

Understanding the 12 and 24 Month Bars

The 12 and 24 month bars are different from the two-year home country residence requirement. Any indication below that there is “no wait” time refers only to the 12 and 24 month bars. It is possible that a J-1 visitor has no wait time related to the 12 and 24 month bars - but is subject to the [two year home residency requirement](#). [1]

The 12 and 24 month rule affects J-1 exchange visitors who have been in the U.S. on a J-1 visa previously, and wish to return, using the J-1 visa. The bars prohibit certain “repeat participation” in the Research Scholar or Professor categories only. Depending on what your previous J category was, you may be subject to a 12 month bar, a 24 month bar or have no bar at all. The following chart shows how long you would have to wait (the 12 or 24 month bar) before you could obtain a new J-1 Research Scholar or Professor visa based on what your previous J status was. If you have never before had J-1 visa sponsorship, then the bars do not apply to you.

Previous Scholar Visa Status

For LESS Than 6 Months:

If you have or had this J visa category

Wait time for new J-1 Research Scholar/Professor visa

J-1 Student Non-Degree



No Wait

J-1 Student



No Wait

J-1 Student Intern



No Wait

J-1 Research Scholar/Professor Category for any amount of time (one day to five years)



24 Months

J-1 Short-Term Scholar



No Wait

J-1 Specialist

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If you have or had this J visa category

Wait time for new J-1 Research Scholar/Professor visa



No Wait

J-2 Dependent of Research Scholar/Professor Category or any amount of time (one day to five years)



24 Months

For MORE Than 6 Months:

If you have or had this J visa category

Wait time for new J-1 Research Scholar/Professor visa

J-1 Student Non-Degree



12 Months

J-1 Student



12 Months

J-1 Student Intern



12 Months

J-1 Specialist



12 Months

J-1 Research Scholar/Professor Category for any amount of time (one day to five years)



24 Months

J-2 Dependent of Research Scholar/Professor Category or any amount of time (one day to five years)



24 Months

J-2 Dependent of any J-1 category *except* Short-Term Scholar



12 Months

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Source

URL: <https://oiss.yale.edu/immigration/j-1-scholars/understanding-j-1-status/understanding-the-12-and-24-month-bars>

Links

[1] <https://oiss.yale.edu/immigration/j-1-scholars/understanding-j-1-status/two-year-home-country-residence-requirement>