

## VOLUNTEERS- SEAL CHALLENGE CONTRACT OVERVIEW

- Reference:
- a. COMNAVCRUITCOMINST 1130.8F Chapter 2
  - b. MILPERSMAN, 1220-120

**VOLUNTEERS** - This program is only offered to male recruits that have **NOT** secured a SEAL CONTRACT prior to joining the United States Navy. All Recruits are processed at RTC Great Lakes, during the 1<sup>st</sup> week of boot camp (1-4 day) your boot camp company will be briefed on Naval Special Operation (SEAL, SWCC, EOD, DIVERS). This will be your opportunity to request the Physical Screen Test (PST). Upon successfully completion of the PST you will be interview by a Naval Special Operation Motivator (NSOM). The motivators will submit a request on your behalf for re-classification. A SEAL challenge contract will not be granted to you. You will **not** be authorized to receive the benefits that are granted to applicants that have secured the SEAL challenge candidate prior to joining the Navy. There are **NO** guarantees that you will be allowed more than one (1) opportunity to take the PST.

\*Note: not all ratings are eligible for reclassification. Please check the website for the current source rating.

**Requirements:** IAW REF (a) (b)

- a. Eyesight - 20/40 in one eye and 20/70 in the other eye, correctable to 20/20

**Waiver: 20/70; 20/100 or better**

- d. No color blindness
- e. Must be 28 years old or less

**Waiver: 29 & 30 years old**

- f. Be E-6 or below
- g. Must be a U.S. Citizen

The Physical Screening Test (PST) is a requirement of the contract. You will be tested during the 1<sup>st</sup> week of your training at Boot camp. The Physical Screen Test is given to ensure that all applicants for the SEAL program display a standard level of athletic proficiency before arriving at BUD/S. You should be in a progressive physical conditioning program to best prepare yourself for the demands of BUD/S training.

You will be given at least one (1) opportunity to pass the minimum PST score. Failure in any portion of the PST is a disqualifier IAW REF (a). If you do not pass the PST during RTC (Boot Camp) you will attend your "A" School for your source rating.

\*\*Note you can apply for SEAL program when you arrive at your duty station.

**The PST is as follows:**

500-yard swim using breast and/or sidestroke in under 12 minutes and 30 seconds

**10-minute rest**

Perform a minimum of 42 push-ups in 2 minutes

2-minute rest

Perform a minimum of 50 sit-ups in 2 minutes

**2-minute rest**

Perform a minimum of 6 pull-ups (no time limit)

**10-minute rest**

Run 1 ½ miles wearing boots and long pants in under 11 minutes and 30 seconds