

**CRITERIA FOR ATTENDANCE AT BRITISH GURKHAS AND GCSPF
RECRUIT INTAKE 2020**

1. AGE QUALIFICATIONS.

- Age: Minimum 18 and maximum 21 years of age as at 01 Jan **2020**.
- Born between AD01/01/1999 – 01/01/2002 (BS 17/09/2055 – 17/09/2058)

2. EDUCATION QUALIFICATIONS.

- For those sitting Nepal SLC up to 2015 (British Army or GCSPF): SLC 3rd Div as minimum.
- For those sitting Nepal SLC from **2016** onwards applying British Army: Min 3 x C and 2 x D grades. Must have C grade in Maths and English.
- For those sitting Nepal SLC from **2016** onwards applying GCSPF: Min 3 x C and 2 x D grades. Must have C grade in English.
- For those (British Army or GCSPF) with GCSE, O Level or other National Certificates equivalent to SLC must have minimum of 5 subjects with minimum grades of 3 x Cs and 2 x Ds (Must passed English and Math). SLC compartmental pass (private SLC and open learning) will be accepted. N level and any vocational subject passes will not be accepted.

3. PHYSICAL REQUIREMENTS.

- Height: Minimum 158cm.
- BMI: Between 18 – 28 (by CS).
- Eyes: Glasses/Contact Lenses/Laser Surgery Not accepted.
- Physique: Raised legions or abnormalities preventing military service will not be accepted.
- Teeth: No more than two faults (fillings, gaps or false teeth). No faults with front teeth or canines
- Sick: An Individual PR who is suffering from transferable diseases will not be accepted.

4. SELECTION PROCEDURES: All information, including practice papers and demo videos can also be found on our website

a. **Registration (27 May – 07 Jul 19).** The application form for Registration will be available at no cost at the two Army Careers Information Offices (ACIOs) at British Gurkhas Pokhara (BGP) and British Gurkhas Dharan (BGD). Completed forms must be submitted in person and the PRs will be asked to sign a record of submission. PRs must bring the original documents and photocopies as described below para 5 as applicable. Applicants are to decide whether they are applying for enlistment into the British Army (BA) or Gurkha Contingent Singapore Police Force (GCSPF). In addition PRs must bring PT shorts and a black ball pen for registration. The BA applicants must do 6 over arm heaves and a minimum of 76 kg Mid-Thigh Pull to register. If BA numbers Registering are too large, we will use the mid-thigh pull score to decide who comes to Regional Selection. The GCSPF applicants must do 8 over arm heaves to register. Instructions for Regional Selection will be published on the British Gurkhas Nepal website <http://www.army.mod.uk/bgn>, at ACIOs, at British Gurkhas Kathmandu (BGK) and at Area Welfare Centres on **15 Jul 19**.

b. **Regional Selection.** Only those PRs who have submitted an application form and met the minimum criteria set out above will be permitted to attend Regional Selection (RS) either in Pokhara or Dharan. Different dates for attendance will be allocated as per the zilla where a PR is registered according to his NPP.

- Physical Assessment. You must train for all of the physical Assessments below:
 - 800m run: Best effort, under 2 minutes and 40 seconds.
 - Repeated Lift and Carry (Short): 20 kg burden carry from 1.5 platform over 30 meters followed by 30m without burden. (Best effort, 5 laps with burden, 4 without, in under 1 minute and 50 seconds)
 - Over Arm Heaves (GCSPF Only): As many heaves to the beam as possible (minimum 12, no time limit).
 - Medicine Ball Throw (BA Only): 4 kg Medicine Ball Throw from sitting position (best effort, throw over 3.10 meters).
 - Mid-Thigh Pull (BA Only): Best effort, minimum requirement 100 kgs.
- Medical: There will be basic medical checks.
- Education. For both BA and GCSPF there will be written English and Mathematic tests – though BA and GCSPF use different test papers.
- At the end candidates will be interviewed in English and Nepali by a board consisting of one British and one Gurkha Officer.

c. **Central Selection.** Successful candidates at Regional Selection will be called forward for the Central Selection at British Gurkhas Pokhara Camp. The instruction will be published on **21 Sep 19 for Western candidates and 04 Dec 19 for Eastern candidates**. During this period a series of physical, educational and medical assessments will be conducted. Applicants will be briefed further during Regional Selection.

5. DOCUMENTS / CERTIFICATES. All candidates must bring the following ORIGINAL documents as well as an A4 size photocopy of all documents to Registration. PRs are to bring original documents to Regional and Central Selection.

- a. Nagarikta ko Praman Patra (NPP).
- b. Machine Readable Passport (MRP).
- c. Marriage Certificate (if married).
- d. Birth Certificates of children (where applicable).
- e. Parents' Nagarikta ko Praman Patra.
- f. Parent's Marriage Certificate if father's name is not mentioned on mother's or son's NPP.
- g. Parent's Death Certificate (where applicable).
- h. Migration Certificate (where applicable).
- i. Caste Verification (Where applicable).
- j. Education: SLC Examination Certificate (Prabeshika Parikschha Praman Patra), SLC Examination Mark Sheet, Character Certificates are also to be brought.
- k. 2 x recently taken Passport size photographs (Size 35mm x 45mm) with their hair cut and no topi for Registration. Any photograph or candidates with long hair or unnatural hair will not be accepted.

6. SONS OF EX-SERVICEMEN PERMANENTLY LIVING IN KATHMANDU VALLEY: Sons of Ex-Servicemen from BA and GCSPF, who are permanently living in Kathmandu, Lalitpur and Bhaktapur and have obtained NPP from Kathmandu, Lalitpur and Bhaktapur are eligible to register for selection from their respective zilla.

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7. **DO NOT:**

- a. Attempt to bribe, influence or pressurize recruiting staff.
- b. Present false document.
- c. Pay bribes to DALALs or intermediaries because DALALs have no influence in the selection process.
- d. Attend recruit selection if you are not fully prepared.
- e. Attempt for recruit selection if you do not have a reasonable chance of passing selection.
- f. BREACH OF ANY OF THE ABOVE WILL RESULT IN IMMEDIATE DISQUALIFICATION AND THE PR WILL NEVER BE ALLOWED TO REAPPLY.

8. **DO:**

- a. Prepare yourself as much as possible - both physically and mentally before recruit selection.
- b. Follow the advice on the British Gurkha Nepal website at <http://www.army.mod.uk/bgn>

9. **FREE OF CHARGE.** Application to join the British Gurkhas and GCSPF is, and has always been, completely FREE OF CHARGE. Do not believe anyone who tells you that there is an application charge or that they can help an applicant who pays.

10. **DISCLAIMER.** British Gurkha Nepal is not liable and cannot be held responsible for the disturbance to an individual's studies and any injury or illness which may occur as a result of participation in selection.