCE, Chandigarh shall not be held responsible in any manner.
- All the candidates and their parents/guardian shall follow the SOP's of Covid-19 issued by Govt. of India and Chandigarh Administration.
- No TA/DA shall be paid.
- The selected candidates in Boxing sports discipline under KISCE, Chandigarh shall be provided Boarding & Lodging and other facilities provided by KISCE, Chandigarh.