

NAPFA Scheme Standards For Males

Age Group	Grade	Points	Sit-up (Reps)	Standing Broad Jump (Cm)	Sit and Reach (Cm)	Pull-ups (Reps)	4 X 10m Shuttle Run (Secs)	2.4km Run-Walk (Min:Sec)
16 Years	A	5	>42	>245	>47	>8	<10.2	<10:31
	B	4	40-42	236-245	44-47	7-8	10.2-10.3	10:31-11:30
	C	3	37-39	226-235	40-43	5-6	10.4-10.5	11:31-12:20
	D	2	34-36	216-225	36-39	3-4	10.6-10.7	12:21-13:20
	E	1	31-33	206-215	31-35	1-2	10.8-11.1	13:21-14:40
17 Years	A	5	>42	>249	>48	>9	<10.2	<10:21
	B	4	40-42	240-249	44-48	8-9	10.2-10.3	10:21-11:10
	C	3	37-39	230-239	41-44	6-7	10.4-10.5	11:11-12:00
	D	2	34-36	220-229	37-40	4-5	10.6-10.7	12:01-12:50
	E	1	31-33	210-219	32-36	2-3	10.8-10.9	12:51-13:40
18 Years	A	5	>42	>251	>48	>10	<10.2	<10:21
	B	4	40-42	242-251	45-48	9-10	10.2-10.3	10:21-11:10
	C	3	37-39	232-241	41-44	7-8	10.4-10.5	11:11-11:50
	D	2	34-36	222-231	37-40	5-6	10.6-10.7	11:51-12:40
	E	1	31-33	212-221	32-36	3-4	10.8-10.9	12:41-13:30
19 Years	A	5	>42	>251	>48	>10	<10.2	<10:21
	B	4	40-42	242-251	45-48	9-10	10.2-10.3	10:21-11:00
	C	3	37-39	232-241	41-44	7-8	10.4-10.5	11:01-11:40
	D	2	34-36	222-231	37-40	5-6	10.6-10.7	11:41-12:30
	E	1	31-33	212-221	32-36	3-4	10.8-10.9	12:31-13:20
20-24 Years	A	5	>39	>242	>47	>10	<10.4	<10:21
	B	4	37-39	234-242	44-47	9-10	10.4-10.5	10:21-11:00
	C	3	34-36	225-233	40-43	7-8	10.6-10.7	11:01-11:40
	D	2	31-33	216-224	36-39	5-6	10.8-10.9	11:41-12:20
	E	1	28-30	207-215	32-35	3-4	11.0-11.1	12:21-13:00

NAPFA Scheme Standards For Females

Age Group	Grade	Points	Sit-up (Reps)	Standing Broad Jump (Cm)	Sit and Reach (Cm)	Inclined Flex Arm Hang (Sec)	4 X 10m Shuttle Run (Sec)	2.4km Run-Walk (Min:Sec)
16 Years	A	5	>30	>186	>46	>17	<11.3	<14:01
	B	4	29-30	178-186	44-46	14-17	11.3-11.5	14:01-15:00
	C	3	26-28	169-177	40-43	11-13	11.6-11.8	15:01-16:00
	D	2	22-25	160-168	36-39	7-10	11.9-12.2	16:01-17:00
	E	1	18-21	151-159	31-35	3-6	12.3-12.6	17:01-17:50
17 Years	A	5	>30	>189	>46	>17	<11.3	<14:01
	B	4	29-30	181-189	44-46	14-17	11.3-11.5	14:01-14:50
	C	3	27-28	172-180	40-43	11-13	11.6-11.8	14:51-15:50
	D	2	23-26	163-171	36-39	7-10	11.9-12.1	15:51-16:40
	E	1	19-22	154-162	32-35	3-6	12.2-12.5	16:41-17:30
18 Years	A	5	>30	>192	>46	>17	<11.3	<14:01
	B	4	29-30	183-192	44-46	15-17	11.3-11.5	14:01-14:50
	C	3	27-28	174-182	40-43	11-14	11.6-11.8	14:51-15:40
	D	2	24-26	165-173	36-39	8-10	11.9-12.1	15:41-16:30
	E	1	20-23	156-164	32-35	4-7	12.2-12.4	16:31-17:20
19 Years	A	5	>30	>195	>45	>17	<11.3	<14:21
	B	4	29-30	185-195	43-45	15-17	11.3-11.5	14:21-14:50
	C	3	27-28	174-184	39-42	11-14	11.6-11.8	14:51-15:30
	D	2	24-26	165-173	36-38	8-10	11.9-12.1	15:31-16:20
	E	1	21-23	156-164	32-35	5-7	12.2-12.4	16:21-17:10
20-24 Years	A	5	>28	>197	>43	>17	<11.6	<15:01
	B	4	27-28	186-197	41-43	15-17	11.6-11.8	15:01-15:30
	C	3	25-26	174-185	38-40	11-14	11.9-12.1	15:31-16:00
	D	2	23-24	162-173	35-37	8-10	12.2-12.4	16:01-16:30
	E	1	21-22	150-161	31-34	5-7	12.5-12.7	16:31-17:00

- Gold Award: At least a C grade performance in all 6 test items and a total of 21 or more points
- Silver Award: At least a D grade performance in all 6 test items and a total of 15 or more points
- Bronze Award: At least an E grade performance in all 6 test items and a total of 6 or more points