

BASIC PHYSICAL FITNESS TESTS FOR DIFFERENT GAMES & SPORTS (WOMEN) [INTRODUCED FROM 2010-2011]

01	Basketball	30 Mtrs. Flying start	Vertical Jump	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
02	Badminton (Shuttle)	30 Mtrs. Flying start	Semo Test	Cricket Ball Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
03	Ballbadminton	30 Mtrs. Flying start	Semo Test	Cricket Ball Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
04	Gymnastics	30 Mtrs. Flying start	Standing Broad Jump	Pull ups (Modified on Uneven Bars for 15 Secs)	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
05	Handball	30 Mtrs. Flying start	10 Hops	Cricket Ball/Softball Throw ball	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
06	Hockey	30 Mtrs. Flying start	Standing Broad Jump	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
07	Kabaddi (Players Max. Body wt. 70kgs)	30 Mtrs. Flying start	Semo Test	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
08	Kho-Kho	30 Mtrs. Flying start	Squat Thrust (Burpee test) for 10 Sec.	Right Boomerang Run	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
09	Table Tennis	30 Mtrs. Flying start	Semo Test	Baske ball Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
10	Tennis	30 Mtrs. Flying start	Semo Test	Cricket Ball Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
11	Volleyball	30 Mtrs. Flying start	Vertical Jump	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
12	Wrestling	30 Mtrs. Flying start	Squat Thrust/ Burpee test (for 1 minute)	Jump & Duck (for 1 minute)	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run

11/10/2018
 Director of Physical Education,
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UNIVERSITY OF MYSORE

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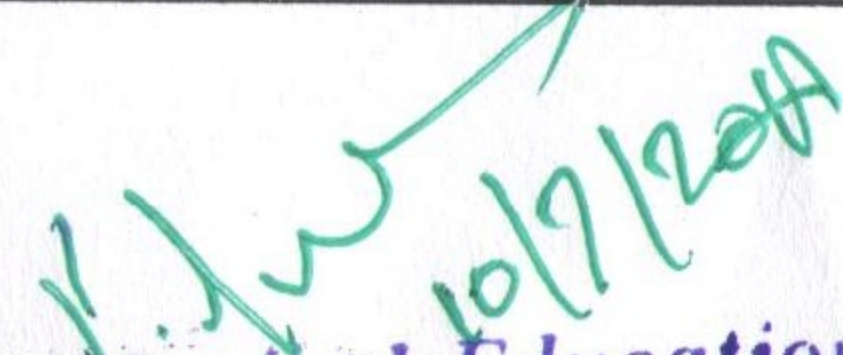
NORMS of BASIC PHYSICAL FITNESS for THE SELECTION TRIALS - WOMEN SECTION (INTRODUCED FROM 2010-2011)

* Total Points : 25

* Points to qualify : 15

* (Scoring Minimum 1 point in each test is compulsory)

Sl.No	Name of the Test	POINTS				
		1	2	3	4	5
01	30 Mtrs. Flying Start (Secs.)	5.5-5.3	5.2-5.0	4.9-4.7	4.6-4.4	4.3 & below
02	Two Hands 8 Lbs. Shot Throw [Standing Overhead Forward (Mtrs.)]	3.00-3.49	3.50-3.99	4.00-4.49	4.50-4.99	5.00 & above
03	Cricket Bail Throw (Mtrs.)	10.00-15.00	15.01-20.00	20.01-25.00	25.01-30.00	30.01 & above
04	Softball Throw (Mtrs.)	5.00-10.00	10.01-15.00	15.01-20.00	20.01-25.00	25.01 & above
05	Two Hands Basketball Throw [Sitting Overhead Forward (Mtrs.)]	3.00-3.99	4.00-4.49	4.50-4.99	5.00-5.49	5.50 & above
06	10 Hops [Left leg 5 Right leg 5 continuously) (Mtrs.)]	8.00-8.50	8.51-8.99	9.00-9.50	9.51-10.00	10.01 & above
07	Vertical Jump (Cms.)	20-25	26-29	30-35	36-39	40 & above
08	Right Boomerang Run (Seconds)	20:00-19:01	19:00-18:01	18:00-17:01	17:00-16:01	16:00 & below
09	Burpee Test/Squat Thrust (Nos.) 1Minute for Wrestling]	1-4	5-9	10-14	15-19	20 & above
	Burpee Test/Squat Thrust (Nos.) [10 Seconds for KHO-KHO.	2-4	5-7	8-10	9-11	12 & above
10	Semo Test (Seconds)	20.00-19.01	19.00-18.01	18.00-17.01	17.00-16.01	16.00 & below
11	6X10 Mtrs. Shuttle Run (Seconds)	24.00-23.01	23.00-22.01	22.00-21.01	21.00-20.01	20.00 & below
12	Standing Broad Jump (Cms.)	100-119	120-139	140-159	160-179	180 & above
13	1200 Mtrs. Run (Min. & Seconds)	10:0-9:01	9:00-8:01	8:00-7:01	7:00-6:01	6:00 & below
14	Pull ups Modified/on Uneven Bars (Gym.) [Nos. for 15 (Seconds)	2-3	4-5	6-7	8-9	10 & above
15	Jump & Duck for 60 Seconds [Wrestling (Nos.)]	2-5	6-8	9-11	12-14	15 & above


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