

Eligibility Criteria

Physical Criteria

1. The candidates who meet the prescribed Physical Standards will be put through Physical Efficiency Test (PET) as mentioned below:

| Physical Efficiency Test (PET) | Male | Female |
|--------------------------------|-------------------------|-------------------------|
| 100 metres race | In 16 seconds | In 18 seconds |
| 800 meters race | In 3 minutes 45 seconds | In 4 minutes 45 seconds |
| Long jump | 3.5 metres (3 chances) | 3.0 metres (3 chances) |
| Shot put (7.26 Kgs) | 4.5 metres | — |

Note:

These Tests will be only of qualifying nature and will not carry any marks. Failure even in one of these tests will amount to disqualification

- Pregnant female candidates at the time of PET will be disqualified and such candidates will be rejected.
- Provided that candidates belonging to the SC/ST may be summoned for the Physical Standards/Physical Efficiency and Medical Standard Tests by applying relaxed standards if the Commission is of the opinion that sufficient number of candidates from these categories are not likely to be summoned for the Physical Standards/Physical Efficiency Tests and Medical Standards Tests on the basis of the general standard in written examination in order to fill up the vacancies reserved for them
- The Physical Standards/Physical Efficiency Tests and Medical Standard Tests will be conducted under the supervision of CISF. These tests will be conducted at various centres to be notified after the results of the written examination

2. Physical and Medical Standards Tests:

(I) Physical Standards:

| | Men | Women |
|--------|--------------------|--------------------|
| Height | 165 Cms (Gen & SC) | 157 Cms (Gen & SC) |

| | | |
|--------------------|---------------------------------------|-------------------------|
| | 162.5 Cms (ST) | 154 Cms (ST) |
| Chest (unexpanded) | 81 Cms (With minimum 5 Cms expansion) | – |
| Weight | Corresponding to height | Corresponding to height |
| Medical | Shape-1 | Shape-1 |

(ii) Medical Standards:

(a) Eye-Sight

(b) Carrying Angle

(c) Ear

(d) Nose

(e) Neck

(f) Teeth

(g) Venereal Diseases

(h) Chronic Skin Diseases

3. General Standards like speech should be without impediment i.e. no stammering; the candidate should not have any indication of chronic disease like TB, any type of arthritis, high blood pressure, Diabetes, Bronchial Asthma, any heart disease; the candidate should not have perceptible and visible glandular swelling anywhere in the body etc. Nationality: Only a citizen of India will be eligible.

4. Sex: Both Male and Female candidates are eligible for appointment to the post of Assistant Commandants.

5. Educational Qualification: The educational qualification for appearing in this competitive examination will be a graduate from a recognized University.

Possession of NCC 'B' or 'C' Certificate will be a desirable qualification.

Refer to the images below to know more about the average body weight and height required for the eligibility.

APPENDIX-V(B)

Male Average Body Weights in Kilograms for Different Age Groups and Heights

| Height in CMs | Age in years | | | |
|---------------|--------------|-----------|-----------|-----------|
| | 18-22 | 23-27 | 28-32 | 33-37 |
| 156 | 44-54 | 46-56 | 47-58 | 48-59 |
| 158 | 45-55 | 47-57 | 48.5-59.5 | 49.5-60.5 |
| 160 | 46-56 | 47.5-58.5 | 49.5-60.5 | 50.5-61.5 |
| 162 | 47-58 | 49-60 | 50.5-61.5 | 52-63 |
| 164 | 48-59 | 50-61 | 52-63.5 | 53-65 |
| 166 | 49.5-60.5 | 51.5-62.5 | 53-65 | 54.5-66.5 |
| 168 | 51-62 | 52.5-64.5 | 54.5-66.5 | 56-68 |
| 170 | 52-64 | 54-66 | 56-68 | 57.5-70.5 |
| 172 | 54-66 | 55.5-67.5 | 57-70 | 59-72 |
| 174 | 55-67 | 57-70 | 59-72 | 61-74.5 |
| 176 | 56.5-69 | 58.5-71.5 | 60.5-73.5 | 62-76 |
| 178 | 57.5-70.5 | 60-73 | 61.5-75.5 | 63.5-77.5 |
| 180 | 59-72 | 61-75 | 63.5-77.5 | 65.5-80 |
| 182 | 61-74.5 | 62.5-76.5 | 65-79 | 66.5-81.5 |
| 184 | 63-77 | 64.5-78.5 | 66.5-81.5 | 68.5-83.5 |
| 186 | 63.5-77.5 | 65.5-80.5 | 68-83 | 70-86 |
| 188 | 65-79 | 67.5-82.5 | 70-85.5 | 71.5-87.5 |

Female Average body Weights in Kilograms for Different Age Groups - Heights

| Height in CMs | Age in years | | | |
|---------------|--------------|-----------|-----------|-----------|
| | 18-22 | 23-27 | 28-32 | 33-37 |
| 148 | 34.5-42.5 | 37-45 | 38.5-47 | 39.5-48.5 |
| 150 | 36.5-44.5 | 37.5-45.5 | 39-48 | 40.5-49.5 |
| 153 | 38-46 | 39-48 | 41-50 | 42-51 |
| 155 | 38.5-47.5 | 40-49 | 41.5-50.5 | 43-52.5 |
| 158 | 40.5-49.5 | 42-51 | 43-53 | 44.5-54.5 |
| 160 | 41.5-50.5 | 43-52.5 | 44-54 | 45.5-54.5 |
| 163 | 43-52.5 | 44-54 | 46-56 | 47-57 |
| 165 | 44-54 | 45.5-55.5 | 47-58 | 48.5-59.5 |
| 168 | 45-55 | 47-57 | 48.5-59.5 | 49.5-60.5 |

- The body weights are given in this chart corresponding to only certain heights (in cms). In respect of height in between, the principle of 'Average' may be utilized for calculating body weights.
- For calculating average weight beyond the heights tabulated, 0.71 Kg for every one cm of increase or decrease in height may be added or subtracted respectively.