



# FIELD TESTING MANUAL

## Army Combat Fitness Test

### PURPOSE OF THE PHASE 1 ACFT FIELD TEST

The Army will replace the Army Physical Fitness Test (APFT) with the Army Combat Fitness Test (ACFT) as the physical fitness test of record beginning in FY21. To accomplish this, the ACFT will be implemented in three phases. Phase 1 (Initial Operating Capability – IOC) includes a limited user Field Test with approximately 60 battalion-sized units from across all components of the Army.

While the ACFT is backed by thorough scientific research and has undergone several revisions, there are still details that have not been finalized. The purpose of the Field Test is to refine the field administration and scoring of the ACFT. This draft of the ACFT Testing Manual is designed to provide structure for the testing protocols used during the Field Test.

Any comments or recommendations for improvement should be prepared using DA Form 2028 (*Recommended Changes to Publications and Blank Forms*) and sent to Director, Research and Analysis, United States Army Center for Initial Military Training, ATTN: ATMT-RA, 210 Dillon Circle, Fort Eustis, Virginia 23604-5701, or submit an electronic DA Form 2028 by email to: [usarmy.jble.tradoc.list.g2-acft@mail.mil](mailto:usarmy.jble.tradoc.list.g2-acft@mail.mil).

### ACFT SITE AND EQUIPMENT REQUIREMENTS

The ACFT requires a testing site with a two-mile run course and a flat field space approximately 40 x 40 meters. The field space should be grass (well maintained and cut) or artificial turf that is generally flat and free of debris. While maintaining testing standards and requirements, commanders will make adjustments for local conditions when necessary. The start and finish point for the two-mile run course must be in close proximity to the Leg Tuck station. When test events are conducted indoors, the surface must be artificial turf only. Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint-Drag-Carry. When environmental conditions prohibit outdoor testing, an indoor track may be used for the 2 Mile Run. The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes.

There should not be more than 4 Soldiers per testing group for the SPT, HRP, and SDC. The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group. Concerns related to Soldiers, graders, or commanders will be addressed prior to test day. The number of lanes varies by number of Soldiers testing. A 16-lane ACFT site will have the following:

- ACFT specific test equipment requirements:
  - 16 hexagon/trap bars (60 pounds), each with a set of locking collars. While all NSN approved hexagon bars must weigh 60 pounds, there is always a small manufacturer's production tolerance. The approved weight tolerance for the hexagon bar is  $\pm 2$  pounds (58-62 pounds). Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift *does not* include the collars.

On average hexagon bar collars weigh < 2.0 pounds per pair and are considered incidental to the total weight of the MDL weight.

- Approximately 3,000lbs. of bumper plates.
- 16 x 10lb. medicine ball
- 16 x nylon sled with pull straps.
- 32 x 40lb. kettle bells.
- Permanent or mobile pull up bars (16 x pull-up bars at approximately 7.5ft off the ground with, step-ups for shorter Soldiers).
- Common unit equipment for set-up and grading:
  - 16 stop watches.
  - 8 x 25m tape measures.
  - 8 x wooden or PVC marking sticks for the SPT. One stick for every two lanes.
  - 70 x 18” traffic cones.
  - 50 field / dome cones.
- A soft, flat, dry test area approximately 40m x 40m on grass or artificial turf (half of a soccer or football field).
- A site that is free of any significant hazards.
- A preparation area (can be same as briefing area) to conduct Preparation Drill.
- A generally flat, measured running course with a solid, improved surface that is not more than 3 percent uphill grade and has no overall decline (start and finish must be at the same altitude).

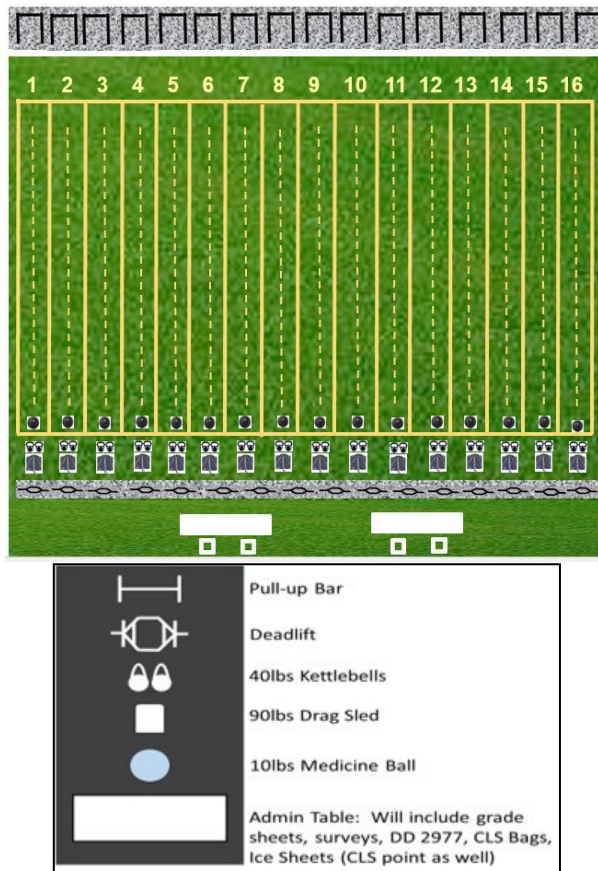


Figure 1: Sample ACFT Site

## ACFT FIELD TEST ADMINISTRATIVE GUIDANCE

The ACFT is a six-event physical fitness test; the test events are administered in the following order: 3 Repetition Maximum Deadlift (MDL), Standing Power Throw (SPT), Hand-Release Push-up (HRP), Sprint- Drag-Carry (SDC), Leg Tuck (LTK), and 2 Mile Run (2MR). There are no exceptions to the ACFT testing sequence and currently no alternative tests or test events. As a test of record, the ACFT is intended to be completed in 70 minutes or less for two platoons of Soldiers with 16 lanes. Groups of Soldiers will be tested under two protocols during the Phase I – IOC-Field Testing: groups of two and groups of four. Soldiers must take all six test events in order for the ACFT to qualify as a valid test. The OIC will have an appropriate number of printed copies of the testing instructions available at the ACFT test site. Prior to the start of the first test event, Soldiers will warm-up using the FM 7-22 Preparation Drill (approximately 10 minutes) and 3 Repetition Maximum Deadlift warm-up (approximately 10 minutes). Following the 10-minute Preparation Drill and 10-minute 3 Repetition Maximum Deadlift warm-up, Soldiers will execute the MDL test event. Once this event is complete (all Soldiers have been tested) the OIC/NCOIC will start the master continuous clock. The purpose of the continuous clock is to ensure Soldiers complete each ACFT test event with the minimum amount of rest and complete the entire test in 70 minutes. Due to the work-rest cycles for the 2-Soldier and 4-Soldier stack testing, it is not necessary to time the rest interval between each event. The minimum rest intervals are critical for a 90-day ACFT failure retest. Retesting of individuals who fail a record ACFT will be individually administered and scored.

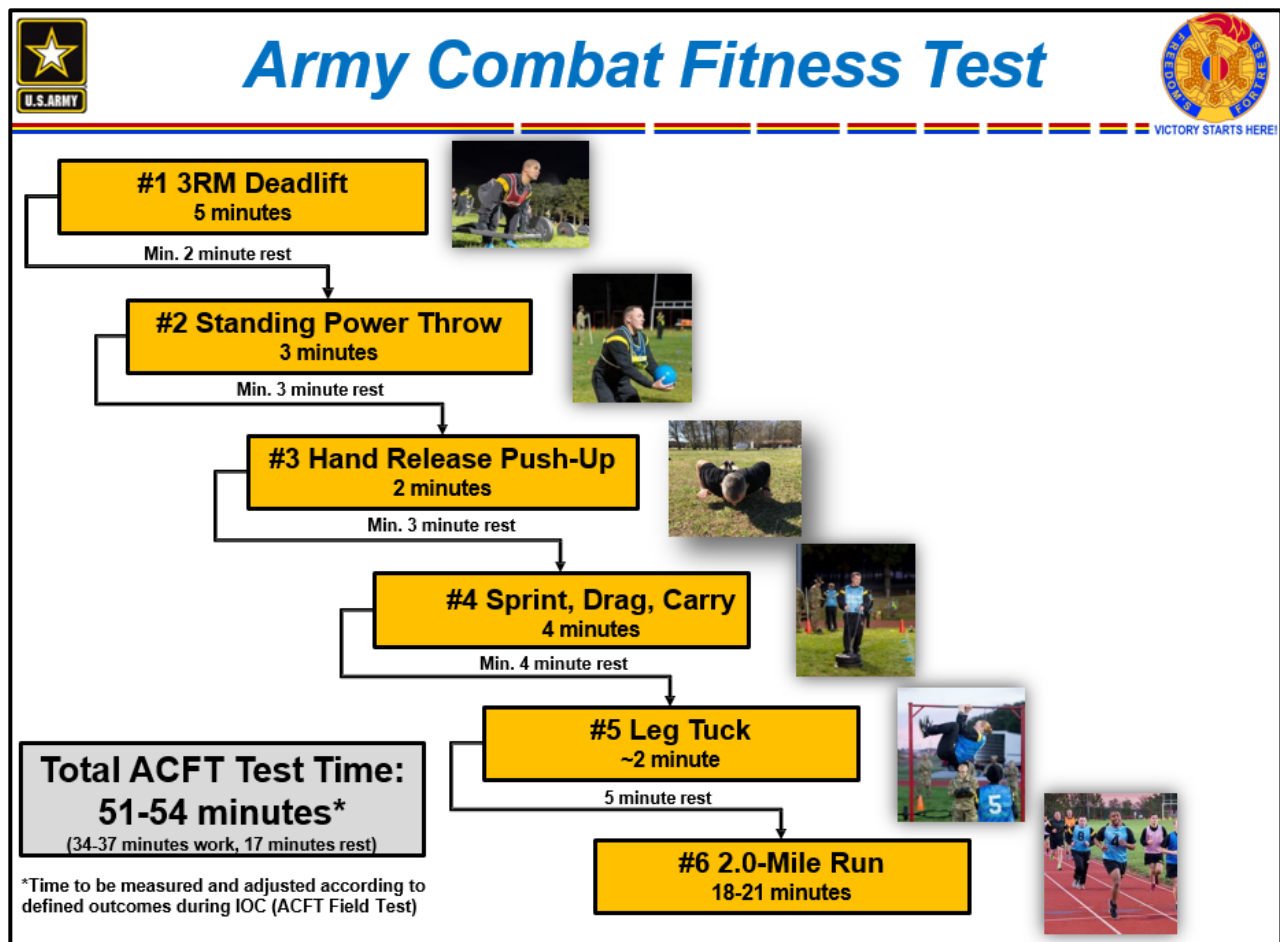


Figure 2: ACFT event sequence and rest intervals for an individual Soldier test

## ACFT TESTING PROCEDURES

**Uniform:** The uniform for the ACFT is the Army Physical Fitness Uniform per AR 670-1. Any article of clothing not prescribed as a component of the APFU is not permitted for wear during the ACFT. Devices or equipment that offer any potential for unfair advantage during testing are not authorized (weight lifting belts, weight lifting gloves or wraps). Unless specifically prescribed as part of the Soldier's medical profile, the wearing of the following items is also not authorized: nasal strips, back braces, elastic bandages, compression socks, or braces. Time or biometric measuring devices such as watches, heart rate monitors, step counters and fitness trackers are authorized in garrison. In operational and overseas locations, the use of geotracking devices may be limited by Army policy and not permitted during the ACFT. The wearing and carrying of other electronic devices is not authorized. These include music players, radios, and cell phones. In order to protect the hands, a Soldier may elect to use gloves that conform to AR 670-1 at any time during the ACFT.

**Personnel:** The testing OIC/NCOIC will administer the test. There will be one certified ACFT grader per lane. The number of testing lanes will depend on the size of the unit and the intent of the Commander. Each record test will have a designated OIC or NCOIC. For test development and validation during the Phase I – IOC-Field Test period, the conduct of the ACFT will vary by unit and training standard. Testing procedures and protocols for Phase II – FOC-Initial will be published after Phase I – IOC-Field Test results are approved by Army Senior Leaders. For IOC-Field Test administration, Soldiers will rotate through the 6-event ACFT in groups of 2-4.

**Preparation:** The first task of the OIC or NCOIC is to ensure every Soldier has read and understands the testing instructions (See Appendix A) prior to reporting to the testing site. After certifying the test site, the OIC or NCOIC will **READ** aloud the following instructions to all Soldiers taking the ACFT.

**YOU ARE ABOUT TO TAKE THE ARMY COMBAT FITNESS TEST OR ACFT, A TEST THAT MEASURES TOTAL BODY FITNESS. WITHIN THE LAST 48 HOURS YOU HAVE BEEN GIVEN THE OPPORTUNITY TO REVIEW THE TEST EVENTS AND STANDARDS. ARE THERE ANY SOLDIERS WHO FAILED TO COMPLETE THIS TASK OR WHO DO NOT FULLY UNDERSTAND THE TESTING REQUIREMENTS? THE TEST RESULTS WILL GIVE YOU AND YOUR COMMANDERS AN INDICATION OF YOUR LEVEL OF PHYSICAL FITNESS AND WILL SERVE AS A GUIDE IN DETERMINING YOUR PHYSICAL TRAINING NEEDS. YOU WILL REST AND RECOVER AT EACH STATION WHILE OTHERS IN YOUR TESTING GROUP COMPLETE THEIR TURNS. DO THE BEST YOU CAN ON EACH TEST EVENT.**

The ACFT begins with a 10-minute Preparation Drill. This drill is a dynamic warm-up that prepares the body for more intense activity. The principle instructor for the Preparation Drill will not be one of the Soldiers about to be tested. Soldiers who are about to be tested will participate in the Preparation Drill exercises at a self-paced intensity to avoid undue fatigue.

Following the Preparation Drill, Soldiers will be allowed 10 minutes to conduct a self-paced 'warm-up' for the 3 Repetition Maximum Deadlift (MDL). Soldiers are encouraged to execute several repetitions at weights of increasing loads (representing about 25-50% of their 3 Repetition Maximum Deadlift weight) during the warm-up. The MDL warm-up is self-paced to avoid undue fatigue. Before starting the 10-minute MDL warm-up, the NCOIC will hand out a scorecard and pencil to each Soldier (See Appendix B), instruct each Soldier to fill in the appropriate spaces with the required personal data (if not already complete) and **READ** aloud the following instructions before Soldiers begin the MDL warm-up.

**YOU ARE TO CARRY THIS SCORECARD WITH YOU TO EACH TEST EVENT. WHILE YOU ARE CONDUCTING THE 3 REPETITION MAXIMUM DEADLIFT WARM-UP FILL IN THE REQUIRED INFORMATION. BEFORE YOU BEGIN EACH TEST EVENT, HAND THE CARD TO YOUR GRADER. AFTER YOU COMPLETE THE EVENT, THE GRADER WILL RECORD YOUR RAW SCORE, INITIAL THE CARD, AND RETURN IT TO YOU. AFTER COMPLETING THE SIX ACFT TEST EVENTS YOU MUST SIGN THE SCORECARD BEFORE DEPARTING THE TEST AREA IN ORDER TO CERTIFY YOUR SCORE.**

Once the MDL warm-up is complete, Soldiers will fall-in at an MDL station. MDL stations should be organized by weight. For example, station 1 is set up at 160lbs., station 2 at 180lbs., etc. Graders will be posted at each MDL station and will grade every Soldier that comes to their station. If too many Soldiers form up at one MDL station, weights should be adjusted at nearby stations to minimize the MDL testing time. The test should not start with more than 5 Soldiers in any MDL lane. The OIC or NCOIC will start the ACFT when all MDL lanes are set and all graders are on station. After completing the MDL, each Soldier will be directed to fill a Standing Power Throw lane by the NCOIC (generally 2-4 per lane, but never more than 4 per lane). The SPT, HRP, and SDC all begin with a common start directed by the NCOIC. The HRP event will also have a common clock controlled by the NCOIC. For the SPT, HRP, and SDC test events, Soldiers will complete each test event, one Soldier at a time, while remaining together as a group. Following the Leg Tuck there will be a 5-minute programmed rest before the start of the 2 Mile Run.

There are no test event re-starts. Incorrectly performed repetitions will not be counted. The grader records and initials the correctly completed weights, number of repetitions, distance and times. Soldiers sign their scorecard before leaving the ACFT site, acknowledging that they agree with the scores recorded by their grader.

## ACFT TEST EVENTS

## EVENT 1: 3 REPETITION MAXIMUM DEADLIFT (MDL)

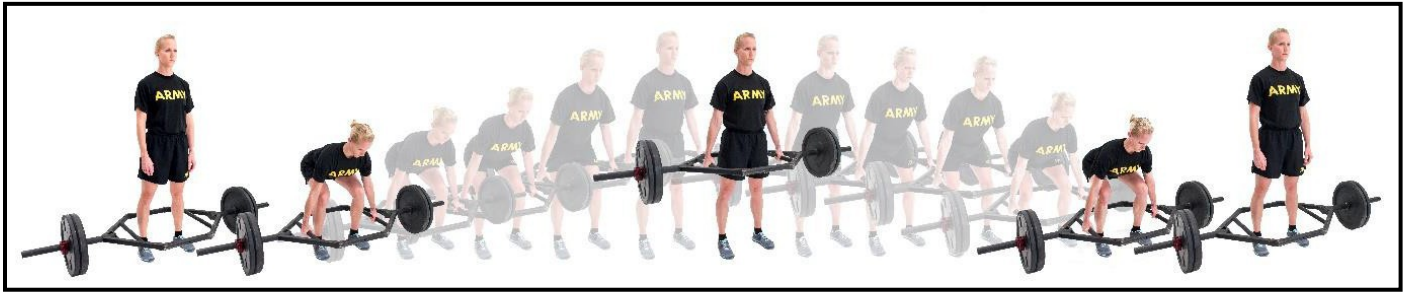


Figure 3: 3 Repetition Maximum Deadlift (MDL)

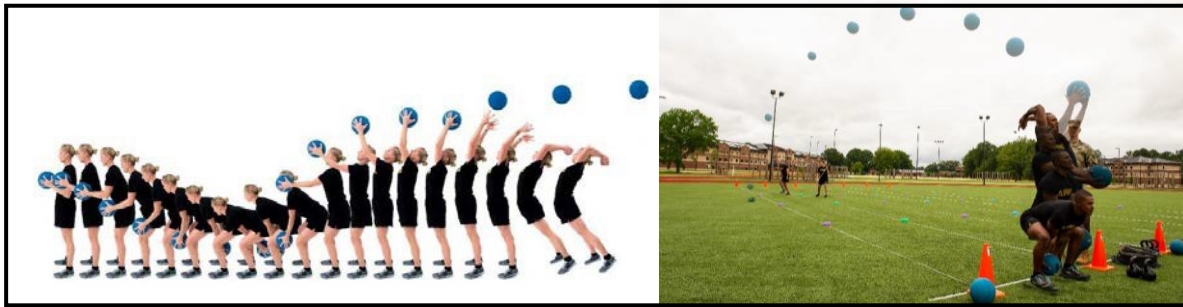
**3 Repetition Maximum Deadlift (MDL)** is a muscular strength test that represents movements required to safely and effectively lift heavy loads from the ground, jump, bound and tolerate landing. The MDL is a strong predictor of a Soldier's ability to lift and carry a casualty on a litter, and to lift and move personnel and equipment. This test event requires well-conditioned back and leg muscles that assist Soldiers in load carriage and in avoiding injuries to the upper and lower back caused by moving long distances under load and lifting heavy objects.

- The MDL consists of three phases: preparatory, upward movement, and downward movement.
  - Preparatory Phase: the Soldier will step inside the hexagon/trap bar, feet generally shoulder width apart, and locate the midpoint of the hexagon/trap bar handles. On the command of "GET SET," the Soldier will bend at the knees and hips, reach down and grasp the center of the handles ("D-handle" hexagon/traps bars are not authorized; as an exception, if a dual-handled hexagon/trap bar is used, the Soldier will grasp the lower handles, with the D handles facing down). Arms should be fully extended, back flat, head in line with the spinal column or slightly extended, head and eyes to the front or slightly upward, and heels in contact with the ground. All repetitions will begin from this position.
  - Upward Movement Phase: on the command of "GO," the Soldier will stand up and lift the bar by extending the hips and knees. Hips should never rise before or above the shoulders. The back should remain straight – not flexed or extended. The Soldier will continue to extend the hips and knees until reaching an upright stance. There is a slight pause at the top of this movement.
  - Downward Movement Phase: by flexing the hips and the knees slowly, the Soldier lowers the bar to the ground under control while maintaining a flat-back position. Do not drop or let go of the bar. The hexagon/trap bar weight plates must touch the ground before beginning the next repetition. Weight plates may not bounce on the ground.
- Execute three continuous repetitions with the same weight. If the Soldier fails to complete three continuous repetitions under control, he or she is permitted one retest at a lower weight after a rest of up to two minutes. If the Soldier successfully completes three continuous repetitions on the first attempt, he or she may elect an additional attempt at a higher weight after a rest of up to two minutes. The maximum number of attempts on the MDL is two.
- The heaviest weight successfully lifted three times is the raw score recorded.
- Graders will stop the attempt if they determine a Soldier will injure themselves by continuing. If the grader stops a Soldier to prevent injury, this is not considered a record attempt. A test attempt is not stopped for minor errors in form that are not deemed a threat of injury. Common causes of injury include:
  - Hips moving above the shoulders.
  - Excessive rounding of the shoulders.

- Knees collapsing inwards.
- Dropping the weights.
- Graders will terminate a record attempt (which counts as one of two record attempts) if the Soldier:
  - Drops or bounces the weights off the ground.
  - Rests in the down position. Resting means no continuous effort is being made to lift the weight.



## EVENT 2: STANDING POWER THROW (SPT)



**Figure 4: Standing Power Throw (SPT)**

**Standing Power Throw (SPT)** measures upper and lower body explosive power, flexibility, and dynamic balance. Explosive power contributes to tasks requiring quick explosive movements to maneuver equipment and personnel. These tasks include executing a buddy drag to pull an injured person to a safe location, throwing equipment onto or over an obstacle, throwing a hand grenade, assisting a buddy to climb up a wall, lifting and loading equipment, and employing progressive levels of force in man-to-man contact.

- Graders in adjacent lanes (for example lanes 1 and 2) will work together to administer the SPT to their groups of two to four Soldiers. One grader moves onto the testing lane (lane grader) with the wooden/PVC marking stick, in preparation for marking the landing point of the throw and measuring the distance. The lane grader pre-positions a Soldier from each group in the SPT lane to retrieve the medicine balls. The other grader manages the throws. As a safety precaution and to ensure accurate measures of throwing distance, only one Soldier from the two lanes throws at a time. Soldiers only execute throws when directed by their grader.
- The grader will call the first two Soldiers (one from group/lane 1 and one from group/lane 2) to the start line; one Soldier in lane 1 and one Soldier in lane 2. The Soldiers will face away from the start line, grasp the medicine ball (10lb) with both hands at hip level and stand with both heels at (but not on or over) the start line. Grasp the ball firmly and as far around the sides of the ball as possible. Towels or rags will be provided to remove excess moisture/debris from the medicine ball.
- Start line grader ensures the lane is clear and the lane grader is prepared to score the throw.
- Throw 1 is a practice throw to allow Soldiers to warm-up and the lane grader to move to an approximate landing point. Throw 1 is not measured or recorded.
- As directed by the grader, the Soldier in lane 1 executes Throw 1 (practice throw). Soldiers are permitted several preparatory movements flexing at the trunk, knees, and hips while lowering the ball between their legs. When directed by the grader, the Soldier in lane 2 executes Throw 1 (practice throw).
- Soldiers in lanes 1 and 2 alternately execute Throws 2 and 3 (the two record throws). Soldiers are still permitted the preparatory movements. Once the Soldiers complete 3 throws, they will move onto the SPT lane to retrieve medicine balls and replace their fellow Soldiers who return to the back of the line.
- The start line grader will give the command “GO” and observe the Soldier’s feet to make sure they do not step on or over the start line. The lane grader marks the center of the landing point (the ball may land outside of the designated lane), transfers this point to the tape measure, and calls out the distance to the nearest tenth of a meter. The measurement is taken from the center of the landing point perpendicular to the tape measure. The lane grader calls out the distance (for example, “eight point five”) and the start line grader records the distance on the Soldier’s scorecard.
- The Soldier must remain behind the start line throughout the test event. If a Soldier steps on or over the start line during the test event, that throw will be a FAULT and the throw will be repeated. Two FAULTS in a row will count as one record attempt and the Soldier will receive a raw score of 0.0 meters for that attempt.



- The Soldier must make one practice throw and two record throws, and the start line grader must record both record throws. Although both record throws are recorded, only the longer of the two record throws will count as the raw score. The start line grader will circle the longer attempt.
- To prevent injuries the grader should ensure the:
  - Medicine ball is free of debris and dry before each attempt.
  - Lane grader and ball retriever are ready to receive the throw.
  - Start line grader is ready when the ball retriever rolls the ball back to the start line.
- Grading Tips:
  - A record attempt will not count if a Soldier steps on or over the start line during a throw. This is a fault and the throw will be repeated.
  - Two faults in a row will count as a record attempt and the Soldier will receive a “0” for that record attempt.

## EVENT 3: HAND-RELEASE PUSH-UP (HRP)



**Figure 5: Hand-Release Push-up (HRP)**

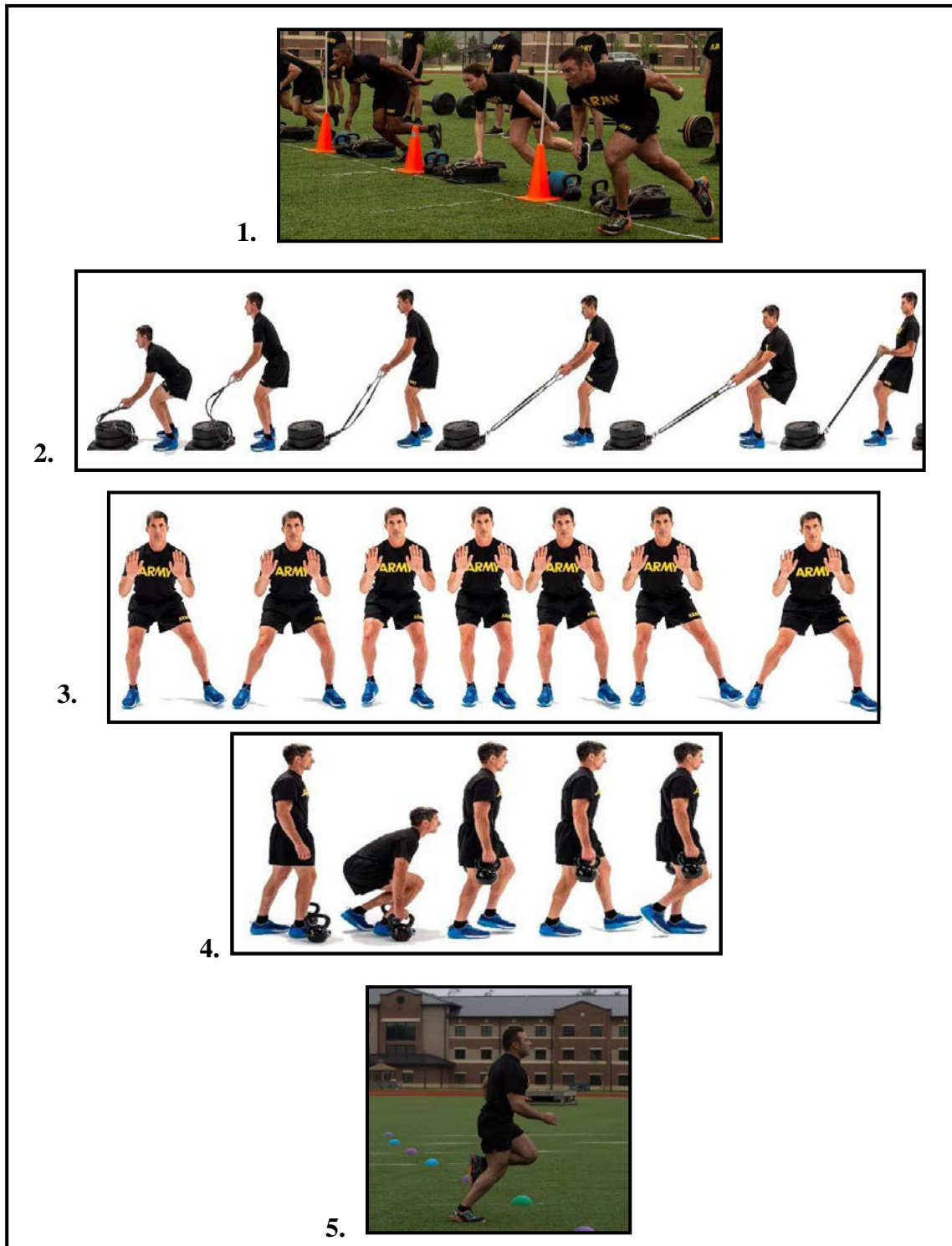
**Hand-Release Push-up (HRP).** During Phase I – IOC-Field Testing period the Army will field test two different Hand-Release Push-up protocols: (a) the Arm Extension protocol, and (b) the Hand Lift protocol. Regardless of protocol, the HRP is a two-minute timed event that measures upper body muscular endurance, and represents repetitive and sustained pushing used in combat tasks. The HRP tests a Soldier’s ability to push an opponent away during man-to-man contact, push a disabled vehicle, and push up from the ground during evasion and maneuver. It also engages upper back muscles used when reaching out from the prone position when shooting, taking cover, or low crawling.

- The NCOIC will serve as the starter and common timer for the HRP. All lanes will start on the command “GO” and the NCOIC will keep the two-minute clock.
- On the command of “GET SET,” one Soldier in each lane will assume the prone position facing the start line with hands flat on the ground and index fingers inside the outer edges of the shoulders. The chest and front of the hips and thighs will be on the ground. Toes will touch the ground with feet together or up to a boot’s width apart. The ankles will be flexed. The head does not have to be on the ground.
- Hands will be placed flat on the ground with the index fingers inside the outer edges of the shoulders. Feet will remain generally together, no more than a boot’s width apart, throughout the HRP. Soldiers may adjust their feet during the test event as long as they do not lift a foot off the ground.
  - Movement 1: on the command “GO,” a Soldier will push their whole body up from the ground as a single unit to the up position by fully extending the elbows (front leaning rest).
    - The Soldier will maintain a generally straight body alignment from the top of the head to the ankles. This generally straight position will be maintained for the duration of the HRP.
    - Failing to maintain a generally straight alignment during a repetition will cause that repetition to not count.
    - The front leaning rest is the only authorized rest position. Bending or flexing the knees, hips, trunk, or neck while in the rest position is not authorized.
  - Movement 2: after the elbows are fully extended and the Soldier has reached the up position, the Soldier will bend their elbows to lower the body back to the ground. The chest, hips and thighs should touch down at the same time. The head or face do not have to contact the ground.
  - Movement 3a: Arm Extension HRP – without moving the head, body, or legs, the Soldier will extend both hands out from the body until the arms are fully extended forming a 90-degree

angle between the arms and trunk at the shoulders. Hands may be on or off the ground. After reaching this position, the elbows bend to move the hands back under the shoulder.

- Movement 3b: Hand Lift HRP – without moving the head, body, or legs, the Soldier will lift both hands from the ground at the same time. A clear gap between the palms and the ground must be visible to the grader to ensure Soldiers have released their hands from the ground. The hands are then lowered until they are flat on the ground back under the shoulder.
- Movement 4: Regardless of the HRP protocol, Soldiers must ensure their hands are flat on the ground with the index fingers inside the outer edges of the shoulders (returning to the starting position). This completes one repetition.
- The Soldier must make a continuous effort to push up and cannot rest on the ground. While the exercise cadence may vary during the two-minute test event, the grader will ensure the Soldier is not resting on the ground. The grader will exercise their judgment, but a Soldier will generally be considered “at rest” if their efforts to perform a repetition stop for longer than 5 seconds. The HRP event is terminated if the Soldier rests in any position other than the front leaning rest position, fails to exhibit continuous effort, lifts a foot off the ground, or places a knee on the ground. The number of successfully completed repetitions in two minutes will be recorded as the raw score.
- During the HRP event, graders should sit or kneel three feet to the side and above the Soldier’s head.
- Graders Tips:
  - A repetition will not count if the:
    - Index finger is outside the outer edge of the shoulder.
    - Feet are more than a boot’s width apart.
    - Soldier fails to simultaneously raise the shoulders and hips (the whole body) off the ground in a generally straight body alignment from the top of the head to the ankles.
    - Soldier bends or sags at the shoulders, hips, knees while in the front leaning rest position
  - After a warning, the test event will be terminated if the Soldier:
    - Lifts a foot off the ground.
    - Lifts a hand off the ground while in the front leaning rest position.
    - Rests on the ground or in any position other than the front leaning rest position.

**EVENT 4: SPRINT-DRAG-CARRY (SDC)**



**Figure 6: Sprint-Drag-Carry (SDC):**

**1. 50m Sprint 2. 50m Sled Drag 3. 50m Lateral 4. 50m Kettlebell Carry 5. 50m Sprint**

**Sprint-Drag-Carry (SDC)** is a measure of muscular power, endurance, and strength, and anaerobic capacity, which are needed to accomplish high intensity combat tasks that last from a few seconds to several minutes. This capacity contributes to a Soldier's ability to react quickly to direct and indirect fire, build a hasty fighting position, and extract a casualty from a vehicle and carry them to safety. The NCOIC will serve as the starter for the SDC. All lanes will start on the command "GO." Individual graders will time their lane.

- When the NCOIC gives the command "GET SET," one Soldier in each lane will assume the prone position with the top of the head behind the start line. The grader is positioned to see both the start line and the 25m line. The grader can position a Soldier/battle buddy on the 25m line to ensure compliance with test event standards. Sled weight is 90 lbs.
  - Sprint: when the NCOIC gives the command "GO," Soldiers stand and sprint 25m; touch the 25m line with foot and hand; turn and sprint back to the start line. If the Soldier fails to touch the 25m line with hand and foot, the grader watching the 25m turn line will call them back.
  - Drag: Soldiers will grasp each strap handle, which will be positioned and resting on the 90lb sled behind the start line; pull the sled backwards until the entire sled crosses the 25m line; turn the sled around and pull back until the entire sled crosses the start line. If the entire sled does not cross the 25m or start line, the grader watching the 25m turn line will call them back.
  - Lateral: after the entire sled crosses the start line, the Soldier will perform a lateral for 25m, touch the 25m turn line with foot and hand, and perform the lateral back to the start line. The Soldier will face the same direction moving back to the 25m start line and returning to the start line so they lead with each foot. Feet may shuffle and touch, but should not cross. If the Soldier fails to touch the 25m turn line with hand and foot, the grader watching the 25m turn line will call them back. Graders will correct Soldiers if they cross their feet.
  - Carry: Soldiers will grasp the handles of the two 40lb kettlebells and run to the 25m turn line; step on or over the 25m turn line with one foot; turn and run back to the start line. If the Soldier drops the kettlebells during movement, the carry will resume from the point the kettlebells were dropped. If the Soldier fails to touch the 25m turn line with their foot, the grader watching the 25m turn line will call them back.
  - Sprint: after stepping on/over the start line, Soldiers will place the kettlebells on the ground; turn and sprint 25m; touch the 25m turn line with foot and hand; turn and sprint back to the start line. If the Soldier fails to touch the 25m turn line with hand and foot, the grader watching the 25m turn line will call them back.
- The time is stopped when the Soldier crosses the start line after the final sprint (250 meters).
- The "penalty" for incorrect form or action is to return to the line and redo the action correctly.
- Record the time from start to finish of the 250m course on the scorecard.
- Graders will correct Soldier performance that may result in injury to include:
  - Jerking the straps or slinging the sled to turn the sled around.
  - Crossing the feet during the Lateral.
  - Failure to turn under control after picking up kettlebells.
  - Throwing the kettlebells.
- Graders will call Soldiers back to the start line or the 25m turn line to correct violations in performance to include:
  - Failure to touch the line with a hand and foot while sprinting or doing laterals.
  - Failure to pull the entire sled across the 25m or start line; Soldier's body must cross the line pulling the sled backwards until the entire sled crosses the line; Soldier may then turn the sled.
  - Failure to pull the entire sled across the start line before beginning the laterals.
  - Failure to place the kettlebells on the ground under control; Soldier may not throw or toss the kettlebells.

## EVENT 5: LEG TUCK (LTK)



**Figure 7: Leg Tuck (LTK)**

**Leg Tuck (LTK)** has great occupational relevance and tests a Soldier's muscular strength and endurance. LTK assesses grip strength, shoulder adduction and flexion, elbow flexion, and trunk and hip flexion. These movements assist Soldiers in all climbing tasks and in surmounting obstacles like a vertical wall, or climbing onto a shelf or up a rope. This test event will require well-conditioned abdominal, hip, and core flexor muscles, and anterior and posterior upper body muscles that will assist Soldiers in load carriage and in avoiding injuries to the upper and lower back. The objective in this exercise is to maintain a relative vertical posture while moving the hips and knees up and down without excessive swinging or kipping.

- The NCOIC will serve as the starter for the LTK. All lanes will start on the command "GO." The grader will man the two-minute clock for each Soldier.
- On the command "GET SET," one Soldier from each lane will mount the bar and assume a straight-arm hang on the bar, with feet off the ground, knees bent if necessary. Graders may assist Soldiers up onto the bar. The grip is the alternating grip (recommend placing the dominant hand closest to the head). The body is perpendicular with the bar, however the alternating grip will cause the body to rotate outward slightly. The Soldier's body must be fully extended in a straight-arm position (elbows, trunk, and hips are straight). Legs and feet may not be crossed; feet must be off the ground with knees bent if necessary.
- On the command "GO," the Soldier will flex at the elbows, knees, hips, and waist to lift the knees. Flexing the elbows assists with this movement. The right and left knees or thighs must touch the right and left elbows, respectively. The grader must observe both knees (or thighs) in contact with both elbows for the Soldier to receive credit for the repetition.



- The Soldier will return under control to the straight-arm position, elbows straight, to complete each repetition. If the elbows remain bent, the next repetition will not count. The Soldier does not have to be completely still. Small, inconsequential, or passive movement of the body and twisting of the trunk is permitted. Deliberately swinging the trunk and legs to assist with lifting the knees is not permitted and will cause the subsequent repetition to not count.
- The Soldier may rest in the straight-arm (down) position and may adjust grip positions by moving the hands. The Soldiers feet cannot touch the ground during grip adjustments.
- The Soldier cannot drop from the bar before assuming the straight-arm hang position UNDER CONTROL in order for the last repetition to count.
- The event will be terminated when the Soldier voluntarily stops (drops from the bar) or when two minutes has expired.
- The grader will ensure the Soldier's safety by spotting during the LTK and the grader may steady the Soldier to prevent or control excessive swinging.
- The grader will count off the number of correctly completed repetitions. The number of successfully completed repetitions will count as the raw score and will be recorded on the scorecard.
- Graders and Soldiers will apply the following safety tips:
  - Ensure the bar is free of moisture before mounting the bar.
  - Use a foot mount or grader-assist to mount the bar.
  - Ensure the Soldier's hands are near the mid-point of the bar.
  - Prevent the head or back from striking the horizontal or vertical posts.
- A repetition will not count if a Soldier:
  - Fails to touch both knees (or thighs) to both elbows.
  - Swings or twists to establish momentum to lift the knees.
  - Fails to return to a straight-arm position; arms fully extended in the down position.
  - Pushes off the post, ground or bar with back or foot to establish momentum to lift the knees. Incidental contact with the ground, post or bar is not penalized if the grader deems the Soldier has gained no advantage.
- The LTK event will be terminated if the Soldiers drops from the bar or rests on the ground.

**EVENT 6: 2 MILE RUN (2MR)****Figure 8: 2 Mile Run (2MR)**

**2 Mile Run (2MR)** is a test of aerobic endurance. It applies to common Soldier tasks such as dismounted movement, ruck marching, and infiltration. It can be completed on an indoor or outdoor track, or an improved surface such as a road or sidewalk. The 2MR cannot be tested on unimproved terrain. There is a programmed 5-minute rest between the LTK and the 2MR. The rest period begins when the last Soldier in the group completes the LTK. The start and finish line will be near the same location as the test site for the other 5 test events. Out-and-back or lap track courses are authorized. Separate 2MR graders are authorized. When using separate graders, the OIC or NCOIC is responsible for the orderly transfer of the scorecards from the lane graders to the 2MR graders.

- Grader Tips.
  - The OIC/NCOIC will ensure the 2MR course is measured to standard for distance and elevation and is clear from obstructions and debris.
  - An additional set of 2MR graders will increase throughput and reduce overall testing time. When a group of Soldiers completes the Leg Tuck, the NCOIC will facilitate the transfer of Soldiers and scorecards to the 2MR NCOIC. The 2MR NCOIC will ensure Soldiers receive a minimum of 5 minutes between the end of the LTK and the beginning the 2MR.
  - An out and back 2MR course may reduce number of 2MR graders required to effectively monitor large groups of Soldiers.

## APPENDIX A: ACFT INSTRUCTIONS

No earlier than 48 hours prior to taking a record ACFT, all Soldiers are required to read the following test instructions. Soldiers are encouraged to ask their chain of command questions about the ACFT prior to the event. These instructions will not be read at the event. The ACFT testing directions and standards are as follows:

**YOU ARE ABOUT TO TAKE THE ARMY COMBAT FITNESS TEST OR ACFT, A TEST THAT MEASURES YOUR TOTAL BODY FITNESS. THE TEST RESULTS WILL GIVE YOU AND YOUR COMMANDERS AN INDICATION OF YOUR LEVEL OF PHYSICAL FITNESS AND WILL SERVE AS A GUIDE IN DETERMINING YOUR PHYSICAL TRAINING NEEDS. YOU WILL REST AND RECOVER AT EACH STATION WHILE OTHER SOLDIERS IN YOUR GROUP COMPLETE THEIR TURNS. DO THE BEST YOU CAN ON EACH TEST EVENTS.**

**YOU ARE REQUIRED TO READ AND UNDERSTAND THE FOLLOWING INSTRUCTIONS. THESE INSTRUCTIONS WILL BE AVAILABLE FOR ANY SOLDIER TO READ AT THE TEST SITE. YOU ARE ENCOURAGED TO ASK QUESTIONS OF YOUR CHAIN OF COMMAND. THESE INSTRUCTIONS WILL NOT BE READ AT THE TEST SITE.**

**PRIOR TO THE START OF THE TEST, YOU WILL PARTICIPATE IN A 10-MINUTE PREPARATION DRILL LEAD BY THE NCOIC. FOLLOWING THE PREPARATION DRILL, YOU WILL BE ALLOWED 10 MINUTES TO WARM-UP FOR THE 3 REPETITION MAXIMUM DEADLIFT. YOU ARE ENCOURAGED TO START AT A LOW WEIGHT AND 'LADDER UP' TO A WEIGHT THAT IS ABOUT HALF OF YOUR MAXIMUM DEADLIFT WEIGHT.**

**ACFTEVENT#1: 3 REPETITION MAXIMUM DEADLIFT (MDL). YOU WILL LINE UP WITH OTHER SOLDIERS BEHIND A HEXAGON/TRAP BAR WITH YOUR MAXIMUM EXPECTED WEIGHT – TOTAL WEIGHT WILL BE MARKED AND YOU SHOULD IDENTIFY THE LOCATION OF YOUR APPROPRIATE MAXIMUM WEIGHT DURING THE MDL WARM-UP. WHEN THE NCOIC BEGINS THE TEST, MOVE TO THE LANE WITH YOUR TARGET MAXIMUM WEIGHT. WHEN CALLED FORWARD BY YOUR GRADER, YOU WILL HAND YOUR SCORECARD TO YOUR GRADER AND STEP INSIDE THE HEXAGON/TRAP BAR, FEET SHOULDER WIDTH APART, AND LOCATE THE MID-POINT OF THE HEXAGON/TRAP BAR HANDLES. ON THE COMMAND OF "GET SET," YOU WILL BEND AT THE KNEES AND HIPS, REACH DOWN AND GRASP THE CENTER OF THE HANDLES. ARMS WILL BE FULLY EXTENDED, BACK FLAT, HEAD IN LINE WITH THE SPINAL COLUMN OR SLIGHTLY EXTENDED, HEAD AND EYES STRAIGHT AHEAD OR SLIGHTLY UPWARD AND HEELS IN CONTACT WITH THE GROUND. ALL REPETITIONS WILL BEGIN FROM THIS START POSITION. ON THE COMMAND OF "GO," YOU WILL STAND UP AND LIFT THE BAR BY EXTENDING AT THE HIPS AND KNEES (LIFTING WITH YOUR LEGS). YOUR HIPS SHOULD NEVER RISE ABOVE YOUR SHOULDERS. YOUR BACK SHOULD REMAIN STRAIGHT - NOT FLEXED OR EXTENDED. AS THE HIPS AND KNEES REACH FULL EXTENSION YOU WILL STAND UPRIGHT. AFTER COMPLETING THE LIFT UP, YOU WILL SLOWLY LOWER THE BAR TO THE GROUND UNDER CONTROL BY FLEXING THE HIPS AND KNEES WHILE MAINTAINING A FLAT-BACK POSITION. DO NOT DROP OR LET GO OF THE BAR. THE WEIGHT PLATES MUST TOUCH THE GROUND**

BRIEFLY BEFORE BEGINNING THE NEXT REPETITION (TOUCH AND GO). YOU MAY NOT BOUNCE THE WEIGHT. COMPLETE 3 CONTINUOUS REPETITIONS. THE GRADER WILL STOP ANY MDL ATTEMPT / REPETITION WITH A FORM BREAK THAT MAY RESULT IN INJURY (KNEES COLLAPSING INWARD, BACK OR SHOULDERS ROUNDING OUT, HIPS ABOVE SHOULDERS, LOSS OF BALANCE, OR DROPPING THE BAR). THIS ATTEMPT WILL NOT COUNT AS A RECORD ATTEMPT. IF YOU FAIL TO COMPLETE 3 CONTINUOUS REPETITIONS, YOU WILL BE ALLOWED A SECOND ATTEMPT AT A LOWER WEIGHT OF YOUR CHOOSING. YOU WILL BE ALLOWED UP TO TWO MINUTES OF REST BETWEEN ATTEMPTS. IF YOU COMPLETE 3 CONTINUOUS REPETITIONS SUCCESSFULLY, YOU WILL BE ALLOWED ONE ATTEMPT AT A HIGHER WEIGHT OF YOUR CHOOSING. LIFTING AT A HIGHER WEIGHT IS OPTIONAL. YOUR SCORE FOR THE MDL IS THE HIGHEST WEIGHT SUCCESSFULLY LIFTED FOR 3 CONTINUOUS REPETITIONS.

AFTER SUCCESSFULLY COMPLETING 3 CONTINUOUS REPETITIONS OF THE DEADLIFT, YOUR GRADER WILL RETURN YOUR SCORE CARD AND YOU WILL BE DIRECTED TO A LANE FOR THE STANDING POWER THROW, WHERE YOU WILL FORM A GROUP OF 2 TO 4 SOLDIERS. THAT GROUP WILL STAY TOGETHER FOR THE STANDING POWER THROW, HAND-RELEASE PUSH-UP, SPRINT-DRAG-CARRY, AND LEG TUCK TEST EVENTS.

ACFTEVENT#2: STANDINGPOWER THROW(SPT). WHEN CALLED FORWARD BY YOUR SPT GRADER, YOU WILL HAND YOUR SCORE CARD TO YOUR GRADER, FACE AWAY FROM THE START LINE, PICK UP THE 10LB MEDICINE BALL AND STAND WITH BOTH HEELS AT (BUT NOT ON OR OVER) THE START LINE. TO AVOID HAVING THE BALL SLIP, GRASP THE MEDICINE BALL FIRMLY IN BOTH HANDS AS FAR AROUND THE SIDES OF THE BALL AS POSSIBLE. TOWELS WILL BE PROVIDED TO DRY THE BALL. ON THE COMMAND "GO," YOU WILL EXECUTE A PRACTICE THROW; USE LESS THAN MAXIMUM EFFORT TO CONSERVE ENERGY FOR YOUR RECORD ATTEMPTS. AS PART OF THE THROW YOU MAY MAKE SEVERAL PREPARATORY MOVEMENTS BY FLEXING AT THE TRUNK, KNEES, AND HIPS WHILE LOWERING THE BALL ALMOST TO THE GROUND. ON THE NEXT COMMAND "GO," PERFORM ONE RECORD THROW; ON THE FINAL COMMAND "GO," PERFORM THE SECOND RECORD THROW. DURING THE RECORD THROWS, ATTEMPT TO THROW THE BALL AS FAR AS POSSIBLE. YOUR FEET MAY LEAVE THE GROUND OR MOVE FORWARD OR BACKWARD DURING THE THROWING MOTION TO EXERT MORE POWER, BUT YOU MAY NOT FALL DOWN AND YOUR FEET MAY NOT TOUCH OR CROSS THE START LINE AT ANY TIME DURING THE TEST EVENT. IF THIS HAPPENS, THE ATTEMPT WILL BE CONSIDERED A "FAULT" AND WILL BE REPEATED. TWO CONSECUTIVE FAULTS WILL COUNT AS ONE RECORD ATTEMPT, AND YOU WILL RECEIVE A SCORE OF ZERO FOR THAT ATTEMPT. YOUR GRADERS WILL MARK AND RECORD BOTH RECORD THROWS; HOWEVER, ONLY THE LONGER OF THE TWO RECORD THROWS WILL BE USED FOR

**YOUR SPT SCORE. YOUR GRADER WILL RETURN YOUR SCORECARD AND YOU WILL MOVE ONTO THE SPT LANE TO RETRIEVE THE MEDICINE BALL FOR OTHER SOLDIERS IN YOUR GROUP.**

**ACFT TEST EVENT #3: HAND-RELEASE PUSH-UP (HRP). WHEN CALLED FORWARD BY YOUR GRADER, YOU WILL HAND YOUR SCORECARD TO YOUR GRADER. YOU WILL ASSUME THE PRONE POSITION WITH HANDS FLAT ON THE GROUND, INDEX FINGERS INSIDE THE OUTER EDGE OF YOUR SHOULDERS. YOUR CHEST AND THE FRONT OF YOUR HIPS AND THIGHS WILL BE ON THE GROUND. TOES WILL BE TOUCHING THE GROUND WITH FEET TOGETHER OR UP TO A BOOT'S WIDTH APART. YOUR ANKLES WILL BE FLEXED. YOUR HEAD DOES NOT HAVE TO BE ON THE GROUND. WITH THE HANDS FLAT ON THE GROUND, YOUR INDEX FINGERS WILL BE INSIDE THE OUTER EDGE OF YOUR SHOULDER. YOUR FEET WILL REMAIN ON THE GROUND THROUGHOUT THE EVENT. ON THE COMMAND "GO," YOU WILL PUSH THE WHOLE BODY UP FROM THE GROUND AS A SINGLE UNIT TO FULLY EXTEND THE ELBOWS, MOVING TO THE FRONT LEANING REST POSITION. YOU WILL MAINTAIN THE SAME STRAIGHT BODY ALIGNMENT FROM THE TOP OF THE HEAD TO THE ANKLES. FAILURE TO MAINTAIN A STRAIGHT BODY ALIGNMENT DURING THE EXECUTION OF THE HRP WILL CAUSE THAT REPETITION NOT TO COUNT.**

**THE ONLY AUTHORIZED REST POSITION IS THE FRONT LEANING REST POSITION. YOU MUST MAINTAIN THE STRAIGHT BODY ALIGNMENT FROM HEAD TO ANKLES. IF YOU BEND OR FLEX THE KNEES, HIPS, OR TRUNK WHILE IN THE REST POSITION BUT IMMEDIATELY SELF-CORRECT OR IMMEDIATELY CORRECT WHEN DIRECTED BY THE GRADER, YOU MAY CONTINUE THE EVENT, ONLY LOSING A COUNT FOR THAT REPETITION.**

**(FOR MOVEMENT 3A – ARM EXTENSION HRP) AFTER YOU REACH FULL EXTENSION IN THE UP POSITION, YOU WILL BEND YOUR ELBOWS TO LOWER YOUR BODY TO THE GROUND. YOUR CHEST, HIPS, AND THIGHS WILL TOUCH THE GROUND. YOUR HEAD OR FACE DO NOT HAVE TO CONTACT THE GROUND. AFTER REACHING THE GROUND, WITHOUT MOVING THE HEAD, BODY, OR LEGS, YOU WILL FULLY EXTEND BOTH ARMS OUT FROM THE BODY AT THE SAME TIME TO A 90-DEGREE POSITION. HANDS MAY BE ON OR OFF THE GROUND. YOU WILL THEN BEND YOUR ELBOWS AND PLACE YOUR HANDS BACK ON THE GROUND, INDEX FINGERS INSIDE THE EDGE OF THE SHOULDER, RETURNING TO THE START POSITION. THIS COMPLETES ONE REPETITION.**

**(FOR MOVEMENT 3B – HAND LIFT HRP) AFTER YOU REACH FULL EXTENSION IN THE UP POSITION, YOU WILL BEND YOUR ELBOWS TO LOWER YOUR BODY TO THE GROUND. YOUR CHEST, HIPS, AND THIGHS WILL TOUCH THE GROUND. YOUR HEAD OR FACE DO NOT HAVE TO CONTACT THE GROUND. AFTER REACHING THE GROUND, WITHOUT MOVING THE HEAD, BODY, OR LEGS, YOU WILL LIFT BOTH HANDS FROM THE GROUND AT THE SAME TIME. A CLEAR GAP BETWEEN THE PALMS AND THE GROUND MUST BE VISIBLE TO THE GRADER SO THAT THE GRADER KNOWS YOU HAVE RELEASED**

YOUR HANDS FROM THE GROUND. YOU WILL THEN PLACE YOUR HANDS BACK ON THE GROUND RETURNING TO THE START POSITION. THIS COMPLETES ONE REPETITION.

IN THE "UP" POSITION YOU MUST MAINTAIN THE FRONT LEANING REST POSITION. YOU CANNOT LIFT A HAND OR FOOT OR TOUCH YOUR KNEES TO THE GROUND. IF YOU LIFT A HAND OR FOOT OR TOUCH A KNEE IN THE UP POSITION THE EVENT WILL BE TERMINATED. YOU CANNOT REST ON THE GROUND. YOU MUST MAKE A CONTINUOUS EFFORT TO REPEAT THE PUSH-UP MOVEMENT. IF, AFTER A WARNING, THE GRADER DETERMINES YOU ARE RESTING ON THE GROUND, THE EVENT WILL BE TERMINATED. YOUR RAW SCORE IS THE NUMBER OF CORRECT REPETITIONS EXECUTED DURING TWO MINUTES OR AT THE POINT THE TEST EVENT WAS TERMINATED.

ACFT TEST EVENT #4: SPRINT-DRAG-CARRY (SDC). WHEN CALLED FORWARD BY YOUR SDC GRADER, YOU WILL HAND YOUR SCORECARD TO YOUR GRADER. YOU WILL ASSUME THE PRONE POSITION WITH THE TOP OF YOUR HEAD BEHIND THE START LINE. THE SDC CONSISTS OF 5 X 50 METER SHUTTLES. FOR THE FIRST SHUTTLE, ON THE COMMAND "GO," STAND UP AND SPRINT 25 METERS; TOUCH THE 25 METER LINE WITH YOUR FOOT AND HAND; TURN AND SPRINT BACK TO THE START LINE. FOR THE SECOND SHUTTLE, GRASP EACH STRAP HANDLE ON THE SLED, AND PULL THE SLED BACKWARDS TO THE 25 METER LINE. WHEN THE ENTIRE SLED CROSSES THE 25 METER LINE, TURN THE SLED AROUND AND PULL BACKWARDS UNTIL THE ENTIRE SLED CROSSES THE START LINE. FOR THE THIRD SHUTTLE, YOU WILL PERFORM A LATERAL FOR 25 METERS, TOUCHING THE LINE WITH FOOT AND HAND; PERFORM THE LATERAL BACK TO THE START LINE. YOU WILL FACE THE SAME DIRECTION DURING BOTH LATERALS LEADING WITH ONE FOOT FOR 25 METERS AND THE OTHER FOOT FOR 25 METERS. FOR THE FOURTH SHUTTLE, GRASP THE HANDLES OF THE TWO 40LB KETTLEBELLS AND RUN 25 METERS, TOUCHING THE LINE WITH THE FOOT ONLY; TURN AND RUN BACK TO THE START LINE; PLACE THE KETTLEBELLS ON THE GROUND, UNDER CONTROL. DO NOT DROP OR THROW THE KETTLEBELLS. FOR THE FIFTH SHUTTLE, SPRINT 25 METERS TO THE 25 METER LINE, TOUCHING WITH THE FOOT AND HAND; TURN AND SPRINT BACK TO THE START LINE TO COMPLETE THE EVENT.

SDC PERFORMANCE CONSIDERATIONS: DURING THE LATERALS YOUR FEET MAY TOUCH BUT NOT CROSS; IF YOU FAIL TO TOUCH OR CROSS THE LINE WITH YOUR FOOT AND HAND IN SHUTTLE 1, 3, AND 5, OR THE ENTIRE SLED IN SHUTTLE 2, OR YOUR FOOT IN SHUTTLE 4, THE GRADER WILL CALL YOU BACK TO TOUCH/CROSS THE LINE BEFORE ALLOWING YOU TO CONTINUE; YOU MAY NOT TOSS OR THROW THE KETTLEBELLS. IF YOU FAIL STANDARDS BY NOT TOUCHING A LINE, CROSSING FEET, OR THROWING EQUIPMENT, YOU MAY BE DIRECTED TO RETURN TO THE LINE AND CORRECT THE ERROR. LASTLY, BE SURE THE SLED AND KETTLEBELLS ARE POSITIONED CORRECTLY BEFORE YOU BEGIN THE SDC.

ACFT EVENT #5: LEG TUCK (LTK). WHEN CALLED FORWARD BY YOUR LTK GRADER, YOU WILL HAND YOUR SCORECARD TO THE GRADER. YOU WILL MOUNT THE BAR (GRADER MAY PROVIDE



ASSISTANCE) AND ASSUME A STRAIGHT-ARM POSITION ON THE BAR. USE THE ALTERNATING GRIP WITH THE DOMINANT HAND CLOSEST TO THE HEAD. YOUR BODY WILL BE PERPENDICULAR TO THE BAR. YOUR ELBOWS, SHOULDERS AND HIPS WILL BE STRAIGHT. YOUR FEET CANNOT CONTACT THE GROUND. KNEES MAY BE BENT BUT LEGS MAY NOT BE CROSSED. ON THE COMMAND "GO," YOU WILL FLEX AT THE ELBOWS, KNEES, HIPS, AND WAIST TO RAISE YOUR KNEES OR THIGHS TO YOUR ELBOWS. YOUR ELBOWS SHOULD FLEX DURING THIS MOVEMENT. THE RIGHT AND LEFT KNEES (OR THIGHS) MUST TOUCH THE RIGHT AND LEFT ELBOWS, RESPECTIVELY. THE GRADER MUST OBSERVE BOTH KNEES (OR THIGHS) IN CONTACT WITH BOTH ELBOWS. YOU MUST RETURN TO THE STRAIGHT-ARM POSITION UNDER CONTROL IN ORDER TO COMPLETE AND GET CREDIT FOR THE REPETITION.

IF A REPETITION DOES NOT START FROM THE STRAIGHT-ARM POSITION (YOUR ELBOWS REMAIN BENT) THAT REPETITION WILL NOT COUNT. YOU DO NOT HAVE TO BE COMPLETELY STILL IN THE STRAIGHT-ARM POSITION, BUT DELIBERATELY SWINGING THE TRUNK OR LEGS TO ASSIST WITH UPWARD MOVEMENT IS NOT PERMITTED AND THAT REPETITION WILL NOT COUNT. THE GRADER MAY STEADY YOU TO PREVENT OR CONTROL EXCESSIVE SWINGING. SOME MINOR BODY MOVEMENT OR TWISTING OF THE TRUNK WILL OCCUR AND IS PERMITTED. YOU SHOULD NOT TOUCH THE VERTICAL SUPPORT POSTS OR THE GROUND DURING THE EXERCISE. YOU WILL NOT BE PENALIZED FOR INADVERTENT CONTACT WITH A POST OR THE GROUND, AS LONG AS YOU DO NOT GAIN AN ADVANTAGE FROM THAT CONTACT. YOU MAY REST IN THE STRAIGHT-ARM (DOWN) POSITION. THE EVENT WILL BE TERMINATED WHEN YOU DROP FROM THE BAR, REST ON THE GROUND, OR WHEN TWO MINUTES HAVE ELAPSED.

THERE WILL BE FIVE MINUTES OF REST IN BETWEEN THE LTK AND THE 2 MILE RUN.

ACFT TEST EVENT #6: 2 MILE RUN (2MR). WHEN CALLED FORWARD BY YOUR 2MR GRADER, YOU WILL HAND YOUR SCORECARD TO THE GRADER. YOU WILL RECEIVE INSTRUCTION ON RUNNING THE 2 MILE COURSE, INCLUDING THE START AND FINISH POINTS, TURNS, TURN-AROUND POINTS, OR NUMBER OF LAPS, IN ADVANCE OF THE ACFT. THE 2MR MAY CONSIST OF AN OUT-AND-BACK OR A LAP TRACK. YOUR 2MR GRADER MAY BE A DIFFERENT GRADER FROM YOUR FIRST 5 TEST EVENTS.

ON THE COMMAND "GO," THE CLOCK WILL START AND YOU WILL BEGIN RUNNING AT YOUR OWN PACE, COMPLETING THE 2 MILE DISTANCE WITHOUT RECEIVING ANY PHYSICAL HELP. YOU MAY WALK OR PAUSE BUT CANNOT BE PICKED UP, PULLED, OR PUSHED IN ANY WAY. YOU MAY PACE ANOTHER SOLDIER OR BE PACED BY ANOTHER SOLDIER. VERBAL ENCOURAGEMENT IS PERMITTED. LEAVING THE COURSE AT ANY TIME OR ANY POINT DURING THE EVENT WILL CAUSE THE EVENT TO

**BE TERMINATED. YOUR TIME WILL BE RECORDED AS YOU CROSS THE FINISH LINE AT THE 2 MILE POINT.**

**AFTER COMPLETING THE 6-EVENT ACFT YOU WILL REVIEW AND SIGN YOUR SCORECARD. ANY DISCREPANCIES MUST BE RESOLVED AT THE TEST SITE. REQUESTS FOR RECONSIDERATION WILL NOT BE PERMITTED AFTER THE SCORECARD HAS BEEN SIGNED AND TURNED IN.**

**APPENDIX B: SAMPLE ACFT SCORECARD**

The following is a sample of the Army Combat Fitness Test Scorecard that leaders will use during the Field Test to record ACFT performance. All ACFT raw scores will be entered into DTMS within 7 days of test completion. After the Field Testing is complete, an official DA Form will be produced and distributed with revised data and scales.

PLEASE WRITE LEGIBLY

ARMY COMBAT FITNESS TEST SCORECARD			
NAME: LAST, FIRST, MI: _____			
GENDER: _____ MALE _____ FEMALE		UNIT/LOCATION: _____	
DATE	GRADE	MOS	AGE
HEIGHT (inches)	BODY COMPOSITION		
	WEIGHT: _____ LBS GO <input type="checkbox"/> NO GO <input type="checkbox"/>		BODY FAT: _____ % GO <input type="checkbox"/> NO GO <input type="checkbox"/>
<b>3 REPETITION MAXIMUM DEADLIFT: (weight lifted - circle highest score)</b>			
LIFT 1 (RAW SCORE)	LIFT 2 (RAW SCORE)	POINTS	INITIALS
<b>STANDING POWER THROW: (distance thrown - circle highest score)</b>			
THROW 1 (RAW SCORE)	THROW 2 (RAW SCORE)	POINTS	INITIALS
<b>HAND RELEASE PUSH-UP: Number correctly performed repetitions</b>			
RAW SCORE	POINTS	INITIALS	
<b>SPRINT-DRAG-CARRY: Overall event time (min:sec)</b>			
RAW SCORE	POINTS	INITIALS	
<b>LEG TUCK: Number of correctly performed repetitions</b>			
RAW SCORE	POINTS	INITIALS	
<b>TWO-MILE RUN: Overall event time (min:sec)</b>			
RAW SCORE	POINTS	INITIALS	
Soldier's Signature _____			
OIC/INCOIC: _____			
Print (Last, First, MI)	Signature	Grade/Rank	Unit

APPENDIX C: PHASE I (IOC) ACFT SCORE SCALES

Points	3RM Deadlift (lbs.)	Power Throw (m)	Release PU (reps)	Sprint Drag Carry (m:s)	Leg Tuck (reps)	2 Mile Run (m:s)	
100	340	13.5	70	1:40	20	12:45	
99	330	13.2	68			13:00	
98	320	13.0	66	1:41	19	13:15	
97		12.8	64	1:42		13:30	
96	310	12.5	62	1:43	18	13:40	
95		12.3	60	1:44		13:50	
94	300	12.1	58	1:45	17	14:00	
93		11.9	56	1:46		14:10	
92	290	11.8	54	1:47	16	14:20	
91		11.6	52	1:48		14:30	
90	280	11.5	50	1:49	15	14:40	
89		11.3	49	1:50		14:50	
88	270	11.2	48	1:51	14	15:00	
87		11.0	47	1:52		15:10	
86	260	10.9	46	1:53	13	15:20	
85		10.7	45	1:54		15:30	
84	250	10.6	44	1:55	12	15:40	
83		10.4	43	1:56		15:50	
82	240	10.3	42	1:57	11	16:00	
81		10.1	41	1:58		16:10	
80	230	10.0	40	1:59	10	16:20	
79		9.8	39	2:00		16:30	
78	220	9.7	38	2:01	9	16:40	
77		9.5	37	2:02		16:50	
76	210	9.4	36	2:03	8	17:00	
75		9.2	35	2:04		17:10	
74	200	9.1	34	2:05	7	17:20	
73		8.9	33	2:06		17:30	
72	190	8.8	32	2:07	6	17:40	
71		8.6	31	2:08		17:50	
70	180	8.5	30	2:09	5	18:00	HVY
69		8.3	28	2:16		18:10	
68	170	8.0	26	2:23		18:20	
67		7.5	24	2:30	4	18:35	
66		7.0	22	2:37		18:50	
65	160	6.5	20	2:45	3	19:00	SIG
64		6.2	18	2:55		20:10	
63	150	5.9	16	3:05	2	20:20	
62		5.6	14	3:15		20:30	
61		5.3	12	3:25		20:45	
60	140	4.6	10	3:35	1	21:07	MOD
59				3:36		21:09	
58				3:37		21:11	
57				3:38		21:13	
56		4.5		3:39		21:15	
55				3:40		21:17	
54			9	3:41		21:19	
53				3:42		21:21	
52		4.4		3:43		21:23	
51				3:44		21:25	
50	130			3:45		21:27	

Points	Strength Deadlift (lbs.)	Power Throw (m)	Release PU (reps)	Sprint Drag Carry (m:s)	Leg Tuck (reps)	2 Mile Run (m:s)
50	130			3:45		21:27
49				3:46		21:29
48		4.3	8	3:47		21:31
47				3:48		21:33
46				3:49		21:35
45				3:50		21:37
44		4.2		3:51		21:39
43				3:52		21:41
42			7	3:53		21:43
41				3:54		21:45
40	120	4.1		3:55		21:47
39				3:56		21:49
38				3:57		21:51
37				3:58		21:53
36		4.0	6	3:59		21:55
35				4:00		21:57
34				4:01		21:59
33				4:02		22:01
32		3.9		4:03		22:03
31				4:04		22:05
30	110		5	4:05		22:07
29				4:06		22:09
28		3.8		4:07		22:11
27				4:08		22:13
26				4:09		22:15
25				4:10		22:17
24		3.7	4	4:11		22:19
23				4:12		22:21
22				4:13		22:23
21				4:14		22:25
20	100	3.6		4:15		22:27
19				4:16		22:29
18			3	4:17		22:31
17				4:18		22:33
16		3.5		4:19		22:35
15				4:20		22:37
14				4:21		22:39
13				4:22		22:41
12		3.4	2	4:23		22:43
11				4:24		22:45
10	90			4:25		22:47
9				4:26		22:49
8		3.3		4:27		22:51
7				4:28		22:53
6			1	4:29		22:55
5				4:30		22:57
4		3.2		4:31		22:59
3				4:32		23:01
2				4:33		23:03
1				4:34		23:05
0	80	3.1	0	4:35	0	23:07

NOTES:

POC for this manual is the U.S. Army Center for Initial Military Training, TRADOC, Fort Eustis, VA

