



**DEPARTMENT OF THE ARMY**  
HEADQUARTERS, UNITED STATES ARMY CADET COMMAND AND FORT KNOX  
1ST CAVALRY REGIMENT ROAD  
FORT KNOX, KENTUCKY 40121-5123

REPLY TO  
ATTENTION OF

ATCC-PAS

MEMORANDUM FOR All USACC Brigade Commanders

SUBJECT: Cadet Command Fitness Assessment (CCFA)

1. References:

a. Army Directive 2020-06 (Army Combat Fitness Test), 12 June 2020.

b. ASA (M&RA), SAMR, memorandum (Supplemental Guidance #1 for the Use of the Army Combat Fitness Test (ACFT) During Initial Military Training (IMT) and Commissioning), 14 October 2020.

c. Army Regulation 350-1, Army Training and Leader Development.

2. Purpose. Based on the Army Secretary's Directive and the ASA (M&RA) supplemental guidance on APFT and ACFT, USACC will use the following fitness assessment for contracting and continue to follow the published guidance for retention and commissioning.

3. The physical fitness assessment for contracting Cadets will be the Cadet Command Fitness Assessment (CCFA). The CCFA consists of the 1 minute of push up, 1 minute of modified sit up (hands placed on opposite shoulders), and a 1 mile run. The chart below shows the minimum standards for contracting.

Events	Push Up	Modified Sit-up	1 Mile Run
Male	30	35	8:00
Female	13	30	10:00

4. The physical assessment used for retention and commissioning will remain the ACFT. The ACFT will be given on campus once each semester and the scores will be uploaded into CCIMM and DTMS. In accordance with references 1a and 1b, failure of the ACFT by a Cadet will not result in any administrative action (probation or suspension) being taken against a contracted Cadet. Every Cadet preparing for graduation and commission will be given an ACFT within 120 days of commission in

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accordance with USACC Regulation 145-9. The scores will be recorded in CCIMM and DTMS, regardless of pass or fail, the Cadet will be commissioned as long as they meet all other appointment criteria outlined in USACC Regulation 145-9 and CC Form 145-5-1 (USACC Appointment Checklist).

5. Point of Contact is Mr. Cliff Hefner, G1, Chief, Accessions and Standards Division at [john.r.hefner4.civ@mail.mil](mailto:john.r.hefner4.civ@mail.mil) or 502-624-6186.