



KERALA PUBLIC SERVICE COMMISSION
ADMISSION TICKET
(PHYSICAL MEASUREMENT/EFFICIENCY TEST)

Name of Post : POLICE CONSTABLE (ARMED POLICE BATTALION) KAP III	
Scale of Pay : 5390 - 9590 (PR)	
Department : POLICE	
Category No. : 250/2011	Gazette Date :
29/07/2011	
Name of candidate :	
Address :	
(PHYSICAL MEASUREMENT/EFFICIENCY TEST)	
Register Number :	Serial Number: (1 - 7113)
Date & Time :	
Venue :	

Secretary
Kerala Public Service
Commission

Instructions to the Candidates

1. Candidates shall be present at the venue at 6:00 am for verification of documents and there after Physical Measurement and Physical Efficiency Test.
2. Candidates shall produce a Medical Certificate in original, downloaded from the website of KPSC duly filled and certified by a Medical Officer not below the Rank of an Asst. Surgeon/Jr. Consultant in Government Services. (All entries should be complete and the Name, Designation of Officer and Office seal must be clear on the certificate)
3. Candidates shall produce any one of the Photo affixed ID proofs mentioned below in original and self attested photo copy along with the Admission Ticket at the time of Physical efficiency Test. 1) Voter's ID issued by Election Commission 2) Driving Licence 3) Passport 4) ID card issued by Social Welfare Dept., Govt. of Kerala to Physically Handicapped persons 5) Photo affixed Passbooks issued by Nationalised Banks 6) PAN Card 7) ID Cards issued to Govt. employees by the Departments/Institutions concerned 8) Discharge Certificate issued to the ex-servicemen/Photo affixed ID Card issued to the ex-servicemen by the Zila Sainik Welfare Officer 9) Conductor Licence issued by the Motor Vehicles Department 10) Photo affixed pass book issued by Scheduled Banks/ Kerala State Co-operative Bank/District Co-operative Banks 11) Photo affixed ID card issued by Public Sector undertakings (Various Companies/Corporations/Boards/Authority)/Govt. Autonomous Institutions to their employees 12) Photo affixed identity card issued by Various universities of Kerala State to their employees 13) Photo affixed Medical Certificate issued by the Medical Board to PH candidates 14) Photo affixed ID Card issued by Bar Council to those who are enrolled as Advocates 15) AADHAAR card issued by the Central Government.
4. Candidate shall produce original and self attested copies of documents to prove their educational qualification (HSE (Plus 2) or equivalent), Date of Birth, Community Certificate (2 copies) for SC/ST candidates and Non-Creamy Layer

Certificate for Other Backward Communities from respective officer in the Revenue Department. (The Name and Designation of Officer issuing Certificates shall be noted and office seal must be affixed on the certificates).

5. Candidates shall produce one passport size photograph (should be of 4.5cm x 3.5cm in size) at the time of verification of documents.

6. **Physical Measurement prescribed for the post are as follows:**

Height : 168 cms,

Chest : 81 cms with a minimum expansion of 5 cms.

Minimum height and chest measurement shall be 160 cm and 76 cm respectively for SC/ST candidates. The minimum chest expansion of 5 cm shall be applicable to SC/ST candidates.

Candidates who satisfy the PHYSICAL MEASUREMENT WILL ALONE BE ADMITTED TO THE PHYSICAL EFFICIENCY TEST

7. Items of Physical Efficiency Test of One Star Standard are furnished below

1. 100 Metres Run (14 Seconds)
2. High Jump (132.20 cms)
3. Long Jump (457.20 cms)
4. Putting the shot (7264 gms) (609.60 cms)
5. Throwing the Cricket Ball (6096 cms)
6. Rope Climbing (using hands only) 365.80 cms
7. Pull Up or Chinning 8 times
8. 1500 meters Run: 5minutes and 44 seconds

8. **The candidate must qualify in any 5 out of the 8 events specified above**

9. Candidate shall appear for the test at the centre allotted to him. Requests for change of centre, date and time of the test will not be entertained under any circumstances.

10. Complaints, if any, against the physical measurement shall be submitted then and there to the Chairman of the Board. No further appeal will be entertained directly by the Commission thereafter. The candidate who submit complaint/Petition against physical measurement will be admitted provisionally to the physical efficiency test and those who come out successful in the physical efficiency test will be allotted a later date for re-measurement with proper acknowledgement by the candidate.

11. **CANDIDATES WHO FAIL TO PRODUCE PROOF OF DATE OF BIRTH, QUALIFICATION, PASSPORT SIZE PHOTOGRAPH, MEDICAL CERTIFICATE AND PHOTO AFFIXED IDENTITY PROOF WILL NOT BE ALLOWED TO PARTICIPATE IN THE PHYSICAL EFFICIENCY TEST.**

- Note:-
- (1) Candidates are strictly prohibited from carrying any electronic devices with them on the ground
 - (2) Those who are eligible for TA should obtain attendance certificate from the nominee of the commission.
 - (3) Candidates are admitted provisionally to the practical test as detailed scrutiny of application has not been completed. If any defect in the application is found on detailed scrutiny, such application will be rejected.