



Special Forces: Selection 2025

Published on 19/05/2025

Key Information:

- The selection process begins with the **physical tests** and the **internship** at the Special Operations Training Center (Ce.Add.OS) in Pisa.
- **Maximum number of attempts:**
 - *Officers and Warrant Officers: 2*
 - *Sergeants, Graduates, and Troop Soldiers: 3*
- It is **mandatory** to possess (or acquire) the military parachuting license to proceed to the specialization phase.
- The candidate must accept the **availability to perform continuous parachuting activities** and cannot participate in incompatible courses.
- Preferences for the unit (9th, 185th, 4th regiment) are considered **non-binding wishes**.

- A **minimum stay of at least 10 years** in the Special Operations Sector is required after obtaining the FS license.

Physical Selection Tests

They are divided into **evaluation tests** and **elimination tests**:

Evaluation Tests

- 2000 m run
- Pull-ups
- Push-ups
- Dips
- Abdominals
- Weighted march (10 km with 10 kg)

Elimination Tests:

- Rope climb (4 m)
- High jump
- Water proficiency tests:
 - Apnea
 - Floating
 - 50 m swim

Selection Internship

The FS Selection is aimed at those who wish to join the elite units of the Italian Armed Forces. Those who apply to participate in the FS Iter choose to embark on a path of great commitment and value, aimed at training operators capable of intervening in highly complex missions in any operational theater. The process includes well-structured phases, starting from an initial moment of physical and technical verification, up to specific training for the specializations of raider, target acquisition, or ranger. The parachuting license is a fundamental requirement to access the specialization phase, and the availability to undertake continuous parachuting

activities is an integral part of the required profile.

The initial tests include a series of physical tests that serve to verify the basic athletic preparation of the candidates. Exercises are planned to evaluate strength, endurance, mobility, and water proficiency, such as running, pull-ups, ground and water exercises, as well as marching tests with a backpack and gymnastic activities. Passing these tests is the condition to access the subsequent selection internship.

The internship lasts a total of twelve days and takes place without interruptions, alternating static and dynamic phases. The activities are designed to test not only physical endurance but also psychological resilience, determination, and the ability to operate in difficult conditions. During this period, candidates face marches in challenging environments, land navigation exercises, water activities, operational simulations, and problem-solving tests under stress conditions. The entire course is managed by the Special Operations Training Center, with the support of instructors from all Special Forces units.

At the end of the internship, a comprehensive evaluation is carried out, taking into account conduct, demonstrated aptitudes, and technical performance. Only those deemed suitable are admitted to the next phase of the training path.

Candidates must present themselves with the required equipment, divided into mandatory and recommended materials. A thorough inspection of materials is planned before, during, and after the activities. Possession of unauthorized items results in immediate exclusion from the course.

An important suggestion provided in the compendium is to start athletic preparation well in advance, particularly concerning endurance for long marches with a backpack. Training, although it can be supported by the respective units, remains an individual responsibility of the candidate.