TACP Officer Assessment and Selection

APPLICATION PROCESS

Contact Email: 93AGOW.A3T@us.af.mil

“The strong SHALL stand…the weak WILL fall by the wayside”

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Note: The ALO Aptitude Assessment has been re-named to reflect the new title of the 13L: TACP Officer. Until all documents can be updated, the terms ALO and TACP Officer (TACPO) both refer the 13L Air Force Specialty Code (AFSC). The TACP Officer Assessment and Selection Process is in most ways identical to the AAA application and assessment process. The 93 AGOW has assumed control from ACC/A3J of the TACP Officer Assessment and Selection program and will be responsible for all coordination following AAA 19-02 in March 2019. Future Phase Two selections will be called TACP Officer Phase Two (TOPT) rather than AAA. The abbreviation TACPOAS used in this document stands for TACP Officer Assessment and Selection, and refers collectively to the entire application and assessment process.

1. OVERVIEW

Introduction. Thank you for your interest in the TACP Officer career field (formerly Air Liaison Officer, or ALO), Air Force Specialty Code (AFSC) 13L. This document outlines the application procedures for becoming a TACPO. Applicants familiar with earlier versions of this package should review this document thoroughly as it has
Career Field Description. The TACP Officer specialty integrates joint fires during joint and multinational operations. TACPO’s develop joint fires support plans in the course of the targeting cycle to maximize lethal and nonlethal effects during deliberate and dynamic targeting. They participate in target product development, employment, collateral damage estimation, provide assessment of munitions effectiveness and battle damage, and deliver reattack recommendations. As joint leaders and the direct representatives of the Combined/ Joint Force Air Component Commander, TACPO’s are the primary Air Force advisors to US Army, joint, multinational and special operations ground force commanders for the integration of air, space, and cyberspace power. TACPO’s plan, request, coordinate, and control Close Air Support as Joint Terminal Attack Controllers (JTAC). They synchronize and integrate combat air space, artillery, naval gunfire and intelligence, surveillance and reconnaissance (ISR). They may also assign aircraft to ground force immediate support as Joint Terminal Attack Controllers (JTAC). They synchronize and integrate air-ground operations within their assigned ground force operations area. Furthermore, they lead, plan, organize, and supervise day-to-day Tactical Air Control Party (TACP) Weapons System activities in-garrison and forward deployed. As Special Warfare Airmen, TACPO’s operate under the most austere conditions for extended periods, independent of an established airbase or its perimeter defenses. When deployed with tactical ground forces, TACPO’s employ small unit tactics, conduct close quarters battle, casualty collection, vehicle operations, and prepare deployed sites. TACPO’s aligned with Army Airborne or Air Assault units will be required to complete and maintain the appropriate qualifications.

2. CAREER FIELD ELIGIBILITY

The demanding nature of the TACPO career field presents challenges on day one, requiring exceptional leadership qualities to ensure success. Maturity, strong analytical decision making, physical fitness, mental agility, professionalism, interpersonal skills, and technical competency are signifying characteristics of the TACPO. Eligibility criteria for males and females are listed below:

- Security clearance: Applicant must be eligible to obtain a Top Secret clearance
- Retention: 6-year active duty service commitment upon completion of training pipeline
- Volunteer for Hazardous Duty (JTAC and static-line parachuting)
- Background: Outstanding resume and no negative personal history
- Medical: Class III Flying Physical to support static-line parachute duty
- Physical Fitness: At a minimum, candidates must satisfactorily complete the minimum scores on the Physical Ability and Stamina Test (P.A.S.T.) *Updated March 2019
- Each candidate must complete and maintain the requirements for ALO duty as detailed in the Air Force Officer Classification Directory, to include completion of the TACP Officer training pipeline. Failure to complete all training requirements will result in AFSC reclassification in accordance with USAF instructions.

Upon completion of the TACP Schoolhouse/ALO Basic (Course # L3OBR12L1), you will incur a 72 month (6 year) Active Duty Service Commitment in accordance with AFI 36-2107.

3. TACP OFFICER APPLICATION PROCEDURES.

In FY20, TACP Officer Assessment cycles will be conducted four times. The assessment process is designed to select the right candidate, while minimizing time and resources. Each cycle has two phases: Phase I and Phase II. In Phase I, the 93 AGOW, Chief of TACP Officer Accessions, organizes and conducts a board to select the top applicants. These applicants are invited to attend Phase II Selection, called the TACP Officer Phase Two (TOPT), formerly AAA. Candidates must be able to attend TOPT as scheduled. Candidates selected during the Phase I board who subsequently prove unable to attend TOPT may be rescheduled if slots are available at a later date. Assessment cycles are as follows (Phase Two dates subject to change):

- 20-1 Phase I applications due: 09 Aug 19 TOPT: 27 Oct – 01 Nov 19
- 20-2 Phase I applications due: 13 Dec 19 TOPT: 08 - 13 Mar 20
- 20-3 Phase I applications due: 06 Mar 20 TOPT: 16 - 21 May 20
- 20-4 Phase I applications due: 12 Jun 20 TOPT: 23-28 Aug 20

TOPT is a one-week evaluation assessing each candidate’s aptitude to complete the training pipeline and perform the duties of a TACP Officer. Receiving an invitation to TOPT means the Phase I selection board would like to take a closer look at a candidate’s potential to become a TACP Officer. Your decision to attend is voluntary and non-binding. Candidates must attend TOPT in TDY status, which is normally funded by Air Combat Command (ACC). Being selected at TOPT means the selection board has approved your entry into the career field and pipeline.
training. All candidates are informed of their status (select, non-select, or non-select AND do not reapply) prior to departure of TOPT.

**AFROTC/USAFA Academy Cadets:** Cadets should submit a Phase I package before they are classified in another AFSC, ideally, at least 12-18 months before forecasted commissioning date. ROTC cadets must have successfully completed Field Training before applying. ROTC and USAFA cadets should apply during their junior year, however, senior cadets are not prohibited from applying. All ROTC and USAFA candidates who have been selected for an AFSC should coordinate with AFPC/DPSIP to ensure release eligibility. You won’t lose your current AFSC unless/until you are selected for the TACP Officer career field following TOPT.

**Inter-service Transfers (IST):** Officers in other services seeking to apply must be O-3 or below and have no more than 8 years TAFCS by the start of TOPT. Prospective applicants should first reference AFI 36-2004, *Inter-service Transfer of Officer* and the Air Force Personnel Center’s IST information website: [https://myers.af.mil/app/answers/detail/a_id/13457/kw/Interservice%20Transfer/p/8.9](https://myers.af.mil/app/answers/detail/a_id/13457/kw/Interservice%20Transfer/p/8.9). Bear in mind that selection at TOPT does not guarantee an approved inter-service transfer; the processes are independent of each other. Those seeking IST are encouraged to wait until they are selected before submitting official IST paperwork for their service. For additional information, contact 93 AGOW, TACP Officer Assessment and Selection (TACPOAS) at 93AGOW.A3T@US.AF.MIL.

**Officer Training School (OTS):** Enlisted applicants will first submit their modified Phase I package for records review (See attached OTS-specific “ALO Commission Eligible Review Checklist”). Upon selection via Phase I, 93 AGOW, TACPOAS will confirm applicant’s commissioning eligibility. Once commissioning eligibility is confirmed, applicants will be notified of an invitation to TOPT. If selected at TOPT, candidates will then be processed by 93AGOW, AFPC, and OTS accessions for a future OTS class date to commission as a 13L.

Candidates will not apply directly to OTS. Candidates MUST apply through the TACPOAS application process and will submit the required items outlined in the “TACP Officer Commissioning Eligibility Review Checklist” and BOT guide in addition to the normal Phase I candidate package.

**Active Duty USAF:** Active Duty officers must be O-3 or below and have no more than 8 years TAFCS by the start of TOPT. One-year Time on Station (TOS) is required prior to PCS, however in most cases the officer will attend TACP Officer Prep Course and TACP Officer Basic Course in TDY status from his/her current duty location, which reduces the impact of the TOS requirement. Applicants do not require release from their career functional managers to apply for Phase I. Any Airman who meets the eligibility criteria and initial qualification requirements will be released from their current career field to pursue crossflow/retraining regardless of manning levels within their current career field. In the event the trainee is not selected from TOPT, he/she will be reinstated into his/her prior career field.

**Civilians:** Civilians may now apply to become a TACP Officer through the Battlefield Airman Sponsor Program (BASP) and will apply through an Air Force Special Operations Recruiter (SOR). 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 BASP for the purpose of completing Phase II selection process if the civilian completes Phase I of the TACP Officer Selection process. The SOR and BASP program manager is responsible for gathering and submitting TACPOAS documents. After successful completion of Phase II, the BASP participant will remain contracted in BASP 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 Operations Recruiter (SOR) in their local area. Civilian recruits must meet the following criteria to be eligible:

- Be between 18 and 39 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 BASP. College graduates must provide a copy of his/her college graduation degree and certified copy of official transcripts from the university/college registrar.
Candidates should be prepared for the following:

- Those selected at Phase II, will have to complete Officer Training School (OTS) prior to beginning STO/CRO training. Phase II selection does not guarantee acceptance into OTS. The OTS application process is separate from Phase I and Phase II. The SOR and/or BASP Program Manager will provide the application, information and requirements needed at the conclusion of Phase II.

Interested civilians should contact the BASP Program Manager @ 330RCS.OL-E.BASP@us.af.mil for further details.

Required documents for BASP applicants are detailed in Annex A. Additional documents may be required. Questions about the BASP process should be directed to your SOR or 330RCS.OL-E.BASP@us.af.mil 93 AGOW only conducts the Assessment and Selection portion of the recruiting process.

First-Time Non-Selects: Candidates who attend AAA/TOPT but are not selected are not guaranteed any invitation in future selection cycles. If the assessment cadre identify deficiencies/weaknesses that they would like to see corrected before accepting you into the TACP community, you must submit an updated application that addresses those deficiencies. You may elect to use the same recommendations, but all other information should be updated appropriately, and you must accomplish a new PAST.

4. PHASE I

Phase I applications are due by the date specified in paragraph 3. An application may be sent any time, but once received it will be submitted for the next available board. 93 AGOW/A3T leads the Phase I selection process, which is conducted by a board of current 13Ls and senior enlisted TACP’s.

All candidates will receive an email notification no later than two weeks after the submission deadline to inform them of their selection status—if an applicant does not receive notification, then the applicant may request a status update. FEEDBACK ON PHASE I PACKAGES WILL NOT BE PROVIDED. Detailed feedback is a time-consuming process, and since packages are boarded against all other applications, highly qualified applicants are often cut due to intense competition and occasionally due to career field manning. If you are not selected, review your application, improve your PT scores, edit any personal statements and leadership recommendations and re-apply. Example packages or detailed descriptions of what to write will not be provided.

5. PHASE II (TOPT)

TACP Officer candidates will participate in activities that will test their physical and leadership abilities for the purpose of determining if they have the potential to command and operate as Special Warfare Airmen in the complex and fluid Joint combat environment. TOPT is a rigorous assessment program that introduces stress inoculation into leadership evaluations, problem solving events, ruck marches, running for distances up to 8 miles, and strenuous physical fitness events. Candidates are also assessed through a battery of psychological testing and interviews and gauged on their ability to present scenario-based briefings in a high stress environment. To best prepare for the physical and mental rigors of TOPT and the 13L AFSC, prospective candidates should be in top physical condition prior to attending. The entry-level ruck march standard is 4 miles in 60 minutes with a 45 lb ruck sack, conducted in utility uniform (ABU, ACU), boots, combat helmet and M-4 training rifle. TACP Officer is a volunteer career field; as such, applicants may remove themselves from consideration at any time.

Your performance will be evaluated as a team member and as an individual. You will be pushed physically and mentally beyond your comfort zone to assess those critical attributes in adverse situations. The cadre will observe and take notes on everything you do, as you will be expected to perform to the best of your ability in all events. These observations will be the basis for a selection recommendation and long-term analysis. The data will also be used to provide critical feedback to enhance your personal and professional growth.

Billeting will be coordinated for all candidates. Candidates will be billeted together for the duration of TOPT. There are four ways to be dismissed during TOPT. (1) Failure to pass the PAST during TOPT is grounds for immediate dismissal. (2) Medical disqualification resulting from a medical assessment to determine your ability to safely continue TOPT. (3) Self-Initiated Elimination (SIE) means that you no longer wish to continue in the assessment. (4) Lastly, Quitting by Action (QBA) is a TOPT policy that allows the cadre to issue warnings during an assessment event, for candidates demonstrating a lack of motivation or effort to continue or perform at the required level of effort. Exceeding the maximum QBA warnings are grounds for removal from the assessment. If a candidate SIE’s or QBA’s, he/she will not be considered again for any future TACP Officer assessment.

Candidates should be prepared for the following:

- Extensive psychological testing and interviews
- Briefing and writing skills evaluations
- Problem solving events
- Leadership ability evaluations
Those selected at TOPT will be scheduled for the TACP Officer Initial Skills training pipeline. New accessions to the Air Force (ROTC/USAFA, ANG recalls, Inter-Service-Transfers) will initially PCS to their duty location, then attend training in a TDY status. Crossflow officers will attend TDY from their current duty location, then PCS to their first TACP Officer duty station. TACP Officer Initial Skills training begins with the TACP Officer Prep Course, followed by the TACP Officer Basic Course at Lackland AFB, TX; the Joint Firepower Course (JFC) and Basic ALO Skills Course (BASC) at Nellis AFB, NV; and finally, Air Force SV-80 Survival School (SERE) at Fairchild AFB, WA.

- Ruck marches
- Running
- Calisthenics sessions of various exercises
TACP Officer Phase I Application Instructions & Example

PHASE I APPLICATION INSTRUCTIONS

Proof read 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 reflect the applicant’s professionalism. As a rule, successful Phase I applications are concise, easy to understand, and are not filled with extraneous information and platitudes. Your success in the TACP community begins with this application.

The application will include the following in this order:

1. **TACP Officer Candidate Data Summary (version 11)**
   a. USAFA cadets must obtain Air Officer Commanding (AOC) and Group AOC (no higher) endorsement in block 14 and 15 of the Candidate Summary Sheet.
   b. AFROTC cadets must obtain Commandant of Cadets (COC) and detachment commander’s endorsement in block 14 and 15 of the Candidate Summary Sheet.
   c. Officer/Enlisted (OTS) candidates should obtain squadron and group commander (or equivalent) endorsement in block 14 and 15 of the TACP Officer Candidate Summary Sheet.

2. Hazardous duty volunteer statement

3. **Medical Clearance**:
   a. Active Duty/ANG/AFRC/IST: AF Form 2992 or 422 stating that the applicant meets the physical requirements for ground-based aircraft controller duties, is preferred. However, a records review by a PCM will be sufficient prior to TOPT Phase II. **Records review must be documented in an official memorandum with the required statement below.**
   b. ROTC/USAFA: Cadets who do not have access to a local flight surgeon are exempt from obtaining the GBC physical for Phase I and will instead submit a DoDMERB (DoDMERB does not have to be within 18 months).
   c. IST: A records review by a PCM documented in an official memorandum with the required statement below:

   **Mandatory statement:**
   "Based on full record review, member is medically qualified for continued enlistment, commissioning and cleared for worldwide duty in AFSC 13L, TACP Officer. The member does not have an assignment limitation code and is not in the process of meeting a medical evaluation board (MEB). Member has/has not had PRK or Lasik surgery. Surgery date was on __________,” (if applicable).

   Or

   "Based on full record review, member is medically qualified for continued enlistment, commissioning, but requires the following waivers for worldwide duty in AFSC 13L, TACP Officer:

   The member does not have an assignment limitation code and is not in the process of meeting a medical evaluation board (MEB). Waiver has been submitted on __________. Member has/has not had PRK or Lasik surgery. Surgery date was on __________,” (if applicable).

4. Endorsed Physical Aptitude Stamina Test (PAST)

5. Performance History Documents:
   a. Active Duty/ANG/AFRC: Last three OPRs or EPRs (as applicable).
   b. ROTC/USAFA: In-Garrison Training/Field training reports or other Available training reports
   c. IST: Last three Service Branch specific performance reports
   d. BASP: Three Letters of Recommendation and OTS Applicant Data Sheet or Resume

6. Active Duty OTS Candidates only: All additional documents as required by Commissioning Eligibility Checklist

Scan all documents into a *single* pdf file with the following naming convention: **lastname_firstname_selection-number_TACPO** (e.g. norris_chuck_20-2_TACPO). If you are unable to scan all documents into one, consolidate as much as possible using the above naming convention for the applicable selection cycle. Email completed, signed
and encrypted TACP Officer Candidate application packages to: 93AGOW.A3T@US.AF.MIL. If unable to send an encrypted email, do not include PII (e.g. social, birthdate) in the application. Large files can be sent encrypted using the AMRDEC safe file transfer application.

USAFA/ROTC cadets will not submit their own applications. All cadets will submit through their current detachment/unit leadership.

93AGOW/A3T will confirm receipt of your application. Please allow a minimum of 48 hours for processing. If not received, contact 93AGOW/A3T as soon as possible at DSN 460-6348, Comm: (229) 257-6348.

Additional Notes: Candidates are also encouraged to contact a current 13L TACP Officer for mentoring and to become familiar with the duties and responsibilities of a TACP Officer. 13L mentors will be assigned by 93 AGOW/A3T via email only if specifically requested. If you know a TACP Officer or have reached out through another means like the 13L Facebook group, do not feel obligated to submit a request for a mentor.

Applicants are reminded to review AFI 33-332, Privacy Act Program: (1) Chapter 7, in particular paragraph 7.3, Sending Personal Information over Electronic Mail; (2) Using Privacy Act Labels, paragraph 10.2.2; and (3) Chapter 12, Disclosing Records to Third Parties. Also, review DoD 5400.7-R/AF Sup, DoD Freedom of Information Act Program, Chapter 4, FOR OFFICIAL USE ONLY and paragraph C4.2.1, Location of Markings. Please ensure you take appropriate action to protect any PRIVACY ACT or personal identifying information prior to forwarding your application.
**AUTHORITY:** 10 U.S.C., Armed Forces, 8013, Secretary of the Air Force, and EO 9397. 

**PRINCIPLE PURPOSE(S):** Used to apply for Air Liaison Officer duties; and to determine if applicant meets course prerequisites and is qualified for the course he has applied. May be used by TACP Officer Selection Board officials to consolidate training and applicant data during the selection process. 

**ROUTINE USES:** None.

**DISCLOSURE IS VOLUNTARY:** Failure to provide the information or SSN may delay the individual the opportunity to attend the required course. 

**PRIVACY ACT OF 1974 APPLIES** – FOR OFFICIAL USE ONLY

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### I. APPLICANT DATA

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<td>1 Lt JOHN A. DOE</td>
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<td>2. SSN</td>
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<td>3. DATE OF BIRTH</td>
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<td>4. CELL/HOME PHONE (Commercial)</td>
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<td>5. WORK ADDRESS and EMAIL ADDRESS</td>
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<td>c. TAFCS (Total Active Federal Commissioned Service Date)</td>
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<td>d. UNIT AND DUTY STATION</td>
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<td>e. AERONAUTICAL RATING (Military/DATE AWARDED AIRBORNE, PILOT, etc.)</td>
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<td>f. DUTY PHONE (DSN)</td>
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<td>g. COMMANDER’S NAME AND RANK</td>
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<td>h. COMMANDER’S PHONE</td>
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<td>i. COMMANDER’S EMAIL</td>
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### II. ACADEMIC DATA – CURRENT OFFICERS USE UNDERGRAD DEGREE ALREADY AWARDED

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<td>a. USAF FITNESS SCORE (Mandatory)</td>
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<td>b. ARMY FITNESS SCORE (if applicable)</td>
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### III. SPECIALIZED SKILLS OR EXPERIENCE – LIST BELOW (ie., Airborne, Ranger, Combat Deployments, Certifications)

12. LIST COURSES AND/OR EXPERIENCES HERE. CADETS AND CIVILIAN APPLICANTS MAY INCLUDE WORK HISTORY AND OTHER RELEVANT CERTIFICATIONS, AFFILIATIONS, OR ACCOMPLISHMENTS.

### IV. APPLICANTS REMARKS

13. REMARKS

This area is provided to give the assessment board an initial understanding of your character, personality and motivation to become a TACP Officer. It should be honest, clear, and concise.

Consider:

1. Your personal background and/or an explanation of your experiences and involvements before or during military service
2. An identification and explanation of your perceived strengths and weaknesses
3. A discussion on what attracts you to become a TACP Officer
4. Why TACP Officer is the right career for you

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**DATE**  
XX JAN XX 

**TYPED NAME AND GRADE OF APPLICANT**  
JOHN A. DOE, Rank, USAF 

**SIGNATURE**  

**RECOMMENDATION**
THIS APPLICANT IS RANKED NUMBER X OF X PEERS or APPROPRIATE UNIT PEER STRATIFICATION  
Commander’s assessment on the applicant. Limited to 1 paragraph. DO NOT USE BULLET FORMAT.)  
Include a statement that the candidate has begun road (ruck) march training in preparation for the AAA.  

This does not rise to the level of an OPR. We are looking for an honest assessment of the candidate’s suitability for a career as a TACP Officer.

DATE  
XX JAN XX  
SIGNATURE

**INSTRUCTIONS**

1. Self-explanatory. Enter N/A as appropriate.

2. Self-explanatory. Current students enter expected graduation date and complete AFRS Form 1413.

3. Self-explanatory. Enter N/A if Army Fitness Test has not been accomplished.


5. Applicant remarks. Two paragraphs maximum using normal sentences (no bullet statements). Paragraph 1 will explain applicant’s background and perceived strengths and weaknesses. Paragraph 2 will explain why applicant wants to become an Air Liaison Officer, and why this career field is right for him/her.

6. Must be completed by the applicant’s current Squadron Commander, Commandant of Cadets, or CS AOC, or equivalent, in sentence format. First sentence should read, “THIS APPLICANT IS RANKED NUMBER _____ of _____. Provide a stratification of the applicant against peers at that unit/institution.

7. Must be completed by applicant’s current Group Commander, Detachment Commander, Group AOC, or equivalent (not above senior rater) in sentence format. First sentence should read, “THIS APPLICANT IS RANKED NUMBER _____ of _____. Provide a stratification of the applicant against peers at that unit/institution.
MEMORANDUM FOR TACP OFFICER PHASE I SELECTION BOARD

FROM: Lt. John A. Doe
1 ASOS
Anywhere AFB, CA 90210

SUBJECT: Volunteer for Hazardous Duty

1. I, (Insert Name Here), hereby apply to become a TACP Officer and volunteer to perform hazardous duties inherent to Tactical Air Control Party and Special Warfare operations. Specifically, I volunteer to control close air support missions as a Joint Terminal Attack Controller under any and all conditions, including hostile action against an armed enemy in accordance with AFI13-113V1, Tactical Air Control Party Training Program. 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 (6) active duty service commitment in accordance with AFI36-2107, Active Duty Service Commitments, Rule 25, Note 16. To the best of my knowledge, the information contained in this application is true.

(signature required)
JOHN A. DOE, Lt, USAF
Duty Title
TACP Officer Phase I Physical Ability and Stamina Test (PAST) Criteria

THESE INSTRUCTIONS HAVE BEEN MODIFIED FROM THE OFFICIAL PAST CRITERIA BY THE
FOR APPLICANTS TO THE TACP OFFICER CAREER FIELD. DO NOT USE THE FORM BELOW
FOR ANY PURPOSE OTHER THAN COMPLETION OF THE FIVE PAST EVENTS REQUIRED FOR
TACP OFFICER PHASE I APPLICATIONS.

THE PAST CRITERIA HAVE BEEN UPDATED EFFECTIVE 01MAR2019.

The purpose of the PAST is to assess a candidate’s current physical condition for potential entry into the TACP Officer training. For Phase I applications, the candidate must complete five events: 1.5 mile run, pull-ups, sit-ups, push-ups, and a 500 meter surface swim. You must complete the events to the best of your ability and have them documented by a certified fitness assessment administrator or supervisor. Test scores will be reviewed and used as a discriminator when selecting applicants to attend Phase II. Test administrators must conduct this test in the order and time limits listed below. Record PAST results on the PAST worksheet under the TACP/1C4 column. Test administrators (PTL in absence of functional personnel) will sign, have commanders/superintendents endorse test results, and provide a copy to the member.

The PAST requirements are designed to test for a minimum fitness level for entry into the 13L TACP Officer training pipeline. Although you are not required to “pass” the test for Phase I, you MUST pass the test on Day 1 of TOPT or be subject to immediate dismissal. WE LOSE APPROXIMATELY 40% OF OUR CANDIDATES ON Day 1 for PAST FAILURES!

The following are the minimum physical requirements needed to participate in the TOPT. Please ensure you can exceed these standards prior to your arrival at the TOPT. Failure to meet these standards on day 1 of TOPT will result in immediate dismissal from consideration. The test will be conducted in the order listed below.

NOTE: Exercise form is strictly enforced during the PAST and in the training pipeline. Repetitions done without proper form will not be counted and could be the difference between pass and fail.

Sit-ups: 50 (2 minutes)
Form: 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 or be placed under a “toe-hold” bar. Count one; sit up so that the back is vertical to the 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. There is no authorized rest position.

2-minute rest

Push-ups: 40 (2 minutes)
Form: Push-ups are a two-count exercise. Starting position is hands, approximately shoulder width apart, arms, back, and legs must remain locked 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.

2-minute rest

Pull-ups: 8
Form: Pull-ups are a two part exercise. Starting position is hanging from a bar, palms facing away from the candidate with no bend in elbows (“dead-hang”). Hand spread is approximately shoulder width apart. Count one; pull the body up until the chin is over 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 or releases from the bar, the exercise is terminated.

2-minute rest

1.5-mile run: 10:20
Form: Physical training (PT) clothes and good running shoes are the only required items. The run must be conducted on an accurately measured course, preferably a running track.

10-minute rest
**500-meter swim: 12:30** *This event is recorded for data only. Failure to meet this minimum score will not prevent you from applying for or participating in TOPT. Applicants are required to attempt this event.*

Form: Any stroke or combination of strokes may be used. The swimmer begins in the water, touching or holding on to the side of the pool with one hand. Candidates may push off the wall with their feet and use any technique for turns. 25-meter or 50-meter pools may be used for this event. Swim-wear appropriate for exercise, goggles, and a swim cap are the only authorized items a candidate may wear while conducting this event (no fins, snorkels, watches, or other devices). Resting does not disqualify the candidate, but the candidates must remain in the water for the duration of this even. Time is kept continuously from start until the completion of 500 meters. If the candidate is unable to complete 500m, provide an estimate of the distance completed and elapsed time at the termination of the event.
# Physical Ability Stamina Test (PAST) Evaluation Worksheet

## I. Test Information
- **Date:**
- **Start Time (Local):**
- **Test Site Name/Address:**
  - **Street Address:**
  - **City:**
  - **State/Country & Postal Code:**
- **Recruiter (Rank, Last Name, First Name, Mi):**
- **RIC Code:**
- **Unit:**
- **Test:**
- **Initial:**
- **EAD:**
  - **Other (Explain):**

## II. Applicant's Information
- **Rank:**
- **Name (Last, First, Middle Initial):**
- **Deskfile ID:**
- **EAD:**
- **Address (Street Address, City, State/Country & Postal Code):**
- **Telephone:**
  - **Home:**
  - **Work:**
  - **Mobile:**

## III. Test Results
### Test Component
- **Final Results**

<table>
<thead>
<tr>
<th>PJ (1T2X1)</th>
<th>CCT (1C2X1)</th>
<th>SOWT (1W2X2)</th>
<th>TACP (1C4X1)</th>
<th>SRE (1TQX1)</th>
<th>EOD (3EQX1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>3</td>
</tr>
</tbody>
</table>

#### Pull-ups in 2 Minutes
- **Total Repetitions:**
  - 50
  - 50
  - 50
  - 50
  - 48
  - **Not Tested**

#### Sit-ups in 2 Minutes
- **Total Repetitions:**
  - 40
  - 40
  - 40
  - 40
  - 48
  - **Not Tested**

#### Push-ups in 2 Minutes
- **Total Repetitions:**
  - Minimum 2-Minute Rest Period
  - Minimum 10-Minute Rest Period
  - Lap Times (Use spaces as needed for test facility)
    - 1.
    - 2.
    - 3.
    - 4.
    - 5.
    - 6.
    - 7.
    - 8.
    - 9.
    - 10.
    - 11.
    - 12.
    - 13.
    - 14.
    - 15.
    - 16.
    - 17.
    - 18.
    - 19.
    - 20.
    - 21.
    - 22.
    - 23.
    - 24.
    - 25.

- **Lap Distance:**
- **Finish Time:**
  - 10:20
  - 10:20
  - 10:20
  - 11:00
  - 11:00
  - **Not Tested**

#### 25m Underwater Swim 2 (PJ/CCT/SOWT Only)
- **Finish:**
  - **Not Tested**

#### 25m Underwater Swim 1 (PJ/CCT/SOWT Only)
- **Finish:**
  - **Not Tested**

#### 500m Surface Swim (PJ/CCT/SOWT/TACP)
- **Lap Times (Use spaces as needed for test facility)
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  - 7.
  - 8.
  - 9.
  - 10.
  - 11.
  - 12.
  - 13.
  - 14.
  - 15.
  - 16.
  - 17.
  - 18.
  - 19.
  - 20.
  - 21.
  - 22.
  - 23.
  - 24.
  - 25.

- **Lap Distance:**
- **Finish Time:**
  - 12:30
  - 12:30
  - 12:30
  - **DATA ONLY**
  - **DATA ONLY**
  - **DATA ONLY**
  - **200m Swim**
  - **10:00**
  - **Not Tested**

### IV. Certification
- **Applicant:** I certify that I was administered the PAST and have validated all information on this worksheet.
- **Applicant's Signature:**
- **Date:**

- **Test Administrator Certification:** I certify that I am trained and certified to conduct the PAST and that the applicant named above was tested at the recorded time and location, and performed as recorded above.
- **Test Administrator (Rank, Name, Unit/Office & Signature):**
- **Date:**

- **Commander's Endorsement:** I certify that the Test Administrator above is fully qualified to administer the Physical Ability and Stamina Test (PAST).
- **Commander's Name & Signature:**
- **Unit:**
- **Date:**