

PHYSICAL STANDERED

4.3

Description	Height in Cms	Chest in Cms	
		Unexpanded	Expanded
All other States and Union Territories (except category mentioned below)	170	80	85
For candidates falling in the categories of Garhwalis, Kumaonis, Gorkhas, Dogras, Marathas and candidates belonging to the State of Assam, Himachal Pradesh, Kashmir and Leh and Ladakh regions of Jammu & Kashmir.	165	78	83
Candidates hailing from North-Eastern States of Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura.	162.5	77	82
All candidates Be Longing to the Scheduled-Tribes hailing from the North-Eastern States as above and the Left Wing Extremism affected districts.	160	76	81
All candidate belonging to the Scheduled-Tribes other than North-Eastern States and Left Wing Extremism affected districts.	162.5	76	81

Weight – Corresponding to height and age as per medical standard.

Note:-Candidate who intends to avail relaxation in Height/Chest measurement will have to submit certificate as per Annexure- ‘V’.

PHYSICAL EFFICIENCY TEST (PET)

Those who qualify the Height Bar Test, will be subjected to Physical efficiency test. The events of the PET are as follows:-

SN	Events	Male
a)	1.6 Kms Race	To be completed within 7.30 minutes.
b)	Long Jump	11 Feet (03 Chances)
c)	High Jump	3½ Feet (03 Chances)

No marks will be awarded for this test and it will be only qualifying in nature. Those who do not qualify will be eliminated at this stage itself.