



# KHELO INDIA CSC

## KHELO INDIA STATE CENTRE OF EXCELLENCE

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

E-mail - [csc\\_cfha@yahoo.com](mailto:csc_cfha@yahoo.com)



CSC-UT-KI-2023/246

Dated 24/2/2023

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

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

S. N.	Name of Academy	Category	Eligibility	Height and weight			Date of trials	Venue & time of trials
				Boys				
1.	Khelo India State Centre of Excellence, Chandigarh	Boys & Girls	Born between 1.1.2006 to 31.12.2009	Age Group	Height	Weight	13.3.2023 and 14.3.2023	<ul style="list-style-type: none"> <li>Reporting time 7:00 A.M. at Boxing Ring at Multipurpose Hall, Hockey Stadium, Sector-42, Chandigarh.</li> <li>The Physical fitness test at Sports Complex, Sector-46, Chandigarh.</li> </ul>
				2006	173	50-60 kg		
				2007	169	48-54 kg		
				2008	164	44 kg		
				2009	160	42 kg		
				Girls				
				Age Group	Height	Weight		
				2006	164	48 kg		
				2007	162	46 kg		
				2008	159	44 kg		
				2009	156	42 kg		

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

S. N.	Name of Academy	Category	Eligibility	Date of trials	Venue & time of trials
1.	Khelo India State Centre of Excellence, Chandigarh	Girls	Born on or after 1.1.2003 with minimum height 155 cms for players and goalkeeper	9.3.2023 and 10.3.2023	Reporting time 8.00 A.M. onwards at Sports Complex, Hockey Stadium, 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 latest passport size photographs. The children/players have to undergo a Preliminary test of physical fitness alongwith Skill tests. No TA/DA etc. will be admissible for trials.

Note: -

The detailed instructions of 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 interested candidates are advised to see the website regularly for any change. The Secretary, CSC has right to cancel the selection trials without giving any reason at any stage.

For any enquiry, please contact: 94172-47750 (Boxing Coach) and 94632-06328, 73557-77673 (Hockey Coaches)

for

*Ramdas*  
24/2/23

Secretary  
Chandigarh Sports Council



# KHELO INDIA CSC

## KHELO INDIA STATE CENTRE OF EXCELLENCE

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

E-mail - [csc\\_cfha@yahoo.com](mailto:csc_cfha@yahoo.com)



CSC-UT-KI-2023/\_\_\_\_\_

Dated \_\_\_\_\_

**KHELO INDIA STATE CENTRE OF EXCELLENCE, CHANDIGARH**

**BOXING BATTERY TESTS FOR BOYS & GIRLS (BORN BETWEEN 1.1.2006 To 31.12.2009)**

### Battery Test for Boys, (2009)

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	12 and above	3
		8 to 10	2
		6 to 7	1
6.	800 Meter Run	3.15	3
		3.20	2
		3.25	1

### Battery Test for Boys, (2008)

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	13 and above	3
		9 to 11	2
		7 to 8	1
6.	800 Mtrs Run	3.10	3
		3.25	2
		3.20	1



# KHELO INDIA CSC

## KHELO INDIA STATE CENTRE OF EXCELLENCE

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

E-mail - [csc\\_cfha@yahoo.com](mailto:csc_cfha@yahoo.com)



CSC-UT-KI-2023/\_\_\_\_\_

Dated \_\_\_\_\_

### Battery Test for Boys, (2007)

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	14 and above	3
		11 to 13	2
		9 to 10	1
6.	800 Mtr Run	3.00	3
		3.10	2
		3.15	1

### Battery Test for Boys, (2006)

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	14 and above	3
		11 to 13	2
		9 to 10	1
6.	800 Mtr Run	2.45	3
		2.53	2
		3.5	1





# KHELO INDIA CSC

## KHELO INDIA STATE CENTRE OF EXCELLENCE

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

E-mail - [csc\\_cfha@yahoo.com](mailto:csc_cfha@yahoo.com)



CSC-UT-KI-2023/\_\_\_\_\_

Dated \_\_\_\_\_

### Battery Test for Girls, (2009)

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	10 and above	3
		7 to 9	2
		5 to 6	1
6.	800 Mtr Run	3.15	3
		3.20	2
		3.25	1

### Battery Test for Girls, (2008)

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	12 and above	3
		9 to 10	2
		7 to 8	1
6.	800 Mtr Run	3.10	3
		3.15	2
		3.20	1



# KHELO INDIA CSC

## KHELO INDIA STATE CENTRE OF EXCELLENCE

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

E-mail - [csc\\_cfha@yahoo.com](mailto:csc_cfha@yahoo.com)



CSC-UT-KI-2023/\_\_\_\_\_

Dated \_\_\_\_\_

### Battery Test for Girls, (2007)

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	13 and above	3
		11 to 12	2
		9 to 10	1
6.	800 Mtr Run	3.05	3
		3.10	2
		3.15	1

### Battery Test for Girls, (2006)

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	14 and above	3
		11 to 12	2
		9 to 10	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



# KHELO INDIA CSC

## KHELO INDIA STATE CENTRE OF EXCELLENCE

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

E-mail - [csc\\_cfha@yahoo.com](mailto:csc_cfha@yahoo.com)

Dated \_\_\_\_\_



CSC-UT-KI-2023/\_\_\_\_\_

### 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 occur to the visiting candidates during the trials no one from the staff of the CSC and KISCE, Chandigarh shall be held responsible in any manner.
- 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 as per agreement that would be executed between CSC (KISCE, Chandigarh) and parents/guardian of the selected candidates.





# KHELO INDIA CSC

## KHELO INDIA STATE CENTRE OF EXCELLENCE

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

E-mail - [csc\\_cfha@yahoo.com](mailto:csc_cfha@yahoo.com)



CSC-UT-KI-2023/\_\_\_\_\_

Dated \_\_\_\_\_

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

PRELIMINARY TEST FOR GIRLS				
S.N.	Tests	Time	Points	Remarks
1.	30 Mtrs Flying Start	3.5 -3.3	1	
		3.2-3.1	2	
		3.0- Less	3	
2	Standard Board Jump	1.84-2.09	1	
		2.10-2.30	2	
		2.31 - Above	3	
3	Yo-Yo Test	14.6-15.5	1	
		15.6-16.5	2	
		16.6-17.5	3	
4	800 meters	3.40-3.00	1	
		2.59-2.22	2	
		2.23- Less	3	
5	Shuttle Run 6 * 10	16.9-16.3	1	
		16.2-15.6	2	
		15.4- 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 Skills Abilities)	30 Minutes	10	Full Ground Match Slap(disguised), Skills, Drag Flicks, Lifting and Tapping etc.



# KHELO INDIA CSC

## KHELO INDIA STATE CENTRE OF EXCELLENCE

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

E-mail - [csc\\_cfha@yahoo.com](mailto:csc_cfha@yahoo.com)

Dated \_\_\_\_\_



CSC-UT-KI-2023/\_\_\_\_\_

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

PRELIMINARY TEST FOR GIRLS				
S.N.	Tests	Time	Points	Remarks
1.	30 Mtrs Flying Start	3.5 -3.3	1	
		3.2-3.1	2	
		3.0- Less	3	
2	Standard Board Jump	1.84-2.09	1	
		2.10-2.30	2	
		2.31 - Above	3	
3	Yo-Yo Test	14.6-15.5	1	
		15.6-16.5	2	
		16.6-17.5	3	
4	800 meters	3.40-3.00	1	
		2.59-2.22	2	
		2.23- Less	3	
5	Shuttle Run 6 * 10	16.9-16.3	1	
		16.2-15.6	2	
		15.4- 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 Skills Abilities)	30 Minutes	10	Full Ground Match Slap(disguised), Skills, Drag Flicks, Lifting and Tapping etc.





# KHELO INDIA CSC

## KHELO INDIA STATE CENTRE OF EXCELLENCE

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

E-mail - [csc\\_cfha@yahoo.com](mailto:csc_cfha@yahoo.com)



CSC-UT-KI-2023/\_\_\_\_\_

Dated \_\_\_\_\_

### 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	3.5 -3.3	1	
		3.2-3.1	2	
		3.0 - Less	3	
2	Standing Board Jump	1.84-2.09	1	
		2.10-2.30	2	
		2.31 - Above	3	
3	Yo-Yo Test	14.6-15.5	1	
		15.6-16.5	2	
		16.6-17.5	3	
4	800 meters	3.40-3.00	1	
		2.59-2.22	2	
		2.23-Less	3	
5	Shuttle Run 6 * 10	16.9-16.3	1	
		16.2-15.6	2	
		15.4- 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 her as per 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 a 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 occur to the visiting candidates during the trials no one from the staff of the CSC and KISCE, Chandigarh shall be held responsible in any manner.
- ✓ 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 that would be executed between CSC (KISCE, Chandigarh) and parents/guardian of the selected candidates.