



F. No. 01-24005(03)/10/2023-HO - Khelo India Division

Dated: 20.11.2023

SUB: Talent Identification Protocols for Khelo India Centres and Khelo India State Centres of Excellence

Khelo India Centres & Sports Academies is one of the key verticals under the revised Khelo India – National Programme for Development of Sports Scheme which envisages establishment of Khelo India Centres (KICs) in each district across the country to maximize the utilization of Sports infrastructure at the grassroots level along with deployment of a Past Champion Athlete (PCA) in such KICs and as part of India's pursuit for excellence in Olympics and endeavour to scale up State/UT government's existing best academies to world standard, Khelo India State Centres of Excellence (KISCE) have been notified and provided financial support for Sports science back-up, engagement of coaches and support staff, sports equipment, etc. based on viability gap assessment.

2. Talent Identification is one of the major stages in the Long Term Athlete Development (LTAD) model aimed at identifying and developing untapped sporting talent. There is an overwhelming focus on talent identification under the Khelo India scheme whose results can be seen in international events like Commonwealth Games, Asian Games, etc.

3. While KICs have been designed with a particular focus on the grassroots level, thereby inducting a greater number of raw athletes, KISCES predominantly inducts proven talent. The definition of potential talent and proven talent is as following:

3.1 Raw Talent: Athletes who exhibit physical ability talent, inherent capacity or ability for some skill which indicate potential in high-performance sports.

3.2 Proven Talent: Typically, athletes who have demonstrated and confirmed their trainability in a particular sport and may have also participated in recognized sports competitions

4. Although, various States/UTs have developed their own talent identification protocols, the assessments mentioned in this circular aims to further educate the coaches, HPDs, Govt. officials, etc. Further, SAI may also conduct workshops, virtual meetings, etc. to explain the assessments and best practices to ensure all States/UTs are effectively able to conduct the talent identification. The Past Champion Athletes (PCAs) in KICs, Head Coaches, HPDs, and other manpower at KISCES may also be given an option to be a part of the talent induction drive at nearby SAI centres/ affiliated academies.

5. Accordingly, the recommended tests to screen, shortlist and identify raw and proven talent is placed is placed at Annexure-I for KICs and at Annexure-II for KISCES.

6. The tests mentioned in the Annexures are indicative in nature and feedback for the same is solicited from States/UTs by 28th February 2024, post which a revised list of indicative tests shall be finalised for perusal in KICs and KISCES.


(Sibananda Mishra)

Deputy Director (KI)

To,

1. Director (Sports) of all States/UTs
2. Secretary, Railways Sports Promotion Board

Copy to:

1. DD to DG SAI
2. PS to DDG (KI), SAI
3. Heads of all SAI Regional Centres / Academic Institutions, with a request to circulate among all officers in their jurisdiction for compliance and all converted Khelo India Centres
4. Director, IT division for uploading on www.sportsauthorityofindia.nic.in
5. Rajbhasha division for Hindi translation
6. Guard File

Indicative Test Protocols for inducting athletes in Khelo India Centres

Grouping of Sports based on general tests for Raw Talent Identification											
Discipline	Height	Weight	Flexibility (Sit and Reach)	Strength - Lower Body / Explosive (Standing vertical Jump)	Strength - Lower Body / Explosive (Standing Broad Jump)	Speed (30 Mts standing Start)	Strength - Upper body (Medicine Ball Throw)	Agility (4 x 10 Mts Shuttle Run)	Sit ups	Endurance (800m Run for U-12, 1.6km run for 12+y)	Total No of tests (Excluding Height Weight)
Archery	✓	✓	✓	✓			✓		✓	✓	5
Athletics (S/J/T/Others)	✓	✓		✓	✓	✓	✓		✓	✓	5
Athletics (Endurance)	✓	✓			✓	✓			✓	✓	4
Badminton	✓	✓	✓	✓		✓	✓	✓	✓	✓	6
Basketball	✓	✓		✓		✓	✓		✓	✓	5
Boxing	✓	✓	✓	✓		✓	✓	✓	✓	✓	7
Cycling (Sprints)	✓	✓		✓	✓	✓	✓			✓	4
Cycling (Endurance)	✓	✓		✓	✓	✓	✓		✓	✓	5
Fencing	✓	✓	✓	✓		✓	✓	✓		✓	6
Football	✓	✓	✓	✓		✓	✓	✓		✓	5
Gymnastics	✓	✓	✓	✓		✓	✓	✓		✓	6
Hockey	✓	✓	✓	✓		✓	✓	✓		✓	5
Judo	✓	✓	✓	✓		✓	✓	✓		✓	6
Kabaddi	✓	✓	✓	✓		✓	✓	✓		✓	6
Kho Kho	✓	✓	✓	✓		✓	✓	✓		✓	6
Rowing	✓	✓	✓	✓			✓		✓	✓	4
Shooting	✓	✓	✓	✓			✓		✓	✓	5
Swimming (Sprints)	✓	✓	✓	✓		✓	✓	✓		✓	6
Swimming (Endurance)	✓	✓	✓	✓		✓	✓			✓	4
Table Tennis	✓	✓		✓			✓	✓	✓	✓	5
Volleyball	✓	✓		✓		✓	✓	✓	✓	✓	5
Weightlifting	✓	✓	✓	✓		✓	✓		✓	✓	6
Wrestling	✓	✓	✓		✓	✓	✓	✓	✓	✓	7
Total	20	20	15	18	8	18	21	14	11	18	123

- Selection of athletes may be done on a merit-list basis

Indicative Test Protocols for inducting athletes in Khelo India State Centres of Excellence

Tests for Stage 1 and Stage 2			
1. Archery			
Sr No	Stage 1 Tests	Remarks	Time Taken
1	Scores at 20 Meters	Points to be allotted for specific scored	-
2	T Stance	Points to be allotted for specific scored	
Sr. No.	Stage 2 Physical Tests	Remarks	Time Taken
1	Running – 1.6 Kms	Minutes	-
2	Bow Hand Holding	Minutes/Seconds	
3	Push Ups	Count per minute	
4	Sit Ups	Count per Minute	
5	Sit and Reach	Centimetres	
6	Plank Test	Minutes/Second	
7	Vertical Jump	Meters/Centimetres	
8	Broad Jump	Meters/Centimetres	
Sr. No.	Stage 2 Skill Tests	Remarks	Time Taken
1	Draw	-	-
2	Anchor		
3	Release		
4	Follow Through		
5	T Stance		
6	Left Elbow – check monkey arm		
2. Athletics			
Sr No	Stage 1 tests (1 test for each event)	Tests	Time Taken
1	60m/100m/200m	60m	1 test for 1 individual only Time taken max 2 minutes
2	300m/400m/600m	300m	
3	800m/1500m	600m run	
4	Long Distances	2000m Run	
5	80m Hurdles	2 Hurdles run as per 80m hurdle specification	
6	Long Jump/Triple Jump	5 Stride Long Jump	
7	High Jump	5 Stride High Jump (Scissor)	
8	Shot Put	Standing throw - 3kg Boys/2Kg Girls	
9	Javelin	2 Stride Cricket/Hockey Ball throw	
10	Race Walk	2000m Race Walk	
11	Triathlon	60m, 5 Stride Long Jump, 2 stride Cricket/hockey ball throw	

Sr No	Stage 2 Physical Tests (All 5 tests for 1 individual)	Remarks	Time Taken
1	Strength - Lower Body / Explosive (Standing Vertical Jump)		
2	Strength - Lower Body / Explosive (Standing Broad Jump)		
3	Endurance (800 Mts Run/1.6km Run)		
4	Speed (30 Mts flying Start)		
5	Medicine Ball Throw		

Sr No	Stage 2 Skill Tests	Events	Time Taken
1	Sprints	60m/100m/200m	
2	Sprints	400m,600m	
3	Hurdles	80mH/100mH	
4	Middle Distance	800m/1500m	
5	Long Distance	2000m and above	
6	Jumps	10 Stride Long Jump	
7	Jumps	5 Stride High Jump (Scissor)	
8	Throw	Standing Shot put throw Boys 3kg / Girls 2kg	
9	Throw	Cricket ball Throw (full approach)	
10	Triathlon	60m, 10 stride long Jump, Cricket ball throw	

3. BADMINTON

Sr No	Stage 1 Tests	Remarks	Time Taken
1	Service accuracy test		
2	Smash accuracy test		
3	Drop accuracy test		
4	Toss accuracy test		
5	Basic footwork test		
6	Underarm Clear lift		

Sr. No.	Stage 2 Physical Tests	Remarks	Time Taken
1	800M Run - Aerobic		
2	Assisted Push Ups		
3	Sit & Reach - Flexibility		
4	Standing Vertical Jump - Muscular Power		
5	Standing Broad Jump		
6	40M Sprint - Speed Test		

Sr. No.	Stage 2 Skill Tests	Remarks	Time Taken
1	Smash Test	Development of accuracy and Power	
2	Trunk Test	Trunk Coordination and Flexibility	
3	Court Run Test	To measure the agility, quickness and coordination	
4	Run with Shuttle cork test	To measure correct footwork and movement	

4. Basketball			
Sr.No	Stage 1 Tests	Remarks	Time Taken
1	Left - Right hand lay-up 5 each		Time taken 5 mins each athlete
2	5 Stop Shooting		
3	Shuttle Dribble - Timing		
4	1 on 1 (3 chances each)		
Sr.No	Stage 2 Physical Test	Remarks	Time Taken
1	Strength - Lower Body / Explosive (Standing Vertical Jump)		
2	Strength - Upper body (Medicine Ball Throw)		
3	Sit Ups		
4	Speed (30 Mts flying Start)		
5	Push Ups		
6	Pull Ups / Chin Ups		
Sr.No	Stage 2 Skill Test	Remarks	Time Taken
1	Control Dribble	To measure dribbling ability	5-7 Minutes Max
2	Wall Passing	To measure passing ability	
3	Spot Shooting	To measure shooting ability	
5. BOXING			
Sr. No.	Stage 1 Tests	Remarks	Time Taken
1	Skipping Rope (1:30min × 1 min × 2 rd)	The following Weight Categories :32-34 kg, 36 kg, 38 kg, 40 kg, 42 kg, 44 kg, 46 kg, 48 kg, 50 kg, 52 kg, 54 kg, 57 kg, 60 kg, 63 kg	
2	Shadow Boxing (1:30 min × 1 min ×2 rd)		
3	Punching bag (1:30 min × 1 min × 2 rd)		
4	Attack & Defence (with Partner)(1:30min × 1 min × 2 rd)		
Sr. No.	Stage 2 Physical Tests	Remarks	Time Taken
1	Sit and Reach	20 m Sprint	
2	Standing Vertical Jump	30 m Run	
3	Standing Broad Jump	Modified 300 m Shuttle	
4	Medicine Ball Throw	20 m Shuttle Run	
5	Sit Ups	Shoulder Flexibility Test	
6	800 mtr/1.6km run		
7	30 mts flying start		
8	Push Ups		
9	Shuttle Run (10 × 6m)		
10	Pull Ups/Chin Ups		
Sr. No.	Stage 2 Skill Tests	Remarks	Time Taken
1	Punching Bag - Stage 2 (1:30 min ×1 min ×3 rd)		
2	Advanced Shadow Boxing (1:30 min × 1min × 3 rd)		
3	Sparring (1:30 min × 1 min × 3 rd)		

6. Cycling			
Sr No	Stage 1 Tests	Remarks	Time Taken
1	800M Run – Aerobic		
2	Standing Vertical Jump – Muscular Power		
3	Standing Broad Jump		
Sr. No.	Stage 2 Physical/Skill Tests	Remarks	Time Taken
1	Power Peak	Wattbike Test	
2	Power Average		
3	Power Mass		
4	Cadence Average		
7. Fencing			
Sr No	Stage 1 Tests	Remarks	Time Taken
1	Movements is the fencing position stepping forward and backward, forward jump and backward jump, attack with step forward lunge, attack with step forward fleche on command with the change of position.	Specific Fencing Tests For Performing The Main Stands And Moves Evaluation Of Their Quality	5 Mins Maximum Last 4 tests are based of sparring
2	Hit with the point (cut) on the target with close quarters, medium and fleche distance.	Specific Fencing Tests For Performing The Main Stands And Moves Evaluation Of Their Quality	
3	Simple attack-defense (parry) – riposte – counter riposte with a feint.	Specific Fencing Tests In The Individual Lesson With A Coach Or Exercises With A Partner (Sparring)	
4	Attack by the prise-de-fer defense (parry) – riposte with a feint – counter riposte	Specific Fencing Tests In The Individual Lesson With A Coach Or Exercises With A Partner (Sparring)	
5	Attack with a feint- defense (parry) – riposte with a feint- counter riposte.	Specific Fencing Tests In The Individual Lesson With A Coach Or Exercises With A Partner (Sparring)	
6	Attack by prise-de-fer – counter attack-Stop hit with the fencing time – simple defense (parry) – riposte.	Specific Fencing Tests In The Individual Lesson With A Coach Or Exercises With A Partner (Sparring)	
Sr No	Stage 2 Physical Tests	Remarks	Time Taken
1	Flexibility (Sit and Reach)		
2	Strength – Lower Body / Explosive (Standing Broad Jump)		
3	Strength – Upper body (Medicine Ball Throw)		
4	Endurance (800 Mts Run/1.6km Run)		
5	Speed (30 Mts flying Start)		
6	Agility (10*6 Mts Shuttle Run)		
Sr No	Stage 2 Skill Test	Remarks	Time Taken
1	Execution Speed of advance and retreat from on guard position	To evaluate speed, controlling the distance and balance ability	
2	Hitting Target	Weapon control	
3	Repetition of the lunge	Evaluate leg power	

8. Football			
Sr. No.	Stage 1 Tests	Remarks	Time Taken
1	Passing for accuracy [air]	-	
2	Passing for accuracy [ground]	-	
3	Kicking for Accuracy	-	
4	Dribbling	-	
5	Juggling type-1	Juggle the ball as many times with any part of body	10 - 12 mins
6	Juggling type-2	Not allowed to make two continuous touches with the same part of the body	
Sr. No.	Stage 1 Physical Tests	Remarks	Time Taken
1	Flexibility (Sit and Reach)		
2	Strength - Lower Body / Explosive (Standing vertical Jump)		
3	Strength - Upper body (Medicine Ball Throw)		
4	Speed (30 Mts flying Start)		
5	Agility (10*6 Mts Shuttle Run)		
Sr. No.	Stage 2 Skill Tests	Remarks	Time Taken
1	Yo Yo Intermittent Recovery Test		Game time
2	Linear Sprint Test		
3	Curve Speed Test		
4	Creative Speed Test		
5	Test of Agility		
6	Short Dribbling Test		
7	Balance Test		
8	Flexibility Test		
9	Vertical Test		
10	Technique Test		
11	Communication and Game Insight		
9. GYMNASTICS			
Sr. No.	Stage 1 Tests	Remarks	Time Taken
1	Press to HandStand		
2	Holding Hand stand in Floor		
3	WAG Up Start (KIP) on U-bars		
4	(MAG) Circles on Buck Horse/Pommel Horse Below 12 on Buck Horse Above 12 on Pommel horse		
Sr. No.	Stage 2 Physical Tests	Remarks	Time Taken
1	Standing Vertical Jump		
2	30 Mts Flying Start		
3	Shuttle Run		
4	800mts		

Sr. No.	Stage 2 Skill Tests	Remarks	Time Taken
1	20 m sprint	Running speed	
2	Modified pull ups	Dynamic Strength of arms and shoulder- Upper body	
3	Support dips test	Dynamic Strength of arms and shoulder	
4	L-Hold on low height Parallel Bars	Balance isometric Coordination	
5	Flexion leg up on upper body	abdominal strength	
6	Bridge up test	Trunk flexibility	
7	Split sit (alternative on both legs)	Hip flexibility	
10. Hockey			
Sr. No.	Stage 1 Tests	Remarks	Time Taken
1	Positioning	Will be accessed through Game Performance	
2	Skill Execution	Will be accessed through Game Performance	
3	Decision Making	Will be accessed through Game Performance	
4	Versatility	Will be accessed through Game Performance	
5	Active Involvement	Will be accessed through Game Performance	
Sr. No.	Stage 2 Physical Tests	Remarks	Time Taken
1	10m Sprint Speed Test	For Fieldplayer	
2	40 m Sprint Speed Test	For Fieldplayer	
3	Repeated Efforts (6*30m speed recovery test)	For Fieldplayer	
4	Yo Yo Test	For Fieldplayer	
5	10m Sprint Speed Test	For Goalkeeper	
6	40 m Sprint Speed Test	For Goalkeeper	
7	Yo Yo Test	For Goalkeeper	
8	T Test	For Goalkeeper	
Sr. No.	Stage 2 Skill Tests	Remarks	Time Taken
1	Receiving Short Distances	For Fieldplayer	
2	Passing Short Distances	For Fieldplayer	
3	Reverse Hit	For Fieldplayer	
4	Receiving Long Distances	For Fieldplayer	
5	Passing Long Distance	For Fieldplayer	
6	Overhead Passing and Receiving	For Fieldplayer	
7	Aerial Skills	For Fieldplayer	
8	Drag Flicks	For Fieldplayer	
9	Tackling (2 vs 1)	For Fieldplayer	
10	1 vs 1	For Fieldplayer	
11	Semi-circular movements for covering the angle of GoalPost.	For Goalkeeper	
12	Punching the ball for accuracy:	For Goalkeeper	
13	Jump and Reach	For Goalkeeper	
14	Approaching and Blocking	For Goalkeeper	
15	Game Performance tests (For Fieldplayer and Goalkeeper)	Positioning, Skill Execution, Decision Making, Versatility, Active Involvement	

11. Judo			
Sr No	Stage 1 Tests	Remarks	Time Taken
1	Gripping, Uchigomi, Nagikomi, Holding Tech etc	-	7-10 Mins max
2	Pull Ups with Dress		
3	400 mtrs Run/Yoyo		
Sr No	Stage 2 Physical Tests	Remarks	Time Taken
1	Flexibility (Sit and Reach)	-	-
2	Strength - Lower Body / Explosive (Standing vertical Jump)		
3	Strength – Upper body (Medicine Ball Throw)		
4	Speed (30 Mts flying Start)		
5	Push Ups		
6	Pull Ups / Chin Ups		
Sr No	Stage 2 Skill Tests	Remarks	Time Taken
1	Rolling Both sides	-	-
2	Rolling with stretch Both sides		
3	Cartwheel both sides		
4	Handstand roll both sides		
5	My Mawri Ukemi		
6	Yuko Ukemi		
7	Test of Uchi Komi		
8	Combination Technique test		
9	Mat Test		
12. KABADDI			
Sr. No.	Stage 1 Tests	Remarks	Time Taken
1	Foot work	-	-
2	Hand Touch		
3	Toe Touch		
4	Catching ability		
Sr. No.	Stage 2 Physical Tests	Remarks	Time Taken
1	Standing Vertical Jump	-	-
2	Shuttle Run		
3	Standing Broad Jump		
4	Medicine Ball Throw		
5	Sit Ups		
6	Push Ups		
7	Sit & Reach Test		
8	800mts		
Sr. No.	Stage 2 Skill Tests	Remarks	Time Taken
1	Touching with toe; Ankle catching	Attacking skills	-
2	Touching with Hand; Chain hold	Attacking skills	
3	Crossing Bonus line	Technical efficiency	

13. Kho Kho			
Sr No	Stage 1 Tests	Remarks	Time Taken
1	2nd Pole Turn Test	-	-
2	Zig Zag		
3	Game Skills		
Sr. No.	Stage 2 Physical Tests	Remarks	Time Taken
1	6 X 10 mtr Agility	Agility	-
2	800 mtr Run	Endurance	
3	Ball Throw	Explosive strength of back & upper body	
4	20 mtr Standing start	Speed	
5	Sit and Reach	Flexibility	
6	Standing Broad Jump	Explosive strength of legs	
Sr. No.	Stage 2 Skill Tests	Remarks	Time Taken
1	3-3-2 chain.	-	-
2	Chain moves & Ovel run		
3	Combination of moving on cross lane and Pole turn		
14. Rowing			
Sr. No.	Stage 1 Tests	Remarks	Time Taken
1	1RM squat test	(Maximum repetitions without weight for below 15 years old)	-
2	Ergometer test	(1k for below 15 years old)	
3	Rowing Boat test in single scull or pair	(1k for below 15 years old)	
No.	Stage 2 Physical Tests	Remarks	Time Taken
1	Flexibility (Sit and Reach)	-	-
2	Strength - Lower Body / Explosive (Standing vertical Jump)		
3	Sit Ups		
4	Push Ups		
5	Pull Ups / Chin Ups		
Sr. No	Stage 2 Skill Tests	Remarks	Time Taken
1	Dumbbell Test	-	-
2	Bench Press		
3	Leg Press		
15. Shooting			
Sr No	Stage 1 Tests	Remarks	Time Taken
1	Motor Skill Test	-	5-7 Mins Max
2	Breathing cycle		
3	Plank Test		
4	Board Balancing		
Sr No	Stage 2 Physical Tests	Remarks	Time Taken
1	Flexibility (Sit and Reach)	-	-
2	Strength – Upper body (Medicine Ball Throw)		
3	Sit Ups		
4	Push Ups		
Sr. No	Stage 2 Skill Tests	Remarks	Time Taken
1	Grouping (Pistol & Rifle)	-	5-10 mins
2	Concepts of Shooting - Technical		

16. Swimming			
Sr No	Stage 1 Tests	Remarks	Time Taken
1	Gliding Test	-	-
2	Swimming Beep Test		
3	Swolf Swimming Efficiency test		
Sr. No.	Stage 2 Physical Tests	Remarks	Time Taken
1	Flexibility test (6 to 16 years)	-	-
2	Vertical jump (12 to 16 years)		
3	Running beep test (8 to 16 years)		
4	Agility test (8 to 16 years)		
5	Standing height (6 to 16 years)		
6	Siting height (6 to 16 years)		
7	Limb length Arm/ Leg (6 to 16 years)		
8	Hand/ Foot size (6 to 16 years)		
Sr. No.	Stage 2 Skill Tests	Remarks	Time Taken
1	1. 1 KM Swim	-	-
2	2. 6x50m Efficiency Test on 1 minute		
17. TABLE TENNIS			
Sr. No.	Stage 1 Tests	Remarks	Time Taken
1	Backhand & Forehand Push (Chop)	-	-
2	Backhand & Forehand Counter		
3	Backhand & Forehand Topspin		
4	Basic serve and Receive		
Sr. No.	Stage 2 Physical Tests	Remarks	Time Taken
1	Standing Vertical Jump	-	-
2	Shuttle Run		
3	Medicine Ball Throw		
4	Sit Ups		
5	Push Ups		
6	800mts		
7	Pull Ups		
Sr. No.	Stage 2 Skill Tests	Remarks	Time Taken
1	Speed of waist movement	-	-
2	Forehand and Backhand push		
3	Forehand and Backhand counter		
4	Forehand top spin		

18. Volleyball			
Sr No	Stage 1 Tests	Remarks	Time Taken
1	20m Sprint	-	-
2	Standing Vertical Jump		
3	Underarm and Overarm Serve with Target		
Sr. No.	Stage 2 Physical Tests	Remarks	Time Taken
1	Medicine Ball Throw	-	-
2	Standing Vertical Jump		
Sr. No.	Stage 2 Skill Tests	Remarks	Time Taken
1	Service Test	Consistency & Accuracy	-
2	Passing Test	Passing Accuracy, Height and Consistency	
3	Set Up Test	High Outside Pass	
19. Weightlifting			
Sr. No.	Stage 1 Tests	Remarks	Time Taken
1	Power Snatch	-	-
2	Power Clean and Push Jerk		
3	Back Squat		
Sr. No.	Stage 2 Physical Tests	Remarks	Time Taken
1	Standing Vertical Jump	-	-
2	30 mtrs Flying Start		
3	Medicine Ball Throw 3kg		
4	Sit & Reach		
5	800 mts/minutes		
Sr. No.	Stage 2 Skill Tests	Remarks	Time Taken
1	Snatch	-	-
2	Clean & Jerk		
3	Back Squat		
4	Dead Lift		
20. Wrestling			
Sr. No.	Stage 1 Tests	Remarks	Time Taken
1	Specific Wrestling Fitness Test (SWFT)	Total Number of throws in three 30-second segments of throws.	3 mins Max
2	Wrestling Movement Test (WMT)	Total Number of wrestling movements in three segments of the test. (Specific for specific events)	
3	Dand – Bethak (Wrestling Push Up)	Dand – Bethak (Wrestling Push Up) Number of dand baithak in 30sec.	
Sr. No.	Stage 2 Physical Tests	Remarks	Time Taken
1	Flexibility (Sit and Reach)	-	-
2	Strength – Lower Body / Explosive (Standing Broad Jump)		
3	Sit Ups		
4	Speed (30 Mts flying Start)		
5	Agility (10*6 Mts Shuttle Run)		
6	Pull Ups / Chin Ups		

Sr. No	Stage 2 Skill Tests	Remarks	Time Taken
1	Uninterrupted bouts for 3- 4 minutes	To assess wrestling competitive endurance ability	10-15 mins Sparring included
2	400m race and 800m race	To assess speed and endurance.	
3	Competitive Event Performance Test (Competitive Bouts)	-	
4	6 x 10-meter Shuttle Run	To assess speed & agility	

