### ACFT Grading Scales

#### MDL (lbs.)
- **Female**
  - Points: 100, 60
  - Points: 210, 120, 230, 120, 230, 120, 230, 120, 210, 120, 190, 120, 170, 120
- **Male**
  - Points: 100, 60
  - Points: 340, 140, 340, 140, 340, 140, 340, 140, 330, 140, 290, 140, 250, 140

#### SPT (meters)
- **Female**
  - Points: 100, 60
  - Points: 8.4, 3.9, 8.5, 4.0, 8.7, 4.2, 8.6, 4.1, 8.2, 4.1, 7.8, 3.9, 6.6, 3.4
- **Male**
  - Points: 100, 60
  - Points: 12.6, 6.0, 12.0, 6.0, 12.3, 6.2, 11.6, 5.7, 10.6, 5.6, 9.9, 5.3, 9.0

#### HRP (reps)
- **Female**
  - Points: 100, 60
  - Points: 53, 10, 50, 10, 48, 10, 47, 10, 41, 10, 36, 10
- **Male**
  - Points: 100, 60
  - Points: 57, 10, 61, 10, 62, 10, 60, 10, 59, 10, 56, 10

#### SDC (m:ss)
- **Female**
  - Points: 100, 60
- **Male**
  - Points: 100, 60

#### PLK (m:ss)
- **Female**
  - Points: 100, 60
- **Male**
  - Points: 100, 60

#### 2MR (mm:ss)
- **Female**
  - Points: 100, 60
- **Male**
  - Points: 100, 60

*The full ACFT grading scales are available at [https://www.army.mil/acft/](https://www.army.mil/acft/)*