

# Quick Reference Guide

## Army Combat Fitness Test

Based on lessons learned during the FY19 Field Test, the following administrative changes have been made to the Army Combat Fitness Test for the IOC period, 1 OCT 2019 – 30 SEP 2020.

There is now a 90-minute maximum time limit for a valid Army Combat Fitness Test. The running clock begins at the start of the Maximum Deadlift warm-up period and ends at the 21:00 mark on the 2-mile run. While a valid ACFT cannot exceed 90 minutes, most tests will be complete in under 75 minutes. While there is not currently a maximum time limit for the Modified ACFT, Soldiers are expected to move from event to event with no more than a 5 minute rest interval between the first five events and no more than a 10 minute interval between the last event and the aerobic endurance test event.

1. 3-Repetition Maximum Deadlift (MDL) – no change to the test event. The MDL is no longer an individually timed event. Units are encouraged to provide 5lb plates at each MDL station to facilitate changing the weights in 10lb increments. As soon as a Soldier has completed the 3-repetition maximum deadlift, they should move to the Standing Power Throw (SPT) lanes. Soldiers from different MDL stations should be grouped into a SPT lane. Before starting the SPT, the NCOIC will line up Soldiers in each lane from lowest MDL (first) to highest MDL (last). Soldiers will remain in that order until the start of the 2MR.
2. Standing Power Throw (SPT) – there is no longer a practice throw for the Standing Power Throw. Soldiers are allowed 2 record attempts to score on the SPT. If a Soldier “faults” on both record attempts, they are permitted one additional attempt. If a Soldier is successful (gets a score) on record attempt 1 or 2, they do not get a 3<sup>rd</sup> attempt.
3. Hand Release Push-up (HRP) – the approved HRP protocol is with the arm extension. From the “starting position”, with index fingers inside the outer margin of the shoulder, Soldiers will push up until their arms are fully extended. From the “up position” the Soldier will bend at the elbows to return to the starting position (resting on the ground). They will then extend both arms out to the side and then return to the starting position. The most significant grading issue is not getting the shoulders and hips off the ground at the same time (body not in a generally straight line). There are no longer any warnings for a “termination” infraction.
4. Sprint-Drag-Carry (SDC) – no change to the test event. Graders should check their “stack” to make sure Soldiers are still aligned from lowest to highest MDL score. Similar to the way you grade the SPT, graders in adjacent lanes will now work together to grade the SDC. One grader will keep the time for 2 Soldiers using 1 or 2 stopwatches; the other grader will move to the other end of the lane and monitor the 25m turn-around line. All testing lanes will start at the same time for every group of Soldiers as directed by the NCOIC.
5. Leg Tuck (LTK) – no change to the test event. The LTK is no longer an individually timed event. The NCOIC will keep a 2-minute clock on the first Soldier to ensure a proper rest interval for Soldiers 3 and 4 following the SDC. After the NCOIC gives the command “GET SET,” Soldiers will mount the bar and assume the starting position (alternating grip, hands no more than a fist-width apart, arms fully extended). As soon as the Soldier assumes the

proper starting position, the **GRADER** gives the command "GO." Graders will start Soldier 2 when directed by the NCOIC and start Soldiers 3 and 4 as soon as Soldier 2 and 3 respectively dismount the bar.

6. 2-mile Run (2MR) – no change to the test event. However, there is now a programmed 10-minute rest interval between the LTK and the 2MR. This rest interval allows movement to the run location, change of equipment / clothing and/or personal hygiene.

1 October 2019

Whitfield B. East, Research Physiologist  
Center for Initial Military Training  
Training and Doctrine Command