



U.S. AIR FORCE
ACADEMY

Instructions to Precandidates

1 March, 2018

Class of 2023



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ACADEMY TOURS

If you are interested in pursuing an appointment to the United States Air Force Academy (USAFA) and plan to visit the campus, you may wish to participate in an escorted tour and admissions briefing. Offered during the academic year to middle school, high school, and post-high school students, tours can help individuals gain a deeper understanding of the Air Force Academy environment.

An escorted tour will consist of a presentation given by an Admissions Advisor (a recent graduate of the Academy), a question and answer session with an Admissions Counselor present, and a walking tour given by a current cadet. These tours are normally given every Monday and Thursday at 2 pm MT with some exceptions. We also offer airmanship tours on Fridays that include a tour of the airfield. Please go to our website, www.academyadmissions.com, for a full list of tour dates and dates and times for our special tours.

For more on available dates, please go to <http://www.academyadmissions.com/visit-the-academy/escorted-tours/>.

Precandidate Time Table

March 1 to January 31:	Contact your Members of Congress for a nomination. This means contact both your senators and the house representative from your district. Each member may have a different deadline so apply as soon as possible in all categories for which you may be eligible. The deadlines for most congressional offices are on or before October 31st and most congressional members will conduct interviews before Thanksgiving. Please go to page 5 for other nomination categories for which you could be eligible to apply. Do not wait for a nomination to do your application. You should be doing both at the same time.
December 31:	Deadline to submit the initial application/Pre-Candidate Questionnaire (PCQ)
January 31:	Deadline for Airmen to submit AF Form 1786 for a regular or reserve nomination.
January 31:	Deadline for nomination requests sent to the Vice President and for all military affiliated nomination requests to include an Airmen nomination.
February 15:	College admissions tests and any other updates must be received by this date.

Contacting Your Admissions Counselor

When contacting the Admissions Office please address your inquiries to the appropriate geographical region listed below.

If Your Mailing Address Is In:	Please call:
Northeast (Region 1) CT, DC, DE, MA, MD, ME, NH, NJ, NY, PA, RI, VA, WV, VT, APO AE, Europe, Africa, Middle East	(719) 333-3801
Southeast (Region 2) AL, FL, GA, KY, MS, NC, SC, TN, Puerto Rico, Bahamas, Canal Zone, APO AA	(719) 333-3802
North Central (Region 3) ID, IL, IN, IA, MI, MN, MT, NE, ND, OH, SD, WA, WI, Canada	(719) 333-3803
South Central (Region 4) AR, AZ, KS, LA, MO, NM, OK, TX, Central and South America	(719) 333-3804
West (Region 5) AK, CA, CO, HI, NV, OR, UT, WY, Guam, APO and FPO AP, Pacific, Asia, Australia	(719) 333-3805

If you can't reach your counselor directly, call 1-800-443-9266. You can also check your status on-line at <https://admissions.usafa.edu/gateway/gateway.aspx>.

Admissions Office Mailing Address:

HQ USAFA/RRS
2304 Cadet Dr, Ste 2300
USAF Academy Co 80840-5025

Applicant/Precandidate Questionnaire (PCQ) Instructions

Basic Eligibility

To be eligible for an appointment you must be a United States citizen, unmarried without dependents, have good moral character, be at least 17 and not have passed your 23rd birthday on July 1st of the year you enter. The age requirement is public law and cannot be waived. United States citizenship must be finalized prior to entering the Academy. Note: Dependents include a spouse by marriage, having a birth child, step child, or adopted child whether or not you provide support to said dependent. Furthermore if admitted to the Academy you may not acquire any dependents while a cadet. If a marriage or paternity/maternity were to occur while a cadet but not be known to Air Force authorities until after graduation, you may be subject to disciplinary or administrative action as an officer.

Active Duty and Reserve Airmen

Airmen should refer to AFI36-2013 for additional requirements to apply to the Academy via the Leaders Encouraging Airmen Development (LEAD) program.

General Instructions

Our Deadline is December 31st for submitting pre-candidate questionnaires (PCQ). Most Precandidates will complete the PCQ (online application) by the beginning of their senior year. We encourage the PCQ be completed well before the deadline due to the complexity of the application process.

If you applied for Summer Seminar and did not choose to opt in for your Summer Seminar application to be used as your application to the Academy you must still complete a PCQ for the class entering in June 2019. The Summer Seminar application DOES NOT take the place of the PCQ unless you selected that option on your Summer Seminar application.

We use the PCQ as a guide to inform you of your potential to become a candidate for admission to the Academy and base qualifying guidelines on our experience with previous classes. We'll revise this initial evaluation as you send us additional information.



Cadet Area

Applicant/Precandidate Evaluation

Candidate Factors

If you meet basic eligibility factors you will become a candidate for admission and asked to complete a more extensive application.

NOTE: Homeschooling: Each year a number of home-schooled students seek admission to the Air Force Academy. Most home-schooled students are able to achieve the academic requirements. While not necessary, we highly recommend that home-schooled students attend college or junior college for a year before entering the Academy. Taking a full academic load as determined by the college and participating in the classroom environment will enhance your chances of adapting quickly and easily to the highly structured life of a cadet should you receive an appointment. Because the home-school curriculum is often tailored to the particular student, we recommend you contact the Admissions Office to discuss your specific situation.

Test Scores (ACT or SAT). We will not process your PCQ without test scores; however, we will consider PSAT and Pre ACT scores in this initial application phase. Once entered into the candidate phase, official SAT or ACT scores are required. If you haven't taken either of these tests, see your high school counselor for help in registering for the next test date. We'll accept new scores from all tests completed prior to January 31, 2019. The SAT code for the Air Force Academy is 4830 and the ACT code is 0530. Enter them on your registration form.

Students who score below 31 on the reading test and below 29 on the math test of the redesigned SAT and below 24 English/reading and 25 math/science reasoning on the ACT will normally not be competitive for an appointment directly into the Academy but may be eligible for one of our preparatory programs. **For both the ACT and new SAT, you are highly encouraged to take the optional writing test; however, we will accept the test scores without the writing test.** Take the ACT and/or the SAT immediately and have all your scores sent to the Academy. You can retake them as often as you wish. Test scores must be achieved under national testing conditions on a national test date. We will accept state required tests. **We do not accept nonstandard (extended time) or special scores.** Active Duty Airmen can take the ACT and SAT through their Base Education Office if they have that capability. **Please be aware that we superscore. This means that we will take the best combination of all of your SAT test scores or the best combination of all of your ACT test scores and use them in your file. However, there is one exception with SAT. We cannot superscore between the old and new SAT. Also, we do not combine ACT and SAT scores.**

NOTE: You must take every subtest of the ACT and SAT. We will not accept the test scores if you did not take all subtests (English, Math, Reading, and Science Reasoning for ACT and Evidenced Based Reading and Writing and Math for SAT).



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Admissions Factors

If you meet our candidate guidelines based on this PCQ, you'll become a candidate and be provided instructions on completing candidate forms. You will find these instructions on the academy admissions portal where you did your initial pre-candidate questionnaire. You'll also be asked to take the Candidate Fitness Assessment (CFA), complete a medical examination through the Department of Defense Medical Examination Review Board (DoDMERB) and be assigned an Admissions Liaison Officer (ALO). Your medical exam will be scheduled after completion of 3 candidate forms. Specific preparation guidelines for the CFA events are listed on pages 9-16 of this booklet.

NOTE: Being a candidate doesn't guarantee a nomination or an appointment. Competition for nominations is separate from appointments. Offers of appointment will be made only to the most qualified candidates who have received a nomination.

To be competitive for an appointment, **you should strive to earn at least the average scores listed below**, obtain a nomination, be active in extracurricular activities, satisfactorily complete the CFA and DoDMERB medical exam, and interview with an ALO.

PAR (Rank in Class) Top 6% - Top 1%

AND

Scores Mid-50% Range*

ACT

English 26 – 34

Mathematics 28 – 32

Reading 29 – 34

Science Reasoning 28 – 33

OR

Old SAT

SAT Verbal/Critical Reading 610 - 685

SAT Math 625 - 705

New SAT**

SAT EBRW Section 661

SAT Math Section 673

SAT Math Test 34

SAT Reading Test 34

*These are the scores of the mid 50% of the cadets entering the Academy. This means that 25% of the incoming cadets had higher scores and 25% of them had lower scores. Most students took their tests more than one time to get their scores to this point.

**The mid 50% range for the New SAT is not yet available due to the limited number of test takers. Averages are provided as a guide.

Nomination Categories

Completion of our pre-candidate questionnaire is only the first stage in the admissions process for the Academy. You must also obtain a nomination in one of the authorized nominating categories listed below. If you have not already applied for a nomination, do so immediately. **NOTE: To increase your chances of receiving an appointment, you should attempt to obtain a nomination in all of the categories for which you are eligible.**

The Vice President, each U.S. Senator and U.S. Representative are authorized to have a maximum of five cadets each attending the Academy at one time. For each cadet vacancy that occurs, the Members of Congress may nominate up to 10 candidates to be considered for appointment. A nomination does not ensure an appointment.

Congressional Nominations

You should request a nomination from both of your U.S. Senators and your U.S. Representative from your district. Contact them via their website or follow the format on page 7 of this instruction booklet. You must be domiciled in the state and congressional district in which you are applying, but it is not necessary to know your Member of Congress personally. They want to nominate outstanding individuals who will have the best chance to qualify for an appointment. Check with your congressional office for domicile requirements as these vary state to state.

You can access your Senators and Representative at www.senate.gov or www.house.gov. Each congressional office has its own procedures and closeout dates for accepting nomination requests. Most congressional offices prefer that you contact them in the spring or summer of the year before you desire to enter the Academy and complete an application for a nomination before October 31st. Some deadlines are as early as September. Members of Congress may submit their nominations to the Academy as late as January 31st; however, the majority of nominations are received before this deadline. If selected for a nomination, you will likely receive a notice from the Member of Congress first. After the Member of Congress has submitted the nomination to the Academy, the Admissions Office will post your nomination (s) on your admissions portal.

Vice Presidential: The Vice President of the United States may nominate candidates from the nation at large. (All Precandidates are eligible.) If you wish to request a nomination from the Vice President you can do so at the following website <https://www.whitehouse.gov/the-trump-administration/academy-nominations/>. The deadline to request a nomination from the Vice President is no later than January 31st. **Do not mail your request for a Vice Presidential nomination to the Academy.** The Academy will make recommendations to the Vice President, based upon your admissions record.

Military Affiliated Nominations

If you are eligible to apply in the Presidential, Children of Deceased or Disabled Veterans, or Children of Medal of Honor Recipients categories, use the format on page 8 of this booklet. **The deadline for military affiliated nominations is January 31st.** Send military affiliated nominations requests to:

HQ USAFA/RRS,
2304 Cadet Drive, Suite 2300
USAF Academy CO 80840-5025

Presidential: There are unlimited nominations, but only a maximum of 100 appointments are available annually in this category. Vacancies allocated to the President of the United States have been reserved for children of career military personnel. This includes enlisted, warrant, and commissioned members of regular and reserve components who are on active duty (other than for training) and who have served continuously on active duty for at least eight years; and military retirees either living or deceased who have received retired or retainer pay. Reservists must be serving as members of reserve components and be credited with at least eight years of service computed under section 12733 of Title 10 (at least 2880 points); or who died while they would have been entitled to retired pay under chapter 1223 of Title 10 except for not having attained 60 years of age. Step children of career military parents are not eligible for a Presidential nomination unless they have been adopted by the military step parent. For adopted children, the adoption proceedings must have begun before their 15th birthday.

Children of Deceased or Disabled Veterans: There is no limit to nominations, but appointments authorized in this category are limited to 65 cadets at the Academy at one time. Vacancies are available for the children of deceased or 100% disabled armed forces veterans whose death or disability was determined to be service connected; or children of military personnel or federally employed civilian personnel who are in a missing or captured status. If you are eligible in this category, you will NOT be considered in the Presidential category.

Children of Medal of Honor Recipients: Vacancies have been reserved without appointment limit for the children of Medal of Honor recipients who served in any branch of the armed forces. If candidates meet the eligibility requirements and qualify on entrance requirements, they will be appointed to the Academy.

Air Force Regular and Reserve Components: Deadline to receive Air Force regular and reserve nominations (AF Form 1786) is December 31st. There are unlimited nominations, but only a maximum of 85 appointments are available annually in each category. Vacancies are available for enlisted members of regular and reserve components of the Air Force. Air Force Instructions (AFI) 36-2021 and 36-2019 give instructions for applying. AFI 36-2013 Table 1.1 includes additional eligibility requirements for the LEAD program. Airmen should do a pre-candidate questionnaire first. Next they must submit an AF Form 1786 through their unit commander for an endorsement, to their MPF for assignment availability code, and then to the Academy Admissions Office. The AF Form 1786 may be obtained on-line at the Air Force E-Publication website or on our website at <http://www.academyadmissions.com/admissions/advice-to-applicants/enlisted-airmen/>. You will see the AF Form 1786 picture available to download. Special instructions for Airmen can also be found at this website.

Honor Military Junior Reserve Officer Training Corps (JROTC) Schools and Air Force Reserve Officer Training Corps (AFROTC): There is a maximum of 20 appointments total for all of these categories combined. Honors with distinction military schools are designated by the Department of the Air Force, Army, Marine Corps and Navy to nominate Academy candidates annually from among their honor students. Each honor unit may nominate five students to compete for the vacancies. Five students from each AFROTC detachment may be nominated to compete for the authorized vacancies. Air Force ROTC Students should apply for a nomination to their professor of aerospace studies or aerospace science instructor who will recommend nominees to the head of the institution.



Cadet Honor Guard

FORMAT OF REQUEST FOR CONGRESSIONAL NOMINATION

(Most Representatives and Senators require you to use their online application. This is intended as a guide if an online application is not available. Apply to your Representative and Senators separately. You can access each Senator and Representative at the following websites www.senate.gov or www.house.gov.)

Date

Honorable (Name of Appropriate Authority)
(Visit website listed above for correct address for your
Senators and Representative)

Dear (Mr. /Mrs. /Ms. Name) OR Dear Senator (Name)

I want to attend the Air Force Academy and to serve in the United States Air Force. I request that I be considered as one of your nominees for the class that enters the Academy in June 2019.

My pertinent data is:

Name (print name exactly as it appears on the birth certificate, or if legally changed, attach a copy of the court order):

Social Security Number:

Permanent address (street, city, county, state, zip code):

Temporary address (if applicable):

Permanent phone number and area code:

Temporary phone number and area code (if applicable):

Name of father:

Name of mother:

Date and place of birth (spell out month):

Name and address of high school:

Date of graduation:

Approximate grade point average (GPA); rank-in-class; and PSAT, PACT/PRE-ACT, SAT and ACT if you have taken these tests. Include critical reading and math scores for the PSAT and SAT tests; and English, math, reading, and science reasoning for the ACT test and PACT/PRE-ACT composite.

Extracurricular activities:

Reasons for wanting to enter the Air Force Academy:

Thank you for considering me as one of your nominees to the Air Force Academy.

Sincerely

Signature

FORMAT OF REQUEST FOR MILITARY-AFFILIATED NOMINATION
(Use this format for any of these categories: Presidential,
Children of Deceased or Disabled Veterans,
or Children of Medal of Honor Recipients.)

Date

HQ USAFA/RRS,
2304 Cadet Dr., Suite 2400
USAF Academy CO 80840-5025

Dear Chief, Selections Division

I want to attend the Air Force Academy and to serve in the United States Air Force. I request a nomination under the (name of appropriate category) for the class that enters the Academy in June 2019.

My pertinent data is:

Name (print name exactly as it appears on the birth certificate, or if legally changed, attach a copy of the court order):

Social Security Number:

Permanent address (street, city, county, state, zip code):

Temporary address (if applicable):

Permanent phone number and area code:

Temporary phone number and area code (if applicable):

Date and place of birth (spell out month):

If member of military, include rank, regular or reserve component, branch of service, and organizational address including PSC Box Number:

If previous candidate, indicate year:

Parental information - name, rank, social security number, component and branch of service:

If your parent is on active duty, attach a statement of service dated and signed by current personnel officer specifying all periods of active duty and any breaks therein. If your parent is in the Air Force they can access a statement of service online at their virtual MPF. If your parent is retired, attach a copy of the DD 214 (member copy 4), or retirement orders. If your parent is deceased attach a copy of the casualty report. If your parent is disabled attach the Veterans Administration (VA) claim number and VA office where the case is filed. If your parent is retired or deceased, documents can also be accessed at <http://www.archives.gov/veterans/military-service-records/> regardless of their branch of service. If your parent is a reservist, attach a copy of the document that shows their total point's credit or a copy of their notice of eligibility letter that states they are eligible to receive retired pay upon reaching 60 years of age.

Sincerely

Signature

Preparation for Candidate Fitness Assessment

Service Academies Admissions Requirement

The following information is provided to help you prepare for the Candidate Fitness Assessment (CFA), which will be required if you are entered into the Candidate Phase. You cannot take and submit CFA scores during the Precandidate Phase but **it is expected that you will practice the assessment multiple times**. You can view the CFA video instructions at <http://www.academyadmissions.com/video/cadet-fitness-requirements/>.

Satisfactory completion of the CFA is one of the requirements for admission to the United States Air Force, Military and Naval Academies. The CFA is a test of strength, agility, speed and endurance. It is used to predict a candidate's aptitude for the physical program at the Service Academies. The results of this test are very important in the overall assessment of your admissions file, so you should become familiar with the six events in the CFA and practice before actually taking the test. The examination consists of the following events: basketball throw (from kneeling position), pull-ups or the flexed-arm hang (women's option), a shuttle run, modified sit-ups (crunches), push-ups and a one-mile run. **A low overall score or a poor score in an individual event may be disqualifying. If the first CFA test entered into our system is disqualifying we will request a second test as long as your first test was taken on or before January 31st. If both tests are disqualifying we will close your file. If you submit your first CFA after January 31st and it is disqualifying, you do not have the opportunity to retake it and your file will be closed.**

Advice to the Candidate

In order to qualify for admission to the Service Academies, you must take the CFA. You should remember that your score is a combination of your best efforts on each of the six events. Strive for excellence and the highest possible score. **You should strive to meet or exceed the goals listed in Table 2. Do not take the test if you are ill, have a recent injury or if you are having inclement weather (too hot, too cold, too windy, rainy, snowy, etc.). Please reschedule your test as long as it isn't the last day to take it. Plan accordingly and don't wait until the last minute to do this important piece of the application. Any or all of the events mentioned above have kept candidates from testing and completing their application. You cannot skip an event.**

Your examination may be administered by **any physical education teacher, Service Academy Liaison Officer or AFJROTC Instructor**. Any active duty commissioned officer may administer the CFA for service members. It is your responsibility to arrange for a qualified person to conduct your examination.

Candidates should wear clothing and shoes that are appropriate for physical training such as shorts, T-shirts, socks, and running shoes (tennis/basketball shoes are not recommended for the one-mile run). Any item that gives a candidate an unfair advantage is not permitted during the CFA. Wearing devices such as weight belts or elastic bandages may or may not provide an advantage; however, for standardization purposes, such additional equipment is not authorized unless prescribed by medical personnel. The only exceptions are appropriate cold weather apparel while running outdoors.

TABLE 1. Maximum performance scores by event and gender.

	Basketball Throw	Pull-Ups	Flexed Arm Hang	Shuttle Run	Modified Sit-Ups	Push-Ups	1-Mile Run
Male	102	18	N/A	7.8	95	75	5:20
Female	66	7	63	8.6	95	50	6:00

TABLE 2. Goals/Comparable to average candidate performance scores by event and gender.

	Basketball Throw	Pull-Ups	Flexed Arm Hang	Shuttle Run	Modified Sit-Ups	Push-Ups	1-Mile Run
Male	69	12	N/A	8.1	81	62	6:29
Female	42	2	31	9.4	78	41	7:30

Test Administration

The CFA is an important component of the admissions process at each Service Academy and is used to determine if candidates can meet the physical rigors of military life. The test must be administered properly and to standard to accurately reflect a candidate's physical and motor fitness and to be fair to all candidates. **The CFA must be administered by a physical education teacher (hereafter referred to as the test administrator) from the candidate's high school, Service Academy's Liaison Officer or AFJROTC Instructor.** The test must be administered according to the directions with strict adherence to the time schedule. Practice tests are highly encouraged to familiarize the candidate with the "pace" and stamina required to complete the entire test battery; however, the officially reported score must come from a single test administration. You can submit only one set of scores. If you do not pass on the first set of scores you will be asked to retake the assessment (as long as the first set of scores are submitted prior to January 31st).

Support Personnel

Additional personnel will be needed to facilitate the administration of certain events, in particular the basketball throw. It may also be prudent to have control and/or medical personnel on site during the test; however, they are not required. At a minimum, the test administrator will have an emergency action plan for getting medical help if needed.

Duties of Test Personnel

The test administrator will prepare the test site with the required equipment in advance of testing (Figure 1). The test administrator and assistant(s) will have a printed copy of the event order/instructions and will be totally familiar with all testing procedures and time limits. The test administrator will announce the event instructions immediately before each event is performed. Test administrators will have a clipboard and a pencil to record the results on the candidate's scorecard and must maintain strict professional standards.

Equipment

The following list of equipment is required to administer the CFA:

- 1 sit-up mat
- 1 100' tape measure
- 2 stop watches (minutes/seconds/tenths)
- 1 regulation men's basketball
- 1 pull-up bar
- 1-mile flat running surface

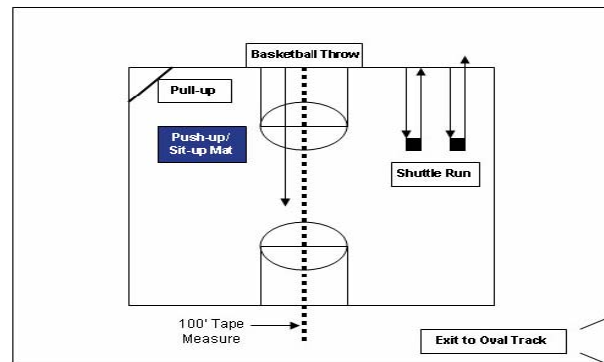


Figure 1

Test Site

From a conceptual standpoint, the CFA is designed to be administered in two adjacent venues: an indoor gymnasium and an outdoor track. The gymnasium will be of sufficient size to permit testing the basketball throw. The space needed is approximately 100 linear feet (slightly longer than a regulation basketball court). The pull-up bar will be of sufficient height (approximately 8') that the candidate's feet will not touch the floor at full extension. The bar diameter will be no greater than two (2) inches. The test administrator will prearrange the first five (5) events prior to the start of the testing.

The one-mile run (1MR) is the last event administered in the CFA. Although it may be administered in an indoor gymnasium or stadium, an 8-minute time period has been allotted for transition to an outdoor track. Regardless of the one-mile run course, the running surface will be flat and free of debris. In either the indoor or the outdoor facility, it is imperative the one-mile distance be measured accurately.

Test Procedures

On test day, the candidate should be encouraged to spend 20-30 minutes in active warm-up and stretching prior to beginning the test. The test battery must be completed according to the timeline instructions and candidates are not permitted to warm-up, rest, or practice other than during the time officially allotted. The test administrator will read the instructions printed here in large type verbatim to the candidate:

“YOU ARE ABOUT TO TAKE THE UNITED STATES SERVICE ACADEMIES’ CANDIDATE FITNESS ASSESSMENT. THIS TEST WILL MEASURE YOUR MUSCULAR STRENGTH AND ENDURANCE, CARDIORESPIRATORY ENDURANCE, AND MOTOR FITNESS. THE RESULTS OF THIS TEST WILL BE USED IN THE ADMISSIONS PROCESS AT EACH SERVICE ACADEMY BY DEMONSTRATING YOUR LEVEL OF PHYSICAL AND MOTOR FITNESS. LISTEN CLOSELY TO THE TEST INSTRUCTIONS. YOU MAY CEASE WORK WHEN YOU HAVE SCORED THE MAXIMUM FOR ANY INDIVIDUAL EVENT. OTHERWISE, DO YOUR BEST ON EACH EVENT. AFTER YOU COMPLETE EACH EVENT, THE TEST ADMINISTRATOR WILL RECORD YOUR RAW SCORE. IF AT ANY TIME YOU CANNOT CONTINUE TO MEET THE TIMED REQUIREMENTS, THE TEST WILL BE TERMINATED.”

Testing Instructions

The following paragraphs describe the equipment, facilities, personnel, instructions, administration, timing techniques, and test administrator’s duties for each event. You can view the CFA video instructions at <http://www.academyadmissions.com/video/cadet-fitness-requirements/>.

Events	Test Start Time	Testing Time	Rest	Total Time
Basketball Throw	0 Minutes	2 Minutes	3 Minutes	5 Minutes
Cadence Pull-ups	5 Minutes	2 Minutes	3 Minutes	10 Minutes
Shuttle Run	10 Minutes	2 Minutes	3 Minutes	15 Minutes
Modified Sit-ups	15 Minutes	2 Minutes	3 Minutes	20 Minutes
Push-ups	20 Minutes	2 Minutes	8 Minutes	30 Minutes
One Mile Run	30 Minutes	Until Completed		Until Completed

Basketball Throw

The basketball throw measures ability to generate shoulder girdle power and total body coordination and balance from a stationary position.

The candidate must:

- Keep his/her knees parallel to and behind the baseline and on the floor during the event. May use a mat to cushion the knees.
- In an overhand throwing motion, throw a men’s basketball as far as possible (Figure 2). The non-throwing hand may be used to steady the ball before throwing, but only one hand can be used to throw the ball.



Figure 2

Testing Sequence: The test sequence will follow the order of the events listed below. The order of events cannot be changed. There are no exceptions to this sequence of timing

- Not touch the floor beyond the baseline with any part of the body until the basketball has landed.
- Execute three trials within a 2-minute time period.

The test administrator will:

- Extend the 100’ tape measure the length of the testing area, perpendicular to the throwing baseline.
- Start the event at “0” minutes.
- Mark the point of impact with a pointer/yardstick for all three trials.
- Measure the perpendicular distance from the marked point of impact to the center-line tape.
- Record the score to the nearest foot for the trial with the greatest distance.

Cadence Pull-ups

Cadence pull-ups measure muscular strength and endurance of the shoulder and back.

The candidate must:

- Mount the bar with a pronated grip (back of the hands facing the candidate) with arms fully extended in a “dead” hang (Figure 3).
- Not swing, kick, or bicycle legs during upward movement.
- Raise the body until the jaw line is parallel to the ground and above the bar (Figure 4).
- Return to a ‘dead hang’ position to complete each repetition.
- Execute each repetition in cadence (command).



Figure 3



Figure 4

The test administrator will:

- Start event at the 5 minutes elapsed time.
- Before giving the command “GO,” ensure the candidate’s elbows are fully extended and shoulders are relaxed in a “dead hang.” If a candidate needs to use a chair to grip the bar, pull the chair away and take the time to ensure the candidate is in a straight-armed, relaxed shoulder “dead hang” before beginning. Do not allow candidates to jump off the ground or a chair to gain momentum for the first repetition. Require a short “dead hang” period before giving the command “GO.”
- On the command “GO,” start the event. When the candidate’s chin rises above the bar and is parallel to the ground, verbally announce the repetition number (e.g. 1, 2, 3,). The verbal repetition number is the candidate’s cue to start the downward movement. When the candidate’s arms are fully extended in a dead hang position, give the command “UP.” At the end of two minutes, give the command “STOP” and record the number of correctly executed repetitions.
- May steady the candidate when they are at the resting/dead hang position by extending an “arm bar” in front of the candidate, but must not be touching the candidate when they are attempting a pull-up.
- Monitor each repetition to ensure the candidate’s chin is parallel to the floor and ‘over’ the bar in the “up” position and the arms are fully extended in the “down” position. Repeat the repetition count for any pull-up attempt that does not meet the standards (e.g. 1..2..3..3..3..4).
- If a candidate reaches the maximum number of repetitions in less than two minutes (18 for men; 7 for women), give the command “STOP” and record the maximum score. Otherwise, at the end of two-minutes, give the command “STOP” and record the number of correctly executed repetitions.

Flexed-Arm Hang – Women Only

The flexed-arm hang is an alternative measure of muscular strength and endurance for women who are unable to execute one (1) correct cadence pull-up. If a woman can successfully perform one correct cadence pull-up, it is to her advantage on the scoring scale to take the cadence pull-up test. The scale score (0-100) for one cadence pull-up is higher than any length of flexed-arm hang.

The candidate must:

- Climb steps, mount box/platform, or ladder (or may be boosted up to the bar by an assistant) until her chin is above the bar (Figure 5).



Figure 5



Figure 5a



Figure 5b

Mount the bar with a pronated grip (back of the hands facing the candidate) with chin parallel to the floor and above the bar.

- Step off the platform.
- Not swing, kick, or bicycle legs during the event.
- Maintain a flexed-arm position with chin above the bar and the jaw line parallel to the ground throughout the event (Figures 8a and 8b).

The test administrator will:

- Start event at the “5” minutes lapse time.
- Give the command “GO” to start the event and the stopwatch. 5
- Monitor body position to ensure the chin remains above the bar and the jaw line is parallel to the floor.
- Record the score in seconds/tenths of seconds.



Shuttle Run

The shuttle run measures the ability to move rapidly while changing directions, which is an indicator of anaerobic power, agility, and quickness.

The candidate must:

- Begin the test with his/her entire body behind the start/finish line (Figure 6).



Figure 6

Figure 7

- On the command “GO,” the candidate will sprint 30 feet to the turnaround line. His/her foot and hand must simultaneously touch the floor on or beyond the turnaround line (Figure 7). The candidate will then sprint back to the start/finish line, touch on or beyond the start/finish line and turn, sprinting back to the 30-foot line. The candidate will touch on or beyond the turnaround line and then sprint back across the start/finish line.
- Execute two trials with a one-minute rest between trials.

The test administrator will:

- Start event at the “10” minutes lapse time.
- Measure the shuttle run course of 30’ (equates to 10 yards for a running total of 40 yards) from the baseline.
- Give the command “GO” to start the event and start the stopwatch. Monitor the candidate to ensure he/she touches on or beyond the turnaround line and the start/finish line with their hand and foot; failure to do so terminates the event.
- Stop the watch when the candidate crosses start/finish line on the second pass.
- Record the best of the two trials in seconds/tenths of seconds.
- Note: Shuttle run times of less than 6.0 will not be accepted.

Modified Sit-ups

The modified sit-ups event measures abdominal/core body muscular strength and endurance.

The candidate must:

- Assume a supine (back on floor), bent-knee position (approximately 90°) on a mat with arms crossed, fingers extended and touching the floor/mat (Figure 8).
- Upon the command “GO,” flex from the hip, raising the elbows so that they touch the front midpoint (or higher) of the thigh with the finger tips staying in contact with the top of the shoulders at all times (Figure 9); then recover by extending from the hip until the shoulder blades touch the floor/mat (Figure 9).
- Once the test begins, candidates may only rest in the “up” position with finger tips in contact with the shoulders at all times (Figure 10).



Figure 8



Figure 9



Figure 10

The test administrator will:

- Start event at the “15” minutes lapse time.
- Monitor the “start position” to ensure the candidate’s shoulder blades are touching the mat, fingers are touching the shoulders, knees are bent approximately 90°, and an assistant is properly holding the candidate’s feet (hands only on top of each ankle or foot).
- Give the command “GO” and start the stopwatch for the 2-minute trial.
- Verbally count one repetition each time the candidate’s elbows touch the thigh. (e.g. 1...2...3...).
- Monitor body position making sure during each repetition the buttocks stay in contact with the mat, knees are bent approximately 90°, fingers remain in contact with shoulders, elbows make contact with the mid-thigh or higher, and shoulder blades touch the floor/mat.
- Repeat the previous score count for any repetition that does not meet the criteria listed above. (e.g. 51...52...52...52...53...54...)
- Terminate the modified sit-up event if the candidate continuously fails to attempt to execute a repetition or rests in the “down” position.
- At the 2-minute mark, give the command “STOP” and record the number of correctly executed repetitions.
- If a candidate reaches the maximum number of repetitions in less than two-minutes (95 for men and women), end the event and record the maximum score. Otherwise, at the end of 2-minutes, give the command “STOP” and record the number of correctly executed repetitions.

Push-ups:

Push-ups measure upper body muscular endurance.

The candidate must:

- Assume a prone (belly towards the ground) position supported on one knee on a mat or floor (Figure 11).
- On the command “GET SET,” assume the front-leaning rest position (arms extended) by placing your hands just outside the shoulders with fingers facing forward; your feet may be together or up to 12 inches apart; when viewed from the side, your body will form a straight line from your shoulders to your ankles. (Figure 12).
- On the command “GO,” begin the push-up event by bending your elbows and lowering your entire body as a single unit until your upper arms are at least parallel to the ground (90 degrees); return to the starting position by extending your arms and raising your entire body as a single unit until your arms are fully extended (Figure 13).
- May rest in the “up” position, flexing or bowing the back as long as he/she does not lift a hand/foot off the floor, or touch any other body part on the floor. Must return to the straight body, front leaning rest position before attempting another repetition.

The test administrator will:

- Start the event at “20” minutes lapse time.
- Give the command “GO” and start the stopwatch for the 2-minute trial.
- Monitor each repetition making sure the body remains rigid in a generally straight line, moving as a single unit; the upper arm is parallel to the floor in the “down” position; and the arms come to full extension in the “up” position.
- Verbally count the repetition number each time the candidate returns to the “up” position. Repeat the previous score for any repetition that does not meet the criteria listed above. (e.g. 1..2..2..2..3..4..).
- Terminate the event if the candidate lifts a hand or foot off the ground or touches the ground with any body part other than hands and feet.
- If a candidate reaches the maximum number of repetitions in less than two-minutes (75 for men; 50 for women), end the event and record the maximum score. Otherwise, at the end of 2-minutes, give the command “STOP” and record the number of correctly executed repetitions.



Figure 11



Figure 12



Figure 13

1-Mile Run

The one-mile run measures aerobic capacity or the ability to use oxygen to do physical work.

The candidate must:

- Assume a starting position behind the one-mile start line (Figure 14).
- On the command “GO,” the candidate will run continuously for one-mile (walking is allowed although strongly discouraged).

The test administrator will:

- Start event at the “30” minutes lapse.
- Certify the one-mile run distance.
- Give the command “GO” and start the stopwatch.
- Monitor the candidate to make sure he/she does not:

Receive physical help during the event (pushed, pulled, picked up, or carried) or leave the designated running course for any reason.

- Not permit pacing by another person.
- Stop the watch as the candidate crosses the finish line and record the score in minutes/seconds. (e.g. 5:32).



Figure 14

Note: Candidates who have taken the CFA as an applicant for the U.S. Military Academy, U.S. Naval Academy or during one of their Summer Seminar programs can ask them to email the results of the exam to USAFA_RRS.ORGMAIL@USAFA.EDU or fax us a copy of the exam. Our fax number is (719) 333-3012. Please make sure you did well on the assessment by checking to see if your scores are close to the goals posted on page 9 before you have them sent. **If the test is disqualifying and it is your first CFA entered for the U.S. Air Force Academy we will request that you take it a second time as long as you took the first test on or before January 31st** (NOTE: If your first CFA is disqualifying we will not take a Summer Seminar program CFA as the 2nd test). **If both tests are disqualifying we will close your file. If you submit your first CFA after January 31st and it is disqualifying, your file will be closed.**

Any questions the examiner or candidate may have regarding this examination should be sent to the address below or call your counselor at their number listed on page one.

HQ USAFA/RRS
2304 Cadet Drive, Suite 2300
USAF Academy, CO
80840-5025

Medical Information

The following information is provided to help you understand the medical examination process, which will be required if you are entered into the candidate phase. You cannot schedule the official medical exam while you are in the precandidate phase.

Scheduling

Once you have entered into the candidate phase, you will need to complete three of your candidate forms before your name will be forwarded to the Department of Defense Medical Examination Review Board (DoDMERB).

Timing

The medical examination may be the longest part of the application process. Ensure you complete it as soon as possible after you enter the candidate phase. See your Instructions to Candidates booklet for more information once you enter the candidate phase.

Medical Standards

The Medical Standards for Appointment, Enlistment, or Induction into the Military Services can be accessed at <http://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/613003p.pdf>. Should you have any questions regarding causes for disqualification, please email usaf.dodmerb.helpdesk@mail.mil or call (719) 333-3562. Visit the website: <https://dodmerb.tricare.osd.mil> for additional information.



Commitment

When you arrive at the Academy, you will be asked to take the Oath of Allegiance and sign an agreement that you will fulfill the following obligations: **(Failure to take the oath will cancel all entitlements to travel expenses to the Academy as well as travel expenses back to your home.)**

- a. Complete the course of instructions at the Academy and serve on active duty as a commissioned officer at least five years after graduation.
- b. If authorized to resign from the Air Force before the eighth anniversary of your graduation, serve as an officer in the Reserve Component until that eighth anniversary.
- c. The active duty commitment for those disenrolled prior to graduation varies according to the manpower needs of the Air Force and the number of years the cadet has attended the Academy. However, freshmen and sophomore cadets will ordinarily be completely relieved from all military duty, active or reserve.

Failure to perform the required period of active duty may incur a liability to reimburse the United States government for an appropriate portion of the cost of your Academy education. (Contact USAFA Finance (719) 333-6982 for exact amount).





UNITED STATES
AIR FORCE
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Air Force Academy Admissions Office

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2304 Cadet Drive Ste 2300
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www.academyadmissions.com