
Course Pre-requisites

Soldiers attending PLDC must meet the following prerequisites.

- a. Sergeants (SGT) that are non-PLDC graduates (may or may not have a PLDC waiver), and Private First Class (PFC) and Specialist (SPCs) selected to attend the Special Forces Qualification Course (SFQC), first priority of selection or
- b. Specialists (SPCs), Promotable (P); Corporals (CPLs) (P). Soldiers in an MOS identified as a “STAR MOS” second priority for selection or
- c. SPC/CPL in an authorized leadership position, third priority for selection and
- d. Must not exceed height and weight standards, and
- e. Must be eligible for reenlistment and recommended by their immediate commander, and
- f. Must have six months time in service (TIS) remaining upon graduation, and
- g. Must not have been convicted of a misdemeanor crime of domestic violence (Lautenberg Amendment), and
- h. If age 40 or over, must have completed a periodic physical exam within the last five years. The Pre-execution checklist in Part II, operator license block, must contain “curr Phy: and YYMMDD.” Soldiers will no longer hand carry a copy of the physical.

Enrollment Requirements

1. Soldiers reporting for training must have in their possession a completed and properly signed pre-execution checklist. Soldiers reporting for training without the checklist, signed by the soldier and unit commander, have 72 hours from the report date to provide the checklist with appropriate attachments. Return soldiers to their unit who fail to provide the checklist within this time frame. The unit commander’s signature on the pre-execution checklist suffices as certification that the soldier meets routine course prerequisites.
 2. Permanent profile designator of “3” or “4” must include a copy of DA Form 3349 and the results of the soldier’s military medical review board (MMRB) as part of course application. Soldiers who have been before an MMRB, or similar board, awarded medical limitations and allowed to retain their occupational classification, will be allowed to attend appropriate courses and train within the limitations of their profile--provided they can otherwise meet course prerequisites and graduation requirements.
 3. Do not enroll soldiers with temporary profiles, other than for shaving. For soldiers diagnosed as pregnant after enrollment; the attending physician must make a determination if continuing the course would be harmful to the pregnant soldier. Pregnant soldiers must provide a copy of the attending physician’s recommendation. A soldier medically dismissed for pregnancy after enrollment will be eligible to return to the course when the condition that led to the medical dismissal no longer exists.
 4. For students with permanent profiles, their profile must include an aerobic event. Soldiers with permanent profiles that permit an alternate event must meet course graduation requirements.
 5. Deny enrollment to soldiers failing to meet any one of the above prerequisites. Commandants may not supplement these mandatory prerequisites requirements.
-

Course Graduation Requirements

1. To achieve course graduation requirements, the student must score 70 percent or higher on the following examinations/evaluations to include Land Navigation.
 - a. Written Examinations I, II, III.
 - b. Army Physical Fitness Test (APFT) (IAW FM 21-20w/C1).
 - c. Physical Fitness Training (Train the Trainer Evaluation).
 - d. Drill and Ceremonies Evaluation.
 - e. Individual Training Evaluation.
 - f. Land Navigation Evaluation.
 - g. Both Demonstrated Leadership Evaluations.
2. Students must take the APFT on day one of enrollment. If a student fails the initial APFT, allow one retest in 7 to 14 days of the initial APFT. If student fails the retest, dismiss for failure to meet APFT standards.

Physical Requirements

1. Students must be able to meet the following physical requirements during the course:
 - a. Pass the APFT.
 - b. Negotiate rough terrain under varying climatic conditions.
 - c. Conduct, demonstrate, and lead drill and ceremonies.
 - d. Conduct, demonstrate, and lead physical fitness training.
 - e. Walk a minimum of 3200 meters with Load Carrying Equipment (LCE) in a minimum of three hours.
 - f. Lift and carry all required packing list items (OCIE and CTA 50-900) for short distances.
 - g. Carry 50 pound combat load containing mission essential equipment.
 - h. Occasionally lift and carry fuel, water, ammo, MREs, or sandbags.
 - i. Low crawl, high crawl, and rush for three to five seconds.
 - j. Move over, through, and around obstacles.
 - k. Carry and fire individually assigned weapon IAW applicable regulatory guidance.
 - l. Don Mission-Oriented Protective Posture (MOPP) gear.
 2. **Commandants may not** supplement these course graduation requirements.
-