

IPPT Standards

SINGAPORE PRISON SERVICE
CAPTAINS OF LIVES
 REHAB • RENEW • RESTART

IPPT STANDARDS (SILVER)

(MEN – CAT X to Z)

AGE GROUP	STANDING BROAD JUMP (cm)	CHIN-UPS (rep)	4x10m SHUTTLE RUN (sec)	SIT UP (rep)	2.4km RUN (min. sec)
Cat X (Age 24 & below)	≥ 225cm	≥ 8	≤ 10.4	≥ 34	≤ 11:40
Cat Y (Age 25 – 29)	≥ 221cm	≥ 7	≤ 10.5	≥ 33	≤ 12:00
Cat Y1 (Age 30 – 34)	≥ 216cm	≥ 6	≤ 10.6	≥ 31	≤ 12:20
Cat Z (Age 35 – 39)	≥ 207cm	≥ 4	≤ 10.8	≥ 28	≤ 12:50

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(WOMEN – CAT X to Z)

AGE GROUP	STANDING BROAD JUMP (cm)	CHIN-UPS (rep)	4x10m SHUTTLE RUN (sec)	SIT UP (rep)	2.4km RUN (min. sec)
Cat X (Age 24 & below)	≥ 174	≥ 8	≤ 11.9	≥ 25	≤ 15:31
Cat Y (Age 25 – 29)	≥ 168	≥ 7	≤ 12.1	≥ 24	≤ 15:46
Cat Y1 (Age 30 – 34)	≥ 162	≥ 6	≤ 12.2	≥ 23	≤ 16:01
Cat Z (Age 35 – 39)	≥ 156	≥ 5	≤ 12.3	≥ 22	≤ 16:16