



STATE OF NEW YORK  
DIVISION OF MILITARY AND NAVAL AFFAIRS  
**NEW YORK NAVAL MILITIA**  
330 OLD NISKAYUNA ROAD, LATHAM, NEW YORK 12110

NYNMINOTE 6110  
01 AUG 2023

NEW YORK NAVAL MILITIA NOTICE 6110

Subj: PHYSICAL AND MEDICAL REQUIREMENTS; INTERIM POLICY

Ref: (a) DMNA Regulation 10-1  
(b) NYNMINST 6110.1B

1. Purpose. In accordance with reference (a), this notice promulgates interim policy changes to reference (b). This notice remains in effect until cancelled upon promulgation of NYNMINST 6110.1C. Where this notice and reference (b) conflict, this notice takes precedence.

2. Direction. All New York Naval Militia personnel will adhere to the following guidance:

a. All members entering service on State Active Duty (SAD) must have a Body Mass Index (BMI) less than 35, or male bodyfat measurement no greater than 30%, or female bodyfat measurement no greater than 39%. BMI will be based on reported height and weight from the most current medical exam. The optional Bodyfat measurement must be performed at the member's expense, performed and certified by a licensed medical professional.

b. All members with a physical exam record (NYNMFORM 88) noting exceptions or abnormalities to a member's physical or mental condition must be evaluated by the NY Naval Militia Force Medical Officer or a designated medical professional prior to being placed on state active duty (SAD), to determine if the member is suitable for the anticipated duty assignment. The member may not be placed on SAD until the medical professional has reviewed the member's case and provided a written approval recommendation.

c. In accordance with reference (a), annual medical examinations for 900-series members are due no later than 400 days from the previous medical examination. No member may be placed on, or remain on, state active duty (SAD) without a current medical examination.

d. All candidates for accession and promotion within the New York Naval Militia must have a Body Mass Index of less than 30, or a bodyfat measurement for males less than 25%, or females less than 32%. The BMI and/or bodyfat measurement information must be included on the candidate's most recent record of physical examination (NYNMFORM 88).

  
L.E. Weill