

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 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	
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