

<b>Special Physical Standards (As applicable)</b>			
<b>Class /Category</b>	<b>Height (Cms)</b>	<b>Chest (Cms)</b>	<b>Weight (Kgs)</b>
Ladakhi	157	50	77
Gorkhas both Nepalese and Indian	157	48	77
<b>@Relaxation in Physical Standards</b>			
<b>Category</b>	<b>Height (Cms)</b>	<b>Chest (Cms)</b>	<b>Weight (Kgs)</b>
Sons of Servicemen (SOS) / Ex-Servicemen (SOEX) / War Widows (SOWW) / Widows of Ex- Servicemen	2	1	2
Adopted son / son –in-law of a War Widow, if she has no son including a legally adopted son of Serving Soldier / Ex-Servicemen	2	1	2
Outstanding Sportsmen (International / National / State/District level having secured 1 <sup>st</sup> / 2 <sup>nd</sup> position in last two years.	2	3	5
<b>@Note :- Relaxation in Physical Standards is either for wards of servicemen / ex servicemen or sportsmen (not both) and is in addition to the Special Physical Standards</b>			

3. Candidates will be tested as stated below :-

<b>Physical Fitness Test (At Rally Site)</b>					<b>Remarks</b>
<b>1.6 Km Run</b>		<b>Beam (Pull Ups)</b>		<b>9 Feet Ditch</b>	<b>Zig-Zag Balance</b>
<b>Group</b>	<b>Marks</b>	<b>Full Ups</b>	<b>Marks</b>		
Group I- Uptill 5 Min 30 Sec	60	10	40	Need to Qualify	Need to Qualify
Group II- 5 Min 31 Sec to 5 Min 45 Sec	48	9	33		
		8	27		
		7	21		
		6	16		
<b>Physical Measurement (At Rally Site)</b>					
Physical measurements will be carried out as per the Physical Standards listed at Para 2 above					
<b>Medical Test</b>					
(a) As per laid down medical standards at the Rally Site.					
(b) Unfit candidates will be referred to MH / CH / BH for specialist review. Candidates referred for specialist review should present themselves to the nominated MH / CH / BH within 14 days of the referral and report back to ARO for issue of Admit Card for CEE in case declared FIT.					
<b>Written Test through Common Entrance Examination (CEE)</b>					
(a) Will be conducted for medically Fit candidates at nominated venue Location Date and time of written test will be intimated at rally site and through Admit Cards.					
(b) Admit Card for the CEE for the Review Fit candidates will be issued at Rally Site itself.					
(c) Admit card for the CEE for the Review Fit cases will be issued after getting medically fit by concerned specialist / specialists at MH / CH / BH.					