

**CRITERIA FOR SELECTION OF VOLLEYBALL ATHLETES TO
KHELO INDIA**

FIELDS OF ASSESSMENT

Sl. No.	Fields	Score
1	Game performance	60
2	Psychological Attributes	20
3	Motor Abilities	50
4	Sports Achievements	20
Total		150

PHYSICAL PERFORMANCE RATING SCALE

GIRLS 2003

HEIGHT SCALE	
Height (cm)	Marks
182 & Above	10
181 & Above	9
180 & Above	8
179 & Above	7
178 & Above	6
177 & Above	5
176 & Above	4
175 & Above	3
174 & Above	2
173 & Above	1
172 & Above	
171 & Above	

GIRLS 2004

HEIGHT SCALE	
Height (cm)	Marks
182 & Above	10
181 & Above	9
180 & Above	8
179 & Above	7
178 & Above	6
177 & Above	5
176 & Above	4
175 & Above	3
174 & Above	2
173 & Above	1
172 & Above	
171 & Above	

GIRLS 2005

HEIGHT SCALE	
Height (cm)	Marks
180 & Above	10
179 & Above	9
178 & Above	8
177 & Above	7
176 & Above	6
175 & Above	5
174 & Above	4
173 & Above	3
172 & Above	2
171 & Above	1
170 & Above	
169 & Above	

GIRLS 2006

HEIGHT SCALE	
Height (cm)	Marks
180 & Above	10
179 & Above	9
178 & Above	8
177 & Above	7
176 & Above	6
175 & Above	5
174 & Above	4
173 & Above	3
172 & Above	2
171 & Above	1
170 & Above	
169 & Above	

BOYS 2003

HEIGHT SCALE	
Height (cm)	Marks
200 & above	10
199 & above	9
198 & above	8
197 & above	7
196 & above	6
195 & above	5
194 & above	4
193 & above	3
192 & above	2
191 & above	1
190 & above	
189 & above	

BOYS 2004

HEIGHT SCALE	
Height (cm)	Marks
200 & above	10
199 & above	9
198 & above	8
197 & above	7
196 & above	6
195 & above	5
194 & above	4
193 & above	3
192 & above	2
191 & above	1
190 & above	
189 & above	

BOYS 2005

HEIGHT SCALE	
Height (cm)	Marks
198 & above	10
197 & above	9
196 & above	8
195 & above	7
194 & above	6
193 & above	5
192 & above	4
191 & above	3
190 & above	2
189 & above	1
188 & above	
187 & above	

BOYS 2006

HEIGHT SCALE	
Height (cm)	Marks
198 & above	10
197 & above	9
196 & above	8
195 & above	7
194 & above	6
193 & above	5
192 & above	4
191 & above	3
190 & above	2
189 & above	1
188 & above	
187 & above	

GIRLS-2003

SPEED SCALE	
Performance	Marks
3.30 & below	10
3.31 to 3.33	9
3.34 to 3.37	8
3.38 to 3.42	7
3.43 to 3.48	6
3.49 to 3.54	5
3.55 to 3.61	4
3.62 to 3.68	3
3.69 to 3.76	2
3.77 to 3.84	1

PHYSICAL PERFORMANCE RATING SCALE**GIRLS-2004**

SPEED SCALE	
Performance	Marks
3.32 & below	10
3.33 to 3.35	9
3.36 to 3.39	8
3.4 to 3.44	7
3.45 to 3.5	6
3.51 to 3.56	5
3.57 to 3.63	4
3.64 to 3.7	3
3.71 to 3.78	2
3.79 to 3.86	1

PHYSICAL PERFORMANCE RATING SCALE**GIRLS-2005**

SPEED SCALE	
Performance	Marks
3.34 & below	10
3.35 to 3.37	9
3.38 to 3.41	8
3.42 to 3.46	7
3.47 to 3.52	6
3.53 to 3.58	5
3.59 to 3.65	4
3.66 to 3.72	3
3.73 to 3.8	2
3.81 to 3.88	1

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2006

SPEED SCALE		
Performance		Marks
3.36 & below		10
3.37 to	3.39	9
3.4 to	3.43	8
3.44 to	3.48	7
3.49 to	3.54	6
3.55 to	3.6	5
3.61 to	3.67	4
3.68 to	3.74	3
3.75 to	3.82	2
3.83 to	3.9	1

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2003

SPEED SCALE		
Performance		Marks
3.20 & below		10
3.21 to	3.23	9
3.24 to	3.27	8
3.28 to	3.32	7
3.33 to	3.38	6
3.39 to	3.44	5
3.45 to	3.51	4
3.52 to	3.58	3
3.59 to	3.66	2
3.67 to	3.74	1

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2004

SPEED SCALE		
Performance		Marks
3.22 & below		10
3.23 to 3.25		9
3.26 to 3.29		8
3.3 to 3.34		7
3.35 to 3.4		6
3.41 to 3.46		5
3.47 to 3.53		4
3.54 to 3.6		3
3.61 to 3.68		2
3.69 to 3.76		1

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2005

SPEED SCALE		
Performance		Marks
3.24 & below		10
3.25 to	3.27	9
3.28 to	3.31	8
3.32 to	3.36	7
3.37 to	3.42	6
3.43 to	3.48	5
3.49 to	3.55	4
3.56 to	3.62	3
3.63 to	3.7	2
3.71 to	3.78	1

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2006

SPEED SCALE		
Performance		Marks
3.26 & below		10
3.27 to	3.29	9
3.3 to	3.33	8
3.34 to	3.38	7
3.39 to	3.44	6
3.45 to	3.5	5
3.51 to	3.57	4
3.58 to	3.64	3
3.65 to	3.72	2
3.73 to	3.8	1

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2003

6-Block Jump (RA & OP)		
Performance		Marks
9.6 &	below	5
9.61 to	9.7	4.5
9.71 to	9.85	4
9.86 to	10.05	3.5
10.06 to	10.3	3
10.31 to	10.55	2.5
10.56 to	10.8	2
10.81 to	11.05	1.5
11.06 to	11.35	1
11.36 to	11.65	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2004

6-Block Jump (RA & OP)	
Performance	Marks
9.7 & below	5
9.71 to 9.8	4.5
9.81 to 9.95	4
9.96 to 10.15	3.5
10.16 to 10.4	3
10.41 to 10.65	2.5
10.66 to 10.9	2
10.91 to 11.15	1.5
11.16 to 11.45	1
11.46 to 11.75	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2005

6-Block Jump (RA & OP)	
Performance	Marks
9.8 & below	5
9.81 to 9.9	4.5
9.91 to 10.05	4
10.06 to 10.25	3.5
10.26 to 10.5	3
10.51 to 10.75	2.5
10.76 to 11.0	2
11.01 to 11.25	1.5
11.26 to 11.55	1
11.56 to 11.85	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2006

6-Block Jump (RA & OP)	
Performance	Marks
9.9 & below	5
9.91 to 10.0	4.5
10.01 to 10.15	4
10.16 to 10.35	3.5
10.36 to 10.6	3
10.61 to 10.85	2.5
10.86 to 11.10	2
11.11 to 11.35	1.5
11.36 to 11.65	1
11.66 to 11.95	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2003

6-Block Jump (MB)	
Performance	Marks
10.6 & below	5
10.61 to 10.7	4.5
10.71 to 10.85	4
10.86 to 11.05	3.5
11.06 to 11.3	3
11.31 to 11.55	2.5
11.56 to 11.8	2
11.81 to 12.05	1.5
12.06 to 12.35	1
12.36 to 12.65	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2004

6-Block Jump (MB)	
Performance	Marks
10.7 & below	5
10.71 to 10.8	4.5
10.81 to 10.95	4
10.96 to 11.15	3.5
11.16 to 11.4	3
11.41 to 11.65	2.5
11.66 to 11.9	2
11.91 to 12.15	1.5
12.16 to 12.45	1
12.46 to 12.75	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2005

6-Block Jump (MB)	
Performance	Marks
10.8 below	5
10.81 to 10.9	4.5
10.91 to 11.05	4
11.06 to 11.25	3.5
11.26 to 11.5	3
11.51 to 11.75	2.5
11.76 to 12.0	2
12.01 to 12.25	1.5
12.26 to 12.55	1
12.56 to 12.85	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2006

6-Block Jump (MB)	
Performance	Marks
10.9 & below	5
10.91 to 11.0	4.5
11.01 to 11.15	4
11.16 to 11.35	3.5
11.36 to 11.6	3
11.61 to 11.85	2.5
11.86 to 12.10	2
12.11 to 12.35	1.5
12.36 to 12.65	1
12.66 to 12.95	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2003

6-Block Jump (MB)	
Performance	Marks
11 & below	5
11.01 to 11.10	4.5
11.11 to 11.25	4
11.26 to 11.45	3.5
11.46 to 11.70	3
11.71 to 11.95	2.5
11.96 to 12.2	2
12.21 to 12.45	1.5
12.46 to 12.75	1
12.76 to 13.05	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2004

6-Block Jump (MB)	
Performance	Marks
11.1 & below	5
11.11 to 11.20	4.5
11.21 to 11.35	4
11.36 to 11.55	3.5
11.56 to 11.80	3
11.81 to 12.05	2.5
12.06 to 12.3	2
12.31 to 12.55	1.5
12.56 to 12.85	1
12.86 to 13.15	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2005

6-Block Jump (MB)	
Performance	Marks
11.2 & below	5
11.21 to 11.30	4.5
11.31 to 11.45	4
11.46 to 11.65	3.5
11.66 to 11.90	3
11.91 to 12.15	2.5
12.16 to 12.4	2
12.41 to 12.65	1.5
12.66 to 12.95	1
12.96 to 13.25	0.5

PHYSICAL PERFORMANCE RATING SCALE

GILRS-2006

6-Block Jump (MB)	
Performance	Marks
11.3 & below	5
11.31 to 11.40	4.5
11.41 to 11.55	4
11.56 to 11.75	3.5
11.76 to 12.0	3
12.01 to 12.25	2.5
12.26 to 12.5	2
12.51 to 12.75	1.5
12.76 to 13.05	1
13.06 to 13.35	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2003

6-Block Jump (RA & OP)	
Performance	Marks
10 & below	5
10.01 to 10.10	4.5
10.11 to 10.25	4
10.26 to 10.45	3.5
10.46 to 10.70	3
10.71 to 10.95	2.5
10.96 to 11.2	2
11.21 to 11.45	1.5
11.46 to 11.75	1
11.76 to 12.05	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2004

6-Block Jump (RA & OP)	
Performance	Marks
10.1 & below	5
10.11 to 10.20	4.5
10.21 to 10.35	4
10.36 to 10.55	3.5
10.56 to 10.90	3
10.81 to 11.05	2.5
11.06 to 11.3	2
11.31 to 11.55	1.5
11.56 to 11.85	1
11.86 to 12.15	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2005

6-Block Jump (RA & OP)	
Performance	Marks
10.2 & below	5
10.21 to 10.30	4.5
10.31 to 10.45	4
10.46 to 10.65	3.5
10.66 to 10.90	3
10.91 to 11.15	2.5
11.16 to 11.4	2
11.41 to 11.65	1.5
11.66 to 11.95	1
11.96 to 12.25	0.5

PHYSICAL PERFORMANCE RATING SCALE

GILRS-2006

6-Block Jump (RA & OP)	
Performance	Marks
10.3 & below	5
10.31 to 10.40	4.5
10.41 to 10.55	4
10.56 to 10.75	3.5
10.76 to 11.0	3
11.01 to 11.25	2.5
11.26 to 11.5	2
11.51 to 11.75	1.5
11.76 to 12.05	1
12.06 to 12.35	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2003

Approach Jump	
Performance	Marks
350 & above	10
348 & above	9
345 & above	8
341 & above	7
336 & above	6
330 & above	5
323 & above	4
315 & above	3
306 & above	2
296 & above	1

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2004

Approach Jump	
Performance	Marks
345 & above	10
343 & above	9
340 & above	8
336 & above	7
331 & above	6
325 & above	5
318 & above	4
310 & above	3
301 & above	2
291 & above	1

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2005

Approach Jump	
Performance	Marks
340 & above	10
338 & above	9
335 & above	8
331 & above	7
326 & above	6
320 & above	5
313 & above	4
305 & above	3
296 & above	2
286 & above	1

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2006

Approach Jump	
Performance	Marks
335 & above	10
333 & above	9
330 & above	8
326 & above	7
321 & above	6
315 & above	5
308 & above	4
300 & above	3
291 & above	2
281 & above	1

PHYSICAL PERFORMANCE RATING SCALE**GIRLS-2003**

Approach Jump	
Performance	Marks
305 & above	10
303 & above	9
300 & above	8
296 & above	7
291 & above	6
285 & above	5
278 & above	4
270 & above	3
261 & above	2
251 & above	1

PHYSICAL PERFORMANCE RATING SCALE**GIRLS-2004**

Approach Jump	
Performance	Marks
300 & above	10
298 & above	9
295 & above	8
291 & above	7
286 & above	6
280 & above	5
273 & above	4
265 & above	3
256 & above	2
246 & above	1

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2005

Approach Jump	
Performance	Marks
295 & above	10
293 & above	9
290 & above	8
286 & above	7
281 & above	6
275 & above	5
268 & above	4
260 & above	3
251 & above	2
241 & above	1

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2006

Approach Jump	
Performance	Marks
290 & above	10
288 & above	9
285 & above	8
281 & above	7
276 & above	6
270 & above	5
263 & above	4
255 & above	3
246 & above	2
236 & above	1

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2003

T Test	
Performance	Marks
10.50 & below	5
10.51 to 10.6	4.5
10.61 to 10.75	4
10.76 to 10.95	3.5
10.96 to 11.20	3
11.21 to 11.45	2.5
11.46 to 11.7	2
11.71 to 11.95	1.5
11.96 to 12.25	1
12.26 to 12.55	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2004

T Test	
Performance	Marks
10.60 & below	5
10.61 to 10.7	4.5
10.71 to 10.85	4
10.86 to 11.05	3.5
11.06 to 11.30	3
11.31 to 11.55	2.5
11.56 to 11.8	2
11.81 to 12.05	1.5
12.06 to 12.35	1
12.36 to 12.65	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2005

T Test	
Performance	Marks
10.70 & below	5
10.71 to 10.8	4.5
10.81 to 10.95	4
10.96 to 11.15	3.5
11.16 to 11.40	3
11.41 to 11.65	2.5
11.66 to 11.9	2
11.91 to 12.15	1.5
12.16 to 12.45	1
12.46 to 12.75	0.5

PHYSICAL PERFORMANCE RATING SCALE

GILRS-2006

T test	
Performance	Marks
10.80 & below	5
10.81 to 10.9	4.5
10.91 to 11.05	4
11.06 to 11.25	3.5
11.26 to 11.50	3
11.51 to 11.75	2.5
11.76 to 12.0	2
12.01 to 12.25	1.5
12.26 to 12.55	1
12.56 to 12.85	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2003

T Test	
Performance	Marks
9.50 & below	5
9.51 to 9.6	4.5
9.61 to 9.75	4
9.76 to 9.95	3.5
9.96 to 10.20	3
10.21 to 10.45	2.5
10.46 to 10.7	2
10.71 to 10.95	1.5
10.96 to 11.25	1
11.26 to 11.55	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS -2004

T Test	
Performance	Marks
9.60 & below	5
9.61 to 9.7	4.5
9.71 to 9.85	4
9.86 to 10.05	3.5
10.06 to 10.30	3
10.31 to 10.55	2.5
10.56 to 10.8	2
10.81 to 11.05	1.5
11.06 to 11.35	1
11.36 to 11.65	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS -2005

T Test	
Performance	Marks
9.70 & below	5
9.71 to 9.8	4.5
9.81 to 9.95	4
9.96 to 10.15	3.5
10.16 to 10.40	3
10.41 to 10.65	2.5
10.66 to 10.9	2
10.91 to 11.15	1.5
11.16 to 11.45	1
11.46 to 11.75	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS -2006

T test	
Performance	Marks
9.80 & below	5
9.81 to 9.9	4.5
9.91 to 10.05	4
10.06 to 10.25	3.5
10.26 to 10.50	3
10.51 to 10.75	2.5
10.76 to 11.0	2
11.01 to 11.25	1.5
11.26 to 11.55	1
11.56 to 11.85	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2003

Medicine Ball Throw	
Performance	Marks
16 meter & above	5
15.9 & above	4.5
15.75 & above	4
15.50 & above	3.5
15 & above	3
14.5 & above	2.5
14 & above	2
13.5 & above	1.5
12.75 & above	1
12 meter & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2004

Medicine Ball Throw	
Performance	Marks
15.75 meter & above	5
15.65 & above	4.5
15.5 & above	4
15.25 & above	3.5
14.75 & above	3
14.25 & above	2.5
13.75 & above	2
13.25 & above	1.5
12.5 & above	1
11.75 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2005

Medicine Ball Throw	
Performance	Marks
15.5 meter & above	5
15.4 & above	4.5
15.25 & above	4
15.00 & above	3.5
14.5 & above	3
14.0 & above	2.5
13.5 & above	2
13.0 & above	1.5
12.25 & above	1
11.5 meter & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2006

Medicine Ball Throw	
Performance	Marks
15.25 meter & above	5
15.15 & above	4.5
15 & above	4
14.75 & above	3.5
14.25 & above	3
13.75 & above	2.5
13.25 & above	2
12.75 & above	1.5
12 & above	1
11.25 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2003

Medicine Ball Throw	
Performance	Marks
15 meter & above	5
14.9 & above	4.5
14.75 & above	4
14.50 & above	3.5
14 & above	3
13.5 & above	2.5
13 & above	2
12.5 & above	1.5
11.75 & above	1
11 meter & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS -2004

Medicine Ball Throw	
Performance	Marks
14.75 meter & above	5
14.65 & above	4.5
14.5 & above	4
14.25 & above	3.5
13.75 & above	3
13.25 & above	2.5
12.75 & above	2
12.25 & above	1.5
11.5 & above	1
10.75 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS -2005

Medicine Ball Throw	
Performance	Marks
14.5 meter & above	5
14.4 & above	4.5
14.25 & above	4
14.00 & above	3.5
13.5 & above	3
13.0 & above	2.5
12.5 & above	2
12.0 & above	1.5
11.25 & above	1
10.5 meter & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS -2006

Medicine Ball Throw	
Performance	Marks
14.25 meter & above	5
14.15 & above	4.5
14 & above	4
13.75 & above	3.5
13.25 & above	3
12.75 & above	2.5
12.25 & above	2
11.75 & above	1.5
11 & above	1
10.25 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2003

Standing Reach	
Performance	Marks
275 & above	5
273 & above	4.5
271 & above	4
268 & above	3.5
265 & above	3
261 & above	2.5
257 & above	2
252 & above	1.5
247 & above	1
241 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2004

Standing Reach	
Performance	Marks
273 & above	5
271 & above	4.5
269 & above	4
266 & above	3.5
263 & above	3
259 & above	2.5
255 & above	2
250 & above	1.5
245 & above	1
239 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2005

Standing Reach	
Performance	Marks
271 & above	5
269 & above	4.5
267 & above	4
264 & above	3.5
261 & above	3
257 & above	2.5
253 & above	2
248 & above	1.5
243 & above	1
237 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2006

Standing Reach	
Performance	Marks
269 & above	5
267 & above	4.5
265 & above	4
262 & above	3.5
259 & above	3
255 & above	2.5
251 & above	2
246 & above	1.5
241 & above	1
235 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2003

Standing Reach	
Performance	Marks
254 & above	5
252 & above	4.5
250 & above	4
247 & above	3.5
244 & above	3
240 & above	2.5
236 & above	2
231 & above	1.5
226 & above	1
220 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2004

Standing Reach	
Performance	Marks
252 & above	5
250 & above	4.5
248 & above	4
245 & above	3.5
242 & above	3
238 & above	2.5
234 & above	2
229 & above	1.5
224 & above	1
218 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2005

Standing Reach	
Performance	Marks
250 & above	5
248 & above	4.5
246 & above	4
243 & above	3.5
240 & above	3
236 & above	2.5
232 & above	2
227 & above	1.5
222 & above	1
216 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2006

Standing Reach	
Performance	Marks
248 & above	5
246 & above	4.5
244 & above	4
241 & above	3.5
238 & above	3
234 & above	2.5
230 & above	2
225 & above	1.5
220 & above	1
214 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2003

Absolute Jump	
Performance	Marks
90 cm & above	5
88 & above	4.5
85 & above	4
81 & above	3.5
77 & above	3
72 & above	2.5
67 & above	2
61 & above	1.5
55 & above	1
48 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2004

Absolute Jump	
Performance	Marks
90 cm & above	5
88 & above	4.5
85 & above	4
81 & above	3.5
77 & above	3
72 & above	2.5
67 & above	2
61 & above	1.5
55 & above	1
48 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2005

Absolute Jump	
Performance	Marks
90 cm & above	5
88 & above	4.5
85 & above	4
81 & above	3.5
77 & above	3
72 & above	2.5
67 & above	2
61 & above	1.5
55 & above	1
48 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2006

Absolute Jump	
Performance	Marks
90 cm & above	5
88 & above	4.5
85 & above	4
81 & above	3.5
77 & above	3
72 & above	2.5
67 & above	2
61 & above	1.5
55 & above	1
48 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2003

Absolute Jump	
Performance	Marks
70 cm & above	5
68 & above	4.5
65 & above	4
61 & above	3.5
57 & above	3
52 & above	2.5
47 & above	2
41 & above	1.5
35 & above	1
28 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2004

Absolute Jump	
Performance	Marks
70 cm & above	5
68 & above	4.5
65 & above	4
61 & above	3.5
57 & above	3
52 & above	2.5
47 & above	2
41 & above	1.5
35 & above	1
28 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2005

Absolute Jump	
Performance	Marks
70 cm & above	5
68 & above	4.5
65 & above	4
61 & above	3.5
57 & above	3
52 & above	2.5
47 & above	2
41 & above	1.5
35 & above	1
28 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2006

Absolute Jump	
Performance	Marks
70 cm & above	5
68 & above	4.5
65 & above	4
61 & above	3.5
57 & above	3
52 & above	2.5
47 & above	2
41 & above	1.5
35 & above	1
28 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2003

Block Jump	
Performance	Marks
335 cm & above	5
333 & above	4.5
331 & above	4
328 & above	3.5
325 & above	3
321 & above	2.5
317 & above	2
312 & above	1.5
307 & above	1
301 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2004

Block Jump	
Performance	Marks
330 cm & above	5
328 & above	4.5
326 & above	4
323 & above	3.5
320 & above	3
316 & above	2.5
312 & above	2
307 & above	1.5
302 & above	1
296 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2005

Block Jump	
Performance	Marks
325 cm & above	5
323 & above	4.5
321 & above	4
318 & above	3.5
315 & above	3
311 & above	2.5
307 & above	2
302 & above	1.5
297 & above	1
291 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

BOYS-2006

Block Jump	
Performance	Marks
320 cm & above	5
318 & above	4.5
316 & above	4
313 & above	3.5
310 & above	3
306 & above	2.5
302 & above	2
297 & above	1.5
292 & above	1
286 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2003

Block Jump	
Performance	Marks
290 cm & above	5
288 & above	4.5
286 & above	4
283 & above	3.5
280 & above	3
276 & above	2.5
272 & above	2
267 & above	1.5
262 & above	1
256 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2004

Block Jump	
Performance	Marks
285 cm & above	5
283 & above	4.5
281 & above	4
278 & above	3.5
275 & above	3
271 & above	2.5
267 & above	2
262 & above	1.5
257 & above	1
251 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2005

Block Jump	
Performance	Marks
280 cm & above	5
278 & above	4.5
276 & above	4
273 & above	3.5
270 & above	3
266 & above	2.5
262 & above	2
257 & above	1.5
252 & above	1
246 & above	0.5

PHYSICAL PERFORMANCE RATING SCALE

GIRLS-2006

Block Jump	
Performance	Marks
275 cm & above	5
273 & above	4.5
271 & above	4
268 & above	3.5
265 & above	3
261 & above	2.5
257 & above	2
252 & above	1.5

247 & above	1
241 & above	0.5

SPORTS ACHIEVEMENTS SCORING

S NO	CHAMPIONSHIPS	MARKS
1	Participation in the following: 1. World Championships 2. VNL 3. World Club Championship 4. World University Games 5. World challenger cup 6. Olympic games	20
2	Participation in the following: 1. Asian Championships 2. Asian Games 3. Commonwealth Games 4. SAF Games 5. Asian challenger cup 6. Olympic qualification	15
3	Participation in the following: 1. National coaching camp 2. National Championship 3. Khelo India Games 4. National Leagues 5. SGFI Games 6. AIU Championship	10
4	Participation in the following: 1. State championship 2. Sate school championship	5