

APTWREIS, GURUKULAM

Tribal Special Sports School, Araku valley, Visakhapatnam

ADMISSIONS INTO 5TH – 9TH CLASS FOR THE YEAR 2017-18

A. GENERAL

1. The Tribal Special Sports School, Araku valley, Visakhapatnam invites applications for admissions into 5th to 9th Classes during the academic year 2017-18.
2. The admissions in Tribal Special Sports School, Araku valley, Visakhapatnam are limited to 48 Seats only for boys.
3. If it is proved that any of the certificates submitted by a candidate was tampered or fake, the candidate not only loses seat but is also liable for prosecution.
4. Not with standing anything in this booklet, the rules and regulations that are in force in the Sports School from time to time are applicable.

B. AVAILABILITY OF SEATS IN 5th to 9th CLASS

Sl.No	Class	Sanctioned Strength	Present strength	vacancy	Total
1	5 th	30	0	30	30
2	6 th	30	19	11	11
3	7 th	30	25	5	5
4	8 th	30	29	1	1
5	9 th	30	29	1	1
TOTAL		150	102	48	48

C. ACADEMIC SYLLABUS AND MEDIUM OF INSTRUCTION:

- A.P. State Government syllabus is followed and the medium of instruction is English.

D. ELIGIBILITY CRITERIA:

1. Classes:-

- The student shall be completed their studies for the year 2016-17 in any recognized School of A.P.

2. Age (Between 9 to 13 years):-

- The student should have completed 9 years of age for 5th class and not more than 10 years as on 31.07.2017 (Date of Birth of the Candidate Between 01.06.2009 to 30.05.2010). They shall submit the proof of Birth before the selections. And respective age groups for their classes.
- The Medical Officer has to assess the age on preliminary examinations and if found exceptionally under or over age, such candidate is not allowed for admission.

3. Anthropometric and Motor ability tests:-

- The student will be selected to State Level Selection through a battery of Anthropometric and Motor ability tests at District Selection. Final Selection will be done on the basis of marks scored in a) Medical, b) Physiological, c) Anthropometric, d) Motor ability Tests at State Level Selections.
- In case, the Medical Officer found un fit in the medical tests, such candidate will not be consider for selections/admission.

E. HOW TO APPLY:

1. Eligible candidates may submit their application duly enclosing the all required documents to the concerned District Sports Authority of their native Districts.
2. Application form can be downloaded with free of cost in the website of Tribal Special Sports School, Araku valley, Visakhapatnam or obtained from the concerned District Sports Authorities /with free of cost Incomplete applications will be summarily rejected.

F. DATE OF SELECTIONS AND VENUE AT MANADAL, DISTRICT & STATE LEVEL:

S.No	Level Selection	Date of Selection	Venue
2	District Level		Concerned DSA in the State.
3	State Level		Dr. Acharya Nagarjuna University.

G. METHOD OF SELECTIONS:

a) DISTRICT LEVEL:

The students who have secured 8 points or above in Mandal Level

Selections, are eligible for District Level Selections.

Selection Committee at Mandal Level:

- | | | |
|---------------------------------|---|--------------|
| 1. Principal | - | Chairman |
| 2. D.S.D.O. | - | Convener. |
| 3. Senior Coach of the District | - | Member |
| 4. P.D (Gurukulam) | - | Co-Ordinator |

The DSDO will send the result data sheets of the children along with the birth and age certificate who have secured 11 Marks and more to the OSD Gurukulam, Tadepalli, Amaravati, Guntur (DT) immediately after the District Level Selections.

b) SELECTIONS AT STATE LEVEL:

After obtaining the results data sheets from the Districts, the eligible children will be called by the OSD Gurukulam, Tadepalli, Amaravati, for the State Level Selections on the basis of order of merit and as per the seats available. The students who secured 15 points or above in district level selections are eligible for state level selections.

In addition to the battery of tests at State Level Selections there will be an assessment camp in which the children will be tested in Medical, Chronological age and Physiological tests by a team of experts, Sports scientists of Sports Authority of India at Tribal Special Sports School, Araku valley, Visakhapatnam on the basis of the results of the entire tests during the State Level Selections.

H. DOCUMENTS TO BE PRODUCED BY THE STUDENTS:

1. Birth Certificate from Municipality/Mandal/Corporation/Meeseva/Headmaster of the School.
2. Aadhar Card issued by GOI.
3. Study and Conduct Certificates issued by School Headmaster.
4. Caste & Income Certificates from Meeseva.
5. Each admitted candidate should submit the Undertaking Bond/Affidavit of Rs. 20/- duly covering the points indicated at Annexure, Signed by candidate and her parent mandatorily.
6. Passports Size Photographs.

I. GUIDELINES FOR CONDUCTING OF BATTERY TESTS AND PARAMETERS

a. ANTHROPOMETRIC, MOTOR TESTS AND ALLOTTED MARKS:

DISTRICT LEVEL TESTS:

S.No	Particulars	Minimum Marks	Maximum Marks	Total
1	ANTHROPOMETRIC			
	1. Height	5	3	6
	2. Weight		3	
2	MOTOR QUALITIES			
	3. 30 M Flying Start	10	3	15
	4. Standing Broad Jump		3	
	5. 800 Meter Run		3	
	6. 6 X 10 Meter Shuttle Run		3	
	7. Medicine Ball Put		3	
Total		15		21

STATE LEVEL TESTS:

S.No	Particulars	Minimum Marks	Maximum Marks	Total
1	ANTHROPOMETRIC			
	1. Height	5	3	6
	2. Weight		3	
2	MOTOR QUALITIES			
	3. 30 M Flying Start	15	3	21
	4. Standing Broad Jump		3	
	5. 800 Meter Run		3	
	6. 6 X 10 Meter Shuttle Run		3	
	7. Medicine Ball Put		3	
	8. Vertical Jump		3	
9. Flexibility Test (Forward Bend and Reach)	3			
	Total	15		27
3	MEDICAL TEST			
	1. Age verification (Biological Age)			
	2. Posture			
	3. Bony abnormalities, Category of Bony abnormalities: <ul style="list-style-type: none">• Knock Knee (++).• Flat Feet (+).• Spinal disorders.• Heart problems.• Bow legs (++) & correlated with Battery test.• Any other specific abnormalities.			
			If the candidate was found overage/ below age /medically un fit etc., by the medical officer, He / She shall not be allowed for the admission	

b. ANTHROPOMETRIC MEASUREMENTS:

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 stand 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.

2. Weight:

- Test Aim : To assess the body mass.
- Equipment : Standard Weighing Machine.
- Procedure : The Subject Stands on the platform of the weighing machine bare-footed with foot parallel and weight equally distributed on both the feet.
- Scoring : The weight is recorded from the indicator dial of the machine in Kgs.

3. 30 Meter Flying Start:

- Test Aim : To measure the maximum speed.
- Equipment : Stop Watch (1/10th of second) and six flag posts. 45 meter running strip.
- Marking : 45 meter distance is divided into two zones of 15 meters and the other of 30 meters say F.A. & B. of 15 Meter and AB is of 30 meters. Take radius of 30 meters and mark an arc from point A. mark another arc of 30 meter from point B and intersecting at point C. join CA and extend to E and join CB and extend to D. Fix flags at all these six points A,B,C,D,E & F.

- Procedure : The performer stands behind the line F and accelerates, and cross the line 'B' with maximum possible speed.
- Scoring : The time keeper stands on point C and when the runner comes in line with flag A and E, he starts the watch and when the torso of runner comes in line B & D he stop the watch. The time is then noted down from the watch.

4. Standing Broad Jump:

- Test Aim : To Measure the explosive strength of the legs.
- Equipment : 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, take back arms raising the heels a little and along with a vigorous forward and upward arm swing he extends the knees into the 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 measure. The score will be best of three trials.

5. 800 Meters Run:

- Test Aim : To measure the endurance of the subject.
- Equipment : Stop watch.
- Marking : The 400 meter distance is marked on the field or a marked 400 meters track can be used where curve starts is to be given.
- Procedure : The performer stands behind the starting line. On getting starting signal he runs the 400 meters distance two times in as possible.
- Scoring : The time to cover the 800 meters distance to nearer $1/10^{\text{th}}$ of a second is recorded as score of the test.

6. Medicine Ball Put:

- Test Aim : To measure explosive strength of the arms.

Equipment	:	Medicine Ball of 1 Kg for upto 10 years, 2 Kg for 11 Years and above.
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.

7. 6 x 10 Meters Shuttle Run:

Test Aim	:	To determine the agility of the subject.
Equipment	:	Stop watch, lime powder
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 6 th time runs over the line as fast as possible.
Scoring	:	The time taken by the performer to complete the course of 6 x 10 meters to the nearest 1/10 th of second is recorded as score of the test. Only one chance is given.

8. Vertical Jump:

Test Aim	:	To test the explosive strength of legs and extensibility of hip muscles.
Equipment	:	Duster, Chalk Powder, Measuring Tape, a Chair and a Bench.
Procedure	:	The performer dips his fingers in chalk powder and stands side-wise against the wall, keeping the

arm raised completely above the head & clap the extended hand marked with chalk on figures straight. Then he jumps as high up as possible and touch the wall. The reading shall be noted by keeping eyes in level with the chalk mark on the graduated marking.

Scoring : The standing reach is subtracted from the jumping reach. The score will be best of three jumps.

9. 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 side of the box scale 0.30 Cms. is marked.

Procedure : Subject stands bare foot 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 this knee 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 Cms. Marks to the tip of middle finger should be measured with a scale and recorded as negative score.

J. FEE

- No fee will be collected for admission into the sports school. The students will be provided with free Boarding, Lodging etc.,

K. HOSTEL ACCOMMODATION

- Admission into Tribal Sports School does automatically entitle for accommodation in the Hostel as per residential system.

C. PARAMETERS OF SCORING FOR TESTS

BATTERY OF TESTS AND NORMS FOR SCORING MARKS AT DISTRICT LEVEL-BOYS

BATTERY TESTS AND CALCULATIONS OF TEST RESULTS

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 (cms.)	Flexibility Test (cms.)	Vertical Jump (cms.)	800 M. Run. (Min & Secs.)
8 years									
	127-133	24-28	5.3-4.8	164-183	226-250	18.3-17.5	4-6	30-32	3.40-3.24
	134-141	29-32	4.7-4.5	184-193	251-276	17.4-16.5	7-9	33-35	3.23-3.07
	142 & above	33 & above	4.4 & less	194 & above	277 & above	16.4 & less	10 & above	36 & above	3.06 & less
9 years									
	130-138	26-30	5.1-4.7	170-181	251-282	18.0-17.2	4-7	33-35	3.32-3.17
	139-147	31-34	4.6-4.3	182-201	283-313	17.1-16.3	8-10	36-38	3.16-3.01
	148 & above	35 & above	4.2 & less	202 & above	314 & above	16.2 & less	11 & above	39 & above	3.0 & less
10 years									
	135-142	28-33	4.9-4.5	180-194	266-313	17.5-16.5	5-8	36-38	3.26-3.08
	143-150	34-38	4.4-4.1	195-216	314-359	16.4-15.5	9-11	39-41	3.07-2.57
	151 & above	39 & above	4.0 & less	217 & above	360 & above	15.4 & less	12 & above	42 & above	2.56 & less
11 years									
	140-149	31-36	4.8-4.4	189-204	250-296	17.1-16.2	6-9	39-41	3.20-3.05
	150-157	37-41	4.3-3.9	205-225	297-343	16.1-15.4	10-12	42-44	3.04-2.46
	158 & above	42 & above	3.8 & less	226 & above	344 & above	15.3 & less	13 & above	45 & above	2.45 & less
12 years									
	146-153	35-40	4.6-4.3	195-213	260-328	16.8-16.0	6-9	42-45	3.05-2.55
	154-160	41-46	4.2-3.8	214-236	329-397	15.9-15.2	10-13	46-50	2.54-2.42
	161 & above	47 & above	3.7 & less	237 & above	398 & above	15.1 & less	14 & above	51 & above	2.41 & less
13 years									
	149-155	35-42	4.2-4.0	206-221	301-362	16.5-15.9	7-10	44-47	2.57-2.43
	156-167	43-51	3.9-3.6	222-241	363-423	15.8-15.0	11-14	48-53	2.42-2.29
	168 & above	51 & above	3.5 & less	242 & above	424 & above	14.9 & less	15 & above	54 & above	2.28 & less
14 years									
	154-160	43-47	4.1-3.8	210-225	319-380	16.3-15.8	7-10	46-50	2.50-2.36
	161-171	48-58	3.7-3.4	226-245	381-441	15.7-15.0	11-14	51-56	2.35-2.25
	172 & above	59 & above	3.3 & less	246 & above	442 & above	14.9 & less	15 & above	57 & above	2.24 & less

Score: Very Good: 3 points, Good: 2 points & Satisfactory: 1 point

**DISTRICT LEVEL SELECTION FOR ADMISSION
DATA SHEET**



S. No. /Year.....Aadhar No.....

Name (in Block Letters) :.....

Father's / Guardian's Name:

Date of Birth:..... SexClass Studying

Address :Pin.....

Village : Mandal.....District.....Mob.....

S.N	Battery Tests	Performance			Points Scored	Signature of the Official who conducted tests.
		1st	2nd	3rd		
1	Height (Cms)					
2	Weight (Kgs)					
3	30 mtrs. Flying Start (secs)					
4	Standing Broad Jump (cms)					
5	6x 10 mtrs. Shuttle Run (secs)					
6	Medicine Ball Put (mtrs)					
7	800 mtrs. Run (min. & Sec)					
	Total					

**STATE LEVEL SELECTION FOR ADMISSION
DATA SHEET**

S. No. / Year..... Aadhar No.....

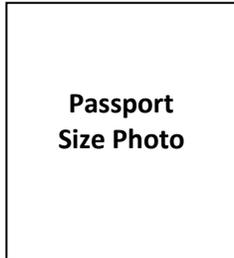
Name (in Block Letters) :.....

Father's / Guardian's Name:

Date of Birth:..... Sex Class Studying

Address : Pin.....

Village : Mandal..... District..... Mob.....



S.N	Battery Tests	Performance			Points Scored	Signature of the Official who conducted tests.
		1st	2nd	3rd		
1	Height (Cms)					
2	Weight (Kgs)					
3	30 mtrs. Flying Start (secs)					
4	Standing Broad Jump (cms)					
5	6x 10 mtrs. Shuttle Run (secs)					
6	Medicine Ball Put (mtrs)					
7	Flexibility Test					
8	Standing Vertical Jump					
9	800 mtrs. Run (min. & Sec)					
	Total					