FEMALE GROOMING STANDARDS

- All hairstyles must meet guidance and have the ability to wear all types of headgear (such as beret, patrol cap, service cap/hat) and any protective equipment (such as protective mask or combat helmet) properly.

- Hairstyles may not pose a health or safety hazard.

- Hair may be no shorter than \( \frac{1}{4} \)” from scalp, but may be evenly tapered to the scalp within 2” from the hair line edges.

- Hair must be shorter than the bottom edge of the collar or worn neatly above the collar; no restriction on length (if worn up) other than it must meet bulk and bun size restrictions.

(AR 670-1, para 3-2)
FEMALE GROOMING STANDARDS

- Bulk of hair (measured from the scalp) will not exceed 2”
- Bulk of a bun may extend a maximum of 3 ½ inches from the scalp and be no wider than the width of the head
- Bangs may not fall below the eyebrows & may extend to the hairline at the temple
- Graduated hairstyles for medium length hair are authorized provided the length has no more than 1” difference on length from front to back
- Layered hairstyles are authorized provided each hair’s length is generally the same length

(AR 670-1, para 3-2)
FEMALE GROOMING STANDARDS

- Braids, cornrows, and temporary twists are authorized (defined in glossary)
  - Must be of uniform design and have a diameter of no greater than ½”
  - Each must have same approximate size of spacing between the braids, cornrows, or twists
  - May be worn loose (free-hanging) or against the scalp
  - When multiple loose braids or twists are worn, they must encompass the whole head
  - When worn close to the scalp, they may follow the natural direction of the hair as worn back or may use one primary part in the hair
  - Only one style may be worn at a time

(AR 670-1, para 3-2)
FEMALE GROOMING STANDARDS

- Dreadlocks or locks are prohibited - defined as permanently twisted, or locked coils or ropes of hair (or extensions) or hair tangled closely together.
- Hair extensions and wigs are authorized:
  - must look natural and conform to standards of AR 670-1
  - Wigs may not cover up unauthorized hairstyles

(AR 670-1, para 3-2)
FEMALE GROOMING STANDARDS

- Pony tails are authorized
  - only when within the scope of physical training (includes PT formations, travel to and from PT; does not include stops when traveling to and from PT, medical appointments, organizational day, post clean-up)
  - other authorized hairstyles (such as braids and twists) may also be worn in a pony tail

(AR 670-1, para 3-2)