

## APPENDIX C

### ARMY PHYSICAL FITNESS TEST (APFT)

1. **Task.** To measure the cadet's physical fitness.
2. **Conditions.** During daylight, wearing uniform prescribed by Ranger Challenge Competition OIC, all team members will take the Army Physical Fitness Test; prescribed uniform: A.
3. **Standards.** The APFT will be conducted IAW FM 21-20; grading will be recorded on DA Form 705, Army Physical Fitness Score Card. All cadets must score 210 points according to their age and sex, and a minimum of 70 points in each event. Scoring above the 300 maximum must be done IAW FM 21-20, Chapter 11.
4. **Notes:**
  - a. Score cadets using the standard for their age and sex.
  - b. Carry team averages to two decimals.
  - c. Rotate graders between teams after each iteration of the push-up and sit-up events. Calibrate all graders to apply the Army standards. Current Army standards are contained in Chapter 11, FM 21-20, with Change 1.
  - d. This event will normally be conducted as the first event at brigade and battalion competitions.
  - e. Provide artificial lighting as needed for proper grading and supervision of this event.
  - f. Give safety briefing.
5. **Scoring:**
  - a. Nine cadets from each team will compete in this event. The eight best scores will be averaged for the team score. Should a cadet become injured, only eight cadets need compete.
  - b. Sample Score (Lowest score was dropped leaving these eight.):

$$234 + 300 + 299 + 222 + 270 + 300 + 277 + 288 = 2190/8 = 273.75$$