



FREE RESOURCE

NS IPPT Scoring Cheat Sheet 2026

How the IPPT is scored, the four award tiers, and what each one pays.

FORMAT	PDF · A4 · printable cheat sheet
COVERS	NSmen IPPT scoring and award tiers
PAIRS WITH	IPPT Calculator
SOURCE	MINDEF / NS Portal (ns.sg)

A one-page reference to the Individual Physical Proficiency Test — the three stations, what counts as a pass, and the points and incentive for Pass, Silver and Gold. Print it, set a target tier, and train to it.

How IPPT is scored

The IPPT (Individual Physical Proficiency Test) has three stations, scored on a 100-point scale that is calibrated to your age.

Station	Maximum points
Push-ups (1 minute)	25
Sit-ups (1 minute)	25
2.4km run	50
Total	100

Your rep and timing targets are set by your age band — servicemen are grouped in 3-year bands, and older bands need fewer reps and a slower run for the same points. The 2.4km run is worth half of every point available.

What counts as a pass

To pass the IPPT you must do both of the following:

- Score at least 1 point in every station, and
- Reach a total of 51 points or more.

Fail either condition and the overall result is a fail — a strong run cannot rescue a zero at a strength station.

The four tiers and what they pay

NSmen earn a monetary incentive for clearing the higher tiers.

Tier	Minimum total points	NSmen incentive
Pass	51	None
Pass with Incentive	61	\$200
Silver	75	\$300
Gold	85	\$500

Key rules:

- You receive only one Gold incentive per IPPT window.
- Once you attain Gold, you cannot make further attempts in that window.
- Taking the IPPT with a partial exemption, or doing single-station re-tests,

makes you ineligible for the monetary award — complete the full 3-station test in one sitting.

A worked example

A serviceman in the 25–27 age band scoring a bare pass:

Station	Performance	Points
Push-ups	16 reps	6
Sit-ups	30 reps	14
2.4km run	12 min 40 s	31
Total		51

From there, every higher tier is mostly a question of run time — shaving minutes off the 2.4km is the fastest way to climb from Pass to Silver to Gold.

Plan your IPPT year

- Find your IPPT window — the 12-month period you must clear — on the NS Portal.
- Book your first attempt early so you have room to retake.
- Train the 2.4km run first; it carries 50 of the 100 points.
- Work out the exact reps and run time for your age band and target tier.
- Eligible for IPT or RT instead? Check your status on the NS Portal.

How to use this cheat sheet

Set a target tier, then find the exact rep counts and run time for your age band at smartcalculator.sg/ns-ippt/ippt-calculator. Train to those station targets and book your attempt early in the window.

Sources & disclaimer

All figures in this resource were verified in May 2026 against the official Singapore government source named on the cover. Rates, thresholds and policy figures are revised regularly — often each year — so always confirm the current figure and your own eligibility with the relevant agency before acting.

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