

# Height and Weight Standards

## HEIGHT AND WEIGHT PARAMETERS FOR AIR FORCE COMMON ADMISSION ONLINE TEST FOR FLYING BRANCH AND GROUND DUTIES (TECHNICAL AND NON-TECHNICAL)/ NCC SPECIAL ENTRY/ METEOROLOGY ENTRY

1. You will be screened for your height and weight at AFSB. In case you do not meet the height criterion when you report to AFSB, you may not be tested. Overweight/obese candidate would be issued with a letter of caution and advised to reduce weight within the specified limits before reporting for medicals. Maximum permissible weight deviation is 01 Standard Deviation (SD) as per the height and weight standards for men and women, failing which the above mentioned letters of caution would be issued.
2. The minimum acceptable height for men and women candidates in Flying Branch is 162.5 cms, Leg Length: Min - 99 cms, Max - 120 cms. Thigh Length: Max - 64 cms, Sitting Height: Min - 81.5 cms, Max - 96 cms (No concession for age/ sex/ region).
3. The minimum acceptable height for male candidates in Ground Duty (Technical/Non-technical) Branch is 157.5 cms. For women candidates, minimum acceptable height is 152 cms. (For Gorkhas and individual belonging to hills of North-Eastern region of India, Garhwal and Kumaon, the minimum acceptable height will be 5 cms less. In case of candidates from Lakshadweep, the minimum acceptable height will be 2 cms less than what is applicable to men and women respectively).
4. Height and Weight standards for men and women are given below for Indian Air Force. Interpolation for weights against height not mentioned may be done.

### Height and Weight Standards for Male

Height in cm	Age Range (Years)				
152	46	47	50	54	54
153	47	47	51	55	55
154	47	48	51	56	56
155	48	49	52	56	56
156	48	49	53	57	57
157	49	50	54	58	58
158	49	50	54	58	58
159	50	51	55	59	59
160	51	52	56	59	60
161	51	52	56	60	60
162	52	53	57	61	61
163	52	54	58	61	62
164	53	54	59	62	63
165	53	55	59	63	63
166	54	56	60	63	64
167	54	56	61	64	65
168	55	57	61	65	65
169	55	57	62	65	66
170	56	58	63	66	67
171	56	59	64	66	68
172	57	59	64	67	68

173	58	60	65	68	69
174	58	61	66	68	70
175	59	61	66	69	71
176	59	62	67	70	71
177	60	62	68	70	72
178	60	63	69	71	73
179	61	64	69	72	73
180	61	64	70	72	74
181	62	64	71	73	75
182	62	65	72	74	76
183	63	66	72	74	76
184	64	67	73	75	77
185	64	68	74	75	78
186	65	68	74	76	78
187	65	69	75	77	79
188	66	69	76	77	80
189	66	70	77	78	81
190	67	71	77	79	81
191	67	71	78	79	82
192	68	72	79	80	82
193	68	73	79	81	83
<u>±SD</u>	6.0	6.3	7.1	6.6	6.9

### **Height and Weight standards for Female**

Height in cm	(Weight in Kg)	
	20-25 years	26-30 years
148	43	46
149	44	47
150	45	48
151	45	48
152	46	49
153	47	50
154	47	50
155	48	51
156	49	52
157	49	53
158	50	53
159	51	53
160	51	55
161	52	55
162	52	56
163	53	57
164	54	57
165	54	58
166	55	59

167	56	60
168	56	60
169	57	61
170	58	62
171	58	62
172	59	63
173	59	64
174	60	64
175	61	65
176	61	66
177	62	67
178	63	67
$\pm$ SD	5	5