



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY CADET COMMAND
1ST CAVALRY REGIMENT ROAD
FORT KNOX, KENTUCKY 40121-5123

ATCC-RO (145-1ii)

DEC 12 2022

MEMORANDUM FOR

Commanders, All Units Reporting Directly to This Headquarters
Deputy Chiefs of General Staff and Chiefs of Special Staff Offices, HQ USACC

SUBJECT: Policy Memorandum 2-1 – Overweight Applicants and DoDMERB Physicals

1. References.

a. Army Regulation 145-1 (Senior Reserve Officers' Training Corps Program: Organization, Administration, and Training), 22 July 1996, Rapid Action Revision issued 6 September 2011.

b. Army Regulation 40-501 (Standards of Medical Fitness), 14 June 2017.

c. Army Regulation 600-9 (The Army Body Composition Program), 28 June 2013.

d. Cadet Command Regulation 145-1 (Reserve Officers' Training Corps Army ROTC Incentives Policy), 2 August 2016.

2. Purpose. Provide guidance to Cadre and Staff regarding submission of physicals to DoDMERB for prospects who exceed Army Regulation (AR) 40-501 and/or AR 600-9 standards by 50 pounds or more.

3. We are using valuable time and scarce resources scheduling DoDMERB physicals for prospects who are significantly overweight. Every member of this command is charged to ensure that we are good stewards of the resources we are provided. Sending applicants who significantly exceed height/weight screening standards for DoDMERB physicals exacts a cost in time, energy, and resources that we can and must avoid. Effective immediately, USACC will implement procedures to pre-screen and reject all prospects and scholarship applicants who exceed AR 40-501 and/or AR 600-9 standards by 50 pounds or more.

4. Prior to submission of a DoDMERB physical, each prospect will be evaluated against the requirements of AR 40-501 and/or AR 600-9. Any prospect who exceeds their maximum screening weight by 50 pounds or more will not have a DoDMERB physical request submitted.

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5. The Army recognizes that some collegiate level athletes who are quality applicants may not meet standard height/weight due to expectations of their sport, e.g., football players. In such cases, AR 600-9 body fat measurements may be used at the discretion of the PMS. This exception is intended only for student athletes participating in inter-collegiate sports programs; this exception does not apply to any other applicants. If a prospect meets taping requirements, they may be sent for a DoDMERB physical examination.

6. The proponent for this policy is the Deputy Chief of Staff, RMID at (502) 624-5391.



ANTONIO V. MUNERA
Major General, USA
Commanding