

# ROTC FACTS SHEET

The Reserve Officer Training Corps (ROTC) mission is to produce leaders for the military services and build better citizens for America. Many of the services offer four-year, three-year, and two-year programs, based on the service requirements and led by active-duty officers. Courses are a mix of normal college classes and a service specific ROTC curriculum, which covers everything from leadership studies to combat technique.

## ARMY ROTC

<http://www.goarmy.com/rotc.html>

Army ROTC is a demanding and successful leadership program in the country. **REQUIREMENTS** include:

- Be a U.S. citizen
- Be between the ages of 17 and 26
- Have a high school GPA of at least 2.50
- Have a high school diploma or equivalent
- Score a minimum of 920 on the SAT (math/verbal) or 19 on the ACT (excluding the required writing test scores)
- Meet physical standards
- Agree to accept a commission and serve in the Army on Active Duty or in a Reserve Component (Army Reserve or Army National Guard)

## NAVY AND MARINE CORPS ROTC

<http://www.navy.com/joining/education-opportunities/nrotc/>

The Navy will activate scholarships upon the satisfactory development of a degree plan with the host NROTC unit and university and upon enrollment in the assigned academic major. NROTC midshipmen may lose their scholarship if they request a change from Tier 1 or Tier 2 major to a Tier 3 major.

- Academic majors listed in each Tier may vary year to year dependent on the Navy's requirements, however once accepted into an academic major and Tier, a student's Tier status will not change.
- A student may request a modification from their original academic major. Changing from a Tier 1, Tier 2, major requires approval from a formal panel and will be based on the needs of the Navy.
- Apply for and gain admission to NROTC colleges (not required during selection process, but notification of admission must be received before scholarship can be activated)
- Qualifying SAT/ACT Math and English / Critical Reading scores can be from two different tests; applicants can combine best Math w/ best English / Critical Reading scores to achieve qualifying scores. (Navy and Nurse Option only)
- SAT: 530 Critical Reading; 520 Math  
ACT: 22 English 21 Math

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## MARINE CORPS ROTC

<http://www.nrotc.navy.mil/marine.aspx>

Aspiring Marine Corps officers also participate in Navy ROTC. The ROTC academic curriculum for a Marine Corps-option student requires classes in national security policy and the history of American military affairs, in addition to the regular academic requirements for the student's degree.

If you are one of the few selected to participate in the program as a Marine-Option Midshipman, you must first meet certain NROTC requirements, including:

- You must be a United States citizen.
- You must be at least 17 years old and no older than 23.
- You must be physically qualified to meet Marine Corps standards.
- You must obtain a basic SAT combined score of 1000 or an ACT composite score of 22.
- You must apply to one of the approved NROTC colleges and universities, which include some of the top academic institutions in the nation.

## AIR FORCE ROTC

<http://www.afrotc.com/>

Several steps are required when applying for an Air Force ROTC scholarship:

- Complete your online application by December 1, 2019.
- Submit counselor certification/signed copy of transcript (Must have a 3.0 GPA at end of 11th grade. Only 9th through 11th grades are considered.), extracurricular activity (bubble) sheet, physical fitness assessment and résumé. This must be uploaded to the website by January 10, 2020.
- Take and submit your SAT or ACT scores. You must also have an ACT composite of 26 (Writing Test is not included.) or an 1180 SAT score. (We do not mix and match scores, and Writing Test is not included).
- If you become eligible you would need to interview with an Air Force officer at a local. Upon completion, a student enters the Air Force as an officer.

## **NROTC APPLICANT FITNESS ASSESSMENT**

The NROTC Applicant Fitness Assessment (AFA) is a component of the NROTC application and must be submitted to your recruiter in order for the application to be complete. The test consists of abdominal crunches, push-ups, and a one-mile run. The purpose of the test is to evaluate your level of physical fitness. At the applicant's request, the test can be administered by any physical education instructor, athletics coach, an active duty officer, active duty E-7 or NJROTC instructor. Applicants accustomed to regular physical activity should have no difficulty with the AFA. Being properly conditioned prior to reporting to your NROTC Unit cannot be overemphasized. You will be far better prepared to meet the stringent physical demands of the NROTC Program if you maintain a high level of physical fitness during high school.

The three test events of the AFA are administered consecutively in a 25-minute time period. Applicants should attempt to do their best on all events, keeping in mind that the events are sequenced to produce a cumulative loading effect. Applicants' scores will be included in their application to the scholarship selection board. The maximum score, by event and gender, are listed in the table below. An applicant who achieves the maximum level on either of the first two events should not attempt further repetitions, as this will not improve his/her score.

	Crunches	Push-Ups	1-Mile
Male	95	75	5:20
Female	95	50	6:00

### **Test Site**

The AFA can be administered in two adjacent venues; an indoor gymnasium and an outdoor track.

The 1-mile run is the last event administered in the AFA. Although it may be administered in an indoor gymnasium or stadium, time has been allotted for transit to an outdoor track. Regardless of the 1-mile run course, the running surface should be flat and free of debris. In either the indoor or outdoor facility, it is imperative that the 1-mile distance be measured accurately. In submitting the time for the run, the applicant and scorer are affirming that the 1-mile distance has been measured and is accurate.

### **Test Procedures**

The AFA may be conducted at any time during the application period (April thru January) but must be accomplished in order for the application to be processed by the recruiter. Results of each event will be recorded on the AFA score sheet; the score sheet will be given to the recruiter for inclusion in the application package.

On test day, the applicant 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 below, and applicants are not permitted to warm up, rest, or practice other than during the time officially allotted. The administering official will read and be familiar with these test instructions prior to administration. The following statement must be read verbatim to the applicant prior to beginning the test:

"You are about to take the Naval ROTC Applicant Fitness Assessment. The results of this test will be used in the NROTC scholarship application process by demonstrating your level of physical fitness. You may cease work when you have scored the maximum for any individual event. Otherwise, do your best on each event. You have 25 minutes to complete the entire test. After you complete each event, the scorer will record your score and the time the event was tested. If at any time you cannot continue to meet the timed requirements, the test will be terminated."

### Testing Sequence

The test sequence will follow the order listed below. This order cannot be modified. There are no exceptions to this sequence or timing.

Events	Test Start Time	Event Testing Time	Rest	Total Elapsed Time
Crunches	0:00	2 minutes	3 minutes	5:00
Push-Ups	5:00	2 minutes	3 minutes	10:00
1-Mile Run	15:00	10 minutes	5 minutes*	25:00

*\* The 5-minute rest includes the transition time to the outdoor track. If the 1-mile run cannot be started by minute 15, an alternative arrangement for a running surface must be found.*

### Abdominal Crunches

This measures abdominal/core body muscular endurance.

The applicant must:

Assume a supine (back on floor), bent-knee position (approximately 90-degree bend) on a mat with arms crossed, fingers extended, touching the top of the shoulders, with shoulder blades touching the floor/mat.

Upon the command "GO", flex from the hip, raising the elbows so that they touch the front midpoint (or higher) of the thigh without finger tips losing contact with the top of the shoulders; extend from the hip until the shoulder blades touch the floor/mat.

Applicants cannot rest in the down position. Resting is only permitted in the up position. Fingers must stay in contact with the top of the shoulders while resting, and applicants cannot grab their legs or touch the ground with their hands.

The scorer will:

Note the event start time (should be 0:00 elapsed).

Monitor the start position to determine that the applicant'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 applicant's feet (hands only on top of each ankle or foot).

Give the command "GO" and start a stopwatch for the 2-minute trial.

Count one repetition each time the applicant's shoulder blades touch the floor/mat.

Monitor body position making sure during each repetition that the buttocks stay in contact with the mat, knees are bent appropriately, hands remain in contact with the shoulders, elbows make contact with the mid-thigh, and shoulder blades touch the floor/mat.

Verbalize "NO" for any repetition that does not meet the criteria listed

above. Stop the test at the 2-minute mark and record the number of repetitions.

### **Push-ups**

This measures upper body muscular

endurance. The candidate must:

Assume a prone (abdomen toward the ground) position supported on one knee on a 1-inch mat or a hard surface floor.

On the command "READY POSITION", assume the front-leaning rest position (arms extended) by placing your hands where they are comfortable (Width is variable). Feet may be together or up to 12 inches apart. When viewed from the side, your body should form a straight line from your shoulders to your ankles.

On the command "GO", begin the push-up event by bending elbows and lowering entire body as a single unit until your upper arms are at least parallel to the ground (90-degree bend). Return to the starting position by extending arms and raising entire body as a single unit until arms are fully extended.

May rest in the up position, flexing or bowing the back as long as hands and feet remain in contact with the floor, and no other body part touches the floor.

Must return to the generally straight body position before attempting another repetition.

The scorer will:

Note the event start time (should be 10:00 elapsed).

Give the command "GO" and start a stopwatch for a 2-minute trial.

Monitor each repetition, making sure body remains straight, moving as a single unit, upper arm is parallel to the floor in the down position, and the arms come to full extension in the up position.

Verbalize "NO" for any repetition that does not meet the criteria listed above.  
Stop the test at the 2-minute mark and record the number of repetitions.

Terminate the event if the candidate lifts a hand or foot off the ground or touches the ground with any body part other than the hands or feet.

### **Mile Run**

This measures aerobic capacity and endurance.

The candidate must:

Run continuously for one mile (walking is allowed although strongly discouraged).

The scorer will:

Certify the 1-mile run distance.

Note the start time (should be 15:00 elapsed)

Give the command "GO" and start a stopwatch.

Monitor the candidate to make sure that he/she does not:

Receive physical help during the event.

Leave the designated running course for any reason.

Receive pacing by another person.

Stop the watch as the candidate crosses the finish line, and record the score in minutes and seconds.

JAN 2016

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 17 - 19 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	109	92	8:15	6:30	6:20
Outstanding	Medium	95	107	91	8:45	6:45	6:35
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>102</b>	<b>86</b>	<b>9:00</b>	<b>7:15</b>	<b>7:05</b>
Excellent	High	85	98	82	9:15	7:45	7:35
Excellent	Medium	80	93	79	9:30	8:15	8:05
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>90</b>	<b>76</b>	<b>9:45</b>	<b>8:30</b>	<b>8:20</b>
Good	High	70	81	68	10:00	9:15	9:05
Good	Medium	65	71	60	10:30	10:30	10:20
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>62</b>	<b>51</b>	<b>11:00</b>	<b>11:15</b>	<b>11:05</b>
Satisfactory	High	55	59	49	12:00	11:45	11:35
Satisfactory	Medium	50	54	46	12:15	12:15	12:05
Probationary		45	50	42	12:45	12:45	12:35

Performance		Points	Females: Age 17 - 19 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	109	51	9:29	6:45	6:35
Outstanding	Medium	95	107	50	11:15	7:45	7:35
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>102</b>	<b>47</b>	<b>11:30</b>	<b>8:30</b>	<b>8:20</b>
Excellent	High	85	98	45	11:45	9:00	8:50
Excellent	Medium	80	93	43	12:00	9:30	9:20
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>90</b>	<b>42</b>	<b>12:30</b>	<b>9:45</b>	<b>9:35</b>
Good	High	70	81	36	12:45	10:45	10:35
Good	Medium	65	71	30	13:00	12:00	11:50
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>62</b>	<b>24</b>	<b>13:30</b>	<b>13:00</b>	<b>12:50</b>
Satisfactory	High	55	59	22	14:15	13:15	13:05
Satisfactory	Medium	50	54	20	14:45	13:45	13:35
Probationary		45	50	19	15:00	14:15	14:05