



**GOVERNMENT OF SIKKIM
DEPARTMENT OF SPORTS & YOUTH AFFAIRS**

GUIDELINES

SPORTS TALENT HUNT 2019-20

7 TO 12 YEARS BOYS & GIRLS

Organized by:

**Department of Sports & Youth Affairs
Government of Sikkim**

SPORTS TALENT HUNT 2019-20

1. INTRODUCTION:

The Sports and Games plays important role for all round development of Youth, Children and citizen of a society as a whole. The Hon'ble Chief Minister, Government of Sikkim has desired that a massive "Sports Talent Hunt Programme" be carried out in popular Sports Discipline of Sikkim with special emphasis on "Broad-basing of Sports" at grassroots level.

The programme is for the purpose of "promoting excellence in sports" and with a view of "catch them young and teach them rightly" through scientific training methods, sporting talent is searched for, spotted and nurtured in a methodical manner in order to reach such a state of sporting excellence to become medal prospects in various national and international competitions.

Therefore, Department of Sports & Youth Affairs proposed to conduct "Sports Talent Hunt 2019-20" for the children aged between 7 to 12 years boys and girls in our State in the line of National Sports Talent Search Scheme.

2. OBJECTIVES OF THE PROGRAMMES:

- 2.1. To search out sporting talents for different sports disciplines for Sports Training Centers and Academies for further training by a Coach.
- 2.2. To identified and nurture talented sportspersons, so as to enable them to participate in National and International Sports Competitions and win medals, bring laurels to the our state or country.
- 2.3. To encourage and promote sports and games in school for all round development of children.

3. SPORTS TALENT HUNT PROGRAMMES:

3.1. Hierarchy of Talent Hunt Programmes:



3.2. PROCEDURE OF TALENT HUNT:

- 3.2.1. 32+1Gangtok(33) Block Level Selection Trials: The Assistant Directors/PET of BACs will constitute a committee comprising of 3 or 5 members and conduct the trials at Block Level.
- 3.2.2. 4 District Level Selection Trials: A Committee will be constituted comprising of Coaches, PETs & District Officers for each district and will conduct Trials at District level.
- 3.2.3. State Level Selection Trial: State Level Committee will be constituted involving Officers of HQ, Deputy Director Coaching and respective coaches and conduct Selection trials at State level.

4. THE NUMBER OF BOYS & GIRLS FROM 33 BLOCKS AND 4 DISTRICTS FOR DISTRICT LEVEL & STATE LEVEL SELECTION TRIALS:

Sl No	Name of BACs	Districts	Boys	Girls	DISTRICT LEVEL Total Boys & Girls from each BAC	DISTRICT LEVEL Total Boys & Girls	STATE LEVEL Boys & Girls from each District
1	2	3	4	5	6	7	8
1.	NANDOK	EAST	20	20	40	Boys-169 Girls- 169 Total 338	Boys-38 Girls- 38 Total- 76
2.	PAKYONG	EAST	25	25	50		
3.	RHENOCK	EAST	10	10	20		
4.	DUGA	EAST	20	20	40		
5.	RANKA	EAST	12	12	24		
6.	REGU	EAST	12	12	24		
7.	KHAMDUNG	EAST	12	12	24		
8.	RAKDONG	EAST	14	14	28		
9.	MARTAM	EAST	12	12	24		
10.	PARKHA	EAST	7	7	14		
11.	GANGTOK	EAST	25	25	50		
12.	DARAMDIN	WEST	12	12	24	Boys- 143 Girls- 143 Total-286	Boys- 31 Girls- 31 Total- 62
13.	GYALSING	WEST	15	15	30		
14.	YUKSOM	WEST	10	10	20		
15.	DENTAM	WEST	20	20	40		
16.	KALUK	WEST	10	10	20		
17.	SORENG	WEST	20	20	40		
18.	HEE MARTAM	WEST	12	12	24		
19.	CHONGRANG	WEST	12	12	24		
20.	MANGALBAREY	WEST	12	12	24		
21.	CHUMBUNG-CHAKUNG	WEST	20	20	40		
22.	TEMI TARKU	SOUTH	20	20	40	Boys- 139 Girls- 139 Total -278	Boys- 30 Girls-30 Total- 60
23.	SUMBUK	SOUTH	15	15	30		
24.	SIKKIP	SOUTH	7	7	14		
25.	YANGYANG	SOUTH	20	20	40		
26.	NAMCHI	SOUTH	25	25	50		
27.	RAVANGLA	SOUTH	20	20	40		
28.	NAMTHANG	SOUTH	20	20	40		
29.	POKLOK NANDUGOAN	SOUTH	12	12	24		
30.	CHUNGTHANG	NORTH	10	10	20	Boys-58 Girls-58 Total-116	Boys-15 Girls-15 Total- 30
31.	MANGAN	NORTH	25	25	50		
32.	PASSINGDONG	NORTH	13	13	26		
33.	KABI TINGDA	NORTH	10	10	20		
Grand total Boys & Girls at District and State Level					1018	1018	228

- 4.1. Block & District will select (7 to 9 years: 35 to 45%) and (10 to 12 Years: 55 to 65%) talented Boys & Girls.
- 4.2. **BLOCK LEVEL:** All participating schools shall send only the eligible & talented Boys & Girls for Block Level Trials.
- 4.3. **DISTRICT LEVEL:** Each BAC shall send selected boys & girls for District Level Trials as per column 4, 5 & 6 above.
- 4.4. **STATE LEVEL:** Each district shall send the selected (22-26% of total district participants) as per column 8 above.
- 4.5. **FINAL TALENTED BOYS & GIRLS:** The 70% of total participants of Sate Level Trials will be identified as most talented players for different sports disciplines as per the quota of sports disciplines, their performance, talent, choice of game and availability of Coach in the particulars District/Blocks Coaching Centers.

5. ELIGIBILITY CRITERIA:**5.1. AGE:**

Boys & Girls - Age	Born After	Born Before
7 to 12 Years	01-04-2008	01-04-2014

Note: Child should submit attested copy of Date of Birth Certificate and show original DOB during Registration for Selection Trials.

5.2. HEIGHT AND WEIGHT:

Height & Weight	Boys		Girls	
	7 to 9 years	10 to 12 years	7 to 9 years	10 to 12 years
Minimum Height	130 CM	135 CM	129 CM	133 CM
Minimum Weight	26 KG	28 KG	25 KG	26 G

Note: Only the eligible boys & girls who fulfil the above Height & Weight shall be allowed to register their names for Sports Talent Hunt.

6. DATE OF SELECTION TRIALS:

6.1. Block Level: 23rd to 28th March 2020

6.2. District Level: 1st to 4th April 2020

6.3. State Level : 9th to 13th April 2020

7. THE FOLLOWING SHALL BE THE MODALITIES OF THE TALENT HUNT PROGRAMME:**7.1. BATTERY OF 6 (SIX) TESTS:**

Sl. No.	Disciplines	Significance
i.	30 M Flying Start	Test speed
ii.	Standing Broad Jump	Test Strength of the lower portion of the body and explosive power
iii.	Forward Bend & Reach	Test Flexibility
iv.	6X10 Shuttle Run	Test agility
v.	Medicine Ball Put	Test shoulder strength
vi.	600 Meter Race	Test endurance

8. GUIDELINES TO CONDUCT THE BATTERY TEST :**8.1. Anthropometric Measurements:****8.1.1. Height:**

Test Aim: To measure the standing height.

Equipment: Height Measuring Stand or marking on the wall.

Procedure: The subject stands erect bare-footed with heels and back of the head touching the stands or wall. The device of measurement stand or a flat card-board is put up on the top of the head to take the height of an individual.

Scoring: The measurement is taken to the nearest centimeter.

8.1.2. Weight:

Test Aim: To assess the body mass.

Equipment: Standard Weighing Machine.

Procedure: The subject stands on the platform of the weigh-in Machine bare-footed with foot parallel and weight equally distributed on both the feet. Minimum cloth worn likes Vest/T-Shirt, Short in case of boys and shorts/skirt, T. Shirt in case of girls.

Scoring: The weight is recorded from the indicator dial of the machine in kgs

9. MOTOR ABILITY TESTS:

9.1. 30 METERS FLYING START:

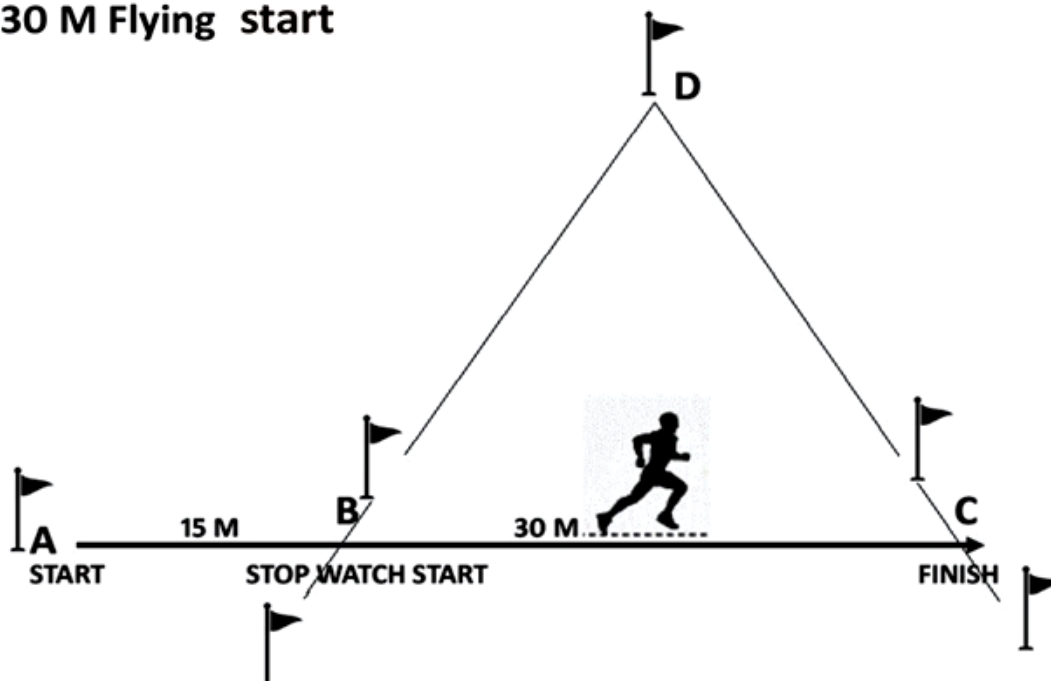
Test Aim: To measure the maximum speed.

Equipments & Space: Stop Watch, six flag posts, 45 meters running strip, Measuring tape.

Procedure:

- 9.1.1. 45 meters distance is divided into two zones of 15 meters and the other of 30 meters (A to B = 15 M and B to C= 30 M)
- 9.1.2. The performer starts running from the point A and accelerates and crosses the Point „B“ with maximum possible speed and finish at Point C.
- 9.1.3. The time keeper stands on points “D” and when the runner comes in line with Flags of Point B -he starts the watch and when the torso of runner comes in line of Flags of Point C he stops the watch.
- 9.1.4. The time is then noted down from the watch. Participants are not permitted to run with spikes and running area should be firm and non-slippery.

30 M Flying start



Note: 1. A to B = 15 M. B to C = 30 M.

Fig.by:
C. L. Rai

2. The Official with stop watch will stand at Flag-D
3. The Stop Watch will start at Flag B and Stop at Flag C
4. The athlete will start running from Point A and finish at point C

9.2. STANDING BROAD JUMP:

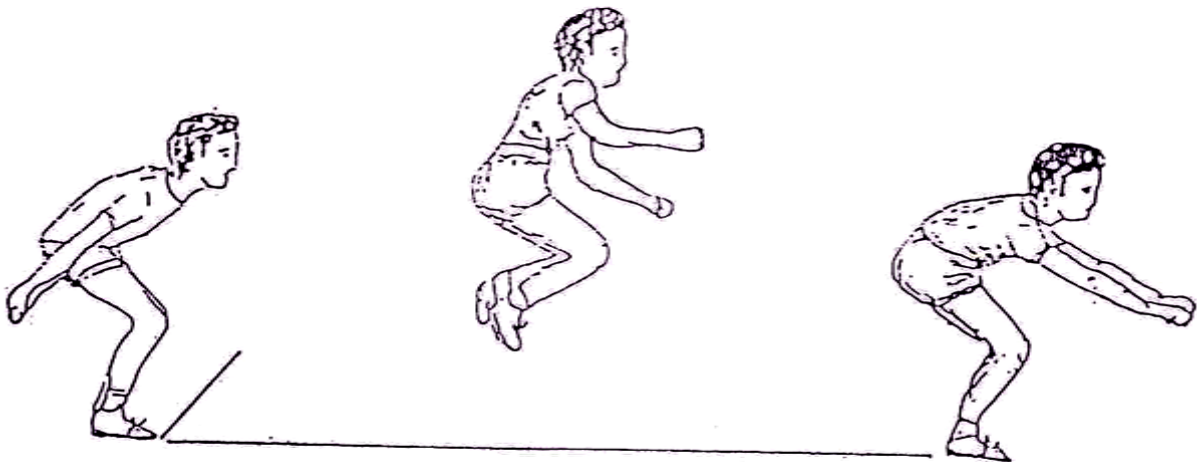
Test Aim: To measure the explosive strength of the legs.

Equipments: Measuring tape, a leveled long jump pit with the take off line.

Marking: A line is marked near the edge of the jumping pit.

Procedure: The performer stands behind the take off line with feet together. He flexes his knees, takes back arms raising the heels a little and along with a vigorous forward and upward arm swing he extends the knees into jumping pit to cover the maximum horizontal distance.

Scoring: The distance covered in centimeters between the take off line and the nearest landing mark is measured. The score will be best of three trials.

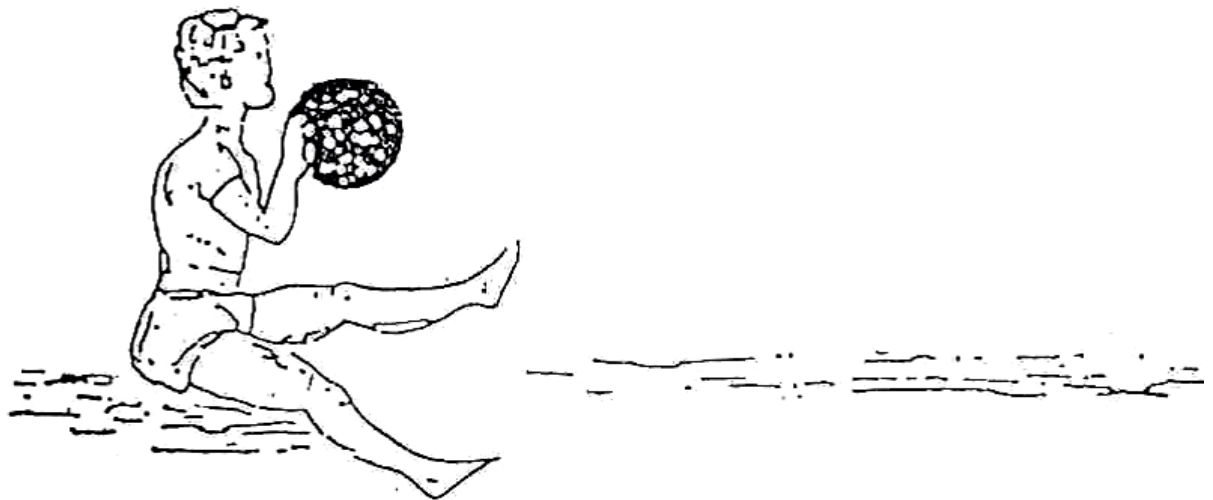
**9.3. MEDICINE BALL PUT:**

Test Aim: To measure explosive strength of the arms.

Equipments: Medicine Ball of 1 Kg. (Note: BAC/ Block may use modified Medicine ball)

Procedure: The subject sits in the centre of the shot put throwing circle with his legs stretched forward comfortably. Legs should also be comfortably apart. His spine should be in line with the centre of the circle. From this position, he throws the medicine ball up and forward as far as possible with both hands. The throw should be made from the chest outwards. Three attempts are given.

Scoring: The distance is measured in centimeters. The score will be best of three throws where a horizontal distance shall be measured from the centre of the circle.



9.4. 6 X 10 METERS SHUTTLE RUN.

Test Aim: To determine the agility of the subject.

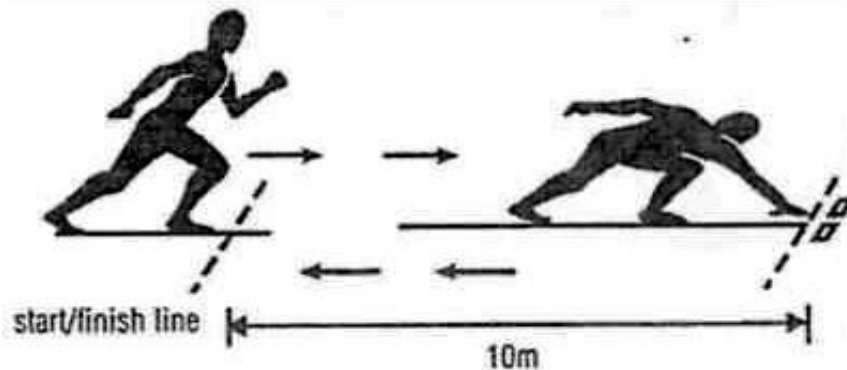
Equipment: Stop watch, lime powder.

Marking: 10 Meters of distance is marked by two parallel lines of 5 metres each.

Procedure: The subject stands behind the starting line. On getting starting signal "GO" he runs faster, goes nearest to the other line and touches it with the one hand (see figure), turns and comes back to starting line, touches it with hand, turns and repeats it for a total of 5 times and on 6th time runs over the line as fast as possible.

Scoring: The time taken by the performer to complete the course of 6 x10 meters to the nearest 1/10th of a second is recorded as score of the test. Only one chance is given.

Note: Participants are not allowed to use spikes and the area should be firm and non-slippery.

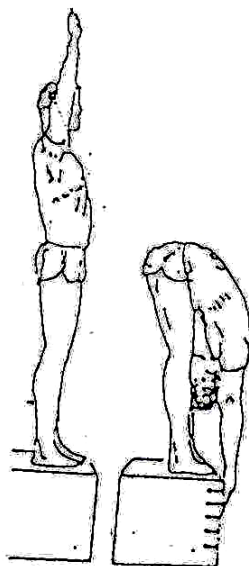
**9.5. FLEXIBILITY TEST : (FORWARD BEND AND REACH):**

Test Aim: To measure the flexibility of the subject.

Equipment: Test should be conducted on stable wooden box 40 CMs high. On one side of the box scale 0-30 Cms is marked.

Procedure: Subject stands barefoot on the box with both feet together with toes in line with the edge of the box. From this position he bends forward and downward while keeping his knees straight. He extends his hands along the scale as down as possible. Both the hands should be parallel. At a maximum reach he holds the position for about 2 seconds.

Scoring: The result is read from the scale. Two attempts are given at recovery rest of 30 seconds. In case a subject is not able to extend his hands even to the level of the box then the distance from the 0 Cm. mark to the tip of middle finger should be measured with a scale and recorded as negative score.



9.6. 600 METERS RUN:

Test Aim: To measure the endurance of the subject.

Equipment: Stop Watch .

Marking: The 600 meters distance is marked on the field or a marked 400 meters track can be used where curve start is to be given.

Procedure: The performer stands behind the starting line. On getting starting signal he runs the 600 meters distance in as limited time as possible.

Scoring: The time to cover the 600 meters distance to nearer 1/10th of a second is recorded as score of the test.

10. SCORING METHODOLOGY AND POINTS TABLE:**Annexure-I**

SN.	Type of Test	No. of Attempts	Basis of scoring	Min. Score	Max. Score
1.	30 m flying start	2	Best attempt	1	10
2.	Standing Broad Jump	3	Best attempt	1	10
3.	Medicine ball throw	3	Best attempt	1	10
4.	6x10 m Shuttle runs	2	Best attempt	1	10
5.	Forward bend & reach	1	Best attempt	1	10
6.	600 m run	1	Best attempt	1	10

11. BATTERY OF TESTS AND SCORING:**11.1. 30 Meter Flying Start (In Sec.)****Boys****Annexure-II**

Year/Point	1	2	3	4	5	6	7	8	9	10
7 to 9 years	5.11	4.96	4.83	4.72	4.63	4.54	4.46	4.43	4.41	4.40
10 to 12 Years	4.59	4.42	4.28	4.16	4.05	3.95	3.87	3.83	3.81	3.80

30 Meter Flying Start (In Sec.)**Girls**

Year/Point	1	2	3	4	5	6	7	8	9	10
7 to 9 years	5.39	5.22	5.08	4.96	4.85	4.75	4.67	4.63	4.61	4.60
10 to 12 Years	4.73	4.60	4.48	4.39	4.30	4.22	4.16	4.12	4.11	4.10

11.2. Standing Broad Jump (In CM)**Boys**

Year/Point	1	2	3	4	5	6	7	8	9	10
7 to 9 Yrs.	140.66	148.48	154.92	160.44	165.50	170.10	173.78	175.62	176.54	177.00
10 to 12 Yrs.	165.45	173.10	179.40	184.80	189.75	194.25	197.85	199.65	200.55	201.00

Standing Broad Jump (In CM)**Girls**

Year/Point	1	2	3	4	5	6	7	8	9	10
7 to 9 Yrs.	120.93	126.54	131.16	135.12	138.75	142.05	144.69	146.01	146.67	147.00
10 to 12 Yrs.	144.40	151.20	156.80	161.60	166.00	170.00	173.20	174.80	175.60	176.00

11.3. Forward Bend Reach (In Cm)**Boys****Annexure-II**

Year/Point	1	2	3	4	5	6	7	8	9	10
7 to 9 Yrs.	5.47	6.66	7.64	8.48	9.25	9.95	10.51	10.79	10.93	11.00
10 to 12 Yrs.	8.47	9.66	10.64	11.48	12.25	12.95	13.51	13.79	13.93	14.00

Forward Bend Reach (In Cm)**Girls**

Year/Point	1	2	3	4	5	6	7	8	9	10
7 to 9 Yrs.	5.47	6.66	7.64	8.48	9.25	9.95	10.51	10.79	10.93	11.00
10 to 12 Yrs.	8.47	9.66	10.64	11.48	12.25	12.95	13.51	13.79	13.93	14.00

11.4. 6X10 Shuttle Run**Boys**

Year/Point	1	2	3	4	5	6	7	8	9	10
7 to 9 years	19.28	18.94	18.66	18.42	18.20	18.00	17.84	17.76	17.72	17.70
10 to 12 Yrs.	18.09	17.83	17.62	17.44	17.28	17.13	17.01	16.95	16.92	16.90

6X10 Shuttle Run**Girls**

Year/Point	1	2	3	4	5	6	7	8	9	10
7 to 9 Yrs.	20.14	19.85	19.62	19.41	19.23	19.06	18.92	18.85	18.82	18.80
10 to 12 Yrs.	19.04	18.75	18.52	18.31	18.13	17.96	17.82	17.75	17.72	17.70

11.5. Medicine Ball Put (1 kg) (In Mts.)**Boys**

Year/Point	1	2	3	4	5	6	7	8	9	10
7 to 9 years	2.37	2.45	2.53	2.59	2.64	2.69	2.73	2.75	2.76	2.77
10 to 12 Yrs.	4.87	5.00	5.12	5.21	5.30	5.38	5.44	5.48	5.49	5.50

Medicine Ball Put (1 kg) (In Mts.)**Girls**

Year/Point	1	2	3	4	5	6	7	8	9	10
7 to 9 Yrs.	1.94	2.06	2.15	2.24	2.31	2.38	2.43	2.46	2.47	2.48
10 to 12 Yrs.	4.21	4.38	4.52	4.64	4.75	4.85	4.93	4.97	4.99	5.00

11.6. 600 Meter Run (Min. Sec.)**Boys**

Year/Point	1	2	3	4	5	6	7	8	9	10
7 to 9 Yrs.	3.45	3.41	3.37	3.34	3.31	3.29	3.27	3.26	3.25	3.25
10 to 12 Yrs.	2.97	2.87	2.79	2.72	2.65	2.59	2.54	2.52	2.51	2.50

600 Meter Run (Min. Sec.)**Girls**

Year/Point	1	2	3	4	5	6	7	8	9	10
7 to 9 Yrs.	4.11	4.00	3.91	3.83	3.76	3.69	3.64	3.61	3.60	3.59
10 to 12 Yrs.	3.40	3.31	3.24	3.18	3.13	3.08	3.04	3.02	3.01	3.00

11.7. POINT TO BE CONSIDERED:

- 11.7.1. Before the test a short warm-up; 10 min. jogging and free hand exercises shall be done.
- 11.7.2. Trial attempts before the tests are allowed in order to familiarize the subject with the tests.
- 11.7.3. Subject should be divided into groups as per the number of stations.
- 11.7.4. There should be separate station for each test with adequate distance.
- 11.7.5. Testers, time keepers and assistants should be briefed before hand and should be given needed practice before starting the tests.
- 11.7.6. **Instruction:** Child should bring two passport size photographs while appearing for State Level final selection trials.

12. IDENTIFICATION OF FINAL MOST TALENTED CHILDREN AND SPORTS DISCIPLINES AT STATE LEVEL:

- 12.1. The State Level Committee shall select total 160 talented Boys & Girls and identify their talents for 13 sports disciplines quota as under:

SN.	Disciplines	Boys	Girls	Total
1.	Athletics	8	8	16
2.	Archery	6	4	10
3.	Badminton	8	8	16
4.	Basketball	3	3	6
5.	Boxing	8	8	16
6.	Football	14	14	28
7.	Karate	4	4	8
8.	Swimming	4	4	8
9.	Table Tennis	10	10	20
10.	Taekwondo	4	4	8
11.	Volleyball	6	4	10
12.	Wu-shu	4	4	8
13.	Weight Lifting	3	3	6
	Total	82	78	160

- 12.2. The State Level Trial will be conducted at Paljor Stadium Gangtok and Khel Gaon Reshithang.
- 12.3. Ranking of the talented children will be done and up to 160th Position will be selected as per the marks obtained from Battery Test.
- 12.4. The identification and finalization of sports disciplines for 160 Boys & Girls at State Level as per above quota shall be determined by:
- 12.4.1. Talent of Children for the particular sports discipline as per requirement.
- 12.4.2. Address of Talented children and availability of coach
- 12.4.3. Interest of the children in the particular sports discipline.
- 12.4.4. After the identification, the talented children will be inducted in Sports Academies as per vacancy and others will be handed over to respective Coaches of the Department who will train them regularly in their Coaching Centers.
- 12.4.5. It is also proposed to give certain amount of sports scholarship to the highest-ranking 160 Talented Children for kits and diet

13. BLOCK LEVEL REPORT FORMAT:**Annexure-III**

Name of Block.....

Date..... Venue of the Selection Trials

Total Number of Boys & Girls attended for selection Trials.

SN	Name of Schools/GPUs	Boys	Girls	Total
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				

Signature

Name of Officer

Seal.....

14. DISTRICT LEVEL REPORT FORMAT:**Annexure-IV**

Name of District

Date..... Venue of the Selection Trials

Total Number of Boys & Girls attended for selection Trials.

SN	Name of Blocks	Boys	Girls	Total
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
	Total			

Signature

Name of Officer

Seal.....

15. STATE LEVEL REPORT FORMAT:**Annexure-V**

Venues of Selection Trial.....

Date.....

Total Number of Boys & Girls attended for selection Trials.

SN	Name of Districts	Boys	Girls	Total
1.				
2.				
3.				
4.				
	Total			

Signature

Name of Officer

Seal.....

**DEPARTMENT OF SPORTS & YOUTH AFFAIRS
GOVERNMENT OF SIKKIM**

Annexure-VI

16.

REGISTRATION FORM

SPORTS TALENT HUNT 2019-20

Name of School/ BAC/District

Category : Boys/Girls (Use separate form)

S. N.	Name of Participants	Fathers Name	School/GPU	Address	Class	Date of Birth	Age	Parent Mbl. Number	Height (CM)	Weight (KG)	Rank in School/Block/District
1.											
2.											
3.											
4.											
5.											
6.											
7.											
8.											
9.											
10.											
11.											
12.											
13.											
14.											

Note: Only the talented, eligible Boys & Girls with qualifying Height & Weight should be send for Selection Trials.

Name of Official/escort:.....Mbl. Number.....

Signature.....

Name of Principal/ Officer.....

Name of School/ BAC/District.....

Date..... Seal.....

17. PROFORMA FOR SCORE SHEET:

Testing level (Block/District/State)	Name of Block / District	Date of Testing	Venue

Annexure-VII

Sl. No.	Name of Candidate	Age	School/Block/Districts	Height (in CM)		Weight (In KG)		30 Mts flying start		Standing Broad Jump		Forward bend & reach		6X10 Shuttle Run		Medicine Ball Put		600 Meter Race		Total points (4+5+6+7+8+9+10+11)	Rank
1	2	3	4	score	Point	score	Point	score	Point	score	Point	score	Point	score	Point	score	Point	score	Point	13	14
1.																					
2.																					
3.																					
4.																					
5.																					
6.																					
7.																					
8.																					
9.																					
10.																					

1. Name of Official.....Sign..... 2.Name of OfficialSign..... 3.Name of OfficialSign.....

4.Name of Official.....Sign..... 5.Name of OfficialSign.....

Name of Officer Concern Signature

.....Block/District. Date..... Seal