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Army pt uniform regulations

The article may contain affiliate links. As an Amazon Associate, I make money from skilled purchases. Section I: Improved Physical Fitness Uniform Composition Accessories Materials Insignia General Instructions Section II: Army Physical Fitness Uniform Composition Accessories Materials Insignia General Instructions 12-1: Classification of physical fitness uniforms permitted for wear are classified as: a. Improved Physical Fitness Uniform (IPFU) (see paragraphs 12-2 to 12-6). The date of wear of this uniform shall be 30 June 2004. B. Army Fitness Physical Uniform (APFU) (see paragraphs 12-7 to 12-11). The date of compulsory possession of this uniform shall be 1 January 1993. Section I: Uniform for better physical proliency 12-: The composition of the IPFU consists of the following components (see figs 12-1 and 12-2 for IPFU variants): a. Jacket, running, gray and black, with black Army color. B. Trousers, running, black. c. Suitcases, running, black, with army in reflective white. d. T-shirt, grey, short sleeve, with Army in reflective black. E. T-shirt, gray, long sleeved, with Army in reflective black. f. Footwear. g. Socks. 12-: Accessories With IPFU are normally worn the following accessories: a. Gloves. B. Fleece cap, green or black green (see paragraphs 4-10c). 12-: Materials Ipfu shirts consist of 100% moisture wicking polyester. IPFU shorts consist of 100% nylon with antimicrobial finished polyester lining. Ipfu jacket and trousers consist of 100% nylon. 12-: Insignity The only insignity allowed for wear on the IPFU is the physical proneness badge. When wearing a badge of physical fitness, it is sewn on the upper left front of the IPFU shirt. On an IPFU running jacket, the insignant is sewn centered and 1/2 inch above the word Army. Criteria for wearing a physical fitness badge can be found in ar 600-8-22. 12-6: General guidelines and. Staff wearing a green or black micro fleece cap pulled comfortably on the head with the bottom edge covering the ears, but not covering the eyebrows. The lower edge (all) of the eyelids can be folded, but not rolled. B. Commanders may allow the wearing of commercial running shoes with calf-length or ankle-length, plain white socks (without logo). If worn, ankle-length socks must cover the entire ankle bone. Shoes must accommodate all five toes in one space. Those shoes, which have five separate, individual departments for toes distract from the professional military image and are prohibited for wearing with the IPFU or while conducting physical training in a military formation. c. Commanders may authorise the wearing of utility gloves, reflective belts or waistcoats, long underwear and other articles suitable for weather conditions and the type of operation. If soldiers wear long underwear or other similar items, they must conceal them from view with a running jacket and trousers if wearing ipfu. d. Soldiers are entitled to wear commercially purchased grey or black spandex shorts under IPFU shorts. In the event that the shorts must end up above the knee or above. Commercial shorts must be smooth, without logos, patterns or intrusive markings. Soldiers are not required to buy spandex shorts. E. When soldiers wear ipfu as a complete uniform, they will have sleeves down on the jacket, feet down on the pants, and they will tuck a t-shirt inside the trunks. Soldiers must not roll up or roll up the sleeves of ipfu jackets or long-sleeved shirts. Soldiers must not cuff IPFU jacket sleeves or long sleeved shirts. The combination of ipfu worn articles is not a restriction unless the pilot-in-command has written a specific combination for assembly. F. IPFU is a clothing bag. Each IPFU entry is identified with the national inventory number and contract number of the Defense Logistics Agency troop support printed on the label and seed into the garment. If the label does not contain this information, the garment is not permitted clothing. g. Pregnant soldiers will wear IPFU until the uniform becomes too small or uncomfortable. Pregnant soldiers are allowed to wear a T-shirt outside the trunk. In no case will commanders require pregnant soldiers to buy a larger IPFU to accommodate pregnancy. When the uniform becomes too small or uncomfortable, pregnant soldiers can wear equivalent civilian exercise clothes. H. Soldiers are not entitled to mix wear on IPFU components (see paragraphs 12-2a to 12-2e) with APFU wear (see paragraphs 12-7a to 12-7e) at the same time. Section II: Army Physical Prolency Uniform 12-7: The composition of the APFU consists of the following components (see figs 12-3 and 12-4 for VARIATIONS OF APFU): a. Jacket, run, black and gold, with the army gold logo. B. Trousers, running, black, with a gold army logo. c. Suitcases, run, black, with army in gold. d. T-shirt, black, short sleeve, with Army in gold. E. T-shirt, black, long sleeved, with Army in gold. f. Footwear. g. Socks. 12-8: Accessories The following accessories are commonly worn with APFU. a. Gloves. B. Fleece cap, black (see paragraphs 4-10c). 12-9: Materials a. APFU (clothing bag and optional) running jacket consists of 100 percent nylon. B. APFU (clothing bag and optional) running pants consists of 100 percent nylon. c. APFU (clothing bag and optional) suitcases consist of 100 percent polyester. d. Apfu clothing bag shirts consist of 100 percent polyester. The APFU's optional purchase shirts consist of 86 per cent nylon and 14 per cent spandex. 12-10: Insignity The only insignity allowed for wearing on the APFU is the physical provotion badge. When the physical fitness badge is worn, it is sewn on to the wearer's upper left front side of the APFU t-shirt above the word Army. On an aptu running jacket, the insignant is sewn center and 1/2 inch above the army logo. The criteria for wearing a physical fitness badge can be found in ar 600-8-22. 12-: General Guidelines and. Staff wearing black micro fleece caps pulled down on the head with the bottom edge covering the ears, but does not cover the eyebrows. The lower edge (all) of the eyelids can be folded, but not rolled. B. Commanders may allow the wearing of commercial running shoes with calf-length or ankle-length, plain white socks (without logo). If worn, ankle-length socks must cover the entire ankle bone. Shoes must accommodate all five toes in one space. Those shoes that have five separate, separate compartments for toes detract from the professional military image and are prohibited for wearing with the APFU or while conducting physical training in a military formation. c. Commanders may authorise the wearing of utility gloves, reflective belts or waistcoats, long underwear and other articles suitable for weather conditions and the type of operation. If soldiers wear long underwear or other similar items, they must conceal them from view with a running jacket and trousers if wearing apfu. d. Soldiers are entitled to wear commercially purchased black spandex shorts under APFU shorts. The length of the shorts must end above the bottom of the shorts or higher. Commercial shorts must be smooth, without logos, patterns or intrusive markings. Soldiers are not required to buy spandex shorts. E. When soldiers wear the APFU as a complete uniform, they will have their sleeves down on the jacket, feet down on their pants, and they will tuck a t-shirt inside the trunks. Soldiers must not roll up or push the sleeves of APFU jackets or long-sleeved shirts. Soldiers must not cuff buttons APFU sleeves or long-sleeved shirt. There are no restrictions on the combination of items the APFU wears if the commander has prescribed a specific combination for creation. APFU clothing bag items and APFU option purchase items can be mixed and worn together at the same time. F. APFU is a clothing bag that replaces the IPFU. Each APFU entry is identified with the national inventory number and contract number of defense logistics agency Troop Support printed on the label and sequed into the garment. If the label does not contain this information, the garment is not permitted clothing. g. Pregnant soldiers will wear APFU until the uniform becomes too small or uncomfortable. Pregnant soldiers are allowed to wear a T-shirt outside the trunk. In no case will commanders require pregnant soldiers to buy a larger APFU to accommodate the pregnancy. When the uniform becomes too small or uncomfortable, pregnant soldiers can wear equivalent civilian exercise clothes. H. Soldiers are not entitled to mix wear on IPFU components (see paragraphs 12-2a to 12-2e) with APFU wear (see paragraphs 12-7a to 12-7e) at the same time. Some shitbag is trying to tell me that the only legitimate downgraded PT uniform is jacket and shorts, not long pants and short-sleeve shirts, but I haven't been able to find any regulations that support it. Is that the real thing? Page 2Salted 3 years ago comments comments