



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-2023/ 757

Dated 14/6/2023

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:-

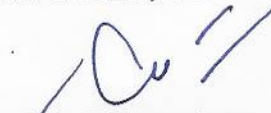
S. N.	Name of Academy	Category	Eligibility	Height and weight	Date of trials	Venue & time of trials
1.	Khelo India State Centre of Excellence, Chandigarh	Boys & Girls	<ul style="list-style-type: none"> Born between 28.6.2010 to 1.1.2008 (for Boys & Girls) Born between 28.6.2007 to 1.1.2005 (for Boys & Girls) 	<ul style="list-style-type: none"> Minimum height of 172 cm for Boys & 162 cm for Girls Minimum height of 174 cm for Boys & 168 cm for Girls 	27.6.2023 and 28.6.2023	<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 as per the Anthropometric test chart. Accordingly, final merit list of the performing candidates will be made only for those find suitable after gone through anthropometric tests.

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. 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>, 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: 98761-84727, 7496082826.

for 
Joint Secretary
Secretary
Chandigarh Sports Council



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PHYSICAL TESTS FOR BOYS & GIRLS BORN BETWEEN 28.6.2010 TO 1.1.2008, 13 TO 15 YEARS AND 28.6.2007 TO 1.1.2005, 16 TO 18 YEARS

NORMAL, SPECIALIZED QUALITY INDEX AND SCORE FOR KHELO INDIA ROWERS

S N	Exercise	Individual category	13 to 15 Years (Score)					16 to 18 Years (Score)				
			5	6	7	8	10	5	6	7	8	10
	Points											
1	Push-up	Women	7	10	15	20	25	8	12	16	25	30
		Lt Women	7	10	15	20	25	10	12	16	25	30
		Men	10	15	20	25	30	15	20	25	30	35
		Lt. Men	10	15	20	25	30	15	20	25	30	35
2	Pull-ups	Women	2	3	5	7	9	4	5	7	9	11
		Lt Women	2	3	5	8	10	5	6	8	10	12
		Men	2	4	6	8	10	5	6	8	11	13
		Lt. Men	2	4	6	9	11	5	6	9	12	14
3	Standing- Broad jump	Women	160	170	180	190	200	180	190	200	210	230
		Lt Women	160	170	180	190	200	180	190	200	210	230
		Men	170	180	190	200	210	190	200	210	220	240
		Lt. Men	170	180	190	200	210	190	200	210	220	240
4	Sit-ups: 3 min max	Women	35	45	55	65	75	45	55	65	75	85
		Lt Women	40	50	60	70	80	50	60	70	80	90
		Men	40	50	60	70	80	55	65	75	85	95
		Lt. Men	45	55	65	75	85	60	70	80	90	100
5	1500M Run (Women)	Women (800m)	5.50"	5.40"	5.30"	5.20"	5.10"	8.50"	8.40"	8.30"	8.20"	8.10"
		Lt Women	5.00"	4.50"	4.40"	4.30"	4.20"	8.00"	7.50"	7.40"	7.30"	7.20"
		Men (1500m)	8.00"	7.50"	7.40"	7.30"	7.20"	12.50"	11.40"	11.30"	11.20"	11.10"
		Lt Men	7.50"	7.40"	7.30"	7.20"	7.10"	12.00"	11.50"	11.40"	11.30"	11.20"
6	Bench-pull (Kg) 3" min (In Repetition)	Women, 22kg	No Bench pull for this group					55+	60+	70+	80+	90+
		Lt Women, 20kg						50+	55+	65+	75+	85+
		Men, 25kg						55+	60+	70+	80+	90+
		Lt. Men, 22kg						50+	55+	65+	75+	85+
7	Squat only Body wt(3" min)	Women	60	65	70	75	80+	70	75	80	85	90
		Lt Women	65	70	75	80	85+	75	85	95	105	110+
		Men	65	70	75	80	85+	75	85	95	105	110+
		Lt. Men	60	65	70	75	80+	70	75	80	85	90
8	Flexibility (In Cms)	Women	5+	10+	15+	20+	25+	5+	10+	15+	20+	25+
		Lt Women	5+	10+	15+	20+	25+	5+	10+	15+	20+	25+
		Men	5+	10+	15+	20+	25+	5+	10+	15+	20+	25+
		Lt. Men	5+	10+	15+	20+	25+	5+	10+	15+	20+	25+

TECHNICAL

	Exercise	Individual category	13 to 15 Years Old (Score)	16 to 18 Years Old (Score)				
				5	6	7	8	10
9	Ergo-meter 1000 meter (in Time)	Women	No Ergometer for this group	< 4:25	< 4:20	< 4:15	< 4:10	< 4:05
		Lt Women		< 4:30	< 4:25	< 4:20	< 4:15	< 4:10
		Men		< 3:45	< 3:40	< 3:35	< 3:30	< 3:25
		Lt. Men		< 3:50	< 3:45	< 3:40	< 3:35	< 3:30
10	Ergo-meter test 1 min max (in Mtrs)	Women	No Ergometer for this group	250+	260+	270+	280+	290+
		Lt Women		240+	250+	260+	270+	280+
		Men		280+	290+	300+	310+	320+
		Lt. Men		270+	280+	290+	300+	310+
11	Rowing Technique Coach Remarks	Women	No Rowing for this group	5	6	7	8	10
		Lt Women						
		Men						
		Lt. Men						
50% Passing marks			Needed to Obtain for the 13 to 15 years Group	50% Passing marks		Needed to Obtain for the 16 to 18 years Group		

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ANTHROPOMETRIC TESTS FOR BOYS & GIRLS BORN BETWEEN 28.6.2010 TO 1.1.2008, 13 TO 15 YEARS

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.	Sitting Height	AVG < 2.0 from Height or less	AVG < 2.0 from Height or less	Yes/No
2.	Flexibility: Hip & Ankle Flexion Test (sitting)	Bare footed Sitting on his feet 20 sec minimum	Bare footed Sitting on her feet 20 sec minimum	Yes/No
3.	Weight in Kg	<64 Kg to 64 + kg	<52 Kg to 52 + kg	Yes/No
4.	Arm Span in cms	4 cm minimum + from height	4 cm minimum + from height	Yes/No
5.	Height in cm	172 cm, minimum	162 cm, minimum	Yes/No
6.	Shoulder in cm (Collar Bone to Bone)	35 cm, minimum	30 cm, minimum	Yes/No

ANTHROPOMETRIC TESTS FOR BOYS & GIRLS BORN BETWEEN 28.6.2007 TO 1.1.2005, 16 TO 18 YEARS

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.	Sitting Height	AVG < 2.0 from Height or less	AVG < 2.0 from Height or less	Yes/No
2.	Flexibility: Hip & Ankle Flexion Test (sitting)	Bare footed Sitting on his feet 20 sec minimum	Bare footed Sitting on her feet 20 sec minimum	Yes/No
3.	Weight in Kg	<72 Kg to 72 + kg	<59 Kg to 59 + kg	Yes/No
4.	Arm Span in cms	4 cm minimum + from height	4 cm minimum + from height	Yes/No
5.	Height in cm	174 cm, minimum	168 cm, minimum	Yes/No
6.	Shoulder in cm (Collar Bone to Bone)	38 cm, minimum	35 cm, minimum	Yes/No

Final merit list of the performing candidates will be made only for those find suitable after gone through anthropometric tests as noted above.

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 Physical and Anthropometric Tests shall be called for further 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 should make their own arrangement for their stay at their own level during the trial of their wards.
- 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.