DEPARTMENT OF THE NAVY
UNITED STATES NAVAL ACADEMY
121 BLAKE ROAD
ANNAPOLIS, MARYLAND 21402-5000

COMDTMIDNINST 6110.1S

13 AUG 1998

COMDTMIDN INSTRUCTION 6110.1S

From: Commandant of Midshipmen

Subj: MIDSHIPMEN WEIGHT CONTROL PROGRAM

Ref: (a) OPNAVINST 6110.1 Series
(b) Midshipmen Regulations Manual

Encl: (1) Weight Standards
(2) Percent Body Fat Measurement Procedures
(3) Report of Classification Action
(4) Category III Waiver Request

1. Purpose. To provide weight control procedures for midshipmen in accordance with the established Naval Academy weight and body fat standards.

2. Cancellation. COMDTMIDNINST 6110.1R.

3. Background

a. The intent of this program is to instill a lifestyle change in those midshipmen that are predisposed to having difficulty achieving/maintaining the Naval Academy weight standards. This will be achieved by helping each midshipman in the program develop an effective regimen of physical activity augmented by a change in dietary habits. This will help build a commitment to lifetime fitness and a healthier quality of life.

b. Reference (a) provides weight standards for the Navy. Except in very unusual cases, weight problems are caused by improper diet in relation to physical activity. Assuming that a medical disorder affecting a midshipman's ability to control weight does not exist, midshipmen will be held accountable for remaining within weight standards. The Naval Academy will provide assistance to midshipmen with weight problems, but midshipmen retain individual responsibility for remaining within weight standards. Failure to do so may result in administrative or disciplinary action, including dismissal. Midshipmen who fail to maintain their weight/body fat within Naval Academy standards will likely not be medically qualified for commissioning and may be processed for separation under the performance system. Naval Academy weight standards are listed in enclosure (1).

4. Classification. All midshipmen will be weighed once each academic semester, usually at the intercessional period. Company Officers and Battalion Officers in the Chain of Command may direct a special weighing for individual midshipmen at any time. The weigh in each semester will be conducted by the Physical Education Department. Weight shall be measured in regulation PE gear without shoes. Fractions of pounds shall be rounded down to the nearest whole pound. Midshipmen weighing within the weight standards for their height listed in enclosure (1) will be classified in Category I. Midshipmen determined to be outside of weight standards by the Physical Education staff will be measured immediately to determine body fat and classified into one of the other categories; II through VII, as appropriate. Enclosure (2) provides guidance for conducting body fat measurements.

I. Satisfactory, i.e., within Naval Academy weight standards.

II. Satisfactory, outside of Naval Academy weight standards but within body fat standards. To be within standards, body fat shall not exceed 22% for males and 33% for females.

III. Satisfactory during an interim period because of varsity athletic requirements. All midshipmen on the team roster are eligible for Category III waivers regardless of in-season or out-of-season status. Waiver requests must be approved by the Deputy Commandant.

IV. This category classification is no longer used.

V. Unsatisfactory (weight and body fat percentage exceed maximum standards).

VI. Satisfactory, but in a special monitoring program after removal from Category V or VII.

VII. Unsatisfactory (underweight, with a minor or major problem).

5. Weight Control Boards.

a. During the eighth academic week, the Physical Education Department shall convene a Weight Control Evaluation Board (WCEB). The WCEB, chaired by the XO, Physical Education Department, shall determine whether midshipmen will remain in

Category V/VII or be transferred to Category VI. Midshipmen who are retained in Category V/VII shall be issued a Letter of Instruction by the chairman of the WCEB outlining specific remedial actions and the adverse consequences of failing to meet weight and/or body fat standards.

b. During the thirteenth academic week, the Physical Education Department shall convene a Weight Control Review Board (WCRB). The WCRB, chaired by the CO, Physical Education Department, will review the progress of all midshipmen in the weight control program. Midshipmen determined by the WCRB to be making unsatisfactory progress shall receive a Letter of Instruction and/or be referred to the Brigade Military Performance Board. Midshipmen must be in the Category V/VII program a minimum of 13 weeks before being referred to the Brigade Military Performance Board. The Brigade Military Performance Board may refer the case to the Commandant with a recommendation of separation by the Academic Board.

6. Action. After classification as outlined above, the following actions will be taken:

a. The results of classification action will be reported by the Physical Education Department to the affected midshipman, Company Officer, NMCL Weight Control Officer, and Performance Officer using enclosure (3).

b. Category II:

(1) Company Officers will make an appropriate entry in the Midshipman Performance Jacket and counsel the midshipman regarding the Naval Academy weight and body fat standards, and the adverse consequences of failing to maintain those standards as an officer. Local resources which may be used to assist in this counseling include the Midshipmen Food Service Division (MFSD) Dietician, Midshipmen Counseling Center, and the Naval Medical Clinic (NMCL) Weight Control Officer.

(2) Midshipmen within 2% of their maximum allowable body fat during the intercessional weigh in shall be remeasured by the Physical Education Department during the week prior to the WCEB. Should the midshipman exceed his/her maximum allowable weight and body fat, the midshipman will be immediately placed in Category V.

c. Category III:

(1) Varsity coaches will submit Category III waiver requests to the Deputy Commandant via the XO, Physical Education Department in accordance with enclosure (4).

(2) Cat III waivers will expire one month after the fall semester reform of the Brigade the following academic year. This expiration does not apply to 1/C midshipmen entering their final semester prior to graduation.

(3) Cat III waivers intended to carry over from first semester to second semester during the academic year shall be reviewed by the Physical Education Department to ensure the midshipman is still participating in the sport and eligible for the waiver.

(4) Category III waivers will not be granted the final semester prior to graduation.

d. Midshipmen in Category V shall:

(1) Be evaluated immediately by the NMCL Weight Control Officer to ensure there is no medical cause for being outside the weight and/or body fat standards. The Midshipmen Counseling Center shall be consulted if there is evidence of an eating disorder.

(2) Weigh in weekly with the Physical Education Department.

(3) Be evaluated and counseled by the USNA dietician.

(4) Be assigned to the Physical Education Department weight control squad. Naval Academy Athletic Association sport practice sessions may be substituted for the weight control squad if agreed upon by the Physical Education Department.

(5) Be ineligible for weekend liberty and weekday town liberty per reference (b).

(6) During the eighth academic week, have their records reviewed by the WCEB.

e. Category VII:

(1) Midshipmen in Category VII will be handled on a case by case basis. The Physical Education Department will notify the Company Officer and NMCL Weight Control Officer regarding all Category VII midshipmen. The Weight Control Officer will determine if the reason for the underweight condition is related to a medical condition. The individual will consult with the dietician for a diet designed for weight gain. The Midshipmen Counseling Center shall be consulted to determine if the condition may involve an eating disorder. All requirements placed on the midshipman will be specified in writing and will be approved by the Deputy Commandant.

(2) During the eighth academic week, have their records reviewed by the WCEB.

f. Midshipmen in Category V/VII who are determined by the WCEB or WCRB to show unsatisfactory progress shall:

(1) Be issued a Letter of Instruction by the chairman of the WCEB.

(2) Be issued a Letter of Instruction by the chairman of the WCRB and/or be referred to a Brigade Military Performance Board. Midshipmen must be in the Category V/VII program a minimum of 13 weeks before being referred to the Brigade Military Performance Board.

(3) Be assigned a Performance grade no higher than C for the current semester.

g. Midshipmen removed from Category V/VII will automatically be reclassified into Category VI for a period of six months. Midshipmen in Category VI are required to weigh in monthly with the Physical Education Department.

h. A midshipman who has been removed from Category V but at some future date while a midshipman is found again to exceed weight and body fat standards shall:

V VI V VI V (1) On the first such occasion, be assigned a Military Performance grade of D, be issued a Letter of Instruction by the Chairman of the WCRB, and be placed in Category V until again within standards. The midshipman must maintain standards for an additional three months before being eligible to be transferred to Category VI. This additional time is designed to reinforce those personal habits needed to control weight.

(2) On the second such occasion, be immediately referred to the Brigade Military Performance Board. The Brigade Military Performance Board may refer the case to the Commandant with a recommendation of separation by the Academic Board.

7. Reports

a. The Physical Education Department will provide a weekly listing of all midshipmen in Category V and VII to the Deputy Commandant. A copy of this report will be provided to Battalion, Company and Performance Officers. The report may be sent via e-mail and shall use the following format:

NAME	CLASS	CO.	DATE ENTERED PROGRAM	ENTRY BODY FAT	ENTRY WEIGHT	PRESENT BODY FAT	PRESENT WEIGHT	REQ'D WEIGHT	CHANGE BF%/WT

b. The Conditioning Squad Officer shall provide daily attendance reports to the Company Officers. The report may be sent via e-mail. A copy of this report shall be forwarded to the Battalion Officers and Performance Officer.

c. The chairman of the board shall provide the results of the WCEB to the Company Officers. The report may be sent via e-mail. A copy of this report shall be forwarded to the Battalion Officers and Performance Officer.

d. The chairman of the board shall provide the results of the WCRB to the Performance Officer. A copy of this report shall be forwarded to he Company Officers and Battalion Officers.

G. ROUGHEAD

Distribution:
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WEIGHT STANDARDS

	MEN		WOMEN	
HEIGHT IN INCHES	MINIMUM	MAXIMUM	MINIMUM	MAXIMUM
58		132	87	134
59		138	89	137
60	100	142	92	142
61	102	147	95	145
62	103	152	97	149
63	104	157	100	152
64	105	162	103	156
65	106	167	106	160
66	109	172	108	163
67	111	177	111	167
68	115	182	114	170
69	119	188	117	174
70	123	192	119	177
71	127	196	122	181
72	131	201	125	185
73	135	206	128	188
74	139	211	130	192
75	143	216	133	195
76	147	221	136	199
77	151	226	139	203
78	153	231	141	206
79	157	236	144	210
80	161	241	147	213

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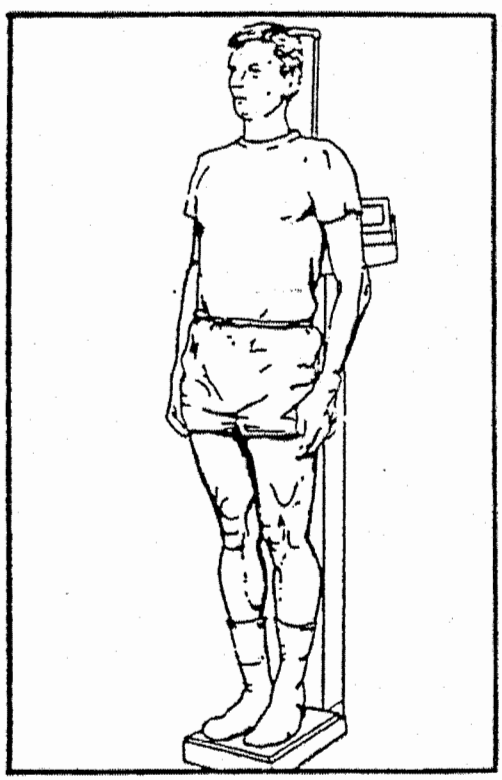
PERCENT BODY FAT MEASUREMENT PROCEDURES

1. General Instructions. Procedures for determining body fat require the use of a standard NON-ELASTIC (metal, cloth or fiberglass) tape measure. The tape should be applied to body landmarks with sufficient tension to keep it in place without indenting the skin surface. Record measurements to the nearest half inch. With the exception of the hip measurement for women, all measurements will be taken on bare skin.

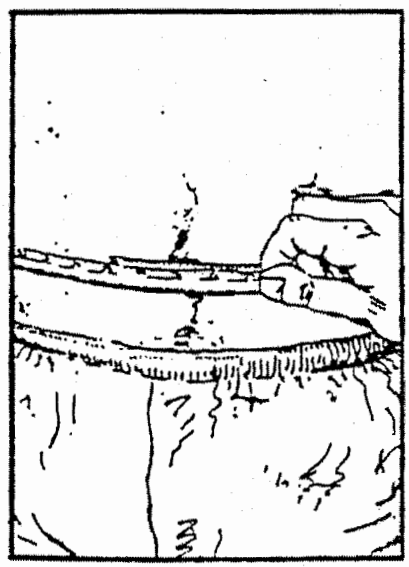
2. Percent Body Fat Determination (Males)

a. Measure height without shoes to nearest half inch. Instruct members to stand with feet together, flat on the deck, take a deep breath and stretch tall.



b. Measure the neck circumference at a point just below the larynx (Adam's Apple) and perpendicular to the long axis of the neck. Member should look straight ahead with shoulders down (not hunched). Round neck measurement up and record to half inch. (i.e. Round 16 1/4 inches to 16.5 inches).

c. Measure the abdominal circumference at the navel, level to the deck. Arms are at the sides. Take measurement at the end of member's normal, relaxed exhalation. Round abdominal measurement down and record to half inch. (i.e. Round 34 3/4 to 34.5 inches).



d. Determine percent body fat by subtracting the neck from the abdominal measurement and comparing this value against the height measurement from Chart A.

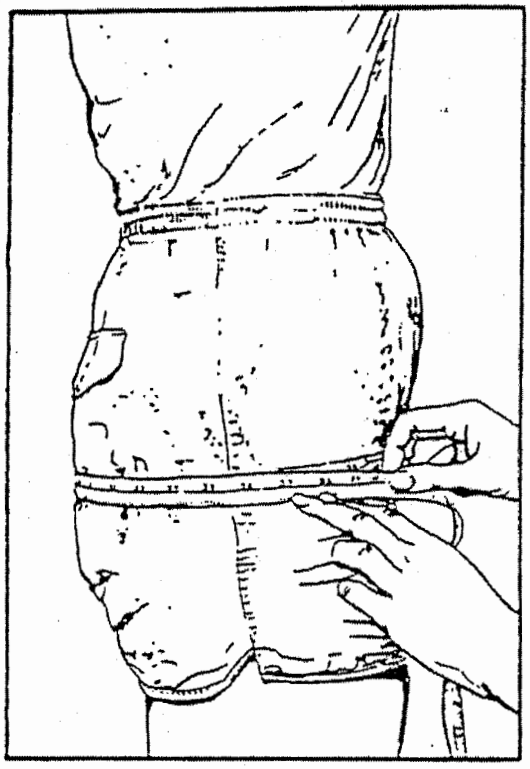
3. Percent Body Fat Determination (FEMALES)

a. Measure height without shoes to the nearest half inch. Instruct member to stand with feet together and flat on the deck, take a deep breath and stretch tall.

b. Measure the neck circumference at a point just below the larynx (Adam's Apple) and perpendicular to the long axis of the neck. Member should look straight ahead during measurement, with shoulders down (not hunched). Round neck measurement up and record to half inch. (i.e. Round 13 3/8 inches to 13.5 inches).

c. Measure the natural waist circumference at the point of minimal abdominal circumference, usually located about half-way between the navel and the lower end of the sternum (breast bone). When this site is not easily observed, take several measurements at probable sites and use the smallest value. Be sure that the tape is level. Arms are at the sides. Record measurements at the end of member's normal relaxed exhalation. Round waist measurement <u>down</u> and record to half inch. (i.e. Round 28 5/8 inches to 28.5 inches).

d. Measure the hip circumference while facing the subject's right side by placing the tape around the hips so that it passes over the greatest protrusion of the gluteal muscles (buttocks) and is level to the deck. Apply sufficient tape tension so that the effect of clothing is minimized. Round the hip measurement <u>down</u> and record to half inch. (i.e. Round 44 3/8 inches <u>down</u> to 44.0 inches).



e. Determine percent body fat by adding the waist and the hip measurements, subtracting the neck measurement, and comparing this value against the height measurement from Chart B.

Chart A

PERCENT FAT ESTIMATION FOR MALES

Height (inches)

Circumference Value *	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
11.0:	3	2	2	2	2	1	1	1	1	1
11.5:	4	4	4	3	3	3	3	2	2	2
12.0:	6	5	5	5	5	4	4	4	4	3
12.5:	7	7	6	6	6	6	6	5	5	5
13.0:	8	8	8	8	7	7	7	7	6	6
13.5:	10	9	9	9	9	8	8	8	8	8
14.0:	11	11	10	10	10	10	10	9	9	9
14.5:	12	12	12	11	11	11	11	11	10	10
15.0:	13	13	13	13	12	12	12	12	12	11
15.5:	15	14	14	14	14	13	13	13	13	12
16.0:	16	15	15	15	15	15	14	14	14	14
16.5:	17	17	16	16	16	16	15	15	15	15
17.0:	18	18	17	17	17	17	16	16	16	16
17.5:	19	19	19	18	18	18	18	17	17	17
18.0:	20	20	20	19	19	19	19	18	18	18
18.5:	21	21	21	20	20	20	20	19	19	19
19.0:	22	22	22	21	21	21	21	20	20	20
19.5:	23	23	23	22	22	22	22	21	21	21
20.0:	24	24	23	23	23	23	22	22	22	22
20.5:	25	25	24	24	24	24	23	23	23	23
21.0:	26	26	25	25	25	25	24	24	24	24
21.5:	27	26	26	26	26	25	25	25	25	24
22.0:	28	27	27	27	27	26	26	26	26	25
22.5:	28	28	28	28	27	27	27	27	26	26
23.0:	29	29	29	29	28	28	28	28	27	27
23.5:	30	30	30	29	29	29	29	28	28	28
24.0:	31	31	30	30	30	30	29	29	29	29
24.5:	32	31	31	31	31	30	30	30	30	29
25.0:	33	32	32	32	31	31	31	31	30	30
25.5:	33	33	33	33	32	32	32	31	31	31
26.0:	34	34	34	33	33	33	32	32	32	32
26.5:	35	35	34	34	34	33	33	33	33	32
27.0:	36	35	35	35	34	34	34	34	33	33
27.5:	36	36	36	35	35	35	35	34	34	34
28.0:	37	37	36	36	36	36	35	35	35	35
28.5:	38	37	37	37	37	36	36	36	36	35
29.0:	38	38	38	38	37	37	37	37	36	36
29.5:	39	39	39	38	38	38	37	37	37	37
30.0:	40	39	39	39	39	38	38	38	38	37
30.5:	-	-	40	40	39	39	39	39	38	38
31.0:	-	-	-	-	40	40	39	39	39	39
31.5:	-	-	-	-	-	-	-	40	40	39
32.0:	-	-	-	-	-	-	-	-	-	40
32.5:	-	-	-	-	-	-	-	-	-	-
33.0:	-	-	-	-	-	-	-	-	-	-
33.5:	-	-	-	-	-	-	-	-	-	-
34.0:	-	-	-	-	-	-	-	-	-	-
34.5:	-	-	-	-	-	-	-	-	-	-
35.0:	-	-	-	-	-	-	-	-	-	-

* Circumference Value = abdomen circumference - neck circumference (in inches)

Chart A

PERCENT FAT ESTIMATION FOR MALES

Height (inches)

Circumference Value *	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
11.0:	0	0	-	-	-	-	-	-	-	-
11.5:	2	2	1	1	1	1	1	0	0	-
12.0:	3	3	3	3	2	2	2	2	2	1
12.5:	5	4	4	4	4	4	3	3	3	3
13.0:	6	6	6	5	5	5	5	5	4	4
13.5:	7	7	7	7	6	6	6	6	6	5
14.0:	9	8	8	8	8	8	7	7	7	7
14.5:	10	10	9	9	9	9	9	8	8	8
15.0:	11	11	11	10	10	10	10	10	9	9
15.5:	12	12	12	12	11	11	11	11	11	10
16.0:	13	13	13	13	12	12	12	12	12	11
16.5:	14	14	14	14	14	13	13	13	13	13
17.0:	16	15	15	15	15	14	14	14	14	14
17.5:	17	16	16	16	16	16	15	15	15	15
18.0:	18	17	17	17	17	17	16	16	16	16
18.5:	19	18	18	18	18	18	17	17	17	17
19.0:	20	19	19	19	19	19	18	18	18	18
19.5:	21	20	20	20	20	19	19	19	19	19
20.0:	22	21	21	21	21	20	20	20	20	20
20.5:	22	22	22	22	22	21	21	21	21	20
21.0:	23	23	23	23	22	22	22	22	22	21
21.5:	24	24	24	24	23	23	23	23	22	22
22.0:	25	25	25	24	24	24	24	24	23	23
22.5:	26	26	25	25	25	25	25	24	24	24
23.0:	27	27	26	26	26	26	25	25	25	25
23.5:	28	27	27	27	27	26	26	26	26	26
24.0:	28	28	28	28	27	27	27	27	27	26
24.5:	29	29	29	29	28	28	28	28	27	27
25.0:	30	30	30	29	29	29	29	28	28	28
25.5:	31	31	30	30	30	30	29	29	29	29
26.0:	32	31	31	31	31	30	30	30	30	29
26.5:	32	32	32	32	31	31	31	31	30	30
27.0:	33	33	32	32	32	32	32	31	31	31
27.5:	34	33	33	33	33	33	32	32	32	32
28.0:	34	34	34	34	33	33	33	33	33	32
28.5:	35	35	35	34	34	34	34	33	33	33
29.0:	36	36	35	35	35	35	34	34	34	34
29.5:	36	36	36	36	35	35	35	35	35	34
30.0:	37	37	37	36	36	36	36	35	35	35
30.5:	38	38	37	37	37	37	36	36	36	36
31.0:	38	38	38	38	37	37	37	37	37	36
31.5:	39	39	39	38	38	38	38	37	37	37
32.0:	40	39	39	39	39	38	38	38	38	38
32.5:	-	-	40	40	39	39	39	39	38	38
33.0:	-	-	-	-	40	40	39	39	39	39
33.5:	-	-	-	-	-	-	-	40	40	39
34.0:	-	-	-	-	-	-	-	-	-	40
34.5:	-	-	-	-	-	-	-	-	-	-
35.0:	-	-	-	-	-	-	-	-	-	-

* Circumference Value = abdomen circumference - neck circumference (in inches)

Chart A
PERCENT FAT ESTIMATION FOR MALES

Height (inches)

Circumference Value *	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
11.0:	-	-	-	-	-	-	-	-	-	-
11.5:	-	-	-	-	-	-	-	-	-	-
12.0:	1	1	1	1	0	0	0	-	-	-
12.5:	3	2	2	2	2	2	1	1	1	1
13.0:	4	4	4	3	3	3	3	3	2	2
13.5:	5	5	5	5	4	4	4	4	4	4
14.0:	7	6	6	6	6	6	5	5	5	5
14.5:	8	8	7	7	7	7	7	6	6	6
15.0:	9	9	9	8	8	8	8	8	7	7
15.5:	10	10	10	9	9	9	9	9	9	8
16.0:	11	11	11	11	10	10	10	10	10	9
16.5:	12	12	12	12	12	11	11	11	11	11
17.0:	13	13	13	13	13	12	12	12	12	12
17.5:	14	14	14	14	14	13	13	13	13	13
18.0:	15	15	15	15	15	14	14	14	14	14
18.5:	16	16	16	16	16	15	15	15	15	15
19.0:	17	17	17	17	17	16	16	16	16	16
19.5:	18	18	18	18	18	17	17	17	17	17
20.0:	19	19	19	19	18	18	18	18	18	17
20.5:	20	20	20	20	19	19	19	19	19	18
21.0:	21	21	21	20	20	20	20	20	19	19
21.5:	22	22	22	21	21	21	21	21	20	20
22.0:	23	23	22	22	22	22	22	21	21	21
22.5:	24	23	23	23	23	23	22	22	22	22
23.0:	25	24	24	24	24	23	23	23	23	23
23.5:	25	25	25	25	24	24	24	24	24	23
24.0:	26	26	26	25	25	25	25	25	24	24
24.5:	27	27	26	26	26	26	26	25	25	25
25.0:	28	27	27	27	27	27	26	26	26	26
25.5:	28	28	28	28	28	27	27	27	27	27
26.0:	29	29	29	29	28	28	28	28	27	27
26.5:	30	30	29	29	29	29	29	28	28	28
27.0:	31	30	30	30	30	30	29	29	29	29
27.5:	31	31	31	31	30	30	30	30	30	29
28.0:	32	32	32	31	31	31	31	31	30	30
28.5:	33	33	32	32	32	32	31	31	31	31
29.0:	33	33	33	33	33	32	32	32	32	31
29.5:	34	34	34	33	33	33	33	33	32	32
30.0:	35	35	34	34	34	34	33	33	33	33
30.5:	35	35	35	35	35	34	34	34	34	33
31.0:	36	36	36	35	35	35	35	34	34	34
31.5:	37	36	36	36	36	36	35	35	35	35
32.0:	37	37	37	37	36	36	36	36	36	35
32.5:	38	38	37	37	37	37	37	36	36	36
33.0:	39	38	38	38	38	37	37	37	37	37
33.5:	39	39	39	38	38	38	38	38	37	37
34.0:	40	39	39	39	39	39	38	38	38	38
34.5:	-	-	40	40	39	39	39	39	39	38
35.0:	-	-	-	-	40	40	40	39	39	39

* Circumference Value = abdomen circumference - neck circumference (in inches)

Chart A
PERCENT FAT ESTIMATION FOR MALES

Height (inches)

Circumference Value *	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
11.0:	-	-	-	-	-	-	-	-	-	-
11.5:	-	-	-	-	-	-	-	-	-	-
12.0:	-	-	-	-	-	-	-	-	-	-
12.5:	1	1	0	0	-	-	-	-	-	-
13.0:	2	2	2	1	1	1	1	1	1	0
13.5:	3	3	3	3	3	2	2	2	2	2
14.0:	5	4	4	4	4	4	3	3	3	3
14.5:	6	6	5	5	5	5	5	5	4	4
15.0:	7	7	7	6	6	6	6	6	6	5
15.5:	8	8	8	8	7	7	7	7	7	6
16.0:	9	9	9	9	8	8	8	8	8	8
16.5:	10	10	10	10	10	9	9	9	9	9
17.0:	11	11	11	11	11	10	10	10	10	10
17.5:	12	12	12	12	12	11	11	11	11	11
18.0:	13	13	13	13	13	12	12	12	12	12
18.5:	14	14	14	14	14	13	13	13	13	13
19.0:	15	15	15	15	15	14	14	14	14	14
19.5:	16	16	16	16	16	15	15	15	15	15
20.0:	17	17	17	17	16	16	16	16	16	16
20.5:	18	18	18	18	17	17	17	17	17	16
21.0:	19	19	19	18	18	18	18	18	18	17
21.5:	20	20	20	19	19	19	19	19	18	18
22.0:	21	21	20	20	20	20	20	19	19	19
22.5:	22	21	21	21	21	21	20	20	20	20
23.0:	22	22	22	22	22	21	21	21	21	21
23.5:	23	23	23	23	22	22	22	22	22	21
24.0:	24	24	24	23	23	23	23	23	22	22
24.5:	25	25	24	24	24	24	24	23	23	23
25.0:	26	25	25	25	25	25	24	24	24	24
25.5:	26	26	26	26	26	25	25	25	25	25
26.0:	27	27	27	26	26	26	26	26	25	25
26.5:	28	28	27	27	27	27	27	26	26	26
27.0:	28	28	28	28	28	27	27	27	27	27
27.5:	29	29	29	29	28	28	28	28	28	27
28.0:	30	30	29	29	29	29	29	28	28	28
28.5:	31	30	30	30	30	30	29	29	29	29
29.0:	31	31	31	31	30	30	30	30	30	29
29.5:	32	32	31	31	31	31	31	30	30	30
30.0:	33	32	32	32	32	32	31	31	31	31
30.5:	33	33	33	33	32	32	32	32	32	31
31.0:	34	34	33	33	33	33	33	32	32	32
31.5:	34	34	34	34	34	33	33	33	33	33
32.0:	35	35	35	34	34	34	34	34	33	33
32.5:	36	35	35	35	35	35	34	34	34	34
33.0:	36	36	36	36	35	35	35	35	35	34
33.5:	37	37	36	36	36	36	36	35	35	35
34.0:	37	37	37	37	37	36	36	36	36	36
34.5:	38	38	38	37	37	37	37	37	36	36
35.0:	39	38	38	38	38	38	37	37	37	37

* Circumference Value = abdomen circumference - neck circumference (in inches)

Chart A

PERCENT FAT ESTIMATION FOR MALES

Height (inches)

Circumference Value *	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
35.5:	39	39	39	39	38	38	38	38	38	37
36.0:	40	40	39	39	39	39	39	38	38	38
36.5:	-	-	40	40	39	39	39	39	39	38
37.0:	-	-	-	-	-	40	40	39	39	39
37.5:	-	-	-	-	-	-	-	40	40	40
38.0:	-	-	-	-	-	-	-	-	-	-
38.5:	-	-	-	-	-	-	-	-	-	-

* Circumference Value = abdomen circumference - neck circumference (in inches)

Chart B

PERCENT FAT ESTIMATION FOR FEMALES

Height (inches)

Circumference Value *	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
34.5:	1	0	-	-	-	-	-	-	-	-
35.0:	2	1	1	1	0	-	-	-	-	-
35.5:	3	2	2	2	1	1	0	0	-	-
36.0:	4	3	3	3	2	2	1	1	1	0
36.5:	5	4	4	4	3	3	2	2	2	1
37.0:	6	5	5	4	4	4	3	3	3	2
37.5:	7	6	6	5	5	5	4	4	4	3
38.0:	7	7	7	6	6	6	5	5	5	4
38.5:	8	8	8	7	7	7	6	6	5	5
39.0:	9	9	9	8	8	7	7	7	6	6
39.5:	10	10	9	9	9	8	8	8	7	7
40.0:	11	11	10	10	10	9	9	8	8	8
40.5:	12	12	11	11	10	10	10	9	9	9
41.0:	13	12	12	12	11	11	11	10	10	10
41.5:	14	13	13	13	12	12	11	11	11	10
42.0:	14	14	14	13	13	13	12	12	12	11
42.5:	15	15	15	14	14	13	13	13	12	12
43.0:	16	16	15	15	15	14	14	14	13	13
43.5:	17	17	16	16	15	15	15	14	14	14
44.0:	18	17	17	17	16	16	16	15	15	14
44.5:	19	18	18	17	17	17	16	16	16	15
45.0:	19	19	19	18	18	17	17	17	16	16
45.5:	20	20	19	19	19	18	18	18	17	17
46.0:	21	20	20	20	19	19	19	18	18	18
46.5:	22	21	21	20	20	20	19	19	19	18
47.0:	22	22	22	21	21	20	20	20	19	19
47.5:	23	23	22	22	22	21	21	21	20	20
48.0:	24	23	23	23	22	22	22	21	21	21
48.5:	25	24	24	23	23	23	22	22	22	21
49.0:	25	25	25	24	24	23	23	23	22	22
49.5:	26	26	25	25	24	24	24	23	23	23
50.0:	27	26	26	26	25	25	24	24	24	23
50.5:	27	27	27	26	26	26	25	25	24	24
51.0:	28	28	27	27	27	26	26	25	25	25
51.5:	29	28	28	28	27	27	27	26	26	25
52.0:	29	29	29	28	28	28	27	27	27	26
52.5:	30	30	29	29	29	28	28	28	27	27
53.0:	31	30	30	30	29	29	29	28	28	27
53.5:	31	31	31	30	30	30	29	29	28	28
54.0:	32	32	31	31	31	30	30	30	29	29
54.5:	33	32	32	32	31	31	31	30	30	29
55.0:	33	33	33	32	32	32	31	31	30	30
55.5:	34	34	33	33	33	32	32	31	31	31
56.0:	35	34	34	33	33	33	32	32	32	31
56.5:	35	35	34	34	34	33	33	33	32	32
57.0:	36	35	35	35	34	34	34	33	33	33
57.5:	36	36	36	35	35	35	34	34	34	33
58.0:	37	37	36	36	36	35	35	35	34	34
58.5:	38	37	37	37	36	36	35	35	35	34

* Circumference Value = abdomen I (waist) + hip - neck circumferences (in inches)

Chart B

PERCENT FAT ESTIMATION FOR FEMALES

Height (inches)

Circumference Value *	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
34.5:	-	-	-	-	-	-	-	-	-	-
35.0:	-	-	-	-	-	-	-	-	-	-
35.5:	-	-	-	-	-	-	-	-	-	-
36.0:	0	-	-	-	-	-	-	-	-	-
36.5:	1	1	0	-	-	-	-	-	-	-
37.0:	2	2	1	1	1	0	-	-	-	-
37.5:	3	3	2	2	2	1	1	1	0	-
38.0:	4	3	3	3	2	2	2	1	1	1
38.5:	5	4	4	4	3	3	3	2	2	2
39.0:	6	5	5	5	4	4	4	3	3	3
39.5:	7	6	6	6	5	5	5	4	4	4
40.0:	7	7	7	6	6	6	5	5	5	4
40.5:	8	8	8	7	7	7	6	6	6	5
41.0:	9	9	8	8	8	7	7	7	6	6
41.5:	10	10	9	9	9	8	8	8	7	7
42.0:	11	10	10	10	9	9	9	8	8	8
42.5:	12	11	11	11	10	10	10	9	9	9
43.0:	12	12	12	11	11	11	10	10	10	9
43.5:	13	13	13	12	12	12	11	11	11	10
44.0:	14	14	13	13	13	12	12	12	11	11
44.5:	15	15	14	14	14	13	13	13	12	12
45.0:	16	15	15	15	14	14	14	13	13	13
45.5:	16	16	16	15	15	15	14	14	14	13
46.0:	17	17	17	16	16	16	15	15	15	14
46.5:	18	18	17	17	17	16	16	16	15	15
47.0:	19	18	18	18	17	17	17	16	16	16
47.5:	19	19	19	18	18	18	17	17	17	16
48.0:	20	20	20	19	19	18	18	18	18	17
48.5:	21	21	20	20	20	19	19	19	18	18
49.0:	22	21	21	21	20	20	20	19	19	19
49.5:	22	22	22	21	21	21	20	20	20	19
50.0:	23	23	22	22	22	21	21	21	20	20
50.5:	24	23	23	23	22	22	22	21	21	21
51.0:	24	24	24	23	23	23	22	22	22	21
51.5:	25	25	24	24	24	23	23	23	22	22
52.0:	26	25	25	25	24	24	24	23	23	23
52.5:	26	26	26	25	25	25	24	24	24	23
53.0:	27	27	26	26	26	25	25	25	24	24
53.5:	28	27	27	27	26	26	26	25	25	25
54.0:	28	28	28	27	27	27	26	26	26	25
54.5:	29	29	28	28	28	27	27	27	26	26
55.0:	30	29	29	29	28	28	28	27	27	27
55.5:	30	30	30	29	29	29	28	28	28	27
56.0:	31	31	30	30	30	29	29	29	28	28
56.5:	32	31	31	31	30	30	30	29	29	29
57.0:	32	32	32	31	31	31	30	30	30	29
57.5:	33	32	32	32	31	31	31	30	30	30
58.0:	33	33	33	32	32	32	31	31	31	30
58.5:	34	34	33	33	33	32	32	32	31	31

* Circumference Value = abdomen 1 + hip - neck circumferences (in inches)
(waist)

Chart B

PERCENT FAT ESTIMATION FOR FEMALES

Height (inches)

Circumference Value *	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
34.5:	-	-	-	-	-	-	-	-	-	-
35.0:	-	-	-	-	-	-	-	-	-	-
35.5:	-	-	-	-	-	-	-	-	-	-
36.0:	-	-	-	-	-	-	-	-	-	-
36.5:	-	-	-	-	-	-	-	-	-	-
37.0:	-	-	-	-	-	-	-	-	-	-
37.5:	-	-	-	-	-	-	-	-	-	-
38.0:	0	0	-	-	-	-	-	-	-	-
38.5:	1	1	1	0	0	-	-	-	-	-
39.0:	2	2	2	1	1	1	0	0	-	-
39.5:	3	3	3	2	2	2	1	1	1	0
40.0:	4	4	3	3	3	3	2	2	2	1
40.5:	5	5	4	4	4	3	3	3	2	2
41.0:	6	5	5	5	5	4	4	4	3	3
41.5:	7	6	6	6	5	5	5	4	4	4
42.0:	8	7	7	7	6	6	6	5	5	5
42.5:	8	8	8	7	7	7	6	6	6	6
43.0:	9	9	9	8	8	8	7	7	7	6
43.5:	10	10	9	9	9	8	8	8	7	7
44.0:	11	10	10	10	9	9	9	9	8	8
44.5:	12	11	11	11	10	10	10	9	9	9
45.0:	12	12	12	11	11	11	10	10	10	10
45.5:	13	13	12	12	12	12	11	11	11	10
46.0:	14	14	13	13	13	12	12	12	11	11
46.5:	15	14	14	14	13	13	13	12	12	12
47.0:	15	15	15	14	14	14	13	13	13	13
47.5:	16	16	15	15	15	15	14	14	14	13
48.0:	17	17	16	16	16	15	15	15	14	14
48.5:	18	17	17	17	16	16	16	15	15	15
49.0:	18	18	18	17	17	17	16	16	16	15
49.5:	19	19	18	18	18	17	17	17	17	16
50.0:	20	19	19	19	18	18	18	18	17	17
50.5:	20	20	20	19	19	19	19	18	18	18
51.0:	21	21	20	20	20	20	19	19	19	18
51.5:	22	21	21	21	21	20	20	20	19	19
52.0:	22	22	22	22	21	21	21	20	20	20
52.5:	23	23	22	22	22	22	21	21	21	20
53.0:	24	23	23	23	23	22	22	22	21	21
53.5:	24	24	24	23	23	23	23	22	22	22
54.0:	25	25	24	24	24	24	23	23	23	22
54.5:	26	25	25	25	24	24	24	24	23	23
55.0:	26	26	26	25	25	25	24	24	24	24
55.5:	27	27	26	26	26	25	25	25	25	24
56.0:	28	27	27	27	26	26	26	25	25	25
56.5:	28	28	28	27	27	27	26	26	26	25
57.0:	29	29	28	28	28	27	27	27	26	26
57.5:	30	29	29	29	28	28	28	27	27	27
58.0:	30	30	29	29	29	29	28	28	28	27
58.5:	31	30	30	30	29	29	29	29	28	28

* Circumference Value = abdomen 1 (waist) + hip - neck circumferences (in inches)

Chart B

PERCENT FAT ESTIMATION FOR FEMALES

Circumference Value *	Height (inches) 73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
34.5:	-	-	-	-	-	-	-	-	-	-
35.0:	-	-	-	-	-	-	-	-	-	-
35.5:	-	-	-	-	-	-	-	-	-	-
36.0:	-	-	-	-	-	-	-	-	-	-
36.5:	-	-	-	-	-	-	-	-	-	-
37.0:	-	-	-	-	-	-	-	-	-	-
37.5:	-	-	-	-	-	-	-	-	-	-
38.0:	-	-	-	-	-	-	-	-	-	-
38.5:	-	-	-	-	-	-	-	-	-	-
39.0:	-	-	-	-	-	-	-	-	-	-
39.5:	0	-	-	-	-	-	-	-	-	-
40.0:	1	1	0	0	-	-	-	-	-	-
40.5:	2	2	1	1	1	0	0	-	-	-
41.0:	3	2	2	2	2	1	1	1	0	0
41.5:	4	3	3	3	2	2	2	2	1	1
42.0:	4	4	4	4	3	3	3	2	2	2
42.5:	5	5	5	4	4	4	3	3	3	3
43.0:	6	6	5	5	5	5	4	4	4	3
43.5:	7	7	6	6	6	5	5	5	5	4
44.0:	8	7	7	7	6	6	6	6	5	5
44.5:	8	8	8	8	7	7	7	6	6	6
45.0:	9	9	9	8	8	8	7	7	7	7
45.5:	10	10	9	9	9	9	8	8	8	7
46.0:	11	10	10	10	10	9	9	9	8	8
46.5:	12	11	11	11	10	10	10	9	9	9
47.0:	12	12	12	11	11	11	11	10	10	10
47.5:	13	13	12	12	12	12	11	11	11	10
48.0:	14	13	13	13	13	12	12	12	11	11
48.5:	14	14	14	14	13	13	13	12	12	12
49.0:	15	15	15	14	14	14	13	13	13	13
49.5:	16	16	15	15	15	14	14	14	14	13
50.0:	17	16	16	16	15	15	15	15	14	14
50.5:	17	17	17	16	16	16	16	15	15	15
51.0:	18	18	17	17	17	17	16	16	16	15
51.5:	19	18	18	18	17	17	17	17	16	16
52.0:	19	19	19	18	18	18	18	17	17	17
52.5:	20	20	19	19	19	19	18	18	18	17
53.0:	21	20	20	20	20	19	19	19	18	18
53.5:	21	21	21	20	20	20	20	19	19	19
54.0:	22	22	21	21	21	21	20	20	20	19
54.5:	23	22	22	22	21	21	21	21	20	20
55.0:	23	23	23	22	22	22	22	21	21	21
55.5:	24	24	23	23	23	22	22	22	22	21
56.0:	25	24	24	24	23	23	23	22	22	22
56.5:	25	25	25	24	24	24	23	23	23	23
57.0:	26	25	25	25	25	24	24	24	23	23
57.5:	26	26	26	26	25	25	25	24	24	24
58.0:	27	27	26	26	26	26	25	25	25	24
58.5:	28	27	27	27	26	26	26	26	25	25

* Circumference Value = abdomen (waist) + hip - neck circumferences (in inches)

Chart B

PERCENT FAT ESTIMATION FOR FEMALES

Height (inches)

Circumference Value *	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
59.0:	38	38	38	37	37	36	36	36	35	35
59.5:	39	38	38	38	37	37	37	36	36	36
60.0:	39	39	39	38	38	38	37	37	37	36
60.5:	40	40	39	39	39	38	38	37	37	37
61.0:	41	40	40	39	39	39	38	38	38	37
61.5:	41	41	40	40	40	39	39	39	38	38
62.0:	42	41	41	41	40	40	40	39	39	38
62.5:	42	42	42	41	41	40	40	40	39	39
63.0:	43	42	42	42	41	41	41	40	40	40
63.5:	43	43	43	42	42	42	41	41	40	40
64.0:	44	44	43	43	42	42	42	41	41	41
64.5:	45	44	44	43	43	43	42	42	42	41
65.0:	-	45	44	44	44	43	43	42	42	42
65.5:	-	-	45	44	44	44	43	43	43	42
66.0:	-	-	-	-	45	44	44	44	43	43
66.5:	-	-	-	-	-	45	44	44	44	43
67.0:	-	-	-	-	-	-	45	45	44	44
67.5:	-	-	-	-	-	-	-	-	45	44
68.0:	-	-	-	-	-	-	-	-	-	45
68.5:	-	-	-	-	-	-	-	-	-	-
69.0:	-	-	-	-	-	-	-	-	-	-
69.5:	-	-	-	-	-	-	-	-	-	-
70.0:	-	-	-	-	-	-	-	-	-	-
70.5:	-	-	-	-	-	-	-	-	-	-
71.0:	-	-	-	-	-	-	-	-	-	-
71.5:	-	-	-	-	-	-	-	-	-	-
72.0:	-	-	-	-	-	-	-	-	-	-
72.5:	-	-	-	-	-	-	-	-	-	-
73.0:	-	-	-	-	-	-	-	-	-	-
73.5:	-	-	-	-	-	-	-	-	-	-
74.0:	-	-	-	-	-	-	-	-	-	-
74.5:	-	-	-	-	-	-	-	-	-	-
75.0:	-	-	-	-	-	-	-	-	-	-
75.5:	-	-	-	-	-	-	-	-	-	-

* Circumference Value = abdomen 1 (waist) + hip - neck circumferences (in inches)

Chart B

PERCENT FAT ESTIMATION FOR FEMALES

Height (inches)

Circumference Value *	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
59.0:	35	34	34	34	33	33	33	32	32	32
59.5:	35	35	35	34	34	34	33	33	33	32
60.0:	36	35	35	35	34	34	34	33	33	33
60.5:	36	36	36	35	35	35	34	34	34	33
61.0:	37	37	36	36	36	35	35	35	34	34
61.5:	38	37	37	37	36	36	36	35	35	35
62.0:	38	38	37	37	37	36	36	36	35	35
62.5:	39	38	38	38	37	37	37	36	36	36
63.0:	39	39	39	38	38	38	37	37	37	36
63.5:	40	39	39	39	38	38	38	37	37	37
64.0:	40	40	40	39	39	39	38	38	38	37
64.5:	41	41	40	40	40	39	39	39	38	38
65.0:	41	41	41	40	40	40	39	39	39	38
65.5:	42	42	41	41	41	40	40	40	39	39
66.0:	43	42	42	41	41	41	40	40	40	39
66.5:	43	43	42	42	42	41	41	41	40	40
67.0:	44	43	43	43	42	42	42	41	41	41
67.5:	44	44	43	43	43	42	42	42	41	41
68.0:	45	44	44	44	43	43	43	42	42	42
68.5:	-	45	44	44	44	43	43	43	42	42
69.0:	-	-	45	45	44	44	44	43	43	43
69.5:	-	-	-	-	45	44	44	44	43	43
70.0:	-	-	-	-	-	45	45	44	44	44
70.5:	-	-	-	-	-	-	-	45	44	44
71.0:	-	-	-	-	-	-	-	-	45	45
71.5:	-	-	-	-	-	-	-	-	-	-
72.0:	-	-	-	-	-	-	-	-	-	-
72.5:	-	-	-	-	-	-	-	-	-	-
73.0:	-	-	-	-	-	-	-	-	-	-
73.5:	-	-	-	-	-	-	-	-	-	-
74.0:	-	-	-	-	-	-	-	-	-	-
74.5:	-	-	-	-	-	-	-	-	-	-
75.0:	-	-	-	-	-	-	-	-	-	-
75.5:	-	-	-	-	-	-	-	-	-	-

* Circumference Value = abdomen I (waist) + hip - neck circumferences (in inches)

Chart B

PERCENT FAT ESTIMATION FOR FEMALES

Height (inches)

Circumference Value *	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
59.0:	31	31	31	30	30	30	29	29	29	28
59.5:	32	32	31	31	31	30	30	30	29	29
60.0:	32	32	32	32	31	31	31	30	30	30
60.5:	33	33	32	32	32	31	31	31	31	30
61.0:	34	33	33	33	32	32	32	31	31	31
61.5:	34	34	34	33	33	33	32	32	32	31
62.0:	35	34	34	34	34	33	33	33	32	32
62.5:	35	35	35	34	34	34	33	33	33	33
63.0:	36	36	35	35	35	34	34	34	33	33
63.5:	36	36	36	35	35	35	35	34	34	34
64.0:	37	37	36	36	36	35	35	35	35	34
64.5:	38	37	37	37	36	36	36	35	35	35
65.0:	38	38	37	37	37	37	36	36	36	35
65.5:	39	38	38	38	37	37	37	36	36	36
66.0:	39	39	39	38	38	38	37	37	37	36
66.5:	40	39	39	39	38	38	38	37	37	37
67.0:	40	40	40	39	39	39	38	38	38	37
67.5:	41	40	40	40	39	39	39	39	38	38
68.0:	41	41	41	40	40	40	39	39	39	38
68.5:	42	41	41	41	40	40	40	40	39	39
69.0:	42	42	42	41	41	41	40	40	40	39
69.5:	43	42	42	42	42	41	41	41	40	40
70.0:	43	43	43	42	42	42	41	41	41	40
70.5:	44	43	43	43	43	42	42	42	41	41
71.0:	44	44	44	43	43	43	42	42	42	41
71.5:	45	44	44	44	43	43	43	43	42	42
72.0:	-	45	45	44	44	44	43	43	43	42
72.5:	-	-	-	45	44	44	44	44	43	43
73.0:	-	-	-	-	45	45	44	44	44	43
73.5:	-	-	-	-	-	-	45	44	44	44
74.0:	-	-	-	-	-	-	-	45	45	44
74.5:	-	-	-	-	-	-	-	-	-	45
75.0:	-	-	-	-	-	-	-	-	-	-
75.5:	-	-	-	-	-	-	-	-	-	-

* Circumference Value = abdomen I + hip - neck circumferences (in inches)
(waist)

REPORT OF CLASSIFICATION ACTION

Date: _____

From: Executive Officer, Physical Education
To: Midshipman _____
(Last First Alpha Cl/Co Sex SSN)

Subj: WEIGHT CONTROL CLASSIFICATION

Ref: (a) COMDTMIDNINST 6110.1S

1. In accordance with reference (a), you have been evaluated and classified into Category ____. Your current weight is _____ pounds. For your height, the Naval Academy standard is _____ minimum and_____ maximum. Your percent body fat is _____. The maximum is _____ percent.

2. If you are in Category V, the Weight Control Officer or a designated physician at NMCL, Annapolis will examine you. If it is determined that your weight problem is a result of dietary indiscretion and/or inadequate physical exercise, you will remain in Category V. You are required to:

a. Contact the Conditioning Squad Officer for assignment to the Weight Control program.

b. Make an appointment with the dietician and follow-up as directed.

c. Weigh in weekly with the Conditioning Squad Officer.

d. Attend daily weight control workouts unless otherwise directed by the Physical Education Department.

3. If you are Category VII, the Weight Control Officer or a designated physician at NMCL, Annapolis will examine you. If it is determined that your weight problem is a result of dietary indiscretion and/or inadequate physical exercise, you will remain in Category VII. You are required to:

a. Make an appointment with the dietician and follow-up as directed.

b. Make an appointment with the Midshipmen Counseling Center, if directed to do so.

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c. Weigh in weekly with the Conditioning Squad Officer.

4. Personnel in Categories V and VII should review reference (a). A copy is maintained by each Company Officer.

_____
(Signature/date)

Acknowledged: _____
Midshipman Date

Copy to:
Company Officer
Battalion Officer
Performance Officer
Food Service Officer
Conditioning Squad Officer
Weight Control Officer, NMCL, Annapolis

CATEGORY III WAIVER REQUEST

Date:_____

From: Head Coach, Varsity _____
To: Deputy Commandant of Midshipmen
Via: (1) Executive Officer, Physical Education Department

Subj: WEIGHT CONTROL CATEGORY III WAIVER REQUEST

1. A Weight Control Category III Waiver is requested for Midshipman _____
(Last First Alpha Co)
because of participation in Varsity _____. Midshipman _____ has been directed to maintain this excessive weight and body fat to enhance athletic performance.

2. Midshipman's current height is ____, weight is ____, and body fat is ____. Maximum allowable weight is ____.

3. I understand that this midshipman will be required to meet USNA weight and body fat standards prior to graduation.

_____

Head Coach, Varsity _____

Encl (4)

Date:_____

FIRST ENDORSEMENT

From: Executive Officer, Physical Education Department
To: Deputy Commandant of Midshipmen
Via: NMCL, Annapolis Weight Control Officer

Subj: WEIGHT CONTROL CATEGORY III WAIVER

1. A Weight Control Category III Waiver is recommended for Midshipman _____
(Last First Alpha Co)
because of participation in Varsity _____.

2. If the midshipman's status with the team listed in paragraph 1 changes, the Physical Education Department will weigh and/or measure the midshipman immediately for reclassification.

3. Sufficient time exists following the end of the recommended waiver for the midshipman to return to Naval Academy Weight Standards prior to graduation. Therefore, this waiver is not expected to affect commissioning.

_____
XO, Physical Education Department

Date:_____

From: Deputy Commandant of Midshipmen
To: Midshipman _____, USN,
Class of _____

Subj: WEIGHT CONTROL CATEGORY III WAIVER

1. Circle One:

a. The waiver is approved, to expire on _____.

This waiver is intended to support you in your athletic endeavor, but is not intended to affect your commissioning. It is your responsibility to comply with the Naval Academy's weight standards prior to graduation.

b. The waiver is disapproved.

_____
(Deputy Commandant)

Copy to:
Company Officer
Battalion Officer
Performance Officer
Conditioning Squad Officer
NMCL Weight Control Officer
XO, P.E. Dept