



Just to note this is the latest ACFT Score Card I received from **TRADOC on 14AUG2019**. The Training Room in my Unit were a confused on where the New APFT Score card is. We went on Army Pubs... Nothing. Asked other Companies... Nothing. So I went out of my way to reach out to TRADOC in South Carolina and here is what I received. Being a New PT Test and many kinks will be worked out so an updated version is inevitable. This ACFT Score Card should last for the next year, I would imagine. Enjoy. **PLEASE SHARE WITH YOUR UNIT**, let's try to get the right information out to everyone. **PLEASE** update me if you have any new information that soldiers can use.

For filling out the information on this card I highly recommend you follow these steps

1. Download the ACFT Field Testing Manual.
2. Read Manual - Learn how each Event is performed and scored.
  - i. I will place a brief description below in this post.
3. Download and Print Out the new ACFT Score Card Practice filling it out.

## Download the ACFT Field Testing Manual

Download

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Click Picture to Start download of ACFT Field Testing

Manual[/caption]

[ACFT Testing Manual - PDF DOWNLOAD](#)

## OPTION 1 - Read the ACFT Field Testing Manual.

If you want to know WORD for WORD instructions given on ACFT.

## OPTION 2 - Read the ACFT Field Testing Manual.

**Below is a summary of the field testing manual.** We have provided a summary. Cutting out all of the repetitive instructions and common sense things that field manuals usually have to have it in. I still encourage you to read the entire manual if you will be a grader of the ACFT. Enjoy!

## Summary of the Field Testing Manual -

ALL Pictures and Information will come from from the Field Testing Manual provided by the Army and I am summarizing what I THINK are the key points. PLEASE READ THE ENTIRE Manual if you want to learn more or have any questions.

Lets Begin -

## **Purpose of the ACFT Phase 1 Field Test**

As we all know the the PT needs a change. So the Army Combat Fitness Test (ACFT) will be replacing the APFT. It will be the test of record beginning FY21. The army is putting the ACFT Testing through 3 phases.

Phase 1 - (Initial Operating Capability- IOC) Includes approx. 60 Battalions

Working out the "Kinks" - Although the ACFT has plenty of Scientific Research to back it up and that it works well on making soldiers more like athletes and healthier physically. We all know how everything goes in the Army... Well to be honest in life in general. We know its good, but getting it integrated into daily life of the Units across the Army should will be the challenge.

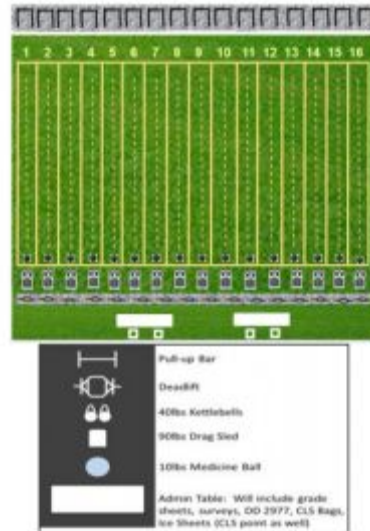
PLEASE NOTE - if you have any recommendations to help improve the ACFT fill out DA Form 2028 and email it to: [usarmy.jble.tradoc.list.g2-acft@mail.mil](mailto:usarmy.jble.tradoc.list.g2-acft@mail.mil).

ACFT Site and Equipment Requirements:

- 2 Mile Course - Flat
- Flat Field 40x40 meters
- Grass - well maintained and cut / Turf - free of debris
- Must be close to Leg Tuck Station
- Indoor Testing - Artificial turf ONLY (wood and rubberized floor is not allowed)
  - Will slowdown Sprint Drag Carry Event
- NO more than 4 Soldiers per Lane for: SPT, HRP and SDC
- Number of lanes will be dictated by number of soldiers taking the ACFT.

## **Here is an example of a 16-Lane ACFT Site:**

- 16 - Hex Bars (60lbs Each)
- 3,000 pounds of bumper plates16
- 16 x 10lbs Medicine Balls
- 16 x Nylon sled with pull straps



**Figure 1: Sample ACFT Site**

- 32 x Kettlebells (40lbs each)
- 16 x Pull Up Bars (7.5 feet high)
- 16 x Stop Watches
- 8 x 2m tape measures
- 8 x Wooden / PVC pipe (1 bar for every 2 lanes on Standing Power Throw Event)
- 70 x 18" traffic cones
- 50 x Dome cones
- Dry test area - 40m x 40m on grass or artificial turf
- A site that is free of hazards.
- Area to conduct Preparation Drill.
- A flat running course no more than 3 percent uphill - start and finish must be at the same altitude

## **ACFT FIELD TEST ADMINISTRATIVE GUIDANCE**

The ACFT is a six-event physical fitness test; the test events are administered in the following order:

1. 3 Repetition Maximum Deadlift (MDL),
2. Standing Power Throw (SPT),
3. Hand-Release Push-up (HRP),
4. SprintDrag-Carry (SDC),
5. Leg Tuck (LTK), and
6. 2 Mile Run (2MR).

### **Key points**

- The ACFT must be performed in this sequence for it to count on record.
- Right now there are no alternate events.
- The test should be completed in 70 minutes or less.
- Soldiers will warm-up using the FM 7-22 Preparation Drill (approximately 10 minutes)
- 3 Repetition Maximum Deadlift warm-up (approximately 10 minutes)
- Once the Max Deadlift Event is complete the OIC/NCOIC will start the master continuous clock. (this clock is to ensure minimum rest is given between events) 70 minutes is maximum time allowed.
- The minimum rest intervals are critical for a 90-day ACFT failure retest.



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

## ACFT TESTING PROCEDURES

### Uniform:

- Same Uniform as before - Army Physical Fitness Uniform per AR 670-1
- Nothing can be used to give an unfair advantage (weight lifting belts, weight lifting gloves or wraps)

- Fitness watches are allowed
- No headphones or music devices
- 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:

- There will be one certified ACFT grader per lane.

### Preparation:

- OIC or NCOIC is to make sure every Soldier has read and understands the testing instructions (See Appendix A) prior to reporting to the testing site.
- OIC or NCOIC will READ 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.
- Soldiers will be allowed 10 minutes to conduct a self-paced 'warm-up' for the 3 Repetition Maximum Deadlift (MDL). Here soldiers are told to execute several reps of the deadlift at (about 25-50% of their 3 Repetition Maximum Deadlift weight) to warmup.
- the NCOIC will hand out a scorecard and pencil to each Soldier and Soldier will fill in the appropriate spaces with the required personal data
- READ aloud the following instructions prior to the soldier starting the Deadlift warmup

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.

**After Max Deadlift warmup soldier will get in line**

Example:

Station 1 = 160lbs

Station 2 = 180lbs

Station 3 = Etc...

- The test should not start with more than 5 Soldiers in any MDL lane. So if there are too many soldiers (+5) in one line weights needs to be adjusted in each lane
- After completing the Max Deadlift Event is finished, each Soldier will 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.
- After completion of the Leg Tuck there will be a 5-minute rest period before starting the 2 Mile Run event.
- There are no test event re-starts.
- Incorrectly performed repetitions will not be counted.
- As usual the grader will place initials next to the grade on each event (weights, number of repetitions, distance and times)
- Soldiers will then sign the score card at the end of completion of the ACFT, as long as they agree with scores given.

## Score Card - Event 1 - 3 Rep Max Deadlift

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



Figure 3: 3 Repetition Maximum Deadlift (MDL)

- The MDL consists of three phases:
  1. preparatory,
  2. upward movement, and
  3. downward movement.



o Preparatory Phase: On the command of "GET SET," the Soldier will bend at the knees and hips, reach down and grasp the center of the handles arms extended, back flat, head in line with the back and spinal column, heels should be on the ground.

o Upward Movement Phase: on the command of "GO," The soldier will bring the hexbar off the ground keeping a straight back, HIPS SHOULD NOT rise above the shoulders. (keep your butt down) a slight pause is needed at the top

o Downward Movement Phase: Slowly lower the bar to the ground. The WEIGHTS CAN NOT BOUNCE but the weight must touch ground before the start of next rep.

### **Fail / Success - 3 Rep Max Deadlift on ACFT Score Card**

**FAIL** - The the soldier fails to perform 3 repetitions at the weight chosen he/she has the ability to take a **2 minute break and perform 1 more attempt** at a lower weight.

**SUCCESS** - If the soldier successfully completes 3 repetitions of the weight chosen. They can also rest 2 minutes and attempt to perform 3 reps at a higher weight. if the grader feels injury will occur the soldier will stop performing the Deadlift. **This stoppage will NOT COUNT as a RECORD ATTEMPT**

#### **Keys to spotting injury and stopping soldier (no attempt is terminated):**

1. Hips moving above the shoulders.
2. Excessive rounding of the shoulders
3. Knees collapsing inwards
4. Dropping the weights

#### **Termination of a record attempt (1 of 2 attempts taken away) if the Soldier:**

1. Drops or bounces the weights off the ground.
2. Takes a rest. If no continuous effort is noticed the attempt is terminated.

# Score Card - Event 2 - Standing Power Throw

## EVENT 2: STANDING POWER THROW (SPT)



Figure 4: Standing Power Throw (SPT)

### Graders

Grader 1 - Will be in the lane with the stick/pvc pipe. ready to mark the landing and distance of the ball when it hits the ground

Grader 2 - Will manage the throws at the line

- one Soldier in lane 1 and
- one Soldier in lane 2.
- The Soldiers will grab the 10lb medicine ball
- Grader 2 (Start line grader) ensures the lane is clear making sure Grader 1 is ready to mark the throw.
- Throw 1 - Is nothing but a warm up and practice throw
- The soldier can also do stretches prior to the 1 recorded throw
- Soldiers in lanes 1 and 2 alternately and will execute Throws 2 (the record throws).
- Once the Soldiers complete 3 throws, they will move onto the SPT lane to retrieve medicine balls and return to the back of the line.
- Grader 2 (start line grader) will give the command "GO" and observe the Soldier's feet to make sure they do not go over the line.
- The lane grader marks where this ball will hit the ground (the ball may land outside of the designated lane), with the measuring tape the the lane grader will measure the distance to the nearest 1/10 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"
- If the soldier throwing the ball goes over the line it will count as a "FAULT" and the throw will be repeated.
- Two FAULTS in a row will count as one record attempt - 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.
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### To prevent injuries the grader should ensure the:

- Medicine ball is dry and free of debris before each attempt.
- Make sure Lane grader/ball retriever is always aware of the up coming throw.
- Start line grader is ready when the ball retriever rolls the ball back to the start line.

### Grading Tips:

1. 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.
2. Two faults in a row will count as a record attempt and the Soldier will receive a "0" for that record attempt.

## ScoreCard - Event 3 - Hand Release Pushup

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



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

### Hand-Release Push-up (HRP).

(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

**The NCOIC will have the same job as the APFT.**

- Grader of the push up give the command of "Get Set", "Go"
- Timer of the push up event (2 min)
- Ensure feet together or up to a boot's width apart
- Knowing that 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" Soldiers will pushup from the ground in a single unit
- Fully extending elbows at top
- Straight body alignment
- **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 soldier has reached the top of the rep with elbows fully extended
- Soldier will then lower body back to the ground
- The chest, hips and thighs should touch down at the same time.

**Movement 3a: Arm Extension HRP**

- 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**

- 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.

#### **More on the HRP Event:**

- Continuous effort is needed by the Soldier just like the APFT Pushup Event
- No Resting on the ground
- **Periods of rest that are 5 Seconds or longer is considered a "terminated" attempt**
- Cant not take feet off the ground
- Can not place knee on the ground
- ONLY REST POSITION ALLOWED is the front leaning rest position.
- 2 Minutes is the Time allowed for maximum repetitions for raw score on score card.
- Grader should be seated or kneel 3 feet from soldier doing pushups

## **Graders Tips:**

#### **A repetition will not count if the:**

1. Index finger is outside the outer edge of the shoulder.
2. Feet are more than a boot's width apart.
3. 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.
4. Soldier bends or sags at the shoulders, hips, knees while in the front leaning rest position

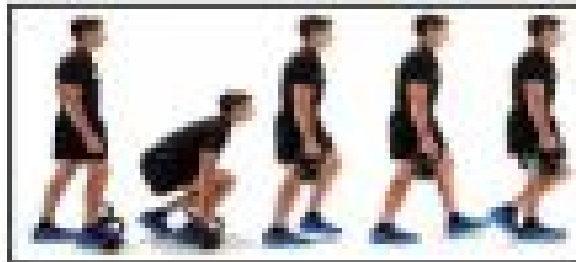
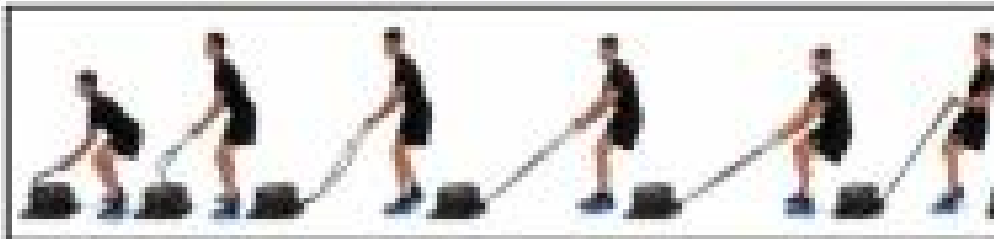
#### **After a warning, the test event will be terminated if the Soldier:**

1. Lifts a foot off the ground.
2. Lifts a hand off the ground while in the front leaning rest position.

3. Rests on the ground or in any position other than the front leaning rest position.

## **ScoreCard - Event 4 - Sprint Drag Carry**

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



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

The NCOIC will serve as the starter for the SDC.

On command "Get Set" - Soldier will assume prone position on the ground

Grader must see both start line and 25 meter line

Grader is encouraged to have a battle buddy on the 25 meter line to make sure soldier is not cheating

Sled must weight 90lbs

**Sprint:**

- On command "GO" Soldier must sprint to the 25 meter line
- Touch line with **HAND or FOOT**

**Drag:**

- Soldier then grabs handles of straps on 90lbs sled
- Soldier must pull going **BACKWARDS**
- **ENTIRE** Sled must cross the 25m line before returning to start line
- Return 90lbs sled back to starting line (entire sled must again cross line)

**Lateral:**

- Soldier will perform a lateral shuffle to 25 meter line
- **FEET CAN TOUCH each other...** but they **CAN NOT CROSS** while doing the lateral
- **MUST** touch line with Hand or Foot



- Soldier will return doing a lateral to start line

### **Carry:**

Grabbing 2 - 44lb kettlebells, the soldier will run from the start line to the 25 meter line and RUN with the kettlebells as quickly as possible

Soldier must touch 25 meter line with foot

Soldier will bring kettlebells back to start line

### **Sprint:**

Soldier will place kettlebells OVER the start line and bring a foot to the line as well

Turn around and SPRINT to 25 meter line

Touch the 25 meter line (hand or foot)

Sprint back to start line

### **NOTE:**

- 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. ANYTIME DURING THIS EVENT • The “penalty” for
- Incorrect form or action is to return to the line and redo the action correctly.

### **Injury Prevention - Grader will stop and correct Soldier if:**

- 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.

### **Soldiers will be called back to the line if:**

- o Failure to touch line with a hand or foot.

- o Failure to have ENTIRE sled over the line (both lines 25m and start line)
- o Failure to have control when placing Kettlebells down (you can not throw them)

## ScoreCard - Event 5 - Leg Tuck

### EVENT 5: LEG TUCK (LTK)

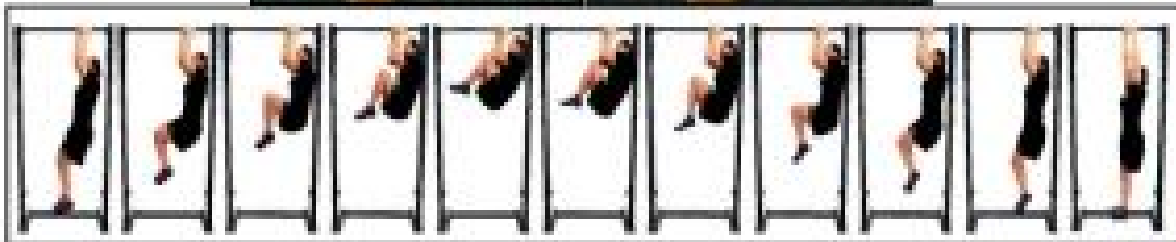


Figure 7: Leg Tuck (LTK)

Leg Tuck (LTK) tests grip strength, shoulder adduction and flexion, elbow flexion, and trunk and hip flexion.

Soldiers will need to have good abdominal, hip, and core flexor muscles, and anterior and posterior upper body muscles

#### **Objective:**

1. Maintaining good vertical posture
2. moving the knees up and down without EXCESSIVE SWINGING or "KIPPING"

#### **Summary:**

- All lanes will start on the command "GO."
- Soldier will be on a 2 minute clock
- "GET SET," soldier will mount the bar
- The grip is the alternating grip (strong arm close to body/head).
- perpendicular with the bar,
- Legs and feet may not be crossed;
- On command "GO," the Soldier will flex at the elbows, knees, hips, and waist to lift the knees.
- BOTH KNEES or thighs MUST touch BOTH ELBOWS to receive credit for a rep
- Soldier will lower body to start position - EVERYTHING MUST BE STRAIGHT
- If elbows are still bent the next rep will not count
- The Soldier will return under control Small, inconsequential, or passive movement of the body and twisting of the trunk is permitted.
- Deliberately swinging or kipping will not count
- The Soldier may rest in the straight-arm (down) position
- Soldier may adjust grip positions by moving the hands.
- You CAN NOT touch the ground with feet at any time
- The event is terminated once the feet hit the ground

**Safety :**

1. Make sure bar is dry and clean
2. Use the foot mounts when mounting bar
3. Make sure the soldier grabs the middle of the bar (prevent hitting posts with the body)

**A repetition will NOT count if the soldier:**

- Fails to touch both knees (or thighs) to both elbows.
- Swings or Kips and uses momentum to lift the knees.
- Fails to return to a straight-arm position; arms and elbows fully extended
- Pushes off any part of the body off the post, ground or bar for momentum to lift the knees.
- Incidental contact is not penalized if the grader needs to determine if soldier made an accident or not.

## **ScoreCard - Event 6 - Two Mile Run**

## EVENT 6: 2 MILE RUN (2MR)



Figure 8: 2 Mile Run (2MR)

### Main Points:

- Outdoor / indoor track, or an improved surface such as a road or sidewalk.
- Terrain that is unimproved is not allowed for testing
- A 5-minute rest between the Leg Tuck Event and the 2 Mile Run will be administered.
- 5 minute rest period will start as soon as the LAST soldier is finished with the Leg Tuck Event.
- The start / finish line need to be close to other 5 test events.
- Up and back or a Loop course is authorized.

### Grader Tips:

- o The OIC/NCOIC will make sure 2 mile course is up to standard.
  - o measured distance and elevation is flat (2%)
  - o clear of debris and any obstructions
- An additional set of 2 Mile Run graders is encouraged
  - o This will increase throughput and reduce overall testing time.
- NCOIC will facilitate the transfer of Soldiers and scorecards to the 2MR NCOIC.
- Soldiers receive a minimum of 5 minute break between Leg Tuck Event and 2 Mile Event
- An Up and Back 2 Mile course may reduce the number of graders needed