

## Physical Fitness Test (PFT)

To determine the Physical Fitness Test (PFT), the following tests carrying 100 marks are held:

1. 1.6 Km Run.
2. Pull Ups.
3. Balance.
4. 9 Feet Ditch.

### MARKING SYSTEM IS AS FOLLOWS

#### 1. 1.6 Km Run For all Categories.

S No	Timings	Group	Marks
(i)	Upto 5 Mins 30 Secs	Group-I	60 Marks
(ii)	From 5 Mins 31 Secs to 5 Mins to 45 Secs	Group-II	48 Marks
(iii)	Above 5 Mins 45 Secs		Fail
(iv)	Provisions for Extra Time for 1.6 Km Run in Hilly Terrain.		
	(aa) Between 5000 Ft to 9000 Ft - Add 30 Secs to all timings.		
	(ab) Between 9000 Ft to 12000 Ft - Add 120 Secs to all timings.		

#### 2. Pull Ups.

(i)	10 and above	40 Marks.
(ii)	9	33 Marks.
(iii)	8	27 Marks.
(iv)	7	21 Marks.
(vi)	6	16 Marks.

**3. Balance.** Should qualify and no marks are awarded.

**4. 9 Feet Ditch.** Should qualify and no marks are awarded.

## 5. 1.6 Km Run.

### (a) Up to 30 Yrs of Age

(i) Up to 5 Min 45 Secs - Required to qualify

### (b) Beyond 30 Yrs of Age

(i) Up to 6 Min 30 Secs - Required to qualify

### (C) Provision for Extra Time for 1.6 Km Run in Hilly Terrain Area

(i) Up to 5000 ft as above

(ii) Between 5000 to 9000 ft - Additional 30 secs to all timings

(ii) Between 9000 to 12000 ft - Additional 120 secs to all timings

## 6. Women Military Police Only

### 1. 1.6 Km Run.

S No	Timings	Group	Marks
(i)	Upto 7 Mins 30 Secs	Group-I	60 Marks
(ii)	Upto 8 Mins	Group-II	48 Marks
(iii)	Above 8 Mins		Fail

2. Long Jump of 10 Feet - Should qualify

3. High Jump 3 Feet - Should qualify

## 6. Religious Teacher JCO

### 1. 1.6 Km Run.

S No	Timings	Age Gp 25 to 34 Years
(i)	Upto 8 Mins	Reqd to qualify

### (a) Provision for Extra Time for 1.6 Km Run in Hilly Terrain Area

(i) Up to 5000 ft as above

(ii) Between 5000 to 9000 ft - Additional 30 secs to all timings

(ii) Between 9000 to 12000 ft - Additional 120 secs to all timings