

# AFI 36-2903, Chapter 7

## Physical Training Uniform

7.1.1. All components making up the PTU and IPTU are considered uniform items.

Installation commanders may temporarily adjust wear policy to address immediate safety or mission/operation concerns and may be more restrictive with wear policy (e.g., no hats during organized fitness events, no head/ear phones due to safety concerns, etc.) to support unit cohesion and present a standardized image. There is no mandated maternity PT uniform. Pregnant members participating in unit PT, may be authorized to wear civilian clothing in the colors of blue, black, white or grey. Commanders determine the required PTU/IPTU configuration during organized PT events.

7.1.2. Wear of the PTU/IPTU is mandatory during physical fitness assessments and while participating in organized PT events as designated by the commander. In addition, if PTU/IPTU items are worn during individual/personal PT, the following guidelines apply (exceptions noted):

7.1.3. Jacket.

7.1.3.1. PTU/IPTU jacket. The jacket will be zipped at least halfway between the waistband and collar. Sleeves will end within 1-inch of the wrist.

7.1.4. T-shirt.

7.1.4.1. Short-sleeved PTU/IPTU shirt. The short-sleeve shirt will be tucked into shorts or running pants at all times. Do not remove or cut sleeves. Short and long-sleeved white or light gray form fitting undershirts, (i.e. spandex, lycra or elastic material) may be worn and visible under the short-sleeved PTU/IPTU shirt. Undershirt must be tucked in.

7.1.4.2. Optional long-sleeved IPTU shirt. The long-sleeve shirt will be tucked into the

PTU/IPTU shorts or running pants at all times. Do not push up, remove, or cut sleeves.

7.1.4.3. Optional IPTU sweatshirt. The sweatshirt will extend no lower than six inches below the natural waist line. Do not push up, remove, or cut sleeves.

7.1.5. Short/Running Pants.

7.1.5.1. PTU/IPTU running pants. The waistband will rest at or within two inches of the natural waistline. Both pant legs will extend below the ankles and will be zipped to within one inch of the bottom.

7.1.5.2. PTU/IPTU shorts (with reflective material) and optional IPTU running shorts (without reflective material). The PTU/IPTU shorts waistband will rest at or within two inches of the natural waistline. The lining in the PTU/IPTU shorts may be removed.

Short, mid and full length solid black or dark blue form fitting sportswear (i.e. spandex, lycra or elastic) may be worn and visible under both the PTU/IPTU and optional IPTU running shorts.

7.1.6. Footwear.

7.1.6.1. Socks. Socks are mandatory. Socks will be white or black and may have small trademark logos.

7.1.6.2. Athletic style shoes. Athletic style shoes are mandatory. There are no restrictions on the color of the athletic shoes.

7.1.7. Headgear.

7.1.7.1. Installation commanders may authorize wear of an optional solid black or dark blue baseball/sport cap with the Air Force symbol or U.S. Air Force printed/embroidered on the front during organized PT; also authorized during individual PT. If authorized, caps are to be worn outdoors only.

7.1.7.2. Commanders may authorize wear of an embroidered "Excellence for/in PT"

solid black or dark blue baseball/sports cap. If worn, the baseball/sport cap will have the words "Excellence for PT", "Excellence in PT" or a combination of the two, in small embroidered letters, no more than ½ inch in height. Patches, large logos and multi-patterned caps are not authorized. Additional unit or organizational issued hats are not authorized with the PTU/IPTU. Headgear may be worn during individual PT, but not indoors.

7.1.7.3. Bandanas and other similar head-scarves/headgear are not authorized unless due to medical waiver condition.

7.1.9. Undergarments. Appropriate undergarments are required to be worn with all PTU/IPTU combinations.

7.1.10. Cold Weather Accessories. Cold weather accessories may be worn outdoors only.

7.1.10.1. Knit watch cap. If worn, will be plain, solid black, dark blue, or sage green without logos (bandanas and other similar head-scarves/headgear are not authorized unless due to medical waiver conditions).

7.1.10.2. Gloves. Gloves will be black or dark blue leather, knitted, tricot or suede, or a combination of leather, knitted, tricot, and suede and without logos.

7.1.10.3. Scarf. The scarf will be black or dark blue, all wool or cotton simplex, with or without napped surface, and less than 10 inches in width.

7.1.10.4. Earmuffs. Earmuffs will be solid, black or dark blue, made of any material and may wrap around either the top or rear of the head.

7.1.10.5. Green or black fleece is not authorized to be worn with the PTU/IPTU.

7.1.11. Do not mix/match the PTU/IPTU running suit jacket and running suit pants. All other combinations authorized.

7.1.12. PTU/IPTU items are authorized for wear with conservative civilian/personal attire

during individual/personal PT or while off-duty (e.g. PT shirt with personal shorts/pants, PT jacket with personal shirt/pants/shorts, etc.). No civilian/personal items with offensive wording, graphics or photos are to be worn with the PTU/IPTU items at any time.

7.1.13. Headphones and earphones (iPods, etc.) are authorized while in the fitness center or on designated running areas unless prohibited by the installation commander.

7.1.14. Female's long hair must be secured but, it may have loose ends that extend below the collar; i.e., ponytails.