1 · CREDENTIAL		
PMI-RMP®		
2 · FULL TITLE		
PMI Risk Management Professional		
3 · ISSUING BODY	4 · LAST VERIFIED	5 · STATUS
PMI	AUG 22, 2026	Maintained

The PMI-RMP is about risk on a project, and that narrowness is the whole point. It isn't a general project management credential and it isn't a safety credential. For almost everyone reading this it's a second certification taken after the PMP rather than a first, because PMI asks for months of documented project risk work and hiring managers still ask for the PMP by name. If you ran the risk register in a defense program office, this credential describes work you've already done.

CHANGE NOTICE · APRIL 1, 2022

PMI replaced the RMP exam on April 1, 2022. It went from 170 questions in 210 minutes to 115 in 150, with 100 scored and 15 unscored, across five reworked domains, four of them new. Nothing has changed since. There's no 2025 or 2026 exam content outline for the RMP, and it wasn't caught up in the July 2026 PMP overhaul. The fees haven't moved either, at $520 for members and $670 for non-members. If a provider tells you the RMP exam is about to change, ask which document says so.

Check which PMI document you're reading, because two of them are live and they disagree. The PMI-RMP Exam Content Outline, updated January 2023, says 115 questions in 150 minutes. The PMI-RMP Certification Handbook, revised August 7, 2020 and still hosted on pmi.org, says 170 questions in 210 minutes, which is the exam PMI retired in April 2022. The Exam Content Outline governs, and PMI's general Certification Handbook, revised June 2026, sends applicants to it. The eligibility numbers happen to agree across both, at 36, 24 and 12 months against 40, 30 and 30 contact hours, which is exactly why nobody notices that the exam-format numbers don't.

1 What counts from your service

PMI counts months spent in the specialized area of professional project risk management, and the word project carries the whole requirement. Military risk management under ATP 5-19, OPNAVINST 3500.39D or DAFI 90-802 is operational and safety risk. It shares a five-step skeleton with PMI's process and very little of the vocabulary, so claim the risk you owned on a project.

WORK THAT QUALIFIES

Program office risk manager or IPT risk lead

The best military match there is. You held the RIO register, ran identification and analysis, supported the Risk Management Board, tracked owners and mitigations, and tied risk to cost, schedule and the IMS. Every month of that counts.

Cost or schedule risk analysis on a program

Monte Carlo simulation, S-curves, probabilistic critical paths, sensitivity analysis and contingency reserve. This is the quantitative half of the exam and the half most civilian candidates have never touched. If you ran an SRA or a CRA, write it up in those words.

A fielding, relocation or facility project

Bounded work with an end date and something to deliver, where you owned the risks against a schedule and a budget rather than against a hazard list. This is how a safety officer becomes eligible. Not through the duty title, but through the projects it put you on.

Explosives safety on a construction or demil project

Site plans, licenses, deviations and risk mitigations under DA Pam 385-64 count where they were attached to a project with a delivery date. Routine storage and handling oversight doesn't, because nothing closes.

Risk work you did without the risk title

Systems engineers, schedulers, cost estimators and testers in a program office all carry project risk. PMI doesn't require the title, and it does require that your application describes the risk work you performed in each period you claim.

WORK THAT DOESN'T

- Collateral-duty safety officer months with no bounded project under them. A duty title isn't eligible months.
- Range safety. A range iteration is an operation or an event, and PMI's definition needs a project.
- General project management months. The RMP asks only for risk months, which catches PMP holders out.

PROVING IT

An NCOER, an OER, a DD-214, a JST and a CCAF transcript are raw material, and none of them is an audit document. If PMI audits you it asks for a copy of your degree, certificates or letters from whoever delivered each course you counted toward your contact hours, and signatures from the supervisor or manager on the experience you recorded. WarU (formerly DAU), ATRRS and MyLearning certificates are your strongest education evidence, because they carry the provider, the course code, the date and the hours. The signature is the constraint. PMI publishes no substitute-verifier procedure for a supervisor who has retired, separated, deployed or died, so find yours before you apply rather than inside a 90-day audit clock. Never submit classified, CUI or Privacy Act material.

2 Eligibility

Secondary diploma or an associate's degree

36 months in the specialized area of professional project risk management, earned within the last five consecutive years, plus 40 contact hours of project risk education. An associate's degree sits in this tier alongside a high school diploma. That's the opposite of the PMP, where an associate degree meets its own tier and is worth a full year, so an enlisted airman carrying the PMP rule across will claim twelve months they don't have. Sources: PMI-RMP Exam Content Outline, January 2023, page 11, and PMP Examination Content Outline, July 2026, page 13.

Four-year degree or global equivalent

24 months of project risk management inside the same five-year window, plus 30 contact hours. A bachelor's is the only thing that moves you off the 36-month route, which is worth knowing if you're within a semester of finishing one.

Bachelor's or postgraduate degree from a GAC-accredited program

12 months inside the same window, plus 30 contact hours. GAC is PMI's own program accreditation and the list is short, so check whether your school holds it rather than assuming either way.

No general project management experience is required

None of the three routes asks for general PM months or general PM training. The RMP counts risk months only, which is where the confusion with the PMP starts and why a PMP holder still documents risk work separately.

The five-year window applies to experience, not education

PMI's outline says there's no time frame on the education requirement, so a risk course you took in 2011 still counts. Risk work you did in 2018 doesn't. Check that before you write anything off your own record.

Where the 40 or 30 contact hours can come from

PMI Authorized Training Partners, employer or company-sponsored programs, training companies, distance learning that ends in an assessment, and university courses. Self-directed learning earns nothing, and neither do books, videos or a mentor. PMI Study Hall is practice questions, so it earns no hours.

3 The route

1. **Get the hours first**

   30 or 40, by route. The outline says the coursework has to be complete at the time you submit, so this is a prerequisite to applying rather than something you do while PMI reviews you.

2. **Apply online**

   The application stays open for 90 days once you start it, and it can't be canceled once started. You record each project separately and log the months you spent on project risk management on each one.

3 **Survive the audit**

Selection is random, with one stated exception: PMI audits every application from its own employees and volunteers. You get 90 days to submit and PMI processes it in five to seven business days. An incomplete package is an audit failure, and PMI enforces a one-year suspension before you're eligible to reapply. PMI doesn't say that bar reaches its other credentials.

4 **Pay, then schedule**

You can't schedule until PMI has your money. PMI emails an Eligibility ID that you take to Pearson VUE. Your one-year eligibility period starts when PMI approves your application. If you were audited it starts instead on the day PMI tells you the audit is clear, and you get three attempts inside it.

5 **Sit the exam**

115 questions in 150 minutes, 100 scored and 15 unscored pretest items you won't be able to pick out. Multiple choice and multiple answer only. PMI publishes no numeric pass mark, so anybody quoting you 70% is guessing.

6 **Take the break carefully**

One optional 10-minute break, after roughly question 58. Starting it locks the first section so you can't go back, and the timer restarts after 10 minutes whether you're at the desk or not. Leaving your desk otherwise voids an online-proctored score.

7 **Keep it**

30 PDUs every three years plus the renewal fee, which is half the PMP's load. Hold both and most of it comes from learning you were doing anyway.

4 What it costs

Exam, PMI member	$520
Exam, non-member	$670
PMI global membership, first year	$139, then $129 a year
Retake	A separate fee, not currently published
Renewal, every 3 years, member / non-member	$60 / $150
30 or 40 contact hours	$1,500 to $2,000 instructor-led

Joining PMI to save on the exam is about a wash. The discount is $150 and first-year membership is $139, PMI's $129 global dues plus a one-time $10 application fee, so you finish $11 ahead. Chapter dues of $25 to $40 are optional and buy no exam discount. Renewal is where membership pays, at $60 rather than $150 every three years. Dues from four PMI chapter pages, read August 22, 2026. PMI won't refund the difference if you join after paying the non-member price. Both exam fees are confirmed against Pearson VUE, which sells them as two separate vouchers, and VA's register carries the $670 one. They also match PMI's own fee table on page 10 of its August 7, 2020 handbook to the dollar, so this store sells at PMI's list price rather than above it, unlike the PMP. The retake fee has nothing current behind it, so ask PMI before you rebook, and the renewal fees come from a 2022 PMI handbook that the April 2026 edition replaced without republishing them. The real cost is the training, and it's the one line here that isn't PMI's. A co-host of this show owns a company that trains for the PMP and the CAPM.

---

5 Getting it paid for

- The PMI-RMP is on VA's approved licensing and certification register, as record 3428v79, PMI RISK MANAGEMENT PROFESSIONAL EXAM under Project Management Institute, with $670 on file. That was read from VA's live register on August 21, 2026, not from a summary of it.
- Eight days of entitlement, and that's the whole argument. VA reimburses the actual test cost up to $2,000 and charges entitlement at one month for every $2,578.64 it pays, at the rate effective August 1, 2026 through July 31, 2027. The $670 on VA's file works out at 0.26 months, or about eight days. The member price of $520 is about six, and since VA reimburses whichever one you paid, those two days are the only thing joining PMI changes on this route.
- Claim on VA Form 22-0803 after you've paid and sat it, with the receipt and either the result or the certificate. You have to already be covered under Post-9/11 (Chapter 33), MGIB-AD (30), MGIB-SR (1606) or DEA (35). VA pays even if you fail.
- The PMI-RMP is on DoD COOL as credential pmirmp4504, listed by Army, Navy, Air Force, Marine Corps and Coast Guard, read in a browser on August 21, 2026. Space Force has no separate site, and Air Force COOL covers both. Listed isn't the same as funded, and this is the credential where the services genuinely part company.
- Army COOL marks it CA Eligible and approved for promotion points, and the promotion points are the return almost nothing written about this credential mentions. Credentialing Assistance pays up to $2,000 a soldier a fiscal year for one credential, three in ten years, inside a $4,500 fiscal-year ceiling shared with tuition assistance, from Army COOL's own Costs and Funding FAQ read August 21, 2026. It also recoups, on two clocks: 180 days from your posted passing grade to submit the exam funding request, from the Army's December 11, 2024 policy, and 365 days to sit the exam, from AR 621-5 at 4-17b(5). Work to the 180. Since March 19, 2026 requests need commander approval, and commissioned officers are ineligible unless the goal predates it.
- Navy is the exception, and it's worth knowing before you plan around it. Navy COOL lists the RMP and its record carries no funded banner, where the Navy records for the CAPM and CompTIA Project+ both do. Marine Corps and Coast Guard COOL both show it funded, and both want approval before you register, sit or spend anything, against a rating, billet or collateral duty. Read August 21, 2026.
- Air Force COOL lists it. The DoD-wide record names the Air Force among the listing services, but Air Force funding runs through the Air Force Virtual Education Center rather than the DoD portal, so check AFVEC for the answer either way. The program rules are unchanged: $4,500 lifetime rather than annual, study materials capped at $500 a goal, and you reimburse the whole goal if you fail. Both figures read from myAirForceBenefits on August 23, 2026.

- SkillBridge doesn't pay exam fees, and it's the most repeated wrong answer in transition. It's an industry-experience program in your final 180 days on military pay, and DoDI 1322.29 says the Military Departments won't spend DoD appropriations on it.
- Onward to Opportunity doesn't carry the PMI-RMP. Its catalog as of August 2026 runs to the PMP, the CAPM, Six Sigma and CompTIA Project+. VET TEC 2.0 doesn't cover it either, because its subject scope excludes project management.
- MyCAA, now the SpouseWorks Scholarship, is unresolved for PMI. Its governing material permits examinations at an approved testing organization, and nothing published names PMI as one, so a spouse should confirm before counting on it.
- If you're a DoD civilian, 5 U.S.C. 5757 lets an agency pay for a certification and its exam where it's job related, and the acquisition workforce also has DAWDA under 10 U.S.C. 1705.

6 Keeping it

Cycle	3 years
Required	30 PDUs
Renewal fee	$60 for members, $150 for non-members, from PMI's 2022 handbook

At least 18 of the 30 have to be Education PDUs, with a minimum of 4 each in Ways of Working, Power Skills and Business Acumen, plus 6 more from any Talent Triangle area. Giving Back is optional and capped at 12. That's half the PMP's 60, and if you hold both, PMI applies Power Skills, Business Acumen and Giving Back PDUs to every credential, so the RMP costs about 4 risk-specific PDUs a cycle.

How current this is

Everything above was checked against published material from PMI on August 22, 2026. Requirements, fees and course content all move, and they are not always announced loudly. Check the sources below before you spend money on the back of anything here.

This guide was written independently: PMI had no part in it and did not endorse it. Where this page names a training provider or a school, assume we may have a commercial interest in it and judge the guide on whether the facts check out against the references below.

This is a guide, not advice. We're not PMI, the VA, DoD, your security manager or your education office, and the funding rules in particular change by service and by year. Anything here that costs money, or that may be restricted in any way in your own work, is worth confirming with the people who own it before you act on it.

R References

- PMI-RMP Exam Content Outline, updated January 2023 (PMI) (https://www.pmi.org/-/media/pmi/documents/public/pdf/certifications/risk-management-exam-outline_updated-2024.pdf) The governing document. Eligibility, contact hours, exam format, domain weightings and retake policy came from it. Its page 11 eligibility table is an image, not text.
- PMI-RMP Certification Handbook, revised August 7, 2020 (PMI) (https://www.pmi.org/-/media/pmi/documents/public/pdf/certifications/risk-management-professional-handbook.pdf) Its exam-format section describes the exam PMI retired in April 2022, so nothing here cites it for questions or timing.
- PMI Certification Handbook, revised June 2026 (PMI) (https://www.pmi.org/-/media/pmi/documents/public/pdf/certifications/generic-certification-handbook.pdf) The current audit process, the no-show policy, the passing-score statement, and the document that points applicants at the Exam Content Outline.
- PMP Examination Content Outline, July 2026 (PMI) (https://www.pmi.org/-/media/pmi/documents/public/pdf/microsites/announcements/pmp-examination-content-outline-2026.pdf) Cited only for the PMP's own eligibility tiers, page 13, the source of the twelve months an associate's degree is worth on the PMP and not on the RMP. Read August 22, 2026.
- Continuing Certification Requirements Handbook, ©2022 (PMI) (https://www.pmi.org/-/media/pmi/documents/public/pdf/certifications/resources/ccr-certification-requirements-handbook.pdf) The 30-PDU cycle, how it splits, the renewal fees, and PMI's worked example of PDUs across more than one credential. The April 2026 edition keeps the rules and publishes no fees, which is why these carry a date. Read August 21, 2026.
- Pearson VUE government store, PMI-RMP exam vouchers (https://govstore.pearsonvue.com/p/PMI-RMP) Both exam fees, read August 21, 2026. Two vouchers, one price each: PMI-RMP at $670, PMI-RMP-MBR at $520.
- Approved licensing and certification tests (VA) (https://www.va.gov/education/gi-bill-comparison-tool/licenses-certifications-and-prep-courses) Record 3428v79, PMI RISK MANAGEMENT PROFESSIONAL EXAM, $670 on file, read from VA's live register on August 21, 2026.
- PMI-RMP credential record, pmirmp4504 (DoD COOL) (https://www.cool.osd.mil/army/credential/index.html?cert=pmirmp4504) The credential id, the five-service Related Services list, Army's CA Eligible and promotion-points icons, and the Navy record's missing funded banner. Swap army for usn, usmc or uscg. Read in a browser August 21, 2026.
- Costs and Funding, Credentialing Assistance FAQ (Army COOL) (https://www.cool.osd.mil/army/costs_and_funding/index.html?credentialingassistance) "You may use both TA and CA; however, the combined use cannot exceed the $4,500 FY limit." CA can be requested for any credential listed on Army COOL. Read August 21, 2026.
- Post-9/11 GI Bill rates (VA) (https://www.va.gov/education/benefit-rates/post-9-11-gi-bill-rates/) The $2,578.64 entitlement charge per month of test fees, effective August 1, 2026. Where the eight days comes from.
- Risk, Issue, and Opportunity Management Guide, September 2023 (OUSD(R&E)) (https://www.cto.mil/wp-content/uploads/2024/05/RIO-2023-2-2.pdf) The evidence that program office risk work maps onto the RMP, including Monte Carlo cost and schedule risk analysis and a full opportunity process. OUSD(R&E), not DAU.
- ATP 5-19, Risk Management, November 9, 2021 (Army) (https://armypubs.army.mil/epubs/DR_pubs/DR_a/ARN34181-ATP_5-19-000-WEB-1.pdf) Current Army doctrine, and why this guide says risk management rather than anything older. It confirms the five steps and DD Form 2977, the current worksheet.