



MIZORAM HOME GUARDS & CIVIL DEFENCE

PHYSICAL EFFICIENCY TEST (PET)



NISKAM SEVA

A CANDIDATE MUST SECURE MINIMUM STANDARDS IN EACH EVENT TO QUALIFY PET.

1. 1 KILOMETRE RUN



Total Mark - 12.5

MINIMUM QUALIFYING STANDARD

5 MINUTES

MARKS TABLE

SL. NO.	STANDARD	MARKS
1	4:01 - 5:00 min	5
2	3:31 - 4:00 min	7.5
3	3:01 - 3:30 min	10
4	3:00 min below	12.5

2. HIGH JUMP



Total Mark - 12.5

MINIMUM QUALIFYING STANDARD

1.0 METRE (100 CM)

MARKS TABLE

SL. NO.	STANDARD	MARKS
1	1.00 m	5
2	1.30 m	7.5
3	1.50 m	10
4	1.75 m	12.5

3. LONG JUMP



Total Mark - 12.5

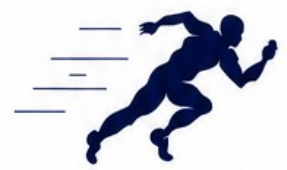
MINIMUM QUALIFYING STANDARD

3.00 METRES

MARKS TABLE

SL. NO.	STANDARD	MARKS
1	3.00 - 4.00 m	5
2	4.01 - 5.00 m	7.5
3	5.01 - 6.00 m	10
4	6.01 m above	12.5

4. 100 METRE SPRINT



Total Mark - 12.5

MINIMUM QUALIFYING STANDARD

15 SECONDS

MARKS TABLE

SL. NO.	STANDARD	MARKS
1	13.51 - 15.00 sec	5
2	12.01 - 13.50 sec	7.5
3	11.01 - 12.00 sec	10
4	11:00 sec below	12.5

PHYSICAL EFFICIENCY TEST(PET) FULL MARK - 50

PHYSICAL MEASUREMENT

MEASUREMENT	SC / ST CATEGORY	GENERAL CATEGORY
1. HEIGHT	158 cm	168 cm
2. CHEST	79 cm (Normal) 84 cm (Expanded)	84 cm (Normal) 89 cm (Expanded)



PET DAN LEH HRAI HRIATTIRNA (RULES & INSTRUCTIONS)

- PET hi event 4 (li) hmanga neih a ni.
- PET pass tur chuan event tinah minimum standard chu a tlin ngei tur a ni. Event eng emaw bera minimum mark hmuh phak loh chuan tling lo anga ngaih tur a ni a, event dang pawh a tih chhunzawm thei lovang.
- PET full marks chu 50 a ni.
- Event tin atan marks ruat hran a awm.
- Recruiting Officer leh Official-te thupek zawng zawng zawm tur a ni.
- Dan bawhchhiatna, in bumna, indiscipline a awm chuan PET aingan disqualify an ni ang.



HUN CHAN (ATTEMPTS)

- High Jump leh Long Jump ah chance wawi 3 pek a ni ang.
- Chance wawi 3 zinga score sang ber chu final score atan lak a ni ang.
- 100 Metre Sprint leh 1 Kilometre Run-ah chance wawi 1 chauh a ni ang.



PAWIMAWH (IMPORTANT)

- Dar 10:00 AM hnulama thleng te chuan PET an ti thei lovang.
- EPIC or Aadhaar Original keng lo chuan PET an ti thei lovang.
- PET tan hma hian warm- up phal a ni.
- Ei leh in mahnia in tum tur a ni.
- Sport Dress in bel tur a ni.