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OFFICE OF THE DIRECTOR OF ATHLETICS
UNITED STATES NAVAL ACADEMY
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DIRATHINST 6110.2G
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DIRECTOR OF ATHLETICS INSTRUCTION 6110.2G

From: Director of Athletics, U.S. Naval Academy

Subj: MIDSHIPMEN PHYSICAL FITNESS ASSESSMENT (PFA) PROCEDURES

Ref: (a) COMDTMIDNINST 5400.6K CH-1 (Midshipmen Regulations Manual)
(b) COMDTMIDNINST 1020.3C (Uniform Regs)
(c) COMDTMIDNINST 6110.3 (series) (PE Remediation Attendance Policy)
(d) Dec 2025 Navy Physical Readiness Program Guide 4: The Body Composition Assessment
(e) MARADMIN: 066/26
(f) Dec 2025 Navy Physical Readiness Program Guide 5: Physical Readiness Test
(g) USNAINST 6150.1 (MIDN Medical Policies in Support of Induction, Retention, and Commissioning Decisions)
(e) CMDNNOTE 6110 (BCA Remediation Protocol)

Encl: (1) Body Composition Assessment (BCA) procedures
(2) PRT Warm up and Test Elements
(3) Alternate Cardio PRT Elements and scoring
(4) PRT Medical Excuse Authorization
(5) PFA BCA Waiver Request for Varsity Athletes

1. Purpose. To provide policy and procedures for the bi-annual Navy Physical Fitness Assessment (PFA), directed and supported by references (a) through (g).

2. Cancellation. DIRATHINST 6110.2F.

3. Background. Physical fitness is a key component of the United States Naval Academy's (USNA) mission to "develop midshipmen morally, mentally, and physically," and robust fitness is required in the profession of combat Arms. 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. Physical fitness results in the mental keenness and physical stamina demanded of Navy and Marine Corps leaders.

4. General Policies

a. The Physical Fitness Assessment (PFA) provides a comprehensive physical readiness measurement of the brigade of Midshipmen. It consists of two components: Body Composition Assessment (BCA) and the Physical Readiness Test (PRT).

b. The PFA is administered twice a year for all midshipmen. All midshipmen, including international, semester exchange, and delayed graduates are required to take a PFA each cycle. If they do not take and pass the PFA, it will be recorded in the Midshipmen Information System (MIDS) as either an incomplete or a failure.

c. The two “PFA cycles” for 4/C are from Plebe Summer to the day before the first day of class in January (fall cycle), and then from the first day of class in January until the day before the first day of class of their 3/C year (spring cycle). If a 4/C does not take a Plebe summer PRT due to a medical chit and the chit expires before the fall cycle PFA closes for the Brigade, they shall attempt a fall cycle PRT with the Brigade.

d. The two “PFA cycles” for 3/C and higher are the first day of fall classes to the day before the first day of spring classes (fall cycle) and the first day of spring classes through the summer until the day before the first day of fall classes (spring cycle). In support of varsity athletic performance, teams are permitted to take fall cycle PFAs during the summer, usually in late July or early August. A date for a “reform” PRT will be promulgated, and only in special circumstances should a midshipman expect to take an official PRT in the middle of summer training.

e. If a PFA is not successfully completed (pass both the BCA and the PRT) during the applicable PFA window, then backfill policies apply as follows:

(1) If a midshipman is PFA *incomplete* for any approved reason (medical chit, semester abroad, etc.), then the subsequent PFA score will backfill. For example, if a midshipman is on medical chit for an entire fall cycle, when they take and pass a spring PFA, their actual spring score will be entered for both the fall and spring semester.

(2) If a midshipman *fails* the PFA (by failing either the BCA or the PRT, or both), and subsequently pass a PFA, then regardless of their most recent PRT score, a score of 60 will be entered for all prior missing scores (one or more failing cycles is possible).

f. A midshipman must pass each event: pushups, plank, and cardio to pass the PRT. The lowest passing score is a 60 in each event.

5. BCA

a. The PFA officially begins with the BCA. Midshipmen must weigh-in and obtain Waist to Height Ratio (WHtR) for their official BCA each semester no later than 24 hours prior to participating in the PRT. The Marking Officer will designate one week for the official Brigade BCA period. This is the week that all BCA measurements must take place for those participating in the Brigade PRT. Reform BCAs do not count towards the official PRT. All data must be recorded in the Midshipmen Information System (MIDS) no later than the end of the BCA week to ensure timely completion. Midshipmen without 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 PFA Failure, unless a waiver is granted from the Director of Physical Education. The Marking Office may authorize additional time for WHtR measurements and weigh-ins if necessary. Midshipmen shall have only one official BCA measurement per PFA cycle.

b. As USNA is a commissioning source that prides itself on setting high standards in the Fleet. MIDN must meet the BCA standards of 20% for males and 29% for females utilizing the USMC Body Fat Measurement Standards outlined in enclosure (1). An additional 1% of Body Fat will be granted to those Midshipmen who score an 80% or better on their PRT. Failing to meet BCA standards will result in a failing PFA. In order to meet graduation requirements, 1/C Midshipmen in their final Spring semester and only after Spring Break, must meet Body Fat standards appropriate to their age and service assignment. If service appropriate BF standards are met, and they have passed the PRT, the MIDN would be assigned a PFA score of "60" and meet graduation requirements.

c. The PE department Marking Officer, or designated PE staff member, will conduct athletic team BCAs. The Marking Officer may delegate the authority to conduct BCAs to Company Officers (COs), Senior Enlisted Leaders (SELs), Battalion Fitness Leaders (BFLs), and PE staff members. Midshipmen that are over their WHtR per enclosure (1) shall have a BCA measurement performed by their CO, SEL, BFL or the Marking Officer in accordance with enclosure (1). BCA measurements shall occur on the same day as their WHtR 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 Midshipman out" policy. Weigh-ins shall not be conducted in the passageway.

d. All Midshipmen shall participate in the Brigade BCA, unless the BCA is specifically waived in a PFA medical waiver IAW enclosure (3). BCAs for Athletic Team PFAs 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 for that PFA cycle. BCA failures will still participate in the PRT portion of the PFA to establish score history for the PE department. All BCA failures, regardless of PRT outcome, and/or PRT medical waivers will receive a failing PRT score in MIDS. This failure will be annotated in MIDS (by the Marking Officer) as a "0" for plank, a "0" for push-ups and "20:00" in run time. This grading does not apply to Midshipmen who have received a PFA medical waiver for both the BCA and PRT.

f. Satisfactory BCAs at the company level do not require any verification or confirmation. To the benefit of midshipmen, reported BCA failures are double-checked by the PE Marking Officer. This is to ensure no midshipman is subject to an "inadvertent" failure that will permanently go on their record.

g. One courtesy BCA (unofficial and do not count as failures) is authorized for both Companies and teams, but per reference (d), all BCAs must be recorded no more than 45 days before and no less than 24 hours from the corresponding PRT. All eligible midshipmen (not on medical chit for BCA and not on PRT waiver), including athletes, must take an "official" BCA no less than 24 hours prior to the date of the second "Brigade PRT" for the cycle. The intent here is to not allow midshipmen to delay their BCA to a PRT date that may be later in the semester. Midshipman will have only one official BCA per cycle.

h. In order to ensure the health of midshipmen and BCA compliance, the Director of Physical Education and Company Officers, reserve the right to verify BCA measurements of any Midshipman at any time. 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.

i. Midshipmen who fail the BCA should refer to Ref (e) for weight loss guidance, counseling, and expected timelines for BCA remediation.

j. Any deviations from the BCA process are at the discretion of the Director of Physical Education.

k. BCA waivers for varsity athletes (football, wrestling, men's and women's rugby, and men's and women's track and field) can be requested by coaches each academic year via the Marking Officer and will be reviewed and approved by the Director of PE and the Deputy Commandant of Midshipmen per enclosure (5). Team BCA waivers must be submitted at the start of each academic year. Waiver requests do not automatically carry over year to year.

(1) If a midshipman entered USNA with an Induction-Day BCA waiver from the Superintendent, they must clear any Letter of Instruction or remedial action prior to being eligible for a varsity BCA waiver. Applicable recruited athletes have an admissions' waiver that is pre-approved and does not fall into this category.

(2) Athletes with BCA waivers are permitted to perform their PRT with an alternate cardio option (swim, bike, row). Standards and scoring for the alternate cardio options are outlined in enclosure (3).

(3) When midshipmen are cut or voluntarily drop from varsity teams, their BCA waiver and alternate cardio PRT option remains valid for that cycle. During the first new PFA cycle following their fall or spring exit from a team, they will be held to normal BCA and PRT standards. Midshipmen must lose weight in a healthy manner, and if they need more time than one PFA cycle, their CO/SEL will submit an additional BCA waiver to the Director of PE and the Deputy Commandant of Midshipmen for approval on a case-by-case basis.

(4) All midshipmen, regardless of prior BCA waivers, must pass a Navy or Marine Corps BCA (as per their service assignment) prior to graduation and commissioning. Per reference (d) or ref (e), Rugby and Track and Field athletes, who sometimes compete late into the spring, may request to graduate on time and delay their commission until they can safely pass a BCA. Professional sport waivers can be approved on a case-by-case basis.

k. At all times, midshipmen are expected to maintain a professional military appearance. It can generally be considered that a midshipman who meets the established WHtR and BF % will present a suitable military appearance. However, there will be some midshipmen, not on a BCA waiver, that will meet all the established standards, yet still fail to present a suitable military appearance. The presentation of an unsuitable military appearance is inconsistent with the USNA leadership principle of setting the example. Simply put, midshipmen who do not present a suitable military appearance fail to possess the qualities necessary to effectively lead Sailors and Marines. If a midshipman is

deemed to present an unsuitable military appearance by their chain of command, that midshipmen will be subject to a remediation program in accordance with Ref (c) in order to maintain a suitable military appearance.

6. PRT

a. The PE Department is responsible for the execution of all midshipmen PRTs. For ease of reference, there are four general groupings of PRT administration, but all adhere to the same standards.

(1) "Brigade" PRT, offered on two different Saturdays each semester, per the Master Calendar and Brigade Calendar, administered in multiple waves for the strength portion, and using chip timing for the run. These usually are conducted on Rip Miller Field in the fall (September / October), and Halsey Field House in the spring (February). Company Officers and Senior Enlisted Leaders are required to assist and monitor the Brigade PRTs due to the large number of participants.

(2) "Team" PRT, offered by team or multiple teams for varsity and Club A athletics at dates and times that fit their practice and competition schedule. Those dates are determined by the Coach and approved by PE before classes begin for that semester. Athletes are always afforded the option to take the PRT with the Brigade, but they should also inform their coaches. These PRTs must be conducted by a PE staff member.

(3) "Marking Office" PRTs offered for several weeks following the Brigade PRTs to clear midshipmen that were on medical chit or high priority movement orders. These PRTs are predominately observed by the PE Marking Officer or a qualified representative approved by the Marking Officer. All eligible midshipmen (not on chit) must take a weekly PRT offering before the final date of the cycle as published by the Deputy Commandant of Midshipmen.

(4) "Special Case" PRTs for midshipmen that came off chit after the final date for the cycle and need to pass a PFA to avoid an academic board or as a final test before separation. These PRTs are observed by the PE Marking Officer or a qualified representative approved by the Marking Officer.

b. Once a Midshipman commences a PRT, the test will count for a score and a grade will be awarded in MIDS. A midshipman will only have one "official" PFA per semester.

c. All midshipmen will take the PRT in regulation PE gear per reference (b), or uniform issued team gear. If not in required PE gear or team gear, they will be turned away, their CO/SEL informed, and will roll to the next applicable PRT opportunity.

d. The Director of Physical Education may authorize one retest to pass the PRT portion of the current semester PFA for failing scores via a Bad Day Special Request Chit (BDC).

(1) BDCs are not authorized for BCA failures or to improve a passing score

(2) To be considered for a BDC, a midshipman must meet the following requirements:

- i. Strength: Score a 70% or higher on their previous PRT
- ii. Run: 10:00 for males / 12:10 for females on their previous PRT

(3) In all cases, only the Director of PE has the authority to approve or disapprove BDCs

(4) Midshipmen must submit a BDC via the Marking Office to the Director of Physical Education. The BDC must be submitted to their Company Officer by close of business the next working day after completing the PRT. Notice of a BDC recommendation from a Company Officer to the Marking Office shall be made no more than three working days from the original PRT date

(5) The Marking Officer will notify the Midshipman and Company Officer of the verdict.

- i. If approved, the retest will be scheduled by the Marking Officer, typically within one week of notification. If a Midshipman is approved for a retest but does not participate, the initial score will be the official PRT score unless a PRT medical waiver is issued for the retest. If the Midshipman participates in a retest, that score will be the official PRT score, regardless of the outcome.
- ii. If medical issues a waiver, the Midshipman shall schedule a PRT with the Marking Officer immediately following expiration of the waiver.
- iii. If denied, their score will remain in the MIDS system as previously recorded.

e. Failing a BCA does not excuse a midshipman from taking the PRT. The PFA will still be a failure, but Bancroft Hall staff and PE staff will use the PRT results to assess fitness and inform remediation plans.

g. Midshipmen who are injured prior to a PRT must report to Brigade Medical Unit (BMU) to obtain a medical chit as shown in enclosure (4). Midshipmen must turn in PFA medical waivers to their CO/SEL for signature within 24 hours of receipt from BMU and must then upload these documents to the [PE and PRT Discrepancy and Chits Form](#). If midshipmen are unable to take a “full” PRT before the cycle ends but can take a partial (either strength or cardio) as permitted by their chit, then they are required to take a partial PRT. If they anticipate being able to take a full PRT before the cycle ends, they should not take a partial but instead wait and only take a full PRT.

h. Run pacers are not provided, but they are permitted. Pacers shall wear reflective belts and always remain to the outside of the course as to not crowd the field for others taking the PRT. Pacers are unofficial and cannot be used as an excuse for failure.

i. Alternate cardio (row, bike, swim) is permitted for 1/C midshipmen in their final semester immediately prior to planned graduation and commissioning if they are in one of the following categories:

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(1) Recruited athletes who entered on I-Day above BCA standards and remained on BCA waiver until their final semester.

(2) Midshipmen with a positive PRT history and on a current medical chit for non-load bearing conditions. Underclass with equivalent injuries will either take a partial PRT or not participate in a PRT event.

(3) First Class midshipmen who fail the run in their final semester will be PE UNSAT and will continue to attempt to pass a run PRT through Spring Break. Only after Spring Break, will 1/C midshipmen be offered an alternate cardio PRT option. Upon successfully passing the PRT, their score, regardless of outcome, will be recorded as a "60."

j. Midshipmen who do not complete an official PRT in a given semester, without proper excusal, will be considered UA and assigned a PRT score of 0. This failure will be annotated in MIDS (by the Marking Officer) as a "0" in plank and push-ups, and "30:00" in run time.

7. PFA Failure and Repeated Incomplete Policies

a. Midshipmen who fail the PFA are immediately placed into the PE remediation program per reference (c) and are subject to regulation in accordance with reference (a)

b. Single-semester international and service academy exchange students are not required to participate in the remedial program unless desired by the exchange student. The BTT Officer in Charge may provide "mock" PRTs for all semester-exchange midshipmen, 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 75 for the PRT.

c. The corrective approaches to passing a BCA and passing a PRT differ in both method and timeline. Because of this, failing a BCA but otherwise passing a PRT does not make a midshipman "PE UNSAT." Failing either a PRT or both a BCA and PRT makes a midshipman PE UNSAT until they pass the next cycle PRT.

d. In general, athletes who fail the PFA or cannot take it due to a medical waiver should not compete. Each athlete's case will be reviewed by the Commandant and Athletic Director for individual adjudication based on the circumstances.

e. Midshipmen who repeatedly fail the PFA standards or repeatedly do not complete a full PFA are subject to referral to the Physical Education Board Process. Midshipmen who do not pass the Spring semester PFA, and who have also failed a previous PRT or BCA may be required to run the Reform PRT. Failure of the Reform PRT will initiate a review by the Academic Board prior to the beginning of Fall semester classes.

f. Each midshipman is always reviewed on a case-by-case basis, but the following table will serve as a starting baseline:

Cycle Ending	Failures				No-Takes Due to Medical Chits			
	1 Fail	2 Fail	3 Fail	4 Fail	1 No-take	2 No-take	3 No-take	4 No-Take
4/C Fall	PEEB LOI	N/A	N/A	N/A	PEEB LOI	N/A	N/A	N/A
4/C Spring	PEEB LOI	PERB LOI	N/A	N/A	PEEB LOI	Dant LOI	N/A	N/A
3/C Fall	PEEB LOI	Ac Board	Ac Board	N/A	PERB LOI	Dant LOI	Ac Board	N/A
3/C Spring	Dant LOI	Ac Board	Ac Board	Ac Board	Dant LOI	Ac Board	Ac Board	Ac Board
2/C Fall	PEEB LOI	Ac Board	Ac Board	Ac Board	PERB LOI	Dant LOI	Ac Board	Ac Board
2/C Spring	PEEB LOI	Ac Board	Ac Board	Ac Board	PERB LOI	Ac Board	Ac Board	Ac Board
1/C Fall	PEEB LOI	Ac Board	Ac Board	Ac Board	PERB LOI	Dant LOI	Ac Board	Ac Board
1/C Spring	Dant LOI	Ac Board	Ac Board	Ac Board	Med Waiver	Ac Board	Ac Board	Ac Board

8. Duties and Responsibilities

- a. Midshipmen will take full responsibility for their preparation and, when required, remediation, to pass the PFA. The chain of command and the PE department are dedicated to supporting midshipmen, but the ultimate accountability is on each midshipman to meet the standard.

- b. Director of Physical Education will:

- (1) Ensure the PFA is administered properly and in accordance with this instruction and all PE staff become Basic Life Support certified.

- (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 Commandant and Athletic Director.

- (4) Provide PFA data to the Director of Institutional Research when requested.

- c. Deputy Director, PE Department will:

- (1) Enforce all policies established by the Director of Physical Education

- (2) Review PFA instructions, standards, policies and procedures, and recommend revisions when appropriate.

(3) Oversee execution of the PFA program.

(4) Coordinate contract with timing company.

d. Human Performance Director will:

(1) Oversee content and execution of the Brigade Training Team (BTT) Program every Monday-Friday.

(2) Tailor remedial training to accommodate those Midshipmen on a medical chit.

(3) Provide PFA data to the Director of Institutional Research when requested.

e. The Marking Officer will:

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

(6) Conduct verification BCA measurements of those who fail company-level BCAs.

(7) Recommend updates to this instruction annually.

(8) Execute other related tasks as assigned by the Director of Physical Education.

g. The Assistant Marking Officer will:

(1) Assist the Marking Officer in his/her duties as designated.

(2) Train Battalion Fitness Leaders on BCA procedures prior to commencement of the fall academic year.

(3) Report directly to the Deputy Director, PE Department.

h. Company Officers and SELs will:

(1) Conduct Official PFA BCA height/Weight measurements per enclosure (1) and become Basic Life Support certified.

(2) Enter all midshipmen BCA measurements into MIDS no later than 24 hours before an official PRT. Report all BCA failures to the Marking Office and Battalion Officer immediately following official measurements.

(3) Ensure all MIDN on medial chit upload their chit and then CO/SEL must enter chit expiration date into the MIDS module.

(4) Demonstrate full ownership of PFA performance and remediation for all midshipmen in the Company. It is a CO/SEL responsibility to know their medical chit and failure history and to be the expert presenter at any potential academic board.

(5) Within five working days of a PFA failure, assign applicable midshipmen to the remediation program outlined in Ref (c) and hold their midshipmen accountable, using the conduct system if necessary.

i. Battalion Fitness Leaders will:

(1) Coordinate with the Marking Officer to schedule verification of BCA failures.

(2) Coordinate with other BFLs in the conduct of the Brigade PRT day (as assigned) and lead Marking Office PRTs when assigned. Company Physical Mission Officers can be used to support this requirement.

(3) Assist in getting all CO/SELs in the Battalion qualified within three months of arrival to administer BCAs, PRTs, and get certified in Basic Life Support through Naval Health Clinic Annapolis.

j. Company Physical Mission Officers will:

(1) Distribute and register all chip timing BIBs to applicable MIDN in company before the Brigade PRT.

(2) Assist as recorders and timers for all stations during the Brigade PRT.

(3) Enforce attendance and effort at BTT and any other PFA remediation programs, and facilitate a physical regimen to develop core strength for their midshipmen to optimize performance of the strength portion of the PRT.

(4) Complete duties as assigned by the Deputy Commandant.

9. Brigade Training Team (BTT)

a. BTT is designed to help midshipmen improve their PRT run time and forge healthy exercise habits in their path to become a junior Officer. Company Officers and SELs play a vital role in ensuring a balance between academics, exercise, nutrition, and sleep as they strive for improvement. Optimal physiological adaptations to strenuous exercise (strength, speed, and stamina) require adequate rest periods between training sessions.

b. BTT has proven to be successful when participants continually exert the physical effort to run at both the prescribed pace and duration. Consistent daily effort, to include low-impact alternate cardio options as assigned, is essential to realizing the full potential of this or any training program. Company Officers, SELs, and PMOs play an important role in ensuring attendance and completion of workouts, or are working to return to BTT from periods of light duty.

c. The BTT program includes a push-up and plank regimen prior to the running protocol on Tuesdays and Thursdays, but this alone will not sufficiently prepare midshipmen for success on the strength portion of the PRT. All BTT athletes must work outside of BTT to develop their core strength. Company Staff must help to facilitate a regimen that will develop the core strength of their midshipmen.

10. Records Management

a. Records created as a result of this instruction, regardless of format or media, must be maintained and dispositioned per the records disposition schedules located on the DON Assistant for Administration, Directives and Records Management Division portal page at <https://portal.secnav.navy.mil/orgs/DUSNM/DONAA/DRM/Records-and-InformationManagement/Approved%20Record%20Schedules/Forms/AllItems.aspx>.

b. For questions concerning the management of records related to this instruction or the records disposition schedules, please contact your local record custodian or the USNA Records Manager.

11. Review and Effective Date. Per OPNAVINST 5215.71A, the Director of Physical Education and Athletic Director will review this instruction annually on the anniversary of its issuance date to ensure applicability, currency, and consistency with Federal, Department of Defense, Secretary of the Navy, and Navy policy and statutory authority using OPNAV 5215/40 Review of Instruction.



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Releasability and distribution:

This instruction is cleared for public release and is available electronically via the Director of Athletics Instructions internet website: <https://www.usna.edu/AthleticDirector/>

BODY COMPOSITION ASSESSMENT (BCA) PROCEDURES

1. Maximum Allowable Body Fat Percentages

- a. USNA allowable body fat percentages are:
 - i. Male: 20%
 - ii. Female 29%
- b. Midshipmen who earn a score of 80 or higher on their PRT will be granted an additional 1% bodyfat allowance. Under this provision, the maximum allowable body fat percentage will be 21% for males and 30% for females.

2. BCA Procedures

- a. Weight measurement: All midshipmen will record weight on Induction Day, in order to establish a baseline for health and readiness.
 - 1) Midshipman shall be weighed on a government-issued scale in regulation PT clothing (shorts, T-shirt) without shoes.
 - 2) No deduction is allowed for clothing.
 - 3) Fractions of a pound are rounded to the nearest whole pound per the following:
 - a) Round **down** fractions less than $\frac{1}{2}$ pound.
 - b) Round **up** fractions greater than/equal $\frac{1}{2}$ pound.
- b. Step 1: Maximum Waist to Height Ratio (WHtR) screening. The USNA WHtR is <0.50 , regardless of sex. Table 1-1 of this enclosure lists the maximum WHtR. If a midshipman has a WHtR that exceeds the maximum listed in Table 1-1, body fat percentage will be determined utilizing the methods outlined in Step 2 in paragraph c.
 - i. Waist measurement: Male and female waist circumference will be measured at the navel, parallel to the deck, using a self-tensioning taping device. Evaluators will measure twice to ensure accuracy, select the lower of the two measurements, round down to the nearest $\frac{1}{2}$ in, and record the result.
 - ii. Height measurement:
 - 1) Midshipman removes shoes, stands with feet together, flat on the deck, takes a deep breath, and stretches tall. In order to conduct the most accurate WHtR, height will be recorded to the nearest $\frac{1}{2}$ inch.
 - 2) To record height in MIDS go to "Weight Tracking" – "Enter Height and Weight." Fractions of an inch in height will be rounded to the nearest inch. Measurements equal or greater than $\frac{1}{2}$ inch will be rounded up.

c. Step 2: Determining Body Fat Percentage for exceeding maximum WHtR

- i. 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.
 - 1) Body fat percentage for men is calculated from measurements of standing height, neck circumference, and abdomen circumference.
 - 2) Body fat percentage for women is calculated from measurements of standing height, neck circumference, natural waist circumference, and hip circumference.
 - 3) Midshipman should be measured in the presence of another Midshipman (preferably of the same gender) if requested.
 - 4) All measurements shall be taken on bare skin unless otherwise notated.
 - 5) Standing Height. Use height measurement from maximum weight for height screening.

ii. Procedures for Conducting BCA Measurements

1) Neck circumference

- a) Midshipman looks straight ahead with shoulders down.
- b) Measure neck circumference at a point just below larynx (Adam's apple) perpendicular to long axis of neck.
- c) Round neck measurement up to the nearest 1/2 inch and record (e.g., round 16 1/4 inches to 16 1/2 inches).

2) Abdomen circumference (MALE ONLY)

- a) Arms are at sides. Take measurement at the end of Midshipman's normal, relaxed exhalation.
- b) Measure abdominal circumference with tape at level of center of navel and parallel to deck.
- c) Round abdominal measurement down to nearest 1/2 inch and record (e.g., round 34 3/4 to 34 1/2 inches)

3) Natural Waist Circumference (FEMALE ONLY)

- a) Arms are at sides. Take measurement at the end of Midshipman's normal, relaxed exhalation.

- b) 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).
 - c) Round natural waist measurements down to nearest 1/2 inch and record (e.g., round 28 5/8 inches to 28 1/2 inches).
- 4) Hip Circumference (FEMALE ONLY)
- a) 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.
 - b) 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.
 - c) Round hip measurement down to the nearest 1/2 inch and record (e.g., round 44 3/8 inches to 44 inches).
- 5) 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 (e) to determine the body fat percentage.

3. Classifying BCA

- a. BCA is failed (not within BCA standards) when a Midshipman exceeds both maximum WHtR and body fat standards allowed for Midshipman's gender.
 - i. Midshipmen who are not within BCA standards may request a Dual-Energy X-ray Absorptiometry (DEXA) Scan from the Human Performance Lab within 24 hours of original BCA measurement for a more accurate BCA measurement.
 - ii. The DEXA Scan body fat percentage obtained will be entered into the MIDS module as their official BCA measurement.
- b. BCA is passed (within BCA standards) when a Midshipman is:
 - i. Below the maximum WHtR; or
 - ii. Exceeds maximum WHtR, but does not exceed maximum body fat standards allowed for the Midshipman's gender.

Table 1-1: USNA Waist/Height Ratio Max
Standards

Height	Max Waist
53"	26.5"
53.5"	26.5"
54"	27.0"
54.5"	27.0"
55"	27.5"
55.5"	27.5"
56"	28.0"
56.5"	28.0"
57"	28.5"
57.5"	28.5"
58"	29.0"
58.5"	29.0"
59"	29.5"
59.5"	29.5"
60"	30.0"
60.5"	30.0"
61"	30.5"
61.5"	30.5"
62"	31.0"
62.5"	31.0"
63"	31.5"
63.5"	31.5"
64"	32.0"
64.5"	32.0"
65"	32.5"
65.5"	32.5"
66"	33.0"
66.5"	33.0"
67"	33.5"
67.5"	33.5"
68"	34.0"

Height	Max Waist
68.5"	34.0"
69"	34.5"
69.5"	34.5"
70"	35.0"
70.5"	35.0"
71"	35.5"
71.5"	35.5"
72"	36.0"
72.5"	36.0"
73"	36.5"
73.5"	36.5"
74"	37.0"
74.5"	37.0"
75"	37.5"
75.5"	37.5"
76"	38.0"
76.5"	38.0"
77"	38.5"
77.5"	38.5"
78"	39.0"
78.5"	39.0"
79"	39.5"
79.5"	39.5"
80"	40.0"
80.5"	40.0"
81"	40.5"
81.5"	40.5"
82"	41.0"
82.5"	41.0"
83"	41.5"
83.5"	41.5"
84"	42.0"

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, unless on medical waiver authorizing a partial PRT.

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.

Midshipmen are responsible for their own pacing. Pacers are not an excuse for a failed run. Each company is allowed to provide two pacers. There will be no individual pacing.”

Prior to beginning the PRT, please come forward and speak to the corpsman if you have any positive responses to the following questions:

- Do you have chest pain (with or without exertion), bone pain, or joint pain?
 - Have you ever been told you have Sick Cell Trait without being cleared by Brigade Medical to participate in the PRT?
 - Have you had a change in medical status since your last Medical Exam or PRT?
 - Do you have any unexplained or concerning weight gain or loss?
 - Are you ill today or know of any medical condition that may prevent you from participating in physical activity today?”
- b. All PRT participants shall execute a five to ten-minute dynamic warm-up before beginning the PRT at the proctor’s discretion. An example of a dynamic warm-up is:
- a. Jogging in Place with large arm swings forward and back, in and out
 - b. Lunge and Twist (with steps between)
 - c. Walking Knee-hugs (with steps between)
 - d. Hamstring Sweeps (with steps between)
 - e. Quad Grabs (with steps between)
 - f. Straight-leg March (with steps between)
 - g. Side Lunges
 - h. 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:

- a. Midshipmen will perform a maximum number of push-ups within two minutes in accordance with Reference (f), US Navy regulations. Scoring will be in accordance with Table (2-1) of this enclosure.
- b. Each participant will have their partner count repetitions and ensure proper form is maintained. Sweatshirts will be removed and shirts will be tucked into the participants shorts to ensure proper push-up execution.
- c. The Midshipman will begin in 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.
- d. From the starting position, the down position is reached by bending the elbows and lowering the entire body as one single unit until a 90° angle is reached at the elbow, while keeping shoulders, back, buttocks, and legs straight, aligned and parallel to the deck.
- e. Midshipmen then pushes entire body upward and returns to the starting position, ensuring arms are fully extended, without locking elbows.
- f. Midshipmen may rest only in the starting (up) position, maintaining a straight line with head, shoulders, back, hips and legs.
- g. Push-ups will be repeated as many times as possible in 2 minutes utilizing correct form. Push-ups not properly performed will not be counted and a warning will be issued. A second warning for improper form will terminate the test and only the correct number of push-ups performed will be recorded.
- h. 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:

- a. A proper front plank position will be sustained for as long as possible while performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, the Midshipman must be entirely on or off the padding, (i.e., upper body cannot be on the padding with feet off). The event will consist of maintaining a proper forearm plank position for the maximum time allowed. Scoring will be in accordance with Table 1.
- b. Midshipmen will begin face down on the deck with elbows bent, forearms flat on deck, with the body in a straight line through the head, shoulders, back, buttocks and legs.
- c. Elbows must be aligned directly below the shoulders at a 90-degree angle between the forearm and upper arm. Hands will either be in fists with the pinky side of the hand touching the deck or lying flat with palms touching the deck. Forearms may be parallel or angled inward, but the hands cannot be together or touching. Midshipmen may switch between the two hand positions, but hands and forearms cannot be lifted from the deck.
- d. Feet should be placed no more than hip-width apart. Hips must be lifted off the deck with only the forearms, hands and toes on the deck.
- e. Knees are straight, pelvis in a neutral position and back flat. The back, buttocks and legs must be straight from head to heels and must remain so throughout the test.
- f. The head and neck should be kept neutral (face looking straight down at the deck) throughout the duration of the test so the body remains straight from the head to the heels. However, forehead shall never contact the hands.
- g. Toes, forearms and fists or palms must remain in contact with the deck at all times and clasping of hands is not permitted. No part of the body of the Midshipman may contact a vertical support surface.
- h. Involuntary muscle spasms (e.g., shaking, trembling, or quivering) resulting from maximum exertion during the exercise is anticipated and permitted as long as the proper forearm plank position is maintained.
- i. Once all participants are in the correct position, the test proctor shall signal the start and should call out 15/30 second intervals until the completion of the exercise. Time is recorded with a stopwatch to the nearest second.
- j. The exercise is immediately ended if the Midshipman:
 - 1) Touches the floor with any part of the body except the elbows, forearms, fists/palms and toes; or

- 2) Raises one or both feet or elbows off the floor.
- k. Midshipmen will be given one verbal warning for failure to maintain proper form (i.e. 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.
- 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 Track (6 laps) or Wesley Brown Field House (12 laps) may be used as secondary course options.

PRT Grading Scales

Table 2-1. Push-ups, Plank, 1.5-Mile Run Grading Scales

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	100	NA	4:00	100	100	8:15	NA
99	99	NA	3:58	99	98	8:20	NA
99	98	NA	3:56	98	97	8:25	NA
98	97	NA	3:54	97	95	8:30	NA
97	96	NA	3:51	96	94	8:35	NA
96	95	NA	3:49	95	92	8:40	NA
95	94	NA	3:47	94	91	8:45	NA
95	93	NA	3:45	93	89	8:50	NA
94	92	NA	3:42	92	88	8:55	NA
93	91	NA	3:40	91	87	9:00	NA
92	90	NA	3:38	90	85	9:05	NA
91	89	NA	3:36	89	84	9:10	NA
90	88	NA	3:33	88	82	9:15	NA
90	87	NA	3:31	87	80	9:20	NA
89	86	NA	3:29	86	79	9:25	NA
88	85	NA	3:27	85	77	9:30	NA
87	84	NA	3:24	84	76	9:35	100
86	83	NA	3:22	83	74	9:40	99
85	82	NA	3:20	82	73	9:45	98
84	81	NA	3:18	81	71	9:50	96
83	80	NA	3:15	80	70	9:55	95
82	79	NA	3:13	79	68	10:00	94
81	78	NA	3:11	78	67	10:05	93
81	77	NA	3:09	77	66	10:10	92
80	76	NA	3:06	76	64	10:15	91
79	75	NA	3:04	75	63	10:20	90
78	74	NA	3:02	74	61	10:25	89
77	73	NA	3:00	73	60	10:30	88
76	72	NA	2:57	72	NA	10:35	87
75	71	NA	2:55	71	NA	10:40	86

74	70	100
73	69	99
72	68	98
71	67	97
70	66	96
69	65	95
68	64	94
67	63	93
67	62	92
66	61	91
65	60	90
64	59	90
63	58	89
62	57	88
61	56	87
60	55	86
NA	54	85
NA	53	84
NA	52	83
NA	51	82
NA	50	81
NA	49	80
NA	48	79
NA	47	78
NA	46	77
NA	45	76
NA	44	75
NA	43	74
NA	42	73
NA	41	72
NA	40	71
NA	39	70
NA	38	70
NA	37	69
NA	36	68
NA	35	67
NA	34	66
NA	33	65
NA	32	64

2:53	70
2:51	69
2:48	68
2:46	67
2:44	66
2:42	65
2:37	64
2:35	63
2:33	62
2:30	60

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

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NA	31	63
NA	30	62
NA	29	61
NA	28	60

Alternate Cardio Policy and Description

Alternate Cardio PRTs will be administered in accordance with reference (f). Scoring for the Alternate Cardio option will be in accordance with USNA standards listed in Tables 3-1 and 3-2.

Eligibility:

- a. Midshipmen on a BCA waiver.
- b. First Class midshipmen may be permitted to take an alternate cardio PRT in the final semester of their graduation year if they meet the following three requirements: (1) the Brigade Medical Officer determines the midshipman has a load-bearing medical condition and the prognosis for recovery is beyond the midshipman's commissioning date; (2) the midshipman has completed the run portion of every attempted PRT since reform of their 2/C year with a run time within USNA standards, and (3) the midshipman is within commissioning BCA standards. The Physical Evaluation Review Board (PERB) will review eligible requests and submit the names of midshipmen recommended to take an alternate cardio PRT to the Superintendent for final approval.
- c. First Class midshipmen, after Spring Break of their second semester, who have attempted and not passed a run PRT may attempt an Alternate Cardio PRT as long as they are within BCA standards according to service commissioning requirements. Subsequently upon passing an Alternate Cardio PRT, the 1/C midshipman's PRT score will be updated to a "60" which meets USNA graduation requirements.

Alternate Cardio Grading Scales

Table 3-1: Swim, Row - Grading Scales

450 m – Swim (Men)		450 m – Swim (Women)		2 km - Row		
Time	Score	Time	Score	Score (Male)	Time	Score (Female)
6:00	100	6:45	100	100	6:55	NA
6:04	99	6:50	99	95	7:03	NA
6:08	98	6:55	98	90	7:10	NA
6:12	97	7:00	97	85	7:18	NA
6:16	96	7:04	96	80	7:25	NA
6:20	95	7:09	95	75	7:33	NA
6:24	94	7:14	94	70	7:40	NA
6:28	93	7:18	93	65	7:48	NA
6:32	92	7:23	92	60	7:55	100
6:36	91	7:28	91	NA	8:03	95
6:40	90	7:32	90	NA	8:10	90
6:44	89	7:37	89	NA	8:18	85
6:48	88	7:42	88	NA	8:25	80
6:52	87	7:46	87	NA	8:33	75
6:56	86	7:51	86	NA	8:40	70
7:00	85	7:56	85	NA	8:48	65
7:04	84	8:00	84	NA	8:55	60
7:08	83	8:05	83			
7:12	82	8:10	82			
7:16	81	8:14	81			
7:20	80	8:19	80			
7:24	79	8:24	79			
7:28	78	8:28	78			
7:32	77	8:33	77			
7:36	76	8:38	76			
7:40	75	8:42	75			
7:44	74	8:47	74			
7:48	73	8:52	73			
7:52	72	8:56	72			
7:56	71	9:01	71			
8:00	70	9:06	70			

8:04	69	9:10	69
8:08	68	9:15	68
8:12	67	9:20	67
8:16	66	9:24	66
8:20	65	9:29	65
8:24	64	9:34	64
8:28	63	9:38	63
8:32	62	9:43	62
8:34	61	9:49	61
8:35	60	9:50	60

Table 3-2: Bike - Grading Scale

Bike Men/Women	
Bike Score	USNA Score
100	100
95	95
90	85
85	80
80	70
75	65
70	60

"PRT" MEDICAL EXCUSE AUTHORIZATION

Last Name, First Name	Company
Alpha	Company Officer
DoD ID Number	BMU Phone 410-293-1758

Brief Diagnosis: _____ Expires: _____

☐ **PARTIAL PRT Excusal:** The diagnosis excuses the MIDN from the following checked aspects of the PRT through the date specified, but they are permitted to perform the unchecked portions:

☐ Excused from 1.5 mile run ☐ Excused from Push-Ups ☐ Excused from Plank

☐ **FULL PRT Excusal:** The diagnosis excuses the MIDN from ALL aspects of the PRT.

☐ **ALTERNATE CARDIO** (Only for MIDN in their final semester at USNA, or 3/C spring cycle, or special case approved by BMO and Commandant): The diagnosis excuses the MIDN from the 1.5 mile run, but they are medically cleared to attempt the following alternative cardio modalities (the MIDN will choose, but the medical provider will provide all the medically cleared options):

☐ Rowing ☐ Swim ☐ Bike

Brigade Medical Provider Signature & Stamp: _____

Midshipman Acknowledgement: I fully understand that I am being partially or fully waived from the CURRENT PRT cycle, or being provided an alternative cardio option, as noted above, until the expiration date listed above. I understand my medical condition and the recommended course of treatment. I understand and will return immediately to BMU, no matter the expiration of this chit, if I worsen in any way, or if my condition fails to improve as expected. I will comply with Section 1.2 (Medical Care) of MIDREGS. I understand that this chit does not waive me from the Body Composition Assessment, nor does it excuse a previously completed PRT. I also understand this chit is a recommendation from medical staff and is not valid until it is routed to the Battalion Officer for final determination.

MIDN Signature: _____ Date: _____

Company Officer: Number of Previous PRT Chits(____) / Entered into MIDS?(____)

Company Officer Signature: _____ Date: _____

Battalion Officer Decision on Recommended Medical Excusal:

Approve

Deny

Battalion Officer Signature: _____ Date: _____

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

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 6110.2G

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 of Midshipmen

(Signature)
Director of Physical Education

Copy to:
Head Coach
Marking Officer

Enclosure (5)