

NEW YORK GUARD

Acceptable Weight in pounds as related to age and height for MALES

Height Inches	Healthy Weight	NGB MAW	NYG 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	125-165	189	195	200	206	212	217	222
70	125-170	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:

- (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 not rigid, similar to a position of attention. The measurement should be rounded to the nearest inch with the following guidelines:
 - (a) If the height fraction is less than 1/2 inch, round down to the nearest whole number.
 - (b) If the height fraction is 1/2 inch or greater, round up to the nearest whole number.
- (4) Subtract three (3) pounds for any military uniform or two (2) pounds for gym clothing.