



NAVAL ACADEMY ATHLETIC ASSOCIATION

DIRATHINST 6110.2C
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DIRECTOR OF ATHLETICS INSTRUCTION 6110.2C

From: Director of Athletics

Subj: MIDSHPMEN PHYSICAL FITNESS ASSESSMENT (PFA) PROCEDURES

Ref: (a) OPNAVINST 6110.1J (Physical Readiness Program)
(b) COMDTMIDNINST 1020.3B (Midshipmen Uniform Regulations)
(c) COMDTMIDNINST 5400.6ST (Midshipmen Regulations Manual)
(d) COMDTMIDNINST 6110.3A (Physical Education Remediation Attendance Policy)
(e) NAVADMIN 178/15
(f) USNAINST 1531.3 (International Military Semester Exchange Program)

Encl: (1) USNA Height/Weight Standards and BCA Procedures
(2) PRT Warm-up and Test Elements
(3) PFA BCA Waiver Request for Varsity Athletes
(4) PFA Medical Waiver Example
(5) PRT Wave Execution Timeline

1. Purpose. To provide policy and procedures for the PFA, directed and supported by references (a) through (f).

2. Cancellation. DIRATHINST 6110.2B.

3. Background. Physical readiness is a key component of the United States Naval Academy's (USNA) mission to "develop midshipmen morally, mentally, and physically." It is the lynchpin of today's midshipmen becoming tomorrow's military leaders of character, who can readily assume the demanding responsibilities of command and citizenship associated with the defense of our nation. Leadership and physical fitness go hand-in-hand. Physical fitness results in the mental keenness and physical stamina demanded of those who lead men and women in the Navy and Marine Corps.

4. General Policies

a. Midshipmen shall establish a personal physical fitness program of regular exercise that ensures a high level of personal physical readiness. This program will be designed to improve cardiorespiratory fitness, muscular strength, endurance, flexibility, and proper body composition.

b. The Physical Fitness Assessment (PFA) provides a comprehensive measurement of physical readiness and the effectiveness of personal fitness programs.

Enclosure (1)

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c. Body Composition Assessment (BCA) and Physical Readiness Test (PRT). The PFA consists of the BCA and PRT. The PRT consists of three elements in this order: Push-ups on a cadence, front plank, and a 1.5-mile run. BCA procedures are contained in enclosure (1). Descriptions of the mandatory warm-up and each element of the PRT are found in enclosure (2). Eligibility for the 500-yard swim and 10-minute bicycle elements in lieu of the 1.5-mile run are also discussed in paragraph six of this instruction and enclosure (2).

d. PFA Cycle: the PFA is conducted in two cycles annually, Spring and Fall. The Fall PFA Cycle begins with the first day of classes for the Fall Semester, and ends the day before the first classes in the Spring Semester. The Spring PFA Cycle begins on the first day of classes for the Spring Semester and ends the day before the first day of classes in the Fall Semester. Any makeup PRTs conducted during the Summer Term will be considered part of the Spring PFA Cycle. The Plebe Summer PRT and Team PRTs with for teams in-season during Summer will be counted for the Fall PRT, even if conducted prior to the beginning of classes.

e. Medical Waiver Management. PFA medical waivers IAW enclosure (4) signed by Authorized Medical Department Representatives (AMDR) are the only waivers that authorize midshipmen to not participate in an official PFA. Signed PFA medical waivers are only authorized for the current PFA cycle. All other medical waivers/chits allow midshipmen to recover and may limit their duties and obligations, but does not waive them from participating in the PFA. Midshipmen who have received two consecutive PFA medical waivers for the same injury, or three PFA medical waivers for any injury will be referred to the Brigade Medical Officer for further evaluation regarding fitness for commission in accordance with reference (b).

5. Body Composition Assessment

a. The PFA officially begins with the BCA. Midshipmen must weigh in for their official PFA BCA 45 days to 24 hours prior to participating in the PRT. The PE Department Marking Officer will designate a PE staff member to conduct Team PFA BCAs. The Marking Officer may delegate the authority to conduct a Company Officers (COs), Senior Enlisted Leaders (SELs), Battalion Fitness Leaders (BFLs), and PE staff. COs and SELs are only authorized to conduct height/weight measurements. Those midshipmen that are over height/weight standards per enclosure (1) shall have a BCA performed by their Battalion Fitness Leader or the Marking Office in accordance with enclosure (1). A midshipmen's PFA BCA measurements shall occur on the same day as their height/weight measurement. Any deviation must be approved by the Marking Officer. In order to maintain dignity and respect during the weigh-in process, COs, SELs, and BFLs shall conduct measurements in their office spaces using a "one midshipman in, one midshipmen out" policy. Weigh-ins shall not be conducted in the passageway.

b. The Marking Officer will designate one week for the official Brigade PFA BCA weigh-in period. Reform BCAs do not count towards the official PRT. All data must be recorded in MIDS no later than the end of weigh-in week in order to ensure timely completion. Midshipmen without PFA BCA data in MIDS 24 hours prior to the PRT will not be allowed to participate in the PRT, and will be recorded as a PRT Incomplete until the next official PFA BCA is recorded in MIDS.

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c. The week designated by the Marking Officer for official BCA weigh-ins will be the week that all BCA measurements must take place for those participating in the Brigade PRT. Only the Marking Office may authorize additional time for weigh-ins. Per ref (b), midshipmen shall have only one official weigh-in for the PFA.

d. All midshipmen shall participate in the Brigade PFA BCA, unless the BCA is specifically waived in the PFA medical waiver IAW enclosure (4). If authorized a Team PFA by the PE Marking Office, Team BCAs shall be scheduled and conducted by assigned PE staff as determined by the PE Marking Office. Any deviations or exceptions to this shall be approved by the Director of Physical Education.

e. If a midshipman fails to meet the BCA standards set forth in enclosure (1), they will automatically receive a failing PFA score and will not be permitted to take the PRT. They will be assigned a PRT score of 0% even if the PRT portion of the PFA is medically waived. This failure will be annotated in MIDS (by the Marking Officer) as a "0" in planks and push-ups and "20:00" in run time. This does not apply to midshipmen who have received a PFA medical waiver waiving both the BCA and PRT.

f. In order to ensure grade integrity, the Director of Physical Education, reserves the right to verify the PFA BCA measurement of any midshipman. The PE Department will be responsible for conducting the verification measurement. In cases where a verification BCA is taken at the direction of the Director of Physical Education, that measurement will count as the official PFA weigh-in measurement.

6. BCA Waivers

a. Varsity Athletes that are required to maintain a BCA outside of USNA standards in order to remain competitive in their sport may receive a waiver for the BCA portion of the PFA for the duration of their athletic competition. BCA waivers will be initiated by a midshipman's Head Coach and routed via the Marking Officer for joint approval by both the Deputy Commandant and Director of Physical Education Department in accordance with the format in enclosure (3).

b. Varsity Athlete BCA waivers will expire at the end of the current Academic Year. Head Coaches will be required to submit PFA BCA waivers at the beginning of each Academic Year.

c. Varsity Athletes with approved BCA waivers are authorized to participate in a bicycle PRT for the duration of their approved waiver. MIDN 1/C Varsity Athletes in the Spring semester of their first class year will be required to meet USNA PFA standards, both BCA and a PRT including the run element, prior to graduation. MIDN 1/C Varsity Athletes with an approved PFA BCA waiver whose athletic competition encompasses both the Fall and Spring semesters shall be required to pass a run PRT either in the Fall or Spring semester AND meet USNA BCA standards prior to graduation.

d. Midshipmen who voluntarily resign or who are cut from a Varsity Athletic Team will be afforded the opportunity to continue under their BCA waiver in order to allow them to

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participate in the PFA. Should it be necessary for a midshipmen to receive more time in order to safely meet USNA BCA standards, Company Officers shall submit an additional PFA BCA waiver, per enclosure (4) detailing the circumstances behind the request.

7. Brigade PRT

a. The PE Department administers the Brigade PRT once during each Fall and Spring semester as scheduled by the Marking Office.

(1) One Make-up Brigade PRT will be administered during each Fall and Spring semester, normally on a Saturday following the Brigade PRT.

(2) Regimental Rotation. The Brigade PRT typically consists of 15 waves with two companies participating per wave, and 20 minute intervals between waves. The PRT waves will be conducted with First Regiment starting in the Fall and Second Regiment in the Spring. The Marking Office will send PRT wave times out for each company prior to the PRT.

(3) The PRT is not to be conducted under harsh environmental conditions. Specifically, the PRT should not be conducted outdoors when the temperature is 20 degrees Fahrenheit or lower, or when "Black Flag" conditions exist (Wet Bulb Globe Temperature [WBGT]) of 90 degrees Fahrenheit or higher.

(4) Participation

(a) Once a midshipman commences an official PFA, the test counts for a score, and a grade will be awarded in the Midshipmen Information System (MIDS). A midshipman will only have one "official" PFA per semester. A midshipman's official PFA may be a Team PFA, the Brigade PFA, or a Marking Officer scheduled PFA as directed by the Director of Physical Education.

(b) All midshipmen, including international and service exchange students as directed by ref (f), who are medically qualified and meet the BCA standards shall participate in the Brigade PRT his/her company unless already completed or scheduled for a team PRT.

(c) Midshipmen with an authorized PFA medical waiver must turn in signed medical chits to the Marking Office within 24 hours of receipt. Midshipmen are responsible for delivery of their chit and shall not rely on anyone else to turn in the documentation.

(d) All 4/C Midshipmen will take the PFA at the end of Plebe Summer, which will count toward their Fall semester Physical Readiness Grade. If a Fourth Class Midshipman is on medical chit for the Plebe Summer PRT, they will participate in the next official PRT for which they are not medically waived

b. Regulation PE uniform as per reference (b) is required for the PRT. Midshipmen who are not in the correct uniform will not be allowed to take the PRT and their CO or SEL will be notified. Midshipmen who fail to arrive at their scheduled time without prior authorization from

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the PE Marking Officer or a valid excuse will be considered an unauthorized absence, will not be allowed to take the PRT, and their CO or SEL will be notified.

c. Midshipmen must record their scores with designated PRT staff at the official recording station prior to departing the test site. All failing scores must be reported immediately upon completion of each failed element. If no score is recorded, the midshipman will receive a failing score. Midshipmen shall NOT double-back on to the run course to help/pace a shipmate either before or after recording their scores. If found back on the course after completing the PRT, the midshipman will be forwarded to the Commandant Staff for conduct action and their PRT score will not be counted. The midshipman will be PRT Incomplete and will be required to take the next available official PRT. Other failure policies are found in paragraphs eight and nine.

d. Midshipmen are responsible for their own pacing. Each midshipman company may provide one pacer for each minimum passing time of 10:30 and 12:40. Personal pacers are not authorized. Pacers are unofficial, and a pacer that does not hold a correct time is not an excuse for a failed PRT.

8. Team PFA Policies

a. Team PFAs are provided as a courtesy for Varsity and Club A teams, when the Brigade PFA occurs during their championship and non-championship seasons.

b. Normally, Team PFAs shall be scheduled and completed before the Brigade PFA. Head Coaches will coordinate scheduling with the PE Marking Officer. Teams will ensure all players BCA's are completed 45 days to 24 hours prior to the team PRT. Team members who exceed BCA standards without a PFA BCA waiver will not take the team PRT and will be scored in accordance with paragraph 5(d).

c. Teams in championship seasons from Reform through the Brigade PFA may schedule a Team PFA after the Brigade PFA with permission from the Director of Physical Education, via the PE Marking Officer. In this case, the PFA must be approved and scheduled with the PE Marking Officer prior to the Brigade PFA. Except in the case above, if a Varsity or Club A team does not schedule a Team PFA before the Brigade PFA, team members will take the Brigade PFA with their companies. Varsity and Club A teams or athletes may elect to take the Brigade PFA in lieu of a Team PFA.

9. PFA Grading Criteria

a. BCA Failures will be graded in the MIDS PRT module as 0 push-ups, 0 planks, and 20:00 run time. A failing score of 0 will be recorded for a True Failure of the PFA, as defined in paragraph 9. Remediation scores will follow the guidance provided in paragraph 10.

b. MIDS is the official score calculator for the PRT and uses a percentage-based grading scale for each PRT element. For the 1.5-mile run, times are not incremented in between table values. The PRT score is the average of the percent scores for each of the three elements.

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c. A minimum score of a 60.0 must be earned in each element to pass the PRT. Midshipmen shall only have one official PFA score recorded per semester. Scores below a 60.0 will be remediated when a midshipmen successfully passes their next official PFA in a subsequent semester, with the exception of 1/C Midshipmen who will be allowed to remediate within the 1/C Spring Semester.

d. Midshipmen who fail to perform the official Brigade PRT or makeup PRT due to a PFA medical waiver, emergency leave, or special permission from the Director of PE will be PRT Incomplete for that semester and are required to take a Marking Office PRT.

- (1) Midshipmen who miss the official PRT, shall complete a Marking Office PRT within 30 days of waiver expiration, but no later than the beginning of classes for the next academic semester (i.e. during Reform of the Brigade). If a PRT Waiver expires between semesters (during summer training or winter leave), the midshipman shall contact the Marking Officer to inform them and then complete the PRT during Brigade Reform. If a PRT Waiver expires after the completion of the current PFA Cycle, then the next semester's PRT score will count for any waived PRTs ("Backfill").
- (2) Midshipmen who have received two consecutive PFA medical waivers for the same injury, or three PFA medical waivers for any injury will be referred to Brigade Medical Officer for further evaluation regarding fitness for commission in accordance with ref (b).
- (3) Once an excused midshipman successfully passes a subsequent PRT, that score will backfill to the previous missed PRT. If a midshipman misses a PRT without a proper excusal, they will be considered a PRT Incomplete for the semester, receive a "Marking Office Failure" in MIDS, and upon successfully passing a subsequent official PFA, their PRT grade will be marked as a 62.0. Midshipmen who miss the PFA may take a PRT after all administrative action in completed by their Chain of Command

e. In accordance with reference (f), international exchange students who fail the PFA (BCA or PRT), or receive an incomplete, will receive a 0% score. This score will be factored into their physical education grade. International exchange students are not required to participate in the remedial program unless desired by the exchange student. Remedial PRTs are held by PE Department staff once a week and if an exchange student is able to remediate their PFA failure within the semester they are attending USNA, they will receive a score of 60.0% for the PRT.

f. The Director of Physical Education may authorize one retest to pass the PRT portion of the current semester PFA. If a midshipman fails the strength portion of the PRT, the midshipman must have a positive PRT history on the portion of the PRT which was failed to be considered for approval of a "Bad Day Chit." For those midshipmen who fail the run, "Bad Day Chit" approval will only be considered if that midshipman has a positive run history, i.e. previous PRT run time is 9:50 or better for males or 11:55 or better for females. In all cases, only the Director of Physical Education has the authority to approve or disapprove "Bad Day Chits." Midshipmen

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shall submit "Bad Day" requests via the Marking Office to the Director of Physical Education. A midshipman must submit a "Bad Day Chit" by close of business the next working day after completing the PRT, to the Marking Office. If approved, the retest must be administered within seven days of the initial PRT failure date. This retest does not apply to BCA determinations. If the individual is approved for a retest, but does not participate in the retest, the initial test score is to be entered into MIDS as the official PFA unless a PRT Medical Waiver is issued.

Midshipmen Company Chains of Command shall not delay submittal of requests to the Marking Office while awaiting Medical screening. If medical issues a waiver, then the midshipman shall take the PFA on the workday following medical waiver expiration (or seven days of the original PRT if no waiver is issued), and within 45 days of original BCA measurement. If a midshipman participates in a Bad Day Makeup PRT, then the Makeup PRT will count for final score, regardless of the outcome.

10. PFA Failure Definitions

a. True Failure.

- (1) Failure of either part of the PFA, the BCA Failure to pass one or more elements of the PRT.
- (2) Failure to report a score with PE staff at the official score station for one or more elements of the PRT before leaving the test site.
- (3) Failure to complete a PRT once the PRT has commenced.

b. Marking Office Failure. Failure to complete a PRT without a medical waiver.

c. Backfill. If a midshipman is excused from participation for the PRT cycle, such as long term injury, then the next official PRT score will be entered into MIDS for any missed PRTs.

d. Positive PRT History. A midshipman is deemed to have a "positive PRT history" if they scored 70% or higher on the strength portion of the PRT or 09:50M/11:55F on the run portion.

e. Marking Office PRT. Any PRT held by the Marking Office for those unable to participate in an Official PRT due to medical waiver.

10. PFA Failure Policies

a. Midshipmen who fail the PFA are immediately placed into the PE PT Remedial Program per reference (d), and lose privileges in accordance with reference (c). Midshipmen whose BCA is over PFA standards at reform shall not lose any privileges, unless they are PE deficient due to a previous semester PFA failure and/or other previous PE deficiencies.

b. Midshipmen who successfully remediate a True Failure will be assigned a grade of a 60.0 for Physical Readiness after they subsequently pass an official (semester) PFA.

c. Midshipmen who repeatedly fail to meet PFA standards of the Naval Academy by failing multiple official PFAs are subject to referral to the Physical Education Evaluation Board (PEEB), the Physical Education Review Board (PERB), the Athletic Director/Commandant

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(AD/DANT) Review Board, or the Academic Board. Midshipmen who fail three official PFAs shall be forwarded to the Physical Education Academic Board for possible separation. Per references (a) and (e), midshipmen who fail two official OPNAV standard PFAs within three years will automatically be referred for administrative separation from USNA in accordance with current USN Policy.

11. Responsibilities

a. Director of Physical Education shall:

- (1) Ensure the PFA is administered properly and in accordance with this instruction.
- (2) Ensure the Physical Education staff is available to assist and provide guidance to midshipmen seeking to develop, achieve or maintain a safe and effective physical fitness program.
- (3) Approve standards, policies, and procedures and forward recommended changes to this instruction to the Athletic Director.
- (4) Provide PFA data to the Director of Institutional Research.

b. The Deputy Director, PE Department shall:

- (1) Enforce all policies established by the Director of Physical Education.
- (2) Review PFA instructions, standards, policies and procedures, and recommend revision, when appropriate.
- (3) Oversee execution of the PFA program.

c. The Director, Human Performance Lab shall oversee content and execution of the Brigade Training Team (BTT) Program every Monday-Friday. Tailor the remedial training sessions to accommodate those midshipmen on a medical chit.

d. The PE Liaison Officer (PELO) shall:

- (1) Serve as a single point of contact for the Commandant's Staff for all matters relating to the Marking Office as outlined in the Memorandum of Agreement between the Director of Physical Education and the Commandant of Midshipmen.
- (2) Recommend updates to this instruction annually.
- (3) Train Battalion Fitness Leaders on BCA procedures prior to commencement of the Fall Academic Year.
- (4) Report directly to the Deputy Director, PE Department.

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(5) Ensure attendance is recorded and up to date at each remedial session.

(6) Ensure the Chain of Command is informed of remedial attendance and midshipmen participation during remedial PT.

e. The Marking Officer shall:

(1) At the direction of the Director of Physical Education, oversee, schedule, and execute the PFA each semester with the assistance of the PE staff and Midshipmen Physical Mission Officers in accordance with this instruction.

(2) Coordinate Team PFAs at the direction of the Director of Physical Education.

(3) Ensure the accurate entry of PE MIDS data.

(4) Prepare PE Department data and briefs for the PEEB, PERB, AD/DANT Review, and Academic Review Boards.

(5) Execute other related tasking as assigned by the Director of Physical Education.

(6) Execute PRTs in accordance with this instruction and when approved by the Director of Physical Education.

(7) Conduct all BCA measurements, to include the single-site abdominal circumference (superior border of the iliac crest), for all midshipmen who are above DoD body fat standards as outlined in references (a) and (e).

(8) Track and report all PFA failures in accordance with references (a) and (e) to the Director of Physical Education.

f. Company Officers shall:

(1) Conduct Reform and Official PFA BCA Height/Weight measurements per enclosure (1).

(2) Enter all midshipmen height/weight and BCA measurements into MIDS no later than 24 hours prior to an official PRT.

(3) Report all BCA failures to the Marking Officer and Physical Education Liaison Officer immediately following Official PFA BCAs measurements.

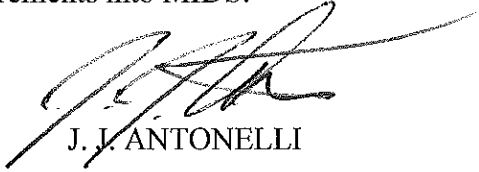
e. Battalion Fitness Leaders shall:

(1) Be appointed by the Commandant of Midshipmen.

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(2) Conduct all PFA BCA measurements except for Varsity or Club A Athletes participating in Team PFAs.

(3) Report all midshipmen PFA BCA failures immediately following Official BCA measurements to the respective CO/SEL, PELO, and Marking Officer and enter BCA measurements into MIDS.



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C. S. GLADCHUK

Distribution:
Non-Mids (Electronically)
Brigade (Electronically)

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BODY COMPOSITION ASSESSMENT (BCA) PROCEDURES

1. Maximum Allowable Body Fat Percentages

a. USNA allowable body fat percentages are

Male 22%

Female 33%

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 government-issued scale in regulation PT clothing (shorts, T-shirt) without shoes. One scale is located within each Battalion.

(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) Table 1 of this enclosure 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) Midshipmen should be measured in the presence of another midshipman (preferably of the midshipman's gender) 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. Midshipman looks 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 over bare skin.
2. Arms are at sides. Take measurement at the end of midshipman'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 (2) of 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) Midshipmen should be measured in the presence of another midshipman (preferably of the midshipman's gender) 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. Midshipman looks 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 over bare skin.
2. Arms are at sides. Take measurement at the end of midshipman'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.

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2. While facing midshipman's 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 (2) of reference (a) to determine the body fat percentage.

3. Classifying BCA

a. BCA is failed (not within BCA standards) when a midshipman:

(1) Exceeds both maximum weight for height and body fat standards allowed for midshipman's gender;

b. BCA is passed (within BCA standards) when a midshipman:

(1) Meets or is below maximum weight for height allowed for the midshipman's gender.

(2) Exceeds maximum weight for height, but not maximum body fat percentage allowed for the midshipman's gender.

c. If a Midshipmen fails USNA and reference (e) allowable body fat percentages:

(1) The Marking Officer will conduct a single site abdominal circumference measurement per references (a) and (e).

Table 1. 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

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PRT Warm-up and Test Elements

1. Prior to commencing PRT

a. All participants shall be read the following prior to beginning the PRT Warm-up:

“You are about to begin the PRT. Once you begin, you must complete every portion of the PRT regardless of failing another portion.

If you choose to participate while on chit, you assume the responsibility of working within the confines of your injury—there will be no partial PRTs or second attempts! If you are on chit and you fail, your score will still count. If anyone feels they should not be participating due to injury, please go to medical and do not commence the PRT.

The official count will be that of your partner. You may count out loud to ensure accuracy. Midshipmen are responsible for their own pacing. Pacers are not an excuse for a failed run. Each company is allowed to provide two pacers, and there will only be two run pacers for 10:30 and two run pacers for 12:40 per heat. There will be no individual pacing.”

b. All PRT participants shall execute a five to ten minute dynamic warm-up before beginning the PRT at the direction of the proctor. An example of a dynamic warmup is:

- (1) Jogging in Place with large arm swings forward and back, in and out
- (2) Lunge and Twist (with steps between)
- (3) Walking Knee-hugs (with steps between)
- (4) Hamstring Sweeps (with steps between)
- (5) Quad Grabs (with steps between)
- (6) Straight-leg March (with steps between)
- (7) Side Lunges
- (8) Five Push-ups

c. The dynamic warm-up is designed to target all the muscles used during the PRT. If performed correctly, it will prepare the muscles for the test by increasing the range of motion, temperature, and blood flow to the muscles. This warm-up should NOT fatigue the individual and will actually improve his/her performance on the test. This will be explained before conducting the PRT warm-up.

2. Test Element Policies and Descriptions.

a. Push-ups:

(1) Midshipmen will perform a maximum number of push-ups within two minutes on cadence. The cadence results in the completion of one correct push-up every two seconds, beginning with the word "Down." The official USNA Push-Up Cadence may be found on the PE Department website at: https://intranet.usna.edu/PEDept/Pushup_Cadence.mp3. Scoring will be in accordance with Table 1.

(2) Each counter will remove their right shoe and place it "toes to nose" (i.e. toe of shoe towards the head of the participant), instep down, directly between the participant's hands, in parallel with the participant's body.

(3) While the recorded cadence counts down from five, participants will obtain the front leaning rest position. The participant's body shall form a straight line through the shoulders, back, hips, and feet. Arms must be fully extended, elbows locked. Weight is supported only with the toes and palms of the hands. Arms shall be straight with palms flat on the deck, directly under the shoulders, or slightly wider than shoulder width (up to 3" wider per side). Fingers should be pointing forward. Feet are together (or up to twelve inches apart). This is the "up" position which shall be reached on each push-up throughout the test.

(4) From the starting position, the down position is reached by bending the elbows and lowering the entire body as one single unit until the chest makes contact with the counter's shoe while keeping shoulders, back, buttocks, and legs straight and aligned and parallel to the deck.

(5) Midshipmen remain on cadence, continuing to push their entire body up and down with no rest and no change to the original hand/foot position.

(6) The test is terminated when the participant no longer executes a proper push-up or is off cadence. The number of the last correctly performed repetition on cadence will be the score.

(7) Each midshipman is expected to fully execute the cadence push-ups honorably. Each counter will aid in holding the midshipman accountable for perfect push-ups. Test proctors will give one verbal warning to a midshipman for a discrepancy. After that, any subsequent warning results in termination of the push-up event.

(8) Common form discrepancies include: sagging back, change of hands or feet position, off cadence, resting, failing to reach the proper down or up position, and piking.

b. Front Plank:

(1) A proper front plank position will be sustained for as long as possible. The plank shall be conducted on a firm or suitably padded, level surface. The counter will remove their right shoe and place it instep down, under the knees and perpendicular to the length of the body of the participant (when in a plank position). Scoring will be in accordance with Table 1.

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(2) Begin in push-up position with feet hip-width apart. Elbows are bent and lowered to the ground so that forearms are lying flat on the ground. Elbows are aligned below the shoulders with forearms parallel to the body at about shoulder width distance. Hands may be positioned as follows: either in fists with pinky side of the hand touching the ground or lying flat with palms down. Hands are permitted to contact each other and fingers may be interlaced at the discretion of the participant. However, forehead shall never contact the hands.

(3) Hips are lifted off the ground with feet flexed and bottom of the toes on the ground. Back, buttocks, and legs shall be straight from head to heels and must remain so throughout the test. Specifically, buttocks shall remain below the level of the shoulders at all times (i.e. no "piking"). MIDN should look at the floor to keep the head in line with the shoulders, back, and legs. Toes, forearms, and fists or palms shall remain in contact with the floor, not a wall or other vertical support surface.

(4) Once all participants are in the correct position, the test proctor shall signal the start and call out 15 second intervals until the completion of the exercise. Time is recorded with a stopwatch to the nearest second.

(5) The exercise is immediately ended if the MIDN: (a) touches the floor with any part of the body except the elbows, forearms, fists/palms and toes, (b) raises one or both feet or elbows off the floor, or (c) makes contact with the counter's shoe.

(6) Midshipmen will be given **one verbal warning** for failure to maintain the back, buttocks, and legs in a straight line from head to heels. The second discrepancy will terminate the testing of this element of the PRT.

(7) The testing partner will immediately note the final elapsed time on the master timing clock upon completion of the exercise.

c. 1.5-Mile Run: The run portion of the PRT will be given on a measured, 1.5-mile road course. Inclement weather site will be determined. Ingram Field or Wesley Brown Field House may be used as secondary course options.

d. Swim PRT: The Swim PRT is a 500-yard swim in lieu of the 1.5-mile run element. Scoring will be in accordance with Table 2.

(1) Eligibility. First Class Midshipmen may be permitted to take a swim PRT in the final semester of their graduation year if they meet two requirements: (1) the Brigade Medical Officer determines the midshipman has a load-bearing medical condition and the prognosis for recovery is beyond the requestor's commissioning date; and (2) the midshipman has completed the run portion of every attempted PRT [since reform of their second-class year] with a run time within USNA standards. The Physical Evaluation Review Board (PERB) will review eligible requests and submit the names of midshipmen recommended to take a swim PRT to the Superintendent for final approval.

(2) Midshipmen who fail the Swim PRT are assigned to the Swimming Remedial Program until their deficiency is remediated.

(3) Procedures:

- (a) Swimmers will begin test in water; i.e. no diving starts.
- (b) PE Staff member will announce the start as well as number of pool lengths and associated times until member has completed 500 yards.
- (c) Time is recorded with a stopwatch to nearest second.
- (d) Swimmers may push off from sides with hands and feet after each pool length.
- (e) Resting is permitted by holding side of pool, standing, or treading water.
- (f) Members may use goggles, facemasks, swim caps, and/or ear plugs. Fins, snorkels, flotation, wet suit, and propulsion devices are not authorized.

(4) The Swim event is ended when member:

- (a) Completes prescribed distance.
- (b) Receives or requires assistance from a PE Staff member, lifeguard, or other person.

e. Bicycle PRT: The Bicycle PRT is a 10-minute Bicycle Ergometer Test in lieu of the 1.5-mile run element.

(1) Eligibility. Only Varsity Athletes approved by the Deputy Commandant and Director of Physical Education for a PFA BCA waiver may take the Bicycle PRT.

(2) A head coach may request a PFA BCA waiver from the Deputy Commandant and the Director of Physical Education via the Marking Officer. The waiver request template is found in enclosure (4).

(3) First Class Midshipmen are required to complete the 1.5-mile run element in the Spring semester of their graduation year as a requirement for graduation. First Class Midshipmen who have a PFA BCA waiver and participate in competition during the Spring semester may complete the 1.5-mile run element any time before graduation (e.g. Fall semester; however, those Midshipmen will be required to pass a bike PRT in the Spring semester).

(4) 10-Minute Bike Grading Scale: This test is performed on specific kilogram-meters (KGMs) or average watt read-out bikes. The midshipman will perform a 10 minute ride on the bike, and the PE staff Proctor (as approved or designated by the Marking Officer) will record the final KGMs or average watt reading at the end of the 10 minutes. MIDS is the official percentage calculator for the bike PRT; taking both the midshipman's weight and the bike 10-minute readout into consideration for the final percentage grade.

PRT Grading Scales

Table 1. Push-ups, Plank, 1.5-Mile Run Grading Scales

Cadence Push-ups			Front Plank		1.5 Mile Run		
Score	Total	Score	Total Min:Sec	Score	Score	Time	Score
Male	Completed	Female	Male/Female		Male		Female
100	60	NA	4:20	100	100	8:15	NA
98	59	NA	4:16	98	98	8:20	NA
97	58	NA	4:12	97	97	8:25	NA
95	57	NA	4:08	96	95	8:30	NA
94	56	NA	4:04	95	94	8:35	NA
92	55	NA	4:00	94	92	8:40	NA
90	54	NA	3:56	93	91	8:45	NA
89	53	NA	3:52	92	89	8:50	NA
87	52	NA	3:48	91	88	8:55	NA
86	51	NA	3:44	90	87	9:00	NA
84	50	NA	3:40	89	85	9:05	NA
82	49	NA	3:36	88	84	9:10	NA
81	48	NA	3:32	87	82	9:15	NA
79	47	NA	3:28	86	80	9:20	NA
78	46	NA	3:24	85	79	9:25	NA
76	45	100	3:20	84	77	9:30	NA
74	44	98	3:16	83	76	9:35	100
73	43	97	3:12	82	74	9:40	99
71	42	95	3:08	81	73	9:45	98
70	41	94	3:04	80	71	9:50	96
68	40	92	3:00	79	70	9:55	95
66	39	90	2:56	78	68	10:00	94
65	38	89	2:52	77	67	10:05	93
63	37	87	2:48	76	66	10:10	92
62	36	86	2:44	75	64	10:15	91
60	35	84	2:40	74	63	10:20	90
NA	34	82	2:36	73	61	10:25	89
NA	33	81	2:32	72	60	10:30	88

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NA	32	79
NA	31	78
NA	30	76
NA	29	74
NA	28	73
NA	27	71
NA	26	70
NA	25	68
NA	24	66
NA	23	65
NA	22	63
NA	21	62
NA	20	60

2:28	71
2:24	70
2:20	69
2:16	68
2:12	67
2:08	66
2:04	65
2:00	64
1:56	63
1:52	62
1:48	61
1:45	60

NA	10:35	87
NA	10:40	86
NA	10:45	85
NA	10:50	84
NA	10:55	83
NA	11:00	82
NA	11:05	81
NA	11:10	80
NA	11:15	79
NA	11:20	78
NA	11:25	77
NA	11:30	76
NA	11:35	75
NA	11:40	74
NA	11:45	73
NA	11:50	72
NA	11:55	71
NA	12:00	70
NA	12:05	69
NA	12:10	68
NA	12:15	66
NA	12:20	65
NA	12:25	64
NA	12:30	62
NA	12:35	61
NA	12:40	60

Table 2. 500-Yard Swim Grading Scale

<u>%</u>	<u>Time</u>	<u>%</u>	<u>Time</u>	<u>%</u>	<u>Time</u>
99.9	6:50	86.6	8:20	72.6	9:50
98.0	7:00	85.2	8:30	71.2	10:00
96.6	7:10	83.6	8:40	69.8	10:10
95.2	7:20	82.0	8:50	68.4	10:20
93.8	7:30	80.4	9:00	67.0	10:30
92.4	7:40	78.8	9:10	65.6	10:40
91.0	7:50	77.2	9:20	64.2	10:50
89.4	8:00	75.6	9:30	62.8	11:00
88.0	8:10	74.0	9:40	61.4	11:10
				60.0	11:20

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PFA BCA WAIVER REQUEST FOR VARSITY ATHLETES

Date

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

Subj: REQUEST FOR PFA BCA WAIVERS

Ref: (a) DIRATHINST 6110.2A

Encl: (1) Varsity athletes eligible for PFA BCA waivers

1. The Midshipmen listed in enclosure (1) are members of Varsity _____ for the academic year _____.
2. In accordance with reference (a), I respectfully request PFA BCA waivers be approved for the Midshipmen listed in enclosure (1) for the period of _____.
3. In the event a midshipman is dropped from the team, the Marking Office will be informed immediately and the midshipman will be subject to the standards as outlined in reference (a).

(Signature)

Date

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

Subj: REQUEST FOR PFA BCA WAIVERS

1. The request for PFA BCA waivers is:

APPROVED / DISAPPROVED / MODIFIED as written

(Signature)
Deputy Commandant

(Signature)
Director of PE

Copy to:
Head Coach
Marking Officer

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Date: _____

PHYSICAL READINESS TEST MEDICAL EXCUSE AUTHORIZATION

Name:	Company:
Alpha:	Company Officer:
SSN (last four):	BMU Phone: (410)293-1758

Diagnosis (common name): _____

Brigade Medical Clinic recommends that the above named Midshipman be excused from the Physical Readiness Test.

Expires: _____

Midshipman acknowledgement: I certify that I fully understand that I am being waived from the CURRENT CYCLE of the PRT secondary to the above named medical condition. I understand my medical condition and the recommended course of treatment. I understand and will return immediately, no matter what the expiration date of this chit, to the Brigade Medical Clinic if I worsen in any way, or my condition fails to improve. I will comply with Article 8.15 of MIDREGS. I understand that this chit does not waive me from the Body Composition Assessment unless specifically stated, nor does it invalidate a previously completed PRT.

Brigade Medical Provider Signature & Stamp _____

MIDN Signature _____

BMO Signature and Stamp _____

Company Officer: Number of previous waivers (____) / Signature: _____

Battalion Officer Signature _____

(Please notify Medical of any concerns with these recommendations)

Distribution: (1) MIDN (2) Company Officer (3) Battalion Officer (4) Marking Officer

Enclosure (4)

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PRT Wave Execution Timeline

Total Elapsed Time (mm:ss)	Action Item
00:00	Start dynamic warm-up: Conduct 5 mins of aerobic/dynamic warm-up. (1) Jog in Place with large arm swings forward and back, in and out (2) Lunge and Twist (3) Walking Knee-hugs (4) Hamstring Sweeps (5) Quad Grabs (6) Straight-leg March (7) Side Lunges (8) Five Push-ups
05:00	MIDN A executes 2 minutes of cadence push-ups; start the official cadence audio
07:00	Pause for 3 minutes total
10:00	MIDN B executes 2 minutes of cadence push-ups; start the official cadence audio
12:00	Pause for 1 minute (while transitioning from push-ups to planks)
13:00	MIDN A executes front plank for maximum time
17:20	Pause for 40 seconds
18:00	MIDN B executes front plank for maximum time
22:20	Strength portion complete. Record scores, move to run start.
30:00 (approx.)	Begin 1.5 mile run.