



Headquarters
New Zealand Defence Force
Defence House
Private Bag 39997
Wellington Mail Centre
Lower Hutt 5045
New Zealand

OIA-2025-5334

April 2025

Dear [REDACTED]

I refer to your email of 7 April 2025 requesting, under the Official Information Act 1982 (OIA), information about physical requirements for trades in the New Zealand Defence Force (NZDF).

- *You will note recent news articles about the removal of certain academic requirements for certain trades.*
- *Have the physical requirements for any trades in any service been changed?*

Please refer to the below table. The information is for changes in fitness requirements for candidates applying to enlist in the NZDF. The period is between December 2023 and April 2025, to align with changes to academic minimum entry requirements from December 2023.

Service	Changes
Royal New Zealand Air Force	No changes.
New Zealand Army	In July 2024, curl-ups were removed from the entry-level fitness test for Army candidates.
Royal New Zealand Navy	In January 2024, the minimum pass standard changed for the multi stage fitness test. The pass level for males is now 6.10 (previously 7 .10) and the pass level for females is now 5.01 (previously 5.09).

You have the right, under section 28(3) of the OIA, to ask an Ombudsman to review this response to your request. Information about how to make a complaint is available at www.ombudsman.parliament.nz or freephone 0800 802 602.

Please note that responses to official information requests are proactively released where possible. This response to your request will be published shortly on the NZDF website, with your personal information removed.

Yours sincerely

GA Motley

Brigadier

Chief of Staff HQNZDF