



# Naval Reserve Officers Training Corps Scholarship Selection Packet

## Congratulations...

on receiving a National NROTC Scholarship

The NROTC Program was established to educate and train qualified young men and women for service as commissioned officers in the United States Navy or Marine Corps. The NROTC Scholarship Program plays an important role in preparing mature young men and women for leadership positions in an increasingly technical Navy and Marine Corps.

Selected applicants for the NROTC Scholarship Program are awarded scholarships through a highly competitive national selection process, and receive full tuition, books stipend, educational fees and other financial benefits at many of the country's leading colleges and universities. Upon graduation, midshipmen are commissioned as Ensigns in the Navy or Second Lieutenants in the Marine Corps.

You must graduate from high school by August 1st to utilize your scholarship.

Students selected for the NROTC Scholarship Program make their own arrangements for college enrollment as well as room and board, and take the normal course load required by the college or university for degree completion.

Students will also enroll in a Naval Science Course each semester and participate in the required leadership labs.

All the information contained in this packet will provide you with the building blocks to start your Navy journey. If you should have any questions, please do not hesitate to contact any of my staff at 1-800-NAV-ROTC.

Again, congratulations and welcome to the Naval Reserve Officers Training Corps Program.



# General Scholarship Information

As a National NROTC Scholarship selectee, you will be placed on scholarship at the beginning of the fall term, only if you complete and meet all of the following eligibility requirements:

- 1) You must accept your scholarship by completing the online acceptance at [https://www.netfocus.netc.navy.mil/nrotc/candidate\\_app/status\\_scholarship.aspx](https://www.netfocus.netc.navy.mil/nrotc/candidate_app/status_scholarship.aspx) by the "respond by" date specified in your attached letter. Your nomination for the NROTC scholarship will be withdrawn if your acceptance is not received by the date indicated. Your acceptance of this scholarship nomination does not obligate you to enroll in the NROTC Program. You may change your mind and decline your scholarship at any point until school begins.
- 2) You must be found medically qualified or receive a medical qualification waiver. The Department of Defense Medical Examination Review Board (DoDMERB) will send you the information needed to complete your physical examination. (See the Medical Information section.)
- 3) You must not have any body piercings or tattoos that violate the Navy or Marine Corps policy. Contact your Host NROTC Unit for details on the current policy.
- 4) It is your responsibility to report to the Unit physically fit, within height/weight standards and able to pass the Physical Fitness Assessment with a satisfactory performance level in order for your scholarship to be activated. A cornerstone of military service is physical fitness. If you report to your Unit out of height/weight standards or unable to meet the satisfactory performance level on the Physical Fitness Test your scholarship may not be activated. To help prepare for physical training at the Unit, visit <http://www.nrotc.navy.mil>. Look under Program Information, click on Program Requirements and then click on Physical and Medical Requirements. You will find a Physical Training Plan to use as a guide to physical fitness preparation as well as the Navy height/weight and Physical Readiness Test standards. If you have any question about the physical fitness requirements contact your assigned NROTC Unit.
- 5) You must be accepted and enrolled as a full-time student in one of the NROTC approved colleges or universities or one of their cross-town affiliated schools. A complete list of approved NROTC colleges and universities is available on the NROTC Web Page at <http://www.nrotc.navy.mil/>.
  - a. You must demonstrate your continued interest in the NROTC program by enrolling, registering and participating in courses, including NROTC classes and drill. You must be in good standing for the first 45 days of each term before tuition will be paid. The scholarship offer is based on your academic major choice and the tier in which it falls. Tiers 1 and 2 are engineering, math and science majors. Tier 3 is liberal arts majors. Your classes must be required by the degree plan for the major within the academic tier you were assigned. This requirement is included in your scholarship agreement. If you fail to comply with this requirement, you will not receive scholarship benefits for the fall term and risk losing scholarship benefits for future academic terms at the Navy's discretion.
  - b. The Navy cannot pay scholarship benefits until you have signed the scholarship contract. If you have made payment in advance for tuition or fees to the university or college, you must retain the receipts for these expenditures and provide them to your NROTC's Unit for reimbursement of an authorized amount.
- 6) If you now know, or receive information in the future, that you have not been accepted for admission to your assigned school (located in your selection letter), you should immediately fax, email, or mail a placement change request form to the NROTC Placement Office (see the Placement Information section) to change your assigned school to one that you expect to or have gained admission to attend. Placement change requests are not guaranteed. They are subject to available capacity at a specific NROTC Unit.

Your NROTC scholarship pays for full tuition and academic fees, textbook stipend, and a monthly allowance of \$250.00 per academic month during your freshman year. Your monthly allowance will increase to \$300, \$350, and \$400 at the start your sophomore, junior and senior years, respectively. You will only receive this allowance during the academic year (not during summer, winter or spring breaks).

If, after initially accepting the scholarship offer, you later decide that you are no longer interested in participating in the NROTC Program, you must complete and submit the current version of NSTC Form 1533/140 (Scholarship Acceptance Questionnaire). This form can be submitted via email, fax, or mail using the information listed on the form. You may download the form from:

[https://www.netfocus.netc.navy.mil/nrotc/candidate\\_app/status\\_scholarship.aspx](https://www.netfocus.netc.navy.mil/nrotc/candidate_app/status_scholarship.aspx)

You must notify NSTC, in writing via email or mail, of any change or corrections to your personal information to include your name, address, social security number, or telephone number.

The NROTC Unit at your assigned school has been notified of your scholarship nomination. You should contact the NROTC Unit for information pertaining to NROTC Unit activities, new student orientation or specific information about your college or university.

### **TUITION AND FEES**

The Navy will pay all tuition and fees charged by the School for courses you take. Additionally, the Navy will pay mandatory fees imposed by the School on all full-time students. These fees are ones which you are unable to refuse and are therefore obligated to pay.

The Navy will **not** pay for:

- a. Any fee you incur due to withdrawing, failing or repeating a course.
- b. Any fee or tuition above or in addition to those normally charged that are for an elective course not required for your degree or to fulfill any NROTC program requirements.
- c. Refundable fees, such as deposits.
- d. Charges you incur for breaking or damaging property.
- e. Fees assessed by the School for your failure to comply with any School requirement.
- f. Fees for advance placement examinations.
- g. Medical or dental insurance.
- h. Fees or costs incurred in connection with any aviation or flight training course, including but not limited to: flight hours; licensing; fuel; aircraft rental; ground instruction; and aircraft service, repair or maintenance. The Navy will not pay for any such fees or costs whether they are charged separately or are incorporated into the tuition charged for the course.

### **TEXTBOOKS.**

Each academic year the Navy will pay you a book allowance in the amount prescribed by the NROTC Program (currently \$750.00 per academic year). Your textbook stipend will be paid to you after the fall term has started. You should be prepared to pay for textbooks for your initial term. The textbook stipend is paid per semester or quarter as follows: \$375 per semester or \$250 per quarter.

### **ROOM AND BOARD, AND OTHER ACCOMMODATIONS**

The NROTC Scholarship does not include room and board, items of personal usage (e.g., computers, etc.) or supply expenses. It is recommended that you contact the NROTC Unit of the particular school to obtain additional information regarding specific school policies.

### **ACTIVE DUTY NOMINEES**

Active duty personnel are not eligible for an NROTC scholarship unless application was made prior to starting active duty. If you started active duty after you applied, please contact the NROTC Placement Office at 1-800-NAV-ROTC, option 3, ext. 8 or 9.

Orders will be issued transferring you from your present duty station to your NROTC Unit, only after you have met ALL of the following requirements:

- 1) You have formally accepted the NROTC Scholarship offer.
- 2) You have gained admission to your assigned NROTC College/University or one of their cross-town affiliated schools.
- 3) You have been found medically qualified by DODMERB or received a medical qualification waiver.  
Note: A Navy entry or annual examination does not meet the medical standards required for entry into a commissioning program. (See Medical Information)
- 4) You have maintained an acceptable level of performance and personal conduct.

You will then be released from active duty after you report to the NROTC Unit. You will be appointed to the rank of midshipman in the U.S. Naval Reserve. Once released from active duty, you will no longer be eligible for active duty pay and allowances, medical benefits, or other active duty entitlements.

### **JOINING YOUR NROTC UNIT**

Once you have been accepted for admission to an NROTC host or cross-town university and are determined by DODMERB to be medically qualified or waiverable for the NROTC Scholarship Program, you will receive written authorization to proceed to school in time to enroll for the fall semester. This authorization will be mailed in July with a copy to the NROTC Unit.

**NOTE: A PROCEED LETTER WILL NOT BE GENERATED IF YOU HAVE BEEN PREVIOUSLY ENROLLED AT THE UNIVERSITY TO WHICH YOU ARE CURRENTLY ASSIGNED.**

**NOTE: YOU WILL BE REIMBURSED FOR YOUR TRAVEL EXPENSES FROM YOUR PRESENT ADDRESS TO THE PRESCRIBED NROTC COLLEGE OR UNIVERSITY AT THE GOVERNMENT TRANSPORTATION RATES. AS SUCH, IF YOU PLAN TO USE COMMERCIAL AIR TRANSPORTATION, IT IS STRONGLY RECOMMENDED THAT YOU OBTAIN THE LEAST EXPENSIVE ONE-WAY FARE AVAILABLE. YOU WILL NOT BE REIMBURSED FOR ANY EXPENSES FOR LODGING OR ACCOMMODATIONS.**

**NOTE: IF YOU HAVE A CHANGE IN ADDRESS PRIOR TO YOUR ENROLLMENT MAKE SURE YOU NOTIFY US OF THE CHANGE IMMEDIATELY.**

Upon scholarship activation, you will be enlisted in the U.S. Naval Reserve and simultaneously appointed by authority of the Secretary of the Navy to the rank of Midshipman.

### **DRUG TESTING**

NROTC midshipmen will be subject to random urinalysis testing throughout enrollment in the program. Additionally, new students will be tested within the first 72 hours of their arrival at the NROTC Unit. This test is designed to ensure compliance with the Navy's Zero Tolerance Policy on Drug Use which includes prescription drugs not specifically prescribed for you. This test will screen for all illegal and narcotic substances, including synthetic drugs.

### **LEAVE OF ABSENCE (LOA)**

You should plan now for any financial expenses not covered by your NROTC scholarship. One consideration would be the possibility of being placed on LOA. Listed are some of the reasons that you may be placed on LOA:

1. Academic deficiency
2. Inaptitude
3. Medical problems (e.g., broken leg, mononucleosis, etc.)
4. Pregnancy
5. Non-completion of calculus or physics in a timely manner.
6. Failure of calculus or calculus-based physics (See note below)
7. Failure to pass third class swim test prior to sophomore year.

(NOTE: For Navy Option Scholarships, completion of one year of calculus and one year of calculus-based physics is a requirement for the NROTC Scholarship Program.)

While you are on LOA, the Navy will not pay any scholarship benefits. You may, depending on the type of LOA, still be required to attend college and participate in the Unit. Your Unit will inform you of these requirements if you are placed on LOA. It is recommended that you consider setting aside funds to pay for at least one semester of tuition. If your LOA is due to medical reasons and the Bureau of Medicine and Surgery finds you medically qualified for retention in the program, tuition benefits may be paid retroactively.

### **OTHER OFFICER ACCESSION PROGRAM ENROLLMENT**

If you physically arrive and begin orientation at any other U.S. military officer accession program (such as a service academy or any other ROTC program) prior to reporting to the NROTC Unit, you automatically forfeit your NROTC scholarship. (Example: If you receive an appointment to, physically arrive and commence orientation, then decide to disenroll from the U.S. Naval Academy in early summer, you are unable to reclaim your NROTC scholarship -- even if you were enrolled for only one day.)

If you leave the NROTC Program to attend another Service Academy, you will be disenrolled from the NROTC Program and you automatically forfeit your NROTC Scholarship.

### **COLLEGE PROGRAM OPTION**

If you disenroll from another officer accession program and you desire to join the NROTC College Program, you must submit a request (in writing) to the Commander, Naval Service Training Command (NSTC) via the Professor of Naval Science at the NROTC Unit of your choice. Your request must explain, in detail, the reasons for your disenrollment and attach a copy of your Record of Disenrollment from Officer Candidate-Type Training (DD Form 785).

If you chose to decline your scholarship offer and decide later to participate in the NROTC Program, the College Program option allows you to participate with a NROTC Unit in a non-scholarship status and compete for either a two or three year scholarship. These scholarships are very competitive in nature and all College Programmers must be found medically qualified to activate the scholarship offer. To receive more information on the College Program option, contact the NROTC Unit at the college or university in which you are or will be attending for the fall term.

### **MILITARY SERVICE OBLIGATION**

You will incur a military service obligation if you continue to participate in the NROTC Program at the beginning of your sophomore year. The military obligation is to serve a minimum of eight years in an active duty/inactive duty status from the date of your commission. Currently, the Navy Option program requires at least **five** years active duty and three years inactive reserve service. Nurse Corps and Marine Corps option programs require at least **four** years of active duty and four years of inactive reserve service.

# Nurse Corps Option Selectee's Information



Nurse Corps Option Midshipmen must ensure they meet the following criteria in order to be commissioned as an Ensign in the Navy's Nurse Corps:

1. All Nurse Corps scholarship selectees must gain admission to, attend, and graduate from a university that is affiliated with the NROTC Program and offers a National League of Nursing Accrediting Commission (NLNAC) or Commission on Collegiate Nursing Education (CCNE) approved bachelor's degree in nursing.
2. Students must provide proof of enrollment into the nursing program as well as a degree plan to their NROTC Unit's Professor of Naval Science.
3. Midshipmen must be found medically qualified by DODMERB or receive a medical qualification waiver.
4. Complete the following courses of instruction:
  - a. Introduction to Naval Science
  - b. Seapower and Maritime Affairs
  - c. Leadership and Management
  - d. Leadership and Ethics

Nurse Corps midshipmen will be required to serve a minimum of **four** of the eight years in active duty status.

Nurse Corps option students are excused from the one-year completion requirement of calculus and one-year completion requirement of calculus-based physics for the NROTC Scholarship Program.

A complete list of approved NROTC Nursing Colleges and Universities is available on the NROTC webpage at <http://www.nrotc.navy.mil>. The NROTC Colleges or Universities that are available to Nurse Corps option selectees will be annotated with an "RN".

Note: A newly commissioned Ensign in the Navy's Nurse Corps will need to pass the National Council Licensure Examination (NCLEX) following the completion of their BSN.

# Placement Information



As a National NROTC Scholarship selectee, you have been placed at the NROTC Unit listed on your selection letter. **You must attend the college or university listed in your selection letter.** A complete list of approved NROTC colleges and universities is available on the NROTC Web Page at <https://www.nrotc.navy.mil/>. Placement was made based on the school preferences listed in your application and the available capacity at the NROTC Units at the time of selection. Once the initial placement is done, your list of preferred school choices from your application will no longer be used for Placement Changes. NROTC Units are limited in the number of incoming freshman they are assigned for each academic year. The limits are designed to prevent overburdening of resources at each Unit and to provide a more even distribution of freshmen.

- If you do not desire to attend or were not accepted as a full-time student at your assigned NROTC college/university, you must complete and submit the current version of Form NSTC 1533/141 (Placement Change Request). See below for more details on placement changes.
- If requesting a school change, please ensure the requested college/university has a major within the academic tier you have been assigned.
- If the Unit at the college you desire to attend has been filled, there is a waiting list for those who would like to be assigned to the school. Please see below for more details on waiting lists.

## **PLACEMENT CHANGE REQUESTS**

- To request a change of school assignment, you must fax, email, or mail the NSTC Form 1533/141, Placement Change Request, to NSTC (Code OD222). The Placement Change Request Form can be found on the NROTC website at: [https://www.netfocus.netc.navy.mil/nrotc/candidate\\_app/status\\_scholarship.aspx](https://www.netfocus.netc.navy.mil/nrotc/candidate_app/status_scholarship.aspx). Please send only one copy of your request to the contact information listed at the end of this section. School change requests are subject to class loading limits at each Unit and therefore are not guaranteed.
- If the Unit at the school you requested is full, you will automatically be placed on its waiting list.
- Requests normally take 2-4 business days to process (during our busiest period, February-May, it may take longer). You will receive an email sent to the email address on file with an update on the status of your request. Any request that is not initially approved due to lack of availability will be placed on that particular Unit's wait list and you will be contacted once an opening becomes available that corresponds to your position on the wait list.

## **WAIT LISTS**

The wait list is designed to allow scholarship recipients to attend the college or university they desire while not exceeding freshman NROTC Unit enrollment. After the initial placement is completed and a Unit reaches its capacity and is closed, we begin a wait list for those who are still interested in attending. The wait lists operate on the following principles:

- You must Accept the scholarship.
- If a placement change request is disapproved, you will automatically be placed on the wait list.
- You may request to be placed on the wait list of up to three different NROTC Units using NSTC Form 1533/142, Placement Wait List Request. This form can be found on the NROTC website:  
[https://www.netfocus.netc.navy.mil/nrotc/candidate\\_app/status\\_scholarship.aspx](https://www.netfocus.netc.navy.mil/nrotc/candidate_app/status_scholarship.aspx)
- Individuals are placed on the wait list in the order that their requests are received. If and when an opening becomes available, individuals will be contacted in the order in which they are listed.
- You must be selected to receive a scholarship in order to be placed on a waiting list.
- Submitting a wait list request does not remove you from the school at which you were originally assigned. If for any reason you are unable to be moved from one of the wait lists, your scholarship will remain at your assigned school.

## **DELAYED ENTRY PROGRAM**

If you are enlisted in one of the Armed Forces Delayed Entry Programs, enter your branch of service and date you expect to begin active duty in Section B of the acceptance questionnaire. Your recruiter can obtain additional verification of your nomination for an NROTC scholarship by contacting the NROTC Selection Office (OD212).

## **PLACEMENT CONTACT INFORMATION**

Naval Service Training Command  
Officer Development  
ATTN: Placement Division (Code OD222)  
250 Dallas Street, Suite A  
Pensacola, FL 32508-5268

Fax: (850) 452-2486  
Voice: 1-800-NAV-ROTC, Option 3, ext. 8 or 9  
E-mail: [pnsnrotc.placement@navy.mil](mailto:pnsnrotc.placement@navy.mil)





# Medical Information

**PROMPT COMPLIANCE WITH DIRECTIONS  
PROVIDED BY DODMERB AND THE NAVY IS  
ESSENTIAL IN MEETING ALL REQUIREMENTS  
FOR YOUR NROTC SCHOLARSHIP.**

The purpose of the NROTC medical examination is to determine whether you have a medical condition that might disqualify you from service as a naval officer upon graduation from college. The DODMERB medical exam process provides a professional review of a current medical examination and review of past medical history to determine each individual's qualification to meet established medical standards.

Your NROTC scholarship is contingent upon meeting medical qualification requirements and other factors. As stated, you must be found fully medically qualified for the NROTC Scholarship Program or receive a medical waiver of physical standard(s).

1. A medical provider contracted by the Department of Defense Medical Examination Review Board (DODMERB) will contact you to schedule your medical examination. If you do not receive anything from the contractor within 30 days of receipt of this letter, go to the Department of Defense Medical Examination Tracking System website ([www.dodmets.com](http://www.dodmets.com)) to schedule your medical examination for the earliest date possible. DODMETS is the medical exam tracking system developed to assist applicants in scheduling and completing the DoDMERB medical requirements.
2. The medical qualification process takes approximately 60 days to complete. If you delay scheduling your medical examination, your medical qualification status may not be available in time to activate your scholarship at the start of the fall term.
3. Your medical examination will be conducted at a civilian or military medical facility located near your residence. Once scheduled, it is your responsibility to complete each step in the medical examination process.
4. If you have applied to other Department of Defense officer accession programs and completed the DODMERB medical within the past two years, DODMERB will automatically review your medical file to determine your status for NROTC. Keep in mind that medical qualification standards are different for each commissioning program. Being found medically qualified for one program does not necessarily mean you will be qualified for a different program.
5. Be aware that a prior medical disqualification may impact your eligibility for the NROTC scholarship.
6. It is your responsibility to work with DODMERB to become medically qualified. This means meeting all scheduled appointments, providing records, and calling DODMERB if you have questions.
7. DO NOT consider your medical examination complete until you have received notification from DODMERB.

## **YOUR MEDICAL STATUS**

After your medical status has been evaluated, DODMERB will notify you that your medical status is one of the following:

- **QUALIFIED**: You are medically "qualified" for the NROTC Scholarship Program. You will receive written confirmation from DODMERB. You should ensure that you have completed all steps required to activate your scholarship benefits for the term in which you are entering college.
- **REMEDIAL**: If DODMERB cannot determine your medical status, you may be requested to submit supporting documents and you will be placed on "remedial." You will be advised and informed about their decision. DODMERB may request that you submit additional medical documentation or that you repeat part(s) of your medical examination. Upon notification of your remedial status, you should do what DODMERB has requested immediately. (NOTE: Do not wait until the month before college starts to take action. If you do, there will not be enough time to reevaluate your medical record and make a decision on your status, resulting in a delay of your scholarship benefits.)
- **DISQUALIFIED**: If DODMERB determines that you are medically "disqualified," you will automatically be considered for a medical waiver (if you have not declined your scholarship). You may provide additional information/documentation to support a medical waiver. All supporting documentation must be mailed to DODMERB. DODMERB will then process the information and forward it to the Bureau of Medicine and Surgery (BUMED) for review and final determination.
- Not all requests for medical waivers will be approved. Many medical conditions are not compatible with Naval Service and therefore are not eligible for a waiver.
- **WAIVER OUTCOMES**:

NOTE: BUMED WILL BE NOTIFIED OF PENDING WAIVER REVIEWS BY DODMERB.

- Waiver Granted – a waiver of the physical standards is approved; your scholarship may be activated.
- Waiver Denied – you have been found medically ineligible for the scholarship program at this time; your scholarship offer will be rescinded.
- Remedial – additional information needed prior to making waiver determination. The DoDMERB website will reflect the need for remedial information. Please submit all documents to DoDMERB for waiver consideration.

If medically disqualified by DoDMERB, please allow up to two months for BUMED waiver review. After two months, contact Medical Programs Coordinator via email at [pnsn\\_nrotc\\_medical@navy.mil](mailto:pnsn_nrotc_medical@navy.mil).

Once you are medically qualified or have been granted a medical waiver, you must notify your assigned NROTC Unit immediately if there are any changes to your medical status.

The below information illustrates how to submit medical information to DODMERB when applicants respond to remedial requests for both DoDMERB and BUMED or when an applicant appeals a waiver denial.

There are a few ways in which to submit the new medical information to DoDMERB.

Conventional mail (if greater than 14 pages):

Deputy Director, DoDMERB  
8034 Edgerton Drive, Suite 132  
USAF Academy, CO 80840-2200  
(Note: DoDMERB is a tenant unit located at the U.S. Air Force Academy)

Email (if less than 15 pages):

[usaf.dodmerb.helpdesk@mail.mil](mailto:usaf.dodmerb.helpdesk@mail.mil)

DoDMERB Helpdesk Fax (if less than 15 pages):

1-719-333-3578

DoDMERB Telephone Numbers:

Main telephone number (719) 333-3562

Toll Free Main telephone number 1-800-841-2706

### **COMMON PROBLEM AREAS**

Visual acuity is the most common problem area. Normal (20/20) uncorrected vision is our basic requirement. Visual acuity waivers are automatically considered if you are otherwise medically qualified and meet the following requirements:

- Vision must correct to 20/20 in each eye with glasses (no-contact lenses).

THE FOLLOWING CONDITIONS ARE DISQUALIFYING AND ARE NOT WAIVERABLE:

- Color vision for Navy option nominees must be normal. A waiver for color vision will not be granted. (Marine option and Nurse Corps option nominees are not required to have full color perception.)

SOME OF THE OTHER COMMON PROBLEM AREAS THAT MAY RESULT IN MEDICAL DISQUALIFICATION ARE:

- Seizure Disorders
- Hearing Loss
- Cancer
- Allergic Reaction to Insect Bites/Bee Stings
- Serious Head Injury
- Allergy to Common Foods
- Diabetes
- Asthma
- Autoimmune Disorders

### **IMPORTANT MEDICAL ADDRESSES, PHONE NUMBERS, AND WEBSITES**

Naval Service Training Command  
Officer Development  
ATTN: Medical Division (Code OD2A)  
250 Dallas Street Suite A  
Pensacola, FL 32508-5268  
NROTC Information Office: 1-800-NAV-ROTC, option 3, ext. 7.  
Fax: (850) 452-2486  
E-Mail: pncsc\_nrotc\_medical@navy.mil

DoDMERB Website: <https://dodmerb.tricare.osd.mil/>

DoDMETS Website: <https://www.dodmets.com>

# Physical Fitness and Readiness Information



As an NROTC midshipman, you will be expected to participate in your Unit's physical readiness training normally three (3) times per week. Once each semester, you will be tested on your physical readiness. This is called a Physical Fitness Assessment (PFA). Your PFA will include push-ups, sit-ups, and a 1.5-mile run for Navy/Nurse Option MIDN and pull-ups, sit-ups and 3-mile run for Marine Option MIDN. You must achieve a qualifying performance level of "GOOD"(Navy/ Nurse option) or 1st Class (Marine Corps Option) on the PFA before you can receive your commission. If you do not already have a physical readiness training program, you should start preparing yourself over the summer. Your training should include both aerobic exercise and strength training. Prior to starting any exercise program, it is advisable to consult with a physician.

To activate your scholarship you must report to your assigned NROTC Unit physically fit, be able to pass the PFA and be within Navy height and weight standards.

Please visit the NROTC website at [http://www.nrotc.navy.mil/physical\\_requirements.html](http://www.nrotc.navy.mil/physical_requirements.html) to find a physical training preparation guide and the current height and weight standards.

# NROTC Midshipman Ranking











Class Insig.	Shoulder Marks	Blue Coat Sleeve	Collar Device
<b>MIDN 4/C</b>	 No stripes with fouled anchor	No stripes  Note: NROTC class sleeve stripes are located midway between the shoulder and the elbow on the left sleeve of the Service Dress Blue coat	No collar device
<b>MIDN 3/C</b>	 One diagonal stripe with fouled anchor	NROTC: One stripe  USNA: One diagonal stripe, left sleeve only	Right Anchor only
<b>MIDN 2/C</b>	 Two diagonal stripes with fouled anchor	NROTC: Two stripes  USNA: Two diagonal stripes, left sleeve only	Right and Left Anchors
<b>MIDN 1/C</b>	 One horizontal stripe with fouled anchor	NROTC: Three stripes  USNA: One stripe on both sleeves	Right and Left Anchor & Eagles
Rank Insig.	Shoulder Marks	Blue Coat Sleeve	Collar Device
<b>MIDN LTJG</b>	 Two horizontal stripes with star	NROTC: Two stripes with star  USNA: Two stripes with star	Two gold bars (left & right)
<b>MIDN LT</b>	 Three horizontal stripes with star	NROTC: Three stripes with star  USNA: Three stripes with star	Three gold bars (left & right)
<b>MIDN LCDR</b>	 Four horizontal stripes with star	NROTC: Four stripes with star  USNA: Four stripes with star	Four gold bars (left & right)
<b>MIDN CDR</b>	 Five horizontal stripes with star	NROTC: Five stripes with star  USNA: Five stripes with star	Five gold bars (left & right)
<b>MIDN ENS</b>	 One horizontal stripe with star	NROTC: One stripe with star  USNA: One stripe with star	One gold bar (left & right)
<b>MIDN CAPT (USNA only)</b>	 Six horizontal stripes with star	USNA only: Six stripes with star	Six gold bars (left & right)

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