

Physical Fitness		
Physique: Good (Both Men & Women)		
Eye Sight (Both Men & Women)	Distance Vision: 6/6 with each Eye without Glasses.	
	Near Vision: N-5 with each Eye without Glasses. (Visual Evaluation is for each eye individually).	
	Color Vision: Should be Normal as determined by Ishihara's charts	
	Night Blindness: Absent	
	Field of Vision: Each eye should have full field of vision as determined by confrontation test.	
Refractive error: No refractive error acceptable.		
As a functional requirement, color blindness and/or night blindness will be a rejection criteria.		
Hearing	Normal	
Speech	Normal	
	MEN	WOMEN
Height	Not less than 167 cms ##	Not less than 157 cms ##
Chest	Normal before expansion: 81 cms ## Minimum expansion 5 cms. (Maximum three chances will be given during PMT and highest expansion will be considered)	Not Applicable
Weight	Not less than 55 Kg.	Not less than 45 Kg.
##	Relaxation of 3 cms in height (for both male & female candidates) and chest measurements (only for male candidates) and proportionate relaxation in weight will be allowed to hilly area candidates on production of Bonafide certificates. However, minimum chest expansion must be 5 cms (for male candidates). No other relaxation will be allowed to any other category.	
Disqualification	Knocking knee, bow legs, degree of squint, flat footed, physical deformity, suffering from chronic disease, any major operations by virtue of which his/her physical fitness to work in Fire Service has been impaired will be considered as disqualification.	

4. SELECTION PROCESS & SYLLABUS

Stage 1:

Written Exam (Computer Based Test [CBT]) – Duration: Two (2) hours
Minimum pass marks will be 50 out of 100 for UR/EWS/OBC candidates and 40 out of 100 for SC/ST candidates.

Syllabus

Part A- 50% questions on subject relating to Educational Qualification for prescribed post.

Part B- 50% Questions on General Knowledge, General Intelligence, General Aptitude, English etc.

Stage 2:

On passing the online Computer Based Test (CBT), shortlisted candidates shall be subject to certificates/Documents verification followed by Medical Examination (Physical Measurement Test). Those cleared in medical examination shall be allowed for driving test (in Light Motor Vehicle) subject to possessing Valid Light Motor Vehicle/Medium Motor Vehicle/Heavy Motor Vehicle license in original. Only on passing the driving test, the candidate will be allowed for Physical Endurance Tests (PET).

Ex-Agniveers will be given exemption only from Physical Endurance Test. However, they must be suitable from all other relevant perspective including but not limited to age, educational qualification, written test, medical tests/examination, physical measurement standards (height, weight, medical standards etc.), driving requirements, 16 weeks of basic training, at par with other candidates, as applicable to the post.

Physical Endurance Tests (PET) includes:

- i) 100 m Running
- ii) Casualty Carrying Test –
Lifting and carrying sand bag to 50 meters
- iii) Pole Climbing
- iv) Rope Climbing
- v) Ladder Climbing and descending

} Each test carries max. 20 marks

Criteria of Marks for Physical Endurance Test - Male candidates:

Item Marks ↓	100 m Running (In sec)	Lifting and carrying 50 Kg sandbag 50 m (In sec)	Pole Climbing (Total timing 30 sec) (8 meters)	Rope Climbing (Total timing 20 sec) (8 meters)	Ladder climbing and descending (In sec)
20	12 sec	20 sec	Full height	Full height	35 sec
18	13 sec	---	---	---	45 sec
16	14 sec	30 sec	3/4 height	3/4 height	60 sec
14	15 sec	---	---	---	75 sec
12	16 sec	40 sec	2/3 height	2/3 height	90 sec
10	---	---	1/2 height	1/2 height	---
8	---	---	1/3 height	1/3 height	---

Zero (0) marks shall be awarded on the following scenario: -

- (i) On exceeding of 16 seconds in 100 meters running.
- (ii) On exceeding of 40 seconds in carrying 50kg sand bag to 50 meters.
- (iii) Pole climbing below 1/3 height in 30 seconds
- (iv) Rope climbing below 1/3 height in 20 seconds
- (v) On exceeding 90 seconds in full ladder climbing and descending.

Note 1:

- **100 meters running is required to be completed in 16 seconds failing which Zero Marks will be awarded.**

- **Total height of Rope and Pole shall be after adding 2 meters. Example for Male 2+6=8 meters**
- **Ladder to be pitched at the height of 6 meters from the ground level**
- **Rope Climbing {by using his/her hands and legs in any pattern}**
- **The candidate will not be allowed for second attempt in any circumstances.**

Criteria of Marks for Physical Endurance Test - Female candidates:

Item →	100 m Running (In sec)	Lifting and carrying 30 Kg sandbag 50 m (In sec)	Pole Climbing (Total timing 30 sec) (06 meters)	Rope Climbing (Total timing 20 sec) (6 meters)	Ladder climbing and descending (In sec)
Marks ↓					
20	15 sec	25 sec	Full height	Full height	40 sec
18	16 sec	---	---	---	50 sec
16	17 sec	35 sec	3/4 height	3/4 height	65 sec
14	18 sec	---	---	---	80 sec
12	19 sec	45 sec	2/3 height	2/3 height	100 sec
10	---	---	1/2 height	1/2 height	---
8	---	---	1/3 height	1/3 height	---

Zero (0) marks shall be awarded on the following scenario:-

- On exceeding of 19 seconds in 100 meters running.
- On exceeding of 45 seconds in carrying 30kg sand bag to 50 meters
- Pole climbing below 1/3 height in 30 seconds
- Rope climbing below 1/3 height in 20 seconds
- On exceeding 100 seconds in full ladder climbing and descending.

Note 2:

- **100 meters running is required to be completed in 19 seconds failing which Zero Marks will be awarded.**
- **Total height of Rope and Pole shall be after adding 2 meters. Example for Female 2+4=6 meters**
- **Ladder to be pitched at the height of 6 meters from the ground level**
- **Rope Climbing {by using his/her hands and legs in any pattern}**
- **The candidate will not be allowed for second attempt in any circumstances.**

Note 3: Minimum qualifying marks for Physical Endurance Test for both male and female candidates shall be 60 out of 100

The Physical **Endurance** Test shall be a qualifying in nature and to get qualified, candidate has to score minimum total marks of 60 in the five (05) prescribed Physical **Endurance** Tests. The final merit list in respect of selection for the post of Jr. Assistant (Fire Services)