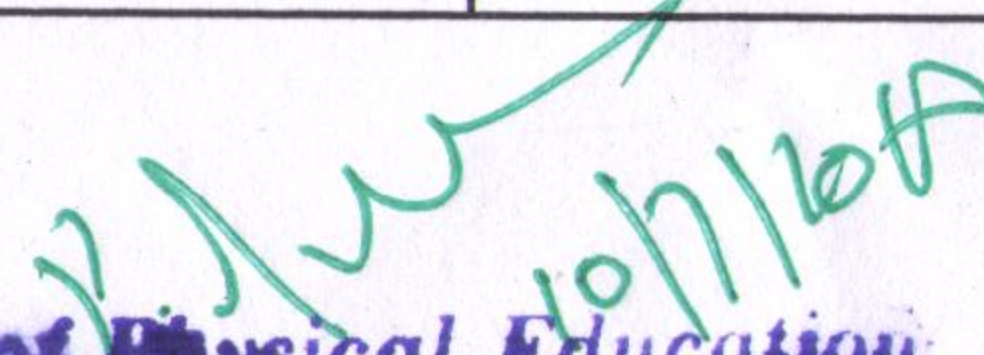


(1)

BASIC PHYSICAL FITNESS TESTS FOR DIFFRENT GAMES & SPORTS (MEN)
[INTRODUCED FROM 2000-2001]

01	Basketball	30 Mtrs. Flying start	Vertical Jump	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
02	Badminton (Shuttle)	30 Mtrs. Flying start	Semo.Test	Cricket Ball Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
03	Ballbadminton	30 Mtrs. Flying start	Semo.Test	Cricket Ball Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
04	Cricket / Softball	30 Mtrs. Flying start	Standing Broad Jump	Basketball Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
05	Football	30 Mtrs. Flying start	Standing Broad Jump	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
06	Gymnastics (2002-2003)	30 Mtrs. Flying start	Standing Broad Jump	Dips on Parallel Bars	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
07	Handball	30 Mtrs. Flying start	10 Hops	Cricket Ball/ Softball Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
08	Hockey	30 Mtrs. Flying start	Standing Broad Jump	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
09	Kabaddi (Players Max. Body wt.80kgs)	30 Mtrs. Flying start	Semo. Test	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
10	Kho-Kho	30 Mtrs. Flying start	Squat Thrust (Burpee test) for 10 Sec.	Right Boomerang Run	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
11	Table Tennis	30 Mtrs. Flying start	Semo Test	Basketball Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
12	Tennis	30 Mtrs. Flying start	Semo Test	Cricket Ball Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
13	Volleyball	30 Mtrs. Flying start	Vertical Jump	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
14	Wrestling (2002-2003)	30 Mtrs. Flying start	Squat Thrust/ Burpee test (for 1 minute)	Jump & Duck (for 1 minute)	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run


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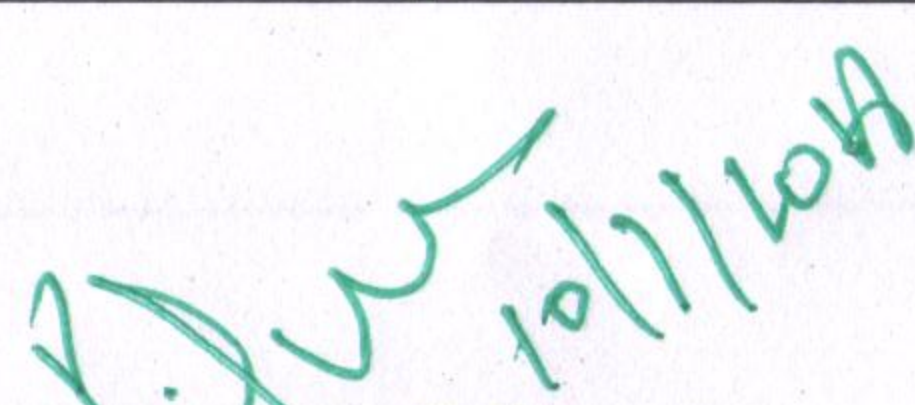
**NORMS OF BASIC PHYSICAL FITNESS FOR THE SELECTION TRIALS - MEN SECTION
(INTRODUCED FROM 2000-2001)**

Total Points : 25

Points to qualify : 15

(Scoring Minimum 1 point in each test is compulsory)

SI.No	Name of the Test	POINTS				
		1	2	3	4	5
01	30 Mtrs. Flying Start (Secs.)	4.5-4.3	4.2-4.0	3.9-3.7	3.6-3.4	3.3 & below
02	Two Hands 8 Lbs. Shot Throw [Standing Overhead forward (Mtrs.)]	5.0-6.0	6.01-6.49	6.50-6.99	7.00-7.49	7.50 & above
03	Cricket Ball Throw (Mtrs.)	30.00-40.00	40.01-50.00	50.01-60.00	60.01-70.00	70.01 & above
04	Softball Throw (Mtrs.)	30.00-40.00	40.01-45.00	45.01-50.00	50.01-55.00	55.01 & above
05	Two Hands Basketball Throw [Sitting overhead forward (Mtrs.)]	7.00-7.50	7.51-8.00	8.01-8.50	8.51-9.00	9.01 & above
06	10 Hops [Left leg 5 & Right leg 5 continuously] (Mtrs)]	15.00-16.00	16.01-17.00	17.01-18.00	18.01-19.00	19.01 & above
07	Vertical Jump (Cms.)	42-46	47-51	52-56	57-61	62 & above
08	Right Boomerang Run (Seconds)	15.50-14.91	14.90-13.61	13.60-12.50	12.49-11.80	11.79 & below
09	Burpee Test (Nos.) [Squat Thrust for 1 min for Wrestling]	15-20	21-25	26-30	31-35	36 & above
	Burpee Test (Nos.) [Squat Thrust for 10 Secs, for Kho-Kho]	7-11	12-16	17-21	22-26	27 & above
10	Semo Test (Seconds)	16.00-15.01	15.00-14.01	14.00-13.01	13.00-12.01	12.00 & below
11	6X10 Mtrs. Shuttle Run (Seconds)	17.5-16.6	16.5-16.1	16.00-15.6	15.5-15.1	15.00 & below
12	Standing Broad Jump (Cms.)	190-200	201-210	211-220	221-230	231 & above
13	1500 Mtrs. Run (Mins. & Seconds)	7:00-6:16	6:15-6:01	6:00-5:46	5:45-5:31	5.30 & below
14	Dips on Parallel bars (Gym.) [Nos. For 15 Secs]	2-3	4-5	6-7	8-9	10 & above
15	Jump & Duck for 1 Min. [Wrestling (Nos.)]	14-15	16-17	18-19	20-21	22 & above


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