

## ATHLETICS EVENTS

**The competitions shall be held in the following events**

Senior Boys	Junior Boys	Sub Junior Boys	Senior Girls	Junior Girls	Sub Junior Girls
100m	100m	100m	100m	100m	100m
200m	200m	200m	200m	200m	200m
400m	400m	400m	400m	400m	400m
800m	800m	600m	800m	800am	600m
1500m	1500m	80MH (76.2cm)	1500m	1500m	80MH (76cm)
5000m	3000m	Long jump	3000m	3000m	Long jump
110MH (99.0 m)	100MH (91.4cm)	High jump	5000m	100MH (76.2cm)	High jump
400MH (91.4cm)	Long jump	Shot put (4kg)	100MH (84cm)	Long jump	Shot put (4kg)
Long jump	High jump	Discus throw 1(kg)	400MH (76.2cm)	High jump	Discus throw1(kg)
High jump	Triple jump	4x100M relay	Long jump	Triple jump	4x100m relay
Triple jump	Pole vault		High jump	Pole vault	
Pole vault			Triple jump	Shot put (4kg)	
Shot put (6.0 kg)	Shot put (5 kg)		Pole vault	Discus throw 1(kg)	
Discus throw 1.75(kg)	Discus throw 1.5(kg)		Shot put (4kg)	Javelin throw (600gms)	
Javelin throw (800gms)	Javelin throw (700 gms)		Discus throw 1(kg)	Hammer throw (4.0kg)	
Hammer throw (6.0kg)	Hammer throw (5 kg)		Javelin throw (600gms)	3km Walk	
5km Walk	5km Walk		Hammer throw (4kg)	4x100m relay	
4x100M relay	4x100M relay		5km Walk		
4x400M relay			4x100M relay		
			4x400M relay		

N B:. Cross country common to all for boys (5Km) and girls (3km) separately

Kiddies Boys/Girls
100m
200m
Long jump
High jump
4X100m relay

L P Kiddies Boys/Girls
50m
100m
Long jump
4X100m relay

L P Mini Boys/Girls
50m
100m
Standing Broad Jump
4x50m shuttle relay

# AQUATICS

The competitions shall be held in the following events

<b>Senior Boys</b>	<b>Junior Boys</b>	<b>Sub Junior Boys</b>	<b>Senior Girls</b>	<b>Junior Girls</b>	<b>Sub Junior Girls</b>
50 Free Style	50 Free Style	50 Free Style	50 Free Style	50 Free Style	50 Free Style
100 Free Style	100 Free Style	100 Free Style	100 Free Style	100 Free Style	100 Free Style
200 Free Style	200 Free Style	200 Free Style	200 Free Style	200 Free Style	200 Free Style
400 Free Style	400 Free Style	400 Free Style	400 Free Style	400 Free Style	400 Free Style
1500 Free Style	800 Free Style	50 Back Stroke	800 Free Style	50 Back Stroke	50 Back Stroke
50 Back Stroke	50 Back Stroke	100 Back Stroke	50 Back Stroke	100 Back Stroke	100 Back Stroke
100 Back Stroke	100 Back Stroke	200 Back Stroke	100 Back Stroke	200 Back Stroke	200 Back Stroke
200 Back Stroke	200 Back Stroke	50 Breast Stroke	200 Back Stroke	50 Breast Stroke	50 Breast Stroke
50 Breast Stroke	50 Breast Stroke	100 Breast Stroke	50 Breast Stroke	100 Breast Stroke	100 Breast Stroke
100 Breast Stroke	100 Breast Stroke	200 Breast Stroke	100 Breast Stroke	200 Breast Stroke	200 Breast Stroke
200 Breast Stroke	200 Breast Stroke	50 Butterfly Stroke	200 Breast Stroke	50 Butterfly Stroke	50 Butterfly Stroke
50 Butterfly Stroke	50 Butterfly Stroke	100 Butterfly Stroke	50 Butterfly Stroke	100 Butterfly Stroke	100 Butterfly Stroke
100 Butterfly Stroke	100 Butterfly Stroke	200 Butterfly Stroke	100 Butterfly Stroke	200 Butterfly Stroke	200 Butterfly Stroke
200 Butterfly Stroke	200 Butterfly Stroke	200m Individual medley	200 Butterfly Stroke	200 Individual Medley	200m Individual medley
200 Individual Medley	200 Individual Medley	4x100 Freestyle relay	200 Individual Medley	400 Individual Medley	4x100 Freestyle relay
400 Individual Medley	400 Individual Medley	4x100 Medley relay	400 Individual Medley	4x100 Freestyle relay	4x100 Medley relay
4x100 Freestyle relay	4x100 Freestyle relay		4x100 Freestyle relay	4x100 Medley relay	
4x100 Medley relay	4x100 Medley relay		4x100 Medley relay		

### KABADDI WEIGHT CATEGORY

SL.No	AGE GROUP	GENDER	SIZE OF GROUND	WEIGHT	TEAM COMPOSITION
1	UNDER-17	BOYS	12 X 8 sqm	BELOW 57 kg	12
2	UNDER-17	GIRLS	12 X 8 sqm	BELOW 53 kg	12
3	UNDER-19	BOYS	13 X 10 sqm	BELOW 65 kg	12
4	UNDER-19	GIRLS	12 X 8 sqm	BELOW 59 kg	12

### WRESTLING WEIGHT CATEGORIES

U -17		U -19	
BOYS- F/S		BOYS- F/S	
Up to and Incl. 42 kg		Up to and Incl. 42 kg	
Over 42 kg up to and Incl. 46 kg		Over 42 kg up to and Incl. 46 kg	
Over 46 kg up to and Incl. 50 kg		Over 46 kg up to and Incl. 50 kg	
Over 50 kg up to and Incl. 54 kg		Over 50 kg up to and Incl. 55 kg	
Over 54 kg up to and Incl. 58 kg		Over 55 kg up to and Incl. 60 kg	
Over 58 kg up to and Incl. 63 kg		Over 60 kg up to and Incl. 66 kg	
Over 63 kg up to and Incl. 69 kg		Over 60 kg up to and Incl. 74 kg	
Over 69 kg up to and Incl. 76 kg		Over 74 kg up to and Incl. 84 kg	
Over 76 kg up to and Incl. 85 kg		Over 84 kg up to and Incl. 96 kg	
Over 85 kg up to and Incl. 100 kg		Over 96 kg up to and Incl. 120 kg	

### WEIGHT LIFTING U- 19 B&G WEIGHT CATEGORIES:

BOYS		GIRLS	
Up to & including 50 kg		Up to & including 44 kg	
Over 50 kg up to & including 56 kg		Over 44 kg up to & including 48 kg	
Over 56 kg up to & including 62 kg		Over 48 kg up to & including 53 kg	
Over 62 kg up to & including 69 kg		Over 53 kg up to & including 58 kg	
Over 69 kg up to & including 77 kg		Over 58 kg up to & including 63 kg	
Over 77 kg up to & including 85 kg		Over 63 kg up to & including 69 kg	
Over 85 kg up to & including 94 kg		Over 69 kg up to & including 75 kg	
Above 94 kg up to & including 105 kg		Above 75 kg	
Above 105 kg			

**TAEKWONDO WEIGHT CATEGORIES:**

U – 14		U -17		U -19	
Boys	Girls	BOYS	GIRLS	BOYS	GIRLS
-18 Kg	-16 Kg	Up to and Incl. 35 kg	Up to and Incl. 32 kg	Up to and Incl. 45 kg	Up to and Incl. 40 kg
18-21	16-18	Over 35kg up to &Incl. 38 kg	Over 32kg up to &Incl. 35Kg	Over 45 kg up to &Incl. 48 kg	Over 40 kg up to &Incl. 42 kg
21-23	18-20	Over 38kg up to &Incl. 41 kg	Over 35 kg up to &Incl. 38Kg	Over 48 kg up to &Incl. 51 kg	Over 42 kg up to &Incl. 44 kg
23-25	20-22	Over 41kg up to &Incl. 45 kg	Over 38kg up to &Incl. 42Kg	Over 51 kg up to &Incl. 55 kg	Over 44 kg up to &Incl. 46 kg
25-27	22-24	Over 45 kg up to &Incl. 48 kg	Over 42kg up to &Incl. 44Kg	Over 55 kg up to &Incl. 59 kg	Over 46 kg up to &Incl. 49 kg
27-29	24-26	Over 48 kg up to &Incl. 51 kg	Over 44kg up to &Incl. 46Kg	Over 59 kg up to &Incl. 63 kg	Over 49 kg up to &Incl. 52 kg
29-32	26-29	Over 51 kg up to &Incl. 55 kg	Over 46kg up to &Incl. 49Kg	Over 63 kg up to &Incl. 68 kg	Over 52 kg up to &Incl. 55 kg
32-35	29-32	Over 55 kg up to &Incl. 59 kg	Over 49kg up to &Incl. 52Kg	Over 68 kg up to &Incl. 73 kg	Over 55 kg up to &Incl. 59 kg
35-38	32-35	Over 59 kg up to &Incl. 63 kg	Over 52kg up to &Incl. 55kg	Over 73 kg up to &Incl. 78 kg	Over 59 kg up to &Incl. 63 kg
38-41	35-38	Over 63 kg up to &Incl. 68 kg	Over 55kg up to &Incl. 59Kg	Above 78 kg	Over 63 kg up to &Incl. 68 kg
+41	+38	Over 68 kg up to &Incl. 73 kg	Over 59kg up to &Incl. 63Kg		Above 68 kg
		Over 73 kg up to &Incl. 78 kg	Over 63kg up to &Incl. 68kg		
		Above 78 kg	Above 68 kg		

**JUDO**

U-14		U- 17, 19 B&G WEIGHT CATEGORIES:	
Boys	Girls	BOYS	GIRLS
-25	-23	Up to &including 40 kg	Up to &including 36 kg
-30	-27	Over 40 kg up to &including 45 kg	Over 36 kg up to &including 40 kg
-35	-32	Over 45 kg up to &including 50 kg	Over 40 kg up to &including 44 kg
-40	-36	Over 50 kg up to &including 55 kg	Over 44 kg up to &including 48 kg
-45	-40	Over 55 kg up to &including 60 kg	Over 48 kg up to &including 52 kg
-50	-44	Over 60 kg up to &including 66 kg	Over 52 kg up to &including 57 kg
+50	+44	Over 66 kg up to &including 73 kg	Over 57 kg up to &including 63 kg
		Over 73 kg up to &including 81 kg	Over 63 kg up to &including 70 kg
		Over 81 kg up to &including 90 kg	Above 70 kg
		Above 90 kg	

## Gymnastic

S. NO.	Gymnastic	UNDER-14		UNDER-17		UNDER-19	
		Boys	Girls	Boys	Girls	Boys	Girls
1.	<b>Artistic (Team)</b>	7	7	7	7	7	7
	Floor Exercise	✓	✓	✓	✓	✓	✓
	Pommel Horse	✓	-	✓	-	✓	-
	Roman Ring	✓	-	✓	-	✓	-
	Table Vault	✓	✓	✓	✓	✓	✓
	Parallel Bar	✓	-	✓	-	✓	-
	Horizontal Bar	✓	-	✓	-	✓	-
	All Round	✓	✓	✓	✓	✓	✓
	Balancing Beam	-	✓	-	✓	-	✓
	Uneven Bar	-	✓	-	✓	-	✓
2.	<b>Rhythmic (Team)</b>	-	3	-	3	-	3
	All Round	-	✓	-	✓	-	✓
	Rope	-	✓	-	✓	-	✓
	Hoop	-	✓	-	✓	-	✓
	Ball	-	✓	-	✓	-	✓
	Club	-	✓	-	✓	-	✓
3.	<b>Acrobatics (Team)</b>	-	-	-	-	7	6
	Mens Four	-	-	-	-	-	-
	Mens Pair	-	-	-	-	-	-
	Women's Pair	-	-	-	-	-	-
	Women Trio	-	-	-	-	-	-
	Mix Pair	-	-	-	-	1	1

In various Games number of players in a team shall be limited as follows

Sl.No	Game	No. of Players
1	FOOTBALL	18
2	HOCKEY	18
3	BASKETBALL	12
4	VOLLEYBALL	12
5	BALLBADMINTON	8
6	CRICKET	16
7	BADMINTON	5
8	TABLE TENNIS	5
9	KABADDI	12
10	KHO-KHO	12
11	TENNIS	5
12	HANDBALL	16
13	CHESS	Sub dist -1,Rev.dist-2,Zonal Games-2,State Games 5+5

National School Games Federation Norms will be followed.

**KERALA STATE SCHOOLS BALL BADMINTON TEAM SELECTION PERFORMA  
(FINAL – ZONE – DIST – SUBDIST)**

NAME OF DISTRICT.....

VENUE.....

DATE.....

CATEGORY.....

SL.NO	CHEST NO/ NAME	POSITION	PERFORMANCE (PREVIOUS/ CURRENT) 10 Marks	SKILL PROFICIENCY WHILE PLAYING				PLAYING ABILITY 50 Marks	TOTAL MARKS 100	REMARKS
				SERVICE 10	SHUTTIN G 10	SMASH 10	RECEIVI NG 10			
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Signature & Name of Selectors

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# KERALA STATE SCHOOLS BASKETBALL TEAM SELECTION PERFORMA

## (FINAL – ZONE – DIST – SUBDIST)

NAME OF DISTRICT.....

VENUE.....

DATE.....

CATEGORY.....

SL No	Chest No/ Name	Achievement Current/Previous (10 marks)	Skill Test (40 marks)				Playing Ability (50 marks)	Remarks
			Ball handling (10)	Shooting (10)	Rebound ing (10)	Footwork (10)		
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Signature & Name of Selectors

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KERALA STATE SCHOOLS **CRICKET** TEAM SELECTION PERFORMA

**(FINAL – ZONE – DIST – SUBDIST)**

NAME OF DISTRICT.....

VENUE.....

DATE.....

CATEGORY.....

SL NO	CHEST No/Name	Player Specific	PERFORMANC E (PREVIOUS / CURRENT) (10 marks)	SKILL PROFICIENCY WHILE PLAYING/NETS (40 Marks)				PLAYING ABLITY(50 marks)	Total marks 100	REMARKS
				Batting 10	Bowling 10	Fielding 10	Wicket keeping 10			
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Signature & Name of Selectors

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# KERALA STATE SCHOOLS **FOOTBALL** TEAM SELECTION PERFORMA

## (FINAL – ZONE – DIST – SUBDIST)

NAME OF DISTRICT.....

VENUE.....

DATE.....

CATEGORY.....

SL NO	CHEST No/NAME	PLAYERS SPECIFIC	PERFORMANCE (PREVIOUS / CURRENT) (10 marks)	SKILL PROFICIENCY WHILE PLAYING/TRAILS (40 Marks)				PLAYING ABILITY (50 marks)	TOTAL MARKS 100	REMARKS
				Kicking with Inside of the Foot (Push Pass) 10	Kicking with Inside of the Instep (Lofted Kick) 10	Kicking with Instep 10	Heading & Throwing 10			
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Signature & Name of Selectors

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KERALA STATE SCHOOLS **FOOTBALL** TEAM SELECTION PERFORMA  
(FINAL – ZONE – DIST – SUBDIST)

NAME OF DISTRICT.....

VENUE.....

DATE.....

CATEGORY.....

**GOAL KEEPER**

SL NO	CHEST No/NAME	PLAYERS SPECIFIC	PERFORMANCE (PREVIOUS / CURRENT) (10 marks)	SKILL PROFICIENCY WHILE PLAYING/TRAILS (40 Marks)				PLAYING ABILITY (50 marks)	TOTAL MARKS 100	REMARKS
				DIVING ABILITY 10	POSITIONING 10	BALL HANDLING 10	BALL CLEARANCE 10			
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Signature & Name of Selectors

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KERALA STATE SCHOOLS **HANDBALL** TEAM SELECTION PERFORMA  
(FINAL – ZONE – DIST – SUBDIST)

NAME OF DISTRICT.....

VENUE.....

DATE.....

CATEGORY.....

SL NO	Chest No/Name	Dribbling 10	Shooting 10	Passing 10	Faking 10	Achievement 10	Playing Ability 50	Total Marks 100	Remarks
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Signature & Name of Selectors

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**KERALA STATE SCHOOLS TEAM SELECTION PERFORMA****HAND BALL - GOAL KEEPER****FINAL / ZONAL/ REVENUE DIST/ SUB DISTRICT**

DATE.....

VENUE.....

NAME OF Sub./ Rev. DISTRICT.....

CATEGORY .....

SL NO	Chest No/Name	High Speed Reaction	Coordination	Agility	Flexibility	Achievement	Playing Ability	Total Marks	Remarks
		10	10	10	10	10			
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	Signature & Name of Selectors								

KERALA STATE SCHOOLS **HOCKEY** TEAM SELECTION PERFORMA

(FINAL – ZONE – DIST – SUBDIST)

NAME OF DISTRICT.....

VENUE.....

DATE.....

CATEGORY.....

Sl.No	Chest No./ Name	Achievement	Dribbling	Hitting	Stoppin g	Push	Game ability	Total	Remarks
		10	10	10	10	10	50	100	
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Selectors Name & Signature

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KERALA STATE SCHOOLS **HOCKEY** TEAM SELECTION PERFORMA  
(FINAL – ZONE – DIST – SUB DIST)

NAME OF DISTRICT.....

VENUE.....

DATE.....

CATEGORY.....

**GOAL KEEPER**

Sl.No	Chest No./ Name	Achievement	Sliding	Kicking	Diving	Stopping By hand	Game ability	Total	Remarks
		10	10	10	10	10	50	100	
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Selectors Name & Signature

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**KERALA STATE SCHOOLS KABADDI TEAM SELECTION PERFORMA  
(FINAL – ZONE – DIST – SUBDIST)**

NAME OF DISTRICT.....

VENUE.....

DATE.....

CATEGORY.....

SL NO	CHEST No/NAME	PLAYERS SPECIFIC	PERFORMANCE (PREVIOUS / CURRENT) (10 marks)	SKILL PROFICIENCY WHILE PLAYING/TRAILS (40 Marks)				PLAYING ABILITY (50 marks)	TOTAL MARKS 100	REMARKS
				Raiding (10 marks)	Chain Holds (10 marks)	Individual Holds (10 marks)	Support/ Counter Skills (10 marks)			
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Signature & Name of Selectors

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KERALA STATE SCHOOLS **KHO-KHO** TEAM SELECTION PERFORMA

**(FINAL – ZONE – DIST – SUBDIST)**

NAME OF DISTRICT.....

VENUE.....

DATE.....

CATEGORY.....

SL NO	CHEST No/NAME	PLAYERS SPECIFIC	EXPERIENCE (PREVIOUS / CURRENT)	SKILL PROFICIENCY WHILE PLAYING/TRAILS (40 Marks)				PLAYING ABILITY (50 marks)	TOTAL MARKS 100	REMARKS
				Chasing (10 marks)	Defensive (10 marks)	Counter (10 marks)	Combination (10 marks)			
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Signature & Name of Selectors

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KERALA STATE SCHOOLS **VOLLEYBALL** TEAM SELECTION PERFORMA

(FINAL – ZONE – DIST – SUBDIST)

NAME OF DISTRICT.....

VENUE.....

DATE.....

CATEGORY.....

SL.NO	CHEST.NO/NAME	PERFORMAN CE (PREVIOUS/C URRENT) 10	SERVICE 10	RECEPTIO N 10	SET/ATTAC K 10	BLOCK 10	GAMEABIL ITY 50	TOTAL 100	REMARKS
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Signature & Name of Selectors

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**KERALA STATE SCHOOLS VOLLEYBALL TEAM SELECTION PERFORMA**  
**[FINAL – ZONE – DIST – SUBDIST]**

NAME OF DISTRICT.....

VENUE.....

DATE.....

CATEGORY.....

**SETTERS**

SL.NO	CHEST.NO	SERVICE	ATTACK	SET	BLOCK	DEFENC E	GAME	TOTAL	REMAR KS
							ABILITY		
		10	10	15	15	10	40	100	
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Signature & Name of Selectors

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KERALA STATE SCHOOLS **VOLLEYBALL** TEAM SELECTION PERFORMA  
[FINAL – ZONE – DIST – SUBDIST]

NAME OF DISTRICT.....

VENUE.....

DATE.....

CATEGORY.....

**LIBERO**

SL.NO	CHEST.NO	---	RECEPTI	SET	----	DEFENCE	GAME	TOTAL	REMARKS
			ON				ABILITY		
			20	20		20	40		
1									
2									
3									
4									

Signature & Name of Selectors

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# KERALA STATE SCHOOLS TEAM FINAL SCORE SHEET

EVENT.....

[FINAL – ZONAL – DIST – SUBDIST]

VENUE.....

DATE.....

NAME OF DISTRICT.....

CATEGORY.....

SL. NO	CHEST.NO/NAME	SELECTOR				RANK	REMARKS
		I 100 Marks	II 100 Marks	III 100 Marks	TOTAL 300 Marks		
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Signature Name & Designation of Selectors

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## The structure of the Kerala School Sports and Games

