

I'm not a bot



According to the recently passed National Defense Authorization Act, the US Army has been ordered to introduce more rigorous requirements for certain troops in combat roles. This move effectively cancels out plans to reinstate the old Physical Fitness Test as the primary evaluation method. The army will have up to 18 months to implement these changes before they take effect, with President Joe Biden expected to sign off on the legislation soon. These updates are part of a broader bill that outlines Congress's annual priorities and budget for the Pentagon. The new standards are set to affect soldiers in various combat positions, including infantry, engineering, armor, and artillery units, as well as Special Forces personnel. While the specifics of these changes remain unclear, the Army is required to provide regular updates on their progress to Congress within a year. These adjustments aim to improve scoring methods for the Army Combat Fitness Test (ACFT), which was introduced in October after years of development. The ACFT replaced the outdated Army Physical Fitness Test (APFT) that had been used since the 1980s, with push-ups, sit-ups, and a two-mile run as its primary components. The new test was designed to assess soldiers' abilities based on their specific job requirements and age/sex-neutral scores. However, concerns over the initial implementation led to revisions, including separate standards for men and women. Despite these changes, less than half of female soldiers were initially passing the test, prompting renewed debate. Senior Army leaders have defended the ACFT, citing its success in reducing injury rates and promoting a healthier fitness culture within the military. They emphasize that the new test is directly linked to combat readiness and will continue to be used as a primary evaluation tool. Repetitions (pounds): For male soldiers aged 17-21 and older than 62, the requirement is 140lb; for female soldiers of all ages, it's 120lb. Standing Power Throw (meters): Males aged 17-21 require a throw of 6m, while females in this age group need to reach 3.9m; for males and females older than 62, the requirement is 4.9m for men and 3.4m for women. Hand Release Pushup: The standard for all ages and genders is 10 reps. Sprint/Drag/Carry (minutes, seconds): For 17-21 year-old males, the goal is 2:28; for females in this age group, it's 3:15; for older-than-62-year-old males, the target is 3:16, while for women in this age group, it's 4:48. Plank (minutes, seconds): The requirement for all ages and genders is 1:30 for 17-21 year-olds and 1:10 for those over 62. Two-mile run (minutes, seconds): For males aged 17-21, the target time is 22:00; for females in this age group, it's 23:22; for older-than-62-year-old males, the goal is 23:36, while for women in this age group, it's 25:00. The MDL assesses muscular strength by measuring lower body, grip, and core strength, requiring well-conditioned back and leg muscles to prevent hip, knee, and lower back injuries. Attempt at higher weight may be made after maximum two attempts on MDL. Fitness components include muscular strength, balance and flexibility. Standard equipment includes 60-pound hex bar and plates. Sumo Deadlift Alternate Staggered Squat Jump Forward Lunge are the exercises used. Muscular endurance component assesses upper body endurance by measuring a Soldier's ability to complete hand-release push-ups in two minutes. Flexibility is secondary component assessed by same. During test, one Soldier assumes prone position with hands flat on ground and index fingers inside shoulders, chest and front of hips and thighs on ground, toes together or apart up to boot width. Soldier pushes whole body up from ground as single unit until fully extended elbows, maintaining straight alignment throughout test. Failure to maintain alignment causes repetition not counted. Body then bends elbows to lower back down to ground, chest, hips, thighs touching down simultaneously. Next, Soldier extends arms into T position without moving head or body, arms and hands may touch ground during movement. Finally, Soldier moves hands back on ground to return to starting position, completing repetition. The SDC evaluates a Soldier's muscular endurance, strength, power, and anaerobic capacity by measuring their ability to sustain high-intensity physical activity for short durations. Additionally, it assesses secondary components such as balance, coordination, agility, flexibility, and reaction time. The test consists of five 50-meter shuttles with varying tasks: sprinting, dragging a sled, performing lateral movements, carrying heavy weights, and sprinting again. To complete each shuttle, Soldiers must touch specific markers with their feet and hands while maintaining proper form. The Physical Laborer's Kit (PLK) assesses a Soldier's fitness levels through various exercises. One of these components, muscular endurance, evaluates the Soldier's core strength and stamina. Balance is another critical aspect of fitness that the PLK examines. To test balance, Soldiers must perform the "Bent-Leg Raise" exercise on a level surface. This involves keeping their legs straight while lifting one leg off the ground, then bringing it back down without touching any other part of their body to the floor besides their feet and hands. Another assessment is the "Plank" event, which measures muscular endurance and balance simultaneously. On command, Soldiers must assume a position with their hands on the ground, either in fists or palms down, and maintain this stance for as long as possible while keeping their core engaged and body straight from head to heels. Failure to do so results in termination of the exercise. Other exercises included in the PLK's fitness evaluation are the "Leg Tuck and Twist," "Side Bridge," and "300M Shuttle Run." These tests evaluate a Soldier's anaerobic power, endurance, and agility while simulating real-world scenarios such as reacting quickly to direct or indirect fire. The Army's fitness assessment, known as the ACFT, consists of several events that evaluate a Soldier's physical abilities. One of these events is the two-mile run, also referred to as the 2MR. This test assesses a Soldier's aerobic endurance, which enables them to work for extended periods and recover quickly from repetitive tasks. The 2MR can be completed on an indoor or outdoor track, road, or sidewalk, but not on unimproved terrain. The ACFT score charts for both male and female soldiers in the Army have been updated for 2024. These charts outline the maximum and minimum points for each age group across various events, including the 2MR, a 12 km bike ride, a 1 km swim, and a 5 km row. The scores range from 60 to 100 points, with higher scores indicating better physical performance. Here are some key highlights: * Aerobic endurance is crucial for Soldiers, enabling them to work efficiently over time and recover quickly from repetitive tasks. * The ACFT score charts are divided into age groups, with each group having specific maximum and minimum point ranges for the different events. * The 2MR test evaluates a Soldier's aerobic endurance by requiring them to run two miles on an indoor or outdoor track, road, or sidewalk. * The ACFT standards for male and female soldiers differ, with males generally having higher maximum points than females. Given article text here The Army Combat Fitness Test (ACFT) is a standardized test used to assess the physical fitness of soldiers in the US Army. The test consists of several events, including the 2-mile walk, 12-kilometer bike ride, 1-kilometer swim, and 5-kilometer rowing event. For females, the grading scales for maximum points are as follows: Age Range 2.5-mile Walk (MM-SS) 12 km Bike (MM-SS) 1 km Swim (MM-SS) 5 km Row (MM-SS) Female / Male Female / Male Female / Male Female / Male Female / Male 10017-21230 / 3406.5 / 12.540 / 601:33 / 1:333:35 / 3:4021:00 / 21:0010022-26230 / 3406.4 / 12.539 / 601:33 / 1:333:35 / 3:4021:00 / 21:0010027-31230 / 3406.3 / 12.538 / 601:34 / 1:343:35 / 3:3521:00 / 21:0010032-36230 / 3406.2 / 12.537 / 601:34 / 1:343:30 / 3:3521:00 / 21:0010037-41220 / 3406.1 / 12.536 / 601:34 / 1:343:25 / 3:3521:00 / 21:0010042-46210 / 3406.0 / 12.535 / 601:35 / 1:353:20 / 3:3021:00 / 21:0010047-51200 / 3205.9 / 12.034 / 551:36 / 1:363:15 / 3:2521:00 / 21:0010052-56190 / 3005.8 / 11.533 / 501:37 / 1:373:10 / 3:2022:00 / 22:0010057-61180 / 2805.7 / 11.032 / 451:38 / 1:383:05 / 3:1522:00 / 22:0010062+170 / 2605.6 / 10.531 / 401:39 / 1:393:00 / 3:1022:00 / 22:00For females, the grading scales for minimum points are as follows: Points Age MDL (lbs) SPT (meters) HRP (reps) SDC (m) PLK (m) 2MR (m) Female / Male 6017-21140 / 1604.0 / 4.510 / 103:29 / 3:001:00 / 1:0023:22 / 22:006022-26140 / 1604.0 / 4.510 / 103:29 / 3:001:00 / 1:0023:23 / 22:006027-31140 / 1604.0 / 4.510 / 103:30 / 3:011:00 / 1:0023:24 / 22:006032-36140 / 1604.0 / 4.510 / 103:31 / 3:021:00 / 1:0023:25 / 22:006037-41140 / 1604.0 / 4.510 / 103:32 / 3:031:00 / 1:0023:26 / 22:006042-46140 / 1604.0 / 4.510 / 103:33 / 3:041:00 / 1:0023:27 / 22:006047-51140 / 1604.0 / 4.510 / 103:34 / 3:051:00 / 1:0023:28 / 22:006052-56140 / 1604.0 / 4.510 / 103:35 / 3:061:00 / 1:0023:29 / 22:006057-61140 / 1604.0 / 4.510 / 103:36 / 3:071:00 / 1:0023:30 / 22:006062+140 / 1604.0 / 4.510 / 103:37 / 3:081:00 / 1:0023:31 / 22:000The Army Combat Fitness Test (ACFT) is a crucial assessment of physical fitness for soldiers, with six events: deadlift, standing power throw, hand release pushup, sprint-drag-carry, plank hold, and two-mile run. Each event is scored based on performance, with points awarded in different categories and standards that increase with age and gender. The test is holistic, requiring soldiers to demonstrate strength and readiness for physically demanding activities. In contrast, the Air Force fitness standards focus on core strength, aerobic endurance, and muscle tone through exercises like sit-ups, cross-leg reverse crunches, and forearm planks. The updated Air Force PT standards serve as a benchmark for unit readiness and individual progress. To recognize outstanding performance in the ACFT, custom coins can be issued to soldiers, featuring designs that reflect their branch of service and achievements. These coins not only acknowledge past efforts but also motivate and encourage soldiers to strive for excellence. You can freely modify and utilize this content for any business purpose without losing your freedoms to do so, as long as you adhere to the terms of the license. 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