

**APPENDIX D
HEIGHT AND WEIGHT STANDARDS - MALE**

Height Inches	Healthy Weight	NGB MAW	NYG Maximum Allowable Weight (MAW) by age					
			17-24	25-30	31-40	41-50	51-60	61+
60	95-125	153	178	182	187	191	196	201
61	100-130	155	180	184	189	194	198	203
62	100-135	158	183	187	192	197	202	207
63	105-140	160	185	190	194	199	204	209
64	105-145	164	189	194	199	204	209	214
65	110-145	169	194	199	205	209	214	219
66	115-150	174	199	205	210	215	220	225
67	115-155	179	204	210	216	220	226	231
68	120-160	184	209	215	221	226	232	237
69	120-165	189	215	220	226	232	237	242
70	125-165	194	220	226	232	237	243	249
71	130-175	199	225	231	237	243	249	255
72	135-180	205	231	237	243	250	256	262
73	140-185	211	237	244	250	256	263	269
74	140-190	218	245	251	257	264	271	277
75	145-195	224	251	257	264	271	278	284
76	150-200	230	257	264	270	278	284	291
77	155-205	236	263	270	277	284	291	298
78	160-210	242	269	276	284	291	298	305
79	165-215	248	275	283	290	298	305	312
80	170-220	254	282	290	297	304	312	320
+1		+20	+111%	+114%	+119%	+120%	+123%	+126%

NOTES:

MAW = Maximum Allowable Weight.

NYG = New York Guard

- For every inch **less than 60 inches**, subtract 2 pounds from the MAW.
- For every inch **over 80 inches**, add 6 pounds to the NYG MAW and adjust for age group.
- Measure height in stocking feet (without shoes), standing on a flat surface, with chin parallel to the floor. The body should be straight but not rigid, similar to a position of attention. The measurement should be **rounded to the nearest inch**, using the following guidelines:
 - If the height fraction is **less than ½ inch**, round down to the nearest whole number.
 - If the height fraction is **½ inch or greater**, round up to the nearest whole number.
 - Subtract **five (5) pounds** for any military uniform (trousers, no blouse or boots); or two (2) pounds for gym clothing.