

PHASE – I

Physical Efficiency Test (PET)

i. The events of the PET are as follows:-

Posts	For Male		For Female	
Sub-Inspector (Telecommunication)	i) 100 Mtrs Race	To be completed within 16 seconds.	i) 100 Mtrs Race	To be completed within 18 seconds.
	ii) 1.6 KMs Race	To be completed within 7 minutes 30 seconds.	ii) Race 800 Meters	To be completed within 4 minutes and 45 seconds.
Head Constable (Telecommunication) & Constable (Telecommunication)	i) Race 1.6 kms	To be completed within 7 minutes and 30 seconds	i) Race 800 Meters	To be completed within 4 minutes and 45 seconds.
	ii) 11 Feet Long Jump	03 chances to be given	ii) 9 Feet Long Jump	03 chances to be given
	iii) 3½ Ft. High Jump	03 chances to be given	iii) 03 Feet High Jump	03 chances to be given

- ii. Manageable number of candidates shall be called for Physical Efficiency Test (PET) and Physical Standard Test (PST) at any given centre on a single day.
- iii. No marks will be awarded for this test and PET shall be qualifying in nature. Candidates have to qualify each event of PET, those who do not qualify shall be eliminated.
- iv. Necessary arrangement during PET for providing Ambulance, Medical Staff along with First Aid Box etc. will be provided by the concerned Centre. There shall be no appeal against PET events by candidate who fails in any of the events.

- v. Candidates failing to qualify at this stage of PET shall be eliminated from this stage and rejection slip as per format shall be issued by the Presiding Officer.
- vi. No Race or Physical Efficiency Test will be held for Ex Servicemen. However, Ex-servicemen will be required to pass the requisite PST, Written Examination, Documentation and Medical examination.
- vii. MHA/Govt. of India vide ID No.-45020/05/2021-PP/897 dated 31st August, 2022 has issued following guidelines in case, if any pregnant female candidates appearing in PST/PET :-
- a. On reporting of female candidates for PET/PST, a self declaration indicating about her pregnancy status will be submitted. In case, if she declares that she is not pregnant, then, she will be allowed to participate in PET/PST. In case of false declaration, all the risk for undergoing PET/PST will be of her own.
- b. 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 temporary unfit and her appointment shall be held in abeyance until the confinement is over. The vacancy against which a women candidate was selected should be kept reserve for her. She should be re-examined for PST/PET six weeks after the date of confinement subject to the production of the 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 allow the benefit of seniority in accordance with the instructions of the Government, as amended from time to time. In case female candidate is found negative for pregnancy, she may be allowed to participate in the PST/PET.
- c. There is no provision of appeal for Physical Efficiency Test (PET).

Note:- Detailed medical examination of the candidates shall be conducted as per the medical guidelines issued by MHA/ADG (Medical) CAPFs from time to time.

PHYSICAL STANDARD TEST (PST)	<p>i. Candidates who qualify PET will be screened for Height, Chest (Chest measurement for male candidate only) and Weight measurements. Those who do not meet the required physical measurement as applicable will be eliminated at this stage. The Candidates who are declared not qualified in physical standard i.e. height & chest (as applicable) may prefer an appeal in writing to the Presiding Officer of the Recruitment Board on the same day for re-measurement. The decision of the Presiding Officer will be final and no further appeal or representation in this regard, will be entertained.</p> <p>ii. Physical standard of female candidates shall be measured by female staff only. Chest measurement of female candidates shall not be taken.</p> <p>iii. Underweight/Overweight candidates will be allowed to participate in the next stage of recruitment and shall not be debarred at PST stage. The final decision on fitness/unfitness due to underweight/overweight will be decided at the time of Detailed Medical Examination (DME) based on the weight and age on the day of DME and the height as measure by the PST Board.</p> <p>iv. Rejection Slip to the candidates who are less in height and chest will be issued at the time of PST. Board shall ensure that measurement is mentioned in writing in the rejection slip. In case, if any candidate is not satisfied with the physical measurement recorded by the Board, he/she may make a representation/appeal in writing to the Presiding Officer of the Recruitment Board on the same day for re-measurement. In such case, the physical measurement of aggrieved candidate(s) shall be measured by the Presiding Officer himself and shall dispose off the representation/appeal immediately in writing to the candidate then and there. In case, any candidate refuses to sign or leaves the PST centre without signing the rejection slip, the Presiding Officer should endorse the remarks in the rejection slip as "candidate refused to sign/candidate left without receiving rejection slip/candidate did not turn up to receive rejection slip" and same may be kept in record properly having duly signed by the Presiding Officer of the Board.</p> <p>v. Female candidates shall be examined by female Medical Officer only. There is no provision of appeal for Physical Efficiency Test (PST).</p>
-------------------------------------	---