



TALENT IDENTIFICATION AND DEVELOPMENT IN GYMNASTICS (ARTISTIC AND RHYTHMIC)



OPERATIONAL GUIDELINES FOR IMPLEMENTATION AND INDUCTION, RETENTION, WEEDOUT PROTOCOLS OF KHELO INDIA SCHEME – AND NCOE ATHLETES LIVING DOCUMENT

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TALENT IDENTIFICATION AND DEVELOPMENT COMMITTEE (GYMNASTICS)

Protocol for Talent Identification, Performance Assessment & Weeding Out / Retention for 'Gymnastics' Discipline

1. Over view:

The **Khelo India Scheme** has been introduced to revive the sports culture in India at the grass-root level by building a strong framework for all sports played in our country. The scheme covers multiple aspects such as play fields, sports infrastructure, talent search and development, and physical education in schools.

As a part of the scheme, thousands of athletes are selected and inducted every year for targeted support in the Accredited Academies and Centers of Excellence across the country. The selection of these athletes is overseen by committees for Talent Identification and Development functioning at the Zonal and National levels.

This living document has been developed to serve as a guide for the smooth implementation of the program. It lays out the strategy and procedures to be followed at various stages through active collaboration between Sports Authority of India and Gymnastics Federation of India.

2. Talent Identification and Development

The process of talent identification and development under the Khelo India scheme broadly involves the following steps:

1. **Scouting:** Committees set up for Talent Identification and Development visit various events and competitions to scout the young athletes with potential to excel at the sport.

2. **Short listing:** A list of athletes is prepared based on performance outcomes at national level competitions as well as the scouting conducted.

3. **Assessment Camps:** All short-listed athletes are called for assessment camps where various tests, and activities are conducted to arrive at a merit list to be used to select the final set of athletes to be supported under the scheme.

4. **Formal Induction:** Based on the slots available each year, the top performing athletes are deemed Khelo India Scholars and they receive direct scholarship support.

5. **Monitoring:** The athletes biannual go through tests and assessments, and their results are documented and analysed to monitor their progress.

6. Review and De-selection:

A review is conducted annually and a progress report on a common template is prepared for each scholar. Those who do not meet a minimum criterion of improvement or have surpassed their period are weeded out /de-selected from the program and a fresh set is selected in their place

3. Aims & Objectives

The talented gymnasts in various age groups will be scouted and nurtured in the scheme to win the medals in 2028 and 2032 Olympics Games. Keeping in view winning the medals in Olympics, the Sub Junior and Junior group gymnasts will be given more weight-age in the selection process.

4. Present Status of Khelo India Scholars

Under the Khelo India Scheme, total Sanction strength is 100 at present 41 Boys and 56 Girls (Total = 97) are presently on roll in KheloIndia Gymnastics. Selected athletes are training at NCOEs, , and accredited academies and other non-accredited academies of Khelo India scheme

The details of list of the gymnasts, presently under going training at different NCOES, and Accredited Academies are mentioned in **Annexure 1**

5. NCOE Sanctioned Strength of Athletes in the scheme:

The distribution of sanctioned strength of athletes is as follows: -

Sports	Name of NCOE	Sanctioned Strength				Total
		M		W		
		R	NR	R	NR	
Gymnastics	NCOE, Kolkata	21	0	22	0	43
	NCOE, Aurangabad	6	0	13	0	19
	NCOE, IG Stadium, Delhi	16	0	7	1	24
	Grand Total	43	0	42	1	86

Note:1. Youth and Junior athletes should get preference.

2. In case of lesser number of participations so female athletes, the quota can be allocated to male athletes and vice versa.

6. List of designated recognized competitions for Talent Identification

The Talent Identification and Development Committee (TIDC) may deutescouts for talent identification in the designated National and International competitions from where the best talent shall be identified for induction of gymnasts into KIA and NCOE.

a. International level competitions

1	Olympic Games
2	Youth Olympic Games
3	Sr. & Jr. World Championships
4	Asian Games
5	Commonwealth Games
6	Sr.& Jr. Asian Championships
7	World Cups
8	World Challenge Cup Series

b. National level competitions

1	Senior. National Championship- GFI
2	Sub-Junior, & Juniors National Championships- GFI
3	Khelo India Youth Games
4	School Games Federation of India (SGFI)
5	CBSE National

7. Age of gymnasts for Induction in KIA and NCOE

a. For KIA

Sub-Junior		Junior		Senior (Lateral Entry)	
Male	Female	Male	Female	Male	Female
8-14 Years	8-12 Years	15-17 Years	13-15 Years	18-21 Years	16-20 Years
75 %		15%		10%	

b. For NCOE

Sub-Junior		Junior		Senior (Lateral Entry)	
Male	Female	Male	Female	Male	Female
11-14 Years	11-12 Years	15-17 Years	13-15 Years	18-21 Years	16-20 Years
75 %		15%		10%	

Note: In exceptional individual cases, the TIDC committee may consider to relax the upper age limit of the gymnasts for induction as a lateral entry in the scheme provided that they must fulfill the under mentioned qualifications criteria:-

- i. The gymnast who qualifies for the final competitions-II (All around) or III (Apparatus Final) or the Individual medalist in the recognized Senior International Gymnastics competitions.
- ii. All Around champion at rank I, II and III in Senior National Gymnastics championship with a good score with 95% of the rank I gymnasts in current international competitions.
- iii. In addition to the above, TIDC may take up on the matter for induction of Outstanding athletes who are not part of the above competitions but have potential. These athletes will be called for an assessment camp where their performance shall be assessed by the talent scouts deputed by the TIDC.
- iv. The inducted athletes will be divided among NCOEs as per merit, convenience & sanctioned strength of NCOEs.

8. Conduct of Weeding and Induction process

The weed-out process should be completed by 31st March and Induction Process should be completed by 10th April for that year.

9. Open Selection Trials

In case of NCOE Induction: In addition to the above-mentioned competitions, an Open National level selection trials in Artistic Gymnastics may also be conducted by SAI for boys and girls under the age group Sub Junior and Junior categories along with KIA.

10. Bench mark for KIAs and NCOE gymnasts from designated competitions

KIA Gymnasts will be selected from the under mentioned designated competitions based on available vacancies:

Competition Name	Benchmark for Induction	Category
Khelo India Youth Games (about 25%) (% age can be changed depending upon the quality of Gymnasts)	85% points for Artistic and Rhythmic of the top rank gymnast's score of the particular competition and Consistent in Age Verification Test (for Male less than 17 years and Female less than 15 years)	For all the categories
Sub- Junior (about 30%) Junior (about 25%) {National Competition} (% age can be changed depending upon the quality of Gymnasts)		

SGFI Competitions (About 20%) (% age can be changed depending upon the quality of Gymnasts)		
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** Induction will be based to availability of the KIA & NCOE vacancies.

11. Assessment of Talent Pool

- a. The talent inducted into the NCOEs shall be assessed twice a year, i.e., February & September of every year. The Academy/Training Centre shall conduct the assessment biannually and should be uploaded on the National Sports Repository System (NSRS) portal.
- b. The result of the assessment shall be shared with the respective athlete, concerned Coach and the High-Performance Manager/Director for Gymnastics.
- c. **The assessment of the athletes shall be done on the basis of Competition performance (Performa for evaluating competition performance is given at Annexure II) and Physical and skill abilities performance measurement tests matrix for KIA athletes. The details of the Physical and skill Abilities measuring Tests are given at Annexure - III }.**

The Competition performance of the athletes on all the Apparatuses will be evaluated by the qualified MAG/WAG/RG judges by applying the Latest GFI/International Code of Points).

- d. The details of the Sports Sciences Tests to be conducted by the Expert Sports Scientists are given at **Annexure IV**

12. Criteria for Retention/Weeding Out at Academy/Training Center

The retention/weeding out shall be done annually after the assessment of the athletes.

As the assessment will be done twice in a year (September & February of every year), the athletes shall be notified in September/October about his performance and will be given a warning in case his performance is below the benchmarks set for retention. The assessment of the performance of gymnasts (scheduled in March/April) shall be carried out and shall be weeded out on any of the following basis:

I} Performance below the benchmark set for retention of athletes as per the assessment Criteria.

II} No participation in the last National Championship (reasons like injury etc.) to be assessed & past performance of previous 01 year may be considered for Retention.

III} In activity/Discontinued Gymnastics activities.

IV} Prolonged serious injury leading to dropping performance

V.) Athletes found dope positive or in violation of doping regulation, will be weeded out Immediately.

VI) Athletes found guilty in violation of disciplinary issues, will be weeded out immediately.

VII) As per the Terms and Conditions provided to the Khelo India Athlete upon Joining the scheme, an athlete who is absent from both Assessment Camps will be weeded out.

VIII) If an Athlete is present in both Assessment Camps, but does not perform in either Camps due to Injury, they will be weeded out as it will be counted as a Long Injury.

13. Criteria for weeding out at Assessment Camp.

The weeding out of the existing KIA and NCOE gymnasts in the scheme will also be carried out during the assessment camp. All the existing KIA and NCOE gymnasts must undergo thorough medical examination, Physical Fitness Performance and Competition Performance tests during the camp. For weeding out, the weight ages for the physical fitness and competition performance for all the age group will be given as under: -

Gymnasts Age Group	Physical fitness	Competition performance
8-14 Yrs. Boys (KIAs) 8-12 Yrs. Girls (KIAs) 11-14 Yrs. Boys (NCOEs) 11-12 Yrs. Girls (NCOEs)	50 %	50%
15- 17 yrs. Boys (KIAs/NCOEs) 13-15 Yrs. Girls (KIAs/NCOEs)	30 %	70%
18 -21 yrs. Boys (KIAs/NCOEs) 16-20 Yrs. Girls (KIAs/NCOEs)	20%	80%

After considering various weight ages in the scores of Physical Fitness Performance and Competition performance tests, the final score is calculated as per existing induction criteria. The merit list of the gymnast will be prepared for those who have secured 85% and above points of the top-ranking gymnast score in the list and the gymnasts who scored less than 85% will be weeded out.

a) Age of gymnast at the time of weed out

The age of gymnast and their performance achievements in competitions, the Year of joining the scheme and the progressive improvement of performance and medical fitness status will also be considered for weeding out procedure as under: -

Age is one of the most important factors in gymnastics activities. As the age grow, it is very Difficult to maintain /to show improvement in the performance. It is suggested that the upper age limit must be fixed to retain in the scheme as under:

**Girls: - Up to 24
years
Boys :- Up to 26
years**

However, we may consider for the upper age limit i.e. above 24 years incase of Girls and 26 years in case of Boys section of the Elite Gymnasts age in exceptional individual cases as under:

1. An athlete winning any medals in International recognized competitions or selected for finals in All-around or selected for finals on apparatus, we may consider for retention. We may also consider if gymnast scored 95% points of the first rank gymnasts in qualifying in that particular international competition.
2. Gymnast achieved higher point scores in respective current national gymnastics competition in All-around or Apparatus finals as compared to her/ his previous year National competitions/ trials.
3. Gymnast achieved over all higher ranking up to three places as per the assessment criteria in the Assessment National camps organized by the SAI time to time.

b) Year of joining the scheme.

For every gymnast of the scheme, it is mandatory to participate in all the regular authorized National competition/Trials or assessment camps.

1st Year: - After joining the scheme, the gymnast is expected to maintain his/her performance scores [Base Score} on which basis he/she was selected in the national level competitions/Trials.

2nd Year: -The Gymnast is supposed to show improvement in his /her performancescore by **5%** of the base score in All-around or Apparatus at the national level competitions/Trials.

3rd year: - The Gymnast is supposed to show improvement in his/her performancescore by 10% of the base score in All-around or Apparatus at the national level competitions/Trials.

4th year: - The Gymnast is supposed to show improvement in his /her performancescore by 15% of the base score in All-around or Apparatus at the national level competitions/Trials.

5th year onward: -The Gymnasts are supposed to be a medal winner in All-around or at the first

Rank on Apparatus at the recognized National level competitions/Trials or at the international competitions he/ she Qualified for the finals in All around and 10th rank on individual apparatus.

C) Medical fitness of the gymnasts.

In case of medically unfit, a gymnast must submit a certificate from a Government/SAI authorized doctor. In such cases committee may consider their request and may be allowed minimum for **three months** if he/she is sick or appearing in examination and **six-month** period in case of operation/surgery. After getting fitness certificate from the official doctor, the gymnast must show performance improvement in immediate next approved competitions or trials or assessment camps.

Considering all above factors, the gymnasts will retain in the scheme otherwise he/ she will be weeded out from the scheme.

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