



DEPARTMENT OF THE ARMY  
UNITED STATES ARMY ROTC BATTALION  
ILLINOIS STATE UNIVERSITY  
CAMPUS BOX 5160  
NORMAL, IL 61790-5160

ATCC-CCI-LIS

13 June 2023

MEMORANDUM FOR RECORD

SUBJECT: Illinois State Tuition Waiver (ILSTW) Application Guidance

1. References:

- a. Army Directive 2023-08, Army Body Fat Assessment Exemption for Army Combat Fitness Test Score, 15 March 2023.
- b. Army Directive 2023-11, Army Body Fat Assessment for the Army Body Composition Program, 9 June 2023.
- c. Army Regulation (AR) 600-9, The Army Body Composition Program, 16 July 2019.
- d. All Army Activities (ALARACT) 046/2023, Notification of New Army Body Fat Assessment for the Army Body Composition Program, 12 June 2023.
- e. Army Scoring Scales,  
[https://www.army.mil/e2/downloads/rv7/acft/ACFT\\_scoring\\_scales\\_220323.pdf](https://www.army.mil/e2/downloads/rv7/acft/ACFT_scoring_scales_220323.pdf)
- f. Illinois Compiled Statutes, School Code,  
<http://www.ilga.gov/legislation/ilcs/ilcs4.asp?DocName=010500050HArt%2E+30&ActID=1005&ChapterID=17&SeqStart=178600000&SeqEnd=182200000>.

2. Illinois State University (ISU) Army Reserve Officers' Training Corps (ROTC) receives forty (40) ILSTW each Academic Year. The ILSTW will waive 100% tuition and the general activity fee for the semester. The characterization, Candidate, refers to a student, who has not signed an Army ROTC Contract. The characterization, Cadet, refers to a student, who has signed an Army ROTC Contract.

3. Applications will be available one month prior to the start of the semester.

4. Applicants are assessed on a points system. For first semester Freshmen or Transfer Candidates, the minimum point value is **eighty (80)** to be **considered** for Tuition Waivers. For Sophomore Candidates or Cadets, the minimum point value is **one hundred and fifteen (115)** to be **considered** for Tuition Waivers. For Junior and Senior Cadets, the minimum point value is **one hundred and twenty-five (125)** to be **considered** for Tuition Waivers.

5. The Army Combat Fitness Test (ACFT) date will be announced one month prior to the execution of the test. **Cadets must pass the ACFT on their first attempt with a minimum of 60 points in each event according to their Age and Gender to be considered for the waiver and must be compliant with the Army's Body Fat Standards. First semester Freshmen or Transfer Students must achieve 50 points in each event according to their Age and Gender to be considered for the waiver.** A failed ACFT will result in zero points being awarded. Scoring standards are listed below.

Max Deadlift (MDL)(Three Repetitions) Minimum Weight

Age 17-21	
Males	Females
130 pounds	110 pounds

Standing Power Throw (SPT) Minimum Distance

Age 17-21	
Males	Females
5.8 meters	3.8 meters

Hand-Release Push-Up (HRP) Minimum Repetitions

Age 17-21	
Males	Females
9 repetitions	9 repetitions

Sprint-Drag-Carry (SDC) Maximum Time

Age 17-21	
Males	Females
2:38 minutes	3:25 minutes

Plank (PLK) Minimum Time

Age 17-21	
Males	Females
1:25 minute	1:25 minute

Two-Mile Run (2MR) Maximum Time

Age 17-21	
Males	Females
22:19 minutes	23:41 minutes

6. All eligibility requirements must be met at the time of applying for Cadets in order to receive the waiver. All eligibility requirements must be met by the end of the semester the waiver is awarded for Candidates to retain the waiver. The eligibility requirements are available on our website (<https://arotc.illinoisstate.edu/scholarships/tuition-waivers/>).

ATCC-CCI-LIS

SUBJECT: Illinois State Tuition Waiver (ILSTW) Application Guidance

7. The contact for this memorandum is CPT John Torres at (309) 438-2841 or [jmtorr2@ilstu.edu](mailto:jmtorr2@ilstu.edu).

KRAIG M. KLINE  
LTC, MI  
Professor of Military Science