Northern Railway Sports Quota 2026: Apply for 21 Posts

Complete revision guide for Northern Railway Sports Quota 2026. Covers sports norms, trial criteria, general sci...

1. EXAM / NOTIFICATION KEY FACTS & DATES

Post / Course Name	Sports Person (Pay Level 2, 3, 4, 5)
Total Vacancies	21 Posts
Minimum Qualification	12th pass / Graduate with Sports Achievements
Application Start Date	1 Dec 2026
Last Date to Apply	30 Dec 2026
Selection Process	Sports Trial (40 Marks) + Assessment of Sports Achievements (50 Marks) + Ed...
Exam Mode & Duration	Practical Sports Skill Trial (February 2027) & Document Verification
Key Subjects	Sports Performance Evaluation, General Science, Mathematics, General Intell...
Negative Marking	Not applicable for physical trials; 1/3rd mark deduction for any written sc...

2. 4-STEP SMART PREPARATION PLAN

1. Phase 1: Verify eligibility criteria and ensure sports certificates are issued by IOA or recognized National Sports Federations (NSFs).
2. Phase 2: Build peak physical fitness and sport-specific skill performance for the sports trial scheduled in February 2027.
3. Phase 3: Master high-frequency RRB topics in General Science, Quantitative Aptitude, and Sports Static GK.
4. Phase 4: Practice previous year RRB questions and assemble original certificates along with self-attested photocopies for DV.

3. SAMPLE GOLDEN SHORTCUTS & FORMULAS

* Shortcut 1: Train Crossing Platform - Total Distance = Length of Train + Length of Platform; Time = Total Distance / Speed.
* Shortcut 2: Speed Conversion - Multiply km/h by 5/18 to get m/s; Multiply m/s by 18/5 to get km/h.
* Shortcut 3: 2-Year CI and SI Difference - Difference D = P * (R/100)^2.
* Shortcut 4: Relative Speed - Opposite Directions = S1 + S2; Same Direction = |S1 - S2|.

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4. TOP 10 HIGH-WEIGHTAGE SYLLABUS TOPICS (QUICK SUMMARY)

1. Sports Achievements & Eligibility Criteria
Weightage: High (5-7 Qs / Evaluation)

Sports Quota recruitment criteria depend strictly on recognized achievements achieved within the valid official period. For Pay Level 4 and 5, representation in Senior World Cup, World Championships, Asian Games, or C...

2. Speed, Distance & Trains
Weightage: High (3-4 Qs)

Railway exams heavily test problems on trains, relative speed, and platform lengths. Remember that when two trains run in opposite directions, relative speed is the sum of their speeds ($S_1 + S_2$), whereas in the sa...

3. Work, Energy & Power
Weightage: High (3-4 Qs)

Work done is defined as $W = F \times s \times \cos(\theta)$. When force and displacement are perpendicular, work done is zero (e.g., a porter walking horizontally with luggage). Potential Energy is given by $PE = mgh...

4. Simple & Compound Interest
Weightage: Medium (2-3 Qs)

Simple Interest formula is $SI = \frac{P \times R \times T}{100}$. For Compound Interest, Amount $A = P(1 + R/100)^T$. The direct shortcut formula for the difference between CI and SI for 2 years is $D = P(R/100)^2$. ...

5. Chemical Reactions & Periodic Table
Weightage: High (4-5 Qs)

Modern Periodic Table designed by Henry Moseley arranges elements by increasing atomic number across 18 groups and 7 periods. Group 1 contains Alkali Metals, Group 17 contains Halogens, and Group 18 contains Noble Gas...

6. Cell Biology & Human Systems
Weightage: High (3-4 Qs)

Mitochondria is known as the powerhouse of the cell because it generates ATP through cellular respiration. Lysosomes are called suicidal bags due to digestive enzymes. Plant cell walls are made of cellulose, while fun...

7. Coding-Decoding & Letter Series
Weightage: High (4-5 Qs)

Master alphabet numerical positions from A=1 to Z=26 and reverse positions using the rule $(27 - \text{Position})$. Memorize the keyword EJOTY ($5, 10, 15, 20, 25$) for fast lookup. Coding patterns include direct lett...

8. Syllogism & Venn Diagrams
Weightage: High (3-4 Qs)

Syllogism questions test logical deductions using statements like 'All A are B', 'Some B are C', and 'No C is D'. Draw standard Venn diagrams representing minimal overlap to test conclusions. A conclusion is definitel...

9. National Sports Awards & Trophies
Weightage: High (4-5 Qs)

Major Dhyan Chand Khel Ratna Award is India's highest sports honor, carrying a cash prize of Rs. 25 Lakhs. Arjuna Award is given for consistent outstanding performance over four years. Dronacharya Award recognizes top...

10. Indian Constitution & Important Articles
Weightage: Medium (2-3 Qs)

The Constitution of India was adopted on 26 November 1949 and came into force on 26 January 1950. Fundamental Rights are covered under Articles 12 to 35 in Part III. Key articles include Article 14 (Equality before La...

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5. 10 SAMPLE EXAM-STYLE PRACTICE MCQS (WITH ANSWERS)

Q1. What is the minimum mark required in the practical sports trial out of 40 to be declared 'Fit' in Northern Railway Sports Quota recruitment?
(A) 15 Marks (B) 20 Marks (C) 25 Marks (D) 30 Marks
Ans: (C) | In Railway Sports Quota selection, the practical sports trial carries 40 marks, and a candidate must score a minimum of 25 marks to be assessed as 'FIT'.

Q2. A train 150 meters long passes a telegraph post in 12 seconds. What is the speed of the train in km/h?
(A) 45 km/h (B) 50 km/h (C) 54 km/h (D) 60 km/h
Ans: (C) | Speed in m/s = Distance / Time = 150 / 12 = 12.5 m/s. Converting to km/h: 12.5 * (18 / 5) = 45 / 5 * 6 = 45 * 1.2 = 45 km/h?
Wait: 12.5 * 18 / 5 = 2.5 * 18 = 45? No: 150/12 = 12.5. 12.5 * 18/5 = 45 km/h. Let's recheck: 150/12 = 25/2 m/s. 25/2 * 18/5 = 45 km/h.
Wait, option C says 54 km/h, option A says 45 km/h. Answer is A. (Let's set ans: A).

Q3. On which day is National Sports Day celebrated in India every year?
(A) 15th August (B) 29th August (C) 5th September (D) 14th November
Ans: (B) | National Sports Day is celebrated in India on August 29 every year to mark the birth anniversary of hockey legend Major Dhyan Chand.

Q4. If the resistance of a wire is doubled while keeping the potential difference constant, the current flowing through it will become:
(A) Double (B) Half (C) Four times (D) Unchanged
Ans: (B) | According to Ohm's Law, I = V / R. If R is doubled (2R), current I' = V / 2R = I / 2 (Half).

Q5. In a certain code language, 'SPORTS' is written as 'TQPUSR'. How is 'TRAIN' written in that code?
(A) UQBJM (B) USBJM (C) USZJM (D) UQZJM
Ans: (B) | Pattern: +1, -1, +1, -1, +1, -1 applied to letters. T(+1)=U, R(-1)=Q? Wait: S->T (+1), P->Q (+1)? S(+1)=T, P(+1)=Q,
O(+1)=P, R(+1)=S, T(+1)=U, S(-1)=R? Let's check T->U, R->S, A->B, I->J, N->M -> USBJM.

Q6. What is the difference between Compound Interest and Simple Interest on Rs. 10,000 for 2 years at 10% per annum?
(A) Rs. 50 (B) Rs. 100 (C) Rs. 150 (D) Rs. 200
Ans: (B) | Use shortcut formula D = P * (R/100)^2 = 10000 * (10/100)^2 = 10000 * (1/100) = Rs. 100.

Q7. Which of the following elements has the highest electron affinity in the Periodic Table?
(A) Fluorine (B) Chlorine (C) Bromine (D) Oxygen
Ans: (B) | Chlorine has the highest electron affinity among all elements due to less electron-electron repulsion compared to Fluorine.

Q8. Santosh Trophy is associated with which of the following sports in India?
(A) Hockey (B) Cricket (C) Football (D) Kabaddi
Ans: (C) | Santosh Trophy is a famous national-level Indian football tournament organized by the All India Football Federation (AIFF).

Q9. If A can complete a work in 10 days and B can complete the same work in 15 days, in how many days can they complete it working together?
(A) 5 days (B) 6 days (C) 7.5 days (D) 8 days
Ans: (B) | Combined Time = (A * B) / (A + B) = (10 * 15) / (10 + 15) = 150 / 25 = 6 days.

Q10. Which organelle is known as the 'Suicidal Bag' of the cell?
(A) Ribosome (B) Mitochondria (C) Lysosome (D) Golgi Apparatus
Ans: (C) | Lysosomes contain digestive enzymes capable of destroying damaged cell structures, hence called suicidal bags.

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