



TALENT IDENTIFICATION AND DEVELOPMENT IN HOCKEY SPORT

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

Developed in collaboration with



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Overview

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 playfields, 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 centres 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 level.

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 Hockey India.

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 for young athletes with potential to excel at the sport.
2. **Shortlisting:** A list of athletes are prepared based on performance outcomes at national level competitions as well as the scouting conducted.
3. **Assessment Camps:** All shortlisted athletes are called for assessment camps where various tests, activities and matches 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 will 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 will be de-selected from the program and a fresh set will be selected in their place.

Talent Identification and Development for Hockey Sport

Present Status of Khelo India Scholars

Under the Khelo India Scheme, 187 hockey players have been currently selected for different playing positions. Selected athletes are training at TOPS NCOEs, Non-TOPS NCOE's, Khelo India accredited academies and other non-accredited academies.

The details of NCOES, Accredited Academies and list of scholars are mentioned in **Annexure XIII**.

Scouting

The members of the Talent Identification and Development Committee (TIDC) will have the opportunity to visit various national level competitions to scout talent. The main objective of the visit would be the identification of athletes with exceptional talent or potential – those who possess the physiological abilities, psychological attributes and technical skills required for the sport.

- The TIDC members will visit Junior and Sub-Junior National Level tournaments to scout the players for new talent. Once the final schedule for national competitions is released by Hockey India, the tournaments that the various members will visit will be decided upon.

Annexure I have the list of all major tournaments for the upcoming year.

- To build accountability for the process, all recommendations made by the TIDC members will not be just on observation but through screening forms where specific attributes of the potential athletes will be described. **Annexure II** contains the **Sample Early Talent Scouting Form** that can be used by members.

Shortlisting:

- The final shortlist will comprise a maximum of 400 athletes including Men and Women Along with all the athletes scouted by the TIDC Committee, finalists from the major national junior and sub-junior competitions will be included.

Khelo India Assessment Camps to Induct the New Athletes in Khelo India Scheme:

- Four assessment camp for each Men and Women under the age category of Under – 16, Under – 18 and Junior, held annually to induct new talented athletes into the Khelo India Scheme.
- Two of these Four camps (women and men category) will be organized every year in SAI, Bangalore, which will be only for the junior category, and will be organized under the complete supervision of the Head Coaches of TOPS NCOE Bangalore Men and Women and the presence of at least one TIDC Member will be mandatory. The camp will fulfil two objectives together:

1. Induction and Deselection of Athletes from NCOE Bangalore:

- The selection of new players for Hockey India Junior National Core Group and NCOE Bangalore, and the deselection of athletes from NCOE Bangalore (such athletes will be given the choice to transfer to any other NCOE Or Khelo India accredited centre as they will be removed from NCOE Bangalore and will still remain as Khelo India athletes in case any Athletes refuses to transfer any of other NCOE Or Khelo India accredited academy such athletes will be weeded out only from NCOE Bangalore and not from the Khelo India Scholarship).
- Additionally, Athletes under the age of 21 years only will be allowed to train in NCOE Bangalore and Athletes above 21 years of age will be transferred to other NCOEs as per available vacancy.

2. Induction in Khelo India Scheme as Khelo India Athlete:

- And if any player is selected who is not already a Khelo India athlete, then he/she may be awarded a Khelo India Scholarship based on TIDC recommendations.
- Both of these camps, which will be held annually in SAI Bangalore, will be proposed at least one month in advance by Hockey India as a TIDC member. The monitoring is to be captured through template of which is mentioned in **Annexure VI**. Test results will be uploaded on the NSRS portal and shared with KITD, HPAC, and Hockey India in given monitoring template mentioned in **annexure VI** on an Excel sheet once the camps are completed.
- Only existing players will undergo sports science tests in these camps. All new players invited to this camp will be tested only on the basis of approved Khelo India physical fitness, skill efficiency, and game performance tests. The sports science tests, approved by Khelo India, for newly selected players will be conducted in the next designated Khelo India Assessment Camp, which will consist only of existing players.
- In addition to the aforementioned camps, two additional Khelo India assessment camps will be established, focused on selecting players for the Khelo India Scheme. Separate camps will be set up for men and women, exclusively targeting participants under the age of 16 and 18.
- One of the TIDC members/High Performance Director/ High performance Manager will be appointed as the assessment camp director and will coordinate with a network of officials, coaches, and experts. The KITD and HPAC shall be responsible for administering the Schedule, design and organize of the camps, in collaboration with Hockey India's input.
- All the participants of the camp will be primarily judged on their fitness, hockey skills and match play temperament. **Annexure III** (attached separately) contains guidelines and the template prepared by Hockey India and recommended by the TIDC and approved by the KITD to be used in the camp.
- All athletes will be provided with a score based on their performance in the camps based on the given weightage and a combined merit list will be Prepared.

Physical Fitness : **30%**

Skill Test : **30%**

Game Performance : **40%**

Formal Induction

- As per the number of slots available that year out of the total 187, athletes will be selected and formally inducted as Khelo India Scholars on basis of the rank achieved in the merit list. Each selected athlete would receive a soft copy of the formal induction letter from the KITD.
- The scholars would be encouraged and given the choice of selecting a Khelo India Accredited Academy or NCOE for regular training. The various funding requirements to a maximum of Rs. 5,18,400 per annum per scholar would be provided to the respective academies along with an out-of-pocket allowance (OPA) of Rs. 1,20,000 per annum directly to the scholar. The norms for expenditure are mentioned in **Annexure IV**.
- A half day online orientation program will be organized for all the scholars and their coaches on the roles, expectations, and opportunities under the scheme. A contract would be sent to each one of them - one would have to attest (parents in case of minor) and send back a copy within a month.
- The first quarterly release of the OPA would be conditional to the successful receipt of the contract.

NOTE: Apart from the above-mentioned selection methods, the final selection will also require an age verification test to be conducted for all under-15 girls and under-17 boys, as per the guidelines.

Monitoring for existing Khelo India Athletes Through Two Khelo India Assessment Camps:

- Two Khelo India assessment camps will be held each year, specifically in the month of June and November. It is obligatory for all Khelo India athletes to be present at both camps and register their attendance.
- The athletes in both Khelo India assessment camps will undergo a comprehensive evaluation process. This evaluation will include Khelo India approved tests designed to assess their physical fitness level, skill proficiency, and game performance. The athletes will be scored based on their performance in each test, and the scores will be combined to calculate an overall percentage score. The monitoring is to be captured through template of which is mentioned in **Annexure V**. Test results will be uploaded on the NSRS portal and shared with KITD, HPAC, and Hockey India in given monitoring template mentioned in **annexure V** on an Excel sheet once the camps are completed.
- In both Khelo India assessment camps the approved Khelo India Sports science tests will also be conduct for all inducted scholars. The approved Khelo India Sports science tests are mentioned in **Annexure VII**. NCSSR will ensure that Khelo India Sports Science Tests are carried out in accordance with the prescribed protocol the test results are uploaded on the NSRS portal.
- At both the assessment camps, every Khelo India Athlete is required to furnish their original Playing certificates and a photocopy attested by themselves, citing their participation in any hockey India national/Zonal, international, Khelo India games or leagues and Khelo India University Games, which occurred between January-June or June-November of the preceding year. The monitoring template will be updated with this information, which is compulsory.
- Khelo India Athletes who are part of the Hockey India Junior National Core Group and TOPS NCOE Bangalore will undergo assessment camps twice a year in June and November. The camps will be organized at the Bangalore Sai Center and approved by KITD based on recommendations from Hockey India. The male and female Head Coaches of Junior Core group of NCOE Bangalore will be responsible for evaluating all Khelo India Athletes based on the approved Khelo India Physical Fitness, Skill and Game Performance Tests during the camps. They will also ensure that the Khelo India Sports Science Tests are carried out in accordance with the prescribed protocol. The Head Coaches will also make sure that the test results are uploaded on the NSRS portal and shared with KITD, HPAC, and Hockey India in given monitoring template mentioned in **annexure V** on an Excel sheet once the camps are completed. At least one TIDC member will be required to attend each camp.
- Athletes who are part of the Hockey India Senior National Core Group are exempted from attending the Khelo India Assessment Camp, which is held twice a year. However, if they are no longer part of the Core Group, attending the next Khelo India assessment camp will be mandatory for them.
- The performance of the each Khelo India Athlete will be analysed and discussed. Under-performing or non-performing scholars will be notified, and explanations sought.

Online orientation and Sensitization program:

- A mandatory once in a two months orientation program will be organized for all Khelo India Athletes and Accredited Academies on the topics will be taken up through subject matter experts. The tentative schedule of the program is mentioned in **Annexure VIII**.
- Besides, regular sensitization Online workshops will be conducted for the benefit of all Khelo India Scholars by the SAI team – a tentative schedule is mentioned in **Annexure IX**.

Deselection

- 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.
- 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.
- If an Athlete was absent in the one Assessment Camp and Injured in the other Assessment Camp, they will be weeded out.
- If an athlete was present in one Assessment Camp and Injured/Absent in the other, their performance in the Assessment Camp that they were present in, will be taken into consideration as per the above-mentioned Criteria.
- If an athlete is present in both Assessment Camps, their best performance will be taken into consideration as per the mentioned Criteria in **annexure X**
- Performance review of all scholars would be done annually by the TIDC, HPAC, KITD team on basis of the two biannually monitoring report cards received.
- Current Khelo India scholars who have completed two years under the scheme and whose performances do not meet the benchmarks as mentioned in **annexure X** will be deselected from the Khelo India Scheme with the recommendation of TIDC committee.
- Undisciplined Athletes will be immediately deselected from Khelo India Scholarship based on the recommendations of TIDC.
- Even Athletes who have been injured for long periods of time can be deselected from the Khelo India Scholarship with the recommendation of TIDC.

OPERATIONAL GUIDELINES FOR IMPLEMENTATION OF NCOE ATHLETES LIVING DOCUMENT

Age Range –

- In order to ensure that athletes are fully prepared and equipped for the upcoming Olympic events, individuals aged between 14 to 24 will be selected, as they fall within the optimal age bracket for training and development.

Current Selection Procedure:

KITD and Hockey India have joined forces to locate and enlist the best hockey talents from India, who are between the age group of 14 and 24 years, for the NCOE. Currently, three separate strategies are being implemented to achieve this objective.

1.Scouting

The members of the Talent Identification and Development Committee (TIDC) will have the opportunity to visit various national level competitions to scout talent. The main objective of the visit would be the identification of athletes with exceptional talent or potential – those who possess the physiological abilities, psychological attributes and technical skills required for the sport.

- The TIDC members will visit Senior, Junior and Sub-Junior National Level tournaments to scout the players for new talent. Once the final schedule for national competitions is released by Hockey India, the tournaments that the various members will visit will be decided upon.

Annexure I have the list of all major tournaments for the upcoming year.

- To build accountability for the process, all recommendations made by the TIDC members will not be just on observation but through screening forms where specific attributes of the potential athletes will be described. **Annexure II** contains the **Sample Talent Scouting Form for NCOE Athletes** that can be used by members.

Shortlisting and Final Selection:

- The final shortlist will comprise a maximum of 400 athletes including Men and Women Along with all the athletes scouted by the TIDC Committee, the final selection will be made on the basis of Highest ranked and position wise seats availability in NCOE's.

2. Open Selection Trails:

Notification:

Upcoming NCOE trail dates will be publicized through a range of communication channels, including:

1. Khelo India Website
2. SAI Website
3. Hockey India Website
4. State Hockey Associations
5. Local Media Outlets

Selection Schedule:

The selection trials will span six consecutive days and will be split into two categories:

- A. The first three days will be dedicated to selecting players for the sub-junior age group (Under – 16), both male and female.
 - B. The remaining three days will focus on selecting male and female players for the junior age group.
- One of the TIDC members/High performance Manager will be appointed as the Open selection trials director and will coordinate with a network of officials, coaches, and experts. The KITD and HPAC shall be responsible for administering the Schedule, design and organize of the camps, in collaboration with Hockey India's input.

Selection Criteria:

- All the participants of the Open selection trial will be primarily judged on their fitness, hockey skills and match play temperament (Approved Khelo India Test - **Annexure III**) (attached separately) contains guidelines and the template prepared by Hockey India and recommended by the TIDC and approved by the KITD to be used in the Open selection trial.

All athletes will be provided with a score based on their performance in the open selection trial based on the given weightage and a combined merit list will be created. (Monitoring Template for Induction **annexure VI**)

Physical Fitness	:	30%
Skill Test	:	30%
Game Performance	:	40%

- The monitoring is to be captured through template of which is mentioned in **Annexure VI**. Test results will be uploaded on the NSRS portal and shared with KITD, HPAC, and Hockey India in given monitoring template mentioned in **annexure VI** on an Excel sheet once the Open selection trials are completed.

Formal Induction

- Based on the available slots in that particular year, the athletes with the highest rankings in their respective playing positions will be offered the opportunity to join one of the NCOE with the recommendation of TIDC.

3. Direct Selection Method:

- 60 skilled players are selected for the national squad following the Senior Men and Women National Championships. They undergo training with expert coaches at a national camp, after which the squad is reduced to 33 players.
In case any player below the age of 24 fails to make it to the national squad, they may still be considered for the NCOE, based on the availability of vacancies in NCOE and recommendations made by the TIDC.
- In case a hockey player under 24 years of age is deselected from the Hockey India Senior National Core Group comprising 33 members, they still have the opportunity to gain admission into the NCOE if there are vacant spots and the recommendation is made by TIDC.

Note: Apart from the above-mentioned three selection methods, the final selection will also require an age verification test to be conducted for all under-15 girls and under-17 boys, as per the guidelines.

Monitoring

- Two assessment camps will be held each year, specifically in the month of June and November. It is obligatory for all NCOE Athletes to be present at both camps and register their attendance.
- The athletes in both assessment camps will undergo a comprehensive evaluation process. This evaluation will include Khelo India approved tests designed to assess their physical fitness level, skill proficiency, and game performance. The athletes will be scored based on their performance in each test, and the scores will be combined to calculate an overall percentage score. The monitoring is to be captured through template of which is mentioned in **Annexure V**. Test results will be uploaded on the NSRS portal and shared with KITD, HPAC, and Hockey India in given monitoring template mentioned in **annexure V** on an Excel sheet once the camps are completed.
- In both assessment camps the approved Khelo India Sports science tests will also be conduct for all existing NCOE Athletes The approved Khelo India Sports science tests are mentioned in **Annexure VII**. NCSSR will ensure that the Khelo India Sports Science Tests are carried out in accordance with the prescribed protocol the test results are uploaded on the NSRS portal.
- At both the assessment camps, every NCOE Athlete is required to furnish their original Playing certificates and a photocopy attested by themselves, citing their participation in any national, international, Khelo India games or leagues and Khelo India University Games, which occurred between January-June or June-November of the preceding year. The monitoring template will be updated with this information, which is compulsory.
- Athletes who are part of the Hockey India Senior National Core Group are exempted from attending the Assessment Camp, which is held twice a year. However, if they are no longer part of the Core Group, attending the next assessment camp will be mandatory for them.

Deselection

- An athlete who is absent from both Assessment Camps will be weeded out.
- 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.
- If an Athlete was absent in the one Assessment Camp and Injured in the other Assessment Camp, they will be weeded out.
- If an athlete was present in one Assessment Camp and Injured/Absent in the other, their performance in the Assessment Camp that they were present in, will be taken into consideration as per the above-mentioned Criteria.
- If an athlete is present in both Assessment Camps, their best performance will be taken into consideration as per the above-mentioned Criteria.
- Performance review of all scholars would be done annually by the TIDC, HPAC, KITD team on basis of the two biannually monitoring report cards received.
- Current NCOE Athletes who have completed one year under the scheme and whose performances do not meet the benchmarks as mentioned in **annexure XI** will be deselected from the NCOE with the recommendation of TIDC committee.

- Undisciplined Athletes will be immediately deselected from NCOE based on the recommendations of TIDC.
- Athletes who remain absent without any information for more than 15 days will also be deselected from NCOE based on the recommendation of TIDC.
- Even Athletes who have been injured for long periods of time can be deselected from the NCOE with the recommendation by TIDC.
- Additionally, Athletes under the age of 21 years only will be allowed to train in NCOE Bangalore and Athletes above 21 years of age will be transferred to other NCOEs as per available vacancy.

Annexures

Annexure I – Key Domestic Competitions for Talent Identification in Hockey

<ul style="list-style-type: none">• All Senior, Junior, Sub – Junior and Zonal National Championships organized by Hockey India
<ul style="list-style-type: none">• Khelo India Youth Games
<ul style="list-style-type: none">• Khelo India Leagues
<ul style="list-style-type: none">• Khelo India University Games

Annexure II - Sample Early Talent Scouting Form

Event Name:																				
PLAYERS DETAILS						PARAMETERS (RATE OUT OF 5)							GOALKEEPER SPECIFIC PARAMETERS							
													(RATE OUT OF 5)							
S. No.	Players Name	Team	Shirt No.	Date of Birth	Playing Position	Speed	Endurance	Ball Control	Passing	Shooting	Tackling	Team Player	Agility	Anticipation	Decision Making	Team Players	Remarks	Total	Rank	
	Name and Signature of the TDC Member																			

Annexure III – Khelo India Approved Tests – Guidelines and the Template

Test and Performance Matrix

S. No.	Sport	Categories	Tests	Frequency	Measurement
11.	Hockey	Sub Junior and Junior Category	Physical Fitness Tests		
			10 meter time	Twice a Year	Time and Score
			40 meter time	Twice a year	Time and Score
			Repeated Sprints (6X30 m) (Excluding G.K.)	Twice a year	% Difference
			YoYo Test IR2	4 Times in a year	Level
			T Agility Test (For G.K.)	Twice a year	Time
			YoYo Test IR1	Used only for Induction Purpose	Level
			Skill Tests (Excluding Goalkeepers)		
			Receiving – Short Distances	Twice a year	Score in percentage (Forehand Stick Count and Reverse-Stick Count)
			Passing – short distances	Twice a year	Score in percentage (Forehand Stick Count and Reverse-Stick Count)
			Reverse Hit	Twice a year	Score in percentage (Total Count)
			Receiving – Long distances	Twice a year	Score in percentage (Forehand Stick Count and Reverse-Stick Count)
			Passing – Long Distances	Twice a year	Score in percentage (Forehand Stick Count and Reverse-Stick Count)
			Overhead Passing and Receiving	Twice a year	Score in percentage (Total Count)
			Aerial Skills	Twice a year	Score in percentage (Forehand Stick Count and Backhand Stick Count)
			Drag Flicks	Twice a year	Score in percentage (Total Count)
			1 vs 1	Twice a year	Score in percentage (Total Count)
			Tackling 2 vs 1	Twice a year	Score in percentage (Total Count)
			Skill Test (Only for Goalkeepers)		
			Semi-circular movements for covering the angle of Goal Post	Twice a year	Score in percentage
			Punting the ball for accuracy	Twice a year	Score in percentage
			Jump and Reach	Twice a year	Score in percentage
			Approaching and blocking	Twice a year	Score in percentage
			Game Awareness (For All Players)		
			Positioning	Twice a year	Score in percentage
			Skill Execution	Twice a year	Score in percentage
			Decision Making	Twice a year	Score in percentage
			Versatility	Twice a year	Score in percentage
			Active Involvement	Twice a year	Score in percentage

THE GUIDELINES AND A DETAILED DESCRIPTION OF THE TEST PROTOCOLS OF HOCKEY FOR TALENT SELECTION AT THE JUNIOR AND SUB-JUNIOR LEVELS. THESE GUIDELINES AND PROTOCOLS ARE ALSO APPLICABLE TO EXISTING KHELO INDIA ATHLETES AND SAI HOCKEY ATHLETES.

1. Any player of the correct age is eligible for trialing
2. Trials to be conducted and supervised by a Hockey India Level One Accredited Coach.
3. Players to be scored according to their physical fitness, skills and game awareness Test.
4. Physical fitness, skill and Game Awareness tests to be conducted as per guidelines below.
5. Players to be rated in all areas shown on spread – sheet.
6. Players to receive written (or verbal) feedback following trial from a Hockey India Level One Coach.
7. Talent selection spreadsheets to be returned to HPAC/KITD/TIDC and Hockey India for review following trial.

Positions

Please indicate the preferred positions for the player according to the following:

- A. Goal Keeper
- B. Defender
- C. Mid Fielder
- D. Forward

Tests are divided into following three types:

- a. Physical Fitness
- b. Hockey Skills
- c. Game Awareness

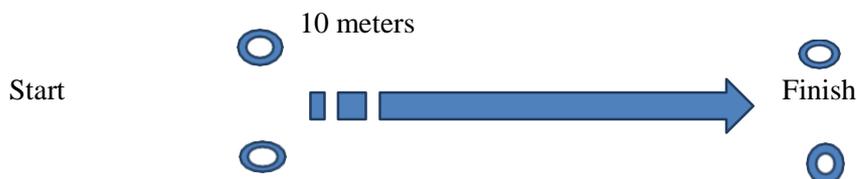
Description of Test Protocols for Hockey

a. Physical Fitness Tests

1. Speed

a. 10-meter time

- From a standing start, record the time to two decimal points (e.g. 1.98) to run 10 meters as fast as possible.



- Repeat two (2) times and record the fastest time.
- Compare the player's fastest time to norms for their age and gender (see below).

Guidelines for Scoring

(i) Sub Junior Age

Male	<1.80 sec	Excellent	Female	< 2.00 sec	Excellent
	1.81 – 1.90	Very Good		2.01 – 2.10	Very Good
	1.91 – 2.00	Average		2.11 – 2.20	Average
	> 2.01 sec	Fair		>2.21 sec	Fair

(ii) Junior Age

Male	< 1.75 sec	Excellent	Female	< 1.90 sec	Excellent
	1.76 – 1.85	Very Good		1.91 – 2.00	Very Good
	1.86 – 1.95	Average		2.01 – 2.10	Average
	>1.96 sec	Fair		> 2.11 sec	Fair

b. 40-meter time

- From a standing start, record the time to two decimal points to run 40 meters as fast as possible.



- Repeat two (2) times and record the fastest time.
- Compare the player's fastest time to norms for their age and gender (see below).

Guidelines for Scoring

(i)Sub Junior

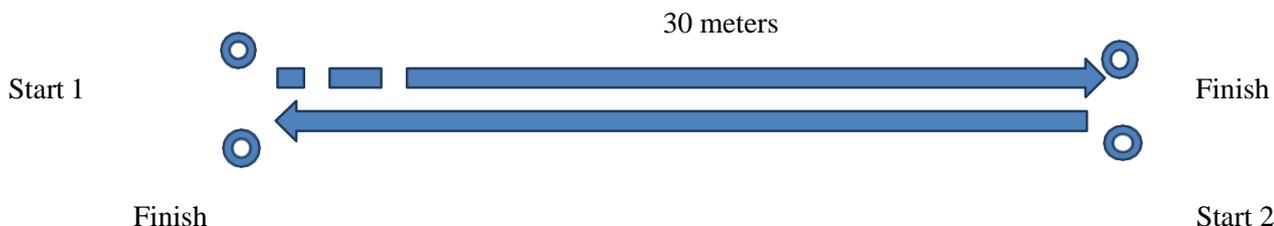
Age	Male	Female
< 5.50 sec	Excellent	< 6.00 sec Excellent
5.51 – 5.70	Very Good	6.01 – 6.20 Very Good
5.71 – 5.90	Average	6.21 – 6.40 Average
> 5.90 sec	Fair	> 6.40 sec Fair

(ii)Junior Age

Age	Male	Female
< 5.30 sec	Excellent	< 5.70 sec Excellent
5.31 – 5.50	Very Good	5.71 – 5.90 Very Good
5.51 – 5.70	Average	5.91 – 6.10 Average
> 5.70 sec	Fair	> 6.10 sec Fair

2. Repeated Sprints

- Measure a distance of 30 meters.
- Use two stop watches and one whistle. First stop watch records player's 30 m time. Second stop watch to be continuous for 3 minutes with player to repeat sprint every 30 seconds.



- From a standing start, player sprints 30 meters. Record time.
- Player performs 6 x 30 m consecutive sprints every 30 seconds.
- Calculate the percentage difference between the best time and slowest times.

Note: Formula to calculate the difference in percentage is :

$$\text{Slowest Time} - \text{Best Time} \times 100 / \text{Slowest Time} = \text{Difference of } \%$$

For E.g.:

$$5.90 - 5.50 \times 100 / 5.90 = 6.77 \%$$

Guidelines for Scoring

< 2% difference	Excellent
2 – 3% difference	Very Good
4 – 5% difference	Average
> 5% difference	Fair

3. Yo-Yo Test

Testing Of Intense Intermittent Exercise Capacity(fig.1)

A test of the ability to perform Hockey specific repeated high intensity exercise.

(Aerobic-Anaerobic Capacity)

Aim: To evaluate a player's capacity to recover after repeated intense exercise of a similar nature as in a Hockey game.

Materials: The description of the tests and test signals are provided in a CD-ROM. To perform the test a CD-player, a tape measure, markers/cones, a stop watch and a pencil, high sound quality speaker are needed.

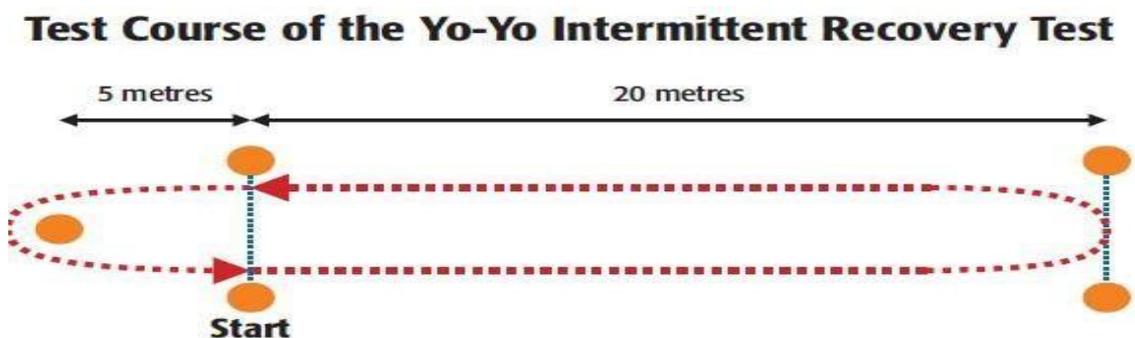


FIG. 1. YO YO INTERMITTENT RECOVERY TEST

- **Test circuit:** Two markers are placed on the ground exactly 20 m apart (two lines can also be used) and a third marker is placed 5 m behind the start marker.

- **Performing the test:** Yo-Yo IR test last for 5-15 minutes of running and consists of 2x 20

Meters intervals of running interspersed by a regular short rest periods 10 sec. The CD – Rom that follows the Yo –Yo test package provides the information about how to perform the test and gives the signal to control the speed. Briefly the player runs forward 20 meters at a speed, so that the player reaches the 20-meter marker exactly at the time of the signal. A turn is made at the 20-meter markers and the player runs back to the starting marker which has to be reached at the time of the next signal. Then the player has a 10- second break running slowly around the third marker placed 5 meters behind. If the players run too quickly, he/she must wait at the marker until the next signal. It is recommended that the players upon turning switches between left and right foot to avoid one sided load on the body. The course is repeated until failure to complete the shuttle run in time on two occasions. The first time the start marker is not reached a warning is given and the second time the test is terminated. The last running interval that a player has completed before being excluded from the test is noted and the test result is expressed as the total running distance covered in the test.

- **Two levels:** The Yo –Yo IR test has two levels. Level 1 is for Youth, recreational and Moderately trained players, and the level 2 for well trained and elite trained players. The difference between the tests is that the level 2 test starts at, and maintains, a higher running speed than the level 1 test. The Yo–Yo IR1 test is initiated at a speed of 10 km/hour compared to 13 km/hour for Yo-Yo IR2 and the progression in speed is slower.

Test result: Test result is expressed as total running distance covered and the same can be converted to VO2 max values by using the prediction formula given below. Record their final Stage and Level

e.g. Stage 19, Level 5

Formula to calculate predicted Vo2 Max from Yo-Yo Intermittent Recovery test.

$$\text{YY1R1:Vo2 Max (ml/kg/min) = IR1 distance (m) x 0.008 + 36.4}$$

$$\text{YY1R2:Vo2 Max (ml/kg/min) = IR2 distance (m) x 0.0136 + 45.3}$$

Summary - Yo-Yo Intermittent Recovery Test

- **The Yo-Yo IR test provides valid information about a player's hockey specific fatigue-resistance and ability to recover from high intense exercise.**

- It is closely related to high intensity performance in a hockey game and can be used to assess the capacity of a player to perform repeated intense exercise in a game and to evaluate seasonal changes in physical performance of players.

- The test can also be used to monitor the maximal heart rate.

GOAL KEEPERS TEST T AGILITY TEST

The T Agility Test is a simple running test of agility, involving forward, lateral, and backward movements, appropriate to a wide range of sports

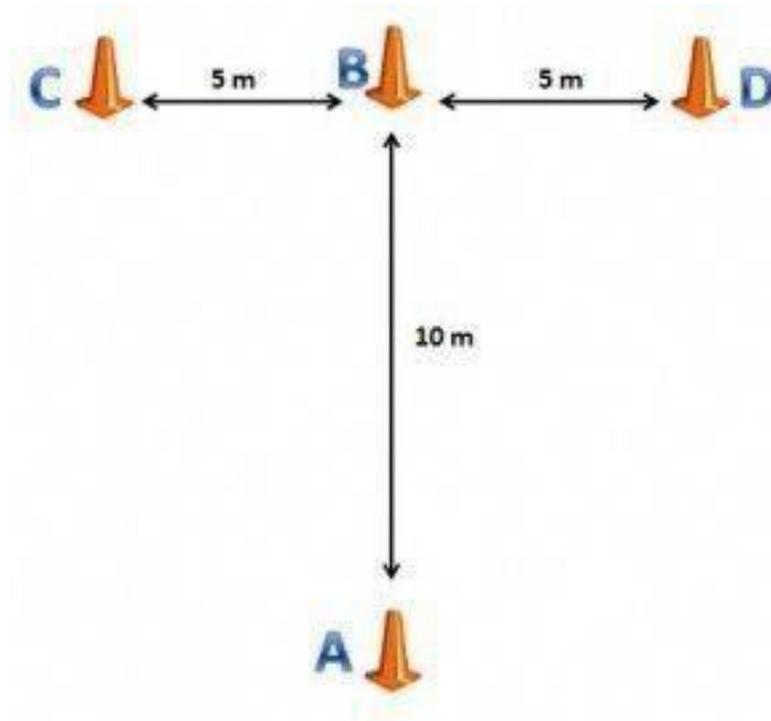
Purpose: The T-Test is a test of agility for athletes, and includes forward, lateral, and backward running.

Equipment required: Tape measure, Marking cones, Stopwatch, Timing gates (optional)

Test setup: Set out four cones as illustrated in the diagram above 5 Meters and 10 Meters

Procedure: The subjects start at cone A. On the command of the timer, the subject sprints to cone B and touches the base of the cone with their right hand. They then turn left and shuffle sideways to cone C, and also touch its base, this time with their left hand. Then shuffling sideways to the right to cone D and touching the base with the right hand. They then shuffle back to cone B touching with the left hand, and run backwards to cone A. The stopwatch is stopped as they pass cone A.

Scoring: The trial will not be counted if the subject crosses one foot in front of the other while shuffling, fails to touch the base of the cones, or fails to face forward throughout the test. Take the best time of three successful trials to the nearest 0.1 seconds.



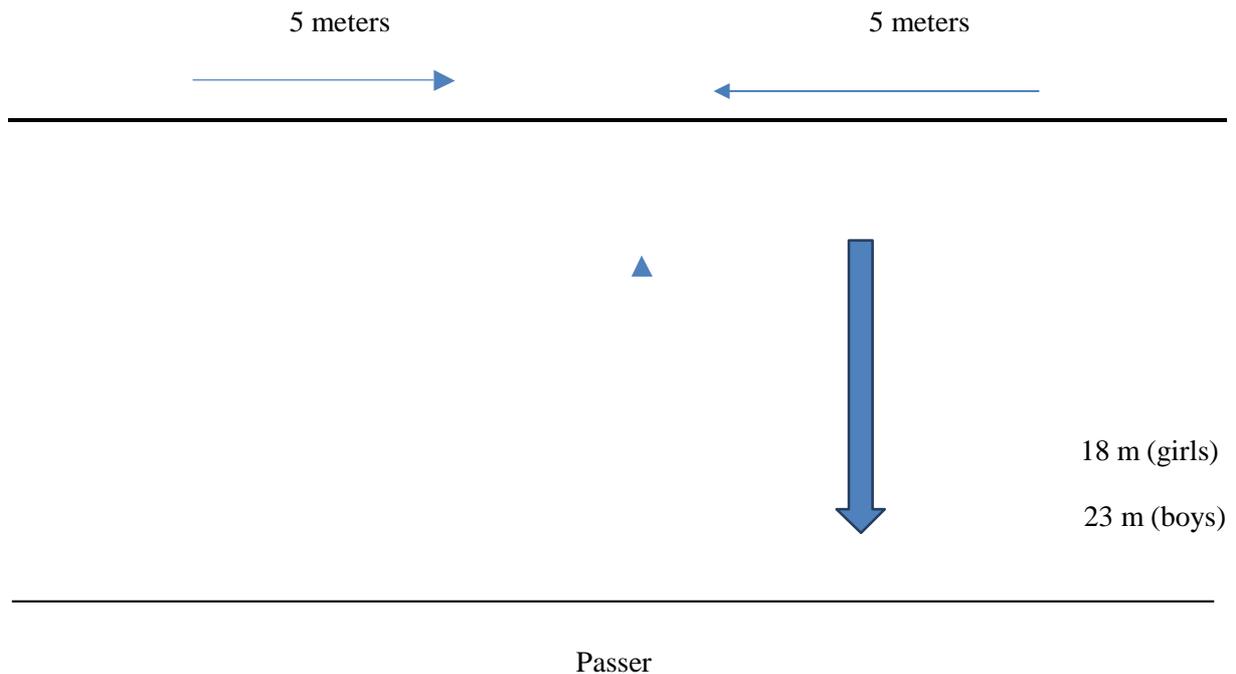
T Agility Test

b. Skill Tests

1. Receiving Short Distances

Player must receive a push pass at speed from 18 m (girls) and 23 m (boys)

Player leads to receive ball; receive 10 balls on fore-stick and 10 balls on reverse stick.



Mark the ability of the player to trap the ball “dead” and their foot positioning.

- Player receives 10 balls onto fore-stick.
- Player receives 10 balls onto reverse stick.

Note:

Guidelines for Scoring

> 90%	Excellent
80 – 90%	Very Good
70 – 80%	Average
< 70%	Fair

2. Receiving Long Distances

Player must receive a hit or slap hit at speed from 23 m (sub junior girls) 28 m (Junior Girls) and 28 m (Sub junior boys) and 35 m (Junior Boys)

Player must lead 5 m to receive ball; receive 10 balls on fore-stick and 10 balls on reverse stick.



Mark the ability of the player to trap the ball “dead” and their foot positioning.

- Player receives 10 balls onto fore-stick.
- Player receives 10 balls onto reverse stick

Guidelines for Scoring

> 90%	Excellent
80 – 90%	Very Good
70 – 80%	Average

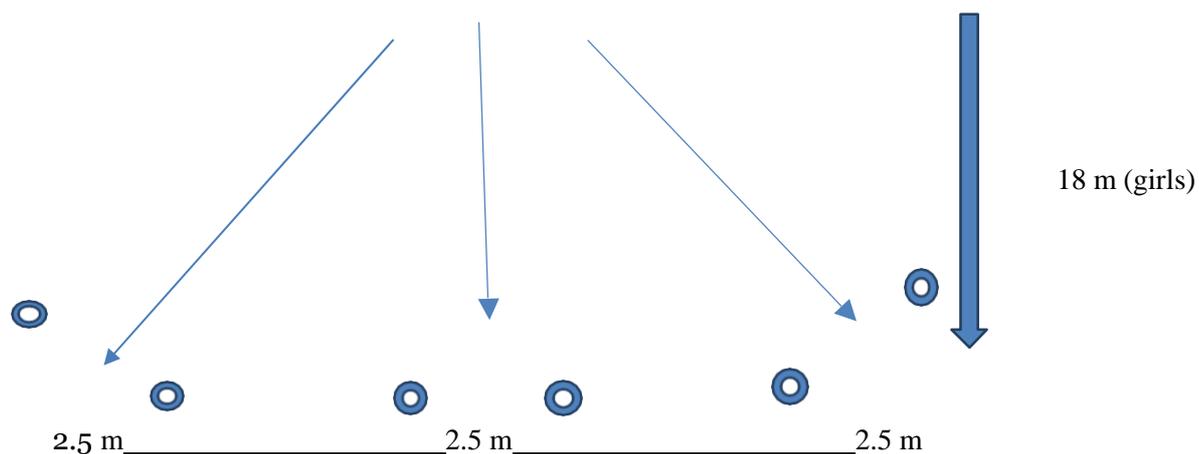
< 70% Fair

3. Passing Short Distances

Player must display **push passing** skills over 18 m (girls) or 23 m (boys) with accuracy.

Place four cones in a 2.5 m square on the 23 meters line directly in front of the player and four cones in a 2.5 m square on the 25 yard line at 45 degrees to the passing player.

Sub Junior & Junior Girls

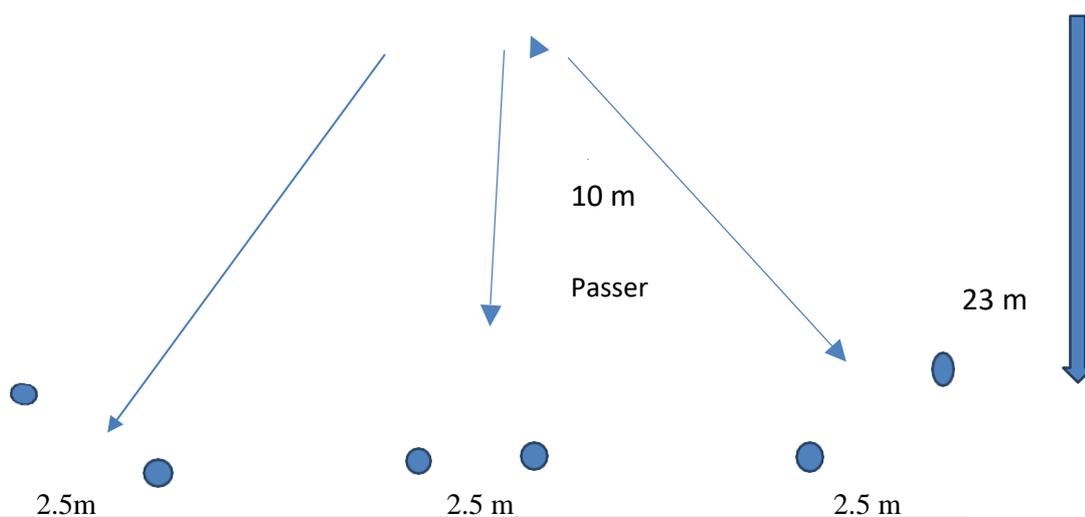


(i) Sub Junior & Junior Girls

- Using a stationary ball (Sub Jr Girls) & receiving a 5 m pass (Junior Girls), pass ball using fore-stick at speed directly in front between the cones spaced 2.5 meters apart. Perform 10 times
- Repeat the same procedure, passing 10 balls at 45-degree angle through cones on fore-stick.
- Repeat the same procedure, passing 10 balls at 45-degree angle on the reverse stick.

(ii) Sub Junior & Junior Boys

Sub Junior & Junior Boys



- After receiving a 5 m pass (For Sub Junior Boys) & 10 m pass (For Junior Boys) from slightly off-center, pass the ball using fore-stick at speed directly in front between the cones spaced 2.5 meters apart. Perform 10 times.
- Repeat the same procedure, passing 10 balls at a 45-degree angle on the fore-stick.
- Repeat the same procedure, passing 10 balls at a 45-degree angle on the reverse stick.

Guide-lines for Scoring

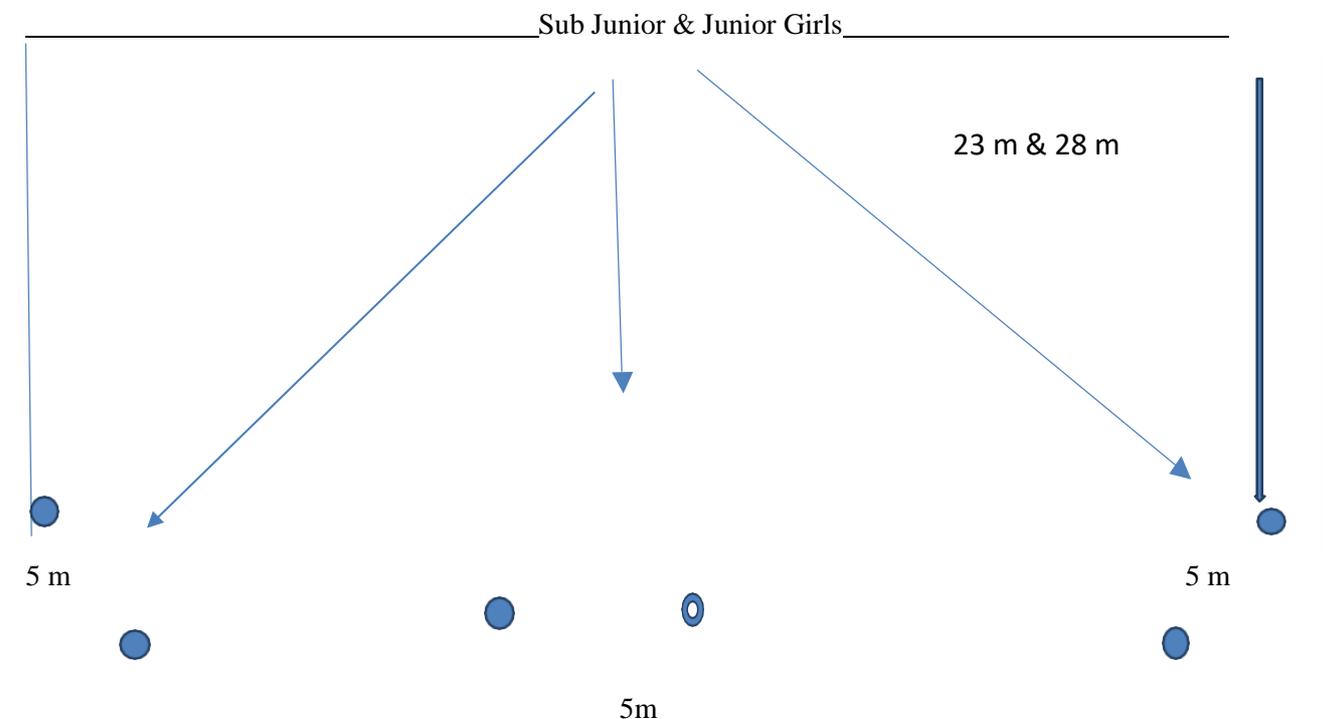
Record the accuracy of the 10 passes. A successful pass occurs if the ball passes between the cones.

> 90%	Excellent
80 – 90%	Very Good
70 – 80%	Average
< 70%	Fair

4. Passing Long Distances

Player must display passing skills over 23 m (Sub Junior girls) and 28 m (Junior Girls) with accuracy and 28 m (Sub Junior Boys) and 35 m (Junior Boys). The player has a choice of a push pass, slap hit or a hit.

Place four cones in a 5 m square on the 35 m directly in front of the player and four cones in a 5 m square on the side-line 35 meters away and at 45 degrees to the passing player.

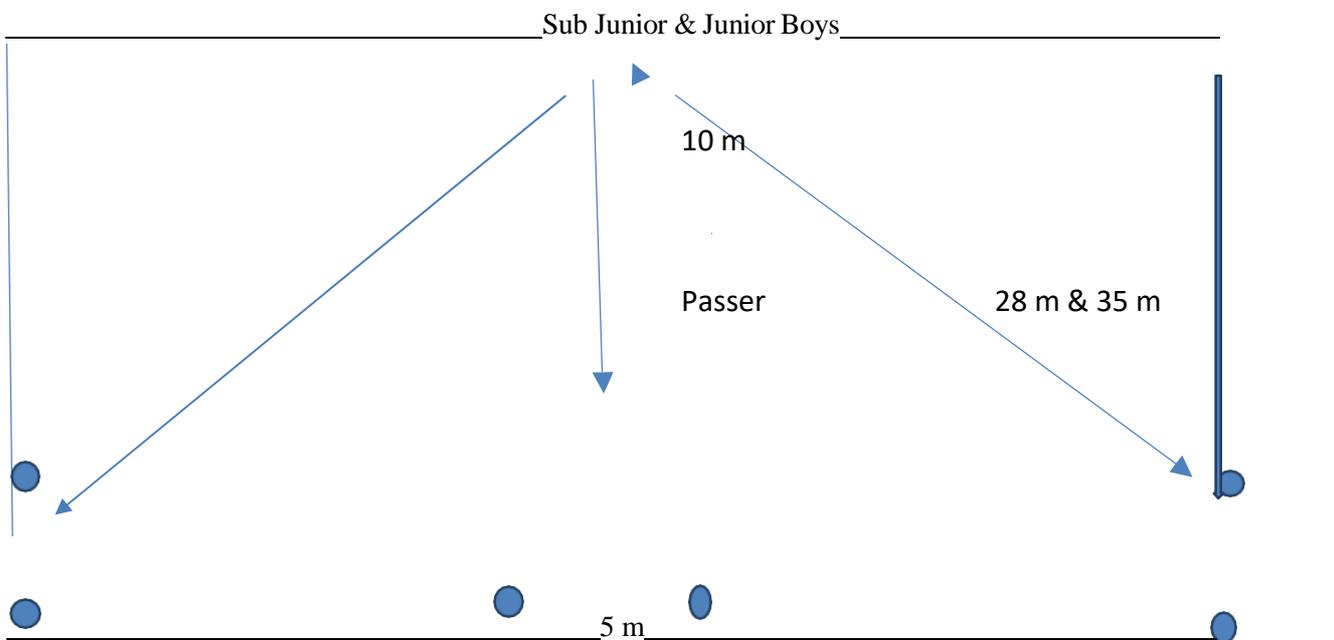


(i) Sub Junior and Junior Girls

- After receiving a 5 m pass, pass ball (push pass, slap hit or hit) using fore- stick at speed directly in front through cones (23 m for Sub Jr. Girls) and (28 m for Junior Girls) spaced 5 meters apart. Perform 10 times.
- Repeat the same procedure, passing 10 balls at 45 degrees on the fore- stick.
- Repeat the same procedure, passing 10 balls at 45 degrees on the reverse stick

(ii) Sub Junior and Junior Boys

- After receiving a 10 m pass from slightly off-center, pass ball using fore- stick at speed directly in front (28 m for Sub Junior and 35 m for Junior Boys) through cones spaced 5 meters apart. Perform 10 times.
- Repeat the same procedure, passing 10 balls at 45 degrees on the fore- stick.
- Repeat the same procedure, passing 10 balls at 45 degrees on the reverse stick.



Guide-lines for Scoring

Record the accuracy of the 10 passes. A successful pass occurs if the ball passes between the cones.

> 90%	Excellent
80 – 90%	Very Good
70 – 80%	Average
< 70%	Fair

5. Overhead Passing and Receiving

Player must display overhead passing and receiving skills over (18 m for Sub junior Girls and 23 m for Junior Girls) and (23 m for Sub Junior Boys & 30 m for Junior Boys) with accuracy.

Place four cones in a 2.5 m square 23 m directly in front of the player (girls) and four cones in a 2.5 m square 30 m in front of the boys.

- From a stationary ball, play an overhead pass into the designated target. Repeat this procedure 10 times.
- Standing inside the designated area, the player must trap and control the overhead pass. Repeat 10 times.

Guide-lines for Scoring

Record the accuracy of the 10 overhead passes. A successful pass occurs if the ball passes into the square of cones.

> 90%	Excellent
80 – 90%	Very Good
70 – 80%	Average
< 70%	Fair

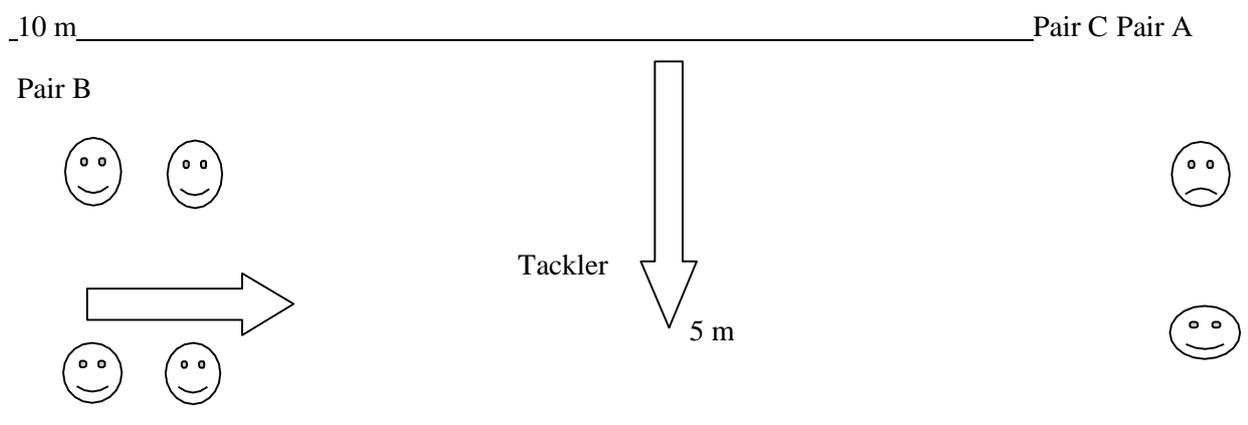
Record the accuracy of 10 overhead receives. The player must show the ability to control the ball to the ground.

> 90%	Excellent
80 – 90%	Very Good
70 – 80%	Average
< 70%	Fair

6. Tackling (2 vs 1)

Players must display their proficiency of tackling in a 2 vs 1 situation.

Create a 10 m x 5 m channel on the field. The tackling player stands on the 5 m (half-line). Three pairs of players (two at one end and one pair at opposite end) are required.



- Pair A start with the ball and staying within the channel play a 2 v 1 against the tackling player. If the tackling player successfully wins the ball without committing a foul, a positive score is given.
- If the two players beat the tackling player, pass the ball to Pair B and the exercise begins again. Pass to a third pair.
- Perform a total of 10 tackles.
- The tackling player has no rest over the 10 tackles.

Guide-lines for Scoring

Record a score out of 10 tackles.

- > 90% Excellent
- 80 – 90% Very Good
- 70 – 80% Average
- < 70% Fair

7. Aerial Skills

Players must display their proficiency in performing aerial skills.

Within a 10 m square area, place 10 hockey stick bags in three rows with three, three and four bags. The distance between stick bags should be 1 m.

A player must lift the ball (jink) using their fore-hand side over the 10 hockey stick bags. The player can lift and keep the ball on the stick. Lifting the ball is allowed below the knee level.

The ball must not touch the item to receive a perfect score. Repeat the process using the back-hand side of the stick.

Record the accuracy of 10 lifts on the fore-stick and 10 lifts on the reverse stick.

> 90%	Excellent
80 – 90%	Very Good
70 – 80%	Average
< 70%	Fair

8. Drag Flicks

For players who have developed the skill of drag flicking, this skill test should be performed.

After receiving an injection and a clean trap, the player completes a drag flick. A total of 5 drag flicks are completed with the quality of the drag flick based on speed and accuracy.

Scoring

A drag flick that does not land in the goal records a negative result.

A drag flick that lands in the goal but has little or no speed records a negative result.

A poor injection or trap is not counted and the process is repeated until 5 drag flicks are scored.

Total repetition of Drag Flick for 1 player is 5 times. 2 Marks will be award for 1 Successful attempt.

9. 1 vs 1

To assess the proficiency of players performing a 1 vs 1 from the 23 m line. With a Goal-keeper in place, the player has 8 seconds to score a goal.

After the first 1 vs 1, a minimum of 30 seconds is allowed for GK and player to recover.

Total repetition of 1v1 for 1 player is 5 times. 2 Marks will be award for 1 Successful attempt.

10. Reverse hit:

- Players have to stand at the top of the circle 0 0 approximately at 45 from the goalpost.
- He has to receive the incoming ball from the 23 meter line and receive by forehand and hit by reverse stick towards the goal.
- Same procedure will continue for 10 times.

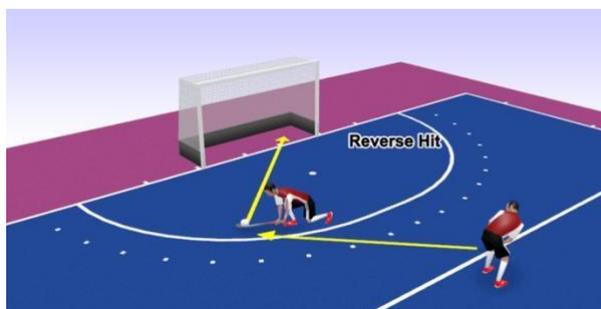


FIG: REVERSE HIT

Guidelines for scoring:

- Number of balls entering inside the goal post
- >90%-Excellent
- 80% - 90%-Very good
- 70% - 80 %-Average.
- < 70%-Fair

SKILL TESTS FOR GOALKEEPERS:

A. Semi-circular movements for covering the angle of Goal Post. (fig)

- 1-minute sideways movement (Left & Right): Goalkeeper has to stand on the goal line in the middle of the goalpost.
- Goalkeeper has to take 1 step forward and, on the word, “GO” he has to move in a circular manner towards the right goal post and then to the left in the same manner for 1 minute continuously.

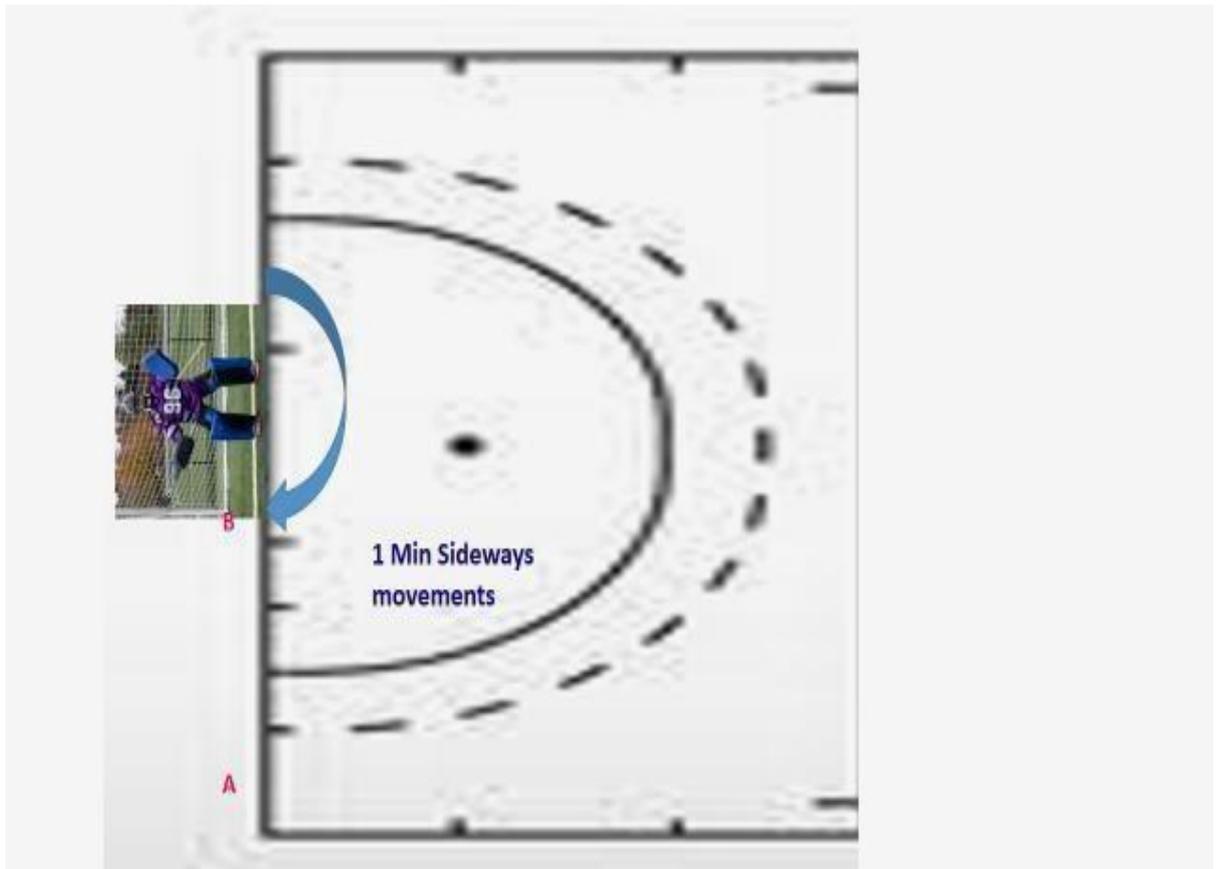


FIG :
SEMICIRCULAR

MOVEMENTS TO COVER THE ANGLE

Scoring: Maximum number of repetitions towards right and left is the score.

- >90%-Excellent (30-35-Jr Women, 25-30-Sub Jr Women, 35-40-Jr Men, 30-35-Sub Jr Men)
- 80% - 90%-Very good.
- 70%- 80 %-Average.
- < 70%-Fair

B. Punting the ball for accuracy: (fig)

- Goalkeeper has to stand 5 meters ahead of the center of the striking circle facing towards the goalpost.
- Place 10 balls on the top of the center circle.
- On the command “GO” goalkeeper has to take 2 steps and kick the ball inside the goal post by right leg.
- Same procedure has to be done with the left leg continuously for all ten balls.

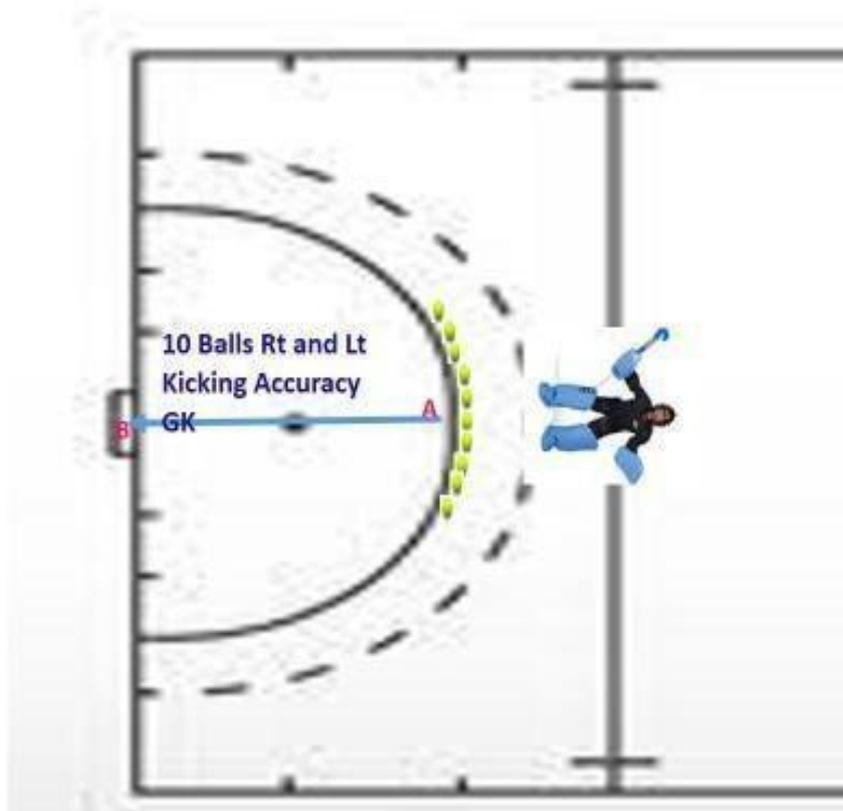


FIG : PUNTING THE BALL INSIDE THE GOAL POST

Scoring: Number of ball enter inside the goal is the score.

- >90%-Excellent
- 80% - 90%-Very good.
- 70%- 80 %-Average.
- < 70%-Fair

C. Jump and reach: (fig)

- Goalkeeper has to stand in the middle of the goal post and on the goal line.
- On the command “GO” he has to jump to reach right corner of the goal post and then to the left corner and same procedure will be continue for 1 minute.

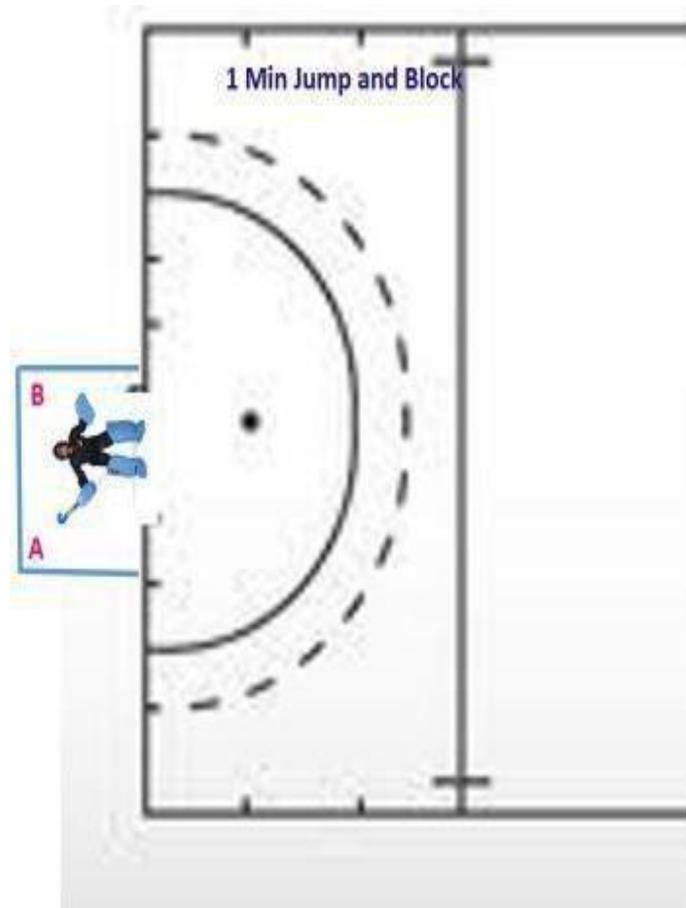


FIG 8: JUMP AND REACH

Scoring: Maximum number of jumps in 1 minute is the score.

- >90%-Excellent (25-30- Jr Women, 20-25-Sub Jr Women, 30-35-Jr Men, 25-30-Sub Jr Men)
- 80% - 90%-Very good.
- 70% - 80 %-Average.
- < 70%-Fair

D. Approaching and blocking (fig)

- Goalkeeper has to stand in the middle of the goal post and on the goal line.
- On the command “GO”, he has to move toward cone **A** (45 Degree) at the distance of 7 yards and make a blocking position by both the leg and come back to the original position and then again, he has to move towards cone **B** (90 Degree) and do the same and coming back to the original position and then go to cone **C** (135 Degree).



FIG : APPROCHING FORWARD AND BACKWARD

Scoring: Maximum number of repetitions in 1 minute is the score.

- >90%-Excellent (Jr Women:14-15, Sub Jr Women:12, Jr Men: 16-18, Sub Jr Men: 14-15)
- 80% - 90%-Very good.
- 70%- 80 %-Average.
- < 70%-Fair

11. Game Awareness

Players are assessed participating in matches in their preferred playing positions.

Score					
	Poor	Fair	Average	Very Good	Excellent
Positioning	0	3	5	7	9
Skill Execution	0	3	5	7	9
Decision Making	0	3	5	7	9
Versatility	0	3	5	7	9
Active Involvement	0	3	5	7	9

Scoring Guidelines for Talent Selection and Existing Khelo India and SAI Hockey Athletes		
(Weightage will be Used only for Induction Purpose)		
S.No.	Criteria	Percentage
1	Physical Fitness Test	30 %
2	Specific Skill Test	30 %
3	Game Performance	40 %
Total Percentage		100 %

Note: For existing Khelo India Athletes (KIAs) and SAI Hockey Athletes, the accumulative score of physical fitness tests, skill tests, and game awareness tests will be counted

Criteria I: Physical Fitness Test (Excluding Goalkeepers)		
Physical Fitness Tests & Marks		
S.No.	Tests	Maximum Marks
1	Yo-Yo Test	10
2	10 Meters Sprint Test	10
3	40 Meters Sprint Test	10
4	30 X 6 Repeated Sprint Test	10
Total Marks		40
Fitness score will consider for 30%		
Total Score Obtained(Y)= $Y/4 \times 3 = ?$		
Example: Total Score Obtained = 36. Then, $36/4 \times 3 = 27\%$		

Yo-Yo Intermittent Recovery Level 1 Test's Scoring Guidelines for: -
Sub-Junior Age Category:

Rating	Male	Female	Score
Excellent	> 18.6	> 16.5	10
Very good	17.3 - 18.6	15.6 - 16.5	8
Average	15.7 - 17.2	14.6 - 15.5	6
Fair	< 15.7	< 14.6	4

Yo-Yo Intermittent Recovery Level 1 Test's Scoring Guidelines for:-
Junior Age Category:

Rating	Male	Female	Score
Excellent	>20.1	>17.5	10
Very good	18.6 - 20.1	16.6 - 17.5	8
Average	17.3 - 18.5	15.6 - 16.5	6
Fair	<17.3	<15.6	4

Note: Yo-Yo Intermittent Recovery Level 1 Test's is used only for Induction Purpose.

Yo-Yo Intermittent Recovery Level 2 Test's Scoring Guidelines for:-

Sub-Junior Age Category:

Rating	Male	Female	Score
Excellent	> 20.7	> 20.1	10
Very good	20.2 - 20.7	19.3 - 20.1	8
Average	19.2 - 20.1	17.2 - 19.2	6
Fair	< 19.2	<17.2	4

Yo-Yo Intermittent Recovery Level 2 Test's Scoring Guidelines for: -

Junior Age Category:

Ratin g	Male	Female	Score
Excellent	>21.6	> 20.7	10
Very good	20.8 - 21.6	20.2 - 20.7	8
Average	20.1 - 20.7	19.2 - 20.1	6
Fair	< 20.1	< 19.2	4

Note: Yo-Yo Intermittent Recovery Level 2 Test's scoring guidelines is used only for existing Khelo India Athletes (KIA's) and SAI Hockey Athletes.

10 Meter Sprint Test's Scoring Guidelines for: -

Sub-Junior Age Category:

Rating	Male	Female	Score
Excellent	< 1.80 Sec	< 2.00 Sec	10
Very good	1.81 - 19.0	2.01 - 2.10	8
Average	19.1 - 2.00	2.11 - 2.20	6
Fair	> 2.01 Sec	> 2.21 Sec	4

10 Meter Sprint Test's Scoring Guidelines for: -

Junior Age Category:

Rating	Male	Female	Score
Excellent	< 1.75 Sec	< 1.90 Sec	10
Very good	1.76 - 1.85	1.91 - 2.00	8
Average	1.86 - 1.95	2.01 - 2.10	6
Fair	> 1.96 Sec	> 2.11 Sec	4

40 Meter Sprint Test's Scoring Guidelines for: -

Sub-Junior Age Category:

Rating	Male	Female	Score
Excellent	< 5.50 Sec	< 6.00 Sec	10
Very good	5.51 - 5.70	6.01 - 6.20	8
Average	5.71 - 5.90	6.21 - 6.40	6
Fair	> 5.90 Sec	> 6.40 Sec	4

40 Meter Sprint Test's Scoring Guidelines for: -

Junior Age Category:

Rating	Male	Female	Score
Excellent	< 5.30 Sec	< 5.70 Sec	10
Very good	5.31 - 5.50	5.71 - 5.90	8
Average	5.51 - 5.70	5.91 - 6.10	6
Fair	> 5.70 Sec	> 6.10 Sec	4

30 Meter x 6 Repeated Sprint Test's Scoring Guidelines for: -

All Age and Both Gender (Male & Female) Category:

Rating	Male & Female	Score
Excellent	< 2% Difference	10
Very good	2 - 3% Difference	8
Average	4 - 5% Difference	6
Fair	> 5% Difference	4

Note: Formula to calculate the difference in percentage is :

Slowest Time - Best Time x100 / Slowest Time = Difference of %

For E.g.:

$$5.90 - 5.50 \times 100 / 5.90 = 6.77 \%$$

Criteria II: Skill Tests (Excluding Goalkeepers)		
Specific Skills Test and Marks		
S.No.	Skill Tests	Maximum Marks as per Chances
1	Receiving Short Distance	20
	Forehand - 10	
	Backhand - 10	
2	Receiving Long Distance	20
	Forehand - 10	
	Backhand - 10	
3	Passing Short Distance	30
	Right – 10	
	Centre - 10	
	Left – 10	
4	Passing Long Distance	30
	Right - 10	
	Centre - 10	
	Left - 10	
5	Overhead Pass – 10	10
6	Overhead Receiving - 10	10
7	Reverse Hit - 10	10
8	Ariel Skill	20
	Forehand – 10	
	Backhand - 10	
9	2V1 Tackling - 10	10
10	1 V 1 - 5	10
11	Drag Flick - 5	10
Total Marks		180
Total Marks Without Drag Flick Skill Test		170
<p>Convert into 30% Formula = Total Marks Scored by athlete (Y) = Y/17X3 = ? Or (Y) = Y/18X3 = ? <u>Example with Drag flick -</u> Total Score Obtained = 146. So, 146/18X3 = 24.33 <u>Example without Drag flick -</u> Total Score Obtained = 146. So, 146/17X3 = 25.76</p>		

Note: In Skill Test 1v1 and Drag Flick, total repetition for 1 player is 5 times. 2 Marks will be award for 1 Successful attempt. For E.g.: Athlete “X” was successful 3 times out of 5 repetitions. So, X will be scored 6 in 1v1 and Drag Flick Skill Test.

Criteria III: Game Awareness Test		
Game Awareness Criteria & Marks		
S.No	Game Awareness Tests	Maximum Marks
1	Positioning	10
2	Skill Execution	10
3	Decision Making	10
4	Versatility	10
5	Active Involvement	10
Total Marks		50
Convert into 40 % Formula = Total Marks Scored by Athlete (Y) = $Y/5 \times 4 = ?$ Example: - Total Score Obtained 42. So, $42/5 \times 4 = 33.6$		

Criteria I: Physical Fitness Test for Goalkeepers		
S.No.	Physical Fitness Tests	Maximum Marks
1	Yo-Yo Test	10
2	10m Sprint Test	10
3	40m Sprint Test	10
4	T-Agility Test	10
Total Marks		40
Fitness score will consider for 30% total score obtained (Y) = $Y/4 \times 3 = ?$ Example: - Total Score Obtained is 36. So, $36/4 \times 3 = 27$		

Note: For existing Khelo India Athletes (KIAs) and SAI Hockey Athletes (Goalkeepers), the accumulative score of physical fitness tests, skill tests, and game awareness tests will be counted

T-Agility Test's Scoring Guidelines (for Goal keepers):

Sub-Junior Age Category:

	Male (seconds)	Female (seconds)	Score
Excellent	< 10.5	< 11.5	10
Very good	10.5 - 11.4	11.5 - 12.4	8
Average	11.5 - 12.4	12.5 - 13.4	6
Fair	> 12.4	> 13.4	4

Junior Age Category:

	Male (seconds)	Female (seconds)	Score
Excellent	< 9.5	< 10.5	10
Very good	9.5 - 10.4	10.5 - 11.4	8
Average	10.5 - 11.4	11.5 - 12.4	6
Fair	> 11.4	> 12.4	4

Criteria II: Skill Test for Goalkeepers		
S.No.	Skill Tests	Maximum Marks
1	Semicircular movement	10
	Excellent -10	
	Very good -8	
	Average – 6	
	Fair- 4	
2	Punting the Ball	20
	R-10	
	L-10	
3	Jump and reach	10
	Excellent -10	
	Very good -8	
	Average – 6	
	Fair- 4	
4	Approach and block	10
	Excellent -10	
	Very good -8	
	Average – 6	
	Fair- 4	
Total Marks		50
Convert into 30% Formula = Total Marks Score by Athlete (Y) = $Y/5X3 = ?$ Example: - Total Score Obtained 35. So, $35/5X3 = 21$.		

Scoring Guidelines for Goalkeeper's Skill Tests: -

Scoring Guidelines of Semi-Circular Movement for Junior Goalkeepers						
S.No.	Men	Score	Grade	Women	Score	Grade
1	35-40	10	Excellent	30-35	10	Excellent
2	29-34	8	Very Good	24-29	8	Very Good
3	23-28	6	Average	18-23	6	Average
4	17-22	4	Fair	12-17	4	Fair

Scoring Guidelines of Semi-Circular Movement for Sub - Junior Goalkeepers						
S.No.	Men	Score	Grade	Women	Score	Grade
1	30-35	10	Excellent	25-30	10	Excellent
2	24-29	8	Very Good	19-24	8	Very Good
3	18-23	6	Average	13-18	6	Average
4	12-17	4	Fair	07-12	4	Fair

Scoring Guidelines of Jump & Reach for Junior Goalkeepers						
S.No.	Men	Score	Grade	Women	Score	Grade
1	30-35	10	Excellent	25-30	10	Excellent
2	24-29	8	Very Good	19-24	8	Very Good
3	18-23	6	Average	13-18	6	Average
4	12-17	4	Fair	07-12	4	Fair

Scoring Guidelines of Jump & Reach for Sub - Junior Goalkeepers						
S.No.	Men	Score	Grade	Women	Score	Grade
1	25-30	10	Excellent	20-25	10	Excellent
2	19-24	8	Very Good	14-19	8	Very Good
3	13-18	6	Average	08-13	6	Average
4	07-12	4	Fair	Minimum - 7	4	Fair

Scoring Guidelines of Approaching & Blocking for Junior Goalkeepers						
S.No.	Men	Score	Grade	Women	Score	Grade
1	16-18	10	Excellent	14-15	10	Excellent
2	13-15	8	Very Good	12-13	8	Very Good
3	10-12	6	Average	10-11	6	Average
4	07-09	4	Fair	07-09	4	Fair

Scoring Guidelines of Approaching & Blocking for Sub - Junior Goalkeepers						
S.No.	Men	Score	Grade	Women	Score	Grade
1	14-15	10	Excellent	12-13	10	Excellent
2	12-13	8	Very Good	10-11	8	Very Good
3	10-11	6	Average	08-09	6	Average
4	07-09	4	Fair	06-07	4	Fair

Annexure IV – Norms for expenditure for Khelo India Scholars

Sl. No	Particulars	Norms	Cost per annum (In Rs.)	Payable to
1	Direct Training Expenses	Includes following components: Coaching - Rs. 75,000 Sports Science - Rs. 50,000 Injury Management - Rs. 25,000 The ratio and sub-heads are subject to change	1,50,000	Academy (Utilization Certificates duly verified by CA and the Head of Academy need to be submitted)
2	Diet Charges	Rs. 480 per day per scholar can be utilized for maximum 330 days a year only if diet is actually provided by the academy	1,58,400	
3	Lodging Charges	Rs. 3000 per month per scholar	36,000	
4	Kitting	Includes at least 1 track suit, 8 T-Shirts, 6 shorts, 2 pairs of warm-up shoes and 4 pairs of socks	20,000	
5	Recurring expenses for consumables/equipment	Includes hockey sticks, turf shoes, w/u shoes, shin guard and match kit	60,000	
6	Domestic Travel for competitions	Also includes travel to Khelo India Assessment Camps	60,000	
7	Educational Tie-Up	Includes tuition fees, stationery items, school uniform and other required items regarding schooling	30,000	
8	Insurance and Medical Expenses	To be divided as: Medical Insurance: Rs. 5 lakhs cover Personal Insurance: Rs. 25 lakhs cover	4,000	To be done Centrally
9	Out-of-Pocket Allowance	To be paid on selection as Khelo India Scholar	1,20,000	Scholar
10	Total Cost per Trainee		6,38,400	

Annexure V – Half yearly Monitoring Template for Khelo India Scholars and NCOE Athletes

ACADEMIC PERFORMANCE		PHYSICAL FITNESS		PSYCHOLOGICAL WELL-BEING		SOCIAL SKILLS		SPORTS PARTICIPATION		ATTITUDE		GENERAL COMMENTS	
MARKS	PERCENTAGE	SCORE	PERCENTAGE	SCORE	PERCENTAGE	SCORE	PERCENTAGE	SCORE	PERCENTAGE	SCORE	PERCENTAGE	SCORE	PERCENTAGE
95	95%	100	100%	100	100%	100	100%	100	100%	100	100%	100	100%
90	90%	95	95%	95	95%	95	95%	95	95%	95	95%	95	95%
85	85%	90	90%	90	90%	90	90%	90	90%	90	90%	90	90%
80	80%	85	85%	85	85%	85	85%	85	85%	85	85%	85	85%
75	75%	80	80%	80	80%	80	80%	80	80%	80	80%	80	80%
70	70%	75	75%	75	75%	75	75%	75	75%	75	75%	75	75%
65	65%	70	70%	70	70%	70	70%	70	70%	70	70%	70	70%
60	60%	65	65%	65	65%	65	65%	65	65%	65	65%	65	65%
55	55%	60	60%	60	60%	60	60%	60	60%	60	60%	60	60%
50	50%	55	55%	55	55%	55	55%	55	55%	55	55%	55	55%
45	45%	50	50%	50	50%	50	50%	50	50%	50	50%	50	50%
40	40%	45	45%	45	45%	45	45%	45	45%	45	45%	45	45%
35	35%	40	40%	40	40%	40	40%	40	40%	40	40%	40	40%
30	30%	35	35%	35	35%	35	35%	35	35%	35	35%	35	35%
25	25%	30	30%	30	30%	30	30%	30	30%	30	30%	30	30%
20	20%	25	25%	25	25%	25	25%	25	25%	25	25%	25	25%
15	15%	20	20%	20	20%	20	20%	20	20%	20	20%	20	20%
10	10%	15	15%	15	15%	15	15%	15	15%	15	15%	15	15%
5	5%	10	10%	10	10%	10	10%	10	10%	10	10%	10	10%
0	0%	5	5%	5	5%	5	5%	5	5%	5	5%	5	5%

ANTHROPOMETRY

S. No	Test Name	Units	Frequency
I	Body Proportion analysis		
1	Height	cm	Twice a year
II	Body Composition analysis		
2	Weight	kg	Twice a year
3	Fat Mass	kg	Twice a year
4	Skeletal Muscle Mass (SMM)	kg	Twice a year
III	Segmental Body Composition analysis		
5	Right arm muscle/lean mass	kg	Twice a year
6	Left arm muscle/lean mass	kg	Twice a year
7	Right arm fat mass (for >18 years of age)	kg	Twice a year
8	Left arm fat mass (for >18 years of age)	kg	Twice a year
9	Trunk muscle/lean mass	kg	Twice a year
10	Trunk Fat Mass (for >18 years of age)	kg	Twice a year
11	Right leg muscle/lean mass	kg	Twice a year
12	Left leg muscle/lean mass	kg	Twice a year
13	Right leg fat mass (for >18 years of age)	kg	Twice a year
14	Left leg fat mass (for >18 years of age)	kg	Twice a year

BIOCHEMISTRY

S. NO	Test Name	Units	Frequency
I	Complete Hemogram		
1	Red blood cell count (10 ⁶ / μ L)	mill/ μ L	Twice a year
2	Hemoglobin (g/dL)	g/dL	Twice a year
3	HCT %	%	Twice a year
4	MCV (fL)	fL	Twice a year
5	MCH (Pg)	Pg	Twice a year
6	MCHC (g/dL)	g/dL	Twice a year
7	RDW-SD (fL)	fL	Twice a year
8	RDW-CV (%)	%	Twice a year
9	WBC count (10 ³ cells/ μ L)	(thou/ μ L)	Twice a year
10	Neutrophils %	%	Twice a year
11	Lymphocytes %	%	Twice a year
12	Monocytes %	%	Twice a year
13	Eosinophils %	%	Twice a year

14	Basophils %	%	Twice a year
15	Absolute Neutrophil Count (103 cells/ μ L)	(thou/ μ L)	Twice a year
16	Absolute Lymphocytes Count (103 cells/ μ L)	(thou/ μ L)	Twice a year
17	Absolute Monocyte Count (103 cells/ μ L)	(thou/ μ L)	Twice a year
18	Absolute Eosinophil Count (103 cells/ μ L)	(thou/ μ L)	Twice a year
19	Absolute Basophil Count (103 cells/ μ L)	(thou/ μ L)	Twice a year
20	Platelets count (103 / μ L)	(thou/ μ L)	Twice a year
21	MPV (fL)	fL	Twice a year
22	PDW-SD (fL)	fL	Twice a year
23	PDW-CV (%)	%	Twice a year
24	PCT (%)	%	Twice a year
25	P-LCR (%)	%	Twice a year
26	P-LCC (103/ μ L)	(thou/ μ L)	Twice a year
II	Iron Profile		
27	Hemoglobin (g/dL)	g/dL	Twice a year
28	Serum Iron (μ g/dL)	μ g/dL	Twice a year
29	Ferritine (ng/mL)	ng/mL	Twice a year
30	UIBC (Unbound iron binding capacity) (μ g/dL)	μ g/dL	Twice a year
31	TIBC (Total iron binding capacity) (μ g/dL)	μ g/dL	Twice a year
32	Transferrin saturation %	%	Twice a year
III	Muscle Markers		
33	Creatine Kinase (U/L)	U/L	Twice a year
34	Lactate dehydrogenase (U/L)	U/L	Twice a year
IV	Lipid Profile		
35	Total Cholesterol (mg/dL)	mg/dL	Twice a year
36	Triglycerides (mg/dL)	mg/dL	Twice a year
37	HDL-Cholesterol (mg/dL)	mg/dL	Twice a year
38	Cholesterol/HDL- Cholesterol Ratio	-	Twice a year
39	LDL-Cholesterol (mg/dL)	mg/dL	Twice a year
40	VLDL-Cholesterol (mg/dL)	mg/dL	Twice a year
V	Renal Function Test		
41	Urea (mg/dL)	mg/dL	Twice a year
42	BUN (mg/dL)	mg/dL	Twice a year
43	Uric Acid (mg/dL)	mg/dL	Twice a year
44	Creatinine (mg/dL)	mg/dL	Twice a year

VI	Minerals		
45	Calcium (mg/dL)	mg/dL	Twice a year
46	Magnesium (mg/dL)	mg/dL	Twice a year
47	Phosphate (mg/dL)	mg/dL	Twice a year
VII	Vitamins		
48	Vitamins D3 (ng/mL)	ng/mL	Twice a year
VIII	Hormones		
49	T:C Ratio(Testosterone: Cortisol)	-	Twice a year
50	Total Testosterone(ng/ml, ng/dL and nmol/L)	ng/mL	Twice a year
51	Cortisol(ng/ml, µg/dL and nmol/L)	ng/mL	Twice a year
IX	Liver Function Test		
52	Bilirubin (Total) (mg/dl)	mg/dL	Twice a year
53	Bilirubin (Direct) (mg/dl)	mg/dL	Twice a year
54	Bilirubin (Indirect) (mg/dl)	mg/dL	Twice a year
55	Total Protein (g/dl)	g/dL	Twice a year
56	Albumin (g/dL)	g/dL	Twice a year
57	Globulin (g/dL)	g/dL	Twice a year
58	A/G Ratio	-	Twice a year
59	SGPT (U/L)	U/L	Twice a year
60	SGOT(U/L)	U/L	Twice a year
X	Urinalysis		
61	ALP (U/L)	U/L	Twice a year
62	Colour	-	Twice a year
63	Clarity	-	Twice a year
64	pH	-	Twice a year
65	Specific gravity	-	Twice a year
66	Blood (Ery/µL)	cells/µL	Twice a year
67	Leukocytes(Leu/µL)	cells /µL	Twice a year
68	Bilirubin	-	Twice a year
69	Urobilinogen(mg/dL)	mg/dL	Twice a year
70	Ketones(mg/dL)	mg/dL	Twice a year
71	Protein(mg/dL)	mg/dL	Twice a year
72	Nitrates	-	Twice a year
BIOMECHANICS			

S.NO	Test Name	Units	Frequency
I	Counter Movement Jump		
1	Flight time	Seconds	Twice a year
2	Jump height from flight time	cm	Twice a year
3	Normalized Peak landing force	times body weight	Twice a year
4	Normalized peak force	times body weight	Twice a year
5	Normalized peak power	W/kg	Twice a year
6	Peak Velocity	m/s	Twice a year
II	Drop Jump		
7	Reactive Strength Index	RSI	Twice a year
8	Contact time	Seconds	Twice a year
9	Flight time	Seconds	Twice a year
10	Jump height from flight time	meter	Twice a year
III	Sprint test		
11	0-40m	Seconds	Twice a year
12	Segment 4(30-40m)(sec-msec)	Seconds	Twice a year
13	Segment 3(20-20m)(sec-msec)	Seconds	Twice a year
14	Segment 2(10-20m)(sec-msec)	Seconds	Twice a year
15	Segment 1(0-10m)(sec-msec)	Seconds	Twice a year
Nutrition			
S. NO	Test Name	UNITS	Frequency
I	Macronutrient intake		
1	Energy	Kcal/d	Twice a year
2	Carbohydrate	g/d	Twice a year
3	Protein	g/d	Twice a year
4	Fat	g/d	Twice a year
II	Micronutrient intake		
5	Iron	mg/d	Twice a year
6	Calcium	mg/d	Twice a year
7	Potassium	mg/d	Twice a year
8	Selenium	mg/d	Twice a year
9	Magnesium	mg/dl	Twice a year
10	Sodium	mg/d	Twice a year
11	Manganese	mg/d	Twice a year
12	Zinc	mg/d	Twice a year

13	Thiamine	mg/d	Twice a year
14	Riboflavin	mg/d	Twice a year
15	Niacin	mg/d	Twice a year
16	Total Folates	µg/d	Twice a year
17	Vitamin B12	µg/d	Twice a year
18	Total Ascorbic Acid	mg/d	Twice a year
19	Total Vitamin A	µg/d	Twice a year
20	Total Vitamin D	µg/d	Twice a year
III	Hydration		
21	Total Fluid Intake	L	Twice a year
22	Sweat Rate	L/hr	Twice a year
IV	Energy Availability		
23	Energy Availability	kcal/Kg FFM/day	Twice a year
V	Energy cost		
24	RMR	Kcal/d	Twice a year
25	Non-Exercise Energy Expenditure (NEE)	Kcal /day	Twice a year
26	Exercise Energy Expenditure (EEE)	Kcal/day	Twice a year
27	Sleep	Hours	Twice a year
28	Total daily energy expenditure	Kcal/day	Twice a year
PHYSIOLOGY			
S. NO	Test Name	Units	Frequency
I	Heart rate		
1	Resting heart rate	Beats/Min	Twice a year
2	Basal Heart Rate	Beats/Min	Twice a year
3	Maximum Heart Rate	Beats/Min	Twice a year
4	Recovery Heart Rate 5	Beats/Min	Twice a year
5	Recovery Heart Rate 4	Beats/Min	Twice a year
6	Recovery Heart Rate 3	Beats/Min	Twice a year
7	Recovery Heart Rate 2	Beats/Min	Twice a year
8	Recovery Heart Rate 1	Beats/Min	Twice a year
II	Blood lactate		
9	Resting Blood Lactate	mM/L	Twice a year
10	Peak Blood Lactate	mM/L	Twice a year
11	Recovery Blood Lactate	mM/L	Twice a year

III	Aerobic fitness		
12	Maximum Aerobic capacity	L/Min or ML/Kg/Min	Twice a year
13	Anaerobic Threshold HR	Beats/Min or %MHR	Twice a year
IV	Anaerobic fitness		
14	Maximum Power	Watt or Watt/Kg	Twice a year
15	Average Power	Watt or Watt/Kg	Twice a year
16	Minimum Power	Watt or Watt/Kg	Twice a year
17	Fatigue Index	Watt/Sec	Twice a year
V	Strength		
18	Right Hand Grip Strength	Kg	Twice a year
19	Left Hand Grip Strength	Kg	Twice a year
20	Back Strength	Kg	Twice a year
21	Leg Strength	Kg	Twice a year
VI	Flexibility		
22	Sit and Reach test	cm	Twice a year
PSYCHOLOGY			
S.NO	Test Name	Units	Frequency
I	Eye Hand Coordination		
1	Overall Percentage Error Duration	Percentile	Twice a year
2	Overall Mean Error Duration	Percentile	Twice a year
3	Overall Mean Duration	Percentile	Twice a year
II	Determination test (VTS)		
4	Omitted Response	Percentile	Twice a year
5	Incorrect Response	Percentile	Twice a year
6	Correct Response	Percentile	Twice a year
III	Competitive state anxiety inventory – 2R		
7	Cognitive State Anxiety (Number)	Number	Need Based
8	Somatic State Anxiety (Number)	Number	Need Based
9	Self Confidence(Number)	Number	Need Based
IV	Psychological performance inventory (PPI)		
10	Attitude Control	Number	Once a year
11	Positive Energy Control	Number	Once a year
12	Motivation Level	Number	Once a year
13	Visualization and Imaginary	Number	Once a year
14	Attention Control	Number	Once a year

15	Negative Energy Control	Number	Once a year
16	Self Confidence	Number	Once a year
V	Reaction time test (Simple / Choice) (VTS)		
17	Mean Motor Time	Percentile	Twice a year
18	Mean Reaction Time	Percentile	Twice a year
VI	Time movement anticipation test (VTS)		
19	Motion Anticipation	Percentile	Twice a year
20	Time Anticipation	Percentile	Twice a year
VII	Peripheral perception test		
21	Tracking Deviation	Percentile	Twice a year
22	Visual Field	Percentile	Twice a year
VIII	Group Environment Questionnaire		
23	Attraction to group task	Number	Once a year
24	Attraction to group - Social	Number	Once a year
25	Group Integration - Task	Number	Once a year
26	Group Integration - Social	Number	Once a year

Strength & Conditioning

S.NO.	TEST NAME	UNITS	Frequency
1.	10 metre time	Seconds	Twice a year
2.	40 metre time	Seconds	Twice a year
3.	Repeated Sprints (6X30 m)	% Difference	Twice a year
4.	YoYo Test	Level	Twice a year
5.	Agility T Test	Seconds	Twice a year

PHYSIOTHERAPY

S. NO.	TEST NAME	UNIT	FREQUENCY
I	Posture		
1	Segmental posture assessment	Rating scale / findings	Twice a year
II	Range of motion		
2	Specific JROM	Degree	Twice a year
III	Muscle strength		
3	Specific Muscle Strength	Kg	Twice a year
4	Specific Muscle Strength	Value	Twice a year
IV	Flexibility test		
5	Active knee extension test	Degree	Twice a year
6	Passive SLR Range	Degree	Twice a year

7	Modified Thomas test	Degree	Twice a year
8	Active hip internal and external rotation ROM	Degree	Twice a year
9	Active dorsiflexion lunge Test	cm	Twice a year
10	Forward flexion of the lumbar spine Range	cm	Twice a year
11	Lumbar spine extension range	cm	Twice a year
12	Shoulder Reach Flexibility Test	cm	Twice a year
V	Stability		
13	Prone 4 point hold (plank)	Scoring	Twice a year
14	Bridging hold	Sec	Twice a year
VI	Dynamic stability		
15	UQYBT	Composite Score (%)	Twice a year
16	LQYBT	Composite Score (%)	Twice a year
VII	Proprioception		
17	Multiple Hop Test	Sec	Twice a year
VIII	Neural Mobility Test		
18	Active Slump Test	Degree	Twice in a year
19	Upper Limb Tension Test	Degree	Twice in a year

C. General Medical Health Check Up

S.NO.	TEST NAME (General Health Check Up)	UNITS	Frequency
I	Blood Pressure	mg/hg	Twice a year
II	Resting Pulse	Count	Twice a year
III	Eyesight Check	Count	Once a year
IV	Lung Function Test	Liters of air in lungs	Once a year
V	Injury History	PDF Upload Option	Once during induction
VI	ECG Resting	PDF Upload Option	Once during induction
VII	Medical History and Findings	PDF Upload Option	Once during induction

Annual Medical Examination / Pre-Participation Screening of Athletes

Aim & Objectives

- To determine the health status of an athlete
- To evaluate the athlete for conditions that may be life-threatening or disabling
- To assess the injury and illness

When to be done?

As soon as the athlete reports to the training centre at the beginning of new season, he / she should first report to the medical centre / doctor in charge, for the pre-participation medical examination before he / she is cleared for training / physical activity. The athlete is advised to bring all the medical records available with him for recording complete history of previous injury and illness.

Who will perform the examination?

An RMP with specialization in Sports Medicine or equivalent with experience to handle elite athletes will perform the pre-participation screening.

Format of Pre-participation Screening

HISTORY	Demographic Background Cardiovascular Other Relevant Medical History Family Medication Allergies Immunizations Injury Nutritional
EXAMINATION	Physical Systemic Musculoskeletal Sports Specific, if any
ECG	Resting 12 lead ECG (interpreted by sports physician/cardiologist as per latest criteria)
INVESTIGATIONS	Complete Hemogram with ESR Blood group & Rh Typing (once for record purpose on medical book) Fasting blood Sugar Lipid Profile LFT & KFT Iron Profile – TIBC, Sr. Ferritin, Sr. Transferrin, Sr. Iron Total Vitamin B12 & D3 Urine Routine – Glucose, Protein, pH, Osmolarity, Specific Gravity, Blood, Leucocytes, etc.
ANTHROPOMETRIC	Body Composition

SPECIAL SCREENING	RED-S Screening for Vulnerable Group of Athletes MARFAN Screening for Susceptible Sports SCAT Evaluation for Sports at risk of Concussion Functional Movement Screening
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Advice For Sports Participation (based on pre-participation evaluation)

- Allowed for training / competition without restriction
- Allowed for training / competition with recommendation for further evaluation or treatment for _____
- Allowed for training / competition with restrictions _____ for _____ duration.
- Not allowed for training / competition until further evaluation
- Not allowed for competitive sports, reason _____

ANNEXURE –A

1. Have you had any of the following symptoms in the past 14 days?

- a) Fever or Chills Y/N
- b) Cough Y/N
- c) Shortness of breath or difficulty in breathing Y/N
- d) Fatigue Y/N
- e) Muscle or body aches Y/N
- f) Headache Y/N
- g) New loss of taste or smell Y/N
- h) Sore throat Y/N
- i) Congestion or runny nose Y/N
- j) Nausea or vomiting Y/N
- k) Diarrhea Y/N
- l) Date symptoms started _____
- m) Date symptoms resolved _____

2. Have you ever had a positive test for COVID-19? Y/N

a) If yes:

i) Date of test _____

ii) Were you tested because you had symptoms? Y/N

(I) If yes:

- a. Date symptoms started _____
- b. Date symptoms resolved _____
- c. Were you hospitalized? Y/N

iii) Were you tested because you were exposed to someone with COVID-19, but you did not have any symptoms? Y/N

3. Have you ever had positive test for COVID-19 antibodies. Y/N

a) if yes: Date of test _____

4. Has anyone living in your household had any following symptoms or tested positive for COVID-19 in the past 14 days? Y/N

If yes, circle the applicable symptoms

- Fever or Chills
- Cough
- Shortness of breath or difficulty in breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

5. Have you been within 6 feet for more than 145 minutes of someone with COVID-19 in the past 14 days? Y/N

If yes: Date(s) of exposure: _____

Comprehensive Annual Dental Examination

To rule out: -

- Dental caries
- Gingival diseases
- Periodontal Diseases
- Dental Erosions, Abrasions, Attritions, Abfractions
- TMJ Disorders
- Malocclusion
- Dental Trauma
- Dental Anomalies

Note: The process is only aimed at screening of dental problems. Any intervention / treatment will not be covered during this process.

Annual Ophthalmic Examination

Vision

Peripheral Vision

Retinal Examination

Other pathology, if any

Note:

1. The daily injury / illness report will be as per the IOC method for recording and reporting of epidemiological data on injury and illness in sports 2020 for injury surveillance.
2. The doctor / physiotherapist at each center shall send a monthly report of injuries and illness for as per IOC format for the purpose of injury surveillance.

D. Injury Prevention

Frequency: Twice a Year (Half Yearly)

S.NO.	TEST NAME (General Health Check Up)	UNITS
I	Leg length difference	Cm
II	Ankle mobility	Yes/ No
III	Soleus flexibility	cm
IV	Knee joint stability	Yes/ No
V	Hamstring flexibility with straight leg raise	Degree
VI	Gluteus maximus tightness	Degree
VII	Gluteus medius tightness	Yes/ No
VIII	Quadri-cep tightness	Yes/ No
IX	Screen for lordosis, kyphosis and scoliosis.	Yes/ No
X	Screen for shoulder misalignment – elevation or rotation	Yes/ No

Annexure VIII – Tentative Schedule of Orientation Programme for Khelo India Athletes & Accredited Academies

*Orientation programme to be held on the digital platform. An academy may be represented by either the coach or the manager

Topic	Brief Description
Athlete Pathway	<p>Overview of the talent development pathway developed by the Sports Authority of India for Hockey athletes, with a special focus on support offered under Khelo India Scheme</p> <p>Building long-term development plan based on key age and performance markers as per current world standards</p>
Performance Management for Talent Development	<p>Effective integration of Sport Science for adolescent athletes – cultivating the multi-disciplinary approach in the academy set-up</p> <p>Templates for monitoring and performance tracking of athletes with an introduction to athlete management software</p>
Sports Integrity	<p>Overview of ethical issues in sport – age-fraud, competition manipulation, selection manipulation, harassment and abuse, and doping</p> <p>Key features of fair and equitable training environment created through the adoption of preventive measures</p>
Leadership & Organizational Development	<p>Types of leadership and its effect on sports administration</p> <p>Creating innovative and financially sustainable business models for long-term development of academies and its staff</p>
Child Safeguarding	<p>Types of harassment and abuse prevalent in sporting environments</p> <p>Ways and methods to design and implement a holistic child protection and safeguarding policy</p>
Enhancing facilities	<p>Current global standards for creating elite training and competition infrastructure in Hockey sport</p> <p>Contemporary product innovations in equipment and infrastructure including training surfaces, equipment specific to training and fitness, and athlete gears.</p>

Annexure IX– Tentative Schedule of Sensitization Programme for Khelo India Scholars

Topic	Brief Description
Being a Khelo India Scholar	<p>Overview of the talent development pathway developed by the Sports Authority of India and Hockey India for field hockey athletes</p> <p>Opportunities and responsibilities of being a Khelo India Scholar</p>
Playing Safe	<p>Types of harassment and abuse in sports and the rights one has prevent and address it.</p> <p>Building and developing positive healthy relationships</p>
Life Skills and Career Management	<p>Using skills and values learnt in sport in other avenues</p> <p>Pursuing academics with sport – active studying skills and opportunities available through different schooling systems</p>
Elite Exchange	Group interaction with eminent international player
	Interaction with eminent nutritionist on the role of nutrition and creating good eating strategies
	Interaction with eminent physiotherapist on the ways to prevent and manage common injuries in Hockey
	Technical sessions on laws of the game by national referees covering latest rules/changes.
	Overview of tactical progression in hockey sport

Annexure – X Criteria for deselection and retention of Khelo India Athletes Men and Women in Hockey

Criteria for weeding out and retention of <u>Khelo India Athletes</u> Men and Women in Hockey				
Men			Women	
Category	Retain	Weed out	Retain	Weed Out
Above - 21	75% and above	Below 75%	70% and above	Below 70%
Below - 21	65% and above	Below 65%	60% and above	Below 60%
Below - 18	60% and above	Below 60%	55% and above	Below 55%

Annexure XI For NCOE Athletes of Hockey Discipline the following criteria is proposed:

Criteria for weeding out and retention of <u>NCOE Athletes</u> Men and Women in Hockey				
Men			Women	
Category	Retain	Weed out	Retain	Weed Out
Above - 21	70% and above	Below 70%	65% and above	Below 65%
Below - 21	60% and above	Below 60%	55% and above	Below 55%
Below - 18	55% and above	Below 55%	50% and above	Below 50%

Annexure XII – Talent Development Support Structure

There are 12 SAI institutions that have been selected as **National Centres of Excellence** (NCOE's) for hockey sport of which 3 centres are being developed as TOPS NCOE's.

1. NCOE AURANGABAD
2. NCOE BENGALURU
3. NCOE BHOPAL
4. NCOE IMPHAL
5. NCOE KOLKATA
6. NCOE LUCKNOW
7. NCOE MUMBAI
8. NCOE PATIALA
9. NCOE SONEPAT
10. NCOE DELHI
11. NCOE HAMIRPUR
12. NCOE ITANAGAR

Annexure XIII - Khelo India Accredited Academies

There are 11 academies that have been accredited as **Khelo India Accredited Academies**:

1. Punjab State Institute of Sports, Mohali
2. MP Academy, Bhopal
3. Chandigarh Hockey Academy (Boys), Chandigarh
4. MP Hockey Academy (Girls), Gwalior
5. Surjeet Hockey Academy (Boys), Jalandhar
6. Sport Development Authority of Tamil Nadu, Edmore
7. GHG Khalsa College, Ludhiana
8. Sports Hostel Bhubaneshwar
9. Chhattisgarh Hockey Academy, Raipur
10. Khalsa Hockey Academy (Girls), Amritsar
11. SRMC, CSS Chennai