



Army Combat Readiness Tests and Standards

Ensuring combat readiness for all Soldiers



Army Combat Readiness Test and Standards

The Army's basic mission is to train and prepare Soldiers, leaders, and units to fight and win in combat. Although Army units do not have the time or the resources to achieve and sustain proficiency with every possible training task, the Army has identified a specific list of warrior tasks and battle drills (WTBD) that enhance a Soldier's readiness to fight on the battlefield. Warrior tasks are a collection of individual Soldier skills known to be critical to Soldier survival. Examples include weapons training, tactical communications, urban operations, and first aid. Battle drills are group skills designed to teach a unit to react and survive in common combat situations. Examples included react to ambush, react to chemical attack, and evacuate injured personnel from a vehicle. WTBD increases the relevance of training to current combat requirements and enhance the rigor in training. It is incumbent on all commanders that their Soldiers are capable of executing all warrior tasks and battle drills. The NCO leadership uses the tasks in the SMs to train the Soldiers and measure the Soldiers' proficiency with these unit-critical tasks. The foundation for success is born through the physical readiness of Soldiers and the foundation of physical readiness is physical work capacity. The occupational tasks required of all warfighters must be trained and assessed on a regular basis to ensure ultimate success in combat. The Army's physical readiness training system is provided by doctrine in FM 7-22, Holistic Health and Fitness. The fitness assessment test and standards linked to task performance are provided in this manual. **Soldiers will have 12 months after the test events and standards are implemented to adapt to the new tests before the standards are officially enforced.**

Why A New Physical Tests and Standards?

When the 3-event Army Physical Fitness Test was developed in the midst of the Cold War, it was a commonly held belief among senior Army leaders that ground combat was no longer a force imperative. As a result rigorous physical training and assessment was replaced with more general fitness training and assessment. The 3-event test was developed to ensure a high level of health-related fitness and appropriate body mass. The lessons learned over the past 15 years have not only reinforced the need for ground combat power, but also renewed our focus on the strength and power requirements of the individual Soldier. Over the past four years the Army has conducted two major physical fitness assessment studies; HQDA EXORD 091:13 – Physical Demands Study (PDS) and HQDA EXORD 041-13 – Baseline Soldier Physical Readiness Requirements Study (BSPRRS) From 2012-15 the U.S. Army Research Institute for Environmental Medicine (USARIEM) conducted a major Army-wide fitness prediction study called the Physical Demands Study. As part of their analysis they identified five (5) domains of combat physical fitness: muscular strength, muscular endurance, cardiorespiratory endurance, explosive power, and speed/agility. These five domains were independently confirmed in the BSPRRS conducted by the United States Army Center for Initial Military Training. Clearly the five domains of combat physical fitness were not assessed by the APFT. The second objective of the BSPRRS study was to determine common field-expedient physical fitness test events that predicted a Soldier's success on the high physical demand Warrior Tasks and Battle Drills. **These six (6) test events were validated by the performance of almost 1,000 Soldiers relative to their performance on a WTBD simulation test. In April, 2017 these events were approved by the CG/TRADOC and in July, 2017 the Chief of Staff, Army approved this battery of test events as the Army Combat Readiness Test (ACRT).**

Implementation of the Army Combat Readiness Test

Beginning 1 October 2017 the ACRT will enter a period of initial operational capability (IOC). All components of Soldiers will take two (2) diagnostic ACRT tests during Fiscal Year (FY) 2018. Data will be entered into the appropriate application in DTMS 7.0. Soldiers will have 12 months to adapt to the new test events before the new standards are officially enforced. During FY18 all Soldiers will continue to take the APFT per current guidance in AR 350-1. The ACRT will become FOC on 1 October 2018 and will replace the APFT.

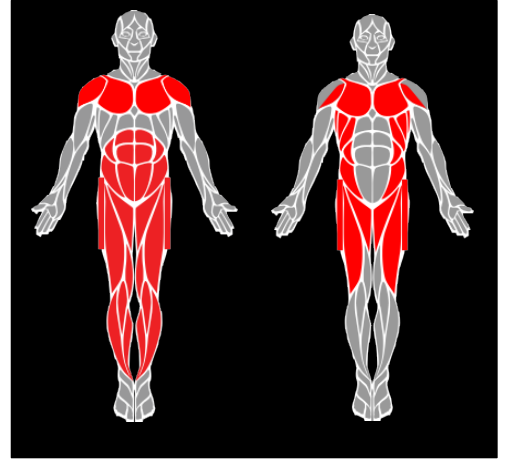
ACRT Test Events

The following sections briefly describe each test event component in the ALO-TACP Operator Prototype PF Test. Test component descriptions highlight the specific purpose of the test, muscle groups measured, protocol for administering the test, component scoring, and the relevance of the test—that is, the operational capabilities (critical physical tasks) predicted by the test. The scoring system is a prototype, and the ESU, in conjunction with ALO-TACP leadership, may modify the scoring per data collected in verification. Prototype test components are:

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6. 2-Mile Run page 10

Leg Tuck

PURPOSE: Measure abdominal – core strength and endurance



PROTOCOL

1. The test administrator will assist Soldier to the bar.
2. Come to a dead hang position; arms, body, legs are straight.
3. Flex at the elbow, hips, and waist to bring the knees up and touch both knees to both elbows.
4. Return to the dead hang position.
5. Execute repetitions until voluntary volitional fatigue.
6. Record the score as the maximum number of repetitions.

TEST SCORING

Scale	10	20	30	40	50	60	70	80	90	100
Raw	1	2	3	5	8	12	15	19	23	25

RELEVANCE OF TEST

The leg tuck is a multi-purpose test of muscular strength and endurance with great occupational relevance to Soldiers. This test event assesses many anterior sagittal plane muscle groups to include prime mover and agonist muscles related to grip strength, shoulder and elbow flexion, and abdominal and hip flexion. These muscles assist Soldiers in all climbing tasks and in surmounting certain obstacles like a vertical wall. This test event will require well-conditioned abdominal muscles that will assist Soldiers in load carriage and in injuries to the upper and lower back.

Power Throw

PURPOSE: Measure upper and lower body muscular power

PROTOCOL (Back Toss):

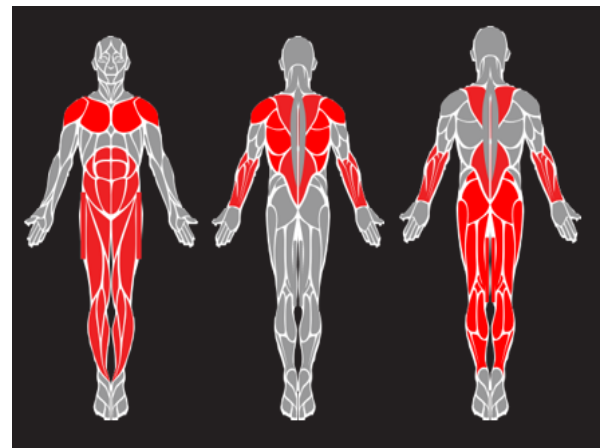
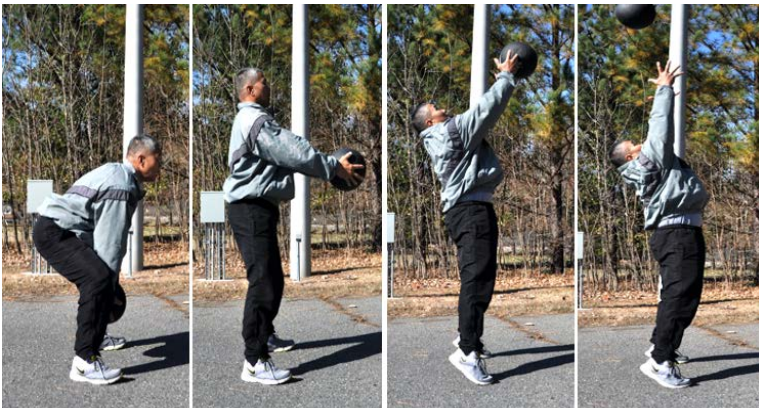
1. Grasp the medicine ball (10lb) with both hands at hip level and stand with heels at (but not on/over) the restraining line.
 2. Face backward throughout the entire test.
 3. Make several preparatory movements bending at your knees and lowering the medicine ball almost to the ground
 4. On the record attempts, bend at the knees/hips, lower the medicine ball almost to the ground and toss the medicine ball from an underhand position over your head.
 5. Both feet are to remain in contact with the ground and behind the restraining line until the ball is released.
 6. You must make two attempts; in the event of a “fault” the attempt is repeated.
 7. Record the score for both attempts to the nearest centimeter.
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TEST SCORING

Scale	10	20	30	40	50	60	70	80	90	100
Raw	350	400	450	550	650	800	950	1050	1200	1400

RELEVANCE OF TEST

The backward Power Throw measures upper and lower body muscular power. Muscular power contributes to the success of tasks that require quick explosive movements to maneuver equipment and personnel. These tasks include executing a buddy drag to pull an injured person to a safe location, casting equipment over an obstacle, throwing a hand grenade, lifting and loading equipment, and employing progressive levels of force.



TRAP BAR DEADLIFT

PURPOSE: Measure muscular strength

PROTOCOL:

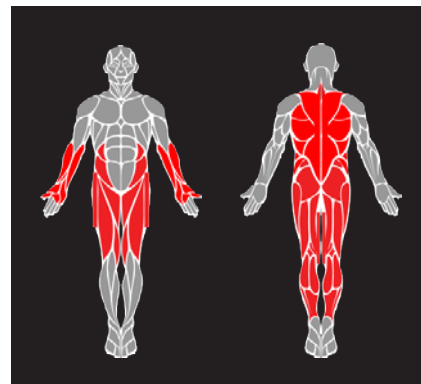
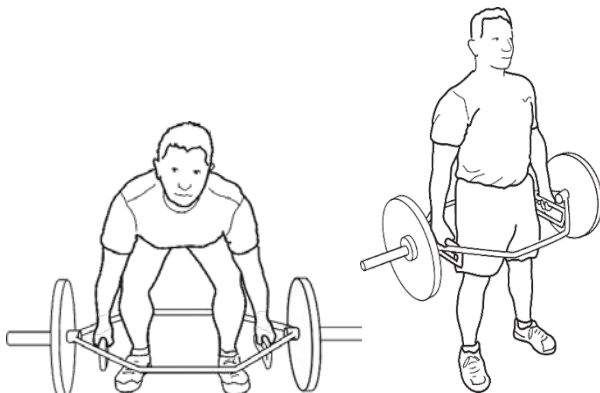
1. The trap bar deadlift consists of three phases: preparatory, upward movement, and downward movement.
 2. Preparatory Phase: Stand inside the trap bar and grasp the handles centered on the grips (if a dual-handled trap bar is used, you will grasp the lower handles, with the upper handles facing down). Arms should be fully extended, back flat, chest held up and out, head in line with the spinal column or slightly hyperextended, heels in contact with the floor, and eyes focused straight ahead or slightly upward. All repetitions will begin from this position.
 3. Upward Movement Phase: Stand up and lift the bar by extending your hips and knees. Hips should not rise before your shoulders. Back should remain flat. Continue to extend the hips and knees until you are standing up. There is a slight pause at the top of this movement.
 4. Downward Movement Phase: Slowly lower the bar to the floor while still maintaining a flat-back position. Do not lean forward. Trap bar weight plates must touch the floor before beginning the next repetition (“touch and go”).
 5. Repeat three repetitions with maximum weight; record the score for the 3RM.
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TEST SCORING

Scale	10	20	30	40	50	60	70	80	90	100
Raw	120	150	170	190	210	230	270	300	350	400

RELEVANCE OF TEST

The trap bar deadlift is a muscular strength test that mimics movements required to safely and effectively lift heavy loads from the ground. For example, the trap bar deadlift is a strong predictor of a Soldier's ability to lift and carry a casualty on a litter and to lift and move personnel and equipment. This test event requires well-conditioned back muscles that will assist Soldiers in load carriage and in injuries to the upper and lower back.



T PUSH-UP

PURPOSE: Measure muscular endurance

PROTOCOL (T PUSH-UP)

The start position is the prone position. The forehead, chest, hips and thighs will be on the ground. Toes will be touching the ground and the feet will be placed together. Hands are placed flat on the ground, the index finger will be inside the outer edge of the shoulder. On the command "GO," the Soldier will push the whole body up from the ground as a single unit, staying in a straight line from head to toes. The front leaning rest is the only authorized rest position. Resting on the ground is not permitted. Flexing / bending at the knees, hips, trunk or neck during a repetition or in the position is not permitted / authorized.

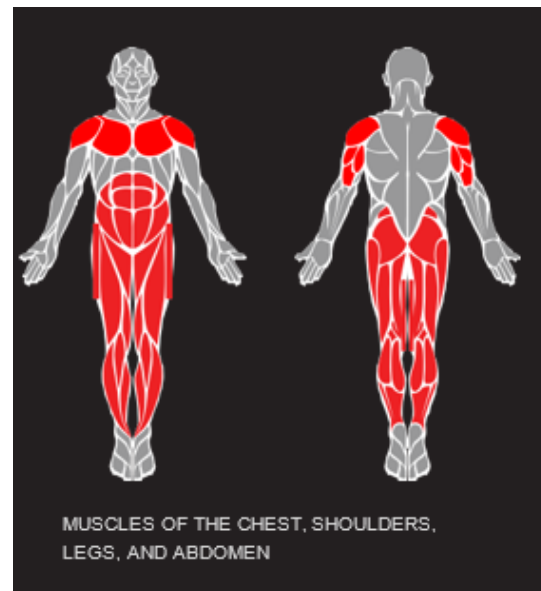
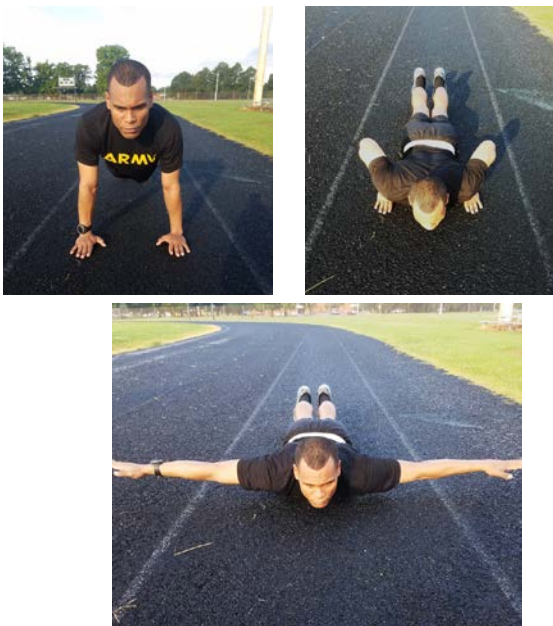
- Count 1: From the start position, elbows are fully extended and the Soldier has reached the up position
- Count 2: Elbows are fully flexed and the body is lowered as a single unit to the ground. The chest, hips and thighs will touch the ground. The head and face will not contact the ground.
- Count 3: The arms are fully extended out to the sides into the T position.
- Count 4: To complete the repetition the arms will return to the starting position with hands beneath the shoulders, palms on the ground.

TEST SCORING

Scale	10	20	30	40	50	60	70	80	90	100
Raw	5	10	15	20	30	40	50	60	70	80

RELEVANCE OF TEST

The 4-count Push-up event is a measure of upper body muscular endurance and has high correlation with the repetitive and sustained pushing used in WTBD/CSTs. It is a test of a Soldier's ability to push an opponent away during man-to-man contact, push a vehicle when it is stuck, and push up from cover / the ground during evade and maneuver.



Shuttle Sprint-Drag-Carry

PURPOSE: Measure muscular strength, muscular power and anaerobic capacity

PROTOCOL:

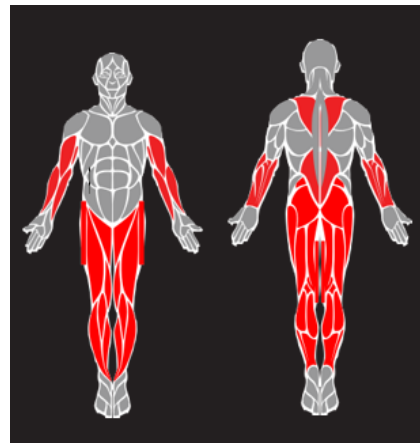
1. Laying prone on the ground with the tip of your head behind the restraining line; on the command “GO” stand up and sprint 25m down and 25m back.
2. Grasp each strap handled and pull the sled (100lbs) backwards 25m down and 25m back.
3. Once the back of the sled crosses the restraining line release the strap handles, turn and sprint 25m down and 25m back.
4. After crossing the restraining line, grasp the handles of the two 40lb kettlebells and run/sprint 25m down and 25m back.
5. After crossing the restraining line place the kettlebells on the ground, turn and sprint 25m down and 25m back.
6. The time ends when you cross the restraining line at the “start/finish”.
7. Record the time to cover the 250m course.

TEST SCORING

Scale	10	20	30	40	50	60	70	80	90	100
Raw	3:00	2:50	2:40	2:30	2:20	2:10	2:00	1:50	1:40	1:30

RELEVANCE OF TEST

The sprint-drag-carry is a measure of muscular strength and anaerobic capacity, abilities needed to exert effort at high intensity levels for relatively brief periods of time, from a few seconds to one minute. The SDC contributes to a Soldier’s ability to react to direct and indirect fire; build a hasty fighting position, extract a casualty from a vehicle and transport or drag to safety.



2-MILE RUN

PURPOSE: Measure cardiorespiratory endurance

PROTOCOL:

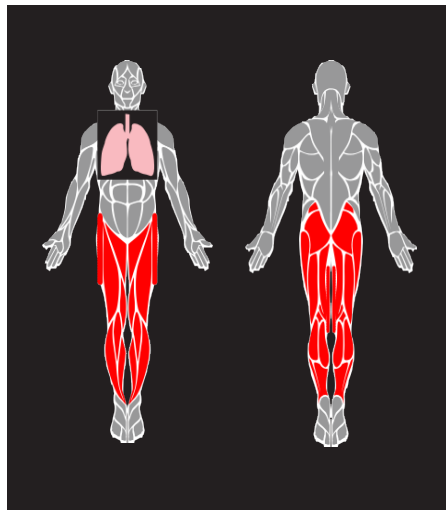
1. Line up behind the starting line and begin running on the “Go” command.
 2. No physical assistance from anyone or anything is permitted.
 3. Remain on the designated course for the entire distance. If you deviate from or depart the course, you are disqualified and your test is terminated.
 4. The test administrator will call out split times as you pass the start line each lap.
 5. The test administrator will call out and record your completion time.
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TEST SCORING

Scale	10	20	30	40	50	60	70	80	90	100
Raw	21:00	20:00	19:30	18:30	17:00	15:30	14:00	13:30	12:45	11:30

RELEVANCE OF TEST

The 2-mile run primarily measures cardiorespiratory endurance, which is an important physiological requirement for conducting continuous operations and ground movements on foot, especially under load. Specifically, the 2-mile run contributes to the prediction of a Soldier's ability to execute a long distance ruck march while carrying a heavy load. A higher cardiorespiratory endurance also allows the body to recover quickly in preparation for executing another physically demanding task that may arise during a ground movement or immediately following, such as reacting quickly to enemy contact.



Equipment List: