



GUIDE-5B

POLICIES AND FITNESS TESTING FOR COMBAT ARMS OCCUPATIONS

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Table of Contents

Section 1: Policies	Page
1. Purpose	3
2. Frequency	3
3. Roles and Responsibilities	3
4. Reporting	4
5. Administration	4
 Section 2: Combat Fitness Test (CFT) Procedures	
1. Sequence	5
 Section 3: Grading	
1. PRT	8
2. CFT	8
 Section 4: NSW CFT Standards	9
 Section 5: EOD and Fleet Diver Standards	14

Section 1: Policies

1. Purpose. Naval Special Warfare (NSW; SEAL and Special Warfare Combat Crewman (SWCC)), Explosive Ordnance Disposal (EOD), and Fleet Diving (Navy Divers and Diving Officers (Chief Warrant Officer Designator 720X) were identified as combat arms professions by the Secretary of War. Fitness requirements for these professions were promulgated via the Military Fitness Standards memo dated 30 September 2025.

2. Frequency

a. Active Component (AC) combat arms personnel will take two physical tests each calendar year. One will be the Navy Physical Fitness Assessment (PFA) consisting of a Body Composition Assessment (BCA) and the standard Navy Physical Readiness Test (PRT) that will take place in alignment with Navy PFA Cycle-1. The other will be a Combat Fitness Assessment (CFA), which consist of the BCA and Combat Fitness Test (CFT) that will take place in alignment with official PFA Cycle-2. Commanding Officers/Officers-in-Charge (CO/OICs) can authorize additional PFA and/or CFA events to assess unit readiness, but the results of these events will not be logged as official individual scores or count as failures.

b. Reserve component (RC) combat arms personnel will take a single physical test each calendar year. RC personnel on Active-Duty orders for one year or more, to include TAR personnel, are required to participate in the Navy PFA and the CFA every 12 months. Drilling and RC personnel on Active-Duty orders less than 12 months are required to participate in CFA once each calendar year.

c. Combat arms personnel will participate in scheduled PFA and CFA cycles unless medically waived, in a pregnancy or postpartum status, or prohibited by operational requirements.

d. CO/OICs can waive, or authorize modifications of, CFT modalities based on facility and capability constraints.

3. Roles and Responsibilities

a. CO/OICs must schedule a period for the command PFA and CFA, allowing every Sailor a greater opportunity to complete the assessments during the Navy PFA cycles. A command may conduct an official PFA/CFA anytime within the Navy PFA cycle to accommodate operational commitments or mission requirements.

b. Failure to meet established standards may be used to withhold favorable personnel actions, to include denied promotions and administrative separation per standard regulations, regardless of component.

c. All combat arms personnel are directed to take personal responsibility to maintain an appropriate physical fitness regimen, regardless of duty status.

4. Reporting. Commands will comply with official PFA reporting requirements as outlined in OPNAVINST 6110.1(series).

a. Commands will record all official PFA and CFA results on the appropriate BCA, PRT and CFT score sheets. PFA results will be entered into PRIMIS. CFA results will be formally documented and entered into combat arms personnel service records.

b. An initial one-year implementation period will be observed. During this period, CFT modalities and standards will be further evaluated, but individual scores will not be officially recorded or reported.

c. On completion of the implementation period, administrative requirements for PFA failures will apply to the CFT.

5. Administration

a. PFAs must be administered by a qualified Command Fitness Leaders (CFLs) and/or Assistant CFLs (ACFLs). CFTs must be administered by combat arms personnel qualified as CFLs and/or ACFLs.

b. A deliberate risk assessment and emergency action plan will be completed for all PRTs and CFTs.

c. The CFL/ACFLs must lead participants in the standardized PRT warm-up (refer to PRP Guide-5A, Appendix A) at the start of the PRT events.

d. Combat arms CFL/ACFLs and/or Qualified Human Performance Program (HPP) representatives, must lead participants in an appropriate warm-up at the start of CFT events, as these unique modalities require additional consideration due to use of fins and weight-bearing exertion.

Section 2: CFT Procedures

1. Sequence. The CFT will consist of specified modalities in the following sequence. All modalities will be completed during a single session. Physical training attire will be worn.

a. **Swim**. This event will consist of a timed 800-meter swim conducted in a swimming pool. At CO/OICs discretion and based on a deliberate risk assessment with applicable controls, the swim can be conducted in open water.

(1) Swim fins will be worn with or without booties. Goggles or facemasks are optional, but personnel may not use swim caps, ear plugs, snorkels, or flotation and/or propulsion devices.

(2) Any stroke may be used.

(3) Personnel will begin the test in water. Diving starts are prohibited.

(4) Personnel may push off from sides with hands and feet after each pool length.

(5) Personnel will call out the lap number as each lap is completed.

(6) Upon completion of the final lap, personnel will call out “time”, and the timer will call out the time to the nearest second.

(7) Personnel will report their time to the recorder.

b. **Ten-minute rest period**.

c. **Push-ups**. This event will be conducted on a flat, level surface and consist of the maximum number of pushup repetitions in two minutes.

(1) A 20-pound weight vest or plate carrier will be worn.

(2) Personnel will begin in a “front-leaning rest” position with the palms of the hands placed on the deck directly beneath or slightly wider than the shoulders. Both feet must be together on the deck.

(3) The back, buttocks, and legs must be straight from head to heels and must remain so throughout test. The toes and palms of the hands must remain in contact with the deck. The feet must not contact a wall or other vertical surface.

(4) The timer will signal the start and call out 15-second intervals until two minutes have elapsed.

(5) Personnel must lower their entire body as a single unit by bending the elbows until the arms form right angles and the upper arms are parallel to the deck.

(6) Personnel will return to the starting position by extending the elbows and raising the body as a single unit until the arms are straight.

(7) Personnel may rest in the “up” position while maintaining arms, back, buttocks, and legs in a straight position.

(8) Push-ups are repeated correctly as many times as possible in two minutes and are counted aloud by a partner.

(9) The event ends when personnel touch the deck with any part of body except hands and feet, raise a hand or foot off the deck, or fail to maintain proper body alignment.

(10) Personnel will report their repetition count to the recorder.

d. **Two-minute rest.**

e. **Pull-ups.** This event will be conducted from a pullup bar high enough to allow the legs to hang straight without touching the ground when the arms are fully extended and consists of the maximum number of pullup repetitions with no time limit.

(1) A 20-pound weight vest or plate carrier will be worn.

(2) Personnel will mount the bar, starting with palms forward and arms and shoulders fully extended in a dead hang.

(3) Personnel will pull the body up until the chin is even with, or above, the top of the bar.

(4) Personnel must not use lateral, forward, or backward “kipping” motions.

(5) Once the chin is even with, or above, the top of the bar, personnel will return to the starting position to complete the repetition.

(6) Personnel may rest in the starting position at any time, but both hands must remain on the bar for the duration of the event. Feet may not contact bar pegs, where applicable, at any time except mount and dismount.

(7) The event is completed when the candidate dismounts the bar, comes in contact with anything other than the horizontal bar, or removes either hand from the bar.

(8) Pull-ups are repeated correctly as many times as possible and are counted aloud by a partner.

(9) Personnel will report their repetition count to the recorder.

f. **Ten-minute rest.**

g. **Run.** This event will consist of a timed one-mile run conducted on a firm, flat surface.

(1) A 20-pound rucksack, weight vest or plate carrier will be worn.

(2) Personnel will stand at a start line. The timer will signal start and call out time intervals until completion.

(3) Where applicable, personnel will call out lap numbers when passing the timer.

(4) Upon route completion, personnel will call out ***“TIME”*** and the timer will call out the time to the nearest second.

(5) Personnel will report their time to the recorder.

Section 3: Grading

1. PRT. Combat arms personnel will complete the sex-neutral, age-adjusted PRT with a minimum combined score of 70. Standard Navy PFA guidelines apply.
2. CFT. Combat arms personnel will complete the sex-neutral, age-adjusted CFT with a passing minimum for all events. Failing one or more events will result in an overall CFT failure. Personnel medically waived from any portion of the CFT who pass all other events will receive a score of "Partial-Pass". Results are official once recorded on the CFT score sheet.

Section 4: SEAL and SWCC CFT Standards

Performance		Points	SEAL & SWCC: Age 17-24			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	11:20	54	21	8:00
Outstanding	Medium	95	11:50	52	20	8:30
Outstanding	Low	90	12:10	50	19	8:50
Excellent	High	85	12:40	48	18	9:20
Excellent	Medium	80	13:10	46	17	9:50
Excellent	Low	75	13:50	44	16	10:10
Good	High	70	14:10	42	15	10:40
Good	Medium	65	14:40	40	14	11:10
Good	Low	60	15:10	38	13	11:40
Satisfactory	High	55	15:30	36	12	12:00
Satisfactory	Medium	50	16:00	34	11	12:30
Pass		45	17:30	30	10	13:00

Performance		Points	SEAL & SWCC: Age 25-29			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	11:20	54	21	8:00
Outstanding	Medium	95	11:50	52	20	8:30
Outstanding	Low	90	12:10	50	19	8:50
Excellent	High	85	12:40	48	18	9:20
Excellent	Medium	80	13:10	46	17	9:50
Excellent	Low	75	13:50	44	16	10:10
Good	High	70	14:10	42	15	10:40
Good	Medium	65	14:40	40	14	11:10
Good	Low	60	15:10	38	13	11:40
Satisfactory	High	55	15:30	36	12	12:00
Satisfactory	Medium	50	16:00	34	11	12:30
Pass		45	17:30	30	10	13:00

Performance		Points	SEAL & SWCC: Age 30-34			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	11:40	52	20	8:30
Outstanding	Medium	95	12:10	50	19	9:00
Outstanding	Low	90	12:30	48	18	9:20
Excellent	High	85	13:00	46	17	9:50
Excellent	Medium	80	13:30	44	16	10:20
Excellent	Low	75	14:00	42	15	10:40
Good	High	70	14:20	40	14	11:10
Good	Medium	65	14:50	38	13	11:40
Good	Low	60	15:20	36	12	12:00
Satisfactory	High	55	15:40	34	11	12:30
Satisfactory	Medium	50	16:10	32	10	13:00
Pass		45	17:30	30	9	13:30

Performance		Points	SEAL & SWCC: Age 35-39			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	12:00	52	19	9:00
Outstanding	Medium	95	12:30	50	18	9:30
Outstanding	Low	90	12:50	48	17	9:50
Excellent	High	85	13:20	46	16	10:10
Excellent	Medium	80	13:50	44	15	10:40
Excellent	Low	75	14:20	42	14	11:00
Good	High	70	14:40	40	13	11:30
Good	Medium	65	15:10	38	12	12:00
Good	Low	60	15:40	36	11	12:30
Satisfactory	High	55	16:00	34	10	13:00
Satisfactory	Medium	50	16:30	32	9	13:30
Pass		45	17:30	30	8	14:00

Performance		Points	SEAL & SWCC: Age 40-44			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	12:30	42	18	9:30
Outstanding	Medium	95	13:00	40	17	10:00
Outstanding	Low	90	13:20	38	16	10:20
Excellent	High	85	13:50	36	15	10:50
Excellent	Medium	80	14:20	34	14	11:20
Excellent	Low	75	14:50	32	13	11:40
Good	High	70	15:10	30	12	12:10
Good	Medium	65	15:50	28	11	12:40
Good	Low	60	16:10	26	10	13:00
Satisfactory	High	55	16:30	24	9	13:30
Satisfactory	Medium	50	17:00	22	8	14:00
Pass		45	18:00	20	7	14:30

Performance		Points	SEAL & SWCC: Age 45-49			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	13:00	40	15	10:00
Outstanding	Medium	95	13:30	38	14	10:30
Outstanding	Low	90	13:50	36	13	10:50
Excellent	High	85	14:20	34	12	11:20
Excellent	Medium	80	14:50	32	11	11:50
Excellent	Low	75	15:20	30	10	12:10
Good	High	70	15:50	28	9	12:40
Good	Medium	65	16:20	26	8	13:10
Good	Low	60	16:50	24	7	13:30
Satisfactory	High	55	17:30	22	6	14:00
Pass		50	18:30	20	5	14:30

Performance		Points	SEAL & SWCC: Age 50-54			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	14:30	32	14	10:30
Outstanding	Medium	95	15:00	30	13	11:00
Outstanding	Low	90	15:20	28	12	11:20
Excellent	High	85	15:50	26	11	11:50
Excellent	Medium	80	16:10	24	10	12:20
Excellent	Low	75	16:40	22	9	12:40
Good	High	70	17:10	20	8	13:10
Good	Medium	65	17:40	18	7	13:40
Good	Low	60	18:00	16	6	14:00
Pass		55	18:30	14	5	14:30

Performance		Points	SEAL & SWCC: Age 55+			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	15:00	30	13	11:00
Outstanding	Medium	95	15:30	28	12	11:30
Outstanding	Low	90	15:50	26	11	11:50
Excellent	High	85	16:20	24	10	12:20
Excellent	Medium	80	16:40	22	9	12:50
Excellent	Low	75	17:10	20	8	13:10
Good	High	70	17:40	18	7	13:40
Good	Medium	65	18:10	16	6	14:10
Pass		60	18:30	14	5	14:30

Section 5: EOD and Fleet Diver Standards

Performance		Points	EOD and Fleet Divers: Age 17-24			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	11:20	54	17	10:00
Outstanding	Medium	95	11:50	52	16	10:30
Outstanding	Low	90	12:10	50	15	10:50
Excellent	High	85	12:40	48	14	11:20
Excellent	Medium	80	13:10	46	13	11:50
Excellent	Low	75	13:50	44	12	12:10
Good	High	70	14:10	42	11	12:40
Good	Medium	65	14:40	40	10	13:10
Good	Low	60	15:10	38	9	13:40
Satisfactory	High	55	15:30	36	8	14:00
Satisfactory	Medium	50	16:00	34	7	14:30
Pass		45	17:30	30	6	15:00

Performance		Points	EOD and Fleet Divers: Age 25-29			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	11:20	54	17	10:00
Outstanding	Medium	95	11:50	52	16	10:30
Outstanding	Low	90	12:10	50	15	10:50
Excellent	High	85	12:40	48	14	11:20
Excellent	Medium	80	13:10	46	13	11:50
Excellent	Low	75	13:50	44	12	12:10
Good	High	70	14:10	42	11	12:40
Good	Medium	65	14:40	40	10	13:10
Good	Low	60	15:10	38	9	13:40
Satisfactory	High	55	15:30	36	8	14:00
Satisfactory	Medium	50	16:00	34	7	14:30
Pass		45	17:30	30	6	15:00

Performance		Points	EOD and Fleet Divers: Age 30-34			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	11:40	52	16	10:30
Outstanding	Medium	95	12:10	50	15	11:00
Outstanding	Low	90	12:30	48	14	11:20
Excellent	High	85	13:00	46	13	11:50
Excellent	Medium	80	13:30	44	12	12:20
Excellent	Low	75	14:00	42	11	12:40
Good	High	70	14:20	40	10	13:10
Good	Medium	65	14:50	38	9	13:40
Good	Low	60	15:20	36	8	14:00
Satisfactory	High	55	15:40	34	7	14:30
Satisfactory	Medium	50	16:10	32	6	15:00
Pass		45	17:30	30	5	15:30

Performance		Points	EOD and Fleet Divers: Age 35-39			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	12:00	52	15	11:00
Outstanding	Medium	95	12:30	50	14	11:30
Outstanding	Low	90	12:50	48	13	11:50
Excellent	High	85	13:20	46	12	12:10
Excellent	Medium	80	13:50	44	11	12:40
Excellent	Low	75	14:20	42	10	13:00
Good	High	70	14:40	40	9	13:30
Good	Medium	65	15:10	38	8	14:00
Good	Low	60	15:40	36	7	14:30
Satisfactory	High	55	16:00	34	6	15:00
Satisfactory	Medium	50	16:30	32	5	15:30
Pass		45	17:30	30	4	16:00

Performance		Points	EOD and Fleet Divers: Age 40-44			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	12:30	42	15	11:30
Outstanding	Medium	95	13:00	40	14	12:00
Outstanding	Low	90	13:20	38	13	12:20
Excellent	High	85	13:50	36	12	12:50
Excellent	Medium	80	14:20	34	11	13:20
Excellent	Low	75	14:50	32	10	13:40
Good	High	70	15:10	30	9	14:10
Good	Medium	65	15:50	28	8	14:40
Good	Low	60	16:10	26	7	15:00
Satisfactory	High	55	16:30	24	6	15:30
Satisfactory	Medium	50	17:00	22	5	16:00
Pass		45	18:00	20	4	16:30

Performance		Points	EOD and Fleet Divers: Age 45-49			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	13:00	40	13	12:00
Outstanding	Medium	95	13:30	38	12	12:30
Outstanding	Low	90	13:50	36	11	12:50
Excellent	High	85	14:20	34	10	13:20
Excellent	Medium	80	14:50	32	9	13:50
Excellent	Low	75	15:20	30	8	14:10
Good	High	70	15:50	28	7	14:40
Good	Medium	65	16:20	26	6	15:10
Good	Low	60	16:50	24	5	15:30
Satisfactory	High	55	17:00	22	4	16:00
Pass		50	18:30	20	3	16:30

Performance		Points	EOD and Fleet Divers: Age 50-54			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	14:30	32	12	12:30
Outstanding	Medium	95	15:00	30	11	13:00
Outstanding	Low	90	15:20	28	10	13:20
Excellent	High	85	15:50	26	9	13:50
Excellent	Medium	80	16:10	24	8	14:20
Excellent	Low	75	16:40	22	7	14:40
Good	High	70	17:10	20	6	15:10
Good	Medium	65	17:40	18	5	15:40
Good	Low	60	18:00	16	4	16:00
Pass		55	18:30	14	3	16:30

Performance		Points	EOD and Fleet Divers: Age 55+			
Category	Level		800m-Swim/with fins	Push-ups 20lbs	Pull-ups 20lbs	1 Mile Run 20lbs
Outstanding	High	100	15:00	30	11	13:00
Outstanding	Medium	95	15:30	28	10	13:30
Outstanding	Low	90	15:50	26	9	13:50
Excellent	High	85	16:20	24	8	14:20
Excellent	Medium	80	16:40	22	7	14:50
Excellent	Low	75	17:10	20	6	15:10
Good	High	70	17:40	18	5	15:40
Good	Medium	65	18:10	16	4	16:10
Pass		60	18:30	14	3	16:30