

**ADVERTISEMENT FOR RECRUITMENT OF MERITORIOUS SPORTSPERSONS (CT/GD)-
MALE/ FEMALE IN BORDER SECURITY FORCE AGAINST SPORTS QUOTA**

Applications are invited from the citizens of India (Male/Female) to fill up 40 vacancies of Constable (GD) (32 for male & 08 for Female) against Sports Quota in BORDER SECURITY FORCE .The discipline wise details of vacancies is as under.

SL NO.	DISCIPLINE	VACANCY
MALE CANDIDATES		
1.	Athletics	07
2.	Archery	02
3.	Boxing	02
4.	Cross Country	03
5.	Gymnastic	01
6.	Judo	03
7.	Swimming	01
8.	Water Sports (Kayaking, Canoeing & Rowing)	05
9.	Weightlifting	03
10.	Wrestling (Free Style & Greco Roman)	05
	TOTAL	32
FEMALE CANDIDATES		
1.	Athletics	02
2.	Archery	02
3.	Judo	02
4.	Weightlifting	02
	TOTAL	08
	Grand Total	40

Note:-

The number of vacancies as shown above is tentative and is subject to change at any stage.

2. **PAY SCALE**

Constable (GD) : PB-1: Rs. 5200-20200 plus Grade Pay of Rs. 2000 & other allowances admissible to Central Government Employees from time to time under the rule.

3. **Place of duty** : Anywhere within as well outside the Territory of India.

4. New Contributory pension scheme from Central Govt employees which has come into effect from 01/01/2004 will be applicable to all selected candidates.

5. **ELIGIBILITY CONDITIONS**

a) Age : Between 18 to 23 years as on 1st August 2014.

Relaxation:-

Upper age limit is relaxable up to 5 years from SC/ST and 3 years for OBC category candidates will be applicable as per GOI's instructions. In addition.

i) The Children and dependent family members of those who killed in the riots of 1984 and in the communal riot of 2002 in Gujrat State would be eligible for relaxation in age by 5 years. If the applicants belongs to SC/ST and OBC category, the relaxation so provided will be in addition to the age relaxation. To obtain this relaxation, a certificate from the concerned District Magistrate of the district where the victim on whom the candidate is dependent was killed, should be produced at the time of reporting at Recruitment Centre for recruitment process.

ii) 5 years in the upper age limit will relaxable to all persons who had ordinarily been domiciled in the State of Jammu & Kashmir during the period from 01/01/1980 to 31/12/1989. Candidates intend to avail this relaxation has to produce required certificate issued by the following authorities:-

- i) The district magistrate within whose jurisdiction, he had ordinarily resided;
or
- ii) Any other authority designated on his behalf by the Govt. of Jammu and Kashmir.

b) **Educational qualification**

Constable (GD) : Matriculation or 10th class pass from a recognized Board/ University.

c) **Physical Standards**

The candidate must meet the following requirement:-

Description	Height	Chest	Weight
General Candidate	Male – 170 Cms	Unexpanded 80 Cms Expanded: Minimum expansion should be 5 Cms.	Proportionate to height and age as per medical standards.
	Female – 157 Cms		
Candidates falling in the categories of Garhwalis, Kumaonies, Gorkhas, Dogras, Marathas and candidates belonging to the state of Sikkim, Nagaland, Arunachal Pradesh, Mizoram, Meghalaya, Assam, Himachal Pradesh and Jammu & Kashmir.	Male- 165 Cms	Unexpanded 78 Cms Expanded: Minimum expansion should be 5 Cms.	
	Female – 155 Cms		
All candidates belonging to Scheduled Tribes	Male-162.5 Cms	Unexpanded 76 Cms Expanded : Minimum expansion should be 5 CMs	
	Female-150 Cms		

d) **MEDICAL STANDARD**

Eye-Sight

Distant Vision:-

- i) The minimum distant vision should be 6/6 and 6/9 both eyes without correction i.e. without wearing of glasses.
- ii) Should be free from colour blindness.
- iii) The candidate must not have any defects like knock knee, stammering, flat foot, varicose veins or squint in eyes and they should possess high colour vision. They must be in good mental and bodily health and free from any physical defect likely to interfere with the efficient performance of the duties.

e) **Sports Qualification**

Sl.	Post	Sports Qualification
1.	Constable (GD)	Sportsperson who have represented a State or the country in the National or International competition in any of the games/sports mentioned in the list at para-01 or
		Sportsperson who have represented their University in the Inter—University Tournaments conducted by the Inter-University Sports Board in any of the sports/games shown in the list at Para-01 or
		Sportspersons of merit who have represented State Schools Team in National Sports/Games for Schools conducted by the All India School Games Federation in any of the games/sports shown in the list at Para-01.

6. **APPEAL AGAINST MEDICAL EXAMINATION**

- i) A candidate declared unfit for appointment in BSF in detailed Medical Examination, the grounds for rejection will be communicated to him by the Medical officer.
- ii) The candidate, if not satisfied with the findings of the Medical officer, can submit an appeal to the appellate authority i.e. IG((HQ) FHQ , East Block-9, 4th Floor, R K Puram, New Delhi-66 for review medical examination with a proof of his fitness in the form of a medical certificate in **Annexure-‘D’**.
- iii) The medical certificate will not be taken into consideration unless contains a note by the medical practitioner concerned to the effect that it has been given in full knowledge of the fact that the candidate has already been declared unfit by a Medical Officer for appointment in BSF.
- iv) The appeal will also not be taken into consideration unless it contains medical re-examination fee of Rs. 50/- (Rupees Fifty) only through crossed IPO/Demand Draft/ Banker’s Cheque in the favour of ‘The Commandant 25 Bn BSF.
- v) The appeal against medical unfitness should be submitted within 15 days from the date of issue of the communication in which the findings of the Medical officer are communicated to the candidate. The appeal received after prescribed 15 days will not be considered.
- vi) The decision of the review medical board of BSF shall be final and no 2nd appeal for review medical examination will be entertained as per GOI’s instructions and also no reply of the correspondences/2nd appeal will be given/entertained.

7. **DOMICILE STATUS**

The candidate should be citizen of India.

8. **HOW TO APPLY**

The eligible and desirous candidates should send their application in the prescribed proforma duly typed or neatly hand written as given in **Annexure-'A'** duly filled in on fulscape paper with two attested passport size photograph, one duly affixed on application form and one on the admit card at the space prescribed for the purpose and duly completed in all respect addressed to **"The Commandant, 25 Bn BSF, Chhawla Camp, Post Office Najafgarh, New Delhi, Pin Code 110071"** within 30 days from the publication of this advertisement in Employment News super scribing on the envelope **"APPLICATION FOR THE RECRUITMENT OF SPORTSPERSON CT(GD) MALE/FEMALE IN BSF AGAINST SPORTS QUOTA"** alongwith the required documents. However, candidate belonging to far flung areas of States of NE Region, Ladakh division of J&K, Sikkim, Pangi Sub- Division of Chamba district, Lahaul &Spiti district of Himachal Pradesh, A&N Island, Lakshdweep can submit their application up to 45 days from the publication of this advertisement in employment news. The application received after the last/due date will not be entertained and summarily rejected. Incomplete application, in any respect will be rejected summarily and no correspondence will be entertained on this account.

In addition, General/OBC category candidates are also required to deposit Rs. 50/- (Rupees Fifty) only as '**Application fees**' in the form of Crossed Indian Postal order/Demand Draft/ Banker's Cheque along with their application in favour of "The Commandant 25 Bn BSF". Candidates belonging to SC and ST are exempted from payment of application fee.

9. **Enclosure required to be attached with application**
Attested Copies of :-

- i) Education certificate.
- ii) Date of birth certificate.
- iii) Indian Postal order or Demand Draft for Rs. 50/- only (exempted for SC/ST) in favour of "Commandant 25 Bn BSF. In case of Postal order payable at Post office Chhawla and in case of Demand Draft payable at SBI Najafgarh ADB, New Delhi, Bank Code 001419.
- iv) SC/ST and OBC certificate, which should be on the format as prescribed in **Annexure-'E' & Annexure-'F'** respectively.
- v) Two self-addressed envelopes of size 23x10 cms duly affixed with postage stamp of Rs 5/- bearing name and full address of the candidate with Pin code.

- vi) Form for issue of Admit Card (in full size paper) duly filled in and forwarded along with passport size photograph duly attested by a Gazetted officer with name, designation & seal as per **Annexure-‘B’**.
- vii) Sports achievements Certificate of the sports discipline for which the candidate is applying.
- viii) ‘No objection Certificate’ issued by the Govt. /Semi Govt. department, in case the candidate is Govt. employee, as per format given in **Annexure-‘C’**.

10. **SELECTION PROCESS**

All eligible candidates whose application form is found to be in order will be issued admit card/call letter to appear in the requirement process i.e. trial. Candidates will have to undergo the following process of recruitment:-

- i) Height Bar/Test
- ii) Identity check
- iii) Checking of Testimonials/documents
- iv) Physical Standard Test
- v) Trial in respective sports discipline.
- vi) Medical Examination.

11. **GENERAL INSTRUCTIONS**

- i) On appointment, the candidates shall be governed by the BSF Act and Rules as well as all such Govt instructions/rules as applicable.
- ii) BSF shall not be responsible for damage/injury or loss to the individual, if any, sustained during the Trials/Journey.
- iii) Candidates should come duly prepared to stay at their own arrangements for the purpose of recruitment.
- iv) Candidate will have to appear for selection test at their own expenses and risk and no TA/DA will be admissible.
- v) Each candidate has to qualify the qualitative requirement prescribed and events during the trial/ test at the time recruitment.
- vi) The standard of candidates in their respective sports/events will be ascertained on the basis of merit drawn after taking into consideration of last 03 years achievements.
- vii) Preferences will be given to those candidates who have represented country in the recognized current International sports competitions or have won any medals

in Senior National/National Games during the year 2011 , 2012& 2013 or Nos of participation in Senior Nationals.

- viii) Final selection of the sportsperson will be done on the basis of their sports achievements, educational qualifications & qualitative requirement prescribed for recruitment of sportsmen. The decision of Board with regard to matters connected with this recruitment will be final in all respects and no further correspondence will be made with the rejected applications for the recruitment.
- ix) All eligible candidates will be duly informed about the date and venue of the recruitment/trial test by post.
- x) The candidate finally selected for appointment shall be subjected to chest x-ray, pathological and other required test.
- xi) The candidates on appointment will have to undergo prescribed basic training at Training Institution of BSF.
- xii) After selection/appointment, if any candidate is found ineligible or guilty of suppressing facts on any score, his services will be terminated without assigning any reason thereof.
- xiii) Persons serving in Govt./Semi Govt. department may send their applications through their employers along with 'No objection Certificate' as per format given in **Annexure-'C'**.
- xiv) The original certificates of Games/Sports, caste, educational qualifications and other distinctions should be produced by the candidates before the Recruitment Board at the time of recruitment.
- xv) All the posts are combatised and purely temporary but likely to continue.
- xvi) The director General, BSF reserves the right to make changes or cancel or postpone the recruitment without assigning any reason.
- xvii) Candidates may download application form/admit card and other details such as pay scale, eligibility criteria, process for applying for the post, recruitment process & trial test etc. from BSF website www.bsf.nic.in.

**APPLICATION FOR THE POST OF CONSTABLE (GD) MALE/FEMALE AGAINST
SPORTS QUOTA IN BORDER SECURITY FORCE**

(The application from should be filled neatly and legibly Block letters. It should be completed in all respects and should be accompanied by certified copies of testimonials. Incomplete application will not be entertained).

Paste here a copy of your recent passport size photograph(appx 3.5x4.5 cms)only

1. Full Name (IN BLOCK LETTERS) _____
2. Father's Name _____
3. Religion i.e. Hindu/Muslim/Christian/ Sikh/Buddhist etc. _____
4. Whether SC/ST/OBC/General _____
5. Nationality (State whether by birth or Domicile). : _____
6. Date of birth (in Christian era attach Certified copy of matriculation/HR. Secy or SSLC in support of age). _____
7. Educational Qualification _____
8. Permanent Address _____

9. Present Address _____

10. Discipline of Game/event playing : _____

11. Particulars of present employment : _____
If any with post and service number/
Name of Department etc.
12. Details of Sports achievements : _____
13. Details of criminal case, if any, pending/
lodged against him in any police station/ : _____
Hon'ble Courts of Law.
14. Value of IPO/Bank Draft with Number & : _____
date .
15. List of enclosures. : _____

DECLARATION

I do hereby declare that all statements made in this application are true, complete and correct to the best of my knowledge and belief. In the event of any information being found false or incorrect or ineligibility being detected before or after the test/interview, my candidature will stand cancelled and all my claims for the recruitment forfeited. I also understand that if at any stage I am found by the selection Board to have violated any of the Rules/Regulation governing the conduct of selection process, my candidature can be cancelled or be declared to have failed by the selection board at its sole discretion.

Place : _____

Date : _____

(Signature of Candidate)

ADMIT CARD

**APPLICATION FOR THE POST OF CONSTABLE (GD) AGAINST SPORTS QUOTA IN
BORDER SECURITY FORCE**

(To be filled in by the Office)

Roll No. _____

State _____

Paste here a copy of
your recent passport
size photograph
(approx. 3.5 X 4.5
cms) duly attested
by a GO

1. Name of candidate : _____

2. Father's name : _____

3. Date of Birth : _____

4. Postal address : _____

: _____

: _____

5. Whether Gen/SC/ST/OBC : _____

6. Name of the discipline (game) : _____

: (Signature of Candidate)

TO BE FILLED BY OFFICE

1. Place of Rectt/Test : _____

2. Date and time of reporting : _____

3. General information : _____ (Copy enclosed)

4. Issued on : _____

Signature with Designation &
Office seal of Rectt Agency of BSF

NO OBJECTION CERTIFICATE

[Candidate already in Government service must submit their application through proper channel with the following certificate duly signed their employer agreeing to release them in case finally selected for the post of Constable/GD against Sports quota in BSF]

1. Certified that Shri_____holds a permanent/ temporary post under Central/ State Govt.
2. Certified also that he has submitted his application to this Department/office on_____.
3. Certified also that Shri _____ will be relieved in case of his selection for the post of Constable/GD against sports quota in BSF.

Place_____

Date_____

Signature of head of Office/Competent Authority
with name & Designation with Office Seal

MEDICAL FITNESS CERTIFICATE

(To be submitted only along with appeal for re-medical examination)

I, Dr. certify that I have examined Shri
..... (Roll No) S/O, D/O Shri who has
been declared medically unfit due to in the recruitment
of CT GD against Sports quota in BSF. After careful examinations and investigation, it is
opined that Shri is / is not suffering from

2. This candidate is given in full knowledge of the fact that the candidate has
already been rejected being unfit for appointment by a Medical Officer.

(Signature of the candidate with Roll No. and name)

Signature of medical Officer
(With name and seal)

Registration No. _____
(MCI/State Medical Council)

Address _____

FORMAT FOR SC/ST CERTIFICATE

A candidate who claims to belong to one of the Scheduled Caste or the Scheduled Tribes should submit in support of his claim an attested/certified copy of a certificate in the form given below, from the District Officer or the sub-Divisional Officer or any other officer as indicated below of the District in which his parents (or surviving parent) ordinarily reside who has been designated by the State Government concerned as competent to issue such a certificate. If both his parents are dead, the officer signing the certificate should be of the district in which the candidate himself ordinarily resides otherwise than for the purpose of his own education. Wherever photograph is an integral part of the certificate, the Commission would accept only attested photocopies of such certificates and not any other attested or true copy.

(The format of the certificate to be produced by Scheduled Castes and Scheduled Tribes candidates applying for appointment to posts under Government of India)

This is to certify that Shri/Shrimati/Kumari* _____
son/daughter of _____ of village/town* in
District/Division * _____ of the State/Union Territory* _____
belongs to the Caste/Tribes _____ which is recognized as a Scheduled
Castes/Scheduled Tribes* under:-

- The Constitution (Scheduled Castes) order, 1950 _____
- The Constitution (Scheduled Tribes) order, 1950 _____
- The Constitution (Scheduled Castes) Union Territories order, 1951 * _____
- The Constitution (Scheduled Tribes) Union Territories Order, 1951* _____

As amended by the Scheduled Castes and Scheduled Tribes Lists (Modification) order, 1956, the Bombay Reorganization Act, 1960 & the Punjab Reorganization Act, 1966, the State of Himachal Pradesh Act 1970, the North-Eastern Area (Reorganization) Act, 1971 and the Scheduled Castes and Scheduled Tribes Order (Amendment) Act, 1976.

- The Constitution (Jammu & Kashmir) Scheduled Castes Order, 1956 _____
- The Constitution (Andaman and Nicobar Islands) Scheduled Tribes Order, 1959 as amended by the Scheduled Castes and Scheduled Tribes order (Amendment Act), 1976*.
- The Constitution (Dadra and Nagar Haveli) Scheduled Castes order 1962.
- The Constitution (Dadra and Nagar Haveli) Scheduled Tribes Order 1962@.
- The Constitution (Pondicherry) Scheduled Castes Order 1964@
- The Constitution (Scheduled Tribes) (Uttar Pradesh) Order, 1967 @
- The Constitution (Goa, Daman & Diu) Scheduled Castes Order, 1968@
- The Constitution (Goa, Daman & Diu) Scheduled Tribes Order 1968 @
- The Constitution (Nagaland) Scheduled Tribes Order, 1970 @
- The Constitution (Sikkim) Scheduled Castes Order 1978@
- The Constitution (Sikkim) Scheduled Tribes Order 1978@

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The Constitution (Jammu & Kashmir) Scheduled Tribes Order 1989@
The Constitution (SC) orders (Amendment) Act, 1990@
The Constitution (ST) orders (Amendment) Ordinance 1991@
The Constitution (ST) orders (Second Amendment) Act, 991@
The Constitution (ST) orders (Amendment) Ordinance 1996
%2. Applicable in the case of Scheduled Castes, Scheduled Tribes persons who have migrated from one State/Union Territory Administration.

This certificate is issued on the basis of the Scheduled Castes/ Scheduled tribes certificate issued to Shri/Shrimati _____ Father/mother _____ of _____ Shri/Srimati/Kumari* _____ of village/town* _____ in District/Division* _____ of the State/Union Territory* _____ who belong to the _____ Caste/Tribe which is recognized as a Scheduled Caste/Scheduled Tribe in the State/Union Territory* issued by the _____ dated _____

%3. Shri/Shrimati/Kumari and /or * his/her family ordinarily reside(s) in village/town* _____ of _____ District/Division* _____ of the State/Union Territory of _____

Signature _____
** Designation _____
(with seal of office)

Place _____

Date _____

* Please delete the words which are not applicable

@ Please quote specific presidential order

% Delete the paragraph which is not applicable.

NOTE: The term ordinarily reside(s) used here will have the same meaning as in section 20 of the Representation of the People Act, 1950.

** **List of authorities empowered to issue Caste/Tribe Certificates:**

- (i) District Magistrate/Additional District Magistrate/Collector/Deputy Commissioner/Additional Deputy Commissioner/Dy. Collector/1st Class Stipendiary Magistrate/Sub-Divisional Magistrate/Extra-Assistant Commissioner/Taluka Magistrate/Executive Magistrate.
- (ii) Chief Presidency Magistrate/Additional Chief Presidency Magistrate/Presidency Magistrate.
- (iii) Revenue Officers not below the rank of Tehsildar.
- (iv) Sub-Divisional Officers of the area where the candidate and/or his family normally resides.

NOTE: ST candidates belonging to Tamil Nadu state should submit caste certificate ONLY FROM THE REVENUE DIVISIONAL OFFICER.

(FORMAT OF CERTIFICATE TO BE PRODUCED BY OTHER BACKWARD CLASSES APPLYING FOR APPOINTMENT TO POSTS UNDER THE GOVERNMENT OF INDIA)

This is to certify that _____ son/ daughter
of _____ of village _____
_____ District/Division _____
in the _____ State
_____ belongs to the
_____ Community which is recognized as a backward class
under:

i) Resolution No. 12011/68/93-BCC dated the 10th September, 1993, published in the Gazette of India Extraordinary – Part I, Section I, No. 186 dated 13th September, 1993.

ii) Resolution No. 12011/9/94-BCC, dated 19.10.1994 published in Gazette of India extraordinary Part I Section I No. 163, dated 20th October, 1994.

iii) Resolution No. 12011/7/95-BCC dated the 24th May 1995 Published in the Gazette of India extraordinary Part-I Section I No. 88 dated 25th May, 1995.

iv) Resolution No.12011/96/94-BCC dated 9th March, 1996.

v) Resolution No. 12011/44/96-BCC, dated the 6th December, 1996, published in the Gazette of India – Extraordinary-part I, Section-I, No. 210, dated the 11th December, 1996.

vi) Resolution No.12011/13/97-BCC dated 3rd December, 1997.

vii) Resolution No.12011/99/94-BCC dated 11th December, 1997.

viii) Resolution No.12011/68/98-BCC dated 27th October, 1999.

ix) Resolution No.12011/88/98-BCC dated 6th December, 1999, published in the Gazette of India, Extra Ordinary Part-I, Section-I No.270, 6th December, 1999.

x) Resolution No.12011/36/99-BCC dated 4th April, 2000, published in the Gazette of India, Extra Ordinary Part-I, Section-I, No.71 dated 4th April, 2000.

xi) Resolution No.12011/44/99-BCC dated 21.9.2000, published in the Gazette of India, Extra Ordinary Part-I, Section-I, No.210 dated 21.9.2000.

Shri _____ and/or his family ordinarily reside(s)
in the _____ District/Division of the _____
_____ State.

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This is also to certify that he/she does not belong to the persons/sections (Creamy Layer) mentioned in column 3 of the Schedule to the Government of India, Department of Personnel & Training OM No. 36012/22/93-Estt. (SCT.) dated 08.09.1993 and modified vide Govt. of India Deptt. of Personnel and Training OM No. 36033/3/2004-Estt(Res) dated 09.03.2004 & 14.10.2008

Dated:
Seal:

District Magistrate or
Deputy Commissioner etc.

Note-I(a) The term 'Ordinarily' used here will have the same meaning as in Section 20 of the Representation of the People Act, 1950.

(b) The authorities competent to issue Caste Certificate are indicated below:-

(i) District Magistrate/Additional Magistrate/Collector/Dy. Commissioner/ Additional Deputy Commissioner/Deputy Collector/1st Class Stipendary Magistrate/ Sub-Divisional Magistrate/Taluka Magistrate/ Executive Magistrate/Extra Assistant Commissioner (not below the rank of 1st Class Stipendiary Magistrate).

(ii) Chief Presidency Magistrate /Additional Chief Presidency Magistrate/ Presidency Magistrate.

(iii) Revenue Officer not below the rank of Tehsildar

(iv) Sub-Divisional Officer of the area where the candidate and/or his family resides.

NOTE-II: The **closing date for receipt of application** will be treated as the date of reckoning for OBC status of the candidate and also, for assuming that the candidate does not fall in the creamy layer.

The candidate should furnish the relevant OBC Certificate in the format prescribed for Central Government jobs as per Annexure-VII issued by the competent authority on or before the Closing Date as stipulated in the Notice.

**QUALITATIVE REQUIREMENT FOR ENROLMENT OF SPORTSMEN
(ATHLETICS-MEN)**

S.N	EVENTS	TIMINGS	REMARKS IF ANY
1.	100 Mtrs	11 Sec	
2.	200 Mtrs	22 Sec	
3.	400 Mtrs	48 Sec	
4.	800Mtrs	1.52 Sec	
5.	110 M Hurdles	16.05 Sec	
6.	400 M Hurdles	55.00 Sec	
7.	1500 Mtr	04 Min: 00.00 Sec	
8.	3000 Mtr	09Min: 00.00 Sec	
9.	5000 Mtr	15 Min:00.00 Sec	
10.	10000 Mtr	31 Min:00.00 Sec	
11.	Marathon	2 Hrs:25 Min:00 Sec	
12.	12 Km	39 Min.30.00 Sec	
13.	20 Km	1 Hr. 40 Min.00.00 Sec	
14.	Shot Put	14.00 M	
15.	Discuss Throw	48.00 M	
16.	Hammer Throw	55.00 M	
17.	Javelin Throw	69.00 M	
18.	High Jump	1.90 M	
19.	Long Jump	7.20 M	
20.	Pole Vault	4.00 M	
21.	Triple Jump	15.20 M	
22.	Decathlon	6000 Pts	

Note:-

1. The candidate should have clocked above timings, attained height or distance in the National Championship or National Games or Inter State or Inter University Championship or Junior Nationals or should have won gold medal in National School Games and should also achieve the same standard during the trial before the recruitment board.
2. The recruitment board will also take care of following important aspects to ensure the utility of athlete in long run:-
 - (a) Age.
 - (b) Body posture.
 - (c) Techniques adopted during the trials.
 - (d) Priority will be given to the candidates below 22 years of age in the event of 100 m, 200 m, 400 m and 110 & 400 m Hurdles.
3. Final selection will be based on the performance given by the candidate in the trial test before board.

QUALITATIVE REQUIREMENT FOR ENROLMENT OF SPORTSMEN
(ATHLETICS-WOMEN)

S.N	EVENTS	TIMINGS	REMARKS IF ANY
1.	100 Mtrs	12.84 Sec	
2.	200 Mtrs	26.49 Sec	
3.	400 Mtrs	1:01.42 Sec	
4.	800Mtrs	2:24.82 Sec	
5.	100 M Hurdles	15.59 Sec	
6.	400 M Hurdles	1:06.44 Sec	
7.	1500 Mtr	05 Min: 06.87 Sec	
8.	3000 Mtr S/C	13Min: 13.84 Sec	
9.	5000 Mtr	19 Min:32.59 Sec	
10.	10000 Mtr	45 Min:04.31 Sec	
11.	Shot Put 4 Kg	11.75 M	
12.	Discuss Throw 1 Kg	38.31 M	
13.	Hammer Throw 4Kgs	41.25 M	
14.	Javelin Throw 600 Gm	42.10 M	
15.	High Jump	1.30 M	
16.	Long Jump	5.26 M	
17.	Pole Vault	2.60 M	
18.	Triple Jump	11.21 M	
19.	10000 M Walk	59 Min:32.32 Sec	

Note:-

1. The candidate should have clocked above timings, attained height or distance in the National Championship or National Games or Inter State or Inter University Championship or Junior Nationals or should have won gold medal in National School Games and should also achieve the same standard during the trial before the recruitment board.
2. The recruitment board will also take care of following important aspects to ensure the utility of athlete in long run:-
 - (a) Age.
 - (b) Body posture.
 - (c) Techniques adopted during the trials.
 - (d) Priority will be given to the candidates below 22 years of age in the event of 100 m, 200 m, 400 m and 100 & 400 m Hurdles.
3. Final selection will be based on the performance given by the candidate in the trial test before board.

QUALITATIVE REQUIREMENT FOR ENROLMENT OF SPORTSMEN

(ARCHERY- MEN)

POINTS

Event	Eligibility Criteria
Recurve	1175 and above
Compound	1225 and above
Indian round	575 and above

PHYSICAL EFFICIENCY TEST (PET):-

- (a) Endurance test - 2.4 Km in 10Min 30 Sec
- (b) High Jump - 4 Feet
- (c) Long jump - 12 Feet
- (d) Push ups - 25 continuously

Note:-

1. The candidate should have attained the above standard in National Championship or National Games or Inter State or Inter University Championship or Jr. Nationals and should also achieve the same standard during the trial before the recruitment board.
2. Physical Efficiency test will be only qualifying in nature and will not carry any marks.
3. Final selection will be based on the performance given by the candidate in the trial test.

QUALITATIVE REQUIREMENT FOR ENROLMENT OF SPORTSMEN

ARCHERY (Women)

POINTS

Event	Eligibility Criteria
Recurve	1175 and above
Compound	615 and above
Indian round	575 and above

PHYSICAL EFFICIENCY TEST (PET):-

- (a) Endurance test - 2.4 Km in 12 Min 30 Sec
- (b) High Jump - 3.5 Feet
- (c) Long jump - 8 Feet
- (d) Push ups - 15 continuously

Note:-

1. The candidate should have attained the above standard in National Championship or National Games or Inter State or Inter University Championship or Jr. Nationals and should also achieve the same standard during the trial before the recruitment board.
2. Physical Efficiency test will be only qualifying in nature and will not carry any marks.
3. Final selection will be based on the performance given by the candidate in the trial test.

**QUALITATIVE REQUIREMENT FOR ENROLMENT OF SPORTSMEN
(BOXING)**

Eligibility Criteria	Remarks
A candidate should have participated in Senior/Junior National Championship/Inter University Games or should be a Gold Medal winner in State/State School/National School Games.	

PHYSICAL EFFICIENCY TEST

Events	Below 73 Kg	Above 73 Kgs
Endurance test 24 Km	10 Minutes 30 Sec	11 Minutes
100 Mtr Sprint	15 Sec	16 Sec
1500 Mtr Run	6.30 Sec	7.30 Sec
Sit ups in 30 Sec	25 Nos Continuously with leg support	20 Nos Continuously with leg support
Dips in 30 Sec	25 Nos	20 Nos
Standing Broad Jump	6 Feet	6 Feet

SKILL TEST

- a) Sparring (Bouts) 3 x 1 x 3 Rounds (As per the IBF rules)
- b) Punching Pad 3 x 1 x 3 Rounds (As per the IBF rules)

Note:-

1. Physical Efficiency test will be only qualifying in nature and will not carry any marks.
2. Final selection will be based on the performance rendered by the candidate in the trial test before board.

QUALITATIVE REQUIREMENT FOR ENROLMENT OF SPORTSMEN
(GYMNASTICS)

Eligibility Criteria	Remarks
A candidate should have participated in Senior/Junior National Championship /Games or should be gold medalist in State School Games or Bronze medalist in Inter University Games.	

PHYSICAL EFFICIENCY TEST (PET)

(a)	2.4 K.M.	:	10 Minutes 30 Sec
(b)	Sit Ups	:	20 in 30 Sec
(c)	Push Ups	:	30 Continuously
(d)	Board Jump	:	6 Feet

Skill Test

Constable
Candidate will have to secure marks above 62 during test trial in all six apparatus out of 120points.
Candidate will have to perform one 'D' class on any three apparatus and two 'C' class exercises on five apparatuses.
<u>Minimum Vault value</u> 13.20 Pts out of 20 pts

Note:-

1. Physical Efficiency test will be only qualifying in nature and will not carry any marks.
2. Final selection will be based on the performance given by the candidate in the trial test before board.

QUALITATIVE REQUIREMENT FOR ENROLMENT OF SPORTSMEN
(JUDO- MEN)

Eligibility Criteria	Remarks
A candidate should have participated in Senior/Junior National Championship/Games or should be gold medalist in National School Games or Bronze medalist in Inter University Games.	
PHYSICAL EFFICIENCY TEST	
<u>Below 73 Kg</u>	<u>Above 73 Kg</u>
a. 100 m sprint - 15 Sec	16 Sec
b. 1500 m Run - 6 Min 30 Sec	7 Min
c. Sit Ups - 30 Cont	30 Cont
d. Dips - 30 Cont	30 Cont
e. Standing broad Jump - 7 Feet	6 Feet

SKILL TEST

Two Bouts of 5 Mtrs with the opponent in the same Weight Category with a break of 10 Minutes in between the bouts.

Note :-

1. Physical Efficiency test will be only qualifying in nature and will not carry any marks.
2. Final selection will be based on the performance given by the candidate in the trial test before board.

QUALITATIVE REQUIREMENT FOR ENROLMENT OF SPORTSMEN
(JUDO- WOMEN)

Eligibility Criteria	Remarks
A candidate should have participated in Senior/Junior National Championship/Games or should be gold medalist in National School Games or Bronze medalist in Inter University Games.	
PHYSICAL EFFICIENCY TEST	
<u>Below 70 Kg</u>	<u>Above 70 Kg</u>
a. 100 m sprint - 18 Sec	20 Sec
b. 800 m Run - 5 Min	5 Min 30 Sec
c. Sit Ups - 20 Cont	20 Cont
d. Dips - 20 Cont	20 Cont

SKILL TEST

Two Bouts of 5 minutes with the opponent in the same Weight Category with a break of 10 Minutes in between the bouts.

Note :-

1. Physical Efficiency test will be only qualifying in nature and will not carry any marks.
2. Final selection will be based on the performance given by the candidate in the trial test before board.

QUALITATIVE REQUIREMENT FOR ENROLMENT OF SPORTSMEN
SWIMMING

PHYSICAL EFFICIENCY TEST

1. Endurance 2.4 K. M. - 10 Min 30 Sec
2. Pushups - 25 Continuously
3. Sit Ups - 20 in 30 Seconds.
4. Standing Broad Jump - 6 Feet.

SKILL TEST

SN	Events	Time
1.	50 M F/Style	Under 00.28.00 Sec
2.	100 M F/Style	Under 01 Min 02.00 Sec
3.	200 M F/Style	Under 02 Min 15.00 Sec
4.	400 M F/Style	Under 04 Min 55.00 Sec
5.	1500 M F/Style	Under 19 Min 20.00 Sec
6.	50 M Back Stroke	Under 00.35.00 Sec
7.	100 M Back Stroke	Under 01 Min 15.00 Sec
8.	200 M Back Stroke	Under 02 Min 40.00 Sec
9.	50 M Back Stroke	Under 00.37.00 Sec
10.	100 M Breast Stroke	Under 01 Min 55.00 Sec
11.	200 M Breast Stroke	Under 02 Min 50.00 Sec
12.	50 M Individual Medley	Under 00 Min 31.00 Sec
13.	100 M Butter Fly	Under 01 Min 15.00 Sec
14.	200 M Butter Fly	Under 02 Min 32.00 Sec
15.	200 M Individual Medley	Under 02 Min 40.00 Sec
16.	400 M Individual Medley	Under 05 Min 40.00 Sec
17.	1 Mtr Spring Board Diving	Should have represented State or Inter University or Gold medalist of school National Games.
18.	3 Mtr Spring Board Diving	Should have represented state or Inter University or Gold medalist of School National Games.
19.	Platform Diving	Should have represented State or Inter University or Gold medalist of School National Games.

Note :-

- 1 The candidate should have clocked above timings in the National Championship or National Games or Inter State or Inter University or in State/Junior National Championship or Gold medalist of School National Games and should also achieve the same standard during the trial before the recruitment board.
- 2 Physical Efficiency test will be only qualifying in nature and will not carry any marks.
- 3 Final selection will be based on the performance given by the candidate in the trial test before board.

QUALITATIVE REQUIREMENT FOR ENROLMENT OF SPORTSMEN
(WATER SPORTS)

Eligibility Criteria	Remarks
<u>Team event</u> A playing member of a team participated in Senior/ Junior National/Inter University/State Championship or member of Gold medal winning team in stateSchool Games.	
<u>Individual event</u> A candidate should have participated in Senior/Junior National Championship/Games or should be gold medalist in State school Games or Bronze medalist in Inter University Games.	

PHYSICAL EFFICIENCY TEST

1. Endurance 2.4 K. M. - 10 Min 30 Sec
2. Pushups - 25 Continuously
3. Sit Ups - 20 in 30 Seconds.
4. Standing Broad Jump - 6 Feet.

TIME TRIALS

S.NO.	EVENTS	TIMINGS	REMARKS
KAYAKING			
1.	K-1(1000 MTR)	4 MIN 25.21 SEC	
CANOEING			
1.	C-1(1000 MTR)	5 MIN 06.16 SEC	
ROWING (ARGO METER TEST)			
1.	2000 Meter	7 MIN 50.00 SEC	

Note:-

1. The candidate should have clocked above timings in the Senior/ Junior National/Inter University/State Championship or member of Gold medal winning team in stateSchool Games and should also achieve the same during trial before the recruitment Board.
2. Physical Efficiency test will be only qualifying in nature and will not carry any marks.
3. Trial will be conducted for a distance 1000 meters in Kayaking, Canoeing and 2000 meters in Rowing on Argo Meter.
4. Final selection will be based on the performance given by the candidate in the trial test before board.

QUALITATIVE REQUIREMENT FOR ENROLMENT OF SPORTSMEN

(WEIGHT LIFTING MEN)

Eligibility Criteria	Remarks
A candidate should have participated in Senior/Junior National Championship/Games or should be gold medalist in National School Games or Bronze medalist in Inter university Games.	

PHYSICAL EFFICIENCY TEST

- | | | |
|----|---------------------|---------------------|
| a. | 1000 Mtr | 6 Min 30 Sec |
| b. | Sit Ups | 20 Nos in 30 Sec |
| c. | Push Ups | 30 Nos continuously |
| d. | Broad Jump standing | 6 Feet |

Candidate should have to lift weight as mentioned below in various weight categories to become eligible for enrolment in the rank of constable:-

Wt. Category	Snatch	Jerk	Total	Remarks
56 Kgs	90	117	217	
62 Kgs	110	130	240	
69 Kgs	110	150	260	
77 Kgs	130	150	280	
85 Kgs	130	160	290	
94 Kgs	135	165	300	
105 Kgs	140	170	310	
+ 105 Kgs	145	170	315	

Note:-

1. The candidate should have lifted the above Weight in the Senior National/ Junior National championship/Games or should be Gold medalist in National School Games or Bronze medalist in Inter University Games and should also achieve the same standard during trials before the recruitment board.
2. Physical Efficiency test will be only qualifying in nature and will not carry any marks.
3. Final selection will be based on the performance given by the candidate in the trial test before board.

QUALITATIVE REQUIREMENT FOR ENROLMENT OF SPORTSMEN

(WEIGHT LIFTING WOMEN)

Eligibility Criteria	Remarks
A candidate should have participated in Senior/Junior National Championship/Games or should be gold medalist in National School Games or Bronze medalist in Inter university Games.	

PHYSICAL EFFICIENCY TEST

- a. 1000 Mtr 7 Min
- b. Sit Ups 15 Nos in 30 Sec
- c. Push Ups 20 Nos continuously
- d. Broad Jump standing 5 Feet

Candidate should have to lift weight as mentioned below in various weight categories to become eligible for enrolment in the rank of constable:-

Wt. Category	Snatch	Jerk	Total	Remarks
48 Kgs	52	65	117	
53 Kgs	62	80	142	
58 Kgs	60	78	138	
63 Kgs	65	88	153	
69 Kgs	68	95	163	
75 Kgs	75	97	172	
+ 75 Kgs	90	110	200	

Note:-

1. The candidate should have lifted the above Weight in the Senior National/ Junior National championship/Games or should be Gold medalist in National School Games or Bronze medalist in Inter University Games and should also achieve the same standard during trials before the recruitment board.
2. Physical Efficiency test will be only qualifying in nature and will not carry any marks.
3. Final selection will be based on the performance given by the candidate in the trial test before board.

QUALITATIVE REQUIREMENT FOR ENROLMENT OF SPORTSMEN
(WRESTLING)

Eligibility Criteria	Remarks
A candidate should have participated Senior National Championship/Games. Or Candidate should have won any medal in Junior National Championship/ Senior State Wrestling Championship/Inter University/School National Games or cadet Wrestling National championship.	

PHYSICAL EFFICIENCY TEST:

	<u>Below 74 Kg</u>	<u>Above 74 Kg</u>
a) 1500Mtrs Run	6 Min 30 Sec	7 Min : 00 Sec
b) 100 Mtr sprint	16 Sec	18 Sec
c) Broad Jump :	6 Feet	
d) Finger Pushup :	15 Nos in 20 Sec	
e) Pushups normal :	20 Nos in 30 Sec (25 Dips for Heavy Weight)	
f) Squatting :	40 Nos in 60 Sec	
g) Rope climbing :	Two times (Not for heavy weight)	

SKILL TEST

Three Bouts of two Minutes each with 30 Sec rest between the bouts. The bouts will be held as per FILA.

Note :-

1. Physical Efficiency test will be only qualifying in nature and will not carry any marks.
2. Final selection will be based on the performance rendered by the candidate in the trial test before board.