

## Physical Fitness Test (PFT)

### Overview:

### Preparing for Your Self-Administered and Official PFT

The FBI Special Agent position requires a commitment to physical fitness as part of daily life. Applicants will take a self-administered PFT (after passing Phase I testing) and take an official standard PFT at least two times during the application period and/or at the FBI Academy. Specifically:

»» At your Processing FBI Field Office shortly after passing Phase II.

*60 days of passing his or her post-Phase II PFT, an additional PFT is not required.*

»» No more than 60 days prior to reporting to the Basic Field Training Course (BFTC) at the FBI Academy. *If an applicant is scheduled to report to a BFTC within*

*»» At least once while at the FBI Academy during the first week of the BFTC. The test, scoring scale and protocol are the same.*

The standard PFT consists of four main events, with a fifth event for candidates in the Tactical Recruitment Program (TRP). These events were chosen because they accurately measure an individual's overall fitness level relative to the essential tasks performed by FBI Special Agents. The events are administered in the following order with no more than five minutes of rest in between each event:

1. Maximum number of continuous sit ups in one minute.
2. Timed 300-meter sprint.
3. Maximum number of continuous push ups (untimed).
4. Timed 1.5-mile run.
5. Maximum number of pullups (untimed).\*

*\*Note: Only candidates in the TRP will complete this event.*

Each event must be performed precisely according to the strictly defined protocol in order to be scored. In order to pass the standard PFT, applicants must achieve a minimum cumulative score of 12 points in the first four events, with at least one point in each of the first four events; therefore, it is possible for an applicant to receive a score of 12 (or more) and still fail the standard PFT by failing one of the individual events. TRP applicants must achieve a minimum score of 20 points and must score at least one point in each of the five events to pass the TRP PFT.

## Protocol and Scoring Guide:

### Sit Ups:

The candidate lies on back with tops of shoulder blades touching the floor; arms crossed over chest with fingers in contact with the top of the shoulder (trapezius muscle or seam on some T-shirts). Knees are bent at a 90-degree angle with the feet placed flat on the floor (feet are held in place by a partner with the partner's hands at the tongue of the trainee's shoes and knees on the trainee's toes).

Candidate raises upper body until the elbows touch mid-thigh, then returns to the starting position (the tops of the shoulder blades must touch the floor) to complete the repetition. Hips must remain in contact with the ground throughout the repetition. This is a timed one-minute continuous motion exercise; if a candidate pauses before the minute is up, he or she forfeits the rest of the minute.

### Scoring Scale for One-Minute Sit Ups

Score	Female Range	Male Range
-2	29 and below	31 and below
0	30-34	32-37
1	35-36	38
2	37-40	39-42
3	41-42	43-44
4	43-46	45-47
5	47-48	48-49
6	49-50	50-51
7	51-52	52-53
8	53-54	54-55
9	55-56	56-57
10	57 and over	58 and over



## 300-Meter Sprint:

The 300-meter sprint event usually takes place on a quarter-mile oval track (although this may change based on individual circumstances). The candidate will start from a standing position and run 300 meters (3/4 of one lap).

### Scoring Scale for 300-Meter Sprint (in seconds)

Score	Female Range	Male Range
-2	67.5 and over	55.1 and over
0	67.4-65.0	55.0-52.5
1	64.9-62.5	52.4-51.1
2	62.4-60.0	51.0-49.5
3	59.9-57.5	49.4-48.0
4	57.4-56.0	47.9-46.1
5	55.9-54.0	46.0-45.0
6	53.9-53.0	44.9-44.0
7	52.9-52.0	43.9-43.0
8	51.9-51.0	42.9-42.0
9	50.9-50.0	41.9-41.0
10	49.9 and below	40.9 and below



## Push Ups:

The candidate begins in the front leaning rest position (hands on the floor one to two hand-widths beyond the shoulders and elbows must be away from the body, with arms fully extended, body held straight with the feet no more than three inches apart and the toes touching the floor). As the arms are flexed, the body is lowered toward the floor until the upper arms are parallel to the floor (straight line from center axis of elbow to center axis of shoulder). The candidate completes the exercise after returning to the starting position. This is a continuous-motion exercise.

### Scoring Scale for Push Ups (untimed)

Score	Female Range	Male Range
-2	4 and below	19 and below
0	5-13	20-29
1	14-18	30-32
2	19-21	33-39
3	22-26	40-43
4	27-29	44-49
5	30-32	50-53
6	33-35	54-56
7	36-38	57-60
8	39-41	61-64
9	42-44	65-70
10	45 and over	71 and over



## 1.5-Mile Run:

The 1.5-mile run event usually takes place on a quarter-mile oval track (although this may change based on individual circumstances). The candidate will start from a standing position and run six laps around the track.

### Scoring Scale for 1.5-Mile Run (in minutes:seconds)

Score	Female Range	Male Range
-2	15:00 and over	13:30 and over
0	14:59-14:00	13:29-12:25
1	13:59-13:35	12:24-12:15
2	13:34-13:00	12:14-11:35
3	12:59-12:30	11:34-11:10
4	12:29-11:57	11:09-10:35
5	11:56-11:35	10:34-10:15
6	11:34-11:15	10:14-9:55
7	11:14-11:06	9:54-9:35
8	11:05-10:45	9:34-9:20
9	10:44-10:35	9:19-9:00
10	10:34 and below	8:59 and below





## Pullups\*:

The candidate hangs from a horizontal bar, hands at least shoulder width apart (but no more than 23 inches apart as measured from the outsides of the hands) with palms turned away from the face and arms fully extended. The candidate flexes his or her arms and pulls the body upward until the chin is higher than the bar. There can be no swinging or jerking of the body or use of the legs to propel the body upward. The candidate then lowers the body back to the hanging position with arms fully extended. This is a continuous-motion exercise.

*\*Note: Only candidates in the Tactical Recruitment Program (TRP) will complete this event.*

## Scoring Scale for Pullups (untimed)

Score	Female Range	Male Range
0	0	0-1
1	1	2-3
2	2	4-5
3	3	6-7
4	4	8-9
5	5	10-11
6	6	12-13
7	7	14-15
8	8	16-17
9	9	18-19
10	10 and over	20 and over



## Tactical Recruitment Program:

Special Agent applicants with tactical experience interested in pursuing a position with the Hostage Rescue Team (HRT) are considered tactical applicants through the Tactical Recruitment Program (TRP) and should be fully prepared to pass the TRP Physical Fitness Test (PFT).

To qualify for the TRP, applicants must:

»» Have at least three years of law enforcement or military experience.

»» Pass an interview with Critical Incident Response Group (CIRG) personnel.

»» Pass the TRP PFT.

The TRP PFT consists of five mandatory events that are administered in the following order, with no more than five minutes of rest between each event:

1. Maximum number of continuous sit ups in one minute.
2. Timed 300-meter sprint.
3. Maximum number of continuous push ups (untimed).
4. Timed 1.5-mile run.
5. Maximum number of pullups (untimed).

TRP applicants must achieve a minimum score of 20 points and must score at least one point in each of the five events to pass the TRP PFT. In addition, the scores on individual events achieved by TRP applicants must meet the minimum requirements of the four-event standard PFT. TRP applicants who fail the TRP PFT will not be processed under the TRP. However, TRP applicants who fail the TRP PFT but pass the standard PFT will continue processing under the SASS.

Applicants are reminded that minimum performance is just that — the minimum. Competitive performance at the HRT selection course will require physical fitness well in excess of these minimums.

## Failure and Retest Policies:

Throughout the application process, applicants will only be offered three cumulative opportunities to pass the PFT. Upon the third failure, the candidate's application will be terminated and he or she will no longer be eligible for the Special Agent position. Use these three opportunities wisely. Applicants should not test unless they know they are feeling well, in the best possible shape and capable of surpassing minimum standards.

Within 14 days of passing Phase II, a candidate must take a PFT administered by a trained FBI Personal Fitness Advisor (PFA). Often, dates are tentatively assigned prior to Phase II if the candidate passes the test.

Applicants who fail the PFT the first time will have one year from the date they passed Phase II to pass the PFT before being discontinued from the SASS. There is no mandatory waiting time between post-Phase II PFT attempts, but applicants must work with their PFA to schedule retests according to the PFA's schedule and facility availability.

Applicants who fail the pre-Quantico PFT, but who have not yet accumulated a total of three PFT failures, must wait until the next scheduled BFTC before being allowed to retest. All failed pre-Quantico PFTs count toward an applicant's cumulative failures.

## Medical Exceptions:

Given the rigorous and demanding requirements associated with training for and taking the PFT, the FBI will excuse an applicant from his or her PFT with enough medical documentation.

Illness or injury that occurs before the PFT, which prohibits the applicant from showing up for the test, must be supported by medical documentation 72 hours before the scheduled PFT date/time.

*Example: A candidate fractures her ankle two weeks before a scheduled PFT. The candidate must provide her Field Office with medical documentation clearly stating that she cannot physically complete the PFT. This document must be received within 72 hours prior to the PFT. The candidate will be deactivated if acceptable medical documentation is not provided.*

If an applicant is injured or falls sick less than 72 hours before the scheduled PFT, the applicant must advise his or her PFA as soon as possible and must provide supporting medical documentation within 72 hours.

Illness/injury that occurs during the PFT, which prevents the candidate from completing the test, must be supported by medical documentation obtained within 72 hours after the PFT. If the candidate sustains injuries or falls ill during the course of testing, he or she must stop taking the PFT immediately and seek medical attention. If the candidate continues to take the PFT and fails, no medical excuse will allow that failure to be rescinded.

*Example: A candidate hurts his wrist during the push ups event and informs the PFT administrator that he cannot continue. The candidate is required to seek medical attention within 72 hours and provide supporting documentation. If the candidate does not submit acceptable documentation to the Field Office, the PFT will be recorded as a failure.*

If an applicant arrives at the PFT and is sick, the PFT will not be administered. The candidate will then have to provide documentation proving that he or she sought medical attention within 72 hours for that specific injury or illness. If acceptable documentation is not provided, the PFT will be recorded as a failure.

If a candidate completes the PFT, the score will stand whether the applicant obtains a passing score. No applicant will be granted a retest if he or she completes a PFT with a failing score and then claims that an injury or illness prevented him or her from passing the test.