



# Marine Corps Revolutionizes Physical Test: Sex-Neutral and 210 Points for Combat Arms

Published on 23/12/2025

**MARINE CORPS BASE QUANTICO, Virginia** — The United States Marine Corps updates its physical fitness and body composition evaluation criteria in accordance with the memorandum on “Military Fitness Standards” issued by the **Secretary of War (SECWAR)** on **September 30, 2025**. The changes, published in **MARADMIN 613/25**, will take effect on **January 1, 2026** and primarily concern the PFT evaluation for certain specialties and the evolution of the weight/body composition system.

In the Marine Corps, physical readiness is structured into **two main tests — Physical Fitness Test (PFT) and Combat Fitness Test (CFT)** — and a **body composition evaluation**, complementary tools that measure both general fitness and the ability to perform more “combat-oriented” tasks.

## PFT: the “basic” test (January-June)

The Physical Fitness Test is conducted **annually between January 1 and June 30** and assesses strength and aerobic endurance. The main events include:

- **Pull-ups or push-ups:** the Marine can choose; push-ups have a maximum cap of **70 points**, while pull-ups allow access to the full score as per the scoring scales.
- **Plank:** mandatory core event; for maximum score, **3:45** is required.
- **3-mile run (approximately 4.8 km):** timed aerobic endurance event.
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From **January 1, 2026**, Marines with **PMOS “combat arms”** will be evaluated in the PFT with **sex-neutral** criteria: scoring will be done using the **male standard, normalized for age**, and a **minimum of 210 points (70% of the total)** will be required. Those who do not reach **210** by the end of the reference period will be placed in **remedial physical training** and may be subject to administrative measures (such as promotion restrictions or possible PMOS reclassification).

“These changes ensure that all combat arms Marines meet the same high sex-neutral standards,” said **Col. James Derrick**, Training Standards Division (TECOM).

For non-combat arms Marines, the current standards differentiated by sex and age remain in effect.

## CFT: the “operational” test (July-December)

Alongside the PFT, the Combat Fitness Test is conducted in the **second half of the year (July 1-December 31)** and aims to measure performance in tasks closer to an operational scenario. The three key events are:

- **Movement to Contact:** timed run over **880 yards (approximately 800 meters)**.

- **Ammunition Lift:** repeated lifts, in **2 minutes**, of a 30-pound ammunition can above the head.
- **Maneuver Under Fire:** 300-yard shuttle run with combat-related tasks (crawls, buddy drag/carry, grenade throw, box carry, agility).

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## Body Composition: Towards the “Waist-to-Height Ratio”

In addition to the PFT and CFT, the Marine Corps is reviewing the Body Composition Evaluation: the goal is to replace the current height/weight standards and the tape test with a methodology based on the **waist-to-height ratio**. Specific numerical standards will be published following further SECWAR guidance; in the meantime, current procedures remain in effect, with the possibility of using **bioelectrical impedance analysis (BIA)** as an additional assessment when necessary. For very high fitness scores (typically **285 or above**), exemptions or tolerances in body composition evaluation may be considered.

[ADVANCE NOTIFICATION OF CHANGES TO THE MARINE CORPS PHYSICAL FITNESS TEST AND BODY COMPOSITION EVALUATION PROCESSDownload](#)

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