

New Mexico Military Institute Army ROTC
Early Commissioning Program

ROTC Handbook



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This document is not an official Army or Cadet Command publication although regulations and policies are referenced throughout. This handbook is designed to be used as guide (specifically at NMMI) recognizing individual cases will vary.

For changes, updates, questions, or comments please contact the NMMI Army ROTC/ECP,
Recruiting Operations Officer: (575)624-8292 or nmmirotc@nmmi.edu



Welcome to the New Mexico Military Institute Army ROTC program! Our mission, in partnership with the school, is to recruit, educate, and develop leaders with strong leader attributes and competencies for the US Army Officer Corps; who provide purpose, direction, and motivation within the framework of the US Army values system and enables accomplishment of individual and unit missions. The Early Commissioning Program (ECP) is physically and mentally demanding and has significant associated benefits for young adults interested in serving their country (life experience, technical training, physical fitness, medical/dental plans, life insurance, time-in-service, educational financial assistance, etc).

The ECP at NMMI is one of only five programs in the country that commissions lieutenants in two years rather than the traditional four. We can do this because we have the right environment, the right training program, and, most importantly, because we select young men and women who we believe exhibit the character and maturity to earn a commission in a compressed time frame. Each of you has the ability to complete this program or you would not be in it. Congratulations on your selection!

The ECP is not a “try it on to see if you like it” program - it is training for a formal profession. America’s sons and daughters will be in your care and they deserve the absolute best leadership we can provide, just as you deserve the best training we can deliver to make you good leaders.

Our enduring priorities are trust and teamwork, development of leadership attributes and competencies, instilling initiative, and fostering comprehensive Soldier fitness. Trust & Teamwork: In combat, Soldiers must trust one another to *FIGHT, WIN AND LIVE* on the battlefield – “Trust” is earned and as “trust” grows the efficiency of our Military Science Department & Corps of Cadets increases. Leader Attributes/Competencies: Each Cadet and Cadre member will strive to increase their leader attributes and competencies – Academics is the priority. Initiative: To *“WIN”* you MUST try! Comprehensive Soldier Fitness: Soldiering and pursuing academic excellence requires both a *“strong mind and a strong body”*.

Begin now to think in terms of academic excellence, physical fitness, personal accountability, and mature, responsible behavior. Do not be satisfied with “good enough.” ECP Cadets are, by far, the finest Cadets in the Corps here at NMMI. People expect more from you – don’t let them down!

Shawn M. Hebert
LTC, US Army
Professor of Military Science

Part 1: Getting Started

Your Acceptance into the ECP

Joining the US Army and the ROTC program is optional and voluntary. ROTC is an elective class that is added to your academic schedule if you are planning to pursue a commission as an Army Officer from NMMI or if you are planning to take advantage of the Dual Track opportunity.

Acceptance into the Early Commissioning Program is conditional until you sign an ROTC contract with the US Army. Conditional acceptance is granted upon NMMI Admissions acceptance, verification of your high school graduation and the basic ROTC eligibility requirements. Additionally, you must get in shape, stay in shape and stay out of trouble.

The ECP is physically demanding and you must take the time now to get in shape; a regular regimen of push-ups, sit-ups, running, and swimming will get you ready. The Combat Water Survival Test (CWST) is a commissioning requirement and you must show up for the program able to swim.

Do not get involved with the law. Situations involving your arrest or a criminal record may disqualify you from the program.

Eligibility requirements for the ECP

Must be accepted to the NMMI Junior College:

- 17-21 years old (waiver up to 23 for prior service on a case by case).
- Must be single with no dependents.
- HS graduate with at least a cumulative 2.0 HS GPA and 17 ACT or 850 SAT
- For ROTC scholarship consideration: 2.5 HS GPA (or GED) and 19 ACT or 920 SAT.
- ACT and SAT requirements are reading and math only, not overall score.

Must be a US Citizen of good moral character with no criminal history or drug use. Must be able to obtain a security clearance. Minor infractions will be reviewed on a case by case basis and may require a waiver to be submitted for consideration.

Must meet Army Height/Weight requirements prior to contracting. See page 29.

Must pass a military physical (military physicals can be used for the admissions physical requirement):

- MEPS physical (if enlisted in the NG or USAR) or
- DoDMERB physical (same physical for service academy and ROTC scholarship applications). We can assist you in setting up a DoDMERB.
- Do not volunteer ailments that have not been diagnosed by a licensed physician.

Must successfully complete Basic Combat Training (BCT/AIT) or the Fort Knox Basic Camp (4 weeks).

Must be able to meet the minimum physical standards to contract (Pages 25-28):

- Males: 53 sit-ups in 2 min, 42 push-ups in 2 min, run 2 miles in 15:54 or less.
- Females: 53 sit-ups in 2 min, 19 push-ups in 2 min, run 2 miles in 18:54 or less.

Documentation

Items we need before you arrive must be mailed to us, see page 12. Be sure to follow the directions for mailing precisely in order to ensure we receive the documentation.

As you acquire the documents required to enroll in our program, you must present the originals to us before you will be allowed to sign your ROTC contract. Copies sent via email or scan will help us get your file started In order to reserve your seat for Basic Camp.

In order to be commissioned as an officer in the United States Army, you must be a citizen of the United States. We must view, copy, and certify your original birth certificate (or nationalization papers) and original Social Security Card. You can either bring the originals or you can mail them in.

- Birth or Naturalization certificate
- Social Security Card
- Final High School Transcript (must be official, if you submitted the official transcript to Admissions we can get it from that office).

Walk-In

If you choose to bring them to us, please make an appointment to ensure someone will be here to accept the information and produce a valid copy for your file. Contact the Recruiting Officer at (575)624-8292 or one of the Human Resource Assistants at (575)624-8300/8657 in order to schedule a time for you to bring the information in.

Mail

If you are unable to bring the information to us, you can mail the originals to us. Once we have made the valid copies of the information, we will return them using FedEx with a tracking number. When you mail them to us, indicate the name and address you want them returned to.

Mail originals to:

New Mexico Military Institute Army ROTC
Recruiting Operations Officer/HRA
101 West College Blvd.
Roswell, NM 88201

DoDMERB Physical (Department of Defense Medical Examination Review Board)

Army ROTC will submit your name to Cadet Command in order to schedule you for a physical. Cadet Command and DoDMERB will use the address you provided to us to find a physician in your area to provide the physical. Once a physician has been located, DoDMERB will contact you through a contractor called Concorde. Concorde's correspondence will tell you to contact

the doctor to set up a physical exam appointment. It is your responsibility to complete the physical in a timely manner. You cannot be admitted to the program if you are not DoDMERB – qualified. We recommend getting the physical done as early as possible. Once the physical is completed, the physician has 30 days to send the results back to DoDMERB. If the physical is not complete or does not meet the requirements of DoDMERB, DoDMERB will contact you with a list of deficiencies that must be completed before the physical can be completed. You must contact the physician to set up a follow-up appointment to complete the physical. **Historically, this area has caused the majority of disqualifications because many prospective Cadets do not take it seriously.** Use caution when getting guidance from outside sources about the physical. Only the DoDMERB physical scheduled for you will be accepted - MEPS physicals can be accepted but only through a DODMERB approved process. If you are planning to enlist in the ARNG or USAR do not initiate a DODMERB.

Common medical issues that could result in disqualification (not all inclusive):

- ADD/ADHD (and other doctor prescribed medications)
- Asthma
- Color Blindness
- Hearing Loss
- Serious medical procedures (i.e. knee or shoulder surgery)
- Medical appliances (plates, screws, pins, etc)

Security Clearance Screening

In order to be commissioned as an officer in the United States Army, you must have a valid security clearance. If you already have a security clearance granted by an agency through the United States Army, it may suffice for this screening. You will be required to begin the security screening process once you arrive at NMMI and are contracted. There is nothing required for you to do for this prior to starting the program at NMMI.

Basic Course Credit: Military Science and Leadership I & II Substitution

The Early Commissioning Program is a four-semester ROTC program where the Cadet starts ROTC in the junior level Military Science class. A regulatory requirement of ROTC is that each Cadet complete eight semesters of ROTC prior to commissioning. In order to meet the requirements of both the ECP and the Department of Defense regulation, Cadets must substitute experience for the first four semesters of Army ROTC. There are two ways to substitute the first four semesters of Army ROTC:

1. Complete Basic Combat Training (and AIT) and produce a graduation certificate signed by a commander. The DD Form 214 or DD Form 220 may be accepted for this specific requirement on a case by case basis.
2. Attend and complete Mini Camp at NMMI and Basic Camp at Fort Knox, Kentucky. (Basic Camp was formerly called Cadet Initial Entry Training CIET and the Leaders Training Course LTC).

Basic Camp

Basic Camp is the ECP entry point (if you have not enlisted and completed basic training and AIT). Basic Camp is a leadership oriented, challenging, and motivating 4-week training program held at Fort Knox, Kentucky. Following your completion of Basic Camp, you will be flown to your home of record and will return to NMMI in late August in accordance with your NMMI reporting instructions. There are four phases to graduation:

1. The Individual Phase is a basic introduction to the Army, designed to teach Cadets the skills necessary to successfully participate in the next three phases.
2. The Teambuilding Phase covers adventure training, which builds both self-confidence and unit esprit-de-corps.
3. The Leader Field Training Exercise is the capstone exercise where Cadets are exposed to squad level operations where cadre assesses leadership ability in a field environment. The Field Training Exercise is intentionally tough and introduces the element of stress. Throughout the exercise Cadets encounter physical and mental obstacles that challenge them as a person, Cadet, and leader.
4. The Recover Exercise Phase introduces the social aspect of the Army. Final briefings are conducted as well as a Family Day in conjunction with a Cadet led graduation ceremony.

Mini Camp

Your first training event in the ECP is the five-day Mini Camp. You will arrive at NMMI Military College in late June via air transportation arranged for you by the ROTC Department (unless you choose to drive, within 200 miles will be required to drive). Here, you will meet the other Cadets in your cohort, be briefed on standards and expectations, and be issued uniforms and equipment. The next five days you will spend conducting physical training, land navigation training, team building exercises, drill and ceremonies training, and other exercises designed to introduce you to the Army way of life, allow you to get to know the other Cadets in your cohort, and to prepare you for Basic Camp. On the final day of the Mini Camp, you will all be taken to the Roswell Airport and flown to Fort Knox, Kentucky to attend Basic Camp. Report to the Mini Camp with the items on the packing list found in ANNEX C.

The Army pays for all lodging, food and travel to and from mini and basic camp. You will also make approximately \$850 during Basic Camp, it is in your best interest to save as much of that money as possible for other college related expenses.

Transportation

Transportation to NMMI for Mini Camp, from Roswell to Fort Knox, and from Fort Knox to your home of record will be arranged for you by the US Army. Transportation to NMMI to report in August is your own responsibility.

Haircut Standards

Cadets will report for Mini Camp with an appropriate military-style haircut. See ANNEX D.

Reporting Instructions

After Basic Camp you will report to NMMI to start your academic year in accordance with the reporting instructions found on the NMMI website: www.nmmi.edu. Ensure that you report on time and with the required documentation and packing list! Information regarding in-processing can be found on the Commandant's web page.

Scholarships and Incentives

IAW CC REG and CC PAM 145-1 (RMID): New ROTC Cadets need to have a last term and cumulative GPA of at least 2.5 in order to receive an ROTC scholarship. Example: You are requesting a 2YR CB Scholarship to start in the Fall 2017 semester. The Cadet's Spring 2017 term GPA would need to be at least a 2.5 and the CUM GPA would need to be at least a 2.5. If the Cadet had a last term GPA of 2.3 and a CUM GPA of 2.6 then that Cadet would not be eligible for an ROTC scholarship. ROTC Class GPA needs to be at least a 3.0 in order to maintain their scholarship.

The 2-year Army ROTC Scholarship at NMMI pays full tuition and fees OR room and board. Some MJC Scholarships are nationally boarded, some are locally awarded (based on ROTC eligibility, scholarship availability, scholarship suspense deadlines).

Once contracted, all ECP Cadets (whether on scholarship or not) earn a monthly stipend of \$450 during their first year and \$500 during their second year. There is also a one-time uniform allowance of \$1132 issued to newly contracted Cadets.

Under the CLIP-Bonus (language incentive) contracted ROTC Cadets may elect to take an Army authorized foreign language class. NMMI typically offers Russian, Chinese and Arabic. You must earn a 'B' or better in the class (a B- equals no money, you still get class credit for the class but NO money). You will 'earn' approximately \$250 per language class credit hour with this program.

Scholarship Cadets are required to join either the National Guard or US Army Reserve in order to participate in the Simultaneous Membership Program (SMP). This will be concurrent with ROTC with one weekend a month duties that are typically performed at NMMI (in lieu of travelling to a unit outside of Roswell). Split training certificates/DA 1380's are provided to the Cadet unit administrator to ensure SMP pay, time-in-service, and points are credited to the Cadet.

US Armed Services Tuition Discount - Active duty members of the US Armed Forces (includes all components and all branches of the US Armed Forces) and their dependents as well as honorably discharged veterans of the US Armed Forces and their dependents are eligible to pay in-state rates at NMMI. (Enlisted Cadets and Contracted Cadets fall into this category). This results in a net savings from out-of-state rates of \$5,834.00 per year. This discount applies to NMMI's boarding high school as well as the Junior College. See details at:

www.nmmi.edu/admissions/newcosts

Make sure to complete the FAFSA and submit to NMMI Financial Aid for consideration of other NMMI based scholarships, grants, loans, etc. Some are need based while some are performance based, all can be used in conjunction with ROTC benefits. www.fafsa.ed.gov
Contact the NMMI Financial Aid office at (575)624-8066.

The Educational Assistance Program (EAP) is an optional program that pays full tuition and fees or room and board for ECP Lieutenants (after NMMI) to fund their last two years in college and complete their bachelor's degree. ECP Lieutenants who choose to accept funds under the EAP incur the additional service obligation of one year of service for each year of benefits received. See more about the EAP in Part 3 – Military Science IV (Sophomore Year at NMMI).

Simultaneous Membership Program (SMP)

The Simultaneous Membership Program allows you to attend Army ROTC and serve in the U.S. Army Reserve or Army National Guard at the same time, providing the opportunity for additional training and experience. Cadets serve as officer candidates and can earn Reserve/Guard pay and benefits in addition to their Army ROTC allowances. SMP Cadets receive a Guaranteed Reserve Forces Duty (GRFD) contract, which will guarantee that they will be commissioned into, and will serve their obligation in, the Reserves or National Guard. SMP Cadets on a GRFD contract can also request to revoke their GRFD control number in order to compete for an appointment as a lieutenant on active duty; even though, they serve in the ARNG/USAR as a Cadet. Non-scholarship Cadets may participate in this program with approval from the Professor of Military Science.

You can enlist in the ARNG and USAR before starting the ROTC/ECP but will be required to complete basic training and AIT prior to coming to NMMI. This will start your time-in-service to the Army for pay purposes sooner. If you elect to attend Basic Camp you can enlist with the NMARNG or USAR once you get to NMMI.

Split Option

High school juniors who want to get their military career started early should consider the Split-Option once they turn 17 years of age. This will split basic training and AIT between two summers and allow you to start college in the Fall semester after graduating high school with basic course credit completed. You will also have the opportunity to attend training one weekend a month while still in high school where you will learn about the Army and making money for school.

Contracting

Following verification of your eligibility (includes basic course credit), your passing of the Army Physical Fitness Test (APFT) and meeting Army height/weight/body fat standards, you will sign your contract which obligates you to a standard 8-year commitment in the US Army as a commissioned officer. The first opportunity to contract is typically in early to mid-September. Under the terms of your contract, you will complete your associate's degree and commission as a second lieutenant. Upon graduation from NMMI, you will serve as an officer in the Reserve

Component for two years while completing your bachelor's degree. You will then serve an additional six years as an officer after completing your bachelor's degree.

Scholarship benefits, stipends, and uniform commutation allowance do not commence until you sign your ROTC contract. You must sign your contract not later than 15 December in order to receive benefits for the first semester. If you do not do so, you will be liable for any tuition and fees owed NMMI. Once classes begin, you become liable for any payments owed to NMMI, if you do not sign your contract.

Cadet Oath: "I, (state your name), 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; and that I will obey the orders of the President of the United States and the orders of the officers appointed over me, according to regulations and the Uniform Code of Military Justice. So help me God."

Dual Track Cadets

'Dual Track' Cadets who are either self or sponsored prep Cadets trying to gain acceptance into one of the five service academies will not sign an ROTC contract. These Cadets will be allowed to participate in MS III in a non-contracted status until notification of academy acceptance or if the Cadet decides to complete the ECP for their early commission.

Army Service Commitment

Once a cadet signs their ROTC contract, they are legally obligated to an 8-year service commitment. The commitment begins upon graduation from NMMI. The time spent completing their bachelor's degree counts towards their Army commitment (up to 36 months). The new lieutenant must participate in a National Guard or Army Reserve unit in a non-deployable status while they complete their bachelor's degree.

Upon graduation and commissioning from NMMI the new lieutenant must transfer to a four-year baccalaureate degree granting institution, which offers Army ROTC. You have 24 months to complete your degree with the ability to extend this to 36 months if needed for degree completion. You will not be in the ROTC program because you have already commissioned but will be required to remain in contact with the Professor of Military Science at your school periodically until graduation. The PMS at the 4-year school will exercise administrative control over you and monitor your physical fitness, maintenance of weight standard, personal conduct and academic progress.

If you fail to complete your baccalaureate degree in the allocated timeframe, you will be in breach of your Cadet Contract and subject to be called to active duty as an enlisted Soldier or face monetary recoupment in addition to having your commission being revoked.

The Accessions Process Branch/Component Selection

See Part 3 – Military Science IV (Sophomore Year at NMMI).

4-Year ROTC Option

If you are not ready to make a commitment to the Army for whatever reason but still have interest in becoming an Army officer you can pursue your goal through the traditional 4-year ROTC cycle. While enrolled in junior college at NMMI you can take Military Science 1 and 2 that will transfer when you move on to a 4-year university to complete your bachelor's degree. This will allow you to continue with military science and commission as an Army second lieutenant at the end of 4 years and completion of your bachelor's degree. This path is typical among college athletes and other demanding extracurricular activities.

How to get started: Read the NMMI Army ROTC/ECP Handbook at www.nmmi.edu/rotc

Apply to NMMI online at www.nmmi.edu (NMMI Admissions 1-800-531-8576). Submit these items to Admissions for NMMI acceptance determination:

- High school transcripts: You must contact your high school and have them send an official transcript to NMMI Admissions. This official transcript must indicate that you have graduated and must reflect all semesters. A transcript that does not indicate that you have met the requirements for graduation will not be accepted. Please note that a final GPA of 2.5 is required for a scholarship. GED certificates will constitute a GPA of 2.5 on a 4.0 scale.

- ACT or SAT scores
- NMMI Cadet Questionnaire
- NMMI Health and Consent Form

Scan documents to admissions@nmmi.edu or fax (575)624-8058.

Documents required to slot you for Basic Camp and scholarship consideration:

- ROTC Medical Consent for Minors (If under 17, must be notarized)
- CC 139-R Enrollment Record July 14, only complete first two pages (fillable)
- DD 93 Record of Emergency Data (fillable)
- DD 2005 Privacy Act Statement - Health Care Records (fillable)
- SF 1199 Direct Deposit Form (fillable)
- SGLI 8286 Service members' Group Life Insurance Election and Certificate (fillable)
- W-4 Federal Income Tax Exemptions and Withholdings (fillable)
- DD 705 Army Physical Fitness Test (APFT) Scorecard (fillable)
- If DODMERB or MEPs qualified, provide a copy of qualification letter or copy of actual physical (these can also be used in place of the admissions physical).
- In the event you cannot complete a DODMERB prior to BASIC CAMP, you will need to complete a Safe to Train Physical.

(Scan all completed documents to nmmirotc@nmmi.edu or fax (575)625-2225).

Additional documents required for contracting (all are located at www.nmmi.edu/rotc):

- Copy of your social security card (Need to show original for contracting/enlistments).
- Copy of your birth certificate (Need to show original for contracting/enlistments).
- Copy of a Government Issue picture ID (i.e. Driver's License, Military ID, or Passport. Need to show original for contracting/enlistments).
- Copy of a SF 601 or most recent shot record.
- Recent full body photo in athletic attire.
- DD 2058 Statement of Legal Residence (fillable)
- DD 2807-1 Report of Medical History 2015 (fillable)
- ROTC Medical Consent for Minors (If under 17, must be notarized)
- W-4 Federal Income Tax Exemptions and Withholdings (fillable)
- **If you have completed BCT/AIT also include copies of enlistment paperwork.**

Questions: Contact the NMMI Army ROTC/ECP Recruiting Officer (575)624-8292.

NMMI Points of Contact:

Admissions Department: 1-800-421-5376, Fax (575)624-8058, admissions@nmmi.edu
Registrar/VA Representative: (575)624-8070/8071, Fax: (575)624-8073, www.nmmi.edu/reg
Army ROTC/ECP, Recruiting Operations Officer: (575)624-8292, nmmirotc@nmmi.edu
Army ROTC/ECP, Administrative Office: (575)624-8300/8657, Fax: (575)625-2225
NMMI National Guard SMP Liaison (575)624-8658
NMMI US Army Reserve SMP Liaison (575)624-8306/5558

Connect with NMMI:

“Like” us on Facebook: NMMI Army ROTC/ECP (www.facebook.com/garryowen.squadron)
Facebook: facebook.com/NewMexicoMilitary
WordPress: wordpress.nmmi.edu/nmmipost
YouTube: youtube.com/user/newmexicomilitary
Twitter: @NMMI

References:

CC CIRC 145-04 Leader's Training Course Administrative Guidance for Cadets and Cadre
CCR-145-1 Reserve Officers' Training Corps ARMY ROTC Scholarship Policy, Administrative, and
Procedural Instructions
USACC Circular 601-15-1 Reserve Officers' Training Corps Accessions
FM 7-22 Physical Fitness Training
Army Regulation 600-9 The Army Weight Control Program
Army Regulation 350-15 ARMY PHYSICAL FITNESS PROGRAM

NMMI is Ranked first by Boarding School Review:

- High percentage of faculty with advanced degrees
- High number of advanced course offerings
- Least Expensive Tuition
- Highest percentage of Boarding Students
- Highest percentage of Students of Color

In 2013 CNN Money rated NMMI 2nd highest community college in the Nation.

Non-Deployable Status

Extract from: Department of the Army Personnel Policy Guidance for Overseas Contingency Operations, (PPG) 1 July 2009, last updated 4 August 2011

PPG is available at: <http://www.armyg1.army.mil/militarypersonnel/PPG/PPG.pdf>

CHAPTER 2 – NOTIFICATION / ALERT [p. 26] 2–7. Non-Deployable Criteria. [Extract from p. 32]

Criteria for non-deployable status for all Soldiers are listed in AR 614-30, Para 3-8; AR 600-8-101; and DA Pam 600-8-101. Specific non-deployable conditions for Soldiers and DA Civilians are listed below.

a. Non-Deployable Criteria. [Extract from table that begins on p. 32, this portion on p. 35]

Non-Deployable Criteria

Eligible/Ineligible for Deployment/Mobilization

Additional Comments

Cadets in ROTC and Officers in the Early Commissioning Program

See Para 2-7h for additional information.

h. ROTC Cadets and Early Commissioning Program Officers. [Extract from p. 38]

- (1) Contracted ROTC Cadets are considered non-deployable until they both receive their Commission and complete their Basic Officer Leader Course (BOLC) or disenrollment from the ROTC Program.
- (2) Officers in the Early Commissioning Program who are finishing their degree are considered non-deployable until completion of their undergraduate degree and the Basic Officer Leadership Course.
- (3) Non-contracted ROTC cadets serving in the USAR or ARNG units, who have successfully completed their first semester, and remain enrolled in the ROTC program, will be considered non-deployable.
- (4) Second, third and fourth year cadets must be contracted in order to be considered non-deployable. Exceptions to this policy will be considered on a case-by-case basis when extenuating circumstances prevent a cadet from contracting prior to his/her unit's deployment.
- (5) Reference HQDA G-1 Memo dated 2 May 05, Subject: Fencing USAR and ARNG Soldiers in the ROTC Program and HQDA, G-1 Memo dated 30 Aug 05, Subject: Mobilization of Reserve Component Member Cadets in the U.S. Cadet Command.

Privacy Act Information

The Privacy Act of 1974 protects the personal information the federal government keeps on you in "systems of records (SOR)." SOR is information an agency controls that can be retrieved by name or some other personal identifier. The Privacy Act regulates how the government can disclose, share, provide access to, and maintain the personal information that it collects. Not all information collected online is covered by the Privacy Act.

The Act's major provisions require agencies to:

- Publish a Privacy Act Notice in the Federal Register explaining the existence, character, and uses of a new or revised SOR;
- Keep information about you accurate, relevant, timely, and complete to assure fairness in dealing with you; and
- Allow you to, upon request, access and review your information held in a SOR.
- An overview of the Privacy Act can be viewed at http://www.usdoj.gov/oip/04_7_1.html
- You will be presented with various pages required for us to enroll you into the Early Commissioning Program. You will not be able to participate in our program if we cannot access all the information we require.

ANNEX A - Mini Camp Packing List

Bring the following items with you to Mini-Camp. You will only have one wardrobe (6'4" x 3') for storage of all clothing, Basic Camp issued equipment, and personal belongings. Do not bring weapons, ammunition, illegal drugs, or pets to Basic Camp, as these items are not permitted. Bring eyeglasses if needed, as contact lenses may not be worn during field training for safety reasons. If you have special/religious apparel requirements please make these known to your sponsoring ROTC unit before leaving home.

PERSONAL AND CLOTHING ITEMS

- Everyone should bring:
- Civilian Apparel (Khaki shorts/pants & polo shirts)
- Laundry detergent
- Running shoes (1pr)
- Toiletry Kit- (Toothbrush & Toothpaste, deodorant, soap & soap container, comb/brush,
- Razors & blades, shaving crème & etc..)
- Camera (optional)
- Towels & Washcloths; brown; 2 to 4 sets
- Two Locks (combination preferred – keys get lost)
- Athletic Socks, 6 pr, plain white, calf length (no stripes)
- Personal medications (disclose upon arrival)
- Prescription for any medication being taken
- Shower Shoes
- Swimming Suit (conservative style--one piece)
- Note Writing Pad, pocket size
- Pencils, black ink pens (2 each)
- Eyeglasses (2 pair & elastic band recommended) and eyeglasses prescription
- (Replacement of glasses is at your expense). Contacts may be worn when not in training.
- Flashlight, small hand held (red lens capable)
- Wristwatch
- Moleskin (highly recommended)
- Coat hangers (wire only)

Men should bring:

- Undergarments, 6 to 10
- Athletic Supporters (3 or more)
- Socks, Dress

Women should bring:

- Sport bras (3 or more) suitable for running
- Undergarment, 6 to 10 pair, cotton
- Mirror, small, portable

- Hair Dryer (compact) or Blow Comb
- Personal Hygiene Items
- Spandex Shorts (1-2 pair)

Note* (you may be required to turn in any knives or Leatherman tools until Bold Leader phase)

DO NOT WEAR OR BRING inappropriate civilian apparel, tank tops, t-shirts with foul/profane language, short shorts, etc. Each cadet can expect to receive additional clothing items; therefore, it is imperative that only the items listed on the packing list be brought with you to allow for the additional space requirement. Be sure to use luggage that is in accordance with airline luggage policies. Standard airline luggage policies authorize two checked pieces of luggage with a max weight of 50lbs and 62” in dimension on any one side per piece. Carry-ons are authorized but vary in size from one airline to another.

SPECIAL GUIDE: FIELD HYGIENE AND SIMPLE SURVIVAL TIPS

- Running Shoes must be of high quality and supportive design to absorb the stresses of long distance running. Do not bring basketball, tennis or “designer” shoes to wear for running; foot and leg injuries will result.
- Zip-lock plastic bags, sandwich and quart size, make excellent waterproof storage bags to organize items and carry within ACU pockets.
- A small plastic tube or jar of cold cream will help with the removal of camouflage coloring from the face and hands.
- All underwear should be made of 100% cotton.
- Males would benefit from using loose fitting boxer shorts to improve air circulation and rash prevention.
- Females should bring comfortable fitting cotton underwear; At times during training, full bathroom facilities will be limited. In a hot environment, individually wrapped wipes will greatly reduce the potential of skin irritation. Also, frequent changing of panty liners for female underwear reduces discomfort if you are unable to change your underwear as often as normal.
- Females should wear supportive sports bras at all times at Basic Camp. Lacy/designer bras are not appropriate at Basic Camp.
- To help reduce friction blisters with boots, all Cadets, male and female, would benefit from bringing knee high nylon stockings or thin nylon socks to put on the feet first before putting on thicker wool socks. The thin nylon stockings help prevent the boot/wool socks from rubbing against the skin causing blisters. Break in your boots by wearing them frequently before arriving at Basic Camp.
- Place sole liners or inserts into the boots to provide added cushion effect for the feet. The increased shock absorption from the liners will prevent foot injuries from marching in boots.
- The physical activity encountered with Basic Camp may affect the female menstrual cycle. Your cycle may come earlier or later than expected. Bring with you an adequate supply of feminine hygiene products.

ANNEX B - Uniform and Appearance Standards

1. The Army is a uniformed service where discipline is judged, in part, by the manner in which a soldier wears a prescribed uniform, as well as by the individual's personal appearance. Therefore, a neat and well-groomed appearance by all soldiers is fundamental to the Army and contributes to building pride and esprit essential to an effective military force. A vital ingredient of the Army's strength and military effectiveness is the pride and self-discipline that American soldiers bring to their Service through a conservative military image. - AR 670-1: Wear and Appearance of the Uniform

2. The following guidelines concerning cadet uniforms and appearance are excerpted and paraphrased from AR 670-1 Wear and Appearance of the Uniform. They have the following organization: Personal appearance, the PT Uniform, the Battle Dress Uniform, the Male Class A & B uniform, the Female Class A & B uniform, and standards for commonly worn items.

Hair and fingernail standards and grooming policies

(1) General. The requirement for hair grooming standards is necessary to maintain uniformity within a military population. Many hairstyles are acceptable, as long as they are neat and conservative. It is not possible to address every acceptable hairstyle, or what constitutes eccentric or conservative grooming.

a. Leaders will judge the appropriateness of a particular hairstyle by the appearance of headgear when worn. Soldiers will wear headgear as described in the applicable chapters of this regulation. Headgear will fit snugly and comfortably, without distortion or excessive gaps. Hairstyles that do not allow soldiers to wear the headgear properly, or that interfere with the proper wear of the protective mask or other protective equipment, are prohibited.

b. Extreme, eccentric, or trendy haircuts or hairstyles are not authorized. If soldiers use dyes, tints, or bleaches, they must choose those that result in natural hair colors. Colors that detract from a professional military appearance are prohibited.

c. Soldiers will not cut designs into their hair or scalp.

(2) Male haircuts will conform to the following standards.

a. The hair on top of the head must be neatly groomed. The length and bulk of the hair may not be excessive or present a ragged, unkempt, or extreme appearance. The hair must present a tapered appearance. A tapered appearance is one where the outline of the soldier's hair conforms to the shape of the head, curving inward to the natural termination point at the base of the neck. When the hair is combed, it will not fall over the ears or eyebrows, or touch the collar, except for the closely cut hair at the back of the neck. Hair that is clipped closely or shaved to the scalp is authorized.

b. Males will keep sideburns neatly trimmed. Sideburns may not be flared; the base of the sideburn will be a clean-shaven, horizontal line. Sideburns will not extend below the lowest part of the exterior ear opening.

c. Males will keep their face clean-shaven when in uniform or in civilian clothes on duty.

(3) Female haircuts will conform to the following standards.

Uniform and Appearance Standards

a. Females will ensure their hair is neatly groomed, that the length and bulk of the hair are not excessive, and that the hair does not present a ragged, unkempt, or extreme appearance. Likewise, trendy styles that result in shaved portions of the scalp (other than the neckline) or designs cut into the hair are prohibited. Females may wear braids and cornrows as long as the braided style is conservative, the braids and cornrows lie snugly on the head, and any hair-holding devices comply with the standards in 3a(3)(d) below. Dreadlocks (unkempt, twisted, matted individual parts of hair) are prohibited in uniform or in civilian clothes on duty. Hair will not fall over the eyebrows or extend below the bottom edge of the collar at any time during normal activity or when standing in formation. Long hair that falls naturally below the bottom edge of the collar, to include braids, will be neatly and inconspicuously fastened or pinned, so no free-hanging hair is visible. This includes styles worn with the improved physical fitness uniform (IPFU).

b. Styles that are lopsided or distinctly unbalanced are prohibited. Ponytails, pigtails, or braids that are not secured to the head (allowing hair to hang freely), widely spaced individual hanging locks, and other extreme styles that protrude from the head are prohibited.

c. Females will ensure that hairstyles do not interfere with proper wear of military headgear and protective masks or equipment at any time. When headgear is worn, the hair will not extend below the bottom edge of the front of the headgear, nor will it extend below the bottom edge of the collar.

d. Hair-holding devices are authorized only for the purpose of securing the hair. Soldiers will not place hair-holding devices in the hair for decorative purposes. All hair holding devices must be plain and of a color as close to the soldier's hair as is possible or clear. Authorized devices include, but are not limited to, small, plain scrunchies (elastic hair bands covered with material), barrettes, combs, pins, clips, rubber bands, and hair bands. Devices that are conspicuous, excessive, or decorative are prohibited.

Cosmetics

(1) General. As with hairstyles, the requirement for standards regarding cosmetics is necessary to maintain uniformity and to avoid an extreme or unmilitary appearance. Males are prohibited from wearing cosmetics, to include nail polish. Females are authorized to wear cosmetics with all uniforms, provided they are applied conservatively and in good taste and complement the uniform.

a. Females may wear cosmetics if they are conservative and complement the uniform and their complexion. Eccentric, exaggerated, or trendy cosmetic styles and colors, to include makeup designed to cover tattoos, are inappropriate with the uniform and are prohibited. Permanent makeup, such as eyebrow or eyeliner, is authorized as long as the makeup conforms to the standards outlined above.

b. Females will not wear shades of lipstick and nail polish that distinctly contrast with their complexion, that detract from the uniform, or that are extreme.

(2) Females will comply with the cosmetics policy while in any military uniform or while in civilian clothes on duty.

c. Fingernails. All personnel will keep fingernails clean and neatly trimmed. Males will keep nails trimmed so as not to extend beyond the fingertip. Females will not exceed a nail length of ¼ inch, as measured from the tip of the finger. Females will trim nails shorter if the commander determines that the longer length detracts from the military image, presents a safety concern, or interferes with the performance of duties.

d. Hygiene and body grooming. Soldiers will maintain good personal hygiene and grooming on a daily basis and wear the uniform so as not to detract from their overall military appearance.

Tattoo policy

(1) Tattoos or brands anywhere on the head, face, and neck above the class A uniform collar are prohibited.

(2) Tattoos or brands that are extremist, indecent, sexist, or racist are prohibited, regardless of location on the body, as they are prejudicial to good order and discipline within units.

a. Extremist tattoos or brands are those affiliated with, depicting, or symbolizing extremist philosophies, organizations, or activities. Extremist philosophies, organizations, and activities are those which advocate racial, gender or ethnic hatred or intolerance; advocate, create, or engage in illegal discrimination based on race, color, gender, ethnicity, religion, or national origin; or advocate violence or other unlawful means of depriving individual rights under the U.S. Constitution, Federal, or State law (see para 4- 12 , AR 600-20).

b. Indecent tattoos or brands are those that are grossly offensive to modesty, decency, or propriety; shock the moral sense because of their vulgar, filthy, or disgusting nature or tendency to incite lustful thought; or tend reasonably to corrupt morals or incite libidinous thoughts.

c. Sexist tattoos or brands are those that advocate a philosophy that degrades or demeans a person based on gender, but that may not meet the same definition of "indecent."

d. Racist tattoos or brands are those that advocate a philosophy that degrades or demeans a person based on race, ethnicity, or national origin.

(3) Finality of determination. Professors of Military Science (O-5 or above) will make initial entry determinations that tattoos or brands comply with this policy for ROTC cadets. This authority will not be delegated further.

(4) Soldiers may not cover tattoos or brands in order to comply with the tattoo policy.

Wear of Jewelry

a. Soldiers may wear a wristwatch, a wrist identification bracelet, and a total of two rings (a wedding set is considered one ring) with Army uniforms, unless prohibited by the

commander for safety or health reasons. Any jewelry soldiers wear must be conservative and in good taste. Identification bracelets are limited to medical alert bracelets and MIA/POW identification bracelets. Soldiers may wear only one item on each wrist.

b. No jewelry, other than that described in paragraph 6a, above, will appear exposed while wearing the uniform; this includes watch chains, or similar items, and pens and pencils. The only authorized exceptions are certain religious items.

c. Body piercing. When on any Army installation or other places under Army control, soldiers not attach, affix, or display objects, articles, jewelry, or ornamentation to or through the skin while they are in uniform, in civilian clothes on duty, or in civilian clothes off duty (this includes earrings for male soldiers). The only exception is for female soldiers, as indicated in paragraph 6d, below. (The term "skin" is not confined to external skin, but includes the tongue, lips, inside the mouth, and other surfaces of the body not readily visible).

Uniform and Appearance Standards - 3

d. Females are authorized to wear prescribed earrings with the service, dress, and mess uniforms.

(1) Earrings may be screw-on, clip-on, or post-type earrings, in gold, silver, white pearl, or diamond. The earrings will not exceed 6 mm or ¼ inch in diameter, and they must be unadorned and spherical. When worn, the earrings will fit snugly against the ear. Females may wear earrings only as a matched pair, with only one earring per ear lobe.

(2) Females are not authorized to wear earrings with any class C (utility) uniform (BDU, hospital duty, food service, physical fitness, field, or organizational).

a. Ankle bracelets, necklaces (other than those described in 6b), faddish (trendy) devices, medallions, amulets, and personal talismans or icons are not authorized for wear in any military uniform, or in civilian clothes on duty.

(3) Wear of eyeglasses, sunglasses, and contact lenses

a. Wear of eyeglasses and sunglasses.

(1) Conservative civilian prescription eyeglasses are authorized for wear with all uniforms.

(2) Conservative prescription and nonprescription sunglasses are authorized for wear when in a garrison environment, except when in formation and while indoors. Individuals who are required by medical authority to wear sunglasses for medical reasons other than refractive error may wear them, except when health or safety considerations apply. Soldiers may not wear sunglasses in the field, unless required by the commander for safety reasons in high-glare, field environments.

(4) Restrictions on eyeglasses and sunglasses. Eyeglasses or sunglasses that are trendy, or have lenses or frames with initials, designs, or other adornments are not authorized for wear. Soldiers may not wear lenses with extreme or trendy colors, which include but are not limited to, red, yellow, blue, purple, bright green, or orange. Lens colors must be traditional gray, brown, or dark green shades. Personnel will not wear lenses or frames that are so large or so small that they detract from the appearance of the uniform.

Personnel will not attach chains, bands, or ribbons to eyeglasses. Eyeglass restraints are authorized only when required for safety purposes. Personnel will not hang eyeglasses or eyeglass cases on the uniform, and may not let glasses hang from eyeglass restraints down the front of the uniform.

a. Restrictions on contact lenses. Tinted or colored contact lenses are not authorized for wear with the uniform. The only exception is for opaque lenses that are prescribed medically for eye injuries. Additionally, clear lenses that have designs on them that change the contour of the iris are not authorized for wear with the uniform.


















(5) Wear of personal protective or reflective clothing

a. Protective headgear. Soldiers are required to wear commercially designed, protective headgear with the uniform when operating motorcycles, bicycles, or other like vehicles. Personnel will remove protective headgear and don authorized Army headgear upon dismounting from the vehicle.






















b. Protective/reflective clothing. Soldiers may wear protective/reflective outer garments with uniforms when safety considerations make it appropriate and when authorized by the commander.

ANNEX C – Army Rank Insignia

Officer ROTC Rank Insignia

GRADE	US ARMY	ARMY ROTC CADET EQUIVALENT
Special General of the Army		No Cadet Equivalent
O-10 General		No Cadet Equivalent
O-9 Lieutenant General		No Cadet Equivalent
O-8 Major General		No Cadet Equivalent
O-7 Brigadier General		No Cadet Equivalent
O-6 Colonel		
O-5 Lieutenant Colonel		
O-4 Major		
O-3 Captain		
O-2 First Lieutenant		
O-1 Second Lieutenant		

Enlisted ROTC Rank Insignia

GRADE	US ARMY	ARMY ROTC CADET EQUIVALENT
Special Sergeant Major of the Army		No Cadet Equivalent
E-9 Command Sergeant Major		No Cadet Equivalent
E-9 Sergeant Major		
E-8 First Sergeant		
E-8 Master Sergeant		
E-7 Sergeant First Class		
E-6 Staff Sergeant		
E-5 Sergeant		
E-4 Corporal		
Specialist E-4		No Cadet Equivalent
E-3 Private First Class		
Private E-2		
Private E-1	NO INSIGNIA	No Cadet Equivalent

ANNEX D – Army Physical Fitness Test Standards and Army Height/Weight Standards

ARMY PHYSICAL FITNESS TEST STANDARDS

PUSH-UP STANDARDS																							
AGE GROUP	17-21		22-26		27-31		32-36		37-41		AGE GROUP	42-46		47-51		52-56		57-61		62+	AGE GROUP		
Repetitions	M	F	M	F	M	F	M	F	M	F	Repetitions	M	F	M	F	M	F	M	F	M	F	Repetitions	
77					100						77											77	
76					99						76												76
75			100		98		100				75												75
74					99			99			74												74
73					98			98		100	73												73
72					97			97			72												72
71	100		96		94			96		98	71												71
70	99		94		93			95		97	70												70
69	97		93		92			94		96	69												69
68	96		92		91			93		95	68												68
67	94		91		89			92		94	67												67
66	93		90		88			91		93	66	100											66
65	92		89		87			90		92	65		99										65
64	90		87		86			89		91	64		98										64
63	89		86		85			88		90	63		97										63
62	88		85		84			87		89	62		96										62
61	88		84		83			86		88	61		94										61
60	85		83		82			85		87	60		93										60
59	83		82		81			84		86	59		92		100								59
58	82		81		80			83		85	58		91		99								58
57	81		79		78			82		84	57		90		98								57
56	79		78		78			81		83	56		89		96		100						56
55	78		77		77			79		82	55		88		95		99						55
54	77		76		76			78		81	54		87		94		98						54
53	75		75		75			77		79	53		86		93		97		100				53
52	74		74		74			76		78	52		84		92		96		99				52
51	72		73		73			75		77	51		83		91		94		98				51
50	71		71		72		100	74		76	50		82		89		93		97		100		50
49	70		70		71		99	73		75	49		81		88		92		96		99		49
48	68		69		69		98	72		74	48		80		87		91		94		98		48
47	67		68		68		96	71		73	47		79		86		90		93		96		47
46	66		67	100				70		72	46		78		85		89		92		95		46
45	64		66	99		66	94	69	100	71	45		77		84		88		91		94		45
44	63		65	99		65	93	68	99	70	44		76		82		87		90		93		44
43	61		63	96		64	92	67	97	69	43		74		81		85		89		92		43
42	60	100	62	94		63	90	66	96	68	42		73		80		84		87		91		42
41	59	98	61	93		62	89	65	95	67	41		72		79		83		86		89		41
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39	56	95	59	90		60	87	63	92	65	39		70		76		81		84		87		39
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37	53	91	57	88		58	84	61	89	63	37		68	100	74		79		82		85		37
36	52	90	56	88		57	83	60	88	62	36		67	98	73		78		81		84		36
35	50	88	54	86		56	82	59	87	61	35		66	97	72		77		80		83		35
34	49	86	53	83		55	81	58	85	60	34		64	96	71	100	75		78		81		34
33	48	84	52	82		54	79	57	84	59	33		63	94	69	90	74		77		80		33
32	46	83	51	81		53	78	56	83	58	32		62	92	68	89	73		76		79		32
31	45	81	50	79		52	77	55	81	57	31		61	90	67	88	72	100	75		78		31
30	43	79	49	78		50	76	54	80	56	30		60	89	66	87	71	98	74		78		30
29	42	77	47	77		49	75	53	79	55	29		59	87	65	86	70	96	73		75		29
28	41	76	46	75		48	73	52	77	54	28		58	86	64	85	69	95	71	100	74		28
27	39	74	45	74		47	72	51	76	53	27		57	84	63	84	68	93	70	99	73		27
26	38	72	44	72		46	71	50	75	52	26		56	82	61	82	67	91	69	96	72		26
25	37	70	43	71		45	70	49	73	51	25		54	81	60	81	66	89	68	94	71	100	25
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23	34	67	41	68		43	67	47	71	49	23		52	78	58	82	63	85	66	90	68	95	23
22	32	65	39	67		42	66	46	69	48	22		51	76	56	80	62	84	65	88	67	93	22
21	31	63	38	66		41	65	45	68	47	21		50	74	55	78	61	82	63	86	66	91	21
20	30	62	37	64		40	64	44	67	46	20		49	73	54	77	60	80	62	84	65	89	20
19	28	60	36	63		39	62	43	66	45	19		48	71	53	75	59	78	61	82	64	87	19
18	27	58	35	61		38	61	42	64	44	18		47	70	52	73	58	76	60	80	62	84	18
17	26	57	34	60		37	60	41	63	43	17		46	68	51	72	57	75	59	78	61	82	17
16	24	55	33	58		36	59	39	61	42	16		44	66	49	70	55	73	58	76	60	80	16
15	23	53	31	57		35	58	38	60	41	15		43	65	48	69	54	71	57	74	59	78	15
14	21	51	30	56		34	56	37	59	39	14		42	63	47	67	53	69	55	72	58	75	14
13	20	50	29	54		33	55	36	58	38	13		41	62	46	65	52	67	54	70	58	73	13
12	19	48	28	52		32	54	35	56	37	12		40	60	45	63	51	65	53	68	58	71	12
11	17	46	27	50		31	52	34	54	36	11		39	58	44	62	50	64	52	66	54	69	11
10	16	44	26	49		29	50	33	52	35	10		38	57	42	60	49	62	51	64	53	67	10
9	14	43	25	49		28	49	32	50	34	9		37	55	41	58	48	60	50	62	52	64	9
8	13	41	23	48		27	48	31	49	33	8		36	54	40	57	47	58	49	60	51	62	8
7	12	39	22	46		26	48	30	49	32	7		34	52	39	55	46	56	47	58	49	60	7
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4	8	34	19	42		23	44	27	45	29	4		31	48	35	51	42	52	44	53	46	57	4
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1	3	29	16	38		20	41	24	41	26	1		28	45	32	48	39	49	41	50	43	54	1
Repetitions	M	F	M	F	M	F	M	F	M	F	Repetitions	M	F	M	F	M	F	M	F	M	F	Repetitions	
AGE GROUP	17-21		22-26		27-31		32-36		37-41		AGE GROUP	42-46		47-51		52-56		57-61		62+	AGE GROUP		

SIT-UP STANDARDS												
AGE GROUP	17-21	22-26	27-31	32-36	37-41	AGE GROUP	42-46	47-51	52-56	57-61	62+	AGE GROUP
Repetitions	M F	M F	M F	M F	M F	Repetitions	M F	M F	M F	M F	M F	Repetitions
82			100			82						82
81			99			81						81
80		100	98			80						80
79		99	97			79						79
78	100	97	96			78						78
77	98	96	95			77						77
76	97	95	94	100	100	76						76
75	95	93	92	99	99	75						75
74	94	92	91	98	98	74						74
73	92	91	90	96	97	73						73
72	90	89	89	95	96	72	100					72
71	89	88	88	94	95	71	99					71
70	87	87	87	93	94	70	98					70
69	86	85	86	92	93	69	97					69
68	84	84	85	91	92	68	96					68
67	82	83	84	89	91	67	95					67
66	81	81	83	88	89	66	94	100	100			66
65	79	80	82	87	88	65	93	99	99			65
64	78	79	81	86	87	64	92	98	98	100		64
63	76	77	79	85	86	63	91	97	97	99	100	63
62	74	76	78	84	85	62	90	96	96	98	99	62
61	73	75	77	82	84	61	89	94	95	97	98	61
60	71	73	76	81	83	60	88	93	94	96	97	60
59	70	72	75	80	82	59	87	92	93	95	96	59
58	68	71	74	79	81	58	86	91	92	94	95	58
57	66	69	73	78	80	57	85	90	91	93	94	57
56	65	68	72	76	79	56	84	89	89	92	93	56
55	63	67	71	75	78	55	83	88	88	91	92	55
54	62	65	70	74	77	54	82	87	87	90	91	54
53	60	64	69	73	76	53	81	86	86	89	89	53
52	58	63	68	72	75	52	80	84	85	87	88	52
51	57	61	66	71	74	51	79	83	84	86	87	51
50	55	60	65	69	73	50	78	82	83	85	86	50
49	54	59	64	68	72	49	77	81	82	84	85	49
48	52	57	63	67	71	48	76	80	81	83	84	48
47	50	56	62	66	69	47	75	79	80	82	83	47
46	49	55	61	65	68	46	74	78	79	81	82	46
45	47	53	60	64	67	45	73	77	78	79	81	45
44	46	52	59	62	66	44	72	76	77	78	79	44
43	44	50	58	61	65	43	71	74	76	77	78	43
42	42	49	57	60	64	42	70	73	75	76	77	42
41	41	48	56	59	63	41	69	72	74	75	76	41
40	39	47	55	58	62	40	68	71	73	74	75	40
39	38	45	54	56	61	39	67	70	72	73	74	39
38	36	44	52	55	60	38	66	69	71	72	73	38
37	34	43	51	54	59	37	65	68	69	71	72	37
36	33	41	50	53	58	36	64	67	68	70	71	36
35	31	40	49	52	57	35	63	66	67	69	70	35
34	30	39	48	50	56	34	62	65	66	68	69	34
33	28	37	47	49	55	33	61	64	65	66	68	33
32	26	36	46	48	54	32	60	62	64	65	66	32
31	25	35	45	47	53	31	59	61	63	64	65	31
30	23	33	44	46	52	30	58	60	62	63	64	30
29	22	32	43	45	50	29	57	59	61	62	63	29
28	20	31	42	44	49	28	56	58	60	61	62	28
27	18	29	41	42	48	27	55	57	59	60	61	27
26	17	28	39	41	47	26	54	56	58	59	60	26
25	15	27	38	40	46	25	53	54	57	58	59	25
24	14	25	37	39	45	24	52	53	56	57	58	24
23	12	24	36	38	44	23	51	52	55	56	57	23
22	10	23	35	36	43	22	50	51	54	55	56	22
21	9	21	34	35	42	21	49	50	53	54	55	21
Repetitions	M F	M F	M F	M F	M F	Repetitions	M F	M F	M F	M F	M F	Repetitions
AGE GROUP	17-21	22-26	27-31	32-36	37-41	AGE GROUP	42-46	47-51	52-56	57-61	62+	AGE GROUP

2-MILE RUN STANDARDS

AGE GROUP	17-21		22-26		27-31		32-36		37-41		AGE GROUP	42-46		47-51		52-56		57-61		62+	AGE GROUP	
Time	M	F	M	F	M	F	M	F	M	F	Time	M	F	M	F	M	F	M	F	M	F	Time
12:54											12:54											12:54
13:00	100		100								13:00											13:00
13:06	99		99								13:06											13:06
13:12	97		98								13:12											13:12
13:18	96		97		100		100				13:18											13:18
13:24	94		96		99		99				13:24											13:24
13:30	93		94		98		98				13:30											13:30
13:36	92		93		97		97		100		13:36											13:36
13:42	90		92		96		96		99		13:42											13:42
13:48	89		91		95		95		98		13:48											13:48
13:54	88		90		94		95		97		13:54											13:54
14:00	86		89		92		94		97		14:00											14:00
14:06	85		88		91		93		96		14:06	100										14:06
14:12	83		87		90		92		95		14:12	99										14:12
14:18	82		86		89		91		94		14:18	98										14:18
14:24	81		84		88		90		93		14:24	97		100								14:24
14:30	79		83		87		89		92		14:30	97		99								14:30
14:36	78		82		86		88		91		14:36	96		98								14:36
14:42	77		81		85		87		91		14:42	95		98		100						14:42
14:48	75		80		84		86		90		14:48	94		97		99						14:48
14:54	74		79		83		85		89		14:54	93		96		98						14:54
15:00	72		78		82		85		88		15:00	92		95		98						15:00
15:06	71		77		81		84		87		15:06	91		95		97						15:06
15:12	70		76		79		83		86		15:12	90		94		96						15:12
15:18	68		74		78		82		86		15:18	90		93		95		100				15:18
15:24	67		73		77		81		85		15:24	89		92		95		99				15:24
15:30	66		72		76		80		84		15:30	88		91		94		96				15:30
15:36	64	100	71	100	75		79		83		15:36	87		91		93		97				15:36
15:42	63	99	70	99	74		78		82		15:42	86		90		92		97		100		15:42
15:48	61	98	69	98	73	100	77		81		15:48	85		89		91		96		99		15:48
15:54	60	96	68	97	72	99	76	100	80		15:54	84		88		91		95		98		15:54
16:00	59	95	67	96	71	98	75	99	80		16:00	83		87		90		94		97		16:00
16:06	57	94	66	95	70	97	75	99	79		16:06	83		87		89		93		96		16:06
16:12	56	93	64	94	69	97	74	98	78		16:12	82		86		88		92		95		16:12
16:18	54	92	63	93	68	96	73	97	77		16:18	81		85		87		91		94		16:18
16:24	53	90	62	92	66	95	72	97	76		16:24	80		84		87		91		93		16:24
16:30	52	89	61	91	65	94	71	96	75		16:30	79		83		86		90*		93		16:30
16:36	50	88	60	90	64	93	70	95	74		16:36	78		82		85		89		92		16:36
16:42	49	87	59	89	63	92	69	94	74		16:42	77		81		84		88		91		16:42
16:48	48	85	58	88	62	91	68	94	73		16:48	77		81		84		87		90		16:48
16:54	46	84	57	87	61	91	67	93	72		16:54	76		80		83		86		89		16:54
17:00	45	83	56	86	60	90	66	92	71	100	17:00	75		80		82		85		88		17:00
17:06	43	82	54	85	59	89	65	92	70	99	17:06	74		79		81		84		87		17:06
17:12	42	81	53	84	58	88	65	91	69	99	17:12	73		78		80		83		86		17:12
17:18	41	79	52	83	57	87	64	90	68	98	17:18	72		77		79		82		85		17:18
17:24	39	78	51	82	56	86	63	90	68	97	17:24	71	100	76		79		82		84		17:24
17:30	38	77	50	81	55	85	62	89	67	96	17:30	70	99	75		78		81		83		17:30
17:36	37	76	49	80	54	85	61	88	66	96	17:36	70	99	75	100	77		80		82		17:36
17:42	35	75	48	79	52	84	60	88	65	95	17:42	69	98	74	99	76		79		81		17:42
17:48	34	73	47	78	51	83	59	87	64	94	17:48	68	97	73	99	76		78		80		17:48
17:54	32	72	46	77	50	82	58	86	63	94	17:54	67	97	73	98	75		77		80		17:54
18:00	31	71	44	76	49	81	57	86	62	93	18:00	66	96	72	97	74		77		79		18:00
18:06	30	70	43	75	48	80	56	85	62	92	18:06	65	96	71	97	73		76		78		18:06
18:12	28	68	42	74	47	80	55	84	61	92	18:12	64	95	70	96	73		75		77		18:12
18:18	27	67	41	73	46	79	55	83	60	91	18:18	63	94	69	96	72		74		76		18:18
18:24	26	66	40	72	45	78	54	83	59	90	18:24	63	94	69	95	71		73		75		18:24
18:30	24	65	39	71	44	77	53	82	58	89	18:30	62	93	68	94	70		72		74		18:30
18:36	23	64	38	70	43	76	52	81	57	89	18:36	61	92	67	94	69		71		73		18:36
18:42	21	62	37	69	42	75	51	81	57	88	18:42	60	92	66	93	69		70		72		18:42
18:48	20	61	36	68	41	74	50	80	56	87	18:48	59	91	65	92	68		70		71		18:48
18:54	19	60	34	67	39	74	49	79	55	87	18:54	58	90	65	92	67		69		70		18:54
19:00	17	59	33	66	38	73	48	78	54	86	19:00	57	90	64	91	66	100	68		69		19:00
19:06	16	58	32	65	37	72	47	78	53	85	19:06	57	89	63	91	65	99	67		68		19:06
19:12	14	56	31	64	36	71	46	77	52	85	19:12	56	89	62	90	65	99	66		67		19:12
19:18	13	55	30	63	35	70	45	77	51	84	19:18	55	88	62	89	64	95	65		67		19:18
19:24	12	54	29	62	34	69	45	76	51	83	19:24	54	87	61	89	63	97	64		66		19:24
19:30	10	53	28	61	33	69	44	75	50	82	19:30	53	87	60	88	62	96	63		65		19:30
19:36	9	52	27	60	32	68	43	74	49	82	19:36	52	86	59	87	62	95	63		64		19:36
19:42	8	50	26	59	31	67	42	74	48	81	19:42	51	86	58	87	61	95	62	100	63		19:42
19:48	5	49	24	58	30	66	41	73	47	80	19:48	50	85	58	86	60	94	61	99	62		19:48
19:54	5	48	23	57	29	65	40	72	46	80	19:54	50	84	57	86	59	93	60	98	61		19:54
20:00	5	47	22	56	28	64	39	72	45	79	20:00	49	83	56	85	58	93	59	98	60	100	20:00
20:06	5	46	21	55	28	63	38	71	45	78	20:06	48	83	55	84	58	92	58	97	59	99	20:06
20:12	1	44	20	54	26	63	37	70	44	78	20:12	47	82	55	84	57	91	57	96	58	98	20:12
20:18	0	43	19	53	24	62	36	70	43	77	20:18	46	82	54	83	56	90	57	95	57	98	20:18
20:24	0	42	18	52	23	61	35	69	42	76	20:24	45	81	53	82	56	90	56	95	56	97	20:24
20:30	0	41	17	51	22	60	35	68	41	75	20:30	44	80	52	82	55	89	55	94	55	96	20:30
Time	M	F	M	F	M	F	M	F	M	F	Time	M	F	M	F	M	F	M	F	M	F	Time
AGE GROUP	17																					

2-MILE RUN STANDARDS

AGE GROUP	17-21		22-26		27-31		32-36		37-41		AGE GROUP	42-46		47-51		52-56		57-61		62+	AGE GROUP	
Time	M	F	M	F	M	F	M	F	M	F	Time	M	F	M	F	M	F	M	F	M	F	Time
20:18	0	43	19	53	24	62	35	70	43	77	20:18	46	82	54	83	56	90	67	95	57	98	20:18
20:24		42	18	52	23	61	35	69	42	76	20:24	46	81	53	82	55	90	66	95	56	97	20:24
20:30		41	17	51	22	60	35	68	41	75	20:30	44	80	52	82	55	89	65	94	55	96	20:30
20:36		39	16	50	21	59	34	68	40	75	20:36	43	80	51	81	54	88	65	93	54	95	20:36
20:42		38	14	49	20	58	33	67	40	74	20:42	43	79	51	81	53	87	63	92	53	94	20:42
20:48		37	13	48	19	57	32	66	39	73	20:48	42	78	50	80	52	87	62	91	53	94	20:48
20:54		36	12	47	18	57	31	66	38	73	20:54	41	78	49	79	51	86	61	91	52	93	20:54
21:00		35	11	46	17	56	30	66	37	72	21:00	40	77	48	78	51	86	60	90	51	92	21:00
21:06		33	10	46	16	55	29	64	36	71	21:06	39	77	47	78	50	84	60	89	50	91	21:06
21:12		32	9	44	15	54	28	63	35	71	21:12	38	76	47	77	49	84	59	88	49	90	21:12
21:18		31	8	43	14	53	27	63	34	70	21:18	37	75	46	77	48	83	48	87	48	89	21:18
21:24		30	7	42	13	52	26	62	34	69	21:24	37	75	45	76	47	82	47	87	47	89	21:24
21:30		28	6	41	11	51	25	61	33	68	21:30	36	74	44	76	47	81	46	86	46	88	21:30
21:36		27	4	40	10	51	25	61	32	68	21:36	35	73	44	75	46	81	45	85	45	87	21:36
21:42		26	3	39	9	50	24	60	31	67	21:42	34	73	43	74	45	80	44	84	44	86	21:42
21:48		25	2	38	8	49	23	59	30	66	21:48	33	72	42	74	44	79	43	84	43	86	21:48
21:54		24	1	37	7	48	22	58	29	66	21:54	32	71	41	73	44	79	43	83	42	85	21:54
22:00		22	0	36	6	47	21	58	29	65	22:00	31	71	40	72	43	78	42	82	41	84	22:00
22:06		21		35	5	46	20	57	28	64	22:06	30	70	40	72	42	77	41	81	40	83	22:06
22:12		20		34	4	45	19	57	27	64	22:12	30	70	39	71	41	76	40	80	40	82	22:12
22:18		19		33	3	45	18	56	26	63	22:18	29	69	38	71	40	76	39	80	39	82	22:18
22:24		18		32	2	44	17	55	25	62	22:24	28	68	37	70	40	75	38	79	38	81	22:24
22:30		16		31	1	43	16	54	24	61	22:30	27	68	36	69	39	74	37	78	37	80	22:30
22:36		15		30	0	42	15	54	23	61	22:36	26	67	36	69	38	73	37	77	36	79	22:36
22:42		14		29		41	15	53	23	60	22:42	25	66	35	68	37	73	36	76	35	78	22:42
22:48		13		28		40	14	52	22	58	22:48	24	66	34	67	36	72	35	76	34	76	22:48
22:54		12		27		40	13	52	21	59	22:54	23	65	33	67	36	71	34	75	33	77	22:54
23:00		10		26		39	12	51	20	58	23:00	23	64	33	66	36	70	33	74	32	76	23:00
23:06		9		26		38	11	50	19	57	23:06	22	64	32	66	34	70	32	73	31	75	23:06
23:12		8		24		37	10	49	18	56	23:12	21	63	31	65	33	68	31	73	30	74	23:12
23:18		7		23		36	9	49	17	56	23:18	20	63	30	64	33	68	30	72	29	74	23:18
23:24		5		22		35	8	48	17	55	23:24	19	62	29	64	32	67	30	71	28	73	23:24
23:30		4		21		34	7	48	16	54	23:30	18	61	29	63	31	67	29	70	27	72	23:30
23:36		3		20		34	6	47	15	54	23:36	17	61	28	62	30	66	28	69	27	71	23:36
23:42		2		19		33	5	46	14	53	23:42	17	60	27	62	29	65	27	69	26	70	23:42
23:48		1		18		32	5	46	13	52	23:48	16	59	26	61	29	64	26	68	25	70	23:48
23:54		0		17		31	4	45	12	52	23:54	15	59	25	61	28	64	25	67	24	69	23:54
24:00				16		30	3	44	11	51	24:00	14	58	25	60	27	63	24	66	23	68	24:00
24:06				15		29	2	43	11	50	24:06	13	57	24	59	26	62	23	65	22	67	24:06
24:12				14		29	1	43	10	49	24:12	12	57	23	59	25	61	23	65	21	66	24:12
24:18				13		28	0	42	9	48	24:18	11	56	22	58	25	61	22	64	20	65	24:18
24:24				12		27		41	8	48	24:24	10	56	22	57	24	60	21	63	19	65	24:24
24:30				11		26		41	7	47	24:30	10	55	21	57	23	59	20	62	18	64	24:30
24:36				10		25		40	6	47	24:36	9	54	20	56	22	58	19	62	17	63	24:36
24:42				9		24		39	6	46	24:42	8	54	19	56	22	58	18	61	16	62	24:42
24:48				8		23		39	5	46	24:48	7	53	18	55	21	57	17	60	15	62	24:48
24:54				7		23		38	4	46	24:54	6	52	18	54	20	56	17	59	14	61	24:54
25:00				6		22		37	3	44	25:00	5	52	17	54	19	56	16	58	13	60	25:00
25:06				5		21		37	2	43	25:06	4	51	16	53	18	55	15	58	13	59	25:06
25:12				4		20		36	1	42	25:12	3	50	15	52	18	54	14	57	12	58	25:12
25:18				3		19		35	0	42	25:18	3	50	15	52	17	53	13	56	11	58	25:18
25:24				2		18		34		41	25:24	2	49	14	51	16	53	12	55	10	57	25:24
25:30				1		17		34		40	25:30	1	49	13	51	15	52	11	55	9	56	25:30
25:36				0		17		33		40	25:36	0	48	12	50	15	51	10	54	8	55	25:36
25:42						16		32		39	25:42		47	11	49	14	50	10	53	7	54	25:42
25:48						15		32		38	25:48		47	11	49	13	50	9	52	6	54	25:48
25:54						14		31		38	25:54		46	10	48	12	49	8	51	5	53	25:54
26:00						13		30		37	26:00		45	9	47	11	48	7	51	4	52	26:00
26:06						12		30		36	26:06		45	8	47	11	47	6	50	3	51	26:06
26:12						11		29		35	26:12		44	7	46	10	47	5	49	2	50	26:12
26:18						11		28		35	26:18		43	7	46	9	46	4	48	1	50	26:18
26:24						10		28		34	26:24		43	6	45	8	45	3	47	0	49	26:24
26:30						9		27		33	26:30		42	5	44	7	44	3	47	0	48	26:30
Time	M	F	M	F	M	F	M	F	M	F	Time	M	F	M	F	M	F	M	F	M	F	Time
AGE GROUP	17-21		22-26		27-31		32-36		37-41		AGE GROUP	42-46		47-51		52-56		57-61		62+	AGE GROUP	

HEIGHT/WEIGHT STANDARDS

HEIGHT/WEIGHT STANDARDS

MALES			
HEIGHT (in.)	MINIMUM WEIGHT (lbs.)	17-20 20% Body Fat MAXIMUM WEIGHT (lbs.)	21-27 22% Body Fat MAXIMUM WEIGHT (lbs.)
60	100	132	136
61	102	136	140
62	103	141	144
63	104	145	149
64	105	150	154
65	106	155	159
66	107	160	163
67	111	165	169
68	115	170	174
69	119	175	179
70	123	180	185
71	127	185	189
72	131	190	195
73	135	195	200
74	139	201	206
75	143	206	212
76	147	212	217
77	151	218	223
78	153	223	229
79	159	229	235
80	166	234	240

FEMALES			
HEIGHT (in.)	MINIMUM WEIGHT (lbs.)	17-20 30% Body Fat MAXIMUM WEIGHT (lbs.)	21-27 32% Body Fat MAXIMUM WEIGHT (lbs.)
58	90	109	112
59	92	113	116
60	94	116	120
61	96	120	124
62	98	125	129
63	100	129	133
64	102	133	137
65	104	137	141
66	106	141	146
67	109	145	149
68	112	150	154
69	115	154	158
70	118	159	163
71	122	163	167
72	125	167	172
73	128	172	177
74	130	176	183
75	133	183	188
76	136	189	194
77	139	193	199
78	141	198	204
79	144	203	209
80	147	208	214

Maximum Body Fat for MALES: 17-20 (24%), 21-27 (26%), 28-39 (28%), 40+ (30%)
 Maximum Body Fat for FEMALES: 17-20 (30%), 21-27 (32%), 28-39 (34%), 40+ (36%)

²Although you may qualify for a scholarship if you are within the maximum weight for Army ROTC, every effort should be made to stay within the weights established for active duty. Active duty weight requirements are more stringent than those required of Army ROTC cadets. Failure to meet and remain within these parameters may result in the loss of a scholarship if offered. (AR 600-8, 101, dtd 4 Mar 94)

ANNEX E - Soldier's Creed

I am an American Soldier.

I am a Warrior and a member of a team. I serve the people of the United States and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills.

I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier.