

COMBAT RESCUE OFFICER APPLICATION—FY 2026



Phase 1 Application Deadlines

FY26 Due Dates:

15 Aug 2025 (Phase 2 Screening – Oct 2025)

16 Jan 2026 (Phase 2 Screening – Mar 2026)

Submit questions and applications to CRO org box: CRO.Selection@us.af.mil

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1. INTRODUCTION

Thank you for your interest in the Combat Rescue Officer (CRO) career field. This document outlines the application and screening procedures for becoming a CRO. For additional information, please email CRO org box – CRO.Selection@us.af.mil

The United States places a lot of faith in ensuring Personnel Recovery Specialists are prepared to bring home U.S. citizens and expects the highest caliber of leaders to be out in front. Preserving the lives and well-being of U.S. personnel is one of the highest priorities of the nation and Department of Defense (DoDD 3002.01). In support of this priority, the USAF holds Personnel Recovery (PR) as one of the service core functions, the fundamental tasks the service performs for the nation and its citizens. USAF Combat Rescue Officers fulfill this function by leading and advising operations across the full spectrum of military operations and during all phases of joint, coalition, and combined operations. Combat Rescue Officers work side-by-side with USAF and joint forces, as well as interagency partners to carry out one of the most challenging tasks—*saving lives and safeguarding the honor of our nation and its citizens*.

Combat Rescue Officers (CROs) are Special Warfare (AFSPECWAR) Airmen charged with rescuing personnel, recovering national assets, and managing PR activities. The CRO Air Force Specialty Code (19ZXC) is a non-rated aircrew officer that leads and commands PR as a direct combatant. Combat Rescue Officers are the focal point during the four PR functions (Prepare, Plan, Execute, Adapt) and provide expertise to command and battle staffs on recovery operations, to include survival, evasion, resistance, and escape (SERE) programs.

2. CAREER FIELD ELIGIBILITY

CROs require high levels of physical fitness, mental agility, professionalism, leadership, interpersonal skills, initiative, psychological stability, motivation, and technical competency. Additional eligibility criteria are listed below:

- Be a U.S. citizen
- Security clearance: Applicant must be eligible to obtain a Top-Secret clearance
- **Retention: Six years (CRO trainees will incur six-year active-duty service commitment, upon completion of training pipeline)**
- Volunteer for Hazardous Duty: Parachute (Static-line and Freefall), Combat Diver (SCUBA) Open and Closed Circuit
- Background: Outstanding resume and no negative personal history
- Medical/Physical: Special Warfare Airmen (SWA) Physical according to AFMAN 48-123
- Physical Fitness: Candidates must satisfactorily complete the minimum scores on the Annex B attached Initial Fitness Test (IFT). We have T3i instructor/developers assigned to locations able to administer the IFT. Click AFSPECWAR link <https://www.afspecwar.com/>. Log In, enter your information on the “Contact” tab. Go back to “Events” tab, enter your location city, state, or zip code into the "Search by location" field of the search 🔍 function to locate a T3i Developer near your location. Recommend watch VIDEOS | AFSPECWAR on how to complete each event correctly including swim style. Swim fins are not authorized to use with the 1500m swim.

3. APPLICATION PROCEDURES

Two screenings are conducted each year. Each screening has two phases: Phase I and Phase II. In Phase I, a panel of career field experts review and stratify applications submitted by the deadline. The top applicants are invited to attend Phase II Screening. Phase II consists of a one-week evaluation conducted after Phase I. Candidates must attend Phase II in TDY status and funding is provided.

Upon completion of the Phase II evaluated events, the hiring board recommends endorsement of new CROs. Applicants will be provided feedback on their select/non-select status. The schedule for the two screening cycles are as follows:

Mid – January	Phase I applications due (Phase II scheduled in March)
Mid – August	Phase I applications due (Phase II scheduled in October)

Receiving an invitation to Phase II means the Phase I selection board would like to take a closer look at your potential to become a CRO. Your decision to attend is voluntary and non-binding. Being endorsed at the end of Phase II means the screening board president has approved your entry into the career field and pipeline training. It is ultimately up to you to accept the challenge.

AFROTC/USAFA Cadets: Cadets should submit a Phase I package before they are classified in another AFSC. ROTC cadets must have successfully completed Field Training before applying. USAFA cadets can apply in their Second-Class year. Senior cadets are not prohibited from applying; however, these applications will be handled on a case-by-case basis with the Line Officer Accessions Program Manager at AFPC. In most cases, cadets will be allowed to attend Phase II on a contingent release from their assigned career field.

Inter-Service Transfers (IST): IST is for commissioned officers in other services seeking to apply for the USAF. You should reference AFMAN 36-2032, *Military Recruiting and Accessions*, Section 5.10. Interservice Transfer are handled by each services personnel command. The process is rather lengthy taking upwards of 6-12 months to complete. Officers wanting to transfer over to be CRO, STO and TACP-O are currently only approved on a case-by-case basis. Recommend submit your application to the Phase I selection board before a service transfer is approved. However, you must include in your application a letter from your commander supporting this transfer. Selection at Phase II does not guarantee an approved inter-service transfer; the processes are independent of each other. It is highly recommended IST is started at least 6 months in advance of Phase II due to the time required to complete a transfer. Additional information contact AF Recruiting Service (AFRS) AFRS.AFRS.RSOW@us.af.mil.

Officer Training School: Enlisted members who desire to attend Officer Training School (OTS) - U.S. Air Force should first ensure they are eligible. Current versions of the OTS Program Announcement that include the eligibility requirements are on this website <https://www.afaccessionscenter.af.mil/About-Us/Line-Officer-Candidate-Information-and-Resources/>. Upon selection from Phase II Screening, you will submit an OTS package. Additional information contact AF Recruiting Service (AFRS) AFRS.AFRS.RSOW@us.af.mil.

Active Duty USAF: Applicant must be no higher in rank than a Capt/O-3 with 5-years' time in grade (TIG). Enlisted members must have a conditional release statement from their losing Career Functional Manager (CFM) prior to submitting Phase I application for the 19ZXC AFSC to attend Phase II. The candidate must also receive an endorsement letter from their commander. If the applicant is invited to Phase II, but was not selected, the applicant will return to their previous assignment and career field.

Civilians: It is Air Force policy that civilian college graduates and civilian college seniors within 12 months of graduation from an accredited school will be eligible to be placed on active duty under the Special Warfare Airman Program (SWAP) for the purpose of completing Phase II selection process if the civilian completes Phase I of the CRO selection process. After successful completion of Phase II, the SWAP participant will remain contracted in SWAP and will attend Officer Training School (OTS) prior to beginning initial skills training. Individuals interested begin the process by contacting an active-duty Air Force Special Warfare Recruiter in their local area. Civilian recruits must meet the following criteria to be eligible:

- Be between 18 and 42 years of age at the time of commissioning.
- Possess a minimum 2.5 GPA on a 4.0 scale for all college-level studies, as well as their academic major, and be in good academic standing (i.e. not be on probation at time of enlistment)
- Attain a minimum score of 15 on the verbal and 10 on the quantitative sections of the AFOQT. No exceptions to policy will be entertained for scores that do not meet the minimum requirements.
- Provide, through his/her school, official transcripts of his/her completed course work. College seniors must provide an official letter from the school, certified by the university/college registrar, indicating courses taken by academic term, which verifies degree to be awarded and graduation to coincide with the SWAP. College graduates must provide a copy of his/her college graduation degree and certified copy of official transcripts from the university/college registrar.
- Those selected at Phase II will have to complete [Officer Training School \(OTS\) - U.S. Air Force](#) prior to beginning CRO training. The OTS application process is separate from Phase I and Phase II. The AFSPECWAR recruiter and/or SWAP Program Manager will provide the application, information and OTS requirements needed at the conclusion of Phase II.
- Interested civilians contact the SWAP Program Manager at AFRS.AF.SWAP1@us.af.mil for further details.

First-Time Non-Selects: Candidates who attend Phase II but are not selected are not guaranteed a Phase II invitation in future selection cycles. If the cadre identify deficiencies/weaknesses that they would like to see corrected before accepting you into the CRO community, you must submit an updated application that addresses those deficiencies.

4. PHASE I

Phase I applications are due by the date posted on the top of each cycle's application. The Program Manager conducts an initial review of the applications to ensure required information is included. The Program Manager convenes a review board consisting of CROs. The board ranks the applications, identifying the candidates most likely to succeed. Once invitations are sent, the Program Manager contacts the individuals with Phase II reporting instructions.

The Program Manager designates the candidate team leader and assistant team leader. At that time, the team is encouraged to begin team building via email and other means. The more cohesive the team is prior to arrival, the better the team interaction will be during Phase II, enhancing everyone's chances to be selected. The team leader is the primary means of contacting the Program Manager for assessment-related matters. The Program Manager is your definitive resource for all policy, continuity, and information on Phase II.

Applications from candidates are stored for Phase II cadre to gain an initial impression of the team members. All non-invited applicants may request feedback on their applications from the Assessment Director. If you do not hear from the Program Manager within 45 days of submitting your application, contact the CRO org box for details.

NOTE – Read through ANNEX A for complete instructions and guidance on constructing your Phase I package.

5. PHASE II

Phase II Screening is conducted in person at a designated evaluation location. The purpose of Phase II is to assess each candidate in the Special Warfare attributes for the purpose of determining if you have the raw skills to operate in the Special Warfare environment. Your performance will be evaluated as a team member and as an individual. The schedule is designed to stress you. The cadre will observe and take notes on everything you do. These observations will be the basis for a hiring recommendation. The data will also be used to provide critical feedback to enhance your personal and professional growth.

Candidates must be prepared for a physically and mentally demanding week. Feedback from most candidates indicates this week is more demanding than they expected. The cadre will push you physically and mentally to assess critical attributes in adverse situations. You will be expected to perform and meet specific standards in all events.

Billeting will be coordinated for all candidates. Candidates will be billeted together for the duration of Phase II. The candidate team leader is responsible for passing travel and contact information for all candidates. The first person to check in will be responsible for facilitating in-processing of additional candidates. When the candidate team leader arrives, he or she must check in with the Project Officer (PROJO) for further instructions.

There are five ways to be dismissed during Phase II:

- 1) Failure to meet minimum physical fitness standard; Member did not meet the minimum fitness standards required for entrance into CRO and complete the assessment.
- 2) Medical DQ; disqualification based on recommendation of medical personnel or failure to complete a major event due to medical evaluation or treatment.
- 3) Quit by Action (QBA); Failure to Train (FTT) occurs when an instructor informs the candidate to train at an event or perform some action and he/she refuses. Three FTTs given by Cadre will result in elimination from assessment as QBA. When FTT is given, the candidate is pulled from training and provided individualized counseling to discuss the deficiency with the Cadre lead before returning to the training event.
- 4) Self-Initiated Elimination: defined as candidate verbalizing to the cadre "I quit," "I no longer want to be here," or any statement/action indicating that a candidate is unwilling to continue. Candidates will confirm their decision by verbalizing to a Cadre member.
- 5) Committing any offense punishable under the UCMJ or violation or assessment policies demonstrating inability to uphold the standards of excellence required by the Air Force and the Department of Defense. This includes integrity and safety violations.

Candidates should be prepared for the following:

- Extensive psychological testing and interviews
- Briefing and writing skills evaluations
- Problem solving events

- Leadership ability evaluations
- Ruck-marches with 50 – 70 lbs. of weight at distances up to 12 miles
- Running for distances up to 8 miles at a time
- Calisthenics sessions of various exercises
- Water confidence evaluations to include:
 - Under water swim intervals
 - Mask and Snorkel recovery
 - Buddy breathing
 - Treading water
 - Surface swimming

Note – Practicing sub surface water confidence is highly encouraged but practicing without a swim buddy is dangerous and not condoned.

Candidates who successfully complete Phase II and are selected can expect Permanent Change of Station (PCS) orders to Kirtland AFB, NM. PCS timeframe will be coordinated with the losing command via AFPC. The Program Manager will work with you throughout this process.

After PCS is completed, you will maintain a physical training regimen and complete various in-house training between pipeline course/schools. This arrangement is designed to enhance your awareness of Special Warfare and Personnel Recovery missions, maintain your motivation, and foster professional development as a CRO. After the Training Office schedules your training courses, you will enter the training pipeline and will return to Kirtland AFB after the completion of each course/school.

—A final note about CRO commitment and service—

The assessment and training process is difficult. Once an officer qualifies, the position of leadership, sustainment training and deployment is demanding. There are significant personal dangers involved with the operational mission and, very often, extended periods of duty away from home. The decision to enter the CRO career field should not be made alone, regardless of an applicant's conviction and personal commitment. The family should be considered. Spouses and children often experience anxieties, fears, loneliness, and pressures associated with the service member's profession. Those who do adjust find an exciting and rewarding life that they may share with fellow operators and their families.

ANNEX A

Phase I Application Instructions & Example

PHASE I APPLICATION INSTRUCTIONS

Proofread your application for accuracy, format, grammar, and spelling. In Phase I, the selection board relies solely on information and impressions made through your application. Incomplete or poorly crafted applications are a reflection of the applicant's professionalism. As a general rule, successful Phase I applications are concise, easy to understand, and are not filled with extra "fluff." Your success in the Special Warfare community begins with this application.

The application will include the following in this order:

1. Cover page – Typed, using Times New Roman, black text, and Font size 10. Candidate signature must be hand signed.
2. Initial Fitness Test (IFT) – Attach results (Annex B) with Phase I package.
3. Personal Narrative – One page in length (See example for format and specifics)
Note: Candidates who have previously attended Phase II, but were not selected, must provide a statement on their identified problem areas and what have been done to improve their readiness.
4. One page résumé, emphasize leadership experience. (See example for format) **Note:** USAF military members must also include their SURF.
5. One signed recommendation letter from your commander, no more than one-page in length. The letter should comment on your leadership abilities including relevant examples.
6. Copies of the three most recent performance or training reports, cadet evaluations, etc. If your time in service is too short to have three reports, include what is available.
7. A signed statement from a medical authority documenting the medical facility and date of your most recent physical examination.

Every effort should be made to accomplish a Special Warfare Airman (SWA) Physical Examination prior to applying to Phase I. If this is not possible, ROTC Cadets must submit ROTC Form 28 (Air Force ROTC Pre-Participation Sports Physical), and OTS Candidates submit current sports physical signed by a physician with your application package. USAFA Cadets must submit an AF Form 422 obtained from the USAFA Cadet Standards Clinic with your application package Include the name and contact information of the Flight Surgeon (or sister service equivalent) that accomplished the examination.

You may attend Phase II with an incomplete SWA physical, however your selection for entry into CRO training following successful completion of Phase II will be contingent upon completion and certification of the SWA medical examination. Do not include any portion of your medical records or any privileged medical information in your application. The CRO Phase II Medical Director Flight Surgeon will review your records electronically, if possible. If host base Force Health/Flight Medicine is unfamiliar with SWA physical procedures, please have them refer to AFMAN 48-123 and the Medical Standards Directory or contact the CRO org box CRO.selection@us.af.mil.

When complete, your application should be scanned into a PDF file as ONE DOCUMENT and sent via signed official email (.gov or .mil) or submit via DoD-SAFE [DoD SAFE \(apps.mil\)](https://apps.mil) to CRO.selection@us.af.mil Put your last name and "CRO Application" in the subject line of the email, such as "Johnson-CRO Application". For cadets that do not have access to official email, have an active-duty leader send it in for you. **Additional Notes:**

- The format on the next pages is not an option. Follow the example. Do not include the footer you see below that says: "Current as of DATE". Page numbers are not needed.
- If the header or section does not apply to your situation, delete that section.
- Be sure that all signature blocks are hand signed either by wet ink or a stylus.
- The top of the first page of the application should read "CRO APPLICATION PACKAGE".

Rank/Name: 1Lt John B. Doe

SSN: xxx-xx-xxxx

Work Address: 123 Main Street, Denver, CO 12345

Email: john.doe@us.af.mil

Phone: 850-555-1234

Duty Title: Logistics Training Flight Commander

Branch of Service: USAF **AFSC/MOS:** 21A1

Commissioning Source: USAF Academy

Commissioning Date (Month / Year): May 2010

Cumulative GPA: 3.2 **Major:** B.S. Humanities

Attended Phase II/SOCOM Training: Yes / No **If yes, when:** (Month, Year) CRO, STO, TACPO, STOC, SWOC, etc:

INSERT YOUR PHOTO HERE.

The photo should be an official forward-facing portrait against a white background. You should be in service dress and the photo should extend from the bottom of your name tag/bottom of your ribbon rack to the top of your head.

If an official photo lab is not available, use a digital camera and stand against a white wall with nothing in the background.

Commander Name/Rank: Major John Smith

Email/Phone: john.smith@us.af.mil / 850-678-1234

Fitness Assessment Score: Pass / Fail **PT Test Date:** _____

Pull-ups___**Sit-ups**___**Push-ups**___ **3 Mile run**___**mins**___**secs**

25-meter underwater swim (Pass / Fail) **1500-meter swim**___**mins**___**secs**

Administrator Name/Rank:

Contact (Email/Phone):

Candidate acknowledgment statement: "I, (Insert Name Here), hereby apply to become a Combat Rescue Officer and volunteer to perform the hazardous duties inherent to Special Warfare. I acknowledge that I can be removed from further assessment for any of the following reasons: 1) quitting through words or actions, 2) becoming a medical or safety risk, 3) committing an integrity violation such as lying, cheating, or stealing, or 4) failing to meet specified fitness standards. I further acknowledge that upon graduation of training, I will incur a six-year active-duty service commitment in accordance with AFMAN 36-2100 *Active-Duty Service Commitments*, Rule 25, Note 16. The information contained in this application is true to the best of my knowledge.


Candidate Signature: _____ **Date:** _____

MEMORANDUM FOR COMBAT RESCUE ASSESSMENT BOARD

FROM: 1SOMXG/MXMG

SUBJECT: Personal Narrative

1. This document is provided to give the selection board an overall understanding of your character and personality. It should be clear, concise, and free of extra “fluff” statements. It should include your personal background, such as where you grew up, significant jobs/positions held, an explanation of your experiences and involvements before and during military service, an explanation of your perceived strengths and weaknesses, a discussion on what attracts you to become a Combat Rescue Officer, and why this is the right career for you.
2. The narrative will be formatted with 1-inch margins on the bottom, left, and right sides. The top margin will be between 1 inch and 1.5 inches depending on the heading you establish.
3. The heading format you see above should be followed with your own information entered in the FROM portion. The document may not exceed more than one page in length. Use Times New Roman with font size 12. Include a crest in the upper left-hand corner of your header similar to an official memorandum for record. See AFH 33-337 *The Tongue and Quill* or sister service equivalent for examples of an Official Memorandum for Record.



JOHN A. DOE, 1st Lieutenant,
USAF Logistics Training Flight
Commander

PERSONAL RESUME

John Doe SSAN: XXX-XX-XXXX 1st Lt, USAF DOB: XX DEC XX AGE: XX

SERVICE HISTORY

Sept 14 – Present

Logistics Training Flight Commander, 33LSS, Eglin AFB, FL. Leads 15 personnel in five function elements. Manages all logistics training programs. Ensures dissemination of higher headquarters training directives throughout the wing. Develops monthly training plans and schedules training events for 2,200 wing personnel. Monitors and directs the on- the-job training program for over 1,600 enlisted personnel. Provides monthly status of training briefing for all commanders. Maintains and controls over \$50M in training assets. Advisor to Wing Commander on issues.

Jan 14 – May 14

Cadet Squadron Commander, US Air Force Academy, supervised discipline, training, and safety of 104 cadets...

Cadets from USAFA and AFROTC should highlight any applicable leadership experiences or participation in any preparation programs in this section as well. Use Times New Roman, font size 10.

EDUCATION

B.S. Professional Aeronautics	Embry Riddle Aeronautical University	2010
A.A.S. Industrial Management	Northwest Florida State College	2010
A.A.S. Airway Science	Community College of the Air Force	2008

PROFESSIONAL MILITARY EDUCATION (If applicable)

Non-Commissioned Officer Academy	2010
Airman Leadership School	2007

CERTIFICATION/AWARDS

USAFA Distinguished Graduate
Army Air Airborne
EMT Basic Certification
PADI Open Water Diver Certification
USAFA Superintendents List (Fall 08, Spring 09, Fall 10, Spring 10)

PERSONAL INTERESTS

Fly Fishing, fitness, reading, skiing, rock climbing

Additional Parts of Application:

- Letter of Recommendation will be formatted according to AFH 33-337 *The Tongue and Quill* or sister service equivalent.
- Training reports for active-duty members are already formatted using an Air Force form.
- Cadet training reports do not have a required format but should have three separate documentations of available Field Training reports for AFROTC or CPR-II items for USAFA.
- A signed statement documenting the medical facility and date of your most recent physical examination.

INITIAL FITNESS TEST (IFT) WORKSHEET

I. TEST INFORMATION

DATE	START TIME	TEST SITE (NAME/ADDRESS)						
RECRUITER / EVALUATOR (<i>Rank, Last, First, MI</i>)			RIC CODE	UNIT	Circle: NPS PS RET/Crossflow AD Guard/Reserve			

II. APPLICANT'S INFORMATION

NAME (<i>Last, First, Middle Initial</i>)	Applicant ID	Flight	Projected Enter AD/Trng
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III. INITIAL FITNESS TEST

AIR FORCE SPECIAL WARFARE/SERE/EOD Initial Fitness Test Worksheet:

The purpose of the Initial Fitness Test (IFT) is to assess a candidate's physical abilities for entry into Air Force Special Warfare (AFSPECWAR), Explosive Ordnance Disposal (EOD), or Survival, Evasion, Resistance and Escape (SERE). This assessment is comprised of several timed events based on the candidate's desired Air Force Specialty. Candidates must pass every test component in one uninterrupted evaluation. Failure of any event will result in overall IFT failure.

Prior to starting the IFT, test administrators will brief all of the IFT component instructions to the candidates, include a detailed explanation and/or demonstration of proper calisthenics form, and ensure basic first aid is available throughout the assessment. The test administrators must conduct the IFT in the order and time limits listed on this form. When the IFT is complete, the test administrator should provide a signed copy of the worksheet to the candidate. Modifications to the IFT may be submitted to the OPR (AETC/A3LS) and will be coordinated with the DAF functional manager and career field managers for approval.

TEST COMPONENTS	Final Results	Pass Fail	Air Force Specialty (AFS) IFT Standard - Circle AFS column title						
			Basic SW EA 9T5	PJ/CCT/TACP/SR 1Z1/1Z2/1Z3/1Z4	EOD 3E8	SERE 1T0	TACPO 19ZXB	STO/CRO 19ZXA/C	
Pull-ups in 2 Minutes (1 Minute for STO/TACPO/CRO) Total Repetitions:		P F	8	8	6	8	12	12	
2-Minute Rest Period									
Sit-ups in 2 Minutes Total Repetitions:		P F	50	50	40	48	75	75	
2-Minute Rest Period									
Push-ups in 2 Minutes Total Repetitions:		P F	40	40	40	40	64	64	
10-Minute Rest Period									
1.5 Mile Run / 3 Mile Run for STO/TACPO/CRO Finish Time:		P F	10:20	10:20	11:00	11:00	22:00	22:00	
30-Minute Rest Period									
25m Underwater Swim 1 Go/No Go:		P F	Finish	Finish	Not Tested	Not Tested	Finish	Finish	
3-Minute Cycle									
25m Underwater Swim 2 Go/No Go:		P F	Finish	Finish	Not Tested	Not Tested	Finish	Finish	
3-Minute Cycle									
500m Surface Swim / 1500m for STO/CRO Finish Time:		P F	15:00	12:30	Not Tested	Not Tested	12:30	32:00	

IV. INITIAL FITNESS TEST ADDITIONAL REMARKS

CANDIDATE QUALIFIED FOR AIR FORCE SPECIALTY:	Yes	No	Lap Times (<i>Use spaces if needed</i>) Component:					
TEST ADMINISTRATOR COMMENTS:			1.	11.	21.			
			2.	12.	22.			
			3.	13.	23.			
			4.	14.	24.			
			5.	15.	25.			
			6.	16.	26.			
			7.	17.	27.			
			8.	18.	28.			
			9.	19.	29.			
			10.	20.	30.			
			Lap Distance:	Finish Time:				

V. CERTIFICATION

APPLICANT: I certify that the applicable IFT was administered, and that all the information entered on this worksheet is accurate. Enlisted candidates must pass the IFT within 60 calendar days prior to entering active duty or initial skills training.	APPLICANT (<i>Printed Name</i>)	DATE:
	APPLICANT SIGNATURE:	
	EMAIL:	PHONE:
TEST ADMINISTRATOR: I certify that the IFT administered was conducted per the instructions on this form. I also certify the applicant named above was properly briefed and evaluated per the IFT instructions provided.	ADMINISTRATOR (<i>Printed Name</i>)	DATE:
	ADMINISTRATOR SIGNATURE:	UNIT: T3i
	EMAIL:	PHONE:

VI. INITIAL FITNESS TEST ADMINISTRATION INFORMATION

Air Force Special Warfare (AFSPECWAR) applies to Basic Special Warfare Enlisted Airman (BSWEA)/9T5, Pararescue (PJ)/1Z1, Combat Control (CCT)/1Z2, Tactical Air Control Party (TACP)/1Z3, and Special Reconnaissance (SR)/1Z4 enlisted candidates. AFSPECWAR also applies to Special Tactics Officer (STO)/19ZX, Tactical Air Control Party Officer (TACPO)/19ZXB, and Combat Rescue Officer (CRO)/19ZXC officer candidates. Explosive Ordnance Disposal (EOD) applies to EOD/3E8 enlisted candidates. Survival, Evasion, Resistance and Escape (SERE) applies to SERE/1T0 enlisted candidates. Contact the Recruiter or Retraining point of contact for more information as needed.

Basic Special Warfare Enlisted Airman (BSWEA): All non-prior service active duty enlisted AFSPECWAR candidates will enter the Air Force as a 9T500. BSWEA candidates must pass all 9T500 IFT components to be eligible to enter the Air Force. Air Force Recruiting Service will designate an IFT Test Administrator for all BSWEA candidates. Candidates may be required to perform multiple IFTs during development sessions. All BSWEA candidates must pass an IFT within 60 calendar days prior to entering active duty.

PJ/CCT/TACP/SR: All candidates identified with an AFSPECWAR AFS (Air Reserve Component, Prior Service, Retrainee) must pass all applicable AFS IFT components to be eligible for AFSPECWAR. Air Reserve Component, and prior service candidates will have a designated Test Administrator provided by Air Force Recruiting Service. The Active Duty Retraining application IFT will be conducted by any Airman with a AFSPECWAR control AFSC, an Air Force Physical Fitness Assessment administrator, or commander appointed Physical Training Leader. All non-prior service and Retrainee candidates must also pass an IFT within 60 calendar days prior to entering active duty or initial training start date administered by a designated Candidate Development Sport Services (CDSS) Field Developer.

STO/CRO and TACPO: Candidate must pass all applicable AFS IFT components to be eligible to enter the Air Force, or cross-flow into 19ZX. IFT will be conducted by a designated test administrator.

EOD and SERE: All candidates identified for an EOD/SERE AFS must pass the AFS IFT to be eligible for EOD or SERE. Air Force Recruiting Service will designate an IFT Test Administrator for all non-prior service active duty candidates. EOD non-prior service candidates must pass an IFT within 60 calendar days prior to entering active duty. SERE non-prior service and Retrainee candidates must pass an IFT within 60 calendar days prior to entering active duty or retraining class start date for Air Force Specialty Code 1T011.

VII. INITIAL FITNESS TEST INSTRUCTIONS

1. **Calisthenics:** Physical training (PT) clothes and running shoes are the only required clothing items. The first portion of the IFT consists of three calisthenics components; pull-ups, sit-ups, and push-ups. Each Air Force Specialty has a different standard or requirement. All candidates will perform each exercise to muscle failure or time completion, whichever occurs first. AFSPECWAR, EOD, and SERE candidates are evaluated on all three components. The test administrator will designate counters if needed. The test administrator will start the timing device upon directing the candidates to begin the component, and will announce the remaining time, in 30 second intervals. The counter will count the number of correct repetitions out loud. If the candidate breaks correct form, the counter will repeat the last correct number performed (e.g., one, two, two, three, etc.), as well as give instruction on what was done incorrectly (e.g., chin not above the bar, keep your back straight, etc.).

1.1. Pull-ups: Pull-ups are a two-count exercise. Starting position is hanging from a bar, palms facing away from the candidate with no bend in elbows and the head in the neutral position (dead-hang with eyes facing forward). Hand spread is approx shoulder width apart. Count one; pull the body up until the chin is above the highest point of the horizontal plane of the bar, maintaining the neutral position. Count two; return to starting position. Legs are allowed to bend, but must not be kicked or manipulated to aid upward movement. The starting position is the only authorized rest position. Adjustment of the hands is permitted; however, if the candidate falls off, releases from the bar or the candidate uses the ground to rest or assist, the exercise is terminated. If the candidate's feet inadvertently touch the ground, the repetition will not be counted. If the exercise is terminated, the repetitions performed prior to termination will be recorded.

1.2. Sit-ups: Sit-ups are a two-count exercise. Starting position is back flat on the ground or mat, fingers interlocked behind the head, head off the surface, and knees bent at approximately a 90-degree angle. Candidate's feet will be placed under a "toe-hold" bar or held by another individual. Count one; raise the upper torso until the back is perpendicular to the surface. Count two; return to the starting position. The exercise is continuous, if the candidate's buttocks rises from the surface or fingers are not interlocked behind the head during the repetition, the repetition will not be counted and feedback will be provided. There is no authorized rest position, so if the candidate stops, the exercise is terminated. If the exercise is terminated, the repetitions performed prior to termination will be recorded.

1.3. Push-ups: Push-ups are a two-count exercise. Starting position is the up position; hands approximately shoulder width apart, arms, back, and legs must remain locked straight with feet together. Count one; lower the body to the ground until the elbows are bent at a 90-degree or lower angle and parallel (shoulder to elbow) to the ground. Count two; return to the starting position. The only authorized rest position is the starting position. If the knees touch the ground the exercise is terminated. The exercise will also be terminated if the candidate raises their buttocks in the air, sags their middle to the surface, or raise any hand or foot from their starting position. If the exercise is terminated, the repetitions performed prior to termination will be recorded.

2. **1.5 or 3 Mile Run:** PT clothes and running shoes are the only required clothing items. The run must be conducted on an accurately measured course that is as level and even as possible, preferably a maintained running track. If a standard 400 meter track is used, the 1.5 mile timed run will be six laps plus 46 feet, or 12 laps plus 92 feet for the 3 mile timed run. If a non-standard 400 meter track or alternative route is used, the 1.5 mile timed run will be 2,640 yards (2,414 meters), or 5,280 yards (4,828 meters) for the 3 mile timed run. Route should not have exposure to traffic, a continuous incline or decline or rolling hills; and avoid slopes exceeding two degrees. If using a road course, where possible, the start and finish should be at the same location. Clearly mark the start and finish lines (and half-way point for road courses). The test administrator will start the timing device upon instructing the candidates to begin and will announce and annotate the time elapsed to each candidate as they complete each lap or specified section of the course.

3. **Subsurface/Surface Swim:** Only AFSPECWAR candidates complete the swim components of the IFT. Swimsuit, sports bra, and goggles/scuba mask are the only authorized equipment items. All swim components will be conducted in an aquatic facility, not open water. It is the responsibility of the Test Administrator to ensure the aquatic facility has a life guard or medical support on duty.

3.1. 2 x 25 Meter Underwater Swim: This exercise is two-3 minute cycles consisting of an underwater swim and surface swim back to the starting point. When instructed, the candidate will take a breath, submerge, push off the pool wall and swim 25 meters underwater. When 25 meters has been reached, the candidate will then surface swim, any stroke, back to the starting point. The second underwater cycle starts at the end of the first 3 minute period. Complete the second cycle as listed above. If candidate breaks the water's surface during any portion of the underwater swim, the component will be terminated and considered a failure. Candidate must pass both cycles.

3.2. 500 or 1500 Meter Surface Swim: This swim is conducted using the freestyle, breaststroke or sidestroke. The swim is continuous. If a member stops (e.g. rests holding on the side of the pool) any time or uses the bottom of the pool to assist, the test will be terminated and considered a failure of this event.