



**DEPARTMENT OF THE NAVY**  
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MARINE CORPS BULLETIN 6110

From: Commandant of the Marine Corps  
To: Distribution List

Subj: MARINE CORPS BODY COMPOSITION AND MILITARY APPEARANCE

Ref: (a) MCO 6110.3A w/CH-3  
(b) Marine Corps Manual w/CH 1-3  
(c) MCO 4400.201 w/CH-2 Volume 15  
(d) SECNAV M-5210.1 w/CH-1  
(e) MCO 5210.11F  
(f) 5 U.S.C. § 552a  
(g) SECNAVINST 5211.5F

Encl: (1) Department of Defense (DoD) Height, Weight, and Body Composition Standards

Reports Required: I. Defense Property and Accountability System (DPAS)

1. Situation. To provide updated policy and procedural guidance for the Marine Corps Body Composition and Military Appearance Program (MCBCMAP).

2. Cancellation. MCBul 6110 dtd 28 Dec 2022.

3. Mission. Commanders will ensure all Marines comply with the updated requirements, standards, and procedures contained in this Bulletin to effectively execute the MCBCMAP. This Bulletin is in accordance with references (a) through (g).

4. Execution

a. Commander's Intent and Concept of Operations

(1) Commander's Intent

(a) Purpose. This Bulletin adjusts service-level body composition standards for female age groups. This Bulletin also establishes the requirement that Bioelectrical Impedance Analysis (BIA) will be used to verify body composition. BIA is the primary means to verify body fat prior to formal assignment to MCBCMAP or administrative separation due to MCBCMAP failure. Specific dual-energy X-ray absorptiometry policies will be released via separate correspondence.

(b) Method. Effective 1 January 2023, Marine Corps body fat standards were increased by 1% for female Marines. Additionally, all Marines

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who do not meet weight standards and require body fat estimation must have their body fat verified by BIA. Marines requiring body fat verification may be required to conduct travel to locations where approved devices are fielded.

(c) End State. The MCBCMAP is executed in accordance with the published standards and policy changes in this Bulletin.

(2) Concept of Operations

(a) If a Marine is not within weight standards, then the Force Fitness Instructor (FFI) or Command Physical Training Representative (CPTR) will conduct a Body Composition Evaluation (BCE) initially using the circumference (taping) technique. If a Marine is not within body fat standards initially using the circumference technique, then the CPTR or FFI must conduct a BCE using an approved BIA machine within seven working days. The MCBCMAP assignment process may be initiated while Marines await the conduct of a BIA scan; however, formal assignment to MCBCMAP will not occur until body fat is verified by a BIA machine. BCEs are only required for Marines who exceed their maximum weight standard and fail the circumference method, or for Marines that present an unsuitable military appearance as determined by their commander.

(b) CPTRs or FFIs are the only personnel authorized to operate BIA machines and provide results verification in the conduct of a BCE. Marine Corps Community Service (MCCS) personnel are not authorized to operate BIAs in the conduct of BCE but may operate BIAs at local fitness centers to support active duty and dependents on a space-available basis.

(c) Body fat percentages must be verified by a CPTR or FFI prior to formal assignment to MCBCMAP. Same-gender CPTR or FFI is not required to administer the BIA body fat verification. The BIA machine-printed results sheet is required as proof of verification and must be retained in accordance with reference (d), Part III: Retention Schedules for Naval Records, paragraph 2(b); Chapter 1, Military Personnel Records, item number 1000-49. A CPTR or FFI must sign the bottom of the results sheet and create a separate calendar event in Marine Corps Training Information Management System (MCTIMS) to document body fat verification.

(d) Marines required to travel for a BIA scan may have their scan verified by a local CPTR or FFI prior to MCBCMAP assignment in lieu of the CPTR or FFI assigned to the Marine's command. If a Marine must travel to another command location for body fat verification, the Marine's identity must be verified by the local CPTR or FFI conducting the BIA scan via Common Access Card (CAC). A CPTR and FFI must sign the bottom of the results sheet and create a separate calendar event in MCTIMS to document body fat verification. A physical copy of the results sheet will be provided to the Marine to take back to their unit. The verifying CPTR or FFI will also send an electronic copy of the results sheet to the Marine's unit CPTR, FFI, or unit operations section via encrypted messaging.

(e) Currently, the InBody 770 (IB770) is the only USMC-approved BIA machine for use in the MCBCMAP. Training and Education Command (TECOM) will continue to monitor the capabilities available in the commercial marketplace. If another potential source emerges, the Marine Corps will assess whether competition for future requirements is feasible.

(f) Performance exemptions and performance allowances remain unchanged. A current 285 Marine Corps Physical Fitness Test (PFT) / Marine Corps Combat Fitness Test (CFT) score results in MCBCMAP exemption. Marines achieving a 250-284 PFT/CFT will still receive a 1% additional body fat allowance.

(g) Marines are considered to exceed standards when their body weight and BIA-verified body fat percentage exceeds the maximum allowable amounts for their height, as contained in enclosure (1).

(h) Failure to comply with the policies and standards contained in this Bulletin may result in administrative action that limits promotion, retention, and assignment.

(i) All items and guidance not included in this Bulletin, such as the Military Appearance Program, remain in effect per reference (a).

b. Subordinate Element Tasks

(1) Deputy Commandant for Manpower and Reserve Affairs (DC M&RA)

(a) Ensure promotion, retention, assignment, and reporting policies are consistent with the updated policies established in this Bulletin.

(b) Provide updates to systems to report and record individual height, weight, and body composition data to facilitate analysis and modification, as required.

(2) Commanding General, Training and Education Command (CG, TECOM)

(a) Serve as program sponsor and provide subject matter experts to ensure the currency and relevance of the MCBCMAP.

(b) Manage and monitor the MCBCMAP through development, implementation, and interpretation of standards, policies, and procedures consistent with the requirements contained in references (a) and (b).

(c) Ensure training materials and training hosting sites (MarineNet) are updated to capture changes outlined in this Bulletin.

(d) Coordinate and prioritize the initial procurement and fielding of approved BIA machines to selected commands. As part of the initial procurement contract, disseminate manufacturer warranty information and manufacturer technical account manager information to user units.

(e) Create a Management Control Number (MCN) for BIA machines and enter BIA MCNs into the Defense Property and Accountability System (DPAS).

(f) Coordinate cataloging of BIA machines into Technical Data Management-Catalyst (TDM-Catalyst).

(3) Inspector General of the Marine Corps (IGMC)

(a) Provide compliance assessment of the Body Composition and Military Appearance Program (6110) Functional Area during command inspections.

(b) Notify policy owner on an annual basis to review/update the Inspector General Checklists as appropriate.

(4) Commanders and Officers-in-Charge

(a) Administer the MCBCMAP and conduct height, weight, and body fat measurements in accordance with reference (a) and the instructions contained in this Bulletin.

(b) Ensure CPTRs and FFIs recertify MCBCMAP training.

(c) Maintain local training rosters for CPTR and FFI familiarization training while MarineNet is updated with new course materials. Prior to CPTRs and FFIs conducting BIA assessments, commanders will certify that CPTRs and FFIs have conducted familiarization training per paragraph 5.i.

(d) Ensure Marines requiring body fat verification are afforded every opportunity to access approved BIA capabilities. Commanders will authorize unit-funded travel for Marines requiring body fat verification.

(e) Commands and locations that receive a BIA machine must support or allow access to any Marine Corps unit that has not been identified to receive a BIA machine. BIA support will be provided during normal working hours on weekdays with exceptions made to accommodate unique travel requirements.

(f) Owning commands will enable daily operations and care of BIAs. This includes ensuring that BIA machines are placed in secure spaces and authorized personnel (CPTRs and FFIs) are allowed access to execute BCE requirements.

(g) Ensure BIA equipment receipt of gear, custody, and inventory is conducted in accordance with reference (c) at the receiving unit level. Upon receipt, commands will ensure BIA machines are added to their DPAS Unit Custodian Asset Report. Commands will ensure all key supporting documents, to include photos of the BIA machine and its data plate, are uploaded into DPAS. The vendor will supply a copy of the warranty, receiving invoice with BIA serial number, unique item identification number, and MCN for units to enter into DPAS. The following is the MCN for the BIA machines: 6515-00-M00-0678. For assistance with DPAS utilize the following email: [MCICOM G4 DPAS@usmc.mil](mailto:MCICOM G4 DPAS@usmc.mil).

5. Administration and Logistics

a. Records Management. Records created as a result of this Bulletin shall be managed according to National Archives and Records Administration (NARA)-approved dispositions in reference (d), SECNAV M-5210.1 w/CH-1, to ensure proper maintenance, use, accessibility, and preservation, regardless of format or medium. Records disposition schedules are located on the Department of the Navy/Assistant for Administration (DON/AA), Directives and

Records Management Division (DRMD) portal page at:  
<https://portal.secnnav.navy.mil/orgs/DUSNM/DONAA/DRM/Records-and-Information-Management/Approved%20Record%20Schedules/Forms/AllItems.aspx>. Refer to reference (e), MCO 5210.11F, for Marine Corps records management policy and procedures.

b. Privacy Act. Any misuse or unauthorized disclosure of Personally Identifiable Information (PII) may result in both civil and criminal penalties. The Department of the Navy (DON) recognizes that the privacy of an individual is a personal and fundamental right that shall be respected and protected. The DON's need to collect, use, maintain, or disseminate PII about individuals for purposes of discharging its statutory responsibilities shall be balanced against the individuals' right to be protected against unwarranted invasion of privacy. All collection, use, maintenance, or dissemination of PII shall be in accordance with the Privacy Act of 1974, as amended [reference (f)] and implemented per reference (g).

c. Forms. There are no forms used in this Bulletin.

d. Recommendations. Recommendations concerning the contents of this Bulletin are welcomed and may be forwarded to Commanding General, Training and Education Command (CG, TECOM), Policy and Standards Division (PSD), Human Performance Branch via [TECOM.ForceFitness@usmc.mil](mailto:TECOM.ForceFitness@usmc.mil).

e. Cancellation Contingency. This Bulletin is cancelled one year from the date of publication or when incorporated into reference (a), whichever occurs first.

f. BIA fielding locations, approved fielding plans, and additional product information such as approved model numbers, warranty information, technical account manager points of contact to resolve maintenance issues, and maintenance guidance is published at <http://www.fitness.marines.mil>.

g. TECOM will centrally fund and equip approved fielding plans. BIA machines lifecycle durability, with proper care and maintenance, is anticipated to be between 10-15 years. Machines have a 4-year warranty as part of the service-level contract.

h. Units that receive BIAs are responsible for the daily care and supplies needed to operate the BIA machines. Basic care of BIA machines will be in accordance with warranties. Units must adhere to the daily care and maintenance terms within the warranty to receive warranty support. If warranties are violated, commands are responsible for replacement.

i. Prior to conducting BIA assessments, CPTRs and FFIs will conduct initial BIA familiarization training using the TECOM-published materials until MarineNet training is updated. Commanders will verify that CPTRs and FFIs have conducted the TECOM-published BIA training prior to administering BIA assessments. Once MarineNet Course FFBCP02 is updated, CPTRs and FFIs will be required to recertify their training to include BIA training procedures. CPTRs and FFIs should access training materials, instructional videos, commander's template, BIA location listings and required supply lists for BIA machines published at <http://www.fitness.marines.mil>.

j. TECOM, in collaboration with the United States Army Research Institute of Environmental Medicine (USARIEM), will continue to explore the efficacy and effectiveness of the BIA machines while developing a long-term

plan to transition all BCE from height/weight tables and circumference method to viable alternatives.

6. Command and Signal

a. Command. This Bulletin is applicable to the Marine Corps Total Force.

b. Signal. This Bulletin is effective the date signed.



K. M. IIAMS  
Commanding General,  
Training and Education Command  
By direction

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Department of Defense (DoD) Height, Weight, and Body Composition Standards

<b>Males</b>		
<b>Height</b>	<b>Maximum Standard</b>	<b>Minimum Standard</b>
<b>(Inches)</b>	<b>(Pounds)</b>	<b>(Pounds)</b>
56"	122	85
57"	127	88
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
81"	256	177
82"	263	182

<b>Females</b>		
<b>Height</b>	<b>Maximum Standard</b>	<b>Minimum Standard</b>
<b>(Inches)</b>	<b>(Pounds)</b>	<b>(Pounds)</b>
56"	115	85
57"	120	88
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
81"	242	177
82"	248	182

<b>Marine Corps Body Composition Standards</b>		
<b>Age Group</b>	<b>Male</b>	<b>Female</b>
17-20	18% BF	27% BF
21-25	18% BF	27% BF
26-30	19% BF	28% BF
31-35	19% BF	28% BF
36-40	20% BF	29% BF
41-45	20% BF	29% BF
46-50	21% BF	30% BF
51+	21% BF	30% BF

APPENDIX A

Glossary of Acronyms and Abbreviations

BCE	Body Composition Evaluation
BIA	Bioelectrical Impedance Analysis
CAC	Common Access Card
CFT	Combat Fitness Test
CG, TECOM	Commanding General, Training and Education Command
CPTR	Command Physical Training Representative
DC M&RA	Deputy Commandant for Manpower and Reserve Affairs
DoD	Department of Defense
DON	Department of the Navy
DON/AA	Department of the Navy/Assistant for Administration
DPAS	Defense Property and Accountability System
DRMD	Directives and Records Management Division
FFI	Force Fitness Instructor
IB770	InBody 770
IGMC	Inspector General of the Marine Corps
MCBCMAP	Marine Corps Body Composition and Military Appearance Program
MCCS	Marine Corps Community Service
MCN	Management Control Number
MCTIMS	Marine Corps Training Information Management System
NARA	National Archives and Records Administration
PFT	Physical Fitness Test
PII	Personally Identifiable Information
PSD	Policy and Standards Division
TDM-Catalyst	Technical Data Management-Catalyst
TECOM	Training and Education Command
USARIEM	United States Army Research Institute of Environmental Medicine