

Introduction to the CFT



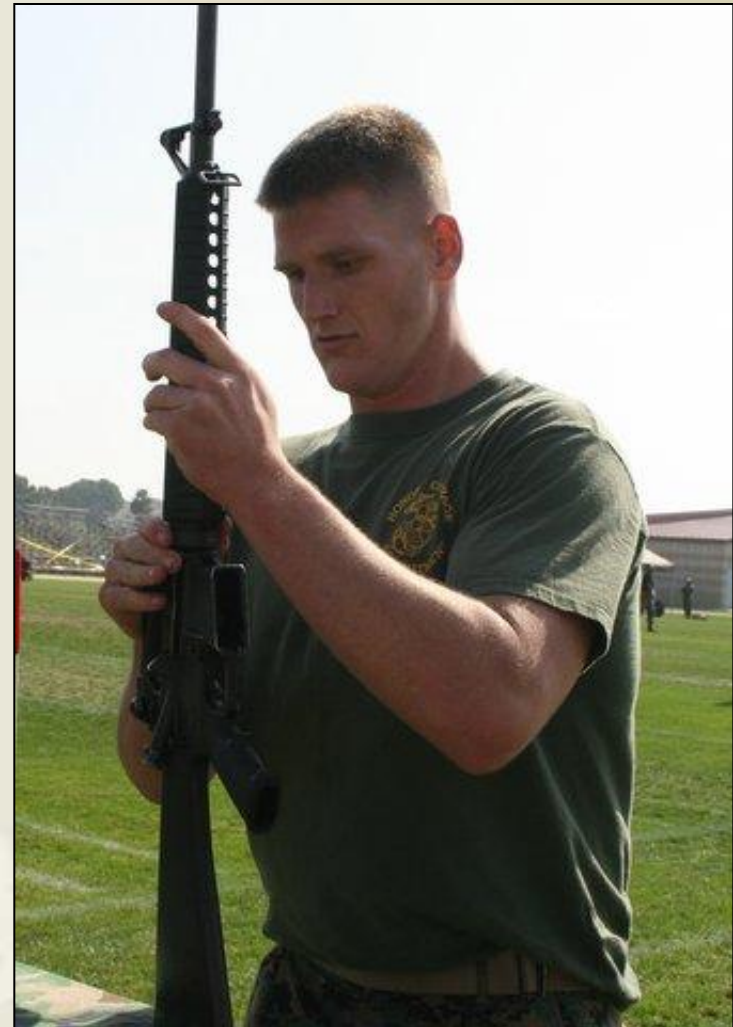
Semper Fit
Health & Fitness

Combat Fitness Test

Per CMC White Letter 05-07, Combat Fitness Test (CFT) is to be developed that “....better measure(s) the functional elements of combat fitness. CFT.... will consist of events that more closely replicate the physical demands of combat. CFT....will be scored event that influences retention and promotion.”

Combat Fitness Test

- Scoring
 - Pass/Fail
 - 300 Pt System
- Conducting tests
 - CFT will be conducted on different day than PFT
 - Scored based on age and gender
 - All tests are non-gender specific
 - Conducted Bi-annually
- Retention and Promotion
 - CFT performance will influence these areas
 - Consequential Event



Purpose of the CFT

- Will augment the PFT
- Tasks/movements that Marines have been exposed to
 - Boot Camp/OCS,
 - MCT/TBS
 - Linked to Marine Corps Common Skills (MCCS)
 - CFT will be portable (able to be conducted at USMC bases/stations and in most austere environments like PFT)
- Non-MOS specific, reflects “Every Marine a Rifleman” ethos
- Conducted in Entry Level Training (ELT) and/or
 - Follow-on MOS training/duties
- CFT will largely be measure of functional fitness v. acquired skills

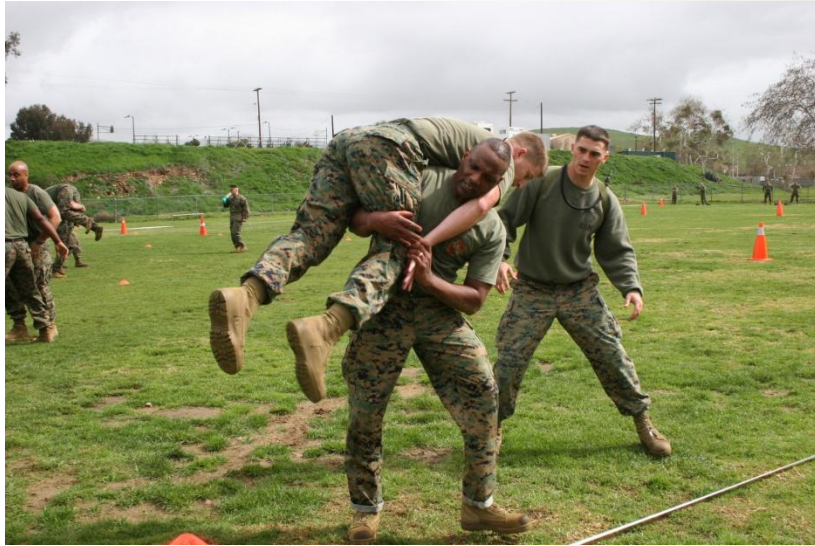


Events for Testing

- Movement to Contact
 - 880 Yard Run
- Ammo Lift
 - Upper Body Strength and Endurance
- Maneuver Under Fire
 - Sprint
 - High Crawl/Mod High Crawl
 - Casualty Drag/Carry
 - Directional Changes
 - Grenade Target Throw
 - Ammo Carry
- All Tests Conducted in Boots and Utilities (MARPAT)
 - Blouses for MANUF



Conducting Tests and Protocols



Movement to Contact

- 880 Yard Run
 - 2 laps around an athletic track or an equivalent to 1/2 mile approx
- Timed Run
 - Average time to complete the 880 is 2.5 minutes
- Can set-up on a PFT course or map out 1/2 mile



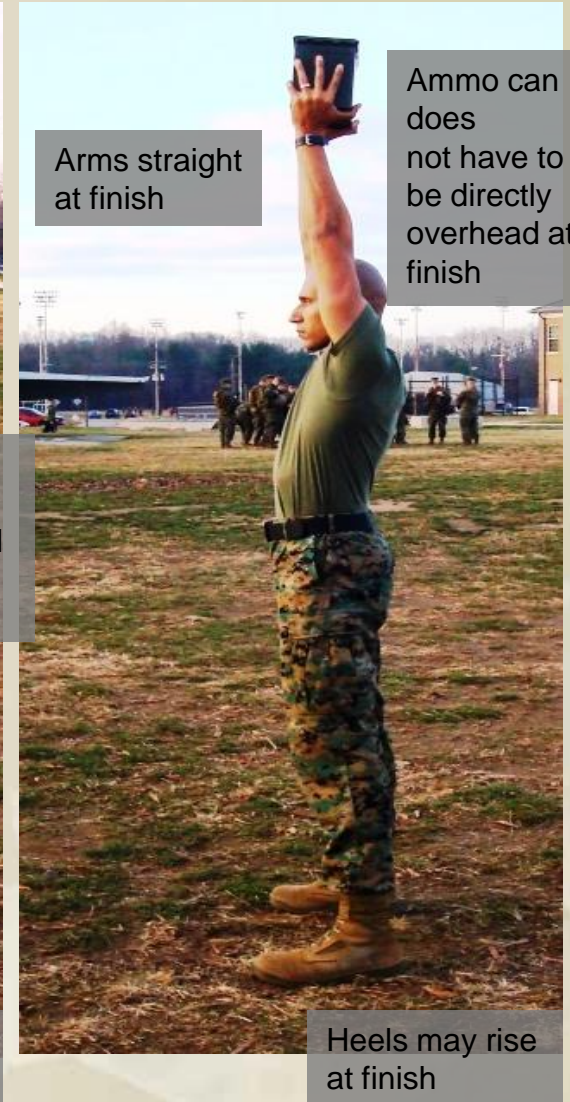
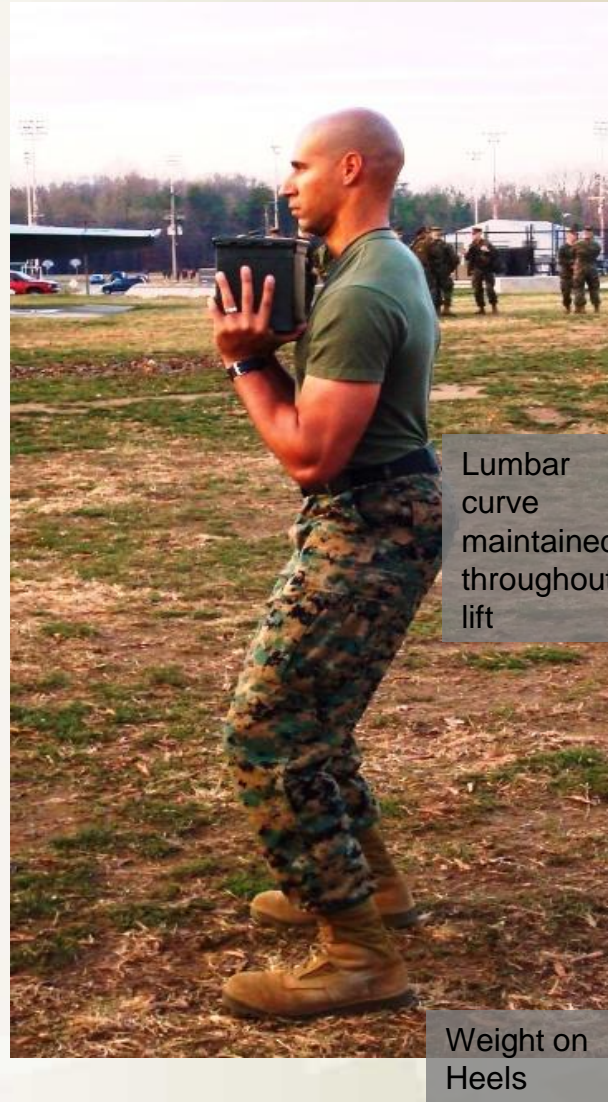
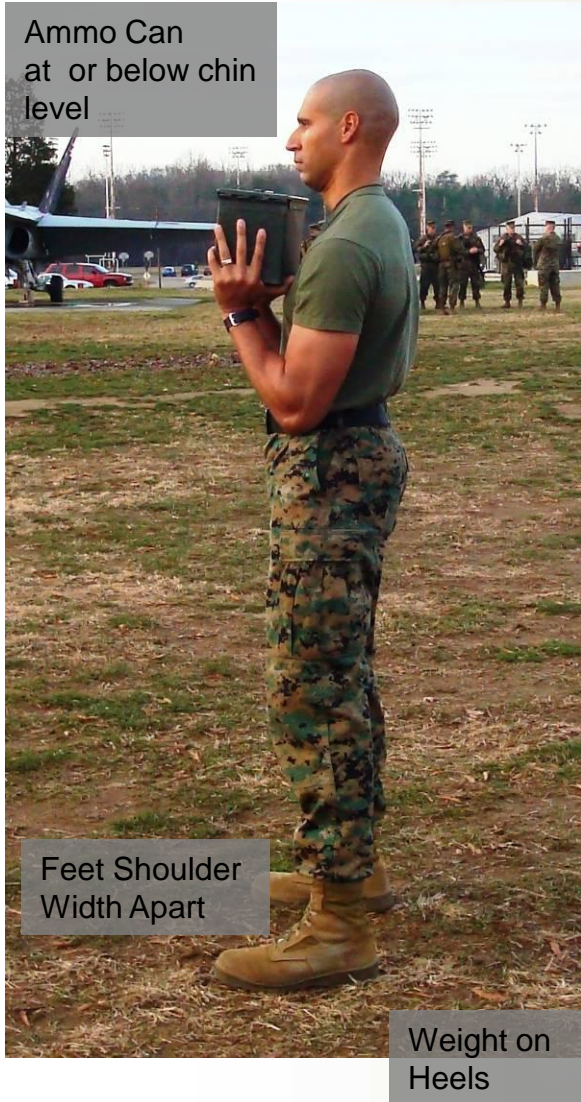
Ammo Lift

- Test of upper body strength and endurance
- Lift 30 lb ammo can from shoulder height to overhead
- Timed versions of 2 min to be tested
- Note: Standard weight of ammo can is 5.56mm



AMMO LIFT

Marine lifts 30 lb ammo can as many times in 2 minute time period



Maneuver Under Fire

- 300 yard shuttle
- Requires sprinting
- Modified high crawl
- Negotiate through series of cones/markers in diagonal pattern
- Simulated casualty drag and carry
- Carry two 30 lb ammo cans for distance
- Engage in simulated grenade target
- 19 directional changes

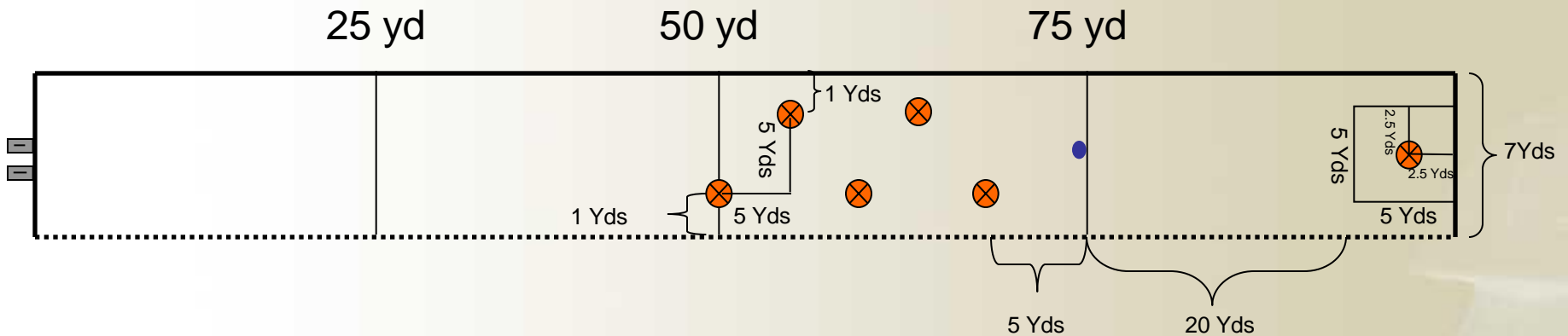


Maneuver Under Fire

- Set-Up Information
 - Football/Soccer field surrounded by track optimal, but not absolutely necessary
 - Allows for efficient execution of Movement to Contact (880 yd run)
 - Recommend 8 lanes with 6 lanes minimum
 - Use 6 lanes if field is surrounded by track and “crown” is excessive
 - Number of lanes determined by field available
 - If field not surrounded by track, the more lanes the better
 - Utilize MCCS to assist in marking field
 - Field free of holes, rocks, or other hazards

Maneuver Under Fire

Lane Marking (lane shown is leftmost lane)

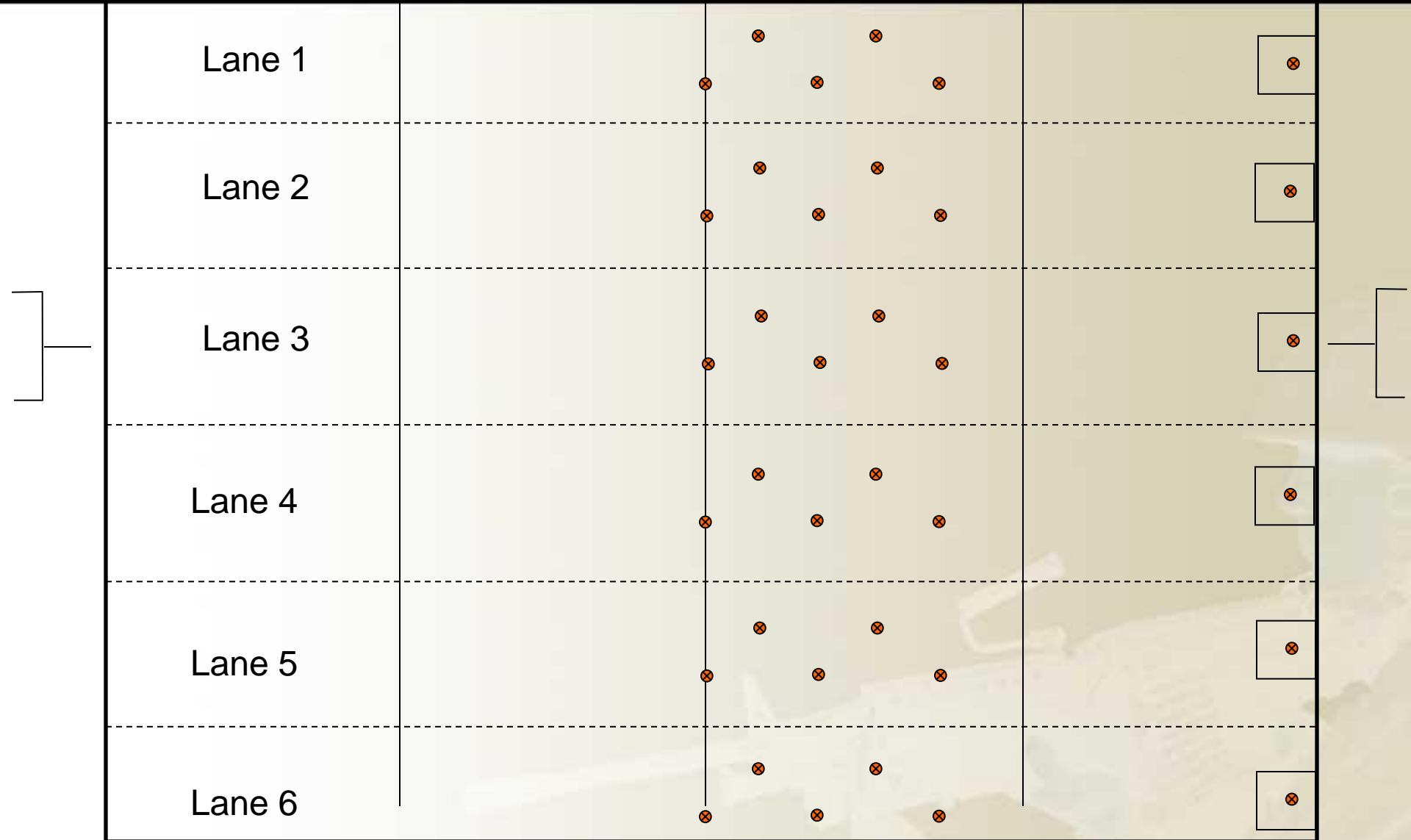


30 lb Ammo Cans

• Dummy grenade (“Blue Body”, empty)

⊗ Small cone, pylon, red/yellow utility flag, small sandbag or other visible marker

Maneuver Under Fire



"MANEUVER UNDER FIRE (300 yds)"

Notes:

Grenade Throw:

-Target area 5 yd x 5yd marked w/ engineer tape

-Center of target area 22 ½ yds from 75 yd line

- "Hit" if throw lands in target area or on border.

-Hit=5 sec deduction from time/Miss 5 sec addition to time

Cone network:


-5 yds apart in width/length beginning at 50 yd line

-Marines negotiate all or portion of the same network on all legs of event.

CASEVAC

-Marines paired by approximate weight

Equipment needed:

-30 lb ammo cans, Field lining materials, Dummy grenades, kneepads, stopwatch and cones, sandbags or other markers.
 = Cone, sandbag or other marker

Grenade target area

Monitor (can grade two target areas at once. Field monitor supports.)

"Casualty" in seated position w/ back towards start line

Leg 2

Leg 4

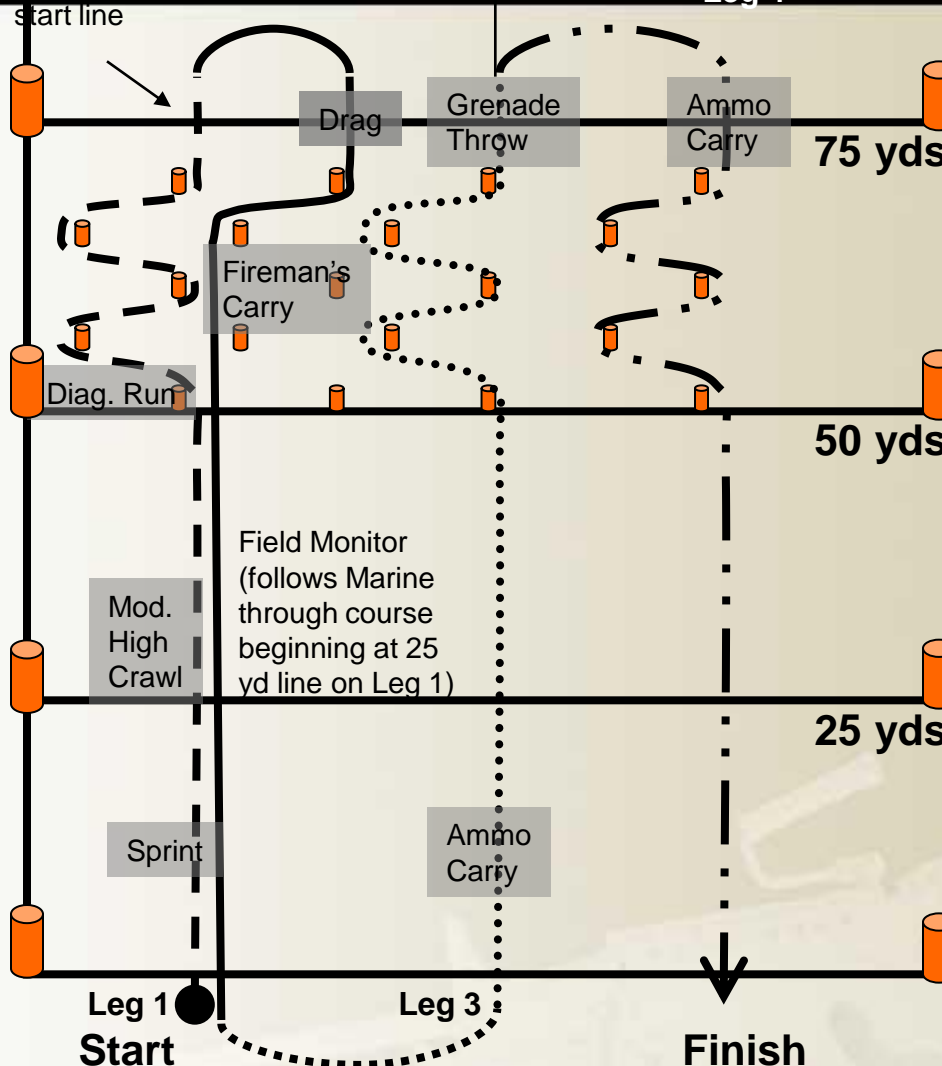


DIAGRAM NOT TO SCALE: ALL LEGS OF EVENT OCCUR WITHIN ONE LANE (APPROX 7 YDS WIDE)

Leg 1:

-Start in prone position

- "Ready, Go"

-25 yd Sprint-25 yd J Hook around cone.

High crawl 10 yd (elbows, knees) and transition to modified high crawl for 15 yds (hands, knees)-25 yd Diagonal Run

-Pick up casualty in Cradle Drop (underarm carry position)

Leg 2:

-Drag casualty 10 yds through last two cones of network w/ start line as reference. Once casualty in carry position, bottom of feet may not touch ground

-Transition casualty to Fireman's Carry (casualty may assist rescuer)

-65 yd Fireman's Carry to start--Place casualty on ground

-Pick up two (2) 30 lb ammo cans

Leg 3:

-50 yd Sprint w/ammo cans-25 yd Diagonal Run w/ammo cans

-Ground ammo cans

-Engage grenade target from standing position, take cover momentarily in prone position with hands covering head

Leg 4:

-Rise to standing position, pick up ammo cans

-25 yd diagonal run-50 yd Sprint to Finish

Maneuver under Fire

- Leg 1:
 - Sprint with prone start
 - High Crawl (10 yds)
 - Mod. High Crawl (15 yd)
 - Diagonal run
 - Casualty Pick Up
- Leg 2:
 - Casualty drag for 10 yards (weaving through 2 cones)
 - Fireman's carry for 65 yards



Maneuver under Fire

- Leg 3

- 50 yd sprint with ammo cans
- 25 yd zig-zag run with ammo cans
- Grenade throw
- Drop and do 3 push-ups



- Leg 4

- Rise from prone position and pick up ammo cans
- 25 yd zig-zag run with ammo cans
- 50 yd sprint



Pass/Fail Requirements

CFT Pass/Fail Requirements

Male

	17-26	27-39	40-45	46+
MTC	3:48	4:00	4:21	4:19
AL	43	44	43	45
MANUF	3:29	3:55	3:57	4:28

Female

	17-26	27-39	40-45	46+
MTC	4:34	4:40	5:09	5:20
AL	20	21	17	15
MANUF	4:57	5:27	6:07	6:30

CFT Scores as of Oct 09

- **MALE**

- (1) AGE 17-26: MTC (2:45), AL (97), MANUF (2:14)
- (2) AGE 27-39: MTC (2:51), AL (91), MANUF (2:14)
- (3) AGE 40-45: MTC (3:03), AL (87), MANUF (2:34)
- (4) AGE 46+: MTC (3:05), AL (86), MANUF (3:05)

- **FEMALE**

- (1) AGE 17-26: MTC (3:23), AL (60), MANUF (3:01)
- (2) AGE 27-39: MTC (3:19), AL (53), MANUF (3:05)
- (3) AGE 40-45: MTC (3:49), AL (45), MANUF (3:40)
- (4) AGE 46+: MTC (4:12), AL (38), MANUF (4:20)

Deadlines and Inception

- MCO 6100.12 July 2008
 - Includes scoring for CFT
 - Modifications to high crawl
 - To address boots/injury mitigation
 - BCP guidelines
 - Compliance assurance/waiver
 - MAP guidelines
 - Consequence language
 - DoD Hgt/Wgt Standards
- Combat Conditioning Specialist
 - MACE training for Marines/CCS for each Unit
- Video for CFT “How To” and Road Show
 - 26-27 August 2008 (Mainside & Camp Horno)

Resources

- Semper Fit
 - www.usmc-mccs.org
- MCO 6100.13
 - www.tecom.usmc.mil



Questions?

