

## 1-4 PERSONAL APPEARANCE AND GROOMING

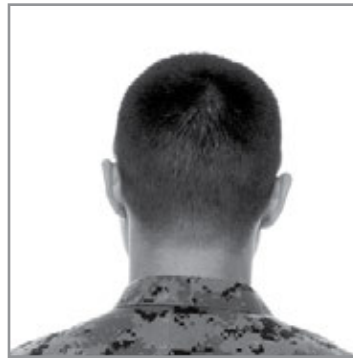
\*(See also: <http://www.public.navy.mil/bupers-npc/support/uniforms/uniformregulations/chapter2/pages/2201personalappearance.aspx> )

### A. MEN

#### Hair:

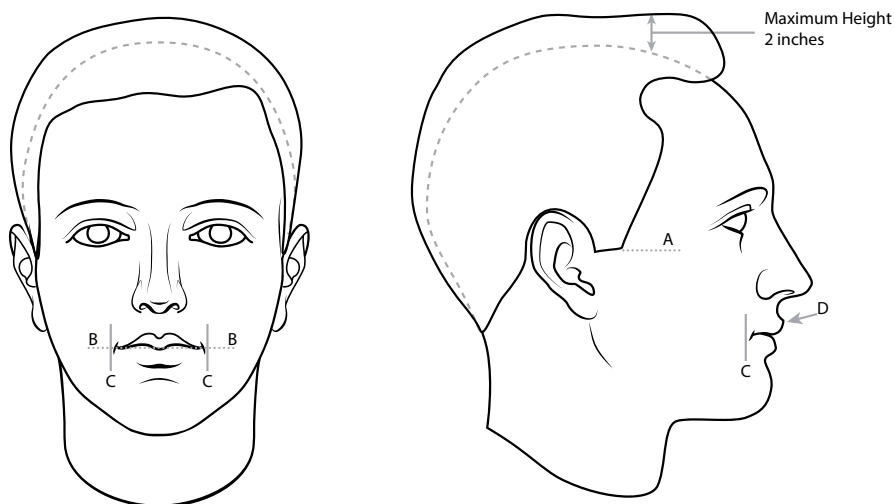
Neat, clean, trimmed, and presents a well-groomed appearance. Above the ears and around the neck: must be tapered upwards 3/4 inch and **outwards not greater than 3/4 inch**. Must not touch the collar or ears.

**No longer than 4 inches and the bulk shall not exceed 2 inches.** (In no case shall the bulk or length of your hair interfere with the proper wearing of your cap. Bulk is defined as the distance that the mass of the hair protrudes from the scalp as indicated by the - - - line in the drawing that follows). One narrow part in the hair is authorized. This may be cut, clipped, or shaved. **Plaited or braided hair is unauthorized. Hair may not show under the front brim of any uniform cap.** The following examples of male haircuts conform to NJROTC regulations.



**NOTE:** Ethnic hairstyles are permitted, provided they are groomed to fit within the guidelines stated here. Bizarre hairstyles and faddish or outrageous multicolor hair are not authorized. Hair color must look natural and complement the individual.

### GROOMING STANDARDS FOR MEN



Sideburns: Neatly trimmed and tailored as described here. Shall not extend below a point level with the middle of the ear, as indicated by line A and shall be of even width (not tapered or flared). Shall end with a clean-shaven horizontal line.

Mustaches: Neat and closely trimmed. No portion shall extend below the upper lip line as indicated by line D. Shall not be below the horizontal line extending across the corners of the mouth as indicated by line B. Shall not be more than 1/4 inch beyond a vertical line drawn upward from the corners of the mouth as indicated by line C. No other facial hair is permitted.

Fingernails: Will not extend past the fingertips.

Earrings/Studs: Not authorized in the ear, nose, eyebrows, tongue, lips, or other areas of the face or body visible to the naval science instructor.

Necklaces: Authorized, but shall not be visible.

Rings: One per hand is authorized.

Wristwatch/Bracelet: One of each is authorized but no ankle bracelets.

Sunglasses: A conservative pair is permitted when authorized by the naval science instructor. Sunglasses are never authorized in military formations. Retainer straps are not authorized.

**\*B. WOMEN**Hair:

Clean, neatly shaped, and presents a well-groomed appearance. Lopsided or asymmetrical haircuts and hairstyles are not authorized. The wearing of an approved style is authorized provided it does not prohibit the proper wear of safety gear and allows uniform head gear to be worn squarely on the head.

**1. Braids and Ponytails**

Single braid, French braid, or a single ponytail is authorized in Service, Working, and PT uniforms. The initial accessory for the ponytail will not be visible when facing forward. Authorized accessory devices must be consistent with the color of the hair. The end of the braid or ponytail may extend up to three inches below the lower edge of the collar of the shirt, jacket or coat.

**2. Hair Buns**

Will not exceed three inches from the scalp or extend beyond the width of the back of the head.

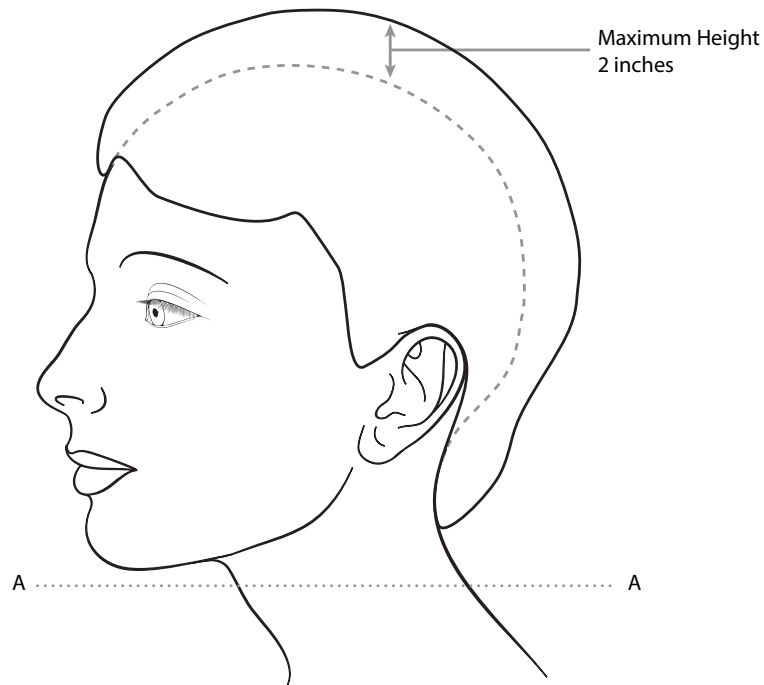
**3. Lock Hairstyle**

Consists of one section of hair that twists from or near the root to the end of the hair and creates a uniform ringlet or cord-like appearance. Locks may be worn in short, medium, and long hair lengths in the following manner:

- (a) Locks must continue from the root to the end of the hair in one direction (no zig-zagging, curving, or ending before the end of the lock to dangle as a wisp or loose hair) and should encompass the whole head. Locks partings must be square or rectangular in shape in order to maintain a neat and professional appearance.
- (b) Locks can be loose (free-hanging where no hair is added to the lock once it is started other than hair extensions that are attached at the end of the natural hair). When worn loose, locks will be spaced no more than three-eighths of an inch apart, diameter/width will not exceed three-eighths of an inch, and locks will be tightly interlaced to present a neat and professional military appearance. Locks may also be worn in a bun provided all hair grooming requirements are met. Locks may not be worn in combination with other hair styles (e.g. twists, braids).
- (c) New growth (defined as hair that naturally grows from the scalp and has not yet been locked) will not exceed one-half inch at any time.
- (d) Locks that do not meet these standards and do not present a neat and professional military appearance will not be worn in uniform. The Senior Naval Science Instructor has the ultimate responsibility for determining when hairstyles are eccentric, faddish, or out of standards.

Examples of female hair styles that conform to NJROTC regulations can be found at: <http://www.navy.mil/ahonline/um/femalehair.html>.

### GROOMING STANDARDS FOR WOMEN



**NOTE:** Ethnic hairstyles are permitted, provided they are groomed to fit within the guidelines stated here. Bizarre hairstyles and faddish or outrageous multicolor hair are unauthorized. Hair, wigs, or hair extensions/pieces must be a natural hair color (i.e., blonde, brunette, brown, red, gray, or black). Tints and highlights shall result in natural hair colors and be similar to the current base color of the hair.

The following examples of female hair styles conform to NJROTC regulations.



- Hair Ornaments: Must be consistent with the hair color. A maximum of two small barrettes, similar to hair color, may be used to secure the hair to the head. Bun accessories (used to form the bun), are authorized if completely concealed. Headbands, “scrunchies,” combs, claws, and butterfly clips are examples of accessories that are not authorized. Conspicuous rubber bands, combs, and pins are not authorized.
- Cosmetics: Applied in good taste and colors that blend with natural skin tone. Exaggerated or faddish cosmetics are inappropriate. Lipstick should be conservative.
- Fingernails: Fingernails shall not exceed 1/4 inch measured from the fingertip. They shall be kept clean. Nail polish may be worn, but colors shall be conservative and complement the skin tone.
- Earrings/Studs: One per ear, centered on the earlobe. Must be a small gold or silver ball (post or screw on). Studs are not authorized in the nose, eyebrows, tongue, lips, or other areas of the face or body visible to the naval science instructor.
- Necklaces: Authorized, but shall not be visible.
- Rings: One per hand is authorized, plus the engagement ring or the wedding ring.
- Wristwatch/Bracelet: One of each is authorized but no ankle bracelets.
- Sunglasses: A conservative pair is permitted when authorized by the naval science instructor. Sunglasses are never authorized in military formations. Retainer straps are not authorized.

**NOTE:** Personal appearance such as the wearing of lip rings, tongue and nose studs, belly rings, and other types of bizarre body jewelry, for both males and females when out of uniform, will be determined by the local school or NJROTC student dress codes.