CDS Physical Standards & Medical Test Requirements 2026

Clearing the **CDS written exam and SSB interview** does not guarantee final selection unless a candidate is declared **medically fit**. The **CDS 2026 medical examination** is conducted to ensure candidates meet the **physical and medical standards required to serve in the Indian Armed Forces** under extreme conditions.

This article explains **CDS physical standards, height–weight requirements, vision criteria, common medical rejections, and preparation tips** in detail.

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Why CDS Medical Examination Is Important?

Officers in the Army, Navy, and Air Force operate in:

- High-altitude areas
- Extreme temperatures
- Combat and operational stress

Therefore, candidates must be:

- Physically strong
- Medically stable
- Free from long-term illnesses or deformities

CDS 2026 Physical Standards – Overview

Medical standards are prescribed by **UPSC and Ministry of Defence (MoD)** and are **uniform across academies**, with slight variations.

Minimum Height Requirement (Academy-Wise)

Academy	Minimum Height
IMA (Army)	157.5 cm
OTA (Army)	157.5 cm
INA (Navy)	157 cm
AFA (Air Force)	162.5 cm

Height Relaxation

- **Gorkhas & candidates from NE regions:** –5 cm

- **Lakshadweep candidates:** –2 cm

CDS Weight Standards

Weight must be **proportionate to height and age**.

Indicative Weight Chart (Army & Navy)

Height (cm)	20 yrs	25 yrs	30 yrs
160	50	54	58
165	52	56	60
170	55	59	63
175	59	63	67

Overweight or underweight candidates may be declared **temporarily unfit**.

Chest Measurement Requirements (Army & Navy)

- Minimum chest: **81 cm**
- Expansion: **Minimum 5 cm**
- Fully developed chest mandatory

CDS Vision Standards (Academy-Wise)

IMA & OTA (Army)

Condition	Requirement
Distant Vision	6/6 or 6/9 (better eye)
Worse Eye	6/9
Myopia	Not more than –2.5D
Hypermetropia	Not more than +3.5D
Colour Vision	CP-III

INA (Navy)

Condition	Requirement
Vision	6/6, 6/6
Myopia	Max –1.5D
Hypermetropia	+1.5D
Colour Vision	CP-II

AFA (Air Force)

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Condition	Requirement
Vision	6/6 in both eyes
Myopia	–2.0D
Hypermetropia	+2.0D
Colour Vision	CP-I
LASIK Surgery	Permitted (with conditions)

LASIK / Eye Surgery Rules for CDS 2026

- Allowed only for **Army & Air Force**
- Surgery must be:
    - After age 20
    - Stable refraction for 12 months
    - No complications

Not allowed for Naval branches.

Hearing Standards

- Normal hearing ability required
- No history of chronic ear infections
- Able to hear whisper at **610 cm**

Dental Standards

- Minimum **14 dental points**
- No severe dental caries
- Healthy gums and jaw

General Medical Conditions – Disqualification Causes

Temporary Unfitness

- Overweight / underweight
- High BP
- Minor infections

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- Wax in ears

Permanent Rejection

- Flat foot (severe)
- Knock knees
- Scoliosis (spine curvature)
- Color blindness (beyond permitted level)
- Hernia
- Varicose veins
- Chronic asthma
- Epilepsy
- Heart murmurs

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Tattoo Policy for CDS 2026

- Permanent tattoos allowed only on:
    - Inner forearm
    - Back of hand (Army only)
- Content must not be offensive
- Tribal tattoos allowed with proof

Medical Tests Conducted in CDS

- Blood & urine tests
- X-ray chest
- ECG
- Vision & hearing test
- ENT check

- Orthopaedic examination
- Psychological medical assessment

CDS Medical Examination Duration

- Conducted over **3–5 days**
- Appeals allowed for **temporary rejection**
- Review medical board possible

Tips to Clear CDS Medical Test 2026

- Start physical training early
- Maintain ideal BMI
- Correct posture & walking
- Avoid smoking & alcohol
- Maintain dental hygiene
- Get vision tested regularly

Frequently Asked Questions (FAQs)

Q1. Is flat foot allowed in CDS?

Mild flat foot may be acceptable; severe flat foot leads to rejection.

Q2. Is LASIK allowed for CDS 2026?

Yes, for Army & Air Force with conditions. Not allowed for Navy.

Q3. Can overweight candidates pass medicals?

No. Weight must be within prescribed limits.

Q4. Are tattoos allowed in CDS?

Yes, only at permitted locations and content.

Q5. Is temporary rejection final?

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No. Candidates can appeal and appear for re-medical.

Q6. Do medical standards differ for men & women?

Standards are mostly same; some parameters vary slightly.

Conclusion

The **CDS 2026 medical examination** is as important as the written exam and SSB interview. Most rejections happen due to **lack of awareness and poor physical preparation**, not major diseases.

Start early, stay disciplined, and maintain fitness—**medical clearance is completely achievable with proper planning**.

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