

Directorate of Public Instruction

Govt. of Kerala

Sports School Selection Criteria for Admission to

Class VIII in Sports Schools

The admission test for selection to the class VIII in sports schools under Directorate of Public Instructions, Govt. of Kerala for the academic year 2016-17 will be conducted as per the following criteria.

Eligibility: The students studying in the schools which are affiliated by Govt. of Kerala are eligible to participate in the selection trails. Those students born on or after 01-01- 2002 are only eligible to participate. Selection will be conducted for both boys and girls in Athletics, Volleyball, Basketball, Cricket, Taekwondo and Football (Boys only) in G.V. Raja Sports School, Mylam, Thiruvananthapuram and in Kannur Sports Division, Athletics, Volleyball, Basketball, Taekwondo and Football for girls students only. 90 (60 boys and 30 girls) students for the G.V. Raja Sports School and 30 girls students for Kannur Sports Division will be selected from the selection trails.

Distribution of Marks

SI No	Test	Marks	Remarks
01	Height	10	25 – Volleyball & Basketball
02	Physical Test	40	4 items
	a. 30 M Flying Start (Time)		
	b. 6 X 10 m Shuttle Run (Time)		
	c. 300 m run (Time)		
	d. Vertical Jump / Standing		Vertical Jump for Volleyball
	Broad Jump (Distance)		& Basketball
03	Skill Test (3 Skills)	30	15 for Volleyball & Basketball
04	Achievements	15	
05	Interview	5	

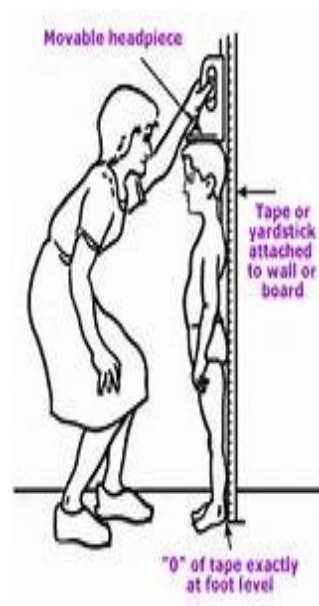
EXPLANATION OF EACH TEST BATTERY

1. HEIGHT

Standing Height (Stature) Measurement

Equipment required: [Stadiometer](#) (or steel ruler or tape measure placed against a wall).

Procedure: standing height is the measurement the maximum distance from the floor to the highest point on the head, when the subject is facing directly ahead. Shoes should be off, feet together, and arms by the sides. Heels, buttocks and upper back should also be in contact with the wall when the measurement is made.



HEIGHT in Cms for Basketball and Volleyball

Marks	Boys		Girls	
	12-13YRS	13-14YRS	12-13YRS	13-14YRS
25	182&above	185&above	173&above	176&above
24	181	184	172	175
23	180	183	171	174
22	179	182	170	173
21	178	181	169	172
20	177	180	168	171
19	176	179	167	170
18	175	178	166	169
17	174	177	165	168
16	173	176	164	167
15	172	175	163	166
14	171	174	162	165
13	170	173	161	164
12	169	172	160	163
11	168	171	159	162
10	167	170	158	161
Minimum Height	167	170	158	161

HEIGHT in Cms for all Other Games and Sports

Marks	Boys		Girls	
	12-13YRS	13-14YRS	12-13YRS	13-14YRS
10	165&above	168&above	163&above	166&above
9	164	167	162	165
8	163	166	161	164

7	162	165	160	163
6	161	164	159	162
5	160	163	158	161
4	159	162	157	160
3	158	161	156	159
2	157	160	155	158
1	156	159	154	157

2. Physical Fitness Test Norms

A. 30 M Flying Start

Purpose: The aim of this test is to determine acceleration and speed.

Equipments required: [measuring tape](#) or marked track, stopwatch or [timing gates](#), [cone markers](#), flat and clear surface of at least 50 meters.

Procedure: The test involves running a single maximum sprint over 30 meters, with the time recorded. A thorough warm up should be given, including some practice starts and accelerations. Start from a stationary position, with one foot in front of the other. The front foot must be on or behind the starting line. This starting position should be held for 2 seconds prior to starting, and no rocking movements are allowed. The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs) and encouraged to continue running hard through the finish line.

Results: two trials are allowed and the best time is recorded to the nearest two decimal places .the timing starts from the first movement(if using a stop watch) or when the timing system is triggered, and finishes when the chest crosses the finish line and / or the finishing timing gate is triggered.



30 Mts FLYING START FOR BOYS AND GIRLS

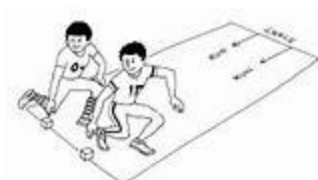
Marks	Boys		Girls	
	12-13YRS	13-14YRS	12-13YRS	13-14YRS
10	4.00&below	3.80&below	4.40&below	4.20&below
9	4.20	4.00	4.60	4.40
8	4.40	4.20	4.80	4.60
7	4.60	4.40	5.00	4.80
6	4.80	4.60	5.20	5.00
5	5.00	4.80	5.30	5.10
4	5.10	5.00	5.40	5.20
3	5.20	5.10	5.50	5.30
2	5.30	5.20	5.60	5.40
1	5.40	5.30	5.70	5.50

B. 6x10 METER SHUTTLE RUN FOR BOYS AND GIRLS

Purpose: this is a test of speed and agility

Equipment required: [stopwatch](#), [measuring tape](#), [marker cones](#), a flat non-slip surface

Procedure: marker cones and/or lines are placed 10 meters apart. Start with a foot at one marker. When instructed by the timer, the subject runs to the opposite marker, turns and returns to the starting line. This is repeated 6 times without stopping (covering 60 meters total). At each marker both feet must fully cross the line.



6x10 Mts SHUTTLE RUN FOR BOYS AND GIRLS

Marks	Boys		Girls	
	12-13YRS	13-14YRS	12-13YRS	13-14YRS
10	15.30&below	15.10&below	16.30&below	16.10&below
9	15.70	15.50	16.70	16.50
8	16.10	15.90	17.10	16.90
7	16.50	16.30	17.50	17.30
6	16.90	16.70	17.90	17.70
5	17.30	17.10	18.30	18.10
4	17.70	17.50	18.70	18.50
3	18.10	17.90	19.10	18.90
2	18.50	18.30	19.50	19.30
1	18.90	18.70	19.90	19.70

C.300 meter Run Test

Purpose: To measure anaerobic capacity

Equipments required: running track, stop watch, cones

Procedure: the aim of the test is to complete 300 mts in the quickest possible time. To start, all participants line up behind the starting line. On the command 'go' the clock will start, and they will begin running.

Scoring: the total time taken to run 300 mts is recorded, to the nearest 10th of a second.

300 Mts RUN FOR BOYS AND GIRLS

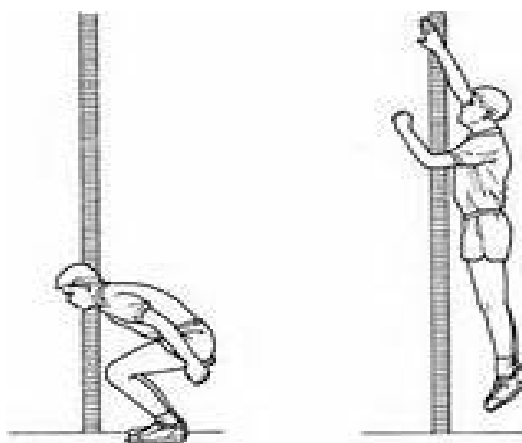
Marks	Boys		Girls	
	12-13YRS	13-14YRS	12-13YRS	13-14YRS
10	52.00&below	51.00&below	54.40&below	53.40&below
9	52.50	51.50	54.90	53.90
8	53.00	52.00	55.40	54.40
7	53.50	52.50	55.90	54.90
6	54.00	53.00	56.40	55.40
5	54.50	53.50	56.90	55.90
4	55.00	54.00	57.40	56.40
3	55.50	54.50	57.90	56.90
2	56.00	55.00	58.40	57.40
1	56.50	55.50	58.90	57.90

D.1.Vertical Jump Test

Equipments required: [Measuring tape](#) or [marked wall](#)

Procedure: The athlete stands side on to a wall and reaches up with the hand closest to the wall. Keeping the feet flat on the ground, the point of the fingertips is marked or recorded. This is called the standing reach height. The athlete then stands away from the wall, and leaps vertically as high as possible using both arms and legs to assist in projecting the body upwards. The jumping technique can or cannot use a countermovement (see [vertical jump technique](#)). Attempt to touch the wall at the highest point of the jump.

Scoring: The difference in distance between the standing reach height and the jump height is the score. The best of three attempts is recorded.



VERTICAL JUMP FOR BOYS AND GIRLS (Volleyball & Basketball)

Marks	Boys		Girls	
	12-13YRS	13-14YRS	12-13YRS	13-14YRS
10	45&above	48&above	40&above	42&above
9	43	46	38	40
8	41	44	36	38
7	39	42	34	36
6	37	40	32	34
5	35	38	30	32
4	33	36	28	30
3	31	34	26	28

2	29	32	24	26
1	27	30	22	24

D.2.Standing Broad Jump Test

Purpose: to measure the explosive power of the legs

Equipment required: Long jump pit

Procedure: The athlete stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts are allowed.



STANDING BROAD JUMP FOR BOYS AND GIRLS (Mts)

Marks	Boys		Girls	
	12-13YRS	13-14YRS	12-13YRS	13-14YRS

10	2.34&above	2.40&above	2.26&above	2.32&above
9	2.30	2.36	2.21	2.27
8	2.26	2.32	2.16	2.22
7	2.21	2.27	2.11	2.16
6	2.16	2.22	2.06	2.12
5	2.11	2.16	2.00	2.06
4	2.06	2.12	1.94	2.00
3	2.00	2.06	1.88	1.94
2	1.94	2.00	1.82	1.88
1	1.88	1.94	1.76	1.82

3. SKILL TEST FOR DIFFERENT GAMES

Marks Distribution and Skill test items for different Games / Sports

Sl No.	Game/ Sports	Marks	Remarks
01	Athletics	30	
	a. Standing 5 bounds		
	b. Double hand over head throw with 4 kg		

	shot	
	c. 9 minutes run	
	d. skill of specialized event if any	
02	Football	30
	a. Kicking for distance	
	b. Passing	
	c. Shooting at goal	
03	Taekwondo	30
	a. Sit-Ups in 30 sec	
	b. Push-Ups in 30 sec	
	c. Sit- and – Reach	
04	Cricket	30
	a. Batting	
	b. Bowling/ Wicket Keeping	
	C. Fielding	
05	Hockey	30
	a. Straight Hit	
	b. Straight Push	
	c. Dribble/Stop	
06	Basketball	15
	a. Dribble and layup	
	b. Free –throw	
	c. Zig-Zag Dribble	

- a. Upper hand pass
- b. Under arm pass
- c. Service

4. PERFORMANCE EVALUATION SCALE

SL.NO	Competition	FIRST (Marks)	SECOND (Marks)	THIRD (Marks)	PARTICIPATION (Marks)
1	National Level	15	13	11	9
2	South Indian Level	13	11	9	7
3	State Level	11	9	7	5
4	District Level	9	7	5	3
5	Sub Dist Level	5	3	2	1

- **Maximum marks for the performance shall be 15**
- **Only one highest achievement will be considered for scoring**

5. INTERVIEW

- **General response of the child will be tested**

By Order of the Director of public Instruction

Dr.Chacko Joseph

Deputy Director

Phy.Edn & Sports