

# SSC GD Constable Height And Weight Chart 2024

## SSC GD Height Chart 2024: SSC GD Constable Physical Eligibility 2024

Category	Height - Male (Cms)	Height - Female (Cms)
All candidates belonging to Scheduled Tribes	162.5	150.0
All Scheduled Tribe candidates of North Eastern States (NE States)	157.0	147.5
All Scheduled Tribe candidates of Left Wing Extremism affected districts	160.0	147.5
Candidates falling in the categories of Garhwalis, Kumaonis, Dogras, Marathas and candidates belonging to the States/ UTs of Assam, Himachal Pradesh, Jammu & Kashmir and Ladakh	165.0	155.0
Candidates hailing from the North-Eastern States of Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura	162.5	152.5

<p>Candidates hailing from Gorkha Territorial Administration (GTA) comprising of the three Sub-Divisions of Darjeeling District namely Darjeeling, Kalimpong and Kurseong and includes the following "Mouzas" Sub-Division of these Districts :</p> <p>(1)Lohagarh Tea Garden (2) Lohagarh Forest (3) Rangmohan (4) Barachenga (5) Panighata (6) ChotaAdalpur (7) Paharu (8) Sukna Forest (9) Sukna Part-I (10) Pantapati Forest-I (11) Mahanadi Forest (12) Champasari Forest (13) SalbariChhatpart-II (14) Sitong Forest (15) Sivoke Hill Forest (16) Sivoke Forest (17) ChhotaChenga (18) Nipania</p>	157.0	152.5
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**SSC GD Weight Chart 2024: SSC GD Constable Physical Eligibility 2024**

Height	SSC GD Height and Weight Chart For Male Candidates			
	Age (18-22)	Age (23-27)	Age (28-32)	Age (33-37)
170cm	52-64	54-66	56-68	57.5-70.5
165cm	49.5-60.5	51.5-62.5	53-65	54.5-66.5
162.5cm	47-58	49-60	50.5-61.5	52-63

<b>SSC GD Female Height and Weight Chart For Female Candidates</b>
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157cm	40.5-49.5	42-51	43-53	44.5-54.5
155cm	38.5-47.5	40-49	41.5-50.5	43-52.5
152cm	38-46	39-48	41-50	42-51
150cm	36.5-44.5	37.5-45.5	39-48	40.5-49.5

### SSC GD Physical Eligibility Chest 2024 (Only For Male Candidates)

S No	Relaxation for	Unexpanded (cms)	Minimum Expansion (cms)
1	All candidates belonging to the Scheduled Tribes	76	5
2	Candidates falling into the categories of Garhwalis, Kumaonis, Dogras, Marathas and candidates belonging to the States/ UTs of Assam, Himachal Pradesh, Jammu & Kashmir and Ladakh	78	5
3	Candidates hailing from North-Eastern States of Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim, Tripura and Gorkha Territorial Administration (GTA)	77	5