

BRIEF

ON

SAI SPORTS PROMOTIONAL SCHEMES

- 1. SAI National Centre of Excellence (NCOE) (24 Centres)**
- 2. SAI Training Centres (STC) (69 Centres)**
- 3. Extension Centres of STC (26 Centres)**
- 4. National Sports Talent Contest (NSTC) (68 Centres)**
(09 Regular Schools, 09 IGMAs & 50 Akharas)

2024-2025



SAI NATIONAL CENTRES OF EXCELLENCE (NCOE)

The Sports Authority of India (SAI) was implementing various sports promotional schemes, in the Regional Centres, Academic Institutions and SAI Training Centres (STC), across the country to identify talented sports persons and nurture them to excel at national and international competitions.

To maintain uniformity of the financial norms and to dispense with the differentiation between athletes in the same campus/premises at SAI Regional Centre/Academic Institutions/Stadia, a decision was taken by the Ministry of Youth Affairs & Sports, Govt. of India vide Office Memorandum No K-11020/4/2019-Sports-V dated 18.09.2019 to merge all Schemes Operating in the same Campus/premises in SAI Regional Centre/Academic Institutions and Stadia as **SAI National Centre of Excellence (NCOE)**.

After merger of SAI promotional Schemes operating in the same campus and stadia etc. COEs were upgraded to National Centre of Excellence. However, considering the potential and infrastructure 3 more NCOEs were added later. As of now, out of **24** approved NCOEs, **23** NCOEs are operational across India (*Zirakpur are not operational*) in **13** priority and **11** other sports disciplines.

AIMS AND OBJECTIVES

In its endeavour to train athletes to achieve excellence in Olympics and other International Events, Sports Authority of India has established National Centres of Excellence (NCOEs) across the country to impart specialized training to promising athletes by providing state of the art infrastructure and playing facilities, sports science backup, individualized diet prescribed by trained nutritionists and overall supervision under the best coaches, qualified support staff and High Performance Directors. National Centres of Excellence operate as regular coaching camps for the best available talent among juniors in India and provide concurrent layers of prospective sports persons, giving a wider choice of talent and continuity for selection to National Teams and provide alternative second and third options too. NCoE is capable of accommodating elite to development athletes.

2. Disciplines covered by NCOEs: NCOEs cover 13 focused/ priority disciplines and 11 other disciplines where Indian athletes are performing well and have chances to win medals in the International Events/ Championships/ Games.

Focused Sports Disciplines: Archery, Athletics, Boxing, Cycling, Fencing, Hockey, Judo, Rowing, Swimming, Shooting, Table Tennis, Weightlifting and Wrestling.

Other Disciplines: Football, Gymnastics, Badminton, Handball, Kabbadi, Kho-Kho, Kayaking & Canoeing, Para Sports, Taekwondo, Volleyball & Wushu

3. Disciplines covered in each NCOE are:-

SN	Name of the Centre	Discipline(s)
1	Alleppey	Rowing, Kayaking & Canoeing
2	Thiruvananthapuram	Athletics, Cycling, Football, Taekwondo, Volleyball
3	Aurangabad	Boxing, Fencing, Hockey, Weightlifting, Gymnastics
4	Kandivali	Hockey, Kabaddi, Wrestling
5	Bengaluru	Athletics, Hockey, Taekwondo, Weightlifting
6	Bhopal	Athletics, Boxing, Hockey, Judo, Wushu, Kayaking & Canoeing
7	Zirakpur	Kept on Hold
8	Dharamshala	Athletics, Kabaddi, Kho-Kho, Volleyball for Girls only
9	Hamirpur	Athletics, Badminton, Boxing, Hockey, Judo, Wrestling
10	Guwahati	Archery, Athletics, Boxing, Cycling, Fencing, Football, Taekwondo
11	Gandhinagar	Handball, Kabaddi, Kho-Kho & Athletics, Power lifting, Swimming, Table Tennis (for Para)
12	Imphal	Archery, Athletics, Cycling, Fencing, Football, Hockey, Judo, Weightlifting, Wushu
13	Itanagar	Boxing, Weightlifting, Wushu
14	Jagatpur	Rowing, Kayaking & Canoeing
15	Kolkata	Archery Athletics Gymnastic Hockey, Table Tennis
16	Cooch Behar	
17	Lucknow	Athletics, Hockey, Taekwondo, Weightlifting, Wrestling
18	Patiala	Athletics, Cycling, Fencing, Hockey, Judo, Weightlifting
19	Rohtak	Boxing
20	Sonepat	Archery, Athletics, Hockey, Kabaddi, Wrestling
21	IG Stadium, Delhi	Cycling, Gymnastic
22	Dr SPMSPC, Delhi	Swimming
23	M.D.C.N.S., Delhi	Hockey
24	Dr. KSSR, Delhi	Shooting

4. Sanctioned Strength: Depending on infrastructure availability, medal prospects, sport's popularity, and several other factors SAI from time to time prescribes the number of athletes which can be trained in each discipline at each NCOE. Total sanctioned strength is further divided into residential and non-residential athletes and further into male and female athletes to ensure adequate representation for all genders. The current approved sanctioned strength of athletes in the NCOEs is **4204 (3759 Residential, 445 Non-Residential)**. However, the working strength for the current year is **3485** athletes (**1824 Boys & 1661 Girls**).

5. Admission Criteria: Talent Identification and Development Committees of all the discipline comprising of eminent athletes, eminent coaches, NSF Representatives etc. of their respective disciplines have been entrusted the responsibilities to select/weed out athletes from NCOEs.

6. Trained and Skilled Manpower:-

- i. Coaching Staff:** NCOEs are providing the best training environment and coaching to the athletes training at NCOEs. To provide best training to the athletes, apart from qualified SAI Coaches, reputed and experienced coaches are being hired or taken on deputation from other departments.
- ii. Scientific Staff:** In order to evaluate/support the performance of young athletes, the scientific experts in the specialised field of Sports Anthropometry, Exercise physiology, Strength & Conditioning, bio- mechanics, Sport Psychology, Sports Medicine, Physio-therapy etc. are being hired at each NCOEs.
- iii. Administrative Staff:** To ensure smooth functioning of NCOEs, adequate administrative staff has been posted in the each NCOE.
- iv. Mess Staff:** Specialised mess staffs have been engaged to look after the effective functioning of mess to provide quality food as per requirement of each athlete on day to day basis.

7. Sports Science Facilities: As regard to scientific back up at NCOEs, the specialised equipment required for evaluating/ enhancing performance of young athletes are being made available in the NCOEs. The latest scientific equipment has been/ is being procured in the NCOEs. The total cost for setting up scientific facilities across NCOEs is Rs.80.00 Crores in the following departments are being set up in NCOEs:

1. Anthropometry
2. Biometry
3. Biomechanics
4. Nutrition
5. Performance analysis
6. Physiology
7. Physiotherapy
8. Psychology
9. Strength and Conditioning

SAI TRAINING CENTRES (STC)

OBJECTIVE:

In order to groom the Grassroots level/ discipline appropriate age group athletes, SAI Training Centres (STC) are established in States where the sports infrastructure is provided by the respective State Governments.

DISCIPLINES COVERED:

Archery, Athletics, Badminton, Basketball, Boxing, Cycling, Fencing, Football, Gymnastics, Handball, Hockey, Judo, Kabaddi, Karate, Kayaking & Canoeing, Kho-Kho, Rowing, Sepaktakraw, Shooting, Softball, Swimming, Table Tennis, Taekwondo, Volleyball, Weightlifting, Wrestling & Wushu (27 Disciplines).

SELECTION CRITERIA

(i) Age: 12 to 18 years.

(a) Individual Events:

Upto eighth (08) place in Sub-Junior (including Cadet) and Junior National Championships organized by a recognized National Sports Federation and upto sixth (06) place in Inter-University Championships conducted by Association of Indian Universities, and School Games Federation of India during the current or the year preceding admission.

OR

Sports persons who obtain first three (03) places in the State Championship Conducted by the recognized State Sports Association.

OR

Sports persons who secure any of the first three (03) positions in the North East Games & National Rural and Women Championships.

OR

Sports person who has represented India in any recognized Championship/ Tournament by the recognized international federation concerned.

OR

The first three (03) position-holders of District Championships, Inter-Education District Level small Competition, Championships held by Confederation of Public Schools, CBSE, Kendriya Vidyalaya, Navodaya Vidyalaya etc.; may be considered for participation in the selection trials.

(ii) Age: 10 to 18 years

b) **Team Events:** The talent who could not reach the minimum level of motor quality as per battery of tests may be provisionally selected for six months and only after passing the motor quality tests and specific skill test subsequently, formal induction may be made, if found fit.

Performance criteria for induction: Any member of a team which has obtained first four (4) positions in Sub-Junior and Junior National Championships organized by recognized National Sports Federation and first two (02) position holder in Inter-Zonal and Inter-University Championships conducted by Association of Indian Universities and School Games Federation of India.

OR

Member of a team which obtained first (01) or second (02) position in the State Championship organized by a recognized State Sports Association.

OR

Sports person who has represented India as a member of the Sub-Junior and Junior team in any recognized Championship/ Tournament for which team was officially sent by the Govt. of India.

OR

Member of Winner and Runners-up in team games in the North East Games.

OR

Sports persons who have participated in the recognized State level competitions organized by State Sports Associations, State Sports Council, and State Sports Departments may be considered for participation in the selection trials.

Pre-condition for Admission: The admission in the above two categories may be made based on the performance indicators, Anthropometric measurement, Physiological & Psychological tests and depending on age, discipline, event and evaluation of future potential by appearing in the selection Tests. There will be no direct admission. The admission will be only on the basis of performance and battery of test result and are to be documented at the time of induction.

Lateral Entry: Those who achieved the desired performance in the District, State, National and International level competitions and successfully completed the battery of tests, technical and specific skill tests may be inducted at any time of the year.

Retention Criteria: Retention of the athlete is based on his/her maintaining the minimum level of performance on the basis of which he/she was admitted and also achieving the target set for the year.

Battery of test result, specific test result and performance appraisal record considered at the time of admission should be properly documented as base performance so as to compare the performance enhancement of the athletes periodically.

Training diary of each individual athlete is maintained, which is taken into consideration at the time of retention and weeding out.

Medical Checkup, and Age Verification is essential especially when admission is done on the basis of performance in the Sub-Junior and Junior level Competitions as an effective preventive measure against age fraud.

Weeding out:

- a) Not maintaining the expected level of performances.
- b) Injury in incapacitating for more than six months from training and or competition; and
- c) Dope abuse, age fraud, misconduct etc.

Monitoring, Half Yearly Scientific Assessment & Academic backup for athletes admitted:

- a) Close monitoring and half yearly scientific assessment of all athletes admitted is done by the Institutional/ Regional Heads by engaging the services of in-house sports science facilities or through renowned Sports Science Institutions.
- b) As far as possible, efforts are made admission in nearby schools;
- c) Induction of talent may be a continuous process instead of linking with Academic session so as to enable SAI to admit the talent whenever a talent is spotted and found eligible for admission

Relaxation in the retention of athletes beyond the age of **18** years of age and upto **21** years can be considered by the Head of Academic Institutions/ Regions in special cases only where there is strong justification based on performance and future prospects.

The current approved sanctioned strength of athletes in the NCOEs is **4819 (3858 Residential, 961 Non-Residential)**. Presently there are **69** STC Centers in the country having a total strength of **4366 athletes (2664 Boys & 1702 Girls)**.

In addition salary of coaches, supporting staff and maintenance are provided by SAI.

EXTENSION CENTRES OF STC

OBJECTIVE

The scheme of extension centres of STCs was started in **16** disciplines to cover schools and colleges for wider coverage, with a view to develop sports standard in schools and colleges having requisite basic sports infrastructure and have shown good results in sports. The athletes are selected under Non-Residential basis for regular training.

DISCIPLINES COVERED: Archery, Athletics, Badminton, Basketball, Boxing, Football, Gymnastics, Handball, Hockey, Judo, Kabaddi, Kayaking & Canoeing, Kho-Kho, Table Tennis, Taekwondo & Wrestling.

SELECTION OF THE INSTITUTION: Schools and colleges actively involved in sports and having adequate infrastructure are eligible under this scheme. The institution should have a past history of producing national and international sports persons.

SELECTION OF ATHLETES: Upto 20 athletes in a School/ College are adopted under the Scheme. The students of nearby schools/colleges can also be admitted. The selection of athletes is done by a duly constituted Committee consisting of (1) Regional Director (SAI) or his representative (2) The Head of the College/Institute or his representative (3) Experts/ Coaches from the school/ college of the concerned discipline (4) Outstanding sports persons of the area. Age is relaxed in cases of commendable results / exceptional talent.

These Extension Centres are attached to nearest STC and monitored by Heads of SAI Regional Centres under whom the respective School/College falls.

SELECTION CRITERIA:- SCHOOLS

- (a) **Individual Events Sports Event:** Any of first four positions holders of District Championships, Inter-Educational Institutions District Level Competitions held by the Confederation of Public Schools, CBSE, KVs, JNVs.
- (b) **Team Games:** Winner or Runners-up of District Championships, Inter-Educational Institutions District Level Competitions held by the Confederation of Public Schools, CBSE, KVs, JNVs and qualify under Battery of Tests as per the norms.

COLLEGES:

- (a) **Individual:** Upto 4th place/ position holders in the Sub-Junior and Junior State Championships organized by recognized State Sports Associations, Inter-College Championships conducted by the University and State level SGFI Championships organized as per SGFI norms.
- (b) **Team Games:** Winner or Runners-up of District Championships, Inter-Educational Institutions District Level Competitions held by the Confederation of Public Schools, CBSE, KVS, JNVS and qualify under Battery of Tests as per the norms.

UNIVERSITIES: Individual & Team: Sports persons who have represented University, State in the Zonal / National Championships organized by Association of Indian Universities and by recognized State Association/ National Sports Federations

The performance of the athletes in the battery of tests and achievements at the time of induction should be clearly documented.

The athletes, who failed in the Battery of tests are provisionally selected and will be evaluated after six months for retention.

Battery of tests result, specific test result and performance appraisal record considered at the time of admission should be properly documented as base performance so as to compare the performance enhancement of the athletes periodically.

Pre-condition for Admission: The admission in the above two categories may be made based on the performance indicators, Anthropometric measurement, Physiological & Psychological tests and depending on age, discipline, event and evaluation of future potential and battery of test results and are to be documented at the time of induction.

Lateral Entry: Those who achieved the desired performance in the District, State, National and International level competitions and successfully completed the battery of tests, technical and specific skill tests may be inducted at any time of the year.

Retention Criteria: Retention of the inmate will be based on his/her maintaining the minimum level of performance on the basis of which the inmate was admitted and also achieving the target set for the year.

Weeding out:

- a) Not maintaining the expected level of performance
- b) Dope abuse, age fraud, misconduct.

Monitoring, Half Yearly Scientific Assessment & Academic back up for athletes admitted:

- a) It is recommended that close monitoring and half early scientific assessment of all athletes admitted may be done by Institutional/Regional Heads by engaging the services of in-house sports science facilities or by engaging the services of renowned Sports Science Institutions.
- b) As far as possible, efforts must be made to set up National Open Schooling System under NIOS, Ministry of HRD and Indira Gandhi Open University to do away with the regular academic pressure on the talent admitted.
- c) Induction of talent may be a continuous process instead of linking with Academic session so as to enable SAI to admit the talent whenever a talent is spotted and found eligible for admission.
- d) Concerted efforts may be under-taken with various Public Sectors/Armed Forces/ Corporate to ensure social/job security of the inducted inmates.

Relaxation: However relaxation both for lower and upper age limit as well as induction can be granted in exceptional cases based on outstanding performance in Battery of Tests and also taking into account specific nature of sports limited to 25% of the new induction.

FINANCIAL NORMS:

SN	Particulars	Amount (Rs.)
1	Sports Kit (per athlete, per annum)	5000.00
2	Competition exposure (per athlete, per annum)	3000.00
3	Stipend (per athlete for 10 months in a year)	6000.00
4	Insurance (per athlete, per annum)	150.00
5	Infrastructure and equipment support in the identified institutions, per athlete, subject to ceiling of Rs.1.00 lac	5000.00

At present, there are **26** Extension Centres in the country with a total strength of **426** athletes (**273 Boys & 153 Girls**).

NATIONAL SPORTS TALENT CONTEST SCHEME (NSTC)

OBJECTIVE:

1. National Sports Talent Contest, (NSTC) Scheme is being implemented to scout sports talent in the age group of **8-14** years from schools and nurture them into future medal hopes by providing scientific training.

2. Under the Scheme, schools having good sports infrastructure and record of creditable sports performances are adopted by SAI. The Scheme enables the budding sportsperson to study and play in the same school. In addition to the main scheme of NSTC (launched 1985) wherein regular schools are adopted, a few distinct sub-schemes were launched to further reach out to sports talent in India, even those participating in indigenous sports and games. These sub-schemes of NSTC include:

- (i) Regular Schools
- (ii) Indigenous Games & Martial Arts (IGMA)
- (iii) Akharas

3. Disciplines covered under the NSTC:

Regular Schools - Athletics, Basketball, Football, Gymnastics, Hockey, Kho-Kho, Swimming, Table Tennis, Volleyball (**09** Disciplines).

IGMA - Gatka, Kabaddi, Kalariapayatu, Mukna, Malkhamb, Thang-Ta, Silambam, Khomlainai (**08** Disciplines)

Akharas –Wrestling (**01** Discipline)

4. **NSNIS trained coaches are provided to adopted schools & akhara for regular training.**

5. **Selection Criterion of Regular Schools (NSTC)**

The performance of the athletes in the battery of tests and achievements at the time of induction should be clearly documented.

Individual/Team Events:

- a. Athletes, who are medal winners in State/National Level Competitions are admitted into the scheme, subject to their being found medically fit.
- b. Athletes who are medal winners at District Level Competition or have participation in State Level Competitions are admitted subject to their being found fit medically and physically and also have the required potential which is assessed by battery of tests.
- c. For selection from the remote, tribal & coastal areas, the athletes are also selected by organizing competitions among participants. Selection is done by a selection committee consisting of representatives of SAI, School/ Akharas, SAI coaches, sports scientists etc. The sports persons identified on this basis are offered admission after age verification, medical examination and on found suitable by applying battery of tests.

Pre-condition for Admission:

The admission in the above two categories may be made based on the performance indicators, Anthropometric measurement, Physiological & Psychological tests and depending on age, discipline, event and evaluation of future potential and battery of test result and are to be documented at the time of induction.

Retention Criteria: Retention of the athletes will be based on his/her maintaining the minimum level of performance on the basis of which the inmate was admitted and also achieving the target set for the year.

Weeding out:

- a) Not maintaining the expected level of performance
- b) Dope abuse, age fraud, misconduct.

Monitoring, Half Yearly Scientific Assessment & Academic back up for athletes admitted: It is recommended that close monitoring and half yearly scientific assessment of all athletes admitted may be done by Institutional/Regional Heads by engaging the services of in-house sports science facilities or by engaging the services of renowned Sports Science Institutions.

Relaxation: However relaxation both for lower and upper age limit as well as induction can be granted in exceptional cases based on outstanding performance in Battery of Tests and also taking into account specific nature of sports, for which prior approval of DG, SAI would be needed.

INDIGENOUS GAMES AND MARTIAL ARTS (IGMA) (Sub-Scheme of NSTC)

With a view to promote indigenous games & martial arts in the schools in rural and semi-urban areas and scouting of talent in these games for nurturing in modern sports this scheme was launched in November, 2001 schools runs by Educational Institutions having cluster of Schools like Kendriya Vidyalayas, Navodaya Vidyalayas, DAV, Vidya Bharati & similarly placed institutions for promotion & development of indigenous games & martial arts were also included as part of NSTC Scheme.

SELECTION CRITERIA: Age: 8 to 14 years.

The performance of the athletes in the battery of tests and achievements at the time of induction should be clearly documented.

Selection Criteria for Induction:

- a. Talents, who are medal winners in State/National Level Competitions are admitted into the scheme, subject, to their being found medically fit.
- b. Talents who are medal winners at District Level Competition or have participation in State Level Competitions are admitted subject to their being found fit medically and physically.
- c. The scouting of the talent in indigenous games is to be done on the basis of open competitions among participants. Selection is done by a selection committee consisting of representatives of SAI, Institutions, SAI coaches, guru/mentor of the concerned game. The sports persons identified on this basis are offered admission after age verification, medical examination etc.

Retention Criteria: Retention of the inmate will be based on his/her maintaining the minimum level of performance on the basis of which the inmate was admitted and also achieving the target set for the year.

Weeding out:

- a) Not maintaining the expected level of performance
- b) Dope abuse, age fraud, misconduct.

Monitoring: Close monitoring and half yearly evaluation of the adopted Clubs/Institutions is carried out through Institutional Heads/ Regional Centres. Exceptionally talented boys & girls may be admitted in the SAI SAG Centre or SAI Sports Academy as per the discipline and eligibility criteria.

Relaxation: However relaxation both for lower and upper age limit as well as induction can be granted by concerned Regional Head in exceptional cases based upon outstanding performance in Battery of Tests and also taking into account specific nature of sports, for which prior approval of DG, SAI would be needed.

ADOPTION OF AKHARAS UNDER NSTC SCHEME

INTRODUCTION

Wrestling has been a traditional indigenous sport in the country and mostly played at village level. India has won many international medals in the past and has been a force to reckon with. Therefore, efforts are being made to create a broader base for modern wrestling and supplement the efforts made by various akharas in the country.

ADOPTION OF AKHARAS

Keeping in view the peculiar nature of wrestling sport adoption of akharas having a minimum 20x20m covered hall for placing wrestling mats, 15x15m cover hall for installing a multi-gym and other allied facility, is approved.

SELECTION CRITERIA: The selection criteria of NSTC regular adopted schools are applied for selecting talented wrestlers.

FACILITIES PROVIDED UNDER THE NSTC SCHEME: Presently under the Scheme, selected athletes are admitted on non-residential basis. However as an exceptional case the athletes have been admitted in two schools on a residential basis and they are provided boarding & lodging facilities instead of stipend.

FINANCIAL NORMS:

1) REGULAR SCHOOLS

SN	Particulars	Amount (Rs.)
1	Sports Kit (per annum per athlete)	2000.00
2	Insurance (per annum per athlete)	150.00
3	Competition exposure (per annum per athlete)	2000.00
4	Stipend for 10 months (per head per annum)	3000.00
5	Annual grant to the school for purchase of sports equipment (per annum)	20000.00

2) INDIGENOUS GAMES & MARTIAL ARTS

1	Sports Kit (per annum per athlete)	1500.00
2	Insurance (per annum per athlete)	150.00
3	Stipend for 10 months (per head p.a.)	3000.00
4	Annual grant to the school for purchase of equipment (p.a.)	20000.00
5	Annual grant to the school for organizing compt. for scouting talent (p.a.)	25000.00

3) AKHARAS

1	Sports Kit (per annum per athlete)	3000.00
2	Competition exposure (per annum per athlete)	3000.00
3	Stipend (per athlete per month)	1000.00
4	Accidental insurance (per annum per athlete)	150.00
	The adopted Akharas in addition to the service of experienced coaches is also provided one set of Wrestling Mat and /or Multi-Gym.	

At present there are **09** Regular adopted schools, **09** schools adopted to promote indigenous games/martial arts. **50** Akharas adopted being trained? There are total **1155** athletes (**943** Boys & **212** Girls) athletes under the NSTC Scheme.