UNITED STATES NAVAL ACADEMY
ANNAPOLIS, MARYLAND

HANDBOOK FOR INTERNATIONAL EXCHANGE STUDENTS
2018
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</tbody>
</table>
SECTION I - INTRODUCTION

WELCOME
Congratulations on being selected to study abroad in the United States, and more specifically, at the United States Naval Academy. USNA is located next to the Chesapeake Bay in Annapolis, which is the capital of the State of Maryland. This handbook has been created by the International Programs Office to try and help answer many of your questions prior to and after your arrival at the Naval Academy.

USNA Mission Statement
"To develop Midshipmen morally, mentally and physically and to imbue them with the highest ideals of duty, honor and loyalty in order to graduate leaders who are dedicated to a career of naval service and have potential for future development in mind and character to assume the highest responsibilities of command, citizenship and government."

Fun Facts
• USNA is one of five federal military academies in the United States.
• USNA was founded in 1845.
• USNA calls its campus the “yard,” and the student body is called the “brigade.”
• The entire brigade eats at one time in a 55,000-square-foot dining area or wardroom, King Hall. King Hall serves over 13,500 meals per day.
• Almost everything you need as a midshipman is available on the Academy grounds. There’s a bookstore, uniform and tailor shop, cobbler shop, snack bar, barber/beauty shop, post office, recreation rooms, dining facilities, and medical and dental care.
• All 4,400 midshipmen live in Bancroft Hall, one of the largest dormitories in the world. It is comprised of eight wings and covers over thirty-three acres, with 4.8 miles of corridors and 1,800 dorm rooms.
• The 4,400 midshipmen are divided into six battalions. Five companies make up each battalion, making a total of 30 companies.
SECTION II – PREPARING FOR YOUR ARRIVAL

PACKING LIST

Below is a recommended packing list. Remember this is not comprehensive but you will be able to buy most items here in the US. There is a store on the Yard, and there are stores within easy walking distance. There may be some country specific items that you may want to bring from your country such as snacks or gifts.

**Please bring your immunization record with you.**

Clothing

- Underwear (two weeks’ worth)
- Socks (two weeks’ worth plus a pair or two of wool socks)
- Undershirts
- Long sleeve shirts
- Short sleeve shirts
- Sweatshirt/ hoodie (2-3)
- Sweaters
- Jeans/ Khakis (2-3 pair)
- Shorts
- A belt or two
- Skirts (for the girls)
- Sets of workout clothes (1 weeks’ worth)
- Pajamas
- Swimsuit
- Coat/Jacket (I recommend at least 2 – one for cold weather, and one that is water resistant)
- At least one nice outfit for formal occasions
- Flip flops/ sandals of some sort
- Sneakers/ dress shoes/ boots/
- Cold weather gear (i.e. COAT, gloves/ mittens, hat, scarf).

• Please prepare for the cold...temperatures in the winter (November through March) can get as low as -12°C/10°F, with ice and snow likely. No coat will be issued to you–you must bring a regulation uniform winter coat.

Toiletries

- TSA Compliant Toiletry Kit / 1-quart zip-top Ziploc bags
- Shampoo/ conditioner
- Toothbrush/ toothpaste
- Soap
- Deodorant
- Brush/ comb
- Razors/ other shaving supplies
- Contact lenses and solution
- Glasses
- Nail clippers
- Over-the-counter medicines
- Tissues
- Medications, if any
Extras

- Immunization Record
- $300 in local currency
- Purse/wallet
- Important documents (passport, visa, itinerary, plane tickets, etc.)
- Outlet adapter
- Sunglasses/extra eye glasses/contacts
- Laptop and charger (don’t forget, you’ll need an outlet adapter for the plug on your charger to work) **NOTE: You will be issued a laptop here. You may choose to bring your own as well.**
- Camera w/cords and charger
- Enough prescription drugs for the length of your stay (You need to make sure you are allowed to bring them into the country and that you have documentation, either the prescription or a doctor’s note)
- Journal/diary (you’ll be taking plenty of pictures on your travels, but it’s always nice to have something to write in.
- Backpack (must be all black)
- Water bottle/Nalgene bottle
- A few hangers

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**MISCELLANEOUS INFORMATION**

**Mailing Address**
While at the U.S. Naval Academy, your mailing address will be:

“Your name”
International Programs Office
Leahy Hall, Room 209
117 Decatur Road, Stop 17A
Annapolis, MD 21402 USA

**Expenses to Prepare For**
Per USNA’s Memorandum of Agreement with your home institution, you are responsible for paying the following fees for the semester:

Expected expenses:

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haircuts (4 months)</td>
<td>$100</td>
</tr>
<tr>
<td>Laundry (4 months)</td>
<td>$240</td>
</tr>
<tr>
<td>(this is a mandatory fee, regardless of whether you use it or not)</td>
<td></td>
</tr>
<tr>
<td>Books: This will vary, depending on your requirements</td>
<td>Approx. $500</td>
</tr>
<tr>
<td>Total:</td>
<td>Approx. $840</td>
</tr>
</tbody>
</table>

***Please plan for this expense ahead of time – make arrangements with your institution, make sure your credit card will work here, etc.***
USNA UNIFORMS

Below are a few of the uniforms the students wear on a usual basis. Your respective academy should tell you which uniforms to bring.

**FALL SEMESTER:**

Working Uniform for U.S. Naval Academy is the Summer Working Blues (year-round):

Camouflage Utilities Uniform: Used for underways and when prescribed for some physical evolutions
Winter Dress Uniforms: Service Dress Blues (SDBs)

Formal Uniform: Dinner Dress Mess- Used in formal Dining Events and Military Balls
SPRING SEMESTER:

Working Uniform for U.S. Naval Academy is the Summer Working Blues (year-round):

Summer Dress Uniforms: Summer Whites (uniforms switch to summer whites in late April/early May)

Formal Uniform: Dinner Dress Mess - Used in formal Dining Events and Military Balls
SECTION III – LIBERTY AND LEAVE

LIBERTY AND WEEKENDS
Liberty hours depend are dependent on class year.

- 4/C Midshipmen have town liberty on Saturday from 1200-2400 in Whites/SDBs (depending on Uniform at the time).
- 3/C Midshipmen have town liberty on Saturday from 1200-2400 and Sunday 0800-1800 Whites/SDBs (depending on Uniform at the time).
- 2/C Midshipmen have town liberty on Friday 1800-2400, Saturday from 1200-2400, and Sunday 0800-1800 in civilian attire.
- 1/C Midshipmen have town liberty on Friday last military obligation-2400, Saturday from 1200-2400, and Sunday 0800-1800 in civilian attire.

A weekly weekend/overnight list should be sent out to your company by your company Admin Officer.

- Taking a weekend allows you to take liberty from the start of your weekly class liberty until end of liberty (EOL) formation on Sunday.
- If you do not use a weekend then you will need to return for TAPS each night.
- The number of weekends granted at the beginning of the semester depends on class year. Additional weekends can be awarded by Superintendent, Commandant, Company Officer/SEL, and company staff.

FOOTBALL GAMES
- All home football games and the Army Navy game are mandatory for the entire student body unless on an excusal.
- Football games are on Saturday and usually begin at noon or 1530 and liberty commences after Blue and Gold.
- There will be travel opportunities for away games as well and information for those games will be passed in email through MWF.

LIBERTY OUTSIDE OF RADIUS
- If you are planning on leaving the 150 mile (240km) radius from the academy then you must also submit a chit to your company staff.
- The chit will also be provided by your company Admin Officer.

LEAVE
- Leave requests will require a leave chit and ORM chit submitted to your company staff and approved by your company officer.
- Some special circumstances may also require the Battalion Officer approval.
- Brigade wide leave such as Thanksgiving, Winter Break, or Spring Break will be handled as a company and information will be passed down from your company staff in advance.

ALCOHOL AND DRUGS
- The legal drinking age in the United States is 21.
- USNA has a zero tolerance policy when it comes to the illegal use of drugs.
SECTION IV: DAILY SCHEDULE

A typical weekday schedule looks something like this:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 a.m.</td>
<td>Arise for personal fitness workout (optional)</td>
</tr>
<tr>
<td>6:30 a.m.</td>
<td>Reveille (all hands out of bed)</td>
</tr>
<tr>
<td>6:30 - 7:00 a.m.</td>
<td>Special instruction period for plebes</td>
</tr>
<tr>
<td>7:00 a.m.</td>
<td>Morning meal formation</td>
</tr>
<tr>
<td>7:15 a.m.</td>
<td>Morning meal</td>
</tr>
<tr>
<td>7:55 - 11:45 a.m.</td>
<td>Four class periods, 50 minutes each</td>
</tr>
<tr>
<td>12:05 p.m.</td>
<td>Noon meal formation</td>
</tr>
<tr>
<td>12:10 p.m.</td>
<td>Noon meal</td>
</tr>
<tr>
<td>12:50 - 1:20 p.m.</td>
<td>Company training time</td>
</tr>
<tr>
<td>1:30 - 3:30 p.m.</td>
<td>Fifth and sixth class periods</td>
</tr>
<tr>
<td>3:45 - 5:00 p.m.</td>
<td>Varsity and intramural athletics, extracurricular and personal activities; drill and parades twice weekly in the fall and spring</td>
</tr>
<tr>
<td>6:30 - 7:15 p.m.</td>
<td>Evening Meal</td>
</tr>
<tr>
<td>8:00 - 11:00 p.m.</td>
<td>Study period</td>
</tr>
<tr>
<td>Midnight</td>
<td>Taps for all midshipmen</td>
</tr>
</tbody>
</table>

PLAN OF THE DAY

Information about the events for the day can be found on the intranet.

When connected to the USNA network go to https://intranet.usna.edu
MEALS

- You must be in uniform to eat in King Hall

- All meals are served in King Hall unless there is a special event. In that case there will be information passed through email or company staff.

- Information on meal times can be found on the Intranet Plan of the Day.

- Students can also order food from town and have it delivered to Gate 1 for pickup.
SECION V – ACADEMICS

USNA CORE CURRICULUM

All USNA Midshipmen complete a core curriculum in addition to courses required specifically for their majors.

<table>
<thead>
<tr>
<th>Academic Division / Course Designator</th>
<th>Course Title</th>
<th>Year in which course is typically taken</th>
</tr>
</thead>
<tbody>
<tr>
<td>Engineering &amp; Weapons</td>
<td>Principles of Ship Performance OR Engineering in the Littoral Zone OR Introduction to Aeronautics</td>
<td>4/C, 3/C, 2/C, 1/C</td>
</tr>
<tr>
<td>EA400/EN400/EN401</td>
<td>Applications of Cyber Engineering</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>EM300</td>
<td>Principles of Propulsion</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>ES300</td>
<td>Naval Weapons Systems</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>ES360/410</td>
<td>Control Systems Laboratory</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>Course Code</td>
<td>Course Name</td>
<td>Offered</td>
</tr>
<tr>
<td>-------------</td>
<td>--------------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>EE301/EE331</td>
<td>Electrical Fund./Elec Eng I</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>SI110</td>
<td>Introduction to Cyber Security</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>SC111</td>
<td>Foundations of Chemistry I</td>
<td>Fall</td>
</tr>
<tr>
<td>SC112/151</td>
<td>Foundations of Chemistry II OR Modern Chemistry</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>SM121/131/161</td>
<td>Calculus I</td>
<td>Fall</td>
</tr>
<tr>
<td>SM122/162</td>
<td>Calculus II</td>
<td>Spring</td>
</tr>
<tr>
<td>SM221/223</td>
<td>Calculus III</td>
<td>Fall</td>
</tr>
<tr>
<td>SM2XY</td>
<td>Math IV (Determined by Major)</td>
<td>Spring</td>
</tr>
<tr>
<td>SP211/221</td>
<td>General Physics I</td>
<td>Fall</td>
</tr>
<tr>
<td>SP212</td>
<td>General Physics II</td>
<td>Spring</td>
</tr>
<tr>
<td>HE111</td>
<td>Rhetoric and Intro to Literature I</td>
<td>Fall</td>
</tr>
<tr>
<td>HE112</td>
<td>Rhetoric and Intro to Literature II</td>
<td>Spring</td>
</tr>
<tr>
<td>HH104</td>
<td>American Naval History</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>Course Code</td>
<td>Course Title</td>
<td>Term</td>
</tr>
<tr>
<td>-------------</td>
<td>--------------------------------------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>HH215</td>
<td>The Premodern World</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>HH216</td>
<td>The West in the Modern World</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>FP130</td>
<td>US Government and Constitutional Development</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>HUM/SS Elective 1</td>
<td>A HUM/SS elective at or above the 200-level**</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>HUM/SS Elective 2</td>
<td>HUM/SS elective at or above the 300-level**</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>Language Courses***</td>
<td>Four (4) semesters of a language***</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>NL110</td>
<td>Preparing to Lead</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>NE203</td>
<td>Ethics and Moral Reasoning</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>NL310</td>
<td>Leadership Theory and Applications</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>NL400</td>
<td>Law for the Junior Officer</td>
<td>Fall</td>
</tr>
<tr>
<td>NS101</td>
<td>Fundamentals of Seamanship</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>NN210</td>
<td>Basic Navigation</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>NN310</td>
<td>Advanced Navigation</td>
<td>Fall or Spring</td>
</tr>
<tr>
<td>NS43X</td>
<td>Junior Officer Practicum</td>
<td>Spring</td>
</tr>
</tbody>
</table>

**Leadership Education & Development**

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**Seamanship & Navigation**
MAJORS OFFERED AT USNA

The following majors are offered from which midshipman may select to study:

- Aerospace Engineering +
- Arabic
- Chemistry +
- Chinese
- Computer Science +
- Computer Engineering +
- Cyber Operations +
- Economics* + (beginning with class of 2018) [1]
- Electrical Engineering +
- English*
- General Engineering +
- General Science +
- History*
- Information Technology +
- Mathematics* +
- Mechanical Engineering +
- Naval Architecture & Marine Engineering* +
- Nuclear Engineering +
- Ocean Engineering* +
- Oceanography* +
- Operations Research +
- Physics +
- Political Science*
- Quantitative Economics +
- Systems Engineering* +

* = honors program available, + = STEM major
ACADEMIC REQUIREMENTS

What types of actions lead to academic success at the USNA?

- STAY AWAKE, ALERT, AND PARTICIPATE IN CLASS! Class participation will be a component of your grade in most courses.
- Take notes in class and REVIEW them. Taking notes without reviewing them merely diminishes your attention in class.
- Do all homework problems even if your professor does not collect them.
- Develop and follow a sound time management plan.
- Start research for projects and papers early.
- Read assignments in the course syllabus, BEFORE going to class. Even if you don’t fully understand the reading, the class discussion will be far more meaningful if you have some acquaintance with the material.
- Study outside the Hall if necessary. Avoid environments that will distract you.
- Do not be satisfied with just “being SAT.” USNA is about excellence, not mediocrity.
- Keep all your notes, class work, quizzes/tests organized in a notebook or folder.
- Get to know your professors on an individual basis! The two of you will benefit.
- Try to get at least 6 hours of sleep a night; most people don’t function well on less.

How are my grades determined?

In each class you will be assigned a letter grade of A, B, C, D or F (A denotes excellence and F denotes failure) which corresponds to a numerical Quality Point Equivalent (QPE) of 4.0, 3.0, 2.0, 1.0, or 0.0 respectively. Your Quality Point Rating (QPR) is computed by multiplying the QPE for a course by its credit hours and dividing the sum of these products for all the courses you take in a semester by the total number of credit hours attempted.

You will be assigned a progress grade in each course after the six and twelve week point of each semester. These grades are used for information and guidance to you, your adviser and your chain of command. They do not appear on your permanent transcript. At the end of the semester you will receive a semester QPR (SQPR), which is a part of your permanent record. Only the final grade you earn in a course appears on your permanent transcript.

Academic Deficiencies

A midshipman’s record is UNSAT if the most recent QPR (six-week, twelve-week or end-of-semester) is less than 2.00 or if the midshipman has two or more “D”s or at least one “F.” If a midshipman falls in this category, he/she will not be allowed to participate in voluntary movement orders without special permission from the Commandant and may be ineligible for weekend liberty. The midshipman will also be provided specific guidance by the Company Officer aimed at helping to improve academic performance, including guidance pertaining to extra instruction, study skills and habits, as well as time management.

What can I do if I am having academic concerns? http://intranet.usna.edu/AcCenter/ (accessible after you arrive at USNA)

- Extra Instruction (EI) – From class instructor
- Consult your Academic Adviser
- Keep your Chain of Command informed about your academics
- See your Company Academic Officer
- For extra help with written assignments, visit the Writing Center located in Nimitz 105

Information taken from the PLEBE ACADEMIC HANDBOOK, ACDEANINST 1531.57V, 1 June 2016
READING YOUR SCHEDULE

You will be able to find your schedule on the MIDS system. Below is an example of a possible schedule.

<table>
<thead>
<tr>
<th>Course</th>
<th>Section</th>
<th>Title</th>
<th>Instructor</th>
<th>Meeting Time</th>
<th>Building/Room</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>EM211</td>
<td>4001</td>
<td>STATICS</td>
<td>GOLOM</td>
<td>MTW3</td>
<td>2106</td>
<td>3</td>
</tr>
<tr>
<td>NL200</td>
<td>5101</td>
<td>HUMAN BEHAVIOR</td>
<td>LANDSINGER</td>
<td>TR10</td>
<td>LU1116</td>
<td>3</td>
</tr>
<tr>
<td>NN210</td>
<td>3004</td>
<td>BASIC NAVIGATION</td>
<td>HOLTZ</td>
<td>M3,R34</td>
<td>LU005</td>
<td>0</td>
</tr>
<tr>
<td>PE408</td>
<td>0241</td>
<td>SQUASH</td>
<td>SCHAPPNER</td>
<td>R2</td>
<td>PE_SQUASH</td>
<td>0</td>
</tr>
<tr>
<td>SM121</td>
<td>2042</td>
<td>CALCULUS I</td>
<td>SPENCER</td>
<td>MTWF2</td>
<td>CH131</td>
<td>4</td>
</tr>
</tbody>
</table>

**Schedule**

- There are 10 possible class periods throughout each day.
- 1-6 are 50 minute periods with a ten minute break to get to your next class.
- 7th period is very rare.
- 8-10 are 75 minute periods (period and a half) but will appear on your schedule as a double period of the course.
- You will notice that the meeting times only list letters and numbers. Below is a breakdown of what those mean.

<table>
<thead>
<tr>
<th>Pd</th>
<th>Duration</th>
<th>Pd</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0755-0845</td>
<td>8</td>
<td>0755-0910</td>
</tr>
<tr>
<td>2</td>
<td>0855-0945</td>
<td>9</td>
<td>0955-1110</td>
</tr>
<tr>
<td>3</td>
<td>0955-1045</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>1055-1145</td>
<td>10</td>
<td>1330-1445</td>
</tr>
<tr>
<td>5</td>
<td>1330-1420</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>1430-1520</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>1530-1620</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Buildings**

- CH = Chauvenet
- LC = Levy Center
- LJ = Lejeune
- LU = Luce
- MD = Macdonough
- MA = Mahan
- MI = Michelson
- MT = Mitscher (Libron Center)
- MU = Maury
- NI = Nimitz
- RI = Rickover
- SA = Sampson

**Days of the Week**

- M=Monday
- T=Tuesday
- W=Wednesday
- R=Thursday
- F=Friday
COURSE NUMBERING

The course labeling system may be confusing at first but here is a breakdown of what each letter and number mean (color coded). For example:

Course name & number:

**SM221P**

Unique Course Identifier

<table>
<thead>
<tr>
<th>Division:</th>
<th>Engineering:</th>
<th>Math &amp; Science:</th>
<th>Hum &amp; Soc Sci:</th>
</tr>
</thead>
<tbody>
<tr>
<td>E – Engineering</td>
<td>A – Aero/Astro</td>
<td>C – Chemistry</td>
<td>E – Econ or English</td>
</tr>
<tr>
<td>S – Math &amp; Science</td>
<td>C – Computer</td>
<td>I – Computer Sci</td>
<td>H – History</td>
</tr>
<tr>
<td>H – History / English</td>
<td>E – Electrical</td>
<td>M – Math</td>
<td>P – Political Science</td>
</tr>
<tr>
<td>F – Poly Sci / Econ / Languages</td>
<td>M – Mechanical</td>
<td>O – Oceanography</td>
<td>X – Arabic, Chinese, French, German, Japanese, Russian or Spanish</td>
</tr>
<tr>
<td>N – Pro Dev / Officer Dev</td>
<td>N – Naval/Ocean</td>
<td>P – Physics</td>
<td></td>
</tr>
<tr>
<td>P – Phys Ed</td>
<td>R – Nuclear</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nominal Year:</th>
<th>Typical Variants:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 4/c</td>
<td>P – Plebe</td>
</tr>
<tr>
<td>2 – 3/c</td>
<td>A – Additional help</td>
</tr>
<tr>
<td>3 – 2/c</td>
<td>S – Honors</td>
</tr>
<tr>
<td>4 – 1/c</td>
<td>V – Validators</td>
</tr>
<tr>
<td></td>
<td>X – International Mids</td>
</tr>
</tbody>
</table>
ACCESSING MIDS

You can access the MIDS system both on and off the yard. (NOTE: You will not be able to access the USNA system until after you have arrived here and are put into the system.)

For on the yard access- https://mids.usna.edu

For off the yard access- https://midsweb.usna.edu

To access your schedule, click the General Academics tab.

Your schedule will be under Schedules – Query Midshipmen.
SECTION VI – BANCROFT HALL (MOTHER B)

Bancroft Hall is the home of the Brigade. All Midshipmen must live in the dorm for all four years. Bancroft is broken down into the Rotunda and wings 1-8.

Note: This is only a general map of 0 Deck and the Basement

**USEFUL PLACES IN EACH WING:**

1st Wing
- Barbershop/Salon (Waves)

2nd Wing
- Armory

3rd Wing
- Midshipmen Store
- Midshipmen Welfare Fund (MWF)
4th Wing
- Self-Service Laundry
- ECA Spaces
- Squash Courts
- Pistol Range
- Midshipmen Personnel Office (MIDPERS)

5th Wing
- Self-Service Laundry
- Uniform Store
- Book Store
- Tailor Shop
- Cobbler Shop
- 5th Wing laundry Service (sheets, iron/uniform crease service, etc)

6th Wing
- BMU (Brigade Medical Unit)
- Dental
- Orthopedics/Sport Medicine

7th Wing
- Post Office
- 7th Wing Gym
- 7th Wing Lockers

8th Wing
- Optometry
- Midshipmen Development Center (MDC)
- Physical Therapy
SECTION VII – ATHLETICS

All USNA Midshipmen are required to participate in a sport at some level. USNA offers Varsity, Club or Intramural levels. Below is a list of the sports that USNA has to offer.

VARiTY SPORTS

Men’s Varsity Sports
- Baseball
- Basketball
- Crew, Heavyweight
- Crew, Lightweight
- Cross Country
- Football
- Golf
- Gymnastics
- Lacrosse
- Soccer
- Sprint Football
- Squash
- Swimming and Diving
- Tennis
- Track - Indoor & Outdoor
- Water Polo
- Wrestling

Women’s Varsity Sports
- Basketball
- Crew
- Cross Country
- Golf
- Lacrosse
- Soccer
- Swimming and Diving
- Tennis
- Track - Indoor & Outdoor
- Volleyball

Co-Ed Varsity Sports
- Rifle
- Sailing - Intercollegiate
- Sailing - Offshore
Club Sports

Men’s
- Boxing
- Ice Hockey
- Lacrosse
- Rugby
- Volleyball

Women’s
- Rugby
- Softball

Co-Ed
- Cycling
- Fencing
- Judo
- Marathon
- Pistol
- Powerlifting
- Triathlon

Intramurals (changes each semester)
- Ultimate Frisbee
- Flag Football
- Soccer
- Volleyball
- Dodgeball
- Basketball
- Field ball
- Racquetball
SECTION VIII – EXTRACURRICULAR ACTIVITIES (ECAs)

USNA provides a wide variety of ECAs to participate in. None of the ECAs are mandatory but students are highly encouraged to participate. More information about each club can be found on the USNA website.

Below is a list of ECAs USNA has to offer:

**Academic**
- Allies/Civil Military Relations Club
- American Society of Mechanical Engineers
- Chemistry
- Golden Key National Honor Society
- Math Club
- National Society of Black Engineers
- Russian Studies Club
- Society of American Military Engineers

**Community Service**
- Joy Bright Hancock Organization
- Midshipmen Action Group

**Competitive**
- Adventure Racing Team
- Alpine Ski Team
- Bodybuilding Team
- Combat Arms Team
- Debate Team
- Equestrian Team
- Field Hockey
- Infantry Skills Team
- Men’s Ice Hockey
- Parachute Team
- Silent Drill Team
- Ultimate Frisbee Team
- Women’s Ice Hockey
- Water Polo
- Women’s Gymnastics Club

**Heritage**
- Arabic Club
- Chinese Culture Club
- Filipino-American Club
- French Club
- German Club
- Italian-American Midshipmen Club
- Japanese American Club
- Korean-American Midshipmen Club
- Latin American Studies Club
- Midshipmen Black Studies Club
- Native American Heritage Club

**Musical/Theater**
- Catholic Choir
- Drum and Bugle Corps
- Gospel Choir
- Halloween Concert
- Instrumental Ensemble
- Masqueraders
- Men’s Glee Club
- Musical Activities
- Pipes & Drums
- Protestant Choir
- Trident Brass
- Naval Academy Winter Musical
- Women’s Glee Club

**Non-Competitive**
- Dance Club
- Mountaineering Club

**Personal Development**
- Crossfit Blue and Gold
- Freethinkers and Atheists
- National Eagle Scout Association
- Navy Spectrum

**Professional**
- Color Guard
- Dolphin Club
- International Midshipmen Club
- Investment Club
- Navy Medicine Club
- Model United Nations
- Naval Academy Foreign Affairs Conference
- Naval Academy Leadership Conference
- Offshore Sailing Training Squadron
- Society of Hispanic Professional Engineers
- Surface Navy Association
- Society of Naval Architects and Marine Engineers
- Special Operations Team
- Semper Fidelis Society
- VT-NA
- Yard Patrol Craft Squadron
Publications
- Labyrinth
- The Log Magazine
- Lucky Bag
- Technology and Multimedia

Recreational
- Amateur Radio Club
- Chess Club
- Green Classroom Club
- Midshipmen Fishing and Conservation Club
- Navy Beats
- USNA Paintball Club
- Rock Climbing Team
- Scuba Club
- Yoga Club

Religious
- Baptist Collegiate Ministry
- Catholic Daughters of America
- Catholic Midshipmen Club
- Cru
- Fellowship of Christian Athletes
- Jewish Midshipmen Club
- Latter-Day Saints Club
- Muslim Midshipmen Club
- Navigators
- Officers’ Christian Fellowship
- Protestant Midshipmen Club
- Commodore Barry Council
- Young Life College

Spirit
- Cannoneers

Sports
- Men’s Soccer
- Navy Spirit Team

STEM
- American Institute of Aeronautics and Astronautics
- American Nuclear Society
- Astronomy Club
- Cyber Initiatives Club
- Motor Sports
- Oceanography
SECTION IX – PHYSICAL READINESS TEST (PRT)

Midshipmen (including international exchange midshipmen) are required to pass a PRT each semester. The PRT consists of max pushups in two minutes, max sit-ups in two minutes, and a 1.5 mile run. International Midshipmen are also required to take the PRT and meet the following standards.

**Males**

Minimum

- Sit-ups- 65
- Pushups- 45
- 1.5 mile run- 10:30

Maximum

- Sit-ups- 101
- Pushups- 101
- 1.5 mile run- 8:15

**Females**

Minimum

- Sit-ups- 65
- Pushups- 20
- 1.5 mile run- 12:40

Maximum

- Sit-ups- 101
- Pushups- 85
- 1.5 mile run- 9:35

Your final end-of-semester Physical Education (PE) grade will be based on two factors:

<table>
<thead>
<tr>
<th>Component</th>
<th>Weight Factor</th>
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<tr>
<td>PE class grade</td>
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<tr>
<td>PRT score</td>
<td>1/3</td>
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</tbody>
</table>

Final PE grade

Additionally, if there is any component failure (if you fail your class or fail the PRT), your final PE grade will be “F.”
Here is a chart showing the rank structure and insignia of the Brigade of Midshipmen at the U.S. Naval Academy:
This chart shows the rank structure and insignia of U.S. Navy officers:
This chart shows the rank structure and insignia of U.S. Navy *enlisted* personnel:

![Rank Insignia Chart](image-url)

<table>
<thead>
<tr>
<th>Rank Insignia</th>
<th>Army</th>
<th>Marines</th>
<th>Air Force</th>
<th>Navy</th>
<th>Coast Guard</th>
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</thead>
<tbody>
<tr>
<td><strong>ENLISTED</strong></td>
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<td><strong>E-1</strong></td>
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</tbody>
</table>

- **Army**
- **Marines**
- **Air Force**
- **Navy**
- **Coast Guard**

*Note: The chart includes visual representations of rank insignia for each branch of the U.S. Armed Forces.*
SECTION XI – CAMPUS MAP