



FEMALE GROOMING STANDARDS

- ❑ Further defined authorized female hairstyles based on 3 categories of hair length
- ❑ Added hairstyle figures
- ❑ Clarifies standards for braids, cornrows, hair extensions, & wigs
- ❑ Clarifies unauthorized hairstyles (dreadlocks & twists)
- ❑ Added pony tail as authorized hair style during physical training





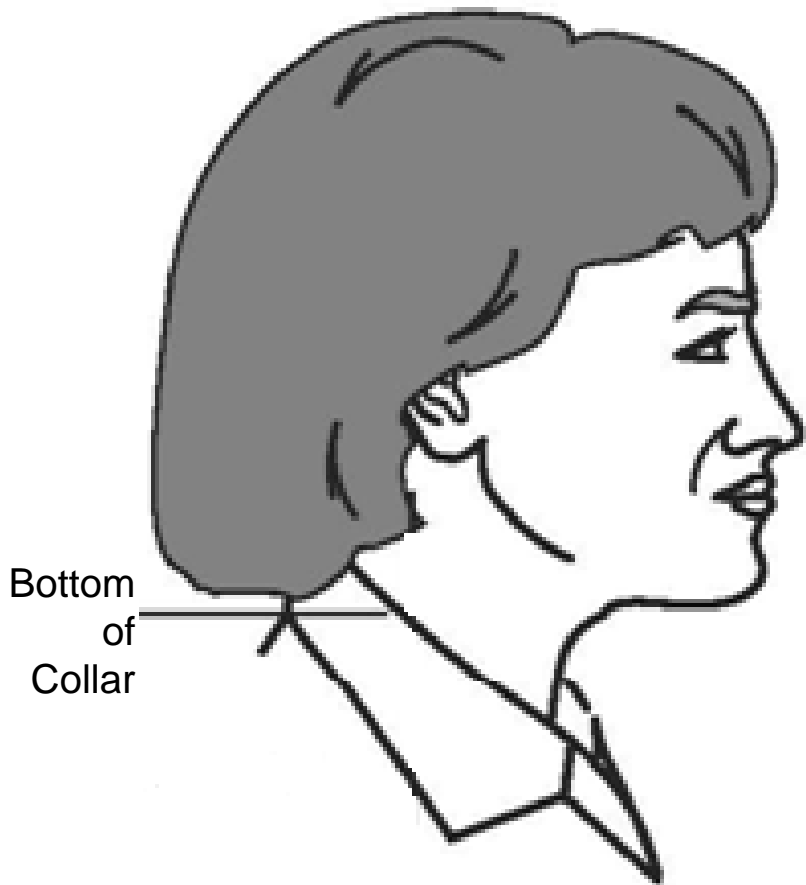
FEMALE SHORT HAIR LENGTH



- ❑ Defined as hair length that extends no more than 1" from scalp (excluding bangs)
- ❑ Hair may be no short than ¼" from scalp, but may be evenly tapered to the scalp within 2" from the hair line edges
- ❑ Bangs may not fall below the eyebrows & may extend to the hairline at the temple



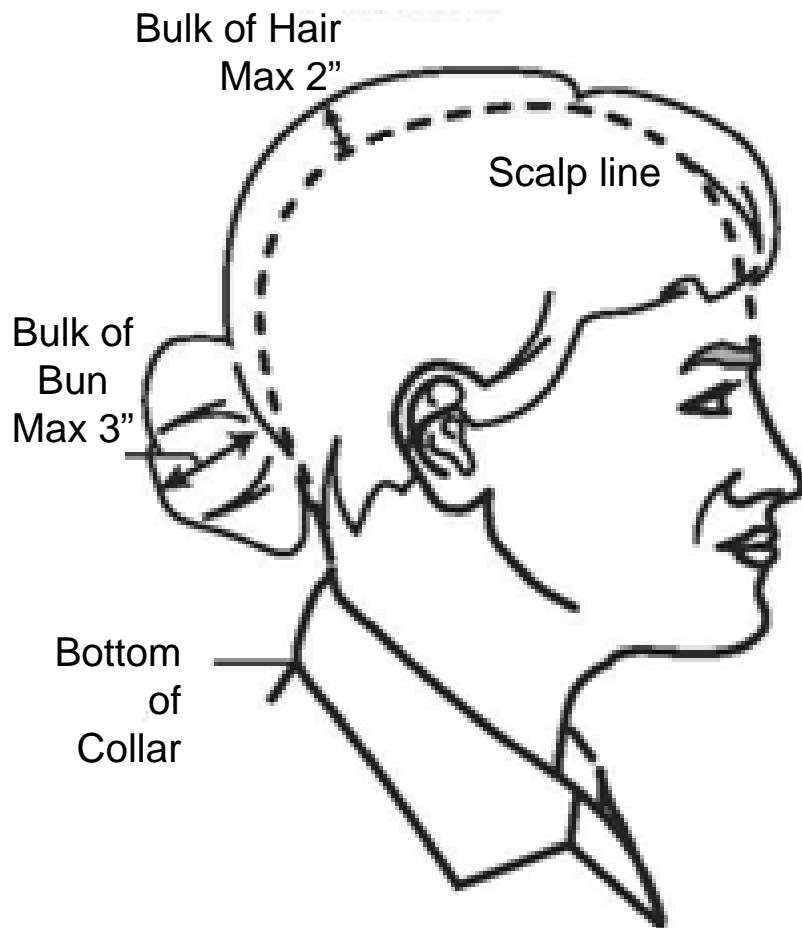
FEMALE MEDIUM HAIR LENGTH



- ❑ Defined as hair length that extends more than 1" from scalp (excluding bangs) and does not extend beyond the lower edge of the collar
- ❑ Hair may be worn loosely
- ❑ Graduated hairstyles are authorized provided the length has no more than 1" difference from front to back
- ❑ Layered hairstyles are authorized provided each hair's length is generally the same length
- ❑ Bulk of hair (measured from the scalp) will not exceed 2"



FEMALE LONG HAIR LENGTH



- ❑ Defined as hair length that extends beyond the lower edge of the collar
- ❑ Hair must be neatly and inconspicuously fastened or pinned
- ❑ Bangs are authorized
- ❑ Bulk of hair (measured from the scalp) will not exceed 2" (except a bun, which may extend a maximum of 3 inches from the scalp) and be no wider than the width of the head.



FEMALE BRAIDS



- ❑ Multiple braiding (more than 2 braids) is authorized.
 - ❑ Must be of uniform dimension, small in diameter (approximately 1/4"), show no more than 1/8" of scalp between the braids
 - ❑ Must be tightly interwoven to present a neat, professional, well-groomed appearance
 - ❑ Foreign material (beads or decorative items) will not be braided into the hair
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- ❑ Can be worn loose per medium hair length guidelines or secured to the head in the same manner as described for medium or long length hair styles
 - ❑ Ends must be secured only with inconspicuous rubber bands
 - ❑ Multiple braids must encompass the whole head
 - ❑ When braids are not worn loosely, but braided close to the scalp, the braids must start at the front of the head





FEMALE TWISTS & DREADLOCKS

- Twists
 - Defined as twisting two distinct strands of hair around one another to create a twisted rope-like appearance
 - Although some twists may be temporary (can be easily untwisted), they are unauthorized
 - This includes twists formed against the scalp or worn in a free-hanging style
- Dreadlocks
 - Defined as any or locked coils or ropes of hair (or extensions)
 - Any style of dreadlock (against the scalp or free-hanging) are not authorized





FEMALE CORNROWS

- ❑ Defined as hair rolled (not twisted using two strands) or braided closely to the scalp producing a continuous, raised row of hair
- ❑ Cornrows must be of uniform dimension, small in diameter (approximately 1/4 inch), show no more than 1/8 inch of scalp between the cornrows
- ❑ Must be tightly rolled or braided to present a neat, professional, well-groomed appearance
- ❑ Cornrows must start at the front of the head and continue in one direction in a straight line and end at a consistent location of the head
- ❑ Only one cornrow style (braided or rolled) may be worn at one time





EXTENSIONS & WIGS

- ❑ Hair extensions are authorized. Extensions must have the same general appearance as the individual's natural hair and otherwise conform to AR 670-1.
- ❑ Wigs must look natural and conform to hair guidelines in AR 670-1.





FEMALE PONY TAILS

- ❑ Long length hair may be worn in a pony tail when within the scope of physical training.
- ❑ A single pony tail centered on the back of the head is authorized in PT uniform, except when considered a safety hazard. The pony tail is not required to be worn above the collar.
- ❑ Authorized: PT formations, travel to and from PT
- ❑ Prohibited: stops when traveling to and from PT, medical appointments, organizational day, post clean-up

