

UPSC CAPF AC Syllabus & Exam Pattern 2026: PDF Download

The Union Public Service Commission (UPSC) releases the detailed CAPF syllabus and exam pattern along with the detailed notification. It has been released in the form of an online PDF. As the assistant commandant recruitment exam is scheduled on 19th July 2026, candidates must have started their preparation. This article provides valuable insights and tips to give a kickstart to the candidate's preparation strategy, addressing challenges such as vast content and effective time management.

The detailed UPSC CAPF syllabus PDF for the upcoming Assistant Commandants (AC) recruitment exam has been made available, providing a thorough review of topics covered in Paper I and Paper II in the article below. It will help candidates to take a focused approach and increase their chances of success. By the end of this article, you will have the knowledge, develop a solid preparation strategy, and overcome the challenges ahead. Don't miss the opportunity to download the [CAPF Exam](#) syllabus PDF and utilize available resources.

UPSC CAPF Syllabus and Exam Pattern 2026 PDF Download Link

The official window to check and download the UPSC CAPF Syllabus and Exam Pattern 2026 PDF has been activated at the official website of the Union Public Service Commission (UPSC). All those candidates who are willing to take the upcoming UPSC CAPF recruitment examination can now check and download the latest syllabus and exam pattern either through the official UPSC website, or they can also check the same in the article below. Before starting the exam preparation, make sure to carefully go through the detailed syllabus and exam pattern. This will help them have a better understanding of the most important and high-weightage topics along with the marking scheme and the types of questions asked in the examination. Interested candidates can check the detailed assistant commandant syllabus PDF by simply clicking on the direct link shared here.

Know how to download the UPSC [CAPF AC Answer Key](#).

UPSC CAPF Syllabus 2026

Along with the detailed notification, the Union Public Service Commission also updated the latest syllabus for the upcoming Central Armed Police Forces (CAPF) Assistant Commandants (AC) recruitment examination at its official website. It is to be noted that the UPSC CAPF syllabus is divided into two parts, i.e., paper 1 and paper 2. The syllabus for Paper 1 includes general ability and intelligence, while Paper 2 covers general studies, essays, and comprehension. Knowing the syllabus beforehand helps candidates have a better understanding of the most important and topics with high weightage. They can also check the detailed Paper 1 and Paper 2 syllabus in the article below.

UPSC CAPF Paper 1 Syllabus 2026

The candidates who are gathering the study material for the CAPF exam for Paper 1 must go through the syllabus in detail. The UPSC CAPF AC Paper 1 includes two subjects on which the questions will be based which are general ability and intelligence. The candidates can go through the UPSC CAPF Paper 1 assistant commandant syllabus.

CAPF Exam Syllabus for Paper I (General Ability and Intelligence)

Subject Name	Topics
General Mental Ability	<ul style="list-style-type: none">• Logical Reasoning,• Quantitative Aptitude• Numerical Ability• Data Interpretation.
India History	Social Economic and political aspects. This shall also include the areas of growth of nationalism and freedom movement.
General Science	<ul style="list-style-type: none">• General Awareness• Scientific temper• Comprehension and appreciation of scientific phenomena of everyday observation• Information Technology• Biotechnology• Environmental Science.
Current Events	<ul style="list-style-type: none">• Current events of national and international importance in the broad areas of• Arts & Culture• Music• Literature• Sports• Governance• Societal and developmental issues• Industry• Business• Globalisation and interplay among nations.

Indian and World Geography	Physical, social and economic aspects of geography pertaining to India and the World.
Indian Polity and Economy	<ul style="list-style-type: none">• Country's political system and the Constitution of India• Social Systems and public administration• Economic Development in India• Regional and international security Challenges and human rights including its indicators.

For details on the [CAPF AC Selection Process](#), refer to the linked article.

UPSC CAPF Paper 2 Syllabus 2026

UPSC CAPF AC Paper 2 is normally a descriptive test. The questions are generally based on the English language, comprehension, essays, and general studies. The candidates can answer in English or Hindi, whichever language they are comfortable with. The candidates can go through the complete UPSC CAPF Syllabus 2026 for Paper II given below.

CAPF Exam Syllabus 2026 for Paper II (General Studies, Essay and Comprehension)

Part	Subject	Topics
Part A	Essay questions	<ul style="list-style-type: none">• Modern Indian history especially of the freedom struggle,• Geography• Polity• Economy• Knowledge of Security and Human Rights issues• Analytical Ability
Part B	Comprehension, précis writing, other communications/language skills	<ul style="list-style-type: none">• Comprehension passages,• Précis writing• Developing counter arguments• Simple grammar and other aspects of language testing.

Know the [CAPF AC Salary and Job Profile](#) Here!

UPSC CAPF Exam Pattern 2026

The official notification specifies the UPSC CAPF exam pattern, which includes two papers: Paper 1 and Paper 2. As per the latest exam pattern, the UPSC CAPF Paper 1 is an objective-type test with 125 questions and a duration of 2 hours, while Paper 2 is a descriptive test with 250 marks and 200 marks. The selection process for the UPSC CAPF exam is divided into three stages: Stage-I, which includes two examinations for 450 marks; Stage-II, which includes the Physical Efficiency and Medical Standard Test; and Stage-III, which includes the Interview/Personality Test. Interested candidates can check the detailed UPSC CAPF exam pattern in the table below and start their preparation accordingly.

UPSC CAPF Exam Pattern 2026

Particulars	Details	
Name of the exam	Central Armed Police Forces (CAPF) Assistant Commandants (AC)	
Conducting Body	Union Public Service Commission	
Selection	Three Rounds	
First Round	Written Test	
Second Round	Physical Ability Test	
Third Round	Interview/Personality Test	
Written Exam	Paper 1	Paper 2
Number of Questions	200	6
Type of Questions	MCQ	Descriptive
Duration	2 hours	3 hours

Total Marks	250 marks	200 marks
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UPSC CAPF Exam Pattern 2026 for Written Exam

Stage 1 of the UPSC CAPF exam starts with 2 written exams. Check out the exam pattern of the written test in detail.

- Paper 1 will be an online examination. It will be an objective type of question i.e. the test consists of multiple-choice questions (MCQ).
- Paper 2 will be a descriptive question based on general studies, essays, and comprehension.
- The Commission shall determine the minimum qualifying marks for each Paper on an individual basis.
- UPSC CAPF AC Paper-I will be assessed first, while Paper-II will only be reviewed for candidates who earn the minimum qualifying marks in Paper-I.

To know about the marks and time duration, refer to the table mentioned below:

UPSC CAPF AC Exam Pattern 2026		
Exam	Subject	Marks
Paper I (Objective)	General Ability & Intelligence	250 marks
Paper II (Descriptive)	General Studies, Essay & Comprehension	200 marks
Total Marks		450

UPSC CAPF Exam Pattern for PST, PET, Medical Standard Test

Only those candidates who successfully qualify UPSC CAPF Stage I, i.e., the written test, are considered eligible for Stage II and will be called for physical efficiency tests (PST) along with the medical standard tests. The UPSC CAPF AC Physical Efficiency Test (PET) includes race, jump and shot put. Go through the CAPF AC Exam Pattern 2026 for the Physical Standard Test given below.

Check the [CAPF AC Eligibility Criteria](#) Here!

UPSC CAPF Exam Pattern for Physical Efficiency Test (PET)

UPSC CAPF AC Physical Efficiency Test 2026 comprises races, jumps, and shot put rounds. Applicants have to pass each round in the given time. The minimum duration to pass these rounds varies for female and male applicants. Go through the UPSC CAPF AC Exam Pattern 2026 for the Physical Efficiency Test given below.

CAPF AC Physical Efficiency Test 2026		
Event	Males	Females
100 Meters race	16 Seconds	18 seconds
800 Meters race	3 minutes 45 seconds	4 minutes 45 seconds
Long Jump(only 3 chances)	3.5 Meters	3.0 meters
Shot Put (7.26 Kgs)	4.5 Meters	-

Know how to download [UPSC CAPF AC Result](#).

CAPF Exam Pattern for Physical Standard Test (PST)

Candidates who pass the written exam will be eligible to take the Physical Standard Test (PET) or and the Medical Standards Test. The male and female candidates should have the required height and weight to be considered eligible for the UPSC CAPF AC Recruitment 2026. Go through the CAPF AC Exam Pattern 2026 for Physical Standard Test (PST) given below

UPSC CAPF AC Physical Standard Test (PST) 2026

Sex	Height specifications	Chest girth (Fully expanded)	Expansion	Weight Specifications
Male	165 cm.	81 cm.	5 cm.	50 kg
Female	157 cms.	Not Applicable	Not Applicable	46 kg

For details on the [UPSC CAPF AC Admit Card](#), refer to the linked article.

CAPF Exam Pattern 2026 for Medical Standard Requirements

After the physical efficiency round comes the UPSC CAPF AC medical standard test 2026, which is required for the candidates to clear. Both male and female candidates should be physically fit to get selected in the CAPF AC Recruitment 2026. Go through the UPSC CAPF AC Medical Standard details 2026 given below

CAPF AC Medical Standard 2026		
UPSC CAPF Medical Standard Specifications	Specification for Better eye (corrected vision)	Specification for Worse eye (corrected vision)
Specification for Near Vision	N6 (corrected)	N9 (corrected)
Specification for Distant vision	6/6 OR 6/9	6/12 OR 6/9

To get the detailed [CAPF Previous Year Question Paper](#), candidates can visit the linked article.

CAPF AC Personality Test/ Interview Round 2026

After passing the Physical and Medical exams, applicants will be invited to the UPSC CAPF AC Interview/Personality Test 2026. There will be a total of 150 marks given for the UPSC CAPF AC interview round 2026. Candidates who are shortlisted for the CAPF AC Interview round 2026 will be asked to fill out the Comprehensive Application Form (DAF) to show their preference for Armed Forces like BSF, CISF, CRPF, ITBP, and SSB.

Know how to download the [UPSC CAPF AC Admit Card](#)

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