

Revised NAPFA Norms

1) (Modified) Sit-and-Reach

Males

Current Norms

Grade	9 yrs (cm)	10 yrs (cm)	11 yrs (cm)	12 yrs (cm)	13 yrs (cm)	14 yrs (cm)	15 yrs (cm)	16 yrs (cm)	17 yrs (cm)	18 yrs (cm)	19 yrs (cm)
A	>36	>38	>40	>42	>44	>46	>48	>50	>50	>50	>50
B	30- 36	32- 38	34- 40	36- 42	38- 44	40- 46	42- 48	44- 50	44- 50	44- 50	44- 50
C	23- 29	25- 31	27- 33	29- 35	31- 37	33- 39	35- 41	37- 43	37- 43	37- 43	37- 43
D	16- 22	18- 24	20- 26	22- 28	24- 30	26- 32	28- 34	30- 36	30- 36	30- 36	30- 36
E	9-15	11- 17	13- 19	15- 21	17- 23	19- 25	21- 27	23- 29	23- 29	23- 29	23- 29

Revised Norms

Grade	9 yrs (cm)	10 yrs (cm)	11 yrs (cm)	12 yrs (cm)	13 yrs (cm)	14 yrs (cm)	15 yrs (cm)	16 yrs (cm)	17 yrs (cm)	18 yrs (cm)	19 yrs (cm)
A	>33	>35	>37	>39	>41	>43	>45	>47	>48	>48	>48
B	30- 33	32- 35	34- 37	36- 39	38- 41	40- 43	42- 45	44- 47	45- 48	45- 48	45- 48
C	26- 29	28- 31	30- 33	32- 35	34- 37	36- 39	38- 41	40- 43	41- 44	41- 44	41- 44
D	21- 25	23- 27	25- 29	28- 31	30- 33	32- 35	34- 37	36- 39	37- 40	37- 40	37- 40
E	16- 20	18- 22	20- 24	23- 27	25- 29	27- 31	29- 33	31- 35	32- 36	32- 36	32- 36

Females

Current Norms

Grade	9 yrs (cm)	10 yrs (cm)	11 yrs (cm)	12 yrs (cm)	13 yrs (cm)	14 yrs (cm)	15 yrs (cm)	16 yrs (cm)	17 yrs (cm)	18 yrs (cm)	19 yrs (cm)
A	>37	>39	>41	>43	>45	>47	>48	>49	>49	>49	>48
B	32- 37	34- 39	36- 41	38- 43	40- 45	42- 47	43- 48	44- 49	44- 49	44- 49	43- 48
C	25- 31	27- 33	29- 35	31- 37	33- 39	35- 41	36- 42	37- 43	37- 43	37- 43	36- 42
D	18- 24	20- 26	22- 28	24- 30	26- 32	28- 34	29- 35	30- 36	30- 36	30- 36	29- 35
E	11- 17	13- 19	15- 21	17- 23	19- 25	21- 27	22- 28	23- 29	23- 29	23- 29	22- 28

Revised Norms

Grade	9 yrs (cm)	10 yrs (cm)	11 yrs (cm)	12 yrs (cm)	13 yrs (cm)	14 yrs (cm)	15 yrs (cm)	16 yrs (cm)	17 yrs (cm)	18 yrs (cm)	19 yrs (cm)
A	>33	>35	>37	>39	>41	>43	>45	>46	>46	>46	>45
B	31-33	33-35	35-37	37-39	39-41	41-43	43-45	44-46	44-46	44-46	43-45
C	28-30	30-32	32-34	34-36	36-38	38-40	39-42	40-43	40-43	40-43	39-42
D	24-27	26-29	28-31	30-33	32-35	34-37	35-38	36-39	36-39	36-39	36-38
E	19-23	21-25	23-27	25-29	27-31	29-33	30-34	31-35	32-35	32-35	32-35

2) Inclined Pull-Up

Males (9 – 14 years old)

Current Norms

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs
A	> 26	> 27	> 27	> 27	>28	> 29
B	18-26	19-27	19-27	19-27	20-28	21-29
C	9-17	10-18	10-18	10-18	11-19	12-20
D	5-8	6-9	6-9	6-9	7-10	7-11
E	2-4	2-5	2-5	2-5	3-6	3-6

Revised Norms

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs
A	> 21	> 22	> 23	> 24	> 25	> 26
B	18-21	19-22	20-23	21-24	22-25	23-26
C	13-17	14-18	15-19	16-20	17-21	18-22
D	9-12	9-13	10-14	11-15	12-16	13-17
E	3-8	3-8	4-9	5-10	7-11	8-12

Females

Current Norms

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
A	> 22	> 21	>20	> 19	> 17	> 16	> 17	> 18	> 19	> 20	> 21
B	16-22	15-21	14-20	13-19	11-17	10-16	11-17	12-18	13-19	14-20	15-21
C	9-15	8-14	7-13	6-12	4-10	3-9	4-10	5-11	6-12	7-13	8-14
D	5-8	4-7	3-6	3-5	2-3	2	2-3	2-4	3-5	3-6	4-7
E	2-4	2-3	2	1-2	1	1	1	1	1-2	2	2-3

Revised Norms

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
A	>14	>14	> 15	>15	>16	>16	>16	>17	>17	> 17	> 17
B	12-14	12-14	13-15	13-15	13-16	14-16	14-16	14-17	14-17	15-17	15-17
C	9-11	9-11	10-12	10-12	10-12	10-13	10-13	11-13	11-13	11-14	11-14
D	6-8	6-8	7-9	7-9	7-9	7-9	7-9	7-10	7-10	8-10	8-10
E	2-5	3-5	3-6	3-6	3-6	3-6	3-6	3-6	3-6	4-7	5-7

3) Pull-Up

Males (15 – 19 years old)

Current Norms

Grade	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
A	> 7	> 8	> 9	> 10	>10
B	6-7	7-8	8-9	9-10	9-10
C	5	6	6-7	7-8	7-8
D	3-4	4-5	5	5-6	5-6
E	2	3	3-4	3-4	3-4

Revised Norms

Grade	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
A	> 7	> 8	> 9	> 10	> 10
B	6-7	7-8	8-9	9-10	9-10
C	5	5-6	6-7	7-8	7-8
D	3-4	3-4	4-5	5-6	5-6
E	1-2	1-2	2-3	3-4	3-4

4) 2.4 km Run/Walk

Males

Current Norms

Grade	12 yrs (min)	13 yrs (min)	14 yrs (min)	15 yrs (min)	16 yrs (min)	17 yrs (min)	18 yrs (min)	19 yrs (min)
A	<11:31	<11:11	<10:51	<10:31	<10:21	<10:11	<10:01	<10:01
B	11:31 – 12:20	11:11 – 12:00	10:51 – 11:40	10:31 – 11:20	10:21 – 11:10	10:11 – 11:00	10:01 – 10:50	10:01 – 10:50
C	12:21 - 13:10	12:01 – 12:50	11:41 – 12:30	11:21 – 12:10	11:11 – 12:00	11:01 – 11:50	10:51 – 11:40	10:51 – 11:40
D	13:11 – 14:00	12:51 – 13:40	12:31 – 13:20	12:11 – 13:00	12:01 – 12:50	11:51 – 12:40	11:41 – 12:30	11:41 – 12:30
E	14:01 – 14:50	13:41 – 14:30	13:21 – 14:10	13:01 – 13:50	12:51 – 13:40	12:41 – 13:30	12:31 – 13:20	12:31 – 13:10

Revised Norms

Grade	12 yrs (min)	13 yrs (min)	14 yrs (min)	15 yrs (min)	16 yrs (min)	17 yrs (min)	18 yrs (min)	19 yrs (min)
A	<12:01	<11:31	<11:01	<10:41	<10:31	<10:21	<10:21	<10:21
B	12:01 – 13:10	11:31 – 12:30	11:01 – 12:00	10:41 – 11:40	10:31 – 11:30	10:21 – 11:10	10:21 – 11:10	10:21 – 11:00
C	13:11 - 14:20	12:31 – 13:40	12:01 – 13:00	11:41 – 12:40	11:31 – 12:20	11:11 – 12:00	11:11 – 11:50	11:01 – 11:40
D	14:21 – 15:30	13:41 – 14:50	13:01 – 14:10	12:41 – 13:40	12:21 – 13:20	12:01 – 12:50	11:51 – 12:40	11:41 – 12:30
E	15:31 – 16:50	14:51 – 16:00	14:11 – 15:20	13:41 – 14:40	13:21 – 14:10	12:51 – 13:40	12:41 – 13:30	12:31 – 13:20

Females

Current Norms

Grade	12 yrs (min)	13 yrs (min)	14 yrs (min)	15 yrs (min)	16 yrs (min)	17 yrs (min)	18 yrs (min)	19 yrs (min)
A	<15:06	<14:51	<14:41	<14:36	<14:31	<14:31	<14:31	<14:31
B	15:06 – 16:05	14:51 – 15:50	14:41 – 15:35	14:36 – 15:25	14:31 – 15:15	14:31 – 15:05	14:31 – 15:00	14:31 – 15:00
C	16:06 – 17:05	15:51 – 16:50	15:36 – 16:35	15:26 – 16:20	15:16 – 16:10	15:06 – 16:00	15:01 – 15:50	15:01 – 15:40
D	17:06 – 18:05	16:51 – 17:50	16:36 – 17:35	16:21 – 17:20	16:11 – 17:05	16:01 – 16:50	15:51 – 16:40	15:41 – 16:30
E	18:06 – 19:05	17:51 – 18:45	17:36 – 18:30	17:21 – 18:15	17:06 – 18:00	16:51 – 17:45	16:41 – 17:30	16:31 – 17:15

Revised Norms

Grade	12 yrs (min)	13 yrs (min)	14 yrs (min)	15 yrs (min)	16 yrs (min)	17 yrs (min)	18 yrs (min)	19 yrs (min)
A	<14:41	<14:31	<14:21	<14:11	<14:01	<14:01	<14:01	<14:21
B	14:41 – 15:40	14:31 – 15:30	14:21 – 15:20	14:11 – 15:10	14:01 – 15:00	14:01 – 14:50	14:01 – 14:50	14:21 – 14:50
C	15:41 – 16:40	15:31 – 16:30	15:21 – 16:20	15:11 – 16:10	15:01 – 16:00	14:51 – 15:50	14:51 – 15:40	14:51 – 15:30
D	16:41 – 17:40	16:31 – 17:30	16:21 – 17:20	16:11 – 17:10	16:01 – 17:00	15:51 – 16:40	15:41 – 16:30	15:31 – 16:20
E	17:41 – 18:40	17:31 – 18:30	17:21 – 18:20	17:11 – 18:10	17:01 – 17:50	16:41 – 17:30	16:31 – 17:20	16:21 – 17:10