



## GOMOR Appeals



### Is it possible to appeal a General Officer Memorandum of Reprimand (GOMOR) that has been filed in my permanent file?

There are two ways to “appeal” a GOMOR in your permanent file; request that the GOMOR be removed entirely from your file or moved to the restricted portion of your file. Requests are sent to the Department of the Army Suitability Evaluation Board (DASEB)

### Who can appeal?

The DASEB will consider all appeals from Soldiers in the Regular Army, the National Guard, or the U.S. Army Reserves (in grades E–6 and above), officers, and warrant officers. The DASEB will consider appeals from Soldiers in grades below E–6 only as an exception to policy. The exception to policy must be granted by the Army G1.

### What if I am no longer in uniform?

The DASEB will not accept or consider appeals from individuals no longer in the military or members of the Inactive Ready Reserve. Those individuals must submit their requests to the Army Board for Correction of Military Records.

### What is the standard for removal?

The standard for removal is very high.

*“Soldiers who believe unfavorable information filed in their AMHRR is **untrue or unjust** may submit an appeal to request the removal .... Such appeals must include sufficient **clear and convincing evidence** that shows the unfavorable information is either untrue or unjust in whole or in part.” (AR 600-37, para 6-3a(4))*

Appeals that merely allege an injustice or error **without supporting evidence** or a compelling argument will be returned without action.

### What are the rules for requesting transfer to my restricted file?

Time restriction for transfer request: The Soldier must have at least one evaluation (not academic) since the GOMOR was received.

The Soldier bears the burden to provide “substantial evidence that the **intended purpose** of the document has been served.”

The Soldier must show how transfer is in the **best interest** of the Army.