



UNITED STATES MARINE CORPS
TRAINING AND EDUCATION COMMAND
1019 ELLIOT ROAD
QUANTICO, VIRGINIA 22134

IN REPLY REFER TO

1533

C 46JR

9 Aug 2108

MCJROTC POLICY LETTER 5-15 Chg-1

From: Director, Marine Corps Junior Reserve Officers'
Training Corps

To: Distribution

Subj: MARINE CORPS JUNIOR RESERVE OFFICERS' TRAINING CORPS BODY
COMPOSITION AND MILITARY APPEARANCE PROGRAM

Ref: (a) MCO 1533.6E
(b) MCJROTC Policy Letter 5-15

Encl: (1) MCJROTC Height and Weight Standards Table Encl (3)

1. Reference (a) requires Marine Corps Junior Reserve Officers' Training Corps (MCJROTC) Instructors to maintain traditional Marine Corps standards of decorum and personal appearance. Reference (b) is the MCJROTC policy that provides procedural guidance for implementation of the MCJROTC Body Composition and Military Appearance Program (MCJROTCBCMAP).

2. Enclosure (1) is the updated height and weight standards for MCJROTC instructors. Replace enclosure (3) of reference (b) with enclosure (1) of this letter.

3. The point of contact for this Policy Letter is Ms. Carmen E. Cole, Operations and Instructional Support Branch Manager at (703) 784-0417 or carmen.cole@usmc.mil.


R. G. O'CONNELL

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MCJROTC Height/Weight/Body Composition Standards

Males

Height	Maximum Standard	Minimum Standard
58"	131	91
59"	136	94
60"	141	97
61"	145	100
62"	150	104
63"	155	107
64"	160	110
65"	165	114
66"	170	117
67"	175	121
68"	180	125
69"	186	128
70"	191	132
71"	197	136
72"	202	140
73"	208	144
74"	214	148
75"	220	152
76"	225	156
77"	231	160
78"	237	164
79"	244	168
80"	250	173

Females

Height	Maximum Standard	Minimum Standard
58"	124	91
59"	129	94
60"	133	97
61"	137	100
62"	142	104
63"	146	107
64"	151	110
65"	156	114
66"	161	117
67"	166	121
68"	171	125
69"	176	128
70"	181	132
71"	186	136
72"	191	140
73"	197	144
74"	202	148
75"	208	152
76"	213	156
77"	219	160
78"	225	164
79"	230	168
80"	236	173

MCJROTC Body Composition Standards

Males

Age 26-35 is 19%

Age 36-45 is 20%

Age 46-50 is 21%

Age 51+ is 22%

Females

Age 26-35 is 27%

Age 36-45 is 28%

Age 46-50 is 29%

Age 51+ is 30%