MASSACHUSETTS TRIAL COURT
Office of Court Management
Security Department

Health and Wellness Addendum

The Massachusetts Trial Court Security Department Physical Fitness standard is based on a Law Enforcement focus battery of test developed by the Coopers Institute. The Trial Court utilizes the **50th percentile** as a passing criteria for the Court Officer training academy. Also included as a fitness standard option for academy trainees is a point scaling system. This system allows for a trainee to receive a passing score by showing an elevated physical ability in any of the batteries tested. The elevated ability will be scored based on the scoring chart below.

Successful completion of the physical fitness test is the **50th percentile**. The Security Department may allow for a trainee to pass the physical fitness test with a passing cumulative score of **50** points if the **50th percentile** standard has not been met. The point scoring system will be maintained as an "Internal Document" and will be utilized for determining a trainees' physical readiness to perform their duties as a Court Officer.

Standards for Males ages 20 - 29

Point Value	Sit-Ups 1 – Minute	300 Meter Run (Seconds)	Push-ups 1 – Minute	1.5 Mile Run Minutes
20	≥55	42.6	100	8:22
19	55	46.0	62	9:10
18	52	48.0	57	9:34
17	49	49.0	51	9:52
16	47	50.3	47	10:08
15	46	51.0	44	10:34
14	45	52.0	41	10:49
13	44	53.5	39	11:09
12	42	54.0	37	11:27
11	41	55.0	35	11:34
10	40	56.0	33	11:58
9	39	57.5	31	12:11
8	38	59.0	29	12:29
7	37	60.0	27	12:53
6	35	62.1	26	13:08
5	35	64.0	24	13:25
4	33	66.0	22	13:58
3	32	69.0	19	14:33
2	30	73.4	18	15:14
1	27	81.3	13	16:46

Standards for Males ages 30-39

Point Value	Sit-Ups 1 – Minute	300 Meter Run (Seconds)	Push-ups 1 – Minute	1.5 Mile Run Minutes
20	≥51	42.0	86	8:49
19	51	46.1	52	9:31
18	48	49.0	56	9:52
17	45	50.0	41	10:14
16	43	51.0	39	10:38
15	42	52.0	36	10:59
14	41	53.0	34	11:09
13	40	54.0	31	11:34
12	39	55.0	30	11:49
11	37	56.0	29	11:58
10	36	57.0	27	12:25
9	36	58.0	25	12:44
8	35	58.9	24	12:53
7	33	61.0	21	13:25
6	32	63.0	20	13:48
5	31	65.0	19	14:10
4	30	68.0	17	14:33
3	28	70.0	15	15:14
2	26	74.9	13	15:56
1	23	80.9	9	17:30

Standards for Males ages 40-49

Point Value	Sit-Ups 1 – Minute	300 Meter Run (Seconds)	Push-ups 1 – Minute	1.5 Mile Run Minutes
20	≥47	47.0	64	9:02
19	47	52.0	40	9:47
18	43	55.0	36	10:09
17	40	56.0	34	10:44
16	39	57.0	30	11:09
15	37	60.0	29	11:32
14	36	61.0	26	11:52
13	35	62.0	25	11:58
12	34	64.0	24	12:25
11	32	66.0	22	12:53
10	31	67.6	21	13:05
9	30	70.0	19	13:25
8	29	72.0	18	13:50
7	28	74.8	16	14:10
6	27	77.0	15	14:33
5	26	81.0	13	15:00
4	24	83.0	11	15:32
3	22	86.0	10	16:09
2	22	90.0	9	17:04
1	17	104.0	5	18:39

Standards for Males ages 50-59

Point Value	Sit-Ups 1 – Minute	300 Meter Run (Seconds)	Push-ups 1 – Minute	1.5 Mile Run Minutes
20	≥43	52.0	51	9:31
19	43	58.0	39	10:27
18	39	61.0	30	11:09
17	36	63.0	28	11:45
16	35	66.4	25	12:08
15	33	68.0	24	12:37
14	31	70.0	21	12:53
13	30	72.0	20	13:25
12	28	74.0	19	13:53
11	27	77.4	17	13:58
10	26	80.0	15	14:33
9	25	82.6	14	14:35
8	24	83.2	13	15:14
7	22	85.0	11	15:53
6	21	87.0	10	16:16
5	20	89.0	9.5	16:46
4	19	95.0	9	17:30
3	17	99.0	7	18:22
2	15	101.6	6	19:24
1	12	112.0	3	21:40

Standards for Females ages 20-29

Point Value	Sit-Ups 1 – Minute	300 Meter Run (Seconds)	Push-ups 1 – Minute	1.5 Mile Run Minutes
20	≥51	54.0	53	9:23
19	51	54.3	42	10:20
18	49	56.0	37	10:59
17	45	58.0	33	11:34
16	44	58.3	28	11:56
15	42	59.7	27	12:07
14	41	60.0	24	12:51
13	39	61.0	23	13:01
12	38	61.0	21	13:25
11	37	62.7	19	13:58
10	35	64.0	18	14:15
9	34	68.5	17	14:33
8	32	71.0	15	15:05
7	31	74.5	14	15:32
6	30	75.0	13	15:56
5	28	76.0	11	16:43
4	24	78.0	10	17:11
3	23	88.0	9	17:53
2	21	97.0	8	18:39
1	18	106.7	6	21:05

Standards for Females ages 30-39

Point Value	Sit-Ups 1 – Minute	300 Meter Run (Seconds)	Push-ups 1 – Minute	1.5 Mile Run Minutes
20	≥42	55.0	48	9:52
19	42	56.5	39	11:08
18	40	60.0	33	11:43
17	38	63.5	26	12:23
16	35	66.0	23	12:53
15	33	66.5	19	13:08
14	32	68.0	18	13:41
13	30	69.9	16	13:58
12	29	71.0	15	14:33
11	28	72.0	14	14:33
10	27	74.0	14	15:14
9	26	75.5	13	15:35
8	25	79.0	11	15:556
7	24	80.5	10	16:43
6	22	82.0	9	16:46
5	21	85.5	9	17:38
4	20	86.0	8	18:18
3	18	93.5	6	19:01
2	15	100.0	6	20:13
1	11	114.0	4	21:57

Standards for Females ages 40-49

Point Value	Sit-Ups 1 – Minute	300 Meter Run (Seconds)	Push-ups 1 – Minute	1.5 Mile Run Minutes
20	≥38	65.0	23	10:09
19	38	65.0	20	11:35
18	34	66.0	18	12:25
17	32	68.2	17	13:14
16	29	72.0	15	13:38
15	28	72.0	15	13:58
14	27	75.3	14	14:33
13	25	78.7	13	15:03
12	24	79.0	13	15:17
11	23	80.5	11	15:56
10	22	86.0	11	16:13
9	21	91.7	10	16:46
8	20	94.0	9	17:11
7	19	101.8	8	17:38
6	17	106.7	7	18:26
5	16	109.3	7	18:39
4	14	110.0	6	19:43
3	13	116.0	5	20:49
2	10	121.5	4	21:52
1	7	125.0	1	23:27

Standards for Females ages 50-59

Point Value	Sit-Ups 1 – Minute	300 Meter Run (Seconds)	Push-ups 1 – Minute	1.5 Mile Run Minutes
20	≥30	N/A	31	11:34
19	30	N/A	28	13:16
18	29	N/A	25	13:58
17	25	N/A	23	14:33
16	24	N/A	21	15:14
15	22	N/A	20	15:47
14	22	N/A	19	16:26
13	21	N/A	18	16:46
12	20	N/A	17	17:19
11	19	N/A	15	17:38
10	17	N/A	13	18:05
9	16	N/A	13	18:39
8	14	N/A	12	19:10
7	12	N/A	10	19:43
6	12	N/A	9	20:17
5	11	N/A	8	20:55
4	10	N/A	6	21:57
3	7	N/A	4	22:53
2	6	N/A	1	23:55
1	5	N/A	0	26:15

*Women 50-59 are not subject to the point scoring chart and must meet the 50th percentile.

**Men and Women 60+ are not subject to the point scoring chart and must meet the 50th percentile.

***All areas marked in green indicate the 50th percentile.