

# Army War College prepares for Army Combat Fitness Test

By OCPA 21 March 2022



Army student attempting the deadlift as part their practice AFCT at Carlisle Barracks

**ACFT IMPLEMENTATION TIMELINE**

- ★ APRIL 1, 2022** — Soldiers continue to take diagnostic tests
- ★ OCTOBER 1, 2022** — Regular Army and Active Guard Reserve start taking the ACFT for record
- ★ APRIL 1, 2023** — Reserve Component Soldiers start taking the ACFT for record. All Regular Army and Active Guard Reserve Soldiers must have a record ACFT
- ★ APRIL 1, 2024** — Reserve Component Soldiers must have a record ACFT

For more info: <https://www.army.mil/acft>

**ACFT GRADING SCALES**

Event	Points	37-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62
MDL (lbs)	Female	100	110	120	130	140	150	160	170	180	190
	Male	100	110	120	130	140	150	160	170	180	190
SPT (meters)	Female	200	18	4.0	4.2	4.3	4.4	4.5	4.6	4.7	4.8
	Male	200	12	15.0	15.3	15.7	16.1	16.5	16.9	17.3	17.7
HRP (reps)	Female	200	53	50	48	47	45	44	43	42	41
	Male	200	10	20	25	30	35	40	45	50	55
SDC (min)	Female	200	3:25	3:15	3:05	2:55	2:45	2:35	2:25	2:15	2:05
	Male	200	2:28	2:31	2:32	2:36	2:41	2:45	2:51	2:57	3:04
PLK (min:sec)	Female	200	7:40	8:00	8:20	8:25	8:30	8:35	8:40	8:45	8:50
	Male	200	2:30	2:25	2:20	2:15	2:10	2:05	2:00	1:55	1:50
2MR (min:sec)	Female	100	15:29	15:00	14:50	14:38	14:30	14:24	14:18	14:12	14:06
	Male	100	12:02	11:57	11:51	11:42	11:36	11:30	11:24	11:18	11:12

**TIME-PHASED PERSONNEL POLICY**

	PME	FLAGS	REENLISTMENT	EVALUATIONS	NGO EVAL BOARD	ES/E6 PROMOTION POINTS	SEPARATIONS	
<b>REGULAR ARMY/AGR</b>			October 1, 2022				April 1, 2023	
<b>ARMY RESERVE</b>	Oct 1, 2022					April 1, 2023	April 1, 2024	
<b>NATIONAL GUARD</b>	Oct 1, 2022					Will be issued by DARNG	April 1, 2024	

Changes made to the ACFT incorporate feedback from Soldiers and independent analysis of test performance.

Among the key changes announced by the Army are new age-and-gender-performance normed scoring scales

March 21, 2022 -- Army students and staff at the Army War College have tested themselves, informally, against the standards of the Army Combat Fitness Test. Some have taken advantage of ACFT training sessions sponsored by Fitness Center trainers. Now, the revised Army Combat Fitness Test is officially launched. Soon, Army members here will check their own physical readiness with a diagnostic test during the six-month run-up to ACFT for record.



USAWC student attempting the standing power throw during his practice ACFT at Carlisle Barracks.

The U.S. Army has launched a revised Army Combat Fitness Test based on feedback from Soldiers, an independent RAND study, review of nearly 630,000 ACFT scores, and over three years of ongoing analysis. Implementation of the ACFT will enable the Army to maintain a high level of personal physical fitness, which is important to each Soldier's holistic

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health and will support the overall readiness of the Army. The latest revisions to the ACFT maintain the Army's strong commitment to a culture of physical fitness while ensuring fairness in the transition to a new fitness test of record.

Key changes include implementing the ACFT as a general physical fitness test with age and gender performance-normed scoring scales, which account for age and gender grouped performance observed in ACFT test scores. The Army is also eliminating the leg-tuck exercise, while implementing the plank as the required core strength assessment; the 2.5-mile walk is also added as an alternate aerobic event.

The Army will incorporate the ACFT into personnel policies in a time-phased, deliberate manner to ensure all Soldiers can train and adjust to the new event and scoring scales before scores are used for personnel actions. Soldiers will begin taking diagnostic tests with the revised ACFT in April 2022. Record scores for the Regular Army commence in October 2022, giving active duty Soldiers 6 months to train for the revised test. Record scores for the National Guard and Army Reserve commence in April 2023, giving Reserve Component Soldiers a year to train for the revised test.

By implementing this revised approach, the ACFT will provide an accurate assessment of a Soldier's physical fitness level and sustain the Army's efforts to maintain a physically fit force capable of a wide range of missions.

Implementation of the ACFT with regular feedback and ongoing analysis will verify the test continues to meet the needs of the Army. To accomplish this, the Army has established a new governance structure to regularly assess test performance data through initial implementation, assess any disproportionate impacts to elements of the force, and work with stakeholders to identify and recommend any future modifications to Army leadership. RAND will continue to provide analytic support to the Army's ongoing assessment. The governance body's initial comprehensive report to the Secretary of the Army will be provided in April 2023.