

QUALIFYING STANDARDS FOR PHYSICAL ENDURANCE & MEASUREMENT TESTS (PE&MT) FOR THE POSTS OF CONSTABLES (EXE) IN CHANDIGARH POLICE

Physical endurance Tests ¹⁸					
Race (Qualifying only)	Distance (In metres)	Qualifying Parameter in minutes as per age			
		18-30	>30-35 years	>35-40 years	>40-45 years
Male candidates	1600m	6 ¼ minutes (375 sec.)	7 minutes (420 sec.)	7 ¾ minutes (465 sec.)	10 minutes (600 sec.)
Female candidates	800m	4 ¼ minutes (255 sec.)	5 minutes (300 sec.)	5 ¾ minutes (345 sec.)	6 ½ (390 sec.)
Long Jump: (Qualifying in (3) attempts)	Distance (In metres)	Qualifying Parameter in Metres as per age			
		18-30	>30-35 years	>35-40 years	>40-45 years
Male candidates	3.95 m	3.95 m	3.80 m	3.65 m	3.50 m
Female candidates	2.74 m	2.74 m	2.60 m	2.45 m	2.30 m
High Jump: (Qualifying in (3) attempts)	Height (In meters)	Qualifying Parameter in Metres as per age			
		18-30	>30-35 years	>35-40 years	>40-45 years
Male candidates	1.14 m	1.14 m	1.10 m	1.05 m	1.00 m
Female candidates	0.90 m	0.90 m	0.85 m	0.80 m	0.75 m
Measurements Tests			Male	Female	
Height ¹⁹ (in cm)			170cm	157.5cm	
Relaxable for the following:					
Residents of notified ²⁰ Hill Areas: by 5 cm:			165 cm	152.5 cm	
Wards of Police Personnel ²¹ (WPP) by 5 cm:			165 cm	152.5 cm	
Chest: (In cm) Unexpanded-Expanded			84-88 cm	N/A	
Relaxable for the following:					
Residents of notified Hill Areas: by 5 cm:			79-83 cm	N/A	
Wards of Police Personnel (WPP) by 5 cm:			79-83 cm	N/A	

¹⁸ Relaxations in physical endurance test events of Race, Long Jump and High jump shall be applicable as per age calculated on the "Cutoff date" (see para 3) and not the actual date on which the PE & MT is held.

¹⁹ Although The Punjab Police Rules, 1935, as applicable to Chandigarh, and as modified from time to time, specify height and chest measurements in feet and inches, the same have been converted to centimetres (cms) to comply with the Standards to Weight and Measurements Act 1986, and have been rounded off for convenience.

²⁰ Residents of hill areas i.e. Garhwalis, Kumaunis, Gorkhas, Dogras, Marathas and candidates belonging to states of States of Sikkim, Nagaland, Arunachal Pradesh, Manipur, Tripura, Mizoram, Meghalaya, Assam, Himachal Pradesh, Kashmir and Leh & Ladakh regions of J&K (Candidates claiming this relaxation would have to produce a certificate to this effect (Hill area certificate) from the competent Authority i.e. DC/DM/SDM or Tehsildar of their place of residence at the time of Physical Measurement Test).

²¹ Wards of Police Personnel can avail only one relaxation, either of height or of chest in addition to the relaxation in age. Such relaxation shall be admissible to a limit of two children for any police personnel household.