1-4 PERSONAL APPEARANCE AND GROOMING

*(See also: http://www.public.navy.mil/bupers-npc/support/uniforms/uniformregulations/chapter2/pages/2201personalappearance.aspx )

A. MEN

Hair:
Neat, clean, trimmed, and presents a well-groomed appearance. Above the ears and around the neck: must be tapered upwards 3/4 inch and outwards not greater than 3/4 inch. Must not touch the collar or ears. No longer than 4 inches and the bulk shall not exceed 2 inches. (In no case shall the bulk or length of your hair interfere with the proper wearing of your cap. Bulk is defined as the distance that the mass of the hair protrudes from the scalp as indicated by the - - - - line in the drawing that follows). One narrow part in the hair is authorized. This may be cut, clipped, or shaved. Plaited or braided hair is unauthorized. Hair may not show under the front brim of any uniform cap. The following examples of male haircuts conform to NJROTC regulations.

NOTE: Ethnic hairstyles are permitted, provided they are groomed to fit within the guidelines stated here. Bizarre hairstyles and faddish or outrageous multicolor hair are not authorized. Hair color must look natural and complement the individual.
GROOMING STANDARDS FOR MEN

Sideburns: Neatly trimmed and tailored as described here. Shall not extend below a point level with the middle of the ear, as indicated by line A and shall be of even width (not tapered or flared). Shall end with a clean-shaven horizontal line.

Mustaches: Neat and closely trimmed. No portion shall extend below the upper lip line as indicated by line D. Shall not be below the horizontal line extending across the corners of the mouth as indicated by line B. Shall not be more than 1/4 inch beyond a vertical line drawn upward from the corners of the mouth as indicated by line C. No other facial hair is permitted.

Fingernails: Will not extend past the fingertips.

Earrings/Studs: Not authorized in the ear, nose, eyebrows, tongue, lips, or other areas of the face or body visible to the naval science instructor.

Necklaces: Authorized, but shall not be visible.

Rings: One per hand is authorized.

Wristwatch/Bracelet: One of each is authorized but no ankle bracelets.

Sunglasses: A conservative pair is permitted when authorized by the naval science instructor. Sunglasses are never authorized in military formations. Retainer straps are not authorized.