



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-2022/1212

Dated 9/12/22

NOTICE FOR INDUCTION OF BOYS AND GIRLS IN THE ROWING SPORTS DISCIPLINES UNDER KHELO INDIA STATE CENTRE OF EXCELLENCE, 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.	9 Boys & 14 Girls	<ul style="list-style-type: none"> Born between 26.12.2009 to 26.12.2007 (for Boys) Born between 26.12.2009 to 26.12.2006 (for Girls) 	Minimum height of 174 cm for Boys & 165 cm for Girls	26.12.2022 and 27.12.2022	<ul style="list-style-type: none"> Reporting time 9.00 AM at Lake Sports Complex, Chandigarh. Anthropometrically qualities (i.e. Height, Weight, shoulder, Arm Span and Hip & Ankle Flexion test etc.) are compulsory inherent to proceed Physical test. Only 800 meter running test held at Athletic Ground, Sports Complex, Sector 46, 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. The Secretary, CSC has right to cancel the selection trials without giving any reason at any stage.

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, 7496082826.


 Joint Secretary
 for Secretary
 Chandigarh Sports Council



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Anthropometric test for the Rowing Sports Discipline for the selection of candidates under Khelo India State Centre of Excellence, Chandigarh, born between 26.12.2009 to 26.12.2007 (for Boys) and 26.12.2009 to 26.12.2006 (for Girls)

S.N.	Physical Structural Anthropometric Measurements	Anthropometrically measurements of human body frame in Standard statics standing and sitting position		Eligibility
		Male Rowers	Female Rowers	
1.	Flexibility: Hip & Ankle Flexion Test (sitting)	Bare footed Sit on his feet 30 sec	Bare footed Sit on her feet 30sec	Yes/No
2.	Arm Span	8 cm+ from Height	6 cm+ from Height	Yes/No
3.	Height in cm	>174 cm, minimum	>165 cm, minimum	Yes/No
4.	Shoulder in cm	41cm, minimum	38 cm, minimum	Yes/No
5.	Weight in Kg	55Kg to 77kg (between)	50Kg to 62kg (between)	Yes/No
6.	Sitting Height	AVG < 2.0 from Height or less	AVG < 2.0 from Height or less	Yes/No
7.	Swimming in mts	Preferred	Preferred	

- Above Anthropometrically qualities are compulsory inherent to proceed Physical test.
- **BATTERY TESTS FOR BOYS (BORN BETWEEN 26.12.2009 to 26.12.2007) AND GIRLS (BORN BETWEEN 26.12.2009 to 26.12.2006)**
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 as given below:
Ranking will be in descending order with max points equal to the number of candidates being awarded to the one performing the maximum reps/least time and least points to the one performing least reps/max time.

S.N.	Events	Performance Level for Male Rowers	Performance Level for Female Rowers	Points
1	Flexibility: Hip Flexion lower back and hamstring test Sit and Reach	15 cm and above 11 cm 7 cm	15 cm and above 11 cm 7 cm	3,2,1
2	Strength - Elastic Standing Vertical Jump test.	50 cm and above 43 cm 36 cm	43 cm and above 36 cm 29 cm	3,2,1
3	Agility: Shuttle Run Test (6x10) mts	15.5 or less(time/sec) 16.0(time/sec) 16.8(time/sec)	20 (or less) time/sec 20.7 time/sec 21 time/sec	3,2,1
4	Strength - General			
	a) Pull ups	12 8 5	40 sec (modified) 30 sec 20 sec	3,2,1
	b) Curl-Up test (30sec min)	25 & Above 20 15	20 & Above 15 10	3,2,1
5	Aerobic Endurance - VO2 max Running Test 800mts	2.35 or less time 2.50 time 3.12 time	2.49 or less (time) 3.25 time 4.04 time	3,2,1
6	Swimming Test 200 mts minimum	200 mts 150 mts 100 mts. NA	200 mts 150 mts 100 mts NA	3,2,1
	Total Score			21
	Minimum Pass Marks need to be obtained			14



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Note:

- 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.
- 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.
- Those candidates who will clear Anthropometric and Battery Tests shall undergo medical examination.
- 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.
- 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 that would be executed between CSC (KISCE, Chandigarh) and parents/guardian of the selected candidates.