



Member

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Minimum Qualifying Norms for the Indian National Camp Selection

The Indian Rugby Football Union (IRFU) mandates all players of the Indian National Team (Girls, Women, Boys, and Men) to meet the following minimum criteria, in order to be eligible for selection at any National Camp.

These policies and processes that support it, have been developed by the Indian Rugby Football Union (IRFU) to manage the interests of individuals and promote harmony within the Country. The selection policy and processes are built on the principles of fairness and transparency.

Girl's / Women's National Camp - Eligibility Criteria:

Particular	Eligibility Criteria
1. Nationality	<ul style="list-style-type: none">All players eligible for selection should be Indian citizens / Indian passport Holders
2. Previous Playing Experience	<ul style="list-style-type: none">Has represented their state association and participated in the most recent National Competition (Senior / Junior)Has been part of the final shortlisted group at the last IRFU National Camp for Senior / Junior category
3. Medical Fitness	<ul style="list-style-type: none">Has obtained the required medical clearance certificate from a certified doctor, under the supervision of the IRFU's medical team
4. Physical Fitness	<p>The following fitness tests would be conducted to evaluate the physical performance of players. Kindly note: Parameters for these assessments would be based on specific positions for which the players are competing, these would also vary based on age, and the format of the game (7s or 15s):</p> <ul style="list-style-type: none">40m Sprint, with a time split for 0m – 10m, and 10m – 20m.Bronco TestVertical Jump Test <p>Fitness Test results to be most recent (not older than 4 weeks)</p>

Boy's / Men's National Camp - Eligibility Criteria:

Particular	Eligibility Criteria
1. Nationality	<ul style="list-style-type: none">• All players eligible for selection should be Indian citizens / Indian passport Holders
2. Previous Playing Experience	<ul style="list-style-type: none">• Has represented their state association and participated in the most recent National Competition (Senior / Junior)• Has been part of the final shortlisted group at the last IRFU National Camp for Senior / Junior category
3. Medical Fitness	<ul style="list-style-type: none">• Has obtained the required medical clearance certificate from a certified doctor, under the supervision of the IRFU's medical team
4. Physical Fitness	<p>The following fitness tests would be conducted to evaluate the physical performance of players. Kindly note: Parameters for these assessments would be based on specific positions for which the players are competing, these would also vary based on age, and the format of the game (7s or 15s):</p> <ul style="list-style-type: none">• 40m Sprint, with a time split for 0m – 10m, and 10m – 20m.• Bronco Test• Vertical Jump Test <p>Fitness Test results to be most recent (not older than 4 weeks)</p>