



**DEPARTMENT OF THE ARMY CALIFORNIA  
ARMY NATIONAL GUARD**  
COMPANY A, 5<sup>th</sup> BATTALION, 19<sup>th</sup> SPECIAL FORCES GROUP (AIRBORNE)  
4203 SARATOGA AVENUE  
JFTB LOS ALAMITOS, CALIFORNIA 90720-5162

REPLY TO  
ATTENTION OF:

NGCA-SFA

02 September 2020

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 A/5-19<sup>th</sup> 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. Candidates must ensure their assigned unit understands the scope and results from their SFRE attendance:

a. Candidates will attend SFRE and receive an evaluation.

b. Candidates receive verbal confirmation of successful evaluation, and A/5-19<sup>th</sup> personnel will initiate appropriate packets for accession into the CA ARNG and/or A/5-19<sup>th</sup> SFG (A).

c. Candidates must complete a SF Physical prior to accession to the unit.

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) A/5-19<sup>th</sup> 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 14 days prior to SFRE start date:

NGCA-SFA

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

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

5. REQUIREMENTS FOR ATTENDANCE:

**a. Lodging: Barracks / Field conditions. In processing is from 1600-1800 hours. First Formation / In-Brief will be at 1900 hours on the first day the SFRE, 05 November 2020.**

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. 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 (if applicable).**

(3) Signed Release and Waiver of Liability Agreement

(4) A copy of Candidate's ORB/ERB.

d. Candidates must bring the following administrative materials:

(1) Government Issued ID Card (Proof of Insurance is also required to drive on Army installations).

(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. 1200 hours, Sunday, 08 November 2020. Travel arrangements made prior to 1200 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 (no dairy). 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 on Sunday, 08 November 2020 (unless coordinated with SFRE cadre for early release).

(3) ENLISTED:

- (a) Have a GT score of 105 or higher.
- (b) Be a graduate of BLC or presently enrolled (or able to attend).
- (c) Be in the grades of E-3 through E-7.
- (d) Currently hold and/or able 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 and/or able 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 17-21 year old age group with pull ups. Note: Scoring a minimum of 80 points per event in the 17-21 year old age group will not guarantee success at SFAS, and will likely 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 (svc 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. Bring military issue equipment at 65 lbs. Assault Shirts may **not** be worn during this event.

e. Run of undisclosed distance. Uniform will be 670-1 trousers, t-shirt, and running shoes or Cadre’s discretion.

f. Candidates may conduct an obstacle course.

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

h. Candidates that fail to meet the standard during the APFT and/or the Swim Test are not released from training unless coordinated with SFRE cadre.

7. RECOMMENDED PHYSICAL CONDITION ON ARRIVAL TO SFRE:

NGCA-SFA

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

a. Capable of scoring a minimum 285 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 sub-15 minute miles carrying no less than 65lbs (not including food or 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 (standard fast rope diameter).

f. Capable of completing eight dead hang pull ups.

8. LODGING may be mixed barracks / field conditions and MEALS will be provided as both DFAC (COVID 19 Dependent) (bring \$20 to cover meals) or MREs. Each candidate should arrive with one box of MREs from their unit readiness.

9. POC for this memorandum is MSG KC Yee at [kweichang.f.wachholzyee.mil@mail.mil](mailto:kweichang.f.wachholzyee.mil@mail.mil) or SSG Greg Chatham at [gregory.r.chatham.mil@mail.mil](mailto:gregory.r.chatham.mil@mail.mil)

Peter J. Wilson  
SFC, CAARNG  
Special Warfare Training DET

DISTRIBUTION:

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