INFORMATION PAPER

10 Mar 2014

Subject: United States Marine Corps Combat Fitness Test (CFT)

Purpose. To provide information to the Defense Advisory Committee On Women in the Services on the USMC CFT.

Overview. The CFT, as a complement to the Physical Fitness Test, measures functional elements of fitness through the execution of a series of events that emphasizes our ethos of, “Every Marine a rifleman.” The Marine Corps intended to review CFT scoring tables in 2013, but currently no changes to the events or scoring are being considered.

1. CFT Events

a. Movement to Contact (880yd run)

b. Ammo Lift (repetitive lift of 30lb ammo can from shoulder to overhead for two minutes)

c. Maneuver Under Fire (MANUF)(300yd shuttle run that includes crawls, sprints, fireman’s carry, simulated grenade throw, and ammo can carry).

2. CFT Administration

a. Conducted annually for all Marines regardless of age gender, grade or duty assignment between 1 July and 31 December.

b. Events are conducted while wearing the seasonal utility uniform and boots.

c. No less than five minutes rest between events.

d. Gender-neutral events, gender and age-normed scoring.

e. For MANUF, individuals are paired based on their body weight (within 10lbs. of each other) due to the fireman’s carry portion of the event.

3. CY-12 CFT Performance Data (n=215750)

a. Overall Average Scores(by gender and age group):
b. Maximum scores= 16% (n=34850)
c. Failures= 1% (n=2157)
d. Distribution of scores
   (1) 1st Class: 89%
   (2) 2nd Class: 10%
   (3) 3rd Class: 0%

AGE GROUP	AVG SCORE	AVG MTC	AVG AL	AVG MANUF
FEMALES				
17-26	283	3:39	60	3:18
27-39	286	3:41	63	3:20
40-45	287	3:57	50	3:38
46+	276	4:05	46	3:48
MALES				
17-26	284	2:58	95	2:26
27-39	287	3:04	96	2:36
40-45	287	3:16	91	2:53
46+	281	3:26	86	3:05

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