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## Central Police Forces Assistant Commandant

### EXAMINATION DETAILS EXAM-CPF

- • Forms- May
- • Exam-July
- • Age Limit -20 to 25 yrs

### EDUCATIONAL QUALIFICATION

- Graduation appearing/passed from recognized University

### MODE OF SELECTION

- Written Examination by UPSC
- Physical Efficiency Test
- Medical Test
- Personal Interview by UPSC

Union Public Service Commission (UPSC) Conducts the examination for the Central Armed Police Force (CAPF) for the Assistant Commandants (AC) Group A in the Central Armed Police Forces (CAPF) viz Border Security Force (BSF), Central Reserve Police Force (CRPF), Central Industrial Security Force (CISF) and Indo-Tibetan Border Police (ITBP). The Examination will be held in accordance with the Rules for the Examination published by Ministry of Home Affairs in Gazette of India.

### **Physical Efficiency Tests (PET)**

If you are declared qualified in the written examination, you will be summoned for Physical Standards / Physical Efficiency Tests and Medical Standards Tests. Those candidates who meet the prescribed Physical Standards will be put through the Physical Efficiency Tests.

	Males	Females
100 Meters race	In 16 seconds	In 18 seconds
800 Meters race	In 3 minutes 45 seconds	In 4 minutes 45 seconds
Long Jump	3.5 Meters (3 chances)	3.0 meters (3 chances)

Shot Put (7.26 Kg)	4.5 Meters	--
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### **Medical Standards Tests**

Medical Standards Tests are conducted only for those candidates who are declared qualified in the Physical Efficiency Test.

#### **Interview or Personality Test**

If you are declared qualified in the Medical Standards Tests, you will be called for Interview or Personality Test.

### **Final Selection / Merit**

The merit list is drawn on the basis of marks obtained by the candidates in the Written Examination and Interview or Personality Test.