



# THE IG UPDATE



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## Army : ]hbYgg`HYgh(5 : H)

The ~~ADVA~~ replaced the Army Combat Fitness Test (ACFT) [ } Æ Rne 20G Ë The test establishes sex-normed and age-normed general fitness standards for all Soldiers and sex-neutral and age-normed combat fitness standards for combat specialty Soldiers. Regular Army, Active Guard Reserve (AGR), and Reserve Component (RC) Soldiers on active-duty orders for greater than 60 days must pass 2 record AFTs per calendar year, with no less than 4 months between passing record tests.

### Important Takeaways

- Commanders will counsel all Soldiers on temporary profiles and coordinate with primary care managers to identify an appropriate timeline to administer an AFT for record.
- The Army will exempt Soldiers from any adverse action (flagging) based solely on the failure of the AFT through 31 December 2025.
- ACFT scores taken before 1 June 2025 remain valid. These must be recorded in DTMS no later than 30 June 2025.
- All Soldiers flagged for an ACFT failure before 1 June 2025 must take the AFT when retesting. Passing will result in the removal of the flag.
- Soldiers who met the the previous Army Body Fat Assessment Exemption by scoring a 540 or above with a minimum of 80 in each event on the ACFT prior to 1 June 2025 are authorized to utilize that exemption for any future body fat assessments until their next fitness test for record (not to exceed 8 months from their last record ACFT).
- All Soldiers must score at least 60 points for each event, combat specialty Soldiers must also attain a minimum cumulative score of 350 points.
- Beginning 1 October 2025, all promotions will begin using the AFT score/data.
- Passing the AFT as a course graduation requirement for Professional Military Education course is waived through 31 December 2025.
- Beginning 1 January 2026, Soldiers who fail an AFT will be retested within 90-days consistent with Army policy.

### Combat Specialty Soldiers

- The AFT defines combat specialty Soldiers as AOC/MOS 11A, 11B, 11C, 11Z, 12A, 12B, 13A, 13F, 18A, 180A, 18B, 18C, 18D, 18E, 18F, 18Z, 19A, 19D, 19K, and 19Z.
- Identified combat specialty Soldiers may take an assessment AFT June through August, but will take the for record AFT beginning September 2025.
- Soldiers who meet the required score will be counseled by their commander to maintain qualifications.
- Soldiers who score 300-349 will be coded as not MOS qualified.
- Effective 1 January 2026, all Soldiers who fail to achieve a score of 350 on two consecutive for record AFTs will be processed for a mandatory reclassification.

### Divisional Requirements

All personnel assigned to the 101st Airborne Division (AASLT) will complete the AFT NLT 30 June 2025.

### Regulations and Resources:

- HQDA EXORD 218-25 Army Fitness Test (AFT), 1 May 2025.
- FRAGO 1 to HQDA EXORD 218-25 Army Fitness Test (AFT), 30 May 2025.
- Office of the Deputy Chief of Staff G-1, DAPE-ZA (RN 600) memorandum (Exception to Policy for Adverse Action due to Army Fitness Test Failure), 12 May 2025.
- Office of the Deputy Chief of Staff G-3/5/7, DAMO-TR memorandum (Exception to Policy for Army Fitness Test as a Graduation Requirement), 29 May 2025.
- FCKY OPORD 187-25 Fitness and Readiness; Implementation of the Army Fitness Test (AFT), 29 May 2025.
- <https://armyeitaas.sharepoint-mil.us/sites/101ABN-IG>



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