



SECRETARY OF THE ARMY
WASHINGTON

12 SEP 2025

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Army Directive 2025-18 (Appearance, Grooming, and Army Body Composition Program Standards)

1. References.

- a. Army Regulation (AR) 600-8-2 (Suspension of Favorable Personnel Actions (Flag)), 5 April 2021
- b. AR 600-9 (The Army Body Composition Program), 16 July 2019
- c. AR 670-1 (Wear and Appearance of Army Uniforms and Insignia), 26 January 2021

2. Purpose. This directive establishes updated policy for appearance, grooming, body composition, and uniform wear standards, emphasizing military appearance as a reflection of discipline, professionalism, and a shared commitment to the Army's values. The intent of this directive is to reinforce uniformity and discipline while fostering consistency and professionalism across the Army.

3. Applicability. This directive applies to the Regular Army, Army National Guard/Army National Guard of the United States, and U.S. Army Reserve.

4. Policy. Within 30 days of the date of this directive, all Soldiers will be required to meet the appearance, grooming, and body composition standards in this directive. This period serves as a transition to facilitate understanding and compliance for both Soldiers and leadership. All Soldiers will comply with hair, fingernail, grooming, and body composition policies while in any military uniform or while on duty in civilian attire. The standards for appearance, grooming, and body composition are necessary to maintain uniformity and discipline, which are fundamental to military service.

a. Adhering to policies and regulations regarding appearance, including uniform wear and grooming standards, demonstrates a shared commitment to maintaining a professional military appearance. A well-maintained military appearance reflects disciplined attention to detail, respect for authority, and pride in oneself and the Army that are critical to building cohesive teams and enabling an effective warfighting organization. Commanders, supported by the noncommissioned officer support chain, will enforce the standards prescribed in enclosure 1 (Personal Appearance Policies) and enclosure 2 (Wear of Army Uniforms and Insignia)

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Standards) to this directive. Maintaining unit cohesion and discipline is paramount, and any Soldier can address a situation that warrants an on-the-spot-correction to uphold these standards.

b. Revisions to the Army Body Composition Program (ABCP) ensure we maintain the edge on the battlefield, transforming the Army into a more lethal force. By streamlining the ABCP, we reinforce our commitment to ensure all Soldiers achieve and maintain optimal well-being and performance under all conditions to assist in establishing and maintaining operational readiness, physical fitness, health, and a professional military appearance in accordance with Army Regulation (AR) 670-1 and to prevent Soldiers from being retained in the ABCP longer than necessary. See enclosure 3 (Army Body Composition Program Standards) for updated ABCP policies and procedures.

5. Proponent. The Assistant Secretary of the Army (Manpower and Reserve Affairs) has oversight responsibility for this policy. The Deputy Chief of Staff, G-1 will incorporate its provisions into AR 600-8-2, AR 600-9, and AR 670-1 within 1 year of the date of this directive.

6. Duration. This directive is rescinded on publication of the revised regulations.



Dan Driscoll

Encls

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PERSONAL APPEARANCE POLICIES

1. Haircuts and Hairstyles

Certain hairstyles are prohibited when wearing a military uniform. This includes any hairstyles that distort the fit of prescribed headgear, interfere with the proper use of protective equipment, or create any health or safety hazards. These restrictions apply regardless of whether the headgear is being worn at the time. Headgear will fit snugly and comfortably without bulging or distorting its intended shape. There will be no excessive gaps between the headgear and the head. Soldiers will not wear oversized headgear to fit bulky or protruding hairstyles.

a. Male Haircuts and Hairstyles

(1) Hair Color. Hair color must present a professional and natural appearance (defined as any shade of hair that grows from the scalp without artificial coloring). Only natural shades of hair coloring are authorized, and must be applied in a blended, subtle manner. Hair color must be free of abrupt or extreme artificial contrasts in shading.

(2) Hair Style.

(a) Hair will be tapered or faded starting at zero length (skin fade) or at 1/4-inch length at the sideburns and hair around the ears (low, mid, and high fades). Hair must blend evenly around the sides and back and will not fall over the ears. The bulk (defined as the distance the hair protrudes from the scalp) of the hair at the top of the scalp will not exceed 2 inches, and the bulk of the hair at the sides of the head will not exceed 1 inch. Only shaved or closely cut hair on the back of the neck may touch the collar of the uniform.

(b) Male Soldiers are authorized to shave or trim their heads (whole scalp). Edged or outlined cuts are authorized if they are natural to the Soldier's hairline. If the hair does not part naturally, the male Soldier may cut a part in the area where the Soldier would normally part the hair (no wider than 1/8-inch width). The part will be one straight line, or if slanted or curved, align with the natural hairline. Male Soldiers are not authorized to wear locs, braids, or twists.

(3) Shaping and Cutting Designs. Male Soldiers will not shape or cut designs into their hair or scalp. Leaders will judge the appropriateness of a particular hairstyle based on the guidelines found within this directive and the ability to wear all types of headgear (such as beret, garrison cap, patrol cap, or service cap/hat) and any protective equipment (such as a protective mask or combat helmet) properly.

b. Female Haircuts and Hairstyles. Hairstyle techniques will encompass the entirety of the scalp (defined as the skin covering the head, excluding the face). Bangs must remain above the eyebrows when worn and, at a minimum, be no shorter than the middle of the forehead. There is no minimum hair length for female Soldiers. Female Soldiers are authorized to shave or trim their heads (whole scalp). Female Soldiers are not allowed to wear braided or unbraided

ponytails when in any variation of the dress uniform. Hair must be styled above the collar or secured in a bun above the collar when in service or dress uniform variations.

(1) Hair Color. Hair color must present a professional and natural appearance (defined as any shade of hair that grows from the scalp without artificial coloring). Only natural shades of hair coloring are authorized, and must be applied in a blended, subtle manner. Hair color must be free of abrupt or extreme artificial contrasts in shading.

(2) Buns. Buns will be worn on the back of the head and may extend a maximum of 3 inches from the scalp and no wider than the width of the head. Buns will be centered at the back of the head, positioned horizontally in line with the top of the ears when viewed from the side. The bottom portion of the bun may fall at or above the collar.

(3) Ponytails. Female Soldiers are authorized to wear their hair in a single braided or a single unbraided ponytail while in the Army Combat Uniform (ACU) or the Army Physical Fitness Uniform (APFU). Hair must be neatly fastened and secured in a single ponytail. The bulk of the ponytail must not exceed the width of the head. The ponytail length must not exceed 6 inches from the top of the collar. The minimum length is at least 1 inch, measured from the base of the ponytail holder. The ponytail will be centered at the back of the head and positioned horizontally in line with the top of the ears when viewed from the side. Female Soldiers are not allowed to wear ponytails when in any variation of the dress uniform.

(4) Braids, Locs, Twists, and Cornrows. Multiple braids, locs, twists, or cornrows may be uniformly styled and gathered into braids or a single ponytail to ensure a cohesive appearance (when braids, locs, twists, or cornrows are gathered into a ponytail, ponytail must conform to paragraph 1b(3) of this enclosure). Female Soldiers are allowed to wear up to two braids (must run down the center of the back, parallel to each other and in equal length and width), with no braid exceeding 2 inches in width, and no longer than 6 inches when measured from the top of the collar. The braids or braided ponytail cannot be worn over the shoulder or pulled in front of the body. Female Soldiers are not allowed to wear braided ponytails when wearing any variation of the dress uniform.

(5) Hairstyle Techniques. Female hairstyles involving shorter sides and back, with significantly longer hair on top, are authorized provided they adhere to the following standards: The top section will not exceed 2 inches in length when measured from the scalp and must blend smoothly into the shorter sides and back, avoiding a stark disconnect. Styles involving shorter sides and back will not incorporate buns, braids, twists, or ponytails. A gradual transition in length is required, creating a blended contrast instead of a sharply defined undercut. Asymmetrical (defined as unbalanced or lopsided) haircuts and hairstyles are prohibited.

(6) Tapered or Faded Haircuts.

(a) At the discretion of the wearer, female Soldiers may taper or fade their hair, starting at zero length (skin fade) or at 1/4-inch length at the sideburns and hair around the ears (low,

mid, and high fades). Hair must blend evenly around the sides and back and will not fall over the ears. The bulk (defined as the distance the hair protrudes from the scalp) of the hair at the top of the scalp will not exceed 2 inches, and the bulk of the hair at the sides of the head will not exceed 1 inch. Only shaved or closely cut hair on the back of the neck may touch the collar of the uniform.

(b) Edged or outlined cuts are authorized if they are natural to the Soldier's hairline. If the hair does not part naturally, the female Soldier may cut a part in the area where the Soldier would normally part the hair (no wider than 1/8 inch in width). The part will be one straight line, or if slanted or curved, align with the natural hairline. Female Soldiers may not combine tapered or faded haircuts with other authorized hairstyles. No part of the hair's bulk, measured from the scalp in its styled position, may exceed 2 inches in length, except in styles such as buns, braids, and ponytails.

(7) Shaping and Cutting Designs. Female Soldiers will not shape or cut designs into their hair or scalp. Leaders will judge the appropriateness of a particular hairstyle based on the guidelines found within this directive and the ability to wear all types of headgear (such as beret, garrison cap, patrol cap, or service cap/hat) and any protective equipment (such as a protective mask or combat helmet) properly.

(8) Devices. Visible hair-holding devices used to secure hair will closely match the Soldier's hair color. Devices must blend naturally with the hair, should be discreet and complement the overall appearance, and be no larger than 1/2-inch thick. Authorized devices must closely match the wearer's hair color. These devices include, but are not limited to, small plain scrunchies (elastic hair bands covered with material), barrettes, combs, pins, clips, rubber bands, and hair or head bands. Such devices should conform to the natural shape of the head.

2. Cosmetics. Cosmetics are defined as decorative preparations intended to enhance the appearance of the body, particularly the face.

a. Male Soldiers. Cosmetics are prohibited for males, unless by medical exemption. All Soldiers are permitted to use clear lip moisturizers.

b. Female Soldiers. Female Soldiers are authorized to wear cosmetics if they abide by the following:

(1) Facial Makeup. Facial makeup is applied for the purpose of achieving an even, uniform skin tone that matches their natural complexion on the face and neck. Makeup will be applied in a conservative manner that maintains a professional and uniform appearance. Makeup will not be used to enhance or alter facial features by adding color that does not match their natural complexion. Makeup designed to cover tattoos is prohibited.

(2) Semipermanent Makeup. Semipermanent makeup, defined as depositing pigments into the skin, is authorized if the makeup conforms to the standards outlined in this directive.

Factors such as skin type, sun exposure, lifestyle, and the quality of the pigment cause the pigment to fade and/or disappear over time and require maintenance touch-ups. Tattooed makeup is permanent and is not authorized.

(3) Eyelash Extensions. Eyelash extensions of any kind are not authorized. False eyelashes are authorized only through a medical profile to address a condition causing the loss of natural eyelashes and subsequent lack of eye protection. False eyelashes must match the Soldier's natural color and will not exceed 9 millimeters in length.

(4) Lip Cosmetics. Lipstick is not authorized. Female Soldiers may wear clear or skin-tone tinted lip gloss. All Soldiers are permitted to use clear lip moisturizers. Lip liner is not authorized unless by medical exemption.

c. Fingernail Grooming. Fingernails should be clean and well-groomed to maintain a professional appearance and ensure safety. Given the nature of maintenance work and other physically demanding military occupational specialties, nails can easily become dirty. Soldiers will keep nails at a practical length to avoid snagging on tools or safety equipment. Additionally, nails should not interfere with the fit of gloves or uniforms.

(1) Male Soldiers. Male Soldiers are not authorized to wear nail polish of any kind, which includes clear nail polish, unless by medical exemption. Male fingernails will be kept trimmed and will not extend beyond the tip of the finger.

(2) Female Soldiers. Female Soldiers are authorized to wear clear nail polish. Only square or rounded nail shapes are authorized for all Soldiers. Female Soldier fingernails will not exceed 1/4 inch in length as measured from the tip of the finger.

3. Jewelry—Earrings.

a. Male Soldiers. Male Soldiers are not authorized to wear earrings while in any military uniform or while on duty in civilian attire.

b. Female Soldiers. Female Soldiers are authorized to wear earrings in the ACU, dress, and service uniforms. No other facial or visible piercings, aside from authorized earrings worn on the earlobe, are permitted in any uniform. Clear nose ring gauges and nose ring retainers are not authorized.

(1) Earrings must be worn as a matched pair, with only one earring per standard earlobe, and are not authorized to be worn in the cartilage, industrial, transverse lobe, tragus, or conch part of the ear.

(2) Stud earrings may be screw-on, clip-on, or post-type earrings in gold, silver, clear diamond, or white/ivory pearl. The earring will not exceed 6 millimeters or 1/4 inch in diameter (defined as the straight-line distance across the center of the earring, measured from one edge to

the opposite edge), and they must be unadorned (plain), spherical (round), or square (for example, princess cut).

(3) When worn, the earrings will fit snugly against the ear. Hoop, two-sided, or drop earrings are not authorized.

(4) Earrings are not authorized to be worn during physical fitness activities, in tactical/field environments, during combat or operational-related deployments, or in locations where access to regular hygiene is not available. Earrings are not authorized in the APFU.

WEAR OF ARMY UNIFORMS AND INSIGNIA STANDARDS

1. Army Green Service Uniform (AGSU)

a. Nameplate Requirement.

(1) The nameplate is required to be worn on the AGSU coat, the AGSU short- and long-sleeved shirts, the Eisenhower jacket (hereafter called the Ike jacket), and the heritage 564 pullover.

(2) The AGSU nameplate is a laminated plastic plate, dark brown top with taupe lettering, matte finish, with a beveled edge, 1 inch by 3 inches, with a taupe border. Lettering is block style, indented taupe, 3/8 inch in height, and centered on the plate.

(3) Only last names are authorized on the nameplate. The nameplate will not be worn on the AGSU leather jacket or the AGSU windbreaker.

b. Male Personnel. On the AGSU shirt, AGSU coat, and Ike jacket, the nameplate is worn centered left to right on the flap of the wearer's right breast pocket and centered between the top of the button and the top of the pocket.

c. Female Personnel. On the AGSU coat, the nameplate is worn centered left to right on the flap of the wearer's right breast pocket and centered between the top of the button and the top of the pocket. On the AGSU Class B shirt and Ike jacket, the nameplate is worn 1 to 2 inches above the top button of the shirt and centered horizontally on the wearer's right side. Personnel may adjust the placement of the nameplate and DUI or RDI up or down to adjust to body composition. Female Soldiers are authorized to wear a white crew-neck undershirt while wearing AGSUs.

d. Heritage Pullover Sweater. The nameplate will be worn on the heritage 564 pullover sweater, centered 1/4 inch above the bottom of the chest patch. Personnel may adjust the placement of the nameplate up or down to adjust to body composition.

e. The Ike Jacket. The Ike Jacket is an optional purchase item, and ribbons will be worn in the same manner as the AGSU tropical dress variation. Combat and special skill badges and tabs will be worn on the Ike jacket in the same manner as the AGSU Class A. Only one identification badge may be worn per side or pocket of the Ike Jacket.

f. Embroidery of Rank on the AGSU Service Coat and Ike Jacket. Soldiers are authorized to embroider their current rank on the AGSU coat and Ike Jacket.

g. AGSU Neck Tab. The heritage green service neck tab is an optional purchase item.

(1) The neck tab is worn with the AGSU Class A uniform and with the short- and long-sleeved, as well as tucked-in or overblouse-style service shirts. The neck tab is required for wear when the long-sleeved shirt is worn without the AGSU Class A coat. It is also required for wear when the short- and long-sleeved shirts are worn with the AGSU Class A coat. The neck tab is optional when the short-sleeved shirt is worn with the AGSU Class B uniform.

(2) The neck tab wraps around the neck under the collar of the female short- and long-sleeved, as well as tucked-in or overblouse-style service shirts, and fastens to itself with a hook-and-loop fastener. The neck tab design is one of overlapping tabs forming an angle.

h. Windbreaker Heritage Green. All personnel may wear the windbreaker with the Class B AGSU and garrison culinary uniforms. Personnel will not wear the windbreaker in formations unless authorized by the commander. Personnel will wear the windbreaker zipped to at least the second button down from the top of the shirt. Officers will wear nonsubdued pin-on grade insignia on the shoulder loops of this coat. NCOs will wear shoulder marks on the shoulder loops. Enlisted personnel will wear nonsubdued grade insignia on the collars. Personnel may wear the windbreaker without insignia when wearing civilian clothing.

i. Black Berets. The black beret will not be worn with any variation of the AGSU.

2. Insignia and Accoutrements: AGSU Class B, Ike Jacket, and Tropical Dress Variations.

a. AGSU Tropical Dress Variation.

(1) The AGSU tropical dress variation (Class B with ribbons) is an equivalent Class A or dress variation for hot weather. It serves as appropriate wear for parades, ceremonies, reviews (when special honors are being rendered), and official visits of foreign dignitaries. The uniform is intended for seasonal hot weather wear. Local commanders will determine the conditions for wear of this uniform. At the commander's discretion, Soldiers are not required to wear overgarments that are not conducive to the environment if doing so does not compromise uniformity, discipline, or safety.

(2) The AGSU Class B/Tropical Dress variation consists of heritage taupe 565 trousers (male)/slacks (female); a heritage tan 566 short- or long-sleeved shirt; a heritage green four-in-hand necktie for both male and female Soldiers (the necktie is optional for the short-sleeved shirt but is mandatory with the long-sleeved shirt); heritage green garrison cap; heritage walnut 567 web belt, with brass oxidized tip/brass buckle; heritage walnut socks; and the heritage walnut 567 oxford leather shoes. Female Soldiers have the option of wearing the skirt and pumps with the Class B or wearing slacks and pumps.

(3) Soldiers wearing the AGSU Class B have the option of wearing insignia and accoutrements unless directed otherwise by their commander. When worn, it will be worn in the same manner as the tropical dress variation.

b. Insignia and Accoutrements. The following insignia and accoutrements are authorized to be worn on the AGSU tropical dress variation and AGSU Class B. No more than the following will be worn:

c. Nameplate. Nameplates will be worn as prescribed paragraph 1a of this enclosure.

d. Regimental Distinctive Insignia (RDI).

(1) Male Soldiers will wear the RDI 1/4 inch above the wearer's right pocket flap.

(2) Female Soldiers will place the RDI on the wearer's right side of the shirt, 2 inches below the right collar tip and 2 inches to the right of the necktie. When the necktie is not worn, the placement will be approximately 3 inches from the second button, centered according to body type, and will be parallel (flush) with the bottom of the ribbons.

e. Ribbons.

(1) Male Soldiers may wear no more than two rows of ribbons consisting of six ribbons total. They will be placed 1/4 inch above the wearer's left pocket flap.

(2) Female Soldiers may wear no more than two rows of ribbons, consisting of six ribbons total, and will be placed 2 inches below the left collar tip centered on the body. The bottom of the ribbons will be parallel (flush) to the bottom of the RDI. Selected ribbons must be worn in order of precedence.

f. Combat and Special Skill Badges and Tabs.

(1) Soldiers will wear only one combat or special skill badge or metal tab replica. For all Soldiers, the badge will be worn 1/4 inch centered above the ribbons. When worn below the ribbons, male Soldiers wear the badge or metal tab replica centered horizontally on the left breast pocket flap with the upper portion of the badge/tab approximately 1/8 inch below the top of the pocket. When female Soldiers wear the badge or metal tab replica, it is centered horizontally on the wearer's left, with the upper portion of the badge/tab 1/4 inch below the ribbon bar and equally spaced under the ribbon bar.

(2) Personnel may wear a combat or special skill badge from groups 1 through 4 above the ribbons, above the top of the pocket, or in a similar location for uniforms without pockets. Only badges from groups 3 and 4 can be worn below the ribbons.

(3) The driver badge, mechanic badge, and metal tab replicas are not authorized for wear above the ribbons, above the top of the pocket, or in a similar location for uniforms without pockets.

g. Identification Badges. Identification Badges are not authorized for wear on the AGSU Tropical Dress Variation or the AGSU Class B.

h. Chaplain Branch Insignia. Male chaplains will wear their branch insignia on the AGSU Class B shirt centered immediately above the left pocket. Female chaplains and chaplain candidates wear their branch insignia in a similar location. Chaplains will continue to wear their nonsubdued branch insignia on the beret flash. In addition to the beret, chaplains will also wear their nonsubdued branch insignia on the garrison cap, centered on the left curtain, 1 inch from the front crease.

3. Shoulder Sleeve Insignia (SSI) and SSI Military Operations in Hostile

Conditions (MOHC). The full-color SSI and SSI-MOHC may be worn only when authorized by the commander. When authorized, Soldiers will wear the full-color SSI and SSI-MOHC centered on the hook-and-loop pad on the left and/or sleeve of the Army Combat Uniform (ACU) and Improved Hot Weather Combat Uniform (IHWU). The SSI and SSI-MOHC is worn centered both horizontally and vertically on the sleeve pocket. Full-sized, full-color embroidered special skill tabs (such as Special Forces, Ranger, Sapper, and President's Hundred) may also be worn with the full-color SSI.

4. Shoes—Oxford (Black and Walnut Brown). Soldiers will ensure oxford shoes are polished regularly to ensure a neat and professional appearance. The oxford shoe is worn with the ASU and garrison culinary uniforms.

5. Other Badges

a. Mariner Badge. The Army Mariner Identification Badge is a nonsubdued metal badge and a subdued pin-on or sew-on badge worn on the wearer's left side on certain utility uniforms and the service and dress/mess uniforms. Badge will be worn centered on the appropriate breast pocket between the bottom of the pocket flap and the bottom of the pocket or in a similar location on uniforms without pockets. Badges will be parallel to the ground and worn centered on the pocket (not including the pocket flap). The badge is worn first on the prescribed side, then using the order of precedence as prescribed by Army Regulation 600–8–22.

b. Mountaineering Badge. The Army Mountaineering Badge is a nonsubdued metal badge and a subdued pin-on or sew-on Group 4 badge worn 1/4 inch above the ribbons or above the top of the pocket or in a similar location for uniforms without pockets.

6. Army Physical Fitness Uniform (APFU)—Runner's Belt.

a. Authorized runner's belts must be black in color. The width of the runner's belt may not exceed 4 inches. At their discretion, commanders may authorize leaders within their formations to wear a runner's belt only while wearing the APFU. Runner's belts are not authorized for wear with any other duty or utility uniform, including the operational camouflage pattern (OCP) or service uniforms. Leaders may place a cellphone in the runner's belt (not visible). Soldiers are not authorized to wear wireless or non-wireless headphones/earpieces while conducting physical training outdoors.

b. Commanders may require or prohibit the wear of runner's belts based on unit safety assessments, installation guidance, or mission-specific risk factors. Such decisions must be applied consistently and documented in unit standard operating procedures.

ARMY BODY COMPOSITION PROGRAM STANDARDS

1. Army Body Composition Program (ABCP)—Regular Army/Active Guard Reserve.

The following changes apply only to the Regular Army and the Active Guard Reserve.

- a. Army Regulation (AR) 600–9, paragraph 3–2d is changed to read:
Commanders will direct a body fat assessment on any Soldier who they determine does not present a Soldierly appearance to ensure the Soldier meets the screening table weight for the Soldier’s measured height.
- b. The following provision amends AR 600–9, paragraphs 3–6a(2)(h), and 3–10a:
On a Soldier’s enrollment in the ABCP, the commander will request a medical examination to verify that there is no underlying medical condition that may be the direct cause of weight gain or the direct cause of the inability to lose weight or body fat.
- c. AR 600–9, paragraphs 3–12b(2) and 3–12c(3) are amended with the following:
In the absence of a diagnosis of an underlying medical condition, if the Soldier continues to exceed body fat standards after 6 months in the ABCP, the commander will initiate separation action.
- d. AR 600–8–2, paragraph 2–3c and Table 2–1, are hereby amended. Flag Code K (Noncompliance with Army Body Composition Program) is no longer transferable. Instructions in paragraph 2–2 now apply, and instructions in paragraph 2–8 that reference ABCP transfer are hereby rescinded.

2. ABCP—Army National Guard/Army National Guard of the United States/U.S. Army Reserve. The following changes apply only to the Army National Guard/Army National Guard of the United States/U.S. Army Reserve.

- a. Army Regulation (AR) 600–9, paragraph 3–2d, is changed to read:
Commanders will direct a body fat assessment on any Soldier who they determine does not present a Soldierly appearance to ensure the Soldier meets the screening table weight for the Soldier’s measured height.
- b. AR 600–9, paragraphs 3–12b(2) and 3–12c(3) are amended with the following:
If the Soldier continues to exceed body fat standards after 6 months in the ABCP, the commander will involuntarily transfer Soldiers to the IRR.
- c. AR 600–8–2, paragraph 2–3c and Table 2–1, are hereby amended. Flag Code K (Noncompliance with Army Body Composition Program) is no longer transferable. Instructions in paragraph 2–2 now apply, and instructions in paragraph 2–8 that reference ABCP transfer are hereby rescinded.