

Khelo India & NCOE Induction & Weeding Out Protocols - Boxing

1. Sanctioned Strength of SAI (TOPS NCOE & NCOE) and KI Accredited Academies

a. The distribution of KIA (age-wise and gender-wise) is as follows:-

<i>KIA (Boxing)</i>																
Category	Boys / Girls	SAI					Non SAI									Total
		TOPS NCOE			NCOE		KI Accredited Academies									
		Rohtak	Bhopal	Aurangabad	Guwahati	Itanagar	ASI Pune	PIS Mohali	IIS Ballery	MP Boxing	Mary Kom	Sarita	Urmila Raj	DN Churu	Other Private	
Sanctioned Strength	B															
	G															
Age	Junior (40%)	B														
		G														
	Youth (30%)	B														
		G														
	Elite (30%)	B														
		G														
TOPS & Dev Athlete	B															
	G															
Total																150

b. The distribution of NCOE (age-wise and gender-wise) is as follows:-

<i>NCOE (Boxing)</i>									
Category	Boys/ Girls	TOPS NCOE				NCOE		Total	
		Rohtak	Hamirpur	Aurangabad	Guwahati	Itanagar			
Sanctioned Strength	B	111	10 (NR)	20	5 (NR)	—	8	154	
	G	89	5 (NR)	20	5 (NR)	11 (+9 NR)	4	143	
Present Strength	B								
	G								
Age	Junior (40%)	B							
		G							
	Sanctioned Strength	B							
		G							
	Youth (30%)	B							
		G							
	Sanctioned Strength	B							
		G							
	Elite (30%)	B							
		G							
Sanctioned Strength	B								
	G								
TOPS & Dev Athlete	B								
	G								
Total								297	

2. **Age Category wise Seat Allocation:** The bifurcation of sanctioned strength for the induction into the NCOE and Khelo India Schemes shall be as follows:

- a. Induction in NCOE – 297 (Elite – 30%, Youth – 30%, Junior – 40%)
- b. Induction in KIA – 150 (Elite – 30%, Youth – 30%, Junior – 40%)

3. **Inductions in NCOE-**

- a. Probational TIDC Recommendation
- b. Technical Assessment with existing NCOE Boxers
- c. Age Verification Test

a. **Probational TIDC Recommendation:** - The TIDC may plan to visit different competition for talent selection as per vacant seats. The following domestic competitions may be considered from where the best talent shall be identified for induction into the NCoEs.

	National Competitions	Sub-Junior (13-14Yrs)	Junior (15-16 Yrs)	Youth (17-18Yrs)	Elite (19-40 Yrs)
1	BFI National Ranking Competitions (National Championships)	Y	Y	Y	Y
2	BFI National Ranking Competitions (Zonal Competitions)	Y	Y	Y	Y
3	Khelo India Games	-	Y (U-17)	Y (U-21)	Y(U-23)

In addition to the above, TIDC may propose induction of other international/national medalist athletes of current year who have not competed in the aforementioned competitions.

- b. **Technical Assessment with existing Boxers:** The boxers recommended by the TIDC will have to go through technical assessment with the existing NCOE scheme athletes.
- c. **Age Verification Test:** - The selected athlete recommended by TIDC will be selected for the NCoE subjected to the Age Verification Test. In case of discrepancy, TIDC may take a final call.

4. **Induction in Khelo India:**

In continuation to point 2, the induction in KI Scheme will be done as per following guidelines:

Total Eligible Boxers for OPA (Rs. 10,000) = 150

(KIA)Ratio for division of OPA-

a) Elite: Youth: Junior - 3:3:4

b) Total - 45:45:60 = (150 KIA); 50% to be maintained in Men and Women.

Minimum cut off score for OPA eligibility will be finalized based on boxer's performance assessment. Highest points achiever in each age category will be entitled for OPA from both Men's and Women's section.

5. **Weeding Out/ Retention in NCOE-**

Performance Assessment of the KI and NCOE Boxers: The following Criteria will be followed for the performance Assessment of the boxers training in KI and NCOE Schemes. The results of the same may be used for the weeding out/Retention of the boxers. Additionally:

- a. Athletes will be weeded out/removed from consideration for induction in case of age fraud or if their dope test result is positive.
- b. Athletes will also be weeded out on the grounds of disciplinary issues or prolonged injury leading to a significant drop in performance.

6. Assessment areas for Evaluation of Boxers:

Following 3 areas may be considered for the Yearly assessment of the Boxers:

- a. Tournament Assessment (Last 2 Years Result):
- b. KI Protocol (Physical Fitness, Sports Science): Bi Yearly
- c. Performance Assessment Camp (Technical): Bi Yearly

Age Group	Tournament Assessment (Last 2 Years Result)	KI Protocol (Physical Fitness, Sports Science)	Performance Assessment Camp (Technical)
Elite (19-40Years)	70%	10%	20%
Youth (17-18Years)	60%	20%	20%
Junior (15-16 Years)	40%	30%	30%
Sub-Junior(13-14Years)	40%	30%	30%

a. Tournament Matrix:

The following criteria would be considered before weeding out of boxers:

- Lowest Point Achiever as per the point system
- Minimum 02 years in any scheme (KIA/NCOE); which will be reviewed annually.
- High Performance Age as on 2024/2028 Olympic Games.
- NCOE Strength Status

Position	International Tournaments											
	O.G	Y.O.G	World Championships			A.G	C.W.G	O.G. Q	Continental Championships			
	19-40 YRS	17-18YRS	19YRS Above	17-18 YRS	15-16 YRS	Elite	Elite	Elite	19YRS (Above)	17-18 YRS	15-16 YRS	13-14 YRS
1	140	110	120	100	80	120	110	100	110	90	70	50
2	120	90	100	80	60	100	90	80	90	70	50	40
3	90	70	80	60	50	80	70	60	70	50	40	30
3	90	70	80	60	50	80	70	60	70	50	40	30
5	70	50	60	50	40	60	50	50	40	30	20	20
5	70	50	60	50	40	60	50	50	40	30	20	20
5	70	50	60	50	40	60	50	50	40	30	20	20
5	70	50	60	50	40	60	50	50	40	30	20	20
Position	National Tournaments											
	National Championships				Khelo India Games							
	19YRS Above	17-18 YRS	15-16 YRS	13-14 YRS	Youth Games U-17	KI University Games						
1	100	80	60	40	60	80						
2	80	60	40	30	40	60						
3	60	40	30	20	30	40						
3	60	40	30	20	30	40						

Cut off Points for Each Age Category-

#Note- Only 13 weight categories (7 Men & 6 Women) compete Olympic Games, Asian Games & Commonwealth Games are Quadrennial Games. Hence points of these games are not been considered for Weeding Out & Retention process as it is an yearly process.

The Cut-off Points for each Age category is as follows:

Age Category	Cut Off	Percentage for Cut-Off	Points System Total
19 to 40 Years	128 Cut off Marks for NCoEBoxers (Elite)	40% of 320 points total marks in all International and National Championships	120+100+100
	160 Cut off Marks for KIA Boxers (Elite)	50% of 320 points total marks in all International and National Championships	120+100+100
17- & 18-Years Youth	119 Cutoff Marks for NCoE Boxers	35% of 340 points total marks in all International and National Championships	100 + 80 + 80 + 80
	154 Cut off Marks for KIA Boxers (Youth)	35% of 440 points total marks in all International and National Championships	100+100+80+80+80
15- & 16-Years Junior	86(85.8) Cutoff Marks for NCoE/KIA Boxers	33% of 260 points total marks in all International and National Championships	80 + 60 + 60 + 60
13- & 14-Years School Boys & Girls	26 (26.4) Cutoff Marks for NCoE/KIA Boxers	33% of 80 points total marks in all International and National Championships	40 + 40

b. KI Protocol Matrix:

The benchmarks for the KI protocol assessment are as follows:

Age Category	Sparring Cut Off	Physical Test Cut Off
Elite	70	4
Youth	70	4
Junior	70	4

The concerned SAI NCOE as well Non SAI NCOEs to conduct the KI Protocol Physical Fitness as well as sports science tests twice a year and to update the same in the NSRS Portal. If the facilities are not available in Non SAI NCOE Centre, then they can arrange the tests in any near by SAI NCOE Centre. (Details mention in Appendices 1 and 2)

c. Performance Assessment Camp (technical):

The performance Assessment camp may be conducted twice a year (Bi- Yearly). January to June and then

July to December depending on the Periodisation of the specific Age Group. The percentile of the technical assessment in the performance assessment camp will be calculated and then awarded in total Performance Assessment of the Athletes.

It is mandatory for all Khelo India Athletes to attend both the Assessment Camps. Absence from which, may lead to weeding out of the athlete from the Khelo India Scheme.

Appendices:

i. KI Protocol (Physical Fitness): Bi Yearly

Following motor-ability & skill based performance and sports science tests as part of technical and scientific assessment would be conducted on boxers to assess their physical growth and fitness: **Frequency: Twice a Year (Half Yearly)**

Categories	Tests	Frequency	Measurement
Elite Boxers + Experienced Youth	Strength		
	Squat	Twice a year	Maximum Weight (KG)
	Bench Press	Twice a year	Maximum Weight (KG)
	Hand Grip left + right	Twice a year	Maximum Grip Strength (KG)
	Power		
	Clean	Twice a year	Maximum Weight (KG)
	Squat Jump	Twice a year	Maximum Jump Distance from Floor (CM)
	Counter Movement Jump (CMJ)	Twice a year	Maximum Jump Distance from Floor (CM)
	Counter Movement Jump with arms (CMJ a)	Twice a year	Maximum Jump Distance from Floor (CM)
	Sprint 10m	Twice a year	Time
	Sprint 20m	Twice a year	Time
	Sprint 30m	Twice a year	Time
	(Harres Test)	Twice a year	Time
	Aerobic Endurance		
	Cooper (3000 m)	Twice a year	Time
	Anaerobic Endurance		
	Chins2/Pull Ups	Twice a year	Number (Count)
	Dips	Twice a year	Number (Count)
	Brutal Bench	Twice a year	Number (Count)
	150m 1	Twice a year	Time
150m 2	Twice a year	Time	
Strength			
Hand Grip left + right	Twice a year	Maximum Grip Strength (KG)	

Junior Boxers + Less experienced Youth	Bench Press	Twice a year	Maximum Weight (KG)
	Power		
	Squat Jump	Twice a year	Maximum Jump Distance from Floor (CM)
	Counter Movement Jump (CMJ)	Twice a year	Maximum Jump Distance from Floor (CM)
	Counter Movement Jump with arms (CMJ a)	Twice a year	Maximum Jump Distance from Floor (CM)
	Sprint 10m	Twice a year	Time
	Sprint 20m	Twice a year	Time
	Sprint 30m	Twice a year	Time
	(Harres Test)	Twice a year	Time
	Aerobic Endurance		
	Cooper (3000 m)	Twice a year	Time
	Anaerobic Endurance		
	Chins2/Pull Ups	Twice a year	Number (Count)
	Brutal Bench	Twice a year	Number (Count)
	Dips	Twice a year	Number (Count)

2. KI Protocol (Sports Science): Bi Yearly

S.NO.	TEST NAME (Physiological)	UNITS	Frequency
I	Resting heart rate	Beats per minute	Twice a year
II	Maximum heart rate	Beats per minute	Twice a year
III	Blood lactate	(mM/L)	Twice a year
IV	Maximum aerobic capacity (Yo Yo Test)	(L/min , ml/kg/min)	Twice a year
V	Heart rate at 1 watt/kg work load (Exercise duration 2 minute) and Heart rate at 2 watt/kg work load (Exercise duration 2 minute)	Beats per minute	Twice a year
VI	Maximum anaerobic capacity (Wingate Test or RAST)	(Watt/kg)	Twice a year
VII	Back Hamstring	Kg	Twice a year
VIII	Leg Strength	Kg	Twice a year
IX	Hand grip Strength	Kg	Twice a year

X	Upper Body And Trunk	Cm	Twice a year
XI	Lower Back	Cm	Twice a year
S.NO.	TEST NAME (Biochemical)	UNITS	Frequency
I	Complete Haemogram		
a	Haemoglobin	g/dL	Twice a year
b	Packed Cell Volume	%	Twice a year
c	RBC Count	mill/mm ³	Twice a year
d	MCV	fL	Twice a year
e	MCH	Pg	Twice a year
f	MCHC	g/dL	Twice a year
g	Red Cell Distribution Width (RDW)	%	Twice a year
h	Total Leukocyte count (TLC)	thou/mm ³	Twice a year
i	<i>Differential Leukocyte Count</i>		
j	Segmented Neutrophils	%	Twice a year
k	Lymphocytes	%	Twice a year
l	Monocytes	%	Twice a year
m	Eosinophils	%	Twice a year
n	Basophils	%	Twice a year
o	<i>Absolute Leukocyte count</i>		
p	Neutrophils	thou/mm ³	Twice a year
q	Lymphocytes	thou/mm ³	Twice a year
r	Monocytes	thou/mm ³	Twice a year
s	Eosinophils	thou/mm ³	Twice a year
t	Basophils	thou/mm ³	Twice a year
u	Platelet Count	thou/mm ³	Twice a year
II	Iron Profile		
a	Serum Iron	µg/dL	Twice a year
b	Ferritin	ng/mL	Twice a year
c	Unbound Iron Binding Capacity	µg/dL	Twice a year
d	Total Iron Binding Capacity	µg/dL	Twice a year
e	Transferrin Saturation	%	Twice a year
III	Muscle Markers		
a	Creatine Kinase	U/L	Special evaluation

	b	Lactate dehydrogenase	U/L	parameter. These parameters can be assessed only after considering the sports-specific training protocol
IV		Urea	mg/dL	Twice a year
	a	Blood Urea Nitrogen	mg/dL	Twice a year
	b	Creatinine	mg/dL	Twice a year
	c	Uric Acid	mg/dL	Twice a year
V		Testosterone/Cortisol		
	a	Testosterone	ug/dL	Special evaluation parameter. These parameters can be assessed only after considering the sports-specific training protocol.
	b	Cortisol	ug/dL	
	c	Free Testosterone	Pg/mL	
	d	Free Testosterone/ Cortisol	Ratio	
VI		Vitamins		
	a	25 (OH) Vitamin D	ng/mL	Twice a year
VII		Lipid Profile		
	a	Total cholesterol	mg/dL	Twice a year
	b	Triglycerides	mg/dL	Twice a year
	c	HDL- cholesterol	mg/dL	Twice a year
	d	LDL-cholesterol	mg/dL	Twice a year
	e	VLDL- Cholesterol	mg/dL	Twice a year
VIII		Urinalysis		
	a	Glucose	Conventional Units	Twice a year
	b	Protein		Twice a year
	c	pH		Twice a year
	d	Specific Gravity		Twice a year
	e	Bilirubin		Twice a year
	f	Urobilinogen		Twice a year
	h	Blood		Twice a year
	i	Leukocytes		Twice a year
IX		Minerals		
	a	Calcium	mg/dL	Twice a year
	b	Phosphate	mg/dL	Twice a year
	c	Magnesium	mg/dL	Twice a year
S.NO.		TEST NAME (Anthropometrical)	UNITS	Frequency
I		Body Composition Analysis	PDF Document Upload Option	Twice a year

a	Height	Cm	Twice a year
b	Weight	Kg	Twice a year
c	Body Mass Index	kg.m ⁻²	Twice a year
d	Sitting Height	Cm	Twice a year
e	Arm Span	Cm	Twice a year
f	Waist Hip Ratio	waist(cm)/ hip(cm) *score <1	Twice a year
g	Segmental analysis for muscle and fat areas	mm (milimetre)	Twice a year
S.NO.	TEST NAME (Psychology)	UNITS	Frequency
I	Reaction Test (Vienna Test System)	Percentile	Twice a year
II	Hand Eye Co-ordination	Percentile	Twice a year
S.NO.	TEST NAME (Nutrition)	UNITS	Frequency
I	Macronutrient Intake		
a	Energy	KJ/d	Twice a year
b	Carbohydrate	g/d	Twice a year
c	Protein	g/d	Twice a year
d	Fat	g/d	Twice a year
II	Micronutrient Intake		
a	Iron	mg/d	Twice a year
b	Calcium	mg/d	Twice a year
c	Potassium	mg/d	Twice a year
d	Selenium	mg/d	Twice a year
e	Sodium	mg/d	Twice a year
f	Manganese	mg/d	Twice a year
g	Retinol	µg/d	Twice a year
h	β carotene	µg/d	Twice a year
i	Thiamine	mg/d	Twice a year
j	Riboflavin	mg/d	Twice a year
h	Total Folates	µg/d	Twice a year
i	Vitamin B12	µg/d	Twice a year
j	Total Ascorbic Acid	mg/d	Twice a year
k	Total Vitamin D	µg/d	Twice a year
III	Hydration		
a	Total Body Water	%	Twice a year
b	Extra Cellular Water	%	Twice a year
c	Intra Cellular Water	%	Twice a year

d	Hydration	%	Twice a year
e	Total Fluid Intake	L	Twice a year
IV	Energy availability and dietary intake, food frequency	Number (Range)	Twice a year
V	Energy cost for physical activity and Total energy expenditure		
a	RMR	Kcal/d	Twice a year
b	Non Exercise Energy Expenditure	kcal per hour & number of hours	Twice a year
c	Exercise Energy Expenditure	kcal per hour & number of hours	Twice a year
d	Sleep	Number of Hours	Twice a year
S.NO.	TEST NAME (Biomechanics)	UNITS	Frequency
I	Force Measurement with force platform	mm, kN, Hz & kg	Twice a year