



**DEPARTMENT OF THE ARMY**  
UNITED STATES ARMY STUDENT DETACHMENT  
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FORT JACKSON, SOUTH CAROLINA 29207

ATMT-LTB-SD

8 October 2019

MEMORANDUM FOR All personnel permanently assigned and/or attached to the United States Army Student Detachment (USASD)

SUBJECT: Army Combat Fitness Test (ACFT) Guidance

1. References:

- a. FM 7-22 Army Physical Readiness Training
- b. Six Event Highlight Poster (GTA 07-08-005)
- c. Army Combat Fitness Test (ACFT) Training Guide
- d. Appendix 3 to Annex A, HQDA EXORD 219-18, Army ACFT FY20 Standards

2. **Overview.** Starting October 2020, all Soldiers will be required to pass the new Army Combat Fitness Test (ACFT), which will replace the Army Physical Fitness Test (APFT). The APFT is an authorized and valid test until October 2020.

3. As a leader, you will be expected to meet ACFT requirements regardless of age or gender, as part of your military training. The minimum requirements will instead vary by job or unit. All Soldiers, regardless of military occupational specialties (MOS), must be capable to deploy and fight at all times. From the Army Vision: "The Army Mission – our purpose – remains constant: To deploy, fight, and win our nation's wars by providing ready, prompt, and sustain land dominance by Army forces." To accomplish that mission, the Army will "build readiness for high intensity conflict" with training that "will be tough, realistic, iterative and battled-focused." The battlefields of today and tomorrow are increasingly complex, fluid, and uncertain; they demand that all Soldiers are physically fit and ready for full-spectrum operations.

4. **Background.** There are six test events: A three-repetition strength deadlift (muscular strength test that mimics movements to safely and effectively lift and carry heavy loads), a standing power throw (measures upper- and lower-body muscular power, balance and whole body flexibility), an arm extension push-up (measures upper-body muscular endurance), a 250-meter sprint-drag-carry (measures muscular strength, power, speed and reaction time), a leg tuck (measures muscular strength/endurance for grip/core/lower-body with occupational relevance to mobility and load carriage), and a two-mile run (measures aerobic and muscular endurance). All six events will be executed with a continuous clock and total individual test is estimated at 51-54 minutes or less.

5. **Alternate Events.** The alternate assessment will include all ACFT events within the limits of the Soldier's profile, and must include at a minimum: three-Repetition Maximum Deadlift, Sprint- Drag-Carry, and one of the four aerobic events: two-mile run, 15,000 meter stationary bike, 5,000 meter row, or 1,000 meter swim. The time standard for each aerobic event is 25 minutes.

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6. **Grading.** During the field testing, the Army will assess Soldiers' ACFT performance by both MOS and unit type. The specific grading approach and standards will be decided by Army senior leaders based on data collected from the field test. There will be a minimum baseline standard that aligns with the general physical fitness required for a Soldier to perform high-physical-demand common Soldier tasks. Field testing will allow the Army to determine whether to administer the test based on unit occupational physical demands or by a Soldier's military occupational specialty. Field test standards will be tiered by "heavy" (black), "significant" (grey) and "moderate" (gold) physical demands. Through the field test and going forward, the focus remains on increasing readiness by training and assessing the physical capacity of Soldiers to perform common warfighting tasks. For alternate events, Soldiers with permanent profiles must at a minimum achieve the GOLD level for the 3-Repetition Maximum Deadlift, the Sprint-Drag-Carry and the aerobic event.

7. **Equipment.** The required equipment to conduct the ACFT include deadlift hex bars with weights and collars, nylon drag sleds with straps and plates (each weighted with two 45-pound plates), 10-pound medicine balls, 40-pound kettle bells and a location to do leg tucks and run.

8. **Test Administration.** The average testing time per Soldier is about 50 minutes. The ACFT can be scaled to groups of Soldiers ranging from one to 120 per testing session depending on the number of lanes (equipment) and graders. A Company of 120 Soldiers could be tested in a little over two hours using 16 lanes of equipment.

9. For Soldiers assigned to USASD in remote locations, the Army is working hard with our partners to provide the tools, assets and material to enable them to train all Soldiers safely and effectively.

10. The point of contact for this memorandum is the undersigned at (803) 751-5305.

  
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Commanding