

UNCLAS FOUO

FRAGO 10 TO HQDA EXORD 219-18 IMPLEMENTATION OF THE ARMY COMBAT

Originator: DA WASHINGTON DC

DTG: 151459Z JUN 20 Precedence: P DAC: General

To: ARLINGTON NATIONAL CEMETERY ARLINGTON VA, ARNG NGB COMOPS ARLINGTON VA, ARNG NGB COMOPS ARLINGTON VA, ARNG NGB J3 JOC WASHINGTON DC, ARNG NGB J3 JOC WASHINGTON DC, ARNGRC ARLINGTON VA, ARNGRC ARLINGTON VA, ARNGRC WATCH ARLINGTON VA, ARNGRC WATCH ARLINGTON VA, CDR 5 ARMY NORTH AOC FT SAM HOUSTON TX, CDR 5 ARMY NORTH AOC FT SAM HOUSTON TX, CDR ATEC ABERDEEN PROVING GROUND MD, CDR MDW J3 FT MCNAIR DC, CDR MDW J3 FT MCNAIR DC, CDR MDW JFHQ-NCR FT MCNAIR DC, CDR MDW JFHQ-NCR FT MCNAIR DC, CDR NETCOM 9THSC FT HUACHUCA AZ, CDR TRADOC CG FT EUSTIS VA, CDR TRADOC CG FT EUSTIS VA, CDR TRADOC DCS G-3-5-7 OPNS CTR FT EUSTIS VA, CDR USAR NORTH FT SAM HOUSTON TX, CDR USARCENT SHAW AFB SC, CDR USASOC COMMAND CENTER FT BRAGG NC, CDR USASOC FT BRAGG NC, CDR USASOC MESSAGE CENTER FT BRAGG NC, CDR3RD ARMY USARCENT WATCH OFFICER SHAW AFB SC, CDRAMC REDSTONE ARSENAL AL, CDRAMC REDSTONE ARSENAL AL, CDRFORSCOM FT BRAGG NC, CDRHRC G3 DCSOPS FT KNOX KY, CDRHRC G3 DCSOPS FT KNOX KY, CDRINSCOM FT BELVOIR VA, CDRINSCOM FT BELVOIR VA, CDRINSCOMIOC FT BELVOIR VA, CDRINSCOMIOC FT BELVOIR VA, CDRMDW WASHINGTON DC, CDRMDW WASHINGTON DC, CDRUSACE WASHINGTON DC, CDRUSACE WASHINGTON DC, CDRUSACIDC FT BELVOIR VA, CDRUSACIDC FT BELVOIR VA, CDRUSACYBER FT BELVOIR VA, CDRUSACYBER G3 FT BELVOIR VA, CDRUSACYBER G33 FT BELVOIR VA, CDRUSAEIGHT G3 CUOPS SEOUL KOR, CDRUSAEIGHT SEOUL KOR, CDRUSAFRICA VICENZA IT, CDRUSAMEDCOM FT SAM HOUSTON TX, CDRUSARC G33 READ FT BRAGG NC, CDRUSARC G33 READ FT BRAGG NC, CDRUSARCYBER WATCH OFFICER FT BELVOIR VA, CDRUSARPAC CG FT SHAFTER HI, CDRUSARPAC FT SHAFTER HI, COMDT USAWC CARLISLE BARRACKS PA, COMDT USAWC CARLISLE BARRACKS PA, HQ IMCOM FT SAM HOUSTON TX, HQ IMCOM FT SAM HOUSTON TX, HQ INSCOM IOC FT BELVOIR VA, HQ SDDC CMD GROUP SCOTT AFB IL, HQ SDDC CMD GROUP SCOTT AFB IL, HQ SDDC OPS MSG CNTR SCOTT AFB IL, HQ SDDC OPS MSG CNTR SCOTT AFB IL, HQ USARSO FT SAM HOUSTON TX, HQ USARSO FT SAM HOUSTON TX, HQ USARSO G3 FT SAM HOUSTON TX, HQ USARSO G3 FT SAM HOUSTON TX, HQDA ACCESSIONS BDE WASHINGTON DC, HQDA AOC G1 PERSONNEL CONTRINGENCY CELL WASHINGTON DC, HQDA ARMY STAFF WASHINGTON DC, HQDA ASAALT ASC HQ WASHINGTON DC, HQDA CSA WASHINGTON DC, HQDA EXEC OFFICE WASHINGTON DC, HQDA IMCOM OPS DIV WASHINGTON DC, HQDA SEC ARMY WASHINGTON DC, HQDA SECRETARIAT WASHINGTON DC, HQDA SURG GEN WASHINGTON DC, NETCOM G3 CURRENT OPS FT HUACHUCA AZ, NETCOM G3 CURRENT OPS FT HUACHUCA AZ, NGB WASHINGTON DC, SMDC ARSTRAT CG ARLINGTON VA, SMDC ARSTRAT CG ARLINGTON VA, SMDC ARSTRAT G3 ARLINGTON VA, SUPERINTENDENT USMA WEST POINT NY, USAR AROC FT BRAGG NC, USAR AROC FT BRAGG NC, USAR CMD GRP FT BRAGG NC, USAR CMD GRP FT BRAGG NC, USAR DCS G33 OPERATIONS FT BRAGG NC, USAR DCS G33 OPERATIONS FT BRAGG NC, USARCENT G3 FWD, USARPAC COMMAND CENTER FT SHAFTER HI, HQDA DCS G-1 WASHINGTON DC, HQDA AOC DAMO ODM MOBILIZATION WASHINGTON DC, HQDA AOC DAMO ODO OPS AND CONT PLANS WASHINGTON DC, HQDA AOC G3 DAMO CAT OPSWATCH WASHINGTON DC, HQDA AOC G3 DAMO OD DIR OPS READ AND MOB WASHINGTON DC, CDR ARMY FUTURES COMMAND AUSTIN TX, CDR ARMY FUTURES COMMAND AUSTIN TX, CDR USAREUR WIESBADEN GE, CDR FORSCOM DCS G3 CENTRAL TASKING DIV FT BRAGG NC, CDR FORSCOM DCS G3 CENTRAL TASKING DIV FT BRAGG NC, CDR FORSCOM DCS G3 CURRENT OPS FT BRAGG NC, CDR FORSCOM DCS G3 CURRENT OPS FT BRAGG NC, CDR FORSCOM DCS G3 WATCH OFFICER FT BRAGG NC, CDR FORSCOM DCS G3 WATCH OFFICER FT BRAGG NC

CC: HQDA AOC DAMO ODO OPS AND CONT PLANS WASHINGTON DC, HQDA AOC G3 DAMO CAT OPSWATCH WASHINGTON DC, HQDA AOC G3 DAMO OD DIR OPS READ AND MOB WASHINGTON DC

UNCLASSIFIED/

SUBJECT: FRAGO 10 TO HQDA EXORD 219-18 IMPLEMENTATION OF THE ARMY COMBAT FITNESS TEST (ACFT)//

(U) REFERENCES:

REF//A/ THROUGH REF//Z/ NO CHANGE.

REF//AA// [ADD] FRAGO 9 TO HQDA EXORD 219-18 IMPLEMENTATION OF THE ARMT COMBAT FITNESS TEST (ACFT), DTG: 262057Z MAY 20//

REF//BB// [ADD] ARMY DIRECTIVE 2020-06 (ARMY COMBAT FITNESS TEST), DATED: 12 JUNE 2020//

NARR// (U) THIS IS FRAGO 10 TO HQDA EXORD 219-18 IMPLEMENTATION OF THE ARMY COMBAT FITNESS TEST (ACFT). FRAGO 10 ANNOUNCES THE PUBLICATION OF ARMY DIRECTIVE 2020-06 FORMALLY ESTABLISHING THE NEW ACFT IN POLICY EFFECTIVE 1 OCT 2020 (PARA 1.A.), AND PROVIDES ADDITIONAL GUIDANCE PERTAINING TO FY21 (PARA 3.D.29.)//

1. (U) SITUATION.

1.A. [CHANGE TO READ] THE ARMY WILL REPLACE THE ARMY PHYSICAL FITNESS TEST (APFT) WITH THE ARMY COMBAT FITNESS (ACFT) IAW REF BB EFFECTIVE 1 OCT 2020.

1.B. THROUGH 1.D. NO CHANGE.

2. (U) MISSION. NO CHANGE.

3. (U) EXECUTION. NO CHANGE.

3.A. INTENT/ENDSTATE. NO CHANGE.

3.B. CONCEPT OF OPERATION. [RESTATED] THE ARMY IMPLEMENTS THE ACFT TO ACHIEVE INITIAL OPERATING CAPABILITY (IOC) DEFINED AS CURRENT DATE THRU 30 SEPTEMBER 2020 AND FULL OPERATIONAL CAPABILITY (FOC) DEFINED AS 01 OCTOBER 2020 AND BEYOND.

3.B.1. NO CHANGE.

3.B.1.A. THROUGH 3.B.1.O. NO CHANGE.

3.B.2. THROUGH 3.B.4. NO CHANGE.

3.C. TASKS TO SUBORDINATE UNITS, ARMY STAFF, AND REQUESTS FOR SUPPORT.

3.C.1. HQDA, DEPUTY CHIEF OF STAFF (DCS), G-3/5/7. NO CHANGE.

3.C.2. HQDA, DCS, G-1. NO CHANGE.

3.C.3. HQDA, DCS, G-4. NO CHANGE.

3.C.4. OFFICE OF THE CHIEF PUBLIC AFFAIRS (OCPA). NO CHANGE.

3.C.5. COMMANDER, U.S. ARMY TRAINING AND DOCTRINE COMMAND (TRADOC). NO CHANGE.

3.C.6. COMMANDER, U.S. ARMY FORCES COMMAND (FORSCOM). NO CHANGE.

3.C.7. COMMANDER, U.S. ARMY FORCES PACIFIC (USARPAC). NO CHANGE.

3.C.8. COMMANDER, U.S. ARMY EUROPE (USAREUR). NO CHANGE.

3.C.9. COMMANDER, U.S. ARMY SPECIAL OPERATIONS COMMAND (USASOC). NO CHANGE.

3.C.10. COMMANDER, U.S. ARMY MEDICAL COMMAND (MEDCOM). NO CHANGE.

- 3.C.11. COMMANDER, U.S. ARMY INSTALLATION MANAGEMENT COMMAND (IMCOM). NO CHANGE.
- 3.C.12. COMMANDER, U.S. ARMY RESERVE COMMAND (USARC). NO CHANGE.
- 3.C.13. CHIEF, NATIONAL GUARD BUREAU (NGB), DIRECTOR, ARMY NATIONAL GUARD (ARNG). NO CHANGE.
- 3.C.14. SUPERINTENDENT, U.S. MILITARY ACADEMY (USMA). NO CHANGE.
- 3.C.15. HQDA, DCS, G-8. NO CHANGE.
- 3.C.16. COMMANDER, U.S. ARMY MATERIEL COMMAND (AMC). NO CHANGE.
- 3.C.17. HQDA, OFFICE OF THE SURGEON GENERAL (OTSG). NO CHANGE.
- 3.C.18. COMMANDER, U.S. ARMY HUMAN RESOURCES COMMAND (HRC). NO CHANGE.

3.D. COORDINATING INSTRUCTIONS.

3.D.1. THROUGH 3.D.28. NO CHANGE.

3.D.29. [ADD] (U) ADDITIONAL GUIDANCE AS A DIRECT RESULT OF REF BB. PARAGRAPHS 3.D.29.A. THROUGH 3.D.29.O., NEXT UNDER, TAKE PRECEDENCE OVER ANY PRECEDING GUIDANCE IN THIS EXORD WHERE A CONFLICT IS RECEIVED.

3.D.29.A. [ADD] IAW REF BB, THE ACFT WILL REPLACE THE APFT AS THE ARMY'S PHYSICAL FITNESS TEST OF RECORD ON 1 OCTOBER 2020. THE ARMY WILL NO LONGER CONDUCT THE APFT AFTER 30 SEPTEMBER 2020. THE ONLY EXCEPTION IS ARTICULATED IN AR 350-1, PARAGRAPH F-5K, FOR SOLDIERS WHO FAILED THEIR LAST RECORD APFT.

3.D.29.B. [ADD] IAW REF BB, THE DCS, G-3/5/7, IN COORDINATION WITH THE ASSISTANT SECRETARY OF THE ARMY MANPOWER AND RESERVE AFFAIRS (ASA M&RA) WILL PUBLISH FURTHER GUIDANCE ON THE ACFT INCLUDING THE INTERIM EVENTS AND SCORING STANDARDS, PROFILES, FREQUENCY OF TESTING, DATA COLLECTION, ALTERNATE AEROBIC EVENTS, USE FOR INITIAL MILITARY TRAINING AND COMMISSIONING, ETC.

3.D.29.C. [ADD] IAW REF BB, A PASSING SCORE ON THE LAST RECORD APFT REMAINS VALID UNTIL THE 31 MARCH 2022 FOR ANY PURPOSE REQUIRING A PASSING APFT OR SCORE, INCLUDING BUT NOT LIMITED TO, PROFESSIONAL MILITARY EDUCATION, FUNCTIONAL COURSES, OR OPERATIONAL COURSE CREDIT CONSIDERATION.

3.D.29.D. [ADD] ADMINISTRATIVE CHANGES. IAW REF BB, NO ADVERSE ADMINISTRATIVE ACTIONS (FLAGS, SEPARATIONS, DENIAL OF APPOINTMENT / COMMISSIONING, DEROGATORY / REFERRED EVALUATION REPORTS, ORDER OF MERIT LIST STANDINGS, ETC.) WILL BE TAKEN AGAINST A SOLDIER BASED ON FAILING THE ACFT UNTIL FURTHER GUIDANCE IS PUBLISHED BY THE ASA

(M&RA). FURTHER, A SOLDIER'S SCORE, OR COMMENTS REGARDING PERFORMANCE ON THE ACFT, WILL NOT BE USED ADMINISTRATIVELY (SUCH AS ON OFFICER OR NONCOMMISSIONED OFFICER EVALUATION REPORTS, ACADEMIC EVALUATION REPORTS, ENLISTED RECORD BRIEF, SOLDIER RECORD BRIEF, OFFICER RECORD BRIEF, ETC.), OR CONSIDERED AS PART OF A SEMI-CENTRALIZED OR CENTRALIZED PROMOTION BOARD PROCESS UNTIL FURTHER GUIDANCE IS PUBLISHED BY THE ASA(M&RA).

3.D.29.E. [ADD] COMMANDERS MUST COMPREHENSIVELY TRAIN THEIR SOLDIERS TO ACHIEVE A PASSING ACFT SCORE. ARMY PHYSICAL READINESS TRAINING PROVIDES THE FOUNDATION FOR MEETING THE STANDARDS FOR PHYSICAL FITNESS. COMMANDERS SHOULD UTILIZE MASTER FITNESS TRAINERS AND, WHEN AVAILABLE, OTHER SUBJECT MATTER EXPERTS FROM THE HOLISTIC HEALTH AND FITNESS (H2F) SYSTEM TO PERFORM TRAINING IN ACCORDANCE WITH THE REVISED FM 7-22, WHICH WILL BE PUBLISHED NO LATER THAN 1 OCTOBER 2020.

3.D.29.F. [ADD] THE ACFT COMPRISES SIX INTERIM EVENTS: MAXIMUM DEAD LIFT (MDL), STANDING POWER THROW (SPT), HAND-RELEASE PUSH-UP (HRP), SPRINT-DRAG-CARRY (SDC), LEG TUCK (LTK) AND 2-MILE RUN (2MR). SOLDIERS MAY TEMPORARILY USE THE "PLANK" EXERCISE IN LIEU OF THE LEG TUCK TO ASSIST IN TRANSITIONING TO THE FULL TEST. THE U.S. ARMY TRAINING AND DOCTRINE COMMAND (TRADOC) WILL PUBLISH STANDARDS AND PROCEDURES FOR THE PLANK EXERCISE.

3.D.29.G. [ADD] REGULAR ARMY (RA), ACTIVE GUARD RESERVE (AGR), U.S. ARMY RESERVE (USAR), AND ARMY NATIONAL GUARD (ARNG) SOLDIERS MUST TAKE AND PASS AT LEAST ONE 3-EVENT OR ALTERNATE EVENT APFT DURING FY20, OR PASS AN ACFT AT GOLD STANDARD (AS DESCRIBED IN THE REVISED FM 7-22). A PASSING SCORE ON THE LAST APFT TAKEN DURING FY20 REMAINS VALID UNTIL 31 MARCH 2022 FOR PURPOSES PREVIOUSLY REQUIRING A PASSING APFT OR SCORE, INCLUDING PROFESSIONAL MILITARY EDUCATION (PME), FUNCTIONAL COURSES, OPERATIONAL COURSE CREDIT CONSIDERATION, OR DISTANCE LEARNING / EDUCATION REQUIREMENTS. IN CERTAIN INSTANCES, (SUCH AS PREGNANCY OR MAJOR SURGERY), WHEN A SOLDIER IS UNABLE TO TAKE AN APFT IN FY20 BUT PASSED THE PREVIOUS RECORD APFT, THE PREVIOUS SCORE WILL REMAIN VALID UNTIL 31 MARCH 2022.

3.D.29.H. [ADD] RA AND AGR SOLDIERS ARE NOT REQUIRED TO COMPLETE A SECOND APFT DURING FY20. INSTEAD, RA AND AGR SHOULD COMPLETE ONE PRACTICE ACFT DURING FY20. ALL SOLDIERS MUST CONDUCT A PRACTICE TEST OR FAMILIARIZATION OF EVENTS BEFORE TAKING A RECORD ACFT. UNITS MUST PROVIDE AT LEAST 30 DAYS BETWEEN THE PRACTICE TEST (OR FAMILIARIZATION OF EVENTS) AND THE RECORD TEST TO ALLOW FOR PROGRESSIVE PHYSICAL ADAPTATION. UNITS THAT ARE UNABLE TO ADMINISTER A PRACTICE / FAMILIARIZATION OF THE ACFT IN FY20 DUE TO UNUSUAL CIRCUMSTANCES WILL CONDUCT A PRACTICE ACFT OR FAMILIARIZATION OF EVENTS NO LATER THAN 1 JANUARY 2021.

3.D.29.I. [ADD] FREQUENCY. ALL ACTIVE DUTY (RA/AGR) SOLDIERS WILL TAKE TWO RECORD ACFTS PER YEAR BEGINNING IN FY21. USAR/ARNG SOLDIERS WILL TAKE AT LEAST ONE RECORD ACFT PER YEAR BEGINNING IN FY21.

3.D.29.J. [ADD] THE DIGITAL TRAINING MANAGEMENT SYSTEM (DTMS) IS THE SYSTEM OF RECORD TO ENTER ACFT RESULTS. DATA FROM THE DTMS WILL BE USED TO INFORM FUTURE DECISIONS.

3.D.29.K. [ADD] PROFILES. THE ACFT IS THE STANDARD FOR ALL SOLDIERS. SOLDIERS WITH A PERMANENT PROFILE, WHICH LIMITS THEIR ABILITY TO TAKE THE FULL TEST, WILL EXECUTE ALL EVENTS THEIR PROFILE DOES NOT PROHIBIT. ALL SOLDIERS ON TEMPORARY PROFILE, WHICH PROHIBITS TAKING A 6-EVENT TEST, WILL RECOVER, REHABILITATE, RECONDITION, AND COMPLETE THE FULL ACFT. SEE THE REVISED FM 7-22 FOR MORE INFORMATION.

3.D.29.L. [ADD] MINIMUM STANDARDS. THE GOLD/MODERATE LEVEL (60 POINTS PER TEST EVENT) IS THE MINIMUM PASSING STANDARD FOR ALL SOLDIERS DURING FY21.

4. (U) SUSTAINMENT.

4.A. FUNDING. NO CHANGE.

4.B. THROUGH 4.D. NO CHANGE.

5. (U) COMMAND AND SIGNAL.

5.A. COMMAND. NO CHANGE.

5.B. (U) SIGNAL.

5.B.1. [CHANGE TO READ] HQDA G-3/5/7 POINT OF CONTACT: HQDA G-3/5/7 POINT OF CONTACT FOR THIS MESSAGE: LTC DARRELL F. RETHERFORD, COMM: 703-692-8066 OR EMAIL: DARRELL.F.RETHERFORD.MIL@MAIL.MIL; OR MR. RANDAL (RANDY) L. MOCK, AT COMM: 703-692-7590 OR EMAIL: RANDAL.L.MOCK.CTR@MAIL.MIL.

5.B.2. THROUGH 5.B.6. NO CHANGE.

ATTACHMENTS:

ANNEX A - FY20 ACFT IOC MANUAL. NO CHANGE.

APPENDIX 1 TO ANNEX A - DELETED.

APPENDIX 2 TO ANNEX A - ACFT GRADER AND NCOIC/OIC TRAINING AND VALIDATION. NO CHANGE.

APPENDIX 3 TO ANNEX A - FY20 ACFT SCORING STANDARDS. NO CHANGE.

ANNEX B - ACFT FIELD TEST UNIT ASSIGNMENTS. NO CHANGE.

ANNEX C - ACFT TRAINING GUIDE. NO CHANGE.

APPENDIX 1 TO ANNEX C - ACFT FIELD TEST HIGHLIGHT POSTER. NO CHANGE.

ANNEX D - ACFT EQUIPMENT LIST. NO CHANGE.

ANNEX E - ACFT MTT TRAINING SCHEDULE. NO CHANGE.

APPENDIX 1 TO ANNEX E - FY20 ACFT MTT SCHEDULE. NO CHANGE.

ANNEX F - DTMS INSTRUCTIONS (TBP). NO CHANGE.

ANNEX G - SURVEY INSTRUCTIONS (TBP). NO CHANGE.

ANNEX H - ACFT RESIDENT COURSE INFORMATION. NO CHANGE.

APPENDIX 1 TO ANNEX H - ACFT RESIDENT COURSE DATES. NO CHANGE.
APPENDIX 2 TO ANNEX H - FY 20 ACFT RESIDENT COURSE SCHEDULE. NO
CHANGE.
ANNEX J - PUBLIC AFFAIRS (TBP). NO CHANGE.
APPENDIX 1 TO ANNEX J - PUBLIC AFFAIRS COMMUNICATION STRATEGY. NO
CHANGE.
ANNEX K - FINAL ACFT REQUIREMENTS / FIELDING PLANS.
APPENDIX 1-4. NO CHANGE.

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