

## Individual Physical Proficiency Test (IPPT) Scheme Standard for Males

Scoring Table	SIT UP		Score Table	Push Up		Score table	2.4km Run	
	Age Cat	<22		22-24	Age		<22	22-24
Age Group	1	2	Age Group	1	2	Age Group	1	2
Repetitions	Total Score		Repetitions	Total Score		Time (≤)	Total Score	
60	25		60	25		8:30	50	
59	24	25	59	24	25	8:40	49	50
58	24	24	58	24	24	8:50	48	49
57	24	24	57	24	24	9:00	46	48
56	23	24	56	23	24	9:10	44	46
55	23	23	55	23	23	9:20	43	44
54	23	23	54	23	23	9:30	42	43
53	23	23	53	23	23	9:40	41	42
52	22	23	52	22	23	9:50	40	41
51	22	22	51	22	22	10:00	40	40
50	22	22	50	22	22	10:10	39	40
49	22	22	49	22	22	10:20	39	39
48	21	22	48	21	22	10:30	38	39
47	21	21	47	21	21	10:40	38	38
46	21	21	46	21	21	10:50	37	38
45	21	21	45	21	21	11:00	37	37
44	21	21	44	20	21	11:10	36	37
43	20	20	43	20	20	11:20	36	36
42	20	20	42	20	20	11:30	35	36
41	20	20	41	20	20	11:40	35	35
40	20	20	40	20	20	11:50	34	35
39	19	20	39	19	20	12:00	33	34
38	19	19	38	19	19	12:10	32	33
37	18	19	37	18	19	12:20	31	32
36	18	18	36	18	18	12:30	30	31
35	17	18	35	18	18	12:40	29	30
34	16	17	34	17	18	12:50	28	29
33	15	16	33	17	17	13:00	27	28
32	14	15	32	17	17	13:10	26	27
31	14	14	31	16	17	13:20	25	26
30	13	14	30	16	16	13:30	24	25
29	13	13	29	16	16	13:40	23	24
28	12	13	28	15	16	13:50	22	23
27	11	12	27	15	15	14:00	21	22
26	10	11	26	15	15	14:10	20	21
25	9	10	25	14	15	14:20	19	20
24	8	9	24	13	14	14:30	18	19
23	7	8	23	12	13	14:40	16	18
22	7	7	22	11	12	14:50	14	16
21	6	7	21	10	11	15:00	12	14
20	6	6	20	9	10	15:10	10	12
19	5	6	19	8	9	15:20	8	10
18	4	5	18	6	8	15:30	6	8
17	3	4	17	4	6	15:40	4	6
16	2	3	16	2	4	15:50	2	4
15	1	2	15	1	2	16:00	1	2
14	0	1	14	0	1	16:10	0	1

Award Type	Total Points Required
Pass	61 - 74
Silver	75 - 84
Gold	85 - 100

Minimum 1 point in each station to pass







## Individual Physical Proficiency Test (IPPT) Scheme Standard for Females

Scoring Table	SIT UP		Score Table		Push Up		Score table		2.4km Run	
	Age Cat	<22	22-24	Age	<22	22-24	Age Cat	<22	22-24	
	Age Group	1	2	Age Group	1	2	Age Group	1	2	
Repetitions	Total Score		Repetitions	Total Score		Time (≤)	Total Score			
52	25		50	25		10:00	50			
51	24		49	24		10:10	49			
50	24	25	48	24	25	10:20	48	50		
49	23	24	47	24	24	10:30	47	49		
48	23	24	46	24	24	10:40	47	48		
47	23	24	45	23	24	10:50	46	47		
46	22	23	44	23	24	11:00	46	46		
45	22	23	43	23	23	11:10	45	46		
44	22	23	42	23	23	11:20	45	45		
43	21	22	41	22	23	11:30	44	45		
42	21	22	40	22	23	11:40	44	44		
41	21	22	39	22	23	11:50	43	44		
40	21	21	38	22	22	12:00	43	43		
39	20	21	37	22	22	12:10	42	43		
38	20	21	36	21	22	12:20	42	42		
37	20	20	35	21	22	12:30	41	42		
36	20	20	34	21	22	12:40	41	41		
35	20	20	33	21	21	12:50	39	41		
34	19	20	32	21	21	13:00	39	39		
33	19	19	31	20	21	13:10	38	39		
32	18	19	30	20	20	13:20	38	38		
31	18	18	29	20	20	13:30	38	38		
30	18	18	28	20	20	13:40	37	38		
29	17	18	27	19	20	13:50	37	37		
28	16	17	26	19	19	14:00	37	37		
27	16	16	25	19	19	14:10	36	37		
26	15	16	24	18	19	14:20	36	36		
25	15	15	23	18	18	14:30	36	36		
24	14	15	22	18	18	14:40	35	36		
23	13	14	21	17	18	14:50	35	35		
22	12	13	20	16	17	15:00	35	35		
21	11	12	19	15	16	15:10	34	35		
20	10	11	18	15	15	15:20	34	34		
19	8	10	17	10	15	15:30	33	34		
18	6	8	16	5	10	15:40	33	33		
17	4	6	15	1	5	15:50	32	33		
16	2	4	14	0	1	16:00	32	32		
15	1	2	13	0	0	16:10	31	32		
14	0	1				16:20	31	31		
13	0	0				16:30	30	31		
						16:40	30	30		
						16:50	29	30		
						17:00	28	29		
						17:10	27	28		
						17:20	26	27		
						17:30	25	26		
						17:40	24	25		
						17:50	23	24		
						18:00	22	23		
						18:10	21	22		
						18:20	20	21		
						18:30	18	20		
						18:40	16	18		
						18:50	14	16		
						19:00	12	14		
						19:10	10	12		
						19:20	8	10		
						19:30	6	8		
						19:40	4	6		
						19:50	2	4		
						20:00	1	2		
						20:10	0	1		
						20:20	0	0		

Award Type	Total Points Required
Pass	61 - 74
Silver	75 - 84
Gold	85 - 100

Minimum 1 point in each station to pass





Age Cat	<22	22-24	25-27	28-30	31-33	34-36	37-39	40-42	43-45	46-48	49-51	52-54	55-57	58-60
Age Group	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Time	Total Score													
10:00	50													
10:10	49													
10:20	48	50												
10:30	47	49	50											
10:40	47	48	49	50										
10:50	46	47	48	49	50									
11:00	46	46	47	48	49	50								
11:10	45	46	46	47	48	49	50							
11:20	45	45	46	46	47	48	49	50						
11:30	44	45	45	46	46	47	48	49	50					
11:40	44	44	45	45	46	46	47	48	49	50				
11:50	43	44	44	45	45	46	46	47	48	49				
12:00	43	43	44	44	45	45	46	46	47	48				
12:10	42	43	43	44	44	45	45	46	46	47	50			
12:20	42	42	43	43	44	44	45	45	46	46	49	50		
12:30	41	42	42	43	43	44	44	45	45	46	48	49		
12:40	41	41	42	42	43	43	44	44	45	45	47	48	50	
12:50	39	41	41	42	42	43	43	44	44	45	46	47	49	
13:00	39	39	41	41	42	42	43	43	44	44	45	46	48	50
13:10	38	39	39	41	41	42	42	43	43	44	44	45	47	49
13:20	38	38	39	39	41	41	42	42	43	43	44	44	46	48
13:30	38	38	38	39	39	41	41	42	42	43	43	44	45	47
13:40	37	38	38	38	39	39	41	41	42	42	43	43	44	46
13:50	37	37	38	38	38	39	39	41	41	42	42	43	43	45
14:00	37	37	37	38	38	38	39	39	41	41	42	42	43	44
14:10	36	37	37	37	38	38	38	39	39	41	41	42	42	43
14:20	36	36	37	37	37	38	38	38	39	39	41	41	42	42
14:30	36	36	36	37	37	37	38	38	38	39	39	41	41	42
14:40	35	36	36	36	37	37	37	38	38	38	39	39	41	41
14:50	35	35	36	36	36	37	37	37	38	38	38	39	39	41
15:00	35	35	35	36	36	36	37	37	37	38	38	38	39	39
15:10	34	35	35	35	36	36	36	37	37	37	38	38	38	39
15:20	34	34	35	35	35	36	36	36	37	37	37	38	38	38
15:30	33	34	34	35	35	35	36	36	36	37	37	37	38	38
15:40	33	33	34	34	35	35	35	36	36	36	37	37	37	38
15:50	32	33	33	34	34	35	35	35	36	36	36	37	37	37
16:00	32	32	33	33	34	34	35	35	35	36	36	36	37	37
16:10	31	32	32	33	33	34	34	35	35	35	36	36	36	37
16:20	31	31	32	32	33	33	34	34	35	35	35	36	36	36
16:30	30	31	31	32	32	33	33	34	34	35	35	35	36	36
16:40	30	30	31	31	32	32	33	33	34	34	35	35	35	36
16:50	29	30	30	31	31	32	32	33	33	34	34	35	35	35
17:00	28	29	30	30	31	31	32	32	33	33	34	34	35	35
17:10	27	28	29	30	30	31	31	32	32	33	33	34	34	35
17:20	26	27	28	29	30	30	31	31	32	32	33	33	34	34
17:30	25	26	27	28	29	30	30	31	31	32	32	33	33	34
17:40	24	25	26	27	28	29	30	30	31	31	32	32	33	33
17:50	23	24	25	26	27	28	29	30	30	31	31	32	32	33
18:00	22	23	24	25	26	27	28	29	30	30	31	31	32	32
18:10	21	22	23	24	25	26	27	28	29	30	30	31	31	32
18:20	20	21	22	23	24	25	26	27	28	29	30	30	31	31
18:30	18	20	21	22	23	24	25	26	27	28	29	30	30	31
18:40	16	18	20	21	22	23	24	25	26	27	28	29	30	30
18:50	14	16	18	20	21	22	23	24	25	26	27	28	29	30
19:00	12	14	16	18	20	21	22	23	24	25	26	27	28	29
19:10	10	12	14	16	18	20	21	22	23	24	25	26	27	28
19:20	8	10	12	14	16	18	20	21	22	23	24	25	26	27
19:30	6	8	10	12	14	16	18	20	21	22	23	24	25	26
19:40	4	6	8	10	12	14	16	18	20	21	22	23	24	25
19:50	2	4	6	8	10	12	14	16	18	20	21	22	23	24
20:00	1	2	4	6	8	10	12	14	16	18	20	21	22	23
20:10	0	1	2	4	6	8	10	12	14	16	18	20	21	22



