



With Pride & Distinction

Junior Officer Advisory Group

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Grooming Standards

We all maintain busy daily schedules, so much so that it becomes very easy to just throw on our uniforms and run out the door. Performing a uniform check is usually the last thing on our minds, and sometimes we forget the physical grooming importance while wearing our uniforms. According to the Commissioned Corps Instruction on Uniforms and Appearance ([CCI 412.01](#)), "Grooming standards are based on several elements including neatness, cleanliness, safety, image and appearance.... Therefore, hair/grooming/personal appearance while in uniform shall present a neat, professional appearance."

Hair for Men

Hair coloring for men must look natural and complement the individual. Hair for men should be above the ears and around the neck, and it should taper from the lower hairline upwards at least $\frac{3}{4}$ inch and outward not greater than $\frac{3}{4}$ inch to blend with hairstyle. Hair on the back of the neck must not touch the collar. Hair should be no longer than four inches and may not touch the ears, collar, extend past the headgear, or interfere with properly wearing military headgear. Sideburns should be neatly trimmed and tailored in the same manner as the haircut.

Hair for Women

Hair coloring for women must look natural and complement the individual. Haircuts and styles shall present a balanced appearance. Ponytails, pigtailed, widely spaced individual hanging locks, and braids which protrude from the head, are not authorized. Multiple braids are authorized. Braided hairstyles shall be conservative, braids shall be of uniform dimension, small in diameter (approx. $\frac{1}{4}$ inch), and tightly interwoven to present a neat, professional, well-groomed appearance. Foreign material (i.e., beads, decorative items) shall not be braid-

ed into hair. Appropriateness of a hairstyle is also judged by its appearance when headgear is worn. Hair shall not show from under the front of authorized covers. Nor may hair fall below a horizontal line level with the lower edge of the back of the uniform collar. Hair must be neatly fastened or pinned, where the bulk of hair does not exceed approximately 2 inches depth from the scalp. Two small barrettes/combs/clips, similar to hair color, may be used. Additional bobby pins or hair ties, matching hair color, may be used to hold hair in place.

Facial Hair

All Corps officers are expected to be either clean-shaven or be free of all extraneous facial hair while in uniform. For male officers, a mustache is authorized but must be neatly and closely trimmed. No portion of the mustache shall extend beyond the lip line of the upper lip. The mustache will not go beyond a horizontal line extending across the corners of the mouth, and no more than $\frac{1}{4}$ inch beyond a vertical line drawn from the corner of the mouth. The length of a mustache shall not exceed $\frac{1}{2}$ inch. Handlebars, goatees, or other eccentric or faddish facial hairstyles are not permitted at any time.

Cosmetics

Cosmetics for women should be applied in good taste so that colors blend with natural skin tone and enhance natural features. Exaggerated or faddish cosmetics styles, to include cosmetic or body glitter, 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 skin tone. Long false eyelashes shall not be worn when in uniform.

The next time you head out the door, do a quick check to ensure your uniform is shipshape!

Did you know that we cannot eat while walking in uniform?



The Commissioned Corps Instruction CC412.01, issued 1 MAY 2018, notes that officers must set and maintain high standards of smartness in uniform appearance. A component of smartness often overlooked is the professional appearance while standing and walking in uniform. What level of smartness are you?

- Officers shall not eat, drink, chew gum or talk on a cell phone while walking in uniform.
- Officers shall not place hands in his/her pockets of any uniform.
- Items stored in pockets shall not produce a bulky appearance.

*Contributors LCDR Seneca Smith and LCDR Dodson Frank
JOAG Communications and Publications/Uniform Subcommittee*