

Delhi Police Physical Standard Test Details For MTS Cook, Safai Karmchari Posts

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Quick Information For Physical Test

Only For Male Candidate

Physical Standard test for the post of Multi Tasking Staff Police. Male candidates And including Ex-servicemen and Departmental candidates will be as under

| Age | Race | 1600 m | Long jump | High jump |
|------------------------|-----------|---------|-----------|-----------|
| Up to 27 years | 6 minutes | 14 feet | 3'9" | |
| Between 27 to 30 years | 7 minutes | 13 feet | 3'6" | |
| Above 30 years | 8 minutes | 12 feet | 3'3" | |

Only For Female Candidate

Physical Standard test for the post of MTS Police. Female candidates And including Ex-servicemen will be as under.

| Age | Race | Long jump | High jump |
|------------------------|-----------|-----------|-----------|
| Up to 27 years | 8 minutes | 10 feet | 3' |
| Between 27 to 32 years | 9 minutes | 9 feet | 2'9" |

High And Chest For Delhi Police MTS

| Category of Candidates | Height (in cms) | Chest (in cms) | |
|---|-----------------|-----------------|-------------------------|
| | | Unexpanded | Expanded (Min of 4 cms) |
| For male candidates only GENERAL/OBC | 170 | 81 | 85 |

| | | | |
|---|-----|----|----|
| For all candidates belonging to Scheduled Castes | 170 | 81 | 85 |
| For all candidates belonging to Scheduled Tribes | 165 | 76 | 80 |
| Residents of hill areas i.e. Garhwalis, Kumaonis, Gorkhas, Dogras, Marathas and candidates belonging to states of Sikkim, Nagaland, Arunachal Pradesh, Manipur, Tripura, Mizoram, Meghalaya, Assam, Himachal Pradesh, Kashmir and Leh & Ladakh regions of J&K. | 165 | 76 | 80 |
| Sons of serving, deceased, retired police personnel/ Multi Tasking Staff (Formerly group 'D' employees) of Delhi Police. | 165 | 76 | 80 |
| For Female candidates only GENERAL/OBC | 157 | – | – |
| For all candidates belonging to Scheduled Castes & Schedules Tribes | 155 | – | – |
| Residents of hill areas i.e. Garhwalis, Kumaonis, Gorkhas, Dogras, Marathas and candidates belonging to states of Sikkim, | 155 | | |