

Haryana Constable Exam Pattern: Haryana Police Constable Exam Pattern details are given below....

Exam Pattern: Haryana Police Constable Exam will consists of following phases.

1. Physical Measurement
2. Physical Efficiency Test
3. Interview

1. Physical Measurement: Candidates who are found eligible on screening of applications will be screened for height and chest measurements. The measurements should be as follows..

A. For Male Constables:-

- (i) Height – Minimum 5-7
- (ii) Chest: Un-expanded – Minimum 33
Expanded – Minimum 34 ½ (Minimum expansion of one and half inch)

B. For Female Constables:- Height – Minimum 5-2.

Candidates who are found eligible in physical measurement will allowed to participate in Physical Efficiency Test who possesses required measurements.

2. Physical Efficiency Test: Candidates found eligible on the basis of physical measurements shall undergo Physical Efficiency Test (PET) of total 20 marks. Candidates shall be tested for following capacities as per PPR 12.16 (14):

For Male Constable:

For General, SC, BC, SBC and EBP (GC) Categories		
Event	Time taken/distance	Marks obtained
(A) Race of 100 meters	Less than or equal to 13.5 seconds	05
-do-	Less than or equal to 14.5 seconds but more than 13.5 seconds	03
-do-	More than 14.5 seconds	0
(B) Race of 800 meters	Less than or equal to 2 minutes 30 seconds	05
-do-	2 minutes 50 seconds or less, but more than 2 minutes 30 seconds	03
-do-	More than 2 minutes 50 seconds	0
(C) Long Jump	15 feet or more than 15 feet	05
-do-	13 feet or more than 13 feet but less than 15 feet	03
-do-	Less than 13 feet	0
(D) High Jump	4 feet or more than 4 feet	05
-do-	3 feet 6 inches or more but less than 4 feet	03
-do-	Less than 3 feet 6 inches.	0

Note: The qualifying marks in the physical efficiency test shall be 15 and candidate securing a total of less than 15 marks in these tests shall be deemed to have failed the physical efficiency and will be eliminated from the further process of recruitment.

For Female Constable:-

For General, SC, BC, SBC and EBP (GC) Categories		
Event	Time taken/distance	Marks obtained
(A) Race of 200 meters	Less than or equal to 35 seconds	05

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-do-	Less than or equal to 40 seconds but more than 35 seconds	03
-do-	More than 40 second	0
(B) Short Put (4 KG weight)	6 Meters or more but less 6 meters	05
-do-	5 Meters or more but less 6 meters	03
-do-	Less than 5 meters	0
(C) Long Jump	11 feet and 3 inches or more than that	05
-do-	10 feet or more than 10 feet but less than 11 feet and 3 inches	03
-do-	Less than 10 feet	0
(D) High Jump	3 feet and 6 inches or more	05
-do-	3 feet 3" or more than that but less than 3 feet and 6 inches	03
-do-	Less than 3 feet 3"	0

Note:- The qualifying marks in the physical efficiency test shall be 12 and candidate securing a total of less than 12 marks in these tests shall be deemed to have failed the physical efficiency and will be eliminated from further process of recruitment.

Interview: Candidates who secure qualifying marks in Physical Efficiency Test will be called for Interview.

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