

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ



Maldives Police Service

Malé

Republic of Maldives

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Physical Fitness Test & Swimming Test Passing Criteria

Physical Fitness Test:

Level	Points	Push-ups		Sit-ups		1.5 mile Run (min:sec)	
		Male	Female	Male	Female	Male	Female
Gold	4	40	25	50	37	9:30	13:00
Silver	3	35	20	45	34	10:45	14:00
Bronze	2	30	15	40	31	12:45	15:00
Pass	1	25	10	35	28	13:00	16:00

Swimming Test:

	Male	Female
Floating	20 minutes	20 minutes
Free Style Swimming (75 Meter)	5 Minutes	7 Minutes