

**REVISED HEIGHT-WEIGHT STANDARDS FOR INDUCTION/RECRUITMENT INTO THE
INDIAN NAVY AS OFFICERS/SAILORS**

1. The Height-Weight Chart for all the Officers' and Sailors' entries in the Navy has been revised on 19 Oct 20 and the norms, applicable to male and female candidates, are placed at pages 2 and 3.

2. In addition to checking the weight of the individual, Waist:Hip Ratio (WHR) of all officer entry candidates is to be measured as follows:-

(a) **Waist Circumference.** The subject is asked to stand comfortably with his/ her weight evenly distributed on both feet, and the feet about 25 – 30 cm apart. The waist measurement was taken midway between the inferior margin of the last rib and the crest of the ilium, in the horizontal plane.

(b) **Hip Circumference.** The subject is asked to stand erect with arms at the sides and feet together. The hip circumference is measured in the horizontal plane at the widest portion of the buttocks.

3. Both waist and hip circumference are recorded to the nearest cm, i.e., 5 or more mm being rounded off to the next cm and less than 5 mm rounded to the previous cm. Waist:Hip Ratio is calculated as per the following formula:-

$$\frac{\text{Waist circumference}}{\text{Hip circumference}} \quad (\text{and is recorded to the second decimal value})$$

4. The upper acceptable limit of Waist:Hip Ratio is 0.9 for male and 0.8 for female candidates. Even if the weight of a candidate is within the prescribed limit as per the Height-Weight Chart, but WHR is beyond the acceptable limit, then the candidate will be declared Unfit for Overweight.

5. **Effective Date.** The above provisions will be applicable to candidates belonging to batches for which advertisements are published after 19 Oct 2020.

Height-Weight Chart: Indian Navy
(Applicable to Male and Female Candidates)

Height (Metres)	Up to 17 yrs		17 yrs + 1 day to 18 yrs		18 yrs + 1 day to 20 yrs		20 yrs + 1 day to 30 yrs		Above 30 yrs	
	Min. Weight (Kg)	Max. Weight (Kg)	Min. Weight (Kg)	Max. Weight (Kg)	Min. Weight (Kg)	Max. Weight (Kg)	Min. Weight (Kg)	Max. Weight (Kg)	Min. Weight (Kg)	Max. Weight (Kg)
1.47	37	45	40	45	40	48	40	50	40	52
1.48	37	46	41	46	41	48	41	50	41	53
1.49	38	47	41	47	41	49	41	51	41	53
1.5	38	47	42	47	42	50	42	52	42	54
1.51	39	48	42	48	42	50	42	52	42	55
1.52	39	49	43	49	43	51	43	53	43	55
1.53	40	49	43	49	43	51	43	54	43	56
1.54	40	50	44	50	44	52	44	55	44	57
1.55	41	50	44	50	44	53	44	55	44	58
1.56	41	51	45	51	45	54	45	56	45	58
1.57	42	52	46	52	46	54	46	57	46	59
1.58	42	52	46	52	46	55	46	57	46	60
1.59	43	53	47	53	47	56	47	58	47	61
1.6	44	54	47	54	47	56	47	59	47	61
1.61	44	54	48	54	48	57	48	60	48	62
1.62	45	55	49	55	49	58	49	60	49	63
1.63	45	56	49	56	49	58	49	61	49	64
1.64	46	56	50	56	50	59	50	62	50	65
1.65	46	57	50	57	50	60	50	63	50	65
1.66	47	58	51	58	51	61	51	63	51	66
1.67	47	59	52	59	52	61	52	64	52	67
1.68	48	59	52	59	52	62	52	65	52	68
1.69	49	60	53	60	53	63	53	66	53	69
1.7	49	61	53	61	53	64	53	66	53	69
1.71	50	61	54	61	54	64	54	67	54	70
1.72	50	62	55	62	55	65	55	68	55	71
1.73	51	63	55	63	55	66	55	69	55	72
1.74	51	64	56	64	56	67	56	70	56	73
1.75	52	64	57	64	57	67	57	70	57	74

Height (Metres)	Up to 17 yrs		17 yrs + 1 day to 18 yrs		18 yrs + 1 day to 20 yrs		20 yrs + 1 day to 30 yrs		Above 30 yrs	
	Min. Weight (Kg)	Max. Weight (Kg)	Min. Weight (Kg)	Max. Weight (Kg)	Min. Weight (Kg)	Max. Weight (Kg)	Min. Weight (Kg)	Max. Weight (Kg)	Min. Weight (Kg)	Max. Weight (Kg)
1.76	53	65	57	65	57	68	57	71	57	74
1.77	53	66	58	66	58	69	58	72	58	75
1.78	54	67	59	67	59	70	59	73	59	76
1.79	54	67	59	67	59	70	59	74	59	77
1.8	55	68	60	68	60	71	60	75	60	78
1.81	56	69	61	69	61	72	61	75	61	79
1.82	56	70	61	70	61	73	61	76	61	79
1.83	57	70	62	70	62	74	62	77	62	80
1.84	58	71	63	71	63	74	63	78	63	81
1.85	58	72	63	72	63	75	63	79	63	82
1.86	59	73	64	73	64	76	64	80	64	83
1.87	59	73	65	73	65	77	65	80	65	84
1.88	60	74	65	74	65	78	65	81	65	85
1.89	61	75	66	75	66	79	66	82	66	86
1.9	61	76	67	76	67	79	67	83	67	87
1.91	62	77	67	77	67	80	67	84	67	88
1.92	63	77	68	77	68	81	68	85	68	88
1.93	63	78	69	78	69	82	69	86	69	89
1.94	64	79	70	79	70	83	70	87	70	90
1.95	65	80	70	80	70	84	70	87	70	91

Notes:-

- (a) The minimum and maximum weight for height will be standard for all categories of personnel. Candidates with weight below the minimum specified will not be accepted.
- (b) **Male candidates** with weight higher than specified will be acceptable only in exceptional circumstances in case of candidates with documented evidence of body building, wrestling, boxing or muscular build. In such cases, the following criteria are to be met:-
- (i) Body Mass Index should not be more than 25.
 - (ii) Waist:Hip Ratio less than 0.9.
 - (iii) All biochemical parameters such as blood sugar Fasting and Post Prandial, blood urea, creatinine, cholesterol, HbA1C%, etc are within normal limits.
- (c) The fitness can only be given by a Medical Specialist.

(d) The minimum acceptable height is 157 Cm for male candidates and 152 Cm for female candidates. However, relaxation in height is permissible to candidates holding domicile of areas as mentioned below and talented sports male candidates:-

Ser No.	Category	Minimum height for candidates of 17 years age and above	
		Male	Female
(i)	Tribals from Ladakh Region	155 Cm	150 Cm
(ii)	Andaman & Nicobar, Lakshadweep and Minicoy Islands	155 Cm	150 Cm
(iii)	Gorkhas, Nepali, Assamese, Garhwali, Kumaoni and Uttarakhand	152 Cm	147 Cm
(iv)	Bhutan, Sikkim & North East Region	152 Cm	147 Cm
(v)	Extra talented sports candidates	155 cm	--

(e) The above relaxation in height will not be applicable to candidates seeking entry as officers into the Navy in Pilot/ Observer specialisations of the Executive branch.

Physique. Acceptable measurements of height, sitting height, leg length, and thigh length for **Pilot** and **NAOO** entries are as under:-

- | | | |
|-------|----------------|---------------------------------------|
| (i) | Height | Minimum 162.5 cm. |
| (ii) | Sitting Height | Minimum 81.5 cm.
Maximum 96.0 cm. |
| (iii) | Leg length | Minimum 99.0 cm.
Maximum 120.0 cm. |
| (iv) | Thigh length | Maximum 64.0 cm. |