

Form – A

Affix recent
passport size
photograph

1. Name
(in Block letters)
2. Father's Name
3. Date of birth
4. Sex (Male/Female)
5. Educational Qualification.....
.....
.....
6. SC/ST/OBC
7. Postal Address
-
8. Permanent Address
-
9. Telephone number
10. List of 5 most recent participations starting from the most recent

Sl No.	Discipline	Date	Event	Authority issuing certificate
1.				
2.				
3.				
4.				
5.				

Place:

Date:

NOTE

Do not leave any field blank.

Signature

Annexure - IV

Sports authorities competent to issue certificates and forms there for

S.No.	Level of Competition	Authority awarding certificate	Form in which Certificate is to be awarded
1.	International (Senior/Junior)	Secretary of the National Federation/Association of the concerned Game.	Form - 1
2.	National (Senior/Junior)	Secretary of the National Federation or Secretary of the State Association of the concerned Game.	Form - 2
3.	All India Inter-University Competition	Dean or other officer in overall charge of sports of the University concerned	Form - 3

***Note:** The candidates are required to submit the above mentioned forms in response to advertisement of posts at the time of submitting the application or otherwise, during field trials. In case of the candidate, failing to do so, her/his candidature will be treated as cancelled without any further appeal/assigning any reasons thereof.*

Form 1
(As referred in Annexure - IV)

(For representing India in an International(Sr./Jr.) Competition in one of the Games/Sports as per advertisement)

NATIONAL FEDERATION/ NATIONAL ASSOCIATION OF

Certificate to a meritorious sportsperson for employment to a Group 'C' post under the Central Government

Certified that Shri/Smt./Kumari
Son/Wife/Daughter of Shri resident of
.....
.....(complete address)represented the
country in the game/event of.....in
.....Competition/Tournament
held atfrom.....to

The position obtained by the individual/team in the above said competition/
tournament was.....

This certificate is being given on the basis of records available in the office of
National Federation/National Association of

Place.....

Date

Signature.....

Name.....

Designation.....

Name of the Federation/National Association.....

Address:

Seal.....

Note : This certificate will be valid only when signed personally by the Secretary,
National Federation/ National Association.

Form 2
(As referred in Annexure - IV)

(For representing a State in India in a National (Sr./Jr.) Competition in one of the Games/Sports as per advertisement)

STATE ASSOCIATION/FEDERATION OF IN
THE GAME OF

Certificate to a meritorious sportsperson for employment to a Group 'C' post under the Central Govt.

Certified that Shri/Smt/Kumarison/wife/daughter of
Shri.....resident of
.....
(complete address) represented the State of in the game/event of
..... in the National Competition/
Tournament held at from to

The position obtained by the individual/team in the above said competition/ tournament was.....

The certificate is being given on the basis of record available in the office of the State Association/Federation of

Place.....

Date

Signature.....

Name.....

Designation.....

Name of the State Association/Federation.....

Address:

Seal.....

Note : This certificate will be valid only when signed personally by the Secretary of the State Association/Federation.

Form 3
(As referred in Annexure-IV)

(For representing a University in the Inter-University Competition in one of the games/sports as per advertisement)

UNIVERSITY OF..... IN THE GAME OF

Certificate to meritorious sportsperson for employment to a Group 'C' service under the Central Govt.

Certified that Shri/Smt./Kumari
son/wife/daughter of Shri.....resident of Student
of..... represented the University of in inter-University
Competition/Tournament held atfrom to

The position obtained by the individual/team in the above said competition/
tournament was.....

The Certificate is being given on the basis of records available in the office of
Dean of Sports or Officer in overall charge of sports in the University of

Place.....
Date

Signature.....
Name.....

Designation.....
Name of the University
Address:.....
Seal.....

Note : This certificate will be valid only when signed personally by Dean/Director or
other officer in overall charge of sports in the University.

Undertaking

I,son/daughter/wife of..... hereby declare that the information in form of certificates and other declarations are true to the best of my knowledge and I shall be wholly responsible if any of the documents/certificates are found to be not valid/authentic or wrong at any stage in future.

I understand that I will be terminated from service, in the event of furnishing any false record/information.

The office may additionally take legal action in this regard against me, as deemed fit.

**Signature of Candidate
(Name)**

Annexure – VII (i)

Fitness Test in Cricket

Total Marks-10

(The final score is to be decided based on average marks of the following four tests)

Test No. 1 - Vertical Jump					
Measurement in cm	38 to 45	46 to 52	53 to 61	62 to 69	70 & above
Marks	2	4	6	8	10

Test No.2 – 2400 Meters Run					
Time taken (sec.)	696 – 627	626 – 557	556 – 486	485 – 416	415 & below
Marks	2	4	6	8	10

Test No.3 – 6 x 10 Meters Shuttle Run					
Time taken (sec.)	17.7 to 17.2	17.1 to 16.7	16.6 to 16.1	16.0 to 15.6	15.5 & below
Marks	2	4	6	8	10

Test No.4 – 60 Meters Dash					
Time taken (sec.)	9.3 to 8.8	8.7 to 8.2	8.1 to 7.6	7.5 to 7.0	6.9 & below
Marks	2	4	6	8	10

Annexure – VII (ii)

Fitness Test in Hockey

Total Marks-10

(The final score is to be decided based on average marks of the following four tests)

Test No.1 – 2400 Meters Run					
Time taken (sec.)	696 - 627	626 – 557	556 – 486	485 – 416	415 &below
Marks	2	4	6	8	10

Test No.2 – Bent Knee Sit ups					
No. of times within 1 minute period	10 – 29	30 - 49	50 – 69	70 – 89	90 &above
Marks	2	4	6	8	10

Test No.3 – 6 x 10 Meters Shuttle Run					
Time taken (sec.)	17.7 to 17.2	17.1 to 16.7	16.6 to 16.1	16.0 to 15.6	15.5 & below
Marks	2	4	6	8	10

Test No.4 – 60 Meters Dash					
Time taken (sec.)	9.3 to 8.8	8.7 to 8.2	8.1 to 7.6	7.5 to 7.0	6.9 & below
Marks	2	4	6	8	10

Annexure – VII (iii)

Fitness Test in Football

Total Marks -10

(The final score is to be decided based on average marks of the following four tests)

Test No.1 – 2400 Meters Run					
Time taken (sec.)	696 - 627	626 – 557	556 – 486	485 – 416	415 & below
Marks	2	4	6	8	10

Test No.2 – Bent Knee Sit ups					
No. of times within 1 minute period	10 – 29	30 - 49	50 – 69	70 – 89	90 & above
Marks	2	4	6	8	10

Test No.3 – Zig-Zag Run*					
Time taken (sec.)	17-16	15-14	13-12	11-10	9& below
Marks	2	4	6	8	10

Test No.4 – 60 Meters Dash					
Time taken (sec.)	9.3 to 8.8	8.7 to 8.2	8.1 to 7.6	7.5 to 7.0	6.9 & below
Marks	2	4	6	8	10

* A standard zigzag course is with four cones placed on the corners of a rectangle 10 by 16 feet, with one more cone placed in the center. If the cones are labeled 1 to 4 around the rectangle going along the longer side first, and the center cone is C, the test begins at 1, then to C, 2, 3, C, 4, then back to 1. The time taken to complete the zigzag run is to be recorded. Two attempts will be given and the best of the two attempts will give the score of the sportsperson.

Annexure – VII (iv)**Fitness Test in Table Tennis****Total Marks -10**

(The final score is to be decided based on average marks of the following four tests)

Test No.1 – Stick Drop Test					
Measurement (cm.) (Men)	>25	20 to 25	15 to 20	7.5 to 15	<7.5
Reaction Time					
Measurement (cm.) (Women)	>28	23 to 28	18 to 23	11 to 18	<11
Reaction Time					
Marks	2	4	6	8	10

Test No.2 – 60 Meters Dash					
Time taken (sec.) (Men)	9.3 to 8.8	8.7 to 8.2	8.1 to 7.6	7.5 to 7.0	6.9& below
Time taken (sec.) (Women)	10.6 to 10.2	10.1 to 9.7	9.6 to 9.1	9.0 to 8.6	8.5 & below
Marks	2	4	6	8	10

Test No.3 – Side Step Test					
Maximum points scored in 10 seconds (Men)	7	8 to 14	15 to 19	20 to 27	28 & above
Maximum points scored in 10 seconds (Women)	6	7 to 13	14 to 18	19 to 26	27 & above
Marks	2	4	6	8	10

Test No.4 – Standing Broad Jump					
Measurement in cm (Men)	179 to 200	201 to 222	223 to 244	245 to 266	267 & above
Measurement in cm (Women)	152 to 166	167 to 180	181 to 196	197 to 210	211 & above
Marks	2	4	6	8	10

Annexure – VII (v)**Fitness Test in Badminton****Total Marks -10**

(The final score is to be decided based on average marks of the following four tests)

Test No.1 – 6 x 10 m Shuttle Run					
Time taken (sec.) (Men)	17.7 to 17.2	17.1 to 16.7	16.6 to 16.1	16.0 to 15.6	15.5 & below
Time taken (sec.) (Women)	19.6 to 19	18.9 to 18.3	18.2 to 17.5	17.4 to 16.8	16.7 & below
Marks	2	4	6	8	10

Test No. 2 - Vertical Jump					
Measurement in cm (Men)	38 to 45	46 to 52	53 to 61	62 to 69	70 & above
Measurement in cm (Women)	29 to 32	33 to 37	38 to 43	44 to 47	48 & above
Marks	2	4	6	8	10

Test No. 3 – Hand Grip Strength (kg.)					
Measurement (Kg.) (Men)	35.0 to 41.0	41.5 to 47.5	48.0 to 54.0	54.5 to 60.5	61.0 & above
Measurement (Kg.) (Women)	26.5 to 30.0	30.5 to 33.5	34.0 to 38.0	38.5 to 42.0	42.5 & above
Marks	2	4	6	8	10

Test No.4 – Forward Bend and Reach Test (Trunk Flexibility)					
Measurement in cm (Men)	1 to 5	6 to 11	12 to 17	18 to 23	24 to \geq 27
Measurement in cm (Women)	2 to 6	7 to 11	12 to 18	19 to 23	24 to \geq 26
Marks	2	4	6	8	10

Annexure – VII (vi)

Corner kick & heading (1.5 marks)	Dribbling & 20 meters shoot (1.5 marks)	Receiving and high drive (1.5 marks)	Penalty – (5 goals each) (1.5 marks)	Goal Keeper Skill* (6 Marks)	Game (4 marks)	Total (10 marks)

Skill Test in Football

***e.g.**

(i) One player will come dribbling the ball towards goal-keeper in order to score goal and Goal-keeper has to defend

(ii) One player will attempt 5 penalty and Goal-keeper has to defend

Skill Test in Hockey

Skill Test (10 marks)			Total (10 marks)
Hitting(1 mark), Attack & Defense(2 marks), Dribbling (1 mark) & Scoop (1 mark)	Goal Keeper Skill* (5 marks)	Game (5 marks)	

*e.g.

(i) One player will come dribbling the ball towards goal-keeper in order to score goal and Goal-keeper has to defend

(ii) One player will attempt 5 penalties and Goal-keeper has to defend

Skill Test in Cricket

Specialization	Marks			Total 10 marks	Remarks
	Batting & Fielding (5 marks for all-rounder or 10 marks for pure batsman)	Bowling & Fielding (5 marks for all-rounder or 10 marks for pure bowler)	*Wicket-keeper (05 marks)		

*For W/K, there will be 05 marks for rating his wicket keeping skill and 05 marks for batting skill.

- Each batsman will play a minimum of two overs, one spin and one fast or medium fast.
- Each bowler will bowl a minimum of two overs.
- Only participants will bowl and bat against each other. (In case of non-availability of batsman/bowler, local players (other than candidates) may be hired. Staff/Players of the IAAD offices would not be allowed for this purpose.
- Local players (other than candidates) will field in the whole process.

Annexure – VII (ix)

Skill Test in Table Tennis/Badminton

Matches will be conducted amongst the players called for field trial on league-cum-knock-out basis (if number of players < 20) or knock-out basis (if number of players > 20) to complete the skill test and the following marks to be awarded (Total-10 marks- best of 3 games) as per result:

Sl No.	Position/Rank	Marks
	Winner	10
	Runner-up	6
	3 rd Position	3
	4 th Position	1

Note: Ranking for determining the comparative position of candidates shall be prepared depending on the number of vacancies .e.g. If there are 3 vacancies, then ranking is to be prepared upto 6th position i.e. 2 times of vacancies. Below 4th position, no marks will be given for skill test.