



## Appendix E Restrictions on Personal Conduct in the Armed Forces

1. Military life is fundamentally different from civilian life. The military has its own laws, rules, customs, and traditions, including numerous restrictions on personal behavior. These are necessary because military units and personnel must maintain the high standards of morality, good order and discipline, and unit cohesion that are essential for combat effectiveness.

2. The Armed Forces must be ready at all times for worldwide deployment. Military law and regulations, including the Uniform Code of Military Justice, apply to service members at all times, both on base or off base, from the time the member enters the Service until the member is discharged or otherwise separated from the Armed Forces.

3. Members of the Armed Forces may be involuntarily separated before their term of service ends for various reasons established by law and military regulations, such as:

(a) A member may be separated for a pattern of disciplinary infractions, a pattern of misconduct, commission of a serious offense, or civilian conviction.

(b) A member who has been referred to a rehabilitation program for personal drug and alcohol abuse may be separated for failure through inability or refusal to participate in, cooperate in, or successfully complete such a program.

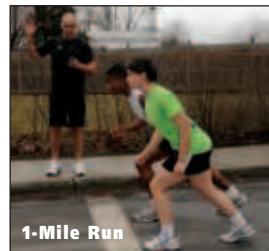
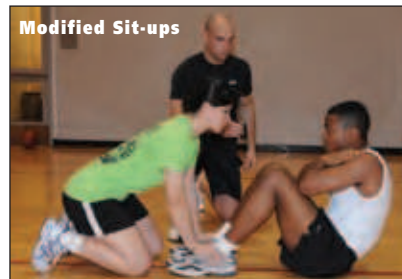
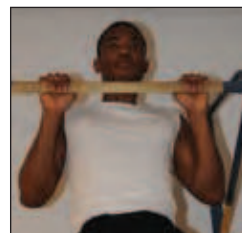
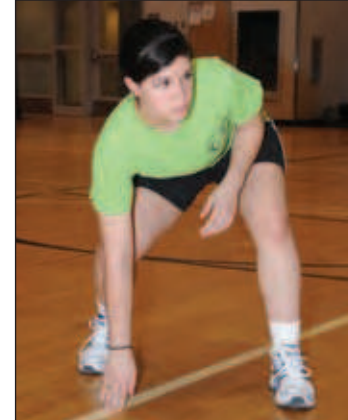
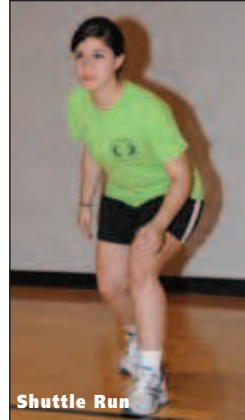
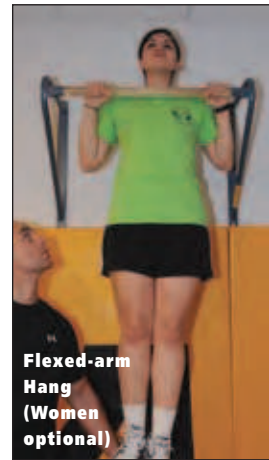
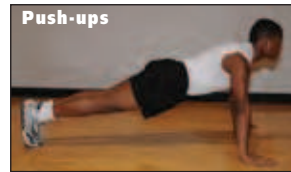
(c) A member may be discharged by reason of parenthood, if it is determined the member, because of parental responsibilities, is unable to perform his or her duties satisfactorily or is unavailable for worldwide assignment or deployment.

(d) A member may be separated for violation of laws or regulations regarding sexual conduct of members of the Armed Forces, for example, engaging in a homosexual act or soliciting another to engage in such an act; for stating that he or she is a homosexual or bisexual, or words to that effect; or for marrying or attempting to marry an individual of the same sex.

(e) A member may be separated for failure to meet Service weight control standards.

(f) A member may be separated for harassment or violence against any service member.

CANDIDATE FITNESS ASSESSMENT				
Events	Test Start Time	Testing Time	Rest	Total Time
Basketball Throw	0 Minutes	2 Minutes	3 Minutes	5 Minutes
Cadence Pull-ups	5 Minutes	2 Minutes	3 Minutes	10 Minutes
Shuttle Run	10 Minutes	2 Minutes	3 Minutes	15 Minutes
Modified Sit-ups	15 Minutes	2 Minutes	3 Minutes	20 Minutes
Push-ups	20 Minutes	2 Minutes	8 Minutes	30 Minutes
1-Mile Run	30 Minutes	Until Completed		Until Completed



	BB Throw (ft)	Pull-ups	Shuttle Run (sec.)	Modified Sit-ups	Push-ups	1-Mile Run
Male	102	18	7.8	95	75	5:20
Female	66	7	8.6	95	50	6:00

	BB Throw (ft)	Pull-ups	Shuttle Run (sec.)	Modified Sit-ups	Push-ups	1-Mile Run
Male	67	9	9.1	72	54	6:43
Female	41	3	10	68	33	8:06