



## Male Grooming Standards

**GENERAL** -- Hair will be neat, clean and present a groomed appearance. Hair above the ears and around the neck shall be tapered from the lower hairline upwards at least  $\frac{3}{4}$  inch and outward no greater than  $\frac{3}{4}$  inch to blend with the hairstyle. Hair on the back of the neck may not touch the collar. The "block out" is permitted as long as a tapered appearance is maintained. Hair shall be no longer than 4 inches and groomed so that it does not touch ears or collar, extend below eyebrows when headgear is not removed nor interfere with the proper wearing of military headgear. Bulk of the hair shall not exceed 2 inches. Bulk is defined as the distance that the mass of hair protrudes from the scalp when groomed (as opposed to the length of the hair). The primary consideration remains a neatly groomed appearance for the hairstyle and the type of hair that the individual has, with 4 inches length and 2-inch bulk the maximum under any circumstances.

**BULK** -- Military headgear shall fit properly and in no case shall the bulk or length of hair interfere with the proper wearing of any military headgear.

**TAPER** -- The unique quality and texture of curled, kinked, waved and straight hair is recognized, and in some cases the  $\frac{3}{4}$  taper at the back of the neck may be difficult to attain. In those special cases, hair must present a graduated appearance and may combine the taper with a line at the back of the neck.

**STYLES** -- Varying hair styles, including Afro, are permitted provided these styles meet the criteria of maximum length and bulk, tapered neck and sides, and do not interfere with the proper wearing of military headgear. Plaited or braided hair shall not be worn while in uniform. Faddish and outrageous multi-color hair is not authorized. Exaggerated styles, including those with excessive fullness or extreme height, are not authorized.

**SIDEBURNS** -- Sideburns (if worn) shall be neatly trimmed and tapered in the same manner as the haircut. Sideburns shall not extend below the middle of the ear, shall be even width (not flared) and shall end with a clean-shaven horizontal line. "Muttonchops," "ship's captain" or similar grooming modes are considered to be merely elongated sideburns and thus are not authorized.

**FACIAL HAIR** -- The wearing of mustaches and beards is not authorized for Sea Cadets. However, NSCC officers/midshipmen may wear mustaches, the wearing of a beard is not authorized unless required for a medical reason, in which case a waiver must be requested from NHQ. If worn, a mustache will not go beyond a horizontal line extending across the corner of the mouth and no more than  $\frac{1}{4}$  inch beyond a vertical line drawn upward from the corners of the mouth.

## Female Grooming Standards

**GENERAL** -- Hair will be clean and neatly arranged. When in uniform, back hair may touch but not fall below the lower edge of the collar, must be neatly fastened, pinned or secured to the back of the head with inconspicuous pins. Poptails, pigtails or plaiting of hair is not permitted. No hair shall show under the front brim of the combination hat or the garrison cap. Afro, natural, bouffant and other similar hairstyles are permitted but exaggerated styles, including those with excessive fullness or extreme height, are not authorized. In no case shall the bulk of the hair interfere with the proper wearing of military headgear. Faddish and outrageous multi-color hair is not authorized.

**HAIR ORNAMENTS** -- Conspicuous rubber bands, pins or hair ornamentation of any kind is not authorized. A maximum of two barrettes may be worn.

**HAIR PIECES** -- Hair pieces or wigs, if worn while in uniform or duty status, shall be of good quality and fit, present a natural appearance, not interfere with the proper performance of duty, not present a safety hazard and shall conform to the grooming standards set forth in these regulations.

**COSMETICS** -- Cosmetics shall be applied in good taste. Lipstick shall be conservative. Long false eyelashes are not authorized.

**EARRINGS** -- Earrings shall be small 5mm ball (approximately 1/4 inch), plain, screw on or post type. Gold for NSCC officers and midshipmen, silver for cadets, with brushed matte finish.

**HOSIERY** -- Hosiery shall be worn with skirts. Shall be made of nylon material, individual's flesh tone color, undecorated, and seamless.