COMMANDANT OF MIDSHIPMEN INSTRUCTION 5400.6U CHANGE TRANSMITTAL 1

From: Commandant of Midshipmen, U.S. Naval Academy

Subj: MIDSHIPMEN REGULATIONS MANUAL

Encl: (1) Revised pages 7-5 through 7-7

1. Purpose. To publish change 1 to the basic instruction.

2. Action
   a. Remove page 7-5, 7-6, and 7-7 of the basic instruction and replace with enclosure (1).
   b. Enclosure (1) has been incorporated into the basic instruction and posted to the website.

R. B. CHADWICK

Distribution:
Non-Mids (Electronically)
Brigade (Electronically)
APPENDIX 7-A

SPECIAL REQUEST FOR BODY ALTERATION (MIDSHIPMAN)

1. I, ___________________________, Alpha ___________, Company ______ have read USNAINST 6240.10F and understand the Naval Academy policy regarding body alterations is as follows:

   a. Tattoos/Body Art.

      (1) **Content.** Tattoos that are obscene, sexually explicit, anti-American, anti-social, and/or advocate discrimination based on sex, race, religious, or ethnic origins are prohibited. In addition, tattoos/body art that symbolize affiliation with gangs, supremacist or extremist groups, or advocate illegal drug use are prohibited. Tattoos/body art that violate the content portion, but can only be seen with a black light, are prohibited as well.

      (2) **Number.** Midshipmen may not have more than four visible tattoos while wearing regulation PE gear.

      (3) **Location.** Tattoos/body art are prohibited on the head, face, neck, hands, elbows, and knees. Tattoos that are covered by regulation PE gear, such as back, chest, upper arm, and upper leg tattoos, are permitted, but are still subject to content review as described above and size restrictions as specified below. In addition, otherwise permissible tattoos/body art on the torso area of the body shall not be visible through white uniform clothing. Lastly, chest tattoos will not be visible when in uniform. This includes when v-neck undergarments are worn underneath any USNA uniform.

      (a) **Head and Face.** The head includes the inside of the mouth, to include the tongue and lips.

      (b) **Neck.** For the purposes of this instruction, the neck is described as the area above the collar bone on the front of torso and above the first cervical vertebrae on the back of torso.

      (c) **Upper arm.** An upper arm tattoo that starts from the chest or shoulder and extends below the PE shirt sleeve is authorized. The visible portion may extend down the arm on all sides no further than a line around the circumference of the upper arm measured two inches above the elbow. The visible portion must be covered by the individual’s hand as described in the size section below.

      (d) **Band tattoos.** This policy direction is for tattoos visible outside the PE uniform, except as otherwise prohibited or limited above. Midshipmen may have band tattoos that do not exceed three inches or the width of the individual’s four fingers extended and joined, whichever is greater. Measurement will be from the second knuckle of the index finger to the first knuckle of the pinky finger. If a band tattoo is partially covered by the PE uniform and partially visible in the PE uniform, the covered part may be of any size and the visible part must not exceed the width as indicated above. A band tattoo constitutes a single allowable tattoo.

      (e) **Elbows.** Elbow tattoos are prohibited. There must be an area from at least two inches above to at least one inch below the elbow, measured from the center of the elbow that is free of tattoos and separates any tattoos on the upper arm from any tattoos on the lower arm.

      (f) **Lower arm.** Lower arm tattoos are allowed but may extend down no further than a line around the circumference of the wrist measured at two inches above the wrist bone and may extend up no further than a line around the circumference of the lower arm measured at one inch below the elbow. Lower arm tattoos are limited to one of the following:
1. A single tattoo which is smaller than the individual’s hand.

2. A collection of smaller tattoos which can be covered by the individual’s hand.

3. A single band tattoo as specified above.

(g) Hands. Tattoos on the hands, fingers, or within two inches of the wrist bone are prohibited, with the exception of a single band tattoo of no more than 3/8 of an inch in width on one finger.

(h) Upper leg. An upper leg tattoo that starts from the thigh or upper body and extends below the bottom of properly fitting PE shorts is authorized. The visible portion may extend down the leg on all sides no further than a line around the circumference of the upper leg measured at two inches above the center of the knee (i.e., the patella), when the leg is straight. The visible portion must be covered by the individual’s hand.

(i) Knees. Knee tattoos are prohibited. There must be an area from at least two inches above to at least two inches below the knee, measured from the center of the knee (i.e., the patella), when the leg is straight, that is free of tattoos and separates any tattoos on the upper leg from any tattoos on the lower leg.

(j) Lower leg. Lower leg tattoos may extend up the leg on all sides no further than a line around the circumference of the lower leg measured at two inches below the center of the knee (i.e., the patella), when the leg is straight. Lower leg tattoos are limited to one of the following:

1. A single tattoo which is smaller than the individual’s hand.

2. A collection of smaller tattoos which can be covered by the individual’s hand.

3. A single band tattoo as specified above.

(k) Feet. Tattoos are permitted on the feet provided they are covered by regulation PE gear. Slacks must be worn instead of a skirt if tattoos on the lower leg or foot are visible.

4) Size. Tattoos/body art covered by regulation PE gear may be of any size. Tattoos/body art that are visible outside of PE gear must be covered by the individual’s hand with fingers extended and joined with the thumb touching the base of index finger. Sleeve, half-sleeve, quarter-sleeve and large tattoos are prohibited. A sleeve tattoo is defined as a large tattoo, or a collection of smaller tattoos, that covers or almost covers a person’s entire arm or leg. Half-sleeve or quarter-sleeve tattoos are large tattoos, or a collection of smaller tattoos, that cover, or almost cover, the entire portion of an arm or leg above or below the elbow or knee. For this instruction, a large tattoo is defined as a tattoo that is larger than the wearer’s hand.

b. Mutilation. Intentional mutilation of any part of the body is prohibited. Mutilation is defined as the intentional, radical alteration of the body, head, face, or skin for the purpose of and/or resulting in an abnormal appearance. Examples include, but are not limited to:

1. Split, forked, or pierced tongue.

2. Pierced nose, lip, eyebrow, or other areas of the face or body.
(3) Foreign objects affixed to and inserted under the skin or intentional burns to create a design or pattern.

(4) Enlarged or stretched holes in ears (other than normal pierced earlobe for women).

2. Thoroughly describe any desired alterations below. The written description shall accurately describe the type, nature, location, and size of the proposed body alteration and translate any foreign language or symbology contained in the proposed alteration, as applicable.

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

3. Upon completing the proposed body alteration, I will photograph and document the body alteration with the Body Alteration Board. For the sake of modesty and privacy, only close-up photographs of alterations normally covered by a regulation swimsuit shall be submitted for review.

4. By signing below, I voluntarily agree to undergo all body alteration treatment/removal required by the Naval Academy Body Alteration Review Board for alterations that do not comply with Naval Academy policy at my own expense. I understand that Military Treatment Facilities may not be able to provide treatment/removal services and I may have to use a civilian facility at my own expense.

5. I enter into the agreement voluntarily, of my own free will.

6. I understand the policies stated above, and I agree to not receive any body alteration without prior permission via my chain of command after the signing of this statement. I understand that deviation from USNAINST 6240.10F will result in conduct action against me and an order for removal. I further understand that these guidelines are designed to keep me within Navy and Marine Corps standards, and deviation from USNAINST 6240.10F may result in limiting my service assignment.

________________________________
Midshipman Signature/Date

_______________________________ Approve: ___ Disapprove: ___
Body Alteration Review Board OIC

_______________________________ Approve: ___ Disapprove: ___
SEL Signature/Date

_______________________________ Approve: ___ Disapprove: ___
CO Signature/Date

_______________________________ Approve: ___ Disapprove: ___
Batt-O Signature/Date