



DEPARTMENT OF THE ARMY CALIFORNIA
ARMY NATIONAL GUARD
COMPANY C, 1st BATTALION, 19th SPECIAL FORCES GROUP (AIRBORNE)
4203 SARATOGA AVENUE
JFTB LOS ALAMITOS, CALIFORNIA 90720-5162

REPLY TO
ATTENTION OF:

NGCA-SFA

22 June 2022

MEMORANDUM FOR SPECIAL FORCES CANDIDATES

SUBJECT: Memorandum of Instruction (MOI) for Special Forces Readiness Evaluation (SFRE).

1. REFERENCE: FM 350-1, SFAS course materials.

2. PURPOSE: This MOI is to inform potential **Special Forces Candidates** about the **Special Forces Readiness Evaluation (SFRE)**. This MOI provides information on the requirements for attendance, uniform, and equipment necessary for the SFRE. The C/1-19th SFG(A) SFRE is generally conducted on a quarterly basis.

3. COURSE INTENT: The SFRE is designed to identify and evaluate those Candidates who are qualified both physically and administratively prepared to attend Special Forces Assessment and Selection (SFAS) and subsequently the Special Forces Qualification Course (SFQC). Candidates should be physically and mentally prepared to face a demanding schedule and challenging events in various environmental conditions. Upon successful completion of the SFRE, candidates will be provided guidance that outlines requirements for progression to SFAS and SFQC.

Prior to arrival at the SFRE, candidates are expected to coordinate with and receive permission from their assigned unit to attend.

a. Candidates will attend SFRE and receive an evaluation.

b. Candidates receive verbal confirmation of successful evaluation, and C/1-19th personnel will initiate appropriate packets for accession into the CA ARNG and/or C/1-19th SFG (A) as applicable.

c. Candidates must complete a SF Physical prior to accession to the unit when "SELECTED" at SFRE.

d. Candidates must be prepared to attend SFAS within 60-90 days or sooner if Candidate arrives at SFRE with a completed SF Physical.

(1) C/1-19th submits qualified Candidates in ATTRS for SFAS as necessary.

e. If Candidate is "SELECTED" at SFAS, Candidate will be prepared to attend the next available Airborne, MCCC or SFQC class date, whichever applies.

4. ADMINISTRATIVE REQUIREMENTS PRIOR TO SFRE. Candidates are encouraged to send the required documents prior to the final due date to ensure enrollment into the SFRE. Candidates that fail to send all the required documents will not participate in training. Candidates are required to send the following items a minimum of 7 days prior to SFRE start date:

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- a. Copies of candidates last three NCOERs/OERs (if available).
- b. Current signed 3 event APFT Scorecard (DA705) with a score of 280 or higher in the Candidate's age group.
- c. Completed typed SF Candidate Data Sheet.

5. REQUIREMENTS FOR ATTENDANCE:

a. Lodging: Barracks / Field conditions. In processing on 8 September 2022 is from 1400-1700 hours in civilian attire. First Formation / In-Brief will be at 1900 hours.

b. Candidates report for first formation wearing the Army (or Service equivalent) issue PT uniform and running shoes. Minimalist Running Shoes (i.e. "Five-Fingered", "Toe Shoes", "Barefoot Sports Shoes", etc.) are not authorized.

c. If Candidates have not already provided documents and have coordinated with SFRE cadre, Candidates bring with them to in processing the following:

(1) Copy of completed Chapter 5 physical (if completed).

(2) Signed CA ARNG Form 350-2R (Authorization and Certification for IDT), Signed DA 1380 (USAR), or the Service equivalent authorizing the Candidate to attend the SFRE on a Duty Status.

(3) Signed Release and Waiver of Liability Agreement

(4) A copy of Candidate's ORB/ERB (or service equivalent record brief).

d. Candidates must bring the following administrative materials:

(1) Government Issued ID Card

(2) 2 ea. Black ink pens and pencils.

(3) Notebook no larger than 3".

e. The assessment process and testing commence upon arrival and will last until approx. 0800 hours, 11 September 2022. Travel arrangements made prior to 0800 hours must be coordinated with SFRE cadre for approval, or result in unsatisfactory removal from the SFRE.

f. Candidates should eat a high carbohydrate meal the night prior to reporting. Drink plenty of water before the reporting time. **No supplements of any type are authorized for this training and two weeks leading up to a SFRE evaluation.**

g. SFRE Prerequisites:

(1) All Candidates must be volunteers.

(2) Candidates may voluntarily withdraw (VW) from participation at any time, but are required to remain until SFRE is completed (unless coordinated with SFRE cadre for early release).

(3) ENLISTED:

- (a) Have a GT score of 105 or higher (or actively working to raise score, no waivers).
- (b) Be a graduate, presently enrolled, or able to attend Basic Leaders Course (BLC).
- (c) Be in the grades of E-3 through E-7.
- (d) Currently hold or eligible to hold a SECRET security clearance.

(4) OFFICER:

- (a) Completed the Basic Officer Leader Course (BOLC).
- (b) Must be in the grades of O-2 (promotable & branch qualified) through O-3 (with no more than 4 years TIG).
- (c) Currently hold or eligible to hold a SECRET security clearance.

6. SFRE TRAINING EVENTS:

a. Training events may vary. Candidates should be prepared for the following events at a minimum. Army Physical Fitness Test (APFT), scored in the male 17-21 year old age group with pull-ups. To reach the minimum score of 90 points in each category Candidates must attain the following: 64 push-ups, 72 sit-sups, and run two miles in 13:42). Not scoring a minimum of 90 points per event in the 17-21 year old age group will not guarantee success at SFAS, and may result in Involuntary Withdrawal from SFRE.

b. Candidates must perform a maximum number of dead hang pull-ups. No “kipping” or swinging permitted.

c. Survival swim assessment. Bring a spare uniform. Uniform will be OCP/ACU/BDU/ABU/NWU/USMC DIGICAM (service branch uniform) w/boots.

d. Road march of undisclosed distance. Uniform and equipment (Army, USAF, USMC, or USN) must be military issue or 670-1 compliant. Assault Shirts may **not** be worn during this event. To be competitive, Candidates must complete the course at the EIB standard time of 4 MPH or faster.

e. Run of undisclosed distance. Uniform will be 670-1 trousers, t-shirt, and running shoes.

f. Candidates may negotiate an obstacle course and rope climb.

g. Candidates may conduct land navigation written and/or practical exercises. Knowledge in pace count, map and compass reading is highly recommended.

7. RECOMMENDED PHYSICAL CONDITION ON ARRIVAL TO SFRE:

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a. Capable of scoring a minimum 270 in the 17-21 year old age group (minimum 90 points per event) on the Army Physical Fitness Test.

b. Capable of road marching for extended distances at a minimum speed of 4 MPH carrying no less than 45 lbs (not including consumables/food/water).

c. Capable of running 5 miles in 40 minutes and 6 miles in 50 minutes.

d. Capable of swimming 500 meters in 20 minutes (not in uniform).

e. Capable of climbing a rope 20-25 ft. in length.

f. Capable of completing 8 dead hang pull ups.

8. LODGING may be mixed barracks / field conditions and MEALS will be provided as both DFAC (bring \$20 to cover meals) or MREs. Each candidate must arrive with one box of MREs from their unit readiness (any discrepancies must be brought up to SFRE cadre at least 7 days prior to event).

9. POC for this memorandum is SSG Eric Covarrubias at ng.ca.caarng.mbx.specialforces@army.mil

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Special Warfare Training Detachment

DISTRIBUTION:

- 1- All Assigned Cadre For SFRE
- 2- SF Recruiters
- 3- Candidates