

## Summary of J-1 Research Scholar / Professor Restrictions

The 12-month Bar and 2-year Home Residency Requirement were in effect prior to 11/17/06.

The new 2-year Bar went into effect on 11/17/06.

Restriction	Trigger	Effect
12-month Bar	Participation in any J visa program (including J-2) except for Short-Term Scholar	At the time of application for a J-1 Research Scholar or Professor program, if the visitor has spent 6 or more of the past 12 months in J status, s/he cannot begin a new J-1 Research Scholar or Professor program.
2-year Home Residency Requirement	Use of government funding for a J program (can be US gov't or foreign gov't) <b>OR</b> Participating in a J program that is listed on the Exchange Visitor Skills List	Visitor cannot change from J-1/J-2 status to any other status while inside the US <b>AND</b> Visitor cannot gain H-1B, L-1, or Permanent Residency status until the visitor has either spent two years in their home country or received a waiver of the requirement.
2-year Bar	Participation in a J-1 Research Scholar or Professor program	Visitor cannot start a new J-1 Research Scholar or Professor program until two years after the end of the first program. (Ban on repeat participation within two years.)