

**APFT STANDARDS FOR SOLDIERS ENROLLING IN WARRANT OFFICERS
CANDIDATE SCHOOL (WOCS) OR OFFICERS CANDIDATE SCHOOL (OCS)**

ALL ARMY ACTIVITES (ALARACT) MESSAGE 125/2005

R 240236Z JUN 05 PSN 979296K42
FM DA WASHINGTON DC//DAMO-ZA//
TO ALARACT
ZEN/ALARACT @ AL ALARACT(UC)
BT

UNCLAS ALARACT 125/2005

SUBJECT: APFT STANDARDS FOR SOLDIERS ENROLLING IN WARRANT OFFICERS CANDIDATE
SCHOOL (WOCS) OR OFFICERS CANDIDATE SCHOOL (OCS).

REFERENCE:

A. AR 350-1, ARMY TRAINING AND EDUCATION, 9 APRIL 2003.

B. FM 21-20, PHYSICAL FITNESS TRAINING, 30 SEPTEMBER 1992.

1. THE PURPOSE OF THIS MESSAGE IS TO ANNOUNCE A CHANGE TO THE ARMY PHYSICAL FITNESS
TEST (APFT) TESTING REQUIREMENTS FOR SOLDIERS ENROLLING IN WARRANT OFFICERS
CANDIDATE SCHOOL (WOCS) OR OFFICERS CANDIDATE SCHOOL (OCS).

2. CURRENTLY, AR 350-1, PARAGRAPH 3-9B, DATED 9 APRIL 2003, STATES SOLDIERS ENROLLING IN
WOCS OR OCS MUST TAKE AND PASS THE STANDARD THREE-EVENT APFT AS AN ENROLLMENT
REQUIREMENT; THE ALTERNATE APFT IS NOT AUTHORIZED.

3. EFFECTIVE IMMEDIATELY, THIS PARAGRAPH IS AMENDED TO READ, SOLDIERS ENROLLING IN
WOCS OR OCS MUST TAKE AND PASS THE STANDARD THREE-EVENT APFT AS AN ENROLLMENT
REQUIREMENT; THE ALTERNATE APFT IS AUTHORIZED WITH DCS, G-3/5/7 APPROVAL.

4. THE APFT EXCEPTION TO POLICY REQUESTS WILL BE SUBMITTED THROUGH THE RESPECTIVE
CHAINS-OF-COMMAND TO THE HUMAN RESOURCES COMMAND AND/OR U.S. ARMY RECRUITING
COMMAND. REQUESTS WILL BE FORWARDED THROUGH THE HQDA DIRECTOR OF TRAINING FOR
REVIEW/CONSIDERATION, AND TO THE DEPUTY CHIEF OF STAFF, G-3/5/7 FOR FINAL
APPROVAL/DISAPPROVAL.

5. ARMY REGULATION 350-1 IS BEING REWRITTEN AND IS PRESENTLY UNDER ARMY DCS,
G-3/5/7 REVIEW.

6. THE HQDA POC THIS ACTION IS MR DEAN CAMARELLA, (703) 692-5255,
DEAN.CAMARELLA@HQDA.ARMY.MIL

7. THIS MESSAGE EXPIRES UPON THE RELEASE OF AR 350-1 OR ON 23 JUNE 2006.

(Change 1 Message follows on the next page)

ALL ARMY ACTIVITIES (ALARACT) MESSAGE 145/2005 (Chg 1)

R 220334Z JUL 05 PSN 827785K37
FM DA WASHINGTON DC//DAMO-ZA//
TO ALARACT
ZEN/ADDRESS LISTS @ AL ALARACT(UC)
BT
UNCLAS ALARACT 145/2005
SUBJECT: CHANGE 1 APFT STANDARDS FOR SOLDIERS ENROLLING IN WARRANT OFFICER
CANDIDATE SCHOOL (WOCS) OR OFFICERS CANDIDATE SCHOOL (OCS)

REFERENCE:

- A. ALARACT MESSAGE, DTG 240236Z JUN 05, SUBJECT: SAB
- B. AR 350-1, ARMY TRAINING AND EDUCATION, 9 APRIL 2003
- C. FM 21-20, PHYSICAL FITNESS TRAINING, 30 SEPTEMBER 1992.

1. THE PURPOSE OF THIS MESSAGE IS TO CLARIFY ARMY TRAINING POLICY IN THE FOLLOWING AREA: APFT STANDARDS FOR SOLDIERS APPLYING FOR AND ATTENDING WARRANT OFFICER CANDIDATE SCHOOL (WOCS) OR OFFICER CANDIDATE SCHOOL (OCS).

2. EFFECTIVE IMMEDIATELY, SOLDIERS APPLYING FOR WOCS OR OCS WHO ARE NOT ABLE TO TAKE AND PASS THE STANDARD THREE-EVENT APFT, MAY REQUEST A WAIVER TO AR 350-1 TO TAKE THE ALTERNATE APFT.

3. ACTIVE COMPONENT SOLDIERS WILL SUBMIT AN APFT WAIVER REQUEST IN MEMORANDUM FORMAT WITH A COPY OF THE PERMANENT PROFILE WITH THEIR APPLICATION PACKET THROUGH THE RESPECTIVE CHAINS-OF-COMMAND TO THE HUMAN RESOURCES COMMAND FOR OCS OR U.S. ARMY RECRUITING COMMAND FOR WOCS. REQUESTS WILL BE FORWARDED THROUGH THE HQDA DIRECTOR OF TRAINING FOR REVIEW/CONSIDERATION, AND TO THE DEPUTY CHIEF OF STAFF, G-3/5/7 FOR FINAL DECISION.

4. RESERVE COMPONENT SOLDIERS WILL SUBMIT THEIR APPLICATION PACKET WITH WAIVER REQUEST IN MEMORANDUM FORMAT WITH A COPY OF THE PERMANENT PROFILE THROUGH THE APPROPRIATE CHAIN-OF-COMMAND TO NGB FOR ARMY NATIONAL GUARD SOLDIERS AND OCAR, FOR ARMY RESERVE SOLDIERS. REQUESTS WILL BE FORWARDED THROUGH THE HQDA DIRECTOR OF TRAINING FOR REVIEW/CONSIDERATION, AND TO THE DEPUTY CHIEF OF STAFF, G-3/5/7 FOR FINAL DECISION.

5. SOLDIERS MUST BE FULLY DEPLOYABLE, ABLE TO MEET ALL PHYSICAL REQUIREMENTS IAW AR 40-501 AND MEET HEIGHT/WEIGHT STANDARDS IAW AR 600-9. IN ADDITION, SOLDIERS MUST BE ABLE TO COMPLETE ALL ASPECTS OF TRAINING TO INCLUDE ALL ROAD MARCHES IN THE PRESCRIBED GEAR AND UNIFORM.

6. THIS DOES NOT APPLY TO CIVILIAN ACCESSIONS FOR EITHER OCS OR WOCS.

7. QUESTIONS CONCERNING THIS POLICY CHANGES MUST BE DIRECTED THROUGH THE ARMY MACOM TO HQDA.

8. THE HQDA POC THIS ACTION IS MSG CHARLES TIMMS, (703) 614-9812, CHARLES.TIMMS@HQDA.ARMY.MIL. MESSAGE RELEASE APPROVAL BG LOUIS W. WEBER DIRECTOR OF TRAINING

9. EXPIRATION DATE CANNOT BE DETERMINED.