

REGULAR COMMISSION IN PAKISTAN ARMY
THROUGH
PMA LONG COURSE

1. **Eligibility Conditions**

a. **Age**

(1)	Intermediate or Equivalent	-	17-22 Years	Relaxable for three months both in upper and lower age limit
(2)	Graduates (2 years graduation) and Serving PN / PAF Personnel	-	17-23 Years	
(3)	Graduates with 4 years graduation programme (BS / BA (Hon) / BBA)	-	17-24 Years	-
(4)	Serving Army Soldiers	-	17-25 Years	-

b. **Gender.** Male.

c. **Marital Status.** Unmarried (Married serving personnel of the Armed Forces over 20 years of age are eligible).

d. **Nationality.** Citizens of Pakistan and domicile holders of Azad Kashmir / Gilgit-Baltistan. Upon final selection candidates with dual nationality to surrender nationalities other than Pakistani.

e. **Physical Standards**

(1) **Minimum Height** - 5'- 4" (162.5cm)

(2) **Weight** - As per the Body Mass Index

f. **Education**

(1) **Marks - FA / FSc**

- (a) Minimum 60 % marks in FA/FSc and equivalent.
- (b) Candidates who secure 60% mks or above in BA / BSc, BA / BSc (Hons) and BBA / BPA, with 50% mks in FA / FSc are eligible for PMA Long Course

(2) **Relaxation of Marks - FA / FSc.** 55 % marks for the candidates from specified area with domicile. Area incl Balochistan, FATA, Gilgit-Baltistan, District Neelum Azad Jammu Kashmir, District Kohistan, Chitral, Dir, Tehsil Bala Kot (Kaghan, Naran) of District Mansehra in KPK, Tharparker and Tehsil Umer Kot in Sind, District Rajanpur, Area of Cholistan Desert, Drawer Fort, Salamsar, Mojgarh and Dingarh of Punjab, who have been actually studying in same areas.

(3) **Serving Army Soldiers.** 50 % marks in FA/FSc and equivalent.

(4) **Hope Certificate.** Candidates who have passed Part-1 of Intermediate Examination with minimum 60% marks and appeared / are appearing in Part-II/Final Examination can also apply on "Hope Certificate" by the Head of the institutions.

(5) **Verification of Marks Sheet / Certificate.** Candidates not issued with certificates or in possession of duplicate/revised mark sheets/certificates of Matric / Intermediate / BA / BSc MUST get a Verification Certificate signed by Secretary/Controller Examination of concerned Board/University.

2. **Ineligibility Conditions**

- a. "Not Recommended" twice by ISSB/GHQ Selection & Review Board
- b. Declared medically unfit by Military Hospital/ Appeal Medical Board.
- c. Enrolled cadets and recruits withdrawn/ resigned /discharged/ dismissed from Armed Forces (Army, Navy & Air Force) training academies/institutions on the grounds of discipline, character, medical, inefficiency, weak profile, or declared unsuitable.
- d. An individual dismissed/removed from any other government service.
- e. Convicted by a Court of Law for an offence involving moral turpitude.

3. **Registration and Preliminary Selection Procedure.** Candidates can either register through Internet or by visiting Army Selection and Recruitment Centres (AS&RCs). Following procedure will be adopted:-

- a. **Registration Through Internet.** A candidate can register on website www.joinpakarmy.gov.pk . Date and time of test shall be intimated on internet for which the individual should have an e-mail account. Candidate will report on exact date and time given for preliminary test on computerized roll no slip. Date once given will not be changed. Candidates will also bring along all documents mentioned in para 6 and will pay prospectus fee on the day of test. Candidates MUST attain working knowledge of computer as registration and tests will be conducted on computers.
- b. **Registration at AS&RCs.** The candidates may report at nearest AS&RCs for registration / allotment of roll no alongwith necessary documents mentioned in para 6 and the prospectus fee for completion of registration formalities. The candidates will bring these documents on the day of test as well.
- c. **Schedule of Registration / Preliminary Tests.** Registration and Preliminary Tests will be held as per announced schedule.

Note: Repeater candidates must report at concerned AS&RCs for preliminary tests.

- d. **Preliminary Selection**
 - (1) **Written/ Intelligence Tests.** Written/Intelligence tests will be based on multiple choice questions from English, Maths, Pak Studies, Islamiat and General Knowledge. The candidates declared successful in written/intelligence tests will undergo physical / medical tests and interviews at AS&RCs.

- (2) **Physical Tests.** The candidates must qualify the following physical standards at the time of preliminary selection:-
- (a) 1.6 Km Run - 8 ½ minutes
 - (b) Push Ups - 15 repetitions in 2 minutes
 - (c) Sit Ups - 15 repetitions in 2 minutes
 - (d) Chin Ups - 3 repetitions in 2 minutes
 - (e) Ditch Crossing - 7'.4" x 7'.4" with a depth of 4'
- (3) **Interview.** Successful candidates will be interviewed at AS&RC and short listed for ISSB test.
- (4) Successful candidates will receive notice for ISSB tests through website as well as call up letter.

4. **Further Selection.** Candidates who are selected by AS&RCs will be called for ISSB Test by GHQ. Medical examination of ISSB recommended candidates will be carried out at nearby CMHs. The final selection will be made at GHQ on the basis of candidate's overall performance.

5. **Training Period at PMA.** 2 Years.

6. **Documents Required at AS&RCs**

- a. Original certificate / detailed Marks Sheet of Matric/FA/FSc / Equivalent. In case of 'O' lvl / 'A' lvl, submission of Equivalence Certificate issued by IBCC is mandatory.
- b. Computerized National Identity Card for 18 years and above or Computerized Form "B" alongwith Guardian's Computerized National Identity Card (Father or Mother) for less than 18 years old.
- c. One set of attested photocopies of above mentioned documents.
- d. 6 x Coloured photos duly attested (front and back) by Principal/Class 1 Gazetted Officer.
- e. Original as well as three photocopies of "NOT RECOMMENDED" letter by ISSB are also required for "Repeater Candidates".

Note: - Old National Identity Card and Form "B" will not be accepted.

7. **PAKISTAN NATIONALS RESIDING ABROAD.** Eligible candidates residing abroad are exempted from Preliminary Selection. However, Defence Attaches will ascertain their overall suitability, physical deformity and stammering aspects. The candidates are advised to approach Pakistani Embassies (Military/Defence Attaches) in the country where residing or Personnel Administration Directorate PA-3(a), GHQ Rawalpindi, for issuance of Application Forms. They will submit their Application Forms alongwith connected documents through Pakistani Embassies. A postal order of Rs. 100/- and a Bank Draft of Rs. 500/- in the name of Director Personnel Administration (Selection), Personnel Administration Directorate, GHQ Rawalpindi will be attached with the Application Form. Postal address in Pakistan should also be indicated in the Application Forms so that call up notice for ISSB Tests/ Interviews and further correspondence to eligible candidates can be made on the given Pakistani address. No traveling allowance will be admissible for traveling to and from Pakistan.

Note:- If selected candidates for current entry are more than the required induction, the left over candidates would be considered for next PMA Long Course entry subject to fulfillment of eligibility conditions / merit.

For further details visit
www.joinpakarmy.gov.pk

OR

Nearest Army Selection and Recruitment Centres at Rawalpindi, Lahore, Karachi,
Peshawar, Quetta, Gilgit, Hyderabad and Multan.

Email your queries on
webmaster@joinpakarmy.gov.pk

For ISSB call up notices visit
www.issb.com.pk