

## HEADQUARTERS AIR FORCE PERSONNEL CENTER

*For official policy guidance, refer to AFI 36-2903,  
Dress and Personal Appearance of Air Force Personnel*

# MALE PHYSICAL TRAINING UNIFORMS

## PHYSICAL TRAINING UNIFORM

Proper military customs and courtesies honoring the flag during reveille/retreat will apply (this means coming to full attention and rendering the proper military salute when outdoors). Saluting due to rank recognition is not required when wearing the PTU/IPTU

The jacket will be zipped at least halfway between the waistband and collar



Sleeves will end within 1 inch of the wrist

The running pants waistband will rest at or within 2 inches of the natural waistline

Both pant legs will extend below the ankles and will be zipped to within 1 inch of the bottom

Running pant can be worn with either, short or long sleeve t-shirt and or long sleeve sweat-shirt

Short or long sleeve t-shirt will be tucked into pants at all times

Long sleeve sweat-shirt will extend no lower than 6 inches below the natural waist line

Squadron Commanders may authorize the wear of the morale undershirt with all PTUs on Fridays

Socks will be white or black and may have small trademark logos

There are no restrictions on the color of the athletic shoes

Jacket can be worn with shorts

Do not mix and match the current PTU running suit jacket and running suit pants with the Improved Physical Training Uniform (IPTU) jacket and pants

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 or IPTU items at any time

*VISIT OUR OFFICIAL WEBSITE: <http://www.afpc.af.mil>*

*Last Updated: 3 October 2016*

## SHORT SLEEVE SHIRT WITH SHORTS

Proper military customs and courtesies honoring the flag during reveille/retreat will apply (this means coming to full attention and rendering the proper military salute when outdoors). Saluting due to rank recognition is not required when wearing the PTU/IPTU

T-shirt will remain tucked in at all times

The shorts waistband will rest at or within 2 inches of the natural waistline.

The lining in the shorts may be removed

Spandex, both short and full length solid black or dark blue, may be worn and visible



Squadron Commanders may authorize the wear of the morale undershirt with all PTUs on Fridays

Socks will be white or black and may have small trademark logos

There are no restrictions on the color of the athletic shoes

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## LONG SLEEVE SHIRT WITH SHORTS

Proper military customs and courtesies honoring the flag during reveille/retreat will apply (this means coming to full attention and rendering the proper military salute when outdoors). Saluting due to rank recognition is not required when wearing the PTU/IPTU

T-shirt will remain tucked in at all times

Do not push up, remove or cut sleeves

The shorts waistband will rest at or within 2 inches of the natural waistline.

The lining in the shorts may be removed



Spandex, both short and full length solid black or dark blue, may be worn and visible

Squadron Commanders may authorize the wear of the morale undershirt with all PTUs on Fridays

Socks will be white or black and may have small trademark logos

There are no restrictions on the color of the athletic shoes

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