**NROTC MARINE OPTION APPLICANT FITNESS ASSESSMENT**

**RETURN COMPLETED SCORE SHEET TO THE NROTC UNIT FROM WHICH YOU ARE SEEKING A NOMINATION**

Applicant’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Applicant’s height (inches): \_\_\_\_\_\_\_\_\_ Applicant’s weight: \_\_\_\_\_\_\_\_\_\_

Start Time: \_\_\_\_\_\_\_

Number of Crunches completed in 2 minutes: \_\_\_\_\_\_\_\_\_

Number of Pull-ups completed: \_\_\_\_\_\_\_\_\_

3 Mile Run Time: \_\_\_\_\_\_\_\_\_minutes \_\_\_\_\_\_\_\_\_seconds

End Time: \_\_\_\_\_\_\_

Evaluator’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Evaluator’s Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Evaluator’s Title/Position: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **SEQUENCE OF EVENTS**

The PFT consists of three events.

1. Marines will choose to perform either dead-hang pull-ups or push-ups
2. Abdominal crunches
3. Three mile run

The sequence of PFT events is at the discretion of the CO/OIC. However, all 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 CO/OIC will not impose restrictions on the performance of any event other than those specifically stated in this Order. For example, a CO/OIC will not mandate that Marines must use the overhand grip when executing pull-ups.

1. **EVENTS**

A. Hybrid Pull-up/ Push-up test

(1) This event gives Marines the option to do either pull-ups or push-ups. All Marines should be encouraged to do pull-ups as this is a better field test of dynamic upper body strength. Additionally, maximum points on the hybrid pull-up/push-up test can only be earned by doing pull-ups.

(2) Prior to the hybrid pull-up/push-up test Marines will indicate to the FFI or CPTR if they will attempt pull-ups or push-ups.

(3) Marines must score at least the minimum points on the event selected to pass this test. If unable to meet at least the minimum points, this constitutes a failure of this event and of the PFT.

(4) Only pull-ups or push-ups will be conducted on this test. Pull-up and push-up scores cannot be combined for a total score on this event.

B. Pull-up

(1) This is not a timed event and can be conducted either indoors or outdoors.

(2) Diameter of the bar may range between 1 and 1 3/4 inches. The use of athletic tape on the bar is authorized.

(3) The bar must be high enough to allow the tallest Marine’s legs to hang straight without touching the ground, when arms are fully extended.

(4) The preparatory command is “Ready” and the execute command is “Begin.”

(5) Assistance to the bar with a step up, being lifted up, or jumping up is authorized. Assistance up to the bar will not be used as momentum into the first pull-up.

(6) The bar must be grasped with both palms facing either forward or to the rear.

(7) The correct starting position begins when arms are fully extended beneath the bar, feet are free from touching the ground or any bar mounting assist, and the body is motionless.

(8) Legs may be positioned in a straight or bent position, but knees may not be raised above the waist.

(9) One repetition consists of raising the body with the arms until the chin is above the bar and then lowering the body until the arms are fully extended; repeat as many repetitions as possible. At no time during the execution of this event can a Marine rest the chin on the bar.

(10) The intent is to execute a vertical “dead hang” pull-up. A certain amount of inherent body movement will occur as the pull-up is executed. However, the intent is to avoid a pendulum-like motion that enhances the ability to execute the pull-up. Whipping, kicking, or kipping of the body or legs, or any leg movement used to assist in the vertical progression of the pull-up is not authorized. If observed, the repetition does not count for score.

(11) A repetition will be counted when a correct and complete pull-up is performed.

(12) The goal of this event is for Marines to execute as many correct and complete pull-ups before dropping off the bar.

C. Push-ups

(1) This is a timed event to perform as many push-ups as possible in two minutes. This event can be conducted either indoors or outdoors.

(2) The preparatory command is “Ready” and the execute command is “Begin.”

(3) On the command “Ready” the Marine will assume the front-leaning rest position by placing the hands where comfortable. The feet may be together or 12 inches apart (measured between the feet). When viewed from the side, the body should form a generally straight line from the shoulders to the ankles.

(4) On the command “Begin”, begin the push-up by bending the elbows and lowering the entire body as a single unit until the upper arms are at least parallel to the ground. Then, return to the starting position by raising the entire body until the arms are fully extended.

(6) The body must remain rigid in a generally straight line and move as a unit while performing each repetition.

(7) At the end of each repetition, the scorer will state the number of repetitions completed correctly. If the Marine fails to keep the body generally straight, to lower the whole body until the upper arms are at least parallel to the ground, or to extend the arms completely, that repetition will not count, and the scorer will repeat the number of the last correctly performed repetition.

(8) An altered, front-leaning rest position is the only authorized rest position. That is, the Marine may sag in the middle or flex the back. When flexing the back, the knees may be bent, but not to such an extent that the Marine is supporting most of the body weight with the legs. If this occurs, the Marine’s performance will be terminated. The Marine must return to, and pause in the correct starting position before continuing.

(9) If the Marine rests on the ground or raise either hand or foot from the ground, the performance will be terminated. The Marine may reposition the hands and/or feet during the event as long as they remain in contact with the ground at all times.

D. Abdominal Crunch

(1) This is a timed event to do as many abdominal crunches as possible in two minutes. This event can be conducted either indoors or outdoors.

(2) The preparatory command is “Ready” and the execute command is “Begin.”

(3) On a flat surface, Marines will lie flat on their back with shoulder blades touching the deck, knees bent, and both feet flat on the deck.

(4) Arms will be folded across the chest or rib cage with no gap between the arms and chest/rib cage. The hands must be clasped on the upper arm between the elbow and shoulder. Both arms must remain in constant contact with chest/rib cage throughout the exercise. A single repetition consists of raising the upper body from the starting position with shoulder blades touching the deck until both forearms or elbows simultaneously touch the thighs, and then return to the starting position with the shoulder blades touching the deck.

(5) The buttocks will remain in constant contact with the deck throughout the event. No arching of the lower back or lifting of the buttocks is permitted.

(6) An assistant may be used to hold a Marine's legs or feet, at or below the knees in whatever manner that is most comfortable for the Marine. Kneeling or sitting on the Marine’s feet is permitted.

(7) A repetition will be counted when a correct and complete abdominal crunch is performed. The FFI’s or CPTR’s will ensure proper repetition counting is conducted.

(8) The goal of this event is for Marines to execute as many correct and complete crunches within the two minute time limit.

E. Three Mile Run

(1) This is a timed event and can be conducted either indoors or outdoors. Running this event on a treadmill is not authorized.

(2) The run course will be three miles exactly (no variation authorized) and must be measured for accuracy and set over reasonably level ground. COs/OICs are responsible for ensuring the accuracy of the PFT course length.

(3) The preparatory command is “Ready” and the execute command is “Go.”

(4) The course should be an “out and back” or a wide loop course. The run course should not include numerous sharp turns that would force a participant to slow down excessively to remain on the course. A determination as to whether the track is a yard or meter track must be made and the track measured to ensure accurate distance prior to conducting the PFT. Run courses should not require a Marine to do more than 12 laps to cover three miles, (e.g., a course should not be shorter than 440-yards per lap).

(5) The goal of this event is for Marines to complete the measured course as quickly as possible.