

Wrestling-specific test-1

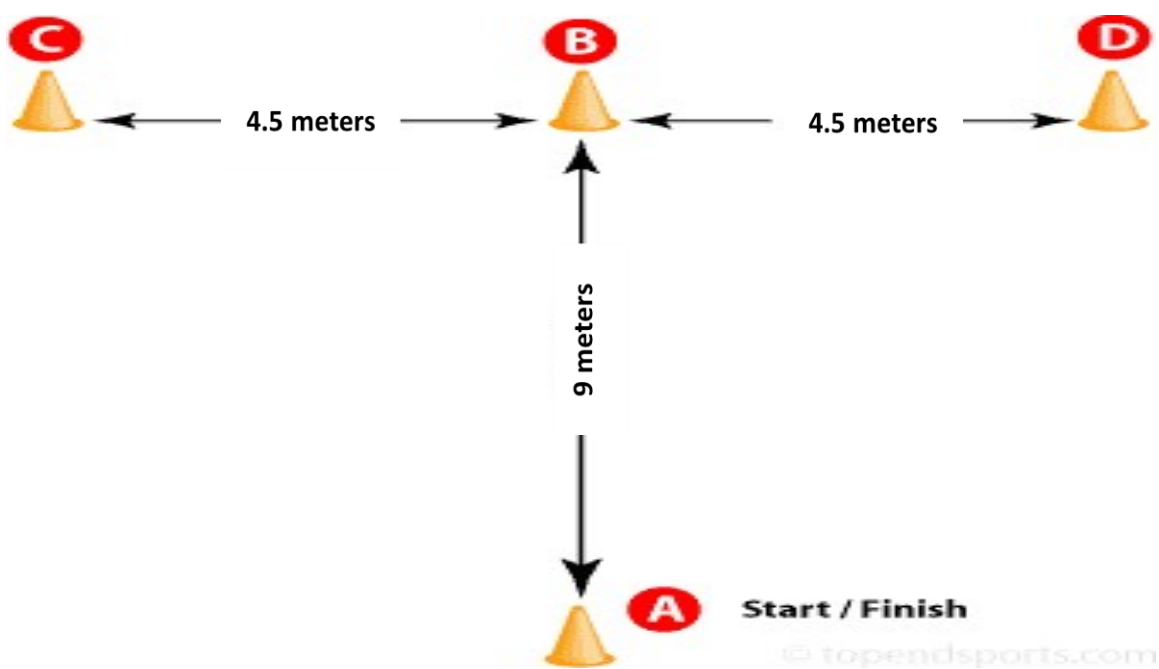
Name of the test: **Modified T-Test**

Rational: The movement structure -- involving forward, lateral, and backward shuffling— of the said test is similar to The wrestler's multi-directional shuffling on the mat while wrestling.

Purpose of the test: The modified T-Test is a test of wrestling movements in a neutral stance that include forward, lateral, and backward shuffling.

Equipment required: Tape measure, marking cones, stopwatch, wrestling mat

Pre-test: Explain the test procedures to the subject. Prepare forms and record basic information such as age, height, body weight, gender, and test conditions. Measure and mark out the test area.



Procedure: The subject starts at cone A. On the timer's command, the subject **shuffles** to cone B and touches the base of the cone with their stance hand. Ensure that participants face forward when shuffling and do not cross their feet over one another.

They then turn left and shuffle sideways to cone C, and touch its base, this time with their left hand. Then shuffling sideways to the right to cone D and touching the base with the right hand. They then shuffle back to cone B, touching with the left hand, and run backwards to cone A. The stopwatch is stopped as they pass cone A.

Scoring: The trial will not be counted if the subject crosses one foot **in front of the other while shuffling**, fails to touch the base of the cones, or fails to face forward throughout the test. Take the best time of three successful trials to the nearest 0.1 seconds. The table below shows some scores for adult team sport athletes.

	Males (seconds)	Females (seconds)	Points
Excellent	< 9.5	< 10.5	10
Good	9.5 to 10.5	10.5 to 11.5	8
Average	10.5 to 11.5	11.5 to 12.5	6
Poor	> 11.5	> 12.5	4

Objectivity of the test: Ok

Reliability of the test: Ok

Validity of the test: **Yet to be established**

Wrestling-specific test-2

Name of test: **Dummy Throw Test (DTT)**

Rational: The movement and load structure of the said test is similar to most of the scoring movements of the wrestlers

Purpose of the test: The DTT is a test of anaerobic capacity and the whole body's explosiveness

Equipment: Wrestling mat, timer, dummies

Pre-test: Explain the test procedures to the subject. Prepare forms and record basic information such as age, height, body weight, gender, and test conditions.

Target population: Wrestlers (Men & Women) with wrestling experience > 3 years – **G/R, F/S, W/R**

Procedure:

1. The wrestler takes the body lock on the upper chest of the dummy, of marked size as per the body weight and height of the wrestler – weight of dummy: < 60% of the subject's body weight
2. On the go command, the subject – already in grip on dummy and is in standing position --
- will make a back-arch and turn on a wrestling mat
3. The wrestler has to use the central wrestling area of a 7-meter diameter.



Scoring:

Scoring: The number of throws in 30 sec. will be the score

Total no of Throws (Boys)	Total no of Throws (Girls)	Rating	Score
>16	>15	Excellent	10
12-15	11-14	Very good	8
8-11	7-10	Good	6
< 8	< 7	Average	4

Objectivity of the test: Ok.

Reliability of the test: Ok

Validity of the test: **Yet to be established**

Wrestling-specific test-3

Name of the test: **Wrestling Movement test (WMT)**

Rational: The movement and load structure of the said test is similar to the wrestling movements of attacks and defence

Purpose of the test: The WMT measures the attacking and defensive abilities of a wrestler.

Equipment required: Wrestling mat, timer

Pre-test: Demonstrate and explain the free-style----- stepping/high-leg action, thumb-block, knee-drop, sprawl, knee-spin, down/arm block ----and Greco-Roman – Clinching, thumb-block, back-step, back-arch and fall – movements. Prepare forms and record basic information such as age, height, body weight, gender, and test conditions.

Procedure: Subject will start in a standing position. The subject – on the signal – will start doing the wrestling movements (Either freestyle or Greco-Roman movements) as many times as possible during the pre-determined time frames, i.e., 30sec -- 30 sec relax -- 20sec – 20 sec relax -- and 10 sec.



Scoring: Total Number of wrestling movements in three segments of the test, i.e., 1-30 sec, 2-20 sec, 3-10 sec

Movements in 30 sec	Movements in 20 Sec	Movements in 20 sec	Total (Boys)	Total (Girls)	Rating	Points
			>90	>90	Excellent	10
			80-89	80-89	Very good	8
			70-79	70-79	Good	6
			60-69	60-69	Average	4
			< 60	< 60	Poor	2

Objectivity of the test: Ok

Reliability of the test: Ok

Validity of the test: **Yet to be established**

Fitness-test-1

Name of the test: **Squat Thrust & Jump/Burpee Fitness Test**

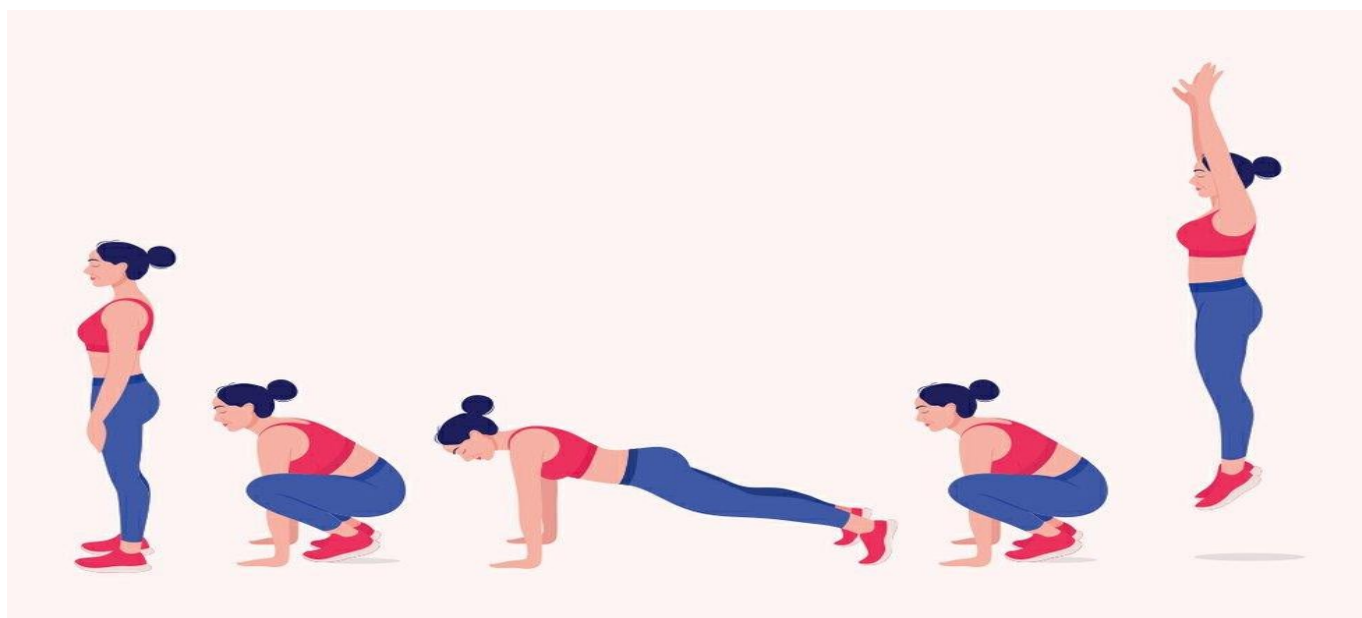
Rational: This test is a simple test of muscle endurance and coordination, in which the subject attempts the maximum number of burpees in a set time and is close to the load structure of the wrestling

Purpose: This is a test of strength endurance (muscle endurance), though body control, balance and coordination are also factors.

Equipment: Even floor, timer

Pre-test: Explain the test procedures to the subject. Prepare forms and record basic information such as age, height, body weight, gender, and test conditions.

Procedure: The standard starting position for the burpee is standing erect with the arms by the side. From the standing position, squat down and place your hands on the floor in front of your feet. Putting the bodyweight on the hands, the legs are thrust back to a push-up position with a straight line from the shoulders to the heels. Next, pull the legs back and return to the squatting position, then up back to the starting standing position. One complete burpee is from the standing back to the standing position. The 'bottom' of the Burpee, the chest must touch the ground, and at the 'finish' of the Burpee, the feet must leave the ground with the hands reaching above the ears.



Scoring: Total number of thrusts in 2:30 Minutes

Total number of Thrusts (Boys)	Total number of Thrusts (Girls)	Rating	Points
>75	>70	Excellent	10
70-74	65-69	Very good	8
65-69	60-64	Good	6
60-64	55-59	Average	4
55-59	50-54	Poor	2

Objectivity of the test: Ok.

Reliability of the test: Ok.

Validity of the test: Ok

Validity of the test: Yet to be established

Fitness-test-2

Name of the test: 800 Meter Run Test

Rational: The test measures the anaerobic capacity of the subject, which is one of the performance factors of wrestling.

Purpose: Anaerobic capacity

Equipment: oval or 400m running track, recording sheets, stopwatch

Pre-test: Explain the test procedures to the subject. Prepare forms and record basic information such as age, height, body weight, gender, and test conditions. Ensure that the participants are adequately warmed up.

Procedure: This test aims to complete the 800-meter course in the quickest possible time. To start, all participants line up behind the starting line. On the command 'go,' the clock will start, and they will begin running at their own pace. Cheering or calling out the elapsed time is also permitted to encourage the participants to achieve their best time.



Scoring: The total time taken to run 800m is recorded. Use the table below to get a rating from the test time for adults.

Time (Boys)	Time (Girls)	Rating	Points
< 2'45" Min	< 2'55" Min	Excellent	10
2'46"-3' Min	3'01"- 3'15" Min	Very good	8
3'01"- 3'15" Min	3:15"-3':20" Min	Good	6
>3:15 Min and above	>3:20 Min and above	Average	4

Objectivity of the test: Ok.

Reliability of the test: Ok

Validity of the test: Ok

Validity of the test: Yet to be established

Fitness-test-3

Name of the test: **Standing Long Jump Test (Broad Jump)**

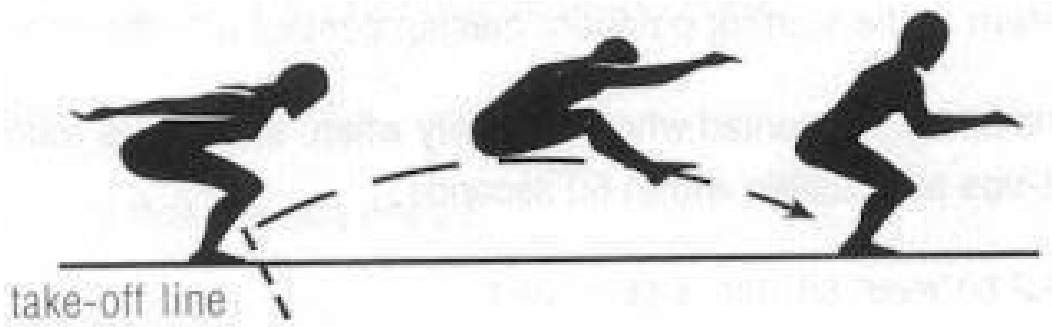
Rational: The Standing long jump, also called the Broad Jump, is a common and easy-to-administer test of explosive leg power. Leg power is an important performance factor in wrestling to create momentum for any wrestling movement.

Purpose: to measure the explosive power of the legs

Equipment: Tape measure to measure distance jumped, non-slip floor for take-off, and soft-landing area preferred.

Pre-test: Explain the test procedures to the subject. Prepare forms and record basic information such as age, height, body weight, gender and test conditions. Check and calibrate the equipment if required. Perform a standard warm-up. The take-off line should be clearly marked.

Procedure: The athlete stands behind a line marked on the ground with feet slightly apart. A two-foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts are allowed.



Scoring: The measurement is taken from the take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts.

	Males	Females	
Rating	(cm)	(cm)	(Points)
Excellent	> 250	> 200	10
Very good	241-250	191-200	8
Good	231-240	181-190	6
Average	221-230	171-180	4

Objectivity of the test: Ok

Reliability of the test: Ok

Validity of the test: Ok

Fitness-test-4

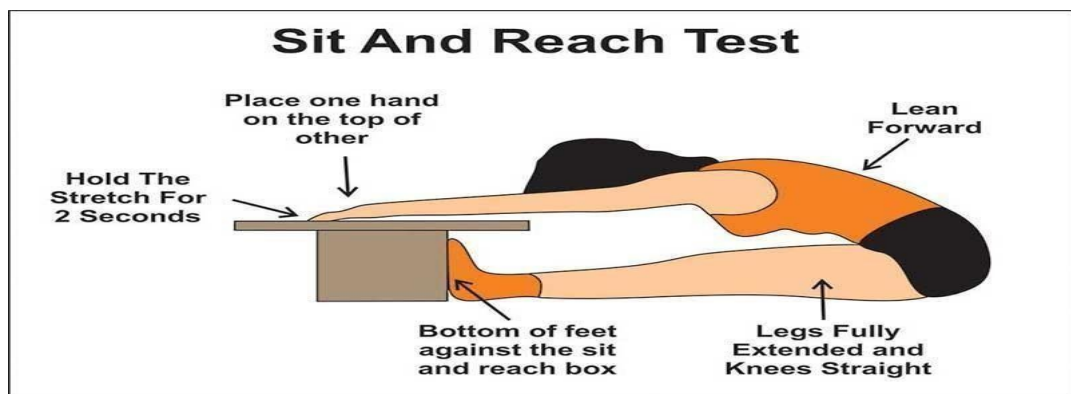
Name of the test: **Sit and Reach Flexibility Test**

Rational: The sit and reach test is a common measure of flexibility, and specifically measures the flexibility of the lower back and hamstring muscles. This test is important for wrestlers because tightness in this area is implicated in lumbar lordosis, forward pelvic tilt and lower back pain.

Purpose: to see the hamstrings and the back's areas' flexibility

Equipment: Sit and reach box, even place

Procedure: This test involves sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the box. Both knees should be locked and pressed flat to the floor - the tester may assist by holding them down. With the palms facing downwards, and the hands on the top of each other or side by side, the subject reaches forward along the measuring line as far as possible. Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice reaches, the subject reaches out and holds that position for at least one to two seconds while the distance is recorded. Make sure there are no jerky movements.



Scoring: The score is recorded to the nearest centimetre or half inch as the distance reached by the hand.

Men		Women	
Rating	Cm	Cm	Points
Excellent	+17 to +27	+21 to +30	10
Very good	+6 to +16	+11 to +20	8
Good	0 to +5	+1 to +10	6
Average	-8 to -1	-7 to 0	4

Objectivity of the test: Ok.

Reliability of the test: Ok

Validity of the test: Ok

Fitness-test-5

Name of the Test: Pull-ups

Aim / Purpose: To test the upper body muscular strength.

Equipment / Facilities needed: 1) Pull-up rack.

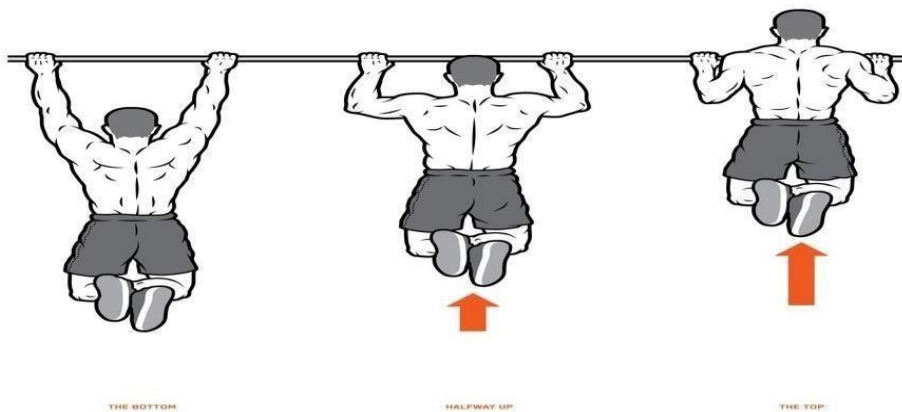
Procedure: 1. The player holds the pull-up bar in a pronated grip, hands slightly wider than shoulder width.

2. The athlete's starting position is with the athlete hanging down on the pull-up bar with the elbow straight and knees bent.

3. While doing pull-ups athlete's chin should reach the level of the pull-up bar.

4. Slowly lower yourself to the starting position while breathing in. That is one rep.

5. Count the number of pull-ups you can do continually without a break.



Score:

RATINGS	Total (BOYS)	Total (GIRLS)	POINS
Excellent	>20	>18	10
Very good	18	16	8
Good	16	14	6
Average	14	12	4
Poor	12	10	2

Fitness-test-6

Name of the Test: -30 m flying run

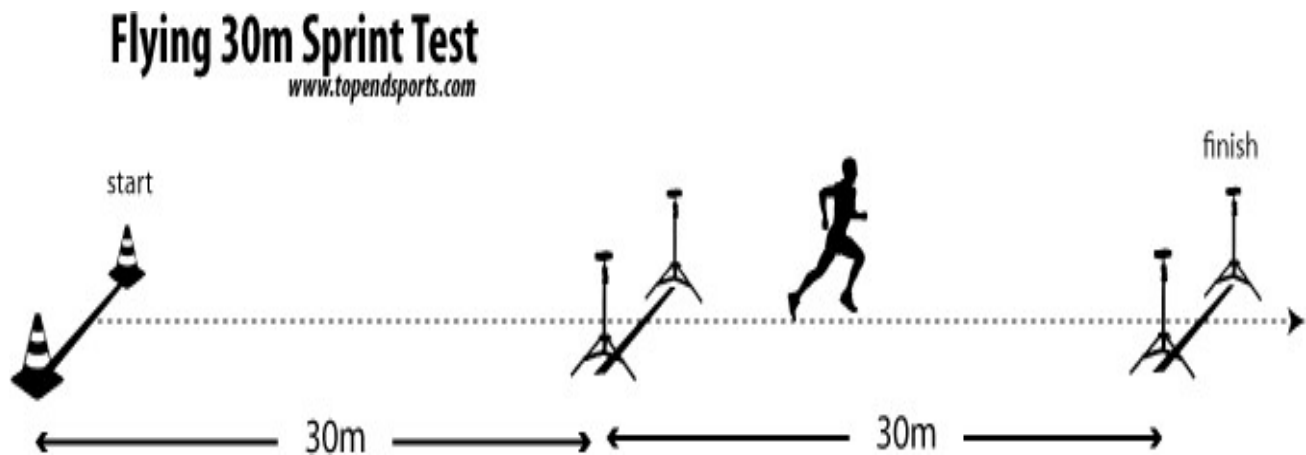
Objective: Estimate speed (maximum velocity)

Measurement Unit: Duration [seconds] **Equipment:** Photo cells / light gate including output device, measuring tape, tape/cone (for marking), and an 80m running course or strip, phone/camera.

Procedure: The coach marks acceleration & flying distance as per the table given below on a straight line with cones and/or tape (preferably tape for a start and finish line). If a synthetic running track is available, it should be used for the test. The athletes are asked to accelerate with maximum effort up to the Finish line.

No of attempts: Two attempts are given. A rest of at least six [6] minutes should be given in between the two attempts.

Scoring: The coach records the results of both runs.*



Score:

Time (Boys)	Time (Girls)	Rating	Points
< 3.80 sec	< 4.15 sec	Excellent	10
3.81 – 4.00sec	4.01 – 4.15sec	Very good	8
4.01 – 4.15sec	4.16 – 4.30 sec	Good	6
4.16 – 4.30 sec	4.31 – 4.45 sec	Average	4
4.31 – 4.45 sec and above	4.46 – 5.00 sec and above	Poor	2

Test 7

Test: UNINTERRUPTED BOUTS FOR 3-4 MINUTES

Aim /Purpose: To assess aggressiveness, Technique & tactics

Equipment/ Facilities: Mat, whistle, and stopwatch

Procedure: All the candidates in pairs of the same body weight. Signal Bout starts, each player will fight 2 bouts against 2 different opponents of a similar category.

Score: Coach's Eye