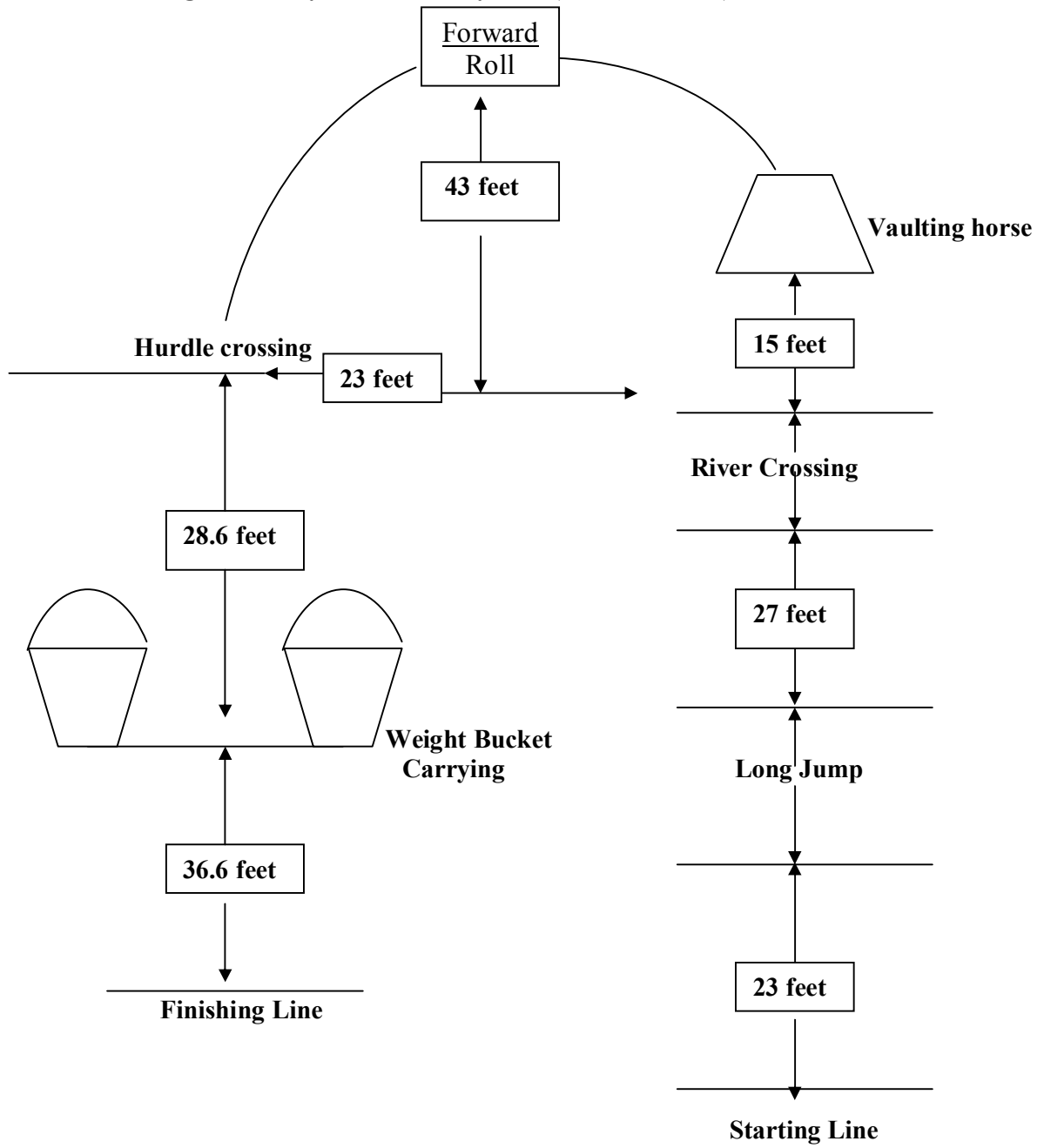


Diagram of Physical Efficiency Test (Canadian Test)



Men Section		Women/PH Section	
(a)	10' long jump	(a)	8' long jump
(b)	7 times crossing over the width of 5' river	(b)	5 times crossing over the width of 4' river
(c)	Vaulting horse of 4' 8" height	(c)	Vaulting horse of 3' 2" height
(d)	Forward roll on mat	(d)	Forward roll on mat
(e)	Crossing over the hurdle of 3' height	(e)	Crossing over the hurdle of 2' 6" inches height
(f)	Carrying two buckets, $\frac{3}{4}$ filled with sand, up to the finishing line.	(f)	Carrying two buckets, half filled with sand, up to the finishing line.

Note: Time will be recorded up to the fraction of second. The qualifying time for men and women/ Physically Handicapped (PH) candidates will be up to 30 seconds and 32 seconds, respectively.

IMPORTANT NOTES:

1. If a candidate commits two faults, he/she will not be allowed for re-test, whereas if only one fault is committed by the candidate, he/she will be given one more chance provided he/she completes the test within the prescribed time. Third chance will not be given under any circumstance.
2. Hurdles should be crossed without being knocked down. If a candidate leaves the test incomplete he/she will be disqualified and will not be given any chance. If any candidate falls or slips while performing the test he/she must complete the test and should not drop out in between and no extra chance would be given in such cases.