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## APPENDIX-I

### Perscribed Norms of Sports Talent Test as Suggested By SAI
for the Boys Belonging to 12, 13 and 14 Years of Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Height</th>
<th>Weight</th>
<th>30 m. F.Start</th>
<th>S.B.Jump</th>
<th>M.Ball.Put</th>
<th>6x10m S.Run</th>
<th>Forward Bend &amp; Reach</th>
<th>V.J.Jump</th>
<th>800 m Run</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>12 Years</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Satisfactory</td>
<td>146-153</td>
<td>35-40</td>
<td>4.7-4.3</td>
<td>195-213</td>
<td>2.60-3.28</td>
<td>16.8-16.0</td>
<td>6-9</td>
<td>42-45</td>
<td>3.05-2.55</td>
</tr>
<tr>
<td>Good</td>
<td>154-160</td>
<td>41-46</td>
<td>4.2-3.8</td>
<td>214-236</td>
<td>3.29-3.97</td>
<td>15.9-15.2</td>
<td>10-13</td>
<td>46-50</td>
<td>2.54-2.42</td>
</tr>
<tr>
<td>Very Good</td>
<td>161 &amp; Above</td>
<td>47 &amp; Above</td>
<td>Less</td>
<td>237 &amp; Above</td>
<td>3.98 &amp; Above</td>
<td>Less</td>
<td>Above</td>
<td>Above</td>
<td>Less</td>
</tr>
<tr>
<td><strong>13 Years</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Satisfactory</td>
<td>148-155</td>
<td>35-42</td>
<td>4.2-4.0</td>
<td>206-221</td>
<td>3.01-3.62</td>
<td>16.5-7</td>
<td>10</td>
<td>44-47</td>
<td>2.57-2.43</td>
</tr>
<tr>
<td>Very Good</td>
<td>168 &amp; Above</td>
<td>52 &amp; Above</td>
<td>3.5 &amp; Above</td>
<td>242 &amp; Above</td>
<td>4.24 &amp; Above</td>
<td>15.8-15.15</td>
<td>Above</td>
<td>54 &amp;</td>
<td>2.24 &amp;</td>
</tr>
<tr>
<td><strong>14 Years</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Good</td>
<td>161-171</td>
<td>48-58</td>
<td>3.7-3.4</td>
<td>226-245</td>
<td>3.81-4.41</td>
<td>15.7-15.0</td>
<td>12-15</td>
<td>51-56</td>
<td>2.35-2.25</td>
</tr>
<tr>
<td>Very Good</td>
<td>172 &amp; Above</td>
<td>59 &amp; Above</td>
<td>3.3 &amp; Above</td>
<td>246 &amp; Above</td>
<td>4.42 &amp; Above</td>
<td>14.9 &amp;</td>
<td>Above</td>
<td>57 &amp;</td>
<td>2.24 &amp;</td>
</tr>
</tbody>
</table>

**SATISFACTORY** 1 Point
**GOOD** 2 POINT
**VERY GOOD** 3 POINTS