

SSC CPO Syllabus 2026

Staff Selection Commission — Sub-Inspector in Delhi Police & Central Armed Police Forces

Vacancies	Announced yearly for Sub-Inspector posts in Delhi Police and CAPFs (BSF, CRPF, CISF, ITBP, SSB)
Age Limit	20–25 years (as on the notified cut-off date; standard relaxation for reserved categories)
Qualification	Bachelor's degree from a recognised university; a valid driving licence (LMV) is required at the time of Physical Test
Application Fee	■100 (General/OBC/EWS male candidates). Women and SC/ST candidates are exempted.
Official Website	ssc.gov.in
Last Reviewed	8 Jul 2026

Overview

SSC CPO recruits Sub-Inspectors for Delhi Police and the Central Armed Police Forces — BSF, CRPF, CISF, ITBP and SSB. It is one of the few SSC exams with a mandatory physical component: candidates who clear Paper I must pass the Physical Efficiency Test (PET) and Physical Standard Test (PST) before sitting Paper II, and the process ends with a detailed medical examination given the operational nature of the posts. Because fitness standards and Paper II both gate final selection, candidates need a genuinely dual-track preparation plan covering both the written syllabus and physical conditioning from the start.

What's New in the 2026 Cycle

- PET/PST is a hard gate between Paper I and Paper II — candidates who fail physical standards are eliminated regardless of Paper I score.
- Paper II focuses specifically on English Language & Comprehension at a graduate level, distinct from Paper I's general sections.
- A valid driving licence (light motor vehicle) is compulsory at the PET/PST stage.
- Final medical examination standards are stringent given the operational/field nature of CAPF and Delhi Police postings.

Exam Pattern

Paper I (Computer-Based Test)

Mode: Online, objective MCQ | Duration: 2 hours

Section	Questions	Marks
General Intelligence & Reasoning	50	50
General Knowledge & General Awareness	50	50
Quantitative Aptitude	50	50

English Comprehension	50	50
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Negative marking: 0.50 mark deducted per wrong answer | **Nature:** Qualifying for PET/PST and Paper II eligibility; also contributes to final merit.

Physical Efficiency Test (PET) & Physical Standard Test (PST)

Mode: Field test — running, height, chest & weight measurement | Duration: Conducted on a scheduled test date

Section	Questions	Marks
Race (post & gender specific distance/time)	—	Qualifying
Height, Chest & Weight measurement	—	Qualifying

Negative marking: Not applicable — qualifying (pass/fail) only | **Nature:** Mandatory gate before Paper II; candidates not meeting the post-specific physical standards are eliminated.

Paper II (Computer-Based Test)

Mode: Online, objective MCQ | Duration: 2 hours

Section	Questions	Marks
English Language & Comprehension	200	200

Negative marking: 0.25 mark deducted per wrong answer | **Nature:** Contributes to final merit alongside Paper I.

SSC CPO — Detailed Subject-Wise Syllabus

General Intelligence & Reasoning

Standard pattern-based reasoning; consistent practice under timed conditions is the fastest way to improve.

- Analogy, similarities & differences
- Spatial visualisation & orientation
- Analysis & judgement
- Decision making & problem solving
- Arithmetic reasoning & figural classification
- Coding-decoding
- Non-verbal series & abstract ideas

General Knowledge & General Awareness

Broad and current-affairs-heavy — build a weekly revision habit rather than cramming.

- Current affairs — national & international
- India and its neighbouring countries
- Sports, history, culture, geography
- Economic scene, general polity & the Constitution
- General science & scientific research
- Everyday observation & experience-based questions

Quantitative Aptitude

Set at a graduate-entry level; focus on speed with fundamentals rather than advanced topics.

- Number systems & simplification
- Percentage, ratio, average
- Profit, loss & discount
- Time, work & distance
- Mensuration & basic algebra
- Trigonometry basics
- Data interpretation — graphs, charts & tables

English Comprehension (Paper I & Paper II)

Carries outsized weight because Paper II is dedicated entirely to English — prioritise comprehension speed and vocabulary.

- Grammar & sentence structure
- Vocabulary — synonyms, antonyms, one-word substitution
- Spotting errors & sentence improvement
- Cloze test & para jumbles
- Reading comprehension (extensive weightage in Paper II)
- Idioms and phrases

Selection Process

- 1 Paper I — Computer-Based Test.
- 2 Physical Efficiency Test (PET) and Physical Standard Test (PST).
- 3 Paper II — Computer-Based Test (English Language & Comprehension).
- 4 Detailed Medical Examination.
- 5 Final merit list based on combined Paper I and Paper II scores.

Salary & Job Profile

Sub-Inspector posts are placed in Pay Level 6 (₹35,400–₹1,12,400) of the 7th CPC matrix, along with Dearness Allowance, HRA, Transport Allowance and force-specific allowances (e.g. Ration Money Allowance) depending

on the posting force and location.

Best Books for Preparation

- Objective General English — S.P. Bakshi (Arihant)
- Quantitative Aptitude for Competitive Examinations — R.S. Aggarwal
- A Modern Approach to Verbal & Non-Verbal Reasoning — R.S. Aggarwal
- Lucent's General Knowledge

Previous Cut-off Trends (Approximate)

SSC CPO Paper I cut-offs have generally fallen in the 130–155 range (out of 200) for unreserved male candidates in recent cycles, with separate and often lower cut-offs for women candidates and reserved categories. PET/PST elimination rates are historically high, so a strong Paper I score alone doesn't guarantee selection — always check the latest official cut-off release.

Preparation Tips

- Start PET training (timed runs) in parallel with written preparation — many otherwise strong candidates are eliminated at the physical stage.
- Paper II is entirely English — if this is a weak area, dedicate disproportionate early practice time to comprehension speed and vocabulary.
- General Knowledge in Paper I rewards daily current-affairs habits more than last-minute cramming, given its broad, non-static scope.
- Get medical fitness parameters (eyesight, BMI) checked early so any correctable issues don't derail selection at the final stage.

Exam Day Guidelines

- Carry your Admit Card, a valid original photo ID, and — by the PET/PST stage — your driving licence, since it's compulsory for that round.
- Begin physical conditioning (timed runs) well ahead of the PET date; last-minute training rarely closes a large fitness gap.
- No electronic devices or written material are allowed in either Paper I or Paper II.
- For the medical examination, avoid tattoos or grooming choices that may conflict with force-specific medical standards, and get a preliminary fitness check done early.

Frequently Asked Questions

What is the physical requirement for SSC CPO SI?

Standards vary by post and gender — covering a timed race along with minimum height, chest and weight criteria — and are specified in detail in the official notification.

Is a driving licence mandatory for SSC CPO?

Yes, a valid light motor vehicle (LMV) driving licence is required at the time of the Physical Standard Test.

What does Paper II of SSC CPO test?

Paper II is dedicated entirely to English Language & Comprehension at a graduate level, distinct from the four-section Paper I.

Is there negative marking in SSC CPO?

Yes — 0.50 marks are deducted per wrong answer in Paper I, and 0.25 marks per wrong answer in Paper II.

What happens after Paper II in SSC CPO selection?

Candidates who qualify proceed to a detailed medical examination; final selection is based on the combined Paper I and Paper II merit list plus fitness for duty.

Compiled and reviewed by Syllabus Hub against the official Staff Selection Commission notification as of 8 Jul 2026. Exam patterns, vacancies and dates are subject to change — always cross-check with the official notification at ssc.gov.in before applying. © 2026 Syllabus Hub.