

- 11.2 **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/ PST/ PET. During PET/ PST, candidates who are found eligible on height parameters will undergo PET (race) followed by biometric/ technology aided identification. Scrutiny of eligibility of candidates for any relaxation i.e. age, height and chest measurement will be carried out after qualifying PET (race) before PST by CAPFs PET/ PST Boards.
- 11.3 Ex-servicemen who are shortlisted in the Computer Based Examination for PET/ PST will have to appear in PET/ PST for recording measurement of height, chest and weight only. PET will not be held for these Ex-servicemen candidates. However, they will have to qualify the medical examination.
- 11.4 **Physical Efficiency Test (PET)**: Candidates have to clear the race within the following time limits:

	Male	Female	Remarks
Race	5 Kms in 24 minutes.	1.6 Kms in 8 ½ minutes	For candidates other than those belonging to Ladakh Region.
	1.6 Kms in 6 ½ minutes	800 metres in 4 minutes	For candidates of Ladakh Region.

- 11.4.1 A women candidate, who as a result of tests is found to be pregnant of 12 weeks standing or over, shall be declared temporarily unfit and appointment be held in abeyance until the confinement is over. The vacancy against which a woman candidate was selected will be kept reserved for her. She will be re-examined for Physical Efficiency Test (PET) six weeks after the date of confinement, subject to the production of medical certificate of fitness from a registered medical practitioner. If she is found fit, she may be appointed to the post kept reserved for and allowed the benefit of seniority in accordance with the instructions of the government, as amended from time to time.

- 11.5 **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 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 Tripura	162.5	152.5
(f)	Candidates hailing from Gorkha Territorial Administration (GTA) comprising of the three Sub-Divisions of Darjeeling District namely Darjeeling, Kalimpong and Kurseong and includes the following "Mouzas" Sub-Division of these Districts : (1)Lohagarh Tea Garden (2) Lohagarh Forest (3) Rangmohan (4) Barachenga (5) Panighata (6) ChotaAdalpur (7) Paharu (8) Sukna Forest (9) Sukna Part-I (10) Pantapati Forest-I (11) Mahanadi Forest (12) Champasari Forest (13) SalbariChhatpart-II (14) Sitong Forest (15) Sivoke Hill Forest (16) Sivoke Forest (17) ChhotaChenga (18) Nipania.	157.0	152.5

11.5.2 **Chest:** Male candidates should have following standards of chest measurement:

11.5.2.1 Un-expanded: 80 cms

11.5.2.2 Minimum expansion: 5 cms

11.5.2.3 Few categories of candidates are allowed relaxation in chest measurement. Relaxed standard of chest measurement for such candidates are as follows:

S No	Relaxation for	Un-expanded (cms)	Minimum Expansion (cms)
(a)	All candidates belonging to Scheduled Tribes	76	5
(b)	Candidates falling in the categories of Garhwalis, Kumaonis, Dogras, Marathas and candidates belonging to the States/	78	5

	UTs of Assam, Himachal Pradesh, Jammu & Kashmir and Ladakh will be		
(c)	Candidates hailing from Gorkha Territorial Administration (GTA) comprising of the three Sub-Divisions of Darjeeling District namely Darjeeling, Kalimpong and Kurseong and includes the following "Mouzas" Sub-Division of these Districts : (1)Lohagarh Tea Garden (2) Lohagarh Forest (3) Rangmohan (4) Barachenga (5) Panighata (6) ChotaAdalpur (7) Paharu (8) Sukna Forest (9) Sukna Part-I (10) Pantapati Forest-I (11) Mahanadi Forest (12) Champasari Forest (13) SalbariChhatpart-II (14) Sitong Forest (15) Sivoke Hill Forest (16) Sivoke Forest (17) ChhotaChenga (18) Nipania.	77	5

- 11.5.2.4 Chest measurement for female candidates will not be taken. However, it will be ascertained that the chest is well developed.
- 11.5.3 **Weight:** Proportionate to height and age as per medical standards.
- 11.5.4 Scrutiny of eligibility of candidates for relaxations i.e. height and chest measurement will be carried out after qualifying PET (race) and before PST by CAPFs PET/ PST Boards. Relaxation in height and chest (as the case may be) as mentioned above for the candidates other than those belonging to ST category will be permissible only on production of certificate at the time of PST/ PET in the proforma as prescribed in **Annexure-VIII** from the competent authorities. ST candidates may avail the relaxation on the production of valid ST Certificate.
- 11.5.5 The candidates who are declared not qualified in Physical Standards, i.e. height and chest may prefer an appeal on same day, if they so desire, to the Appellate Authority nominated for the Centre through Presiding Officer (PO). The decision of the Appellate Authority will be final and no further appeal or representation in this regard will be entertained thereafter. There is no appeal in PET (Race).
- 11.5.6 Conduct of PET/ PST and DME/ RME will be the sole responsibility of the CAPFs. The Commission will not entertain any representation/ appeal/ RTI Applications/ CPGRAMs against the decision of the PST/ PET and DME/ RME Board.
- 11.6 **Medical Examination:** Candidates will be shortlisted for Detailed Medical Examination (DME) from the pool of candidates who qualify PET/ PST.
- 11.6.1 At the time of DME, following documents will be verified:
- 11.6.1.1 Matriculation/ Secondary Examination Certificate to prove age, name and educational qualification.