Subj: MIDSHIPMEN BODY COMPOSITION STANDARDS PROGRAM

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

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

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

2. Cancellation. COMDTMIDNINST 6110.1W.

3. Background

   a. The intent of this program is to instill a lifestyle change in those Midshipmen who are having difficulty achieving and maintaining the Navy’s height/weight standards. This goal will be achieved by helping each Midshipman in the program develop an effective regimen of physical activity augmented by a change in dietary habits. The program will help build a commitment to lifetime fitness and a healthier quality of life.

   b. Reference (a) provides the height/weight standards for the Navy. Naval Academy height/weight standards are aligned with the Navy's and are listed in enclosure (1). Except in unusual cases, weight problems are caused by poor diet and/or an improper amount of physical activity. When a medical disorder affecting a Midshipman’s ability to control weight does not exist, Midshipmen will be held accountable for remaining within USNA height/weight and/or body fat percentage standards. The Naval Academy will provide assistance to Midshipmen with weight problems, but Midshipmen retain ultimate responsibility for remaining within height/weight standards. Failure to do so may result in administrative or disciplinary action, including separation from USNA. Midshipmen who fail to maintain their weight/body composition within USNA standards will not be medically qualified for commissioning. Physical Readiness Test (PRT) body composition assessment (BCA) policies and procedures are detailed in reference (b).

4. Responsibilities

   a. Weight Control Officer. The Physical Education Liaison Officer (PELO) shall be assigned as the Commandant’s Weight Control Officer (WCO). The WCO has overall responsibility for the weight control program.
(1) The WCO shall train the Assistant Weight Control Officers (AWCO) and supervise the execution of their duties pertaining to this program.

(2) The WCO shall keep the Commandant’s staff informed of any significant issues regarding the weight control program.

(3) The WCO may request a weigh-in of any Midshipman at any time.

(4) The WCO shall conduct the CAT IV, CAT V and CAT VI weigh-ins, as well as the CAT II BCA measurements with assistance from the AWCOs. The WCO will also be responsible for the Induction Day weigh-in station and measurements.

b. Assistant Weight Control Officers. The Commandant shall appoint one AWCO per Battalion who shall report to the WCO. The AWCOs shall:

(1) Assist the WCO with CAT IV and V weigh-ins.

(2) Perform all CAT VI weigh-ins for their Battalion.

(3) Be present at all Company weigh-ins within their Battalion.

(4) Perform all BCA measurements for Midshipmen who exceed height/weight standards.

c. Company Officers (CO)/Senior Enlisted Leaders (SEL) shall:

(1) Schedule all required weigh-ins with the WCO who will assign an AWCO to conduct all BCA measurements during the scheduled weigh-in.

(2) Conduct Reform weigh-ins, measuring height and weight only.

(3) Conduct PRT weigh-ins (except for team PRT weigh-ins, which are conducted by the PE Department) measuring height and weight only. PRT weigh-ins will be conducted within 45 days to 24 hours prior to the PRT.

(4) Notify the AWCO present at the weigh-in of any Midshipman who does not meet weight standards so that the proper BCA measurement can be conducted on the spot.

(5) Ensure all height and weight data is entered into the Midshipmen Information System (MIDS) and coordinate with the AWCO to ensure BCA measurements are entered as needed.

(6) Ensure that Midshipmen who are not eligible to take the PRT per reference (b) are notified and comply.

5. Classification

a. All Midshipmen will have their height and weight measured by their respective CO/SEL at least once during each Brigade Reform period, using a certified scale provided to each Battalion. Only government-provided scales are authorized for official weigh-ins. COs and SELs shall ensure that Reform weigh-ins are logged in MIDS before the start of academic classes each semester. Brigade, Regimental, and Battalion staffs shall weigh-in with their Academic Year Company. Battalion Officers, COs, SELs, and military staff assigned to the PE Department may conduct a weigh-in for individual Midshipmen at any time; however, the only official weigh-in for CAT IV, CAT V, CAT VI and CAT II Midshipmen shall be conducted by the WCO and/or AWCO,
with the exception of Varsity Athlete Team PRTs. PRT weigh-ins are conducted per reference (b).

b. If a Midshipman falls within the Naval Academy height/weight standards as listed in enclosure (1), they will be classified as satisfactory (CAT I).

c. If a Midshipman’s weight is outside of Naval Academy height and weight standards during any weigh-in, the CO/SEL shall immediately refer the Midshipman to the on-station WCO/AWCO, who will immediately conduct a Body Composition Assessment (BCA). The weigh-in and BCA will be conducted in accordance with enclosure (2).

d. Midshipmen who exceed the Naval Academy height/weight standards but whose body fat percentage, as determined by BCA, falls within Naval Academy standards (as measured by the WCO or AWCO) shall be classified satisfactory (CAT II). Midshipmen whose body fat percentage, as determined by BCA, exceeds Naval Academy standards shall be designated unsatisfactory (CAT V). The on-station WCO/AWCO shall notify the CO and PE Marking Office of all CAT V determinations.

e. Midshipmen who are determined to be under the Naval Academy minimum height/weight standards, as determined by weight, body fat, and Brigade Medical determination, will be designated unsatisfactory (CAT VII) unless waived.

f. Definitions of Weight Control Categories:


(2) Two (II). Satisfactory. Outside Naval Academy height and weight standards, but within USNA body fat standards: Males: minimum 5% - maximum 20%; Females: minimum 12% - maximum 30%. BCA for Midshipmen who are below minimum height/weight standards shall be confirmed with the Bod-Pod by the Head, Human Performance Lab.

(3) Three (III). Satisfactory. Applies to varsity athletes required to maintain a weight outside of Naval Academy standards in order to remain competitive in NCAA Division I competition. Midshipmen in CAT III are authorized to temporarily be outside Naval Academy height/weight and body fat standards to avoid unhealthy weight fluctuations. First Class Midshipmen in CAT III status are required to be within Naval Academy BCA standards prior to graduation and commissioning. Midshipman athletes on the varsity rosters are eligible for Category III waivers regardless of gender and in-season/out-of-season status. Category III waiver requests will be submitted using enclosure (3) and must be approved by the Deputy Commandant.

(4) Four (IV). Former CAT III varsity athletes who are no longer included on a varsity team roster or whose CAT III waiver has expired.


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

6. **Direction.** In order to maintain the highest levels of dignity and respect for Midshipman during Body Composition Assessments, the following directives shall be followed during all reform and PRT weigh-ins:

   a. Upon their scheduled BCA time, Company Officers shall muster all Midshipmen outside of their office to commence the Company weigh-in.

   b. Present inside of the Company Officer’s office shall be the Battalion AWCO and Company SEL. The WCO may take the place of the Battalion AWCO in their absence however, this modification must be scheduled beforehand. Midshipmen PMOs may be present to assist the Company Officer, but shall only be used to assist with data recording. PMOs are not authorized to conduct any portion of another Midshipman’s weigh-in or BCA.

   c. One Midshipmen at a time shall enter the Company Officer’s office for their BCA.

   d. Using the Battalion’s government-provided scales only, the Company Officer shall conduct the height/weight portion of the BCA. If the Midshipman is outside of USNA height/weight standards, the AWCO/WCO on-station shall immediately conduct their BCA.

   e. The Company SEL shall enter all height/weight and BCA data into the MIDS system immediately for each Midshipman.

   f. Once the BCA is complete, and all data is entered into the MIDS system, the Midshipman is excused and the next Midshipman shall enter the office. This process will continue until all Midshipmen in the Company are complete.

   g. Deviations to this direction are not authorized.

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

   a. Category I: No action.

   b. Category II: If not within height/weight standards, then BCA shall be conducted by the WCO or AWCO using Navy regulation taping method (overweight) or by air-displacement plethysmography using the Bod-Pod (underweight). If BCA is within standards (Males: 5-20%; Females: 12-30%), the Midshipman shall be placed in CAT II. If BCA is not within standards, the Midshipman shall be placed in either CAT V (overweight) or CAT VII (underweight).

   c. Category III:

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

      (2) CAT III waivers are for Midshipmen varsity athletes on the current active roster for their sport. If a Midshipman leaves the team for any reason, the CAT III waiver will be cancelled and the Midshipman will be placed in the appropriate category immediately.

      (3) CAT III waivers for underclass Midshipmen will be active from the day they are approved by the Deputy Commandant and will expire upon Reform of the following academic year. CAT III waivers for First Class Midshipmen shall expire at the start of the spring semester. First Class Midshipmen on a CAT III waiver will automatically become CAT IV in the spring semester.
Regardless of any previous CAT III waivers, First Class Midshipmen shall comply with Naval Academy height/weight and body fat standards prior to graduation.

d. Category IV:

(1) First Class Midshipmen in the spring semester who were on a CAT III waiver for the fall semester of their First Class year. These Category IV Midshipmen are provided with a conditioning program by the Athletic Department that is focused on meeting USNA BCA standards and passing a run PRT in the spring semester prior to graduation. These Midshipmen may request unofficial courtesy weigh-ins by PE or coaching staff as often as necessary to track progress; however, the only official PRT weigh-in is one that is administered by the WCO. The coaching staff will notify the WCO and schedule the weigh-in when the athlete is determined to be ready.

(2) Former CAT III underclass Midshipmen, or First Class Midshipmen in their fall semester, no longer on an active varsity roster. Upon their removal from their varsity team roster, varsity coaches will submit Category IV waiver requests to the Deputy Commandant via the Director Human Performance Lab, Brigade Medical Officer (BMO) and WCO in accordance with enclosure (4) within seven days of Reform or removal from the team roster, whichever comes first.

(a) The BMO will determine the expiration date of the CAT IV waiver, not to be longer than the end of the current semester. Additionally, and on a case-by-case basis, the BMO will establish a medically safe and healthy rate of weight loss for the Midshipman.

(b) Upon waiver expiration, if the Midshipman is making progress but requires additional time in order to achieve their weight-loss goal, the Midshipman’s chain of command may route a new waiver to the Deputy Commandant via the Director Human Performance Lab, BMO and WCO.

(c) CAT IV waivered Midshipmen shall weigh-in weekly with the WCO.

(d) CAT IV waivered Midshipmen shall be evaluated and counseled by the Midshipmen Development Center (MDC) or Midshipmen Food Service Division (MFSD) Registered Dietitian.

(e) CAT IV waivered Midshipmen will be evaluated by the WCO approximately eight weeks after receiving their waiver. If the Midshipman has not maintained the established rate of weight loss, as determined by the BMO, the Midshipman may have their waiver suspended and become Category V.

(f) Upon achieving their weight-loss goal, and within USNA height/weight or body fat standards, the CAT VI waivered Midshipman will be placed in the appropriate category immediately.

e. Category V:

(1) Midshipmen must attend every remedial training session provided by the PE Department regardless of medical chits. The PE Department will tailor the remedial training sessions to accommodate those Midshipmen on a medical chit.

(2) CAT V Midshipmen shall be evaluated and counseled by the MDC or MFSD Registered Dietitian. All CAT V Midshipmen shall also obtain fasting laboratory bloodwork at Brigade Medical (one time only, unless otherwise directed by medical) as part of their evaluation. CAT V Midshipmen who fail
to achieve CAT VI status after a full semester are strongly encouraged to be reevaluated and counseled by the MDC or MFSD Registered Dietitian and Brigade Medical.

(3) CAT V Midshipmen will be issued a Letter of Instruction (LOI) (enclosure (4)), by their CO within seven days of the weigh-in detailing their responsibilities in attaining Naval Academy height/weight and BCA standards as well as the appropriate administrative and/or disciplinary action that will be taken if non-compliant.

(4) CAT V Midshipmen shall weigh-in weekly with the WCO.

(5) If the Midshipman is not in compliance with the LOI, they will be referred to their Company chain of command for appropriate administrative and/or disciplinary action.

(6) Midshipmen will remain in CAT V status until they obtain eight successive weeks of recorded measurements that fall within USNA BCA standards. Missing a weekly weigh-in constitutes a failed weigh-in, unless a valid excuse is confirmed by the CO/SEL. If a Midshipman is excused from a weigh-in, the excused weigh-in will neither count for nor against the Midshipman’s eight-week progression. First Class Midshipmen in the spring semester are considered to be within standards and Category I or II as appropriate if they successfully pass the final weigh-in during the last week of class, as determined by the WCO.

(7) CAT V Midshipmen are not eligible for either weekend overnight liberty or weekday town liberty per reference (c).

(8) CAT V Midshipmen are not eligible for Movement Orders.

(9) CAT V Midshipmen shall take the Brigade PRT if within BCA standards per reference (a).

f. Category VI:

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

(2) Midshipmen will weigh-in monthly with the WCO or AWCO. If a Midshipman’s weight or BCA falls outside USNA standards or a Midshipman fails to weigh-in, that Midshipman will immediately be placed back in Category V or VII status. All results shall be forwarded to the WCO, who shall notify the Marking Officer and the Midshipman’s Company chain of command of the new status. The WCO shall ensure that CAT VI weigh-in information is recorded in MIDS.

g. Category VII:

(1) Midshipmen in Category VII will be handled on a case-by-case basis. After Reform weigh-in, if a Midshipman is underweight, the CO shall notify the following personnel: WCO, Battalion Officer, BMO, Director of the Human Performance Lab, and the MDC/MFSD Registered Dietitians.

(2) The Brigade Medical Representative will determine if the reason for the underweight condition has a basis related to a medical condition. Only the BMO may grant a waiver if the Midshipman is found to be medically healthy.
(3) The MDC or MFSD Registered Dietitian shall be consulted to determine if the condition may involve an eating disorder. If necessary, the MDC or MFSD Registered Dietitian or the BMO (or designated representative) will refer the Midshipman to the eating disorder specialist (psychologist/counselor) at the MDC.

(4) The BMO and the MDC or MFSD Registered Dietitian will keep the Midshipman’s chain-of-command informed of any relevant action.

(5) Brigade Medical will notify the CO, SEL, and Coach (as applicable) if exercise restrictions are warranted.

(6) The Midshipman shall be issued an LOI by their CO (enclosure (5)) within seven days of the weigh-in, stipulating Midshipmen responsibilities in attaining Naval Academy height/weight and BCA standards. The LOI will outline actions that may be taken if the Midshipman is non-compliant. COs shall monitor the status of LOI action completion.

(7) A Midshipman will remain in CAT VII status until the LOI is fulfilled and the Eating Disorder Treatment Team has reviewed the case. Once the case is reviewed, the Eating Disorder Treatment Team will recommend the Midshipman:

(a) Remain in a CAT VII status;

(b) be moved to CAT VI status; or

(c) be granted a waiver and moved to a CAT II status.

(8) CAT VII Midshipmen shall not be eligible for weekend overnight liberty, weekday town liberty, or Movement Orders if no waiver is granted.

8. Fourth Class Midshipmen Induction Day (I-Day) Weigh-in:

a. The I-Day weigh-in station shall be supervised by the WCO and staffed with Temporary Assigned Duty Officers from the PE Department.

b. The I-Day weigh-in is an entry weigh-in and is not used to place Midshipmen into the classifications above with the exception of CAT VII. Due to safety concerns, Midshipmen who are below the minimum height/weight on the I-Day weigh-in shall be enrolled in the CAT VII program immediately.

c. For Fourth Class Midshipmen, the first official weigh-in after the I-Day weigh-in shall be the Plebe PRT weigh-in; this weight shall be used for official weight status classification. COs shall weigh in all Fourth Class Midshipmen within ten days to 24 hours prior to the Plebe PRT, in accordance with paragraph 4.c. Names of any Midshipmen falling outside of USNA height/weight and/or BCA standards shall be immediately forwarded to the WCO for proper classification.

d. Fourth Class Midshipmen on varsity rosters who are participating in a Team PRT prior to the Plebe PRT shall have their official weigh-in conducted by the PE Department prior to taking the Team PRT.

9. Weigh-Ins from Graduation to Fall Reform:

a. CAT IV/V/VI weigh-ins will not routinely be conducted over the summer, between Graduation and fall Reform. Concurrent weeks/months within standards immediately prior to Graduation will carry forward to fall Reform and count towards the eight-week/six-month requirements to qualify for removal from the CAT V and CAT VI programs, respectively.
b. If CAT IV/V/VI Midshipmen are enrolled in Summer School or NASP for one or more entire summer training blocks, they may request CAT IV/V/VI weigh-ins over the summer in order to satisfy the requirements for removal from their respective program. This request shall be made via the Officer in Charge of NASP/Summer School to the WCO prior to the first Monday of the summer training block in which they would like to be weighed. The Midshipman must be present at USNA for the entirety of the training block (i.e., all of Block 1, or all of Blocks 1 and 2, etc.) in order to be considered. CAT V Midshipmen must attend mandatory remedial PT throughout this period.

c. The WCO shall schedule and administer one weigh-in per week and notify the affected CAT IV/V Midshipmen ahead of time. The weigh-in schedule will be random, and will be handled in accordance with normal CAT V weigh-in procedures. Weigh-ins within USNA standards will be counted towards the Midshipman’s concurrent eight-week/six-month requirement. If a Midshipman is an unexcused absence or weighs in outside of USNA standards, his/her concurrent count will start over.

10. Reports

a. The WCO shall ensure all pertinent weight control data for CAT IV, CAT V and VI are entered into MIDS and shall be available to assist and answer questions posed by the Commandant’s Staff and Brigade Medical Clinic staff.

b. The Midshipmen chain of command may access the complete weigh-in histories of Midshipmen on MIDS by going to the MIDS homepage, clicking on “Ad Hoc Queries” and logging on, then clicking on “Physical Education” and then “Weight Control - Midshipmen History by Alpha.” Finally, the alpha code of the Midshipman in question should be entered.

11. Review Responsibility. The WCO is responsible for the annual review of this instruction.

R. L. SHEA
By direction

Distribution:
Non-Mids (Electronically)
Brigade (Electronically)
USNA HEIGHT/WEIGHT STANDARDS

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**BODY COMPOSITION ASSESSMENT (BCA) PROCEDURES**

1. **Maximum Allowable Body Fat Percentages**
   
   a. USNA allowable body fat percentages are
   
   Male 5 - 20%
   Female 12 - 30%

2. **BCA Procedures**
   
   a. **Maximum weight for height screening**
      
      (1) **Height measurement**
      
      (a) Member removes shoes.
      
      (b) Member stands with feet together, flat on the deck, takes a deep breath, and stretches tall.
      
      (c) Record height in MILDS 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 and two scales are permanently located in the Marking Office for use.
      
      (b) No deduction is allowed for clothing, regardless of how the member is dressed.
      
      (c) Fractions of a pound are rounded to the nearest whole pound per the following:
      
      1. Round **down** fractions less than \( \frac{1}{4} \) pound.
      2. Round **up** fractions greater than/equal \( \frac{1}{4} \) pound.
      
      (3) **Maximum weight determination**
      
      (a) Enclosure (1) lists the maximum/minimum weights for the member’s height.
      
      (b) If member’s weight is less than or equal to the maximum listed for their gender and not below the minimum, members are within body composition assessment standards and percentage body fat determination is not required.

   b. **Body fat percentage determination for exceeding max weight**
      
      (1) Non-stretching cloth, metal, plastic, or fiberglass tape measure shall be applied to body landmarks with sufficient tension to keep it in place following the contour of the body without indenting skin surface.

Enclosure (2)
(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 however a Midshipman may request a measurement over a T-shirt if desired. If the measurement is taken over the t-shirt, no allowance is given for T-shirt.
   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 however a Midshipman may request a measurement over a T-shirt if desired. If the measurement is taken over the t-shirt, no allowance is given for T-shirt.

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.

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.

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

(1) Bod-Pod evaluation will be completed in the USNA Human Performance Lab by the Director of the Human Performance Lab or Registered Dietician. The evaluation will last approximately 10 minutes and is non-invasive.
(2) The test requires four measurements:

(a) One mass measurement;

(b) two volume measurements; and

(c) one thoracic gas volume measurement.

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

3. Classifying BCA

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

   (1) Exceeds both maximum weight for height and body fat standards allowed for Midshipman’s gender (CAT V); or

   (2) When a Midshipman is below both minimum weight for height and body fat standards allowed for a Midshipman’s gender (CAT VII) without a medical waiver.

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 without falling below minimum standards. These Midshipmen are classified as CAT I.

   (2) Exceeds maximum weight for height or fails to meet minimum weight for height, but not maximum/minimum body fat percentage allowed for the Midshipman’s gender. These Midshipmen are classified as CAT II.
CATEGORY III WAIVER REQUEST (VARSITY ATHLETES)

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

Subj: REQUEST FOR WEIGHT CONTROL CATEGORY III WAIVERS

Ref: (a) COMDTMIDNINST 6110.1X

Encl: (1) Varsity athletes eligible for CAT III 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 weight control category III (CAT III) 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, he will be subject to the standards as outlined in reference (a).

_______ (Signature)

Date

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

Subj: REQUEST FOR WEIGHT CONTROL CATEGORY III WAIVERS

1. The request for CAT III waivers is:

   APPROVED / DISAPPROVED / MODIFIED as written

_______ (Signature)

Date

Copy to:
Head Coach, ____________
Marking Officer
Weight Control Officer

Enclosure (3)
(THIS PAGE INTENTIONALLY LEFT BLANK)
CATEGORY IV WAIVER REQUEST (FORMER VARSITY ATHLETES)

From: Head Coach, Varsity <<SPORT>>
To: Deputy Commandant of Midshipmen
Via: Director, Human Performance Lab
Brigade Medical Officer
Weight Control Officer

Subj: REQUEST FOR WEIGHT CONTROL CATEGORY IV WAIVER

Ref: (a) COMDTMIDNINST 6110.1W

1. Midshipmen __________, ALPHA # _____ is a former member of Varsity _________ from the academic year _________.

2. In accordance with reference (a), I respectfully request a weight control Category IV (CAT IV) waiver be approved for the Midshipman listed above.

   ________________________________
   (Signature)

   ________________________________
   Date

From: Brigade Medical Officer
To: Deputy Commandant of Midshipmen
Via: Weight Control Officer

Subj: REQUEST FOR WEIGHT CONTROL CATEGORY IV WAIVER

1. Upon a complete examination and consultation, I have determined the following:
   a. The expiration date of this waiver is __________, and your established rate of weight loss shall be _____ pounds per week.
   b. The Weight Control Officer will evaluate your progress in approximately eight weeks. At that time, your weight should be approximately __________ pounds.
   c. If approved, you shall adhere to all stipulations contained within reference (a). Failure to do so may result in cancellation of this waiver and you being placed in the appropriate weight control category immediately.

   ________________________________
   (Signature)

   ________________________________
   Date

From: Deputy Commandant of Midshipmen
To: Weight Control Officer

Subj: REQUEST FOR WEIGHT CONTROL CATEGORY IV WAIVER

1. The request for CAT IV waivers is:

   APPROVED / DISAPPROVED / MODIFIED as written

   ________________________________
   (Signature)

Enclosure (4)
BATTALION OFFICER LETTER OF INSTRUCTION (LOI) FOR CATEGORY V MIDSHIPMEN

From: Battalion Officer
To: Midshipman _______ Class _____, ALPHA # _____

Subj: CATEGORY V LETTER OF INSTRUCTION
Ref: (a) OPNAVINST 6110.1J
     (b) COMDTMIDNOTE 1710

Date:

1. On ______ you failed to meet the United States Naval Academy’s height/weight and body fat standards. This warrants being placed within Body Composition Category V. Additionally, you have failed/met fleet height/weight and body fat standards per reference (a).

2. You are hereby ordered to complete the following:
   a. You are directed to achieve weight loss at the rate of two pounds/week until you achieve USNA standards. This rate of weight loss is considered a medically safe and effective for long-term health.
   b. You shall meet with your Company Officer monthly (or more frequently, as required) to ensure that you are progressing in this manner and completing all requirements listed below. Your Company Officer is directed to notify me at least monthly if you are not making adequate progress in accordance with these guidelines.

3. You are required to complete the following actions in order to assist you in achieving success:
   a. Weekly weigh-ins and BCA with the WCO.
   b. Attend remedial physical training, run by the P.E. Department, in accordance with reference (b).
   c. Fasting laboratory work-up at Brigade Medical. (One time only unless otherwise directed by Brigade Medical.)
   d. Attend both classes on Nutritional and Behavioral Strategies for Weight Loss in Rickover 103 at 1545-1645 on 15 and 22 January 2014. If you fail to make adequate progress after one month of being Category V, your Company Officer will refer you for an individual evaluation by the MDC or MFSD Registered Dietitian.

4. Should you require additional assistance, or if any factors whatsoever develop that hinder your ability to improve your Aptitude for Commission, you are directed to inform me immediately via your chain of command. You are encouraged to seek support from any of the above referenced services beyond that which is required.

5. Failure to improve your Aptitude for Commission in the manner specified above may result in further administrative or disciplinary actions, including a recommendation for disenrollment from USNA.

(Signature of Battalion Officer)

Acknowledged: (Signature of Midshipman) (Date)

Witnessed: (Signature of Company Officer) (Date)

Copy to:
Aptitude Officer
Weight Control Officer
Company Officer

Enclosure (5)
Date

From: Battalion Officer
To: Midshipman ______ Class ___, SSN

Subj: LETTER OF INSTRUCTION

1. On ______ you failed to meet the United States Naval Academy’s height/weight and body fat standards. This warrants being placed within Weight Control Category VII.

2. You are hereby ordered to report to the
   - Director of Human Performance Lab or Registered Dietitian for BCA using the Bod-Pod (first stop).
   - Brigade Medical Representative for medical evaluation
   - MDC or MFSD Registered Dietitian for evaluation and approved nutrition plan

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

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

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

(SIGNATURE OF BATTALION OFFICER)

Acknowledged: __________________________ __________________________
   (Signature of Midshipman) (Date)

Witnessed: __________________________
   (Signature of Company Officer) (Date)

Copy to:
Conduct Officer/Aptitude Officer
Weight Control Officer
Company Officer