



# 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/ 1021

Dated 13/9/23

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

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

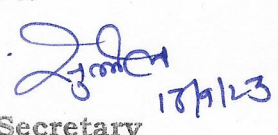
S.N.	Name of Academy	Age	Height and weight			Date of trials	Venue & time of trials
1.	Khelo India State Centre of Excellence, Chandigarh	Born between 1.1.2006 to 31.12.2010  (for Boys & Girls)	Boys			6.10.2023 and 7.10.2023	<ul style="list-style-type: none"><li>• Reporting time 7:00 A.M. onwards <u>Half</u> Boxing - Hockey Stadium, Sector-42, Chandigarh.</li><li>• Physical test at Sports Complex, Sector-46, Chandigarh.</li></ul>
			Age Group	Height	Weight		
			2006	173	50-60 kg		
			2007	169	48-54 kg		
			2008	164	44 kg		
			2009-10	160	42 kg		
			Girls				
			Age Group	Height	Weight		
			2006	164	48 kg		
			2007	162	46 kg		
			2008	159	44 kg		
			2009-10	156	42 kg		

- Interested candidates can 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 recent 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 of <http://chdpr.gov.in> and <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: 9872143504.

  
 Joint Secretary  
 for Secretary  
 Chandigarh Sports Council



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### **KHELO INDIA STATE CENTRE OF EXCELLENCE, CHANDIGARH** **BOXING BATTERY TESTS FOR BOYS & GIRLS (1.1.2006 To 31.12.2010)**

#### **Battery Test for Boys, (2009-10)**

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
		3.20	2
		3.25	1

#### **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





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Dated \_\_\_\_\_

**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
		3.05	1

**Battery Test for Girls, (2009-2010)**

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



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### 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

### NOTE:-

- The candidate shall also undergo bone age test to determine the bone age of the candidate (if required).
- Those candidates who will clear Battery Test and Skill Test shall undergo medical examination.
- 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.