

## Grooming Standards

Proper grooming is required in or out of uniform according to the following standards:

**Hair:** All midshipmen will maintain military hairstyles whenever they are on campus, and whenever they are involved in any NROTC activities, including summer training and official travel. Hair coloring must look natural and compliment the individual. Faddish, exaggerated styles, and multi-colored hair is not allowed (except where naturally occurring).

**Males:** Hair will be neat, clean, trimmed and present a tapered appearance. Hair will not touch the collar and, starting at the skin at the back and sides of the head, will present a tapered appearance. Hair will be off the ears, and sideburns will not fall below the middle of the ear. Hair in front will be groomed so that it does not fall below the brim of properly worn headgear. Hair will never exceed 2 inches in bulk and or 4 inches in length. **Male midshipmen shall get a haircut one to three days prior to inspections and other formal events.**

**Females:** Keep hair clean, neatly shaped, and arranged in a professional style. When in uniform, hair may touch but not fall below the lower edge of the collar. Long hair must be neatly fastened or pinned so that the above standards are met when in uniform. Hair in front will be groomed so that it does not fall below the brim of properly worn headgear. Hair will be worn so as not to interfere with the proper fitting of the cover.

**Facial Hair:** Male midshipmen will be neatly shaved whenever they are on campus, or participating in any NROTC activities, including summer training and official travel.

**Fingernails:** Fingernails will be kept clean.

**Males:** Fingernails shall not extend beyond the fingertip. Nail polish and other adornments are not authorized.

**Females:** Fingernails shall not extend more than  $\frac{1}{4}$  inch beyond the fingertip. Nail polish shall be conservative and compliment the skin tone. No other adornments are permitted.

**Cosmetics:** (females only) Exaggerated or faddish cosmetic styles are inappropriate with the uniform and shall not be worn. Lipstick colors shall be conservative and compliment Navy uniforms. Long false eyelashes shall not be worn when in uniform.