



A.F.I.

ATHLETICS

FEDERATION OF INDIA

INDIAN ATHLETICS MANUAL

www.indianathletics.in

1. INTRODUCTION

- 1.1 With a view to eliminating age fraud in sport and ensuring fair play, it is imperative to put in place an effective regulatory mechanism so that suitable action is taken against athletes found guilty of committing age fraud. Government has, therefore, decided that all sports federations/associations/bodies should take appropriate measures to check age fraud, as this amount to cheating, which is violative of the basic spirit of sport.
- 1.2 In view of the above, it has become necessary to adopt a National Code against age fraud in sports, which is duly supported by a well laid down mechanism to prevent, detect and penalize such offences.

2. NATIONAL CODE AGAINST AGE FRAUD IN SPORTS

2.1 National Code Against Age Fraud in Sports (NCAAFS), like competition rules, will form part of sports rules governing the conditions under which sport is played. Athletes and athlete support personnel will have to accept these rules as a necessary pre-requisite for participation in any sporting event. NCAAFS will not be subject to or limited by the requirements and legal standards applicable to criminal proceedings or employment matters. The policies and minimum standards set forth in the Code will be applicable to all sports federations/associations/bodies. Compliance with the code will become part of the eligibility criteria for recognition of National Sports Federation under Scheme of Assistance to National Sports Federation and non-compliance with the code will attract suspension/de-recognition clause in respect of recognition of NSFs.

3. FUNDAMENTAL RATIONALE FOR THE CODE

- 3.1 NCAAFS seeks to preserve the core values of sports which are honesty, fair play and team spirit.
- 3.2 The Athletes who indulge in age fraud in sports not only violate these core values, but also put genuine athletes in a disadvantageous position. Moreover, it also results in sub-optimal level of performance of athletes committing such fraud, as they end up competing with their juniors and not their own age group.

4. SCOPE OF THE CODE

- 4.1 Primarily following agencies are involved in the promotion of sports in the country:-
 1. Recognized National Sports Federations.
 2. Sports Authority of India through various sports promotion schemes of SAI
 3. Sports Control Boards managed by Government Departments and Public Sector Undertakings
 4. State Governments & Union Territories and their Sports Authorities.
- 4.2 Recognized National Sports Federations
 - 4.2.1 All recognized National Sports Federations shall accept this Code and incorporate it either directly or by reference to it in their governing documents, constitution and/or competition rules and thus adopt it as part of the rules governing sports and the rights and obligations of those participating in it.
 - 4.2.2 As a pre-condition of receiving financial and/or other assistance from Government of India, National Sports Federations shall accept and abide by the letter and spirit of the Code, including imposition of penalties against the erring athletes.
- 4.3 Sports Authority of India
 - 4.3.1 The Sports Authority of India shall implement this Code for its various Sports Promotional Schemes for various age groups and for holding the National Coaching Camps.

4.4 Sports Control Boards managed by Government and Public Sector Undertakings; and State Governments & Union Territories & their Sports Authorities

4.4.1 The above bodies also are required to take suitable measures for adoption and implementation of the Code.

5. IMPLEMENTATION OF THE CODE

5.1 Sports Authority of India, at the time of admitting an athlete into its Sports Promotion Schemes and National Sports Federations at the time of registering or allowing a new athlete to participate in an event, will get all the players in age level competitions medically examined and as per medical report will issue an Identity Card to the athletes as per Annexure-I.

5.2 All the existing athletes who are playing in age level competitions either with SAI or NSF, as the case may be, will also be subjected to medical examination and will also be issued Identity card. If any existing athletes is found over-age even after going through the appeal process (as per procedure indicated in para 7.3 below) be subjected to performance review before re-adjusting in the appropriate age-group as part of the normal weeding out process.

5.3 The Code will be operative from 1st April, 2010

6. POWERS CONFERRED UPON DIFFERENT AUTHORITIES:-

Sl No.	Action	Authority in SAI	Authority in NSFs
1.	Referring the case by SAI or NSF for medical	Assistant Director of the Regional Office	Any person authorized by NSFs region wise.
2.	Accepting the report of Medical	-do-	-do-
3	Accepting the appeal of an athlete against medical examination as at Sl. No.2 and referring the matter to appellant	Regional Director	A three member committee constituted by NSF
4.	Accepting the report of appellant	-do-	-do-
5.	Issue of Identity Card	Assistant Director of SAI Training Centre/Special Area Games	Any person authorized by NSFs region wise

7. PROCEDURE FOR MEDICAL EXAMINATION

7.1 Medical and Scientific Testing Parameters

7.1.1 The medical and Scientific Testing parameters on which the medical examination is to be conducted is placed at Annexure-II.

7.2 Authorities for medical examination

7.2.1 Sports Authority of India shall notify a panel of doctors and hospitals, preferably government hospital, state/region-wise comprising of dental surgeon, radiologist and physician (male and female). The panel will be notified annually in the month of December. Physical examination of female athletes should be done by female doctors only. The list notified by SAI will be applicable to NSFs as well.

7.3 Authorities for medical examination on appeal

7.3.1 SAI shall also notify the list of appellate panels and hospitals, which shall necessarily be Government hospitals. The medical board should also have dental surgeon, radiologist and physician (a female doctor in case of female athlete) and any other medical personnel as deemed necessary by Civil Surgeon. The list of appellant panels and hospitals notified by SAI shall be applicable to NSFs as well.

7.4 Cost for medical examination

7.4.1 The cost for medical examinations conducted by SAI and NSFs shall be reimbursed by the Government.

8. PURPOSE/USAGE AND VALIDITY OF THE IDENTITY CARD

8.1 Purpose/Usage of the Identity Card is exclusively to serve as proof of age for participation & training in age restricted events. The Identity Card will not serve as a proof of age for any other purpose.

8.2 The Identity Card issued once will be valid for entire sports career of the athlete. Issuance of duplicate card in the event of loss/damage may be allowed on payment of nominal cost by the Athlete.

9. MANAGEMENT OF I-CARD ISSUED AND MEDICAL EXAMINATION

9.1 National Sports Federations/Sports Authority of India/Sports Control Boards/State Government/State Sports Authorities shall maintain an exhaustive and diligent record of age, along with proof of the age of athletes who have been issued Identity Cards. Half yearly report shall be submitted by SAI and NSFs on the number of athletes found overage.

FORMAT OF IDENTITY CARD

1. **Name:**
2. **Name of the father:**
3. **Name of the mother:**
4. **Place & State of birth:**
5. **Address for communication:**
6. **Telephone (with STD Code)**
7. **Identification marks:**
 - a).
 - b).
8. **Date of birth as per documents:**
9. **Medical age Range :**
(As on)
10. **Signature of the candidate:**

Date of issue:

(Signature of the Issuing Authority & Stamp)

Place of issue:

NOTE : This Identity Card is exclusively to serve as proof of age for participation & training in age restricted events. The Identity Card will not be serve as a proof of age for any other purpose.

Age Estimation Format

Space for colour
photograph
attested by
Gazetted officer

A. Informed consent**B.**

I S/D/O or Guardian of voluntarily give my consent for complete medical examination for the purpose of age estimation. I understand t h a t this examination may involve physical examination including genital examination, dental examination and radiography. The purpose, procedure and use of such examination have been explained to me in the language which I understand.

Signature of the candidate/ guardian:

Signature of the accompanying person/witness:

(Note: Consent by guardian is essential in respect of athletes below 12 years)

C. Preamble

1. Age category.....
2. Sports Discipline.....
3. Events to be participated
4. Case Serial No.....
5. Name.....
6. Age as stated (Any documentary evidence like birth certificate)
.....
7. Sex.....
8. Permanent Address.....
.....
.....
9. Corresponding address.....
.....
.....
10. Name of school/college/Institute.....

11. Tel. No. & e-mail.....
12. Father's name.....
13. Mother's name.....
14. Name of the person accompanying.....
15. Date and Time of examination.....
16. Place of examination.....
17. Marks of identification (Scar/mole/deformity,etc.) :
 1.....
 2.....
16. Thumb impression (right in female and left in male)
17. Signature

D. General Physical Examination

1. Height (cm):
2. Weight (kg):
3. Chest girth at the level of nipples:
4. Abdominal girth at the level of naval:
5. For calculating Body development index (BDI) :
 I. Biacromial breath(cm):
 II. Biliospinale breath (cm):
 III. Forearm circumference(cm) in males:
 IV. Mid thigh circumference(cm) in females:
6. Voice (Hoarseness of voice):

E. Dental Examination

- i. Dental Data: (S) 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 (S)
 (Rt.)..... (Lt.)
 (S) 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 (S)
- a. Temporary
- b. Permanent
- c. Space for third molar(S)
- d. Partially erupted/completely erupted
- ii. Dental X- ray : Oral pantogram (OPG)
- iii. Dental X- ray findings :

F. Radiological Examination/MRI/CT Scan (as applicable)

Note : A single film of hand and wrist is sufficient for age below 13 years. Wherever radiological examination is not indicated MRI/CT Scan may be done.

1. X-ray advised (as per requirements):

- i. Shoulder joint : A.P view
- ii. Elbow joint : A.P and lateral view
- iii. Hand with wrist : A.P view
- iv. Pelvis with hip joint : A.P view

2. Date of radiological examination:

3. Name of the radiographer :

Radiological findings:

S.no.	X-ray advised	Findings	Age inference
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G. Age Certificate

After performing general physical, dental and radiological examination, we are of the considered opinion that the biological age of the person is about..... years which is consistent /not consistent with birth certificate/ age document.

Dated :

Signature:

Name:

Designation:

(All the parameters should be considered for the age estimation)

H. Body development index method : Optional method(BDI method is valid upto 18 years)

$$\text{BDI} = \frac{\text{Middle breadth} \times 2 \text{ forearm circumference (corrected)}}{\text{Body height} \times 10}$$

$$\text{Middle breadth} = \frac{\text{Biacromial breadth} + \text{Biliospinale breadth}}{2}$$

$$\text{Forearm circumference (corrected)} = \text{Forearm circumference given} - \text{Rohrar index (RI)} \quad (\text{Corrected})$$

$$\text{Rohrar index} = \frac{\text{Body weight (kg)}}{\text{Body height}^3 \times 10} = \frac{\text{Kg}}{\text{M}^3 \times 10}$$

Corrected Rohrar index = Corresponding corrected value to the calculated Rohrar index
(Correlate with table 1 : Rohrar index – corrected value)

Biological age = Corresponding age to the BDI index value
(Correlate with table 2 : Mean value of body development index children, wutschrk, 1973)

Table-1: ROHRAR INDEX AND CORRECTED VALUE

RI	Correction	RI	Correction	RI	Correction
0.90	+3.7	1.13	0.0	1.36	-3.7
0.91	+3.5	1.14	0.2	1.37	-3.8
0.92	+3.4	1.15	0.3	1.38	-4.0
0.93	+3.2	1.16	0.5	1.39	-4.2
0.94	+3.1	1.17	0.6	1.40	-4.3
0.95	+2.9	1.18	0.8	1.41	-4.5
0.96	+2.7	1.19	1.0	1.42	-4.7
0.97	+2.6	1.20	1.1	1.43	-4.8
0.98	+2.4	1.21	1.3	1.44	-5.0
0.99	+2.3	1.22	1.5	1.45	-5.1
1.00	+2.1	1.23	1.6	1.46	-5.3
1.01	+1.0	1.24	1.8	1.47	-5.5
1.02	+1.8	1.25	1.9	1.48	-5.6
1.03	+1.6	1.26	2.1	1.49	-5.8
1.04	+1.5	1.27	2.3	1.50	-5.9
1.05	+1.3	1.28	2.4		
1.06	+1.1	1.29	2.6		
1.07	+1.0	1.30	2.7		
1.08	+0.8	1.31	2.9		

1.09	+0.6	1.32	3.1		
1.10	+0.5	1.33	3.2		
1.11	+0.3	1.34	3.4		
1.12	+0.2	1.35	3.5		

Table-2 Mean Values of Body Development Index of GDR Children(WUTSCHRK, 1973)

Biological Age in Years	Boys	Girls
4	0.52	0.52
5	0.57	0.57
6	0.57	0.61
7	0.59	0.64
8	0.62	0.67
9	0.65	0.70
10	0.67	0.73
11	0.69	0.75
12	0.70	0.75
13	0.72	0.79
14	0.80	0.84
15	0.83	0.87
16	0.84	0.88
17	0.86	0.91
18	0.90	0.97
Adult	<u>0.00 (?)</u>	0.97

SPORTS AUTHORITY OF INDIA

*Jawaharlal Nehru Stadium Complex (East Gate),
Lodhi Road, New Delhi-110 003*

No. Inq./SAI-Hockey(M)/Jr.NCC/2009

Date: 24-06-2010

NOTIFICATION

In pursuance of issuance of 'National Code Against Age Fraud in Sports' (NCAAFS) by the Government of India issued vide Ministry of Youth Affairs & Sports letter No.F.32-18/2009.SP.III dated 19th March, 2010, the NCAAFS has come into force in SAI and the process of medical age verification of SAI trainees has already been started by all its Regional Centres and field units. As per the provision of this code, SAI has to notify a panel of doctors/hospitals, preferably government hospitals, state/region-wise for the purpose of age verification related medical tests of athletes.

2. In compliance to GOI directions, the following hospitals, region-wise, are being notified for information of all concerned:

LIST OF HOSPITALS REGIONAL CENTRE-WISE FOR THE PURPOSE OF AGE ESTIMATION OF ATHLETES.

(1) SAI NETAJI SUBHASH NATIONAL INSTITUTE OF SPORTS, PATIALA

1. Govt. Rajindra Hospital, **Patiala**

(2) SAI NETAJI SUBHASH SOUTHERN CENTRE, BANGALORE

Andhra Pradesh

1. Gandhi Hospital, **Secundrabad**
2. Govt. General Hospital, **Kurnool**
3. King George Hospital, **Vishakhapatnam**
4. District Hospital, West Godavari Distt., **Eluru**

Karnataka

5. Victoria Hospital, **Bangalore**
6. Civil Hospital, **Dharwad**
7. District Govt. Hospital, **Madikeri**

Kerala

8. Govt. General Hospital, Beach, **Kozhikode**
9. Govt. Medical College, **Thrissur**
10. District Hospital, **Kollam**
11. Govt. General Hospital, **Thalassery**
12. T.D. Medical College, **Alleppey**
13. Medical College, **Thiruvananthapuram**

Tamil Nadu

14. Govt. Medical College, Kilpauk, **Chennai**
15. Thanjavur Medical College & Hospital, **Thanjavur**

Puducherry

16. JIPMER, **Puducherry**

(3) SAI CH DEVI LAL NORTHERN CENTRE, SONEPAT

Haryana

1. Govt. Hospital, **Sonepat**

(4) SAI UDHAV DAS MEHTA (BHAJI) CENTRAL CENTRE, BHOPAL

Madhya Pradesh

1. Gandhi Medical & Hamidia Govt. College, **Bhopal**

(5) SAI NETAJI SUBHASH EASTERN CENTRE, KOLKATA

Tripura

1. I.G.M. Hospital, **Agartala**

Bihar

2. P.H.C. **Gidhaur**

Orissa

3. S.C.B. Medical College & Hospital, **Cuttack**
4. City Hospital, **Cuttack**

W. Bengal

5. Bolpur S.D. Hospital, Bolpur, **Birbhum**
6. R.G. Kar Medical College & Hospital, **Kolkata**
7. North Bengal Medical College & Hospital, **Lebong**

(6) SAI NETAJI SUBHASH WESTERN CENTRE, GANDHINAGAR

Gujarat

1. General Hospital, **Gandhinagar**

Maharashtra

2. Govt. Medical College & Hospital, **Aurangabad**
3. Sion Medical College, Sion, **Mumbai**
4. KEM Hospital, Churhgate, **Mumbai**

(7) SAI NETAJI SUBHASH NORTH-EASTERN CENTRE, IMPHAL

Manipur

1. Regional Medical College, **Imphal**
2. District Hospital, Beshenpur, **Imphal**
3. Regional Medical College, **Imphal**

Mizoram

4. Civil Hospital Mizoram, Aizwal

Nagaland

5. Govt. Civil Hospital, Dimapur

(8) SAI NORTH-EASTERN SUB-CENTRE, GUWAHATI

Assam

1. Gauhati Medical College Hospital, Guwahati
2. State Civil Hospital, Golaghat
3. Rup Nath Brahma Civil Hospital, Kokrajhar

Meghalaya

4. State Civil Hospital, Shillong

Arunachal Pradesh

5. State Dispensary, Naharlagun

(9) SAI CENTRE, CHANDIGARH

Himachal Pradesh

1. Distt. Govt. Hospital, Bilaspur
2. Govt. Dispensary, RauraSector, Bilaspur
3. Zonal Hospital, Dharamshala, Distt. Kangra
4. Primary Health Centre, Dar, Distt. Kangra

Jammu & Kashmir

5. District Hospital, Udhampur

Punjab

6. Civil Hospital, Sangrur
7. Primary Health Centre, Badal
8. Dispensary, Punjab Police Trg. Academy, Phillore, Distt. Jalandhar
9. Civil Hospital, Ludhinaa

This issues with the approval of Director General, SAI.

(Pravir Krishn)

Jt. Secretary & Special Officer (CWG)
Sport Authority of India

To

1. Executive Director (Academics), SAI NSNIS, Patiala
2. Heads of all SAI Regional Centres/Sub-Centres.
3. Secretary Generals of all NSFs
4. CMO lcharges of all concerned hospitals.

Copy to:

1. JS (Sports), M/o Youth Affairs & Sports, Shastri Bhavan, New Delhi.
2. Director (TEAMS), SAI