



## **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 ¼” 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)*

