



DEPARTMENT OF THE NAVY
OFFICE OF THE COMMANDANT OF MIDSHIPMEN
UNITED STATES NAVAL ACADEMY
101 CALVERT ROAD
ANNAPOLIS MARYLAND 21402-5100

COMDTMIDNINST 6110.1
DEPDANT
19 Aug 2026

COMMANDANT OF MIDSHIPMEN INSTRUCTION 6110.1

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

Subj: MILITARY APPEARANCE AND READINESS ENHANCEMENT PROGRAM

Ref: (a) OPNAVINST 6110.1L
(b) U.S. Navy Guide 9, Command/Unit Physical Training and Fitness Enhancement Program
(c) U.S. Naval Academy applicable uniform and grooming policies
(d) ALNAV 047/26
(e) DIRATHINST 6110.2G

1. Purpose. To establish the Military Appearance and Readiness Enhancement Program (MAREP) for midshipmen and active-duty personnel assigned to the Commandant's Cost Center. MAREP provides a mechanism to assist members of this organization in exceeding minimum standards and developing a daily warrior ethos consistent with the principles described in reference (d).

2. Background. The U.S. Naval Academy (USNA) demands an increased standard of physical readiness, military bearing, and professional appearance. Midshipmen physical fitness and body composition surpass fleet Navy standards as prescribed in reference (e). Personnel within the Commandant's cost center shall model the standards they enforce. The USNA operates in a highly visible environment involving Midshipmen, families, senior leaders, alumni, public officials, and external visitors; all personnel shall maintain a professional appearance and level of readiness consistent with their duties and responsibilities.

3. Applicability. This policy applies to all active-duty personnel assigned to the Commandant's Cost Center.

4. Standards and Expectations

a. Physical Readiness. Unless medically waived, midshipmen, Battalion Officers, Company Officers, Senior Enlisted Leaders, Instructor NEC personnel, and others with midshipmen-facing duties will achieve a minimum of Excellent Low in each PRT event, or 235 on the Marine Corps PFT/CFT. All other personnel will achieve a cumulative Good Low. Medical limitations will be managed in accordance with applicable service policy and documented guidance.

b. Military Appearance. A maximum height-to-waist ratio of .50 applies to midshipmen, Battalion Officers, Company Officers, Senior Enlisted Leaders, Instructor NEC personnel, and others with midshipmen-facing responsibilities. All other personnel will meet a maximum ratio of .53. These standards reinforce military appearance, command presence, professional credibility, and organizational values beyond minimum body composition requirements. A Dual-Energy X-ray Absorptiometry (DEXA) analysis will be conducted for accurate body composition and health assessments.

5. Identification and Assessment. Personnel will be assessed during routine uniform inspections, official and mock PFAs, and through daily leadership observations. Merely meeting standards does not align with this organization's values. When a member is identified for MAREP review, the following process will be used:

a. The member will be informed by the chain of command that they are being assessed for assignment to MAREP. The member will be given the opportunity to provide relevant information, including medical documentation or other mitigating factors.

b. The member will complete a uniform inspection in the prescribed seasonal service uniform and complete a height to weight ratio calculation for military appearance assessments.

c. The assessment may include review of recent PFA data, uniform fit, military appearance, physical readiness, and relevant medical limitations.

d. Enlisted personnel will be interviewed by the Brigade Senior Enlisted Leader or designated representative by function (i.e. PRODEV SEL, Waterfront SEL, Band SEL).

e. Officers will be interviewed by their respective Deputy Commandant or designated representative.

f. Midshipmen will be interviewed by their Battalion Officer.

g. Recommendations will be forwarded to the Commandant of Midshipmen for final determination.

6. Assignment to MAREP. Active-duty personnel will be assigned to MAREP in writing by the Commandant. Midshipmen will be assigned by their Battalion Officer. Standard assignment to MAREP will be for six months unless modified by the Commandant. Assignment to MAREP is intended to provide structured support, accountability, and documented opportunities towards improving health and military appearance.

7. Program Requirements. Personnel assigned to MAREP will:

a. Meet with designated support personnel to develop an individualized nutrition, physical conditioning, and lifestyle improvement plan.

b. Participate in scheduled physical conditioning or readiness activities as directed and medically appropriate.

c. Maintain compliance with all uniform, grooming, and military appearance standards.

d. Participate in periodic uniform inspections, readiness checks, and progress reviews.

e. Provide updates on progress during scheduled touch-points with assigned leadership.

f. Inform the chain of command of any medical condition or limitation that affects participation or progress.

8. Oversight and Review

a. Battalion Officers or designated supervisors will conduct monthly touch-points with personnel assigned to MAREP.

b. Senior Enlisted Leader or Deputy Commandant, as applicable, will conduct bi-monthly reviews of active duty personnel with a specific focus on compliance with the assigned improvement plan, participation requirements, and progress toward established goals.

c. Continued assignment, removal from MAREP, reassignment, or additional administrative action will be considered on a case-by-case basis based on progress, participation, medical considerations, and billet requirements.

9. Reassignment Considerations. Temporary or permanent reassignment from the members billet may be considered when a member's military appearance, physical readiness, or participation in MAREP affects their ability to serve effectively in a visible leadership role. Failure to participate in good faith, failure to follow the assigned improvement plan, or failure to demonstrate reasonable progress may result in reassignment or other administrative action, as determined by the Commandant.

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10. Responsibilities

- a. Commandant of Midshipmen. Serves as the approval authority for assignment to MAREP and for removal, continuation, reassignment, or other action following program review.
- b. Deputy Commandants. Reviews officer cases, makes recommendations to the Commandant, and oversees officer participation and progress as required.
- c. Senior Enlisted Leaders. Reviews enlisted cases, makes recommendations to the Commandant, and oversees enlisted participation and progress as required.
- d. Battalion Officers and Department Heads. Identify personnel for review when appropriate, conduct monthly touch-points, document progress, and support assigned personnel throughout the program.
- e. Assigned Personnel. Actively participate in MAREP, comply with program requirements, maintain communication with the chain of command, and demonstrate sustained progress toward assigned goals.

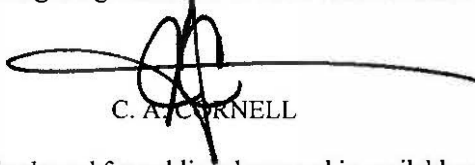
11. Medical Considerations. MAREP will be implemented in a manner consistent with applicable medical guidance and service policy. Personnel with medical limitations will not be directed to perform activities inconsistent with documented medical restrictions. Medical limitations do not eliminate the requirement to maintain appropriate military appearance, uniform standards, and professional bearing to the greatest extent possible within those limitations.

12. Record Management

- a. Records created as a result of this instruction, regardless of format or media, must be maintained and dispositioned for the standard subject identification codes (SSIC) 1000 through 13000 series per the records disposition schedules located on the Department of the Navy/Assistant for Administration (DON/AA), Directives and Records Management Division (DRMD) portal page at <https://portal.secnav.navy.mil/orgs/DUSNM/DONAA/DRM/Records-and-Information-Management/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 records manager or the DON/AA DRMD program office.

13. Review and Effective Date. Per OPNAVINST 5215.17A, this instruction will be reviewed annually around 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. This instruction will be in effect for 10 years, unless revised or canceled in the interim, and will be reissued by the 10-year anniversary date if it is still required, unless it meets one of the exceptions in OPNAVINST 5215.17A, paragraph 9. Otherwise, if the instruction is no longer required, it will be processed for cancellation as soon as the need for cancellation is known following the guidance in OPNAV Manual 5215.1 of May 2016.



C. A. CORNELL

Releasability and distribution: This instruction is cleared for public release and is available electronically via the USNA Commandant Web Page, <https://www.usna.edu/Commandant/comdinst.php>