

5. **Criteria for Selection, Examination & Syllabus:-**

5.1. **Written Test:** - All candidates (including ex-servicemen) shall be put through a OMR Sheet-based written test which shall carry 100 marks. The questions shall be multiple choice objective types and will carry one mark for every correct answer and a negative marking of 0.25 for every wrong answer. The question paper for the Written Test shall be in Hindi, English and Punjabi. Each candidate will be given the test paper only in the language selected by the candidate during the application process. Change of medium will not be permitted.

5.2 **Cut off marks for written test/CBT/OMR:-**

The minimum qualifying cut-off marks in the written exam/CBT/OMR for each category shall be as follows:-

General Candidates	40%
SC Candidates	35%
OBC Candidates	35%
Ex-Servicemen Candidates	30%

5.3 Bonus Marks: Incentives to NCC Certificate holders will be granted at the following scales as per the instructions of the Govt. of India, Ministry of Home Affairs issued vide letter No.IV/16011/25/2020-CSR-II dated 20.04.2020:-

NCC "C" Certificate	5% of the maximum marks of the examination.
NCC "B" Certificate	3% of the maximum marks of the examination.

NCC "A" Certificate	2% of the maximum marks of the examination.
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Height:-

Male candidates having height 183 cm or above.	02
Female candidates have height 165 cm or above	02
For Hill Areas candidates:-	
>Male candidates having height 178 cm or above	02
>Female candidates have height 160 cm or above	02

6. Physical Efficiency & Measurement Test (PE&MT):-

The first measurement of a candidate would be his/her height and chest. Candidates not fulfilling the height and chest criteria would be rejected forthwith. Only candidates fulfilling these criteria would be allowed to proceed further in PE&MT as per following criteria:-

Physical endurance Tests					
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 (in cm)				170cm	157.5cm
Relaxable for the following:					
Residents of notified Hill Areas: by 5 cm:				165 cm	152.5 cm
Wards of Police Personnel (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

*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.

All candidates shall be subjected to a dope test before PE&MT.