

13. Navy Option Physical Readiness Test Standards

Events shall be completed on the same day, in the following sequence: warm-up, plank, push-ups, run, and cool-down. Events shall be performed allowing at least 2 minutes, but no more than 15 minutes between events. Regardless of age, all Navy NROTC program students will utilize the 20-24 Age Bracket scoring criteria listed below.

Plank - To start the plank, elbows should be bent and lowered to the ground so that the forearms are lying flat on the ground, with the body in a straight line similar to a push-up position, with feet hip-width apart. Elbows should be aligned below the shoulders with forearms parallel to the body at about shoulder width distance. Hands must be on the ground, either in fists with pinky side of the hand touching the ground or lying flat with palms down. Hips should be lifted off the ground with feet flexed and the bottom of toes on the ground. Back, buttocks, and legs shall be straight from head to heels and must remain so throughout the test. Toes, forearms, and fists or palms shall remain in contact with the floor, not a wall or other vertical support surface. Participants will hold this position for as long as possible or until the maximum time according to the chart below.

Push-ups - Back, buttocks, and legs shall be straight from head to heels and must remain so throughout test. Toes and palms of hands shall remain in contact with floor. Participants should perform as many push-ups as possible within the two-minute time period. Participant's elbows must bend at least 90 degrees while in the down position in order for the pushup to count.

1.5-Mile Run - Participants should run 1.5-miles as quickly as possible.

Male: Age 20-24 Years			Female: Age 20-24 Years				
	Forearm Planks	Push-Ups	1.5 Mile Run		Forearm Planks	Push-Ups	1.5 Mile Run
Max	3:20	87	8:30	Max	3:10	48	9:47
Min	1:40	47	12:00	Min	1:30	21	14:15

14. Marine Option Physical Fitness Test (PFT) and Combat Fitness Test (CFT) Standards. Marine Option students will take one PFT and one CFT annually.

- a. PFT events will be conducted in a single session, not to exceed two hours in duration. Transition between events should afford Marines adequate time to recover, stretch, hydrate, and prepare for the next event. The PFT consists of three events: dead-hang pull-ups, abdominal plank, and a three-mile run.

Pull-up - The bar must be grasped with both palms facing either forward or to the rear. The correct starting position begins when the Marine's arms are fully extended beneath the bar, feet are free from touching the ground. The Marine's legs may be positioned in a straight or bent position, but may not be raised above the waist. Whipping, kicking, kipping of the body or legs, or any leg movement used to assist in the vertical progression of the pull-up is not authorized. A repetition will be counted when an accurate and complete pull-up is performed.

Plank - To start the plank, elbows should be bent and lowered to the ground so that the forearms are lying flat on the ground, with the body in a straight line similar to a push-up position, with feet hip-width apart. Elbows should be aligned below the shoulders with forearms parallel to the body at about shoulder width distance. Hands must be on the ground, either in fists with pinky side of the hand touching the ground or lying flat with palms down. Hips should be lifted off the ground with feet flexed and the bottom of toes on the ground. Back, buttocks, and legs shall be straight from head to heels and must remain so throughout the test. Toes, forearms, and fists or palms shall remain in contact with the floor, not a wall or other vertical support surface. Participants will hold this position for as long as possible or until the maximum time of four minutes, twenty seconds.

3.0 Mile Run - Participants run 3 miles as quickly as possible.

PFT Minimum / Maximum Standards

Male: age 17-20 years

Female: age 17-20 years

	Pull-Ups	Plank	3 Mile Run		Pull-Ups	Plank	3 Mile Run
Max	20	3:45	18:00	Max	7	3:45	21:00
Min	4	1:03	27:40	Min	1	1:03	30:50

