

PLAIN LANGUAGE GUIDELINES FOR SWCC CANDIDATE

(In-service)

REF: MILPERSMAN 1220-340, 1220-100 (Exhibit 8)

FIRST AND FOREMOST, CONTACT YOUR CAREER COUNSELOR

1. IAW MILSPERMAN 1220-340, ensure you meet below requirements:

a. Minimum ASVAB score VE+AR=104 or

Note: For ASVAB Test numbers 5,6, and 7, use WK Score

b. VE+WK=104 and MC=50

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

Waiver: 20/70; 20/100 or better

d. No color blindness

f. Must be 30 years old or less

g. Be E-5 or below

h. Must be a U.S. Citizen

i. Candidate must meet minimum performance standards. Evaluation marks should be at least 3.0 and above

2. Prospective Applicant will:

a. Submit a "Special Request Chit" through Chain of Command requesting SWCC training.

b. IAW MILPERSMAN 1220-160/1220-100 (Exhibit 8), applicants must submit *completed medical packages via fax to Naval Special Warfare Center (NSWC), BUD/S Medical Department, Comm: 619-437-5248/DSN: 577-5248: [Download cover sheet](#)

- (1) SF-88 & SF-93 or DD Form 2807-1 (pages 1 through 3) & DD Form 2808 (pages 1 through 3)
- (2) EKG report
- (3) Radiology report of chest (PA & LAT)
- (4) BUD/S-SWCC medical screening questionnaire

Note: Question concerning your medical package:

Email: [BUD/s Medical](mailto:BUD/s%20Medical)

*allow min 21 working for completed package to clear.
longer if items are missing from you package.

b. Applicants must visit (<https://www.swcc.navy.mil/>)
to request the Physical Screening Test (PST).
Dates, location and screening time are updated regularly
Only medically cleared candidates will be cleared to
take the test.

Note: 1. PST and interviews can be scheduled for
deploying applicants anytime ship is in port please contact
the [PST Coordinator](#) for details.

2. Applicants serving overseas will need the
contact the [PST Coordinator](#) to schedule a PST in your area.

d. Once medical clearance and PST request has been
verified confirmation e-mail will be sent to Applicant with
the following information:

- (1) Date/Time
- (2) Location
- (3) Gear list
- (4) PST Overview

3. Interviews and Recommendation

a. Applicant will be interviewed, IAW MILPERSMAN 1220-150.

b. Interview requirement items:

- (1) The original approved special request chit
- (2) Uniform of the day
- (3) Military ID
- (4) Service record
- (5) Medical record

Notes:

- a. Only applicant that successfully pass the PST will be interviewed
- b. NO waivers/recommendations will be given for the failure of the PST

4. Failure of the PST

a. Failure (DNF): If an applicant fails any part of the test he may continue the test to measure his own physical readiness. Applicants will be required to wait a minimum of 45 days before retesting.

b. Training time out (TTO): All applicants that request a training time out will not be allowed to continue the PST due to the time constraints of the test. However, Applicants will be allowed to retake the test after 30 days. If a applicant requests 2 consecutive TTO's within a 90 day period he will be required to wait a minimum of 6 months from the date of his last PST TTO.

c. Drop on request (DOR): Applicants that DOR will not be allowed to continue the test and will be required to wait a minimum of 1 years before requesting a retest.

5. ASSEMBLING INITIAL TRAINING APPLICATION PACKAGE, IAW MILPERSMAN 1220-200

- a. Report of Applicant Screening (PST) Results
- b. NAVPERS 1616/26, Evaluation Report and Counseling Record (E-1 Thru E-5) for previous 3 years including any special or transfer evaluations.
- c. Armed Services Vocational Aptitude Battery scores as documented on NAVPERS 1070/604, Enlisted Qualifications History.
- d. Commanding Officer Comments. See MILPERSMAN 1220-210 (SEAL), 1220-340 (SWCC) for comments and recommendations Commanding Officer should include NAVPERS 1306/7.

6. Fax or mail your package to:

SEALS

SPECWAR Assignments (PERS 401D)
5720 Integrity Drive.
Millington, TN 38053-4070
Comm: 901-874-2716 or DSN: 882-2716

As of: 30 Sept 2003