



DEPARTMENT OF THE NAVY

COMMANDANT OF MIDSHIPMEN
U.S. NAVAL ACADEMY
101 BUCHANAN ROAD
ANNAPOLIS, MARYLAND 21402-5100

COMDTMIDNINST 6110.1T

PE

11 Aug 10

COMMANDANT OF MIDSHIPMEN INSTRUCTION 6110.1T

Subj: MIDSHIPMEN WEIGHT CONTROL PROGRAM

Ref: (a) OPNAVINST 6110.1H
(b) COMDTMIDNINST 5400.6M

Encl: (1) USNA Height/Weight Standards
(2) Body Composition Assessment (BCA) Procedures
(3) Category III Waiver Request (Varsity Athletes)
(4) Battalion Officer Letter of Instruction (LOI) for CAT V
(5) Battalion Officer Letter of Instruction (LOI) for CAT VII

1. Purpose. To provide weight control procedures for Midshipmen in accordance with established Chief of Naval Operations and Naval Academy height/weight and body fat standards.

2. Cancellation. COMDTMIDNINST 6110.1S.

3. Background

a. The intent of this program is to instill a lifestyle change in those Midshipmen who are predisposed to having difficulty achieving and maintaining the Navy's height/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 unusual cases, weight problems are caused by poor diet and/or an improper amount of 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 height/weight and/or body fat standards. The Naval Academy will provide assistance to Midshipmen with weight problems, but Midshipmen retain individual responsibility for remaining within height/weight standards. Failure to do so may result in administrative or disciplinary action, including separation. Midshipmen who fail to maintain their weight/body

fat within Navy standards will not be medically qualified for commissioning and may be processed for separation under the performance system. Naval Academy height/weight standards are listed in enclosure (1).

4. Classification

a. All Midshipmen will be weighed once each academic semester during brigade reform by their company officer/Senior Enlisted Leader. Brigade, Regimental and Battalion staffs will weigh in with their academic year Company. Company Officers will enter the data into MIDS no later than the start of the academic semester. Battalion officers, company officers, company senior enlisted leaders, and military staff assigned to the PE Department may conduct a weigh-in for individual Midshipmen at any time.

b. If a Midshipman falls within the Naval Academy height/weight standards as listed in enclosure (1), they will be classified as satisfactory (CAT I). If a Midshipman's weight is outside of Naval Academy height and weight standards during any weigh-in, that Midshipman will be directed to the Physical Education Department's weight control officer for a body composition assessment (BCA). The weigh-in and BCA will be conducted in accordance with enclosure (2).

c. Midshipmen who exceed the Naval Academy height/weight standards but whose body fat percentage, as determined by BCA, falls within Naval Academy standards will be classified satisfactory (CAT II). Midshipmen whose body fat percentage, as determined by BCA, exceeds Naval Academy standards will be designated unsatisfactory (CAT V). Midshipmen who are determined to be under the Naval Academy height/weight standards, as determined by weight and BCA, will be designated unsatisfactory (CAT VII).

d. Definitions of Weight Control Categories:

(1) One (I). Satisfactory, within Naval Academy height/weight standards.

(2) Two (II). Satisfactory, outside Naval Academy height and weight standards, but within body fat standards: Males: minimum 5%, - maximum 20%; Females: minimum 12% - maximum 30%.

(3) Three (III). Satisfactory. Applies to varsity athletes required to maintain a weight which is outside of Naval Academy standards to increase competitiveness in NCAA Division I competition. Midshipmen in CAT III are authorized to temporarily be outside Naval Academy height/weight and body fat standards to avoid unhealthy weight fluctuations. Midshipmen in CAT III are required to be within Naval Academy body fat percent standards by reform of the following academic year of exiting the sport team or in the case of 1/C class Midshipmen, prior to graduation and commissioning. Midshipman athletes on the varsity/junior varsity team rosters are eligible for Category III waivers regardless of gender and in-season/out-of-season status. Category III waiver requests will be submitted using enclosure (3) and must be approved by the Deputy Commandant.

(4) Four (IV). This category is no longer used.

(5) Five (V). Unsatisfactory. Exceeds maximum height/weight and/or body fat percent standards.

(6) Six (VI). Satisfactory. This category is for temporary monitoring of Midshipmen who were previously in CAT V or VII. This monitoring will help avoid rebound into unsatisfactory categories.

(7) Seven (VII). Unsatisfactory, under Naval Academy minimum height/weight and/or body fat standards.

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

a. Category I: no action.

b. Category II: if not within height/weight standards, then BCA will be taken. If BCA is within standards (Males: 5-20%; Females: 12-30%) then the Midshipman will be placed in CAT II. If BCA is not within standards, then the Midshipman will be placed in CAT V for being overweight or CAT VII if underweight.

c. Category III:

(1) Varsity coaches will submit Category III waiver requests to the Deputy Commandant via the Head of the Physical Education Department in accordance with enclosure (3) within 30 days of reform.

(2) CAT III waivers for underclass Midshipmen will be active from the day they are approved by the Deputy Commandant and will expire before Reform of the following academic year. 1/C Midshipmen are still required to comply with Naval Academy height/weight and/or body fat standards regardless of a CAT III waiver in order to graduate and be commissioned.

(3) CAT III waivers are for Midshipmen varsity athletes on the current active roster for their sport. If a Midshipman leaves the team for any reason, the CAT III waiver will be cancelled and the Midshipman will be placed in the appropriate category at reform of the next academic year.

e. Category V:

(1) Midshipmen must attend every weekday remedial training session as set forth by the PE Weight Control Officer regardless of medical chits. The PE Weight Control officer will tailor the remedial training sessions to accommodate those Midshipmen on a medical chit.

(2) Be evaluated and counseled by the MDC or MFSD Registered Dietitian. If the MDC or MFSD Registered Dietitian determines that a medical condition exists and that condition is a contributing factor to the Midshipman being outside height/weight and body fat standards, then the MDC or MFSD Registered Dietitian will consult with Brigade Medical.

(3) Be issued a LOI (enclosure (4)) delegating Midshipmen responsibilities in attaining Navy Academy height/weight and body fat standards and the action that will be taken if non-compliant.

(4) Weigh-in weekly with PE Weight Control Officer (PE WCO). The PE WCO is responsible to ensure the chain of command is kept apprised of the Midshipman's progress. If the Midshipman is found that they are not in compliance of the letter of instruction they will be referred to their company chain of command for appropriate administrative and/or disciplinary action.

(5) A Midshipman will remain in CAT V status until they obtain eight successive weeks of recorded measurements that fall within USNA height/weight and/or body fat standards.

(6) Not be eligible for weekend liberty and weekday town liberty per reference (b).

f. Category VI:

(1) Midshipmen will be placed in Category VI for a minimum of six months after leaving a Category V or VII status.

(2) Midshipmen will weigh-in monthly with the PE Weight Control Officer. The PE WCO is responsible to ensure the chain of command is kept appraised of the Midshipman's weight status. If a Midshipman's weight or percent body fat falls outside USNA standards, that Midshipman will immediately be placed back in Category V or VII status.

g. Category VII:

(1) Midshipmen in Category VII will be handled on a case-by-case basis. After reform weigh-in, if a Midshipman is underweight the following personnel will be notified: Battalion Officer, Company Officer, Company Senior Enlisted Leader, Brigade Medical Officer, and the MDC and MFSD Registered Dietitians.

(2) The Brigade Medical Officer will determine if the reason for the underweight condition is related to a medical condition. The Brigade Medical Officer can grant a waiver, if the Midshipman is found to be medically stable.

(3) The MDC or MFSD Registered Dietitian will be consulted to determine if the condition may involve an eating disorder. If necessary, the MDC or MFSD Registered Dietitian or the Brigade Medical Officer will refer the Midshipman to the eating disorder specialist (psychologist/counselor) at the MDC.

(4) Any relevant requirements placed on the Midshipman will be specified in writing and entered into the MIDS Weight Control Module, "Weight Tracking - Maintain Journal" page.

(5) The Brigade Medical Officer and the MDC and MFSD Registered Dietitian will keep the Midshipman's chain-of-command informed of any relevant action.

(6) Any physical activity will be approved by Brigade Medical who will notify the PE Weight Control Officer.

(7) If the Midshipman is a varsity athlete, the Eating Disorder Treatment Team, a representative from NAAA, the Midshipman's coach and their chain of command will meet within three days of notification to determine if the Midshipman is healthy enough for athletic competition.

(8) The Midshipman will be issued a LOI (Encl(5)) delegating Midshipmen responsibilities in attaining Naval Academy height/weight and body fat standards. The LOI will outline actions that will be taken if the Midshipman is non-compliant.

(9) Not be eligible for weekend liberty and weekday town liberty per reference (b) if no waiver is granted.

6. Reports

a. The Physical Education Weight Control Officer will ensure all pertinent weight control information is entered into the Midshipman Information Data System (MIDS), as well as, be available to assist and answer questions posed by the Commandant's Staff and Brigade Medical Clinic Staff. MIDS provides easy and quick access to the information by authorized users.

b. A Midshipman's chain of command may access the complete weigh-in histories of their Midshipmen on MIDS. On the MIDS homepage, click on "Ad Hoc Queries" and log on. Click on "Physical Education" and then "Weight Control - Midshipmen History by Alpha." Finally, enter the alpha code of the Midshipman in question.

7. Review Responsibility. The PE Weight Control Officer is responsible for the annual review of this instruction.



R. E. CLARK II

Distribution:
Non-Mids (Electronically)

USNA HEIGHT/WEIGHT STANDARDS

<u>HEIGHT IN INCHES</u>	<u>MEN</u>		<u>WOMEN</u>	
	<u>MINIMUM</u>	<u>MAXIMUM</u>	<u>MINIMUM</u>	<u>MAXIMUM</u>
58	91	131	91	131
59	94	136	94	136
60	97	141	97	141
61	100	145	100	145
62	104	150	104	149
63	107	155	107	152
64	110	160	110	156
65	114	165	114	160
66	117	170	117	163
67	121	175	121	167
68	125	181	125	170
69	128	186	128	174
70	132	191	132	177
71	136	196	136	181
72	140	201	140	185
73	144	206	144	189
74	148	211	148	194
75	152	216	152	200
76	156	221	156	205
77	160	226	160	211
78	164	231	164	216
79	168	236	168	222
80	173	241	173	227

BODY COMPOSITION ASSESSMENT (BCA) PROCEDURES

1. Maximum Allowable Body Fat Percentages

a. USNA allowable body fat percentages are

Male	5 - 20%
Female	12 - 30%

2. BCA Procedures

a. Maximum weight for height screening

(1) Height measurement

(a) Member removes shoes.

(b) Member stands with feet together, flat on the deck, takes a deep breath, and stretches tall.

(c) Record height in MIDS Weight Tracking - Enter Height and Weight. Fractions of an inch in height will be rounded up to the nearest inch.

(2) Weight measurement

(a) Member shall be weighed on a balance beam or digital scale in PT clothing (shorts, T-shirt) without shoes.

(b) No deduction is allowed for clothing, regardless of how the member is dressed.

(c) Fractions of a pound are rounded to the nearest whole pound per the following:

1. Round **down** fractions less than ½ pound.

2. Round **up** fractions greater than/equal ½ pound.

(3) Maximum weight determination

(a) Enclosure (1) lists the maximum/minimum weights for the member's height.

(b) If member's weight is less than or equal to the maximum listed for their gender, members are within body composition assessment standards and percentage body fat determination is not required.

b. Body fat percentage determination

(1) Non-stretching cloth, metal, plastic, or fiberglass tape measure shall be applied to body landmarks with sufficient tension to keep it in place following the contour of the body without indenting skin surface.

(2) Procedures for Men

(a) Body fat percentage for men is calculated from measurements of standing height, neck circumference, and abdomen circumference.

(b) Members shall be measured in the presence of another member (preferably of member's sex) if requested.

(c) Standing Height. Use height measurement from maximum weight for height screening.

(d) Neck circumference

1. Measurement shall be taken on bare skin.

2. Members look straight ahead with shoulders down (not hunched).

3. Measure neck circumference at a point just below larynx (Adam's apple) perpendicular to long axis of neck.

4. Round neck measurement up to the nearest 1/2 inch and record (e.g., round 16 1/4 inches to 16 1/2 inches).

(e) Abdomen circumference

1. Measurement shall be taken on bare skin or over a T-shirt, if desired. No allowance is given if T-shirt option is chosen.

2. Arms are at sides. Take measurement at end of member's normal, relaxed exhalation.

3. Measure abdominal circumference with tape at level of center of navel and parallel to deck.

4. Round Abdominal measurement down to nearest 1/2 inch and record (e.g., round 34 3/4 to 34 1/2 inches)

(f) Body fat calculations. The MIDS Weight Control Module has the computations built into the program to calculate the body fat percentage however, if the need arises to manually calculate the body fat percentage, use Enclosure (6) of OPNAVINST 6110.1 to determine the body fat percentage.

(3) Procedure for Women

(a) Body fat percentage for women is calculated from measurements of standing height, neck circumference, natural waist circumference, and hip circumference.

(b) Members shall be measured in the presence of another member (preferably of member's sex) if requested.

(c) Standing Height. Use height measurement from maximum weight for height screening.

(d) Neck circumference

1. Measurement shall be taken on bare skin.

2. Members look straight ahead with shoulders down (not hunched).

3. Measure neck circumference at a point just below larynx (Adam's apple) perpendicular to long axis of neck.

4. Round neck measurement up to the nearest 1/2 inch and record (e.g., round 16 1/4 inches to 16 1/2 inches).

(e) Natural waist circumference

1. Measurement shall be taken on bare skin or over a T-shirt, if desired. No allowance is given if T-shirt option is chosen.

2. Arms are at sides. Take measurement at end of member's normal, relaxed exhalation.

Enclosure (2)

3. Measure natural waist circumference, at point of minimal abdominal circumference with tape level and parallel to deck. (Note: This site is usually located about halfway between navel and lower end of sternum breastbone. When this site is not easily observed, take several measurements at probable sites and use smallest value).

4. Round natural waist measurements down to nearest 1/2 inch and record (e.g., round 28 5/8 inches to 28 1/2 inches).

(f) Hip circumference

1. Measurement shall be taken over lightweight loose-fitting gym shorts or pants. Tight-fitting rubberized foundation garments or exercise belts shall not be worn during measurements.

2. While facing member's right side measure hip circumference by placing tape around hips so that it passes over greatest protrusion of gluteal muscle (buttocks) as viewed from side. Ensure tape is level and parallel to deck. Apply sufficient tension on tape to minimize effect of clothing.

3. Round hip measurement down to the nearest 1/2 inch and record (e.g., round 44 3/8 inches to 44 inches).

(g) Body fat calculations. The MIDS Weight Control Module has the computations built into the program to calculate the body fat percentage however, if the need arises to manually calculate the body fat percentage, use enclosure (6) of reference (a) to determine the body fat percentage.

3. Classifying BCA

a. BCA is failed (not within BCA standards) when members exceed both maximum weight for height and body fat percentage allowed for member's gender. Midshipmen are classified in weight control category V (CAT V) unless they meet the criteria for a CAT III waiver.

b. BCA is passed (within BCA standards) when members:

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(1) Meet or are less than maximum weight for height allowed for member's gender. Midshipmen are classified in weight control category I (CAT I).

(2) Exceed maximum weight for height, but not maximum body fat percentage allowed for member's gender. Midshipmen are classified in weight control category II (CAT II).

Enclosure (2)

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CATEGORY III WAIVER REQUEST (VARSITY ATHLETES)

Date

From: Head Coach, Varsity <<SPORT>>
To: Deputy Commandant of Midshipmen
Via: Head, Physical Education Department

Subj: REQUEST FOR WEIGHT CONTROL CATEGORY III WAIVERS

Ref: (a) COMDTMIDNINST 6110.1T

Encl: (1) Varsity athletes eligible for CAT III waivers

1. The Midshipmen listed on enclosure (1) are members of Varsity _____ for the academic year _____.

2. In accordance with reference (a), I respectfully request weight control category III (CAT III) waivers be approved for the Midshipmen listed on enclosure (1) for the period of _____.

3. In the event a Midshipman is dropped from the team, he will be subject to the standards as outlined in reference (a).

(Signature)

Date

From: Deputy Commandant of Midshipmen
To: Head, Physical Education Department

Subj: REQUEST FOR WEIGHT CONTROL CATEGORY III WAIVERS

1. The request for CAT III waivers is:

APPROVED / DISAPPROVED / MODIFIED as written

(Signature)

Copy to:
Head Coach, _____
Marking Officer/Weight Control Officer
Director Human Performance Lab

Enclosure (3)

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Date

From: _____ Battalion Officer
To: Midshipman ____ Class _____, SSN

Subj: LETTER OF INSTRUCTION

Ref: (a) USNAINST 5420.24G
(b) COMDTMIDNINST 6110.1T

1. On _____ you failed to meet the U.S. Naval Academy's height/weight and body fat standards. This warrants being placed within Weight Control Category V.

2. You are hereby ordered to report to the

- Brigade Medical Officer for medical evaluation.
- MDC or MFSD Registered Dietitian for evaluation and approved nutrition plan.
- Physical Education Weight Control Officer for weekly weigh-ins and a BCA.
- Director, Human Performance Lab to begin remedial program, if medically cleared.

3. You must work diligently to remedy these deficiencies immediately. You are reminded that you must actively exert that degree of effort and personal discipline necessary to meet established standards and administrative policies no later than next reform weigh-in.

4. Should you require additional assistance, or if any factors whatsoever develop that hinder your ability to improve your Aptitude for Commission, you are directed to inform me immediately.

5. Failure to improve your Aptitude for Commission in the manner I have specified above may result in my recommending that further administrative or disciplinary actions be taken, including recommendation that your case be directly forwarded to the next level with a recommendation for disenrollment.

(SIGNATURE OF BATTALION OFFICER)

Acknowledged: _____
(Signature of Midshipman) (Date)

Witnessed: _____
(Signature of Board Recorder) (Date)

Copy to:
Conduct Officer/Aptitude Officer
Marking Officer
Director, Human Performance Lab
Head Physical Education
MDC Registered Dietitian
MFSD Registered Dietitian
BMO

Enclosure (4)

COMDTMIDNINST 6110.1T
11 Aug 10

Date

From: _____ Battalion Officer
To: Midshipman ____ Class _____, SSN

Subj: LETTER OF INSTRUCTION

Ref: (a) USNAINST 5420.24G
(b) COMDTMIDNINST 6110.1T

1. On _____ you failed to meet the U.S. Naval Academy's height/weight and body fat standards. This warrants being placed within Weight Control Category VII.
2. You are hereby ordered to report to the
 - Brigade Medical Officer for medical evaluation.
 - MDC or MFSD Registered Dietitian for evaluation and approved nutrition plan.
 - Physical Education Weight Control Officer for weekly weigh-ins and BCA.
3. You must work diligently to remedy these deficiencies immediately. You are reminded that you must actively exert that degree of effort and personal discipline necessary to meet established standards and administrative policies no later than next reform weigh-in.
4. Should you require additional assistance, or if any factors whatsoever develop that hinder your ability to improve your Aptitude for Commission, you are directed to inform me immediately.
5. Failure to improve your Aptitude for Commission in the manner I have specified above may result in my recommending that further administrative or disciplinary actions be taken, including recommendation that your case be directly forwarded to the next level with a recommendation for disenrollment.

(SIGNATURE OF BATTALION OFFICER)

Acknowledged: _____
(Signature of Midshipman) (Date)

Witnessed: _____
(Signature of Board Recorder) (Date)

Copy to:
Conduct Officer/Aptitude Officer
Marking Officer
Director, Human Performance Lab
Head Physical Education
MDC Registered Dietitian
MFSD Registered Dietitian
BMO

Enclosure (5)