We investigate how occupational characteristics influence status mobility. In highly stratified qualification-based labor markets, the link between occupation-specific qualifications and access to labor market positions is strong. This might lead to mobility barriers along certain certificates and to the devaluation of occupation-specific skills when occupations are switched. Then it becomes increasingly difficult for career starters from less advantageous positions to improve their social status. For empirically testing the explanatory power of occupational characteristics on horizontal and vertical status mobility, we use data from the adult cohort of the German National Educational Panel Study (NEPS) and combine them with occupational information from various sources of the German Federal Employment Agency. The occupational characteristics in our focus are standardization of certificates, occupational licenses, and specificity of skills. Using multinomial logistic regression, we show how both initial and target jobs with such regulatory characteristics promote or impede status mobility and thus contribute to consolidating social inequality.