Headquarters
California Army National Guard
California State Military Reserve
Sacramento, CA
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California State Military Reserve
Regulation 600-9

Effective 15 July 1998

Personnel Administration

Height/Weight Standards for CA SMR Personnel

FOR THE GOVERNOR:

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History. This regulation replaces CAL SMR Reg 600-9, dated 15 December 1990.

Summary. This regulation prescribes height/weight standards and establishes policy for all CA SMR members and defines approved weight-control programs for overweight personnel.

Applicability. This regulation applies to all elements of the California State Military Reserve.

Proponent and exception authority. The proponent and exception authority of this regulation is the Adjutant General of the State of California. Supplementation and any exceptions to this regulation are prohibited without prior written approval from the Deputy Adjutant General, Army Division.

Interim changes. Interim changes in this regulation are not official unless they are authenticated by the Adjutant General via the seal of the Military Department, State of California.

Suggested improvements. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms), directly to the Personnel Section, HQ, CA SMR, (CASR-P).

Distribution. Distribution of this regulation is CA SMR-A.

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1. Policy

Each member of the CA SMR must be physically fit for duty and conform to published CA SMR height/weight standards as contained in this regulation. All CA SMR unit commanders will establish and monitor effective weight-control programs within their organizations.

a. CA SMR personnel are considered overweight if they exceed the maximum allowable height/weight standards outlined in Appendix A.

b. Applicants for appointment or enlistment in any CA SMR unit, including CMH will not be appointed or enlisted if they fail to meet the allowable height/weight standards outlined in Appendix A.

c. While the published standards are not as stringent as those of the California National Guard, the very nature of the mission of the CA SMR demands that members, at the very least, conform to them in order to appear as seamless as possible when performing coequal duties with CNG counterparts.

d. The height/weight table contained in Appendix A must be treated as "absolute maximum" with respect to weight standards for CA SMR personnel.

2. Objectives

The goals and focus of the CA SMR height/weight standards and unit weight control programs are twofold:

a. To ensure that all CA SMR personnel present an exemplary neat and professional military appearance at all times. Wearing of the CA SMR uniform should reflect a member's personal and professional pride. Every CA SMR member is a representative of the Military Department of the State of California as well as the CA SMR. The individual military appearance of every member of the CA SMR must reflect favorably on both organizations.

b. Maintaining height/weight standards within the limits of this regulation is in the best interests of the member's own health and safety, as well as the health and safety of others.

3. Responsibility

Every member of the CA SMR will take the necessary action to initiate, if necessary, and fully participate in, a personal weight-control program calculated to being them into full compliance with published standards.

a. All unit commanders will cause their personnel to be checked twice annually in May and November to ensure conformance with this regulation.

b. Overweight members will be placed on a monthly UTA weight-check regimen and will provide their unit commander with a monthly report on progress towards full compliance with published weight standards.

c. CA SMR members out of compliance with this regulation and on a weight control program are:

1. Not authorized to wear the CA SMR uniform at any time.

2. Not authorized to attend resident or non-resident schools at CSLO or elsewhere.

3. Ineligible for promotion.

4. Not authorized to augment any CNG Annual Training.

5. Not authorized to participate in Armory Security Inspection, DDR or similar programs.

6. Not authorized to assist in ESGR programs at unit level in uniform when on state orders.

d. CA SMR personnel who are unable to meet height-weight standards within a 12 month period will be asked to place themselves on a medically supervised weight-control program at their own expense for an additional year. If, at the end of that period, members are still overweight by the standards of this regulation, they will be separated from CA SMR service.

APPENDIX A

WEIGHT STANDARDS
CALIFORNIA STATE MILITARY RESERVE

MAXIMUM ALLOWABLE WEIGHT

HEIGHT (inches)	MALE PERSONNEL WEIGHT (pounds)	FEMALE PERSONNEL WEIGHT (pounds)
58		128
59		132
60	156	136
61	161	140
62	165	145
63	170	149
64	175	153
65	180	157
66	185	162
67	191	166
68	197	171
69	203	175
70	210	180
71	218	185
72	223	190
73	229	
74	235	
75	241	
76	246	
77	252	
78	258	
79	262	

1. An allowance of +3 pounds for clothing (excluding footwear) is authorized.

2. Height measurements do not include footwear.

3. In some cases, body-fat ratio may be substituted for height/weight ratio.

4. The primary objective is to insure that all CA SMR personnel present a neat and professional military appearance. Ask the question - How does this member look when in uniform?