

AFCAT Physical standards for men and women 2018

AFCAT Physical standards for men and women 2018: Hi AFCAT aspirants, once you clear the written exam of AFCAT you have to go through a round of physical standards test.

Here we will discuss about the medical fitness criteria and all types of AFCAT Physical standards specified for the exam.

AFCAT Physical standards includes chest, height and weight measurement, which should satisfy certain criteria. The medical fitness standards is to check the eye vision, tattoos on the skin and medical history of the candidate.

AFCAT Physical standards 2018



Below you will find all the details about the Physical standards specified for different types of branches offered through AFCAT.

- Ground Duty Physical/Medical Standards in AFCAT
- Flying Branch Physical/Medical Standards in AFCAT
- Technical Branch Physical/Medical Standards in AFCAT

Physical standards and medical fitness criteria for men

In the [AFCAT selection process](#), the candidates have to take up the second round of AFCAT which is also called Physical Standard Test(PST). Once you clear this evaluation process, you will get call for another round which is SSB, post which there is medical examination in specified hospitals.

AFCAT Physical standards for Flying branch:

For flying branch, men and women have the same parameter description as specified below.

Minimum height : 162.5 cms with correlated weight

Weight: Weight and height should be proportionate.

Leg Length : Min – 99 cms. Max – 120 cms.

Thigh Length : Max – 64 cms.

Sitting Height : Min – 81.5 cms. Max – 96 cms.

Physical standards for Technical and ground duty branch:

Min Height (Men) – 157.5 cms

Weight: weight should be proportionate to height

Height relaxation: For Gorkhas and individual belonging to hills of North-Eastern region of India, Garhwali and Kumaon, the minimum acceptable height is 5 cms less.

In case of candidates from Lakshadweep, the minimum acceptable height is less by 2 cms.

For the fitness criteria, the report of the Air Force Medical Authorities is considered as final.

Vision parameter standards:

- **Minimum Visual Acuity** 6/6 in one eye and 6/9 in other, correctable to 6/6 only for hypermetropia.
- **Manifest Myopia** – Nil. (c) LASIK Surgery for correction of vision is admissible in Transport and Helicopter streams of Short Service Commission (Flying Branch) if the following conditions are fulfilled at the time of Air Force medical examination:-
 - LASIK Surgery should not have been carried out before the age of 20 years.
 - The axial length of the eye should not be more than 25.5 mm as measured by OLmaster.
- At least twelve months should have lapsed post uncomPLICATE stable LASIK. No history or

evidence of any complication.

- The post **LASIK** corneal thickness as measured by a corneal pachymeter should not be less than 450 microns.
- Individuals with high refractive errors (>6D) prior to LASIK are to be excluded. Candidates must not suffer from colour or night blindness.
- All other medical criteria would be evaluated by the Air Force Medical Authorities whose decision on the fitness would be final.

AFCAT Physical standards for women

Physical standards and fitness parameter is same for flying branch for both men and women. On the other hand, for technical and ground duty branches, these parameter specifications differs. Below we have discussed in detail the parameters with descriptions for women.

Flying Branch

Minimum height : 162.5 cms with correlated weight

Weight: Weight and height should be proportionate.

Leg Length : Min – 99 cms. Max – 120 cms.

Thigh Length : Max – 64 cms.

Sitting Height : Min – 81.5 cms. Max – 96 cms.

- **Vision:**
 - Minimum Visual Acuity 6/6 in one eye and 6/9 in other, correctable to 6/6 only for hypermetropia.
 - Manifest Myopia – Nil. (c) LASIK Surgery for correction of vision is admissible in Transport and Helicopter streams of Short Service Commission (Flying Branch) if the following conditions are fulfilled at the time of Air Force medical examination:-
 - LASIK Surgery should not have been carried out before the age of 20 years.
 - The axial length of the eye should not be more than 25.5 mm as measured by OLmaster.
- At least twelve months should have lapsed post uncomPLICATE stable LASIK. No history or evidence of any complication.
- The post **LASIK** corneal thickness as measured by a corneal pachymeter should not be less than 450 microns.
- Individuals with high refractive errors (>6D) prior to LASIK are to be excluded. Candidates must not suffer from colour or night blindness.
- All other medical criteria is evaluated by the Air Force Medical Authorities whose decision

on the fitness is considered as final.

Technical and Ground Duty Branch

Min Height (Women) – 152 cms

Weight: Weight and height should be proportionate to each other.

Height relaxation: For Gorkhas and individual belonging to hills of North-Eastern region of India, Garhwali and Kumaon, the minimum acceptable height will be 5 cms less.

In case of candidates from Lakshadweep, the minimum acceptable height will be by 2 cms less.

The decision of the Air Force Medical Authorities is final and applicable for eliminations.

For more information on AFCAT [click here](#) to visit official website.

Hope this helps you to get more clarity on the **AFCAT Physical standards** for men and women.

Please comment below for any queries.