



ROLL BALL FEDERATION OF INDIA (Regd.)

Affiliated to International Roll Ball Federation (Regd.)
Recognised by Ministry of Youth Affairs & Sports Govt. of India

122A, Flat No.11, Tejashree Park Soc., Erandwana Gavthan, Karve Road, Pune - 411004, Maharashtra, INDIA.
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RBFI/2018

Date- 18.02.2018

1. Basis of the selection:

The players will be selected on the basis of their Anthropometrical measurements, Physical fitness tests and Skills tests. The test to be conducted have been attached.

TESTS FOR SELECTION

Body Height

Purpose -

To measure the total body height of Roll Ball players

Equipment - A wall scale perpendicular to a flat surface, measuring tape and scale

Procedure - Each player, one by one, stood on the flat surface adjacent to the perpendicular wall where the measuring tape was fixed. Players stood without shoe or sandals in front of wall (fixed with scale) contacting heels, buttocks, upper back and back of the head making firm contact. The scale was placed on the players' head that forms right angle to the wall as well as to the measuring tape. Keeping the scale at its position, the player was instructed to come out of the wall and the scores of height of each subject were recorded.

Scoring - The score was recorded in cm. nearest to 0.5 cm.

Body Weight

Purpose

To measure the total body weight of Roll Ball players

Equipment - Weighing Machine (Portable)

Procedure - Each player, one by one, stood on the flat surface of the weighing machine which was kept on a hard surface. Players were not allowed to wear shoes or sandals while standing on the machine. They were instructed to wear minimum cloth and then stand erect by keeping equal weight on both legs and by looking towards front direction. They were restricted to move body while standing on the machine. Keeping the machine at its position, the investigator took the reading from the pointer associated with a scale indicating body weight.

Scoring- The score was recorded in kg. Nearest to 0.5 kg.

Body Fat Percentage

Purpose

This test is used to measure the body fat % of the Roll Ball players

Equipment - Omron Fat Monitor (HBF-302)

Procedure - The player was instructed to stand in a normal standing position with leg apart from 8-10 inches. Eyes are fixed towards front, spine straight, and hands by the side of the body. The investigator then fed the subject's age in years, height in cms, body weight in Kg., sex through the available keyboard. When the instrument indicated its readiness, the subject was directed to hold the handles of the instrument with two respective hands with proper grip. Hands were kept straight in front at the shoulder level so that eyes can easily read the monitor's display. The fingers grip was firmed in such a way so that the instrument's sensor



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could easily sense the skin voltage. Generally, within 30-40 seconds the monitor displayed the body fat in percentage.

Scoring

The percentage of body fat as registered on the dial of the instruments monitor was recorded.

Beep Test:

Purpose

To measure the cardio vascular endurance of the Roll Ball players

Equipment: Flat non-slip surface, marking cones, 20 meter measuring tape, beep test audio, music player, recording sheets.

Procedure: This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The players stood behind one of the lines facing the second line and began running when instructed by the recording. The speed at the start was quite slow. The player continued running between the two lines, turning when signaled by the recorded beeps. After about one minute, a sound indicated an increase in speed and the beeps were closer together. This continued each minute (level). If the line was reached before the beep sound, the player waited until the beep sound before continuing. If the line wasn't reached before the beep sound, the player was given a warning and then continued to run to the line, then turn and try to catch up with the pace within two more 'beeps'. The test was stopped if the player failed to reach the line (within 2 meters) for two consecutive ends after a warning.

Scoring:

The last level of the beep completed (not necessarily the level stopped at) and the number of shuttles (20m) reached before they were unable to keep up with the recording was recorded.

Recording Sheet

	Men	Women
Excellent	>13	>12
Very Good	11-13	10-12
Good	9-11	8-10
Average	7-9	6-8
Poor	5-7	4-6
Very Poor	<5	<4

Push Ups

Purpose

The purpose of the push up test is to measure dynamic muscular endurance of the arm and shoulder girdle.

Equipment - A level floor or smooth surface ground, floor mat, score cards or recording sheets, pencil, and whistle.



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Procedure - The player took a front- leaning ready position keeping the arms and legs straight. The player then lowered the body until the chest touched the mat and pushed up to the straight-arm position. The exercise continued as many times as possible without a rest.

Scoring - The total number of push –ups completed successfully is recorded as the score.

Incorrectly completed push –ups, usually the result of knees touching floor, swaying of back, inability to fully extended arms, or failing to bend arms to ninety degree, were not counted.

The Plank Hold Test

Purpose

The purpose of this test is to measure core and back strength of the Roll Ball players

Equipment - Stop watch.

Procedure - The players were made to hold the plank, with their arms separated. Their back and legs were to be straight at all times. The minute their back lowered or raised out of the position, the test stopped. Firstly with the plank position, the players ensured their lower back was in the correct position and not overly arched, tensed their glutes and abs to maintain your lower back position.

Scoring - The time was recorded in seconds considering the maximum time the player held their plank in the correct position

Recording Sheet

	Men	Women
Exceptional	6:30 +	6 min+
Very strong	240-390	240-360
Strong	120-240	120-240
Healthy	60-120	60-120
Acceptable	30-60	30-60
Weak	11-29	11-29
Very Weak	1-10	1-10
Alarmingly Weak	Can't hold position	

Wall Sit Test

Purpose:

To measure the strength endurance of the lower body, particularly the quadriceps muscle.

Equipment: Smooth wall and a stopwatch

Procedure: The player stood comfortably with feet approximately shoulder width apart, with his back against a smooth vertical wall. Then he slowly slide his back down the wall and assumed a position with both his knees and hips at a 90° angle. The timing started when one foot was lifted off the ground and was stopped when the subject could not maintain the position and the foot was returned to the ground. After a period of rest the other leg was tested.

Scoring: The total time in seconds that the position was held for each leg was recorded.



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Sit & Reach

Purpose:

This test measures the flexibility of the lower back and hamstring muscles.

Equipment - Measuring tape and chalk

Procedure - The player sat on the floor with legs out straight ahead. Feet (shoes off) were placed with the soles flat at the 15" mark on the tape placed on the floor, twelve inches apart. Both knees were held flat against the floor by the tester. With hands on top of each other and palms facing down, the player reached forward along the measuring tape as far as possible. After practice reaches, the reach was held for at least two seconds while the distance was recorded.

Scoring - The score was recorded to the nearest centimeter at the distance beyond the toes. Three trials were given and the best of the three was considered as the score of the test.

30M SPRINT

Purpose

The purpose of this test is to measure speed of the Roll Ball players

Equipment: Area of desired length preferably on an athletic track, playground or football field with a marked starting line and a finish line, two stopwatches.

Procedure - The tester should give in advance, instruction to a group of 10-15 subjects as follows. You are required to take any position behind the starting line. Wait for the starting signal. On receiving the command 'Go' the player starts running as fast as possible till he reaches the finish line. He slows down gradually only after crossing the finish line. Warm up just before the sprint test. After the warm up the player preferably in pairs are asked to take the starting position behind the starting line and to wait for the signal 'Go'. A separate helper with a stopwatch is required to watch each subject at the finish line. The tester gives commands Ready, Steady, Go, so that these are audible easily to the player at the start line and the timers at the finish line. At the command 'Go' the timers start their respective stopwatches and the player starts his sprint. As soon as the player crosses the finish line, the respective timer stops his/her stopwatch and records the time accurate up to 0.01 second. Only one correct trial is permitted. The player is asked to restart the sprint in case he starts before the word go or fails to start quickly at the command 'Go'. Sometimes a gunshot may be used to give the starting signal so as to facilitate correct simultaneous start of stopwatches by the timers and the sprints by the player especially when the sprint is for more than 40 yards.

Scoring

The time elapsed from the start to the instant, subject crosses the finish line is the score expressed usually up to hundredth of a second.

DODGING RUN TEST

Aim

This test is used to measure the running agility ability of the players

Equipment - A stopwatch, four chairs, measuring tape and marking tape or chalk



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Test Area - The test area is marked and four chairs are arranged in a straight line, 10 feet apart. The starting point is 6 feet on the left side of the first chair as shown and the finish point is on the right hand side of the first chair, again at a distance of 6 feet from the first chair. All the directions and starting and finish lines are marked on the floor.

Procedure - After giving a demonstration through a trained helper, to a group of 10 to 15 subjects, the tester asks the first subject to take the prone starting position with hands on the starting line and gives the commands Ready, Steady, Go. At the command go, the subject jumps one foot mark and sprints for 30 feet, stops and reverses by crossing the 30 feet line at least by one foot, before reversing sprint to go around the first chair, takes the left turn around the first chair and completes the zig-zag run. On returning to the chair No.1, the subject again takes the left turn, but this time takes a diagonal sprint to the point B so as to take the finishing 30 feet straight sprint from the point B to the finish line which is one foot across the small line indicating 30 feet (in line with the outer boundary of the first chair) on the right side of chair 1 at a distance of six feet. As soon as the subject reaches the finish area, the tester stops the stopwatch to record the time taken by the subject from the start line to the finish line. The subject is instructed to run the finish line with full speed and to slow down only after crossing the finish line just as in a sprint competition. However, the test is recommended to be performed by the subjects barefooted and after practicing at least once slowly and once rapidly.

Scoring

Each subject is allowed three trials and the best timing from starting signal to the time when the subject's chest crosses the finish line is taken as the score of the subject.

Comments

It is a reliable and practical test of measuring whole body agility, involving change of direction and running. The test is quite easy to administer. Normative information is not available for all ages. Cureton (1945) published standard score tables for young men aged 17-25 years and for young school boys aged 7-13 years and O'Connor & Cureton (1945) presented standards for high school girls.

MODIFIED BASS TEST OF DYNAMIC BALANCE

This test is used to measure one's ability to jump accurately and to maintain balance during repeated jumping. The test was originally designed by Ruth I. Bass in 1939 which was later modified by Johnson and Leach in 1968. This test is suitable for both boys and girls aged 12 years and above.

Equipment: A stopwatch, $\frac{3}{4}$ inch wide colored marking tape and a yardstick.

Test Administration: First of all eleven pieces of colored marking tape, measuring $\frac{3}{4}$ x 1" size are cut and pasted on the floor at levels S and 1 to 10. These marking spots are obtained by the proper measurement of 30" and 15" distances. After marking the required floor pattern, demonstration of the test is given with the help of a trained helper having a good dynamic balance. Then the tester repeats the instructions. The subject is asked to stand with the right foot on the starting tape mark and to leap to the first tape mark with the left foot. He is required to maintain a steady balance on the ball of the left foot for as long as possible up to a maximum of five seconds after which he is to leap to the second tape mark with right foot and is told to repeat the process completed at first mark and to proceed to next tape spots serially with alternate foot up to



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10th tape mark. The subject is told clearly that he/she will get once point for each second of balance maintained at a spot up to a maximum of five seconds and that his/her foot must cover the tape marked at each spot completely so that the tape cannot be seen by the tester/timer when the subject is maintaining the balance of the body on a particular tape mark. The subject must also know that hopping or moving the supporting foot ball will invite penalty.

Scoring: The maximum points which may be scored at each landing spot are ten and thus making a theoretically maximal score of the test at box 10 = 100. At each landing point five points are given to proper landing and five for each second of steady balance on the ball of the concerned foot. If the performer lands improperly and does not cover the tape marked at the spot or fails to stop on the landing spot or touches his/her heel or any other part of the body to the floor, he gets zero point out of five points of landing. However, on wrong landing, the subject is allowed to reposition by hopping for the 5-second balance points and to continue the test. In case- the performer commits balancing error either by touching any part of the body other than ball of the foot to the floor or by moving the foot, the performer is asked to step back on the spot just previous to balancing error and then leap afresh for the next spot and so on. It is recommended that the tester counts loudly the seconds of five second balance time so that the performer knows his/her performance and is encouraged to perform better.

Comments: The test is quite reliable, objective and fairly valid to test the dynamic balance. The test is easy to administer to both the sexes and subjects of various age groups. It is recommended that the future researchers may work for establishing the validity of the test by correlating it with a battery of other tests purported to measure dynamic balance.

Medicine Ball Throw

Purpose

To measure the upper body strength and explosive power of the arm.

Equipment - 2 kg medicine ball, measuring tape and chalk.

Procedure - The player sits on the floor with his legs fully extended, feet 24 inches apart and the back against a wall. The ball is held with the hands on the side slightly behind the center and back against the center of the chest. The forearms are positioned parallel to the ground. The player throws the medicine ball vigorously as far straight forward as he can while maintaining the back against the wall. The distance thrown is recorded.

Scoring

The distance from the wall where the ball lands is recorded. The measurement is recorded to the nearest centimeter. The best result of the three throws is used.

20 mts Dribbling Test on Roller Skates:

This test is used to measure the roller skating agility ability of the subject and is suitable for both men and women.

Purpose

To measure the speed with which a player can dribble a Roll Ball around obstacles in the game of Roll Ball.



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Equipment - A plain surface ground minimum 20 meters in length, a stop watch, a standard inflated Roll Ball, marker cones, measuring tape and marking tape.

Description

The player stands behind a starting line on roller skates with a ball in hand and on the signal “go”, starts with a dribble and continues to dribble around the marker cones from the right side to the left and again to the right till the line marked 10 meters away from the starting line. The player then turns back from the 10 meter line and comes back dribbling the Roll Ball around the marker cones back to the starting line. The marker cones are kept 2 meters away from each other in a zig zag manner. The starting line is perpendicular to an imaginary line directly between chair No.1 and chair No.2.

Rules

- 1) The ball shall be dribbled with both the hands.
- 2) Each player is given two trials, with one minute rest between the trials.

Scoring

The score is the time in seconds and tenths that it takes to dribble around between the marker cones and back. Time is started on the signal “GO” and stopped as soon as the player crosses the starting line on the way back. The best time recorded by the player for the two trials are the player’s score on the test.

Shooting Test:

Purpose

To measure the shoulder strength and the ability of consistent accurate throws of the player.

Equipment - Two rubber rings, whistle, rope, Roll Ball

Description

A rubber ring will be hanged to both the top corners of the goal post. The player, standing at the centre line dribbles the ball while skating and makes 10 trials for hitting the ball at the ring, 5 trials on each ring from outside the ‘D’ area without cutting the ‘D’ line or entering the ‘D’ area after shooting.

Scoring: For each hitting at the ring on either side, 1 point will be awarded to the player. The total of ten trials score is used for evaluating Roll Ball shooting test item of the battery.

Sprint and Turn test:

Purpose

To measure the skate control of the player while skating.

Equipment: One whistle and marking tape/chalk, Roll Ball.

Description - The player stands behind the base line of the Roll Ball court. On the signal of ‘Go’ the player starts skating with speed towards the center line. On the signal of the whistle, the player turns around on the skates and starts skating towards the base line. Again on the signal of the whistle the player turns around and starts skating towards the center line. In this way, the tester tests the player for 5 times.

Scoring: Each time the player turns around on the signal of the whistle without falling 1 point is awarded. No point is awarded if the subject falls down while turning. The total of 5 turns score is used for evaluating Roll Ball Sprint and Turn test item of the battery.