

BATTERY OF TESTS AND NORMS FOR SCOUTING TALENT IN SPORTS - BOYS

Age Group	Height (Cms.)	Weight (Kgs.)	30 m Flying Start (Sec.)	Standing Broad Jump (Cms.)	Medicine Ball Put (Cms.)	6 X 10 Shuttle Run (Sec)	Forward Bend and Reach (Cms)	Vertical Jump (Cms.)	800 M. Run (Min & Sec.)	Marks Alloted	Remarks
8 Years	127-133	24-28	5.3-4.8	131-157	226-250	19.7-18.8	4-6	20-24	4.09-3.48	1	Satisfactory
	134-141	29-32	4.7-4.5	158-176	251-276	18.7-17.8	7-10	25-29	3.47-3.27	2	Good
	142 & above	33 & above	4.4 & less	177 & abvoe	277 & above	17.7 & less	11 & abvoe	30 & above	3.26 & less	3	Very Good
9 Years	130-138	26-30	5.1-4.7	139-159	251-282	19.3-18.5	5-7	23-27	4.03-3.37	1	Satisfactory
	139-147	31-34	4.6-4.3	160-179	283-313	18.4-17.6	8-11	28-32	3.36-3.16	2	Good
	148 & above	35 & above	4.2 & less	180 & abvoe	314 & above	17.5 & less	12 & abvoe	33 & above	3.15 & less	3	Very Good
10 Years	135-142	28-33	4.9-4.5	149-163	266-313	19.1-18.2	6-8	27-31	3.52-3.31	1	Satisfactory
	143-150	34-38	4.4-4.1	164-179	314-359	18.1-17.4	9-12	32-36	3.30-3.11	2	Good
	151 & above	39 & above	4.0 & less	180 & abvoe	360 & above	17.3 & less	13 & abvoe	37 & above	3.10 & less	3	Very Good
11 Years	140-149	31-36	4.8-4.4	156-176	283-296	18.4-17.7	7-9	30-35	3.36-3.21	1	Satisfactory
	150-157	37-41	4.3-3.9	177-200	297-343	17.6-17.0	10-13	36-41	3.20-3.05	2	Good
	158 & above	42 & above	3.8 & less	201 & abvoe	344 & above	16.9 & less	14 & abvoe	42 & above	3.04 & less	3	Very Good
12 Years	146-153	35-40	4.7-4.3	164-186	297-328	18.0-17.4	8-10	31-36	3.29-3.14	1	Satisfactory
	154-160	41-46	4.2-3.8	187-209	329-397	17.3-16.7	11-14	37-43	3.13-3.01	2	Good
	161 & above	47 & above	3.7 & less	210 & abvoe	398 & above	16.6 & less	15 & abvoe	44 & above	3.00 & less	3	Very Good
13 Years	149-155	35-42	4.2-4.0	171-191	301-362	17.6-17.0	9-11	33-39	3.23-3.09	1	Satisfactory
	156-167	43-51	3.9-3.6	192-214	363-423	16.9-16.3	12-15	40-45	3.08-2.53	2	Good
	168 & above	51 & above	3.5 & less	215 & abvoe	424 & above	16.2 & less	16 & abvoe	46 & above	2.52 & less	3	Very Good
14 Years	154-160	43-47	4.1-3.8	181-200	319-380	17.1-16.6	10-12	36-42	3.14-2.58	1	Satisfactory
	161-171	48-58	3.7-3.4	201-220	381-441	16.5-16.1	13-16	43-49	2.57-2.41	2	Good
	172 & above	59 & above	3.3 & less	221 & abvoe	442 & above	16.0 & less	17 & abvoe	50 & above	2.40 & less	3	Very Good
15 Years	159-166	46-54	3.7-3.6	201-215	381-409	16.4-16.3	11-13	38-45	3.07-2.56	1	Satisfactory
	167-174	55-61	3.5-3.3	216-225	410-459	16.2-16.0	14-17	46-52	2.55-2.33	2	Good
	175 & above	62 & above	3.2 & less	226 & abvoe	460 & above	15.9 & less	18 & abvoe	53 & above	2.32 & less	3	Very Good
16 Years	162-170	50-56	3.5-3.4	216-231	410-439	16.2-16.1	12-14	51-52	2.55-2.41	1	Satisfactory
	171-175	57-63	3.3-3.2	232-235	440-479	16.0-15.9	15-18	53-55	2.40-2.29	2	Good
	176 & above	64 & above	3.1 & less	236 & abvoe	480 & above	15.8 & less	19 & abvoe	56 & above	2.28 & less	3	Very Good
Point Secured			Grade	Remarks			Point Secured	Grade	Remarks		
22-27			A	Very Good			16-21	B	Good		
15-10			C	Satisfactory			< 10	D	Need to help		

BATTERY OF TESTS AND NORMS FOR SCOUTING TALENT IN SPORTS - GIRLS

Age Group	Height (Cms.)	Weight (Kgs.)	30 m Flying Start (Sec.)	Standing Broad Jump (Cms.)	Medicine Ball Put (Cms.)	6 X 10 Shuttle Run (Cms.)	Forward Bend and Reach (Cms)	Vertical Jump (Cms.)	800 M. Run (Min & Sec.)	Marks Alloted	Remarks
8 Years	124-130	23-26	5.6-5.2	114-130	180-213	20.5-19.7	4-6	19-21	5.07-4.31	1	Satisfactory
	131-139	27-30	5.1-4.7	131-146	214-247	19.6-18.9	7-10	22-25	4.30-3.54	2	Good
	140 & above	31 & above	4.6 & less	147 & abvoe	248 & above	18.8 & less	11 & abvoe	26 & above	3.53 & less	3	Very Good
9 Years	129-136	25-30	5.4-4.9	123-140	202-240	20.4-19.6	5-7	20-24	4.45-4.13	1	Satisfactory
	137-144	31-34	4.8-4.5	141-159	241-280	19.5-18.7	8-11	25-29	4.12-3.40	2	Good
	145 & above	35 & above	4.4 & less	160 & abvoe	281 & above	18.6 & less	12 & abvoe	30 & above	3.39 & less	3	Very Good
10 Years	133-144	26-32	5.2-4.8	129-149	221-269	20.2-19.3	6-8	23-27	4.34-4.05	1	Satisfactory
	145-158	33-38	4.7-4.3	150-169	270-318	19.2-18.3	9-12	28-32	4.04-3.34	2	Good
	159 & above	39 & above	4.2 & less	170 & abvoe	319 & above	18.2 & less	13 & abvoe	33 & above	3.33 & less	3	Very Good
11 Years	144-153	33-39	4.9-4.6	136-151	241-284	19.4-18.6	7-9	25-30	4.29-3.56	1	Satisfactory
	154-161	40-45	4.5-4.2	152-175	285-329	18.5-17.8	10-13	31-36	3.55-3.25	2	Good
	162 & above	46 & above	4.1 & less	176 & abvoe	330 & above	17.7 & less	14 & abvoe	37 & above	3.24 & less	3	Very Good
12 Years	150-157	36-42	4.8-4.5	146-165	251-294	19.3-18.5	8-10	28-32	4.19-3.50	1	Satisfactory
	158-163	43-48	4.4-4.0	166-185	295-339	18.4-17.5	11-14	33-37	3.49-3.16	2	Good
	164 & above	49 & above	3.9 & less	186 & abvoe	340 & above	17.4 & less	15 & abvoe	38 & above	3.15 & less	3	Very Good
13 Years	158-163	43-48	4.4-4.2	151-168	256-302	18.6-18.0	9-11	30-33	4.14-3.41	1	Satisfactory
	164-170	49-54	4.1-3.9	169-189	303-349	17.9-17.3	12-15	34-39	3.40-3.06	2	Good
	171 & above	55 & above	3.8 & less	190 & abvoe	350 & above	17.2 & less	16 & abvoe	40 & above	3.05 & less	3	Very Good
14 Years	164-170	49-55	4.2-4.0	153-170	261-309	18.5-17.9	10-12	32-34	4.09-3.33	1	Satisfactory
	171-173	56-61	3.9-3.7	171-192	310-359	17.8-17.2	13-16	35-40	3.32-2.96	2	Good
	174 & above	62 & above	3.6 & less	193 & abvoe	360 & above	17.1 & less	17 & abvoe	41 & above	2.95 & less	3	Very Good
15 Years	165-170	52-57	4.0-3.8	170-187	265-313	18.2-17.7	11-13	36-38	3.33-3.17	1	Satisfactory
	171-175	58-62	3.7-3.4	188-197	314-363	17.6-17.0	14-17	39-41	3.16-2.56	2	Good
	176 & above	63 & above	3.3 & less	198 & abvoe	364 & above	16.9 & less	18 & abvoe	42 & above	2.55 & less	3	Very Good
16 Years	166-172	53-58	3.8-3.6	188-194	270-318	18.1-17.4	12-14	39-40	3.16-2.56	1	Satisfactory
	173-175	59-62	3.5-3.3	195-205	319-368	17.4-16.8	15-18	41-42	2.55-2.49	2	Good
	176 & above	63 & above	3.2 & less	206 & abvoe	369 & above	16.7 & less	19 & abvoe	43 & above	2.48 & less	3	Very Good
Point Secured			Grade	Remarks			Point Secured	Grade	Remarks		
22-27			A	Very Good			16-21	B	Good		
15-10			C	Satisfactory			< 10	D	Need to help		