

**BATTERY OF TESTS AND NORMS FOR SCOUTING  
TALENT IN SPORTS  
GIRLS**

Age	Marks	30 M FLYING START (SEC.)	S.B.JUMP (CM)	Medicine Ball put upto 10 yrs -1 kg. Above- 2Kg (mtrs.)	6 x 10m Shuttle Run. (Sec.)	Forward Bend & Reach (cm)	S.V Jump (cm)	800m. Run (Min.Sec.)
8 years	1	5.6-5.2	114-130	1.80-2.13	20.5-19.7	4-6	19-21	5.07-4.31
	2	5.1-4.7	131-146 147	2.14-2.47	19.6-18.9	7-10	22-25	4.30-3.54
	3	4.6 & less	& above	2.48 & above	18.8 & less	11 & above	26 & above	3.53 & less
9 years	1	5.4-4.9	123-140	2.02-2.40	20.4-19.6	5-7	20-24	4.45-4.13
	2	4.8-4.5	141-159	2.41-2.80	19.5-18.7	8-11	25-29	4.12-3.40
	3	4.4 & less	160 & above	2.81 & above	18.6 & less	12 & above	30 & above	3.39 & less
10years	1	5.2-4.8 4.7- 4.3	129-149 150- 169 170 &	2.21-2.69 2.70-3.18	20.2-19.3 19.2- 18.3	6-8 9-12	23-27 28-32	4.34-4.05 4.04-3.34
	2	4.2 & less	above	3.19 & above	18.2 & less	13 & above	33 & above	3.33 & less
	3							
11years	1	4.9-4.6	136-151 152- 175 176 &	2.41-2.84 2.85-3.29	19.4-18.6 18.5-17.8	7-9 10-13	25-30 31-36	4.29-3.56 3.55-3.25
	2	4.5-4.2	above	3.30- & above	17.7 & less	14 & above	37 & above	3.24 & less
	3	4.1 & less						
12years	1	4.8-4.5 4.4- 4.0 3.9	146-165 166- 185 186 &	2.51-2.94 2.95-3.39	19.3-18.5 18.4- 17.5	8-10 11-14	28-32 33-37	4.19-3.50 3.49-3.16
	2	& less	above	3.40 & above	17.4 & less	15 & above	38 & above	3.15 & less
	3							
13years	1	4.4-4.2 4.1- 3.9 3.8 &	151-168 169- 189 190 &	2.56-3.02 3.03-3.49	18.6-18.0 17.9-17.3 17.2	9-11 12-15	30-33 34-39	4.14-3.41 3.40-3.06
	2	less	above	3.50 & above	& less	16 & above	40 & above	3.05 & less
	3							
14years	1	4.2-4.0 3.9- 3.7 3.6 &	153-170 171- 192 193 &	2.61-3.09 3.10-3.59	18.5-17.9 17.8-17.2 17.1	10-12 13-16	32-34 35-40	4.09-3.33 3.32-2.96
	2	less	above	3.60 & above	& less	17 & above	41 & above	2.95 & less
	3							
15years	1	4.0-3.8	170-187	2.65-3.13	18.2-17.7	11-13	36-38	3.33-3.17
	2	3.7-3.4	188-197	3.14-3.63	17.6-17.0	14-17	39-41	3.16-2.56
	3	3.3 & less	198 & above	3.64 & above	16.9 & less	18 & above	42 & above	2.55 & less
16years	1	3.8-3.6	188-194	2.70-3.18	18.1-17.45	12-14	39-40	3.16-2.56
	2	3.5-3.3	195-205	3.19-3.68	17.44-16.8	15-18	41-42	2.55-2.49
	3	3.2 & Less	206 & above	3.69 & above	16.7 & less	19 & above	43 & above	2.48 & less
17years	1	3.6-3.4	190-199	2.75-3.23	17.6-17.0	13-15	41-42	3.14-2.54
	2	3.3-3.1	200-215	3.24-3.73	16.9-16.5	16-19	43-44	2.53-2.45
	3	3.0 & less	216 & above	3.74 & above	16.4 & less	20 & above	45 & above	2.44 & less
18years	1	3.4-3.2	201-218	2.80-3.28	17.4-16.8	14-16	43-44	3.12-2.53
	2	3.1-2.9	219-227	3.29-3.78	16.7-16.1	17-20	45-46	2.52-2.40
	3	2.8 & less	228 & above	3.79 & above	16.0 & less	21 & above	47 & above	2.39 & less
19years	1	3.3-3.0	224-230	2.85-3.33	16.0-15.8	15-17	45-46	3.10-2.50
	2	2.9-2.7	231-239	3.34-3.83	15.7-15.6	18-21	47-48	2.49-2.25
	3	2.6 & less	240 & above	3.84 & above	15.5 & less	22 & above	49 & above	2.24 & less