

CHAPTER TWO

GROOMING STANDARDS

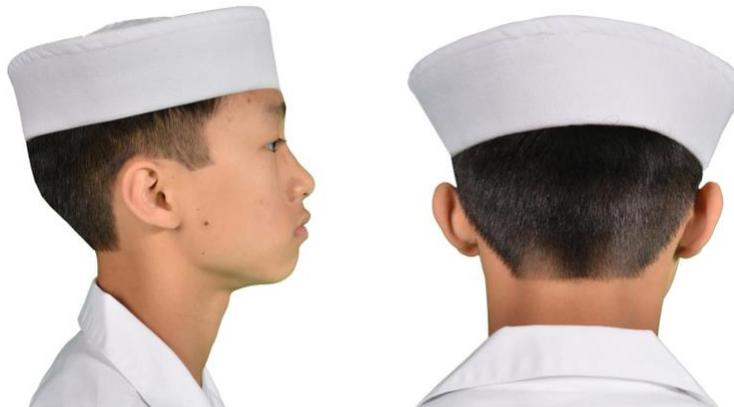
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2200. **PERSONAL APPEARANCE**. Because it is impossible to provide examples of every hairstyle, the good judgment of leaders at all levels is key to enforcement of the USNSCC’s grooming policy. Hair, grooming, and personal appearance while in uniform shall present a neat, professional appearance. The primary considerations are a neatly groomed appearance for the hairstyle and the type of hair that each member has.

2201. **HAIR**

GROOMING STANDARDS FOR MALE CADETS



a. **Males**. This policy applies to male members in uniform, or when wearing civilian clothes in the performance of duty. Keep hair neat, clean and well groomed. Members may wear varying hairstyles if they meet the criteria of maximum length and bulk, tapered neck and sides, and correct wear of military headgear.

(1) Taper hair above the ears and around the neck from the lower natural hairline upwards at least 3/4 inch and outward not greater than 3/4 inch to blend with hairstyle.

- (2) Hair must not be longer than four inches. It must not touch the ears, collar, extend below eyebrows when uncovered, show under front edge of headgear, or interfere with properly worn military headgear.
- (3) Bulk is the distance that the mass of hair protrudes from the scalp; bulk must not exceed two inches.
- (4) Hair coloring must look natural and complement the individual. Faddish styles, unnatural colors, or multicolored hair are not authorized.
- (5) The USNSCC recognizes the unique quality and texture of curled, waved, and straight hair. Where the 3/4 inch taper at the back of the neck is not practicable, cut for a graduated appearance. This may combine the taper with a line at the back of the neck.
- (6) Members may cut, shave, or clip one natural, narrow, fore and aft part.
- (7) Do not wear plaited or braided hair in uniform or in a duty status.
- (8) If worn, 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 and shall end with a clean-shaven horizontal line. Do not wear flared sideburns, "muttonchops", "ship's captain", or similar styles.

GROOMING STANDARDS FOR FEMALE CADETS



In addition to the below female grooming standards, please see the Interactive web site "All Hands Magazine of the US Navy" for a complete list acceptable female hairstyles

<https://allhands.navy.mil/Features/Hair/>

- b. **Females.** This policy applies to female members in uniform, or when wearing civilian clothes in the performance of duty.
 - (1) **Hairstyles.** Hairstyles must present a professional, balanced appearance.
 - (a) Appropriateness of a hairstyle shall be evaluated by its appearance when headgear is worn. Hairstyles must not interfere with the proper wearing of headgear or equipment. Headgear must fit snugly and comfortably around the

largest part of the head without distortion or excessive gaps. Hair must not show from under the front edge of the headgear.

- (b) Except when wearing a bun or ponytail hairstyle, hair must not protrude from the opening in the back of the ball cap. For properly fitting headgear, wear buns and ponytails on the back of the head.
- (c) 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. With jumper uniforms, hair may extend a maximum of 1-1/2 inches below the top of the jumper collar.
- (d) Keep long hair, including braids, neatly fastened, pinned, or secured to the head. Bangs must not extend below the eyebrows. Do not wear widely spaced or protruding braids. Do not wear pigtails.
- (e) Styles with shaved portions of the scalp (other than the neckline), those with designs cut, braided, or parted into the hair, or those dyed using unnatural colors or multiple colors, are not authorized.
- (f) Do not wear lopsided or extremely asymmetrical hairstyles. Angled hairstyles have no more than a 1-1/2 inch difference between the front and the back length of hair.
- (g) Members may wear layered hairstyles that present a smooth and graduated appearance.
- (h) Except for documented medical conditions, hair length must prevent the scalp from being readily visible.
- (i) Minus the bun, hair bulk as measured from the scalp must not exceed 2 inches. The bulk of the bun must not exceed 3 inches when measured from the scalp. Bun diameter must not extend beyond the width of the back of the head. Loose ends must be tucked in and secured.
- (j) Wigs, hairpieces, and extensions must be of a natural hair color and match the current color of hair.
- (k) Fit and quality of wigs, hairpieces and extensions must present a natural appearance and conform to grooming standards. Tints and highlights must be natural and similar to the current base color.
- (l) The NSCC recognizes the unique quality and texture of curled, waved and straight hair. All hairstyles must minimize scalp exposure. Members may wear the following styles according to hairstyle guidelines:
 - i. **Twists.** Members may wear three strand braids and two strand braids, also referred to as twists.
 - ii. **Multiple braids.** Multiple braids consist of more than two braids and encompass the whole head. Each braid must be of uniform dimension, small in diameter, and tightly interwoven to present a neat, professional, well-groomed appearance. Do not braid foreign material into the hair. Members may wear braids loose or pulled straight back into a bun.

- iii. **Two individual braids.** Members may wear one braid worn on each side of the head. Braids must be uniform in dimension and must not exceed one inch in diameter. Each braid extends from the front to back of the head near the lower portion of the hairline, so it does not interfere with headgear wear.
- iv. **French braid.** Members may wear a single French braid, starting near the top of the head and braided to the end of the hair. Secure the end of the braid to the head. Braid placement shall be down the middle of the back of the head.
- v. **Cornrows.** Wear in symmetrical fore and aft rows, close to the head, with all hair unbraided. Rows must be no larger than 1/4 inch in diameter and show no more than approximately 1/8 inch of scalp between rows. Ends must not protrude from the head. Rows must end at the nape of the neck. Secure rows with rubber bands that match the color of the hair. If hair length permits, cornrows may end in a bun.
- vi. **Rolls.** Members may wear two individual rolls, one on each side of the head, of uniform dimension and no more than one inch in diameter. Rolls must be near the lower portion of the hairline, so they are closer to the top of the ear than the top of the head and do not interfere with headgear wear.
- vii. **Locks.** Locks are a 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. Members may wear locks as follows:
 - Locks must continue from the root to the end of the hair in one direction and should encompass the whole head. For a neat, professional appearance, partings must be square or rectangle in shape.
 - When worn loose, locks will be spaced no more than 3/8 of an inch apart. Diameter or width must not exceed three-eighths of an inch. For a neat and professional appearance, locks must be tightly interlaced. Members may wear locks in a bun, or faux locks, according to hairstyle guidelines. Do not wear locks with other hairstyles, such as braids or twists.
 - New hair growth that naturally grows from the scalp must not exceed one-half inch.
 - Do not wear locks that do not present a neat and professional military appearance. Commanding Officers have the ultimate responsibility to determine when hairstyles are out of standards.

viii. **Ponytails.** To wear a ponytail, pull hair away from the face, then gather and secure at the back of the head with an approved accessory. Members may braid the tail or allow it to extend naturally, to correct length for uniform prescribed. Members may wear a single braid, French braid, or a single ponytail in Service, Working, and PT uniforms. The following criteria pertain to ponytail hairstyles worn in uniform:

- Ponytails must not interfere with the proper wearing of military headwear and equipment, nor extend more than three inches below the lower edge of the collar while sitting, standing or walking.
- Ponytails must not extend outward more than three inches behind the head as measured from the securing accessory. Nor shall the width exceed the width of the back of the head or be visible from the front.
- In spaces or environments where there are operational hazards such as rotating gear, do not wear a ponytail that extends below the bottom of the collar.

ix. While this list shall not be considered all inclusive, the following hairstyles are not authorized: Pigtails, or braids that are widely spaced and/or protrude from the head.

(m) **Hair Accessories.** Wear accessories consistent with the hair color. Members may use a maximum of two small barrettes, similar to hair color, to secure the hair to the head. Members may use bun accessories if completely concealed. If necessary, members may use additional hairpins, bobby pins, small rubber bands, or small thin fabric elastic bands to hold hair in place. Pin up hair to prevent ends from extending upward or outward from the head.

- When using barrettes or hairpins, hair must not extend loosely from the head.
- When hair is in a bun, tuck in and secure all loose ends.
- Hair accessories must present a safety or foreign object damage (FOD) hazard.
- Do not wear hairnets unless authorized for a specific type of duty, such as food service.
- Do not wear unauthorized accessories, to include headbands, combs, claws, or and butterfly clips.

(n) Unit and training contingent commanding officers may standardize unit policy to relax female hair grooming standards during physical training with regard to having hair secured to the head (e.g., ponytails). Hair restraining devices, if worn, must be consistent with the current hair color.

2202 **SHAVING AND MUSTACHES (Male)**. Unless granted a waiver or religious accommodation, males must be clean-shaven.

- a. **Cadets**. Unless granted a medical waiver or religious accommodation by their cognizant NHQ Representative, male cadets must be clean-shaven. Unit and training contingent commanding officers should exercise reasonable discretion with younger cadets who may not have begun shaving.
- b. **Uniformed Officers, Midshipmen, and Instructors**. Unless granted a medical waiver or religious accommodation by their cognizant NHQ Representative, these members must be clean-shaven, save for a mustache. If worn, mustaches must be kept neatly and closely trimmed, so no part extends below the lip line of the upper lip. Mustaches 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. Goatees, handlebar mustaches, and other eccentricities are not authorized.
- c. **Alternate Uniform Instructors and Non-Uniformed Auxiliary Members**. These members may wear mustaches or beards. If worn, facial hair is to be kept neatly groomed and trimmed for a smart professional appearance. Eccentric or faddish styles are not authorized.
- d. **Waivers**. If a granted a shaving waiver, no facial or neck hair shall be shaved, manicured, styled, or outlined nor exceed 1/4 inch in length. Members with medical waivers for pseudo folliculitis barbae must remain in compliance with a prescribed treatment regimen.

2203 **HAIRPIECES**. Members may wear wigs or hairpieces of good quality and fit. They must present a natural appearance and conform to grooming standards. They must not interfere with the proper performance of duty nor present a safety or FOD hazard.

- a. **Males**. May wear wigs or hairpieces while in uniform or duty status only to cover natural baldness or physical disfigurement.
- b. **Females**. May wear wigs or hairpieces meeting grooming standards while in uniform or duty status.

2204 **COSMETICS (Females)**. 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.

2205. **FINGERNAILS**

- a. **Men**. Fingernails shall not extend past fingertips. They shall be kept clean. The tips of the nails may be round to align with the contour of the fingertip.
- b. **Women**. Fingernails shall not exceed 1/4 inch measured from the fingertip. They shall be kept clean. The tips of the nails may be round, almond/oval, or square in shape. Nail polish may be worn, but colors shall be conservative and inconspicuous. White, black, red, yellow, orange, green, purple, blue, hot pink, grey, glitter, striped, or any sort of pattern/decorative nail polish are examples of unauthorized nail polish colors. French and American manicures (white and off-white tips with neutral base color only) are authorized.

2206. **JEWELRY.** If worn, jewelry must be conservative and in good taste. Eccentric or faddish jewelry is not authorized. Jewelry must not present a safety hazard. Jewelry shall be worn within the following guidelines:

- a. **Rings.** While in uniform, members may wear one ring per hand, plus a wedding or engagement ring set. Rings are not authorized for wear on thumbs.
- b. **Earrings**
 - (1) **Men.** May not wear earrings while in uniform. Additionally, do not wear earrings in civilian attire when in a duty status or while aboard any ship, craft, or aircraft, or in any military vehicle or within any base or other place under military jurisdiction, or while participating in any organized military recreational activities.
 - (2) **Women.** May wear one earring per ear, centered on earlobe, while in uniform. Earrings must be 4mm - 6mm ball, plain with shiny or brushed matte finish, screw on or with posts. Gold for officers, midshipmen, instructors, and chief petty officers, and silver for NSCC/NLCC cadets PO1 and below.
 - (3) **instructors, and chief petty officers, and silver for NSCC/NLCC cadets PO1 and below.**
- c. **Body Piercing.** Not authorized while in uniform, except for one earring per earlobe for female members. Otherwise, members may not attach any articles that pass to or through the ear, nose, or any other body part. Additionally, body piercing is not authorized in civilian attire when in a duty status, while aboard any military or NSCC conveyance, or within any base or other place under military jurisdiction, or while participating in any organized NSCC or military activities.
- d. **Necklaces/Choker.** While in uniform, only one single-strand necklace, conservative in nature, may be worn and shall not be visible; choker necklaces and necklaces that are the large multi-strand or gel-type branded collar variety are not authorized.
- e. **Bracelets.** Members may wear one bracelet while in uniform. Bracelets must be conservative and in good taste. Do not wear ankle bracelets in uniform. Bracelets must not present a safety hazard.
- f. **Wristwatch.** Members may wear one wristwatch while in uniform. Wristwatches must be conservative and in good taste. Do not wear eccentric or faddish watches.

2207. **TATTOOS, BODY ART, AND BRANDS.** Tattoos, body art, or brandings on cadet members are strictly prohibited. For adult members, tattoos/body art/brands located anywhere on the body that are prejudicial to good order, discipline, and morale, or are of a nature to bring discredit upon the USNSCC or the U.S. Navy, are prohibited. These include, but are not limited to, tattoos/body art/brands that are obscene, sexually explicit, or advocate discrimination. In addition, tattoos/body art/brands that symbolize affiliation with gangs, supremacist or extremist groups, or advocate illegal drug use are prohibited. With the exception of tattoos to correct medical conditions, adult members may not have any tattoo, body art, or brand on the head, neck, face, ears, or scalp.

2208. **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.

a. **Examples.**

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

b. Do not enroll applicants with any form of intentional body mutilation. Immediately separate for cause any member that acquires or displays any form of intentional body mutilation.

2209. **DENTAL ORNAMENTATION.** The use of gold, platinum, or other veneers or caps for purposes of dental ornamentation is prohibited. For purposes of this regulation, ornamentation is defined as decorative veneers or caps. Teeth, whether natural, capped, or veneered, will not be ornamented with designs, jewels, initials, etc.