

No. 12-2/2025-Gov-1
Government of India
Ministry of Youth Affairs & Sports
Department of Sports

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Hall No. 103, Jawaharlal Nehru Stadium,
Lodhi Road, New Delhi 110003
Dated: 9th March, 2026

To

1. President, Indian Olympic Association
2. President/Secretary General of recognised National Sports Federations

Sub: Instructions regarding fitness protocols and scientific assessment of athletes representing India in international competitions – reg.

Sir / Madam,

I am directed to refer to this Ministry's letter of even number dated 05.03.2025 on selection of sportspersons and related matters, which inter-alia, mandates NSFs to ensure that athletes selected for representing the country in international sports events pass the required medical check-up to demonstrate his / her physical fitness for competition. Further, National Sports Federations (NSFs) are required to make the necessary entries in the centralized portal created for this purpose.

2. Further, Ministry's circular dated 22.05.2025 regarding revised norms of assistance under the Scheme of Assistance to National Sports Federations, inter-alia, provides that athletes will be tested quarterly for medical condition, fitness level, biomechanics etc. in compliance with defined protocols (specially before proceeding for major events).

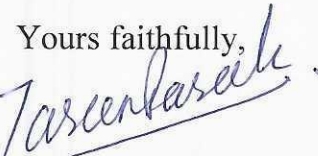
3. In the above context, as well as in line with the policy framework of Khelo Bharat Niti – 2025, which emphasises the integration of sports science and technology, it has been decided that a standardised, dynamic, and robust mechanism will be introduced for athletes representing India in international competitions. Accordingly, the following arrangements are prescribed:

- Sports Authority of India (SAI) and National Centre for Sports Science and Research (NCSSR) in coordination with the concerned NSFs, will develop sport-

specific fitness protocols and Standard Operating Procedures (SOPs). SAI shall advise the NSFs for implementation of the same after finalisation.

- The National Centre for Sports Science and Research (NCSSR) will be responsible for scientific oversight, validation and periodic review of the fitness protocols and SOPs.
 - NSFs shall ensure that fitness assessment of athletes is conducted strictly in accordance with the prescribed sports specific test protocols including informed consent and medical safety of athletes, at facilities of the NCSSR. All such assessment data shall mandatorily be uploaded on the National Sports Repository System (NSRS).
4. All recognized NSFs are advised to coordinate with SAI for effective implementation of the above arrangements and shall publish an Annual Fitness Testing Calendar on their respective websites in consultation with SAI.

This issues with the approval of the competent authority.

Yours faithfully,

(Tarun Pareek)

Under Secretary to the Government of India

Copy to:

1. Director General, Sports Authority of India
2. Director, NCSSR
3. CEO (TOPS/TAGG /TEAMS), SAI
4. Director (Gov-I)/Director (Gov-II)
5. Guard file
6. Sr. Technical Director, NIC with the request to upload on the website of the Ministry

Copy for information to:

1. PS to Hon'ble Minister (YA&S)
2. PS to Hon'ble MoS (YA&S)
3. PS to Secretary (Sports)