

POLICE O R No. 167

(REVISED)

SUBJECT—Physical standard of candidates for recruitment as Constable

The following standard should ordinarily be followed for recruitment in the rank of Constable.

(i) *Educational standard*—M. E. Standard

N. B.—Through the minimum qualification for recruitment in the rank of Constable is M. E. Standard, preference should be given to candidates who are Matriculate. Higher educational qualifications like I.A./I.Sc./B.A./B.Sc. should not be entertained.

(ii) *Physical standard* :—

- (a) Height .. (i) 168 Cm.  
.. (ii) 163 Cm. for S. C./S. T. candidates
- (b) Weight .. (i) 55 Kg.  
.. (ii) 50 Kg. for S. C./S. T. candidates
- (c) Chest (Unexpanded) .. (i) 79 Cm.  
.. (ii) 76 Cm. for S. C./S. T. candidates
- (d) Chest (Expanded) .. (i) 84 Cm.  
.. (ii) 81 Cm. for S. C./S. T. candidates

(iii) *Age* : .. Between 18—25 years.  
Relaxable to the extent of 5 years in the case of S. C./S. T. candidates.

2. Candidates should be put through a physical test in the following events before enlistment :—

- (i) Running One Mile (1.6 Km.) in 8 minutes
- (ii) Cross Country 5 Miles (8 Km.)
- (iii) High Jump 4' (1.21 Mtrs.)
- (iv) Broad Jump 12' (3.65 Mtrs.)
- (v) Swimming
- (vi) Bi-cycle riding one mile (1.6Kms.) in 5 minutes

Failure in any of these tests should ordinarily lead to disqualification

Manual reference .. Rule 663(a)