

**Sports Authority of India**  
JLN Stadium, New Delhi-110003.

IFB No.3(3)/SAI/ES/RC/2015-2016/Gr.III/IFB-031/AL-35

Dated: 23.03.2015

**Rate Contract – Group - III**

**Corrigendum No – 01**

**Sub: IFB No.3(3)/SAI/ES/RC/2015-2016/Gr.III/IFB-031 dated 10.02.2015 for conclusion of Rate Contract for sports items for the period 2015-2016.**

Consequent upon pre-bid meeting held on 27.02.2015, the following amendments are hereby authorised in the Bidding document of IFB No.3(3)SAI/ES/RC/2015-2016/Gr.III/IFB-031 for conclusion of Rate Contract for sports items for the period 2015-2016:-

S.No.	For:	Read:
1.	Existing entries appearing at page -1 and at page 4 (section-1) of the bidding document (i). Closing date & time for receipt of Bids (ii). Date & time of opening of Techno-Commercial Bids: (iii). Closing date & time for receipt of Samples:	: 15.04.2015 at 1430 hrs. : 15.04.2015 at 1500 hrs. : Upto 13.04.2015 (from 1100 hrs. to 1700 hrs. on all working days)
2.	Existing entries under clause 6-1(B)- submission of sample at page 10 of the bid document (section-II).	Revised entries appearing at page 1 enclosed with the corrigendum as <b>Annexure-‘I’</b>
3.	Existing entries appearing at page-11-12 of Bid Document under Clause-8 – ‘Bid Prices’ (Section-II)	Revised entries appearing at page-2 enclosed with the Corrigendum as <b>Annexure-‘II’</b> .
4.	Existing entries appearing at page-19 under Section-III-(A) qualification criteria under para-4.	The bidder shall submit one acceptable sample of each item quoted conforming to bids specification.
5.	Existing entries under Sub-Clause-20.1 of ‘Comparison of Bids & Award Criteria’ appearing at page-16 of Bid Document under Section-II.	For comparison & ranking purpose for evaluation, the comparison of the responsive Bids shall be carried out on Free Delivery at Consignee Site basis, (In main land) taking in to consideration all applicable taxes and duties and the freight charges [indicated as %age of total price.
6.	Existing entries under Section-IV – (B) Price Schedule at page-22 of Bid Document	Revised entries appearing at page-3 enclosed with the Corrigendum as <b>Annexure-‘III’</b> .
7.	Payment Terms: Existing entries under Clause-19 (Section-VII) GCC at page-64 of Bid Document.	Revised entries appearing at page-4 enclosed with the Corrigendum as <b>Annexure-‘IV’</b> .
4.	Existing entries appearing at page 29-56 of the bid document i.e. technical specifications for Sports items(Section-VI).	Revised entries appearing at page 5-26 enclosed with the corrigendum as <b>Annexure-‘V’</b>

- Note:** (i). In terms of para 12.5- Section-II of the bid document, bid security to be furnished should be valid for 225 days from the opening date of Techno-commercial bids.  
(ii). All other entries of the bid document shall remain unaltered.

(Sanjay Saraswat)  
Director (ES)

**B) Submission of Samples**

- (a) **The bidder should submit one Acceptable sample / miniature (wherever applicable-) of each item quoted, conforming to bid specifications, (free of cost) to the purchaser at the following address as per schedule mentioned below:**
- (i) Director (ES) Sport Authority of India, JNS, Stadium New Delhi - 110003.
  - (ii) Samples are to be submitted upto 13.04.2015 (from 11:00 AM to 5:00PM.on all working days).
- (b) Sample should be submitted only for the items quoted. Bids received without sample/miniature (wherever applicable) will not be evaluated and will be summarily rejected.
- (c) Each sample should have a card affixed to it, giving particulars of:-
- (i) Bidder's Name , & address
  - (ii) Invitation for Bid No.
  - (iii) Date & time of opening of Techno Commercial Bid
  - (iv) Item No. of the schedule
  - (v) Any other description, if necessary
- (d) The sample will be examined and evaluated by the designated Technical Committee of SAI, whose decision will be final.
- (e) Approved sample of successful bidders shall be retained by SAI. In case any dispute regarding quality of goods supplied arises, the same would be compared with the approved sample so retained by SAI. In case of any deficiency in the supplies are found, the same shall be made good by the supplier as per sample approved by the Technical Committee.
- (f) Un- approved Samples/Samples of unsuccessful bidders will be returned to them. It shall be the responsibility of the bidder to collect the samples from SAI at their own expense.

**8 Bid Prices**

8.1 The Bidder shall indicate in the Price Schedule provided under Section IV (B) all the specified components of prices shown therein. All the columns shown in the price schedule should be filled in as required. If any column does not apply to a Bidder, same should be clarified as "NA" (means Not Applicable) by the Bidder.

8.2 While filling up the columns of the Price Schedule, the following aspects should be noted for compliance:

8.2.1 For domestic goods or goods of foreign origin available within India, the prices in the corresponding Price Schedule in at Section-IV(B) shall be entered separately in the following manner:

Column 3: The basic price of goods to be quoted should include all applicable duties/levies including Excise duty (if applicable), Packing, Forwarding, Insurance etc.

Column 4: If it is desired by the Bidder to ask for Sales Tax/VAT to be paid as extra, the same must be specifically stated under column 4 . In the absence of any such stipulation in the Bid, it will be presumed that the prices quoted by the Bidder are inclusive of sales tax and no liability of sales tax will be developed upon the Buyer.

In the Bids quoting sales tax extra, the rate and the nature of Sales Tax/VAT applicable should be shown separately. Sales tax/VAT will be paid to the Seller at the rate at which it is liable to be assessed or has actually been assessed provided the transaction of sale is legally liable to sales tax/VAT and the same is payable as per the terms of the contract.

Column5: Freight charges (To be indicated as %age of the total cost) for free delivery at consignee site basis should be mentioned under column 5.

For evaluation purpose, these freight charges shall be added to total price to determine all inclusive prices. However, freight charges shall be paid at actual, subject to ceiling of %age of total price quoted.

Statutory variation in the Rate of Sales Tax/VAT shall be allowed on production of documentary evidence.

8.2.2 Octroi Duty and Local Duties & Taxes:

Detailed conditions in this regard are given under General Conditions of Contract.

**(B) PRICE SCHEDULE**

Sl.No.	Brief description of item	Price per Unit : (Inclusive of all taxes/duties including excise duty (if applicable) excluding ST/CST/VAT/CENVAT)	Sales tax/CST/VAT/CENVAT (if any){% age and value}	Total price per unit (inclusive of ST/VAT etc.)  (3+4)	Freight charges for all destinations (main land) (As a %age of total price/unit given in column 5)
1.	2.	3.	4.	5.	6.

The prices quoted above are with Warranty period of one year from the date of acceptance by the Consignee

Delivery Period for delivery of goods till consignee site: \_\_\_\_\_ (Insert delivery period) for each item alongwith cushioning period from the date of placement of supply order against the Rate Contract. Date & time of delivery would be the essence of the contract. Bidders are advised in their own interest to quote minimum guaranteed delivery period

Minimum time required for Incidental Services i.e. Installation, Demonstration and onsite Training period from the date of handing over of site by the Consignee (If required): \_\_\_\_\_ (Insert time)

Signature of Bidder \_\_\_\_\_  
Name & Designation \_\_\_\_\_

Place: \_\_\_\_\_  
Date: \_\_\_\_\_

Business Address \_\_\_\_\_  
Seal of the Bidder \_\_\_\_\_

**Note:**

1. If there is a discrepancy between the unit price and total price the unit PRICE shall prevail.
2. Price under column 3 to be quoted inclusive of all taxes, duties except sales tax/CST/VAT/CENVAT etc. & Freight Charges.

**19. TERMS AND MODE OF PAYMENT:**

**19.1 (a) Payment Terms**

100% Payment shall be made after inspection and acceptance of the stores by the consignee, subject to recoveries, if any, by way of liquidated damages or any other charges, recovery towards shortages, breakages etc. as per terms & conditions of contract, against submission of following documents:..

- (i) Inspection & Acceptance certificate issued by consignee as per Performa in section VIII of this Bid document.
  - (ii) Supplier' invoices showing contract number, goods description, quantity, unit price and total amount.
  - (iii) Packing list identifying contents of each package;
  - (iv) Manufacturer's pre-inspection and guarantee/warranty certificate
- (b). Consignee shall be responsible for issuance of Inspection & Acceptance Certificate immediately upon receipt of stores.
- (c). Indentor/Order placing authority shall be responsible for making payment within 30 days after receipt of bills from the supplier.
- (d). **Freight Charges:** Freight charges shall be paid to the contractor at actual subject to a ceiling (%age of total price) as mentioned in the price schedule.
- (e). **Paying Authority/officer:-**  
The payment of goods supplied will be made by the Paying officer of concerned purchaser placing the supply order and expenditure is to be booked against his accounts.

**Note:** All other entries from 19.2 to 19.5 shall remain unaltered.

## Technical Specification for Sports Items (15 Disciplines)

### 1. Multi-Gym & Conditioning Equipment (Competition)

#### A. Aerobic/ Anaerobic area:

S.No.	Name of the Item	Specification
1.	Treadmill	<p><b>Heavy Duty (Professional)</b></p> <ol style="list-style-type: none"> <li>1. Drive system- AC</li> <li>2. Motor: AC minimum 3 to 4 HP with superior cooling mechanism for internal component.</li> <li>3. Running surface- Width: 18”–24”; Length:48”-60” or more</li> <li>4. Speed range: 01 to 20 km/ hour or higher</li> <li>5. Running belt- Reversible with extra smooth cushioned lubricant or non lubrication provision.</li> <li>6. Program- Pre set program, manual program &amp; test &amp; measurement etc.</li> <li>7. Elevation- Motorised system offering elevation from 0 to 15% and above with graded elevation from 0.5 to 1.0 % and -3 to 5% declination.</li> <li>8. Display console- Display window (Time, distance, speed, calorie, pulse rate &amp; elevation, MET) etc.</li> <li>9. Safety key - Magnetic safety key stop system and gradual deceleration in case of power failure or emergency.</li> <li>10. Dimensions (Minimum)-             <ol style="list-style-type: none"> <li>a) Length - 80” to 90”;</li> <li>b) Height - 45” to 50” or more;</li> <li>c) Weight- 180 to 250 Kgs.</li> </ol> </li> <li>11. Proper electrical safety features:-             <ol style="list-style-type: none"> <li>a) Hand sensor &amp; chest belt.</li> <li>b) Proper hand rails with soft grips and proper calibration.</li> </ol> </li> </ol>
2.	Treadmill	<p><b>Heavy Duty (Professional &amp; Laboratory Used))</b></p> <ol style="list-style-type: none"> <li>1. Drive system- AC</li> <li>2. Motor: AC minimum 3 to 4 HP with superior cooling mechanism for internal component.</li> <li>3. Speed range: 0.5 to 30 km/ h or more</li> <li>4. Running belt- Reversible with extra smooth cushioned lubricant or non lubrication provision.</li> <li>5. Program- Pre set program, manual program &amp; after various tests &amp; Trg. Protocols measurements etc. + Computerised result sheet.</li> <li>6. Gradient (Down): 0-6% +6; Step 0.6% Gradient (Up): 0-30% +6%; Step 0.6%.</li> <li>7. Display console- Display window (Time, distance, speed, calorie, pulse rate &amp; elevation, MET) etc.</li> <li>8. Safety key- Magnetic safety key stop system and gradual deceleration in case of power failure or emergency.</li> <li>9. Dimensions (Minimum)-             <ol style="list-style-type: none"> <li>a) Length - 215 to 225 cm;</li> <li>b) Height - 130 to 150 cm;</li> <li>c) Width – 185 to 195 cm;</li> <li>d) Weight- 260 to 290 Kgs.</li> </ol> </li> <li>10. Width of tread belt- 20”-24”</li> <li>11. Proper electrical safety features:-             <ol style="list-style-type: none"> <li>a) Hand sensor &amp; chest belt.</li> <li>b) Proper hand rails with soft grips and proper calibration.</li> </ol> </li> </ol>

3.	Exercise Cycle (Upright)	<ol style="list-style-type: none"> <li>1. Heavy duty (Professional)</li> <li>2. Electromagnetic resistance with atleast minimum 12 to 15 difficulty level and more.</li> <li>3. Resistance level- Min. 300 watts or above and quick change able with push counter button.</li> <li>4. Pre set and manual program for time speed, test probe and other training protocols.</li> <li>5. Built in Hand grip pulse sensor, heart rate with chest belt with proper calibration.</li> <li>6. Large adjustable seat with good cushion, Seat adjustment option for proper comfort and posture.</li> <li>7. Computer function- Pulse, calories and degree of difficulty.</li> <li>8. Weight- Heavy enough and compact size.</li> <li>9. Adjustable paddles with foot strap.</li> <li>10. Display- Pulse, pace, time, calories, resistance level, MET values, total distance and all other features etc.</li> <li>11. Self powered or dual voltage adaptability.</li> </ol>
4.	Exercise Cycle (Recumbent)	<ol style="list-style-type: none"> <li>1. Heavy duty (Professional)</li> <li>2. Electromagnetic resistance with atleast minimum 12 to 20 difficulty levels.</li> <li>3. Maximum Resistance – Min. 300 watts or more and quick changeable.</li> <li>4. Push computer button resistance change.</li> <li>5. Pre set and manual program for time speed, test probe and other training protocols.</li> <li>6. Built in Hand grip pulse sensor, heart rate with chest belt with proper calibration.</li> <li>7. Large adjustable seat with good cushion, Seat adjustment option for proper comfort and posture.</li> <li>8. Computer function- Pulse, calories and degree of difficulty.</li> <li>9. Weight- Heavy enough and compact size.</li> <li>10. Paddles with adjustable foot strap.</li> <li>11. Display- Pulse, pace, time, calories, resistance level and all other features etc.</li> <li>12. Self powered or dual voltage adaptability.</li> </ol>
5.	Cross trainer or Multi plan mover (Hip, Thigh, Knee, Ankle, Calf muscles)	<ol style="list-style-type: none"> <li>1. Heavy duty (Professional)</li> <li>2. Telemetry Heart monitors system (Hand sensor &amp; Polar belt) with proper calibration.</li> <li>3. Various digital displays on screen as time, distance, calories burn, resistance level &amp; heart rate fitness testing&amp; result nd extra programs.</li> <li>4. Minimum 15 to 20 resistance levels. Solid steel frame, easy to move (wheel)</li> <li>5. Heavy enough &amp; compact size.</li> <li>6. Self powered dual voltage adaptability &amp; power safety mechanism.</li> <li>7. Fluent working and pedals with proper size and fits to all sizes and paddle adjustable.</li> <li>8. Attractive colours.</li> <li>9. Easy rear and front drive to avoid any injury to the joints and keeping the correct biometrical aspects of the movements.</li> </ol>
6.	Rowing machine	<p>Length: 84" – 88"; Width: 22" – 23"; Height: 25" – 28"; Stored: 25" – 28"; Width: 20" - 23"; Height: 75" – 90"</p> <p>Weight: 52- 55 Kgs; 157 lbs/ 72-75 Kgs ( 16 to 18 Ltr. Of water)</p>
7.	Upper cardio	<p>Drive system electronic braking seat adjustable. Axis of rotation bi-directional, adjustable height Resistance modes- Torque, pulse rate, speed, power Resistance level: 25 to 30</p> <p>Handles: Multi position, adjustable lever arms and non sleepary.</p>

		Prominent display with heart rate monitoring, fixing programmes, calories, load, time inclination, MET distance etc. Compact size and heavy duty.
--	--	--

## B. Strength Development Machine Area:

S.No	Name of the Item	Specification
1	Seated Leg press (Quadriceps group of muscles)	<ol style="list-style-type: none"> <li>Exercise possibilities from sitting position.</li> <li>Width (Min.): 120 – 122 cm</li> <li>Length (Min.) : 195 – 210 cm</li> <li>Height (Min.): 180 – 200 cm</li> <li>Block weight: 185 and above with 5 kgs. Increment.</li> </ol>
2.	Multi hip	<ol style="list-style-type: none"> <li>Single machine for both abductor and adductor.</li> <li>Width: 110 – 120 cm</li> <li>Length: 120 – 125 cm</li> <li>Height: 125 – 150 cm</li> <li>Block weight: 110 – 130 Kgs. (and further possibility to increase weight with 5 Kgs. Increment.</li> </ol>
3	Knee Extension (Quadriceps)	<ol style="list-style-type: none"> <li>Width: 115 – 145 cm</li> <li>Length: 115 – 145 cm</li> <li>Height: 147 – 170 cm</li> <li>Block weight: 115 – 145 Kgs. (and further possibility to increase weight with 5 Kgs. Increment.</li> </ol>
4.	Knee curl (Hamstring)	<ol style="list-style-type: none"> <li>Width: 110 – 125 cm</li> <li>Length: 130– 165 cm</li> <li>Height: 145 – 170 cm</li> <li>Block weight: 90 – 140 Kgs. (and further possibility to increase weight with 5 Kgs. Increment.</li> </ol>
5	Torso (Oblique muscles)	<ol style="list-style-type: none"> <li>Sitting position exercise station.</li> <li>Width: 120 – 130 cm</li> <li>Length: 125 – 135 cm</li> <li>Height: 150 – 170 cm</li> <li>Block weight: 80-90 Kgs or more (and further possibility to increase weight with 5 Kgs. Increment.</li> </ol>
6.	Seated abdomen (Abdominal muscles)	<ol style="list-style-type: none"> <li>Width: 120 – 130 cm</li> <li>Length: 125 – 135 cm</li> <li>Height: 150 – 170 cm</li> <li>Block weight: 60 – 70 Kgs. (and further possibility to increase weight with 5 Kgs. Increment.</li> </ol>
7.	Seated Back Extension (Lower back muscles)	<ol style="list-style-type: none"> <li>Width: 100 – 110 cm</li> <li>Length: 110 – 125 cm</li> <li>Height: 150 – 170 cm</li> <li>Block weight: 60 – 100 Kgs. (and further possibility to increase weight with 5 Kgs. Increment.</li> </ol>
8.	Seated Butterfly (Chest muscles and anterior deltoid group)	<ol style="list-style-type: none"> <li>Width: 110 – 150 cm</li> <li>Length: 140 – 150 cm</li> <li>Height: 150 – 200 cm</li> <li>Block weight: 90 – 100 Kgs. (and further possibility to increase weight with 5 Kgs. Increment</li> </ol>
9	Lat pulley/ Lat. Pull (Lattissimus and posterior deltoid)	<ol style="list-style-type: none"> <li>With 4 to 5 variations of handles</li> <li>Width: 100 – 150 cm</li> <li>Length: 120 – 160 cm</li> <li>Height: 190 – 225 cm</li> <li>Block weight: 120 – 150 Kgs. (and further possibility to increase weight with 5 Kgs. Increment</li> </ol>
10.	Arm curl (Bicep)	<ol style="list-style-type: none"> <li>Width: 110 – 130 cm</li> </ol>



	group of muscles)	<ol style="list-style-type: none"> <li>2. Length: 85 - 110 cm</li> <li>3. Height: 150 – 170 cm</li> <li>4. Block weight: 60 – 70 Kgs. (and further possibility to increase weight with 5 Kgs. Increment</li> </ol>
11	Seated chest press (Pectoral group of muscles)	<ol style="list-style-type: none"> <li>1. Width: 140 – 150 cm</li> <li>2. Length: 135 – 150 cm</li> <li>3. Height: 150 – 170 cm</li> <li>4. Block weight: 110 – 160 Kgs. (and further possibility to increase weight with 5 Kgs. Increment</li> </ol>
12.	Rowing/ Long Pull (Lattisimus, Trapezius & Rhomboid)	<ol style="list-style-type: none"> <li>1. Width: 120 – 125 cm</li> <li>2. Length: 110 – 135 cm</li> <li>3. Height: 150 – 180 cm</li> <li>4. Block weight: 115 – 160 Kgs. (and further possibility to increase weight with 5 Kgs. Increment</li> </ol>
13.	Triceps (Tricep group of muscles)	<ol style="list-style-type: none"> <li>1. Width: 110 – 140 cm</li> <li>2. Length: 100 – 110 cm</li> <li>3. Height: 150 – 170 cm</li> <li>4. Block weight: 90 – 100 Kgs. (and further possibility to increase weight with 5 Kgs. Increment</li> </ol>
14.	Vertical shoulder trainer	<ol style="list-style-type: none"> <li>1. Width: 130 – 140 cm</li> <li>2. Length: 150 – 170 cm</li> <li>3. Height: 170 – 190 cm</li> <li>4. Block weight: 90 – 150 Kgs. (and further possibility to increase weight with 5 Kgs. Increment</li> </ol>
15.	Shoulder press (shoulder muscles)	<ol style="list-style-type: none"> <li>1. Width: 130 – 140 cm</li> <li>2. Length: 150 – 170 cm</li> <li>3. Height: 170 – 190 cm</li> <li>4. Block weight: 90 – 150 Kgs. (and further possibility to increase weight with 5 Kgs. Increment</li> </ol>
16.	Cable pulleys (Compact size with possibility of upper hand lower movements)	<ol style="list-style-type: none"> <li>1. Width: 1.2 mtr. to 1.5 mtr.</li> <li>2. Length: 190 – 200 cm</li> <li>3. Height: 220 – 240 cm</li> <li>4. Block weight: 70-100 Kgs (and further possibility to increase weight with 5 Kgs. Increment.</li> <li>5. Adjustable pulley to provide minimum 12 – 15 positions.</li> <li>6. Provision to use bar and neutral grip. Weight stack must be covered.</li> </ol>
17.	Standing calf (Multi ankle)	<ol style="list-style-type: none"> <li>1. Width: 95 – 100 cm</li> <li>2. Length: 135 – 165 cm</li> <li>3. Height: 150 – 170 cm</li> <li>4. Block weight: 90 – 150 Kgs. (and further possibility to increase weight with 5 Kgs. Increment</li> </ol>
18.	Neck exercise	<ol style="list-style-type: none"> <li>1. Compact size.</li> <li>2. Product weight: 200 – 250 Kgs.</li> <li>3. Weight stock: 30 to 50 Kgs or more with 1 Kg. increment.</li> <li>4. Head belt made of smooth nylon belt fit to different sizes.</li> </ol>
19.	Chin & Dip machine	<ol style="list-style-type: none"> <li>1. Length: 2 mtrs. to 2.5 mtrs &amp; more</li> <li>2. Width: 60 – 65 cm</li> <li>3. Height: 100 – 115 cm</li> <li>4. Weight stock 100 to 120 Kgs.</li> </ol>
<b>Note:</b> Variation for item no. 1 to 19 <b>Add:</b> 03 – 05% variation		

### C. Free Weight Area

S.No	Name of the Item	Specification
1.	Benches Press: i) Flat ii) Multipurpose (Incline & decline adjustable)	<ol style="list-style-type: none"> <li>1. Heavy duty</li> <li>2. Width: 110 – 125 cm.</li> <li>3. Length: 125 – 150 cm.</li> <li>4. Height: 125 – 135 cm.</li> <li>5. Strong &amp; compact size double/ triple barbell support with locking system</li> </ol>
2.	Squat stand	<ul style="list-style-type: none"> <li>• Length: Min. 4 – 6 ft. Adjustable</li> <li>• Verticle</li> </ul>
3.	Weight rack/ tree with barbell stand	<ol style="list-style-type: none"> <li>1. Compact size</li> <li>2. Capacity to load 2- 3 sets of complete weight training set 100 – 250 kgs.</li> </ol>
4.	Dumbbells rubberised/ rubber coated	<ul style="list-style-type: none"> <li>• 2 – 30 Kgs.</li> </ul>
5.	Dumbbell rack	<ol style="list-style-type: none"> <li>1. 2 – 3 tier.</li> <li>2. With offset angle to prevent wrist strain while removing and replacing dumbbells.</li> </ol>
6.	Plyometric Boxes	<ul style="list-style-type: none"> <li>• As per specifications (16" x 18"); Height (6", 12", 18", 25", 30", 36" &amp; 42") wooden/ rubberise/ non slippery</li> </ul>
7.	Weight training set Barbell (6 ft. bars)	<ol style="list-style-type: none"> <li>1. 100 – 150 Kgs.</li> <li>2. Barbell: Tensile strength 500 to 1000 Kgs.</li> </ol>
8.	E-Z Bar & standard weight bar	<ul style="list-style-type: none"> <li>• 4,5,6 &amp; 7 ft. with colour &amp; having high tensile strength (500 – 1000 Kgs.)</li> </ul>
9.	Hyper extension board	<ol style="list-style-type: none"> <li>1. Length: 120 – 130 cm.</li> <li>2. Width: 65 – 75 cm.</li> <li>3. Height: 65 – 75 cm.</li> <li>4. Start position: at 45 deg angle.</li> <li>5. Twist locking pull pin to improve stability of pads.</li> <li>6. Side hand grip.</li> </ol>
10.	Smith stand (with fixed barbell and extra weight plates ( 1 kg to 20 Kgs) x 1 set each	<ol style="list-style-type: none"> <li>1. Length: 135 – 145 cm.</li> <li>2. Width: 200 – 225 cm.</li> <li>3. Height: 230 – 250 cm.</li> <li>4. Low starting resistance.</li> <li>5. Adjustable bar stoppage.</li> <li>6. Side hand grip Weight plate storage etc.</li> </ol>
11.	Weightlifting barbell rack	<ol style="list-style-type: none"> <li>1. Compact size</li> <li>2. Upright design</li> <li>3. Rack hold 10 -12 barbell one side.</li> </ol>
12.	Preacher curl bench	<ol style="list-style-type: none"> <li>1. Length: 40 – 45 cm.</li> <li>2. Width: 30 – 35 cm.</li> <li>3. Height: 30 – 42 cm.</li> </ol>

### D. Stretching Area

S.No.	Name of the Item	Specification
1.	Stretching machine (Anterior, Posterior & Medial hip)	<ol style="list-style-type: none"> <li>1. Suitable height &amp; width.</li> <li>2. Reading meter, easy movable &amp; control mechanism with proper seat adjustment.</li> </ol>
2.	Wushu mats (Interlocking)	<ol style="list-style-type: none"> <li>1. Width: 10 – 12 ft.</li> <li>2. Length: 18 – 20 ft.</li> <li>3. Proper thickness</li> </ol>
3.	Medicine balls	<ul style="list-style-type: none"> <li>• 1 – 10 Kgs. rubberised</li> </ul>

	Rubberised	
4.	Elastic cord/ Theraband	<ul style="list-style-type: none"> <li>Different colours signify different elasticity.</li> </ul>
5.	Wall ladders	<ul style="list-style-type: none"> <li>Wooden as per specifications</li> </ul>
6.	Swiss balls	<ul style="list-style-type: none"> <li>55, 60, 65, 70, 75, 80, 85 &amp; 90 cm.</li> </ul>
7.	Skipping ropes	<ul style="list-style-type: none"> <li>High quality rubber material with handle.</li> </ul>
8.	Full body muscle vibrator	<ol style="list-style-type: none"> <li>Heavy duty.</li> <li>Frequency: 20 – 80 Hz.</li> <li>Intensity: High to Low.</li> <li>Active &amp; Rest time: 0 – 100 seconds.</li> <li>Repetition: 1 – 5 times</li> <li>Weight: 90 – 120 Kgs.</li> <li>Compact &amp; stable size with essential accessories.</li> </ol>
9.	Abdomen bench	<ol style="list-style-type: none"> <li>Length: 105 – 115 cm.</li> <li>Width: 78 – 85 cm.</li> <li>Height: 115 – 125 cm.</li> </ol>
10.	Hyper extension board	<ol style="list-style-type: none"> <li>Length: 120 – 130 cm.</li> <li>Width: 65 – 75 cm.</li> <li>Height: 65 – 75 cm.</li> <li>Start position: at 45 deg angle</li> <li>Twist locking pull pin to improve stability of pads.</li> <li>Side hand grip</li> </ol>

#### E. Weightlifting platform area

S.No.	Name of the Item	Specification
1.	Weightlifting set	<ul style="list-style-type: none"> <li>Olympic size</li> </ul>
2.	Platform (portable)	<ul style="list-style-type: none"> <li>8 x 8 ft. portable</li> </ul>
3.	Weight racks	<ul style="list-style-type: none"> <li>As per specification set</li> </ul>
4.	Belt	<ul style="list-style-type: none"> <li>Standard size</li> </ul>
5.	Weightlifting bar (15 Kgs.)	<ul style="list-style-type: none"> <li>Olympic size</li> </ul>

#### F. OTHER TRAINING AIDS

S.No.	Equipment	Description	Specification
1.	Adjustable Hurdles	To develop speed, agility, endurance and quickness	
2.	Adjustable ladders		
3.	Cones (different size & colours)		
4.	Slalom poles		
5.	Side resistance steppers		
6.	Speed parachute Senior Junior		

## **GENERAL SPECIFICATIONS AND OTHER FEATURES FOR STRENGTH DEVELOPMENT MACHINES**

1. All machines must be made on bio-mechanical principles to perform natural movements.
2. High quality powder coating finish.
3. High quality sand blasted moulding for all bends of the square/circular pipe used.
4. All equipment of high quality steel with square/circular pipe (2"x4") with minimum thickness 4 mm.
5. Adjustable seats with high density and quality upholstery. Non magnetic steel handles with rubber coat finish of handles with various grip provisions (close & wide) with non slip texture.
6. High quality pulleys made of high quality synthetic fibre or steel.
7. Quick re-latching seat and lever adjustment system to take minimum time for adjustment.
8. Spring bumper damping system for weight stack suspension with quality weight stack pins.
9. Provision of variable increment weight stack suspension with quality weight stacks pins
10. Fully enclosed weight stack guards and pulley cover to protect from accidents.
11. Smooth operational machines with high precision-engineered transmission system and weight stack assembly which reduces the friction (rubber bumpers under each weight stack).
12. Rubber coated wires/belts for the pulley exercises.
13. High degree adjustability mechanism which allows for easy adjustment for users.
14. Machine should be based on cam/pulley/lever system as per requirement of the exercise equipment.
15. Provision to perform at various ranges of motion/angles and fits to all size users.
16. Standard rubber feet to protect frame from slipping and other damage.

## 2(a). Weightlifting – Personal Gadgets (Kit)

S.No.	Item	Size & Specification	
		Competition	Training
1.	Weightlifting Costume (Sleeveless or Half Sleeves)	Should be made of high quality elastic material	
2.	Weightlifting Belt	Should be made of leather or other thick/flexible material with the width of 12 cms, length no limit	
3.	Knee Wraps	Should be made with the combination cloth and elastic but not cover the skin of knee more than 30 cms with no length limit.	
4.	Wrist Wraps	Should be made with the combination cloth and elastic but not cover the wrist nor more than 100 mm with no length limit.	
5.	Weightlifting Shoes	Should be made of leather or other material with maximum height of upper part from top of the sole is 13 cms.	

## 2(b). Weightlifting Equipment

S.No.	Item	Size & Specification	
		Competition	Training
1.	Weightlifting Barbell Men – 20 kg, 28 mm thickness Women–15kg,25mm thickness	The Olympic barbells should be made of very superior quality iron with 25 mm and 28 mm thickness rods with length of 2.10 and 2.20 mtrs. for boys and girls with having bore of 50 mm sleeve respectively.	
2.	Weightlifting Plates 30 kg (Black), 2.5 kg (Red) 25 Kg (Red) 02 kg (Blue) 20 kg (Blue) 1.5kg (Yellow) 15 kg (Yellow) 01 kg (Green) 10 kg (Green) .05 kg (White)	Plates should be made of high quality steel or iron covered with high quality rubber or plastics with permanent colour having high strength and jumping tendency while dropping on the floor. Weight plates to have steel ring casted in centre to avoid breakage from Centre. All the plates must have clean indication of their weight. The edges of the plates to be round and without any edge and the lighter plates may be made of purely metal.	
3.	Weightlifting Platform Competition: 4x4 mtrs Training:3x3mtrs./2.5x2.5 mtrs Height: 10 Centimetre	This should be made of high quality wood which can bear the heavy weight resistance while thrown the weight from upward and should not be very heavy by its weight. Height should be 10 cm from ground having two rubbers sheets on both sides where the weight is thrown.	
4.	Mini Platform Size: 50 x 75 cm (not specified) Height: 10 cm	This also should be made of high quality wood	
5.	Squat Rack (Stand) With heavy round base.	Should be made of iron with heavy round base capable to take more weight load which is necessary for heavy load weight training. Weight of equipment may be between 25 to 30 kg. Height 1.10 to 1.40 cms with adjustable circumstance from base 1.35 mtrs.	
6.	Bench for Bench Press	Its construction frame should be made of 2"x4" 10 guage (3mm thick side wall thick cold rolled steel pipes. Cushion of seats made with 19 mm thick first quality plyboard 30 mm thick neoprene foam 2mm thick leather or raxine. Total thickness of seat around 50 to 55 mm. Complete structure should be welded with fine quality paint finish.	
7.	Dumbbell (Fix) 4 to 10 kg	Dumbbell should be made of high quality steel/chrome plated.	
8.	Dumbbell Adjustable 2 to 10 kg	Such dumbbells should be with 25 mm thickness rode, chrome plated, to adjust rubber plates or steel to adjust 2 kg	

		to 10 kg.
9.	Weight Training Set (Iron with rubber plates) 50 kg to 100 kg	Should be made of high quality steel covered with good quality rubber or chrome plated plates with 25 mm thickness of rods with 4 to 5 ft. length.
10.	Disc Rack (Plate Rack)	Should be made of 2x4 inches base with pipe and iron rods to hold the plates with high quality welding and standard paints should not be heavy but portable.
11.	Abdominal Board	Its construction should be made of 2x4 inches 10 gauge, 3mm thick side walls seats with high quality ply-board with length of 2 metres width 45 cms with two supports in one side where your feet can rest to do the sit ups with high quality foam covered with rexene or leather with high quality paint finish.
12.	Medicine Ball 2, 4, 6, 8 and 10 kg	Should be made of good quality rubber with the grips, accurate shape, size and weight
13.	Magnesium Carbonate Powder	Should be high quality powder
14.	Collars	Per barbell – 02 Weight – 2.5 kg each

### 3. JUDO

S.No	Name / Description of items	Specification	
		Competition	Training
1.	Judo Mats  One set of 128 mats (1 x 2 mts each) with cover	Thickness : (40-60) ± 2mm Length : 2000 ± 5 mm Width : 1000 ± 5mm Weight : 21(40mm)- 30(60mm)kg Fire Classification: DFI S1  <u>Foam properties</u> Density : 220 + 15%kg/m <sup>3</sup> CDH-40% : >78 kPa Ultimate Elongation (ER): TV70% Tensile Strength(RR) : >230kPa Tear resistance(TR) : >7.0 N/cm  <u>Cover Properties</u> Type : PVC Color : red-yellow-blue-green- black,gray Weight : 675-744 g/m <sup>2</sup> Thickness: 0.71 -0.8mm Adhesion(cover/foam) : 2550g/5cm Adhension after ageing(cover/foam): 2467g/5cm Resistance to punching:593-636 N  <u>Anti-skid properties</u> Type : PVC Color : Grey Weight : 600g/m <sup>2</sup> Adhesion (anti-skid/foam) :2780 g/5cm	Thickness : (30-60) ± 2mm Length : 2000 ± 5 mm Width : 1000 ± 5mm Weight : 15(30mm)-27(60mm)kg Fire Classification: DFI S1  <u>Foam properties</u> Density : 200 + 15%kg/m <sup>3</sup> CDH-40% : >60 kPa Ultimate Elongation (ER) : TV70% Tensile Strength(RR) : >180kPa Tear resistance(TR) : >6.8 N/cm  <u>Cover Properties</u> Type : PVC Color : red-yellow-blue-green- black,gray Weight : 675-744 g/m <sup>2</sup> Thickness: 0.71 -0.8mm Adhesion(cover/foam) : 2550g/5cm Adhension after ageing(cover/foam): 2467g/5cm Resistance to punching : 593-636 N  <u>Anti-skid properties</u> Type : PVC Color : Grey Weight : 600g/m <sup>2</sup> Adhesion (anti-skid/foam) :2780 g/5cm Adhesion after ageing(anti-skid/foam) : 2500g/5cm

		Adhesion after ageing(anti-skid/foam) : 2500g/5cm	
2.	Dummy for Judo	--	20 to 100 kgs with legs.

#### 4. Wrestling

S.No	Name/ Description of items	Specification	
		Competition	Training
1	Wrestling Mats  72 pieces (01 piece measuring 1 mts x 2 mts) With cover	<p>A new FILA approved mat with a 9m diameter and surrounded by a 1.50 m border of the same thickness.</p> <p>A red band of 1 m wide and forming an integral part of the wrestling area is drawn along the circumference on the inside of the circle of 9 m in diameter.</p> <p>The central circle indicates the middle of the mat (1m of diameter). The inside part of the mat which is inside the red circle is the central surface of wrestling (7 m of diameter). The red strip is 1 m wide. The protection area is 1m50wide.</p> <p>For all Olympic Games, World and Continental Championships, the mat shall be installed on a platform not higher than 1m10 or lower than 0m50. If the mat lays on a podium and that the protection margin(covering and free space around the mat) does not reach 2 meters, the sides of the podium will have to be covered with 45° inclined panels. In all cases, the colour of the protection area will have to be different from the one of the mat. The wooden floor near the mat will have to be covered with a strongly well fixed soft cover.</p> <p>A circle must be traced in the middle of the mat with an inside diameter of one meter and a surrounding band 10cm wide. For Greco-Roman wrestling, an 8cm width line splits the circle in two parts. Two perpendicular lines are traced 40cm from each other and are called "inside hand line" and "inside knee line". The colour of the lines just described and that of the line marking off the wrestling area must be red.</p> <p>The diagonally opposite corners of the mat are marked out in the wrestler's colours, red and blue.</p> <p>The mat should be installed so that it is surrounded by a wide open space in order to ensure that the competition proceeds normally.</p>	Same
2.	Dummy for Wrestling	--	20 to 100 kgs.

**Note: For further details, please refer Annexure - 'A' attached.**

## 5. Boxing

S.No	Name / Description of the item	specification	
		Competition	Training
1.	<b>Boxing Ring</b>	As per AIBA Rules	Same
2.	<b>Boxing Gloves : (As per AIBA/IBF Rules)</b> Boxing gloves are made out of high quality PVC and cowhide leather& padded with multi layered foam. The stitching has to be top notch to ensure the padding stays where it is supposed to and is usually a nylon based thread. The gloves feature a wraparound Velcro wrist closure which supports the entire fist	10 oz 12 oz	10 oz 12 oz 14 oz 16 oz
3.	<b>Head guards : (As per AIBA/IBF rules)</b> Must weigh a maximum of 450 grams (approx. 16 oz).Only Head guards with Velcro closing systems will be approved for all AOB Competitions. The padding of the head guards must respect a minimum thickness of two to three centimeters. The leather portion of the head guard should be of cowhide leather or grade A leather	Small Medium Large	Small Medium Large  Headguards with chin and nose protector
4.	<b>Punching Bags: (As per AIBA/IBF rules)</b> Bags used shredded fibers or compressed fabric. (Sand is probably the most commonly used material to fill heavy bags. Water is also very commonly used to fill up heavy bags and it has a lot of great features. Many people like to use water filled bags because it provides a realistic striking experience). The three most popular materials for bags are leather, vinyl and canvas.	-----	Small 25 -35 kg  Medium 40-50kg  Heavy 60- 70 kg
5.	<b>Punching Gloves: (As per AIBA/IBF rules)</b> These are made out of high quality PVC and cowhide leather& padded with multi layered foam.	-----	Small Medium Large
6.	<b>Punching pad:</b> These are made of superior leather with shock absorbing foam inside it and with Velcro closing	<b>Same</b>	<b>Same</b>
7.	<b>Skipping Rope:</b> Ball bearing wooden handles with transparent pvc rope, foam grip plastic handles, ball bearing & pvc rope, plastic handles & pvc speed rope and ball bearing wooden handles with coloured Nylon Rope. Digital skipping rope	<b>Same</b>	<b>Same</b>
8.	<b>BANDAGES:</b> Must be made of stretchy cotton material with a Velcro closure.	Bandages must not be longer than 4.5m (14.76 feet), and not shorter than 2.5m (8.2Feet) Bandages must be 5.7cm (2 ¼ inches) wide	<b>Same</b>
9.	<b>Gum shield/A thermo-plastic material</b> manufactured in a pre-formed shape in various	Should not be of red and pink in colour	<b>Same</b>



	sizes that can be adapted to fit more closely to an individual's teeth		
10.	<b>Abdominal Guard</b> Made of thick shock absorbing foam for amateur boxing with Velcro closing	Small Medium Large	<b>Same</b>
11.	<b>Boxing shoes</b> Made up of nylon upper with combination of swuede leather and synthetic sole	Different sizes as per boxers requirements	<b>Same</b>
		<i>Add: Certificate from FDDI to be submitted with regard to quality of material used for sole and upper material, bonding strength and workmanship etc.</i>	
12.	<b>Medicine Balls</b> Made up of cowhide leather filled with wooden powder & rubber. Some medicine balls have an inner half sphere of dense material in varying thicknesses and seamed together with an outer rubber shell. Other medicine balls have a thin rubber bladder covered by a thick rubber outer surface	-----	2 kg , 3kg , 5 kg , 7 kg, 10 kg
13.	<b>Manchesters</b> Made of nylon or neoprene and leather too , filled with sand	-----	500 gms, 1 kg , 1.5kg, 2 kg
14.	<b>Humanoids (target like human body)</b> Primarily of synthetic materials, and punching bags are sometimes mounted on a weighted pedestal rather than hanging from above.	-----	1.6 mtrs 1.7 mtrs 1.8 mtrs
15.	<b>Sweat Suits</b> Sauna suits are typically made of PVC or coated nylon cloth	According to the size of the boxer for reducing weight	<b>Same</b>
16.	<b>Speed Balls with swivel with wooden board</b> Made of thick cow hide leather with hooks for hanging	-----	In training for speed
17.	<b>Double end speed balls</b> These are almost the same as Speed balls with the only difference that the bag size shape and material may be different and that the cable system is attached to the ceiling and a clip on the floor	-----	In training for speed
18.	<b>Rope for Climbing</b>	-----	5 to 7 cm thick and 15 mtr long. Used In training for arm strength
19.	<b>Hammers</b> Made up iron material	-----	5kg, 7kg, 10kg, 15kg
20.	<b>Bar and Loose weight</b>	-----	Barbell of 10kg Barbell 15kg (Loose weight 2kg, 5kg, 7kg, 10kg, 12kg, 15kg each set)

21.	Wall pads Made up of good quality leather	-----	At different heights
-----	--	-------	----------------------

## 6. Gymnastic

S.No	Name / Description of items	Specification	
		Competition	Training
1.	<u>Men Artistic Gymn.</u> Floor Exercise Complete Set	Wooden planks with springs, foam mats and carpet and other accessories	
2.	Pommel Horse with Landing Mats		
3.	Rings with Landing Mats		
4.	Vault Table with Landing Mats		
5.	Beat Boards		
6.	Parallel Bar Landing Mats		
7.	Horizontal Bar with Landing Mats		
	<u>For Women Artistic Gymn.</u>		
1.	Floor Exercise Complete Set	Wooden planks with springs, foam mats and carpet and other accessories	
2.	Uneven bars with Landing Mats		
3.	Beam with Landing Mats		
4.	Vault Table with Landing Mats		
5.	Beat Boards		
6.	Crash Mats for Safety purpose		

**Note: As per FIG apparatus Norms**

## 7. Taekwondo

SN	Name of Equipment	Specification	
		Competition	Training
1	Taekwondo Rubber Mat	High quality EVA material	High quality EVA material
		Reversible	Reversible
		1 mtr. x 1 mtr. x 24 mm thick	1 mtr. x 1 mtr. x 24 mm thick
2	Head Guard	Emmersion-coated	Emmersion - coated
		Lightweight foam material (approx. 20 mm)	Lightweight foam material (approx.20mm)
		Velcro fasteners on sides on elasticated chin strap	Velcro fasteners on sides on elasticated chin strap
3	Chest Guard	High wearing comfort	High wearing comfort
		Superb protection	Superb protection
		Best non-electric body protector	Best non-electric body protector
		Reversible	Reversible
4	Forearm Guard	Elastic bands and hook and loop fasteners	Elastic bands and hook and loop fasteners
		Excellent cushioning	Excellent cushioning
		Slightly glossy upper with honeycomb	Slightly glossy upper with

		pattern	honeycomb pattern
5	Hand Protector	Leatherette, Strong Sponge & Elastic Textile	Leatherette, Strong Sponge & Elastic Textile
6	Groin Guards	Anatomically-shaped cup designed to prevent lateral slip	Anatomically-shaped cup designed to prevent lateral slip
		Additional lower body protection with shock-absorbing	Additional lower body protection with shock-absorbing
		Late-rally-extended strip	Late-rally-extended strip
		Wide, replaceable elasticated waistband	Wide, replaceable elasticated waistband
7	Shin Guard	Elastic bands and hook and loop fasteners	Elastic bands and hook and loop fasteners
		Excellent cushioning	Excellent cushioning
		Slightly glossy upper with honeycomb pattern	Slightly glossy upper with honeycomb pattern
8	Double Mit	Made by strong PU	Made by strong PU
		High Quality Kick Training Products	High Quality Kick Training Products
9	Double Hand Mit	Made by strong PU	Made by strong PU
		High Quality Kick Training products	High Quality Kick Training products
10	Single Hand Mit	Made by strong PU	Made by strong PU
		High Quality Kick Training Products	High Quality Kick Training Products

## 8. Karate Do

S.No.	Name of Item/Description	Specification	
		Competition	Training
1.	Karate Rubber Mat	High quality material reversible Red & Blue Color with 25 mm thick 1 Mtr X 1mtr	High quality material reversible Red & Blue Color with 25 mm thick 1 Mtr X 1mtr
2.	Shin Guards with instep	Grade 1 cushioning with Elastic Band (Red & Blue)	Grade 1 cushioning with Elastic Band (Red & Blue)
3.	Gloves/Mit	High quality PU with cushioning Red & Blue	High quality PU with cushioning Red & Blue
4.	Chest Protector (Male)	High quality with super protection made with good cotton and cushioning and lycra in White Color	High quality with super protection made with good cotton and cushioning and lycra in White Color
5.	Groin Guard	Cup shaped design with comfort and safety.	Cup shaped design with comfort and safety.
6.	Chest Protector (Female)	High quality with super protection made with hard top and lycra in White Color	High quality with super protection made with hard top and lycra in White Color
7.	Head Guard	Light weight Red & Blue	Light weight Red & Blue
8.	Karate Dress	High Quality Cotton Fabric white colour	Same

## 9. KABADDI

S.No	Name / Description of items	Specification	
		Competition	Training
1.	Kabaddi Mats 400 pcs. One pcs 1mt x 1mt.	<ul style="list-style-type: none"> <li>• IKF/AKF recognized mats</li> <li>• Should not absorb sweat and dust</li> <li>• Each Mat size 1 mtr x 1 mtr.</li> <li>• Size of FOP 20 mtr x 20 mtr.(400 Pieces)</li> <li>• Compressive harness 1.6 kgf/cm<sup>3</sup></li> <li>• Elongation 120 %</li> <li>• Tensile strength 19.8kgf/cm<sup>3</sup></li> <li>• Thickness 2.5 to 3 cm</li> <li>• Colour RED/BLUE as shown in the figure</li> <li>• Top layer anti slippery grip &amp; water resistant</li> </ul> <p>Color : Red/Blue Material : EVA Density : 90 -100 kgs/cbm Hardness : 45 degrees (SHORE C)</p> <ul style="list-style-type: none"> <li>• Shall be made of high density EVA close-cell foam</li> <li>• Good anti-slippery pattern top for anti-slip purpose.</li> <li>• Durable with superior shock absorption</li> <li>• Non-slip surface, easy to clean and water resistant.</li> <li>• Reversible - Double sided with anti slippery top</li> <li>• Double colour RED/BLUE with Border Strips included</li> </ul> <p>Top layer with Horizontal &amp; perpendicular stripes with Diamond design for better grip.</p>	Same

## 10. Kho-Kho

Sr.No.	Name / Description of the item	Specification	
		Competition	Training
1.	Post (Teak or equivalent wood) (Two wooden poles uniform, cylindrical and smooth all over)	120-125 cm above ground level, diameter 9 to 10 cm and shall be uniform	Same

## 11. Wushu

S.No	Name / Description of items	Specification	
		Competition	Training
1.	New type Taolu weapons set	<p>New type Taolu weapons set including Chang Quan Group weapons. Nan Quan Group weapons and Taiji Group weapon (9weapons items)</p> <p>1.Chang Quan Group Weapons including Broad sword, cudgel (gun),sword and spear.</p> <p>2.Nan Guan Group weapons including Nan Dao,</p>	Same

		<p>Nan Gun</p> <p>3.Taiji Group Weapon including Taiji Sword, it is made of stainless steel.</p> <p>4. Dual Group Weapons including Double Broad sword, shield.</p> <p>5.They accord with the International standard.</p>	
2.	Taolu Carpet	<p>12x18 mtr with Protective area IWUF</p> <p>14mtr. - Length</p> <p>08 mtr.- Weight</p>	Same
3.	Free Sanshou Combat Arena	<p>1. Model International game</p> <p>2. Size 8m x 8m x 80cm, around with 2mx30cm protective mat.</p> <p>3. Material: It is produced according to the latest technology of the revision competition standard of 2004. Its sectional shelves all adopt standard fasteners (without fixed screws). It is convenient to install with baking varnish processing. The plywood on the ring is noise elimination. Ring mat adopts high-elastic PE30P foamed die-cut mutual grip assembling. Mat round can glue to the mat cover directly with PPC rubber overcoat. Made of PUC rubber leather, its mat cover is non-slip and washable. Protective mat under the ring is waterproof.</p>	Same
4.	New Type Sanshou Protective Set (Men)	<p>1. Colour:Red and Black</p> <p>2. Size:S/L/XL/XXL/XXXL</p> <p>3. Whole set including: micro-fiber leather head guard,gum shield, leather gloves, leather chest protector, shin protector, protection cup and equipment bag.</p> <p>4. Material: it is made of micro-fibre leather, plastic and latex.</p>	Same
5.	New Type Sanshou Protective Set(Women)	<p>1. Colour:Red and Black</p> <p>2. Size: S/S/L/XL</p> <p>3. Whole set including: micro-fiber leather head guard,gum shield, leather gloves, leather chest protector, shin protector, protection cup and equipment bag.</p> <p>4. Material: it is made of micro-fibre leather, plastic and latex.</p>	Same
6.	Foot Punch Pad (stuffed)	<p>Model: Stuffed(micro-fiber leather)</p> <p>Size:42x20x13cm</p> <p>It is made of micro-fiber leather,EVA latex foamed.</p>	Same
7.	Sand Bag: (WA4601-4609) Punch Bag	<p>Starting Kicking Bags and Punching Bags (5 – 6 ft).</p> <p>Material: with micro-fibre leather over coal adding thickness on attacking area high-elastic sponge foamed in the middle layer. It is filled with rubber and shred, matches iron bearings. It won't sink suitable for training</p>	Same
8.	Hand Punch Target	<p>Model : American style (micro-fiber leather)</p> <p>Size : 25 x 32 x4cm</p> <p>It is made of micro-fiber leather,high compression sponge foamed. There is no difference between right and left hand.</p>	Same

9.	Kicking Fan Pad		
10.	Punch Bag of tumbler		
11.	Crash Mat		
12.	Dummies	50 - 80 Kgs	Same

## 12. Silambam

S.No.	Name of Item / Description	Specification	
		Competition	Training
1.	<p>Ottrai Kambu (Single Stick) -</p> <p>Long stick -made of flexible bamboo</p>	<p><b>Sub-Junior</b> Length - 4 feet Width - 2 to 2.5 cm Material - bamboo Weight -275-300 grams</p> <p><b>Junior</b> Length - 4.5 feet Width - 2 to 2.5 cm Material - bamboo Weight -300-325 grams</p> <p><b>Senior</b> Length - 5 feet Width - 2 to 2.5 cm Material - bamboo Weight - 325-350 grams</p>	<p><b>Sub-Junior</b> Length - 4 feet Width - 2 to 2.5 cm Material - bamboo Weight -275-300 grams</p> <p><b>Junior</b> Length - 4.5 feet Width - 2 to 2.5 cm Material - bamboo Weight -300-325 grams</p> <p><b>Senior</b> Length - 5 feet Width - 2 to 2.5 cm Material - bamboo Weight - 325-350 grams</p>
2.	<p>Erattai Kambu (double stick) -</p> <p>Long stick (double stick) Made of flexible bamboo</p>	<p><b>Sub-Junior</b> Length - 4 feet Width - 2 to 2.5 cm Material - bamboo Weight -275-300 grams</p> <p><b>Junior</b> Length - 4.5 feet Width - 2 to 2.5 cm Material - bamboo Weight -300-325 grams</p> <p><b>Senior</b> Length - 5 feet Width - 2 to 2.5 cm Material - bamboo Weight - 325-350 grams</p>	<p><b>Sub-Junior</b> Length - 4 feet Width - 2 to 2.5 cm Material - bamboo Weight -275-300 grams</p> <p><b>Junior</b> Length - 4.5 feet Width - 2 to 2.5 cm Material - bamboo Weight -300-325 grams</p> <p><b>Senior</b> Length - 5 feet Width - 2 to 2.5 cm Material - bamboo Weight - 325-350 grams</p>
3.	<p>Vall Vichu (Sword) -</p> <p>Sword - made of steel with wood/steel handle Teak or equivalent</p>	<p><b>Sub-Junior</b> Length - 28 inches without handle Width - 2 inches Material - flexible steel/ Weight - 1.75 to 2 kg</p> <p><b>Junior</b> Length - 30 inches without handle Width - 2 inches Material - flexible steel/ Weight - 2 kg to 2.25 kg</p> <p><b>Senior</b> Length - 32 inches without handle Width - 2 inches Material - flexible steel/</p>	<p><b>Sub-Junior</b> Length - 28 inches without handle Width - 2 inches Material - flexible steel/ Weight - 1.75 to 2 kg</p> <p><b>Junior</b> Length - 30 inches without handle Width - 2 inches Material - flexible steel/ Weight - 2 kg to 2.25 kg</p> <p><b>Senior</b> Length - 32 inches without handle Width - 2 inches Material - flexible steel/</p>

		Weight - 2.25 kg to 2.50 kg	Weight - 2.25 kg to 2.50 kg
4.	Vel Kambu Vichu -  Spear - made of flexible bamboo with steel spear	<p><b><u>Sub-Junior</u></b> Length - 4 feet bamboo + 4 inch steel Stick Width - 2 to 2.5 cm Spear width - 3 inches Material - bamboo and steel Grith - 5 mm Weight - 2.5 kg to 2.75 kg</p> <p><b><u>Junior</u></b> Length - 4.5 feet bamboo + 4 inch steel Stick Width - 2 to 2.5 cm Spear width - 3 inches Material - bamboo and steel Grith - 5 mm Weight - 2.75 kg to 3 kg</p> <p><b><u>Senior</u></b> Length - 5 feet bamboo + 4 inch steel Stick Width - 2 to 2.5 cm Spear width - 3 inches Material - bamboo and steel Grith - 5 mm Weight - 3 kg to 3.25 kg</p>	<p><b><u>Sub-Junior</u></b> Length - 4 feet bamboo + 4 inch steel Stick Width - 2 to 2.5 cm Spear width - 3 inches Material - bamboo and steel Grith - 5 mm Weight - 2.5 kg to 2.75 kg</p> <p><b><u>Junior</u></b> Length - 4.5 feet bamboo + 4 inch steel Stick Width - 2 to 2.5 cm Spear width - 3 inches Material - bamboo and steel Grith - 5 mm Weight - 2.75 kg to 3 kg</p> <p><b><u>Senior</u></b> Length - 5 feet bamboo + 4 inch steel Stick Width - 2 to 2.5 cm Spear width - 3 inches Material - bamboo and steel Grith - 5 mm Weight - 3 kg to 3.25 kg</p>
5.	Surul Vall Vichu -  Rolling sword made of steel whip or spring sword	<p><b><u>Sub-Junior</u></b> Length - 3 feet+ handle Width - 2 to 2.5 cm Material - steel spring Weight - 2 kg</p> <p><b><u>Junior</u></b> Length - 3.5 feet + handle Width - 2 to 2.5 cm Material - steel or spring Weight - 2 kg</p> <p><b><u>Senior</u></b> Length - 4 feet+ handle Width - 2 to 2.5 cm Material - steel Weight - 2 - 2.25 kg</p>	<p><b><u>Sub-Junior</u></b> Length - 3 feet+ handle Width - 2 to 2.5 cm Material - steel spring Weight - 2 kg</p> <p><b><u>Junior</u></b> Length - 3.5 feet + handle Width - 2 to 2.5 cm Material - steel or spring Weight - 2 kg</p> <p><b><u>Senior</u></b> Length - 4 feet+ handle Width - 2 to 2.5 cm Material - steel Weight - 2 - 2.25 kg</p>
6.	Stick fight -  Long stick with 1 feet Rubber roll covered with rekcine cloth	<p><b><u>Sub-Junior</u></b> Length - 4 feet flexible bamboo (1 feet rubber roll include) Width - 2 to 2.5 cm Material - flexible bamboo Weight - 275 - 300 grams</p> <p><b><u>Junior</u></b> Length - 4.5 feet flexible bamboo (1 feet rubber roll include) Width - 2 to 2.5 cm Material - bamboo Weight - 300 -325 grams</p> <p><b><u>Senior</u></b> Length - 5.5 feet flexible bamboo (1 feet rubber roll</p>	<p><b><u>Sub-Junior</u></b> Length - 4 feet flexible bamboo (1 feet rubber roll include) Width - 2 to 2.5 cm Material - flexible bamboo Weight - 275 - 300 grams</p> <p><b><u>Junior</u></b> Length - 4.5 feet flexible bamboo (1 feet rubber roll include) Width - 2 to 2.5 cm Material - bamboo Weight - 300 -325 grams</p> <p><b><u>Senior</u></b> Length - 5.5 feet flexible bamboo (1 feet rubber roll</p>

		include) Width - 2 to 2.5 cm Material - Bamboo Weight - 325 - 350 grams	include) Width - 2 to 2.5 cm Material - Bamboo Weight - 325 - 350 grams		
7.	Head guard (Helmet) Chest guard (Chest pad) Abdomen guard (Kidney pad) Chin pad (Chine bone) Fore arm pad (Fore arm) Arm glove (Fingers) (All above guards are similar or name as Taekwondo guards)	Small, medium & large	Small, medium & large		
8.	<table border="0"> <tr> <td><b><u>Kulu potti</u></b> Otturai kambu Erattai kambu Vel kambu Vall veechu Surul vall vichu Star Maduvu Sedi kuchi</td> <td><b><u>Team event</u></b> Flexible bamboo With steel Flexible steel Spring sword Wood Deer Hearn</td> </tr> </table>	<b><u>Kulu potti</u></b> Otturai kambu Erattai kambu Vel kambu Vall veechu Surul vall vichu Star Maduvu Sedi kuchi	<b><u>Team event</u></b> Flexible bamboo With steel Flexible steel Spring sword Wood Deer Hearn	<p>Same measurement</p> <p>4 feet 6 stick 1.5 to 2 feet Bamboo-2.5 feet-2.75 feet</p>	<p>Same measurement</p> <p>4 feet 6 stick 1.5 to 2 feet Bamboo-2.5 feet-2.75 feet</p>
<b><u>Kulu potti</u></b> Otturai kambu Erattai kambu Vel kambu Vall veechu Surul vall vichu Star Maduvu Sedi kuchi	<b><u>Team event</u></b> Flexible bamboo With steel Flexible steel Spring sword Wood Deer Hearn				

### 13. Kalaripayyatu

S.No.	Name of Item/Description	Specification	
		Competition	Training
1.	Sword -	TL=76.2cm,HL=12.7cm W=3.81cm,T=14Gauge WT=0.5-0.530kg, GL=27.94cm HGW=3.81cm, HIS=5.08cm	Same
2.	Shield -	D=45.72cm PT=16Guage WT=2Kg, MCD=17.78cm, SCD=8.89cm	Same
3.	Sword -	TL=76.2cm, HL=12.7cm TS=3.175:2.54cm T=14Gauge WT=0.5-0.530kg	Same
4.	Urumi -	L=167.64cm, HL=12.7cm W=2.54cm, T=22Gauge WT=0.5-0.530kg, GL=27.94cm HGW=3.81cm, HIS=5.08cm NL=1	Same
5.	Long Stick -	L=167.64cm, D=2.54cm WT=0.3-0.350kg, M=Cane	Same

Abbreviations:-

SWORD:-

1. Total Length of the Sword Including Handle - TL,2. Handle Length = HL,3.Width of the Sword=W,4.Thickness of sword=T,5. Weight of Sword=WT,6.Handle



Guard(Bracket)(HG), Length=HGL, Width=HGW, Inside Space=HIS, Shape = Oval Shape, 7. Material Steel

**SHIELD:-**

1. Diameter of Shield =D, 2. Plate Thickness =PT,3.Total Weight=WT,4. Middle circle Diameter=MCD,5.Small Diameter=SCD,6. Material-Steel

**A. SWORD:-**

1. Total Length of the Sword Including Handle =TL, 2. Handle Length =HL,3. Taper of the Sword=TS, 4. Thickness of Sword=T, 5. Weight of Sword=WT,6.Material-Steel

**URUMI:-**

1. Length of the Urumi excluding Handle = L, 2. Handle Length = HL, 3. Width of the Urumi=W
4. Thickness of Sword = T, 5. Weight of Sword = WT, 6. Handle Guard (Bracket), Length = HGL,
7. Material-Steel, Width = HGW, 8. Inside Space = HIS, 9. No. of Leaf = NL

**LONG STICK:-**

1. Length of stick = L, 2. Diameter of stick = D, 3. Weight of stick = WT, 4. Material=M
5. Material - Cane

## 14. Yoga

S.No.	Name of Item/Description	Specification	
		Competition	Training
1.	Yoga Mat	Length: 7 feet Width: 2 feet Thickness: 10 mm	Length: 7 feet Width: 2 feet Thickness: 8 mm

## 15. Swimming

### A. Training Gadgets / Equipments for Water Polo

S.No.	Name of Item/Description	Specification	
		Competition	Training
1.	Goal Post	7.5 cm Facing Length 3 meters (in side) Width 90 cm	Same
2.	Water Polo Goal Post Net	Nylon	Same
3.	Water Polo Caps (Ear protector)	Standard	Same
4.	Water Polo Balls	Rubber Material	Same
5.	Score Board	Standard	Same
6.	Whistle	Standard	Same
7.	30 second clock	Digital	Same

### B. Training Gadgets / Equipments for Diving

S.No.	Name of Item/Description	Specification	
		Competition	Training
1.	Spring Board	Length 4.8 mtrs, width 0.5 mtrs., (with movable fulcrum)	Same
2.	Trampoline small (for take off)	1.5 mts x 1.5 mts	Same
3.	Gym Mat	Thickness A.3", b. 6", C. 12"	Same

### C. Training Equipments for Synchronized Swimming

S.No.	Name of Item/Description	Specification	
		Competition	Training
1.	Nose Clips	Standard	Same

2.	Weight Jacket (different weight)	02, 04 & 06 kg.	Same
----	----------------------------------	-----------------	------

### B. Training Gadgets / Equipments for Swimming

S.No.	Name of Item/Description	Specification	
		Competition	Training
1.	Kick Board	L-18", B-12" Thickness 1.1/2" approx.	Same
2.	Pull Buoy	L-24 cm, B-14 cm, Thickness 10 cm approx.	Same
3.	Hand Paddle	Large / Medium / Small	Same
4.	Stretch Cord (with adjustable handle)	Large / Medium / Small	Same
5.	Stretch Cord (Water Cord)	25 meters length	Same
6.	Fins	As per shoes size	Same
7.	Zoomer	As per shoes size	Same
8.	Pace Clock (Digital)	Standard (swimming specific)	Same
9.	Snorkels	12" to 18" (Length)	Same

### Note:

1. Technical Specifications and quality standards of the items quoted should conform to latest technical specifications as laid down by the concerned National / International Sports Federations.
2. Samples (01 Nos. of each item) is to be submitted conforming to technical specification as laid down for "Competition" and "Training" categories wherever required. For items where tech. specs for Comp. & Trg. are same, only 01 sample is required to be submitted.
3. In respect of item Kabaddi Mats, miniature may be submitted.