

Because it is impossible to provide examples of every appropriate or unacceptable hairstyle or of “conservative” or “eccentric” grooming and personal appearance, final determination on the appropriateness of a style will be made by the Regimental Staff. Overall, hair/grooming/personal appearance while in uniform shall present a neat, professional appearance.

## HAIR

### Men:

Hairstyles and haircuts shall present a professional and balanced appearance. Keep hair neat, clean and well groomed. Hair above the ears and around the neck shall be tapered from the lower natural hairline upwards at least 3/4 inch and outward not greater than 3/4 inch to blend with hairstyle. Hair on the back of the neck must not touch the collar. Hair shall be no longer than four inches and may not touch the ears, collar, extend below eyebrows when cover is removed, show under front edge of cover, or interfere with properly wearing military cover. The bulk of the hair shall not exceed two inches. Bulk is defined as the distance that the mass of hair protrudes from the scalp. Hair coloring must look natural and complement the individual. Faddish styles and outrageous multicolored hair are not authorized.

The unique quality and texture of curled, waved, and straight hair are recognized, and in some cases the 3/4 inch taper at the back of the neck may be difficult to attain. In those cases hair must present a graduated appearance and may combine the taper with a line at the back of the neck. One (cut, clipped or shaved) natural, narrow, fore and aft part is authorized. Varying hairstyles, including afro, are permitted if these styles meet the criteria of maximum length and bulk, tapered neck and sides, and do not interfere with properly wearing military cover. Braided hair shall not be worn while in uniform or in a duty status. Keep sideburns neatly trimmed and tailored in the same manner as the haircut. Sideburns shall not extend below a point level with the middle of the ear, shall be of even width (not flared) and shall end with a clean shaven horizontal line. See Figure 2-2-1. "Muttonchops", "ship's captain", or similar grooming modes are not authorized.

### Women:

Hairstyles and haircuts shall present a professional and balanced appearance. Keep hair neat, clean and well groomed. Appropriateness of a hairstyle shall be evaluated by its appearance when cover is worn. Hairstyles will not interfere with the proper wearing of cover, protective masks or equipment. When cover is worn, hair shall not show from under the front of the cover. Hair (including bun) is not to protrude from the opening in the back of a ball cap.

Lopsided and extremely asymmetrical hairstyles are not authorized. Angled hairstyles will have no more than a 1-1/2 inch difference between the front and the back length of hair.

Hair length, when in uniform, may touch, but not fall below a horizontal line level with the lower edge of the back of the collar. Long hair, including braids, shall be neatly fastened, pinned, or secured to the head. When bangs are worn, they shall not extend below the eyebrows. Hair length shall be sufficient to prevent the scalp from being readily visible (with the exception of documented medical conditions).

Hair bulk (minus the bun) as measured from the scalp will not exceed 2 inches. See [Figure 2-2-2](#). The bulk of the bun shall not exceed 3 inches when measured from the scalp and the diameter of the bun will not exceed 4 inches. Loose ends must be tucked in and secured.

Hair, wigs, or hair extensions/pieces must be of a natural hair color (i.e. blonde, brunette, brown, red, gray, or black). Hair extensions/pieces must match the current color of hair. Wigs, hairpieces and

extensions shall be of such quality and fit so as to present a natural appearance and conform to the grooming guidelines listed herein. Tints and highlights shall result in natural hair colors and be similar to the current base color of the hair.

**Hairstyles:** Hairstyles shall not detract from a professional appearance in uniform. Styles with shaved portions of the scalp (other than the neckline), those with designs cut, braided, or parted into the hair, as well as dyed using unnatural colors are not authorized. The unique quality and texture of curled, waved and straight hair are recognized. While this list shall not be considered all inclusive, the following hairstyles are authorized.

- a. Three strand braids and two strand braids (also referred to as twists) are authorized. Braided hairstyles shall be conservative and conform to the guidelines listed herein.
- b. Multiple braids. Multiple braids consist of more than 2 braids and encompass the whole head. When a hairstyle of multiple braids is worn, each braid shall be of uniform dimension, small in diameter (no more than 1/4 inch), and tightly interwoven to present a neat, professional, well-groomed appearance. Foreign material (e.g., beads, decorative items) shall not be braided into the hair. Multiple braids may be worn loose, or may be pulled straight back into a bun, within the guidelines herein.
- c. Two individual French braids. One braid worn on each side of the head, uniform in dimension and no more than one inch in diameter. Each braid extends from the front to back of the head near the lower portion of the hair line (i.e., braids are closer to the top of the ear than the top of the head to prevent interference with wearing of cover). A single French braid may be worn starting near the top of the head and be braided to the end of the hair. In both cases, the end of the braid/s must be secured to the head.
- d. Corn rows. Must be in symmetrical fore and aft rows, and must be close to the head, leaving no hair unbraided. They must be no larger than 1/4 inch in diameter and show no more than approximately 1/8 inch of scalp between rows. Corn row ends shall not protrude from the head. Rows must end at the nape of the neck and shall be secured with rubber bands that match the color of the hair. Corn rows may end in a bun conforming to the guidelines listed herein, if hair length permits.
- e. Rolls. Two individual rolls, one on each side of the head, must be near the lower portion of the hair line (i.e., rolls are closer to the top of the ear than the top of the head and will not interfere with wearing of cover). Rolls must be of uniform dimension and no more than one inch in diameter.

**Hair Accessories:** When hair accessories are worn, they must be consistent with the hair color. Bun accessories (used to form the bun), are authorized if completely concealed. Additional hairpins, bobby pins, small rubber bands, or small thin fabric elastic bands may be used to hold hair in place, if necessary. The intent is for pinned-up hair to be styled in a manner that prevents loose ends from extending upward or outward from the head. For example, when using barrettes or hairpins, hair will not extend loosely from the head; when hair is in a bun, all loose ends must be tucked in and secured. Hair accessories shall not present a safety or foreign object damage (FOD) hazard. Headbands, scrunchies, combs, claws and butterfly clips, are examples of accessories that are not authorized; this list is not to be considered all inclusive.

**Unauthorized Hairstyles:** While this list shall not be considered all inclusive, the following hairstyles are not authorized: ponytails; pigtails; braids that are widely spaced and/or protrude from the head; and dreadlocks.

**Grooming Standards Exception:** During group Physical Training, Commanding Officers are authorized to standardize unit policy for the relaxation of female hair grooming standards with regard to having hair secured to head (e.g., ponytails). Hair restraining devices, if worn, will be consistent with the current hair color.

## SHAVING AND MUSTACHES (Men)

The face shall be clean shaven unless a shaving waiver is authorized by the Commanding Officer. Mustaches are only authorized for certain classes and shall be kept neatly and closely trimmed. No portion of the mustache shall extend below the lip line of the upper lip. It shall not go beyond a horizontal line extending across the corners of the mouth and no more than 1/4 inch beyond a vertical line drawn from the corner of the mouth. The length of an individual mustache hair fully extended shall not exceed approximately 1/2 inch. See [Figure 2-2-1](#). Handlebar mustaches, goatees, beards or eccentricities are not permitted. If a shaving waiver is authorized, no facial/neck hair shall exceed 1/4 inch in length.

## COSMETICS (Women)

Cosmetics may be applied in good taste so that colors blend with natural skin tone and enhance natural features. Exaggerated or faddish cosmetic styles are not authorized with the uniform and shall not be worn. Care should be taken to avoid an artificial appearance. Lipstick colors shall be conservative and complement the individual. Long false eyelashes shall not be worn when in uniform.

## FINGERNAILS

Men: Fingernails shall not extend past fingertips. They shall be kept clean.

Women: Fingernails shall not exceed 1/4 inch measured from the fingertip. They shall be kept clean. Clear nail polish may be worn.

## JEWELRY

Conservative jewelry is authorized for all personnel and shall be in good taste while in uniform. Jewelry shall not present a safety or FOD (Foreign Object Damage) hazard. Jewelry shall be worn within the following guidelines:

Rings: While in uniform, only one ring per hand is authorized, plus a wedding/engagement ring set. Rings are not authorized for wear on thumbs.

Earrings:

- Men: Not authorized while in uniform.
- Women: One earring per ear may be worn while in uniform. Earrings shall be 4mm - 6mm ball (approximately 1/8 - 1/4 inch), plain with shiny or brushed matte finish, screw on or with posts. Small single pearl earrings are authorized for wear with Dinner and Formal Dress uniforms.

Body Piercing: Not authorized while in uniform.

Necklaces/Choker: While in uniform, only one necklace may be worn and it shall not be visible.

Wristwatch/Bracelets: While in uniform, only one of each may be worn. Bracelets with danglers are not authorized. Ankle bracelets are not authorized while in uniform.

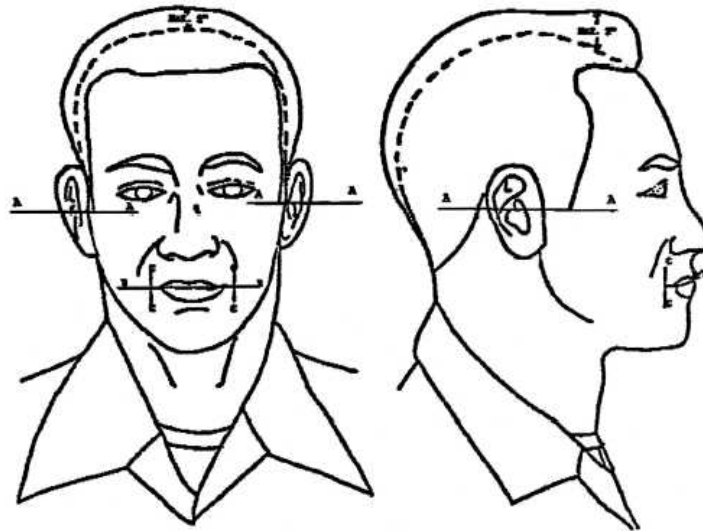
## Mutilation

Intentional mutilation of any part of the body is prohibited. Mutilation, is defined as the intentional radical alteration of the body, head, face, or skin for the purpose of and or resulting in an abnormal appearance. Examples of mutilation include, but are not limited to:

- a. A split or forked tongue
- b. Foreign objects inserted under the skin to create a design or pattern
- c. Enlarged or stretched out holes in ears (other than a normal piercing)
- d. Intentional scarring on neck, face, or scalp
- e. Intentional burns creating a design or pattern

### GROOMING STANDARDS FOR MEN

Figure 2-2-1

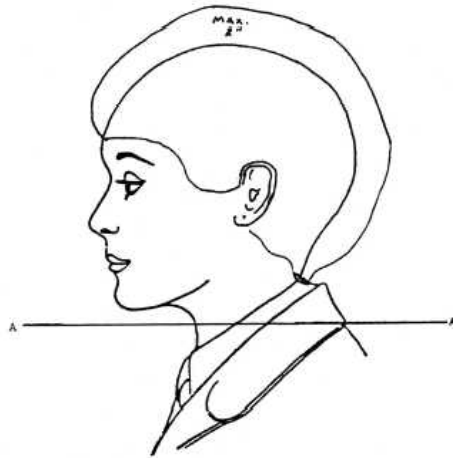


----- INDICATES SCALP LINE) Sideburns shall not extend below a point level with the middle of the ear, as indicated by line "A". When a mustache is worn it shall not:

- Go below a horizontal line extending across the corner of the mouth as indicated by line "B".
- Extend more than 1/4 inch beyond a vertical line drawn upward from the corners of the mouth as indicated by line "C".
- Protrude below the lip line of the upper lip as indicated by line "D".
- Hairstyle properly groomed shall not be greater than approximately 2 inches in bulk. Bulk is the distance that the mass of hair protrudes from the scalp. No individual hair will measure more than 4 inches in length.

GROOMING STANDARDS FOR WOMEN

Figure 2-2-2



- No portion of the bulk of the hair as measured from the scalp shall exceed approximately 2 inches.
- Hair shall not fall below a horizontal line level with the lower edge of the back of the collar as indicated by line A.