

PATTERN FOR EXAM

Physical Efficiency Test (PET)/ Physical Standard Test (PST)

Based on the performance in CBE, candidates will be shortlisted for PET/ PST by the Commission. Physical Efficiency Test (PET) and Physical Standard Test (PST) will be conducted at various centres finalized by the CAPFs. Detailed scrutiny of candidates' eligibility/ documents will be undertaken at the time of DME. Therefore, it will be the responsibility of the candidates to verify their eligibility as prescribed in this notice before appearing for CBE/ PET/ PST. Candidates shortlisted for PET/PST will be asked to go through biometric verification followed by PET&PST. The PST shall include measurement of height, weight & Chest (as applicable).

- Ex-servicemen who are shortlisted in the Computer Based Examination for PET/ PST will have to appear in PET/ PST for recording of measurement of height, chest and weight only. There is total relaxation in PST/PET for Exserviceman. PET will not be held for these Ex-servicemen candidates. However, they will have to qualify the medical examination.

Physical Efficiency Test (PET) : Candidates have to clear the race within the following time limits:

	Male	Female	Remarks
Race	5 Kms in 24 minutes	800 metres in 4 minutes	For candidates other than those belonging to Ladakh Region
	1.6 Kms in 6½ minutes	1.6 Kms in 8½ minutes	For candidates of Ladakh Region

Physical Standard Test (PST)

Physical Standards for the posts are as follows: 11.5.1 Height: 11.5.1.1 Male: 170 cms 11.5.1.2 Female: 157 cms 11.5.1.3 Sar Few categories of candidates are allowed relaxation in heights mentioned above. Relaxed standard of height for such candidates are as follows :

S. No.	Relaxation for	Male (Cms)	Female (Cms)
A	All candidates belonging to Scheduled Tribes	162.5	150.0
B	All Scheduled Tribe candidates of North Eastern States (NE States)	157.0	147.5
C	All Scheduled Tribe candidates of Left Wing Extremism affected districts	160.0	147.5
D	Candidates falling in the categories of Garhwalis, Kumaonis, Dogras, Marathas and candidates belonging to the States/ UTs of Assam, Himachal Pradesh, Jammu & Kashmir and Ladakh	165.0	155.0
E	Candidates hailing from the North-Eastern States of Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and	162.5	152.5