

POLICE



DEPARTMENT

No. J5-121411/2014/PHQ

Police Headquarters,
Thiruvananthapuram
phq.pol@kerala.gov.in
04712721547

Dated. 30-11-2015

REVISED NOTIFICATION

Recruitment of Sportsmen in Kerala Police Department

Recruitment of Sportsmen to the following teams in Kerala Police will be made from among the outstanding Sports personnel in the following disciplines.

1	BASKETBALL	WOMEN & MEN
2	VOLLEYBALL	WOMEN & MEN
3	ATHLETICS	WOMEN & MEN
4	FOOTBALL	MEN
5	SWIMMING	MEN
6	WATER POLO	MEN
7	HANDBALL	MEN
8	CANOEING	MEN
9	KAYAKING	MEN
10	JUDO	MEN

Sports achievement: (Should be after 01.01.2012)

1. First or second place in individual athletic events in recognized State Meets (University/ Junior/ Senior/ Youth/ School level) and who have been selected to represent



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the State.

2. First place in team events in athletic like 4x400 relays and 4x100 in recognized State Meets(University/ Junior/ Senior/ Youth/ School level) and who have been selected to represent the State.

3. Represented the States in the Games like football, Volley Ball etc, and secured selection to represent in inter state (University/ Junior/ Senior/ Youth/ School level), National Championships

Educational Qualification:

A Pass in the S.S.L.C or equivalent Examination.

Age: Must have completed 18 years and must be below 25 years of age as on 01-January-2015

PHYSICAL QUALIFICATION:

Men:

Height : **167** Cm . Minimum Height shall be 160 Cm for candidates belonging to Scheduled Caste/Scheduled Tribes

CHEST : **81** Cm with a minimum expansion of **5** Cm. Minimum Chest measurement shall be 76 Cm for scheduled castes and scheduled Tribes.

Women:

Height : **152** cm. Minimum Height shall be 150 cm for candidates belonging to Scheduled Caste/Scheduled Tribes

Must be certified to possess the visual standard specified below without glasses

vision	Right eye	Left eye
Distant vision	6/6 snellen	6/6 snellen
Near vision	0.5	0.5

1) Each eye must have full field of vision.

2) Colour Blindness, Squint or any Morbid Condition of eyes or lids of either eye shall be a disqualification.

3) Must be free from apparent physical defects like knock knee, Flat foot, Varicose Veins, bow legs, deformed limbs, irregular and protruding teeth, defective speech and hearing.

4) Must qualify in any 5 events out of eight specified below, of the National Physical Efficiency one star Standard Test.

Men:

sl. no	ITEM	MINIMUM STANDARD OF EFFICIENCY
1	100 METER RUN	14 SECONDS



2	HIGH JUMP	132.20 CM (4'.6")
3	LONG JUMP	457.20 CM(15")
4	PUTTING THE SHORT OF 7264 GRAMS	609.60 CM (20')
5	THROWING THE CRICKET BALL	6096 CM (200')
6	ROPE CLIMBING (ONLY WITH HANDS)	365.80 CM (12')
7	PULL UPS OR CHINNING	8 TIMES
8	1500 METER RUN	5 MINUTES AND 44

Women:

Sl. no	ITEM	MINIMUM STANDARD OF EFFICIENCY
1	100 METER RUN	17 SECONDS
2	HIGH JUMP	106 CM
3	LONG JUMP	305 CM
4	PUTTING THE SHORT OF 4 Kgs	488 CM
5	200 METER RUN	36 SECONDS
6	THROWING THE THROW BALL	1400 CM
7	SHUTTLE RACE (25X4 METER)	26 SECONDS
8	SKIPPING (ONE MINUTE)	80 TIMES

The selection will done through selection trials, conducted by a Selection Committee constituted by the Government. The selected candidates will be appointed as Havildars in



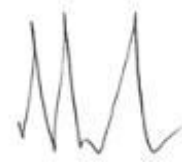
the Armed Police Battalions.

The application form is available at the official website of Kerala Police (www.keralapolice.gov.in).

The duly filled application form with self attested copies of certificates to prove age, educational qualification and sports performance shall be submitted directly or by post to **The State Police Chief, Police Headquarters, Thiruvananthapuram - 695010**. The cover/envelop containing application shall be super scribed as "**Application for appointment under Sports Quota**"

The last date for submission of application will be 19.12. 2015.

The notification issued on 20.11.2015 in this regard stands modified to this extent.



Arunkumar Sinha IPS
Additional Director General of Police
For State Police Chief

