TOEFL iBT 2026: New Format Guide

From 21 January 2026 · 1–6 scores · adaptive Reading & Listening · new task types

	Before 21 Jan 2026	From 21 Jan 2026
Length	About 2 hours	About 90 minutes or less
Scores	0–120 (four sections 0–30)	1–6 per section and overall (0.5 steps) + CEFR level
Reading & Listening	Fixed question sets	Multistage adaptive (Module 1 → Module 2)
Reading texts	Two long passages	Short everyday and academic texts

Overall score = average of the four sections, rounded to the nearest half band. During the transition period, reports also show a comparable 0–120 score.

Adaptive design

Everyone takes the same Module 1. A strong Module 1 routes you to a harder Module 2 with a higher ceiling; a weak one caps your score. Question 1 counts as much as the last. You cannot return to Module 1.

Reading tasks

Task	Tip
Complete the Words	Read the whole sentence; decide noun/verb/adjective; spell fully
Read in Daily Life	Scan emails, notices and menus for the exact detail asked
Read an Academic Passage	Main idea first, then detail and inference

Listening tasks

Task	Tip
Choose a Response	Match the function (request, complaint, offer), not repeated words
Conversation	Track attitude and implied meaning, not only facts
Announcement	Who, what, when, and why it was announced
Academic Talk	Note the main idea and two supporting details

No penalty for wrong answers: never leave a question blank. Check each university's requirement on the new 1–6 scale before you book.

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