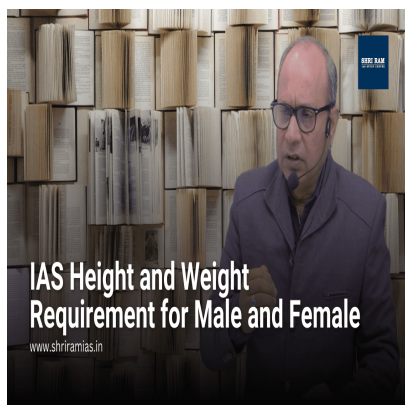




IAS Height and Weight Requirement for Male and Female

Description

Many UPSC aspirants wonder if there are any height and weight requirements for becoming an IAS officer. Unlike the armed forces, where physical standards are strict, the Indian Administrative Service (IAS) does not have any specific height or weight criteria. The selection process focuses on a candidate's intellectual ability, leadership skills, and decision-making capabilities rather than their physical appearance.

No Weight and Height Criteria for IAS

The UPSC Civil Services Examination (CSE) does not have height or weight restrictions for IAS officers. Candidates of all body types and heights can apply without any issues. Selection is based on merit, knowledge, and administrative skills, not physical appearance.

Unlike defence services, IAS does not require strict physical fitness. The focus is on problem-solving, leadership, and governance skills. Aspirants should concentrate on clearing the exam rather than worrying about height or weight.

IAS officers handle policymaking and administration, where intelligence matters more than physical strength. The UPSC exam tests aptitude, decision-making, and analytical abilities. Success in the exam depends on preparation, strategy, and perseverance.

Medical Fitness Requirements for IAS

After clearing the UPSC Mains and Interview, candidates must undergo a medical examination. This test ensures they are healthy enough to handle administrative responsibilities. The medical checkup takes place in government hospitals, where doctors assess overall fitness.

The examination includes tests for eyesight, hearing, and general health conditions. Candidates with minor health issues do not face disqualification. However, serious medical conditions that may affect job performance could impact selection.

Unlike defence services, IAS does not require strict physical fitness standards hence no IPS height and weight for female and male. The focus is on ensuring candidates can handle the demands of the role. As long as they are medically fit for administrative work, they remain eligible.

Read [UPSC Syllabus here](#).

Height Requirements for IPS and Other Services

There are no height requirements for IAS, but some other UPSC services do. The Indian Police Service (IPS) and Indian Railway Protection Force (IRPF) have strict physical standards. Candidates applying for these roles must meet specific height criteria.

Physical standards ensure officers can handle field duties effectively. IPS and IRPF officers must be fit for law enforcement and public safety roles. Height requirements vary for different categories, with relaxations for ST candidates.

Below is a table showing the height requirements for these services. Aspirants must check eligibility before applying for these posts. Meeting these standards is necessary to qualify for these roles. Below is IPS height and weight (girl) and IPS height and weight (male).

Read [UPSC Eligibility and age limit](#).

IPS Height and Weight for Female and Male

Service	Male (Minimum Height)	Female (Minimum Height)
Indian Police Service (IPS)	165 cm (General/OBC/SC) 160 cm (ST)	150 cm (General/OBC/SC) 145 cm (ST)
Indian Railway Protection Force (IRPF)	165 cm (General/OBC/SC) 160 cm (ST)	150 cm (General/OBC/SC) 145 cm (ST)
Indian Forest Service (IFS)	163 cm (General/OBC/SC) 152 cm (ST)	150 cm (General/OBC/SC) 145 cm (ST)

Weight Requirements for IPS and Other Services

For services like IPS, IRPF, and IFS, weight must match height as per medical standards. Authorities assess whether a candidate's weight falls within an acceptable range. This ensures officers maintain good health and physical capability for their duties.

The table below provides a general guideline for height and corresponding weight. While slight variations are acceptable, candidates must stay within the recommended range. Extreme underweight or overweight conditions may lead to disqualification.

Maintaining a balanced weight is important for roles requiring physical fitness. Candidates should follow a healthy lifestyle to meet medical standards. Regular exercise and proper nutrition can help them stay within the required range.

Height (cm)	Male (Recommended Weight Range)	Female (Recommended Weight Range)
150 cm	39-46 kg	36-43 kg
155 cm	43-51 kg	40-48 kg
160 cm	47-56 kg	43-52 kg
165 cm	50-60 kg	46-56 kg
170 cm	54-65 kg	50-60 kg
175 cm	58-70 kg	53-64 kg
180 cm	62-75 kg	56-68 kg

Chest measurements are also required for services like IPS and IRPF, with expansion criteria.

Focus on Mental and Administrative Strength

IAS officers are responsible for policy making, governance, and administration, where intellectual ability matters more than physical strength. The UPSC CSE tests candidates on subjects like history, geography, polity, and current affairs, along with their problem-solving and analytical skills. Once selected, IAS officers undergo training at LBSNAA, where fitness activities are encouraged but not mandatory.

Read [UPSC Notification here](#).

Conclusion

If you are aspiring to become an IAS officer, do not worry about height and weight requirements. Your selection depends on your knowledge, decision-making ability, and leadership skills rather than physical attributes. Prepare well, stay determined, and focus on clearing the UPSC exam with confidence!

If you are aspiring to crack UPSC Civil Services Examinations and become an IAS, join [SHRI RAM IAS](#), the best IAS coaching in India, for quality education.