



**Active Component**

# **Military Pay Process Manual (MPPM)**

Revised for clarity: 10/1/10  
Revised: 10/1/10

# Active Component Military Pay Process Manual

**United States. Department of the  
Army**



## Active Component Military Pay Process Manual:

**Monthly Catalogue, United States Public Documents** ,1995      Monthly Catalog of United States Government Publications United States. Superintendent of Documents,1995      Avoiding "financial Friendly Fire" United States. Congress. House. Committee on Government Reform,2004      *Identification Cards for Members of the Uniformed Services, Their Family Members, and Other Eligible* ,1998      **Military Pay** United States. Government Accountability Office,2005

**Monthly Catalog of United States Government Publications** ,1995      Making the Pentagon Accountable United States. Congress. Senate. Committee on Governmental Affairs,1995      **Joint Uniform Military Pay System (JUMPS): AFO procedures** United States. Department of the Air Force,1986      Commission on the National Guard and Reserves: Transforming the National Guard and Reserves Into a 21st-Century Operational Force Arnold L. Punaro,2008-10 The Commission was chartered by Congress to assess the reserve component of the U S military and to recommend changes to ensure that the National Guard and other reserve components are organized trained equipped compensated and supported to best meet the needs of U S nat security Contents Creating a Sustainable Operational Reserve Enhancing the DoD s Role in the Homeland Creating a Continuum of Service Personnel Mgmt for an Integrated Total Force Developing a Ready Capable and Available Operational Reserve Supporting Service Members Families and Employers Reforming the Organizations and Institutions That Support an Operational Reserve and Commission for the Total Operational Force Illus      *Reserve Personnel Reporting Instructions Manual (RESPRIM)*. United States. Marine Corps,1990      **Pentagon Financial Management Problems** United States. Congress. Senate. Committee on Governmental Affairs,1994      *Technical Abstract Bulletin* ,1981      **Field Manuals** United States. War Department,1979-06      *Bibliography of Scientific and Industrial Reports* ,1947      **Reserve Components Training Support** ,1982      **U.S. Army Formal Schools Catalog** United States. Department of the Army,1974      *Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More* ,2019-03-05 Over 600 total pages CONTENTS Army Combat Fitness Test Training Guide Version 1 2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1 4 Army Combat Fitness Test CALL NO 18 37 September 2018 FM 7 22 ARMY PHYSICAL READINESS TRAINING October 2012 IOC TESTING ACFT EQUIPMENT LIST 1 X LANE REQUIREMENT Version 1 1 4 September 2018 ACFT Field Test Highlight Poster Final OVERVIEW The Army will replace the Army Physical Fitness Test APFT with the Army Combat Fitness Test ACFT as the physical fitness test of record beginning in FY21 To accomplish this the ACFT will be implemented in three phases Phase 1 Initial Operating Capability IOC includes a limited user Field Test with approximately 60 battalion sized units from across all components of the Army While the ACFT is backed by thorough scientific research and has undergone several revisions there are still details that have not been finalized The ACFT requires a testing site with a two mile run course and a flat field space approximately 40 x 40 meters The field space should be grass well maintained and cut or artificial turf that is generally flat

and free of debris While maintaining testing standards and requirements commanders will make adjustments for local conditions when necessary The start and finish point for the two mile run course must be in close proximity to the Leg Tuck station When test events are conducted indoors the surface must be artificial turf only Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint Drag Carry When environmental conditions prohibit outdoor testing an indoor track may be used for the 2 Mile Run The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes There should not be more than 4 Soldiers per testing group for the SPT HRP and SDC The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group Concerns related to Soldiers graders or commanders will be addressed prior to test day The number of lanes varies by number of Soldiers testing A 16 lane ACFT site will have the following ACFT specific test equipment requirements 16 hexagon trap bars 60 pounds each with a set of locking collars While all NSN approved hexagon bars must weigh 60 pounds there is always a small manufacturer s production tolerance The approved weight tolerance for the hexagon bar is 2 pounds 58 62 pounds Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars On average hexagon bar collars weigh 2 0 pounds per pair and are considered incidental to the totalweight of the MDL weight Approximately 3 000 lbs of bumper plates 16 x 10 lb medicine ball 16 x nylon sled with pull straps 32 x 40 lb kettle bells Permanent or mobile pull up bars 16 x pull up bars at approximately 7 5 feet off the ground with step ups for shorter Soldiers Common unit equipment for set up and grading 16 stop watches 8 x 25m tape measures 8 x wooden or PVC marking sticks for the SPT One stick for every two lanes 70 x 18 traffic cones 50 field dome cones A soft flat dry test area approximately 40m x 40m on grass or artificial turf half of a soccer or football field A site that is free of any significant hazards A preparation area can be same as briefing area to conduct Preparation Drill A generally flat measured running course with a solid improved surface that is not more than 3 percent uphill grade and has no overall decline start and finish must be at the same altitude **Annual Report of the Chief of the National Guard Bureau** United States.

National Guard Bureau,1965 **Official Proceedings at the National Guard Association of the United States General Conference** National Guard Association of the United States,National Guard Association of the United States. General Conference,1969 **Professional Journal of the United States Army** ,2017

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