





Judo Protocol – Khelo India Induction / Retention / Weed-out 2024-25

- 1. Athletes recognised from various tournaments (National & International) by TIDC Members are invited for the assessment camp.
- Induction, Retention and Weed-out of Athletes is based on the recognised tournament medal marks (Annexure 1) and assessment camp tests (Annexure 2), normalized point system would be used for calculation of the Tournament marks (60% weightage) and Assessment marks (40% weightage) respectively for calculation of total marks.
- 3. The points for each individual tournament will be calculated as follows:
 - a) Duration of 1st April to 31st March to be considered
 - During the first 12 months after the tournament, the points will count at 100%.
 - After 12 months, the points will be reduced to 50%.
 - After 24 months, the points will be reduced to 0 and will no longer be counted.
- 4. Best performance to be considered for each category of Tournaments (in National and International). All types of selection trials at the national level may be included in National Selection/Ranking tournaments criteria. The Assessment Marks based on Age-wise category (Above 15 years & Below 15 years of age) and weight categories has been mentioned for Male and Female in the *Annexure 2*
- 5. Ranking of athletes for Induction/Retention will be prepared based on a combined ranking list for which the below mentioned Formula will be used: Weightage for Performance i.e. Medal points will be 60% and for Individual assessment points will be 40% in the Final Merit score (Normalization of points will be done accordingly to 100 points based on the ratio i.e. Maximum points for performance can be 60 points and for Individual assessment points the maximum cap would be 40 points) Final merit Score = Medal/Performance Points + Individuals Assessment points.

Annexure 1

<u>S.No.</u>	Tournaments	Gold	Silver	Bronze	Participation
		Ν	Jational		
1	National Championship/National Games	10	8	6	4
2	Khelo India Youth Games / SGFI	10	8	6	4
3	National Selection / Ranking Tournaments	10	8	6	2
4	Khelo India University Games/All India University Tournament	8	6	4	2
5	Khelo India Leagues (Women/Men)	6	4	2	1
		Inte	ernational		
6	Youth Olympic Games	20	18	16	10
7	World Championships (Jr. & Cadet)/Asian Games/Commonwealth Games	20	18	16	10
8	World Ranking Tournaments (Grand Slams & Grand Prix)	16	14	12	8
9	Asian Championships (Junior & Cadet)	16	14	12	8
10	Continental Cups/Opens	12	10	8	6
11	Commonwealth Championship (Junior, Senior, Cadet)	10	8	6	4

Annexure 2

										Mai	rking (Criete	ra - At	ove 1	.5 yea	rs										
		Plank Test	Broad Jump	Push- Ups Test	Sit & Reach	SJFT		and Grip Endurance Test Min/Sec				Deadlift Back Strength /Hyperextension Bench Press			Reverse Pull			Multi-Stage Fitness Test (Yo-Yo Test)			30 mtr Flying test					
	Manlas	(Min)	(Mtr)	(Max)	(Cm)		Light Weight	Middle Weight	Heavy Weight			Light Weight	Middle Weight	Heavy Weight	Light Weight	Middle Weight	Heavy Weight	Light Weight	Middle Weight	Heavy Weight	Light Weight	Middle Weight	Heavy Weight	Light Weight	Middle Weight	Heavy Weight
MEN	Marks	Max time Hold in a single position	Longest Distance Jump	Max no count	Distance Reached by hand	Judo Specific	-60 Kg and -66 Kg	-73 Kg to -90 Kg	- 100 Kg and + 100 Kg		Marks	-60 Kg and -66 Kg	-73 Kg to -90 Kg	- 100 Kg and + 100 Kg	-60 Kg and -66 Kg	-73 Kg to -90 Kg	- 100 Kg and + 100 Kg	-60 Kg and -66 Kg	-73 Kg to -90 Kg	- 100 Kg and + 100 Kg	-60 Kg and -66 Kg	-73 Kg to -90 Kg	- 100 Kg and + 100 Kg	-60 Kg and -66 Kg	-73 Kg to -90 Kg	- 100 Kg and + 100 Kg
Excelle <u>nt</u>	10	> 6 minutes	>2.5	.+83	.+40	<11.73	>120 Sec	>105 Sec	>85 Sec	Excelle nt	10	>200 Kg	>220 Kg	>260 Kg	>105 Kg	>135 Kg	>158 Kg	>126 Kg	>145 Kg	>168 Kg	>57	>59.5	>50	>3.40 sec	>3.40 sec	>3.50 sec
<u>Good</u>	7	4-6 minutes	2.4 - 2.5	82-71	39-34	11.74- 13.03	101 - 120 Sec	82- 105 Sec	66-85 Sec	<u>Good</u>	7	199 Kg - 170 Kg	219 Kg - 196 Kg	259 Kg - 228 Kg			157 Kg - 140 Kg		144 Kg- 140 Kg	167 Kg- 156 Kg	48-56.9	50-59.6	45-49.9	3.41 sec- 3.60 sec	3.41 sec- 3.60 sec	3.51 sec - 3.70 sec
Averag <u>e</u>	5	2-4 minutes	2.3 - 2.4	70-60	33-29	13.04- 13.94	84-101 Sec	68 - 82 Sec	55-66 Sec	<u>Averag</u> <u>e</u>	5	170 Kg- 155 Kg	195 Kg - 181 Kg	227 Kg - 212 Kg		122 Kg- 105Kg		119 Kg- 113 Kg	139 Kg- 135 Kg	155 Kg- 145 Kg	39-47.9	42-49.9	39-44.9	3.61 sec- 3.80 sec	3.61 sec- 3.80 sec	3.71 sec- 3.90 sec
Poor	4	1-2 minutes	2.2 - 2.3	59-50	28-24	13.95- 14.84	84- 62 Sec	50-68 Sec	40-55 Sec	Poor	3	<155 Ka	<181 Ka	<212 Ka	<85 Kg	<105 Ka	<125 Ka	<113 Kg	<135 Ka	<145 Ka	>39	>42	>39	<3.81 sec	<3.81 sec	<3.91 sec
Very Poor	2	<1 Min	<2.2	<50	<24	>14.85	<62 Sec	<50 Sec	<40 Sec																	
				Push-								D	t Back Si													
		Plank Test	Jump	Ups Test	Sit & Reach	SJFT	Te	Grip End est Min/S	ec				erexten Middle	ision		nch Pre			verse Pi	-	(Y	age Fitne o-Yo Tes Middle			tr Flying	
WOMEN	Marks	(Min)	(Mtr)	(Max)	(Cm)		Light Weight	Weight	Heavy Weight	WOMEN	Marks	Light Weight	Weight	Heavy Weight	Light Weight	Middle Weight	Heavy Weight	Light Weight	Middle Weight	Heavy Weight	Light Weight	Weight	Heavy Weight	Light Weight	Middle Weight	Heavy Weight
WOMEN	Marks	Max time Hold in a single position	Longest Distance Jump	Max no count	Distance Reached by hand	Judo Specific	-48 Kg and -52 Kg	-57 Kg to - 70 Kg	-78 Kg and + 78 Kg	WOMEN		-48 Kg and -52 Kg	-57 Kg to - 70 Kg	-78 Kg and + 78 Kg	-48 Kg and -52 Kg	-57 Kg to - 70 Kg	-78 Kg and + 78 Kg	Below 52 Kg	-57 Kg to - 70 Kg	-78 Kg and + 78 Kg	-48 Kg and -52 Kg	-57 Kg to - 70 Kg	-78 Kg and + 78 Kg	-48 Kg and -52 Kg	-57 Kg to - 70 Kg	-78 Kg and + 78 Kg
Excelle nt	10	> 5 minutes	>2	.+60	.+43	<11.73	>105 Sec	>85 Sec	>80 Sec	Excelle nt	10	>101 Kg	>138 Kg	>150 Kg	>60 Kg	> 84 Kg	>92 Kg	> 87 Kg	> 95 Kg	>100 Kg	>57	>59.5	>50	>3.90 sec	>3.90 sec	>4.00 sec
<u>Good</u>	7	4-5 minutes	1.9 - 2	59-50	42-37	11.74- 13.03	82- 105 Sec	66-85 Sec	60-80 Sec	<u>Good</u>	7	100 Kg - 96 Kg	137 Kg - 110 Kg	149 Kg - 139 Kg		83 Kg - 67 Kg	91 Kg - 75 Kg	86Kg - 70 Kg	94 Kg- 85Kg	99 Kg- 90 Kg	48-56.9	50-59.6	45-49.9	3.91 sec- 4.10 sec	3.91 sec- 4.10 sec	4.01sec 4.20 sec
Averag <u>e</u>	5	2-4 minutes	1.8-1.9	49-41	36-32	13.04- 13.94	68 - 82 Sec	55-66 Sec	50-60 Sec	<u>Averaq</u> <u>e</u>	5	95 Kg - 90 Kg	109 Kg - 95 Kg	138 Kg - 128 Kg	54 Kg - 47 Kg	66 Kg - 55 Kg	74 Kg- 63 Kg	69 Kg- 60 Kg	84 Kg- 75 Kg	89 Kg- B.W	39-47.9	42-49.9	39-44.9	4.11 sec- 4.30 sec	4.11 sec- 4.30 sec	4.21 sec- 4.40 sec
Poor	4	1-2 minutes	1.7-1.8	40-37	31-26	13.95- 14.84	50-68 Sec	40-55 Sec	50-35 Sec	Poor	3	<90 Kg	<95 Kg	<128 Ka	< 47 Kg	<55 Kg	<63 Kg	<60 Kg	<75 Kg	<89 kg B.W	>39	>42	>39	<4.31 sec	<4.31 sec	<4.41 sec

						Markin	g Crieteria	(Below - 15	Years)					
<u>Boys</u> Performanc		Plank	Broad	Push-Ups	Sit &		Hand Grip Endurance	Hyper- extension	Multi-Stage	30 Mtr Flying Test				
Performanc e	Marks	Test (Min)	Jump (Mtr)	Test (Max)	Reach (Cm)	SJFT	Test Min/Sec	(No of Rep in 30 Sec)		Light Weight (- 50 kg to - 60 kg)	MIddle Weight (- 66 kg to - 81 kg)	Heavy Weight (-90 kg to +90 kg		
Excellent	10	> 3 Min	≥2.20	≥45	≥30	<11.73	≥40	≥30	>50	>4.00 sec	>4.00 sec	>4.20 sec		
Good	7	2 min to 3 min	2.10 to 2.19	40 to 44	25 to 29	11.74- 13.03	35 to 39	25 to 29	45-50	4.00sec- 4.20 sec	4.00sec- 4.20 sec	4.21sec-4.40 sec		
Average	5	40 Sec to 2 min	2.00 to 2.09	35 to 39	20 to 24	13.04- 13.94	30 to 34	20 to 24	40-44	4.21sec- 4.40 sec	4.21sec- 4.40 sec	4.41 sec-4.60 sec		
Poor	2	<40 Sec	<2.00	<35	<20	>14.85	<30	<20	<40	<4.41 sec	<4.41 sec	<4.61 sec		
Girls				Push-Ups										
<u>Girls</u>		Plank	Broad	-	Sit &		Hand Grip Endurance	Hyper-	Multi-Stage		30	Mtr Flying Test		
<u>Girls</u> Performanc e	Marks	Plank Test (Min)	Broad Jump (Mtr)	Push-Ups Test (Max)	Sit & Reach (Cm)	SJFT	-	Hyper- extension	Multi-Stage Fitness Test (Yo- Yo Test)	Light Weight (- 40 kg to - 48 kg)	MIddle Weight (- 52 kg to - 63 kg)	Mtr Flying Test Heavy Weight (-70 kg to +70 kg		
Performanc	Marks 10	Test	Jump	Test	Reach	SJFT	Endurance Test	• •	Fitness Test (Yo-	Weight (- 40 kg to -	MIddle Weight (- 52 kg to -			
Performanc e		Test (Min)	Jump (Mtr)	Test (Max)	Reach (Cm)		Endurance Test Min/Sec	extension	Fitness Test (Yo- Yo Test)	Weight (- 40 kg to - 48 kg)	MIddle Weight (- 52 kg to - 63 kg) >4.10 sec	Heavy Weight (-70 kg to +70 kg		
Performanc e <u>Excellent</u>	10	Test (Min) > 3 Min 2 min	Jump (Mtr) ≥2.00	Test (Max) ≥30	Reach (Cm) ≥30	<11.73	Endurance Test Min/Sec ≥30	extension ≥30	Fitness Test (Yo- Yo Test)	Weight (- 40 kg to - 48 kg) - >4.10 sec -	MIddle Weight (- 52 kg to - 63 kg) >4.10 sec 4.10 sec to 4.30 sec	Heavy Weight (-70 kg to +70 kg >4.30 sec		

