Ph / Fax: 0172 - 2646444

# 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-2026-27/ 2181 Dated 8/9/26

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

KISCE, Chandigarh is going to conduct selection trials to select Boys & Girls, Born between 1.1.2013 to 1.1.2010 on the following dates and venue indicated as below:

| Age | Height (cms) | Date | Venue of Trials | Time of Trials |
|---|---|---|---|---|
| Born between 01.01.2013 to 01.01.2010 | 162 cm for Girls<br>175 cm for Boys | 22.9.2026<br>For Boys | **Physical Fitness Tests**<br>Reporting at Sports Complex, Athletics Track, Sector 7, Chandigarh<br>(**Note:-** Boys who qualify in the Physical Fitness Tests shall be eligible for Anthropometric Tests) | 7.00 AM |
| | | 23.9.2026<br>For Girls | **Physical Fitness Tests**<br>Reporting at Sports Complex, Athletics Track, Sector-7, Chandigarh<br>(**Note:-** Girls who qualify in the Physical Fitness Tests shall be eligible for Anthropometric Tests) | 7.00 AM |
| | | 24.9.2026<br>For Boys and Girls | **Anthropometric Tests**<br>Reporting at Lake Sports Complex, Sector 1, Chandigarh<br>(Height, Weight, Shoulder, Arm span, Hip & Ankle flexion test etc.) are compulsory inherent as per the anthropometric, final merit list of the performing candidates will be made only for those find suitable after gone through anthropometric tests). | 7.00 AM |

- The interested children/players can come for trials in proper kit with original Birth Certificate (with photocopy) 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 along with 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 website. The interested candidates are advised to see the website regularly for any change. Secretary, CSC has right to cancel the selection trials without giving any reason at any stage.

**For any enquiry, please contact:0172-2646444, 9878311625**

**for** Joint Secretary
Secretary
Chandigarh Sports Council

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**PHYSIOLOGICAL & PHYSICAL TESTS FOR BOYS & GIRLS**

| S. N. | Sports | Categories | Test | Measurement |
|---|---|---|---|---|
| 1 | Rowing | 13-15 for Sub Junior Girls and Boys | **Physiological Test** | |
| | | | Height | Cm (centimetre) |
| | | | Arm Span | Cm (centimetre) |
| | | | Shoulder width | Cm (centimetre) |
| | | | **Physical Test** | |
| | | | Push ups | Count (Number) |
| | | | Pull ups | Count (Number) |
| | | | Standing Jump | Cm (Centimeter) |
| | | | Sit ups (max-3 mins) | Count (Number) |
| | | | 3000 m Run (men)<br>1500 m Run (women) | Time |
| | | | Squats only body weight (3 minutes) | Count (Number) |
| | | | Ergo test 1000 m | Time |
| | | | Ergo test 1 min. maximum | M (Meters) |
| | | | Flexibility | Cm (centimetre) |
| | | 16-18 for Junior Boys and Girls | **Physiological Test** | |
| | | | Height | Cm (centimetre) |
| | | | Arm Span | Cm (centimetre) |
| | | | Shoulder width | Cm (centimetre) |
| | | | **Physical Test** | |
| | | | Push ups | Count (Number) |
| | | | Pull ups | Count (Number) |
| | | | Standing Jump | Cm (Centimetre) |
| | | | Sit ups (max-3 mins) | Count (Number) |
| | | | 3000 m Run (men)<br>1500 m Run (women) | Time |
| | | | Squats only body weight (3 minutes) | Count (Number) |
| | | | Ergo test 1000 m | Time |
| | | | Ergo test 1 min. maximum | M (Meters) |
| | | | Flexibility | Cm (centimetre) |
| | | | Bench Pull (Kg) 3 min (in repetition) | |

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**ANTHROPOMETRIC TESTS FOR BOYS & GIRLS**

| S.N. | Points | | 5 | 6 | 7 | 8 | 10 | | 5 | 6 | 7 | 8 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | Predict Height (Cms) | Girls | 162 | 165 | 168 | 171 | 175 | | 168 | 170 | 173 | 176 | 178+ |
| | | Lt Wt Girls | 160 | 162 | 164 | 166 | 168 | | 166 | 168 | 170 | 171 | 172 |
| | | Boys | 178 | 180 | 182 | 184 | 186 | | 182 | 184 | 186 | 188 | 190 |
| | | Lt Wt Boys | 175 | 176 | 178 | 180 | 182 | | 176 | 178 | 180 | 182 | 184 |
| 2 | Arm span (Ht + Cms) | Girls | 1.0–2.0 | 2.1–4.0 | 4.1–6.0 | 6.1–8.0 | 8.1+ | | 2.1–4. | 4.1–6.0 | 6.1–8.0 | 8.1-10.0 | 10.1+ |
| | | Lt Wt Girls | 1.0 –2.0 | 2.1 –4.0 | 4.1– 6.0 | 6.1–8.0 | 8.1+ | | 2.1–4. | 4.1–6.0 | 6.1–8.0 | 8.1-10.0 | 10.1+ |
| | | Boys | 1.0-2.0 | 2.1 –4.0 | 4.1– 6.0 | 6.1–8.0 | 8.1+ | | 2.1–4. | 4.1–6.0 | 6.1–8.0 | 8.1-10.0 | 10.1+ |
| | | Lt Wt Boys | 1.0-2.0 | 2.1 –4.0 | 4.1–6.0 | 6.1–8.0 | 8.1+ | | 2.1–4. | 4.1–6.0 | 6.1–8.0 | 8.1-10.0 | 10.1+ |
| 423 | Shoulder Width (cms) | Girls | 38 | 39 | 40 | 41 | 42 | | 41 | 42 | 43 | 44 | 45 |
| | | Lt Wt Girls | 35 | 36 | 37 | 38 | 39 | | 38 | 39 | 40 | 41 | 42 |
| | | Boys | 37 | 39 | 41 | 42 | 44 | | 43 | 44 | 45 | 46 | 47 |
| | | Lt Wt Boys | 35 | 36 | 37 | 38 | 39 | | 38 | 39 | 40 | 41 | 42 |

| Category | Age: 13-15 | Age:16-18 + |
|---|---|---|
| Women | 52 + kgs | 59 + kgs |
| LT Wt Women | < 52 kgs | < 59 kgs |
| Men | 64 + kgs | 72 + kgs |
| Lt Wt Men | < 64 kgs | < 72 kgs |
| # Body Weight According to Indl Height | | |

**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 & Physiological and Anthropometric Tests shall be called for further medical examination.**

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- **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.**