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SSC CPO Physical Eligibility - You must meet these criteria!

Welcome to your ultimate resource for the SSC CPO Physical Eligibility! If you're prepared to pursue a fulfilling career in law enforcement through the Staff Selection Commission's Central Police Organization (SSC CPO) examination, you're in the right spot. Comprehending the eligibility criteria specifically the physical criteria is vital for a successful application, and in this blog post, we'll delve into the specific physical standards you must meet to pursue this esteemed career path.

SSC CPO Physical Eligibility - Physical Qualification

Meeting the **SSC** CPO Physical Eligibility is a prerequisite for applying to the SSC CPO Exam. Physical qualifications are a crucial component of the SSC CPO eligibility criteria. Please refer to the image below for the specified standards for both male and female candidates.



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Category	Height	Chest	
		Unexpanded	Expanded
Male candidates except those listed at serial numbers (ii) and (iii)	170	80	85
Candidates from the hill areas of Garhwal, Kumaon, Himachal Pradesh, Gorkhas, Dogras, Marathas, Kashmir Valley, Leh & Ladakh regions, North-Eastern States, and Sikkim.	165	80	85
All candidates belonging to Scheduled Tribes	162.5	77	82
All Female candidates except those listed at serial numbers (v) and (vi)	157	-	-
Female candidates belonging to Hill areas of Garhwal, Kumaon, Himachal Pradesh, Gorkhas, Dogras, Marathas, Kashmir Valley, Leh & Ladakh regions, NorthEastern States and Sikkim	155	-	-
All female candidates belonging to Scheduled Tribes	154	-	-

Now that you understand the SSC CPO Physical Eligibility, let's proceed to discuss the additional eligibility criteria required for the SSC CPO exam 2024.

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SSC CPO Physical Eligibility - Other Criteria

The SSC CPO Eligibility Criteria 2024 encompass educational requirements, age limits, nationality, along with physical standards. These strict criteria are designed to ensure that you possess the necessary abilities and skills to competently handle the responsibilities associated with these prominent positions.

Nationality

To qualify for the SSC CPO Exam 2024, you must fit into one of the following categories:

- A citizen of India, or
- A subject of Nepal, or
- A subject of Bhutan

If you belong to the last two categories mentioned above, it is essential to possess a certificate of eligibility issued by the Government of India.

Age Limit

- **For Sub-Inspector (GD) in CAPFs and Delhi Police and Assistant Sub-Inspector (Executive) in CISF:** You must be between **20 to 25** years old as on **1st August 2024**. Additionally, there are permissible relaxations in the upper age limit for various categories.

Educational Qualification

- You must hold a Bachelor's degree from a recognized university or equivalent for all posts. If you have appeared in your Bachelor's degree or equivalent examination, you are also eligible to apply. However, you must obtain the essential qualification on or before the cutoff date, i.e., 01.08.2024.

Physical Endurance Test

For Male Candidates:

- 100-meter race: Completed in 16 seconds.
- 1.6 km race: Completed in 6.5 minutes.
- Long Jump: 3.65 meters in 3 chances.
- High Jump: 1.2 meters in 3 chances.
- Shot put (16 Lbs): 4.5 meters in 3 chances.

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For Female Candidates:


- 100-meter race: Completed in 18 seconds.
- 800-meter race: Completed in 4 minutes.
- Long Jump: 2.7 meters in 3 chances.
- High Jump: 0.9 meters in 3 chances.

SSC CPO Physical Eligibility - Exam Pattern

When getting ready for the SSC CPO exam, it's important for you to familiarize yourself with the comprehensive SSC CPO Exam Pattern. The SSC CPO Selection Process involves the following three stages:





- **Stage I:** Written test (200 marks, Paper 1, multiple-choice questions)
- **Stage II:** Physical Standard Test/Physical Endurance Test
- **Stage III:** Paper 2 (200 marks, two-page paper with multiple-choice questions)
- **Stage IV:** Detailed Medical Examination (DME)

To gain a comprehensive understanding of the SSC CPO exam pattern, refer to the infographic provided below:



SSC CPO EXAM PATTERN

Lets begin to prepare for the exams in the given chronology!

			Number of Questios/ Maximum Marks	Time Duration
 Paper 1	General Intelligence & Reasoning + English Comprehension	General Knowledge & General Awareness + Quantitative Aptitude	200/200	120 minutes
 Paper 2	English language and Comprehension		200/200	120 minutes
 	As mentioned in the notification.		-	-

[Source: KD Live]

For more detailed information on the SSC CPO Exam Pattern, you can also refer to our blog post titled "[SSC CPO Exam Pattern.](#)"

SSC CPO Physical Eligibility - You must meet these criteria!

SSC CPO Physical Eligibility - Syllabus

Once you've understood the exam pattern, you'll have identified the subjects you need to focus on. Therefore, delving into the syllabus in detail becomes crucial as it directs your study efforts, helps in selecting appropriate resources, and aids in time management, thereby streamlining your preparation process strategically. Paper 1 of the SSC CPO examination comprises the following subjects:

- General Intelligence and Reasoning
- General Knowledge and General Awareness
- Quantitative Aptitude
- English Comprehension

Moreover, Paper 2 only consists of English Language and Comprehension. For a detailed understanding of each of these subjects, you can refer to our blog post on the [SSC CPO Syllabus](#).

SSC CPO Physical Eligibility - Post and Salary

It's widely known that the allure of job security and a steady income are key motivations for candidates in government exams. The [SSC CPO](#) stands out as a compelling choice, offering competitive salaries, allowances, pension benefits, and prestigious positions, all of which are highly sought after by candidates.

However, the remuneration for clearing the SSC CPO exam varies based on the specific position for which the candidate qualifies successfully.

- **Sub-Inspector (GD) in CAPFs:** The position is categorized as Group 'B' (Non-Gazetted), Non-Ministerial, with a pay scale of Level-6 (Rs.35,400 - Rs.1,12,400/-).
- **Sub-Inspector (Executive) - (Male/Female) in Delhi Police:** The position is categorized as Group 'C' by Delhi Police, with a pay scale of Level-6 (Rs.35,400 - Rs.1,12,400/-).

With this, we have concluded with our blog post, on SSC CPO Physical Eligibility. Ensure you fulfil these criteria along with other requirements before applying for the SSC CPO Exam 2024. Also, KD Live is here to guide you with all types of governmental exam-related updates. For more such information, visit [our website](#).