

CHAPTER 3: SCORING STANDARDS

Forearm Planks will become a required element of the USNSCC PRT on 01 January 2022, replacing Curl-Ups. See <https://www.youtube.com/watch?v=iPVKhj3dudA> for how to perform Forearm Planks.

3.01 CADETS

(a) **Satisfactory (Minimum Passing Standards)**

MALE CADETS				FEMALE CADETS			
AGE	PLANKS	PUSH-UPS	1 MILE RUN	AGE	PLANKS	PUSH-UPS	1 MILE RUN
10	1:00	12	11:40	10	1:00	9	13:00
11	1:05	14	11:25	11	1:05	7	12:42
12	1:10	15	10:22	12	1:10	5	12:24
13	1:15	20	9:45	13	1:15	7	12:15
14	1:20	20	9:30	14	1:20	7	12:00
15	1:25	25	9:15	15	1:25	10	11:45
16	1:30	25	9:00	16	1:30	10	12:15
17/18	1:30	30	8:45	17/18	1:30	10	12:15

(b) **Good**

MALE CADETS				FEMALE CADETS			
AGE	PLANKS	PUSH-UPS	1 MILE RUN	AGE	PLANKS	PUSH-UPS	1 MILE RUN
10	1:40	14	9:48	10	1:40	13	11:22
11	1:45	15	9:20	11	1:45	11	11:17
12	1:50	18	8:40	12	1:50	10	11:05
13	1:55	24	8:06	13	1:55	11	10:23
14	2:00	24	7:44	14	2:00	10	10:06
15	2:05	30	7:30	15	2:05	15	9:58
16	2:10	30	7:10	16	2:10	12	10:31
17/18	2:10	37	7:04	17/18	2:10	16	10:22

(c) **Excellent**

MALE CADETS				FEMALE CADETS			
AGE	PLANKS	PUSH-UPS	1 MILE RUN	AGE	PLANKS	PUSH-UPS	1 MILE RUN
10	2:10	22	7:57	10	2:10	20	9:19
11	2:20	27	7:32	11	2:20	19	9:02
12	2:30	31	7:11	12	2:30	20	8:23
13	2:40	39	6:50	13	2:40	21	8:13
14	2:50	40	6:26	14	2:50	20	7:59
15	3:00	42	6:20	15	3:00	20	8:08
16	3:10	44	6:08	16	3:10	24	8:23
17/18	3:10	53	6:06	17/18	3:10	25	8:15