

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

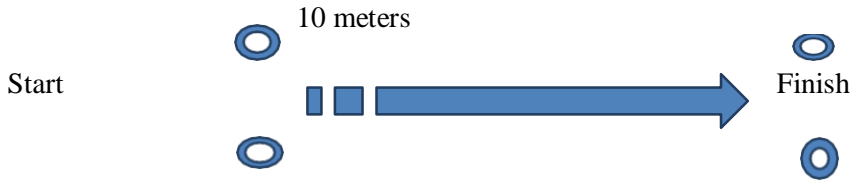
Description of Test Protocols for Hockey

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

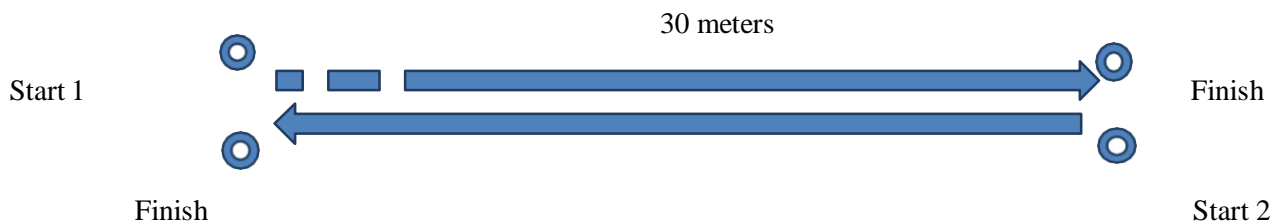
Age	Male	Female
< 5.50 sec	Excellent	< 6.00 sec Excellent
5.51 – 5.70	Very Good	6.01 – 6.20 Very Good
5.71 – 5.90	Average	6.21 – 6.40 Average
> 5.90 sec	Fair	> 6.40 sec Fair

(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 :

Slowest Time - Best Time x100 / Slowest Time = 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.

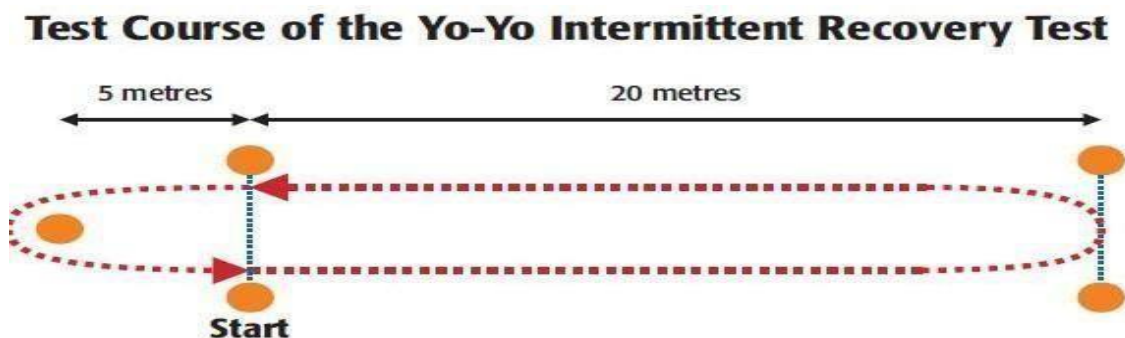


FIG: 1. YO YO INTERMITTENT RECOVERY TEST

- **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.

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

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

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

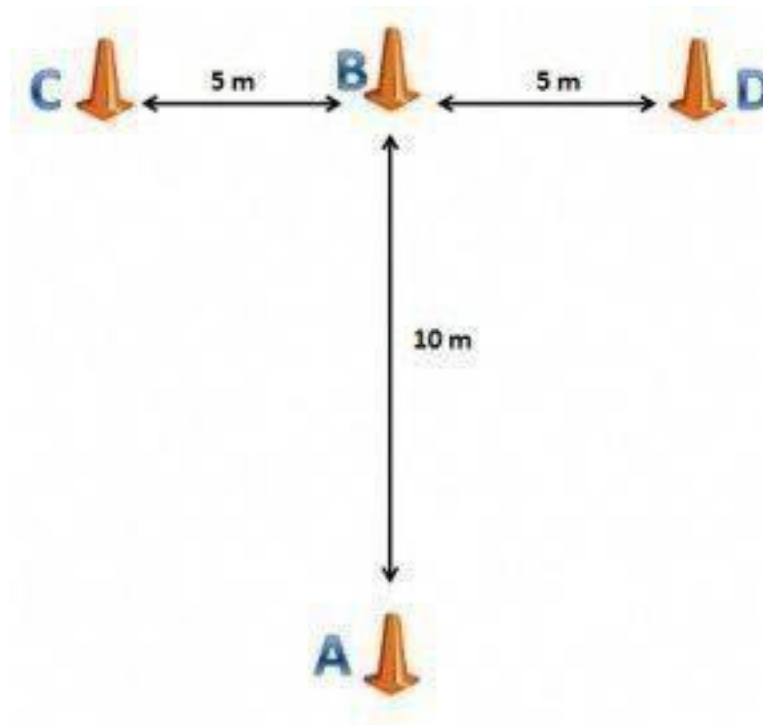
Purpose: The T-Test is a test of agility for athletes, and includes forward, lateral, and backward running.

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.



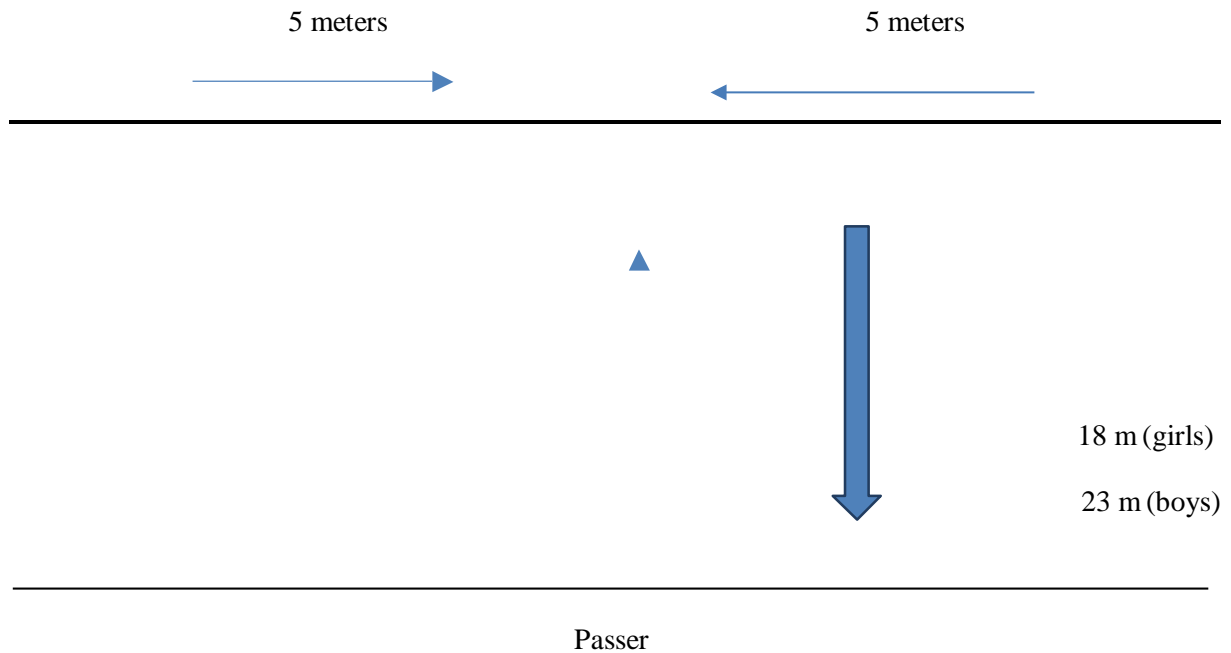
T Agility Test

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 05 balls on fore-stick and 05 balls on reverse stick.



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

- Player receives 05 balls onto fore-stick.
- Player receives 05 balls onto reverse stick.

Note:

Guidelines for Scoring

Record the accuracy of the 05 passes. A successful pass occurs if the ball passes between the cones.

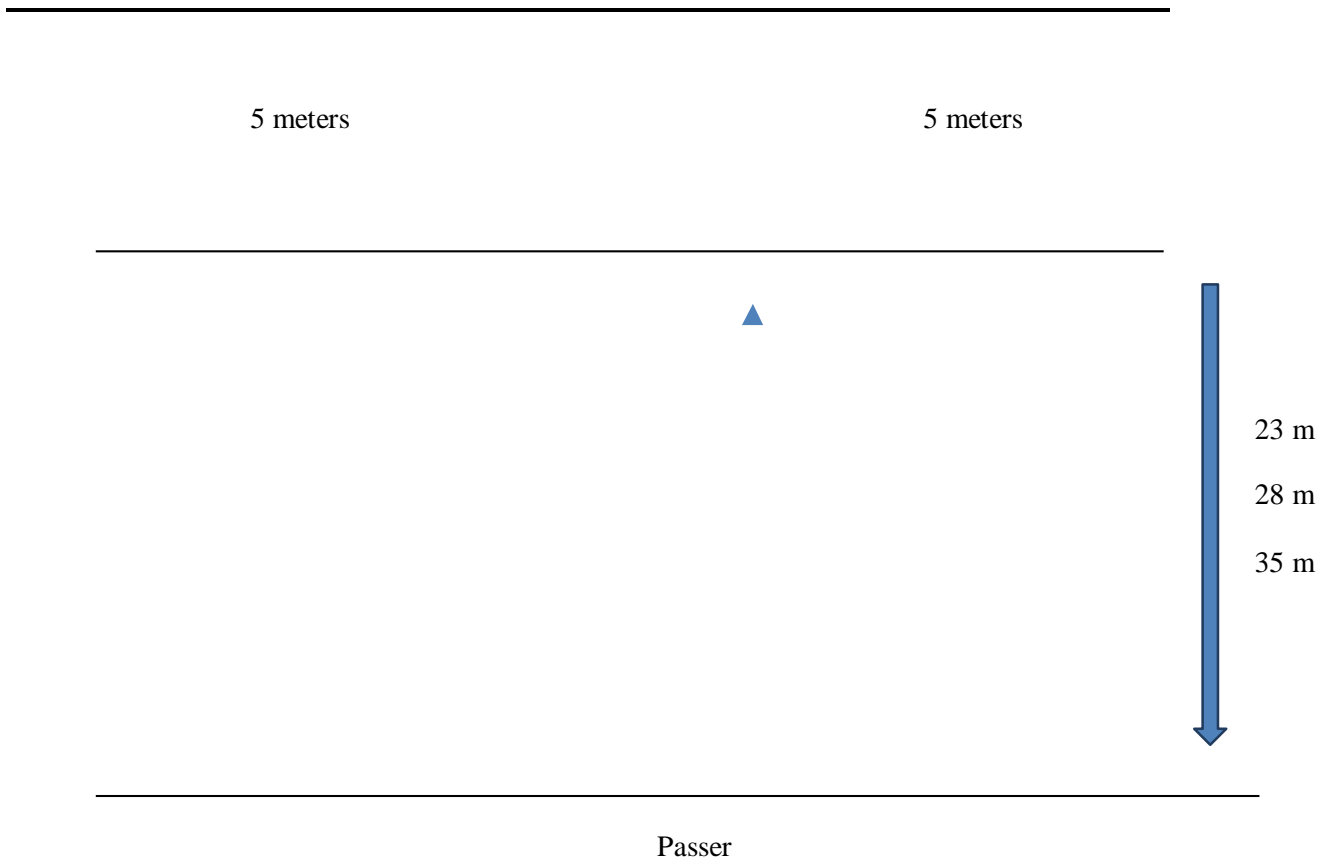
Total repetition for 1 player is 5 times. 2 Marks will be award for 1 Successful attempt.

> 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 05 balls on fore-stick and 05 balls on reverse stick.



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

- Player receives 05 balls onto fore-stick.
- Player receives 05 balls onto reverse stick

Record the accuracy of the 05 passes. A successful pass occurs if the ball passes between the cones.

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

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

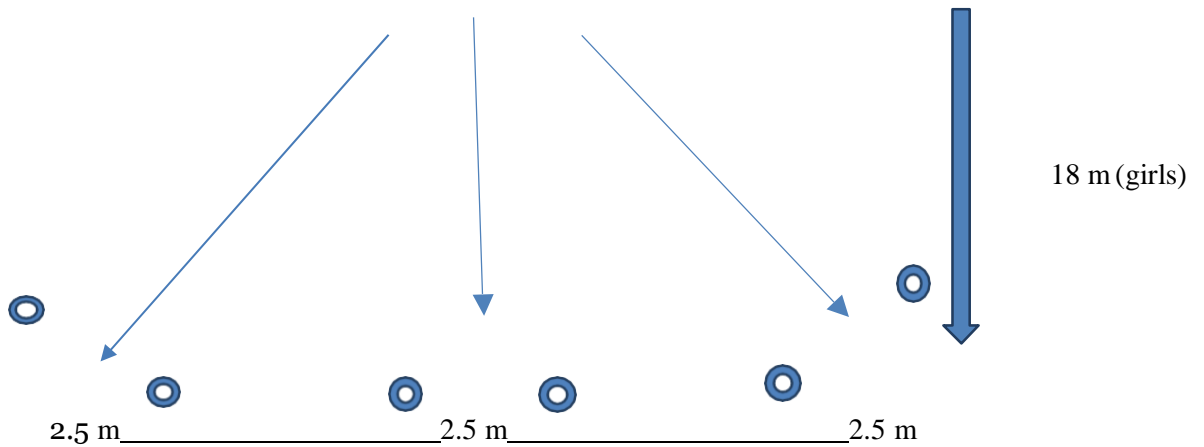
< 70% Fair

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

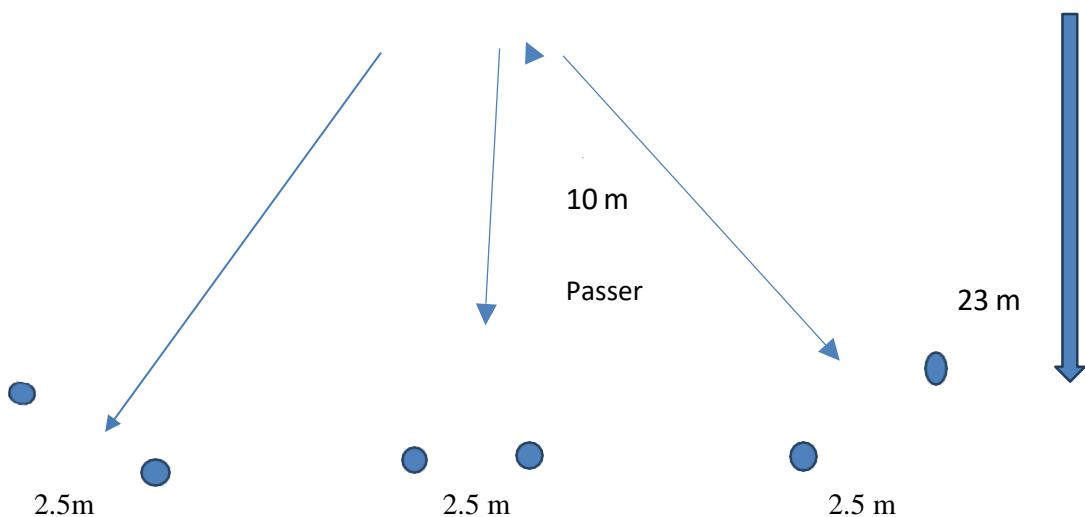


(i) Sub Junior & Junior Girls

- 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 05 times
- Repeat the same procedure, passing 05 balls at 45-degree angle through cones on fore-stick.
- Repeat the same procedure, passing 05 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 05 times.
- Repeat the same procedure, passing 05 balls at a 45-degree angle on the fore-stick.
- Repeat the same procedure, passing 05 balls at a 45-degree angle on the reverse stick. Guide-lines for Scoring

Record the accuracy of the 05 passes. A successful pass occurs if the ball passes between the cones.

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

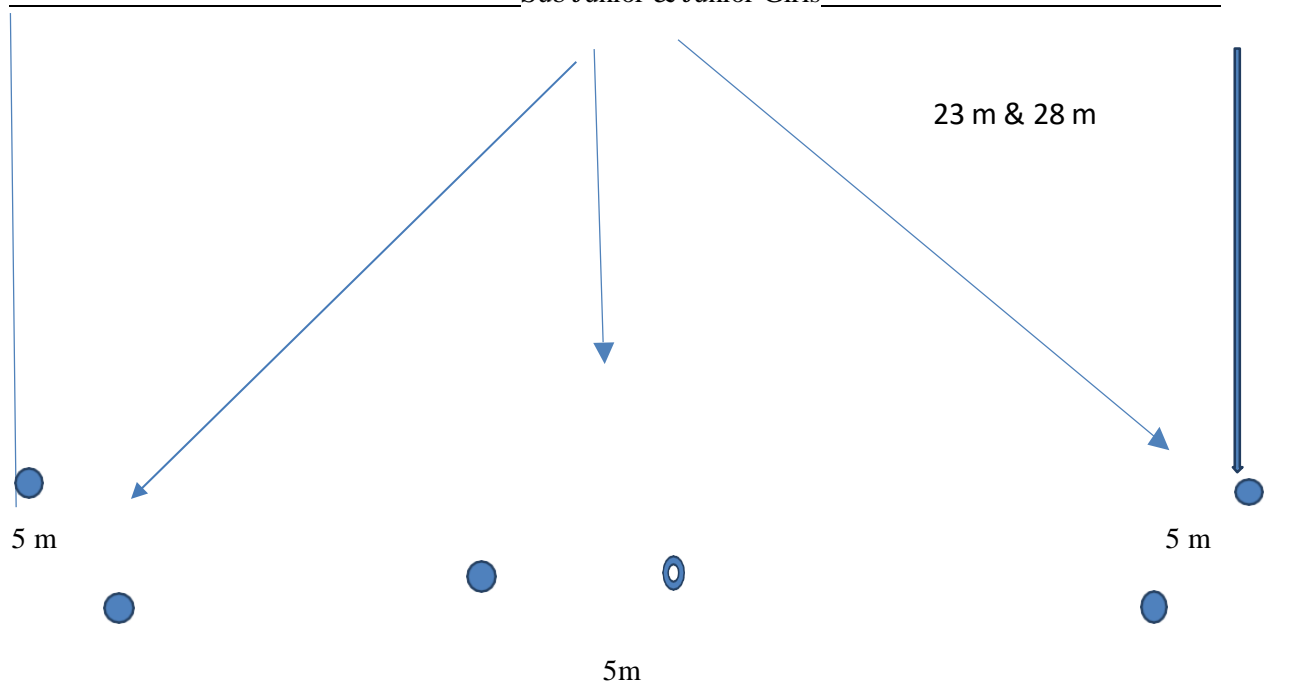
> 90%	Excellent
80 – 90%	Very Good
70 – 80%	Average
< 70%	Fair

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.

Sub Junior & Junior Girls



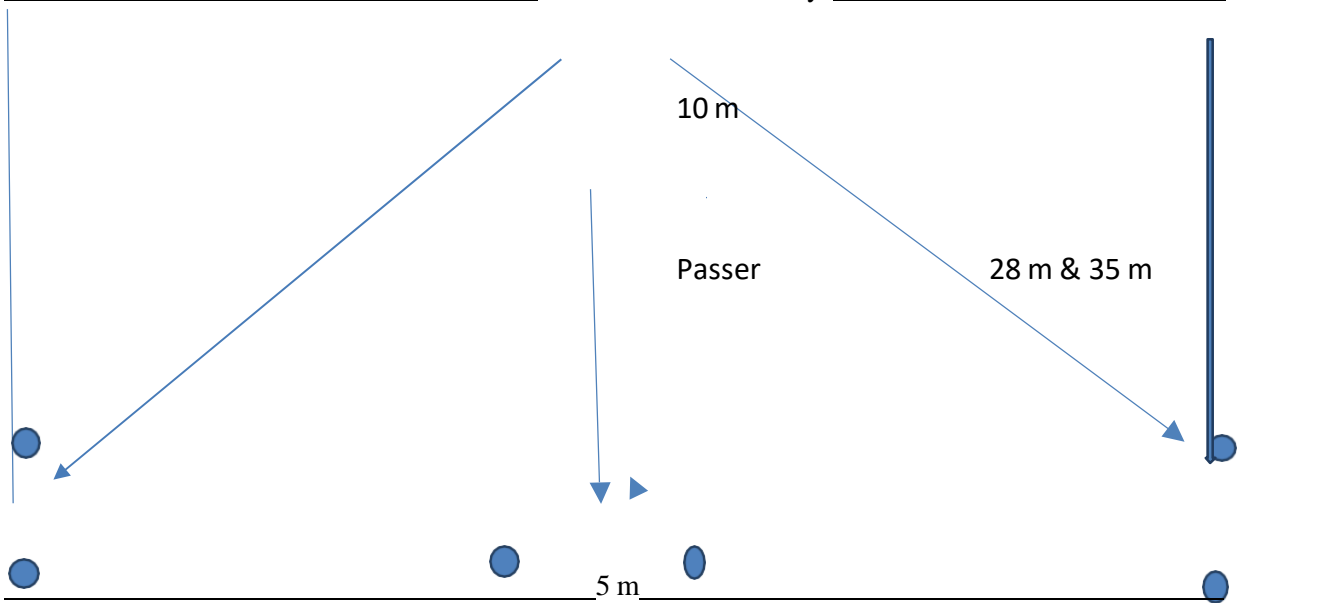
(i) Sub Junior and Junior Girls

- After receiving a 5 m pass, pass ball (push pass, slap hit or hit) using fore- stick at speed directly infront through cones (23 m for Sub Jr. Girls) and (28 m for Junior Girls) spaced 5 meters apart. Perform 05 times.
- Repeat the same procedure, passing 05 balls at 45 degrees on the fore- stick.
- Repeat the same procedure, passing 05 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 infront (28 m for Sub Junior and 35 m for Junior Boys) through cones spaced 5 meters apart. Perform 05 times.
- Repeat the same procedure, passing 05 balls at 45 degrees on the fore- stick.
- Repeat the same procedure, passing 05 balls at 45 degrees on the reverse stick.

Sub Junior & Junior Boys



Guide-lines for Scoring

Record the accuracy of the 05 passes. A successful pass occurs if the ball passes between the cones.

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

> 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

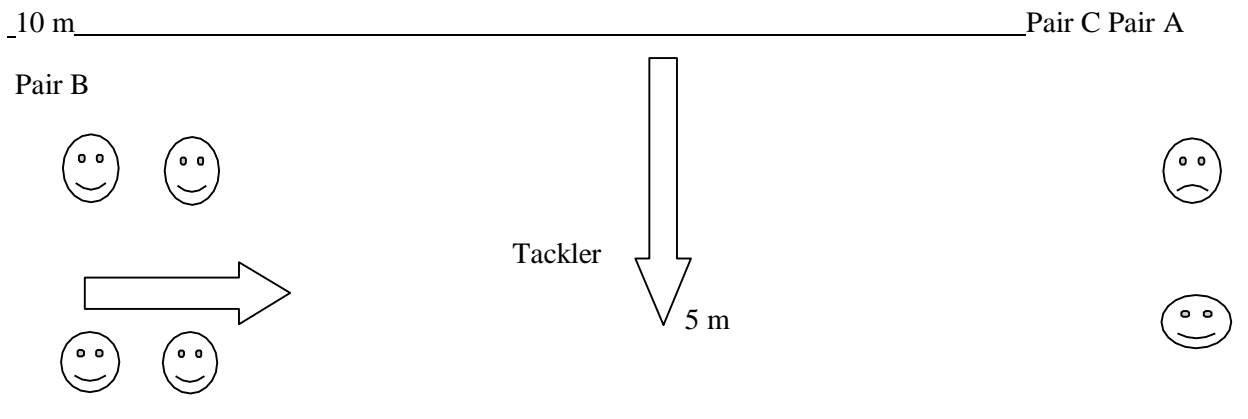
Record the accuracy of 10 overhead receives. The player must show the ability to control the ball to the ground.

> 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.

Right Down, Right Top, Left Down, Left Top, Centre Top are the targets for each drag flick out of 5 Drag Flicks.

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 4 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.

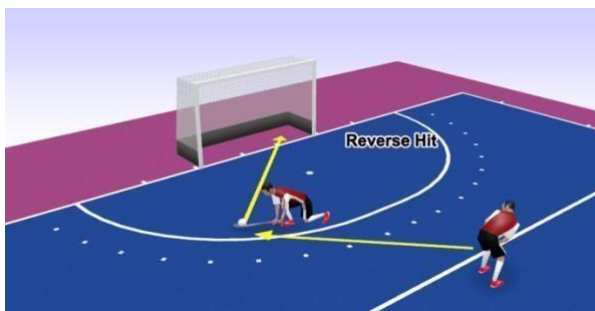


FIG: REVERSE HIT

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.

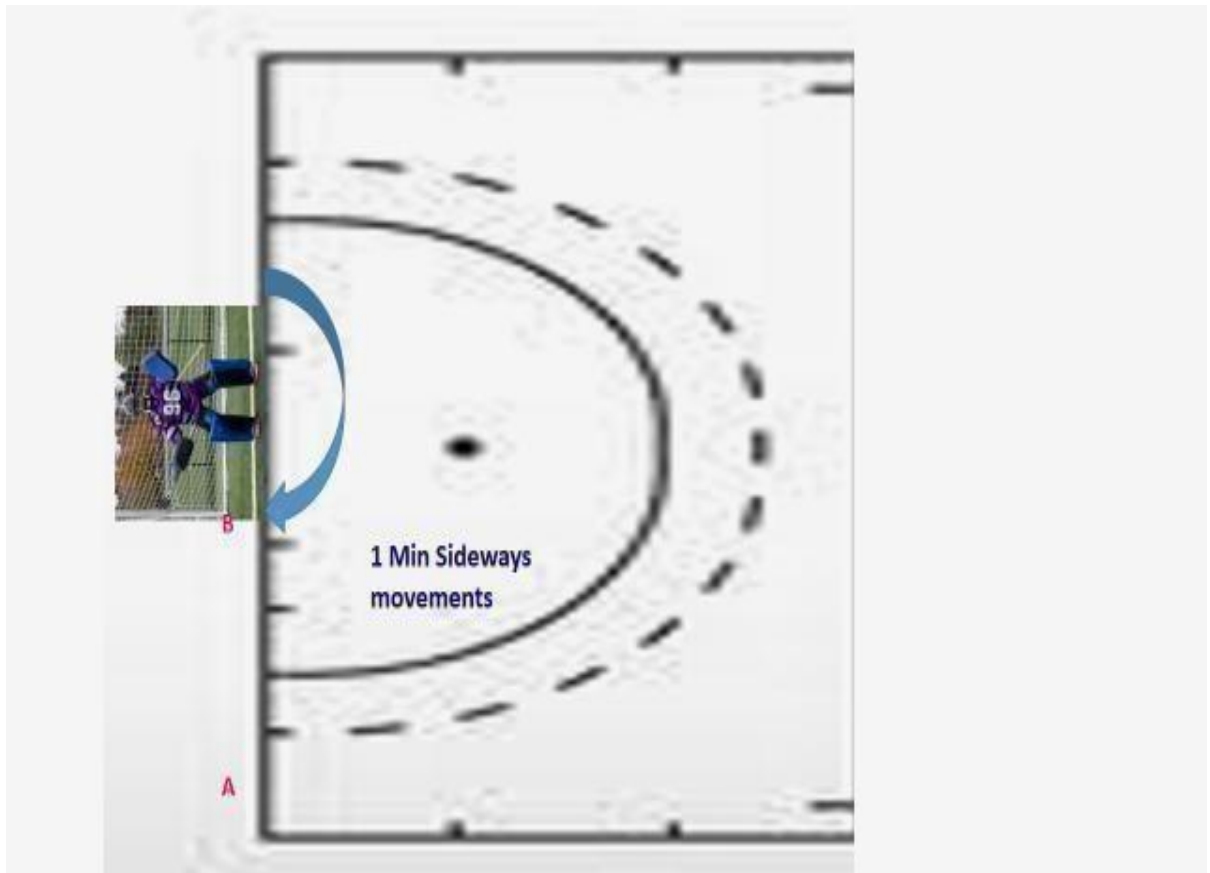


FIG :
SEMICIRCULAR

MOVEMENTS TO COVER THE ANGLE

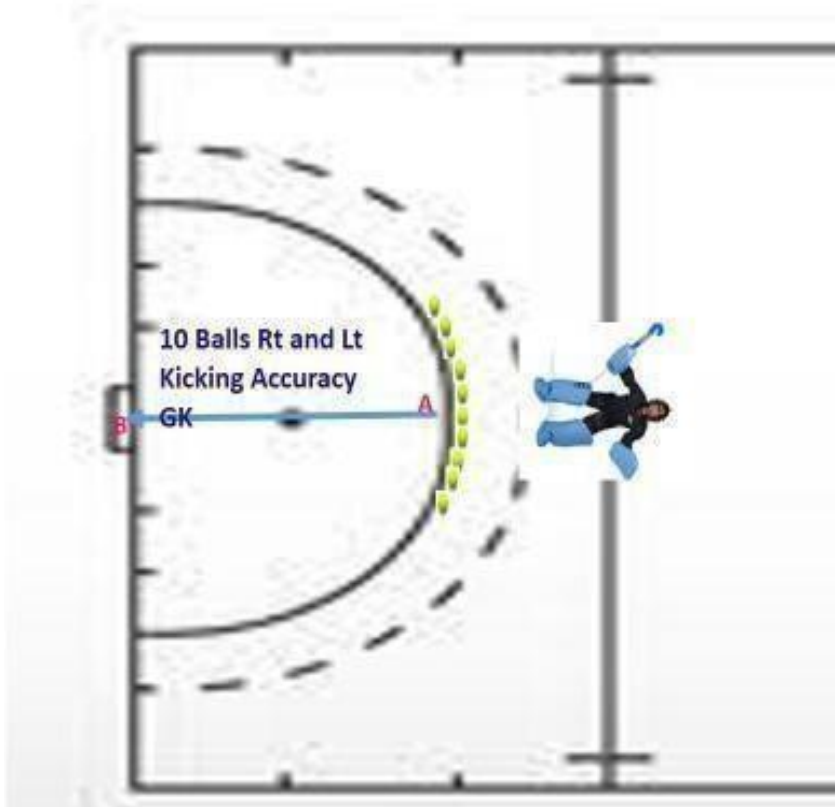
Scoring: Maximum number of repetitions towards right and left is the score.

- >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.

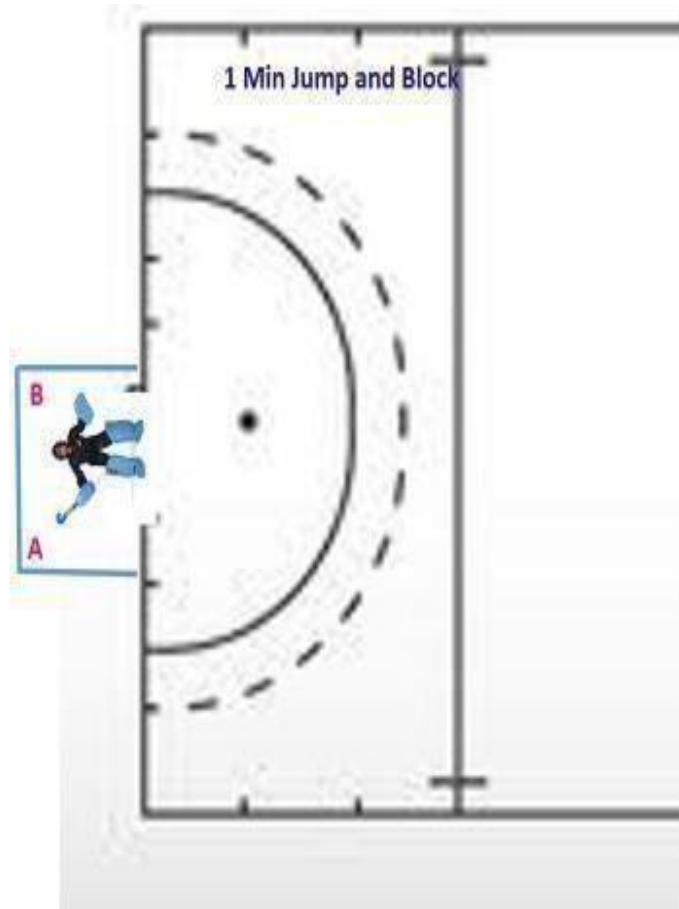


FIG 8: JUMP AND REACH

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 and Existing SAI & Khelo India Athletes Purpose)		
S. No.	Criteria	Percentage
1	Physical Fitness Test	15 %
2	Specific Skill Test	15 %
3	Game Performance	70 %
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 15%		
Total Score Obtained(Y)=Y/4x1.5=?		
Example: Total Score Obtained = 36. Then, 36/4X1.5 = 13.5%		

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:

Rating	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 – 05	
	Backhand – 05	
2	Receiving Long Distance	20
	Forehand – 05	
	Backhand – 05	
3	Passing Short Distance	30
	Right – 05	
	Centre – 05	
	Left – 05	
4	Passing Long Distance	30
	Right – 05	
	Centre – 05	
	Left – 05	
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
Convert into 15% Formula = Total Marks Scored by athlete (Y) = $Y/17 \times 1.5$ = ? Or $(Y) = Y/18 \times 1.5 = ?$ Example with Drag flick - Total Score Obtained = 146. So, $146/18 \times 1.5 = 12.16$ Example without Drag flick - Total Score Obtained = 146. So, $146/17 \times 1.5 = 12.88$		

Note: In Skill Test 1v1, Drag Flick, Passing Long distance, Passing Short distance, Receiving Long distance, Receiving Short distance, the 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 70 % Formula = Total Marks Scored by Athlete (Y) = $Y/5 \times 7 = ?$ Example: - Total Score Obtained 42. So, $42/5 \times 7 = 58.8$		

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 15% total score obtained (Y) = $Y/4 \times 1.5 = ?$ Example: - Total Score Obtained is 36. So, $36/4 \times 1.5 = 13.5$		

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 15% Formula = Total Marks Score by Athlete (Y) = $Y/5 \times 1.5 = ?$ Example: - Total Score Obtained 35. So, $35/5 \times 1.5 = 10.5$		

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 VII – Approved Khelo India Sports Science Tests for Khelo India Scholars

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 (10 ³ cells/ μ L)	(thou/ μ L)	Twice a year
16	Absolute Lymphocytes Count (10 ³ cells/ μ L)	(thou/ μ L)	Twice a year
17	Absolute Monocyte Count (10 ³ cells/ μ L)	(thou/ μ L)	Twice a year
18	Absolute Eosinophil Count (10 ³ cells/ μ L)	(thou/ μ L)	Twice a year
19	Absolute Basophil Count (10 ³ cells/ μ L)	(thou/ μ L)	Twice a year
20	Platelets count (10 ³ / 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 (10 ³ / 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

<p>SPECIAL SCREENING</p>	<p>RED-S Screening for Vulnerable Group of Athletes MARFAN Screening for Susceptible Sports SCAT Evaluation for Sports at risk of Concussion Functional Movement Screening</p>
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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	Quadriцеп 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	Overview of the talent development pathway developed by the Sports Authority of India and Hockey India for field hockey athletes Opportunities and responsibilities of being a Khelo India Scholar
Playing Safe	Types of harassment and abuse in sports and the rights one has prevent and address it. Building and developing positive healthy relationships
Life Skills and Career Management	Using skills and values learnt in sport in other avenues Pursuing academics with sport – active studying skills and opportunities available through different schooling systems
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	80% and above	Below 80%	75% and above	Below 75%
Below - 21	70% and above	Below 70%	65% and above	Below 65%
Below - 18	65% and above	Below 65%	60% and above	Below 60%

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	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%