12.10 Physical Standard Test (PST) and Physical Endurance Test (PET):

12.10.1 Physical Standard Test (for all Posts):

12.10.1.1 Height norms for SI in Delhi Police-

S. No.	Category of candidates	Height (in cm)	Chest (in cm)	
			Unexpanded	Expanded
(i)	Male candidates except those listed at S No (ii) and (iii)	170	80	85
(ii)	Male candidates belonging to Hill areas of Garhwal, Kumaon, Himachal Pradesh, Gorkhas, Dogras, Marathas, Kashmir Valley, Leh & Ladakh regions, North-Eastern States and Sikkim.	165	80	85
(iii)	All male candidates belonging to Scheduled Tribes	162.5	77	82

(iv)	Female candidates except those listed at S No (v) and (vi)	157	-	-
(v)	Female candidates belonging to Hill areas of Garhwal, Kumaon, Himachal Pradesh, Gorkhas, Dogras, Marathas, Kashmir Valley, Leh & Ladakh regions, North-Eastern States and Sikkim	155	-	-
(vi)	All female candidates belonging to Scheduled Tribes	154	-	-

12.10.1.2 Height norms for SI in CAPFs:

S. No.	Category of candidates	Height (in cm)	Chest (in cm)	
			Unexpanded	Expanded
(i)	Male candidates except those listed at S No (ii), (iii), (iv) and (v)	170	80	85
(ii)	Male candidates belonging to Hill areas of Garhwal, Kumaon, Himachal Pradesh, Dogras, Marathas, Kashmir Valley, Leh & Ladakh regions, North-Eastern States and Sikkim	165	80	85
(iii)	Male Gorkha candidates	157	80	85
(iv)	All male candidates belonging to Scheduled Tribes except those listed at S No (v)	162.5	77	82
(v)	Male candidates belonging to Scheduled Tribes of North-Eastern States	157	77	82
(vi)	Female candidates except those listed at S No (vii) and (viii)	157	-	-
(vii)	Female candidates belonging to Hill areas of Garhwal, Kumaon, Himachal Pradesh, Gorkhas, Dogras, Marathas, Kashmir Valley, Leh & Ladakh regions, North-Eastern States and Sikkim	155	-	-
(viii)	All female candidates belonging to Scheduled Tribes	154	-	-

12.10.2 Height norms for SI(Fire) in CISF:

S. No.	Category of candidates	Height (in cm)	Chest (in cm)	
			Unexpanded	Expanded
(i)	Male candidates except those listed at S No (ii) and (iii)	170	81	86
(ii)	Male candidates belonging to Hill areas of Garhwal, Kumaon, Himachal Pradesh, Gorkhas, Dogras, Marathas, Sikkimies, Leh & Ladakh, Kashmir Valley & North Eastern States	165	81	86
(iii)	All male candidates belonging to Scheduled Tribes including Mizos and Nagas	162.5	77	82

12.10.3 **Weight**: Corresponding to height (for all posts).

12.10.4 **Physical Endurance Test (PET) (For all posts):**

12.10.4.1 **For male candidates:**

12.10.4.1.1 100 metre race in 16 seconds

12.10.4.1.2 1.6 Kms race in 6.5 minutes

12.10.4.1.3 Long Jump: 3.65 metre in 3 chances

12.10.4.1.4 High Jump : 1.2 metre in 3 chances

12.10.4.1.5 Shot put (16 Lbs): 4.5 metre in 3 chances

12.10.4.2 **For female candidates:**

12.10.4.2.1 100 metre race in 18 seconds

12.10.4.2.2 800 metre race in 4 minutes

12.10.4.2.3 Long Jump: 2.7 metre in 3 chances

12.10.4.2.4 High Jump: 0.9 metre in 3 chances.

12.10.5 There shall be no minimum requirement of chest measurement for female candidates.

12.10.6 Relaxation in height and chest (as the case may be) as mentioned above will be permissible only on production of certificate in the Performa as prescribed in **Annexure-VIII** from the competent authorities of the District where they ordinarily reside(s).

12.10.7 The relaxation in physical standards (height/chest) once granted at the time of initial appointment in Delhi Police will hold good till the individual concerned remains in Delhi Police.

12.10.8 Those candidates who are declared not qualified in Physical Standards, *i.e.*, height and chest may prefer an appeal, if they so desire, to the appellate authority present on the PST/PET ground. The decision of the appellate authority will be final and

no further appeal or representation in this regard will be entertained.

12.10.9 PST/PET will not carry any marks but will be of qualifying/ elimination nature.

12.10.10 Ex-Servicemen applying for the posts are not required to undergo PET. However, all Ex-Servicemen are required to pass the written tests and fulfill the physical standards prescribed herein. They should also pass the medical standards prescribed for direct recruits.

12.10.11 On reporting of female candidates for PST(Physical Standard Test)/PET(Physical Endurance Test), a self-declaration indicating about her pregnancy status shall be submitted. In case she declares that she is not pregnant then she may be allowed to participate in the PST/PET. In case of false declaration, all the risk of undergoing PST/PET will be of her own. If the female candidate declares that she is pregnant before PST/PET, then a confirmatory pregnancy test to be done and in case she is found to be pregnant, irrespective of duration of pregnancy, she may be declared temporarily unfit and her appointment shall be held in abeyance until the confinement is over. The vacancy against which the woman candidate was selected would be kept reserved for her. She would be re-examined for PST/PET six weeks after the date of confinement, subject to production of medical certificate of fitness from a registered medical practitioner. If she is found fit in PST/PET & DME, she may be appointed to the post kept reserved for her and allowed the benefit of seniority in accordance with the instructions of the Government as amended from time to time. In case a female candidat is found negative for pregnancy, she may be allowed to participate in PST/PET.