How to Become a CAPF Assistant Commandant: Eligibility, Exam Pattern & Complete Process

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The **Central Armed Police Forces (CAPF) Assistant Commandant (AC)** exam conducted by the **Union Public Service Commission (UPSC)** is one of India's most prestigious paramilitary leadership recruitment examinations. It offers a direct entry into Group-A Gazetted Officer roles in forces such as **BSF, CRPF, CISF, ITBP, and SSB**.

If you aspire to join India's elite uniformed leadership, this guide explains everything you need to know — **eligibility, exam pattern, selection process, syllabus, salary, career growth**, and more.

What is CAPF Assistant Commandant?

A CAPF Assistant Commandant is a **commissioned officer** responsible for leading platoons/companies, maintaining law & order, counter-insurgency operations, border management, and internal security duties.

This post offers:

- High status as a **Group-A Gazetted Officer**
- Excellent pay & allowances
- Career growth comparable to other Central Government armed services
- Opportunity to serve the nation in challenging operational roles

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Eligibility Criteria for CAPF Assistant Commandant

To apply for the UPSC CAPF AC exam, candidates must meet the following eligibility norms:

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1. Nationality

- Must be a **citizen of India**
- Certain categories of Nepal/Bhutan citizens may apply under specific rules

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2. Educational Qualification

- **Bachelor's degree** in any discipline from a recognized university

- Candidates awaiting final-year results may apply but must produce proof before final selection

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3. Age Limit

- **20 to 25 years**
- Age is calculated as of **1st August** of the exam year

Age Relaxation

Category	Upper Age Relaxation
OBC	+3 years
SC/ST	+5 years
Civilian Central Govt. employees	+5 years
Ex-servicemen	As per rules

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4. Physical Standards

To qualify, candidates must meet UPSC-prescribed physical requirements.

For Male Candidates

- Height: **165 cm**
- Chest: **81 cm (with 5 cm expansion)**
- Weight: **50 kg**

For Female Candidates

- Height: **157 cm**
- Weight: **46 kg**

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5. Physical Efficiency Test (PET)

Test	Male	Female
100m Race	16 sec	18 sec
800m Race	3 min 45 sec	4 min 45 sec
Long Jump	3.5 m	3.0 m
Shot Put (7.26 kg)	4.5 m	—

Note: PET is qualifying in nature.

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CAPF Assistant Commandant Selection Process

The CAPF exam is conducted in **four stages**:

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1. Written Examination (Paper I + Paper II)

Conducted by UPSC

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2. Physical Efficiency Test (PET) & Medical Standards

Conducted by CAPF forces

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3. Interview / Personality Test

Conducted by UPSC

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4. Final Merit List

Based on:

- Paper I Marks
- Paper II Marks
- Interview Marks

CAPF Assistant Commandant Exam Pattern

The exam consists of **two papers** conducted on the same day.

Paper I: General Ability and Intelligence

- **Objective type**
- 250 marks
- Negative marking: **Yes**
- Covers:
    - Reasoning ability
    - Quantitative aptitude
    - General knowledge

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- Current affairs
- Geography, Polity, Economy, Science

Paper II: General Studies, Essay & Comprehension

- **Descriptive paper**
- 200 marks
- Includes:
  - Essays on national security, modern India, governance, etc.
  - Comprehension
  - Report writing
  - Grammar & language skills

Total Marks (Written + Interview)

Stage	Marks
Written Exam	450
Interview	150
Total	**600**

Detailed Syllabus for CAPF AC Exam

Paper I

- Current events of national & international importance
- History of India
- Indian Polity & Constitution
- Indian Economy
- Geography
- Reasoning & mental ability
- Numerical aptitude
- General science

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Paper II

- Essays: Security issues, nation-building, governance, women empowerment, disaster management
- Précis writing
- Comprehension
- Report writing
- Grammar & vocabulary

Medical Standards

Candidates must be free from:

- Color blindness
- Knock-knee
- Flat foot
- Vision defects beyond prescribed limits

Eyesight Requirement

- 6/6 or 6/9 (distant vision)
- Refraction limits apply

CAPF Assistant Commandant Salary & Benefits

Starting Salary (7th CPC)

- Pay Band: **INR 56,100 – 1,77,500**
- Grade: Group-A Gazetted

Allowances

- Dearness allowance
- House rent allowance

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- Uniform allowance
- Ration allowance
- Hard area allowance
- Special duty allowance
- Medical facilities
- CSD canteen benefits

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Career Growth of CAPF Assistant Commandant

Rank	Time Required
Assistant Commandant	Entry
Deputy Commandant	~5–6 years
Second-in-Command	~10–12 years
Commandant	~15–18 years
DIG	~20+ years
IG	~25+ years
ADG	Senior rank
DG	Top-most rank

How to Apply for CAPF Assistant Commandant Exam

1. Visit **UPSC official website**
2. Register in **One Time Registration (OTR)**
3. Fill CAPF AC application form
4. Upload photo, signature, ID proof
5. Pay fee (₹200 for General/OBC, exempt for SC/ST/Female)
6. Download application PDF

Effective Preparation Strategy

- Start with NCERTs for basics
- Read newspapers daily for current affairs
- Practice answer-writing for Paper II
- Attempt regular mock tests

- Maintain physical fitness for PET
- Follow a structured timetable

FAQs on CAPF Assistant Commandant

1. Who conducts the CAPF Assistant Commandant exam?

UPSC conducts the exam annually.

2. How many attempts are allowed?

There is **no official attempt limit**, only **age limit** applies.

3. Can women apply for CAPF AC?

Yes, women can apply for all forces except certain combat roles per force guidelines.

4. Is the CAPF AC exam tough?

It is moderately tough and competitive, similar to other UPSC exams.

5. Can final-year students apply?

Yes, but they must submit proof of graduation before the final selection.

6. What is the training period after selection?

Training generally lasts **1 year** at CAPF academies.

7. Is there negative marking in Paper I?

Yes, UPSC applies negative marking for wrong answers

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