









ACFT GRADING SCALES

		POINTS	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+
 MDL (lbs.)	Female	100	210	230	230	230	210	210	190	190	170	170
		80+	160	160	160	160	160	160	160	140	140	140
		60	120	120	120	120	120	120	120	120	120	120
	Male	100	340	340	340	340	340	340	330	290	250	230
		80+	240	250	250	240	220	210	170	170	170	160
		60	140	140	140	140	140	140	140	140	140	140
 SPT (meters)	Female	100	8.4	8.5	8.7	8.6	8.2	8.1	7.8	7.4	6.6	6.6
		80+	5.8	5.9	6.1	5.9	5.7	5.7	5.3	5.2	5.1	5.1
		60	3.9	4.0	4.2	4.1	4.1	3.9	3.7	3.5	3.4	3.4
	Male	100	12.6	13.0	13.1	12.9	12.8	12.3	11.6	10.6	9.9	9.0
		80+	9.3	9.7	9.8	9.8	9.6	9.2	8.7	8.1	7.7	7.5
		60	6.0	6.3	6.5	6.5	6.4	6.2	6.0	5.7	5.3	4.9
 HRP (reps)	Female	100	53	50	48	47	41	36	35	30	24	24
		80+	27	24	21	19	16	14	13	13	13	13
		60	10	10	10	10	10	10	10	10	10	10
	Male	100	57	61	62	60	59	56	55	51	46	43
		80+	37	35	35	33	30	28	23	21	18	17
		60	10	10	10	10	10	10	10	10	10	10
 SDC (m:ss)	Female	100	1:55	1:55	1:55	1:59	2:02	2:09	2:11	2:18	2:26	2:26
		80+	2:28	2:29	2:29	2:34	2:38	2:44	2:50	2:58	3:07	3:07
		60	3:15	3:15	3:15	3:22	3:27	3:42	3:51	4:03	4:48	4:48
	Male	100	1:29	1:30	1:30	1:33	1:36	1:40	1:45	1:52	1:58	2:09
		80+	1:53	1:53	1:55	1:58	2:02	2:07	2:14	2:23	2:29	2:32
		60	2:28	2:31	2:32	2:36	2:41	2:45	2:53	3:00	3:12	3:16
 PLK (m:ss)	Female	100	3:40	3:35	3:30	3:25	3:20	3:20	3:20	3:20	3:20	3:20
		80+	2:35	2:30	2:25	2:20	2:15	2:15	2:15	2:15	2:15	2:15
		60	1:30	1:25	1:20	1:15	1:10	1:10	1:10	1:10	1:10	1:10
	Male	100	3:40	3:35	3:30	3:25	3:20	3:20	3:20	3:20	3:20	3:20
		80+	2:35	2:30	2:25	2:20	2:15	2:15	2:15	2:15	2:15	2:15
		60	1:30	1:25	1:20	1:15	1:10	1:10	1:10	1:10	1:10	1:10
 2MR (mm:ss)	Female	100	15:29	15:00	15:00	15:18	15:30	15:49	15:58	16:29	17:18	17:18
		80+	19:17	19:03	19:00	19:15	19:22	19:45	19:52	20:22	20:22	20:22
		60	23:22	23:15	23:13	23:19	23:23	23:42	24:00	24:24	24:48	25:00
	Male	100	13:22	13:27	13:31	13:42	13:58	14:05	14:30	15:09	15:28	15:28
		80+	16:57	17:13	17:14	17:23	17:38	17:55	18:26	19:03	19:45	19:45
		60	22:00	22:00	22:00	22:00	22:11	22:32	22:55	23:20	23:36	23:36
		POINTS	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+

“Effective immediately, all Soldiers who score **540 points or more** on the record Army Combat Fitness Test (ACFT), with a **minimum of 80 points in each event**, are exempt from the army body fat circumference-based tape assessment. This policy applies to Soldiers who complete all six primary events of the ACFT; no alternate events are authorized. The exemption is not retroactive.”

- Army Directive 2023-08 (Army Body Fat Assessment Exemption for Army Combat Fitness Test Score), 15 March 2023

ALTERNATE EVENTS (GO/NO-GO)

	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		62+	
	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M
2.5-mile Walk	34:00	31:00	33:30	30:45	33:00	30:30	33:30	30:45	34:00	31:00	34:00	31:00	35:00	32:00	35:00	32:00	36:00	33:00	36:00	33:00
12 km Bike	28:58	26:25	28:31	26:12	28:07	26:00	28:31	26:12	28:58	26:25	28:58	26:25	29:50	27:16	29:50	27:16	30:41	28:07	30:41	28:07
1 km Swim	33:48	30:48	33:18	30:30	32:48	30:20	33:18	30:30	33:48	30:48	33:48	30:48	34:48	31:48	34:48	31:48	35:48	32:50	35:48	32:50
5 km Row	33:48	30:48	33:18	30:30	32:48	30:20	33:18	30:30	33:48	30:48	33:48	30:48	34:48	31:48	34:48	31:48	35:48	32:50	35:48	32:50

The full ACFT grading scales are available at <https://www.army.mil/acft/>