Commercial Pilot Requirement Checklist Part 61 (14 CFR 61.123)

Log at least 250 hours of flight time as a pilot that includes:
100 hours in powered aircraft
100 hours of pilot in command time that includes:
50 hours in airplanes
50 hours in cross-country flight
20 hours of flight training from an authorized instructor (CFI) that includes:
10 hours of instrument flight training
10 hours of training in a complex airplane
2 hours of cross country training to an airport more than 100 nautical miles (NM) from
the starting point during daytime
2 hours of cross country training to an airport more than 100 NM from the starting point
during nighttime
10 hours of solo flight time or 10 hours with an instructor performing the duties of pilot
in command that includes:
One solo cross country of at least 300 NM with full stop landings at a minimum of 3
points one of which is at least 250 NM from the starting point
5 hours of night flight with 10 takeoffs and landings to a full stop at an airport with an
operating control tower
3 hours of Practical Test preparation