

MEGHALAYA STATE SPORTS POLICY

2019

**DEPARTMENT OF SPORTS & YOUTH AFFAIRS,
GOVERNMENT OF MEGHALAYA**

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INTRODUCTION

Meghalaya, ‘the abode of clouds’ with a geographical area of 22,429 sq.km Meghalaya is a beautiful North Eastern State of India located to the north of Bangladesh and surrounded by the state of Assam along its borders.

Meghalaya has been a state that lives and breathes sports, especially football, since its inception in 1972 when it became a separate state from Assam. The state boasts of some international players that have represented the country in the past. It is seen that the state of Meghalaya is capable to produce a number of champion athletes in various sports. With state of the art sporting infrastructure that will be developed for various sports, the aspiration to develop sporting talent in the state will be effortlessly accomplished.

The State Sports Policy of Meghalaya aims at promoting active participation in sports and physical activity as the central premise to Meghalaya’s culture, ethos and way of life. The Government of Meghalaya believes that participations in sports and games improves the wellbeing and quality of life, brings social harmony and promotes economic activities.

SPORTS IN INDIA

Sports have its presence in India since ancient times. Through the years, sport has evolved as a social change, a bond that brings communities together. It has brought about more widespread participation amongst the communities and its people.

Today, sport has become an industry in India that has reached the highest levels in a short span of time and is growing immensely. People of this century have become more conscious about physical fitness and well-being and have taken up to sport. Sport today is not only limited to physical fitness but has become a career option with professionals taking up sport for competition to achieve success.

SPORTS IN MEGHALAYA

Since the formation of the state, the Government of Meghalaya has been actively engaged in developing a culture of participation in competitive sports as a means of creating a fit, healthy and vibrant society. Over the past few years, the Government of Meghalaya has been articulating its Sports Policy.

Sport is woven in the fabric of every community in the state. Traditional sports have been a part of every community's lifestyle over the years' and it is seen till date that several communities still engage themselves in these traditional sports.

Meghalaya has performed well in sports at the national and international level in the past and has huge opportunities to develop more athletes in various other sports. With an aim to achieve laurels for the state, the "Meghalaya State Sports Policy 2019" is proposed with a commitment to excel in sports and to position Meghalaya as a leading sporting state in India.

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VISION

To inculcate a sporting culture among the communities of the state, through participation and excellence in sports leading to an energetic, healthy and culturally vibrant Meghalaya.

MISSION

- To create a sporting culture, healthy lifestyle and values
- To nurture and develop sporting talent of the state that will in turn produce champion athletes
- To adopt scientific and modern technology and approaches for sport and athlete development
- To develop world-class sporting infrastructure for the state that will have a legacy
- To engage in professional approaches for planning and organization of sports and sporting events at the State, national and international levels.

POLICY PRINCIPLES

- **Value based and ethical**
All sports programs are values-based, designed to increase ethical conduct
- **Inclusive, accessible and sustainable**
Sports programs are accessible and equitable and reflect the full breadth of interests, motivations, objectives, abilities, and the diversity of the Meghalaya society.
- **Pleasure, fun and enjoyable**
Sports programs that are available for communities for recreation, physical fitness and well-being
- **Spirit of collaboration**
Sports is built on partnerships with other sectors – most importantly with education, health, tourism and recreation – and is fostered through linkages with community organisations, service providers, and the private sector
- **Sound, scientific and technological foundation**
Principles of long-term participant development sports programs fully supported by technology and scientific techniques
- **Commitment to excel**
Sports programs for nurturing and development of budding sporting talent of the state to bring laurels and excellence
- **Monitoring and evaluation**
Monitoring and evaluation of programs and policies support improvement, innovation and accountability.

OBJECTIVES

- To create a culture of physical fitness and sports as an integral part of the society
- To recognise, encourage, train and support talents in sports
- To encourage participation of women in sports and games
- To facilitate the participation of the 'Para athletes' in sports and games
- To achieve excellence in sports by winning medals in National and international sporting events including regional Games, the National Games, Commonwealth Games, Asian Games and the Olympic Games
- To create and maintain State level facilities with State of the art International sports infrastructure, residential and other facilities
- To be able to create a pool of qualified manpower for sport management, coaches, athletes, referees, etc.
- To organise state, regional, National and International sports events
- To integrate competitive sports in the education system by linking performance based credit transfer in the academic curriculum
- To propose a framework for creating employment opportunities for sports persons
- To promote Adventure Sports and Sports Tourism
- To establish facilities that provide scientific support and carry out advance level research, development and documentation in sports
- To promote the participation of private organisations for the development of sports infrastructure and conducting sports activities and competition
- To promote partnerships and collaborations with sporting agencies and associations on the national and international platform that will help achieve the vision of the policy

DELIVERABLES

- Creating a culture of physical fitness for a healthy and physically active society
- Broad-basing of sports
- Increase in participations in competitive and non-competitive sports
- Applications of scientific methodology to Detect, Select, Identify, Nurture, Develop and Train to produce champion athletes
- Framework for women to encourage participations in sports activities
- Framework for differently abled to encourage participations in sports activities
- Achieving prominence at the National and International level
- Deployment and Development Programme of Qualified Professional Coach
- International standard sports infrastructure
 - Stadium/sports arena/sports fields
 - Sports hostels and day-scholar facilities
 - Medical and scientific support and facility
 - Requisite number of Qualified coaches & PTIs.
 - Requisite number of Qualified technical manpower
 - Sports equipment and gadgets
- A framework Integrating academic curriculum with sports
 - Integrated curriculum of sports, physical literacy and education at the School, college and University through Physical Education.
 - Alternative academic curricula or facilities for the sportspersons
 - Augmentation of sports infrastructures and facilities in academic Institutions
- A framework to generate employment opportunity for sportspersons
- A framework to promote Adventure Sports and Sports Tourism
- Sports Academy with International standard sports science facility and discipline-wise experts and professionals

BASIC FRAMEWORK

Sports and physical fitness go hand in hand. Presence of active population in a society decides the availability of the sports population who takes part in competitive sports.

1.1 FITNESS FOR ALL

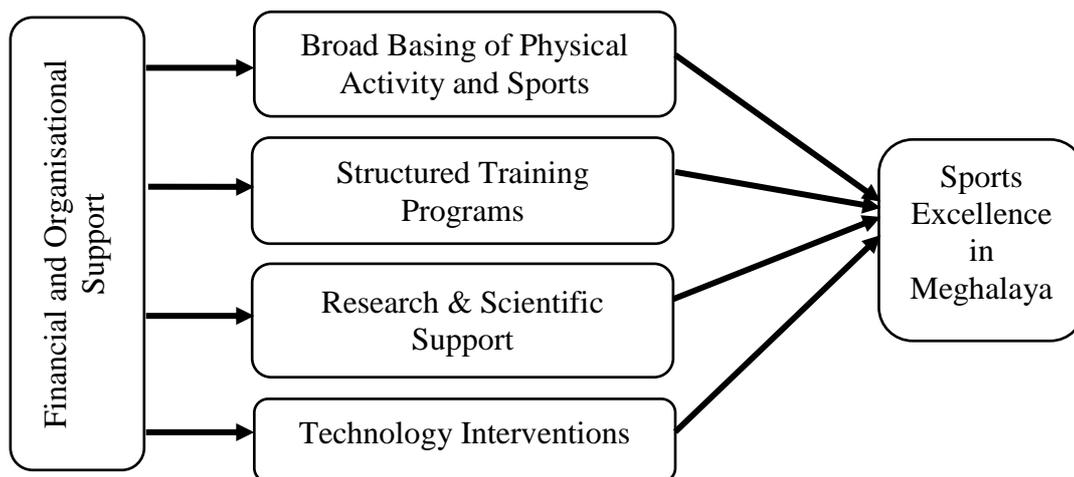
Physical activity embraces all kinds of human physical endeavors that include daily living activities and activities related to occupation. It is said that to become a champion, one needs to select his/her parents. Thereby increased fitness of parents will lead to better competitive performance by their children. Mass participation in sports related physical activities are generally introduced by clubs, schools, colleges, universities, fitness centers and gymnasiums. Participation in such programmes leads to the development of certain sport-specific skills and attitude, improves the cardio respiratory endurance, target body composition, flexibility, strength and endurance of muscles, agility, physical and mental health, psycho-social well-being; acquiring and enhancing fundamental motor skills and cognitive ability.

Government shall create an ambience along with the state of the art infrastructure for mass participation in physical fitness programs. Such fitness programs shall be developed under the proper guidance of qualified professionals.

1.2 MASS PARTICIPATION IN SPORTS

Mass participation in sports is one of the critical foundations to develop the sports culture and enhance the sports environment in a nation. The higher the number of persons involved in sports, the better is the probability of identifying a talent. However, mass participation alone cannot produce champions. It needs a structured organised programme that involves detection, selection, identification, development of talents to produce champions. In leading sporting nations, such programmes start at an early age. This enables the development of certain sport-specific skills & attitude, improves physical fitness, physical & mental health, psycho-social wellbeing; acquiring and enhancing fundamental motor skills and cognitive ability at an early age. Moreover, winning in National and International sports events entails meticulous planning and execution utilising strong scientific base. This requires support to an athlete a) during the identification and development phase, b) during the competition and c) after the end of an active sporting life. Technology intervention in the form of infrastructure, facilities, equipment and gadgets has played a vital role in transforming the contemporary sports.

The basic framework envisages that broad-basing of sports, structured training programme, scientific support and technology intervention are the bases to achieve 'Sports Excellence in Meghalaya'.



1.3 BROADBASING OF SPORTS

‘Broad-basing of Sports’ is one of the key factors for the development of sports culture in any society. It will not only enable a society to get involved in the physical and sports activities and understand the importance of physical and sports activities for a healthy living but also create a larger talent pool, the essential precondition for a society to excel in sports.

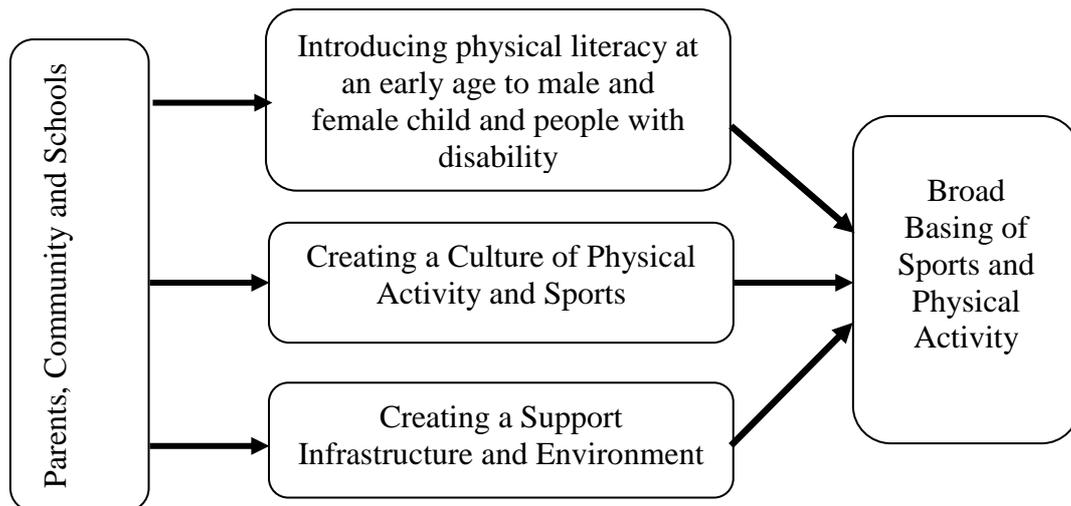
Broad-basing of sports involves primarily ‘Introducing physical literacy at an early age’, ‘creating a culture of physical activity and sports creating a support infrastructure and environment’ and ‘active participations of parents, community and educational institutions

1.4 INTRODUCING PHYSICAL LITERACY AT AN EARLY AGE

Introduction of Physical Literacy at an early age (0-6 yrs) to a child is one of the important cornerstones for broad-basing of sports as the general movement skills needs to be developed and flexibility needs to be improved at an early age. This phase should be more of a fun, enjoyment, exploration of challenges, risks and limits than that with monotonous rigors; and primarily aims at improving general movement & locomotor skills, some levels of dexterity, objects control skills and balance.

Activities like running, swimming/gymnastics/dancing, climbing and descending, sliding, skipping, hopping, jumping, rolling on the grass/ground, spinning, twisting & turning, throwing & catching, balancing objects and body balance shall be taken up or encouraged. The activities should be both structured and unstructured and may be extended upto several hours in a day. Parents, teachers and coaches need to be made aware of the activities to be performed by the child, their benefits and the techniques to be used.

Local Community with the support of the professionals including Physical Training Instructors (PTIs), Child Psychologists and Paediatricians shall organise such awareness and training programmes.



1.5 PARTICIPATION OF GIRL CHILD

Involvement in physical activity and sports improves the physical health, mental health, reproductive health, social inclusion and intellectual & educational capabilities of a girl child.

Parents, local community and schools shall develop programmes to involve the girl child in structured physical literacy and sports programme. Such programme should reflect the local cultural ethos along with the importance of fun, health and social interactions. This will not only help to broad-base sports in real terms but also recognise the contribution of Indian women athletes in International competitions.

1.6 ROLE OF THE COMMUNITY AND PARENTS

Parents play an important role in introducing their children to physical activities. At the outset, parents themselves need to take a regularly active part in physical activities like walking, jogging, running, swimming, dancing, skating, rock climbing, adventure sports, recreational sports, etc. The child sees parents as role models, which encourages the child to participate in physical activities.

One of the salient features of Meghalaya is the active involvement and participation of the community in the planning and execution of various development programmes of the State.

Responsibility of broad-basing of sports primarily lies with the local community. Each local community may create facilities and infrastructure such as children’s park with equipment for carrying out physical activities, recreational parks and jogging tracks and multi activity indoor & outdoor facilities.

The facilities/infrastructures maybe created through community participation and funds raised from private organisations and individuals.

1.7 ROLE OF THE SCHOOL AND EDUCATIONAL INSTITUTIONS

Physical activities taken up in nursery/kindergarten/play-school and in primary school, play an important role in introducing physical literacy to the children. However, such activities need proper planning and guidance so that general movement skills and flexibility are developed and improved at an early age (0-6 years). Subsequently, other proficiencies such as agility, balance, coordination and speed are developed along with the cognitive and emotional developments. The programmes shall be structured as a daily routine with emphasis on fun, enjoyment, exploration of challenges, risks and limits.

The exercises for the age group of 7-8 shall be sprint/hurdles shuttle relay, formula one and 8 minute endurance test (sprint/running events); rope skipping, forward squat jumping, cross hopping, ladder running, triple jumping within a limited area (jumping events); target throwing, kids javelin throwing, knee throwing (throwing events). Total numbers of events recommended are eight.

The exercises for the age group of 9-10 shall be sprint/hurdles shuttle relay, sprint/slalom, formula one, 8 minute endurance test and progressive endurance test (sprint/running events); pole long jumping, forward squat jumping, cross hopping, ladder running, triple jumping within a limited area and exacting long jump (jumping events); target throwing, kids javelin throwing, knee throwing overhead backward throwing and rotational throwing (throwing events). Total numbers of events recommended are nine.

The activities for the age group of 11-12 shall be bent formula; sprint/hurdles running, bent formula; sprint/hurdle relay; sprint/slalom, hurdles, progressive endurance test, 1000 metre endurance test (sprint/running events); pole long jumping, pole long jumping over a sand pit, short run up triple jumping, cross hopping, short run up long jumping, triple jumping within a limited area, exacting long jumping (jumping events); teens javelin throwing, kids javelin throwing, knee throwing, teens discus throwing, overhead backwards throwing, rotational throwing (throwing events). Total numbers of events recommended are ten.

The activities for the age group 13-15 the IAAF Teen Athletics programme shall be used as a guide.

It is important that each school/educational institution have both indoor and outdoor multi-game facilities. The infrastructure shall be made open for the use of interested students from other Institutions. State Sports Department may provide support to schools to create infrastructure, acquire equipment and additional remuneration to trainers/coaches who would provide the training beyond the school hours, weekends and on holidays.

In order to meet these objectives, Physical Education should be an integral part in Schools/Colleges. This will enable the State to broad base Sports and ensure mass participation in Physical Education &

Sports which will create a bank of Sports Persons for future grooming.

1.8 IDENTIFICATION AND DEVELOPMENT OF ATHLETES

1.8.1 STRUCTURED TRAINING PROGRAMMES

Excellence takes time and there is no short cut to excellence. It has been reported that a minimum of 10 years of practice (sometimes stated as 10,000 hours) is needed for expert performers in any field to reach the elite level.

Long hours of practice with structured scientific programme, Institutional support and technology interventions are required to produce a champion

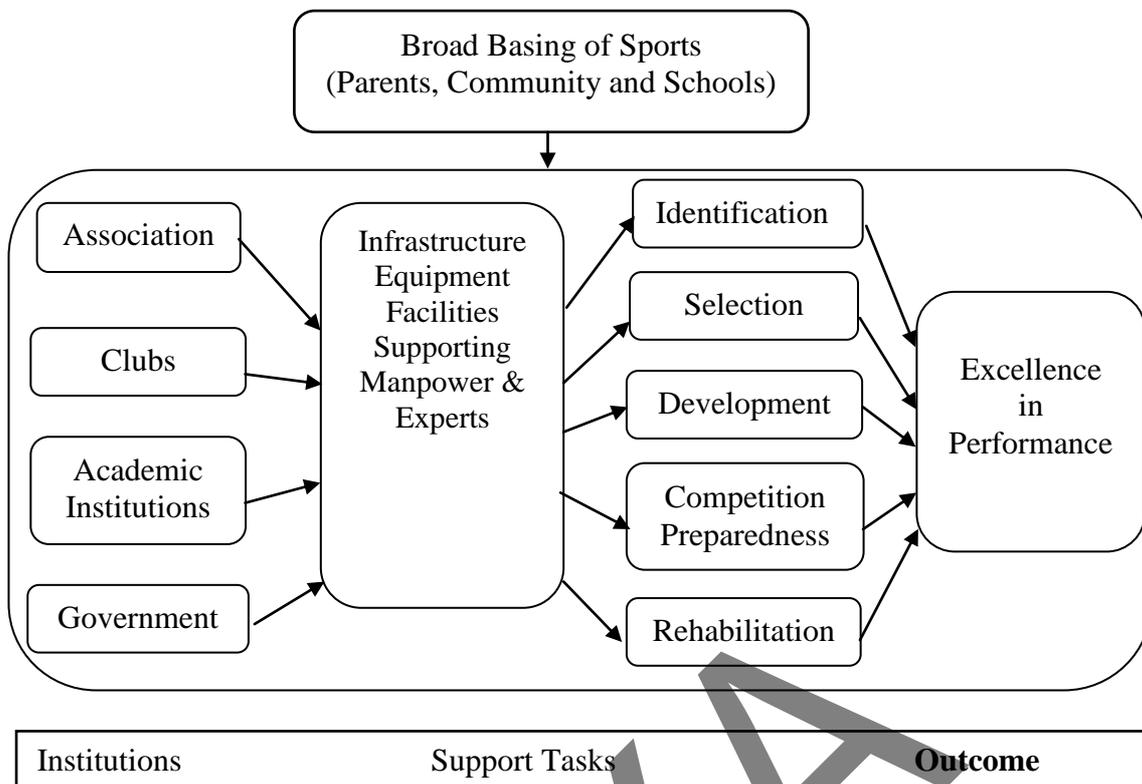
1.8.2 IDENTIFICATION AND DEVELOPMENT OF SPORTS TALENTS

Once the children develop general movement skills along with flexibility, agility, balance, coordination, speed and strength, children need to be introduced to sports specific skills along with fitness development, mental and emotional development programme.

“Talent detection - the discovery of potential performers who are currently not involved in any sports program; talent identification - the process of recognising individuals currently involved in sports with the potential to become elite athletes or players; Talent selection - process of identifying athletes or players of various stages of the training program; talent selection - reference to a specific task (i.e. a test) and sports activity and talent development - implies that the athletes/players are being provided with the appropriate learning/practice conditions to promote and realise their potential in specific sports” programmes are needed to be taken up

Physical instructors/coaches in this stage should take cognition of the growth and maturation curve of an individual while planning a training programme for the child.

The advice of professional coaches, physical instructors, sports medicine specialist/ physiotherapist, nutritionist, sports physiologist and sports psychologist along with the trained physical instructor and qualified coach shall be introduced in this phase in schools.



1.8.3 TALENT IDENTIFICATION

In this phase, development of sports specific skills, speed, strength and stamina, understanding of emotional and cognitive requirement are introduced. Basics of Yoga may also be incorporated along with the continuation of physical activities like swimming/ gymnastics/ dancing, climbing and descending, skipping, hopping, jumping, skipping, skating, strength training using own body weight and medicine ball. In this phase, sports specific periodization of training (single or double periodization), taking part in competition, performance recording and the testing may also be included.

1.8.4 DEVELOPMENT PHASE

In this phase, psychological development and maturation, development of the sports specific skills, strength, endurance, and speed are to be taken up. In this phase, activities like swimming/ gymnastics/ dancing, skipping, jumping, skating and yoga are to be continued.

Training of sports specific skills & techniques in different venue and on different play surfaces and periodization of training are needed to be introduced. Regularity of training is essential.

Regular competitions, both within the group and outside the group, are needed to be introduced. Competition system shall be designed for exposure to difficult situations. Internal competition and league system is useful.

Care should be taken to minimize Sport specific injuries during this phase, performances, growth and maturation and results of the scientific testing should be closely monitored.

1.8.5 PREPARATION FOR THE COMPETITION

Provide year-round, high intensity, individual, event and position-specific training. Teach athletes, who are now proficient at performing basic and sport-specific skills, to perform those skills under a variety of competitive conditions during training. Place special emphasis on optimum preparation by modelling competitions in training. Individually tailor fitness programs, recovery programs, psychological preparation and technical development. Emphasize individual preparation that addresses each athlete's individual strengths and weaknesses.

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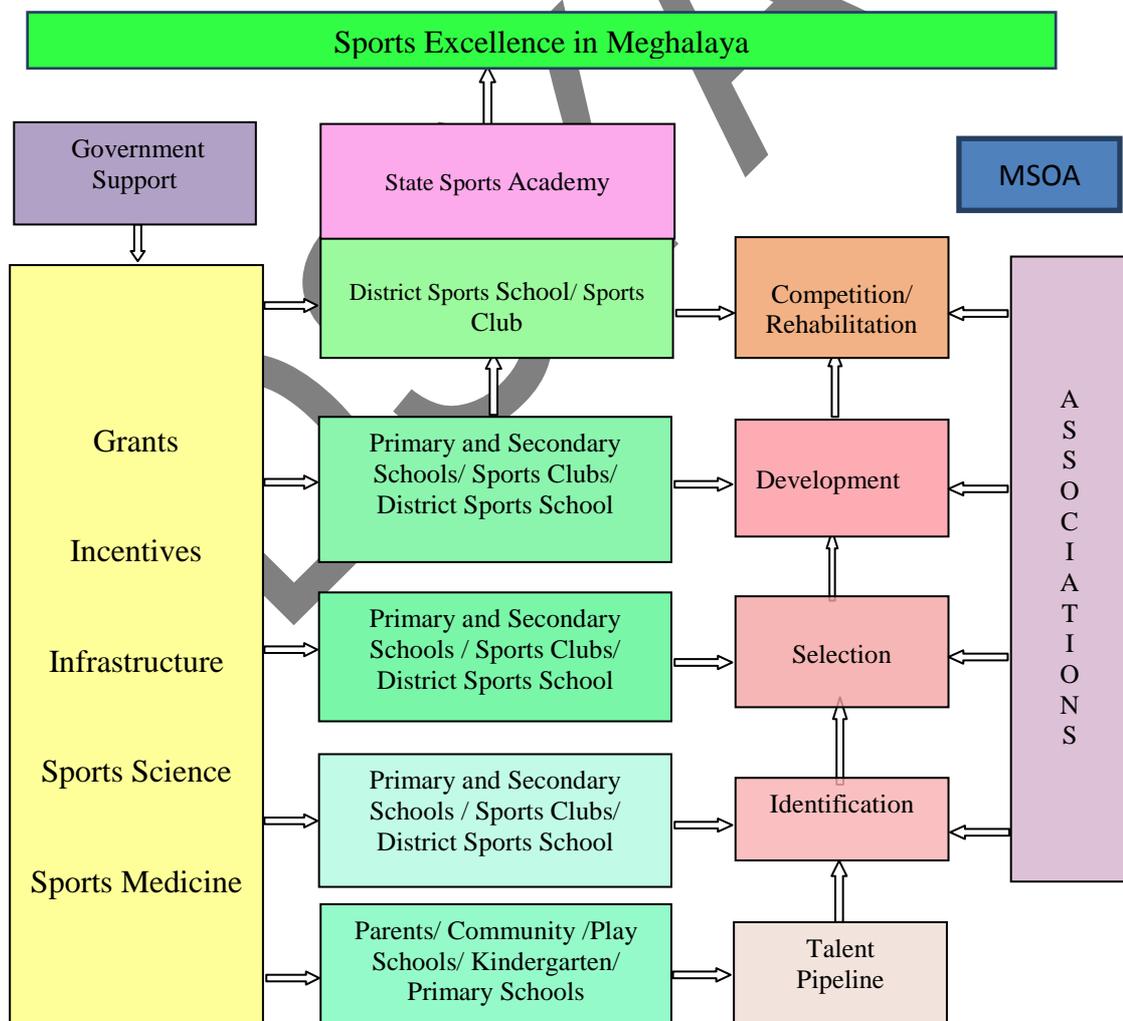
ROLE OF STAKEHOLDERS

2.1 ROLE OF THE STATE GOVERNMENT

The Government will administer the Sports Policy through the Sports and Youth Affairs Department.

The Government of Meghalaya will provide financial support towards the implementation of the policy. The Government will also be responsible for the development of sporting infrastructure as per the requirements across the state.

The Government of Meghalaya will setup a framework and working committee that will monitor and implement the sports policy of the state. The Directorate of Sports & Youth Affairs along with the District Sports Officers of the respective districts will play a role in the implementation of the Policy in the state.



2.2 ROLE OF THE MEGHALAYA STATE OLYMPIC ASSOCIATION

- (A) The role of the State Olympic Association is one of the crucial ones to ensure the effectiveness of the policy on the development of sport in the state. The Meghalaya State Olympic Association is required to coordinate with the Government and the State Sports Associations and ensure that the policy is being implemented in the best manner possible.
- (B) The Meghalaya State Olympic Association is also required to handhold the State Sports Associations in preparing plans for the development of sporting talent of the state.
- (C) The State Olympic Association will regularly check on the development of the Sport Associations and submit reports to the Government on a regular basis.
- (D) The Meghalaya State Olympic Association in coordination with the State Government will hold the Meghalaya Games once in two years.

Budget provision will be prepared by the Department of Sports and Youth Affairs, Government of Meghalaya

2.3 ROLE OF THE STATE SPORTS COUNCIL MEGHALAYA

The State Sports Council Meghalaya is the engineering wing of the Directorate of Sports & Youth Affairs that will cater to the refurbishment and development of all sporting infrastructure of the Government of Meghalaya.

2.4 ROLE OF THE STATE SPORT ASSOCIATIONS

Sports Associations have an important role to play in the creation of talent pipelines by providing the trainers, coaches and conducting discipline specific competitions at various levels and monitoring the performances.

State Sport Associations have an important role to play in the creation of talent pipelines by providing the trainers, coaches and conducting specific competitions at various levels and monitoring performances. The Sports Associations shall also create and maintain athlete and athlete specific performance data base of individual sports disciplines which shall be shared with the Department of Sports and Youth Affairs, Government of Meghalaya.

Associations will be working with the Government to monitor the progress of the specific sports disciplines and prepare the roadmap in consultation with the National Federation and the State Government. Government may create facilities with specific terms and conditions to the Sports Associations.

2.5 ROLE OF EDUCATIONAL INSTITUTIONS

Since talent pipelines are primarily coming out of schools, the ideal scenario would be to help each

school to develop infrastructure with International standard/ specifications for a few sports disciplines of interest. The infrastructure shall be made open for the use of interested students of other institutions beyond the school hours, weekends and on holidays. This will enable the students of other schools in a certain locality to get the opportunity to train in various sports disciplines. State Sports Department may provide funding to schools to create infrastructure, acquire equipment and to provide additional remuneration to trainers/coaches who would provide the training beyond the school hours, weekends and on holidays.

It is equally important that schools implement physical training along with the appointment of a physical training instructor that will help develop the students and sporting talents in the right direction.

2.6 ROLE OF SPORTS CLUBS

Sports clubs have a rich history of promoting sports in India. The same is true for the State of Meghalaya. Contributions of these clubs in promoting the sports in Meghalaya and creating a sports environment and culture need recognition. Activities of these clubs are primarily carried out under the aegis of the different Sports Associations.

The sports clubs along with their present activity of taking part in State level and National level competitions shall take part in the structured and organised talent development program, devised jointly by the Clubs, Associations and the Government. The facilities and infrastructure created by these clubs shall be made available to State Sports Schools, State Sports Associations, and to Government on a condition jointly worked out by the Clubs, Associations and the Government.

Government may provide performance based financial assistance. Criteria for the same will be arrived at by a Committee having the sports officials of the Government and the eminent sportspersons and coaches. These criteria may be reviewed periodically.

Sports clubs shall pick up and adopt one more sports discipline along with the major sports discipline that they are engaged in.

2.7 ROLE OF THE DEPARTMENT OF EDUCATION.

Physical Education, a process of learning through physical activities designed to enhance physical fitness, develop cognitive skills, knowledge and behaviour of healthy and active living, sportsmanship, and emotional intelligence is aimed at all round development of the individual where in students will acquire various expressions of a creative, innovative, skilled, have the physical fitness, healthy habits and have the knowledge and understanding of human motion.

Active children will have experienced improved health, better grades in schools, better fitness, strong muscles and bones, more happiness and improved self-confidence apart from obtaining fundamental

skills through least 60 minutes of moderate to vigorous physical activities and Sports. Teaching non-traditional sports to students may also provide the necessary motivation for students to increase their activity, and help the students learn about different cultures.

The Education Department play a pivotal role in ensuring Sports & Physical Education are implemented in the school and college curriculum of the state with qualified technical personnel.

2.8 ROLE OF THE DEPARTMENT OF HEALTH.

With the evolution of Sport Medicine and Sciences in India, it is important that the right methods for treatment of injury and methods to enhance performance are adopted and implemented. The Department will create awareness and introduce the correct and latest means of treatment for sports injuries, physiotherapy, and other forms of injury management of athletes.

To achieve these objectives, a Sports Medicine Cell & Performance Analysis Centre be created. The Centre will also work in co-ordination with State Anti Doping Agency (SADA) to facilitate compliance of National Anti-Doping Agency (NADA) /World Anti Doping Agency (WADA). This will also open new avenues for students to adopt this field as a career option with the industry booming in India today.

2.8 ROLE OF THE OTHER GOVERNMENT DEPARTMENTS.

All Government Departments and Authorities engaging in Sports Infrastructure and related sporting activities shall explore convergence of their Programmes/ Schemes with Sports Department as envisaged in the Policy.

2.9 LEGAL FRAMEWORK

Department of Sports & Youth Affairs shall be the custodian of all the funds provided by Government, the custodian of all the infrastructures created either by the State or Central fund.

2.10 LEGAL FRAMEWORK AGAINST DISCRIMINATION, SEXUAL HARASSMENT AND CHILD PROTECTION

There is a need to have legal framework against discrimination, sexual harassment and child protection.

SPORT DISCIPLINES

There are several sports that are recognised by the International Olympic Committee and International Para-Olympic Committee as well as the Indian Olympic Association, administrators for sports at the international and national level respectively.

Some of the Sports Disciplines are listed below:

1. Athletic
2. Archery
3. Aquatics (Swimming, Diving & Water polo)
4. Boxing
5. Basketball
6. Badminton
7. Billiards & Snooker
8. Cycling
9. Canoeing and Kayaking
10. Golf
11. Gymnastics
12. Equestrian
13. Fencing
14. Football
15. Handball
16. Hockey
17. Judo
18. Karate
19. Kabaddi
20. Kho Kho
21. Lawn Bowls
22. Modern Pentathlon*
23. Netball
24. Rugby
25. Rowing
26. Shooting
27. Sport climbing
28. Squash
29. Sailing
30. Tennis
31. Taekwondo
32. Triathlon (Swimming, Cycling & Running)
33. Table Tennis
34. Volleyball
35. Wushu
36. Weightlifting
37. Wrestling

*Modern Pentathlon (Fencing, Free Style Swimming, Equestrian Show Jumping, Pistol Shooting & Country Running)

The state recognises the nurturing and development of these sports including para- Sports as well as Non-Olympic Sports in the state of Meghalaya. The Policy will include all the sports that will be recognised by the State Government and will be prioritised based on various criteria.

Disciplines which have National presence may be taken up as priority sports. The geography and history of a region, demographic pattern, physical and social anthropology, socio- cultural ethos, psycho-physiological makeup of the residents of a place, the popularity of a sports discipline and the medal winning capabilities may also be taken up for selecting the Sports Discipline

The Government of Meghalaya will conduct periodic reviews of performance of the State Sports Associations for prioritization of the sport disciplines.

ORGANISATIONAL SUPPORT AND INFRASTRUCTURE

4.1 DISTRICT SPORTS SCHOOLS

Each District shall have at least one sports school. Discipline specific sports infrastructures need to be created. Such infrastructures shall have both multipurpose indoor stadium and multipurpose outdoor stadium.

The District Sports Schools will be responsible for the following:

- To prepare athletes for competitions
- To rehabilitate the athletes, both during the talent development and preparation for competitions and after an athlete ends his or her active sports life
- To provide support for identification, selection and development of sports talents in schools, colleges and in universities
- To provide scientific and medical testing support during the identification, development and preparation for competitions
- To provide Nutritional counselling

4.2 STATE SPORTS ACADEMY

The State shall have State Sports Academy for sports disciplines. Discipline specific independent sports infrastructures with facilities for practicing and training need to be created. Such infrastructures shall have discipline specific indoor and outdoor stadiums.

The Academy will house the best Athletes of the state. The academy will provide advanced coaching and training for athletes with highly qualified Coaches and State of the Art equipment with relevant supporting staffs. The academy will also support the educational requirements of the athlete. Scientific testing and analysis will be conducted on the athletes to ensure that development of the athlete is in the right direction.

4.3 CENTRE OF EXCELLENCE

The State shall set up a Centre of Excellence where special training programmes are needed to be organized for elite athletes (National champions or medal winners in International competitions). Provision shall be made to train these athletes in Sports Academies outside the State and, if required, outside the country.

The Centre of Excellence will have the best coaches of the state and may even have foreign coaches based on the proposals submitted for the different sports. The coach will have a minimum of 10 years' experience to coach at the Centre of Excellence.

COACHING

A coach is a friend, philosopher and guide to an athlete. It is the coach who detects, identifies, selects, develops and nurtures a talent and produces a champion. A coach analyses the performances of an athlete, creates the right environment for learning and training, motivates the athlete, provides support, imparts relevant skills through structured training programmes so that the athlete can grow to his/her full potential.

There shall be proper guidelines for coach development programmes, deployment of coaches. In addition, there shall be a framework for involvement of Physical Education Teachers in sports coaching, involvement of former national coaches and engagement of contract coaches.

5.1 COACH DEVELOPMENT PROGRAMME

Coaches need to understand and develop annual periodization plans, training methodologies, tests and measurements, sports science applications, social values, special requirements of international competitions and principles and analysis.

Senior coaches need to be trained in multi-year periodization planning, advanced sport analyses and training methodologies, performance tracking and analyses special requirements of International competitions and sports science applications.

5.2 INTERNATIONAL EXPOSURES TO COACHES

It is important for the coaches to have International exposures to enable them to learn the techniques, tactics, scientific and technological supports required to produce an International champion. International exposure will be made available to coaches.

Opportunities will be provided to coaches to learn and update the new techniques of coaching that will help develop an athlete with the most modern forms of coaching methods to produce ultimate results.

International level foreign coaches are also required to give new insights to the training program.

5.3 INVOLVEMENT OF PHYSICAL EDUCATION TEACHERS IN SPORTS COACHING

Physical Education Teachers (PETs)/Physical Training Instructors (PTIs) play an important role in grooming the talents and generating interest in sports at the nursery/ kindergarten/ play-school, primary and secondary school level.

The PETs/PTIs have the responsibilities in organising and conducting school's physical activity programs to ensure that students are physically active.

The PETs/PTIs can help the school in designing the curriculum for school physical activity program both during and beyond the school hours.

The PETs/PTIs may also assist the School in the conduct of school sports and other physical activities.

Currently, as it would be difficult to deploy so many qualified coaches, the State Government shall devise short term training programmes for the PETs/PTIs so that they can take up some of the coaching programmes at least at the school level. However, periodic consultation with a qualified coach should be built into the system. Refresher course for PETs/PTIs both for physical activities and sporting activities after a given interval may be organised by the State Government.

5.4 HIRING OF COACHES

Certified coaches will be hired for the District Sports Schools, the State Sports Academy and the Centre of Excellence.

Coaches may be hired based on experience and the level of coaching attained. The coaches will be hired on contract basis and will be evaluated on a yearly basis.

Former senior players may be accommodated into grassroots programmes for training of young athletes below the age of 12 years.

Former National level coaches may be hired as coaches and also as mentor coaches on contract. The terms of reference may be worked out by the state Government.

5.5 ACCOUNTABILITY

Accountability of coaches plays a crucial role in talent development. Accountability for the performance of the athletes motivates the coach to utilize his talent to the fullest.

Accountability includes:

- Having a clear training and development plan agreed by all the talents (strategy)
- Having clear action steps to be completed for training the athletes (task)
- Helping the athletes to understand the importance of the commitment (motivation)
- Setting standards on how the training will be monitored (measurement)
- Check whether the output is as desired (evaluation)

SPORTS COMPETITIONS

Competitions at Block, District & State levels are needed to be conducted as these competitions will not only determine the status of an individual player, but also the status of a specific sports discipline. It provides the preparedness and the measures to be taken for the improvement of the sport and the athletes. The competitions may be conducted as intragroup and intergroup and for various age groups. The intergroup competitions shall be incentivised and shall be an annual event. The intragroup competitions shall be conducted more frequently to monitor the progress and preparedness and to keep the tempo and the motivation.

6.1 HOSTING PRESTIGIOUS EVENTS

The hosting of various Regional, National and International Tournaments by any State Sports Association needs to have the full clearance of the State Government and the involvement of Meghalaya State Olympic Association (MSOA). This will ensure participation and exposure for the Athletes/Sports Persons of our State while excelling in these competitions.

SPORTS AS A CAREER OPTION

7.1 SUPPORT FROM THE STATE GOVERNMENT

The State Government of Meghalaya will provide necessary assistance for persons interested in taking up sport-related professional courses as a career option. Some of the career options available are as follows:

- Sports Coaching
- Sports Management
- Physical Education
- Sports Physiotherapy
- Sports Sciences
- Refereeing & Judging
- Any other proposal that is sport oriented

The Government Meghalaya may formulate also schemes to promote Entrepreneurship in Tourism, Hospitality and Adventure Sports

7.2 SPORTS QUOTA FOR JOBS

The Government has already allocated 2% of the Government jobs to sports person vide No. PER (AR 150/88/152 dt 30/10/2006).

It is proposed that the following be implemented for athletes that have represented the country or state.

1. An assured job at the Class 1 Level Officer level of the Government for those who have won medals at the Olympic Games.
2. An assured job at the Class 2 Level Officer level of the Government for those who have won medals at the Commonwealth Games or Asian Games, World Championships, World Cups.
3. An assured job at the Class 3 Level Officer level of the Government for those who have won medals at the National Games.
4. There will be a reservation of 15% for medallists at the National Level in Law Enforcing Organisations viz. Police, Home Guards & Civil Defence, etc. of the State Government
5. There will be a reservation of 10% for medallists at the National Level in the State Government

The applicant must meet the required educational and domicile qualifications to be eligible.

There shall be an age relaxation for Government employment upto 43 years for athletes that have participated at the national level.

7.3 PERFORMANCE BASED INCREMENTS

Additional increment for sports persons already in Government service be given to those who secure first, second or third position in National Games, National Championships.

All sports persons representing the country at the World Championship, World Cup, Commonwealth Games or the Asian Games and win at least silver medal will be given a promotion/appointed to the next higher level as non-officer cadre or next higher scale of pay.

All sports persons representing the country at the Olympics or and win at least a bronze medal will be given a promotion/appointed as 'Grade A Officer'.

Appointments will be subject to the fulfilment of the eligibility criteria.

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INCENTIVES

8.1 SPORTS SCHOLARSHIP

Sports Scholarships will be made available to those athletes who have won medals at state, national and international level competitions in those sports that are recognised by the Indian Olympic Association.

Scholarship for training: This scholarship may be made available for those athletes that have won a medal at the national and international level

Scholarship for education: This scholarship may be made available for those athletes that have won a medal at the state level.

8.2 SPORTS MARKS FOR ATHLETES IN SCHOOLS AND COLLEGES

Athletes that have participated and represented the school and college at various sport competitions recognised by the Government of Meghalaya will be awarded 5% sports marks of the total marks of a semester at the end of the academic year.

All inter school and university level competitions and above recognised by the State Government will qualify for sports marks.

8.3 INCENTIVES FOR COACHES

For those coaches under whom, athletes have performed well and have won medals at the national and international level will be entitled to high level and advanced training that may be supported by the State Government.

For coaches under whom, athletes have won medals at the international level will be entitled to the next higher scale of pay For coaches under whom, athletes have won medals at the national level will be entitled to an additional increment.

SPORTS QUOTA FOR EDUCATION

9.1 QUOTA FOR ADMISSION IN H.S.S.L.C

5% Quota subjected to winning medals at district level competitions

9.2 QUOTA FOR ADMISSION IN COLLEGE

5% Quota subjected to winning medals at district level competitions

9.3 QUOTA FOR ADMISSION IN PROFESSIONAL COURSES

5% Quota subjected to winning medals at State level competitions or National Games/ Championships or representing the country

9.4 QUOTA FOR ADMISSION IN UNIVERSITIES

5% Quota subjected to winning medals in National Games/ Championships or representing the country

Quota for admissions as above is applicable subject to clearing the qualifying examination and the criteria of admission as set up by respective authorities. Validity of winning medals in competitions is not extended beyond three years.

CASH AWARD FOR PERFORMANCE

Cash awards to medal winner athletes. The most effective way of promoting excellence in sports can be described as below:

Sr. No.	Tournament/ Championship	Medal	Award Money (in Rupees)
1.	Olympics/Para Olympics	Gold Silver Bronze Participation	75 lakh 50 lakh 30 lakh 5 lakh
2.	Asian Games/Para Asian Games	Gold Silver Bronze Participation	30 lakh 20 lakh 10 lakh 2 lakh
3.	Commonwealth/Para Commonwealth Games	Gold Silver Bronze Participation	15 lakh 10 lakh 5 lakh 2 lakh
4.	World Cup/ World Championship/ Para World Championship	Gold Silver Bronze Participation	30 lakh 20 lakh 10 lakh 1 lakh
5.	Youth Olympics/Para Youth Olympics	Gold Silver Bronze Participation	3 lakh 2 lakh 1 lakh 50, 000/-
6.	Youth Asian Games/Para Youth Asian Games	Gold Silver Bronze Participation	3 lakh 2 lakh 1 lakh 50, 000/-
7.	Youth Commonwealth/Para Commonwealth Games	Gold Silver Bronze Participation	3 lakh 2 lakh 1 lakh 50, 000/-
8.	Youth World Cup/Youth World Championship/Para Youth World Championship	Gold Silver Bronze Participation	3 lakh 2 lakh 1 lakh 50, 000/-
9.	South Asian Games	Gold Silver Bronze	5 lakh 3 lakh 2 lakh
10.	National/Para National Games	Gold Silver Bronze For Team 1 st For Team 2 nd For Team 3 rd	2 lakh 1.5 lakh 1 lakh 3 lakh 2 lakh 1 Lakh

11.	National Championship/Para National championship/Khelo India Youth Games	Gold Silver Bronze For Team 1 st For Team 2 nd For Team 3 rd	60, 000/- 40, 000/- 25, 000/- 3 lakh 2 lakh 1 lakh
12.	School Games Federation of India (SGFI)/Para National School Games	Gold Silver Bronze For Team 1 st For Team 2 nd For Team 3 rd	25,000 20,000 15,000 50, 000 30,000 10,000
13.	All India Inter University Championships	Gold Silver Bronze For Team 1 st For Team 2 nd For Team 3 rd	25,000 20,000 15,000 50,000 30,000 10,000
14.	National Women Sports Competition	Gold Silver Bronze For Team 1 st For Team 2 nd For Team 3 rd	25,000 20,000 15,000 50,000 30,000 10,000

Details of the eligibility criteria will be worked out by a committee comprising of the members of the Directorate of Sports & Youth Affairs, Government of Meghalaya, mentor coaches and external experts.

LIFETIME ACHIEVEMENT AWARD

Lifetime achievement award will be given to a maximum of one sports person every year for exceptional contribution in the field of sports. This award will carry a cash prize, the amount of which will be approved by the State Government along with a citation. Details of the eligibility criteria will be worked out by a committee comprising of the members of the Department of Sports & Youth Affairs, Government of Meghalaya, mentor coaches and external experts.

The Lifetime Achievement Award can be presented to an athlete, coach or sports administrator towards their contribution in sports.

The Award will be presented to those with a domicile of the state and have represented the state at various competitions.

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WELFARE MEASURES

12.1 SPORTS PENSION

The Government shall provide sports pension to those sportspersons that have represented the country at the international level. The pension will be made available to athletes that have retired from their sport.

12.2 SPORTS INJURY

The Government shall provide financial assistance to those active sportspersons who have suffered major injuries while representing the state and the country at the national and international level.

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SUPPORT TO STATE SPORTS ASSOCIATIONS

The Government shall support State Sports Associations for the participation in and conduct of Tournaments, maintenance of affiliated associations, maintenance of infrastructure, and sports facilities and for the procurement of sports equipment, sports consumables and accessories including coaching and training and sport specific related activities.

The amount of Fund to active State Sports Associations shall be limited to a minimum of Rs. 10, 00, 000/- per annum subject to performance achievement criteria.

- Funding is indicative and is subject to proposals submitted by the State Sports Association with calendar of activities.
- Increase of allotment of funds is subject to performance based on different sport events like the National Games, National Championships, Olympic Games, etc.
- Periodical review/audit of the physical and financial performances of the State Sports Associations will be conducted.

DATABASE MANAGEMENT SYSTEM

Database for athletes' performance is one of the important factors to monitor the status of performance of athletes, to plan the measures and to evaluate the impact of those measures. The database will also be required to work on the infrastructure available and required. Details of the requirement of the Database Management System will be worked out by the Government.

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FRAMEWORK, IMPLEMENTATION, MONITORING, EVALUATION & REVIEW OF THE STATE SPORTS POLICY (SSP)

Successful implementation of any Policy depends on a comprehensive, horizontal and cross-sectoral co-operation and co-ordination between various departments and agencies that in some way address issues that impact Sports and allied activities. It is important, therefore, to create an inter-ministerial and inter-agency structure to ensure better coordination amongst various stakeholders. Although some departments and agencies have programmes targeting Sports & related activities, they often work in isolation and duplicate programmes which become unsustainable. Establishment of a coordination mechanism will result in a strong sense of ownership for the State Sports Policy on the part of all stakeholders. Keeping this in view, the State Sports Policy proposes to establish a Committee to be headed by the Chief Minister for providing policy directions, setting the agenda and mobilising resources for sports development in the State. This will ensure optimum utilisation of resources available with different departments and streamline policy and programme interventions. It will also raise the image of Sports issues and ensure that all state policies and plans integrate a sports development perspective in the planning process, allocate adequate budget and appoint a Nodal Officer to deal with Sports Programmes mainstreaming within the departments and agencies. This Committee will ensure that State policies and plans affecting Sports are aligned with the principles, values, objectives and recommendations of the State Sports Policy.

The Committee will have Ministers from the following Departments as members.

1. *Finance*
2. *Industries*
3. *Planning*
4. *Tourism*
5. *School Education & Literacy*
6. *Higher & Technical Education*
7. *District Council Affairs*
8. *Border Areas Development*
9. *Community & Rural Development*
10. *Social Welfare*
11. *Health and Family Welfare*
12. *Information Technology*
13. *Municipal Administration*
14. *Labour and Employment*

Also, the Chief Minister may invite representatives from Sports Organizations and also nominate prominent sports persons to be members of this committee including representatives from MSOA. Departments other than listed above may also be invited to the meetings of the committee as and when required. The Committee shall meet once in every six months.

Budget allocations

The budget of the Department of Sports and Youth Affairs in the State is grossly inadequate to meet various programmes and requirements. In order to achieve the objectives of the State Sports Policy, the departmental budget needs to be enhanced significantly to meet various requirements in the field of Sports and allied activities.

Implementation Plan

Prepare an Implementation Plan/Operational Manual for the State Sports Policy within six months of the approval of the Policy. This plan should be a consultative effort involving all departments and agencies. It should take into account what is currently being done and what needs to be done additionally in order to fulfil the objectives of the Policy. Accordingly, it should lay down specific targets with provision for additional resources wherever required. Alongside, assess the institutional capacity of departments and agencies to identify gaps and develop strategies as part of an HR Policy to strengthen the institutional capacity of agencies and other stakeholders, where necessary. The Plan should have a set of indicators and timelines for its effective implementation.

Monitoring and Evaluation of the State Sports Policy

- Develop a comprehensive M&E framework to assess the progress made against the Implementation Plan/Operational Manual. Set up a monitoring and coordination committee headed by the Minister In-charge/Secretary Department of Sports and Youth Affairs. This structure should have representation from other departments/agencies working in the area of Sports including MSOA and State Sports Associations. Monitoring should be done through scientifically developed tools and on the basis of proper indicators. This body should meet once in every quarter.

The SSP and its implementation plan should be reviewed through an evaluation exercise to be carried out by an internal committee.

Review of the State Sports Policy

The State Government can review the existing State Sports Policy based on the changing socio-economic dynamics and can consider amendments and formulate a new one in its place to produce desirable result if the need arises under the Chairmanship of the Chief Minister of the State.

DEFINITIONS

“Government of Meghalaya” – refers to the State Government of Meghalaya that will implement the policy

“National Games” – refers to the multi-sport Games held amongst all the states and Union Territories of the country

“Commonwealth Games” – refers to the multi-sport Games held amongst the 71 Commonwealth countries across the world

“Olympic Charter” – refers to the rules and guidelines for the organisation and conduct of the Olympic Games

“Olympic Games” – refers to the multi-sport Games held amongst the countries across the world

Asian Games

World Championship

World Cup

“Meghalaya State Olympic Association” – refers to the Olympic body that is being represented in the state of Meghalaya. The Meghalaya State Olympic Association has all state sport associations and clubs affiliated to it

“State Sports Association” – refers to a sports body that is represented in the state and is affiliated to the state Olympic Association

“State Sports Council Meghalaya” – refers to the engineering body that is set up by the Directorate of Sports & Youth Affairs, Government of Meghalaya

“National Sports Federation” – refers to the national body for sport affiliated to the Indian Olympic Association

“Sports Clubs” – refers to those bodies in the state that are setup for the development of sport

“Stakeholders” – refers to those bodies that play a role in the implementation of the sports policy in the state

“Sports Science” – refers to the study of the physiology and mechanics of an athlete and how sport and physical activity promote health and performance from cellular to whole body perspectives.

“Sports Medicine” – refers to the study of medicine related to physical fitness, sports and athletes. It includes the study of the treatment and prevention of injuries related to sports and exercise

“Sports injury” – refers to injuries that occur cause of sports and other sport related activities

“International Olympic Committee” – refers to the supreme authority of the worldwide Olympic movement

“Indian Olympic Association” – refers to the national body that is responsible for selecting athletes to represent India at the Olympic Games

“Olympic Sports” – refers to the sports that are recognised by the International Olympic Committee

“Non-Olympic Sports” – refers to the sports that are not recognised by the International Olympic Committee

“Sports Authority of India” – refers to the body set up by the Ministry of Youth Affairs & Sports, Government of India for the development of sport in the country

“District Sports Officer” – refers to the officer in charge for sports at the district level. The Officer is an appointee of the Directorate of Sports & Youth Affairs, Government of Meghalaya

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