

Criteria for Induction and Weedout of KIAs/ NCoEs Athletes-Rowing Discipline

- i. The Talent Identification and Development Committee (TIDC) may be deputed to the below-mentioned tournaments to scout for talented athletes for Induction/weed-out in KIA or NCOE:

| Sr. No. | Domestic Competitions | Sub Junior | Junior | Senior National |
|---------|--|------------|--------|-----------------|
| 1 | National Championship, National Ranking Tournament and other tournaments as identified by TIDC | Y | Y | Y |
| 2 | KIYG and KIUG | Y | Y | |
| 2 | National Games | Y | Y | |

Criteria for final selection of Khelo India Athletes and NCOE athletes:

A combined merit list along with a reserve list shall be prepared for each age group separately i.e Sub-Junior, Junior and Senior.

Weightage matrix for allocation of seats in Khelo India:

| Category | Sub- Junior | Junior | Senior |
|--------------------|-------------|--------|--------|
| Weightage of Seats | 30% | 30% | 40% |

*The above proposed weightage matrix will be used for general reference and final selection will be done based on TIDCs concurrence.

Based on the above allocation: Breakup of KIA vacancy would be:

| Category | Sub-Junior | Junior | Senior | Total |
|----------|------------|--------|--------|-------|
| Male | 18 | 18 | 24 | 60 |
| Female | 18 | 18 | 24 | 60 |
| Total | 36 | 36 | 48 | 120 |

*The above proposed seat allocation will be used for general reference and final selection will be done based on TIDCs concurrence.

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 (Normalisation 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 Points(A) + Individuals Assessment Points (B) (For Stage 1 + Stage 2)**

Medal Points (A): Will be determined by adding points from International championship and National championship (i.e A1 + A2)

(A1) Medal Points for International Competitions:

| Competition | Olympic Games* | Asian Games/World Rowing Championships/ Youth Olympics | CWG/World Cup | Asian Rowing Championships | | SAF/ Other International events identified by Rowing Association | |
|------------------------------------|-------------------------------|--|-------------------------------|----------------------------|------------|--|------------|
| | | | | Individual Event | Team Event | Individual Event | Team Event |
| Rank | Individual Event & Team Event | Individual Event & Team Event | Individual Event & Team Event | Individual Event | Team Event | Individual Event | Team Event |
| Gold | 1000 | 800 | 700 | 400 | 200 | 150 | 75 |
| Silver | 900 | 720 | 630 | 360 | 180 | 135 | 67.5 |
| Bronze | 800 | 640 | 560 | 320 | 160 | 120 | 60 |
| 4 | 750 | 600 | 525 | 300 | 150 | 112.5 | 56.25 |
| 5 | 700 | 560 | 490 | 280 | 140 | 105 | 52.5 |
| 6 | 650 | 520 | 455 | 260 | 130 | 97.5 | 48.75 |
| 7 | 600 | 480 | 420 | 240 | 120 | 90 | 45 |
| 8 | 550 | 440 | 385 | 220 | 110 | 82.5 | 41.25 |
| Qualification/Participation | 500 | 200 | 100 | - | - | - | - |

(A2) Medal Points For National Competitions (As per Table below)

| Position | Khelo India Youth Games and Khelo India University Games | National Ranking Tournament (Events) | National Games (Events): |
|-----------------------|--|--|----------------------------|
| | 1. Single Scull 2. Double Scull 3. Quadruple Scull 4. Coxed Pairs 5. Coxless Fours 6. Coxed Fours Eights) | 1. Single Scull 2. Double Scull 3. Quadruple Scull 4. Coxed Pairs 5. Coxless Fours 6. Coxed Fours Eights) | (Sub Junior/Junior/Senior) |
| Gold | 60 | 80 | 100 |
| Silver | 48 | 64 | 80 |
| Bronze | 38 | 50 | 64 |
| 4 th Place | 30 | 40 | 50 |
| 5 th Place | 24 | 32 | 40 |

Individuals Assessment Points (B): B1+B2

1. Test and Performance Matrix(B1)

| S. No | Sport | Categories | Tests | Frequency | Measurement |
|-------|--------|---|-------------------------------------|-----------|-----------------|
| 1 | Rowing | 13-15 for i) Women ii) Lt Weight Women iii) Men iv) Lt Weight Men | Physiological Test | | |
| | | | Height | | cm (centimetre) |
| | | | Arm Span | | cm (centimetre) |
| | | | Shoulder Width | | cm (centimetre) |
| | | | Physical Test | | |
| | | | Pushups | | Count (Number) |
| | | | Pull ups | | Count (Number) |
| | | | Standing Jump | | cm (centimetre) |
| | | | Sit Ups (Max – 3 Minutes) | | Count (Number) |
| | | | 3000 m Run (Men), 1500m Run (Women) | | Time |
| | | | Squat only Body Weight (3 Minutes) | | Count (Number) |
| | | | Ergo Test 1000m | | Time |

| | | | |
|--|---------------------------------------|--|-----------------|
| 16-18+ for i) Women ii) Lt Weight Women iii) Men iv) Lt Weight Men | Ergo Test 1 min maximum | | m (meters) |
| | Flexibility | | cm (centimetre) |
| | Skill Based Test | | |
| | Rowing Technique (Coach Remark) | | Score |
| | 1000m trials on Water | | Time |
| | Physiological Test | | |
| | Height | | cm (centimetre) |
| | Arm Span | | cm (centimetre) |
| | Shoulder Width | | cm (centimetre) |
| | Physical Test | | |
| | Pushups | | Count (Number) |
| | Pull ups | | Count (Number) |
| | Standing Jump | | cm (centimetre) |
| | Sit Ups (Max – 3 Minutes) | | Count (Number) |
| | 3000 m Run (Men), 1500m Run (Women) | | Time |
| | Squat only Body Weight (3 Minutes) | | Count (Number) |
| | Ergo Test 1000m /2000m | | Time |
| | Ergo Test 1 min maximum | | m (meters) |
| | Flexibility | | cm (centimetre) |
| | BENCH PULL(Kg) 3 min (In Repetition) | | Count (Number) |
| | Skill Based Test | | |
| | Rowing Technique (Coach Remark) | | Score |
| | 1000m trials on Water | | Time |

NORMAL, SPECIALIZED QUALITY INDEX AND SCORE FOR KHELO INDIA ROWERS (B2)

| | | | |
|---------------------------------------|--|------------------------|-------------------------|
| SHAPE,FUNCTION,INDEX AND SCORE | | | |
| | | 13-15 YEARS OLD | 16-18+ YEARS OLD |

| SN | POINTS | | 5 | 6 | 7 | 8 | 10 | | 5 | 6 | 7 | 8 | 10 |
|----|---------------------|-------------|---------|---------|---------|---------|------|--|---------|---------|---------|----------|-------|
| 1 | PREDICT Height (Cm) | Girls | 162 | 165 | 168 | 171 | 174 | | 168 | 170 | 173 | 176 | 178+ |
| | | Lt Wt Girls | 160 | 162 | 164 | 166 | 168 | | 166 | 168 | 170 | 171 | 172 |
| | | Boys | 178 | 180 | 182 | 184 | 186 | | 182 | 184 | 186 | 188 | 190 |
| | | Lt Wt Boys | 175 | 176 | 178 | 180 | 182 | | 176 | 178 | 180 | 182 | 184 |
| | | | | | | | | | | | | | |
| 2 | ARM SPAN (Ht + Cm) | Girls | 1.0-2.0 | 2.1-4.0 | 4.1-6.0 | 6.1-8.0 | 8.1+ | | 2.1-4.0 | 4.1-6.0 | 6.1-8.0 | 8.1-10.0 | 10.1+ |
| | | Lt Wt Girls | 1.0-2.0 | 2.1-4.0 | 4.1-6.0 | 6.1-8.0 | 8.1+ | | 2.1-4.0 | 4.1-6.0 | 6.1-8.0 | 8.1-10.0 | 10.1+ |
| | | Boys | 1.0-2.0 | 2.1-4.0 | 4.1-6.0 | 6.1-8.0 | 8.1+ | | 2.1-4.0 | 4.1-6.0 | 6.1-8.0 | 8.1-10.0 | 10.1+ |
| | | Lt Wt Boys | 1.0-2.0 | 2.1-4.0 | 4.1-6.0 | 6.1-8.0 | 8.1+ | | 2.1-4.0 | 4.1-6.0 | 6.1-8.0 | 8.1-10.0 | 10.1+ |
| | | | | | | | | | | | | | |
| 3 | SHOULDER WIDTH (Cm) | Girls | 38 | 39 | 40 | 41 | 42 | | 41 | 42 | 43 | 44 | 45 |
| | | Lt Wt Girls | 35 | 36 | 37 | 38 | 39 | | 38 | 39 | 40 | 41 | 42 |
| | | Boys | 37 | 39 | 41 | 42 | 44 | | 43 | 44 | 45 | 46 | 47 |
| | | Lt Wt Boys | 35 | 36 | 37 | 38 | 39 | | 38 | 39 | 40 | 41 | 42 |

**NORMAL, SPECIALIZED QUALITY INDEX AND SCORE FOR KHELO INDIA R
OWERS (TEST 'B')**

| S N | EXER CISE | | 13-15 YEARS OLD(SCORE) | | | | | 16-18 YEARS OLD(SCORE) | | | | | 18+ YEARS OLD(S CORE) | | | | |
|--------|--------------|------------------|-------------------------|----|----|----|----|-------------------------|----|----|----|----|-----------------------|----|----|----|----|
| | | | 5 | 6 | 7 | 8 | 10 | 5 | 6 | 7 | 8 | 10 | 5 | 6 | 7 | 8 | 10 |
| 1 | PUSH UP | WO MEN | 7 | 10 | 15 | 20 | 25 | 8 | 12 | 16 | 25 | 30 | 9 | 13 | 17 | 21 | 30 |
| | | Lt W OME N | 7 | 10 | 15 | 20 | 25 | 10 | 12 | 16 | 25 | 30 | 11 | 13 | 17 | 26 | 30 |
| | | MEN | 10 | 15 | 20 | 25 | 30 | 15 | 20 | 25 | 30 | 35 | 17 | 22 | 27 | 32 | 35 |
| | | Lt M EN | 10 | 15 | 20 | 25 | 30 | 15 | 20 | 25 | 30 | 35 | 17 | 22 | 27 | 32 | 35 |
| | | | | | | | | | | | | | | | | | |
| 2 | PULL UPS | WO MEN | 2 | 3 | 5 | 7 | 9 | 4 | 5 | 7 | 9 | 11 | 5 | 6 | 8 | 10 | 12 |
| | | Lt W OME N | 2 | 3 | 5 | 8 | 10 | 5 | 6 | 8 | 10 | 12 | 6 | 7 | 9 | 11 | 13 |

| | | | | | | | | | | | | | | | | | | |
|---|---------------------------------------|----------|---------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| | | N | | | | | | | | | | | | | | | | |
| | | MEN | 2 | 4 | 6 | 8 | 10 | 5 | 6 | 8 | 11 | 13 | 7 | 8 | 10 | 12 | 13 | |
| | | Lt MEN | 2 | 4 | 6 | 9 | 11 | 5 | 6 | 9 | 12 | 14 | 8 | 9 | 11 | 13 | 14 | |
| | | | | | | | | | | | | | | | | | | |
| 3 | STANDING JUMP | WOMEN | 170 | 190 | 205 | 215 | 225 | 190 | 210 | 220 | 230 | 240 | 192 | 212 | 222 | 232 | 242 | |
| | | Lt WOMEN | 170 | 180 | 200 | 210 | 220 | 190 | 205 | 215 | 225 | 235 | 192 | 207 | 217 | 227 | 237 | |
| | | MEN | 170 | 210 | 230 | 240 | 245 | 210 | 240 | 245 | 250 | 260 | 212 | 242 | 247 | 252 | 262 | |
| | | Lt MEN | 170 | 210 | 230 | 240 | 245 | 210 | 240 | 245 | 250 | 260 | 212 | 242 | 247 | 252 | 262 | |
| | | | | | | | | | | | | | | | | | | |
| 5 | SIT UPS: 3 min max | WOMEN | 60 | 70 | 75 | 85 | 90 | 70 | 80 | 90 | 100 | 110 | 75 | 85 | 95 | 105 | 115 | |
| | | Lt WOMEN | 60 | 70 | 75 | 85 | 90 | 70 | 80 | 90 | 100 | 110 | 75 | 85 | 95 | 105 | 115 | |
| | | MEN | 65 | 75 | 80 | 90 | 100 | 75 | 85 | 95 | 110 | 120 | 80 | 90 | 100 | 115 | 125 | |
| | | Lt MEN | 65 | 75 | 80 | 90 | 100 | 75 | 85 | 95 | 110 | 120 | 80 | 90 | 100 | 115 | 125 | |
| | | | | | | | | | | | | | | | | | | |
| 6 | WOMEN 1500M RUN | WOMEN | 7'10" | 7'00" | 6'50" | 6'40" | 6'30" | 7'00" | 6'50" | 6'40" | 6'30" | 6'20" | 6'50" | 6'40" | 6'30" | 6'20" | 6'10" | 6'10" |
| | | Lt WOMEN | 7'00" | 6'50" | 6'40" | 6'30" | 6'20" | 6'50" | 6'40" | 6'30" | 6'20" | 6'10" | 6'40" | 6'30" | 6'20" | 6'10" | 6'00" | 6'00" |
| | MEN 3000M RUN | MEN | 12'10" | 12'00" | 11'50" | 11'40" | 11'30" | 12'00" | 11'50" | 11'40" | 11'30" | 11'20" | 11'50" | 11'40" | 11'30" | 11'20" | 11'10" | 11'10" |
| | | Lt MEN | 12'00" | 11'50" | 11'40" | 11'30" | 11'20" | 11'50" | 11'40" | 11'30" | 11'20" | 11'10" | 11'40" | 11'30" | 11'20" | 11'10" | 11'00" | 11'00" |
| | | | | | | | | | | | | | | | | | | |
| 7 | BENCH PULL (Kg) 3 min (In Repetition) | WOMEN | No Bench pull for age U15 | | | | | 55+ | 60+ | 70+ | 80+ | 90+ | 60+ | 65+ | 75+ | 85+ | 95+ | |
| | | Lt WOMEN | | | | | | 50+ | 55+ | 65+ | 75+ | 85+ | 55+ | 60+ | 70+ | 80+ | 90+ | |
| | | MEN | | | | | | 55+ | 60+ | 70+ | 80+ | 90+ | 60+ | 65+ | 75+ | 85+ | 95+ | |
| | | Lt MEN | | | | | | 50+ | 55+ | 65+ | 75+ | 85+ | 55+ | 60+ | 70+ | 80+ | 90+ | |
| | | | | | | | | | | | | | | | | | | |
| 8 | SQUAT only Body wt(3 min) | WOMEN | 60 | 65 | 70 | 75 | 80+ | 70 | 75 | 80 | 85 | 90 | 75 | 80 | 85 | 90 | 95 | |
| | | Lt WOMEN | 60 | 65 | 70 | 75 | 80+ | 70 | 75 | 80 | 85 | 90 | 75 | 80 | 85 | 90 | 95 | |

| | | | | | | | | | | | | | | | | | | |
|----|--|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|
| | | N | | | | | | | | | | | | | | | | |
| | | MEN | 65 | 70 | 75 | 80 | 85+ | 75 | 85 | 95 | 105 | 110+ | 85 | 90 | 100 | 110 | 115 | |
| | | Lt M EN | 65 | 70 | 75 | 80 | 85+ | 75 | 85 | 95 | 105 | 110+ | 85 | 90 | 100 | 110 | 115 | |
| | | | | | | | | | | | | | | | | | | |
| | | SCORE | 5 | 10 | 15 | 20 | 25 | 5 | 10 | 15 | 20 | 25 | 5 | 10 | 15 | 20 | 25 | |
| 9 | ERGO TEST 2 1000M.(16- 18+) 1000m(13-15) i n Time) | WO MEN | < 4:50 | < 4:45 | < 4:40 | < 4:35 | < 4:30 | < 8:05 | < 8:00 | < 7:55 | < 7:50 | < 7:45 | < 8:00 | < 7:55 | < 7:50 | < 7:45 | < 7:40 | |
| | | Lt WOMEN | < 4:55 | < 4:50 | < 4:45 | < 4:40 | < 4:35 | < 8:15 | < 8:10 | < 8:05 | < 8:00 | < 7:55 | < 8:10 | < 8:05 | < 8:00 | < 7:55 | < 7:50 | |
| | | MEN | < 3:50 | < 3:45 | < 3:40 | < 3:35 | < 3:30 | < 6:50 | < 6:45 | < 6:40 | < 6:35 | < 6:30 | < 6:45 | < 6:40 | < 6:35 | < 6:30 | < 6:25 | |
| | | Lt MEN | < 3:55 | < 3:50 | < 3:45 | < 3:40 | < 3:35 | < 7:10 | < 7:05 | < 7:00 | < 6:55 | < 6:50 | < 7:00 | < 6:55 | < 6:50 | < 6:45 | < 6:40 | |
| | | | | | | | | | | | | | | | | | | |
| | | SCORE | 5 | 6 | 7 | 8 | 10 | 5 | 6 | 7 | 8 | 10 | 5 | 6 | 7 | 8 | 10 | |
| 10 | ERGO TEST 1 min max x (in M ete) | WO MEN | 230+ | 240+ | 250+ | 260+ | 270+ | 260+ | 270+ | 280+ | 290+ | 300+ | 280+ | 290+ | 300+ | 310+ | 320+ | |
| | | Lt WOMEN | 225+ | 235+ | 245+ | 255+ | 265+ | 250+ | 260+ | 270+ | 280+ | 290+ | 270+ | 280+ | 290+ | 300+ | 310+ | |
| | | MEN | 260+ | 270+ | 280+ | 290+ | 300+ | 290+ | 300+ | 310+ | 320+ | 330+ | 310+ | 320+ | 330+ | 340+ | 350+ | |
| | | Lt MEN | 255+ | 265+ | 275+ | 285+ | 295+ | 280+ | 290+ | 300+ | 310+ | 320+ | 300+ | 310+ | 320+ | 330+ | 340+ | |
| | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
| 11 | FLEXIBILITY (In Cm) | WO MEN | 5+ | 10+ | 15+ | 20+ | 25+ | 5+ | 10+ | 15+ | 20+ | 25+ | 5+ | 10+ | 15+ | 20+ | 25+ | |
| | | MEN | 5+ | 10+ | 15+ | 20+ | 25+ | 5+ | 10+ | 15+ | 20+ | 25+ | 5+ | 10+ | 15+ | 20+ | 25+ | |
| | | | | | | | | | | | | | | | | | | |
| 12 | Rowing Technique (Coach Remarks) | women & men | 5 | 6 | 7 | 8 | 10 | 5 | 6 | 7 | 8 | 10 | 5 | 6 | 7 | 8 | 10 | |

*In addition to the above, only in extraordinary circumstances, TIDC may take upon the matter for induction of outstanding athlete(s) who is/are not part of the above competitions but have potential. These athletes will be called for an assessment camp where their performance shall be assessed by the talent scouts deputed by the TIDC.

General points for Agenda: Related to streamlining process of Induction/Assessment

NCOEs Admission

- KIAs should be given first preference, also at the time of Induction KIAs will be given a period of **07 days** to submit their consent for admission in NCOEs.
- In case of non-fulfillment of vacancies by KIAs, Athletes identified by TIDC for induction in NCOEs (who are below KIAs in Final ranking list) will be given an offer of admission in NCOE. Such athletes will be given a period of **07 days** to finally accept/reject the offer of admission.
- In-case, still there are vacancies then concerned NCOE coaches may be asked to submit a list of local talents identified through open selection trials by NCOEs. Data for all parameters shall be placed before TIDC for final concurrence of admission.

Assessment of Talent Pool (For KIAs and NCOE Athletes)

- a. The talent inducted into the KIA and NCOEs shall be assessed twice a year and participation in the camps is mandatory. The Academy/Training Centre shall conduct the assessment including 1000m Trails on water, biannually during assessment camp and should be uploaded on the National Sports Repository System (NSRS) portal.
- b. The result of the assessment shall be shared with the respective athlete, concerned Coach and the High-Performance Manager/ Director for Rowing.
- c. A warning letter will be sent to the athletes who don't meet the benchmark after the first assessment camp so that they can improve their performance in the second assessment camp

Crucial Parameters(For screening of Talent)

- Age and weight category.
- Support period(since how long has the athlete been supported at NCoE/KIA/Camps)
- Training Age(since when is the athlete training)
- Future Potential(to be compared with their National ranking championship and international performance including Chief Coaches' remarks)
- Disciplinary cases (general misconduct, unauthorized absence, safety concerns etc) in case of those training at NCOE sand/or KIAAs.
- Recommendation of Chief Coach/Head Coach.