

MIDSHIPMAN



GUIDEBOOK

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Naval Reserve Officers Training Corps (NROTC) Honor Code and Core Values

Honor Code

Military systems are built on a foundation of absolute trust and fidelity. NROTC must instill honor upon future officers during accession training and ensure that honor is carried into fleet service.

A future officer does not lie, cheat, or steal.

Core Values

Throughout its history, the Naval Service has successfully operated through reliance on certain values held by its personnel. Naval leaders have attributed these values to be among the most important and distinguishing factors that contributed to the success of our organization and to their own personal success. The Navy's and Marine Corps' core values are honor, courage, and commitment. A naval officer must exhibit these values in the everyday practice of his or her profession.

Honor: Honor is a keen sense of ethical conduct, honesty, integrity, and responsibility. It includes honesty at all times no matter the outcome. It is respect to both juniors and seniors. It includes upholding one's self at all times to the highest personal standards in responsibility and accountability.

Courage: Future officers must meet the demands of the Naval Service and the mission when it is hazardous, demanding or otherwise difficult, make decisions in the best interest of the Naval Service and the nation, without regard to personal consequences, meet all challenges while adhering to a higher standard of personal conduct and decency, be loyal to our nation, ensuring the resources entrusted to us are used in an honest, careful and efficient way, and have the moral and mental strength to do what is right, even in the face of personal or professional adversity.

Commitment: Every officer is responsible for the safety and professional, personal, and spiritual well-being of their personnel. Future officers must show respect toward all people without regard to race, religion, or gender, treat each individual with human dignity, be committed to positive change and constant improvement, exhibit the highest degree of moral character, technical excellence, quality, and competence in what they were trained to do, and work together as a team to improve themselves and others.

The Sailors' Creed

I am a United States Sailor.

I will support and defend the Constitution
of the United States of America and I will
obey the orders of those appointed over me.

I represent the fighting spirit of the Navy and
those who have gone before me to defend freedom
and democracy around the world.

I proudly serve my country's Navy combat team
with Honor, Courage and Commitment.

I am committed to excellence and the fair
treatment of all.

The Marines' Hymn

“From the Halls of Montezuma
To the shores of Tripoli;
We fight our country's battles
On the land as on the sea;
First to fight for right and freedom
And to keep our honor clean;
We are proud to claim the title
Of United States Marine.
Our flag's unfurled to every breeze
From dawn to setting sun;
We have fought in ev'ry clime and place
Where we could take a gun;
In the snow of far-off Northern lands
And in sunny tropic scenes;
You will find us always on the job
The United States Marines
Here's health to you and to our Corps
Which we are proud to serve;
In many a strife we've fought for life
And never lost our nerve;
If the Army and the Navy
Ever look on Heaven's scenes;
They will find the streets are guarded
By United States Marines.”

Midshipman Oath of Office

I [state your name], having been appointed a Midshipman, do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservation or purpose of evasion; and that I will well and faithfully discharge the duties of the office on which I am about to enter: So help me God.

Commissioning Oath of Office

I [state your name], having been appointed an officer in Navy of the United States, as indicated above in the grade of Ensign do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign or domestic, that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservations or purpose of evasion; and that I will well and faithfully discharge the duties of the office upon which I am about to enter: So help me God.

General Orders of the Sentry

Marines

1. Take charge of this post and all government property in view.
2. Walk my post in a military manner, keeping always on the alert and observing everything that takes place within sight or hearing.
3. Report all violations of orders I am instructed to enforce.
4. To repeat all calls from posts more distant from the guardhouse than my own.
5. Quit my post only when properly relieved.
6. To receive, obey, and pass on to the sentry who relieves me, all orders from the Commanding Officer, Officer of the Day, Officers, and Non-Commissioned Officers of the guard only.
7. Talk to no one except in the line of duty. It is all business when on duty.
8. Give the alarm in case of fire or disorder.
9. To call the Corporal of the Guard in any case not covered by instructions.
10. Salute all officers and all colors and standards not cased.
11. Be especially watchful at night and during the time for challenging, to challenge all persons on or near my post, and to allow no one to pass without proper authority.

Navy

1. To take charge of this post and all government property in view.
2. To walk my post in a military manner, keeping always on the alert, and observing everything that takes place within sight or hearing.
3. To report all violations of orders I am instructed to enforce.
4. To repeat all calls from posts more distant from the guard house than my own.
5. To quit my post only when properly relieved.
6. To receive, obey and pass on to the sentry who relieves me, all orders from the Commanding Officer, Command Duty Officer, Officer of the Deck, and Officers and Petty Officers of the Watch only.
7. To talk to no one except in the line of duty.
8. To give the alarm in case of fire or disorder.
9. To call the Officer of the Deck in any case not covered by instructions.
10. To salute all officers and all colors and standards not cased.
11. To be especially watchful at night, and, during the time for challenging, to challenge all persons on or near my post and to allow no one to pass without proper authority.

Mission and Goals of the Program

Mission

To develop future officers mentally, morally, and physically. To imbue them with the highest ideals of duty, loyalty, and the core values of Honor, Courage, and Commitment in order to commission college graduates as Navy and Marine Corps officers who possess a basic professional background, are motivated towards careers in the Naval Service, and have a potential for future development in mind and character so to assume the highest responsibilities of command, citizenship, and government.

Goals

The primary goals of the NROTC Program are to provide NROTC midshipmen and officer candidates with:

- 1) An understanding of the fundamental concepts and principles of naval science;
- 2) A basic understanding of associated professional knowledge;
- 3) An appreciation of the requirements for national security;
- 4) A strong sense of personal integrity, honor, and individual responsibility;
- 5) An educational background which will allow students to perform successfully in their careers, pursue continuing education in a field of application, and further their interest in the naval service.
- 6) A high state of physical readiness.

Chapter 1

History and Unit Organization

1.1 History of the Program

The NROTC was established by an act of Congress in 1925 to offer college students the necessary naval science courses required to qualify them for commissions in the Naval Reserve. NROTC Units were established in 1926 at six universities. The Marine Corps joined the program in 1932 offering qualified midshipmen reserve commissions in the United States Marine Corps. The initial program was highly successful and was instrumental in the Navy's expansion from a manpower force of 100,000 officers and sailors in 1933 to over three and one-half million in 1945. As the United States became the world's leading power, the requirement for a larger regular career officer corps for the Navy became evident.

The Holloway Plan, passed in 1946, established the NROTC regular program, supplementing the output of the U. S. Naval Academy. In 1972, the Secretary of the Navy authorized 16 women to enroll in the program and in 1992 the first 120 Nurse Corps commissions were authorized. NROTC now consists of the NROTC scholarship program and the NROTC college program, both of which award graduating Midshipmen active duty commissions for active duty in the Navy and Marine Corps. The Strategic Sealift Officer program is a part of NROTC that commissions graduating midshipmen who have obtained a Coast Guard Merchant License into the Naval Reserve. NROTC also includes programs for active duty enlisted Sailors and Marines to gain a commission (Seaman to Admiral 21, Marine Enlisted Commissioning Education Program).

1.2 History of the NROTC Unit at SUNY Maritime College

The NROTC unit at the State University of New York Maritime College was established on 1 October 1973 following decades of Navy involvement with the college. It commissioned its first two graduates with the class of 1974. A decision to disestablish the unit in 1977 was quickly overturned by strong support from the college and various legislators. In the years since, the unit gained cross-town enrollment agreements with Fordham University (1985), Molloy College (1992 - Nurse Option only), and Columbia University (2012), allowing interested undergraduate students attending those institutions to participate in NROTC as college program or scholarship midshipmen. References to NROTC Unit SUNY Maritime College from here forward will also imply Fordham, Columbia, and Molloy.

1.3 NROTC Unit Organization

1.3.1 SUNY Maritime College Organization

The NROTC Unit constitutes the Department of Naval Science under the control of the Vice President for Academic Affairs of the Maritime College. The Commanding Officer of the Unit is appointed by the school to serve as Professor of Naval Science and department chair. The Executive Officer is appointed Associate Professor of Naval Science and other Navy and Marine Corps officers assigned as instructors receive appointments as Assistant Professors of Naval Science. Navy Chief Petty Officers and Petty Officers, and Marine Corps Staff Non-Commissioned Officers serve as assistant instructors or in administrative billets and are members of the Maritime College staff.

1.3.1.1 Role of the Marine Officer Instructor (MOI)

The MOI is responsible to the Unit CO for the conduct of the Naval Science Leadership Lab and acts as the primary advisor to the Midshipman Battalion Staff. The MOI is responsible for assigned Naval Science courses and advises all Marine option midshipmen regarding academic and professional matters.

1.3.1.2 Role of the Year Group Advisors (YGA)

The YGAs are responsible to the Unit CO for the conduct of assigned Naval Science courses. YGAs are familiar with student academic requirements and the importance of academic success. To solve midshipman academic problems, YGAs interact with other College departments and Dean's offices. YGAs advise midshipmen and closely monitor each individual's progress. YGAs act as professional, academic, and personal counselors and midshipmen should consult with them about any problem or question.

1.3.1.3 Role of the MMR Program Officer

The MMR Officer is responsible to the Unit CO for overseeing the MMR program, MMR instruction, coordinating with the Maritime College for SIP, and records keeping.

1.3.1.4 Role of the Assistant Marine Officer Instructor (AMOI)

Responsible to the MOI for battalion close-order drill, physical fitness, and training of prospective Marine officers.

1.3.1.5 Role of Unit Senior Chief Petty Officer (SCPO) and Chief Petty Officers (CPOs)

SCPOs and CPOs assist in the personal and professional development of all midshipmen by providing guidance, counseling, motivation, support, encouragement and training as needed. They participate in midshipmen functions and events, as appropriate.

1.3.1.6 Administration

The overall supervision of the administrative office is assigned to the Unit Executive Officer. In the administrative office, a civil service secretary assists a senior. We do not have a Yeoman on staff.

1.3.1.7 Midshipman Record

Detailed academic and aptitude records are maintained on each midshipman at the Unit. Service and health records are filed in the administrative office. The NROTC Unit uses a database called OPMIS which assists in tracking a midshipman's performance. A midshipman may review these records with the YGA upon request

1.3.1.8 Supply

Fiscal and supply matters are also the responsibility of the Executive Officer who is assisted by the Unit Supply Officer.

1.3.2 Battalion Chain of Command (Midshipmen)

The Battalion Staff assist the Midshipman Battalion Commander in the formulation and dissemination of command policy. They assist and advise subordinates in the implementation of policy, evaluate its effectiveness, and report back to the Battalion Commander. The Battalion Commander and his Staff should be considered as an entity. However, Staff officers do not, by virtue of their capacity as Staff officers, have authority over subordinate units of the Battalion.

1.3.2.1 Battalion Commander (BNCO)

The senior most member of the midshipman battalion and works directly with the Battalion Staff in the execution of the battalion's operations orders.

- (a) Responsible for all that the Battalion does or fails to do.
- (b) Reports directly to Unit Staff and is evaluated by the MOI.
- (c) The BNCO has direct access to the Unit Commanding Officer but is expected to advise the Unit Executive Officer of any pertinent matters discussed with the Commanding Officer.

1.3.2.2 Battalion Executive Officer (BNXO)

The Battalion Executive Officer is the principal assistant and advisor to the Battalion Commander. The BNXO. He or she performs duties in the Battalion Staff similar to those of a Chief of Staff or Executive Officer in an Operational Command.

- (a) Responsible for the supervision of the battalion staff and coordinate the activities of the battalion staff officers.
- (b) Assume command of the battalion in the absence of the BNCO.
- (c) Ensures all midshipman evaluations are accurately completed in a timely manner.

1.3.2.3 Battalion Master Chief (BNCM)/ Battalion Sergeant Major (SgtMaj)

- (a) Responsible to the BNCO for the overall good order and discipline of the battalion.
- (b) Counsel and mentor midshipmen who are not performing at the required level.
- (c) Responsible for the appearance and grooming of the battalion while in uniform.

1.3.2.4 Administration Department Head

The Department Head is responsible to the BNCO for coordinating and supervising all midshipman administration.

- (a) Responsibilities to the unit include organization and accurate account of all musters including attendance recall, excusal chits, and counseling chits.

1.3.2.5 Operations Department Head

The Department Head is responsible to the BNCO for ensuring the smooth and efficient execution of all BN events, including the weekly leadership lab. The Department Head assists in the formulation of the Battalion schedule and ensures that all planning and logistical concerns are met.

- (a) Continually update the Battalion schedule and explore contingency in order to execute evolutions smoothly.
- (b) Keep the Unit Staff informed of the Battalion schedule.
- (c) The Department Head is assisted by several individuals. The Training Division Officer helps in the execution of the lab schedule. The Operations Officer will also assign, on an as-needed basis, special projects assistant(s) to help in planning and executing any functions for the battalion that occur outside of lab.

1.3.2.6 Supply Department Head

The Battalion Supply Department Head is responsible to the BNCO for managing the outreach to external organizations as well as the recruitment and admission of new midshipmen.

- (a) Manages events that occur with organizations outside of the battalion.

1.3.2.7 Logistics Department Head

The Battalion Logistics Department Head is responsible to the BNCO for managing the Midshipman Fund and providing any logistical support needed in the execution of the lab schedule. In general, the Department Head ensures that all Battalion supply needs are met.

- (a) Creates and presents a Battalion budget to the Unit Staff.
- (b) Must oversee the budgeting requirements of all Battalion activities and organizations.

1.3.2.8 Physical Training Instructor (PTI)

The Battalion PTI is responsible for overseeing all battalion

physical fitness activities.

- (a) The PTI maintains and creates a physical training plan for the battalion.
- (b) Administers both FEP PT as well as battalion wide PT on a weekly basis.
- (c) Maintains physical training records for the battalion.
- (d) Assistants will be assigned.

1.3.2.9 Division in the Spotlight Officer (DITS-O)

The Battalion DITS-O is responsible for overseeing the division in the spotlight and ensuring that all necessary aspects of the division are checked.

- (a) The DITS-O carries out the Service Dress Blue of the division in the spotlight.
- (b) Ensures that all members of the division sign up for counseling.

1.3.2.10 Drill Team Commanding Officer

The Drill Team CO is responsible for overseeing all battalion drill activities.

- (a) Handles training of drill teams for various events and competition throughout the semester.

1.3.2.11 Academics Division Officer

The Battalion Academics Officer is responsible for being the primary officer for tracking Midshipman grades.

- (a) Issues a master roster for midshipmen required to attend study hall and passes absences up through the chain of command.

1.3.2.12 Public Affairs Division Officer

The Public Affairs Officer is generally responsible for the public representation of the Battalion. Through publications, letters, displays, and phone calls, the PAO attempts to relate current Battalion activities to alumni, prospective Midshipmen, and the public.

- (a) The PAO is specifically in charge of three tasks:
 - 1. Midshipman publication production
 - 2. arranging press coverage of Battalion events
 - 3. photo/videography

1.3.2.13 Training Division Officer

The training officer's primary responsibility is to schedule and make logistical arrangements for future Battalion labs. The Division Officer focuses on events three to five lab periods away ensuring reservations and other arrangements are made.

- (a) The Division Officer also collects and maintains files of all after action reports. With the BNCO and BN XO, the Division Officer will evaluate the success of past evolutions.
- (c) Consults with the Operations Department Head for matters concerning the current semester and reports to the BN XO.

1.3.2.14 Events Division Officer

The event officer's primary responsibility is to schedule and make logistical arrangements for future Battalion events. The Division Officer focuses on events for the semester, ensuring reservations and other arrangements are made.

- (a) The Division Officer also collects and maintains files of all after action reports. With the BNCO and BN XO, the Division Officer will evaluate the success of past events.
- (d) Consults with the Operations Department Head for matters concerning the current semester and reports to the BN XO.

1.3.2.15 Wardroom Division Officer

The wardroom officer's primary responsibility is to organize and manage all non-formal battalion events such as optional excursions to various locations or movie nights.

1.3.2.16 Outreach Division Officer

The outreach officer's primary responsibility is to handle events with organizations outside of the battalion. It is also their responsibility to ensure attendance at battalion events is tracked.

- (a) Responsible for coordinate with university admissions to represent the battalion and recruit new midshipmen.

1.3.2.17 Finance Division Officer

The finance officer's primary responsibility is to manage the midshipman fund and collect money for various battalion events throughout the semester.

- (a) Responsible for organizing and executing various fundraising events throughout the semester.

1.3.2.18 Transportation Division Officer

The transportation officer's primary responsibility is to coordinate transportation to and from various battalion events throughout the semester.

- (a) Responsible for facilitating the LENS certification of midshipmen throughout the battalion.

1.3.3 Department Staff Officer Billet Descriptions

1.3.3.1 Department Head

- (a) Responsible for the overall performance of the department and reports to the BN XO.
- (b) Passes down word between the BN CO and division officers on matters concerning the department.
- (c) Relay commander's intent and outline expectations for the semester.
- (d) Provide guidance and intent to the Department Chief and division officers ensuring that all requirements and standards are being met, as well as emphasize the importance of passing critical information.

1.3.3.2 Department Chief

- (a) Support the Company Commander in all of his or her duties.
- (b) Takes charge of company in absence of the Company Commander.

1.3.3.3 Division Officer

- (a) Responsible for the overall performance of the division and reports to the Department Chief.
- (b) Passes down word between the Department Head and division on matters concerning the department.
- (c) Relays commander's intent for the semester.
- (d) Provides guidance to division members ensuring that all requirements and standards are being met as well as emphasize the importance of passing critical information.

1.3.3.4 Division Chief

- (a) Responsible for the training of the platoon guides.
- (b) Ensures all members of the company are within proper uniform and grooming standards and reports to the division officer.
- (c) Reports to the division officer as necessary.

Chapter 2

Description of Programs

Within the NROTC program, there are many different routes one can take to become a commissioned Navy or Marine Corps officer. The following section will outline and give a brief description of each route.

2.1 National Scholarship Program

Navy and Marine Scholarship NROTC students are selected annually by a national selection board. They are appointed Midshipmen, United States Navy or Marine Corps Reserve, and are on inactive duty except while on summer training. Scholarship students receive the following benefits: full tuition, uniforms, book stipend, monthly subsistence allowance. Midshipmen on scholarship will generally complete three summer training sessions. Upon graduation, they will be commissioned as active duty officers in the Navy or Marine Corps, to serve at the pleasure of the President of the United States. Navy Option Midshipmen are obligated to serve a minimum of five years active duty after commissioning, while Marine Options must serve a minimum of four years active duty. Additional commitments vary depending on service assignment.

2.2 Four Year College Program

College Program NROTC students are civilians who have entered into a contract with the Secretary of the Navy. They are selected by the NROTC Unit Commanding Officer from among those students enrolling in the University who apply for the program. College Program students are referred to as Midshipmen, although they do not actually have such appointments. They take the same Naval Science courses, wear the same uniforms and participate in all Unit activities in the same manner as Scholarship students. College Program student benefits include uniforms, Naval Science textbooks, and, during their third and fourth years, a monthly subsistence allowance. The monthly allowance is initiated only after being qualified for advanced standing. They participate in a first class summer training session and, upon graduation, are commissioned as officers in the Navy or Marine Corps.

2.3 Change from College Program to Scholarship Status

The Professor of Naval Science may recommend deserving College Program students for Scholarship status. Selection is based on academic performance and aptitude evaluation. Final approval is vested in the Commander, Naval Service Training Command (NSTC) in Great Lakes, Illinois, via NSTC OD in Pensacola, Florida.

2.4 Two or Three Year Scholarship Program

The NROTC Two or Three-Year Scholarship Program is open to College Program midshipman, non-affiliated students, Marine to Navy Change of Option request, Nurse to Navy Unrestricted Line (URL) Change of Option requests (Advanced Standing only) who wish to compete for Scholarship or Advanced Standing. Applicants must have completed at least 30 college semester hours but no more than 90 college semester hours. Upon acceptance of appointment, selectees must agree, in writing, to complete all program requirements stipulated in the reference for Scholarship or Advanced Standing students as appropriate.

2.5 NROTC College Program Basic Course

The NROTC College program Basic Course is offered to college students who wish to serve their country as commissioned officers but have not been awarded any form of NROTC Scholarship. They are selected from those who have applied for enrollment at the NROTC unit and sign a contract in which they agree to complete certain Naval Science Courses and one summer training period (if selected for Advanced Standing). The Basic Course of the College Program is designed for those students with more than two years of college coursework remaining. While in the Basic Course, students have the status of civilians.

2.6 NROTC College Program Advanced Course

Students are considered to be in Advanced Standing if they are selected by NSTC OD2 or Marine Corps Recruiting Command (MCRC) for Advanced Standing, accepted into the Advanced Course by the PNS, found physically qualified by the Department of Defense Medical Review Board and attend the third year of Naval Science courses. Advanced Standing includes the third and fourth year of Naval Science courses and 1/C Summer Training. Every student selected for Advanced Standing must enlist in the Naval or Marine Corps Reserve prior to commencing the Advanced Course. The Navy will provide accepted students with uniforms, Naval Science textbooks, and a subsistence allowance for a maximum of 20 months. Upon completion of Naval Science coursework and graduation, Advanced Standing college program students will be commissioned as an Ensign in the Navy or as a Second Lieutenant in the Marine Corps

2.7 Nurse Corps Program

Currently, only nursing students from Molloy College who have been selected for the four-year nurse corps program or freshmen nursing students can participate in the SUNY Maritime NROTC program.

- (a) Nurse Option midshipmen are required to take four of the eight naval science classes and to participate in leadership lab.

1. Except where such participation conflicts with required clinicals.
- (b) Upon graduation, midshipmen are commissioned as an Ensign, Nurse Corps, United States Navy and serve on active duty.
- (c) Nursing students without a NROTC scholarship may enroll in the nursing college program.
- (d) Service requirement is four years of active military service.

2.8 Navy Option

- (a) Navy Option midshipmen are destined for an active-duty commission as an Ensign in the United States Navy.
- (b) If on scholarship, the midshipmen will attend CORTAMID and 2/C summer cruise.
- (c) Both scholarship and advanced standing midshipmen must attend 1/C summer cruise in order to commission.
- (d) They must commission into an unrestricted line community unless specifically excused.
- (e) Minimum service requirement is five years of active-duty service unless assigned as a Naval Aviator or Naval Flight Officer, in which case the requirement is eight (8) or six (6) years (respectively) of active-duty service after completion of flight school.

2.9 Marine Option

- (a) Marine Option midshipmen, whether on scholarship or advanced standing status, are destined for an active-duty commission as a Second Lieutenant in the United States Marine Corps.
- (b) If on scholarship, they will attend CORTAMID and 2/C summer cruise.
- (c) They will attend the Mountain Warfare Training Center (MWTC) at the completion of their 3/C year, and Officer Candidate School (OCS) at the completion of their 2/C year.
- (d) Marine Officers are assigned their Military Occupational Specialty (MOS) at The Basic School (TBS), which they will attend after being commissioned.
- (e) Marine Option midshipman may, however, receive a flight contract before reporting to TBS if they meet all of the requirements and are selected.
- (f) Minimum service requirement is four years of active-duty service unless assigned as a Naval Aviator or Naval Flight Officer, in which case the requirement is eight (8) or six (6) years (respectively) of active-duty service after completion of flight school.

2.10 Seaman to Admiral 21 Program (STA-21)

- (a) STA-21 is a program that selects distinguished Navy enlisted sailors for participation in NROTC and active-duty commission in the United States Navy. Combining several legacy enlisted commissioning programs, STA-21 selectees remain on active duty and keep their pay, allowances, medical benefits, and eligibility for military housing.
- (b) Selectees have 36 months to complete a baccalaureate degree and will be year-round full-time students. STA-21 sailors receive up to \$10,000 in academic financial assistance from the Navy per year to pay for college expenses.
- (c) STA-21 sailors participate in all Battalion activities while completing the Navy STA-21 program. All Navy STA-21 Officer Candidates are assigned for duty as full-time students in rigorous and demanding curricula. They are not given duties as enlisted personnel or assigned in any manner inconsistent with NROTC midshipmen. STA-21 Officer Candidates receive full pay and allowances, retain all privileges and benefits accruing to active members, and are subject to the Uniform Code of Military Justice (UCMJ).

2.11 Marine Enlisted Commissioning Education Program (MECEP)

- (a) MECEP was established by the Commandant of the Marine Corps to provide an opportunity for high quality enlisted Marines to attend a NROTC affiliated college or university to complete a bachelor's degree. Following successful completion of OCS and graduation, they are commissioned as officers in the United States Marine Corps.
- (b) MECEPs remain on active duty and keep their pay, allowances, medical benefits, and eligibility for military housing. Selectees have 4 years to complete a baccalaureate degree and will be year-round full-time students. MECEP Marines do not receive any financial assistance from the Marine Corps but may use any eligible veteran's benefits.
- (c) Marines in the MECEP program continue to wear their enlisted uniform and will be addressed by their enlisted rank. They are assigned for duty as full-time students in rigorous and demanding curricula and will not be given duties as enlisted personnel or assigned in any manner inconsistent with NROTC midshipmen during the academic year.
- (d) MECEP Marines receive full pay and allowances, retain all privileges and benefits accruing to active members, and are subject to the Uniform Code of Military Justice (UCMJ).

Chapter 3

Academic Expectations and Requirements

3.1 Attendance of College Classes

Class attendance is one of many measures of aptitude for commissioned service, for in attending class the midshipman demonstrates self-discipline. A Midshipman who receives poor grades because of unauthorized absences in his college classes is not fulfilling his/her obligations to the naval service, the school, or him/herself. Midshipmen are expected to attend all classes; in NROTC the classroom is the primary place of duty.

3.2 Academic Integrity

As stated in the Midshipmen Honor Code, a midshipman does not lie, cheat or steal. These fundamentals demand academic integrity. Cheating and plagiarizing will not be tolerated and may be considered by an academic review board as an indication of inaptitude for commissioning in any of the unit's programs. Students found guilty of cheating or plagiarism risk failure of the course, disenrollment from their respective program and expulsion from their college in accordance with university policies. In any case of academic dishonesty, the only course of action a midshipman should consider is telling the truth. For further clarification, guidance on these violations follow:

- (a) **Cheating:** Possessing unauthorized sources of information during an examination; copying work from another student or permitting another student to copy during an exam; completing an assignment for another student.
- (b) **Plagiarism:** Representing someone else's work/research/ideas as your own by copying or paraphrasing without utilizing the proper citation. Submitting your own work for credit more than once, without authorization, is also a form of plagiarism. In order to safeguard yourself from accusations of plagiarism, here are some tips:
 - 1. If you intend to paraphrase another's idea you can cite it by using a footnote or parenthetical documentation. Example: (Vasquez, 98).
 - 2. Be sure to include all of your sources at the end of the document on an alphabetized works cited sheet.
 - 3. It is not necessary to document sources for commonly known facts, common sayings or famous quotations.
 - 4. Guidelines are available from a variety of sources including the MLA Handbook for Writers of Research Papers, 8th edition.

3.3 Academic Performance

While not always directly linked to the performance of their future duties as an officer, academics are one of three core areas a midshipman is evaluated upon while being groomed and evaluated for a commission. Academic success in college offers a strong indication of a midshipman's potential to grasp the more difficult topics of tactics, systems, aerodynamics, and weaponeering that will become important post-commissioning. For the purposes of NROTC, any semester academic performance below a 2.5 grade point average may be cause for review and possible staff action. Sustained performance below 2.5 will result in the convening of a performance review board and retention or removal recommendations to the unit Commanding Officer.

3.4 Dropping Classes

Dropping classes after the first 2 weeks of the semester with the goal of avoiding a low grade will be viewed negatively by the unit staff. Academics are one of the missions in NROTC, quitting on the mission is viewed in an extremely negative light. In addition to failing to achieve one's goals, it delays commissioning and may affect Navy and Marine Corps manning.

3.5 Requirements by College Program

Complete By End of		Sem Hrs	College Program						
			Scholarship		Advanced Standing		Nurse	STA-21 ²	SSMP
			Navy	USMC	Navy	USMC			
3/C	Calculus	6	●	+	+	+		●	
	English	6	●	●	●	●	●	●	●
2/C	Physics (calculus based)	6	●	+	+	+		●	
	College Algebra or higher	6			●				●
1/C	American History or National Security Policy	3	●	●	●	●		²	
	World Culture and Regional Studies	3	●	+	●	+	●	²	
	Physical Science	6			●				

●: Required

+: Advised to make student competitive for USN scholarship

² [STA-21 Program Authorizations](#) take precedence over these requirements

3.6 Naval Science Requirements

- (a) Midshipmen are required to complete the Naval Science courses appropriate for their year group. Note that not all credits for Naval Science courses may be applicable for graduation credit requirements. Check with your advisor.
- (b) Midshipmen must take Naval Science Leadership Lab (SUNY registration NVSC 150, 151, 250, 251, 350, 351, 450 or 451) during every semester they are enrolled in the program. Normally, eight semesters of Naval Science Leadership Lab are required to successfully complete the four-Year NROTC program. Leadership lab periods are scheduled on Fridays from 0800 to 1000 to preclude scheduling conflicts.
- Freshman (4/C): Fall NVSC 150, Spring NVSC 151
 - Sophomore (3/C): Fall NVSC 250, Spring NVSC 251
 - Junior (2/C): Fall NVSC 350, Spring NVSC 351
 - Senior (1/C): Fall NVSC 450, Spring NVSC 451

Typical Timing		Scholarship or Advanced Standing					
		Navy	USMC	Nurse	MECEP	STA- 21	SSMP
4/C	Introduction to Naval Science	•	•	•		NSI	•
	Sea Power and Maritime Affairs	•	•	•		NSI	
3/C	Leadership and Management	•	•	•		•	
	Navigation	•				NSI	
2/C	Strategic Sealift Officer Course						•
	Naval Ship Systems I (Engineering)	•				NSI	
	Naval Ship Systems II (Weapons)	•				NSI	
	Evolution of Warfare		•		• ¹		
1/C	Naval Operations and Seamanship	•				NSI	
	Fundamentals of Maneuver Warfare		•		• ¹		
	Leadership and Ethics	•	•	•	•	•	•
All terms	Naval Science Laboratory	•	•	•	•	•	•

•: Required

NSI: Course requirement met by completion of NSI

¹ PNS may waive course under conditions in 3-5 4.d. (2)

3.7 Attendance of Naval Leadership Laboratory

Absence from a Leadership Laboratory without prior authorization is a disciplinary offense. Authorization for unavoidable absence must be obtained in advance from the advisor, as well as submitted with the midshipman squad leader (or above) in the midshipman chain of command.

- (a) Absences immediately excusable by the midshipman chain of command are:
 - 1. Emergent illness of the Midshipman
 - 2. Death in the family
 - 3. Critical illness in the family when the family requests the Midshipman's presence
- (b) All non-emergent illnesses that prevent a midshipman from attending must be routed through the chain of command in form of a medical chit. Example in Appendix ____.
- (c) Midshipmen are encouraged to participate in extra-circular activities, but not at the expense of their NROTC training. All midshipmen must be able to de-conflict sports and other clubs with NROTC. Practices and meetings are not considered excused absences. All games and matches must be submitted through a chit in ample time.
- (d) Leadership Laboratory is a pass/fail course, anything below 80% is considered a fail and it will be determined based on performance in the following areas:
 - 1. PRT
 - 2. Guidebook Exam
 - 3. Attendance
 - 4. Military Bearing/aptitude

3.8 Required Study Hall

To raise performance in calculus and physics, at the beginning of each term, two hours of tutoring are required per week for scholarship students in these courses. This time can be completed the following ways:

- (a) university tutoring programs
- (b) office hours with professors
- (c) teaching assistants
- (d) military academic advisors
- (e) tutoring provided by upper-class midshipmen who earned a "B" or higher in the course.

The requirement may be relaxed for a specific course once the student demonstrates satisfactory performance in that course.

3.9 Academic Warning/Probation/LOA/Disenrollment

Any Midshipman receiving an "F" or "incomplete" in any required course or having a semester or cumulative GPA below 2.5 will be subject to a performance review board and is considered below program standards.

Warning is just that and indicates that a midshipman is formally on record for not performing up to standard.

Probation denotes that the Midshipman's continuation in the program is now in jeopardy.

Leave of absence (LOA) means that while a midshipman will be expected to attend all NROTC events, no financial incentive in the way of SIP or scholarship benefits will be paid out. College program midshipmen with a cumulative GPA below 2.5 will not be considered for scholarship or advanced standing.

(a) Midshipmen will be placed on an automatic LOA if they demonstrate:

1. a repeat failure in calculus or physics
2. three consecutive semester GPAs below 2.5
3. enrolling in fewer than 12 semester hours without PNS approval
4. not meeting calculus/ physics completion requirements
5. failing to correct academic probation stipulations

In nearly all cases of substandard performance, the unit staff will convene a performance review board, and make recommendations to the Commanding Officer. The Commanding Officer will be the one who ultimately decides what action is taken.

Chapter 4

Physical Requirements

The Navy and Marine Corps emphasize physical fitness as a requirement for effective naval officers. As future leaders, Midshipmen are expected to strive to exceed the Navy or Marine Corps minimum fitness standards. Midshipmen are required to pass the Navy Physical Readiness Assessment (PFA), Marine Corps physical fitness test (PFT) or Combat Fitness test (CFT) each semester. They are conducted twice each semester. The first test is known as the Inventory PRT, which does not count against your numeric grade for lead lab.

4.1 PRT- Navy and SSM Options

- (a) The PRT consists of three events:
 - 1. two minutes of push-ups
 - 2. A plank held for maximum time
 - 3. A mile and a half (1.5) run
- (b) A minimum of **GOOD** is required for **ALL** categories. Any score below good will result in a failure of the PRT.
- (c) While swimming in lieu of running is authorized in the fleet, it will not be available for midshipmen.
- (d) The use of an approved rowing machine is authorized to replace the cardio option

4.2 PFT- Marine Option

- (a) The PFT consist of three events
 - 1. Pull-ups or push-ups test
 - 2. Timed plank test
 - 3. Timed three (3) mile run.

4.3 CFT- Marine Option

- (a) The CFT consist of three events
 - 1. movement to contact, eight hundred and eighty (880) yard run
 - 2. two minutes of the thirty (30) pound ammo can press
 - 3. maneuver under fire; 300-yard shuttle run in which Midshipmen are paired up by size and perform the following tasks: sprints, agility course, high crawl, low crawl, body drag, fireman carry, ammo can carry, push-ups and grenade throw.

4.4 Fitness Enhancement Program (FEP)

Midshipmen who fail will be placed on probation, will be required to participate the FEP and will have a notation made in their

aptitude evaluation. Students who incur three failures in a four-year period to pass the PFA/PFT/CFT, third class swim, or meet height/weight requirements are subject to a PRB for disenrollment. FEP consists of one extra day of workouts created to improve the midshipman's physical fitness level. Under no circumstances should a commissioned officer be placed on FEP.

4.5 Swim Qualifications

The Navy Third Class and Second Class swimming tests are given to NROTC Midshipmen during the first semester of enrollment. Students qualifying as Second Class swimmers are not required to test annually.

4.5.1 Swimmer, Third Class

Consists of the following maneuvers:

- (a) Deep Water Jump (Minimum height of 5 feet.)
- (b) 5 minute prone float
- (c) 50 yard swim using any basic survival stroke
- (d) Shirt and Trouser or Coverall Inflation

Qualifying as a third class swimmer would require re-taking the swim test each year.

4.5.2 Swimmer, Second Class

Consists of the following maneuvers:

- (a) All Third Class Qualifications
- (b) 5-minute prone float transitioning to back float
- (c) 100 yard swim using the following four basic survival strokes in order:
 - 1. Crawl
 - 2. Breast
 - 3. Side
 - 4. Elementary backstrokes

Completion of this test is mandatory for commissioning. Once passed, a MIDN will not have to take another swim test.

4.6 Weight Control

- (a) Midshipmen whose body fat is above the established standards for the Body Composition Assessment (BCA) portion of the Official PFA automatically fail the PFA and will be assigned to FEP and be given aptitude probation for their first failure.
- (b) Students who fail to meet established BCA standards twice within three years will be subject to disenrollment from the NROTC program.
- (c) First Class Midshipmen who fail to meet established BCA standards by the time of commissioning will be placed in a leave of absence status or recommended for disenrollment as determined by the Unit Commanding Officer.
- (d) For information about the Height/ Weight Standards as well as the PRT/PFT/CFT scoring system please consult Appendix B.

Chapter 5

Uniforms and Appearances

Below is an abridged version of Navy and Marine Corps Uniform Regulations for use as a quick reference. The delineated full version can be found by visiting the Navy's Uniform website at: United States Navy Uniform Regulations NAVPERS 15665I and the Marine Corps Order 1020.34H

5.1 Wearing the Uniform

Midshipmen must set and maintain the highest standards in uniform appearance. The military image reflected by attention to detail, is a key element in the public image of the Navy and Marine Corps. The following elements are key:

(a) Neatness

(b) Cleanliness

1. Midshipmen will launder and dry clean uniforms at their own expense.
2. Uniforms will be scrupulously clean and pressed at all times with devices and insignia bright and free from tarnish.
3. Black shoes and brass belt buckles must be clean and highly polished.

(c) Military image

1. Military creases are formed by pressing two vertical creases in the front of the shirt, from the shoulder to seam through the center of each pocket to the bottom of the shirt, and three evenly spaced vertical creases in the back of the shirt, from the yoke seam to the bottom of the shirt.

5.2 Standard Uniform Items

Midshipmen are to be in a complete uniform and in compliance with the uniform standards described in this handbook anytime they are in uniform. The wearing of partial or incomplete uniforms so that the uniform can be "preserved" for inspection is not permitted. Midshipmen will meet uniform standards whether they are standing an NROTC inspection or attending other school classes in uniform.

5.2.1 Belts

(a) Navy Option

1. The belt is worn with the polished end of the belt tip flush with the buckle.

2. The open side of the buckle will be aligned with the gig line, so that the open end of the shirt, the open end of the buckle, and the overlap of the fly of the trousers all make a continuous straight line.
3. Belt buckles must always be shined and free of dirt and/or excess polish.

(b) Marine Option

1. The belt is worn with the belt tip extending 2 to 4 inches beyond the buckle.
2. The buckle edge is also aligned with the gig line.
3. Belt buckles must always be shined and free of dirt and/or excess polish.

5.2.2 Trousers

Trousers are to be worn at a length to cover the upper part of the rear of the shoe by approximately 1".

5.3 Glasses

No eccentric or faddish glasses are permitted. Conservative sunglasses are permitted, except in military formations or inspections. Plain, black, snugly worn retainer straps are authorized for safety only. Contact lenses must be a natural color.

5.4 Jewelry

Conservative jewelry is authorized and shall be in good taste while in uniform. Eccentricities or faddishness are not permitted. Jewelry shall not present a safety hazard.

5.4.1 Earrings

5.4.1.1 Specifics for Women

(a) Navy Option

1. One earring per ear (centered on earlobe) may be worn while in uniform.
2. Earrings shall be 4 millimeters-6 millimeters (mm) (about 1/8 inch- 1/4 inch) in diameter.
3. Single pearl earrings are authorized for wear with Dinner and Formal Dress uniforms.
4. Round cut diamond earrings may be worn with Dinner Dress Blue and White Jacket uniforms only.
5. Ball earrings may be worn with all other uniforms.

(b) Marine Option

1. Small, polished, yellow gold or silver color, ball, or round stud earrings not to exceed 6 mm in diameter, may be worn with the service uniform.

2. Small white pearl-like earrings not to exceed 6 mm in diameter, may be worn with blue dress "A" uniforms when worn for social events.
3. When worn, earrings will fit tightly against, and not extend below, the earlobe.
4. Only one earring will be worn on or in each earlobe.
5. Earrings will not be worn with the utility uniform, or while participating in a parade, ceremony, or other similar military functions

5.4.1.2 Specifics for Men

(a) Navy Option

1. No earrings will be worn in uniform, military bases, or while participating in any NROTC sponsored event.

(b) Marine Option

1. Not authorized to wear earrings.

5.4.2 Rings

While in uniform, only one ring per hand is authorized, plus a wedding or engagement ring set. Rings are not authorized for wear on thumbs.

5.4.3 Necklaces

While in uniform, only one necklace may be worn and shall not be visible.

5.4.4 Wristwatches and Bracelets

While in uniform, only one of each may be worn. Ankle bracelets are not authorized while in uniform.

5.5 Umbrellas

Plain black umbrellas may be carried in inclement weather.

5.6 Bags

Bags should be carried in the left hand to facilitate saluting. Bags, such as briefcases, gym bags, lunch bags, suitcases, shall be hand carried with the following exceptions:

- (a) Backpacks and gym bags - These may be worn as designed when riding a bicycle or motorcycle.
- (b) When a midshipman is in service or dress uniform, bags will always be hand carried
- (c) A full sea bag may be carried on the shoulders.

5.6.1 Navy Option

Midshipmen may wear the strap across the left shoulder, with the bag hanging on the same side of the body in khakis. The case or

bag will not be worn with the strap and bag on the opposite sides of the body (diagonally). Backpacks may also be worn over both shoulders when wearing the working uniform (e.g. coveralls, NWU, utilities, and camouflage). All bags worn with the uniform must conceal its contents and be either solid black or navy in color. There shall be no personal ornamentation attached on or to bag.

Women's Navy handbags are worn over the left shoulder or forearm, placing the top of the handbag at waist level with the strap attached and extended so that the individual's left hand cups the bottom of the purse. A clutch style handbag is authorized for wear with service dress uniforms.

5.6.2 Marine Option

Midshipmen are authorized to wear black, olive drab, brown, tan or a combination, or organizational backpacks, of conservative nature with minimal logo representation (subdued colors no larger than 5 inches long by 2 inches wide), in camouflage uniform only.

5.7 Articles

No articles shall protrude from or be visible on the uniform, including items such as pencils, pens, cell-phones, key chains, pins, combs, large wallets, or cigarettes.

5.8 Grooming Standards

Grooming standards are based on neatness, cleanliness, safety, military image, and the uniformed appearance of members of the Navy. Members of the Battalion are expected to be within grooming standards and appearance at all times especially when in uniform.

5.8.1 Grooming Standards for Men

NROTC midshipmen are required to shave for all activities such as: PT, NROTC class, Lead Lab, Counseling or any time reporting to the NROTC offices.

5.8.1.1 Navy Option

(a) Hair

1. Neat, clean and present a groomed appearance.
2. Hair above the ears and around the neck will be tapered from the lower hairline upward to at least 3/4 inches and outward no greater than 3/4 inches to blend with the hairstyle.
3. Hair on the back of the neck may not touch the collar.
4. Hair will be no longer than 4 inches and groomed so that it does not touch the ears or the collar, extend below eyebrows when headgear is removed, show under front edge

of headgear, or interfere with proper wearing of the headgear.

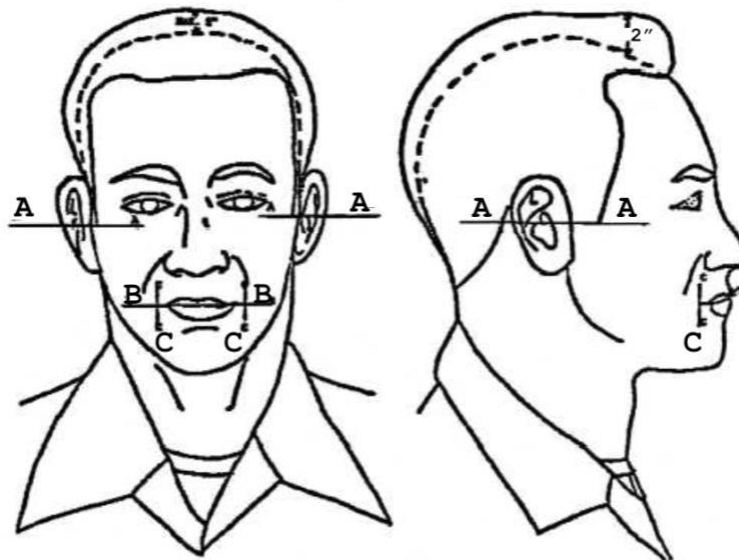
5. Bulk of the hair shall not exceed 2 inches.
6. Varying hairstyles, including afro, are permitted provided these styles meet the criteria of maximum length and bulk, tapered neck and sides, and do not interfere with the proper wearing of military headgear.
7. Hair coloring must look natural and complement the individual. One (cut, clipped, or shaved) natural, narrow, fore and aft part is authorized.

(b) Sideburns

1. Sideburns shall be neatly trimmed and tapered in the same manner as the haircut.
2. Sideburns will not extend below a point level with the middle of the ear, as shown by line "A", will be of even width (not flared), and will end with a clean-horizontal line.

(c) Beards and Moustaches

1. NROTC midshipmen are not authorized to wear beards.
2. If a moustache is worn it shall be well groomed and neatly trimmed at all times in order not to present a ragged appearance.
3. The moustache will not go below a horizontal line extending across the corners of the mouth, as indicated by line "B", and no more than 1/4 inch beyond a vertical line drawn upward from the corners of the mouth (line "C").



(d) Fingernails

1. Fingernails shall not extend past fingertips. They shall be kept clean.
2. Colored nail polish is not authorized for men

5.8.1.2 Marine Option

(a) Hair

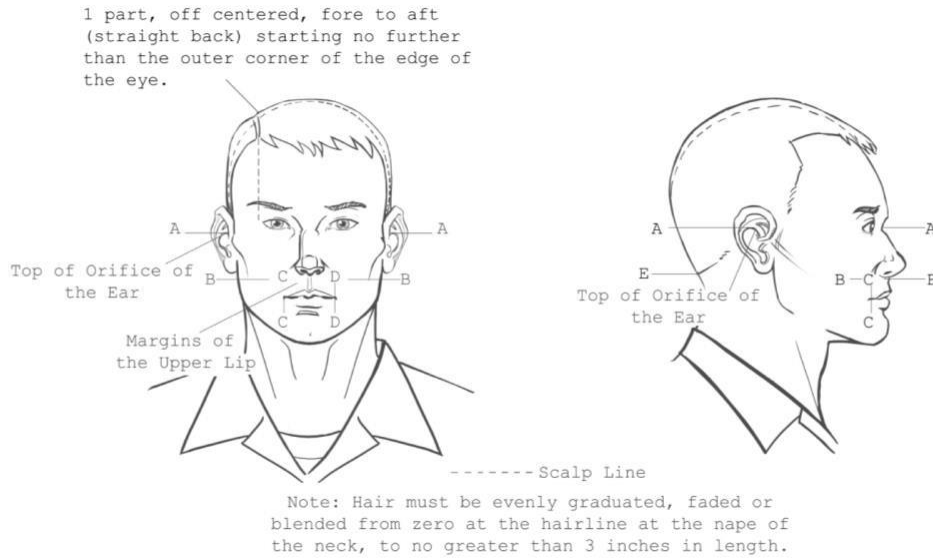
1. Hair will be neat and closely trimmed and be evenly graduated all the way around the head (blended or faded and not edged as an outline) from zero length (skin) at the hairline to at least the top orifice of the ear circling around the back of the head, where it may then extend to the maximum hair length.
2. Hair will not be over 3 inches in length fully extended on the upper portion of the head.
3. The bulk of the hair shall not exceed approximately 2 inches. Bulk is defined as the distance that the hair protrudes from the scalp when styled. The back and sides of below the hairline may be shaved to remove body hair.
4. If applied, dyes, tints, bleaches and frostings, which result in natural colors, are authorized. The hair color must complement the person's complexion tone. Color changes that detract from a professional image are prohibited.

(b) Sideburns

1. Sideburns will not exceed below the top of the ear orifice.
2. Sideburns will not be styled to taper, flare or come to a point. The length of an individual hair of the sideburn will not exceed 1/8 inch when fully extended.

(c) Beards and Moustaches

1. Beards are not permitted.
2. The mustache will be neatly trimmed and must be contained within the lines of B-B', C-C', D-D' and the margin area of the upper lip.
3. The individual length of a mustache hair fully extended must not exceed 1/2 inch.



(d) Fingernails

1. Fingernails shall not extend past fingertips. They shall be kept clean.
2. Nail polish for male Marines is not allowed.

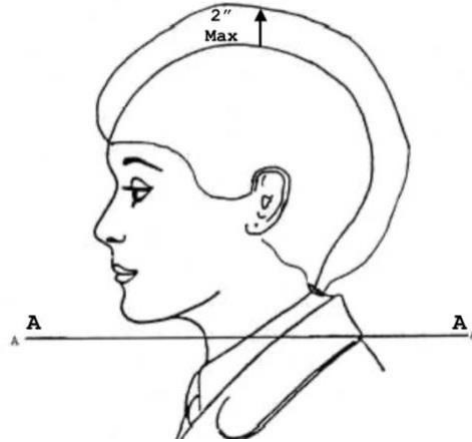
5.8.2 Grooming Standards for Women

5.8.2.1 Navy Option

(a) Hair

1. Haircuts and styles shall present a balanced appearance. Lopsided and extremely asymmetrical styles are not authorized.
2. Hair may touch but may not fall below a horizontal line level with the back bottom edge of the collar, as indicated by "A".
3. Long hair will be neatly arranged so that it does not interfere with the wearing of the cover.
 - i. All buns and ponytails shall be positioned on the back of the head to ensure proper wear of headgear.
 - ii. Hair bulk (minus the bun) as measured from the scalp will not exceed 2 inches.
 - iii. The bulk of the bun shall not exceed 3 inches when measured from the scalp.
 - iv. The diameter of the bun will not exceed or extend beyond the width of the back of the head.
 - v. Loose ends must be tucked in and secured.
4. When bangs are worn, they shall not extend below the eyebrows.
5. When hair accessories are worn, they must be consistent with the hair color.

6. A maximum of two small barrettes, similar to hair color, may be used to secure the hair to the head.
7. Headbands, scrunchies, combs, claws and butterfly clips, are examples of accessories that are not authorized.



(b) Fingernails

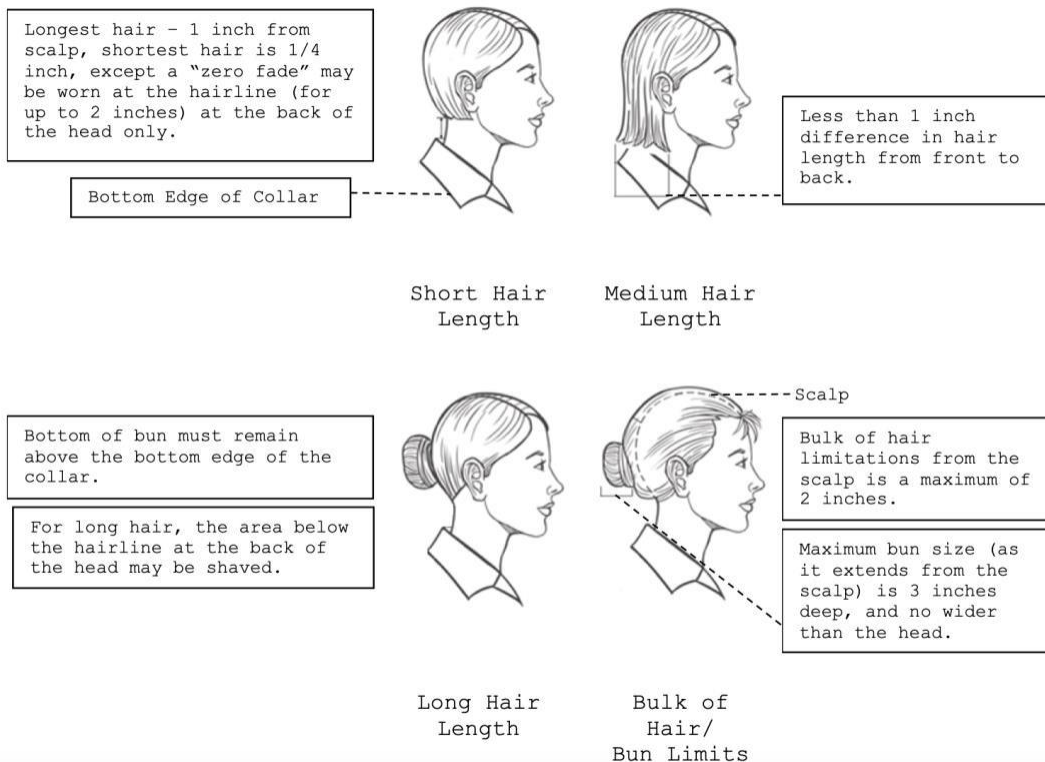
1. Fingernails shall not exceed 1/4 inch measured from the fingertip.
2. Tips of the nails may be round, almond/oval, or square in shape.
3. Nail polish may be worn, but colors shall be conservative and inconspicuous.
 - i. White, black, red, yellow, orange, green, purple, blue, hot pink, grey, glitter, striped, or any sort of pattern/decorative nail polish are examples of unauthorized nail polish colors.
4. French and American manicures (white and off-white tips with neutral base color ONLY) are authorized.

5.8.2.2 Marine Option

(a) Hair

1. Short Hair Length
 - i. Hair length that extends no more than 1 inch from the scalp (excluding bangs).
 - ii. Overall hair bulk may be cut no shorter than 1/4 inch from the scalp; except that it may be evenly graduated from zero at the hairline at the nape of the neck to the maximum length of 1 inch within two inches of the hairline/neckline (creating a fade).
2. Medium Hair Length
 - i. Medium hair is defined as hair that does not extend beyond the collar's lower edge (in all uniforms) and extends more than 1 inch from the scalp.
 - ii. Medium hair may fall naturally in uniform and is not required to be secured.

- iii. When worn loose, graduated styles are acceptable, but the change in length, from the front to the back may not exceed a one inch difference in length.
 - iv. No portion of the bulk of the hair as measured from the scalp will exceed 2 inches.
3. Long Hair Length
- i. Long hair extends beyond the collar's lower edge.
 - ii. Long hair will be secured up so that it does not extend beyond the collar's lower edge, except in the physical training uniform.
 - iii. Long hair will be neatly and inconspicuously fastened or pinned, except that bangs may be worn.
 - iv. No portion of the bulk of the hair, as measured from the scalp, will exceed 2 inches (except a bun, which may extend to a maximum of 3 inches from the scalp and may be no wider than the width of the head).
4. Bangs, if worn, may not fall into the line of sight, may not interfere with the wear of all headgear, and when worn with headgear must lie neatly against the head. The width of the bangs may not extend beyond the hairline at the temples.



5. Physical Training (PT)

- i. Medium/ short length hair may be worn down or braid for organized PT, except when it is a safety hazard.
- ii. Half ponytail is authorized with medium length hair.
- iii. Long Hair must be secured in a ponytail, free-hanging braid, or worn up.
- iv. When wearing the MCUU blouse, medium hair can be in half ponytail and long hair must be worn up as per non-PT hairstyles.

(b) Fingernails

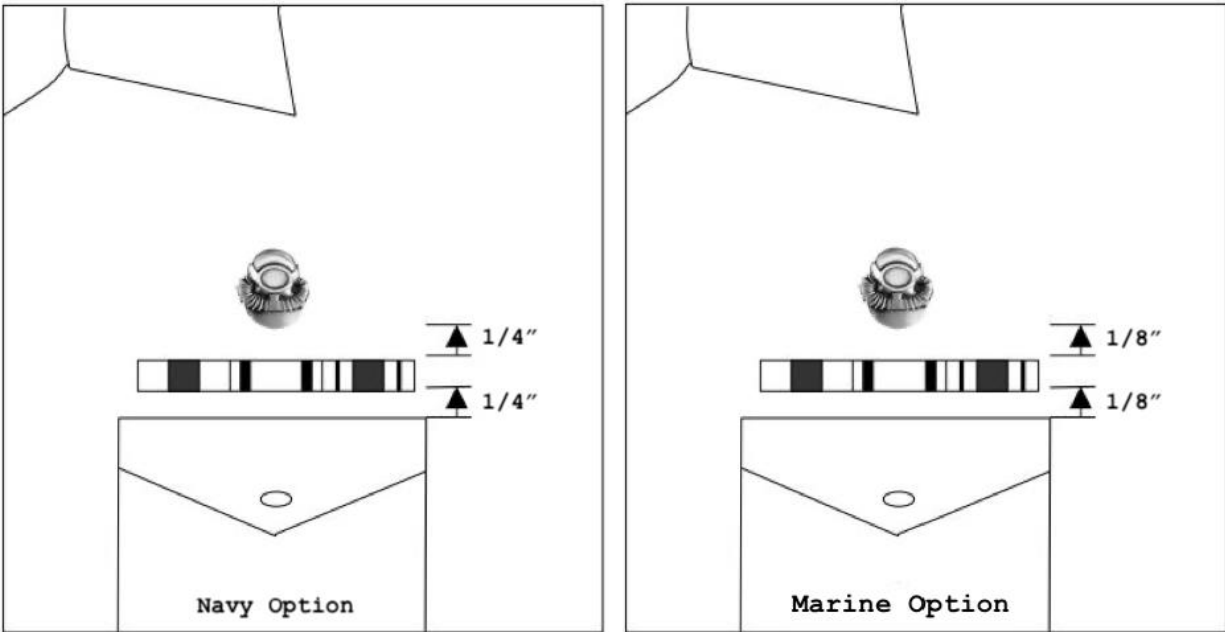
1. Nail length will be no longer than 1/4 inch from the tip of the finger.
2. Manicures that imitate the natural nail are authorized for wear with all uniforms (i.e. French manicures), to include utilities, but must have the "natural nail" appearance, to include the clearly defined white/beige nail tip.
3. Press-on and acrylic nails are authorized for wear as long as they are maintained within the length and style regulations.
4. Nail polish in Service and Dress Uniforms
 - i. When worn, fingernail polish must be in shades of red (within the red spectrum, to include pinks and burgundies) and must complement the skin tone.
 - ii. Fingernails with multiple colors and decorative ornamentation are prohibited.
5. Nail polish in Utilities
 - i. Colored fingernail polish is not authorized for wear with the utility uniform, other than the manicures stated above.

5.9 Name Tags

Worn centered over the right breast pocket, 1/4 inch above the pocket for Navy Options and 1/8 inch above the pocket for Marine Options. Nametags are not worn when medals are prescribed.

5.10 Ribbons and Medals

- (a) Worn centered over the left breast pocket, 1/4 inch above the pocket for Navy Options and 1/8 inch above the pocket for Marine Options.
- (b) Medals shall be worn such that the upper edge of the lowest row of medals is approximately 3/8 inch from the upper edge of the pocket. The top edge of succeeding rows should be approximately 1 inch above the upper edge of the next row down.



5.11 Qualification Insignia

All Warfare pins and qualification insignia are to be worn at all times on the appropriate uniform and centered 1/4 inch for Navy Option and 1/8 inch for Marine Option above the left breast pocket or any row of ribbons, as shown above.

5.12 Civilian Attire

- (a) The wearing of civilian attire, like the service uniform, implies a dedication to professionalism. Naval personnel shall ensure that their dress and personal appearance are appropriate for the occasion and will not discredit the Naval services.
- (b) Civilian attire will be clean and free of holes, rips, or stains. Trousers and shorts will be free of holes, with no fraying at the seams, and, when belt loops are present, a belt will be worn.
- (c) Footwear will be in good taste and appropriate for the occasion. Pool slides, "flip-flops" or footwear intended for showering should not be worn with civilian attire, unless medically prescribed.
- (d) Clothing appropriate for physical training will be worn in that setting only. Personnel are allowed to wear physical training attire either during the activity or in transit to or from that activity.
- (e) Wearing or displaying clothing, jewelry, tattoos, etc. depicting any other controlled substance or advocating drug abuse is prohibited at all times under any circumstance which is likely to discredit the Navy.

- (f) Wearing of any attire displaying profane, offensive, or subversive material, or messages that imply affiliation with gang or subversive groups is prohibited.

5.13 Tattoos and Piercings

No tattoos/body art/brands on the head, face, neck, or scalp are permitted. Tattoos/body art/brands elsewhere on the body that are prejudicial to good order, discipline and morale or are of a nature to bring discredit upon the Navy are prohibited. For example: excessive, obscene, sexually explicit or advocate or symbolize gang affiliation, supremacist or extremist groups, or drug use are prohibited. Tattoos/body art/brands cannot be visible through uniform clothing. Waivers may be requested for prior service and existing tattoos via the unit chain of command in accordance with current service and NSTC guidance. As a matter of unit policy, all unit members will be counseled by a unit staff member on all the potential risks of obtaining tattoos. Tattoos, even those compliant with regulations, will not be encouraged or glamorized.

5.14 Uniform and Class Insignia

5.14.1 Year Group Insignia: Service Dress Blue Sleeve

Consists of horizontal stripes worn on the left sleeve of the blue coat to indicate class. They are centered midway between shoulder and elbow. The insignia should be attached by tacking the corners with needle and string.



5.14.2 Shoulder Boards

Midshipmen shoulder boards will be worn on both the Summer White and Service Dress Blue uniform. Rigid boards will be worn on the Summer White uniform and soft boards will be worn on the Service Dress Blue undershirt. There are two types of shoulder boards: class and officer. **Marine Option midshipmen will wear shoulder boards with the fouled anchor replaced by an Eagle Globe and Anchor.**

(a) Class:



4th Class



3rd Class



2nd Class



1st Class

(b) Officer:



Lieutenant Junior Grade



Lieutenant



Lieutenant Commander

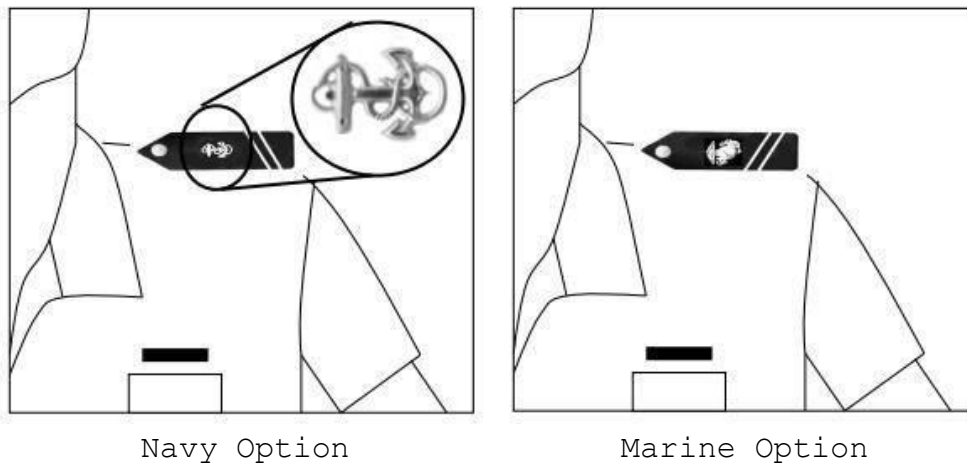


Commander



Captain

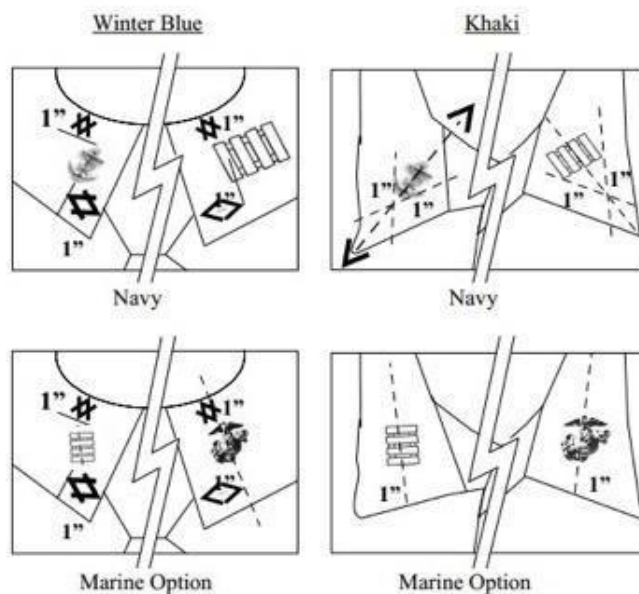
(c) Proper Shoulder Board Placement



5.14.3 Collar Insignia

(a) *Khaki Collar Insignia.*

- i. Pin the anchor or eagle globe and anchor insignia to the collar in a vertical position with the center of the insignia approximately 1 inch from the front edge and 1 inch below the upper edge of the collar.
- ii. The anchor's stock is parallel to the upper edge of the collar and the loose end of the rope is facing outboard.
- iii. Marine option midshipmen will replace the anchors with gold enlisted eagle globe and anchor (EGA) devices.



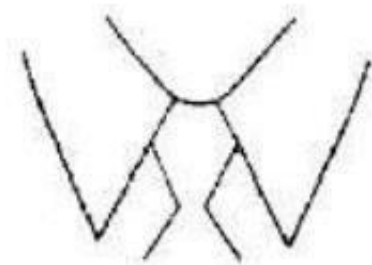
(b) *Collar Anchors for Service Dress Blue/White Collar Insignia.*

- i. The stock inclines at an angle of 8 degrees from the horizontal (right and left).
- ii. Pin it on each collar tip of the coat so the anchor's crown is 1/2 inch above the notch of the lapel (males), 1 inch from the bottom and midway between the two sides (females), and the center line of the shank is parallel to and approximately $\frac{3}{4}$ inch from the collar's outer edge.
- iii. The lower end of the stock is outboard and the stock approximately horizontal.
- iv. Marine Option midshipmen will wear EGA collar devices in a similar manner.

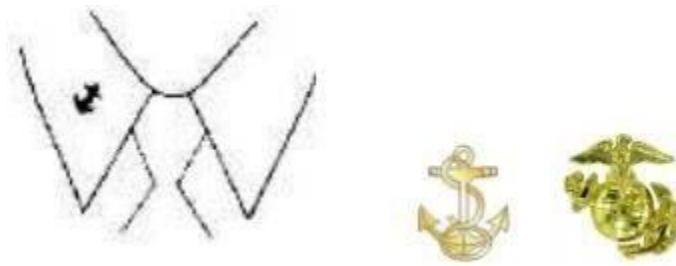


(c) Year Group Collar Insignia

- i. Midshipmen, Fourth Class. Wear no insignia on the collar.



- ii. *Midshipmen, First Class.* Wear the eagle-anchor or EGA insignia on both collar points.



- iii. *Midshipmen, Second Class.* Wear the anchor and EGA insignia on both collar points.



- iv. *Midshipmen, Third Class.* Wear the anchor and EGA insignia on the right collar point only.



(d) Midshipman Officer Insignia

Consists of gold metal bars, on the collar tips to indicate the wearer's rank. On closed collar shirts, pin this insignia on the collar so that the center of the first bar is approximately 1 inch from the front edge and 1 inch below the upper edge of the collar. The upper edges of bars are parallel to upper edge of collar. On open collar shirts, all midshipmen, except Captains, center insignia one inch from the front and lower edges of the collar and position it with the vertical axis of the insignia along an imaginary line bisecting the angle of the collar point. Captains wear insignia one quarter inch from the lower and outside edges of the collar and position it with the vertical axis of the insignia along an imaginary line bisecting the angle of the collar point.

i. Lieutenant Junior Grade. Two bars



ii. *Lieutenant*. Three bars



iii. *Lieutenant Commander*. Four bars



iv. *Commander*. Five bars



v. *Captain*. Six bars



(e) Wear stripes of gold nylon braid and a gold star on both sleeves of the blue coat. Stripes are centered on the outer side of the sleeve with lowest stripe 2 inches above and parallel to the edge of the cuff. Center a gold embroidered star, 1 inch across, above the stripes. One ray of the star points down, and the point is $\frac{3}{4}$ inch above the upper stripe.

i. *Lieutenant Junior Grade*. Two stripes



ii. *Lieutenant*. Three stripes



iii. *Lieutenant Commander*. Four stripes



iv. *Commander*. Five stripes



v. *Captain*. Six stripes



(f) Garrison Cap Devices

i. Insignia is a gold metal fouled anchor $1\frac{1}{16}$ inches in length with other dimensions proportionate. The un-fouled arm of the stock faces front. Pin it to the left side of the cap in an upright position with the center 2 inches from the front seam and $1\frac{1}{2}$ inches above bottom edge.

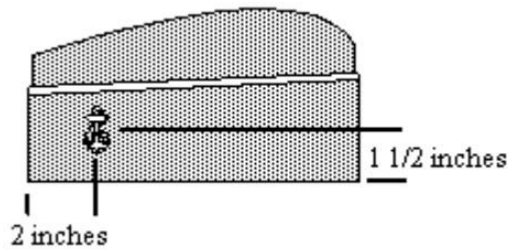


Figure 2: Male Garrison Cap Insignia

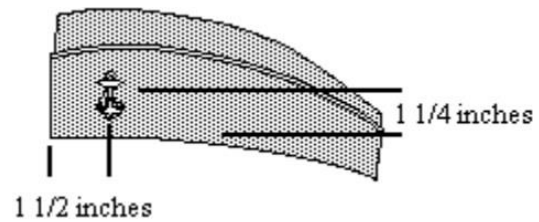


Figure 3: Female Garrison Cap Insignia

Chapter 6

Customs and Courtesies

Naval customs and courtesies are based on traditions that express a respect for your country. This lesson provides the knowledge needed to observe the customs and courtesies that are required of you as a member of the U.S. Navy.

6.1 Saluting

The salute is a long established form of greeting and recognition exchanged between members of the military profession. Midshipmen in uniform shall salute officers of all branches of the Armed Forces, whether or not the senior is in uniform.

- (a) Salutes are normally exchanged at a distance of six to thirty paces.
- (b) Midshipmen in ranks will not salute unless specifically ordered to do so.
- (c) The midshipman in charge of the formation shall always, on behalf of the formation and after calling the formation to attention, render all salutes required of an individual.
- (d) Salute only when covered. This does not mean that courtesy stops when uncovered. A time of day greeting is always in order regardless of cover.
- (e) It is customary to exchange a greeting with the salute such as "good morning, sir", or "good afternoon, ma'am". If two or more officers in a group are met, make your greeting to the senior officer. If there are two or more officers of the senior rank and of the same sex, address them as "gentlemen" or "ladies."

6.2 Addressing Officers

Midshipmen will stand at attention when addressing or being addressed by an officer unless told to stand at ease. Officers of the Medical and Dental Corps may be addressed as "Doctor." Officers of the Chaplain Corps may be addressed as "Chaplain." When addressing an officer whose rank includes a modifier, the modifier may be dropped (i.e., Lieutenants (junior grade) may be addressed as Lieutenant).

6.3 Courtesy and Deference to Military Seniors.

In the Naval establishment, courtesy and deference to military seniors are strictly observed in all circumstances.

- (a) Examples of courtesies are as follows, Juniors:
 - i. give way to Seniors
 - ii. walk to the left and slightly to the rear of seniors when in company
 - iii. do not interrupt seniors except in emergencies.
- (b) All orders received by Midshipmen from Unit personnel or Midshipman officers shall be considered official and executed accordingly.
- (c) Expressed wishes or desires of a military senior, by tradition, are tantamount to an order to a junior.

6.4 Reporting and Dismissal Procedures for Formal Matters

These procedures should be conducted only in formal matters and midshipman should be wearing the uniform of the day. Such formal matters include reporting to the commanding officer of the unit, reporting to the Executive Officer of the unit, and reporting into a PRB.

6.4.1 Reporting

- (a) Approach the office of the person you'd like to speak to.
- (b) Stand at attention. Stand straight and upright, arms straight at sides, thumbs on seams of trousers.
- (c) Heels should be together, feet at an angle of 45 degrees.
- (d) Chin up, eyes locked forward. Firmly knock upon the doorframe of the office space three times. Return to attention.
- (e) Clearly sound off "Good morning _____, then say your rank and last name and class, reporting to _____ as ordered."
- (f) Wait for instructions.
- (g) This procedure does not have to be repeated for additional entries if you have not left the office area or you haven't been officially dismissed.

6.4.2 Dismissal

- (a) If at parade rest, snap back to attention.
- (b) Stand straight and upright, arms straight at sides, thumbs on seams of trousers.
- (c) Heels should be together, feet at an angle of 45 degrees.
- (d) Chin up, eyes locked forward, clearly sound off "Dismissed, aye (sir or ma'am as appropriate)."
- (e) Take one step back with the left foot, while swinging the left arm forward and the right arm back.
- (f) Once heels are together, clearly sound off, "Good morning (sir or ma'am as appropriate)."
- (g) If there is room, execute an about face. If there is no room for an about face, omit it.

- i. The about face begins from attention.
 - ii. The right foot should trace the letter 'C' in a graceful arc until it is positioned roughly behind and to the left of the left foot.
 - iii. Pivot on the left heel and ball of the right foot until your heels meet, and you are facing the other direction.
- (h) You should end up at attention, then carry on with your duties.

6.5 Reporting Procedures for Informal Matters

- (a) When entering any NROTC office spaces, classrooms, or events, all members must be in the uniform of the day and be within proper grooming standards at all times.
- (b) Informal matters include midterm and initial counseling, requesting to speak with an advisor for any appropriate circumstance, and requesting to speak with any of the staff working downstairs.
- (c) Proceed as follows:
 - 1. Knock three times loudly and firmly on the door to announce your presence.
 - 2. State your business.
 - i. "Good morning/afternoon/evening_____. Your rank, last name, and class request permission to speak with _____."
 - ii. "Good morning/afternoon/evening_____. Your rank, last name, and class reporting to _____ for _____."
 - 3. Wait for response
 - 4. Obey any order given, respond with "Aye, aye sir / ma'am / rank"
 - 5. When walking into office space say loudly and clearly "midshipman (your last name) on deck"
 - 6. Upon departure say loudly and clearly "midshipman (your last name) off deck"

6.6 Addressing Enlisted Personnel

All enlisted personnel will be addressed by their designated rate/rank (e.g. Gunnery Sergeant JONES, Senior Chief SMITH). GYSGT and CPO's shall not be addressed as sir or ma'am.

6.7 Classroom Procedures

Military courtesy extends to the Naval Science classroom. Midshipmen who are late for class will quietly take the nearest vacant seat and will explain their tardiness to the instructor immediately after class if it was not disclosed beforehand. For leadership lab, when speaking in the lecture hall or in another

setting including a guest speaker or officer, all midshipmen will stand up, give the proper greeting of the day, state their name and rank, and lastly ask their question or comment in a respectful and diligent manner.

6.8 Conversing with Officers

The words "sir" and "ma'am" are military expressions that shall always be used in connection with "yes" and "no" and in all conversations with officers. When replying to an officer in acknowledging an order, the term "aye, aye, sir (or ma'am)" is used. This signifies that the order is understood and will be obeyed. "yeah," "yep," "nope," and "OK" are not used. The most important characteristic to develop is complete honesty. Evasive answers or half-truths cannot be tolerated in the naval profession. "I don't know but I'll find out," is an answer that you will learn to appreciate. When conversing with officers outside of the office, all midshipmen will come to parade rest when speaking and carry themselves with the upmost respect.

6.9 Standards of Etiquette

While etiquette is not a matter of navy regulations, it must be recognized that an officer is judged not only by his or her professional ability, but also by his or her manners in social and official life. An officer is expected to exercise tact and to possess social poise. Midshipmen should avail themselves of every opportunity to learn, through reading and observation, those aspects of gentlemanly or ladylike conduct that will be expected of them as officers. These include procedures at social gatherings and official functions. Accordingly, certain social events are conducted during the year that should be considered mandatory. In all social contact, midshipmen shall conduct themselves in keeping with good judgment and common sense.

Chapter 7

Conduct and Discipline

A goal of the NROTC program is for each midshipman, OC, and MECEP student to recognize and adhere to all standards of conduct for naval officers. The standards of conduct for naval officers are derived from customs and regulations. These standards are necessary to promote harmony and good order during peacetime and to ensure victory in a time of war. Adherence to naval customs involves development of the virtues of honor, courage, and commitment, as well as personal integrity, dedication to duty, and loyalty. Impeccable conduct and high standards of discipline are essential in the military community, and acts of misconduct or discourtesy which might be overlooked elsewhere are unacceptable in the United States Navy and Marine Corps.

7.1 Disciplinary Policy

The disciplinary policies for the student battalion will closely follow the current policies being used in the active Naval Service. The purpose of the disciplinary system within the battalion is to promote and build professionalism in all members. While occasional lapses in professionalism may occur, infractions of moral consequence shall not be tolerated. Acts of lying, cheating or stealing, as well as enabling these actions in others, will not be tolerated.

7.2 Breaches

To ensure that each Midshipman is properly prepared to assume the responsibilities of a commissioned officer, it is necessary to take official notice and corrective action for breaches of regulations, customs, and standards of conduct. Breaches of regulations, customs, and good conduct are divided into two categories: major and minor offenses. These offenses are discussed in detail in the Regulations for Officer Development (ROD). All disciplinary matters are processed and administered through the midshipman chain of command. If required, the unit staff, for disciplinary matters, will hold a Performance Review Board (PRB).

7.3 Description of Disciplinary Actions

7.3.1 Warning

Official notification to an NROTC midshipman that he or she is working below his/her potential and that continuation of the present trend in performance, usually academic, may result in further action.

7.3.2 Probation

Official notification to a midshipman that he/she is not meeting academic, physical fitness, aptitude, or other NROTC program requirements. This action is normally taken for minor deficiencies and provides the student the opportunity to correct the deficiency.

7.3.3 Leave of Absence

Official suspension of midshipman from compensatory benefits of the NROTC program. This action is normally taken for more serious deficiencies or failure to correct minor deficiencies. It normally provides a midshipman one last opportunity to remain in the program. A midshipman may request LOA under certain circumstances.

7.3.4 Disenrollment

The termination or separation of a midshipman from the NROTC program. A NROTC student may also request his/her own disenrollment from the NROTC program, unless he or she is currently pending the resolution of a disciplinary issue.

7.3.5 Mandatory Academic Study Hall

Required study issued to students for failure to achieve academic requirements.

7.3.6 Performance Review Board/Academic Review Board

- (a) A Performance Review Board (PRB) may be convened to review a midshipman's academic/aptitude record. Midshipmen may request to have others present but must submit their request in writing at least 2 days prior to the PRB.
- (b) A PRB will normally consist of the unit Executive Officer and at least two additional staff members, and the midshipman's Year Group Instructor. When practicable, one member of the board will be a Strategic Sealift Officer for SSM.
- (c) A PRB will be convened to review:
 - 1. aptitude deficiency
 - 2. physical deficiency
- (d) The PNS will decide on how to proceed following the PRB.

7.4 Uniform Code of Military Justice (UCMJ)

During summer cruise, NROTC midshipmen are on active duty and are therefore, subject to the UCMJ. Commanding Officers of training units may assign disciplinary measures appropriate to the offense and, for serious offenses, may award punishment under the UCMJ. All such offenses will be reported to the Professor of Naval Science for review and appropriate action. OCs and MECEPs are always subject to the UCMJ.

Chapter 8

Summer Training and Cruises

An annual summer training cruise provides scholarship program and First Class advanced standing program midshipmen the opportunity to gain experience in the practical application of their Naval Science studies. These training periods are normally four to eight weeks in length. SSM are not required to attend summer cruise but may request to attend and will have to pay all expenses.

8.1 Cruises Per Class

8.1.1 Third Class Cruise

Career ORientation TRaining for MIDshipmen (CORTRAMID), for scholarship program students only, is a warfare specialty indoctrination period conducted during the summer between the freshman and sophomore academic years. CORTRAMID serves to:

- (a) Familiarize Midshipmen to the various communities involved in the Navy and Marine Corps.

8.1.2 Second Class Cruise

For all scholarship program students, is normally at-sea training conducted during the summer between the sophomore and junior academic years. Marine Option scholarship students will normally be sent to Marine training in lieu of at-sea training. This training consists of a 2-week training package at the Marine Corps Mountain Warfare Training Center in Bridgeport, California. Second Class cruise serves to:

- (a) Familiarize midshipmen with life at sea.
- (b) Familiarize midshipmen with shipboard organization, systems evolutions and safety equipment at sea and in port.
- (c) Develop in midshipmen an appreciation for the tasks, responsibilities, living and working conditions of enlisted personnel onboard ship by assignment to enlisted duties as appropriate.
- (d) Provide hands-on training in sea going skills (deck, weapons, operations, engineering, and watch standing) through the completion of Personnel Qualification Standards (PQS) or through watch station qualification.
- (e) Demonstrate the importance of military courtesies and discipline.
- (f) Familiarize Marine Option midshipmen with Marine specific occupational specialties in particular, basic infantry skills.

- (g) Spend time understanding the enlisted life by following them around throughout their daily routines.

8.1.3 First Class Cruise

For advanced standing college program as well as scholarship program midshipmen, is normally conducted the summer before the senior academic year.

(a) Navy Option First Class cruise is designed to:

1. Prepare midshipmen for commissioned service through active participation in the duties and responsibilities of a junior officer.
2. Afford midshipmen additional at-sea time.
3. Familiarize midshipmen with warfare systems.
4. Reemphasize the importance of maintaining military courtesy and discipline.

(b) Marine Option First Class cruise, OCS, is conducted at the U.S. Marine Corps Officer Candidates School, Marine Corps Combat Development Command (MCCDC), Quantico, Virginia. It is designed to:

1. Evaluate Marine Option candidates for potential to serve as commissioned officers in the United States Marine Corps.
2. Screen those candidates who show themselves unfit for commissioned service in the United States Marine Corps.

****NOTE:** Marine Option Midshipmen who do not complete OCS will appear before a Performance Review Board to ascertain program status. A midshipman dis-enrolled from OCS may also be dis-enrolled from the NROTC program.

8.2 Uniforms and Equipment

The Naval Service Training Command (NSTC) publishes clothing and equipment requirements for cruises in the annual midshipman summer training handbook (located online). Midshipmen must coordinate with the Summer Cruise Coordinator (SCC) and unit Supply Technician (ST) to receive the mandatory Navy/Marine Corps uniforms and gear for their respective cruise.

8.3 Postponement and Rescheduling of Cruises

Postponement of cruises is not normally permitted. If a midshipman postpones/defers a cruise, the cruise requirement remains and must be fulfilled in the normal sequence. The possibility exists to complete a summer training cruise and complete one summer academic session at SUNY Maritime. A Navy or Marine Option midshipman will not be commissioned unless he has completed either the Navy First Class cruise or Marine Officer Candidate School.

8.4 Specialized Training

8.4.1 Naval Reactors

Naval Reactors sponsors limited training opportunities aboard nuclear-powered aircraft carriers and attack/ballistic missile launching submarines. The NSTC Nuclear Program Officer reviews individual requests and unit nomination packages and selects those midshipmen to participate which may take the place of conventional First Class and Second Class cruises. Criteria for NSTC selection are overall GPA, calculus and physics courses GPA, technical majors, and recommendation by the unit Commanding Officer.

8.4.2 Foreign Exchange Training Programs

To promote an exchange of professional, cultural, and social experience between midshipmen in the U.S. Navy and midshipmen of foreign navies, a Foreign Exchange Midshipmen Training Program is normally conducted each summer. A limited number of First Class midshipmen, who are proficient in the host navy language, will be ordered to train on a ship of a foreign navy in lieu of the normal First Class training period. Marine Corps Option and Advanced Standing midshipmen are ineligible for foreign exchange cruises.

8.4.3 Aviation Cruise

Prospective Naval Aviators may be assigned to the Air Wing aboard an aircraft carrier and rotated through embarked squadrons. This aviation cruise takes the place of a normal First Class cruise. Midshipmen must have a current aviation physical and receive aviation physiology and water survival training to be considered eligible for this training. First Class midshipmen may also participate in an aviation ashore cruise assigned to an Air Wing or squadron at a Naval Air Station facility.

8.5 Special Training Programs

They supplement summer training cruises and are considered substitutes for the standard NSTC-sponsored and organized summer training. Midshipmen should contact the unit cruise coordinator or class advisor for more information on these opportunities.

8.5.1 Marine Training

Depending on availability of training personnel, Marine Option 2/C Cruises may involve amphibious training, combined arms training, or mountain warfare training.

8.5.2 SEAL/EOD Training

Only offered to First Class midshipmen who are interested in the Special Warfare community. GPA, academic major, and PFA scores are reviewed prior to attending.

Chapter 9

9.1 Service Assignment

Service Assignment is a key event in the career of any aspiring Naval Officer. Occurring senior year, this process determines the initial assignment of each graduate and, to a substantial degree, controls the officer's initial career path. Academics, physical fitness, aptitude, demonstrated leadership ability, personal preference, and the needs of the Navy are all considered for service selection. It is important for midshipmen to perform well in all areas to maximize their competitiveness to receive their first choice. It is equally important for midshipmen to give careful consideration to their second and third service choices because in some cases these choices will be assigned. Approximately nine to twelve months prior to university graduation and commissioning, Navy midshipmen complete a duty preference and recommendation request form. The duty preference and recommendation request form and a Navy Medical Command approved physical are submitted to NSTC who selects each individual for a naval service community. The selection packages are then forwarded to the respective unrestricted line community assignment officers at the Navy Personnel Command. The assignment officer matches the needs of the service with duty choices and the Commanding Officer's comments, and issues orders. Orders normally are received about one month before commissioning.

9.2 Eligibility for Commission

To gain eligibility for an active commission in the U.S. Navy or U.S. Marine Corps, a NROTC program midshipman must complete the required Naval Science and academic courses, successfully complete summer training cruise requirements, qualify at a minimum as a Second Class swimmer, meet physical and medical standards, and earn an accredited baccalaureate degree. In addition, the PNS must recommend a candidate for a Naval Service commission and the Secretary of the Navy then grants approval. Marine Option candidates must also have a MOI recommendation for a commission.

9.3 Delays in Commissioning

When it becomes apparent a midshipman will not complete the required university courses as scheduled to graduate, the midshipman may request a voluntary Leave of Absence from the NROTC program for additional time to fulfill degree requirements. The PNS shall review the circumstances that caused the delay and evaluate the midshipman's potential to complete all requirements for graduation and commissioning. With a favorable finding, the PNS may permit the midshipman to continue university studies without government monetary benefits to complete the requirements.

If the finding is unfavorable, the PNS may recommend the midshipman's disenrollment from the NROTC program.

9.4 Active Duty

9.4.1 Navy Option

Navy Scholarship Program Students will either proceed to active duty directly after commissioning with pay and allowances accruing from the date of commissioning, or they are assigned to the Individual Ready Reserve (IRR) and are given an estimated active duty start date. Ensigns assigned to the IRR do not receive pay or allowances until they report to their first duty station.

9.4.2 Marine Option

Marine Option students will receive pay and allowances beginning the date they report to The Basic School.

9.5 Graduate Study

Under special circumstances, some midshipmen may require additional academic time due to participation in professional programs that lead to combined undergraduate and master's degrees. A Leave of Absence may be granted to earn a master's degree under certain conditions. A board convened by NSTC makes the final determination on a case-by-case basis. MECEPs will not.

9.6 Uniforms

Prior to commissioning, each prospective officer must obtain an adequate uniform wardrobe as specified in U.S. Navy Uniform Regulations for initial outfitting. During the final year, the opportunity to order the choker white jacket (Navy Option only) or the marine white trousers (Marine Option only) through SUNY Maritime is available for all those commissioning as active duty officers. All other uniform parts must be purchased from a Navy Exchange. Seniors not wishing to obtain their uniforms in this manner may purchase them from any Navy Exchange or Marine Exchange Naval Uniform shop during the year by displaying their military identification card. Seniors must complete the necessary steps to receive their initial outfit in advance of commissioning to allow time for any needed alterations.

Chapter 10

Substance Abuse Policies

The NROTC program prepares midshipmen to serve as Ensigns and Second Lieutenants in the United States Navy and United States Marine Corps. The expectation exists that Naval Officers, unimpaired, will execute their duties to the best of their ability. With this tenet, the Department of the Navy and NSTC use random urinalysis drug testing to detect and deter midshipmen use of illegal and controlled drugs.

10.1 Alcohol

Adherence to the CO's policy letter on alcohol is mandatory. Failure to adhere may result in a PRB or dismissal from the NROTC program. If under the age of 21, alcohol consumption is prohibited.

10.2 Urinalysis

The Navy and Marine Corps are both drug free military organizations. As a result, all personnel assigned to or administered by an NROTC unit, are subject to urinalysis testing as prescribed by OPNAVINST 5350.4D

- (a) The use of illegal drugs or the abuse of any drugs will not be tolerated. Every member of the naval forces must be drug free 24 hours a day, 7 days a week.
- (b) Failure to take a drug test will result in an immediate Performance Review Board (PRB). Failure of a drug test (one that has come back positive for the presence of illegal drugs) will result in a PRB and potentially immediate disenrollment from NROTC. Recoupment of scholarship benefits or SIP will be pursued in both cases.
- (c) Midshipmen will be notified in person or by phone and email on the day they must be drug tested. They are obligated to report to the NROTC office no later than 1600 that day. Failure to report will be construed as will disobedience of a lawful order.

10.3 Sexual Assault Prevention and Response (SAPR)

The Purpose is to prevent and respond to sexual assault, eliminating it from our ranks through a balance of focused education, comprehensive response, compassionate advocacy, and just adjudication in order to promote professionalism, respect, and trust, while preserving Navy mission readiness. In the NROTC Unit, we conduct mandatory periodic training associated with the SAPR program. Midshipmen are obligated to report any misconduct that they may witness among other midshipmen and are obligated to intervene when necessary.

Chapter 11

Unit Awards

NROTC unit and local awards ribbons cannot be worn with official Navy awards. One or the other can be worn, but not both together. NROTC unit and local awards, unit Insignia, and brigade/battalion Insignia are not authorized for wear during summer training. The ribbons listed are the standardized ribbons and may be used by the unit. Every semester the unit gives awards to those midshipmen who have succeeded exceptionally over the semester. Below, in order of precedence, is a list of NROTC Unit Ribbons.

- (1) Top Midshipman Award
- (2) Midshipman of the Semester Award
- (3) Academic Excellence Award
- (4) Academic Achievement Award
- (5) Academic Performance Award
- (6) Midshipman Staff Leadership Award
- (7) Community Service Award
- (8) Outstanding Physical Fitness Award
- (9) Excellent Physical Fitness Award
- (10) Honor Platoon Award
- (11) Navy/Marine Scholarship Ribbon
- (12) Service Selection Ribbon

All-Around Performance
Academic Excellence
Academic Achievement
Commendation Award
Leadership Award
Community Service
Physical Fitness
Drill Team
Color Guard
Intermurals
Rifle/Pistol Team
Sailing Award
Recruiting Ribbon
Cruise Ribbon



Appendix A

Rank Structure

Navy Enlisted Rank

Pay Grade	Rate	Abbreviation	Upper Sleeve	Collar and Cap
E-1	Seaman Recruit	SR	none	none
E-2	Seaman Apprentice	SA		none
E-3	Seaman	SN		none
E-4	Petty Officer Third Class	PO3		
E-5	Petty Officer Second Class	PO2		
E-6	Petty Officer First Class	PO1		
E-7	Chief Petty Officer	CPO		
E-8	Senior Chief Petty Officer	SCPO		
E-9	Master Chief Petty Officer	MCPO		
E-9	Master Chief Petty Officer of the Navy	MCPON		

Marine Enlisted Rank

RANK		PAYGRADE	
	Private	PVT	E-1
	Private First Class	PFC	E-2
	Lance Corporal	LCpl	E-3
	Corporal	Cpl	E-4
	Sergeant	Sgt	E-5
	Staff Sergeant	SSgt	E-6
	Gunnery Sergeant	GySgt	E-7
	Master Sergeant	MSgt	E-8
	First Sergeant	1st Sgt	E-8
	Master Gunnery Sergeant	MGySgt	E-9
	Sergeant Major	SgtMaj	E-9
	Sergeant Major of the Marine Corps	SMMC	E-9

Navy Officer Rank

Pay Grade	Rank	Abbreviation	Collar	Shoulder	Sleeve
O-1	Ensign	ENS			
O-2	Lieutenant Junior Grade	LTJG			
O-3	Lieutenant	LT			
O-4	Lieutenant Commander	LCDR			
O-5	Commander	CDR			
O-6	Captain	CAPT			
O-7	Rear Admiral (lower half)	RDML			
O-8	Rear Admiral (upper half)	RADM			
O-9	Vice Admiral	VADM			
O-10	Admiral	ADM			
O-11	Fleet Admiral*	FADM			

* The rank of Fleet Admiral has been reserved for war time use only. The last Fleet Admirals were in World War II. Fleet Admirals during that war were Chester W. Nimitz, William D. Leahy, Ernest J. King, and William F. Halsey.

Marine Officer Rank

RANK		PAYGRADE	
	Second Lieutenant	2ndLt	O-1
	First Lieutenant	1stLt	O-2
	Captain	Capt	O-3
	Major	Maj	O-4
	Lieutenant Colonel	LtCol	O-5
	Colonel	Col	O-6
	Brigadier General	BGen	O-7
	Major General	MajGen	O-8
	Lieutenant General	LtGen	O-9
	General	Gen	O-10

Navy Warrant Officer Rank

Pay Grade	Rank	Abbreviation	Collar	Shoulder	Sleeve
W-1*	Warrant Officer	WO1			
W-2	Chief Warrant Officer	CWO2			
W-3	Chief Warrant Officer	CWO3			
W-4	Chief Warrant Officer	CWO4			
W-5*	Chief Warrant Officer	CWO5			

* The grade of Warrant Officer (W-1) is no longer in use. W-5 was established in the Navy in 2002.

Marine Warrant Officer Rank

RANK		PAYGRADE	
	Warrant Officer	WO	W-1
	Chief Warrant Officer 2	CWO2	W-2
	Chief Warrant Officer 3	CWO3	W-3
	Chief Warrant Officer 4	CWO4	W-4
	Chief Warrant Officer 5	CWO5	W-5

Appendix B

Physical Standards

Navy Height and Weight Standards

Men Maximum Weight (pounds)	Member's Height (inches) (fractions rounded up to nearest whole inch)	Women Maximum Weight (pounds)
97	51	102
102	52	106
107	53	110
112	54	114
117	55	118
122	56	123
127	57	127
131	58	131
136	59	136
141	60	141
145	61	145
150	62	149
155	63	152
160	64	156
165	65	160
170	66	163
175	67	167
181	68	170
186	69	174
191	70	177
196	71	181
201	72	185
206	73	189
211	74	194
216	75	200
221	76	205
226	77	211
231	78	216
236	79	222
241	80	227
246	81	233
251	82	239
256	83	245
261	84	251
266	85	257
271	86	263

Male Body Fat Standards:

18-21 years old = 22 percent body fat
 22-29 years old = 23 percent body fat
 30-39 years old = 24 percent body fat
 40 + years old = 26 percent body fat

Female Body Fat Standards:

18-21 years old = 33 percent body fat
 22-29 years old = 34 percent body fat
 30-39 years old = 35 percent body fat
 40 + years old = 36 percent body fat

Note: Per Navy regulations, if weight is exceeded, the next step would be to be measured at the waist. For the abdominal circumference, men could be up to 39 inches and women 35.5. If over these standards, then waist-neck measurement for men and waist-neck-hip tape test for women will be taken.

****The abdominal circumference measurement will not be utilized while in the NROTC. ****

Marine Height and Weight Standards

Height (inches)	Minimum Weight	Maximum Weight	
	Male/Female	Male	Female
56	85	122	115
57	88	127	120
58	91	131	124
59	94	136	129
60	97	141	133
61	100	145	137
62	104	150	142
63	107	155	146
64	110	160	151
65	114	165	156
66	117	170	161
67	121	175	166
68	125	180	171
69	128	186	176
70	132	191	181
71	136	197	186
72	140	202	191
73	144	208	197
74	148	214	202
75	152	220	208
76	156	225	213
77	160	231	219
78	164	237	225
79	168	244	230
80	173	250	236
81	177	256	242
82	182	263	248

Marine Corps Body Composition Standards		
Age Group	Percent Body Fat	
	Males	Females
17-20	18	26
21-25	18	26
26-30	19	27
31-35	19	27
36-40	20	28
41-45	20	28
46-50	21	29
51+	21	29

PRT (Official PFA App)

JAN 2024

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	92	3:24	8:15	7:00	6:30	6:20
Outstanding	Medium	95	91	3:19	8:45	7:10	6:45	6:35
Outstanding	Low	90	86	3:14	9:00	7:20	7:15	7:05
Excellent	High	85	82	3:04	9:15	7:30	7:45	7:35
Excellent	Medium	80	79	2:53	9:30	7:40	8:15	8:05
Excellent	Low	75	76	2:43	9:45	7:50	8:30	8:20
Good	High	70	68	2:23	10:00	8:10	9:15	9:05
Good	Medium	65	60	2:02	10:30	8:30	10:30	10:20
Good	Low	60	51	1:42	11:00	8:50	11:15	11:05
Satisfactory	High	55	49	1:32	12:00	9:00	11:45	11:35
Satisfactory	Medium	50	46	1:22	12:15	9:10	12:15	12:05
Probationary		45	42	1:11	12:45	9:20	12:45	12:35

Performance		Points	Females: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	51	3:14	9:29	8:00	6:45	6:35
Outstanding	Medium	95	50	3:09	11:15	8:10	7:45	7:35
Outstanding	Low	90	47	3:04	11:30	8:20	8:30	8:20
Excellent	High	85	45	2:53	11:45	8:30	9:00	8:50
Excellent	Medium	80	43	2:43	12:00	8:40	9:30	9:20
Excellent	Low	75	42	2:33	12:30	8:50	9:45	9:35
Good	High	70	36	2:13	12:45	9:10	10:45	10:35
Good	Medium	65	30	1:52	13:00	9:40	12:00	11:50
Good	Low	60	24	1:32	13:30	10:10	13:00	12:50
Satisfactory	High	55	22	1:22	14:15	10:20	13:15	13:05
Satisfactory	Medium	50	20	1:11	14:45	10:30	13:45	13:35
Probationary		45	19	1:01	15:00	10:40	14:15	14:05

Performance		Points	Males: Age 25 - 29 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	84	3:16	8:55	7:10	6:38	6:28
Outstanding	Medium	95	82	3:11	9:23	7:20	7:08	6:58
Outstanding	Low	90	77	3:06	9:38	7:30	7:38	7:28
Excellent	High	85	73	2:56	10:15	7:40	8:08	7:58
Excellent	Medium	80	69	2:47	10:30	7:50	8:23	8:13
Excellent	Low	75	67	2:37	10:52	8:00	8:53	8:43
Good	High	70	60	2:17	11:23	8:20	9:38	9:28
Good	Medium	65	51	1:58	12:15	8:40	10:38	10:28
Good	Low	60	44	1:38	12:53	9:00	11:38	11:28
Satisfactory	High	55	41	1:28	13:23	9:10	12:08	11:58
Satisfactory	Medium	50	38	1:18	13:45	9:20	12:23	12:13
Probationary		45	34	1:09	14:00	9:30	13:08	12:58

Performance		Points	Females: Age 25 - 29 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	46	3:06	10:17	8:10	7:23	7:13
Outstanding	Medium	95	45	3:01	11:30	8:20	8:15	7:58
Outstanding	Low	90	43	2:56	11:45	8:30	9:00	8:50
Excellent	High	85	41	2:47	12:30	8:40	9:30	9:20
Excellent	Medium	80	39	2:37	13:00	8:50	10:00	9:50
Excellent	Low	75	37	2:27	13:23	9:00	10:15	10:05
Good	High	70	30	2:07	14:00	9:20	11:15	11:05
Good	Medium	65	26	1:48	14:30	9:50	12:30	12:20
Good	Low	60	19	1:28	14:53	10:20	13:30	13:20
Satisfactory	High	55	18	1:18	15:23	10:30	13:53	13:43
Satisfactory	Medium	50	15	1:09	15:45	10:40	14:15	14:05
Probationary		45	13	0:59	16:08	10:50	14:45	14:35

Performance		Points	Males: Age 35 - 39 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	76	3:08	9:25	7:20	6:53	6:43
Outstanding	Medium	95	74	3:04	9:53	7:30	7:23	7:13
Outstanding	Low	90	70	2:59	10:08	7:40	7:53	7:43
Excellent	High	85	65	2:49	10:38	7:50	8:23	8:13
Excellent	Medium	80	63	2:40	11:08	8:00	8:38	8:28
Excellent	Low	75	60	2:31	11:23	8:10	9:08	8:58
Good	High	70	53	2:12	12:23	8:30	9:53	9:43
Good	Medium	65	44	1:53	13:23	8:50	10:53	10:43
Good	Low	60	37	1:34	14:08	9:10	11:53	11:43
Satisfactory	High	55	35	1:25	14:23	9:20	12:23	12:13
Satisfactory	Medium	50	33	1:15	14:45	9:30	12:38	12:28
Probationary		45	27	1:06	15:00	9:40	13:23	13:13

Performance		Points	Females: Age 35 - 39 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	43	2:59	10:51	8:20	7:45	7:35
Outstanding	Medium	95	42	2:54	11:53	8:30	8:38	8:28
Outstanding	Low	90	39	2:49	12:08	8:40	9:30	9:20
Excellent	High	85	37	2:40	12:53	8:50	10:00	9:50
Excellent	Medium	80	35	2:31	13:23	9:00	10:23	10:13
Excellent	Low	75	34	2:21	13:45	9:10	10:45	10:35
Good	High	70	26	2:02	14:38	9:30	11:45	11:35
Good	Medium	65	22	1:44	15:30	10:00	12:53	12:43
Good	Low	60	14	1:25	15:53	10:30	14:00	13:50
Satisfactory	High	55	13	1:15	16:15	10:40	14:15	14:05
Satisfactory	Medium	50	11	1:06	16:38	10:50	14:38	14:28
Probationary		45	9	0:56	17:00	11:00	15:15	15:05

Performance		Points	Males: Age 40 - 44 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	72	3:04	9:30	7:25	7:00	6:50
Outstanding	Medium	95	70	3:00	10:00	7:35	7:30	7:20
Outstanding	Low	90	67	2:55	10:15	7:45	8:00	7:50
Excellent	High	85	61	2:46	10:45	7:55	8:30	8:20
Excellent	Medium	80	59	2:37	11:15	8:05	8:45	8:35
Excellent	Low	75	56	2:28	11:45	8:15	9:15	9:05
Good	High	70	50	2:09	12:45	8:35	10:00	9:50
Good	Medium	65	41	1:51	13:45	8:55	11:00	10:50
Good	Low	60	34	1:32	14:30	9:15	12:00	11:50
Satisfactory	High	55	32	1:23	14:45	9:25	12:30	12:20
Satisfactory	Medium	50	29	1:14	15:15	9:35	12:45	12:35
Probationary		45	24	1:05	15:30	9:45	13:30	13:20

Performance		Points	Females: Age 40 - 44 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	41	2:55	10:56	8:25	8:00	7:50
Outstanding	Medium	95	40	2:51	12:00	8:35	8:45	8:35
Outstanding	Low	90	37	2:46	12:15	8:45	9:45	9:35
Excellent	High	85	35	2:37	13:00	8:55	10:15	10:05
Excellent	Medium	80	33	2:28	13:30	9:05	10:30	10:20
Excellent	Low	75	32	2:18	14:00	9:15	11:00	10:50
Good	High	70	24	2:00	14:45	9:35	12:00	11:50
Good	Medium	65	20	1:41	15:45	10:05	13:00	12:50
Good	Low	60	12	1:23	16:15	10:35	14:15	14:05
Satisfactory	High	55	11	1:14	16:45	10:45	14:30	14:20
Satisfactory	Medium	50	9	1:05	17:00	10:55	14:45	14:35
Probationary		45	7	0:55	17:15	11:05	15:30	15:20

PFT (PFT/CFT Calculator and Marines Mobile App)

Male Pullups								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	20	23	23	23	21	20	19	18
Min	4	5	5	5	5	5	4	3
Max	100	100	100	100	100	100	100	100
Min Pts	40	40	40	40	40	40	40	40

Male Pull-ups								
Reps	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
23		100	100	100				
22		97	97	97				
21		93	93	93	100			
20	100	90	90	90	96	100		
19	96	87	87	87	93	96	100	
18	93	83	83	83	89	92	96	100
17	89	80	80	80	85	88	92	96
16	85	77	77	77	81	84	88	92
15	81	73	73	73	78	80	84	88
14	78	70	70	70	74	76	80	84
13	74	67	67	67	70	72	76	80
12	70	63	63	63	66	68	72	76
11	66	60	60	60	63	64	68	72
10	63	57	57	57	59	60	64	68
9	59	53	53	53	55	56	60	64
8	55	50	50	50	51	52	56	60
7	51	47	47	47	48	48	52	56
6	48	43	43	43	44	44	48	52
5	44	40	40	40	40	40	44	48
4	40						40	44
3								40

Male Push-Ups								
Reps	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
87		70						
86		69						
85		69						
84		68	70					
83		67	69					
82	70	67	69					
81	69	66	68					
80	69	66	67	70				
79	68	65	67	69				
78	67	64	66	69				
77	66	64	65	68				
76	66	63	65	67	70			
75	65	62	64	67	69			
74	64	62	63	66	69			
73	63	61	63	65	68			
72	63	60	62	65	67	70		
71	62	60	61	64	66	69		
70	61	59	61	63	66	69		
69	60	59	60	63	65	68		
68	60	58	59	62	64	67	70	
67	59	57	59	61	64	66	69	
66	58	57	58	60	63	66	69	
65	57	56	57	60	62	65	68	
64	57	55	57	59	61	64	67	70
63	56	55	56	58	61	64	67	69
62	55	54	55	58	60	63	66	69
61	54	53	55	57	59	62	65	68
60	54	53	54	56	59	61	64	67
59	53	52	53	56	58	61	64	67
58	52	51	53	55	57	60	63	66
57	51	51	52	54	56	59	62	65
56	51	50	51	54	56	59	62	65
55	50	50	51	53	55	58	61	64
54	49	49	50	52	54	57	60	63
53	48	48	49	52	54	56	60	63
52	48	48	49	51	53	56	59	62
51	47	47	48	50	52	55	58	61
50	46	46	47	50	51	54	57	60
49	45	46	47	49	51	54	57	60
48	45	45	46	48	50	53	56	59
47	44	44	45	48	49	52	55	58

Female Pullups								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	7	11	12	11	10	8	6	4
Min	1	3	4	3	3	2	2	2
Max	100	100	100	100	100	100	100	100
Min Pts	60	60	60	60	60	60	60	60

Female Pull-ups								
Reps	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
12			100					
11		100	95	100				
10		95	90	95	100			
9		90	85	90	94			
8		85	80	85	89	100		
7	100	80	75	80	83	93		
6	93	75	70	75	77	87	100	
5	87	70	65	70	71	80	90	
4	80	65	60	65	66	73	80	100
3	73	60		60	60	67	70	80
2	67					60	60	60
1	60							

Female Push-Ups								
Reps	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
50			70					
49			69					
48		70	68					
47		69	67					
46		68	66	70				
45		67	65	69				
44		66	64	68				
43		65	63	67	70			
42	70	64	63	66	69			
41	69	63	62	65	68	70		
40	67	62	61	64	67	69	70	
39	66	61	60	63	66	68	69	
38	65	60	59	62	65	67	68	70
37	63	59	58	61	64	66	67	69
36	62	58	57	60	63	65	66	68
35	61	57	56	59	62	64	65	67
34	60	56	55	58	61	63	64	66
33	58	55	54	57	60	62	63	65
32	57	54	53	56	59	61	62	64
31	56	53	52	55	58	60	61	63
30	54	52	51	54	57	59	60	61
29	53	51	50	53	56	58	59	60
28	52	50	49	52	54	57	58	59
27	50	49	48	51	53	56	57	58
26	49	48	48	50	52	54	56	57
25	48	47	47	49	51	53	54	56
24	47	46	46	48	50	52	53	55
23	45	45	45	47	49	51	52	54
22	44	44	44	46	48	50	51	53
21	43	43	43	45	47	49	50	52
20	41	42	42	44	46	48	49	51
19	40	41	41	43	45	47	48	50
18		40	40	42	44	46	47	49
17				41	43	45	46	48
16				40	42	44	45	46
15					41	43	44	45
14					40	42	43	44
13						41	42	43
12						40	41	42
11							40	41
10								40

		Male Push-Ups							
Reps	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+	
46	43	44	45	47	49	51	55	58	
45	42	43	44	46	48	51	54	57	
44	42	43	43	45	47	50	53	56	
43	41	42	43	45	46	49	53	56	
42	40	41	42	44	46	49	52	55	
41		41	43	45	48	51	54		
40		40	43	44	47	50	54		
39			40	42	44	46	50	53	
38				41	43	46	49	52	
37				41	42	45	48	52	
36				40	41	44	48	51	
35					41	44	47	50	
34					40	43	46	50	
33						42	46	49	
32						41	45	48	
31						41	44	48	
30						40	43	47	
29							43	46	
28							42	45	
27							41	45	
26							41	44	
25							40	43	
24								43	
23								42	
22								41	
21								41	
20								40	

		Male Crunches							
Reps	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+	
115			100	100					
114			99	99					
113			97	97					
112			96	96					
111			95	95					
110		100	93	93	100				
109		99	92	92	99				
108		97	91	91	97				
107		96	89	89	96				
106		94	88	88	94				
105	100	93	87	87	93	100			
104	98	91	85	85	91	99			
103	97	90	84	84	90	97			
102	95	88	83	83	88	96			
101	93	87	81	81	87	94			
100	91	85	80	80	85	93	100	100	
99	90	84	79	79	84	91	99	99	
98	88	82	77	77	82	90	98	98	
97	86	81	76	76	81	88	96	97	
96	85	79	75	75	79	87	95	96	
95	83	78	73	73	78	85	94	95	
94	81	76	72	72	76	84	93	94	
93	79	75	71	71	75	82	92	93	
92	78	73	69	69	73	81	90	92	
91	76	72	68	68	72	79	89	91	
90	74	70	67	67	70	78	88	90	
89	73	69	65	65	69	76	87	89	
88	71	67	64	64	67	75	86	88	
87	69	66	63	63	66	73	84	87	
86	67	64	61	61	64	72	83	86	
85	66	63	60	60	63	70	82	85	
84	64	61	59	59	61	69	81	84	
83	62	60	57	57	60	67	80	83	
82	61	58	56	56	58	66	78	82	
81	59	57	55	55	57	64	77	81	
80	57	55	53	53	55	63	76	80	

		Female Crunches							
Reps	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+	
110			100						
109			99						
108			98						
107			96						
106			95						
105		100	94	100	100				
104		99	93	99	99				
103		98	92	97	97				
102		96	90	96	96				
101		95	89	95	95				
100	100	94	88	93	93	100	100	100	
99	99	93	87	92	92	99	99	99	
98	98	92	86	91	91	97	98	98	
97	96	90	84	89	89	96	96	97	
96	95	89	83	88	88	95	95	96	
95	94	88	82	87	87	93	94	95	
94	93	87	81	85	85	92	93	94	
93	92	86	80	84	84	91	92	93	
92	90	84	78	83	83	89	90	92	
91	89	83	77	81	81	88	89	91	
90	88	82	76	80	80	87	88	90	
89	87	81	75	79	79	85	87	89	
88	86	80	74	77	77	84	86	88	
87	84	78	72	76	76	83	84	87	
86	83	77	71	75	75	81	83	86	
85	82	76	70	73	73	80	82	85	
84	81	75	69	72	72	79	81	84	
83	80	74	68	71	71	77	80	83	
82	78	72	66	69	69	76	78	82	
81	77	71	65	68	68	75	77	81	
80	76	70	64	67	67	73	76	80	
79	75	69	63	65	65	72	75	79	
78	74	68	62	64	64	71	74	78	
77	72	66	60	63	63	69	72	77	
76	71	65	59	61	61	68	71	76	
75	70	64	58	60	60	67	70	75	

Male Crunches								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	105	110	115	115	110	105	100	100
Min	70	70	70	70	70	65	50	40
In Pts	40	40	40	40	40	40	40	40
79	55	54	52	52	54	61	75	79
78	54	52	51	51	52	60	74	78
77	52	51	49	49	51	58	72	77
76	50	49	48	48	49	57	71	76
75	49	48	47	47	48	55	70	75
74	47	46	45	45	46	54	69	74
73	45	45	44	44	45	52	68	73
72	43	43	43	43	43	51	66	72
71	42	42	41	41	42	49	65	71
70	40	40	40	40	40	48	64	70
69						46	63	69
68						45	62	68
67						43	60	67
66						42	59	66
65						40	58	65
64							57	64
63							56	63
62							54	62
61							53	61
60							52	60
59							51	59
58							50	58
57							48	57
56							47	56
55							46	55
54							45	54
53							44	53
52							42	52
51							41	51
50							40	50
49								49
48								48
47								47
46								46
45								45
44								44
43								43
42								42
41								41
40								40

Female Crunches								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	100	105	110	105	105	100	100	100
Min	50	55	60	60	60	55	50	40
Min Pts	40	40	40	40	40	40	40	40
74	69	63	57	59	59	65	69	74
73	68	62	56	57	57	64	68	73
72	66	60	54	56	56	63	66	72
71	65	59	53	55	55	61	65	71
70	64	58	52	53	53	60	64	70
69	63	57	51	52	52	59	63	69
68	62	56	50	51	51	57	62	68
67	60	54	48	49	49	56	60	67
66	59	53	47	48	48	55	59	66
65	58	52	46	47	47	53	58	65
64	57	51	45	45	45	52	57	64
63	56	50	44	44	44	51	56	63
62	54	48	42	43	43	49	54	62
61	53	47	41	41	41	48	53	61
60	52	46	40	40	40	47	52	60
59	51	45				45	51	59
58	50	44				44	50	58
57	48	42				43	48	57
56	47	41				41	47	56
55	46	40				40	46	55
54	45						45	54
53	44						44	53
52	42						42	52
51	41						41	51
50	40						40	50
49								49
48								48
47								47
46								46
45								45
44								44
43								43
42								42
41								41
40								40

		Time Score									
Planks:		4:20	100	3:44	89	3:08	78	2:32	67	1:56	56
		4:17	99	3:41	88	3:05	77	2:29	66	1:53	55
		4:14	98	3:38	87	3:02	76	2:26	65	1:49	54
		4:11	97	3:35	86	2:58	75	2:22	64	1:46	53
		4:07	96	3:31	85	2:55	74	2:19	63	1:43	52
		4:04	95	3:28	84	2:52	73	2:16	62	1:40	51
		4:01	94	3:25	83	2:49	72	2:12	61	1:36	50
		3:58	93	3:21	82	2:45	71	2:09	60	1:33	49
		3:54	92	3:18	81	2:42	70	2:06	59	1:30	48
		3:51	91	3:15	80	2:39	69	2:03	58	1:26	47
		3:48	90	3:12	79	2:35	68	1:59	57	1:23	46

	Male 3 Mile Run							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	18:00	18:00	18:00	18:00	18:00	18:30	19:00	19:30
Min	27:40	27:40	28:00	28:20	28:40	29:20	30:00	33:00
Min Pts	40	40	40	40	40	40	40	40

Time	Male 3 Mile Run							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
18:00	100	100	100	100	100			
18:10	99	99	99	99	99			
18:20	98	98	98	98	98			
18:30	97	97	97	97	97	100		
18:40	96	96	96	96	96	99		
18:50	95	95	95	95	95	98		
19:00	94	94	94	94	94	97	100	
19:10	93	93	93	93	93	96	99	
19:20	92	92	92	92	93	95	98	
19:30	91	91	91	91	92	94	97	100
19:40	90	90	90	90	91	94	96	99
19:50	89	89	89	89	90	93	95	99
20:00	88	88	88	88	89	92	95	98
20:10	87	87	87	87	88	91	94	97
20:20	86	86	86	86	87	90	93	96
20:30	84	84	85	85	86	89	92	96
20:40	83	83	84	85	85	88	91	95
20:50	82	82	83	84	84	87	90	94
21:00	81	81	82	83	83	86	89	93
21:10	80	80	81	82	82	85	88	93
21:20	79	79	80	81	81	84	87	92
21:30	78	78	79	80	80	83	86	91
21:40	77	77	78	79	79	82	85	90
21:50	76	76	77	78	78	82	85	90
22:00	75	75	76	77	78	81	84	89
22:10	74	74	75	76	77	80	83	88
22:20	73	73	74	75	76	79	82	87
22:30	72	72	73	74	75	78	81	87
22:40	71	71	72	73	74	77	80	86
22:50	70	70	71	72	73	76	79	85
23:00	69	69	70	71	72	75	78	84
23:10	68	68	69	70	71	74	77	84
23:20	67	67	68	69	70	73	76	83
23:30	66	66	67	68	69	72	75	82
23:40	65	65	66	67	68	71	75	81
23:50	64	64	65	66	67	70	74	81
24:00	63	63	64	65	66	70	73	80
24:10	62	62	63	64	65	69	72	79
24:20	61	61	62	63	64	68	71	79
24:30	60	60	61	62	63	67	70	78
24:40	59	59	60	61	63	66	69	77
24:50	58	58	59	60	62	65	68	76
25:00	57	57	58	59	61	64	67	76

	Female 3 Mile Run							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	21:00	21:00	21:00	21:00	21:00	21:30	22:00	22:30
Min	30:50	30:50	31:10	31:30	31:50	32:30	33:30	36:00
Min Pts	40	40	40	40	40	40	40	40

Time	Female 3 Mile Run							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
21:00	100	100	100	100	100			
21:10	99	99	99	99	99			
21:20	98	98	98	98	98			
21:30	97	97	97	97	97	100		
21:40	96	96	96	96	96	99		
21:50	95	95	95	95	95	98		
22:00	94	94	94	94	94	97	100	
22:10	93	93	93	93	94	96	99	
22:20	92	92	92	92	93	95	98	
22:30	91	91	91	91	92	95	97	100
22:40	90	90	90	90	91	94	97	99
22:50	89	89	89	90	90	93	96	99
23:00	88	88	88	89	89	92	95	98
23:10	87	87	87	88	88	91	94	97
23:20	86	86	86	87	87	90	93	96
23:30	85	85	85	86	86	89	92	96
23:40	84	84	84	85	85	88	91	95
23:50	83	83	83	84	84	87	90	94
24:00	82	82	82	83	83	86	90	93
24:10	81	81	81	82	82	85	89	93
24:20	80	80	80	81	82	85	88	92
24:30	79	79	79	80	81	84	87	91
24:40	78	78	78	79	80	83	86	90
24:50	77	77	77	78	79	82	85	90
25:00	76	76	76	77	78	81	84	89
25:10	75	75	75	76	77	80	83	88
25:20	74	74	74	75	76	79	83	87
25:30	73	73	73	74	75	78	82	87
25:40	72	72	72	73	74	77	81	86
25:50	71	71	71	72	73	76	80	85
26:00	69	69	70	71	72	75	79	84
26:10	68	68	70	70	71	75	78	84
26:20	67	67	69	70	70	74	77	83
26:30	66	66	68	69	70	73	77	82
26:40	65	65	67	68	69	72	76	81
26:50	64	64	66	67	68	71	75	81
27:00	63	63	65	66	67	70	74	80
27:10	62	62	64	65	66	69	73	79
27:20	61	61	63	64	65	68	72	79
27:30	60	60	62	63	64	67	71	78
27:40	59	59	61	62	63	66	70	77
27:50	58	58	60	61	62	65	70	76
28:00	57	57	59	60	61	65	69	76

Male 3 Mile Run								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	18:00	18:00	18:00	18:00	18:00	18:30	19:00	19:30
Min	27:40	27:40	28:00	28:20	28:40	29:20	30:00	33:00
Min Pts	40	40	40	40	40	40	40	40
25:10	56	56	57	58	60	63	66	75
25:20	54	54	56	57	59	62	65	74
25:30	53	53	55	56	58	61	65	73
25:40	52	52	54	55	57	60	64	73
25:50	51	51	53	55	56	59	63	72
26:00	50	50	52	54	55	58	62	71
26:10	49	49	51	53	54	58	61	70
26:20	48	48	50	52	53	57	60	70
26:30	47	47	49	51	52	56	59	69
26:40	46	46	48	50	51	55	58	68
26:50	45	45	47	49	50	54	57	67
27:00	44	44	46	48	49	53	56	67
27:10	43	43	45	47	48	52	55	66
27:20	42	42	44	46	48	51	55	65
27:30	41	41	43	45	47	50	54	64
27:40	40	40	42	44	46	49	53	64
27:50			41	43	45	48	52	63
28:00			40	42	44	47	51	62
28:10				41	43	46	50	61
28:20				40	42	46	49	61
28:30					41	45	48	60
28:40					40	44	47	59
28:50						43	46	59
29:00						42	45	58
29:10						41	45	57
29:20						40	44	56
29:30							43	56
29:40							42	55
29:50							41	54
30:00							40	53
30:10								53
30:20								52
30:30								51
30:40								50
30:50								50
31:00								49
31:10								48
31:20								47
31:30								47
31:40								46
31:50								45
32:00								44
32:10								44
32:20								43
32:30								42
32:40								41
32:50								41
33:00								40

Female 3 Mile Run								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	21:00	21:00	21:00	21:00	21:00	21:30	22:00	22:30
Min	30:50	30:50	31:10	31:30	31:50	32:30	33:30	36:00
Min Pts	40	40	40	40	40	40	40	40
28:10	56	56	58	59	60	64	68	75
28:20	55	55	57	58	59	63	67	74
28:30	54	54	56	57	58	62	66	73
28:40	53	53	55	56	58	61	65	73
28:50	52	52	54	55	57	60	64	72
29:00	51	51	53	54	56	59	63	71
29:10	50	50	52	53	55	58	63	70
29:20	49	49	51	52	54	57	62	70
29:30	48	48	50	51	53	56	61	69
29:40	47	47	49	50	52	55	60	68
29:50	46	46	48	50	51	55	59	67
30:00	45	45	47	49	50	54	58	67
30:10	44	44	46	48	49	53	57	66
30:20	43	43	45	47	48	52	57	65
30:30	42	42	44	46	47	51	56	64
30:40	41	41	43	45	46	50	55	64
30:50	40	40	42	44	46	49	54	63
31:00			41	43	45	48	53	62
31:10			40	42	44	47	52	61
31:20				41	43	46	51	61
31:30				40	42	45	50	60
31:40					41	45	50	59
31:50					40	44	49	59
32:00						43	48	58
32:10						42	47	57
32:20						41	46	56
32:30						40	45	56
32:40							44	55
32:50							43	54
33:00							43	53
33:10							42	53
33:20							41	52
33:30							40	51
33:40								50
33:50								50
34:00								49
34:10								48
34:20								47
34:30								47
34:40								46
34:50								45
35:00								44
35:10								44
35:20								43
35:30								42
35:40								41
35:50								41
36:00								40

CFT

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:40	2:38	2:39	2:42	2:45	2:52	3:01	3:05
Min	3:45	3:45	3:48	3:51	3:58	4:11	4:28	5:07
Min Pts	40	40	40	40	40	40	40	40
2:38		100						
2:39		99	100					
2:40	100	98	99					
2:41	99	97	98					
2:42	98	96	97	100				
2:43	97	96	97	99				
2:44	96	95	96	98				
2:45	95	94	95	97	100			
2:46	94	93	94	97	99			
2:47	94	92	93	96	98			
2:48	93	91	92	95	98			
2:49	92	90	91	94	97			
2:50	91	89	90	93	96			
2:51	90	88	90	92	95			
2:52	89	87	89	91	94	100		
2:53	88	87	88	90	93	99		
2:54	87	86	87	90	93	98		
2:55	86	85	86	89	92	98		
2:56	85	84	85	88	91	97		
2:57	84	83	84	87	90	96		
2:58	83	82	83	86	89	95		
2:59	82	81	83	85	88	95		
3:00	82	80	82	84	88	94		
3:01	81	79	81	83	87	93	100	
3:02	80	79	80	83	86	92	99	
3:03	79	78	79	82	85	92	99	
3:04	78	77	78	81	84	91	98	
3:05	77	76	77	80	84	90	97	100
3:06	76	75	77	79	83	89	97	99
3:07	75	74	76	78	82	89	96	99
3:08	74	73	75	77	81	88	95	98
3:09	73	72	74	77	80	87	94	98
3:10	72	71	73	76	79	86	94	97
3:11	71	70	72	75	79	86	93	97
3:12	70	70	71	74	78	85	92	96
3:13	70	69	70	73	77	84	92	96
3:14	69	68	70	72	76	83	91	95
3:15	68	67	69	71	75	83	90	95
3:16	67	66	68	70	75	82	90	94
3:17	66	65	67	70	74	81	89	94
3:18	65	64	66	69	73	80	88	93
3:19	64	63	65	68	72	79	88	93
3:20	63	62	64	67	71	79	87	92
3:21	62	61	63	66	70	78	86	92
3:22	61	61	63	65	70	77	86	91
3:23	60	60	62	64	69	76	85	91
3:24	59	59	61	63	68	76	84	90
3:25	58	58	60	63	67	75	83	90
3:26	58	57	59	62	66	74	83	89
3:27	57	56	58	61	65	73	82	89

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:19	3:13	3:10	3:12	3:18	3:25	3:39	3:55
Min	4:36	4:41	4:45	4:46	4:55	4:58	5:26	5:52
Min Pts	40	40	40	40	40	40	40	40
3:10			100					
3:11			99					
3:12			99	100				
3:13		100	98	99				
3:14		99	97	99				
3:15		99	97	98				
3:16		98	96	97				
3:17		97	96	97				
3:18		97	95	96	100			
3:19	100	96	94	96	99			
3:20	99	95	94	95	99			
3:21	98	95	93	94	98			
3:22	98	94	92	94	98			
3:23	97	93	92	93	97			
3:24	96	93	91	92	96			
3:25	95	92	91	92	96	100		
3:26	95	91	90	91	95	99		
3:27	94	90	89	90	94	99		
3:28	93	90	89	90	94	98		
3:29	92	89	88	89	93	97		
3:30	91	88	87	89	93	97		
3:31	91	88	87	88	92	96		
3:32	90	87	86	87	91	95		
3:33	89	86	85	87	91	95		
3:34	88	86	85	86	90	94		
3:35	88	85	84	85	89	94		
3:36	87	84	84	85	89	93		
3:37	86	84	83	84	88	92		
3:38	85	83	82	83	88	92		
3:39	84	82	82	83	87	91	100	
3:40	84	82	81	82	86	90	99	
3:41	83	81	80	81	86	90	99	
3:42	82	80	80	81	85	89	98	
3:43	81	80	79	80	85	88	98	
3:44	81	79	79	80	84	88	97	
3:45	80	78	78	79	83	87	97	
3:46	79	78	77	78	83	86	96	
3:47	78	77	77	78	82	86	96	
3:48	77	76	76	77	81	85	95	
3:49	77	75	75	76	81	85	94	
3:50	76	75	75	76	80	84	94	
3:51	75	74	74	75	80	83	93	
3:52	74	73	73	74	79	83	93	
3:53	74	73	73	74	78	82	92	
3:54	73	72	72	73	78	81	92	
3:55	72	71	72	73	77	81	91	100
3:56	71	71	71	72	76	80	90	99
3:57	70	70	70	71	76	79	90	99
3:58	70	69	70	71	75	79	89	98
3:59	69	69	69	70	75	78	89	98

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:40	2:38	2:39	2:42	2:45	2:52	3:01	3:05
Min	3:45	3:45	3:48	3:51	3:58	4:11	4:28	5:07
Min Pts	40	40	40	40	40	40	40	40
3:28	56	55	57	60	65	73	81	88
3:29	55	54	57	59	64	72	81	88
3:30	54	53	56	58	63	71	80	87
3:31	53	53	55	57	62	70	79	87
3:32	52	52	54	57	61	70	79	86
3:33	51	51	53	56	61	69	78	86
3:34	50	50	52	55	60	68	77	85
3:35	49	49	51	54	59	67	77	85
3:36	48	48	50	53	58	67	76	85
3:37	47	47	50	52	57	66	75	84
3:38	46	46	49	51	56	65	74	84
3:39	46	45	48	50	56	64	74	83
3:40	45	44	47	50	55	64	73	83
3:41	44	44	46	49	54	63	72	82
3:42	43	43	45	48	53	62	72	82
3:43	42	42	44	47	52	61	71	81
3:44	41	41	43	46	52	61	70	81
3:45	40	40	43	45	51	60	70	80
3:46			42	44	50	59	69	80
3:47			41	43	49	58	68	79
3:48			40	43	48	57	68	79
3:49				42	47	57	67	78
3:50				41	47	56	66	78
3:51				40	46	55	66	77
3:52					45	54	65	77
3:53					44	54	64	76
3:54					43	53	63	76
3:55					42	52	63	75
3:56					42	51	62	75
3:57					41	51	61	74
3:58					40	50	61	74
3:59						49	60	73
4:00						48	59	73
4:01						48	59	72
4:02						47	58	72
4:03						46	57	71
4:04						45	57	71
4:05						45	56	70
4:06						44	55	70
4:07						43	54	70
4:08						42	54	69
4:09						42	53	69
4:10						41	52	68
4:11						40	52	68
4:12							51	67
4:13							50	67
4:14							50	66
4:15							49	66
4:16							48	65
4:17							48	65
4:18							47	64
4:19							46	64

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:19	3:13	3:10	3:12	3:18	3:25	3:39	3:55
Min	4:36	4:41	4:45	4:46	4:55	4:58	5:26	5:52
Min Pts	40	40	40	40	40	40	40	40
4:00	68	68	68	69	74	77	88	97
4:01	67	67	68	69	73	77	88	97
4:02	66	67	67	68	73	76	87	96
4:03	66	66	67	67	72	75	87	96
4:04	65	65	66	67	72	75	86	95
4:05	64	65	65	66	71	74	85	95
4:06	63	64	65	66	70	74	85	94
4:07	63	63	64	65	70	73	84	94
4:08	62	63	63	64	69	72	84	93
4:09	61	62	63	64	68	72	83	93
4:10	60	61	62	63	68	71	83	92
4:11	59	60	61	62	67	70	82	92
4:12	59	60	61	62	67	70	81	91
4:13	58	59	60	61	66	69	81	91
4:14	57	58	60	60	65	68	80	90
4:15	56	58	59	60	65	68	80	90
4:16	56	57	58	59	64	67	79	89
4:17	55	56	58	59	64	66	79	89
4:18	54	56	57	58	63	66	78	88
4:19	53	55	56	57	62	65	78	88
4:20	52	54	56	57	62	65	77	87
4:21	52	54	55	56	61	64	76	87
4:22	51	53	55	55	60	63	76	86
4:23	50	52	54	55	60	63	75	86
4:24	49	52	53	54	59	62	75	85
4:25	49	51	53	53	59	61	74	85
4:26	48	50	52	53	58	61	74	84
4:27	47	50	51	52	57	60	73	84
4:28	46	49	51	51	57	59	73	83
4:29	45	48	50	51	56	59	72	83
4:30	45	48	49	50	55	58	71	82
4:31	44	47	49	50	55	57	71	82
4:32	43	46	48	49	54	57	70	81
4:33	42	45	48	48	54	56	70	81
4:34	42	45	47	48	53	55	69	80
4:35	41	44	46	47	52	55	69	79
4:36	40	43	46	46	52	54	68	79
4:37		43	45	46	51	54	67	78
4:38		42	44	45	51	53	67	78
4:39		41	44	44	50	52	66	77
4:40		41	43	44	49	52	66	77
4:41		40	43	43	49	51	65	76
4:42			42	43	48	50	65	76
4:43			41	42	47	50	64	75
4:44			41	41	47	49	64	75
4:45			40	41	46	48	63	74
4:46				40	46	48	62	74
4:47					45	47	62	73
4:48					44	46	61	73
4:49					44	46	61	72
4:50					43	45	60	72
4:51					42	45	60	71

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:40	2:38	2:39	2:42	2:45	2:52	3:01	3:05
Min	3:45	3:45	3:48	3:51	3:58	4:11	4:28	5:07
Min Pts	40	40	40	40	40	40	40	40
4:20							46	63
4:21							45	63
4:22							44	62
4:23							43	62
4:24							43	61
4:25							42	61
4:26							41	60
4:27							41	60
4:28							40	59
4:29								59
4:30								58
4:31								58
4:32								57
4:33								57
4:34								56
4:35								56
4:36								55
4:37								55
4:38								55
4:39								54
4:40								54
4:41								53
4:42								53
4:43								52
4:44								52
4:45								51
4:46								51
4:47								50
4:48								50
4:49								49
4:50								49
4:51								48
4:52								48
4:53								47
4:54								47
4:55								46
4:56								46
4:57								45
4:58								45
4:59								44
5:00								44
5:01								43
5:02								43
5:03								42
5:04								42
5:05								41
5:06								41
5:07								40

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:19	3:13	3:10	3:12	3:18	3:25	3:39	3:55
Min	4:36	4:41	4:45	4:46	4:55	4:58	5:26	5:52
Min Pts	40	40	40	40	40	40	40	40
4:52					42	44	59	71
4:53					41	43	59	70
4:54					41	43	58	70
4:55					40	42	57	69
4:56						41	57	69
4:57						41	56	68
4:58						40	56	68
4:59							55	67
5:00							55	67
5:01							54	66
5:02							53	66
5:03							53	65
5:04							52	65
5:05							52	64
5:06							51	64
5:07							51	63
5:08							50	63
5:09							50	62
5:10							49	62
5:11							48	61
5:12							48	61
5:13							47	60
5:14							47	59
5:15							46	59
5:16							46	58
5:17							45	58
5:18							44	57
5:19							44	57
5:20							43	56
5:21							43	56
5:22							42	55
5:23							42	55
5:24							41	54
5:25							41	54
5:26							40	53
5:27								53
5:28								52
5:29								52
5:30								51
5:31								51
5:32								50
5:33								50
5:34								49
5:35								49
5:36								48
5:37								48
5:38								47
5:39								47
5:40								46
5:41								46
5:42								45
5:43								45
5:44								44
5:45								44

Male	Male ACL							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	106	115	116	120	110	106	100	95
Min	62	67	67	67	67	66	65	16
Min Pts	40	40	40	40	40	40	40	40
120				100				
119				99				
118				98				
117				97				
116			100	95				
115		100	99	94				
114		99	98	93				
113		98	96	92				
112		96	95	91				
111		95	94	90				
110		94	93	89	100			
109		93	91	88	99			
108		91	90	86	97			
107		90	89	85	96			
106	100	89	88	84	94	100		
105	99	88	87	83	93	99		
104	97	86	85	82	92	97		
103	96	85	84	81	90	96		
102	95	84	83	80	89	94		
101	93	83	82	78	87	93		
100	92	81	80	77	86	91	100	
99	90	80	79	76	85	90	98	
98	89	79	78	75	83	88	97	
97	88	78	77	74	82	87	95	
96	86	76	76	73	80	85	93	
95	85	75	74	72	79	84	91	100
94	84	74	73	71	78	82	90	99
93	82	73	72	69	76	81	88	98
92	81	71	71	68	75	79	86	98
91	80	70	69	67	73	78	85	97
90	78	69	68	66	72	76	83	96
89	77	68	67	65	71	75	81	95
88	75	66	66	64	69	73	79	95
87	74	65	64	63	68	72	78	94
86	73	64	63	62	67	70	76	93
85	71	63	62	60	65	69	74	92
84	70	61	61	59	64	67	73	92
83	69	60	60	58	62	66	71	91
82	67	59	58	57	61	64	69	90
81	66	58	57	56	60	63	67	89
80	65	56	56	55	58	61	66	89
79	63	55	55	54	57	60	64	88
78	62	54	53	52	55	58	62	87
77	60	53	52	51	54	57	61	86

Female	Female ACL							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	66	74	75	72	70	62	53	44
Min	30	30	30	30	30	28	26	6
Min Pts	40	40	40	40	40	40	40	40
75			100					
74		100	99					
73		99	97					
72		97	96	100				
71		96	95	99				
70		95	93	97	100			
69		93	92	96	99			
68		92	91	94	97			
67		90	89	93	96			
66	100	89	88	91	94			
65	98	88	87	90	93			
64	97	86	85	89	91			
63	95	85	84	87	90			
62	93	84	83	86	88	100		
61	92	82	81	84	87	98		
60	90	81	80	83	85	96		
59	88	80	79	81	84	95		
58	87	78	77	80	82	93		
57	85	77	76	79	81	91		
56	83	75	75	77	79	89		
55	82	74	73	76	78	88		
54	80	73	72	74	76	86		
53	78	71	71	73	75	84	100	
52	77	70	69	71	73	82	98	
51	75	69	68	70	72	81	96	
50	73	67	67	69	70	79	93	
49	72	66	65	67	69	77	91	
48	70	65	64	66	67	75	89	
47	68	63	63	64	66	74	87	
46	67	62	61	63	64	72	84	
45	65	60	60	61	63	70	82	
44	63	59	59	60	61	68	80	100
43	62	58	57	59	60	66	78	98
42	60	56	56	57	58	65	76	97
41	58	55	55	56	57	63	73	95
40	57	54	53	54	55	61	71	94
39	55	52	52	53	54	59	69	92
38	53	51	51	51	52	58	67	91
37	52	50	49	50	51	56	64	89
36	50	48	48	49	49	54	62	87
35	48	47	47	47	48	52	60	86
34	47	45	45	46	46	51	58	84
33	45	44	44	44	45	49	56	83
32	43	43	43	43	43	47	53	81

Male	Male ACL							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	106	115	116	120	110	106	100	95
Min	62	67	67	67	67	66	65	16
Min Pts	40	40	40	40	40	40	40	40
76	59	51	51	50	53	55	59	86
75	58	50	50	49	51	54	57	85
74	56	49	49	48	50	52	55	84
73	55	48	47	47	48	51	54	83
72	54	46	46	46	47	49	52	83
71	52	45	45	45	46	48	50	82
70	51	44	44	43	44	46	49	81
69	50	43	42	42	43	45	47	80
68	48	41	41	41	41	43	45	79
67	47	40	40	40	40	42	43	79
66	45					40	42	78
65	44						40	77
64	43							76
63	41							76
62	40							75
61								74
60								73
59								73
58								72
57								71
56								70
55								70
54								69
53								68
52								67
51								67
50								66
49								65
48								64
47								64
46								63
45								62
44								61
43								61
42								60
41								59
40								58
39								57
38								57
37								56
36								55
35								54
34								54

Female	Female ACL							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	66	74	75	72	70	62	53	44
Min	30	30	30	30	30	28	26	6
Min Pts	40	40	40	40	40	40	40	40
31	42	41	41	41	42	45	51	79
30	40	40	40	40	40	44	49	78
29						42	47	76
28						40	44	75
27							42	73
26							40	72
25								70
24								68
23								67
22								65
21								64
20								62
19								61
18								59
17								57
16								56
15								54
14								53
13								51
12								49
11								48
10								46
9								45
8								43
7								42
6								40

	Male MANUF							
Male	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40

	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
2:04		100						
2:05		99	100					
2:06		98	99					
2:07	100	98	98					
2:08	99	97	98					
2:09	98	96	97					
2:10	97	95	96	100				
2:11	97	94	95	99				
2:12	96	94	95	99				
2:13	95	93	94	98				
2:14	94	92	93	97				
2:15	93	91	92	96				
2:16	92	90	91	96	100			
2:17	91	89	91	95	99			
2:18	91	89	90	94	99			
2:19	90	88	89	93	98			
2:20	89	87	88	93	97			
2:21	88	86	88	92	97			
2:22	87	85	87	91	96			
2:23	86	85	86	90	95	100		
2:24	85	84	85	90	94	99		
2:25	85	83	84	89	94	99		
2:26	84	82	84	88	93	98		
2:27	83	81	83	87	92	98		
2:28	82	81	82	87	92	97		
2:29	81	80	81	86	91	96		
2:30	80	79	81	85	90	96		
2:31	79	78	80	84	90	95		
2:32	79	77	79	84	89	94		
2:33	78	76	78	83	88	94		
2:34	77	76	77	82	87	93		
2:35	76	75	77	81	87	93		
2:36	75	74	76	81	86	92		
2:37	74	73	75	80	85	91		
2:38	73	72	74	79	85	91		
2:39	73	72	74	78	84	90		
2:40	72	71	73	78	83	89	100	
2:41	71	70	72	77	83	89	99	
2:42	70	69	71	76	82	88	99	
2:43	69	68	70	75	81	88	98	
2:44	68	68	70	75	80	87	97	
2:45	67	67	69	74	80	86	97	
2:46	67	66	68	73	79	86	96	
2:47	66	65	67	72	78	85	96	

	Female MANUF							
Female	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40

	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
2:42			100					
2:43			99					
2:44			99					
2:45		100	98					
2:46		99	98					
2:47		99	97					
2:48		98	97					
2:49		98	96	100				
2:50		97	96	99				
2:51		97	95	99				
2:52		96	95	98				
2:53		96	94	98	100			
2:54		95	94	97	100			
2:55	100	94	93	97	99			
2:56	99	94	93	96	99			
2:57	99	93	92	96	98	100		
2:58	98	93	92	95	98	100		
2:59	98	92	91	95	97	99		
3:00	97	92	91	94	97	99		
3:01	97	91	90	94	96	98		
3:02	96	91	90	93	96	98		
3:03	96	90	89	93	95	97		
3:04	95	90	89	92	95	97		
3:05	95	89	88	92	94	96		
3:06	94	88	88	91	94	96		
3:07	94	88	87	91	93	95		
3:08	93	87	87	90	93	95		
3:09	93	87	86	90	92	94		
3:10	92	86	86	89	92	94		
3:11	92	86	85	89	91	93		
3:12	91	85	85	88	91	93		
3:13	91	85	84	87	90	92		
3:14	90	84	84	87	90	92		
3:15	90	83	83	86	89	91		
3:16	89	83	83	86	89	91		
3:17	89	82	82	85	88	90		
3:18	88	82	82	85	88	90		
3:19	88	81	81	84	87	89		
3:20	87	81	81	84	87	89		
3:21	87	80	80	83	86	88		
3:22	86	80	80	83	86	88		
3:23	86	79	79	82	85	87		
3:24	85	79	79	82	85	87		
3:25	85	78	78	81	84	86		

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40
2:48	65	64	66	72	78	84	95	
2:49	64	64	66	71	77	84	94	
2:50	63	63	65	70	76	83	94	
2:51	62	62	64	69	76	83	93	
2:52	61	61	63	69	75	82	92	100
2:53	61	60	63	68	74	81	92	99
2:54	60	59	62	67	73	81	91	99
2:55	59	59	61	66	73	80	90	99
2:56	58	58	60	66	72	79	90	98
2:57	57	57	59	65	71	79	89	98
2:58	56	56	59	64	71	78	89	98
2:59	55	55	58	63	70	78	88	98
3:00	55	55	57	63	69	77	87	97
3:01	54	54	56	62	69	76	87	97
3:02	53	53	56	61	68	76	86	97
3:03	52	52	55	60	67	75	85	96
3:04	51	51	54	60	67	74	85	96
3:05	50	51	53	59	66	74	84	96
3:06	49	50	52	58	65	73	83	95
3:07	49	49	52	57	64	73	83	95
3:08	48	48	51	57	64	72	82	95
3:09	47	47	50	56	63	71	81	95
3:10	46	46	49	55	62	71	81	94
3:11	45	46	49	54	62	70	80	94
3:12	44	45	48	54	61	69	80	94
3:13	43	44	47	53	60	69	79	93
3:14	43	43	46	52	60	68	78	93
3:15	42	42	45	51	59	68	78	93
3:16	41	42	45	51	58	67	77	92
3:17	40	41	44	50	57	66	76	92
3:18		40	43	49	57	66	76	92
3:19			42	48	56	65	75	92
3:20			42	48	55	64	74	91
3:21			41	47	55	64	74	91
3:22			40	46	54	63	73	91
3:23				45	53	63	73	90
3:24				45	53	62	72	90
3:25				44	52	61	71	90
3:26				43	51	61	71	89
3:27				42	50	60	70	89
3:28				42	50	59	69	89
3:29				41	49	59	69	89
3:30				40	48	58	68	88
3:31					48	58	67	88
3:32					47	57	67	88
3:33					46	56	66	87

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40
3:26	84	77	78	81	84	86		
3:27	84	77	77	80	83	85		
3:28	83	76	77	80	83	85		
3:29	83	76	76	79	82	85		
3:30	82	75	76	79	82	84		
3:31	82	75	75	78	81	84		
3:32	81	74	75	78	81	83		
3:33	81	74	74	77	80	83		
3:34	80	73	74	77	80	82		
3:35	80	72	73	76	80	82	100	
3:36	79	72	73	75	79	81	99	
3:37	79	71	72	75	79	81	99	
3:38	78	71	72	74	78	80	98	
3:39	78	70	71	74	78	80	97	
3:40	77	70	71	73	77	79	97	
3:41	77	69	70	73	77	79	96	
3:42	76	69	69	72	76	78	95	
3:43	76	68	69	72	76	78	95	
3:44	75	68	68	71	75	77	94	100
3:45	75	67	68	71	75	77	93	99
3:46	74	66	67	70	74	76	93	99
3:47	74	66	67	70	74	76	92	99
3:48	73	65	66	69	73	75	91	98
3:49	73	65	66	69	73	75	91	98
3:50	72	64	65	68	72	74	90	98
3:51	72	64	65	68	72	74	89	97
3:52	71	63	64	67	71	73	89	97
3:53	71	63	64	67	71	73	88	96
3:54	70	62	63	66	70	72	87	96
3:55	69	61	63	66	70	72	87	96
3:56	69	61	62	65	69	71	86	95
3:57	68	60	62	65	69	71	85	95
3:58	68	60	61	64	68	70	85	95
3:59	67	59	61	63	68	70	84	94
4:00	67	59	60	63	67	70	84	94
4:01	66	58	60	62	67	69	83	94
4:02	66	58	59	62	66	69	82	93
4:03	65	57	59	61	66	68	82	93
4:04	65	57	58	61	65	68	81	93
4:05	64	56	58	60	65	67	80	92
4:06	64	55	57	60	64	67	80	92
4:07	63	55	57	59	64	66	79	92
4:08	63	54	56	59	63	66	78	91
4:09	62	54	56	58	63	65	78	91
4:10	62	53	55	58	62	65	77	91
4:11	61	53	55	57	62	64	76	90

