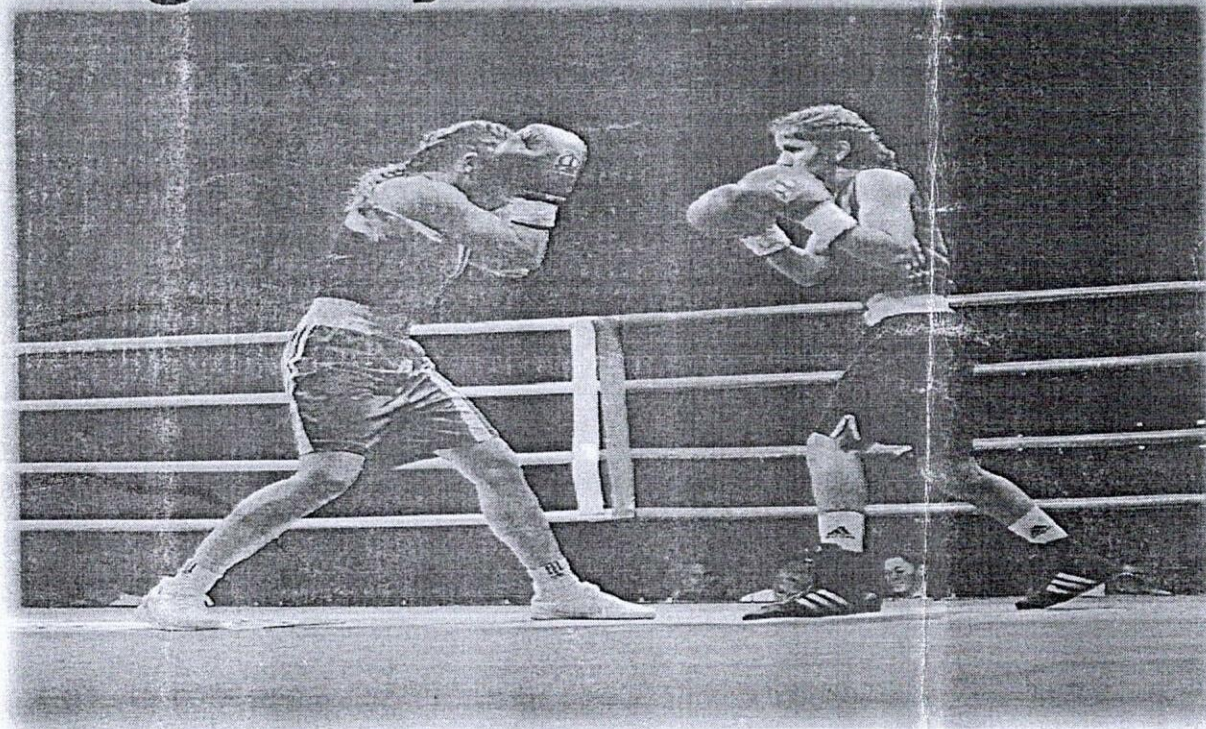


Directorate of Sports and Youth Welfare, MP
(*DSYW, MP*)

Boxing Player's Specific Tests



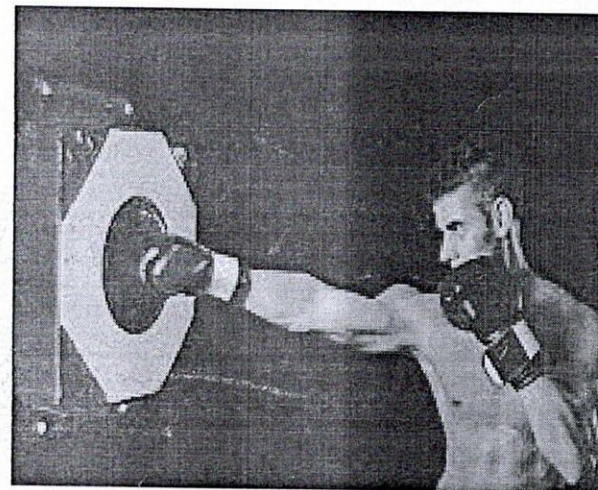
ROSHAN LAL,

CHIEF COACH, MP EXCELLENCE BOXING ACADEMY

SPECIFIC TEST FOR BOXER NORMS/AGE GROUP 12-18+

1- Specific co-ordination

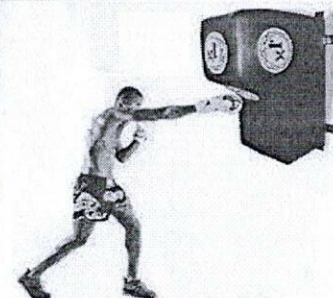
(20) Seconds on wall pad.
Combination 121 from 1.5 Mtrs.



Name of Player (Boxer)	12-14	15-16	17-18	18+	Points	Remarks
					3	Excellent
					2	Good
					1	Average

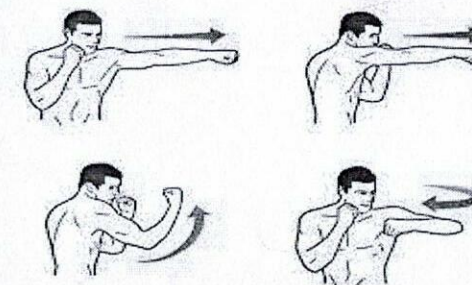
2. – Punching Speed

(10) Seconds st. Left and St. Right on wall pad.



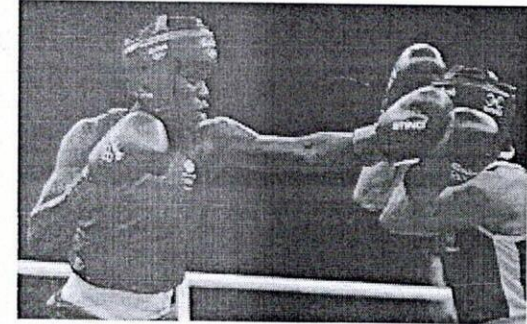
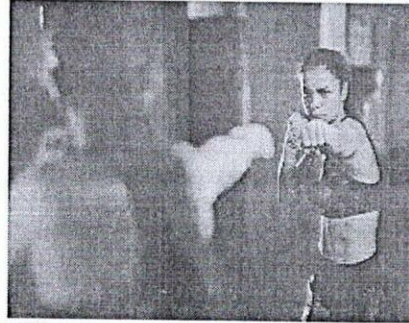
Name of Player (Boxer)	12-14	15-16	17-18	18+	Points	Remarks
					3	Excellent
					2	Good
					1	Average

3. – TEST FOR TECHNICAL TACTIES.



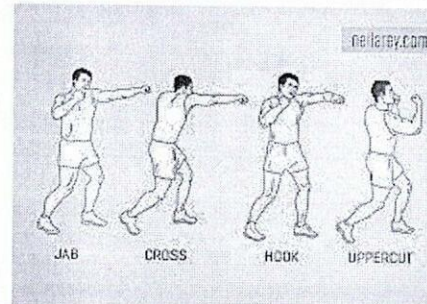
A. Purchasess (Te.)		Points	Remarks
1.	Correct Execution of 100% learned punches	3	Excellent
2.	Correct Execution of 80% learned punches	2	Good
3.	Correct Execution of 70% learned punches	1	Average

4. – Defensive Actions.



<u>Defensive Action</u>		<u>Points</u>	<u>Remarks</u>
<u>1.</u>	Correct Execution of 100% learned punches	<u>3</u>	Excellent
<u>2.</u>	Correct Execution of 80% learned punches	<u>2</u>	Good
<u>3.</u>	Correct Execution of 70% learned punches	<u>1</u>	Average

5. – Counters.



<u>Counters.</u>		<u>Points</u>	<u>Remarks</u>
<u>1.</u>	Correct Execution of 100% learned punches	<u>3</u>	Excellent
<u>2.</u>	Correct Execution of 80% learned punches	<u>2</u>	Good
<u>3.</u>	Correct Execution of 70% learned punches	<u>1</u>	Average

6. – Sparring (Note).



<u>Counters.</u>		<u>Points</u>	<u>Remarks</u>
<u>1.</u>	I-Availing of situation (Opening)	<u>3</u>	Excellent
<u>2.</u>	II- Creation of a situation as (Good) Required	<u>2</u>	Good
<u>3.</u>	III- Correct Selection of offensive & Defensive action suiting to situation	<u>1</u>	Average



SPECIFIC TESTS FOR BOXER NORMS/AGE GROUP 12-18



1- Specific Co-ordination

(20) Seconds on Wall pad.
Combination 121 from 1.5 Mtrs.

Name of Player (Boxer)	12-14	15-16	17-18	18+	Points	Remarks
	>20	>22	>26	>28	3	Excellent
	19-15	21-14	25-20	27-22	2	Good
	14-5	13-6	19-10	21-12	1	Average

2- Punching Speed

(10) Seconds St. Left and st.
Right on wall pad.

Name of Player (Boxer)	12-14	15-16	17-18	18+	Points	Remarks
	>16	>18	>20	>24	3	Excellent
	15-10	17-12	19-14	23-18	2	Good
	9-6	11-8	13-10	17-12	1	Average

3- Test for Technical Tactics.

A. Purchases (Tc.)		Points	Remarks
1	Correct Execution of 100% learned punches	3	Excellent
2	Correct Execution of 80% learned punches	2	Good
3	Correct Execution of 70% learned punches	1	Average

4- Defensive Actions

Defensive Actions		Points	Remarks
1	Correct Execution of 100% learned punches	3	Excellent
2	Correct Execution of 80% learned punches	2	Good
3	Correct Execution of 70% learned punches	1	Average

5- Counters.

Counters		Points	Remarks
1	Correct Execution of 100% learned punches	3	Excellent
2	Correct Execution of 80% learned punches	2	Good
3	Correct Execution of 70% learned punches	1	Average

6- Sparring (Note)

Sparring		Points	Remarks
1	I-Availing of situation (Opening)	3	Excellent
2	II-Creating of a situation as (Good) Required	2	Good
3	III-Correct Selection of offensive & Defensive action suiting to situation.	1	Average

BOXING PLAYER'S PHYSICAL TESTS





WHY TESTING?

- Enables the coach to assess the success of the training program
- Indicate weaknesses
- Individualize training programs
- Motivate the athlete



BOXING PHYSICAL TEST

S.No.	Name of the Test
01	1000Mtr. Speed endurance for the Time (Min.)
02	30 m flying start sprint for Time (Sec.)
03	Standing Broad Jump (M)
04	6X10 Mtr. Shuttle (Sec.)
05	Sit & Reach
06	Sit Ups (30 Sec.)
07	Push Ups (30 Sec.)
08	Pull Ups (30 Sec.)



1. Time (Min.) for 1000Mtr. Speed endurance

Gender & age (Years)	Excellent (4)	Good (3)	Average (2)	Below Average (1)
Male 12-14	< 4.30	4.31 - 4.40	4.41 - 4.70	< 4.70-4.50
Female 12-14	< 4.80	4.81 - 4.90	4.91 - 4.50	< 4.51-5.00
Male 14-16	< 4.01	4.30 - 4.50	4.51 - 4.70	< 4.71-4.90
Female 14-16	< 4.30	4.31 - 4.40	4.41 - 4.70	< 4.70-4.50
Male 16-18	< 3.80	3.81 - 3.90	4.00 - 4.20	< 4.21-4.30
Female 16-18	< 4.01	4.30 - 4.50	4.51 - 4.70	< 4.71-4.90
Male 18+	< 3.30	3.31 - 3.50	3.51 - 3.70	< 3.71-3.80
Female 18+	< 3.80	3.81 - 4.00	4.01 - 4.20	< 4.21-4.50

TEST FOR SPEED

2. 1300m. flying start sprint for Time (Sec.)

Gender & age (Years)	Excellent (4)	Good (3)	Average (2)	Below Average (1)
Male 12-14	< 4.30	4.31 - 5.00	5.01 - 5.30	< 5.30-5.50
Female 12-14	< 5.00	5.01 - 5.30	5.31 - 6.00	< 6.01-6.20
Male 14-16	< 4.00	4.01 - 4.30	4.31 - 4.50	< 4.51-4.60
Female 14-16	< 4.20	4.21 - 4.40	4.41 - 4.60	< 4.61-4.70
Male 16-18	< 3.30	3.31 - 3.80	3.81 - 4.00	< 4.01-4.20
Female 16-18	< 3.50	3.51 - 3.70	3.71 - 4.10	< 4.11-4.30
Male 18+	< 3.20	3.21 - 3.50	3.51 - 3.90	< 3.91-4.10
Female 18+	< 3.40	3.41 - 3.60	3.61 - 4.00	< 4.01-4.30



TEST FOR EXPLOSIVE LEG STRENGTH

3. Standing Broad Jump (M)

Gender & age (Years)	Excellent (4)	Good (3)	Average (2)	Below Average (1)
Male 12-14	> 1.51	1.50 – 1.41	1.40 – 1.31	< 1.30-1.20
Female 12-14	> 1.41	1.40 – 1.31	1.30 – 1.21	< 1.20-1.10
Male 14-16	> 1.71	1.70 – 1.61	1.60 – 1.51	< 1.50-1.40
Female 14-16	> 1.61	1.60 – 1.51	1.50 – 1.41	< 1.40-1.30
Male 16-18	> 2.01	2.00 – 1.91	1.90 – 1.81	< 1.80-1.70
Female 16-18	> 1.91	1.90 – 1.81	1.80 – 1.71	< 1.70-1.60
Male 18+	> 2.21	2.20 – 2.11	2.10 – 1.91	< 1.90-1.80
Female 18+	> 2.11	2.10 – 2.01	1.90 – 1.81	< 1.80-1.70

TEST FOR AGILITY

4. 6X10 Mtr. Shuttle (Sec.)

Gender & age (Years)	Excellent (4)	Good (3)	Average (2)	Below Average (1)
Male 12-14	< 17.1 Sec.	17.00 - 18.30	18.31 – 19.30	>19.30
Female 12-14	< 18.1 Sec.	18.00 - 19.30	19.31 – 20.30	>20.30
Male 14-16	< 16.1 Sec.	16.1 - 17.00	17.1 – 17.50	>17.50
Female 14-16	< 17.1 Sec.	17.00 - 18.00	18.1 – 18.50	>18.50
Male 16-18	< 15.6 Sec.	15.7 - 16.3	16.4 – 17.0	>17.1-17.30
Female 16-18	< 16.1 Sec.	16.2 - 17.3	17.4 – 18.5	>18.5-18.30
Male 18+	< 15.00 Sec.	15.01 - 16.00	16.01 – 17.50	>17.50-18.00
Female 18+	< 16.0 Sec.	16.01 - 17.00	17.01 – 18.00	>18.50-19.00



TEST FOR FLEXIBILITY

5. Sit & Reach

Gender & age (Years)	Excellent (4)	Good (3)	Average (2)	Below Average (1)
Male 12-14	> +25	+24-20	+19-10	<10
Female 12-14	> +28	+27-20	+19-12	<12
Male 14-16	> +22	+21-15	+14-0	<8
Female 14-16	> +25	+24-20	+19-13	<13
Male 16-18	> +20	+19-15	+14-7	<7
Female 16-18	> +21	+20-16	+15-9	<9
Male 18+	> +18	+17-13	+12-6	<6
Female 18+	> +20	+19-15	+14-09	<8

TEST FOR ARM STRENGTH

6. PULL UPS

Gender & age (Years)	Excellent (4)	Good (3)	Average (2)	Below Average (1)
Male 12-14	>7	6-5	4-2	<2
Female 12-14	>6	5-4	3-1	<1
Male 14-16	>10	9-7	7-5	<5
Female 14-16	>8	7-5	7-3	<3
Male 16-18	>20	19-11	10-6	<6
Female 16-18	>10	9-7	6-4	<4
Male 18+	>25	24-15	14-6	<5
Female 18+	>15	14-10	9-5	<4



7. Sit Ups (30 Sec.)

Gender & age (Years)	Excellent (4)	Good (3)	Average (2)	Below Average (1)
Male 12-14	> 20	19 - 14	13 - 10	< 9
Female 12-14	> 25	18 - 14	14 - 08	< 7
Male 14-16	> 32	31 - 20	19 - 14	< 13
Female 14-16	> 30	29 - 21	20 - 15	< 14
Male 16-18	> 40	39 - 31	31 - 20	< 19
Female 16-18	> 35	34 - 29	28 - 18	< 17
Male 18+	> 45	44 - 36	35 - 26	< 25
Female 18+	> 40	39 - 30	29 - 17	< 16

8. Push Ups (30 Sec.)

Gender & age (Years)	Excellent (4)	Good (3)	Average (2)	Below Average (1)
Male 12-14	> 20	19 - 15	14 - 8	< 8
Female 12-14	> 15	14 - 10	10 - 5	< 4
Male 14-16	> 22	21 - 16	15 - 10	< 9
Female 14-16	> 20	19 - 16	15 - 9	< 8
Male 16-18	> 25	24 - 20	19 - 14	< 13
Female 16-18	> 22	21 - 16	15 - 10	< 9
Male 18+	> 30	29 - 25	24 - 15	< 14
Female 18+	> 25	24 - 18	17 - 10	< 10



SPECIFICATION WEIGHT & HEIGHT NORMS FOR BOXING ACADEMY

ELITE & YOUTH WOMEN BOXERS

Age Group 12-18 years

S.No.	WEIGHT CATEGORY	KG	HEIGHT (IN CM)
1.	LIGHT FLY	45-48 KG	160 CM
2.	FLY	48-51 KG	162 CM
3.	BANTAM	51-54 KG	165 CM
4.	FEATHER	54-57 KG	167 CM
5.	LIGHT	57-60 KG	170 CM
6.	LIGHT WELTER	60-65 KG	174 CM
7.	WELTER	65-70 KG	178 CM
8.	MIDDLE	70-75 KG	180 CM
9.	LIGHT HEAVY	75-81 KG	185 CM
10.	HEAVY	+81 KG	190 CM



ELITE & YOUTH MEN BOXERS

Age Group 12-18 years

S.No.	WEIGHT CATEGORY	KG	HEIGHT (IN CM)
1.	LIGHT FLY	47-50 KG	165 CM
2.	FLY	50-55 KG	167 CM
3.	BANTAM	55-60 KG	169 CM
4.	LIGHT	60-65 KG	171 CM
5.	LIGHT WELTER	65-70 KG	173 CM
6.	WELTER	70-75 KG	175 CM
7.	MIDDLE	75-80 KG	180 CM
8.	LIGHT HEAVY	80-85 KG	185 CM
9.	HEAVY	85-90 KG	190 CM
10.	SUPER HEAVY	+90 KG	195 CM



Thank you!