

Rajasthan Public Service Commission, Ajmer

Sub Inspector/ Platoon Commander Competitive Examination-2025

शारीरिक दक्षता परीक्षा हेतु मापदण्ड एवं अंक निर्धारण

Male Candidate

S.No.	Item	निर्धारित मापदण्ड	
		Time	Marks
1.	100 meter race	14 Seconds	40
		15 Seconds	25
		16 Seconds	15
		Beyond 16 Seconds	Zero
2.	Long Jump	15 feet and above	30
		14 feet	20
		13 feet	10
		below 13 feet	Zero
3.	Chinning up (This is heaving on the beam over hand and at one time)	7 Heaves	30
		6 Heaves	20
		5 Heaves	10
		Below 5 Heaves	Zero

Ex. Service Men Candidates

S.No.	Item	निर्धारित मापदण्ड	
		Time	Marks
1.	100 meter race	17 Seconds	40
		18 Seconds	25
		19 Seconds	15
		Beyond 19 Seconds	Zero
2.	Long Jump	13 feet and above	30
		12 feet	20
		11 feet	10
		below 11 feet	Zero
3.	Chinning up (This is heaving on the beam over hand and at one time)	5 Heaves	30
		4 Heaves	20
		3 Heaves	10
		Below 3 Heaves	Zero

Female Candidates

S.No.	Item	निर्धारित मापदण्ड	
		Time	Marks
1.	100 meter race	17 Seconds	40
		18 Seconds	25
		19 Seconds	15
		Beyond 19 Seconds	Zero
2.	Long Jump	10 feet and above	30
		09 feet	20
		08 feet	10
		below 08 feet	Zero
3.	Putting in Shot (Wt. 4 Kg.)	16 feet	30
		15 feet	20
		14 feet	10
		Below 14 feet	Zero