



DEPARTMENT OF THE NAVY

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

COMDTMIDNINST 6110.1U
PE
24 Jul 12

COMMANDANT OF MIDSHIPMEN INSTRUCTION 6110.1U

Subj: MIDSHIPMEN WEIGHT CONTROL PROGRAM

Ref: (a) OPNAVINST 6110.1J
(b) COMDTMIDNINST 5400.6P
(c) DIRATHINST 6110.2A

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 6110.1T.

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 USNA 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 composition within USNA standards will not be medically qualified for commissioning. Midshipmen who exceed Navy body composition standards in accordance with reference (a) shall be considered not medically qualified to participate in the PRT (except for CAT III). These Midshipmen will be recorded as a PRT failure (except for CAT III, who may participate in a bicycle PRT) and may be processed for separation as a PE failure, via the Academic Board. Naval Academy height/weight standards and body composition standards are listed in enclosure (1). Midshipmen who meet reference (a) body composition standards but exceed USNA body composition standards will still be required to participate in the PRT, but will be considered a PRT failure (except CAT III), and may be processed for separation as a PE failure, via the Academic Board. 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 using a certified scale provided to each Battalion by the Marking Office. Only the Marking Office provided, Tanita brand, certified scales are authorized for official weigh-ins. Company Officers and Senior Enlisted Leaders shall ensure that reform weigh-ins are logged in the MIDS system. 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 Physical Education (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 their Battalion Officer, Company Officer or Company Senior Enlisted Leader 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). Company Officers and/or Company Senior Enlisted Leaders shall ensure that the PE Marking Office is notified of all CAT V determinations. Midshipmen who are determined to be under the Naval Academy minimum height/weight standards, as determined by weight, body fat and Brigade Medical determination, will be designated unsatisfactory (CAT VII) unless waived.

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 USNA 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 First 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 (unless waived), under Naval Academy minimum height/weight and/or body fat standards without a waiver.

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 overweight, using Navy regulation taping method; if underweight, by air-displacement plethysmography using the Bod-Pod. 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, and pass a PRT, 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.

d. Category V:

(1) Midshipmen must attend every weekday remedial training session as set forth by the Director of the Human Performance Lab regardless of medical chits. The Director of the Human Performance Lab will tailor the remedial training sessions to accommodate those Midshipmen on a medical chit. Midshipmen who do not take the Brigade PRT due to exceeding reference (a) body fat standards, shall remain on the remedial training program until they meet the requirements for removal per this instruction and pass the Brigade PRT in accordance with reference (c).

(2) Be evaluated and counseled by the MDC or MFSD Registered Dietitian and Brigade Medical.

(3) Be issued an LOI (enclosure (4)) detailing 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 the Marking Office. If the Midshipman is not in compliance with the letter of instruction they will be referred to their company chain of command for appropriate administrative and/or disciplinary action. If a Midshipman achieves USNA body composition standards no greater than 10 days, and no less than 24 hours prior to the monthly PE Marking Office PRT (or Brigade PRT), the Midshipmen will be allowed to participate in the PRT.

(5) A Midshipman will remain in CAT V status until they obtain eight successive weeks of recorded measurements that fall within USNA BCA standards. Failure to weigh-in for the week constitutes a failed weigh-in. 1/C Midshipmen in the spring semester are considered to be within standards if they successfully pass the final weigh in before the last week of class.

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

(7) Not eligible for movement orders.

(8) Be required to take the Brigade PRT if in body composition standards per reference (a).

e. 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 their Company Officer or Senior Enlisted Leader. If a Midshipman's weight or percent body fat falls outside USNA standards or a Midshipmen fails to weigh-in, that Midshipman will immediately be placed back in Category V or VII status and the Company Officers or Senior Enlisted leaders shall notify the Marking Officer of the new status. Company Officers or Senior Enlisted Leaders shall ensure that CAT VI weigh-in information is recorded in MIDS.

f. 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, Brigade Medical Officer, Director of the Human Performance Lab, 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 Company Officer and Senior Enlisted Leader.

(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 (enclosure (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) A Midshipman will remain in CAT VII status until body fat is determined to be satisfactory via Bod-Pod or granted a waiver by medical, placing the Midshipmen in CAT II status or placed in CAT VI status after written recommendation from Medical and the MDC or MFSD Registered Dietitian.

(10) Not be eligible for weekend liberty, weekday town liberty, or movement orders if no waiver is granted.

6. Reports

a. For the weekly CAT V weigh ins, the Marking Office 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 Marking Office 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 Marking Office Issued digital scale in PT clothing (shorts, T-shirt) without shoes. One scale is located within each Battalion and two scales are permanently located in the Marking Office for use.

(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 $\frac{1}{2}$ pound.

2. Round **up** fractions greater than/equal $\frac{1}{2}$ 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 and not below the minimum, members are within body composition assessment standards and percentage body fat determination is not required.

b. Body fat percentage determination for Exceeding Max weight

(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 reference (a) 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.

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.

c. Body fat percentage determination for failing to meet minimum weight standards

(1) Bod-Pod (body composition through air-displacement plethysmography) evaluation will be completed in the USNA human performance lab by the Director of the Human Performance Lab or Registered Dietician. The evaluation will last 10 minutes and is non-invasive.

(2) The test requires four measurements; one mass measurement, two volume measurements, and one thoracic gas volume measurement.

(3) Midshipmen evaluated in the Bod-Pod are required to wear a swim cap and either a spandex swimsuit (one piece for females) or compression shorts (compression shorts and sports bra for females).

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 or are below both minimum weight for height and body fat standards. Midshipmen are classified in weight control category V (CAT V) if exceeding standards unless they meet the criteria for a category III (CAT III) waiver or category VII (Cat VII) if failing to meet minimum standards without a medical waiver.

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

(1) Meet or are less than maximum weight for height allowed for member's gender without falling below minimum standards. Midshipmen are classified in weight control category I (CAT I).

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

COMDTMIDNINST 6110.1U
24 Jul 12

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 6110.1U

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
Director Human Performance Lab

Enclosure (3)

Date

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

Subj: LETTER OF INSTRUCTION

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

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.
- PE Marking 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

Date

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

Subj: LETTER OF INSTRUCTION

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

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 bi-weekly evaluation and approved nutrition plan
-Director of Human Performance Lab or Registered Dietitian for 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