

Scottish Church College

Criteria for Admission under Sports Quota (2017-18) [as per norms of University of Calcutta]

1. Participation in any National (School, junior Senior & Federation cup) and International level tournament/ Championship in any event of any state of this country
2. Participation in any state championship or tournaments of West Bengal.
3. Represented any 1<sup>st</sup> division club registered in any state association of West Bengal in any championship/ tournament.
4. Represented in the inter-district championship/ tournaments of West Bengal.
5. Please refer to the list of games/sports to be considered for admission under sports quota.
6. Student are to appear for a physical fitness test to be eligible for trial test for admission under sports quota [Refer to Aapher youth physical fitness teat given below].
5. Please note that the students who will qualify in the Physical Fitness test will be called for trial.
6. Students are required to provide scan copy of the sports certificate at the time of filling in the admission form.

**Lists of Games/ Sports to be considered at the time of admission**  
**under the sports quota:**

1. Rowing
2. Lawn tennis
3. Football
4. Cross country race
5. Aquatics
6. Squash (only Men)
7. Chess
8. Basketball
9. Table tennis
10. Badminton
11. Kabaddi
12. Boxing
13. Gymnastics
14. Archery
15. Judo
16. Handball
17. Volleyball
18. Cricket ball badminton
19. Kho-Kho
20. Weight lifting and power lifting
21. Athletics
22. Hockey

23. American football

24. Yoga

25. Taekwondo

## **“AAHPER” YOUTH PHYSICAL FITNESS TEST**

### **MEN**

1. Chin-ups
2. Flexed leg Sit up
3. Shuttle Run 4x10 mts
4. Standing Broad Jump
5. 50 yard Dash
6. 600 yard run or 1500 mts run

### **WOMEN**

1. Pull-up
2. Flexed leg sit up
3. Shuttle Run 4x10 mts
4. Standing Broad Jump
5. 50 yard Dash

6. 600 yard run or 1500 mts run

**Teacher-in-Charge**