

CHAPTER III
PROCEDURES

1. Weight Standards for Admission to and Retention in the VDF

- a. The following weight standards will be followed for MEN:

TABLE III – 1

Acceptable Weight in pounds as related to age and height for MALES								
Height Inches	Healthy Weight	NGB MAW	VDF Maximum Allowable Weight (MAW) by age					
			17-24	25-30	31-40	41-50	51-60	61 up
60	95-125	153	158	162	167	171	176	181
61	100-130	155	160	164	169	174	178	183
62	100-135	158	163	167	172	177	182	187
63	105-140	160	165	170	174	179	184	189
64	105-145	164	169	174	179	184	189	194
65	110-145	169	174	179	185	189	194	199
66	115-150	174	179	185	190	195	200	205
67	115-155	179	184	190	196	200	206	211
68	120-160	184	189	195	201	206	212	217
69	120-165	189	195	200	206	212	217	222
70	125-165	194	200	206	212	217	223	229
71	130-175	199	205	211	217	223	229	235
72	135-180	205	211	217	223	230	236	242
73	140-185	211	217	224	230	236	243	249
74	140-190	218	225	231	237	244	251	257
75	145-195	224	231	237	244	251	258	264
76	150-200	230	237	244	250	258	264	271
77	155-205	236	243	250	257	264	271	278
78	160-210	242	249	256	264	271	278	285
79	165-215	248	255	263	270	278	285	292
80	170-220	254	262	270	277	284	292	300
+1		+6	+103%	+106%	+109%	+112%	+115%	+118%

NOTES:

MAW = Maximum Allowable Weight

NGB = National Guard Bureau

1) For every inch less than 60 inches, subtract 2 pounds from the MAW.

2) For every inch over 80 inches, add 6 pounds to the NGB MAW and adjust for age group.

3) Measure height in stocking feet (*without shoes*), standing on a flat surface, with chin parallel to the floor. The body should be straight but no rigid, similar to a position of attention. The measurement should be rounded to the nearest inch, using the following guidelines:

a) If the height fraction is less than ½ inch, round down to the nearest whole number.

b) If the height fraction is ½ inch or greater, round up to the nearest whole number.

4) Subtract three (3) pounds for any military uniform – trousers, no blouse or boots - or two (2) pounds for gym clothing.

- b. The following weight standards will be followed for WOMEN:

TABLE III – 2

Acceptable Weight in pounds as related to age and height for FEMALES								
Height Inches	Healthy Weight	NGB MAW	VDF Maximum Allowable Weight (MAW) by age					
			17-24	25-30	31-40	41-50	51-60	61 up
60	95-125	136	140	144	148	152	156	160
61	100-130	138	142	146	150	155	159	163
62	100-135	141	145	149	154	158	162	166
63	105-140	144	148	153	157	161	166	170
64	105-145	147	151	156	160	165	169	173
65	110-145	150	155	160	163	168	175	177
66	115-150	155	160	165	169	174	178	183
67	115-155	159	164	169	173	178	184	188
68	120-160	164	169	174	178	184	189	194
69	120-165	168	173	178	183	188	195	200
70	125-165	173	178	184	188	194	199	204
71	130-175	177	182	188	192	198	204	209
72	135-180	182	187	193	198	204	209	215
73	140-185	188	194	199	204	211	216	222
74	140-190	194	200	206	211	217	223	229
75	145-195	199	205	211	217	223	229	235
76	150-200	205	211	217	223	230	236	242
77	155-205	210	216	223	229	235	241	248
78	160-210	215	221	228	234	241	247	254
79	165-215	221	228	234	241	248	254	260
80	170-220	226	233	240	246	253	260	267
+1		+6	+103%	+106%	+109%	+112%	+115%	+118%

NOTES:
MAW = Maximum Allowable Weight
NGB = National Guard Bureau
1) For every inch less than 60 inches, subtract 2 pounds from the MAW.
2) For every inch over 80 inches, add 6 pounds to the NGB MAW and adjust for age group.
3) Measure height in stocking feet (*without shoes*), standing on a flat surface, with chin parallel to the floor. The body should be straight but no rigid, similar to a position of attention. The measurement should be rounded to the nearest inch, using the following guidelines:
a) If the height fraction is less than ½ inch, round down to the nearest whole number.
b) If the height fraction is ½ inch or greater, round up to the nearest whole number.
4) Subtract three (3) pounds for any military uniform – trousers, no blouse or boots - or two (2) pounds for gym clothing.