ANNEX B: COMBAT FIELD TEST (CFT) IMPLEMENTATION

B.1. (U) THIS ANNEX SERVES AS THE IMPLEMENTATION GUIDANCE FOR THE COMBAT FIELD TEST (CFT) IN ADVANCE OF UPDATES TO ATP 7-22.01 AND AR 350-1 AS APPLICABLE.

B.2. (U) THE CFT IS SIMILAR TO THE CURRENT EXPERT PHYSICAL FITNESS ASSESSMENT (EPFA) CONDUCTED AS PART OF THE EXPERT INFANTRY BADGE, EXPERT SOLDIER BADGE, AND EXPERT FIELD MEDIC BADGE. THE CFT IS AGE AND SEX NEUTRAL.

B.2.A. (U) APPLICABILITY AND STANDARD. THE CFT FOR COMBAT SPECIALTY SOLDIERS MUST BE COMPLETED IN 30:00 OR LESS. THE CFT IS REQUIRED FOR ALL COMBAT SPECIALTY SOLDIERS IN THE REGULAR ARMY, USAR ACTIVE GUARD RESERVE (AGR), ARNG AGR (T10 and T32), AND RESERVE COMPONENT (RC) ON ACTIVE-DUTY ORDERS FOR 365-DAYS OR MORE. COMBAT SPECIALTIES ARE LISTED IN PARA 3.D.1 OF THE BASE ORDER.

B.2.B. (U) FREQUENCY. DURING THE IMPLEMENTATION YEAR, COMBAT SPECIALTY SOLDIERS (SEE BASE ORDER PARA 3.D.1) WILL TAKE 1 DIAGNOSTIC CFT. EFFECTIVE 365 DAYS POST PUBLICATION OF THIS ORDER, REGULAR ARMY (RA), USAR ACTIVE GUARD RESERVE (AGR), ARNG AGR (T10 and T32), AND RESERVE COMPONENT (RC) SOLDIERS ON ACTIVE-DUTY ORDERS FOR 365-DAYS OR MORE WILL TAKE 1 CFT AND 1 AFT RECORD TEST ANNUALLY. ALL OTHER RC SOLDIERS IN COMBAT SPECIALTIES WILL TAKE ONE RECORD FITNESS TEST PER CALENDAR YEAR ALTERNATING BETWEEN THE AFT AND CFT, TAKING A RECORD AFT ONE CALENDAR YEAR AND A RECORD CFT THE NEXT CALENDAR YEAR.

B.2.C. (U) CFT GENERAL DESCRIPTION. THIS IS A CONTINUOUS EVENT WHERE NO INDIVIDUAL EVENT IS TIMED; RATHER, THE CUMULATIVE TIME (SEE PARA A.2.A) OF ALL EVENTS IS USED TO DETERMINE WHETHER A SOLDIER PASSES OR FAILS. SOLDIERS ARE REQUIRED TO PERFORM, IN SEQUENCE: (1) A 1-MILE RUN, (2) 30 DEAD STOP PUSHUPS, (3) 100-METER SPRINT, (4) 16X SANDBAG LIFTS ONTO A 65” PLATFORM, (5) 50-METER FARMERS CARRY CONSISTING OF TWO FIVE-GALLON ARMY WATER CANS WEIGHING 40 LBS., (6) 50-METER MOVEMENT DRILL CONSISTING OF A HIGH CRAWL FOR 25 METERS AND A 25 METER 3-5 SECOND RUSH, AND (7) FINISHING WITH ANOTHER 1-MILE RUN WITHIN THE PRESCRIBED TIMES IN PARA B.2.A. SEE PARA B.3. FOR FURTHER DETAILS ON EACH STATION.

B.2.D. (U) UNIFORM. SOLDIERS WILL CONDUCT THE CFT IN ARMY COMBAT UNIFORM TOP AND BOTTOMS, BELT, BROWN T-SHIRT, AND AR 670-1 APPROVED BOOTS.

B.3. (U) SOLDIERS ARE REQUIRED TO COMPLETE EACH EVENT IN THE TEST IN SEQUENCE AND WITHIN THE PRESCRIBED TIME (SEE PARA B.2.A.). PASSING THE CFT AND FAILING TO MEET THE MINIMUM PRESCRIBED TIMES WILL BE RECORDED IN ATIS. EXECUTION OF THE CFT IS AS FOLLOWS:

B.3.A. (U) 1-MILE RUN (1ST). THE SOLDIER MUST COMPLETE THE RUN WITHOUT ANY PHYSICAL HELP FROM ANOTHER SOLDIER. ALL CANDIDATES WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND GO THE CLOCK WILL START. THE SOLDIER WILL BEGIN RUNNING AT THEIR OWN PACE AND MUST COMPLETE THE DESIGNATED

1-MILE DISTANCE PRIOR TO MOVING TO THE NEXT EVENT. ALTHOUGH WALKING IS AUTHORIZED, IT IS STRONGLY DISCOURAGED. IF THE SOLDIER IS PHYSICALLY HELPED IN ANY WAY (FOR EXAMPLE, PULLED, PUSHED, PICKED UP OR CARRIED), OR LEAVES THE DESIGNATED RUNNING COURSE UNDER ANY DISHONEST PURPOSE (I.E., CUT CORNERS, HIDE IN THE WOODS, ETC.), THE SOLDIER WILL BE TERMINATED. IT IS PERMITTED TO PACE A SOLDIER DURING THE RUN IF THERE IS NO PHYSICAL CONTACT WITH THE PACED SOLDIER, AND IT DOES NOT PHYSICALLY HINDER OTHER SOLDIERS FROM TAKING THE ASSESSMENT.

B.3.B. (U) DEAD STOP PUSHUP. SOLDIER WILL ASSUME THE PUSHUP POSITION; HANDS CAN BE PLACED IN WHATEVER POSITION IS COMFORTABLE. WHEN VIEWED FROM THE SIDE THE BODY SHOULD FORM A GENERALLY STRAIGHT LINE FROM THE BASE OF THE NECK TO THE HEELS OF THE FEET. SOLDIERS WILL LOWER THEIR BODY UNTIL THE CHEST MEETS THE GROUNDS AND THEN LIFT BOTH HANDS OFF THE SURFACE (NO TECHNIQUE IS SPECIFIED I.E., “T” OR “HAND-RELEASE” PUSHUPS). SOLDIERS WILL THEN PUSH UP OFF THE SURFACE, ENSURING A GENERALLY STRAIGHT FORM WITH THEIR KNEES NO LONGER IN CONTACT WITH THE GROUND, AND FINISH WITH THEIR ARMS GENERALLY STRAIGHT; THE UP POSITION SHOULD MIRROR THAT OF THE ORIGINAL START POSITION. THIS WILL COUNT AS ONE REPETITION. ALL SOLDIERS MUST CONDUCT 30 DEAD STOP PUSHUPS BEFORE MOVING ONTO THE NEXT PORTION OF THE CFT. NO REPETITION WILL COUNT WHEREIN THE SOLDIER’S KNEES REMAIN IN CONTACT WITH THE GROUND DURING THE EXECUTION OF THE REPETITION. GRADERS ARE ENCOURAGED TO COUNT THE REPETITIONS OUT LOUD FOR THE SOLDIER. IF THE SOLDIERS FAILS TO COMPLETE A REPETITION IN THE DESCRIBED MANNER, THE GRADER WILL REPEAT THE LAST CORRECTLY EXECUTED NUMBER. THIS WILL CONTINUE UNTIL THE SOLDIER EXECUTES 30 CORRECT PUSHUPS. SOLDIERS MAY STOP AT ANY TIME AND REST IN WHATEVER POSITION THEY CHOOSE BUT WILL NOT BE ALLOWED TO CONTINUE UNTIL ALL REPETITIONS ARE COMPLETED. THE SOLDIER MUST RETURN TO THE ORIGINAL STARTING POSITION AFTER TAKING ANY REST BREAK PRIOR TO RESUMING THE EVENT.

B.3.C. (U) 100 METER SPRINT. SOLDIERS WILL MOVE TO AND THROUGH THE START LINE AND SPRINT 100 METERS TO A DESIGNATED FINISH LINE. CANDIDATES MUST COMPLETE A TOTAL SPRINT OF 100 METERS ON THE VALIDATED COURSE. CANDIDATES CAN CHOOSE TO COMPLETE THE EXERCISE AT WHATEVER PACE TO COMPLETE THE EVENT; HOWEVER, THEY MUST FINISH PRIOR TO MOVING ON TO THE NEXT EVENT.

B.3.D. (U) SANDBAG LIFT. SOLDIERS WILL START WITH 16 SANDBAGS (WEIGHING 40LBS EA.) ON THE GROUND IMMEDIATELY IN FRONT OF A 65-INCH PLATFORM. THE SANDBAGS MUST BE PICKED UP AND PLACED ON THE PLATFORM USING ANY METHOD NECESSARY TO PLACE 16 SANDBAGS ON THE PLATFORM. THE EXERCISE IS NOT COMPLETED UNTIL ALL SIXTEEN SANDBAGS HAVE BEEN PLACED APPROPRIATELY ON THE PLATFORM. GRADERS SHOULD OBSERVE AND COUNT EACH SANDBAG, ENSURING THAT THIS TASK HAS BEEN COMPLETED PRIOR TO THE CANDIDATE MOVING TO THE NEXT EVENT. IF A SANDBAG FALLS OFF THE PLATFORM THROUGHOUT THE EXECUTION OF THE EVENT, THE SOLDIER MUST REPLACE THAT SANDBAG AND WILL ONLY MOVE ON ONCE ALL SANDBAGS ARE SECURELY ON THE PLATFORM. ONLY THEN CAN THE SOLDIER MOVE TO THE NEXT EVENT. GRADERS ARE NOT AUTHORIZED TO HELP THE SOLDIER IN ANY WAY, I.E., MOVING SANDBAGS

OUT OF THE WAY, THROWING SANDBAGS DOWN BEFORE ALL SANDBAGS HAVE BEEN PLACED, ETC.

B.3.E. (U) 50-METER WATER CAN CARRY. SOLDIERS WILL MOVE TO THE READY LINE WHERE TWO ARMY ISSUED, FIVE-GALLON WATER CANS, FILLED TO CAPACITY WITH WATER, AND WEIGHING 40 POUNDS EACH, WILL BE LOCATED. THE SOLDIER WILL MOVE THE WATER CANS 50 METERS TO A DESIGNATED LOCATION TO CONCLUDE THE EXERCISE. SOLDIERS MAY USE ANY METHOD TO CARRY THE WATER CANS TO THE DESIGNATED ENDPOINT. SOLDIERS CAN SET THE CANS DOWN AS MANY TIMES AS NECESSARY. DRAGGING OR THROWING THE WATER CANS AT ANY POINT IS NOT AUTHORIZED. IF THE GRADER OBSERVES ANY OF THESE ACTIONS, THE SOLDIER WILL BE INSTRUCTED TO MOVE THE CANS BACK TO THE STARTING POINT AND REPEAT THE EVENT CORRECTLY. SOLDIERS CANNOT INTENTIONALLY REMOVE ANY WATER FROM THE CANS. IF WATER IS INTENTIONALLY REMOVED FROM THE CANS, THE TEST WILL BE TERMINATED. THE EVENT IS COMPLETE WHEN BOTH CANS ARE IN THE UPRIGHT POSITION AT THE DESIGNATED ENDPOINT. AT THIS POINT THE SOLDIER WILL MOVE TO THE NEXT EVENT.

B.3.F. (U) 50-METER MOVEMENT LANE. THIS EVENT CONSISTS OF TWO SEPARATE LANES, WHICH UTILIZE TWO SEPARATE INDIVIDUAL MOVEMENT TECHNIQUES REQUIRED WHEN MOVING UNDER FIRE. EACH MOVEMENT WILL BE CONDUCTED OVER 25-METERS EACH.

A.3.F.1. (U) MOVE USING HIGH CRAWL TECHNIQUE ACROSS 25 METERS. THIS MOVEMENT TECHNIQUE AFFORDS A SOLDIER TO MOVE FASTER THAN THE LOW CRAWL WHILE MAINTAINING A LOW SILHOUETTE. KEEP YOUR BODY OFF THE GROUND, RESTING YOUR WEIGHT ON YOUR FOREARMS AND LOWER LEGS. KEEP YOUR KNEES WELL BEHIND YOUR BUTTOCKS, WITH HIPS DOWN TO STAY LOW. MOVE FORWARD BY ALTERNATELY ADVANCING YOUR RIGHT ELBOW/LEFT KNEE, AND LEFT ELBOW/RIGHT KNEE. NO OTHER MOVEMENT TECHNIQUE IS AUTHORIZED (I.E., “BEAR CRAWL,” “CRAB CRAWL”).

B.3.F.2. (U) MOVE USING RUSH TECHNIQUE ACROSS 25-METERS. THE RUSH IS THE FASTEST WAY TO MOVE FROM ONE POSITION TO ANOTHER. BEGIN IN THE PRONE POSITION. RAISE YOUR HEAD AND SELECT YOUR NEXT POSITION. LOWER YOUR HEAD, DRAW YOUR ARMS INTO YOUR BODY, PULL YOUR FIRING SIDE LEG FORWARD AND RAISE YOUR BODY. GET UP QUICKLY, RUN FOR 3-5 SECONDS TO YOUR NEXT POSITION AND PLANT BOTH FEET. ASSUME A PRONE POSITION (NOTE: THIS TECHNIQUE IS COMMONLY REFERRED TO AS POINT, POST, SPRAWL).
POST THE NON-FIRING HAND ON THE GROUND AS YOU DO A REAR OR FORWARD LUNGE. KICK YOUR LEGS REARWARD AND OUT SO THAT YOUR BODY LAYS NATURALLY ON THE GROUND IN GOOD FIRING POSITION AND REACQUIRE THE TARGET. REPEAT THIS THREE TIMES (APPROX. ~8METER BOUNDS) ENDING IN THE PRONE POSITION PRIOR TO MOVING TO THE NEXT EVENT.

A.3.F.3. (U) GRADERS SHOULD ENSURE THAT THE PROPER MOVEMENT TECHNIQUE IS PERFORMED FOR EACH SECTION OF THE EVENT. IF THE SOLDIER FAILS TO CONDUCT THE APPROPRIATE TECHNIQUE FOR THAT PORTION OF THE EVENT PROPERLY, THE GRADER WILL INSTRUCT THE SOLDIER TO MOVE BACK TO THE START POINT AND COMPLETE THE SPECIFIC PORTION APPROPRIATELY (I.E., IMPROPER TECHNIQUE ON 3-5 SECOND RUSH, THE CANDIDATE WILL MOVE BACK TO START POINT FOR THE 3-5

SECOND PORTION; NOT THE HIGH CRAWL). THE EVENT IS COMPLETE WHEN THE SOLDIER PASSES THE DESIGNATED EVENT FINISH LINE IN THE PRONE POSITION.

B.3.G. (U) 1- MILE RUN (2ND). ALL SOLDIERS WILL MOVE TO THE DESIGNATED START LINE AND CONTINUE MOVING UNTIL COMPLETE WITH A 1-MILE RUN ON A DESIGNATED ROUTE IN THE SAME GENERAL MANNER THEY COMPLETED THEIR FIRST 1-MILE RUN. SOLDIERS MAY RUN AT THEIR OWN PACE TO COMPLETE THE REQUIRED 1-MILE DISTANCE. SOLDIERS MUST COMPLETE THE RUN WITHOUT ANY PHYSICAL HELP. ALTHOUGH WALKING IS AUTHORIZED, IT IS STRONGLY DISCOURAGED. IF A SOLDIER IS PHYSICALLY HELPED IN ANY WAY DURING ANY PORTION OF THE EVENT (FOR EXAMPLE, PULLED, PUSHED, PICKED UP OR CARRIED), THE EVENT WILL BE TERMINATED. IT IS PERMITTED TO PACE A SOLDIER DURING THE RUN IF THERE IS NO PHYSICAL CONTACT WITH THE PACED SOLDIER, AND IT DOES NOT PHYSICALLY HINDER OTHER SOLDIERS FROM TAKING THE ASSESSMENT. THE 2ND MILE RUN CAN BE COMPLETED ON THE SAME DESIGNATED ROUTE, OR A SEPARATE ROUTE BASED ON THE UNIT'S VALIDATED CFT LAYOUT.

B.4. (U) COORDINATING INSTRUCTIONS:

B.4.A. (U) SOLDIERS WILL MOVE TO THE NEXT STATION/EVENT ONLY AFTER CLEARED BY THEIR GRADER.

B.4.B. (U) THE UNIT SHOULD PROVIDE ENOUGH GRADERS TO EVALUATE THE CONFIGURED LANES AND TO ACCOMMODATE THEIR SPECIFIC POPULATION OF SOLDIERS WHILE PLANNING FOR (AND PREVENTING) BACKLOGS ON LANES.

B.4.C. (U) UNITS SHOULD MAKE EVERY EFFORT TO ENSURE EACH LANE, AND THE TRANSITIONS TO AND FROM THE 1-MILE RUNS, ARE AS EQUAL/FAIR AS POSSIBLE GIVEN THE TERRAIN AVAILABLE. HOWEVER, BASED ON THE LAYOUT, SOME LANES MAY BE FURTHER FROM THE START/STOP POINT OF THE RUN THAN OTHERS.

A.4.D. (U) SOLDIERS MAY SHIFT TO A LANE WHICH IS FURTHER AWAY OR WAIT FOR A CLOSER LANE, BUT THE SOLDIERS MUST NOT EXCEED THE PRESCRIBED TIME. TO ALLEVIATE BACKLOGS, SOLDIERS SHOULD BE BROKEN DOWN INTO ABILITY GROUP RUNS (AGR) OF NEAR EQUAL ABILITY.

B.4.E. (U) GRADER EXPECTATIONS – GRADERS SHOULD NOT INTERFERE WITH THE SOLDIER'S PERFORMANCE OF THE EVENT AND WHEN VIEWED FROM THE OUTSIDE SHOULD BE SEEN AS FACILITATING AND GUIDING THE EVENT. EXAMPLES OF INTERFERING INCLUDE, BUT IS NOT LIMITED TO, HELPING, ASSISTING, SCREAMING, BERATING, OR CONFUSING A SOLDIER.

B.4.F. (U) GRADER REQUIREMENTS: GRADERS MUST HAVE READ THIS ANNEX REGARDING THE CONDUCT OF THE TEST, AND BE CERTIFIED BY THE UNIT LEADERSHIP. THE RATIO OF GRADERS / TESTEES MUST NOT ALLOW FOR ANY BACKLOG AT ANY STATION.

B.4.G. (U) RECORD KEEPING. UNITS WILL INPUT CFT SCORES IN THE ARMY TRAINING INFORMATION SYSTEM (ATIS).

B.4.H. (U) UNIT LEADERSHIP WILL VALIDATE UNIT COURSE LAYOUT PRIOR TO CFT EXECUTION.