REGISTRATION INSTRUCTIONS FOR ATHLETES

General Instructions

I. Enter all the data correctly into the excel to be uploaded in the GMS system. Download the sample excel from the GMS system before creating and adding data into the excel.

II. Create an excel in the same format as provided in the sample excel sheet and enter the athlete data in the excel or delete the sample data and enter the correct details as asked in the fields.

Note- Do not relocate the fields, Excel Format should be the same as sample excel.

III. Upload the documents and photographs as instructed in the respective uploading fields.

Excel sheet Instructions

1. **First Name**

This column is mandatory for later document verification stage.

Do not use any other special characters in this column. Use only alphabets. Do not use any prefix with name. *Example (@<> 😊)*

2. **Middle Name**

This column is not mandatory.

3. **Last Name**

This column is mandatory.

Do not use any other special characters in this column. Use only alphabets.

Correct Example – Ram Kumar

Incorrect Example - Ram Kumar@*, Mr. Ranjeet, Mr. Neeraj, Miss Ruchi

4. **EMAIL ID**

This Column is Mandatory. Enter valid and Unique email Id for each athlete.

You should ensure that email Id is Unique for each athlete on GMS portal

If you will enter same email id for more than one athlete, than system will prompt duplicate entry error message.

Valid Email id means, you should enter Email Id in correct format as for example demo@gmail.com.

Invalid format Example – demo@, demo@gmail, demo.gmail.com etc.

Valid format – demo@gmail.com

5. DATE OF BIRTH (DD/MM/YYYY)

This column is mandatory. Enter Date of birth in "DD/MM/YYYY" format. If you will enter Date of Birth in different format, than system will prompt error message.

Make sure that would not update Column's format of downloaded Excel.

Correct Example- 15/12/2004

Incorrect Example- 12/25/2004

6. MOBILE NUMBER

This Column is Mandatory. Enter valid 10 digits Unique Mobile Number.

You should ensure that entered Mobile Number is Unique on GMS portal.

Same Mobile Number cannot be used for more than one Athlete on GMS.

Also ensure that if you are adding Mobile Number than it should start with 6/7/8 or 9 digits.

Correct Mobile Number Example-6999999999, 7999999999, 8999999999, 9999999999 (10 digits)

Incorrect Example-999999999 (9 Digits)

7. Blood Group

This field is mandatory to enter.

Correct example- B+, O+, A-, AB-

Incorrect example- B, ABC+, BA-, OA+

8. Fathers Full Name

This field is mandatory to enter. Use only alphabets in this column.

Enter Full name in a single column, do not use any numerical value and special characters in this fields. Do Not use any prefix with name

Correct Example- Jagdish Joshi.

Incorrect Example- Mr. Jagdish Joshi, Mrs. Lata Kumari, Miss Radha

9. **CITY**

This Column is Mandatory.

Correct Example- Rohtak, Lucknow, Panji

Incorrect Example- Rohtak (HR), Almora (U.K.), Jaipur (Rajasthan)

10. **Address**

This Column is Mandatory.

Only add house No. and locality

Correct Example- H.no. 1/22 Garur, Near Baijnath Mandir

Incorrect Example- H.no. 1/22 Garur, Near Baijnath Mandir, Almora, U.K. 112232

11. **PINCODE**

This Column is Mandatory, enter Pin code of 6 Digits.

If you enter less than 6 Digits or greater than 6 Digits Pin code, then system will prompt error message.
Correct Example-823001 (6 Digits)

Incorrect Example-82301 (5 Digits)

12. **Available Size**

This Column is Mandatory to fill.

Refer to the size chart mention in the Next page for athlete Apparel

Centimeters								
Size	XXS	XS	S	M	L	XL	XXL	XXXL
Chest (in.)	72 - 80	80 - 88	88 - 96	96 - 104	104 - 112	112 - 124	124 - 136	136 - 148
Waist (in.)	57 - 65	65 - 73	73 - 81	81 - 89	89 - 97	97 - 109	109 - 121	121 - 133
Hip (in.)	72 - 80	80 - 88	88 - 96	96 - 104	104 - 112	112 - 120	120 - 128	128 - 136
Height (in.)	< 170	170 - 183	170 - 183	170 - 183	170 - 183	170 - 183	170 - 183	170 - 183

INCHES								
Size	XXS	XS	S	M	L	XL	XXL	XXXL
Chest (in.)	28.1 - 31.5	31.5 - 35	35 - 37.5	37.5 - 41	41 - 44	44 - 48.5	48.5 - 53.5	53.5 - 58
Waist (in.)	22.5 - 25.5	25.5 - 29	29 - 32	32 - 35	35 - 38	38 - 43	43 - 47.5	47.5 - 52.5
Hip (in.)	28.5 - 31.5	31.5 - 35	35 - 37.5	37.5 - 41	41 - 44	44 - 47	47 - 50.5	50.5 - 53.5
Height (in.)	< 5'7"	5'7" - 6'0"	5'7" - 6'0"	5'7" - 6'0"	5'7" - 6'0"	5'7" - 6'0"	5'7" - 6'0"	5'7" - 6'0

Shoes Size	US	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12
	UK	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11