

INDIAN AIR FORCE

PHYSICAL STANDARDS

Physical fitness is one of the most important prerequisites for joining the Air Force. Irrespective of the branch you are applying for, you must fulfil some basic physical standards. Listed below are some guidelines that identify the general physical requirements that are common for all candidates.

- You must be in good physical and mental health and free from any disease/ disability, which is likely to interfere with efficient performance of duties. There should be no evidence of weak constitution or bodily defects.
- The height and weight standards for men and women differ.
- Your chest should be well developed. The minimum range of expansion after full inspiration should be 5 cm.
- There should be no disease of bones and joints of the body.
- You should be free of any past history of mental breakdown or fits.
- Your hearing should be normal without any evidence of present or past disease of the ear, nose and throat.
- There should be no sign of functional or organic disease of the heart and blood vessels. Your blood pressure should also be normal.
- The muscles of the abdomen should be well developed without any enlargement of the liver or spleen. Any evidence of disease of internal organs of the abdomen can be a cause for rejection.
- An un-operated hernia can make you unfit for selection. If operated, this should have been done at least six months prior to the present examination and healing should be complete without any potential for recurrence.
- There should be no hydrocele, varicocele or piles. If operated for hydrocele and/or varicocele, this should have been done at least six months prior to the present examination and healing should be complete without any recurrence.
- Urine examination will be done and any abnormality, if detected, can be a cause for rejection.
- Any disease of the skin, which is likely to cause disability or disfigurement, will also be a cause for rejection.
- Vision will be tested. You must have good binocular vision. In case you have undergone or are detected to have undergone Radial Keratotomy, or any other procedure to improve the visual acuity, you will be permanently rejected.
- You should have sufficient number of natural and sound teeth. A minimum of 14 dental points will be acceptable. When 32 teeth are present, the total dental points are 22. You should not be suffering from severe pyorrhoea.
- The following are conditions pertaining to women that will entail rejection for all Air Force Duties:
 - Acute or chronic pelvic infection
 - Severe menorrhagia
 - Severe dysmenorrhea
 - Complete prolapse of uterus
 - Pregnancy/ Amenorrhea
 - Any other gynaecological condition, if so considered by the specialist.

Height And Weight Standards for Men

Height In Cms	Age Range (years)							
	15-17	18-22	23-27	28-32	33-37	38-42	43-48	>48
152	46	47	50	54	54	54	55	54
153	47	47	51	55	55	54	56	54
154	47	48	51	56	55	55	57	55
155	48	49	52	56	56	56	57	56
156	48	49	53	57	57	56	58	56
157	49	50	54	58	58	57	58	57
158	49	50	54	58	58	58	59	58
159	50	51	55	59	59	59	60	58
160	51	52	56	59	60	59	60	59
161	51	52	56	60	60	60	61	60
162	52	53	57	61	61	61	62	60
163	52	54	58	61	62	61	62	61
164	53	54	59	62	63	62	63	62
165	53	55	59	63	63	63	64	62
166	54	56	60	63	64	64	64	63
167	54	56	61	64	65	64	65	64
168	55	57	61	65	65	65	65	65
169	55	57	62	65	66	66	66	65
170	56	58	63	66	67	67	67	66
171	56	59	64	66	68	67	67	67
172	57	59	64	67	68	66	68	67
173	58	60	65	68	69	69	69	68
174	58	61	66	68	70	69	69	69
175	59	61	66	69	71	70	70	69
176	59	62	67	70	71	71	71	70
177	60	62	68	70	72	72	71	71
178	60	63	69	71	73	72	72	71
179	61	64	69	72	73	73	73	72
180	61	64	70	72	74	74	73	73
181	62	65	71	73	75	75	74	73
182	62	66	72	74	76	75	74	74
183	63	66	72	74	76	76	75	75
184	64	67	73	75	77	77	76	75
185	64	68	74	75	78	77	76	76
186	65	68	74	76	78	78	77	77
187	65	69	75	77	79	79	78	77
188	66	59	76	77	80	80	78	78
189	66	70	77	78	81	80	79	79
190	67	71	77	79	81	81	80	79
191	67	71	78	79	82	82	80	80
192	68	72	79	80	82	82	81	81
193	68	73	79	81	83	83	81	82
SD	6.0	6.3	7.1	6.6	6.9	6.8	5.8	7.26

Height And Weight Standards for Women

Height in Cms	Weight in Kg Age Range (Years)	
	20-25	26-30
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	54
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
SD	5	5

MEDICAL STANDARDS FOR THE FLYING BRANCH (ADDITIONAL)

If you are applying for the Flying Branch, you must remember that apart from the general physical standards, there are some standards that are specifically applicable to you. Listed below are the physical requirements applicable to both men and women applying to the Flying Branch.

1. **Anthropometric Measurements** - The acceptable anthropometric measurements for both Men and Women are as follows:

- Minimum Height - 162.5 cms
- Leg Length - Minimum- 99 cms. Maximum- 120 cms
- Thigh Length - Maximum- 64 cms
- Sitting Height - Minimum- 81.5 cms. Maximum- 96 cms

2. X-ray of cervical and Lumbosacral spine will be carried out.

3. The following conditions detected radiologically will disqualify a candidate for all Air Force Duties:-

- Granulomatous Disease of spine
- Arthritis / Spondylosis
 - Rheumatoid arthritis and allied disorders
 - Ankylosing Spondylitis
 - Osteoarthritis, Spondylosis and Degenerative joint disease.
 - Non-articular rheumatism (e.g lesions of the rotator cuff, tennis elbow, recurrent lumbago etc).
 - Misc disorders including SLE, Polymyositis and Vasculitis.
 - Spondylolisthesis / Spondylolysis.
 - Compression fracture of vertebra
 - Scheuerman's Disease (Adolescent Kyphosis)
 - Loss of cervical lordosis when associated with clinically restricted movements of cervical spine.
 - Unilateral / bilateral cervical ribs with demonstrable neurological or circulatory deficit.
- Any other abnormality as so considered by the specialist.

In addition, for Flying Branches the under mentioned rules will also apply:-

1. Spinal Anomalies acceptable for Flying Duties

- Bilateral complete sacralisation of LV5 and bilateral complete lumbarisation of SV1.
- Spina bifida in sacrum and in LV5, if completely sacralised.
- Complete block (fused) vertebrae in cervical and dorsal spine at a single level.

2. Spinal Condition not acceptable for Flying Duties

- Scoliosis more than 15 by Cobb's method
- Degenerative disc disease.
- Presence of Schmorl's node at more than one level.
- Atlanto occipital and atlanto-axial anomalies.
- Hemi Vertebra and / or incomplete block (fused) vertebra at more than one level in cervical or dorsal spine.
- Unilateral sacralisation or lumbarisation (complete or incomplete) at all levels and bilateral in complete sacralisation or lumbarisation.

3. Vision

- 6/6 in one eye and 6/9 in other, correctable to 6/6 only for hypermetropia.) Manifest Hypermetropia must not exceed +2.0D Sph, Myopia – Nil and Astigmatism +0.75 D Cyl (within +2.0 D – Max)
- Near Vision N-5 each eye.
- Color Vision CP-1(ML T).
- LASIK Surgery for correction of vision is admissible in Transport and Helicopter streams of Short Service Commission (Flying Branch) If the following condition are fulfilled at the time of Air Force medical examination:-
 - o LASIK Surgery should not have been carried out before the age of 20 years.
 - o The axial length of the eye should not be more than 25.5 mm as measured by IOL master.
 - o At least twelve months should have lapsed post uncomPLICATE stable LASIK. No history or evidence of any complication.
 - o The post LASIK corneal thickness as measured by a corneal pachymeter should not be less than 450 microns.
 - o Individuals with high refractive errors (>6D) prior to LASIK are to be excluded.
 - o Candidates must not suffer from colour or night blindness.

4. **Ocular Muscle Balance** - Phorias with the Maddox Rod Test must not exceed:

At 6 meters

- Exophoria 6 prism Diopters
- Esophoria 6 prism Diopters
- Hyperphoria 1 prism Diopters
- Hypophoria 1 prism Diopters

At 33 cm

- Exophoria 16 prism Diopters
- Esophoria 6 prism Diopters
- Hyperphoria 1 prism Diopters
- Hypophoria 1 prism Diopters

It may be noted that the Air Force Medical Board is the final authority while deciding the medical fitness for joining the Indian Air Force