

# **Army Pt Uniform Regulation**



## **Army PT Uniform Regulation: A Comprehensive Guide**

Are you a soldier, a prospective recruit, or simply curious about the specifics of the Army Physical Training (PT) uniform? Navigating the regulations surrounding what you can and cannot wear during PT can be confusing. This comprehensive guide breaks down the Army PT uniform regulation in detail, ensuring you're always compliant and ready for your next workout. We'll cover everything from acceptable attire and footwear to prohibited items and the potential consequences of non-compliance. Let's dive in!

## **Understanding the Importance of PT Uniform Regulations**

The Army's PT uniform regulations aren't arbitrary rules; they serve several crucial purposes:

**Maintaining Uniformity and Professionalism:** A standardized uniform fosters a sense of unit cohesion and professionalism, presenting a consistent image both on and off the field.

**Ensuring Safety and Functionality:** Regulations prioritize safety and functionality during physical training. Specific attire requirements minimize the risk of injury and maximize performance.

Promoting Discipline and Respect: Adherence to uniform regulations instills discipline and respect for authority, vital components of military service.

## **Key Components of the Army PT Uniform Regulation**

The Army's PT uniform regulation is detailed, but we can break it down into its essential components:

### **Authorized Clothing:**

**PT Shirt:** The regulation-issued PT shirt, typically a moisture-wicking material in a designated color (often black, green, or gray depending on the unit and season). Variations exist depending on branch and unit. Ensure yours adheres to current regulations found in your branch's manual.

**PT Shorts/Pants:** Authorized PT shorts or pants made of breathable fabric are allowed. Length restrictions often apply (often above the knee for shorts). Again, consult your unit's specific guidelines.

**Socks:** Socks should be clean, and typically ankle or crew length. Avoid inappropriate colors or graphics.

**Undergarments:** Undergarments should be appropriate for physical activity and not visible outside the PT uniform.

### **Authorized Footwear:**

**Running Shoes:** Running shoes are generally required and should be in good condition, providing adequate support and cushioning. Avoid worn-out or damaged footwear.

**Socks:** Proper socks are crucial to prevent blisters and foot injuries.

### **Prohibited Items:**

The Army PT uniform regulation explicitly prohibits several items, including:

**Non-regulation Clothing:** This includes clothing not issued or approved by the Army, such as civilian athletic wear.

**Jewelry:** Most jewelry is prohibited during PT, including rings, necklaces, bracelets, and earrings.

**Headwear (except authorized):** Generally, headwear is not permitted during PT unless specifically authorized for safety reasons in certain environments or conditions.

**Electronic Devices (generally):** Using cell phones, smartwatches, or other electronic devices during PT is usually restricted.

**Insignia:** Insignia generally should only be worn on authorized items of clothing and usually not during PT.

## **Consequences of Non-Compliance**

Failing to adhere to Army PT uniform regulations can result in various consequences, ranging from corrective training to more severe disciplinary actions depending on the severity and frequency of the violation. This could impact performance evaluations and potentially career progression.

## **Staying Updated on Changes**

Army regulations are subject to change. It's crucial to stay informed about the latest updates by regularly checking your unit's guidelines, reviewing Army publications, and consulting with your superiors. Changes might be unit-specific, so always check with your chain of command.

## **Conclusion**

The Army PT uniform regulation is designed to maintain standards, ensure safety, and promote professionalism. By understanding and adhering to these regulations, you contribute to a cohesive and disciplined environment while ensuring your readiness for physical training. Remembering that regulations can vary slightly based on unit and branch, always consult your unit's specific guidelines.

## **FAQs**

1. Can I wear compression shorts under my PT shorts? Generally, yes, as long as they are not visible outside the PT uniform.

2. What happens if I wear non-regulation shoes during PT? You could face disciplinary action, ranging from corrective training to more serious consequences.
3. Are there any exceptions to the jewelry prohibition during PT? Exceptions are rare and typically only for religious reasons, and must be authorized by your chain of command.
4. Where can I find the most up-to-date information on Army PT uniform regulations? Consult your unit's regulations, your chain of command, and official Army publications.
5. Can I wear a watch during PT? Generally, no. Electronic devices, including watches, are typically prohibited during PT unless specifically authorized.

#### **army pt uniform regulation: Wear and Appearance of Army Uniforms and Insignia**

Department of the Army, 2005-02-03 This regulation prescribes the authorization for wear, composition, and classification of uniforms, and the occasions for wearing all personal (clothing bag issue), optional, and commonly worn organizational Army uniforms. It also prescribes the awards, insignia, and accouterments authorized for wear on the uniform, and how these items are worn. General information is also provided on the authorized material, design, and uniform quality control system. Only uniforms, accessories, and insignia prescribed in this regulation or in the common tables of allowance (CTA), or as approved by Headquarters, Department of the Army (HQDA), will be worn by personnel in the U.S. Army. Unless specified in this regulation, the commander issuing the clothing and equipment will establish wear policies for organizational clothing and equipment. No item governed by this regulation will be altered in any way that changes the basic design or the intended concept of fit as described in TM 10-227 and AR 700-84, including plating, smoothing, or removing detail features of metal items, or otherwise altering the color or appearance. All illustrations in this regulation should coincide with the text. The written description will control any inconsistencies between the text and the illustration. AR 70-1 prescribes Department of the Army (DA) policies, responsibilities, and administrative procedures by which all clothing and individual equipment used by Army personnel are initiated, designed, developed, tested, approved, fielded, and modified. AR 385-10 prescribes DA policies, responsibilities, and administrative procedures and funding for protective clothing and equipment. In accordance with chapter 45, section 771, title 10, United States Code (10 USC 771), no person except a member of the U.S. Army may wear the uniform, or a distinctive part of the uniform of the U.S. Army unless otherwise authorized by law. Additionally, no person except a member of the U.S. Army may wear a uniform, any part of which is similar to a distinctive part of the U.S. Army uniform. This includes the distinctive uniforms and uniform items listed in paragraph 1-12 of this regulation. Further, soldiers are not authorized to wear distinctive uniforms or uniform items of the U.S. Army or of other U.S. Services with, or on civilian clothes, except as provided in chapters 27 through 30 of this regulation.

**army pt uniform regulation: Army Regulation AR 670-1 Uniform and Insignia** United States Government Us Army, 2021-01-27 This United States Army manual, Army Regulation AR 670-1 Uniform and Insignia: Wear and Appearance of Army Uniforms and Insignia January 2021, prescribes Department of the Army policy for proper wear and appearance of Army uniforms and insignia, as worn by officers and enlisted personnel of the Regular Army, the U.S. Army Reserve, and former Soldiers. This regulation, AR 670-1, applies to the Regular Army, the Army National Guard/Army National Guard of the United States, and the U.S. Army Reserve, unless otherwise stated. It also applies to Army Civilians and Veterans, the Reserve Officers' Training Corps, and the Corps of Cadets, U.S. Military Academy, only when their respective uniform regulations do not include sufficient guidance or instruction. It does not apply to the Chief of Staff of the Army, or former Chiefs of Staff of the Army, each of whom may prescribe their own uniform. Portions of this regulation are punitive. Violation of the specific prohibitions and requirements of specific portions

by Soldiers may result in adverse administrative action and/or charges under the Uniform Code of Military Justice.

**army pt uniform regulation: TRADOC Pamphlet TP 600-4 The Soldier's Blue Book** United States Government Us Army, 2019-12-14 This manual, TRADOC Pamphlet TP 600-4 The Soldier's Blue Book: The Guide for Initial Entry Soldiers August 2019, is the guide for all Initial Entry Training (IET) Soldiers who join our Army Profession. It provides an introduction to being a Soldier and Trusted Army Professional, certified in character, competence, and commitment to the Army. The pamphlet introduces Soldiers to the Army Ethic, Values, Culture of Trust, History, Organizations, and Training. It provides information on pay, leave, Thrift Saving Plans (TSPs), and organizations that will be available to assist you and your Families. The Soldier's Blue Book is mandated reading and will be maintained and available during BCT/OSUT and AIT. This pamphlet applies to all active Army, U.S. Army Reserve, and the Army National Guard enlisted IET conducted at service schools, Army Training Centers, and other training activities under the control of Headquarters, TRADOC.

**army pt uniform regulation: *Body Composition and Physical Performance*** Institute of Medicine, Committee on Military Nutrition Research, 1992-02-01 This book surveys the entire field of body composition as it relates to performance. It includes a clear definition of terminology and a discussion of the various methods for measuring body composition. The authored papers represent a state-of-the-art review of this controversial field and address questions such as: What is a better measure of body composition—body fat or lean body mass? Does being overweight for one's height really affect performance? The book also addresses the issue of physical appearance as it relates to body fatness and performance. It includes an in-depth discussion of many of the topics of interest to those involved in sports medicine and exercise physiology.

**army pt uniform regulation: U. S. Army Board Study Guide** , 2006-06

**army pt uniform regulation: Army Physical Readiness Training** Department of the Army, 2019-12-08

**army pt uniform regulation: *From One Leader to Another*** Combat Studies Institute Press, 2013-05 This work is a collection of observations, insights, and advice from over 50 serving and retired Senior Non-Commissioned Officers. These experienced Army leaders have provided for the reader, outstanding mentorship on leadership skills, tasks, and responsibilities relevant to our Army today. There is much wisdom and advice from one leader to another in the following pages.

**army pt uniform regulation: *Army Regulation AR 670-1 Wear and Appearance of Army Uniforms and Insignia*** 25 May 2017 United States Government U. S. Army, 2017-10-02 Army Regulation AR 670-1 Wear and Appearance of Army Uniforms and Insignia 25 May 2017, prescribes Department of the Army policy for proper wear and appearance of Army uniforms and insignia, as worn by officers and enlisted personnel of the Active Army and the United States Army Reserve, as well as by former Soldiers. This regulation applies to the Active Army, the Army National Guard/Army National Guard of the United States, and the U.S. Army Reserve, unless otherwise stated. In addition, it applies to the Reserve Officers' Training Corps and the Corps of Cadets, United States Military Academy, only when their respective uniform regulations do not include sufficient guidance or instruction. It does not apply to the Chief of Staff of the Army, or former Chiefs of Staff of the Army, each of whom may prescribe his or her own uniform. Portions of this regulation are punitive. Violation of the specific prohibitions and requirements of specific portions by Soldiers may result in adverse administrative and/or charges under the Uniform Code of Military Justice (UCMJ).

**army pt uniform regulation: *Army Food Program*** Department of the Army, 2012-07-24 This regulation encompasses garrison, field, and subsistence supply operations. Specifically, this regulation comprises Army Staff and major Army command responsibilities and includes responsibilities for the Installation Management Command and subordinate regions. It also establishes policy for the adoption of an à la carte dining facility and for watercraft to provide subsistence when underway or in dock. Additionally, the regulation identifies DOD 7000.14-R as the source of meal rates for reimbursement purposes; delegates the approval authority for catered meals and host nation meals from Headquarters, Department of the Army to the Army commands;

and authorizes the use of the Government purchase card for subsistence purchases when in the best interest of the Government. This regulation allows prime vendors as the source of garrison supply and pricing and provides garrison menu standards in accordance with The Surgeon General's nutrition standards for feeding military personnel. Also, included is guidance for the implementation of the U.S. Department of Agriculture Food Recovery Program.

**army pt uniform regulation: Weight Management** Institute of Medicine, Food and Nutrition Board, Committee on Military Nutrition Research, Subcommittee on Military Weight Management, 2003-12-01 The primary purpose of fitness and body composition standards in the U.S. Armed Forces has always been to select individuals best suited to the physical demands of military service, based on the assumption that proper body weight and composition supports good health, physical fitness, and appropriate military appearance. The current epidemic of overweight and obesity in the United States affects the military services. The pool of available recruits is reduced because of failure to meet body composition standards for entry into the services and a high percentage of individuals exceeding military weight-for-height standards at the time of entry into the service leave the military before completing their term of enlistment. To aid in developing strategies for prevention and remediation of overweight in military personnel, the U.S. Army Medical Research and Materiel Command requested the Committee on Military Nutrition Research to review the scientific evidence for: factors that influence body weight, optimal components of a weight loss and weight maintenance program, and the role of gender, age, and ethnicity in weight management.

**army pt uniform regulation: United States Code** United States, 2013 The United States Code is the official codification of the general and permanent laws of the United States of America. The Code was first published in 1926, and a new edition of the code has been published every six years since 1934. The 2012 edition of the Code incorporates laws enacted through the One Hundred Twelfth Congress, Second Session, the last of which was signed by the President on January 15, 2013. It does not include laws of the One Hundred Thirteenth Congress, First Session, enacted between January 2, 2013, the date it convened, and January 15, 2013. By statutory authority this edition may be cited U.S.C. 2012 ed. As adopted in 1926, the Code established prima facie the general and permanent laws of the United States. The underlying statutes reprinted in the Code remained in effect and controlled over the Code in case of any discrepancy. In 1947, Congress began enacting individual titles of the Code into positive law. When a title is enacted into positive law, the underlying statutes are repealed and the title then becomes legal evidence of the law. Currently, 26 of the 51 titles in the Code have been so enacted. These are identified in the table of titles near the beginning of each volume. The Law Revision Counsel of the House of Representatives continues to prepare legislation pursuant to 2 U.S.C. 285b to enact the remainder of the Code, on a title-by-title basis, into positive law. The 2012 edition of the Code was prepared and published under the supervision of Ralph V. Seep, Law Revision Counsel. Grateful acknowledgment is made of the contributions by all who helped in this work, particularly the staffs of the Office of the Law Revision Counsel and the Government Printing Office--Preface.

**army pt uniform regulation: Department of Defense Dictionary of Military and Associated Terms**, 1984

**army pt uniform regulation: Service Etiquette** Cherlynn Conetsco, Anna Hart, 2009 This all-new edition of the venerable Service Etiquette cements the guide's reputation as the definitive resource of military protocol. Protocol experts Conetsco and Hart have totally rewritten the book, expanding its scope and intended readership from military officers and military spouses to all levels of the military, government, and business professionals.

**army pt uniform regulation: A Historical Review and Analysis of Army Physical Readiness Training and Assessment** Whitfield East, 2013-12 The Drillmaster of Valley Forge-Baron Von Steuben-correctly noted in his Blue Book how physical conditioning and health (which he found woefully missing when he joined Washington's camp) would always be directly linked to individual and unit discipline, courage in the fight, and victory on the battlefield. That remains true today. Even an amateur historian, choosing any study on the performance of units in

combat, quickly discovers how the levels of conditioning and physical performance of Soldiers is directly proportional to success or failure in the field. In this monograph, Dr. Whitfield Chip East provides a pragmatic history of physical readiness training in our Army. He tells us we initially mirrored the professional Armies of Europe as they prepared their forces for war on the continent. Then he introduces us to some master trainers, and shows us how they initiated an American brand of physical conditioning when our forces were found lacking in the early wars of the last century. Finally, he shows us how we have and must incorporate science (even when there exists considerable debate!) to contribute to what we do-and how we do it-in shaping today's Army. Dr. East provides the history, the analysis, and the pragmatism, and all of it is geared to understanding how our Army has and must train Soldiers for the physical demands of combat. Our culture is becoming increasingly "unfit, due to poor nutrition, a lack of adequate and formal exercise, and too much technology. Still, the Soldiers who come to our Army from our society will be asked to fight in increasingly complex and demanding conflicts, and they must be prepared through new, unique, and scientifically based techniques. So while Dr. East's monograph is a fascinating history, it is also a required call for all leaders to better understand the science and the art of physical preparation for the battlefield. It was and is important for us to get this area of training right, because getting it right means a better chance for success in combat.

**army pt uniform regulation: Army Regulation AR 670-1 Wear and Appearance of Army Uniforms and Insignia 31 March 2014** United States Government Us Army, 2014-04 This 31 March 2014 version of Army Regulation AR 670-1 Wear and Appearance of Army Uniforms and Insignia, prescribes Department of the Army policy for proper wear and appearance of Army uniforms and insignia, as worn by officers and enlisted personnel of the Active Army and the United States Army Reserve, as well as by former Soldiers. This regulation applies to the Active Army, the Army National Guard/Army National Guard of the United States, and the U.S. Army Reserve, unless otherwise stated. In addition, it applies to the Reserve Officers' Training Corps and the Corps of Cadets, United States Military Academy, only when their respective uniform regulations do not include sufficient guidance or instruction. It does not apply to the Chief of Staff of the Army, or former Chiefs of Staff of the Army, each of whom may prescribe his or her own uniform. Portions of this regulation are punitive. Violation of the specific prohibitions and requirements of specific portions by Soldiers may result in adverse administrative and/or charges under the Uniform Code of Military Justice (UCMJ). The Army is a profession. A Soldier's appearance measures part of his or her professionalism. Proper wear of the Army uniform is a matter of personal pride for all Soldiers. It is indicative of esprit de corps and morale within a unit. Soldiers have an individual responsibility for ensuring their appearance reflects the highest level of professionalism. Leaders, at all levels, have a responsibility for implementing and applying the standards contained in this regulation to ensure the best interests of the Army, including our shared traditions and customs. This regulation prescribes the authorization for wear, composition, and classification of uniforms, and the occasions for wearing all personal (clothing bag issue), optional, and commonly worn organizational clothing and individual equipment uniforms. It prescribes the uniforms, awards, insignia, and accouterments authorized for wear. It also provides general information on the authorized material and design of uniforms and the uniform quality control system.

**army pt uniform regulation: Identification (ID) Tags** United States. Department of the Air Force, 1987

**army pt uniform regulation: Army Regulation AR 700-84 Logistics** United States Government US Army, 2014-07-31 This regulation, Army Regulation AR 700-84 Logistics: Issue and Sale of Personal Clothing 22 July 2014, is a major revision. It covers the issue and sale of personal clothing in the Army. It prescribes the policies, procedures and responsibilities for the issue and sale of personal clothing to members of Army activities and to Department of the Army civilians (DACs). It also describes systems for the maintenance, replacement, and disposition of such clothing and gives conditions under which these systems apply. Policies and procedures in this regulation are designed specifically for enlisted Soldiers (Active Army, Army National Guard (ARNG) and U.S. Army Reserve

(USAR)), although limited policies or procedures may apply to officers, warrant officers, Reserve Officers' Training Corps (ROTC), Army Senior Reserve Officers' Training Corps (SROTC), Junior Reserve Officers' Training Corps (JROTC), DACs, and ROTC contracted employees. Additionally, it applies to other personnel or organizations supported under the clothing replacement allowance (CRA) or issue-in-kind systems, or Army Military Clothing Store (AMCS) operated by the Exchange.

**army pt uniform regulation:** *AR 670-1 04/10/2015 WEAR AND APPEARANCE OF ARMY UNIFORMS AND INSIGNIA* , *Survival Ebooks* Us Department Of Defense, [www.survivalebooks.com](http://www.survivalebooks.com), Department of Defense, Delene Kvasnicka, United States Government US Army, United States Army, Department of the Army, U. S. Army, Army, DOD, The United States Army, AR 670-1 04/10/2015 WEAR AND APPEARANCE OF ARMY UNIFORMS AND INSIGNIA , *Survival Ebooks*

**army pt uniform regulation: The Armed Forces Officer** Richard Moody Swain, Albert C. Pierce, 2017 In 1950, when he commissioned the first edition of *The Armed Forces Officer*, Secretary of Defense George C. Marshall told its author, S.L.A. Marshall, that American military officers, of whatever service, should share common ground ethically and morally. In this new edition, the authors methodically explore that common ground, reflecting on the basics of the Profession of Arms, and the officer's special place and distinctive obligations within that profession and especially to the Constitution.

**army pt uniform regulation:** *Handbook on international rules governing military operations* , 2013

**army pt uniform regulation: Army Leadership and the Profession (ADP 6-22)** Headquarters Department of the Army, 2019-10-09 ADP 6-22 describes enduring concepts of leadership through the core competencies and attributes required of leaders of all cohorts and all organizations, regardless of mission or setting. These principles reflect decades of experience and validated scientific knowledge. An ideal Army leader serves as a role model through strong intellect, physical presence, professional competence, and moral character. An Army leader is able and willing to act decisively, within superior leaders' intent and purpose, and in the organization's best interests. Army leaders recognize that organizations, built on mutual trust and confidence, accomplish missions. Every member of the Army, military or civilian, is part of a team and functions in the role of leader and subordinate. Being a good subordinate is part of being an effective leader. Leaders do not just lead subordinates--they also lead other leaders. Leaders are not limited to just those designated by position, rank, or authority.

**army pt uniform regulation:** *Marine Corps Manual* United States. Marine Corps, 1980

**army pt uniform regulation:** *Army Regulation AR 670-1 Wear and Appearance of Army Uniforms and Insignia September 2014* United States Government, Us Army, 2014-09-27 This September 2014 version of Army Regulation AR 670-1 Wear and Appearance of Army Uniforms and Insignia, prescribes Department of the Army policy for proper wear and appearance of Army uniforms and insignia, as worn by officers and enlisted personnel of the Active Army and the United States Army Reserve, as well as by former Soldiers. This regulation applies to the Active Army, the Army National Guard/Army National Guard of the United States, and the U.S. Army Reserve, unless otherwise stated. In addition, it applies to the Reserve Officers' Training Corps and the Corps of Cadets, United States Military Academy, only when their respective uniform regulations do not include sufficient guidance or instruction. It does not apply to the Chief of Staff of the Army, or former Chiefs of Staff of the Army, each of whom may prescribe his or her own uniform. Portions of this regulation are punitive. Violation of the specific prohibitions and requirements of specific portions by Soldiers may result in adverse administrative and/or charges under the Uniform Code of Military Justice (UCMJ). This revision, dated September 2014-- Adds a sentence to clarify the policy on wearing the gold star lapel button and the next of kin lapel button (para 22-6b). Makes additional administrative revisions (throughout). Updates guidance for authorized and unauthorized hairstyles for females (para 3-2). Clarifies guidance on Soldiers obtaining new tattoos (paras 3-3c(3)(a) and (b)). Updates tattoo policy for Soldiers with grandfathered tattoos who request to apply for commissioning or appointment (para 3-3g). Clarifies that Soldiers who entered the Army with body

mutilation have the ability to request an exception to policy (para 3-3l). Adds wear guidance for an activity tracker, pedometer, or heart rate monitor (para 3-4a). Removes the wear guidance for Criminal Investigation Division Command Soldiers to wear shoulder sleeve insignia of their respective commands as their shoulder sleeve insignia-former wartime service (para 21-17a(7)(d)). Clarifies wear guidance for gold star lapel button (para 22-6c). Adds wear guidance for next of kin lapel button (para 22-6d). Updates definitions of braids/plaits, conservative, cornrows, dreadlocks or locks, neat, optional clothing, and twists (glossary).

**army pt uniform regulation:** Army Dress Manual Australia. Army Office, 1979

**army pt uniform regulation:** The Russian Way of War Lester W. Grau, Charles K. Bartles, 2018 Force Structure, Tactics, and Modernization of the Russian Ground Forces The mighty Soviet Army is no more. The feckless Russian Army that stumbled into Chechnya is no more. Today's Russian Army is modern, better manned, better equipped and designed for maneuver combat under nuclear-threatened conditions. This is your source for the tactics, equipment, force structure and theoretical underpinnings of a major Eurasian power. Here's what the experts are saying: A superb baseline study for understanding how and why the modern Russian Army functions as it does. Essential for specialist and generalist alike. -Colonel (Ret) David M. Glantz, foremost Western author on the Soviet Union in World War II and Editor of The Journal of Slavic Military Studies. Congratulations to Les Grau and Chuck Bartles on filling a gap which has yawned steadily wider since the end of the USSR. Their book addresses evolving Russian views on war, including the blurring of its nature and levels, and the consequent Russian approaches to the Ground Forces' force structuring, manning, equipping, and tactics. Confidence is conferred on the validity of their arguments and conclusions by copious footnoting, mostly from an impressive array of primary sources. It is this firm grounding in Russian military writings, coupled with the authors' understanding of war and the Russian way of thinking about it, that imparts such an authoritative tone to this impressive work. -Charles Dick, former Director of the Combat Studies Research Centre, Senior Fellow at the Defence Academy of the United Kingdom, author of the 1991 British Army Field Manual, Volume 2, A Treatise on Soviet Operational Art and author of From Victory to Stalemate The Western Front, Summer 1944 and From Defeat to Victory, The Eastern Front, Summer 1944. Dr. Lester Grau's and Chuck Bartles' professional research on the Russian Armed Forces is widely read throughout the world and especially in Russia. Russia's Armed Forces have changed much since the large-scale reforms of 2008, which brought the Russian Army to the level of the world's other leading armies. The speed of reform combined with limited information about their core mechanisms represented a difficult challenge to the authors. They have done a great job and created a book which could be called an encyclopedia of the modern armed forces of Russia. They used their wisdom and talents to explore vital elements of the Russian military machine: the system of recruitment and training, structure of units of different levels, methods and tactics in defense and offence and even such little-known fields as the Arctic forces and the latest Russian combat robotics. -Dr. Vadim Kozyulin, Professor of Military Science and Project Director, Project on Asian Security, Emerging Technologies and Global Security Project PIR Center, Moscow. Probably the best book on the Russian Armed Forces published in North America during the past ten years. A must read for all analysts and professionals following Russian affairs. A reliable account of the strong and weak aspects of the Russian Army. Provides the first look on what the Russian Ministry of Defense learned from best Western practices and then applied them on Russian soil. -Ruslan Pukhov, Director of the Moscow-based Centre for the Analysis of Strategies and Technologies (CAST) and member of the Public Council of the Russian Federation Ministry of Defense. Author of Brothers Armed: Military Aspects of the Crisis in Ukraine, Russia's New Army, and The Tanks of August.

**army pt uniform regulation:** *Army Regulation AR 600-20 Army Command Policy July 2020*

United States Government Us Army, 2020-07-26 This major revision to United States Army publication, Army Regulation AR 600-20 Army Command Policy July 2020, prescribes the policies and responsibilities of command, which include the Army Ready and Resilient Campaign Plan, military discipline and conduct, the Army Military Equal Opportunity (MEO) Program, the Army

Harassment Prevention and Response Program, and the Army Sexual Harassment/Assault Response and Prevention (SHARP) Program. This regulation implements DoDI 1020.03, DoDI 1300.17, DoDI 1325.02, DoDI 1325.06; DoDI 1342.22; DoDI 5240.22, DoDI 5240.26, DoDI 5505.18; DoDI 6495.02; DoDI 6495.03, DoDD 1350.2, DoDD 6495.01, DoDD 5205.16 and DoDD 7050.06. Also, it prescribes the policy and responsibility of command, which include the Army Ready and Resilient Campaign Plan, military discipline and conduct, the Army Equal Opportunity Program, and the Army Sexual Harassment/Assault Response and Prevention Program. The 30-day advanced publication requirement has been waived because the revision implements previously published law, DoD directives and instructions, and Army directives that need to be consolidated and communicated to the field as soon as possible. This regulation applies to the Regular Army, the Army National Guard/Army National Guard of the United States, and the U.S. Army Reserve, unless otherwise stated. It also applies to all assigned, attached, or operationally controlled U.S. Army Corrections Command personnel, and all Army Corrections System prisoners incarcerated in Army Corrections System facilities. Chapters 6 and 7 and appendix E apply to members of the Army National Guard of the United States when on active duty Title 10 orders, for 30 days or more. In all other cases, members of the Army National Guard are governed by regulations issued by the Chief, National Guard Bureau consistent with Chief, National Guard Bureau's authorities under 32 USC 110, 10 USC 10503, and DoDD 5105.77. It also applies where stated to Department of the Army Civilians. Portions of this regulation that prescribe specific conduct are punitive, and violations of these provisions may subject offenders to nonjudicial or judicial action under the Uniform Code of Military Justice. The equal opportunity terms found in the glossary are applicable only to uniformed personnel. AR 690-600 and AR 690-12 contains similar terms that are applicable to Department of the Army Civilians.

**army pt uniform regulation: U.S. Army Uniforms of World War II** Shelby L. Stanton, 1994-10 Illustrates and documents the clothing and individual equipment used by American soldiers during the First World War.

**army pt uniform regulation: Department of Defense Privacy Program** United States. Department of Defense, 1995

**army pt uniform regulation: Assessing Readiness in Military Women** Committee on Body Composition, Nutrition, and Health of Military Women, Food and Nutrition Board, Institute of Medicine, 1998-01-15 U.S. military personnel are required to adhere to standards of body composition, fitness, and appearance to achieve and maintain readiness--that is, the maintenance of optimum health and performance so they are ready for deployment at any moment. In 1992, the Committee on Military Nutrition Research reviewed the existing standards and found, among other things, that the standards for body composition required for women to achieve an appearance goal seemed to conflict with those necessary to ensure the ability to perform many types of military tasks. This report addresses that conflict, and reviews and makes recommendations about current policies governing body composition and fitness, as well as postpartum return-to-duty standards, Military Recommended Dietary Allowances, and physical activity and nutritional practices of military women to determine their individual and collective impact on the health, fitness, and readiness of active-duty women.

**army pt uniform regulation: Code of Federal Regulations, Title 32, National Defense, PT. 1-190, Revised as of July 1, 2011** , 2011-11-10 The Code of Federal Regulations is a codification of the general and permanent rules published in the Federal Register by the Executive departments and agencies of the United States Federal Government.

**army pt uniform regulation: ARS 22** , 1956

**army pt uniform regulation: TC 3-21.5 Drill and Ceremonies** Headquarters Department of the Army, 2017-08-26 TC 3-21.5 Drill and Ceremonies covers all positions, commands, and structure for military drill and ceremonies conducted by and within the United States Army. This is an essential reference manual for leaders at all levels.

**army pt uniform regulation: The Noncommissioned Officer and Petty Officer** Department

of Defense, National Defense University Press, 2020-02-10 The Noncommissioned Officer and Petty Officer BACKBONE of the Armed Forces. Introduction The Backbone of the Armed Forces To be a member of the United States Armed Forces--to wear the uniform of the Nation and the stripes, chevrons, or anchors of the military Services--is to continue a legacy of service, honor, and patriotism that transcends generations. Answering the call to serve is to join the long line of selfless patriots who make up the Profession of Arms. This profession does not belong solely to the United States. It stretches across borders and time to encompass a culture of service, expertise, and, in most cases, patriotism. Today, the Nation's young men and women voluntarily take an oath to support and defend the Constitution of the United States and fall into formation with other proud and determined individuals who have answered the call to defend freedom. This splendid legacy, forged in crisis and enriched during times of peace, is deeply rooted in a time-tested warrior ethos. It is inspired by the notion of contributing to something larger, deeper, and more profound than one's own self. Notice: This is a printed Paperback version of the The Noncommissioned Officer and Petty Officer BACKBONE of the Armed Forces. Full version, All Chapters included. This publication is available (Electronic version) in the official website of the National Defense University (NDU). This document is properly formatted and printed as a perfect sized copy 6x9.

**army pt uniform regulation: The Soldier's Guide** U.S. Department of the Army, 2016-02-23 A comprehensive guide for the ultimate guardians of American freedom—the U.S. soldier. The Soldier's Guide applies to every soldier in the Army—active, reserve, and National Guard—in every rank and specialty. It condenses important information from a number of U.S. Army regulations, field manuals, and other publications into one crucial volume. This manual describes the soldier's role in the Army and the soldier's obligations. Other subject areas are Army history, training, and professional development. This manual also describes standards in appearance and conduct and selected individual combat tasks that are important for every soldier to master. Written to answer the many questions asked by soldiers of all ranks in the Army, it covers everything from the history and traditions of the American military to training and service benefits. Find out about such ideals as The Warrior Ethos that drive soldiers during a mission and the Army's values of loyalty, duty, respect, selfless service, honor, integrity, personal courage, and discipline. In addition, sections cover ethical reasoning, the basic principles of war, military courtesies, individual combat skills, and more. This guide will clarify and reinforce standards and help prepare any soldier to assume a leadership position. Skyhorse Publishing is proud to publish a range of books for readers interested in military tactics and skills. We publish content provided by or of interest to the U.S. Army, Army Rangers, the U.S. Navy, Navy SEALs, the U.S. Air Force, the U.S. Marine Corps, and the Department of Defense. Our books cover topics such as survival, emergency medicine, weapons, guns, weapons systems, hand-to-hand combat, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

**army pt uniform regulation: Map Reading and Land Navigation** Department of the Army, 2015-12-31 The field manual provides a standardized source document for Army-wide reference on map reading and land navigation. It applies to every soldier in the army regardless of service branch, MOS, or rank. This manual also contains both doctrine and training guidance on map reading and land navigation. Part One addresses map reading and Part Two, land navigation. The appendices include an introduction to orienteering and a discussion of several devices that can assist the soldier in land navigation. For soldiers, hunters, climbers, and hikers alike, this is the definitive guide to map reading and navigation.

**army pt uniform regulation: Army Training and Leader Development** Department Army, 2012-12-06 This regulation prescribes policies, procedures, and responsibilities for developing, managing, and conducting Army training and leader development.

**army pt uniform regulation: Field Manual Fm 3-05.70 Us Army Survival Guide** U.s. Army, 2002-05-01 FM 3-05.70 is the United States Army manual used to train survival techniques (formerly

the FM 21-76). It is popular among survivalists and campers. The manual covers a variety of helpful topics such as planning, psychology of survival, emergency medicine, shelter construction, water procurement, firecraft, food procurement (hunting), identification of poisonous plants, and construction of field expedient weapons, tools and equipment.

**army pt uniform regulation:** [Army Echoes](#) , 2003

**army pt uniform regulation:** **Code of Federal Regulations** , 1995

**army pt uniform regulation:** **FM 34-52 Intelligence Interrogation** Department of Department of the Army, 2017-12-13 The 1992 edition of the FM 34-52 Intelligence Interrogation Field Manual.

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