



The CIAC Paddle

Helping You Navigate the IA Continuum



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Navy IA Sailor Top Focus Area #4 Rest and Recuperation (R&R) Policy

The SECDEF R&R policy defines the associated leave guidance and requirements. CIACs should use this information to set the IA Sailor's expectations.

Boots-On-Ground

a) What is Secretary of the Defense (SECDEF) R&R policy (CENTCOM 600-21)?

- The policy allows at least 15 days of consecutive leave out of every 365 days of deployed orders if operationally feasible as determined by the unit commander (see CENTCOM Regulation Number 600-21 below).

b) R&R Leave Specifics

- Leave consists of no more than 15 consecutive days (excluding travel time).
- Leave is non-chargeable from Afghanistan and Iraq (chargeable from elsewhere).
- Leave starts the day after arrival at destination and ends the day before return travel begins.
- Transportation to and from leave (any desired location worldwide that major airlines fly to) is provided at the government's expense.
- Eligibility for R&R leave begins after the first 60 days in theater and ends prior to the final 60 days in theater.
- R&R leave cannot be combined with any other leave, liberty or other unofficial travel.
- R&R cannot be shortened without special permission from Army Central Command (ARCENT), your FWD HQ and CTF-IA.

c) Requirements to qualify for R&R in CENTCOM and JTF-Horn of Africa (HOA)

- 270 days Boots-On-Ground (BOG) minimum **and**
- IA orders that total greater than or equal to 365 days. (This includes NMPS in-processing, training, BOG, WTP, NMPS out-processing and travel.).

d) Reserve Component (RC) Orders

- Although orders state Sailor is mobilized for one year, satisfying the 365-day R&R eligibility requirement is established by summation of total days listed for each component in the orders.
- Demobilization orders will be issued 90 days prior to departure from theater and will reflect the actual time on orders (normally less than 365 days).

e) Questions: Email [USFF IA Support](#).

f) For more information see [CENTCOM Regulation Number 600-21](#) on Leave, Liberty and Unofficial Travel Policy for the CENTCOM AOR.