IPPT Score Chart 2026

Push-Ups 25 pts · Sit-Ups 25 pts · 2.4km Run 50 pts · Total 100 — free from ipptscores.com

Award	Points	NSman Incentive
Fail	Below 51 (or 0 in any station)	-
Pass	51-60	-
Pass with Incentive	61-74	$200
Silver	75-84	$300
Gold	85-100 (90 for Commandos / Divers / Guards)	$500

Push-Ups — minimum reps for each score

Age Group	1 pt	5 pts	10 pts	15 pts	20 pts	25 pts
<22	15	18	21	26	40	60
22-24	14	17	20	25	39	59
25-27	13	16	19	24	38	58
28-30	12	15	18	23	37	57
31-33	11	14	17	22	36	56
34-36	10	13	16	21	35	55
37-39	9	12	15	20	34	54
40-42	8	11	14	19	33	53
43-45	7	10	13	18	32	51
46-48	6	9	12	17	31	49
49-51	5	8	11	16	30	47
52-54	4	7	10	15	29	45
55-57	3	6	9	14	28	42
58-60	2	5	8	13	27	40

Sit-Ups — minimum reps for each score

Age Group	1 pt	5 pts	10 pts	15 pts	20 pts	25 pts
<22	15	19	26	33	40	60
22-24	14	18	25	32	39	59
25-27	13	17	24	31	38	58
28-30	12	16	23	30	37	57
31-33	11	15	22	29	36	56
34-36	10	14	21	28	35	55
37-39	9	13	20	27	34	54
40-42	8	12	19	26	33	53
43-45	7	11	18	25	32	52
46-48	6	10	17	24	31	51
49-51	5	9	16	23	30	49
52-54	4	8	15	22	29	48
55-57	3	7	14	21	28	46
58-60	2	6	13	20	27	44

2.4km Run — slowest time that still earns each score

Age Group	50 pts	40 pts	30 pts	20 pts	10 pts	1 pt
<22	8:30	10:10	12:30	14:10	15:10	16:00
22-24	8:40	10:20	12:40	14:20	15:20	16:10
25-27	8:50	10:30	12:50	14:30	15:30	16:20
28-30	9:10	10:50	13:10	14:50	15:50	16:40
31-33	9:20	11:00	13:20	15:00	16:00	16:50
34-36	9:30	11:10	13:30	15:10	16:10	17:00
37-39	9:40	11:20	13:40	15:20	16:20	17:10
40-42	9:50	11:30	13:50	15:30	16:30	17:20
43-45	10:00	11:40	14:00	15:40	16:40	17:30
46-48	10:10	11:50	14:10	15:50	16:50	17:40
49-51	10:20	12:00	14:20	16:00	17:00	17:50
52-54	10:30	12:10	14:30	16:10	17:10	18:00
55-57	10:40	12:20	14:40	16:20	17:20	18:10
58-60	10:50	12:30	14:50	16:30	17:30	18:20

How to use this chart

1. Find your age group row in all three tables.
2. Read your push-up, sit-up and run points, and add them up (maximum 100).
3. You must score at least 1 point in EVERY station — a zero anywhere is an automatic fail, whatever your total.
4. Run times use 10-second bands: a finish of 12:31 counts in the 12:40 band.
5. Worked example (age 25-27): 30 push-ups = 17 pts, 35 sit-ups = 18 pts, 12:40 run = 31 pts, total 66 = Pass with Incentive ($200).

Plan your exact score, pace and lap splits with the free calculators at **ipptscores.com** — including the 2.4km pace calculator.

Scoring tables verified 30 October 2026 against the published SAF / CMPB charts (cross-checked between two independent sources; see the methodology page on the site). This is an independent planning aid, not affiliated with MINDEF, SAF, CMPB or OneNS. Official SAF decisions always take precedence. Standards can change — check OneNS for your applicable standard.