

**Details of PHYSICAL ASSESSMENT TEST :**

**For the Post of Sub Officer/B (Post no. 25) & DPOF/A (Post no. 30)**

Sr. No.	Details of the Test	As per the age of candidate		
		Upto 40 Years	Between 40 - 45 Years	Between 45 - 50 Years
1.	Should be able to run 100 meters in	25 Seconds	28 Seconds	30 Seconds
2.	Should be able to lay 4 lengths of hoses each 15 meters long from the appliance	3 min. Upto 3 min. - 10 marks Between 3-4 min. - 8 marks Between 4-5 min. - 6 marks More than 5 min. - no marks	4 min. Upto 4 min.-10 marks Between 4-5 min. - 8 marks Between 5-6 min. - 6 marks More than 6 min.- no marks	5 min. Upto 5 min.-10 marks Between 5-6 min. - 8 marks Between 6-7 min. - 6 marks More than 7 min.- no marks
3.	Should be able to climb on extension ladder of 10 meters length and come down, twice in	2 min. Upto 2 min. - 10 marks Between 2-3 min. - 8 marks Between 3-4 min. - 6 marks More than 4 min. - no marks	3 min. Upto 3 min. - 10 marks Between 3-4 min. - 8 marks Between 4-5 min. - 6 marks More than 5 min. - no marks	4 min. Upto 4 min.-10 marks Between 4-5 min. - 8 marks Between 5-6 min. - 6 marks More than 6 min.- no marks
4.	Should be able to carry a person of approximately his own weight by the Fireman's lift method over 25 meters	3 min. Upto 3 min. - 10 marks Between 3-4 min. - 8 marks Between 4-5 min. - 6 marks More than 5 min. - no marks	4 min. Upto 4 min.-10 marks Between 4-5 min. - 8 marks Between 5-6 min. - 6 marks More than 6 min.- no marks	5 min. Upto 5 min.-10 marks Between 5-6 min. - 8 marks Between 6-7 min. - 6 marks More than 7 min.- no marks
5.	Should be able to do "Pushups"	20 continuously - 10 marks (proportionate for less nos.)	15 continuously - 10 marks (proportionate for less nos.)	12 continuously - 10 marks (proportionate for less nos.)
6.	Should be able to run 1.6 km in	10 min. Upto 10 min.-10 marks Between 10-11 min. - 8 marks Between 11-12 min. - 6 marks More than 12 min.- no marks	12 min. Upto 12 min.-10 marks Between 12-13 min. - 8 marks Between 13-14 min. - 6 marks More than 14 min.- no marks	14 min. Upto 14 min.-10 marks Between 14-15 min. - 8 marks Between 15-16 min. - 6 marks More than 16 min.- no marks
7.	Rope / Vertical pipe climbing	10 min. Upto 10 min.-10 marks Between 10-11 min. - 8 marks Between 11-12 min. - 6 marks More than 12 min.- no marks	NA	NA

**Note:-**

1.	<b>In addition to the above, the candidates of Sub Officer/B should be able to conduct Physical Training, Squad Drills, Fire Fighting Drills, Fire - Fighting/ Traylor Pump Operations.</b>
2.	<b>Qualifying in the test at sr. no.1 above is <u>compulsory</u>, failing which the candidate will be declared unfit for recruitment and further tests will not be carried out.</b>
3.	<b>The qualifying percentage marks required for the tests from Sr. no. 2 to Sr. no. 7 (taking equal weightage) put together shall be 90% and above on an average.</b>