

## Standard of Physical Efficiency Test (PET) for Constables & Followers

### (a) 100 Metres Race

<b>For Male Candidates</b>	<b>For Female Candidates</b>	<b>Level</b>	<b>Marks</b>
Below 13 Seconds	Below 16.5 Seconds	A	15 Marks
13 to 14 Seconds	16.5 to 17.5 Seconds	B	12 Marks
14 to 15 Seconds	17.5 to 18.5 Seconds	C	09 Marks
Above 15 Seconds	Above 18.5 Seconds	-	Failed and Disqualified

The time taken from start to finish is noted by means of a stop watch and recorded. Candidates will have only one chance at the event.

### (b) 1500 Metres Race

<b>For Male Candidates</b>	<b>For Female Candidates</b>	<b>Level</b>	<b>Marks</b>
Below 5.5 Minutes	Below 6.0 Minutes	A	15 Marks
5.5 to 6.5 Minutes	6.0 to 7.5 Minutes	B	12 Marks
6.5 to 7.5 Minutes	7.5 to 9.0 Minutes	C	09 Marks
Above 7.5 Minutes	Above 9.0 Minutes	-	Failed and Disqualified

The time taken from start to finish is noted by means of a stop watch and recorded. Candidates will have only one chance at the event.

### (c) High Jump (Maximum three chances at the qualifying level and one chance at each subsequent levels)

<b>For Male Candidates</b>	<b>For Female Candidates</b>	<b>Level</b>	<b>Marks</b>
Above 1.45 Metres	Above 1.20 Metres	A	15 Marks
1.30 to 1.45 Metres	1.05 to 1.20 Metres	B	12 Marks
1.15 to 1.30 Metres	0.90 to 1.05 Metres	C	09 Marks
Below 1.15 Metres	Below 0.90 Metres	-	Failed and Disqualified

The cross bar is placed at the minimum height. Those who qualify in three or less attempt will be allowed one attempt at the next level. Those who qualify this level will be allowed one attempt at the last level. Candidates are placed in the level A, B or C as per their best jump and given marks accordingly.

(d) Long Jump (three chances)

<b>For Male Candidates</b>	<b>For Female Candidates</b>	<b>Level</b>	<b>Marks</b>
Above 4.55 Metres	Above 3.45 Metres	A	15 Marks
4.10 to 4.55 Metres	3.05 to 3.45 Metres	B	12 Marks
3.65 to 4.10 Metres	2.65 to 3.05 Metres	C	09 Marks
Below 3.65 Metres	Below 2.65 Metres	-	Failed and Disqualified

Three lines are marked at the three distances indicated above from the front edge of the take off point. Each candidate will have three jumps and will be placed at level A, B or C as per his/her best jump and marks awarded accordingly. If while jumping, a candidate touches the ground beyond the front edge of the take off point, it will be treated as foul. Whether fair or foul, only three jumps will be allowed.

(e) Shot-Put (three chances)

<b>For Male Candidates</b>	<b>For Female Candidates</b>	<b>Level</b>	<b>Marks</b>
Above 7.20 Metres	Above 5.40 Metres	A	15 Marks
6.30 to 7.20 Metres	4.90 to 5.40 Metres	B	12 Marks
5.40 to 6.30 Metres	4.40 to 4.90 Metres	C	09 Marks
Below 5.40 Metres	Below 4.40 Metres	-	Failed and Disqualified

A circle 7 ft in diameter will be drawn. Two lines at 30° and 60° will be drawn to form the sector in which the shot is to be thrown. Three arcs will then be drawn in this sector at distances stated above from the front edge of the circle. Each candidate will have three chances with 16 lb weight for men and 12 lb weight for women and his/her best performance level A, B or C will be recorded and marks awarded accordingly. If while throwing, a candidate touches the ground in front circle, it will be treated as foul. Whether fair or foul, only three chances will be allowed.