

**चयन स्पर्धा निर्धारित मापदण्ड -**

- 1) 11 से 14 वर्ष के आयु वर्ग में ही Raw बालक-बालिकाओं का चयन फिटनेस टेस्ट के आधार पर अगले फेस के लिए किया जायेगा।
- 2) 15 से 18 वर्ष के आयु वर्ग के खिलाड़ियों को स्किल टेस्ट के आधार पर अगले फेस के लिए चयनित किया जावेगा।
- 3) 15 से 18 वर्ष के आयु वर्ग के खिलाड़ियों को अधिकृत राज्य स्तरीय/राष्ट्रीय प्रतिभागिता अथवा पदक अर्जित किया होना आवश्यक है। पदक विजेता खिलाड़ी को वरियता दी जावेगी।
- 4) सभी खिलाड़ियों को चयन स्पर्धा में व्यक्तिगत फेंसिंग उपकरण जैकेट, ब्रीचेस, मास्क, वेपन, चेस्ट गार्ड, ग्लव्स लेकर आना आवश्यक है।
- 5) आयु की गणना 01 जुलाई, 2026 के आधार पर की जावेगी।

**फेस - 1.1 (डिस्ट्रिक्ट लेवल) -** Raw Talent 11 से 14 आयु वर्ग के ऐसे खिलाड़ी, जिन्होंने किसी भी अधिकृत फेंसिंग प्रतियोगिता में भाग नहीं लिया हो। फेस-1(A) क्वालिफाई करने वाले खिलाड़ी ही फेस-1(B) में भाग ले सकेंगे।

**Phase-1(A)**

<b>BOYS</b>						
<b>Age/ Parameters</b>	<b>Height</b>			<b>Weight</b>		
	<b>1</b>	<b>2</b>	<b>3</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>11-12 yrs</b>	142	150	155	32	38	44
<b>13 yrs</b>	156	161	166	42	45	48
<b>14 yrs</b>	161	166	171	46	50	54
<b>15 yrs</b>	166	170	175	51	55	57
<b>16 yrs</b>	170	174	178	55	58	61
<b>17 yrs</b>	173	177	180	60	63	65
<b>18 yrs</b>	175	179	181	64	66	68
<b>GIRLS</b>						
<b>Age/ Parameters</b>	<b>Height</b>			<b>Weight</b>		
	<b>1</b>	<b>2</b>	<b>3</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>11-12 yrs</b>	140	148	153	30	36	42
<b>13 yrs</b>	151	155	160	41	44	47
<b>14 yrs</b>	155	158	163	45	49	52
<b>15 yrs</b>	158	162	166	50	53	55
<b>16 yrs</b>	161	165	168	53	56	58
<b>17 yrs</b>	163	167	170	55	57	59
<b>18 yrs</b>	165	169	172	56	58	60

## Phase-1(B)

### Specific Evaluation of Physical fitness in different age groups for Fencers

Sl No	Control Exercise	11 - 12 yrs	13 - 14 yrs	15 - 16 yrs	17 - 18 yrs	Points
		Score	Score	Score	Score	
1.	20m run standing start in sec	4.0 & less	3.5 & less	3.2 & less	3.0 & less	3
		4.1 - 4.4	3.6 - 3.8	3.3 - 3.5	3.1 - 3.3	2
		4.5 - 4.8	3.9 - 4.1	3.6 - 3.8	3.4 - 3.6	1
2.	60m run with three 180 turn segment at 4 x 15m	15.2 & less	14.0 & less	13.5 & less	13.0 & less	3
		15.3 - 15.7	14.1 - 14.5	13.6 - 14.0	13.1 - 13.5	2
		15.8 - 16.3	14.6 - 15.0	14.1 - 14.6	13.6 - 14.0	1
3.	Standing Broad jump (in cm)	195 & above	225 & above	230 & above	240 & above	3
		194 - 180	224 - 210	229 - 215	239 - 230	2
		179 - 165	209 - 195	214 - 200	229 - 210	1
4	Pull ups (no. of reps)	6	8	10	12	3
		4	6	8	10	2
		2	3	5	8	1

**फेस - 1.2 (डिस्ट्रिक्ट लेवल) - 15 से 18 वर्ष के आयु वर्ग के खिलाड़ियों को स्किल टेस्ट के आधार पर चयनित किया जावेगा। 15 से 18 वर्ष के आयु वर्ग के खिलाड़ियों को अधिकृत राज्य स्तरीय/राष्ट्रीय प्रतिभागिता अथवा पदक अर्जित किया होना आवश्यक है। पदक विजेता खिलाड़ी को वरियता दी जावेगी।**

### Specific Evaluation of Fencing Skill Test in different age groups for Fencers

Sl No	Name of the Test	11 - 12 yrs	13 - 14 yrs	15 - 16 yrs	17 - 18 yrs	Points
		Score	Score	Score	Score	
1.	Execution speed of advance and retreat from "On Guard Position"(Start to End) = 14 m x 2= 28 m	8.15sec & less	8.10sec & less	8.05sec & less	8.00sec below	3
		8.16- 9.05 sec	8.11- 8.59 sec	8.06- 8.56 sec	8.01- 8.50 sec	2
		9.06 sec. above	9.00 sec. above	8.57sec. above	8.51 sec. above	1
2.	Hitting on the target (Within 15 sec)	34 & above	36 & above	38 & above	40 & above	3
		27 - 33	28 - 35	29 - 37	30 - 39	2
		17 - 26	18 - 27	19 - 28	20 - 29	1
3.	Repetition of the lunge ( Within 15 sec)	16 & above	17 & above	18 & above	20 & above	3
		12 - 15	13 - 16	14 - 17	16 - 19	2
		6 - 11	7 - 12	8 - 13	10 - 15	1

फेस - 2 (स्टेट लेवल) - फेस-1 में क्वालिफाई करने वाले खिलाड़ी ही फेस-2 में भाग ले सकेंगे।

<b>BOYS</b>																					
Age/ Parameters	Height			Weight			Vertical jump			30m flying start			Ball throw			800m run			6x10m shuttle Run		
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
11-12 yrs	142	150	155	32	38	44	40	42	46	4.5	4.4	4.35	5.7	6.5	7.3	3	2.95	2.9	17.7	17.1	16.6
13 yrs	156	161	166	42	45	48	42	45	48	4.4	4.3	4.25	6.7	7.2	7.7	2.95	2.9	2.85	17.2	16.7	16.2
14 yrs	161	166	171	46	50	54	44	47	50	4.3	4.2	4.15	7.5	8.2	9	2.9	2.85	2.8	16.7	16.2	15.7
15 yrs	166	170	175	51	55	57	47	49	53	4.2	4.1	4.05	7.7	8.5	9.2	2.85	2.8	2.75	16.3	15.9	15.4
16 yrs	170	174	178	55	58	61	49	52	55	4.1	4	3.95	8.2	9	9.5	2.8	2.75	2.7	16	15.5	15
17 yrs	173	177	180	60	63	65	51	55	57	4	3.95	3.9	8.7	9.5	10	2.75	2.7	2.65	15.5	15	14.5
18 yrs	175	179	181	64	66	68	53	57	59	3.95	3.9	3.85	9.2	10	10.5	2.7	2.65	2.6	15	14.6	14.1

  

<b>GIRLS</b>																					
Age/ Parameters	Height			Weight			Vertical jump			30m flying start			Ball throw			800m run			6x10m shuttle Run		
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
11-12 yrs	140	148	153	30	36	42	39	41	43	4.55	4.45	4.4	5.5	6.4	7	3.1	3	2.95	18.7	18.2	17.8
13 yrs	151	155	160	41	44	47	41	44	46	4.45	4.35	4.3	6	6.6	7.3	3	2.95	2.9	18.2	17.8	17.3
14 yrs	155	158	163	45	49	52	44	46	48	4.35	4.25	4.2	6.5	7.2	8	2.95	2.9	2.85	17.9	17.5	17
15 yrs	158	162	166	50	53	55	45	48	50	4.3	4.2	4.15	7	7.5	8.3	2.9	2.85	2.8	17.5	17	16.6
16 yrs	161	165	168	53	56	58	46	49	52	4.25	4.15	4.1	7.5	8	8.8	2.85	2.8	2.75	17	16.6	16.1
17 yrs	163	167	170	55	57	59	47	50	53	4.2	4.1	4.05	8	8.5	9.2	2.8	2.75	2.7	16.6	16.1	15.6
18 yrs	165	169	172	56	58	60	48	51	54	4.15	4.05	4	8.5	9	9.5	2.75	2.7	2.65	16.2	15.7	15.2

### Specific Evaluation of Fencing Skill Test in different age groups for Fencers

Sl No	Name of the Test	11 - 12 yrs	13 - 14yrs	15 - 16yrs	17 - 18 yrs	Points
		Score	Score	Score	Score	
1.	Execution speed of advance and retreat from "On Guard Position"(Start to End) = 14 m x 2= 28 m	8.15sec & less	8.10sec& less	8.05sec & less	8.00sec below	3
		8.16- 9.05 sec	8.11- 8.59 sec	8.06- 8.56 sec	8.01- 8.50 sec	2
		9.06 sec. above	9.00 sec. above	8.57sec. above	8.51 sec. above	1
2.	Hitting on the target (Within 15 sec)	34 & above	36& above	38& above	40& above	3
		27 - 33	28 - 35	29 - 37	30 - 39	2
		17 - 26	18 - 27	19 - 28	20 - 29	1
3.	Repetition of the lunge ( Within 15 sec)	16 & above	17 & above	18 & above	20 & above	3
		12 - 15	13 - 16	14 - 17	16 - 19	2
		6 - 11	7 - 12.	8 - 13	10 - 15	1

फिटनेस टेस्ट, स्किल टेस्ट, फेंसिंग बाउट/मैचेस के आधार पर फेस-3 के लिए चयनित किया जावेगा।

## TALENT SEARCH 2026

### **Fencing Skill Test**

*Preferable Age of induction in the scheme is 12-18 yrs*

**Test No. 1**      **Execution speed of advance and retreat from “On Guard Position”**  
(Start to End) = 14 m x 2 = 28 m

**Purpose :**        To evaluate speed, controlling the distance and balance ability.

**Equipment :** 1) Piste, 2) Fencing costume 3) Weapon 4) Stopwatch 5) Hand glove  
**/Facilities**    6) Fencing shoe

**Procedure:** Fencer stands in on Guard position with weapon in hand and the button is to be kept to the eye's level. Execution first step – place feet at right angle about 1½ feet (using the fencer foot) apart, heel on the same line. Second step – bent both legs equally while spreading knees, body remaining upright. Third step - bent the right arm elbow away from the body which is turned sideways with fore arm more or less horizontal point at shoulder's height. At the same time, leave the rear arm backwards while bending it. Elbow at shoulder height, hands slightly fixed without tension in the fore arm, the whole rear arm forming an arc.

**Advance** – the front foot at ½ pace forward than bring the rear foot forward to the original feet a pace apart position.

**Retreat** – the rear foot back first followed by the front foot.

The distance of advancing and retreating is **in 14m.**

**Score:** Time in second to be recorded.

**Test No. 2**      **Hitting on Target**

**Purpose :**        To evaluate speed endurance of weapon arm

**Equipment :** 1) Target, 2) Fencing costume, 3) Weapon, 4) Stopwatch, 5) Hand glove  
**/Facilities**    and 6) Fencing Shoe

**Procedure:** From “on guard” position hitting on the given target without moving the position. Fencer weapon button can withdraw 20cm from the surface of the given target within 15 seconds

**Score:** Maximum number of hitting on the target to be recorded.

**Test No. 3**      **Repetition of the lunge**

**Purpose:**        To evaluate leg power

**Equipment/:** 1) Fencing costume, 2) Stop watch, 3) Fencing shoe, 4) Weapon  
**Facilities**    and 5) Hand Glove

**Procedure:** Starting from the on guard position extends weapon arm in fencing line, kick front foot forward when kicking first left the ball of the front foot and kick should be near the ground. Extend their legs; the extension of the rear leg begins as soon as the front heel on the ground. Extend the rear arms simultaneously, extend the rear arm backward it will go down upon the rear thigh the palm facing upward driving from the rear foot strengthening the weapon arm before landing and landing should be on heel of front foot within 15 sec.

**Score:** Maximum numbers of Repetition of the lunge to be recorded.