

PHYSICAL STANDARDS ELIGIBILITY TESTS
FOR THE POST OF SUB-INSPECTOR AND ASSISTANT SUB-INSPECTOR

NOTE FOR CANDIDATES: THE ADMISSION IS PROVISIONAL; IF IT IS FOUND LATER ON THAT YOU DO NOT FULFIL ANY OF THE CONDITIONS OF ELIGIBILITY, YOUR CANDIDATURE WILL BE CANCELLED AND NO APPEAL AGAINST SUCH CANCELLATION WILL BE ENTERTAINED. YOU ARE THEREFORE ADVISED TO CHECK CAREFULLY AND SATISFY YOURSELF THAT YOU FULFIL ALL THE CONDITIONS OF ELIGIBILITY. **CONDUCT OF PET & ME WILL BE SOLE RESPONSIBILITY OF THE CAPFs.**

Instructions:

1. Candidates will be admitted to take the PET/ME as per date, time and venue specified in their Admission Certificates only after establishing his identity and verification of documents. They will not be admitted at no other venue;
2. No candidate will be admitted to the PET/ME venue unless he holds a valid Admission Certificate issued by Staff Selection Commission/downloaded from website of the Commission viz. www.sscer.org ;
3. No candidate will be admitted to the PET/ME venue after the date specified for his Test/Examination ;
4. Candidates found using or attempting to use any unfair means shall be liable to such punishment as the Commission may decide to impose;
5. No candidate would be allowed to leave the venue before expiry of PET/ME test;
6. Candidates must abide by the instructions of the PET/ME Members. Failure to do so, will make the candidate liable to any such punishment as the Commission may decide;
7. **Candidates must bring with him/her photo bearing identity proof such as Voter I.D. Card, Passport, Driving Licence etc.; this is a mandatory requirement;**
8. Mobile Phones are not allowed in the venue;
9. Physical Endurance Test (PET) and Medical Examination (ME) will not carry any marks but will be of qualifying/elimination in nature.

HANDWRITING SAMPLE OF THE CANDIDATE: *(I hereby certify that the details given overleaf as well as the details hereinbelow belong to me and that I myself is the person who has presented himself/herself for the test/examination)*

PHYSICAL STANDARDS ELIGIBILITY TESTS.
FOR THE POST OF SUB-INSPECTOR AND ASSISTANT SUB-INSPECTOR

The eligible candidates who have provisionally qualified for Physical Efficiency (Endurance) Tests and Medical Examination on the basis of the written examination for the posts of Sub-Inspectors in the CAPFs will be put through the Eligibility Tests and PET.

ELIGIBILITY TESTS: The standards for Eligibility Tests will be as follows:-

PHYSICAL STANDARDS

Sl.No.	For Male Candidates (for all CAPFs)	HEIGHT (In cms)	CHEST (in cms.)	
1			Unexpanded	Expanded
(a)	General	170	80	85
(b)	Candidates belong to Hill areas of Garhwal, Kumaon, Himachal Pradesh, Gorkhas, Dogras, Marathas, Kashmir Valley, Leh & Lakakh Regions of J&K, North Eastern States and Sikkim	165	80	85
(c)	All candidates belonging to Scheduled Tribes	162.50	77	82
(d)	Weight	Corresponding to Height(for all posts)		
2.	For Female Candidates			
(a)	General	157	No Measurements prescribed	
(b)	Candidates belonging to Hill areas of Garhwal, Kumaon, Himachal Pradesh, Gorkhas, Dogras, Marathas, Kashmir Valley, Leh & Ladakh Regions of J&K, North Eastern States and Sikkim.	155	No Measurements prescribed	
(c)	All candidates belonging to Scheduled Tribes	154	No Measurements prescribed	
(d)	Weight	Corresponding to Height(for all posts)		

MEDICAL STANDARDS

(a) Eye Sight: The minimum distant vision should be 6/6 and 6/9 of two eyes without correction, i.e. without wearing of glasses.

(b) The candidates must not have knock-knee, flat foot, varicose vein or squint in eyes and they should possess high colour vision for the post of Sub-Inspector and Assistant Sub-Inspector. They must be in good mental and bodily health and free from any physical defect likely to interfere with the efficient discharge of the duties.

PHYSICAL EFFICIENCY (ENDURANCE) TESTS (PET)

The PET will consist of following events:

	For Male Candidates	
(a)	100 meters race	In 16 seconds.
(b)	1.6 Kms race	In 6.5 minutes
(c)	Long Jump	3.65 mtrs in 3 chances
(d)	High Jump	1.2 mtrs. in 3 chances
(e)	Shot put (16 lbs)	4.5 mtrs. in 3 chances
	For Female Candidates	
(a)	100 meters race	In 18 seconds
(b)	800 mtrs race	In 4 minutes
(c)	Long Jump	2.7 mtrs. (9 feet) in 3 chances
(d)	High Jump	0.9 mtrs.(3 feet) in 3 chances

Note: 1 Failure in any one of the items will result in elimination at that stage.

Note: 2 PET DOES NOT CARRY ANY MARKS BUT WILL BE OF QUALIFYING/ELIMINATION IN NATURE.

Note: 3 Relaxation in Height and Chest as mentioned above under Physical Standards of Eligibility Test as the case may be, will be permissible only on production of the requisite certificate from the competent authority in the proforma as prescribed in the relevant Notice published in Employment News/Rozgar Samachar for this recruitment.

Note: 4 The candidatures of female candidates who are pregnant at the time of PET will be rejected as they cannot undergo PET. No appeal/ representation will be entertained against such rejection.

Note: 5 ExS candidates are not required to undergo PET. However, they are required to fulfil prescribed Physical and Medical Standards.

Note: 6 Candidates found unfit in ME may make appeal before Review Medical Board within the prescribed time limit of one month.