

# Sac state AFROTC

## Air Force ROTC Detachment 088



### Air Force Reserve Officer Training Corps

Hosted at California State University, Sacramento

#### Program Overview

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## 1. What is Air Force ROTC?

Air Force ROTC (AFROTC) is a college-based commissioning program that allows students to earn a commission as a Second Lieutenant in the U.S. Air Force or U.S. Space Force while completing their chosen degree at their chosen university.

At **Detachment 088 (Det 088)**, cadets train on the campus of Sacramento State while pursuing any major offered at their home institution.

This is a **4-year program** comprised of 8 academic classes, weekly physical training, and weekly Leadership Laboratories. Depending on a student's individual qualifications and timeline until graduation, the program may be completed in a minimum of 3-years. Those students must double up on Aerospace Studies classes during their first year in the program. Discuss this option with a cadre member during your enrollment/in-processing meeting. For select STEM majors, you may be allowed 5-years in the program to graduate and commission. Discuss this with a cadre member during your enrollment/in-processing meeting to ensure your desired major is approved for 5-years.

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## 2. Where is Det 088 located?

Det 088 is hosted at:

 **California State University, Sacramento (Sacramento State)**

6000 J Street  
Sacramento CA 95819

Cadets attend Aerospace Studies (AS) classes, Leadership Laboratory (LLAB), and Physical Training (PT) on the Sacramento State campus.

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## 3. Can I participate if I do not attend Sacramento State?

Yes. Det 088 supports multiple **cross-town schools**. Students enrolled full-time at approved partner institutions may participate in AFROTC at Sacramento State while earning their degree at their home campus.

### Current Cross-Town Schools:

UC Davis	Folsom Lake College
Jessup University	National University
University of the Pacific	Sacramento City Community College
Embry Riddle	San Joaquin Delta College
American River Community College	Sierra Community College
Cosumnes River Community College	Solano Community College
Drexel University	Yuba College

With over 145 AFROTC detachments nationwide, most colleges either host a detachment or have a cross-town agreement. You **MUST** be enrolled as a full-time student at a host university or cross-town school to participate in AFROTC. If your school is not a host or an approved cross-town school with an AFROTC detachment, then you will not be eligible to participate.

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## 4. What are the basic eligibility requirements?

To participate at Det 088, students must:

- Be at least **14 years old**
  - Be enrolled **full-time (minimum 12 credit hours per semester)**
    - Must be enrolled at CSU Sacramento or one of our approved cross-town schools
  - Be eligible to commission before age 39 (waivers possible in some cases)
  - Meet U.S. citizenship requirements before commissioning
  - Meet Air Force medical standards (via DMACS)
  - Meet physical fitness standards
  - Maintain academic and conduct standards
  - Demonstrate good moral character
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## 5. Is there a military commitment when I join?

- **Freshman and Sophomore years (General Military Course – GMC):**  
No service commitment unless you activate a scholarship.
  - **Junior and Senior years (Professional Officer Course – POC):**  
A service commitment begins upon entry into the POC by signing a contract and/or scholarship activation.
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## 6. What GPA is required?

- Minimum term and cumulative GPA: **2.0**
  - Minimum term and cumulative GPA to activate scholarship: **2.5**
  - Competitive selection boards typically require higher GPAs
  - Cadets must remain in good academic standing with their university
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## 7. What are the physical fitness requirements?

Cadets must pass the Air Force Physical Fitness Assessment each semester, which includes:

- 2-mile run
- Push-ups
- Sit-ups
- Body composition standards

Fitness standards are age and gender specific.

Check the requirements here: [Air Force Physical Fitness Assessment Scoresheet](#)

\*Physical fitness standards are NOT a requirement to start the program. Many cadets join who cannot pass the Air Force Physical Fitness Assessment or do not meet BMI standards. By participating in the AFROTC program, many cadets significantly improve their physical fitness and BMI levels. However, cadets MUST pass physical fitness standards before they are eligible to compete for PSP (Field Training selection), activate a scholarship, or sign a contract.

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## 8. What medical requirements must I meet?

All cadets must:

- Complete a medical exam through DMACs
- Meet Air Force accession medical standards
- Be medically qualified for worldwide duty
- Body Mass Index (BMI)  $\leq 25$

Certain conditions may require waiver consideration. DMACS medical exams will be initiated after the term begins.

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## 9. What is Field Training?

Field Training is a mandatory summer leadership evaluation typically completed between sophomore and junior year.

- 2–3 weeks long
- Must be selected through highly competitive selection process called POC Selection Process (PSP) for slot at Field Training
- Evaluates leadership, discipline, and officership

Successful completion of Field Training is required to enter the Professional Officer Course (POC).

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## 10. What is the Air Force Officer Qualification Test (AFOQT)?

The **Air Force Officer Qualification Test (AFOQT)** is a standardized exam required for commissioning.

The AFOQT measures:

- Verbal and quantitative aptitude
- Aviation aptitude (for rated positions such as Pilot, RPA Pilot, Combat Systems Officer, and Air Battle Manager)

Key Details:

- MUST be taken during a cadet's first term in the program.
  - Cadets may retake the exam after a minimum of 90 days
  - Must pass to compete for Field Training
  - Required for all commissioning candidates
  - Scores are percentile-based, ranging from 1-99.
  - Minimum passing scores:
    - Verbal: 15
    - Quantitative: 10
  - Rated applicants must meet minimum pilot/combat systems/ABM score thresholds
    - Pilot: 25
    - RPA Pilot: 25
    - Combat Systems Officer: 25
    - Air Battle Manager: 25
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## 11. How much time does AFROTC require each week?

Typical weekly commitment at Det 088:

- 1 Aerospace Studies academic class (1 hr – GMC, 3 hr – POC)
- 1 Leadership Laboratory (2–3 hours)
- 2 Physical Training sessions (1.5 hrs each)
- Additional time for leadership roles (especially junior/senior year)

Friday schedule:

0630-0800: Physical Fitness Training

0800-0900: Shower/get breakfast

0900-1000: Supplemental military training

1000-1100: Aerospace studies class

1100-1300: Lunch

1300-1500: Leadership Laboratory (military training)

1500-1700: Optional activities (i.e. color guard practice)

Many cadets compare the time commitment to a college athletic team or serious extracurricular activity.

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## **12. Are scholarships available?**

Yes. AFROTC offers:

- High School Scholarships (must apply as a high school senior)
- In-College Scholarships
- Full or partial tuition coverage
- Monthly tax-free stipend
- Textbook allowance

Scholarships are competitive and based on academic performance, fitness, and leadership potential.

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## **13. What career opportunities are available?**

Cadets may compete for:

### **Rated Career Fields**

- Pilot
- Remotely Piloted Aircraft (RPA) Pilot
- Combat Systems Officer
- Air Battle Manager

### **Non-Rated Career Fields**

- Engineering
- Intelligence
- Cyber
- Space Operations
- Logistics
- Acquisitions
- Security Forces
- Personnel

- And many more

Upon graduation and successful completion of AFROTC requirements, cadets commission as **Second Lieutenants** in the U.S. Air Force or U.S. Space Force.

## 14. What can disqualify someone from AFROTC?

Potential disqualifiers include:

- Certain criminal convictions
- Academic probation or failure
- Failure to meet physical standards
- Integrity violations
- Medical disqualification
- Failure to pass AFOQT

Waivers may be possible in select cases.

