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No. N.5(1) DIG/Trg/75/247
Office of the I.G. of Police,
Rajasthan, Jaipur
Dated 7th, Feb., 1975

STANDING ORDER No.2 dated 7.2.75

In exercise of the powers conferred upon me vide Rules 19(3) and 22(2) of the Rajasthan Police Subordinate Service Rules, the following physical efficiency standards are laid down for direct recruitment of Inspectors, Sub-Inspectors, A.S. Is and Constables :-

A) For Inspectors Sub-Inspectors and A.S. Is :-

S.No.	Item	Time	Total Marks
1.	100 Meter race	14.5 Seconds	10
		15.5 "	8½
		16.5 "	5
		below 16.5 "	Zero

OR

Walk and run for 3 Miles or 4828.03 Meters	30 Minutes	10
	above 30 and upto 35 Minutes	8½
	above 35 and upto 40 Minutes	5
	Beyond 40 Minutes	Zero

2. Long Jump	15 feet and above for every foot or fraction thereof	10
	below 15 feet --one mark will be deducted and below 13 feet	Zero

3. Chinning up (a)	This is heaving on the beam over hand and a candidate should complete 7 heaves at one time and this will carry	10
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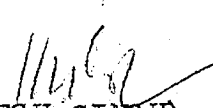
<u>S.No</u>	<u>Item</u>	<u>Time</u>	<u>Total Marks</u>
		6 Heaves	8½
		5 Heaves	5
		below 5 Heaves	Zero
	OR		
0 b)	Carrying weight (equal to One's weight) 400 yards or above		10
	Between 350 Yards to 400 Yards		8½
	Between 300 Yards to 350 Yards		5
	below 300 Yards		Zero
4.	Dands or B-aifhaks		
	50 Dands PT type in 2.5 Minutes or 50 Baithaks in 55 Seconds)	10
	Between 45 to 50 Dands or between 45 to 50 Baithaks)	8½
	Between 40 to 45 Dands or Baithaks		5
	Below 40 Dands or Baithaks		Zero
5.	Ball Throw (Cricket) (Three chances only)	200 Feet	10
		Between 180 to 200 ft.	5
		Between 160 to 180 ft.	5
		Below 160 Feet	Zero

B) For Constables:-

The same standard is laid down for Constables except Chinning up or Carrying weight as prescribed in 3(a)(b). Instead they will be tested in High Jump and the marks are allotted as under :-


4 Feet and above	10 Marks
Between 3½ ft. to 4 Feet	8½ Marks
Between 3 ft. to 3½ "	5 Marks
Below 3 Feet	Zero Marks

All the above tests will be conducted in one day.


 (GANESH SINGH)
 Inspector, General of Police,
 Rajasthan, Jaipur.

Copy to :-

- 1- The Addl. I. G. of Police, ACD, Raj., Jaipur.
- 2- All D. Is. G. of Police, Ranges, including DCID (Int) (HQ) (Crimes & Rlys) and RAC Jodhpur.
- 3- The Director, State Police Wireless, Raj., Jaipur.
- 4- All Ss. P. Districts including CID (CB), SB and GRP ACD and ACD
- 5- The Principal, PTC Kishangah.
- 6- All Commandants RAC Bns including MBC Kherwara.
- 7- All Commandants Police Training Schools.


 Inspector General of Police,
 Rajasthan, Jaipur.