On 23 March 2022, the Secretary of the Army released Army Directive 2022-05, which outlines a time-phased implementation of the revised Army Combat Fitness Test (ACFT) as the Army’s official record physical fitness test for personnel actions.

Implementation of this fitness test, began on 1 April and includes the following timeline for RA/USAR(AGR), and Army National Guard and Army Reserve Soldiers (referred to as RC).

**Diagnostic:**
- RA/USAR (AGR): Soldiers will test to standard from 1 April 2022 to 30 Sep 22. If they pass prior to 1 Oct, their test can be re-characterized as record and uploaded into DTMS.
- RC: Soldiers will test to standard from 1 April 2022 to 31 March 2023. If they pass prior to 1 April 2023, their test can be re-characterized as record and loaded into DTMS.

**Record:** (accountability for ACFT performance starts with the first record test)
- RA/USAR (AGR): first record ACFT prior to 1 April 2023.
- RC: first record ACFT prior to 1 April 2024.

**Frequency:** (Beginning 1 Oct. 2022)
- RA/USAR (AGR) Soldiers will take two record ACFTs per calendar year, with no less than 4 months between record test.
- RC: Soldiers will take one ACFT per calendar year, with no less than 8 months between record test.

**Key changes:**
- Performance-normed scoring standards, scaled to gender/age.
- Removal of the leg tuck as an optional core-strength event; plank remains sole core-strength event.*
- 2.5-mile walk included as an alternate aerobic event for Soldiers on profile.
- Retest period extended to no less than 120 days/no more than 180 for RA/USAR (AGR), and no less than 180/no more than 240 for RC Soldiers.

**Scoring:**
- The maximum (100 pts.) is set at the 96th percentile of performance within each age group and for each event.
- The minimum passing score (60 pts.) for the MDL, SPT, HRP, and SDC is set at the 5th percentile.
- The remainder of the scales are set using an even distribution of observed Soldier performance.
- Soldiers with permanent profiles will get 60 points for each event not taken due to a profile.

**Failure to Pass:**
- Commanders will flag/suspend favorable action for a Soldier if he/she fails to pass a record ACFT on or after 1 October 2022 (RA/USAR(AGR)) or on after 1 April 2023 (RC). This flag remains until the Soldier retests and passes a record ACFT.

**Separation:**
- Enlisted: Starting 1 April 2023, (for RA/USAR(ARNG)) or 1 April 2024 (for RC), commanders will initiate an admin separation action for Soldiers who fail two consecutive ACFTs.
- Officers: Starting 1 April 2023 (for RA/USAR(ARNG)) or 1 April 2024 (RC), commanders (or other authorized initiating officials) will initiate an involuntary separation action for those Soldiers who fail two consecutive ACFTs.

**References/Resources**
- Army Directive 2022-05 (Army Combat Fitness Test)
- AR 350-1 (Army Training and Leader Development)
- FM 7-22 (Health and Holistic Fitness)
- HQDA EXORD 153-22 (Army Combat Fitness Test)
- Army Training Publication 7-22.02 (Holistic Health and Fitness Drills and Exercises)
- Army.mil/acft/
- Fort Jackson OPORD 22-03-006

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**Commanders will administer one diagnostic ACFT during implementation period. No adverse actions permitted**

- Commanders will flag Soldiers who fail a record ACFT
- Flagged Soldiers may extend their ETS for up to 12 months
- ACFT required to reenlist
- ACFT required to graduate for all courses ending on or after 1 Oct 22
- ACFT required to graduate for all courses starting on or after 1 Oct 22
- ACFT results on OERs/NCOERs with thru dates on or after 1 Oct 22
- ACFT failure prohibits promotion and ACFT information visible to boards
- Use of APFT for points
- Not required to commission
- ACFT required to commission
- Separations/Bars prohibited
- Separations/Bars on 2x Record Failures

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* Formerly known as the leg tuck, this event has been removed as an option for Soldiers in the revised ACFT.
Guidance on ACFT Changes

PME/IMT:
- Starting 1 Oct 2022 or later, Soldiers must pass a record ACFT to graduate.
- If any Soldier (all COMPOs) attending PME classes that start on or after 1 October 2022, fails both a record test and retest during the course, he/she is removed from the course.

Commissioning: Effective 1 April 2023, a passing ACFT score is required for contracting SROTC cadets and commissioning (all COMPOs).

Retention/Reenlistment:
- Prior to 1 October 2022 (RA/USAR(AGR)) and 1 April 2023 (RC):
  - Soldiers must not be flagged for an APFT or ACFT failure to be recommended for retention.
  - Soldiers must have a passing ACFT within the previous 12 months to be eligible for reenlistment (authorized extension of only up to 12 months).

Evaluations:
- For RA/USAR (AGR), OERs/NCOERs ending with a thru date of 1 October 2022 or later will indicate ACFT status.
- For RC, OERs/NCOERs ending with thru dates of 1 April 2023 or later will indicate ACFT status.
- Beginning 1 Oct. 2022 (RA/USAR (AGR)) and 1 April 2023 (RC), AERs will indicate ACFT status.

Promotion:
- Effective 1 Oct. 2022 (RA/USAR (ARNG)) and 1 April 2023 (RC), Soldiers flagged for failure to pass an ACFT are ineligible for promotion.
- Effective 1 Oct. 2022 (RA/USAR (ARNG)) and 1 April 2023 (RC), the enlisted board record brief will include all ACFT scores for NCO evaluation boards.
- Through 1 March 2023 (RA/USAR (ARNG)) and 31 March 2024, E-4s/E-5s with no record APFT can take the APFT solely for promotion purposes. (no adverse action for failure under this provision).

Exceptions:
- Soldiers on temporary profiles are not granted test/event modifications.
- Soldiers in the DES process/with a P3-P4 profile with second signature, pending entry into DES, will not have their permanent profiles updated for ACFT and will not take an ACFT until they’ve received a decision on discharge or continued service.

Note: the Army will publish ACFT policies for pregnant and post partum Soldiers separately.