

4.5 PHYSICAL STANDARDS (PST):

4.5.1 The minimum physical standard for the candidates of all categories will be as follows:-

Description	Chest (<u>for Male candidates only</u>)		Height for all candidates	
	SI (Tele)	HC (Tele) & CT (Tele)	Male	Female
Minimum height for all candidates belonging to the Scheduled Tribes	77-82 Cms	76-81 Cms	162.5 Cms	150 Cms
Minimum height for candidates falling in the categories of Garhwalis, Kumaonis, Gorkhas, Dogras, Marathas and candidates belonging to the states of Sikkim, Nagaland, Arunachal Pradesh, Manipur, Tripura, Mizoram, Meghalaya, Assam, Himachal Pradesh, Kashmir region of J&K (UT) and Ladakh (UT).	80-85 Cms	78-83 Cms	165 Cms	155 Cms
All other States and Union Territories (except categories mentioned above)	80-85 Cms	80-85 Cms	170 Cms	157 Cms

Weight:- Weight should be proportionate to height & age – Weight chart prescribed in the Uniform guidelines for medical examination test during recruitment issued by ADG(Medical) CAPFs from time to time be followed.

Note:- Candidate who intends to avail relaxation in height/chest measurement shall have to submit certificate as per **Annexure-V (Copy Enclosed)** whenever sought by Recruitment Board.