



**POLICE HEADQUARTERS
GANGTOK – 737 101, SIKKIM**

No: 134/POL/DGP-2011/

Dated: 07/12/2013

NOTIFICATION

In continuation of Notification No:134/POL/DGP/2011 dated: 12/08/13 the detailed standards, marks and procedure for the conduct of Physical Endurance cum Physical Efficiency test of 100 marks for selection of candidates for appointment to the post of Sub inspector through open competitive examination being conducted by the Sikkim Public Service Commission (SPSC) in 2013 are hereby restated for general information.

Sub Inspector.

(a) 100- Meter Race

For Male Candidates	For Female Candidates	Level	Marks
Below 13.0 seconds	Below 16.5 seconds	A	20 marks
13.0 to 14.5 seconds	16.5 to 18.0 seconds	B	16 marks
14.5 to 16.0 seconds	18.0 to 19.5 seconds	C	12 marks
Above 16.0 seconds	Above 19.5 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- Meter Race

For Male Candidates	For Female Candidates	Level	Marks
Below 5.5 minutes	Below 6.5 minutes	A	20 marks
5.5 to 6.75 minutes	6.5 to 8.00 minutes	B	16 marks
6.75 to 8.0 minutes	8.00 to 9.5 minutes	C	12 marks
Above 8.0 minutes	Above 9.5 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 level)

For Male Candidates	For Female Candidates	Level	Marks
Above 1.40 meters	Above 1.15 meters	A	20 marks
1.30 to 1.40meters	1.00 to 1.15 meters	B	16 marks
1.10 to 1.25 meters	0.85 to1.00 meters	C	12 marks
Below 1.10 meters	Below 0.85 meters		Failed and disqualified

The cross bar is placed at the minimum height. Those who qualify in three or less attempts 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)

For Male Candidates	For Female Candidates	Level	Marks
Above 4.50 meters	Above 3.40 meters	A	20 marks
4.05 to 4.50 meters	3.00 to 3.40 meters	B	16 marks
3.60 to 4.05 meters	2.60 to 3.00 meters	C	12 marks
Below 3.60 meters	Below 2.60 meters		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 in 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 a foul. Whether fair or foul only three jumps will be allowed.

(e) Shot-Put (three chances)

For Male Candidates	For Female Candidates	Level	Marks
Above 6.75 meters	Above 4.75 meters	A	20 marks
5.75 to 6.75 meters	4.25 to 4.75 meters	B	16 marks
4.75 to 5.75 meters	3.75 to 4.25 meters	C	12 marks
Below 4.75 meters	Below 3.75 meters		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 of circle it will be treated as a foul. Whether fair or foul only three chances will be allowed.

**Sd/- Jasbir Singh IPS
DGP/SIKKIM**