



**Ministry of Youth and Sports**

**HIGH LEVEL SPORTS UNIT**

**ATHLETE'S GUIDE**

**JANUARY 2015**

# CONTENTS

## Part I - INTRODUCTION

### Conditions governing the assistance

#### Technical criteria table for high level sports assistance (Discipline-wise)

#### A : Olympic Sports

- Athletics

## Introduction

The High-level Sports Assistance is a result-oriented scheme. It is a monthly allowance granted to an elite athlete who has recorded an outstanding performance in an international competition. The elite athlete should equally have the required potential to improve and reach higher level of performance in line with the target set within a given period of time.

### 1. GENERAL CONDITIONS GOVERNING THE ASSISTANCE.

- I. The assistance applies to the overall/ senior category only.
- II. It is not a reward or cash prize granted for a good result or performance.
- III. It is not a salary.
- IV. It applies to individual sports and individual events only
- V. It concerns Olympic events and Olympic styles only.

*With regards to Kick Boxing, the only styles recognized by this scheme are K1/  
Full and low kick.*

VI. Participation or selection on the basis of “wild cards”, geographical/zonal representations and participation by invitation are not considered for the purpose of this scheme.

VII. In cases where minima apply, the concerned athlete is required to achieve the necessary minima at least once during the annual season.

**VIII. Ranking alone does not qualify an athlete for the award of assistance. Moreover, ranking based on points partially accrued from the physical presence of an athlete in an international competition is not considered in this scheme.**

IX. No assistance shall be renewed and reviewed unless the concerned sport federation submits a complete quarterly technical report (*to be endorsed jointly by the President of the federation or any authorized person designated by him and the national coach*) together with a monthly return of attendance within the specified delay. The report should include the following information:

- Name of athlete
- Category in which athlete is listed
- Records of achievements (last 3 months)

*Note: the following additional information should be provided regarding achievement:*

*1. Name, date and lieu of competition where performance was recorded*

*2. Performance recorded (Name of event, medal obtained, time {where applicable}, level reached {e.g. 1<sup>st</sup> round, Quarter final, Semi final, etc})*

*3. Number of participation countries and participants recorded in event participated by athlete*

- Targets set for coming three months
- Main targets of the annual season
- Number of training sessions attended by athlete and hours of training
- Recommendation of Federation

X. For beneficiaries training abroad, no assistance shall be renewed unless the responsible coach of the athlete submits a complete quarterly report through the

concerned sports federation. Reports sent directly to the HLSU without endorsement of the concerned sports federation, will not be considered.

XI. Any beneficiary who refuses to participate in a competition fixed as target and which is considered as a major sport event by the HLSU, shall justify his non participation to the latter. The HLSU reserves the right to review the assistance in such cases.

## **2. TECHNICAL CRITERIA FOR ASSISTANCE**

The main criteria that will be taken into consideration for granting of assistance are:

- A. Achievements/Medal/Results obtained and recorded by athlete
- B. Minima standards recorded by the athlete in sports discipline where they are applicable (*Athletics, Archery, Swimming, Triathlon and Weightlifting*)
- C. Number of participating countries and participants recorded during a competition
- D. Ranking (*Refer to paragraph 1, section VIII of this document for precise information*)
- E. Training requirements

## **3. EVALUATION PROCEDURES**

Evaluation and monitoring of performance of each beneficiary are carried out on a quarterly basis. However, monitoring of attendance is carried out on a monthly basis and all absences shall be reported immediately to the secretariat of the High Level Sports Unit.

The technical report of the coach, attendance at training sessions, the margin of progression and the results recorded in line with each criteria table determine whether a beneficiary should be promoted, relegated or removed from the list.

## 4. INJURIES

All cases of injuries have to be reported immediately to the secretariat of the High Level Sports Unit and supported by an appropriate medical certificate. For all prolonged period of injuries, the following measures would apply:

- I. Injuries up to 3 months: Full assistance if supported by the technical report of the respective Sports Federation and accompanied by a medical certificate*
  
- II. Injuries beyond 3 months and up to 6 months: Half the amount of assistance provided and depending on appropriate recommendations from the Sports Federation and a medical certificate are submitted*
  
- III. Injuries beyond 6 months : Suspension of assistance*

**However, exceptional cases would be treated on a case to case basis.**

## 5. DURATION/REVIEW OF ASSISTANCE

The duration of the assistance is not ad infinitum and will be reviewed for each category as follows:

*Categories 1 & 2: 6 months.*

*Categories 3 & 4: 3 months.*

**Note:**

*Assistance is extended to an athlete in line with the target fixed by the latter. At the end of each annual season, the assistance is reviewed in line with the criteria table to determine whether assistance should be maintained or stopped.*

*In cases of severe misconduct, doping, absence from training, severe drop in performance, as the case may be, the assistance shall be stopped at anytime of the year.*

## **6. ACHIEVEMENT OF TARGETS**

- I. In cases where minima are applicable, the beneficiary should achieve the appropriate minima at least once during the annual season.
- II. In all other sports where minima are not applicable, the beneficiary should be a medalist in the appropriate competition respecting the minimum number of countries and participants.

**Athletes/players eliminated in the first rounds of a competition might be relegated or removed from the list of beneficiaries as appropriate.**

**Targets set for athletes in each category should be at least to obtain a medal in competitions listed in the technical criteria table discipline-wise.**

## **7. CATEGORIES OF BENEFICIARIES AND QUANTUM OF ASSISTANCE**

<b>Category</b>	<b>Sports Event</b>	<b>Quantum of Assistance</b>
World level	1. Olympic Games	<b>Rs. 26 000 to Rs. 32 000</b>
	2. World Championship	
	3. World recognized international events as per table	
Inter Continental Level	1. Commonwealth Games	<b>Rs. 13 000 to Rs. 20 000</b>
	2. Jeux de la Francophonie	

	3. Inter-Continental recognized international events as per table	
Continental Level	1. African Games	<b>Rs. 6 500 to Rs. 11 000</b>
	2. African Championship	
	3. Continental recognized international events as per table	
Regional Level	1. Indian Ocean Islands Games	<b>Rs. 3 500 to Rs. 5 500</b>
	2. Regional recognized events as per table	

**The exact quantum of assistance within a category is determined by the importance of the medal won, results recorded, minima achieved, number of participating countries, number of participants, training requirements and ranking as described as per technical criteria of sports disciplines.**

8. An athlete may be considered as a potential medalist in a particular major event by the HLSU where:
- (i) his margin of progression has been constant over a fairly reasonable period of time,
  - (ii) he has achieved good performance at the regional continental/ international level or world level, and
  - (iii) where he is undergoing intensive regular training in respect of a specific target fixed by him in the context of the high level assistance.

## **9. GENERAL REVIEW OF THE LIST OF BENEFICIARIES.**

The complete list of beneficiaries shall be reviewed in September 2015 after the Indian Ocean Island Games.

# ***ATHLETICS***

<b>CATEGORY</b>	<b>1. WORLD LEVEL</b>	<b>2. INTER CONTINENTAL LEVEL</b>	<b>3. CONTINENTAL LEVEL</b>	<b>4. REGIONAL LEVEL</b>
<b>Minima</b>	Olympic Games/ World Championship <b>(See annexed)</b>	As established by MAA <b>(See annexed)</b>	African Games/ African Championships <b>(See annexed)</b>	As established by the MAA <b>(See annexed)</b>
<b>Achievements/ Medal record</b>	Medalist/Finalist at the: - Olympic Games - World Championship Medalist at recognized World Meets	Medalist at the: - Commonwealth Games - Francophone Games - Athletes admitted in an IAAF High Performance Training Centre on basis of established standards - Medalist at recognized Inter-Continental Meets	Medalist at the : - African Championship - African Games - Medalist at recognized Continental Meets	Potential IOIG Gold Medalist with a proven outstanding record at national and regional levels Last IOIG : should have been a Gold or at least silver medalist
<b>Minimum number of participating countries</b>	N/A	15	10	4
<b>Minimum number of participants</b>	N/A	Track events: 14 Field events: 10 Combined events: 10	Track events: 12 Field events: 8 Combined events: 8	Track events: 6 Field events: 6 Combined events: 6
<b>Ranking</b>	<b>World:</b> Classified Top 50 (Track events) Classified Top 20 (Field events)	<b>World:</b> Classified Top 100 (Track events) Classified Top 60 (Field events)	<b>Continental:</b> Classified Top 60 (Track events) Classified Top 20 (Field events)	<b>Continental:</b> Classified Top 100 (Track events) Classified Top 30 (Field events)
<b>Training Requirements</b>	Minimum: 10 sessions per week (Annual basis) – Twice daily Hours of training: at least 20, <i>and as determined by the national Coach</i>	Minimum: 7 sessions per week (Annual basis) – Twice daily Hours of training: at least 16, <i>and as determined by the national Coach</i>	Minimum: 5 sessions per week (Annual basis) – Daily Hours of training: at least 10, <i>and as determined by the national Coach</i>	Minimum: 4 sessions per week (Annual basis) – Daily Hours of training: at least 8, <i>and as determined by the national Coach</i>

Note: Athletes eliminated in the first round of any competition may be relegated or removed from the list of beneficiaries where appropriate.



# ATHLETICS

## MINIMAS MEN

	REGIONAL LEVEL	CONTINENTAL LEVEL	INTER CONTINENTAL LEVEL	WORLD LEVEL
EVENT				
100M	10,60	10.44	10.35	10.28
200M	21.56	21.24	20.95	20.75
400M	47.95	46.64	46.15	45.95
800M	1.52.87	1.47.30	1.46.90	1.46.60
1500M	3.52.00	3.39.00	3.39.40	3.39.20
5000M	14.50.00	13.30.00	13.29.60	13.29.00
10,000M	30.39.44	28.38.00	28.25.08	28.12.00
3000M S/C	9.24.07	8.36.00	8.34.80	8.33.50
110M H	14.38	14.25	13.92	13.62
400M H	52.68	50.94	50.35	49.80
High Jump	2m04	2m12	2m20	2m28
Pole Vault	4m70	5m00	5m25	5m55
Long Jump	7M20	7m80	7m95	8m05
Triple Jump	15M10	16m00	16m30	16m65
Shot Put	15m50	16m80	18m35	19m90
Discus	49m35	53m00	57m75	62m50
Hammer	59m03	59m50	66m90	74m30
Javelin	64m33	69m00	73m50	78m00
Decathlon	6614pts	6950pts	7335pts	7730pts
10,000M Marche	47.30	44.56	42.16	39.40
20Km W	1H36.22	1H33.07	1H27.38	1H24.20
Marathon	2H37.07	2H27.44	2H20.36	2H18.00

## ATHLETICS

### MINIMAS WOMEN

	REGIONAL LEVEL	CONTINENTAL LEVEL	INTER CONTINENTAL LEVEL	WORLD LEVEL
<b>EVENT</b>				
100M	12.22	11.94	11.68	11.40
200M	25,20	24.24	23.75	23.30
400M	56.47	54.74	53.50	52.30
800M	2.15.00	2.06.00	2.03.70	2.01.30
1500M	4.40.00	4.21.00	4.15.00	4.09.00
5000M	18.26.80	16.18.00	15.51.00	15.25.00
10,000M	38.58.31	35.20.00	33.48.00	32.20.00
3000M S/C	12.12.38		9.51.00	9.48.00
100M H	14.35	14.24	13.70	13.11
400M H	61,10	59.64	58.00	56.55
High Jump	1m68	1m75	1m85	1m91
Pole Vault	3m30	3m40	3m90	4m35
Long Jump	5M70	6m15	6m35	6m62
Triple Jump	12M00	13m00	13m50	14m00
Shot Put	11M37	14m50	15m90	17m20
Discus	38m24	48m00	53m00	58m50
Hammer	43m50	48m00	57m50	67m50
Javelin	40m68	48m50	53m00	59m00
Heptathlon	4500pts	4900pts	5400pts	5900pts
5000M Marche	29.00	27.30	26.00	24.59
10,000M Marche	59.40	56.40	53.35	51.25
20Km W	2H03.00	1.56.39	1.50.12	1H38.00
Marathon	3H04.47	2.53.40	2.48.20	2H43.00