

Functional Capability Form – Army Combat Fitness Test (ACFT)

Soldier's Name: _____ Soldier's DoD ID Number: _____

Event #1 - Maximum Dead Lift (MDL)

Given this Soldier's permanent joint condition or restriction is he/she able to:

- a. Squat to touch the hands to mid-calf level while maintaining a flat back? Yes No
b. Lift a weighted bar (of up to 140 pounds) from the floor with the arms straight at the side? Yes No

Check means Soldier may participate in ACFT Event #1 (MDL) - 3-rep Maximum Dead Lift

May Participate



Event #2 – Standing Power Throw (SPT)

Given this Soldier's permanent joint condition or restriction is he/she able to:

- a. Grasp a 10 pound medicine ball with both hands and bend at the hips/knees to lower it between the legs? Yes No
b. Throw a 10 pound medicine ball backward and overhead? Yes No

Check means Soldier may participate in ACFT Event #2 (SPT) – Standing Power Throw

May Participate



Event #3 – Hand Release Push-up (HRP)

Given this Soldier's permanent joint condition or restriction is he/she able to:

- a. Perform a standard push-up from start to finish? Yes No
b. Lie down in a push-up position and move both arms out to the side, extending the elbows to a T position? Yes No

Check means Soldier may participate in ACFT Event #3 (HRP) – Hand Release Push-up

May Participate



Event #4 – Sprint Drag Carry (SDC)

Given this Soldier's permanent joint condition or restriction is he/she able to:

- a. Sprint 50 meters? Yes No
b. Grasp a two-handled strap and move backwards pulling a sled with two 45-pound weights? Yes No
c. Move in a lateral direction while leading with the left foot and repeat while leading with the right foot? Yes No
d. Move in a forward direction while carrying a 40 pound kettle bell in each hand? Yes No

Check means Soldier may participate in ACFT Event #4 (SDC) – Sprint-Drag-Carry

May Participate



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Event #5 – Leg Tuck (LTK)

Given this Soldier's permanent joint condition or restriction is he/she able to:

- a. Grasp with both hands, and hang from, a metal bar with a 1.25 inch diameter? Yes No
b. Flex hips and knees while flexing the elbows and extending the shoulders to bring the knees to the elbows? Yes No

Check means Soldier may participate in ACFT Event #5 (LTK) – Leg Tuck

May Participate



Event #6 – 2 Mile Run (2MR)

Given this Soldier's permanent joint condition or restriction is he/she able to:

- a. Run 2 miles on level terrain? Yes No

Check means Soldier may participate in ACFT Event #6 (2MR) – 2 Mile Run

May Participate



Alternate Cardio Event

* Alternate Cardio Event is only to be included if Soldier is deemed unable to participate in ACFT Event #6 above *

Given this Soldier's permanent joint condition or restriction is he/she able to:

- a. Ride a stationary bike for 25 minutes? Yes No
b. Row an ergometric rowing machine for 25 minutes? Yes No
c. Swim laps in a pool for 25 minutes? Yes No

A "yes" in the above boxes means Soldier may participate in that particular alternate cardio event for the ACFT

Soldier's Name: _____ Soldier's DoD ID number: _____

Physician's Name: _____ Physician's Signature: _____

Date: _____

For videos demonstrating ACFT Events #1-5, visit the links below:

<https://www.youtube.com/watch?v=Eef09p0NIrM&spfreload=10>

<https://www.youtube.com/watch?v=iHPqz2Wtooc&spfreload=10>

<https://www.youtube.com/watch?v=1jMmXpHktn0>

https://www.youtube.com/watch?v=e74I7lgNu_8&spfreload=10

<https://www.youtube.com/watch?v=bXSHIJVjpIM&spfreload=10>

For overall information on the ACFT and for links to ACFT training apps, visit the link below:

<https://www.army.mil/acft/>