

Physical Fitness Test (PFT)

To determine the Physical Fitness Test (PFT), the following tests carrying 100 marks are held:

- 1.6 Km Run.
- Pull Ups.
- Balance.
- 9 Feet Ditch.

MARKING SYSTEM IS AS FOLLOWS

1.) 1.6 Km Run excluding Soldier General Duty.

S No	Timings	Group	Marks
(i)	Upto 5 Mins 40 Secs	Group-I	60 Marks
(ii)	From 5 Mins 41 Secs to 6 Mins to 20 Secs.	Group-II	48 Marks
(iii)	Above 6 Mins 20 Secs		Fail
(iv)	Provisions for Extra Time for 1.6 Km Run in Hilly Terrain.		
	(aa) Between 5000 Ft to 9000 Ft - Add 30 Secs to all timings.		
	(ab) Between 9000 Ft to 12000 Ft - Add 120 Secs to all timings.		

1.6 Km Run Soldier General Duty.

S No	Timings	Group	Marks
(i)	Upto 5 Mins 40 Secs	Group-I	60 Marks
(ii)	From 5 Mins 41 Secs to 06 Mins.	Group-II	48 Marks
(iii)	Provisions for Extra Time for 1.6 Km Run in Hilly Terrain.		
	(aa) Between 5000 Ft to 9000 Ft - Add 30 Secs.		
	(ab) Between 9000 Ft to 12000 Ft - Add 120 Secs.		

2.) Pull Ups.

(i)	10 and above	40 Marks.
(ii)	9	33 Marks.
(iii)	8	27 Marks.
(iv)	7	21 Marks.
(vi)	6	16 Marks.

3.) **Balance.** Should qualify and no marks are awarded.

4.) **9 Feet Ditch.** Should qualify and no marks are awarded.