



## German Armed Forces Badge for military Proficiency (GAFPB)



**The German Armed Forces Proficiency Badge  
(German: *Abzeichen für Leistungen im Truppendienst*)  
is a decoration of the Bundeswehr, the Armed Forces of the  
Federal Republic of Germany.**

**The decoration can be awarded to all German Soldiers.**

**Allied Soldiers may also be awarded the badge.**

**Any rank may be awarded and wear the badge.**

**In the United States Military the German Armed Forces Proficiency Badge is one of the few  
approved foreign awards,  
and it is one of the most sought after awards to achieve.**



## German Armed Forces Badge for military Proficiency (GAFPB)



### Who can participate?

**Any soldier from your unit!**

**Soldiers WILL NOT participate:**

- if they are flagged (for any reason)

or

- barred from reenlistment,

- if they are in the military less than six months.

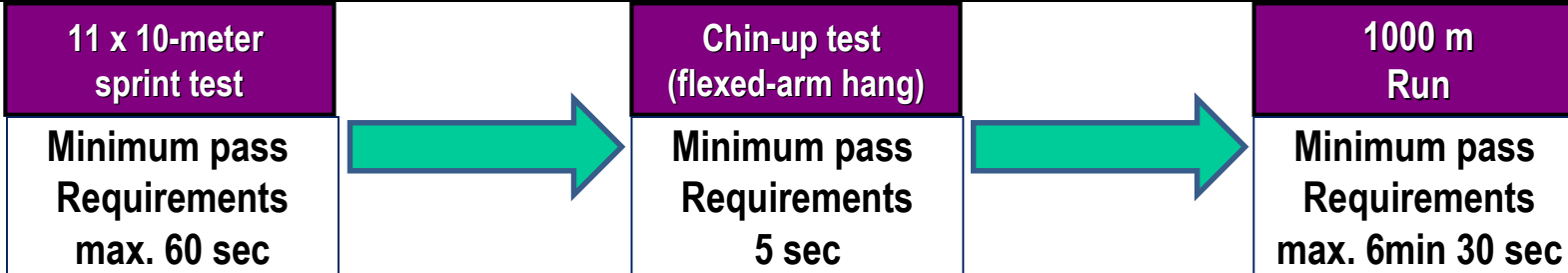


# German Armed Forces Badge for military Proficiency (GAFPB)



## SUMMARY of ALL EVENTS

### BFT = Basic Fitness Test (3 events in sequence within 90 min)



Minimum test requirements have to be met, independently of age or gender. If testee does not meet the minimum pass requirements or one or more test events, the BFT will be deemed failed. No additional scoring will take place on the same day.

### Military Training Part (5 events)

<b>100 Swim in Uniform</b>	<b>First Aid Test</b>	<b>NBC MOPP Test</b>	<b>Pistol Qualification</b>	<b>Road March</b>
<b>&lt;4 min then undress in water</b>	<b>GO or NO GO current &amp; NOT older than 3 years</b>	<b>GO or NO GO NOT older than 1 year</b>	<b>Different exercises possible</b>	<b>7.46 miles Gold 5.6 miles Silver 3.75 miles Bronze</b>



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## Regulation

1. The testing for the German Armed Forces Proficiency Badge (GAFPB) must be administered by a qualified German Physical Training (PT) instructor.
2. Listed single events can be supervised and conducted by **CERTIFIED US military personnel.**
  - First Aid Training or Test
  - NBC 9 sec Protection Mask and MOPP4 Test } Certified by CDR / 1SGT
- Pistol / Rifle Qualification (to be qualified to shoot at the main event)



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## BFT = Basic Fitness Test (3 EVENTS within 90 min)

Minimum test requirements have to be met, independently of age or gender. If testee does not meet the minimum pass requirements or one or more test events, the BFT will be deemed failed. No additional scoring will take place on the same day.

11 x 10-meter  
sprint test

Minimum pass  
Requirements  
max. 60 sec

1



Chin-up test  
(flexed-arm hang)

Minimum pass  
Requirements  
5 sec

2



1000 m  
Run

Minimum pass  
Requirements  
max. 6min 30 sec

3



### Sequence

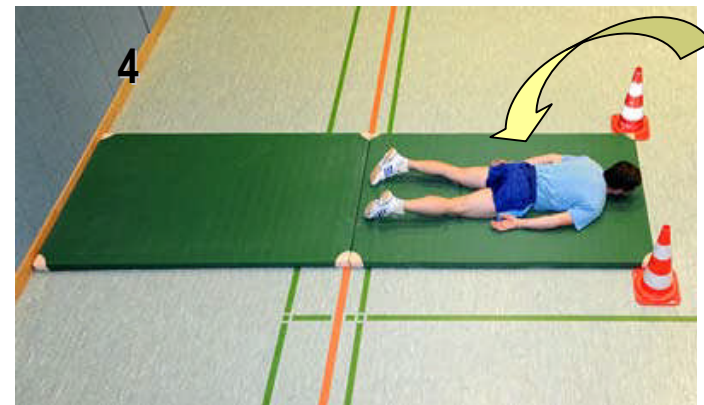
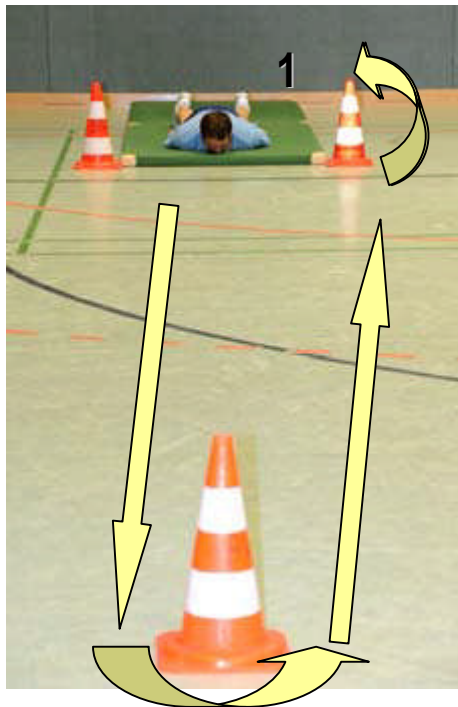
To provide a standardized test environment, the sequence of tests has been predefined and is binding for all testers.



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## BFT = 11 x 10 meter sprint test





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### BFT = 11 x 10 meter sprint test

#### General items required

- Stopwatch
- Two (2) gym mats
- Three (3) cones
- Measuring tape

Time in sec	Points
54	200
48	300
42	400
36	500

#### Note

Before administering the test, make sure that all participants have enough time to warm up (running at a slower pace, stretching, etc.). To avoid injuries, the sprint corridor must be wide enough and behind the turning cone there must be a run-out area.



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### Chin-up test (flexed-arm hang)

Chin-up test  
Start Position



Chin-up test  
Finish Position



#### Event

- The testee holds himself in the end position of a pull-up as long as possible.
- Testee's evaluation will be based on the length of the time he can hold himself in this position.
- Testee steps off the squat box and the instructor pulls it back, testee will hold himself up with his chin above the bar (chin-up end position; elbow joints flexed to the maximum, shoulders at the height of the bar).
- Once testee's feet step off the squat box, timekeeping will start. Once the testee's chin is below the bar, timekeeping will stop. Testee's time will be recorded in seconds and tenths of a second.





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## Chin-up test (flexed-arm hang)

### General items required

- Stopwatch
- Bar

If more than one bar is available, all of them can be used allowing adjustments to individual body heights (height of bars at 180 cm or 190 cm);  
If no chin-up bar is available, any other suitable suspension system may be used.

- Two (2) gym mats
- Squat box, small
- Magnesia or chalk, paper towels

Time in sec	Points
25	200
45	300
65	400
85	500



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## 1000 Meter Run

1000 m  
Run

Minimum pass  
Requirements  
max. 6min 30 sec



### Event

Participant completes the 1000-meter run in the shortest time possible.

### Test sequence

For the 1000-meter (or 1-K) run, the track ideally should be 400 meters long.

The runner starts at the 200-meter mark. So measured from the start/finish line, the runner must run two complete laps of the race. Once he has crossed the finish line, the tester records the runner's time to the second.

In total 2 ½ Laps.



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### 1000 Meter Run

#### General items required

- Stopwatch
- Measured, level track

#### Note

Before completing the 1000-meter run, participant should warm up as instructed by the tester (running at a slow pace, stretching, etc.).

Time in sec	Time in min	Points
335	5:35	200
280	4:40	300
225	3:45	400
170	2:50	500

As an exception to the rule (for instance, in case of non-existing infrastructure or under adverse weather conditions), the 1000-meter run may also be completed on a measured and level track in the terrain (if the terrain does not provide the perfectly level track, uphill and downhill stretches should not be too steep ) or in a big indoor gym.



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### Scoring after having met all single-event pass requirements

#### How to tally score points

Single-event results (individual test times) are translated into a graduated point-score system. Participants who meet the minimum pass requirements (100 points respectively) are awarded basic points [per event]. The better the participants performance, the more points are awarded for the respective events.

For the event-specific basic point scores see the respective score table 1 - 3 (11 x 10-meter sprint test, flexed-arm hang, 1000-meter run).

#### Providing "handicaps"

##### Equal chances

Based on age-grading and physical-ability considerations, a "handicap" is provided to soldiers, taking into account age and/or gender.

##### Age grading

Participants who are 35 years old or younger will not be age-graded. Those who are 36 years old or older will be age-graded. Basic score points will be increased by 0.5 percent per year of age.

The age-grading "handicap" is calculated based on the actual age reached by a participants in a given year.

Age-graded "handicap" (36 years or older) = basic score points X (actual age minus 35 years) X 0.005



# German Armed Forces Badge for military Proficiency (GAFPB)



## Scoring after having met all single-event pass requirements

### Gender grading

BFT scores have been normalized to take into account the physical abilities of male soldiers. Therefore male soldiers will not be provided any other type of "handicap" [besides age grading].

Each female (F) soldier will be provided an event-related "handicap". The "handicap" is

- 15 percent for the sprint test (F) = basic score points X 0.15)
- 40 percent for the flexed-arm hang (chin-up) (F) = basic score points X 0.4)
- 15 percent for the 1000-meter run (F) = basic score points X 0.15)

### Single-event score

You earn scores for each event plus, if applicable, age-graded and gender-graded points.

- Event-score points = basic score points + age-graded points + gender-graded points

Points Rating for the complete BFT (average of all three events)

100 – 199	Fair	(BFT passed, but not good enough to compete for the GAFPB)
200 – 299	Satisfactory	(competes for GAFPB in Bronze)
300 – 399	Good	(competes for GAFPB in Silver)
≥ 400	Very Good	(competes for GAFPB in Gold)

### Overall rating

**The BFT overall rating is the averaged value calculated from the single ratings.**

To provide better accuracy, calculate up to two (2) decimal points.



# German Armed Forces Badge for military Proficiency (GAFPB)



## Scoring after having met all single-event pass requirements

### Overall rating

The BFT overall rating is the averaged value calculated from the single ratings. To provide better accuracy, calculate up to two (2) decimal points.

Example:

- sprint test / Event-score points = basic score points + age-graded points + gender-graded points = 405
  - flexed-arm hang test / Event-score points = basic score points + age-graded points + gender-graded points = 500
  - 1000-meter run / Event-score points = basic score points + age-graded points + gender-graded points = 300
- Total = 1205

Averaged value from the 3 single ratings: =  $1205 : 3 = 401,66 = \text{GOLD}$

### Points Rating

100 – 199 Fair



200 – 299 Satisfactory **BRONZE**

300 – 399 Good

**SILVER**

**>400 Very Good**

**GOLD**



# German Armed Forces Badge for military Proficiency (GAFPB)



## SUMMARY of ALL EVENTS

### Military Training Part (5 events)

Certified by CO or 1SGT prior to event, not tested

Tested in event

#### First Aid Test

GO or NO GO Event  
CLS-NOT older than 3 years



#### NBC MOPP Test

GO or NO GO Event  
NOT older than 1 year



#### 100 Swim in Uniform

<4 min than undress in water



#### Shooting

depending on chosen Exercise



#### Road March

7.46 miles Gold  
5.6 miles Silver  
3.75 miles Bronze





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## FIRST AID TRAINING

### First Aid Test

**GO or NO GO  
Event  
CLS - NOT older  
than  
3 years**



Note: Leadership has to prove / certify that all participants are current in their respective medical training (CLS, 68W, ...).  
Will not be tested by the German Liaison Staff.





## German Armed Forces Badge for military Proficiency (GAFPB)



### **FIRST AID TRAINING**

**The training is not necessary if the testee has undergone a combat life saver training (CLS) in the last 3 years or has a first aid certificate equivalent to CLS or higher not older than 3 years**

**Task: FIRST AID TRAINING  
(equivalent US training = Combat Life Saver - CLS)**

**Conditions: Participant has to receive CLS training / equivalent US training or a written test in accordance with US regulations for CLS training.**

**Standards: SUCCESSFULLY SCORE AT LEAST 70% OR HIGHER ON WRITTEN TEST.**



## German Armed Forces Badge for military Proficiency (GAFPB)



### NBC Training / MOPP4

Note:

Leadership has to prove / certify that all participants have successfully passed the MOPP within last 12 months.

Will not be tested by the German Liaison Staff.



**NBC MOPP Test**

**GO or NO GO  
Event  
NOT older than  
1 year**



Minimum test requirements have to be met, independently of age or gender. If participant does not meet the minimum pass requirements for putting on the protective mask in max. 9 sec, and can not proceed to MOPP4 correctly, the NBC test will be deemed failed. No additional scoring will take place on the same day.



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### NBC Training / MOPP4

- Task:** Put on protective mask in 9 sec and proceed to MOPP 4
- Conditions:** The over garment, over boots, field gear, protective mask and gloves are worn in accordance with US regulations.
- Standards:** Instructor will declare NBC Alert, participant has to put on the protective mask in max 9 sec and than proceed to MOPP4.  
Personnel completely encapsulate themselves by closing their over garments, adjusting all drawstrings to minimize the likelihood of any openings, and putting on their protective gloves. MOPP4 is used when the highest degree of protection is required, or if CB agents are present but the actual hazard is not determined.
- Reference:** FM 3-11.4 CHAPTER IV.



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## 100 m SWIM in UNIFORM (<4 min)

### 100 Swim in Uniform

<4 min for the 100m  
than  
undress in water  
(no timelimit)



Minimum test requirements have to be met, independently of age or gender. If participant does not meet the minimum pass requirements of 4 min, the swim test will be deemed failed. Test can be repeated the same day.



## German Armed Forces Badge for military Proficiency (GAFPB)



### 100 m SWIM in UNIFORM (<4 min)

**Task:** SWIM 100 METERS in UNIFORM (<4 min) and undress in deepwater without support (no time-limit for the undressing)

**Conditions:** Given a Pool, a measured distance of 100 meters,  
APPROPRIATE SAFETY GEAR + Lifeguard,  
Participant wearing uniform (BDU -Jacket + Pants, without BOOTS )  
and a BATHING SUIT underneath.

**Standards:** Successfully Swim 100 meters in the Time of max. 4 Minutes and directly after,  
without taking a break or holding on to the edge of the pool,  
participant has to get undressed in deep water without support and  
has to bring the uniform with him out of the water)

----- NO SPECIAL SWIM STYLE IS SPECIFIED -----



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### Shooting

- Task:** Shoot one of the German exercises qualified for the “Schützenschnur” (Pistol, Rifle or Machinegun) and qualify in **BRONZE, SILVER or GOLD**
- Conditions:** Because of regulations, the Pistol exercises are highly recommended due to needed time per participant, needed infrastructure and ammo.
- Standards:** See following slides for the possible exercises.  
(only Pistol exercises in this briefing, Rifle on request)



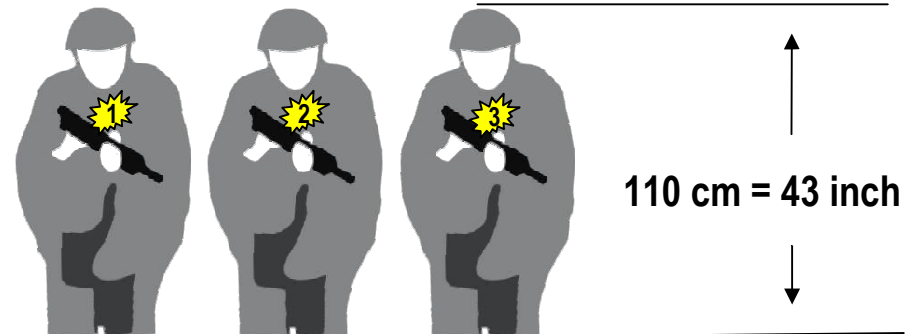
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## PISTOL exercise possibility 1: PS-2 (WÜ)

### Pistol Exercise PS-2

all three Targets hit,  
5 Hits for Gold  
4 Hits for Silver  
3 Hits for Bronze



- 5 x rounds (no time-limit)
- first shot double action
- all three targets have to be hit
- Standing position
- Distance 20m to target



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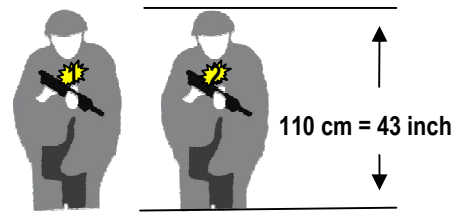


## PISTOL exercise possibility 2: PS-3 (WÜ)

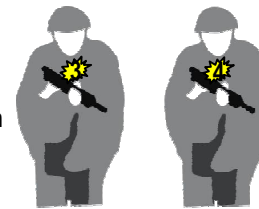
### Pistol Exercise PS-3

6 Hits for Gold  
5 Hits for Silver  
4 Hits for Bronze

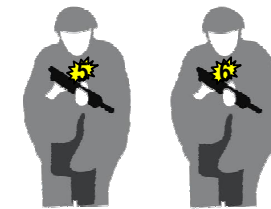
- 6 Rounds
- 2 targets per line
- 25m distance
- For every position, shooter has 6sec for two shots (1 on each target)



2 x rounds in 6 sec  
first shot  
single action



2 x rounds in 6 sec  
first shot  
single action



2 x rounds in 6 sec  
first shot  
single action







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## RUCK MARCH

**Task:** March a given Distance

**Conditions:** 6km, 9km or 12km Track,  
15kg (33 lb) Ruck- Sack,  
Participant is wearing BDU with PC

**Standards:** **SUCCESSFULLY MARCH  
THE DISTANCE IN AT LEAST  
10min PER KILOMETER**

Distance (km)	Distance (miles)	Max Time
6	3,73	60 min
9	5,6	90 min
12	7,46	120 min

Route has to be chosen by the conducting unit.  
Known routes in Fort Benning can be provided by German Army Liaison Staff.



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# Questions?

<b>Date</b>	<b>Task</b>	<b>Time</b>
19-Sep	Arrival	1600
20-Sep	Briefing	0800
	Swimming Contest	0830-1100
	Basic Fitness Test	1300-1600
21-Sep	Shooting	0800-1600
22-Sep	Road March	0700-1000
	Ceremony	1300
	Departure	1700