

## MILPERSMAN 1220-410

### SEAL/EOD/SWCC/DIVER/AIRR PHYSICAL SCREENING TESTING STANDARDS AND PROCEDURES

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<b>Reference</b>	(a) OPNAVINST 6110.1J
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**Note: Medical Requirements.** Prior to taking the physical screening test, each candidate must meet all medical standards for his or her prospective program. Refer to MILPERSMAN 1220-010, 1220-100, 1220-200, 1220-300, and 1220-400 for specific program standards.

#### 1. Overview

a. The sea, air, and land (SEAL), special warfare combatant-craft crewmen (SWCC), explosive ordnance disposal (EOD), Navy diver (ND), and aviation rescue swimmer (AIRR) physical screening test (PST) shall be completed as a single event. All candidates must meet the minimum scores listed below to receive a contract or to maintain eligibility in their programs. **Candidates will complete each required physical event according to the standards outlined in paragraph 2 and followed in the sequence listed below:**

- (1) 500 yard swim;
- (2) 10 minute rest;
- (3) Maximum push-ups in 2 minutes;
- (4) 2 minute rest;
- (5) Maximum curl-ups in 2 minutes;

- (6) 2 minute rest;
- (7) Maximum pull-ups in 2 minutes;
- (8) 10 minute rest; and
- (9) 1.5 mile run.

b. **Minimum Scores.** All candidates must meet the minimum standards for their respective programs at each phase of the selection and training pipeline. Minimum scores are subject to change via this medium, Commander, Navy Recruiting Command, recruit training command, or enterprise instruction. It should be stressed that candidates should strive to achieve significantly more than the minimum standards listed below:

(1) **SEAL PST Minimum Standards:**

Swim	12:30
Push-ups	50
Curl-ups	50
Pull-ups	10
Run	10:30

(2) **SWCC PST Minimum Standards:**

Swim	13:00
Push-ups	50
Curl-ups	50
Pull-ups	6
Run	12:00

(3) **EOD/ND PST Minimum Standards:**

Swim	12:30
Push-ups	50
Curl-ups	50
Pull-ups	6
Run	12:30

(4) **AIRR PST Minimum Standards:**

Swim	12:00
Push-ups	42
Curl-ups	50
Pull-ups	4
Run	12:00

2. **Event Standards and Test Procedures**

a. **Swim Event**

(1) The swim is a timed 500 yard (450 meter) swim. For special warfare operator (SO), special warfare boat operator (SB), EOD, and ND the swimmer must use the side-stroke or the breaststroke. Both strokes must be conducted without an overhand recovery (i.e., the swimmer's hand must remain below the surface of the water). AIRR candidates may use the American crawl, sidestroke, or breaststroke.

(2) The event shall only be conducted in a standard 25 or 50 yard/meter swimming pool.

(3) The uniform for the swim portion shall be any swimsuit.

(4) The swim event shall be conducted as follows:

(a) The swimmers enter the water;

(b) The timer shall signal the start;

(c) The candidates will call out the lap number as each lap is completed;

(d) Swimmers may push off from sides with the hands and feet after each pool length;

(e) Resting is permitted by conducting survival float or by treading water. Candidates shall not stand on the bottom of the pool, or hang on the side of the pool or lane lines;

(f) Goggles or facemasks are optional, but swimmers may **not** use swim caps, ear plugs, fins, snorkels, a wet suit, or flotation and or propulsion devices;

(g) Upon completion of the final lap, the candidate will call out "time" and the timer will call out the time to the nearest second; and

(h) The candidate then reports the event time to the recorder.

(5) **The swim event is ended if the candidate:**

(a) Completes the prescribed distance;

(b) Receives or requires assistance from a lifeguard or other person;

(c) Uses an overhand recovery at any time (unless screening for AIRR only); or

(d) Uses the bottom, side of the pool, or lane lines to stand or rest.

b. **Push-up Event**

(1) The push-up event will be conducted per reference

(a). Push-ups executed by the candidate using improper form should not be counted towards the candidate's total.

**Figure 1: The "up" position of the push-up.** Notice that the arms are straight and the back, buttocks, and legs are in line.



**Figure 2: The "down" position of the push-up.** Notice the arms form right angles and the back, buttocks, and legs are in line. The upper portion of the arms should be parallel to the deck.



(2) Push-ups shall be performed on a firm (or suitably padded) level surface.

**(3) Push-ups shall be performed as follows:**

(a) The candidate shall begin in a "front-leaning rest" position with the palms of the hands placed on the deck directly beneath or slightly wider than the shoulders. Both feet shall be together on the deck;

(b) The back, buttocks, and legs shall be straight from head to heels and must remain so throughout test. The toes and palms of the hands shall remain in contact with the deck. The feet shall not contact a wall or other vertical support surface;

(c) The timer shall signal the start for the candidate and call out 15-second time intervals until 2 minutes have elapsed;

(d) The candidate shall lower entire body as a single unit by bending the elbows until the arms form right angles and the upper arms are parallel to the deck;

(e) The candidate shall return to starting position by extending the elbows, raising the body as a single unit until the arms are straight; and

(f) The candidate may only rest in the "up" position while maintaining arms, back, buttocks, and legs in a straight position.

(4) Push-ups are repeated correctly as many times as possible in 2 minutes and are counted aloud by the candidate's partner. Incorrect push-ups shall not be counted. Candidates will receive a verbal warning for any incorrect push-ups. Results for an event ending in less than 2 minutes shall be the number of push-ups properly performed at the time of termination.

**(5) The event is ended if the candidate:**

(a) Touches the deck with any part of his or her body except for the hands and feet;

(b) Raises one or both hands, or feet off of the deck or ground;

(c) Fails to maintain back, buttocks, and legs in a straight line from head to heels; or

(d) Receives more than two verbal warnings for executing incorrect procedures.

### c. Curl-up Event

(1) The event shall be conducted with a partner on a level surface, using a blanket, mat, or other suitable padding.

**Figure 3: The "down" position of the curl-up.** Notice the partner holding the member's feet. Any other means of securing the member's feet is not authorized. The candidate's buttocks must remain on the ground throughout the curl-up (about 10 inches from the heels).



**Figure 4: The "up" position of the curl-up.** Notice that the elbows touch the thighs no more than 3 inches below the knees while the hands remain in contact with the shoulders or chest.



#### (2) Curl-ups are conducted as follows:

(a) The candidate shall start by lying flat on his or her back with knees bent (heels approximately 10 inches from the buttocks). The arms shall be folded across and touching the chest with the hands touching the upper chest or shoulders;

(b) The candidate's feet shall be held to the deck by a partner's hands. Any other means of securing the member's feet is not authorized.

(c) The timer shall signal the start for the candidate and call out 15-second time intervals until 2 minutes have elapsed;

(d) The candidate curls body up, touching the elbows to his or her thighs no more than 3 inches below the knees while keeping the hands in contact with the chest or shoulders;

(e) After touching the elbows to his or her thighs, the candidate lies back, touching the lower edge of the shoulder blades to the deck; and

(f) The candidate may rest in the up or down position, but the hands must remain touching the upper chest or shoulders at all times.

**Note: When in the "up" position, the candidate may only rest with the elbows touching the thighs, not on top of his or her knees.**

(3) Curl-ups are repeated correctly as many times as possible in 2 minutes and are counted aloud by the candidate's partner. Incorrect curl-ups shall not be counted. Candidates will receive a verbal warning for any incorrect curl-ups. Results for an event ended in less than 2 minutes shall be the number of curl-ups properly completed at the time of termination.

(4) **The event is ended if the candidate:**

(a) Lowers his or her legs;

(b) Raises the feet off of the deck or ground;

(c) Lifts the buttocks off of the deck or ground;

(d) Fails to keep his or her arms folded across and touching the chest;

(e) Fails to keep his or her hands in contact with the chest or shoulders;

(f) Remains in the down position for more than 5 seconds; or

(g) Receives more than 2 verbal warnings for executing incorrect procedures.

**d. Pull-Up Event**

(1) The event shall be conducted at a pull-up bar.

(2) The proctor will inform the candidate to begin the event. At that time, the candidate mounts the bar. The candidate has 2 minutes from mounting the bar to conduct event.



**Figure 6: The "down" position of the pull-up.** Notice that the arms are fully extended.



**Figure 7: The "up" position of the pull-up.** Notice that the chin is even with the top of the bar.

**(3) Pull-ups are conducted as follows:**

(a) The candidate shall mount the bar, starting with the arms and shoulders fully extended in a dead hang;

(b) The timer shall signal the start for the candidate and call out 15-second time intervals until 2 minutes have elapsed;

(c) The candidate shall pull his or her body up until the chin is even with, or above the top of the bar;

(d) The candidate shall not use lateral, forward, or backward "kipping" motion while performing a pull-up. The candidate may cross or uncross his or her legs if desired;

(e) After the chin has passed the bar, the candidate must return to the starting position to complete the repetition;

(f) The candidate may rest in the starting position at any time. Both hands must remain on the bar for the duration of the event; and



(g) The event is completed when the candidate dismounts the bar or 2 minutes have elapsed.

(4) Pull-ups are repeated correctly as many times as possible in 2 minutes, and are counted aloud by the candidate's partner.

(a) Incorrect pull-ups shall not be counted.

(b) Candidates will receive a verbal warning for any incorrect pull-ups.

(c) Results for an event, ended in less than 2 minutes, shall be the number of pull-ups properly completed at the time of termination.

(5) **The event is ended if the candidate:**

(a) Touches anything other than the horizontal portion of the pull-up bar; or

(b) Removes his or her hands from bar.

(c) Receives more than two verbal warnings for executing incorrect procedures.

(6) The candidate will report the push-ups, curl-ups, and pull-ups he or she completed to the recorder after completing the pull-up event.

**e. Run Event**

(1) The run is a timed 1.5 mile run to be completed as quickly as possible. The uniform for the timed run is running shoes, t-shirt, and shorts.

(2) **The event shall be conducted on a flat, solid surface as follows:**

(a) The candidate shall stand at start line;

(b) The timer shall signal the start and call out time intervals until the completion of the test;

(c) The candidate calls out lap number when passing the timer;

(d) Upon completion of the final lap, the candidate will call out "time," and the timer will call out the time to the nearest second; and

(e) The candidate will report his or her time to the recorder.

(3) **The event is ended if the candidate:**

(a) Stops running or walking other than to retie his or her shoelace, or to remove foreign objects from the shoes;

(b) Deviates from prescribed course; or

(c) Completes the 1.5 miles.