



ATHLETICS FEDERATION OF INDIA

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Circular No. 60/12-2023

Dated: December 7, 2023

To

All Affiliated State Units – AFI

This has reference to the issue as regards the over training and early specialisation of the athletes which was discussed in the recently concluded AGM held at Amritsar. The AFI had formed a committee consisting of experts for re-framing the existing junior programme to avoid over training of the athletes at younger age and early specialisation. The committee had recommended some changes in the events for Under 14 years and under 16 years. I am enclosing herewith the same and henceforth, these events will be held in NIDJAM and other national championships (Annexure-1).

It was further discussed during one of the agenda during the AGM at Amritsar, to discourage the participation of youth Under 18 in the international competitions. It was decided that instead of stopping participation in the international competition in the youth group, AFI should modify the events which can prevent over training and early specialisation in this group. The list of modified events is enclosed in Annexure-2. In future all the youth competitions in Under 18 years will be held only in these events mentioned in the enclosed list.

Regards

Ravinder Chaudhry
Secretary, AFI

Copy to:

President, AFI
All Office Bearers, AFI
All Committee Members