

## PJ Requirements & Fact Sheet

- **Eyesight Requirements:**
  - Must be at least 20/70 or better in both eyes and both correctable to 20/20 with glasses (waiver may be possible if one eye is 20/70 or better and other no worse than 20/200, or if both eyes are no worse than 20/100)
    - PRK laser surgery is only laser surgery approved by AF, must wait 1-year after procedure, some pre and post conditions must be met
  - Must have normal color vision
  - PJ recruits do not need to pass depth perception criteria (May change)
  - Note: CCT requires normal depth perception
- **Flight Physical:** Must be able to pass a Flying Class III
  - Go to <https://www.afms.mil/aetcsq/SGPS/SGP/SGPS.htm> for more information
- **Physical Fitness:** Must pass the Physical Abilities and Stamina Test (PAST): Must satisfactorily complete 20-meter underwater swim and score at least 270 points to qualify (See table)
  - 20 meter underwater swim (Pass/Fail) - 5-10 minute break
  - 500 meter swim (freestyle, sidestroke or breaststroke) - 30 minute rest
  - 1.5 mile run - 10 minute rest
  - Chin ups/Pull ups in 1 minute - 3 minute rest
  - Flutter kicks in 2 minutes - 3 minute rest
  - Push ups in 2 minutes- 3 minute rest
  - Sit ups in 2 minutes - Complete
  - PAST test results are good for an unspecified time, but member must be able to pass it again before starting the first day of the Indoctrination Course.

POINTS SCALE FOR PARARESCUE PAST									
Note: You must receive a combined total of 270 points and complete the 20 meter underwater to successfully pass the PAST									
SWIM		RUN		CHIN UPS		CALISTHENICS			
						Note: Points are awarded for each area			
500m Time	Points	1 ½ mile Time	Points	Chin ups Reps	Points	Sit Ups Reps	Push Ups Reps	Flutter Kicks Reps	Points
16:01 or higher	10	14:01 or higher	10	1	3	1-5	1-5	1-5	3
15:41-16:00	20	13:01-14:00	20	2	5	6-10	6-10	6-10	4
15:21-16:40	40	12:21-13:00	30	3	7	11-15	11-15	11-15	5
15:01-15:20	60	12:11-12:20	40	4	10	16-20	16-20	16-20	8
14:41-15:00	70	12:01-12:10	50	5	15	21-25	21-25	21-25	11
14:21-14:40	75	11:51-12:00	60	6	20	26-30	26-30	26-30	14
14:01-14:20	80	11:41-11:50	70	7	23	31-35	31-35	31-35	17
13:41-14:00	85	11:31-11:40	75	8	25	36-40	36-40	36-40	20
13:21-13:40	90	11:21-11:30	80	9	26	41-45	41-45	41-45	23
13:01-13:20	95	11:11-11:20	85	10	27	46-50	46-50	46-50	25
12:01-13:00	100	11:01-11:10	90	11	28	51-55	51-55	51-55	26
11:01-12:00	103	10:51-11:00	95	12	29	56-60	56-60	56-60	27
11:00 or below	105	10:31-10:50	100	13 or more	30	61-65	61-65	61-65	28
		10:11-10:30	103			66-70	66-70	66-70	29
		10:10 or below	105			71 or more	71 or more	71 or more	30

- **Age:** Must join Air Force before 28<sup>th</sup> birthday. If person has any military time, it is subtracted from his actual age, if result is less than 28 he can still join. For example, person is 31, but had 4-years active duty. Subtract 4 from 31 = 27.
- **Prior/Sister Service:** Must have less than 12-years military service.
  - No such thing as inter-service transfer for enlisted, must get discharged from other service first
  - They start the process with a local Air Force recruiter.
  - Prior service allocations are limited and candidates may have to wait several months before entering the Air Force
  - No requirement to complete Air Force Basic Training
  - Sister service applicants will attend a 1-week (Sunday-Friday) “Blue-ing” Course at Lackland AFB, Texas prior to starting the PJ Prep/Indoctrination Course (Uniform issue, AF History taught, etc.)
  - Rank reduction may apply, must have 2-years total active service to keep E-4, 5 ½ years to keep E-5, 10-years to keep E-6, 15-years to keep E-7.
  - Time-in-grade (TIG) may be applied depending on time out of service. If out less than 2-years, subtract your time out of service. From 2-4 years you get ½ of your TIG. Out more than 4-years, no TIG applied.
  - Prior service PJs may return to active duty if out less than 6 years

- **First Term Retrainees:** 4-year enlistees can begin retraining application process at 24 months, 6-year enlistees at 36 months. Submit as an exception to policy.
- **Career Retrainees:** Air Force policy permits retraining up to 16-years service. But, PJ normally does not show MSgt or TSgt positions open for retrainees -- special exception may be worked to put an allocation in for MSgt/TSgt.
- **Height:** Min. height 5'0", Max. 6'8" (Waiver possible down to 4'10" up to 6'10")
- **Weight:** Maximum weight (In compliance with AF standards table, however, maximum weight for jump school is 250 lbs.)
- **Security Clearance:** Able to obtain a Secret security clearance
- **Citizenship:** Must be a US citizen upon start of training
- **ASVAB Score:** Must have a score of at least 43 in the General category
- **Pipeline Schools:**
  - **PJ Preparatory Course:** Lackland AFB TX (2 weeks)
  - **Indoctrination Course:** Lackland AFB TX (10 weeks)
  - **Combat Diver (Scuba School):** Key West, FL (5 weeks)

**Pararescue Home-Base:** Move PCS to Kirtland AFB NM

- **Basic Army Airborne School:** Ft. Benning GA (3 weeks)
- **Survival & Underwater Egress:** Fairchild AFB WA (17 days)
- **PJ Medical (EMT-Paramedic):** (26 weeks)
- **Pararescue Course:** (20 weeks)
- **Note:** Those non-prior service (NPS) airmen who sign a 6-year enlistment contract upon entering the Air Force on the Guaranteed Training Enlistment Program (GTEP) as a Pararescuemen are eligible to receive a \$10,000 bonus after graduating from Pararescue School. They are also eligible for accelerated promotion to Senior Airman (E-4) after completion of the 3-skill level and 24-months time-in-service. All 4-year NPS members receive a smaller \$4,000 bonus and promotion is not accelerated.
- **Advanced Skills Training (AST):** PJs assigned to Special Tactics Units attend Phase IV of the four phase course at Hurlburt Field, FL. (3 months)
  - **Phase IV Mission Qualification:** Introduction to ST, mission planning, reconnaissance, CSAR, high angle rescue training, amphibious/urban calls for fire, airfield seizure operations, and special ops unique training
- **Operational Assignment Locations:**

**Rescue Squadrons**

  - Moody AFB, (Valdosta) GA (38<sup>th</sup> Rescue Squadron)
  - Nellis AFB (Las Vegas) NV (66<sup>th</sup> Rescue Squadron)
  - Davis-Monthan AFB, (Tucson) AZ (48<sup>th</sup> Rescue Squadron)
  - Kadena Air Base, Okinawa, JA (31<sup>st</sup> Rescue Squadron)

- Keflavic Air Base, Iceland (56<sup>th</sup> Rescue Squadron Squadron)

### **Special Tactics Squadrons**

- Pope AFB, (Fayetteville) NC (24<sup>th</sup> Special Tactics Squadrons)
  - Note: Assignment to 24 STS is available later in career and requires member to go through special selection process
- Hurlburt Field, (Ft. Walton Beach) FL (23<sup>rd</sup> Special Tactics Squadron)
- Kadena Air Base, Okinawa, JA (320<sup>th</sup> Special Tactics Squadron)
- Mildenhall AB, (England) UK (321<sup>st</sup> Special Tactics Squadron)
- Other staff & instructor assignment locations are available later
  - Kirtland AFB NM, Lackland & Randolph AFBs TX, Key West (Naval Air Station) FL, Yuma Proving Grounds AZ, etc.
- **Special Pays (If pay qualifications maintained for each):** Total: \$900 or more
  - Combat Diver (SCUBA): \$150/month
  - Military Free Fall (HALO): \$225/month
  - Hazardous Duty (enlisted crew member): (Based on rank: \$150-\$240)
  - Special Duty Assignment Pay: \$375
- **Further Information Points of Contact**
  - **Internet Web Site Information:** [www.specialtactics.com](http://www.specialtactics.com)
  - **PJ Indoctrination Course:** TSgt McClanahan, (210) 671-2246/7 or DSN 473-2246/2247
  - **Special Tactics Recruiting Liaison:** Mr. Wayne Norrad, 1-800-831-8723, Commercial 850-884-4246 (DSN 579) or [wayne.norrad@hurlburt.af.mil](mailto:wayne.norrad@hurlburt.af.mil)
  - **Air National Guard:** CMSgt Dave Power, 703-607-2917, DSN 327-2926
  - **Air Force Reserve:** CMSgt Mark Greenan, 478-327-1490, DSN 497-1490