

**PROCEDURAL GUIDANCE MESSAGE**

<b>Name and Grade of Action Officer</b>				Office Symbol	Series Number 917	Signature of Action Officer			Effective Date 26 Nov 07		
	To	Action	Initials/Date		To	Action	Initials/Date		To	Action	Initials/Date
1	RSOP/ CCU	Coord	RSOP _____ CCU _____	5	RSOPA	X-MIT	_____	9			
2	JA	Coord	JA _____	6				10			
3	RSO/ CCU	APPR	RSO _____ CCU _____	7				11			
4	RSOPA	X-MIT		8				12			

**FROM:** HQ AFRS/RSO

**SUBJECT:** FY08 Prior Service Enlistment Program

**TO:** All Recruiting Service

**1. This PGM supersedes PGM 916**

**2. Effective immediately**, the Prior Service (PS) program is now available for direct duty assignment in the attached list of AFSC's. The AFSC's are separated into two categories; Category I - return without consideration of years of service (YOS), Category II - YOS restriction. Both categories are direct duty hire only.

**3. There are 14 retraining slots available to all prior service applicants in the following AFSC's:**

- 1C2X1 ( Combat Control) (3)
- 1T0X1(Survival, Evasion, Resist, and Escape Ops) (3)
- 1T2X1 (Pararescue) (3)
- 3E8X1 (Explosive Ordnance Disposal) (5)

**4. The attached direct duty AFSC's will be posted on AFRS XTRAnet and updated monthly. On the XTRAnet: select index, then featured links, then FY08 Prior Service Program. The PS program will allow total of 100 applicants to return to active duty during FY08, on a "first come, first served" basis. The total accession is subject to change based on Air Force needs.**

**5. Prior Service applicants must meet all eligibility requirements identified in AFRSI 36-2001. PS applicants include the following:**

- a. Air Force, Army, Navy, Marine Corps, Reserve, Guard, and Individual Mobilization Augmentee members ordered to Extended Active Duty (EAD) for the Limited Period Recall Program (LPRP).
- b. PS AF, ANG and AFRES applicants are eligible for direct duty only, **retraining is only authorized in the AFSCs listed in paragraph 3.** Graduation from any regular component Basic Military Training is mandatory to be a PS program candidate.
- c. PS Sister-Service applicants must have a MOS specialty similar to one of the listed AFSC's. If you are unsure if the MOS converts to one of the listed AFSC's, scan and e-mail a copy of the applicant's unaltered 214 long form, EPR's, and Training Certificates to [PSAPPLICATIONS@RS.AF.MIL](mailto:PSAPPLICATIONS@RS.AF.MIL).

NOTE: E-mail prior to initiating a Reentry Eligibility Determination (RED). AFRS RSOP will make the final determination on all Sister Service PS cases.

6. PS applicants must have separated in the pay grade of E-7 or below. In addition, applicants must not have been separated for more than 6 years unless he or she is holding a Guard/Reserve position in one of the associated AFSCs. NOTE: **Individuals who have retired from any active, Guard, or Reserve service are not eligible for this program.**

7. **All PS applicants, regardless of age or marital status, will require a Credit Check.**

## 8. PROCESSING PROCEDURES

a. The recruiter will pre-qualify PS applicants, build a PIR in AFRISS, and request a credit check prior to requesting a RED in AFRISS. To request a RED run the following workflow: Special: Other Determination; Next Screen: Other Determination Interview; List of Values (approving authority): HQ AFRS. After requesting a RED the recruiter will forward (Email or Fax) the following documents to Squadron Operations:

1. DD form 214, *Certificate of Release or Discharge from Active Duty*

2. Enlisted Performance Reports, (EPR) – last 5, front and back ( For sister-service applicants, a letter of recommendation from their current or past supervisor)

3. DD form 368, *Request for Conditional Release* (required for current Guard or Reserve applicants) with a minimum of 6-month out from signed date. Approval authority should be a Squadron Commander or equivalent.

4. AF form 526, *ANG/AFRES Point Credit Summary* (required for applicants with current or previous ANG/AFRES service)

5. NGB 22, *Report of Separation and Record of Service* (required for applicants who have separated from the NG/ANG)

6. Letter of Evaluation (LOE) (required for ANG/AFRES applicants who do not have last 5 EPRs)

7. Break in Service Reenlistment Program (BRSP) statement. (Required for all PS AF applicants separated for 12 months or less). Ref AFRSI 36-2001, paragraph 9.9.6.4.

b. Squadron Operations will QC the RED request, run a credit check, determine if additional eligibility determinations (MED/FED/DRED) or waivers are required, ensure all required PS forms are sent, accomplish a DMDC check, and forward RED request to their respective Group operations for review. Group Operations will e-mail PS forms to [PSAPPLICATIONS@RS.AF.MIL](mailto:PSAPPLICATIONS@RS.AF.MIL) for AFRS/RSOP for review and final determination.

c. RSOPB will review the RED request along with all required PS forms. When an application is sent to [PSAPPLICATIONS@RS.AF.MIL](mailto:PSAPPLICATIONS@RS.AF.MIL) e-mail and does not have all of the documents required for review, a statement will be placed in AFRISS and the specific Squadron/Group has 5-workdays to get these documents to AFRS/RSOPB [PSAPPLICATIONS@RS.AF.MIL](mailto:PSAPPLICATIONS@RS.AF.MIL) e-mail. After 5<sup>th</sup> workday, if required documents are not received, the waiver will be sent back to the respected Group Operations. If the RED is approved, RSOPB will contact Air Staff to confirm enlistment. RSOPB will update AFRISS after the AFRS Waiver Authority approval and Air Staff review.

d. PS applicants will only be scheduled for MEPS processing after he or she has an approved RED and Air Staff review. MEPS/OPS will load at a minimum 5 CONUS location preferences in AFRISS. Request job assignment in AFRISS after applicant has completed his or her MEPS Physical and Job Interview. PS Sister-Service applicants applying for PJ, CCT, TACP, or SERE, are required to pass a PAST (ensure liability release is signed) prior to sending the RED.

Note: BSRP program is for former RegAF first-term airmen who have been separated less than one year from their future date. These applicants do not require a new MEPS physical of any kind.

e. On EAD, MEPS/Squadron Operations personnel **must** send a copy of the applicant's orders, 3006, DD Form 4/1 and 4/2 to AFRS/RSOPB via email @ [PSAPPLICATIONS@RS.AF.MIL](mailto:PSAPPLICATIONS@RS.AF.MIL) or fax to DSN 665-0705, Commercial 210-565-0705. Applicant must be confirmed in AFRISS on EAD.

f. Squadron will receive EAD credit upon PS applicant accessing into the Air Force.

9. Use the attached point chart to pre-qualify PS Sister-Service applicants for 1C2X1 (CCT) or 1T2X1 (PJ). Start with the individual's Military Specialty score, add additional qualification points and combat bonus points to get a final score. A score of 30 points is recommended but not mandatory in order to request further screening by career field officials.
10. Recruiters will make copies of applicable diplomas, DD Form 214, PAST letter, Release of Liability, completed point chart, other supporting documents and forward to their squadron operations.
11. Refer any questions, through your appropriate chain of command, to HQ AFRS/RSOPB at DSN 665-0381 or commercial (210) 565-0381. FAX DSN 665-0705, commercial (210) 565-0705

FOR THE COMMANDER

//Signed, 26 Nov 07//

Angelo T. Haygood, Lt Col, USAF  
Deputy Chief, Operations Division

Attachments:

1. Cat I & Cat II List
2. Release of Liability PAST
3. PJ/CCT Chart
4. PJ/CCT Points
5. TACP PAST
6. TACP PAST Worksheet
7. SERE PAST
8. SERE PAST Worksheet

**Attachment 2**

**LIABILITY RELEASE AND EXPRESS ASSUMPTION OF RISK**

PLEASE READ CAREFULLY AND FILL IN YOUR NAME BEFORE SIGNING

I, \_\_\_\_\_, hereby affirm that I have been advised and thoroughly informed of the inherent hazards of the physical activities involved in the Physical Ability and Stamina Test (PAST).

I hereby state I am in good physical condition and health, and I know of no medical symptoms, conditions, illnesses, or other ailments which would be aggravated, worsened, or in any way adversely affected by my participation in the PAST activities.

I hereby state that I am voluntarily participating in the PAST because I desire to be reclassified into a Special Forces career field. I agree to follow the directions and orders of the Air Force personnel directing these activities. I agree to immediately notify these personnel of any physical pain, shortness of breath or discomfort during these activities.

In consideration for being allowed to participate in these activities, I hereby personally assume all risks in connection with said activities, for any harm, injury, or damage that may befall me while I am taking the PAST, including all risks connected with these activities. Also, I understand that neither the Air Force nor the United States government provides any medical care in the event I am injured while participating in these physical activities.

I hereby exempt, release, and hold harmless the United States government and the United States Air Force from any claim or lawsuit by me, my family, estate, heirs, or assigns, arising out of my participation in this activity. I further state that I am of lawful age and competent to sign this liability release.

This agreement shall be interpreted according to federal law. It shall be as broad and inclusive as permitted by pertinent federal law.

\_\_\_\_\_  
PARTICIPANTS SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
WITNESS SIGNATURE

\_\_\_\_\_  
DATE

MILITARY SPECIALTY		J1C2X1 CCT J1T2X1 PJ	J1C4X1 ETAC IC1X1 ATC	J1W0X1A COMBAT WEATHER J3P0X1 SECURITY FORCES	Other AF AFSC	Army RANGER/ SPECIAL FORCES	Navy SEAL	Marine RECON	Coast Guard/Navy AST MSST	Other Service MOS/NEC
QUALIFICATIONS	PTS.	30	15	10	5	20	20	20	20	5
AIRBORNE	10									
HALO	10									
COMBAT DIVER (SCUBA)	15									
SURVIVAL/SERE	10									
TAC QUALIFIED	10									
EMT-BASIC	5									
EMT-INTERMEDIATE	10									
EMT-PARAMEDIC	15									
S/L JUMPMASTER	5									
HALO J/M	5									
DIVE SUPERVISOR	5									
RANGER TAB	15									
SF "Q" COURSE	15									
AIR ASSAULT	5									
PATHFINDER	5									
SNIPER	5									
LRRC	5									
WIC/SAR SWIMMER	5									
<b>COMBAT BONUS</b>										
COMBAT ACTION	10									
COMBAT JUMP	5									
BRONZE STAR/V	15									
SILVER STAR	20									
SERVICE CROSS	25									
<b>TOTAL SCORE</b>										

Note: Only military schools/qualifications count. EMT qualification points are not cumulative.

ATC = Air Traffic Controller  
 HALO = Military Freefall Parachutist  
 SF "Q" = Special Forces Qualification  
 SERE = Survival Evade Resist Escape  
 Marine Safety & Security Team

AST = Aviation Survival Tech.  
 J/M = Jumpmaster  
 SAR = Search and Rescue  
 S/L = Static Line Parachutist

EMT = Emergency Medical Tech.  
 TAC = Terminal Attack Control  
 WIC = Waterborne Infiltration Course  
 LRRC = Long Range Recon Course

### Attachment 3

#### COMBAT CONTROL (CCT) / PARARESCUE (PJ) Physical Ability Stamina Test (PAST) CRITERIA

**A11.1.** This test must be conducted in a 3-hour time frame and *in the order* listed below. Record PAST results on unit letterhead or attached "Evaluation Worksheet". Members are encouraged to complete the test in its entirety to determine weak/strong points in his physical condition. Test administrators should sign and have commanders endorse test results with a copy provided to the member. This test is comprised of seven events; the member must pass every event. Failure of any event will result in the overall failure of the PAST.

NOTE: The PAST requirements are designed to test for a minimum fitness level for entry into the CCT/PJ training pipeline. CCT/PJ candidates should continue to train throughout their cross-training application and the recruiting process, to exceed these minimums in order to enhance their chances of success.

A11.1.1. **2 x 20 Meter Underwater Swim:** Provide the member 3-minutes of rest between under waters. If members surface or break the water surface during any portion of the swim, the test will be stopped and considered a failure. Swimsuits and swim goggles/scuba mask are the only equipment items allowed. After completion of the underwater allow a 10 minute rest before next event.

A11.1.2. **500 Meter Surface Swim (max. time limit 14 minutes):** This swim is conducted using the freestyle, breaststroke or sidestroke. The swim is continuous (non-stop). If a member stops any time during the swim, the test will be stopped and considered a failure for the entire PAST. Swimsuit and goggles/scuba mask are the only equipment items allowed. After completion of the swim, allow a 30-minute rest prior to the next event.

A11.1.3. **1.5 Mile Run (max. time limit 10 minutes 45 seconds):** Physical training (PT) clothes and good running shoes are the only required items. The run must be continuous (non-stop). If a member stops anytime during this run, the test will be stopped and considered a failure. Members will be given a 10-minute break prior to the next event. Test should be conducted on a measured running track.

A11.1.4. **Calisthenics:** Four calisthenics exercises are evaluated, each with specific time parameters and specific exercise form mechanics. All members will exercise to either muscle failure or time completion, whichever occurs first. The intent is to have members do as many "good form" repetitions in the time allotted or when muscle failure is reached. Allow a 3-minute rest between each calisthenics exercise.

*NOTE: Exercise form is strictly enforced during the PAST and in the training pipeline. Those repetitions done without proper form will not be counted and be to the members disadvantage.*

A11.1.5. **Chin-ups/Pull-ups (6-repetition minimum in 1 minute):** Chin-ups/Pull-ups are a two-count exercise. Starting position is hanging from a bar, palms facing toward or away from the candidate with no bend in elbows. Hand spread is approximately shoulder width apart. Count one; pull the body up until the Adam's apple clears the top of the bar. Count two; return to starting position. Legs are allowed to bend, but must not be kicked or manipulated to aid upward movement. If the candidate falls off, stops, or releases the bar, the exercise is terminated.

A11.1.6. **Sit-ups (45-repetition minimum in 2 minutes):** Sit-ups are a two-count exercise. Starting position is back flat on the surface, fingers interlocked behind the head, head off the surface, and knees bent at approximately a 90-degree angle. Another individual may hold the individual's feet during the exercise. Count one; sit up so that the shoulders are directly above the hip/pelvis area or 90 degrees to surface. Count two; return to the starting position. The exercise is continuous. If the member stops, the exercise is terminated. If the member's buttocks rise from the surface or his fingers are not interlocked behind his head during the repetition, the repetition is not counted.

A11.1.7. **Push-ups (45-repetition minimum in 2 minutes):** Push-ups are a two-count exercise. Starting position is hands, shoulder width apart, with arms straight and directly below the chest on the surface; the legs are extended, back and legs remain straight. Count one; lower the chest until the elbows are bent at a 90-degree or lower angle. 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 member will not raise his buttocks in the air, sag his middle to the surface, or raise any hand or foot from their starting position. If a hand or foot is raised, the exercise is terminated.

A11.1.8. **Flutter-kicks (45-repetition minimum in 2 minutes):** Flutter-kicks are a four-count exercise. Starting position is laying flat on back with the feet and head approximately 6 inches off the surface. Hands are under the buttocks with fists clenched to support the lower back. Count one; raise the left leg off the surface to approximately a 45-degree angle, keeping the right leg stationary. Count two; raise the right leg off the surface to approximately a 45-degree angle, moving the left leg to the starting position. Counts three and four are repeats of the same movements. Legs must be straight, with toes pointing away from the body. If the member rests his legs on the surface or stops the exercise movement to rest, the exercise is terminated.



## Attachment 5

# TACTICAL AIR COMMAND AND CONTROL Physical Ability Stamina Test (PAST) CRITERIA

### TACTICAL AIR CONTROL PARTY

#### Physical Ability Stamina Test (PAST) CRITERIA

This test is comprised of three weighed events and one non-weighable event and must be conducted in the order listed below. All three weighed PAST events must be successfully completed in order for the member to pass the test. Record TACP PAST results on unit letterhead or Department of the Army (DA) form 705, Army Physical Fitness Test Scorecard, and provide a signed copy to the member. When using letterhead, the test administrator and unit commander sign to verify the test results. When using the DA form 705, the test administrator prints and signs their name in the comments block; unit commanders sign the "NCOIC/OIC Signature" block. NOTE: The TACP PAST requirements are designed to test for a minimum fitness level necessary to insure safety. TACP candidates should train, throughout their application process, to exceed these minimums in order to enhance their chances of success in the TACP training process.

#### TACP PAST EVENTS

When administering the TACP PAST, individuals will be given no less than 10 minutes but no more than 20 minutes to recover between each event.

**Push-ups (2 minutes):** (Go/No Go) Complete a minimum of 42 push-ups within a 2-minute time period. On the command 'get set,' assume the front-leaning rest position by placing your hands where they are comfortable for you. Your feet may be together or up to 12 inches apart. When viewed from the side, your body should form a generally straight line from your shoulders to your ankles. On the command 'go,' begin the push-up by bending your elbows and lowering your entire body as a single unit until your upper arms are at least parallel to the ground. Then, return to the starting position by raising your entire body until your arms are fully extended. Your body must remain rigid in a generally straight line and move as a unit while performing each repetition. If you fail to keep your body generally straight, to lower your whole body until your upper arms are at least parallel to the ground, or to extend your arms completely, that repetition will not count, and the scorer will repeat the number of the last correctly performed repetition. If you fail to perform the first ten push-ups correctly, the scorer will tell you to go to your knees and will explain to you what your mistakes are. However, after the first 10 push-ups have been performed and counted, no restarts are allowed. The test will continue, and any incorrectly performed push-ups will not be counted. An altered, front-leaning rest position is the only authorized rest position. That is, you may sag in the middle or flex your back. When flexing your back, you may bend your knees, but not to such an extent that you are supporting most of your body weight with your legs. If this occurs, your performance will be terminated. You must return to, and pause in, the correct starting position before continuing. If you raise either your hand or foot from the ground, your performance will be terminated. You may reposition your hands and/or feet during the event as long as they remain in contact with the ground at all times.

**Sit-ups (2 minutes):** (Go/No Go) Complete a minimum of 53 sit-ups within a 2-minute period. On the command "get set", assume the starting position by lying on your back with your knees bent at a 90-degree angle. Your feet may be together or up to 12 inches apart. Another person will hold your ankles with the hands only. No other method of bracing or holding the feet is authorized. The heel is the only part of your foot that must stay in contact with the ground. Your fingers must be interlocked behind your head and the backs of your hands must touch the ground. Your arms and elbows need not touch the ground. On the command "go", begin raising your upper body forward to, or beyond, the vertical position. The vertical position means that the base of your neck is above the base of your spine. After you have reached or surpassed the vertical position, lower your body until the bottom of your shoulder blades touch the ground. Your head, hands, arms, or elbows do not have to touch the ground. At the end of each repetition, the scorer will state the number of sit-ups you have correctly completed. A repetition will not count if you fail to reach the vertical position, fail to keep your fingers interlocked behind your head, arch or bow your back and raise your buttocks off the ground to raise your upper body, or let your knees exceed a 90-degree angle. If a repetition does not count, the scorer will repeat the number of your last correctly performed sit-up. The up position is the only authorized rest position. If you stop and rest in the down (starting) position, the event will be terminated. As long as you make a continuous physical effort to sit up, the event will not be terminated. You may not use your hands or any other means to pull or push yourself up to the up (resting) position or to hold yourself in the rest position. If you do so, your performance in the event will be terminated. Correct performance is important.

**2-mile run:** (Go/No Go) The maximum time is 15 minutes, 54 seconds. PT clothes and good running shoes are the only required items. The goal is to finish the run in the shortest time possible. Although walking is authorized, it is strongly discouraged. Test should be conducted on a measured running track.

## **NON-WEIGHABLE EVENT**

**Pull-ups (2 minute):** Completed following successful completion of the three PAST events. Strive to complete a minimum of 6 chin-ups within a 2-minute time period. Chin-ups are a two-count exercise. Starting position is hanging from a bar, palms facing the candidate, or away from the candidate, with no bend in elbows. Hand spread is approximately shoulder width. Count one; pull the body up until the Adam's apple clears the top of the bar. Count two; return to starting position. Legs are allowed to bend, but must not be kicked or manipulated to aid upward movement. If the candidate falls off, stops, or releases the bar, the exercise is terminated. Candidate will exercise to muscle failure or time completion. Test examiner will note the number of chin-ups completed in the memorandum or in the "comments" box of the DA form 705. If examinee does not complete a minimum of 6 chin-ups they should be counseled on how to improve their performance as this exercise will be stressed throughout technical training and is a requirement for those wishing to attend the basic airborne course.



## Attachment 7

### SURVIVAL, EVASION, RESISTANCE, AND ESCAPE (SERE) SPECIALIST Physical Ability Stamina Test (PAST) CRITERIA

This test must be conducted *in the order* listed below. Record PAST results on a SERE PAST Evaluation Worksheet. If member is unable to meet any minimum standard, they have failed the test. However, member should continue to take the remainder of the test (if willing) to determine other weak/strong points of his physical condition. Test administrators should sign and have commanders endorse test results with a copy provided to the MEPS and one to the member. Be sure to have the applicant fill out the release of liability **BEFORE** starting the any PAST test

**One 200-meter/yard surface swim.** This swim is conducted using any combination of swim strokes. The swim is continuous (non stop) and has no time limit. If a member stops any time during the swim, the test will be stopped and considered a failure for the entire PAST. Swimsuit and goggles/mask are the only equipment items allowed. Allow a 30-minute rest before the run.

**One 1.5-mile run.** The maximum time is 11 minutes, 30 seconds. PT clothes and good running shoes are the only required items. This run must be continuous (non-stop). If a member stops anytime during this run, the test will be stopped and considered a failure for the entire PAST. Test should be conducted on a measured running track. Members will be given a 10-minute break prior to the next event.

**Calisthenics:** 3 calisthenics exercises are evaluated, each with specific time parameters and specific exercise form mechanics. All members will exercise to either muscle failure or time completion, whichever occurs first. The intent here is to have members do as many "good form" repetitions in the time allotted or when muscle failure is reached. **NOTE:** in performing all calisthenics, the exercise's proper form must be followed. Deviation from the form to allow extra repetitions will be to the member's disadvantage. Exercise form is strictly enforced during the training pipeline. Allow a 3-minute break between each calisthenics exercise.

**Chin-ups:** Complete a minimum of 6 chin-ups within a 1-minute time period. Chin-ups are a two-count exercise. Starting position is hanging from a bar, palms facing the candidate with no bend in elbows. Hand spread is approximately shoulder width. Count one; pull the body up until the chin clears the top of the bar. Count two, return to the starting position. Legs are allowed to bend, but must not be kicked or manipulated to aid upward movement. If the candidate falls off, stops, or releases the bar, the exercise is terminated. Candidate will exercise to muscle failure or time completion.

**Sit-ups:** Complete a minimum of 50 sit-ups within a 3-minute time period. Sit-ups are a two-count exercise. Starting position is back flat on the ground, fingers interlocked behind the head, head off the mat, and knees bent at approximately a 90-degree angle. Another individual during the exercise only holds the feet. Count one; sit up so that the shoulders are directly above the hip/pelvis area or 90 degrees to floor. Count two; return to the starting position. There is no authorized rest position for this exercise. If the member rests, the exercise is terminated. If the member's buttocks rise from the ground or his fingers are not interlocked behind his head during the repetition, the repetition is not counted. Member will exercise to muscle failure or time completion.

**Push-ups:** Complete a minimum of 42 push-ups within a 3-minute time period. Push-ups are a two-count exercise. Starting position is hands shoulder width apart with arms straight and directly below the chest on the ground; the legs are extended, and the back and legs remain straight. Count one, lower the chest until the elbows are bent at a 90-degree or lower angle. 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 member will not raise his buttocks in the air, sag his middle to the ground or raise any hand or foot from their starting position. If a hand or foot is raised, the exercise is terminated. Member will exercise to muscle failure or time completion.

## Attachment 8



