

The USATC&FJ Inspector General Update



"First be right, then go forward"

FY22 3rd Quarter

Guidance on ACFT Changes

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
- 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 2424 (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

Regular Army & USAR (AGR)

Promotion Points

Commissioning

Separations

Flags

ETS Extensions
Reenlistments
IMT (O/W/E)

PME
Evaluations

Promotions

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

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 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

Separations/Bars prohibited

ACFT required to commission

Separations/Bars prohibited

ACFT required to commission

Separations/Bars prohibited

ACFT required to 22

ACFT required to commission

ACFT required to commission

Separations/Bars prohibited

Phase 1 Phase 2

Phase 3



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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.

<u>Commissioning:</u> 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.
 - o 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.

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