



# Instructions To International Candidates

Class of **2019**







## DEPARTMENT OF THE AIR FORCE

DIRECTORATE OF ADMISSIONS  
UNITED STATES AIR FORCE ACADEMY  
USAF ACADEMY, COLORADO

HQ USAFA/RR  
2304 Cadet Dr., Suite 2300  
USAF Academy CO 80840-5025

Dear International Candidate

Congratulations on your nomination for admission to the Air Force Academy. This booklet will help you complete our admissions forms. Please read it carefully and keep it for reference. You must complete all requirements outlined in this booklet and they must be received by Admissions no later than **March 31, 2015**. We encourage you to complete your forms as soon as possible, however. The earlier you complete your “**Candidate Checklist**”, the sooner you will be considered for an appointment. By completing your forms early you will also receive timely feedback on what is necessary to make your application more competitive for an appointment. The international appointments will be made in late April.

Most of the required admissions forms can now be completed and submitted electronically via the internet. The US Defense Attaché Office will provide you with login information.

If you need assistance with any part of your application, please contact the US Defense Attaché Office at the American Embassy in your country or the US representative assigned to assist you.

I wish you every success in joining the Class of 2019.

Sincerely

A handwritten signature in black ink, appearing to read "Phillip Drew Prosseda".

PHILLIP DREW PROSSEDA, Ph.D.  
Chief, Selections Division



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# Action List for International Candidates

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	<b>Date Action Completed</b>
1. Register immediately for the College Board's Scholastic Aptitude Test (SAT) or the American College Testing Program test (ACT).	_____
<b>Return all paper documents to the US Embassy or applicable US Office no later than 1 March. That office will send the documents to the Air Force Academy Admissions office. Documents marked with (*) can be submitted electronically to Admissions via your on-line candidate file at <a href="https://admissions.usafa.edu/secure/online/onlineapplication.exe">https://admissions.usafa.edu/secure/online/onlineapplication.exe</a> .</b>	
<b>All required documents are to be received by the Air Force Academy Admissions office no later than 31 March.</b>	
2. Physician's Statement (to include English translation).	_____
3. Drug and Alcohol Abuse Certificate (AF Form 2030*).	_____
4. Air Force Academy Candidate Activities Record (USAFA Form 147*).	_____
5. Air Force Academy Candidate Personal Data Record (USAFA Form 146*).	_____
6. High School Transcript (to include certified English translation and explanation of grades).	_____
7. Preparatory School Transcript (if applicable) (to include certified English translation and explanation of grades).	_____
8. College Transcript (if applicable) (to include certified English translation).	_____
9. Birth Certificate (to include English translation).	_____
10. Writing Sample*	_____
11. USAF Academy Candidate Fitness Assessment (CFA) (USAFA Form 0-158*).	_____

# General Information

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**Please follow the directions in this booklet; it was prepared as a guideline for completing your admissions forms.**

## Basic Eligibility

To be eligible for an international appointment you must be unmarried without dependents, have good moral character and be at least 17 and not have passed your 23rd birthday on July 1 of the entry year. **These requirements are public law and cannot be waived.** You must also be proficient in reading, writing, and speaking contemporary English.

## Competition for International Appointments

The United States Air Force Academy's admission standards are essentially the same for International applicants as for US applicants. For the Class of 2018 148 countries were invited to submit nominations. We received over 100 nominations from 33 countries. Of this number, approximately 50 met all our qualifications for admission but only 13 – 15 cadets can be admitted each year in order to comply with our congressionally mandated limit of 60 international cadets. Therefore, candidates are encouraged to have alternate plans for their future education in the event they are not offered an appointment.

## US Defense Attaché Offices (USDAO)

US Defense Attachés, located in U.S. embassies throughout the world, are responsible to evaluate, counsel and assist international candidates with the admission process. You will be interviewed by an USDAO representative as part of your application.

## Marriage/Dependents

Air Force regulations prevent admitting or retaining at the Academy anyone who is married or who has any dependents. If you accept an offer of appointment, you will be required to submit a certificate stating you are not married and have no dependents for which you are legally or financially responsible.

## Tattoos, Brands, Body Piercing

**Tattoos/Brands:** While having a tattoo or brand does not automatically disqualify you from consideration, it does open the door for rejection based on a more subjective evaluation. Tattoos or brands anywhere on the body that are obscene, advocate sexual, racial, ethnic, or religious discrimination or project an improper military or cadet image are prohibited. Tattoos or brands may not exceed ¼ coverage of the exposed body part or be visible above the collarbone when wearing an open-collared shirt. Tattoos or brands that fall into any of these categories will cause you to be disqualified for admission.

**Body Piercing:** All piercings must be removed prior to in-processing as a Basic Cadet. Following Basic Cadet Training, females may be authorized to wear one small, spherical, conservative earring per earlobe. Male cadets are specifically prohibited from wearing earrings at any time.

## Birth Certificate

As part of your admissions application, you must submit a certified copy of your birth certificate issued by the government agency responsible for birth registrations. You must also submit a certified English language translation. Do not send your original birth certificate. The certificate must bear the official seal and signature of the legal custodian of your birth record. All items on the record **must** be legible. **Baptismal or hospital certificates are NOT acceptable.** Birth certificates found to be in error should be corrected through the appropriate office of birth registration prior to submission. If you accept the appointment, we will keep your birth certificate. If you are selected for an appointment your birth certificate, passport, and visa names must all match.

## Financial Obligation

There is no entrance fee required for the Air Force Academy. All Cadets earn approximately \$1000.00 per month in basic pay. Cadets receive pay to cover school related expenses and to provide discretionary pay to support a student type lifestyle. Since most expenses are incurred within the first few months (uniforms, computer, textbooks, etc.) cadets receive advance pay loans to pay these mandatory expenses. Each advance is automatically collected back by payroll deduction within 2 years or less.

## Completing Your Admissions File

During the admissions process, the Air Force Academy will have NO direct contact with you until you are selected for an appointment. Once you have been nominated for admission by our embassy, an on-line admissions file will be opened for you. You will receive a 9-digit admissions identification number which should be used in place of a Social Security Account Number (SSAN) to access your on-line admissions file via the internet. You will then be asked to create a unique username and password which you will use from then on. Your mailing address and contact information will be through the US Embassy. The majority of your admissions forms will be completed on-line through your admissions portal. You can access this portal at <https://admissions.usafa.edu/secure/online/onlineapplication.exe>. Once you have access to the portal and your admissions file, it is your responsibility to submit all requested information in time to be received by USAFA Admissions No later than 31 March 2015. It is also your responsibility to make sure that your admissions file is updated with any changes in information concerning your application even after you have submitted all required forms. This includes any honors and awards, misconduct, changes in academic status, etc. Failure to provide complete information may result in withdrawal of an offer of appointment or subsequent dismissal from the Academy.

## Submission of Documents

Many of the required admissions forms can be completed and submitted electronically. Documents marked with (\*) in the action list above can be submitted in this way. The remainder of the required information (birth certificate, medical release, transcripts, and letters of recommendation) cannot. Submit all paper documents to the US Defense Attaché Office no later than 1 March to make sure they are received by the deadline. They will send the paper documents to the Academy Admissions office for you.

**Delayed or missing documents may result in your disqualification for admission. All documents must be received by Academy Admissions No Later Than 31 March 2015.**

## Notification of Appointment or Non-Selection

International selections are made the first week of April each year. If you are selected for an appointment, you will receive notification through the US Defense Attache' Office and also on your on-line admissions portal. You will be able to accept or decline your appointment on-line.

All notifications of non-selection will be made through the US Defense Attache' Office. International candidates with competitive SAT scores who have completed their admissions files, but have not been selected for admission will be notified in early April. Some candidates may be eliminated from admissions consideration prior to completing their full admissions package if their SAT test results fall significantly below admissions guidelines in Math or if their nomination is withdrawn at the discretion of the US Defense Attache Office. **If you have not received an appointment by May 1, you should plan to exercise other options.**

**Note:** Under NO circumstances should you travel to the Academy the week before entry date in the hope of receiving a last-minute appointment.



# REQUIRED DOCUMENTS

## Birth Certificate

You must submit a certified copy with English translation of your legal birth certificate to the Admissions Office as soon as possible. **Do not submit a baptismal certificate OR hospital certificate.**

## Transcripts

Furnish a copy of all high school, secondary school, college, preparatory school, and/or military academy transcripts.

Note: All transcripts, if not in English must include a certified English translation to include a course description and grading scale. General Certificates of Education Examinations are NOT considered transcripts and are not acceptable substitutes.

## USAF Drug and Alcohol Abuse Certificate (AF Form 2030\*)

**NOTE: TO RECEIVE ACCESS TO THIS FORM YOU MUST CONTACT THE US DEFENSE ATTACHE' OFFICE AND RECEIVE INSTRUCTIONS.**

These instructions can be received over the phone or in person. This section of the online application will be grayed out (no access) until you receive instructions. Once the US Officer has discussed this section of the application with you, he/she will open this portion of the application. Please read the "Definition of Terms" carefully and complete the drug and alcohol abuse certificate. Carefully read all items of the "Certification at the Time of Application" and "Statements of Understanding." Be sure you understand each **before you mark the appropriate blocks. You MUST answer all appropriate boxes.**

**NOTE 1: Any abuse of drugs or alcohol after you sign the 2030 and before Inprocessing Day may cause us to withdraw your appointment. If you are appointed and subsequently are involved in an incident you must report it to the US official immediately.**

**NOTE 2:** You must be truthful on this form. Past use of marijuana is not necessarily disqualifying. However, discovery of past use that is not reported after completing this form and being inprocessed to the Academy can result in dismissal from the Academy.

**Recertification at Time of Appointment.** If you receive an appointment, you will be required to complete a new (paper) copy of the AF Form 2030 with your full legal signature upon entry into USAFA and recertify that what you verified on your original submission is still true.

## Physicians Clearance

You must provide a statement in English signed by a physician certifying that you do not have a communicable disease and that you are in good health. The statement must also include verification of your height (feet and inches) and weight (in pounds). In addition, each nominee must have good vision and be free of major dental problems. This statement should be furnished to the US Defense Attache' Office and will be sent to the admissions office for you.

## Candidate Personal Data Record (USAFA Form 146\*)

The information provided in this form helps in the review of your file. For the arrest and/or citation record, be sure to include all incidents, including traffic violations, giving complete details (date, location, charge, monetary amount of fine, community service, required classes, etc.). **Please provide a detailed explanation in your own words of each incident.** You may include a copy of official court/police documents in addition to your statement if you wish. **Your application will not be evaluated unless a complete and detailed description of each incident is provided.** Include any cases in which the record may have been expunged or sealed, including juvenile records. If you are appointed, any probation, deferred sentencing, or community service must be completed prior to in-processing. **Failure to report any such incidents may be grounds for withdrawal of an appointment or subsequent dismissal from the Air Force Academy.**

**If you are appointed and subsequently involved in an incident you must report it to the US Attache' office immediately.** You must **type** your name in the last block as it appears on your birth certificate.

### **Candidate Activities Record (USAFA Form 147\*)**

This form is used to evaluate your extracurricular and leadership activities. Be sure you have checked all items for which you deserve credit. We have restricted this form to grades 10-12, to be fair to all applicants. **A resume is required.** Your resume is a list of all your academic, leadership and sports activities. **Make sure it is complete and if you are in college or a military academy, be sure to include all activities since graduation from high school or secondary school.**

While we will ask you to check off activities on our standardized form as a means to account for them in our computer system, a mere listing does not always put your accomplishments in context. Be sure to explain your level of involvement and responsibilities for activities on your resume. Since we can't list all possible activities on our standardized form, also be sure to list other activities or awards that may not be included on our standardized form such as rifle, equestrian, and other non-traditional sports and activities. If your school doesn't offer organized sports or most of these extracurricular activities, please be sure to note this in your resume. Also, let us know if frequent moves, distance from school, or other factors have hindered your participation. **Note: All activities are subject to verification.**

#### **Athletic Activities**

Take credit for all events that were sanctioned by a regional or national sports organization. Mark this in Section A. Also mark Section B if you earned a varsity letter in the event, and also mark Section C and D, if appropriate. In Section D, take credit for first or second place in district and/or regional meets for individual sports such as track, tennis, golf, wrestling, and swimming. For timed events such as swimming or track, please mention the events and your best times in your resume.

#### **Non-athletic Activities**

Take credit for any awards or honors listed. If in doubt, include the activity. Remember, if you are an officer or in a leadership position of an organization, also take credit for being a member of the organization.

#### **Work**

We count **farm and family business** as well as all other types of work as long as you worked on school days during the school year. Mark appropriate grade(s) and hours you participated in work. **If you did NOT work the entire school year, only mark the appropriate hours you averaged per week.** Then explain in your resume the circumstances and type of work you performed. Use standard rounding procedures for deciding which category of hours to mark. Keep summer job hours in its own separate section.

### **Writing Sample (USAFA Form 0-878\*)**

In the writing sample section you will provide a written response to two questions and may answer a third optional question. Your writing sample will be used to evaluate your background and aptitude for commissioned service. Your responses should reflect the unique aspects and experiences of your life. This is your opportunity to "speak" to the selections panel using your own words. Provide responses that reflect who you are, using specific concrete details and also clearly demonstrate your critical thinking, organizational and grammatical abilities. Responses can be a maximum of 3,000 characters.

#### **Interview**

Contact your US Defense Attaché Office as soon as possible for the Drug & Alcohol form counseling and to schedule your personal interview. Next to test scores, the personal interview is the most important part of the admissions process for you. Treat it as a job interview. The admissions office gives great weight to this Officer's evaluation of your character and leadership ability, your English language competency, and their overall recommendation in our admissions decision.

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# Candidate Evaluation Factors

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In evaluating International candidates for appointment to the Air Force Academy, we consider prior academic performance, military commitment following graduation, English language competency, prior military performance, College Admission Test scores, and extracurricular activities. Additionally, international candidates must receive a satisfactory evaluation from the US Defense Attaché Officer, satisfactorily complete our Candidate Fitness Assessment, and pass a medical exam.

## Qualifying Factors

### Prior Academic Record

This is a measure of your academic performance based on our evaluation of your high school or secondary school transcripts, plus any college or military school performance.

### Academic Composite

This is a combination of your SAT Reasoning or ACT scores and your Prior Academic Record and is the most heavily weighted component of the selection decision.

**Required Admissions Tests:** The Scholastic Aptitude Test (SAT) Reasoning Test, or the American College Test (ACT) (including the written portion), college entrance examination is required for admissions. The registration deadline is at least six weeks prior to the test, so it is imperative that you register early. Official test results must be received by Admissions NLT 31 March 2015 in order to be considered for an appointment.

The Academy automatically uses whichever test produces the higher scores. The highest scores from different testing dates are used, but SAT and ACT scores will not be combined. We will only accept the SAT reasoning test, not the SAT subject tests. We will not consider candidates with SAT Math scores below 560 or ACT Math and Science Reasoning scores below 25. SAT Critical Reading scores below 400 or ACT English/Reading scores below 18 are considered non-competitive for International candidates.<sup>1</sup>

TOEFL (Test of English as a Foreign Language) is not currently required; however TOEFL scores will be considered if submitted.

**SAT Registration Information:** The College Board International Education Office in Washington D.C. represents College Board programs to international audiences and serves as an information link and liaison to overseas educational advisers, counselors at international schools, and U.S. College and university staff involved in international student recruitment activities. Students may register on-line at <http://sat.collegeboard.org/register/sat-international-dates>. The SAT code for the Air Force Academy is **4830**.

### The International Education Office

1233 20th St. NW, Suite 600

Washington, D.C. 20036

Phone: 202-741-4700

Fax: 202-741-4745

Email: Internatl@collegeboard.org

**ACT Registration Information:** Registration instructions and international test center information is available on-line at <http://www.actstudent.org/regist/outside.html>. The ACT code for the Air Force Academy is **0530**.

### ACT Registration by mail or phone

Mon–Fri, 8:00 a.m. to 8:00 p.m., U.S. Central Time

ACT Registration  
301 ACT Drive, P.O. Box 414  
Iowa City, IA 52243-0414  
Phone: (319) 337-1270

### **Candidate Fitness Assessment (CFA)**

Admissions will review your overall CFA results as part of the assessment of your potential. We will assume the test is administered by a US Official in strict compliance with the standards prescribed in the CFA instructions (see below). **It is imperative that you perform to the best of your ability on each event.** We will assume the overall score represents your best effort and ability.

**NOTE: A low overall score or poor scores in an individual event may be disqualifying.**



# Candidate Fitness Assessment Instructions

## Service Academies Admissions Requirement

Satisfactory completion of the Candidate Fitness Assessment (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. It is imperative that the test be administered in strict compliance with the standards prescribed herein.

The examination consists of the following events: basketball throw (from kneeling position), cadence 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.**

## 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 average scores listed in Table 2.**

Any US Military officer may administer the CFA for International candidates. It is your responsibility to arrange for a qualified person to conduct your examination.

Give your examiner the CFA Score Sheet you printed from your online admissions portal status page and ask them to record your performance on the CFA Score Sheet. The examiner returns the Score Sheet to you for entry into the online CFA form.

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

	Basketball Throw	Pull-Ups	Shuttle Run	Modified Sit-Ups	Push-Ups	1-Mile Run
Male	69	12	8.9	81	61	6:36
Female	41	3	9.7	78	41	7:35

## For the Examiner

The Candidate Fitness Assessment (CFA) was developed to measure and evaluate a candidate's potential to successfully engage the physical program at the United States Service Academies. The CFA consists of six (6) physical and motor fitness events that are designed to measure muscular strength and endurance, cardio-respiratory endurance, power, balance, and agility.

When administered together as a single battery, these six test events will help the Admissions Committee determine if a candidate possesses the stamina and movement skills required to successfully complete the physical program and perform the duties required of commissioned officers in the uniformed services. The six test events of the CFA are administered consecutively with specified start, finish, and rest times. Candidates should attempt to do their best on all six events, keeping in mind that the events are sequenced to produce a cumulative loading effect. In other words, after completing the first five events, it is doubtful a candidate will score his/her personal best on the 1-mile run. This has been considered in the development of the scoring standards, which will be used to evaluate performance in each of the six events. Candidates' raw scores will be converted to scale scores (0-100 points) based upon their performance on each event. The 100 point maximum score, by event and gender, are listed in Table 1. A candidate who achieves the 100 point level on any of the first five events should not attempt further repetitions as this will not improve his/her score.

## 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 for International candidates must be administered by a US Military Officer or NCO (hereafter referred to as the test administrator).

The test must be administered according to the directions with strict adherence to the standards and time schedule. At the completion of testing, both the candidate and the test administrator must sign the score sheet. By signing the CFA score sheet, the candidate and test administrator are affirming the test was administered to standard and the scores accurately reflect the candidate's physical performance. Practice tests are 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.

## 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

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.

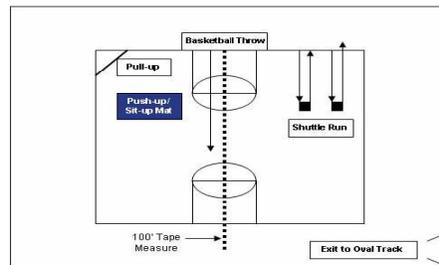


Figure 1

## 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 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 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.

## Testing Sequence

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

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).



Figure 2



Figure 3

The non-throwing hand may be used to steady the ball before throwing, but only one hand can be used to throw the ball (e.g. no two-handed throws) (Figure 3).

- ▼ 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 (Figure 4).
- ▼ Record the score to the nearest foot for the trial with the greatest distance.

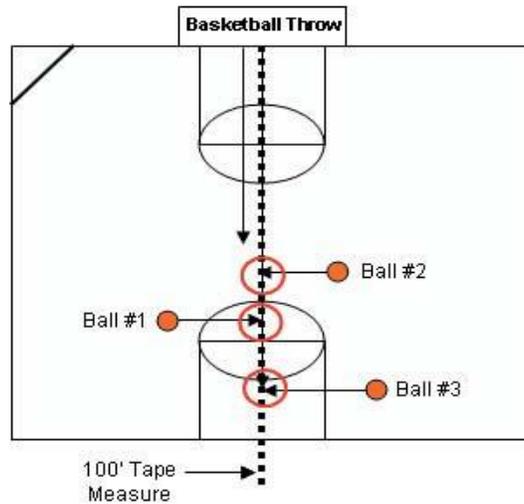


Figure 4

### 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 5).
- ▼ 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 6).
- ▼ Return to a ‘dead hang’ position to complete each repetition.
- ▼ Execute each repetition in cadence (command).



Figure 5



Figure 6

The test administrator will:

- ▼ Start the event at “5” minutes.
- ▼ 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**

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 7).

*Figure 7*



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).



*Figure 8a*



*Figure 8b*

The test administrator will:

- ▼ Start the event at “5” minutes.
- ▼ Give the command “GO” to start the event and the stopwatch.
- ▼ 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.

### **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 9).



- ▼ 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 10). 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 the event at “10” minutes.
- ▼ Measure the shuttle run course of 30’ (equates to 10 yards, running a 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 11)

- ▼ 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 12); then recover by extending from the hip until the shoulder blades touch the floor/mat.



Figure 12

- ▼ Once the test begins, candidates may only rest in the “up” position with finger tips in contact with the shoulders at all times (Figure 13).

The test administrator will:

- ▼ Start the event at “15” minutes.

- ▼ 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 degrees, 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 degrees, fingers remain in contact with shoulders, elbows make contact with the mid-thigh or higher, and shoulder blades touch the floor/mat.



Figure 11



- ▼ 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 fails to continuously 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 14).



Figure 14

body will form a straight line from your shoulders to your ankles (Figure 15).

- ▼ 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



Figure 15

- ▼ 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 16).

▼ 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.

Figure 16



The test administrator will:

- ▼ Start the event at “20” minutes.
- ▼ 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.

## 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 17).
- ▼ On the command “GO,” the candidate will run continuously for one-mile (walking is allowed although strongly discouraged).

The test administrator will:

- ▼ Start the event at “30” minutes.
- ▼ 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).
  - 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).



# Commitment

**The United States Air Force Academy is first and foremost a military training institution. Emphasis is placed on academics but also on military physical fitness training. Admissions preference is given to nominees with a military commitment to their home country following graduation. International nominees should be aware of and willing to accept the rigors associated with the disciplined military education and training environment for a four-year period if they are to succeed.**



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