

NDA Physical Requirements for Boys & Girls (2026)

Quick Snapshot (At a Glance)

Criteria	Boys ☐☐	Girls ☐☐
Minimum Height	157 cm	152 cm
Air Force Height	162.5 cm	162.5 cm
Weight	As per height & age	As per height & BMI
Vision	6/6 & 6/9 (correctable)	Same
Running	2.4 km in 15 mins	2.4 km in 15 mins
Fitness	Push-ups, pull-ups	Same
Flat Foot	Not Allowed ☐	Not Allowed ☐
Tattoos	Restricted ▲	Restricted ▲
Medical	No major illness	Same

☐☐ **Note:** Relaxation in height is applicable for candidates from certain regions like North-East & Gorkhas.

☐☐ 1. Height & Weight Standards

☐☐ Boys (Male Candidates)





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- **Minimum Height:** 157 cm
- Air Force: **162.5 cm**
- Weight should match height & age

☐☐ **Girls (Female Candidates)**



- **Minimum Height:** 152 cm
- Air Force: **162.5 cm**
- Weight as per BMI standards

☐☐ 2. Medical Fitness Requirements





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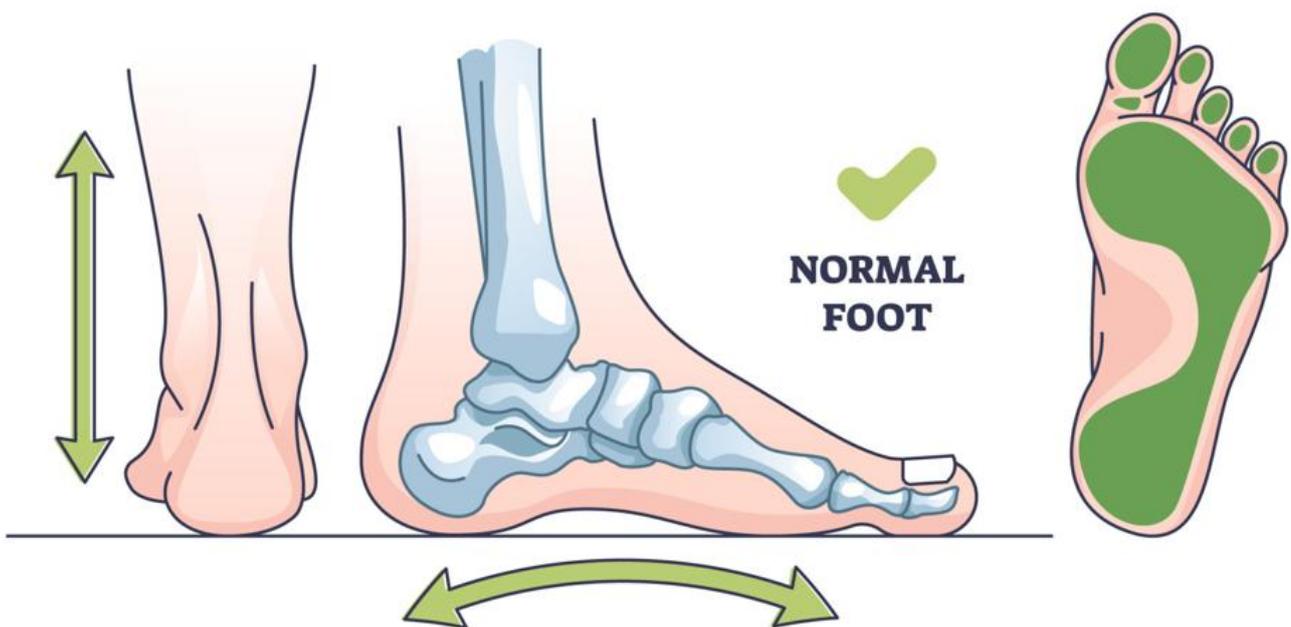
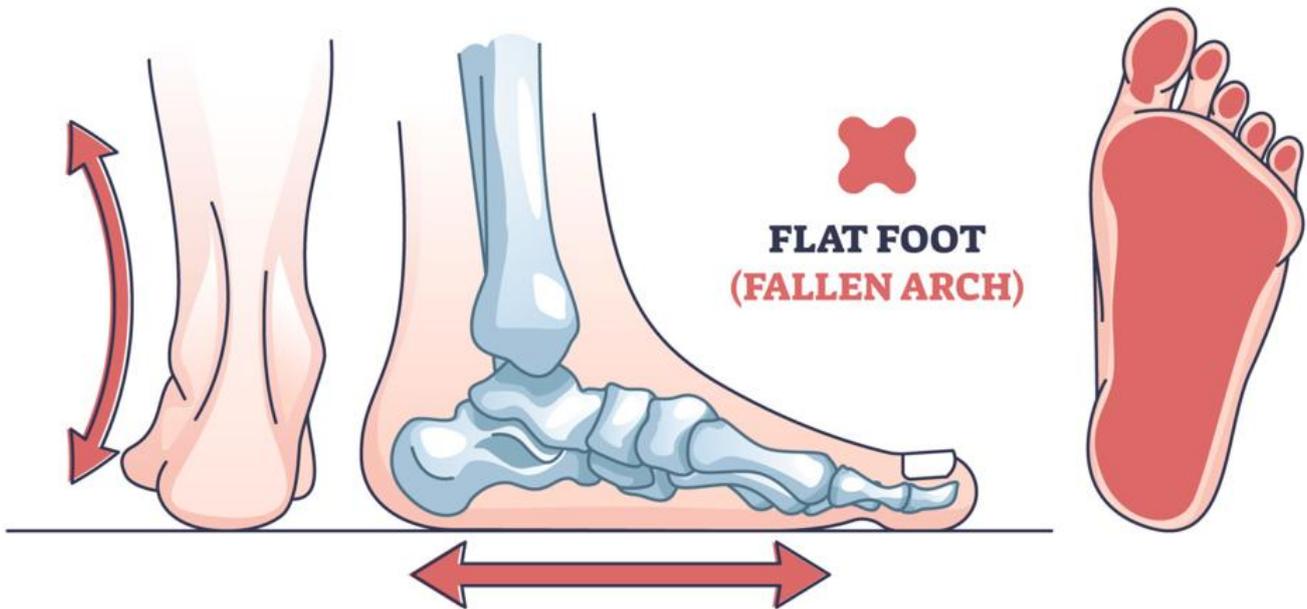
- Physically & mentally fit
- No chronic diseases
- Strong heart & lung condition
- No permanent disability

3. Eyesight Standards

- 6/6 in one eye, 6/9 in the other
- No colour blindness
- No night blindness

□□ 4. Flat Foot (Very Important)

FLAT FOOT



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- **Flat Foot is NOT allowed in NDA** ☐
- Candidates must have a **normal foot arch**

☐☐ Why?

- Flat foot reduces **running efficiency and endurance**
- Can lead to injuries during intense training

☐☐ Simple Test:

- Wet your foot and step on paper
- Full footprint = Flat foot (Rejected)
- Curved arch = Normal (Accepted)

☐☐ **5. Tattoo Policy**



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- Tattoos are **STRICTLY restricted** 

 **Allowed Areas:**

- Inner forearm (from elbow to wrist)
- Back of palm

 **Not Allowed:**

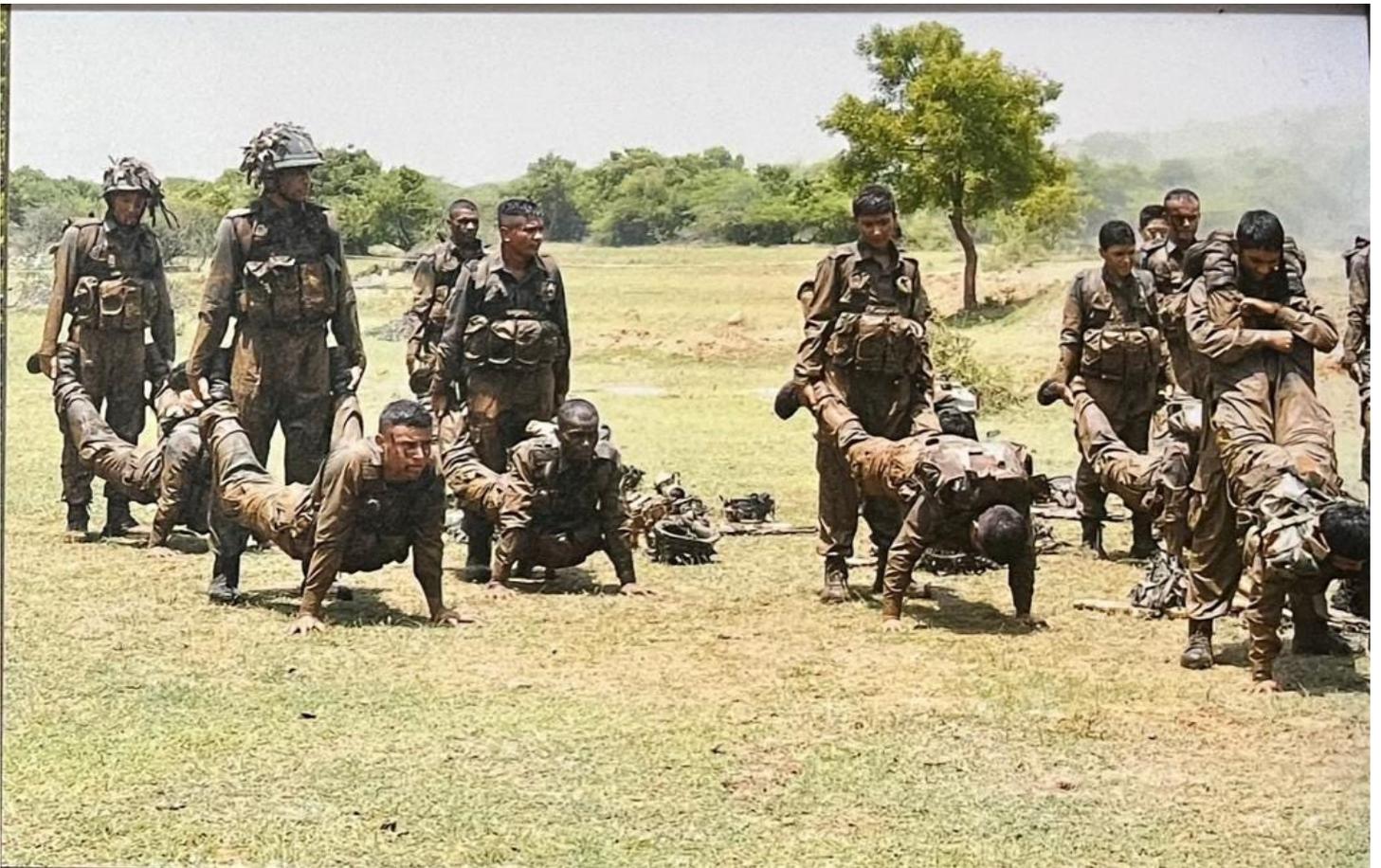
- Neck, face, chest, legs, or visible body parts

 **Exceptions:**

- Tribal candidates (as per government rules)

6. Physical Fitness Levels





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- Run: **2.4 km in 15 mins**
- Push-ups: **20+**
- Pull-ups: **10+**
- High stamina & endurance

☐☐ 7. Common Reasons for Rejection

- Flat foot ☐
 - Permanent tattoos in restricted areas ☐
 - Over/Underweight
 - Poor eyesight
 - Knock knees
 - Low stamina
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☐☐ Final Tip

☐☐ Fitness = Selection + Survival in NDA training

- ✓ Start running daily
- ✓ Avoid tattoos in restricted areas
- ✓ Check your foot arch early
- ✓ Maintain discipline in lifestyle

☐☐ Conclusion

To join NDA, both **boys and girls** must meet strict physical standards. Even small factors like **flat foot or tattoos** can lead to rejection.

☐☐ **Prepare smart. Stay fit. Stay eligible.**

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