

SSC Constable (GD) Exam Pattern

I. **Computer Based Examination** (Dates of examination will be intimated in due course).

All candidates whose online applications are found to be in order will be called to appear in the Computer Based Examination (CBE). The Computer based examination will consist of **one objective type paper** containing **100 questions** carrying **100 marks**, with the following composition:

	Subject	Number of Questions	Maximum Marks	Duration/ Time Allowed
Part-A	General Intelligence and Reasoning	25	25	

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Part-B	General Knowledge and General Awareness	25	25	90 minutes
Part -C	Elementary Mathematics	25	25	
Part-D	English/ Hindi	25	25	

Note-I: All questions will be of Objective Multiple Choice Type. The computer based examination will be conducted in English and Hindi only.

II. **Physical Efficiency Test (PET):**

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.

a. Physical Efficiency Test (PET):

	For Male candidates	For Female candidates
Race	5 Kms in 24 minutes.	1.6 Kms in 8 ½ minutes

b. For candidates of Ladakh Region:

	Male	Female
Race	1 Mile in 6 ½ minutes	800 metres in 4 minutes

- c. Pregnancy at the time of PET will be considered a disqualification and pregnant female candidates shall be rejected at this stage.
- d. The Ex-servicemen who will be shortlisted in Computer Based Examination will have to appear in PET/PST stage for recording measurement of height, chest and weight only. PET will not be held for these Ex-servicemen candidates. Further, they will have to qualify medical Examination (DME)

III. Physical Standard Test (PST):

Physical standards laid down for the post of Constable/Rifleman are:

a. Height:	Height (in cms)	
	Male	Female
General, SC & OBC candidates (except those mentioned below)	170	157

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<u>Relaxations:</u>		
The minimum height for all candidates belonging to Scheduled Tribes	162.5	150
The minimum height for all Schedule Tribe candidates hailing from the North-Eastern States of Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim & Tripura and Naxal/ Left Wing Extremism affected Districts	160	147.5
The Minimum height for the candidates falling in the categories of Garhwalis, Kumaonis, Dogras, Marathas and candidates belonging to the States of Assam, Himachal Pradesh and Jammu & Kashmir	165	155
The minimum height for the candidates hailing from North Eastern States of Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura	162.5	152.5

The minimum height for the candidates hailing from Gorkha Territorial Administration (GTA) comprising of the three Sub-Division of Darjeeling District namely Darjeeling, Kalimpong and Kurseong and includes the following "Mouzas" Sub-Divisions of these Districts: (1) Lohargarh Tea Garden (2) Lohagarh Forest (3) Rangmohan (4) Barachenga (5) Panighata (6) Chota Adalpur (7) Paharu (8) Sukna Forest (9) Sukna Part-I (10) Pantapati Forest-1 (11) Mahanadi Forest (12) Champasari Forest (13) Salbari Chhatpart-II (14) Sitong Forest (15) Sivoke Hill Forest (16) Sivoke Forest (17) Chhota Chenga (18) Nipania.	157	152.5
b. Chest:	Chest (in cms: Unexpanded/ Minimum expansion)	
	Male	Female
General, SC & OBC male candidates (except those mentioned below)	80/ 5	N/A
<u>Relaxations:</u>		
The minimum chest for all male candidates belonging to Scheduled Tribes	76/ 5	N/A
The minimum chest for male candidates falling in the categories of Garhwalis, Kumaonis, Dogras, Marathas and candidates belonging to the States of Assam, Himachal Pradesh and Jammu & Kashmir	78/ 5	N/A
The minimum chest for the candidates hailing from North Eastern States of Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura and candidates hailing from Gorkha Territorial Administration (GTA) comprising of the three Sub-Division of Darjeeling District namely Darjeeling, Kalimpong and Kurseong and includes the following "Mouzas" Sub-Divisions of these Districts: (1) Lohargarh Tea Garden (2) Lohagarh Forest (3) Rangmohan (4) Barachenga (5) Panighata (6) Chota Adalpur (7) Paharu (8) Sukna Forest (9) Sukna Part-I (10) Pantapati Forest-1 (11) Mahanadi Forest (12) Champasari Forest (13) Salbari Chhatpart-II (14) Sitong Forest (15) Sivoke Hill Forest (16) Sivoke Forest (17) Chhota Chenga (18) Nipania.	77/ 5	N/A

- c. **Weight:** For male and female candidates: Proportionate to height and age as per medical standards.

- Note-I:** Chest measurement for Female candidates will not be taken. However, it should be ascertained that the chest is well developed.
- Note-II** Scrutiny of eligibility of candidates for relaxations i.e. age, height and chest measurement will be carried out after qualifying PET (race) before PST by CAPFs PET/ PST Boards. Relaxation in height and chest (as the case may be) as mentioned above 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.
- Note-III** 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).
- Note-IV** Conduct of PST/ PET 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.

IV. **Medical Examination:**

Candidates will be shortlisted for Detailed Medical Examination (DME) from the pool of candidates who qualify PET/ PST. At the time of DME, following documents will be verified:

- (i) Matriculation/ Secondary Examination Certificate to prove age, name and educational qualification.
- (ii) Domicile Certificate/ Permanent Resident Certificate (PRC) issued by the competent authority.
- (iii) Certificate from serving defense personnel in the format prescribed at Annexure-IV of the notice.
- (iv) Undertaking in the format prescribed in Annexure-V from Ex-Servicemen candidates regarding completion of engagement in Armed Forces.
- (v) Caste Certificate in the format prescribed at Annexure-VI and VII of the notice from the candidates seeking reservation/ age relaxation.
- (vi) Certificate from candidates who wish to avail relaxation in height/ chest measurement as prescribed in Annexure-VIII of the notice.
- (vii) Certificate from District Collector/ District Magistrate in respect of dependent applicants of riot victims as mentioned in category 04/ 05/ 06 under Para-4 (B) of the Notice.
- (viii) Nativity/ Identity Certificate by West Pakistani Refugee in the format prescribed at Annexure-XIV of the notice.

The selected candidates will be medically examined by the Medical Boards constituted by the CAPFs to assess their physical and medical fitness as prescribed hereinafter:

A. **Eye Sight:**

Visual Acuity unaided (NEAR VISION)		Uncorrected Visual Acuity (DISTANT VISION)		Refraction	Color Vision	Remarks
Better Eye	Worse Eye	Better Eye	Worse Eye			
N6	N9	6/6	6/9	Visual correction of any kind is not permitted even by glasses.	CP-III BY ISIHARA	For right handed person, the Right eye is better eye and vice versa. -Binocular vision is required.

B. **GENERAL MEDICAL GUIDELINES.**

- (1) The purpose of medical standards is to ensure that medically fit candidates are accepted into the CAPFs.
- (2) Candidates will be medically examined in terms of 'Guidelines for recruitment Medical examination in CAPFs and AR' issued vide MHA UO No. A-VI-1/2014/Rectt(SSB) dated 20.05.2015 and subsequently amended from time to time.
- (3) Refusal to undergo medical examination at any stage or absenting/ deserting oneself from the same will render the candidate unfit.

- from the same will render the candidate unfit.
- (4) A declaration is to be given by candidates in a proforma which will be provided to candidates at the time of Medical Examination regarding history or presence of diseases and treatments taken, if any, evidence of which is not readily obtainable during the medical examination. Any false declaration in this aspect, discovered later at any stage of service, will make the candidate liable for disciplinary action including termination from service.
 - (5) At some stages of medical examination male candidates will require to be examined in nude. Loin cloth is to be permitted except for, when genitalia and perineum is being examined.
 - (6) The final decision of fitness/ unfitness in weight will be decided by the medical board at the time of medical examination based on the height and age chart on the day of medical examination and as per the height measured by the PST/ PET Board & as per guidelines for the same.
 - (7) Medical Test (X-Ray) chest-PA view, Haemoglobin, Urine routine/ microscopic examination will be must for all candidates under medical examination.
 - (8) For all female candidates: In case of medical examination, "Temporary Unfitness" will not be allowed. However, any such female candidate who during medical examination is found to be pregnant of twelve weeks standing or above, she shall be declared "temporary unfit" and will be re-examined six weeks after the pregnancy is over, either naturally or artificially, subject to the production of a medical certificate of fitness from a registered medical practitioner to the Nodal CAPF.
 - (9) **Tattoo:** Following criteria has been fixed to determine permissibility of Tattoo:
 - (a) **Content:** Tattoo depicting religious symbol or figures and the name, as followed in Indian Army are to be permitted.
 - (b) **Location:** Tattoos marked on traditional sites of the body like inner aspect of forearm, but only left forearm, being non saluting limb or dorsum of the hands are to be allowed.
 - (c) **Size:** Must be less than $\frac{1}{4}$ of the particular part (Elbow or Hand) of the body.

Note: Amendment if any in the tattoo policy will be applicable for this recruitment if the same is made before the date of Detailed Medical Examination.

- (10) Duration of fitness for Post-operative cases. If any candidate is operated before medical and comes for medical examination to be conducted by CAPF, then minimum time period that should be completed after operation at the time of medical (DME/ RME as the case may be) for fitness will be considered as per details given below:
- (a) Body surface swelling, DNS, tonsillectomy and nasal polypectomy: 1 month.
 - (b) Hydrocele: 3 months.
 - (c) Tympanoplasty: 4 months.
 - (d) Abdominal/ pelvic surgeries involving opening of peritoneum, repairs of Hernia, varicocele surgeries, surgery for fistula-in-ano etc: 6 months.
 - (e) Above time will be considered at the time of medical only and not after the due date of medical.
 - (f) **Any surgery conducted between the period of DME & RME for corrective measure of unfitness will not be accepted and be considered as 'unfit'.**
- (11) The candidate must not have knock knee, flat foot, varicose vein or squint in eyes.
- (12) Examination of blood pressure, (Normal Range Systolic 100-140 mm of Hg, Diastolic 60 to 90 mm of Hg).
- (13) Haemoglobin: (Normal Range: 12-16 g/dL for male, 10-14 g/dL for female). Candidates with more than 18 g/dL will be considered unfit. Haemoglobin below 12 g/dL for male and below 10 g/dL for female will be considered as disqualified.

C. GENERAL GROUNDS FOR REJECTION DURING MEDICAL EXAMINATION:

Candidates having any disease/ deformity as mentioned under will lead to rejection. Details are as under:

- (i) Indication of any chronic disease like tuberculosis, syphilis, or other venereal disease, rheumatoid/ any type of arthritis, hypertension etc.
- (ii) Bronchial or laryngeal disease like Asthma, chronic Tonsillitis & Adenoids etc.
- (iii) Indication of valvular or other disease of heart.
- (iv) Generally impaired constitution, so as to impede efficient discharge of training/ duties.
- (v) Low standard vision.
- (vi) Any degree of squint.
- (vii) Otitis media.
- (viii) Deafness, any degree of impaired hearing.
- (ix) Stammering, as specified later.
- (x) Loss of/ decay of teeth resulting in reduction of dental points below.
- (xi) Wearing of half or complete artificial denture.
- (xii) Contraction or deformity of chest and deformity of joints.
- (xiii) Abnormal curvature of spine (exact nature, e.g., kyphosis, scoliosis, lordosis etc. to be specified).
- (xiv) Abnormal Gait.
- (xv) Wax (Ears)
- (xvi) Deviated Nasal Septum.
- (xvii) Under sized chest.
- (xviii) Piles
- (xix) Tonsillitis.

- (xx) Abnormal Blood Pressure.
- (xxi) Overweight/ underweight.
- (xxii) Endocrinal disorders.
- (xxiii) Mental or nervous instability- evidence of nervous instability.
- (xxiv) Defective intelligence.
- (xxv) Any type of hernia.
- (xxvi) Chronic skin disease like vitiligo, Leprosy, SLE, Eczema, Chronic extensive, Fungal dermatitis etc.
- (xxvii) Any congenital abnormality, so as to impede efficient discharge of training/ duties.
- (xxviii) Anal fistula, haemorrhoids and other anorectal diseases as specified later.
- (xxix) Deformity of feet like Flat foot, Club foot, plantar warts etc.
- (xxx) Epilepsy.
- (xxxi) Nystagmus/ Progressive Pterygium.
- (xxxii) Hydrocele/ Phimosis.
- (xxxiii) Cubitusvarus/ Valgus.
- (xxxiv) Polydactyl of hands/ feet.
- (xxxv) Undescended testis, atrophic testis, marked varicocele, testicular swellings.
- (xxxvi) Varicose veins. Cases of Varicose veins, even if operated, are not to be accepted because basic defect remains unchanged.
- (xxxvii) Any evidence of implants in situ anywhere in body will lead to rejection.
- (xxxviii) In females, the carrying angle of more than 20° will lead to rejection on the ground of cubitus valgus.
- (xxxix) Gynaecomastia.
- (xl) Per speculum and Per Vaginal examination are not to be performed in an unmarried candidate; however inspection of genitalia is to be done to rule out any obvious pathology.
- (xli) Evidence of major abnormalities or defects of the genitalia such as change of sex, hermaphroditism, pseudohermaphroditism, or gonadal dysgenesis or dysfunctional residuals even after surgical correction of these conditions is disqualifying.

- (xlii) ~~disqualifying.~~
If urine test for pregnancy is positive the candidate will be declared temporary unfit and will be re-examined 6 weeks after the pregnancy is over, either naturally or artificially, subject to the production of a medical certificate of fitness from a registered medical practitioner.
- (xliii) Evidence of ovarian cyst or fibroid uterus or any other lump is disqualifying.
- (xliv) Evidence of pelvic inflammatory disease, is disqualifying.
- (xlv) Congenital absence of uterus or enlargement due to any cause is disqualifying.
- (xlvi) Past medical history of diseases or injury of the spine or sacro iliac joints, either with or without objective signs which have prevented the candidate from following a physical active life.
- (xlvii) History of spinal fracture/ prolapsed intervertebral disc and surgical treatment.
- (xlviii) The following conditions detected radiologically during medical exam:
 - a. Granulomatous disease of spine.
 - b. Arthritides/ spondylosis.
 - i. Rheumatoid arthritis and allied disorders
 - ii. Ankylosing spondylitis.
 - iii. Osteoarthritis, spondylosis and degenerative joint disease.
 - iv. Non articular rheumatism (e.g. lesions of the rotator cuff, tennis elbow, recurrent lumbago etc.)
 - v. Miscellaneous disorders including SLE, polymyositis, vasculitis.

- c. Spondylolisthesis/ spondylolysis.
- d. Compression fracture of vertebrae.
- e. Scheuerman's disease (Adolescent kyphosis).
- f. Loss of cervical when associated with clinically restricted movements of cervical spine.
- g. Unilateral/ Bilateral cervical ribs with demonstrable neurological or circulatory deficit.
- h. Scoliosis more than 15 degree as measure by Cobb's method.
- i. Degenerative Disc Disease.
- j. Presence of schmorl's nodes at more than one level.
- k. Atlanto-occipital and atlantoaxial anomalies.
- l. Hemi vertebrae and/ or incomplete block (fused) vertebrae at any level in cervical, dorsal or lumbar spine and complete block (fused) vertebrae and more than one level in cervical or dorsal spine.
- m. Unilateral Sacralisation or lumbarisation (Complete or incomplete) at all levels and bilateral incomplete sacralisation or lumbarisation.
- n. Any other abnormality if so considered by the specialist.
- o. Mild Kyphosis or Lordosis where deformity is barely noticeable and there is no pain or restriction of movement will not preclude acceptance.
- p. In case of noticeable Scoliosis or suspicion of any other abnormality or spinal deformity, more than mild, appropriate X-rays of the spine are to be taken and the Examinee referred for specialist's advice.
- q. The following conditions detected on X-ray examination will be disqualifying:
 - i. Granulomatous disease of spine.
 - ii. Arthritides/ spondylosis.
 - iii. Scoliosis more than 15 degree as measured by Cobb's method.
 - iv. More than mild Kyphosis/ lordosis.
 - v. Spondylolisthesis/ Spondylosis.
 - vi. Herniated nucleus pulposus.
 - vii. Compression fracture of Vertebra.
 - viii. Sacralisation Disease.
 - ix. Cervical ribs with demonstrable neurological or Circulatory deficit.
 - x. Presence of Schmorl's node at more than one level.

- xi. Atlanto-occipital, and atlantoaxial anomalies.
- xii. Incomplete Sacralisation Unilateral or Bilateral.
- xiii. Spinabifida other than SV1 and LV5 if completely sacralised.
- xiv. Any other abnormality, if so considered by specialist.
- r. A candidate should have no past history of mental breakdown or fits.
- s. The hearing should be normal. A candidate should be able to hear a forced whisper with each ear at a distance of 610 cms. in a quiet room. There should be no evidence of present or past disease of the ear, nose and throat. Audiometric test will be done for AF. Audiometric loss should not exceed +20 dB in frequencies between 250 Hz and 4000 Hz. There is no impediment of speech.
- t. There should be no signs of functional or organic disease of the heart and blood vessels. Blood pressure should be normal.
- u. There should be no enlargement of liver or spleen. Any evidence of disease of internal organs of the abdomen will be a cause for rejection.
- v. Un-operated hernias will make a candidate unfit. In case of Hernia which will be operated, a minimum of 6 months must have passed prior to final medical examination before commencement of the course.
- w. There should be no hydrocele, varicocele or piles.

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- x. Wear contact lenses or undergone LASIK or any kind of other eye surgery.
 - y. Urine examination will be done and any abnormality if detected will be a cause for rejection.
 - z. Any disease of skin which is likely to cause disability or disfigurement will also be a cause for rejection.
- D. The candidates must be in good mental and physical health for duties in all places including in high altitude and be fit to serve in border areas with extreme climatic conditions and must be free from any defect likely to interfere with efficient performance of the duties. Above instructions are not exhaustive. Remaining instructions will apply as issued by Government of India from time to time.
- E. **Review medical examination (RME):** Ordinarily there is no right of appeal against the findings of the Recruiting Medical Officer or Initial Medical Examination. If any Medical Certificate is produced by a candidate as a piece of evidence about the possibility of an error of judgment in the decision of Initial Medical Board/ Recruiting Medical Officer, who had examined him/ her in the first instance i.e. DME, an appeal can be accepted. Such Medical Certificate will not be taken into consideration unless it contains a note by the Medical Officer from Government District Hospital or above along with registration no. given by MCI/ State Medical Council, to the effect that it has been given in full knowledge of the fact that the candidate has already been rejected and declared unfit for service by CAPF Medical Board, or the recruiting medical officer. If the appeal of a candidate is accepted by CAPF Appellate Authority, his/ her Review Medical Examination will be conducted by CAPF RME Board. The Decision of the CAPF's Review Medical Boards will be final. No appeal will be entertained against the finding of the second medical i.e. Review Medical Examination.