

# MARINE CADETS OF IOWA

## GROOMING STANDARDS

(IAW Marine Corps Order 1533.6E)

**APPEARANCE** - MARINE CADETS OF IOWA cadets must set and maintain the highest possible standards of smartness in uniform appearance. The military image reflected by attention to detail in wearing of the uniform is a key element in the public image of the unit. When not in uniform, a proud cadet will still stand out. He/she will stand out in the crowd because, out of habit, he/she will exhibit the same neatness, cleanliness, immaculate grooming, erect posture, and feeling of pride and confidence that go with wearing the uniform. With pride come esprit de corps, honor, and a good feeling for being a member of a first class team. Keep in mind that cadets have the **PRIVILEGE** of wearing the same uniform of United States Marines with minor modifications. Therefore, strict adherence to military regulations is required while participating in the MARINE CADETS OF IOWA program.

**GROOMING** - Marine Corps uniform standards of grooming do not allow eccentric or faddish styles of hair, facial hair, make-up/nail polish, jewelry, or eyeglasses. Eccentric and faddish individual appearances detract from uniformity and team identity. Because it is impossible to provide examples of every acceptable or unacceptable style of "conservative" or "eccentric/faddish" grooming and attire, the good judgment of Marines at all levels is key to enforcement of Marine Corps standards in this issue, as in other issues. The following definitions are provided to aide in the interpretation of these regulations:

**EXAMPLES OF AUTHORIZED MALE HAIRCUTS:** **Hair lines must be faded/blended and NOT block cut.**



Side Example of (0" – 3" Fade) (Skin Tight to 3 Inch Fade)

## MALE REGULATIONS:

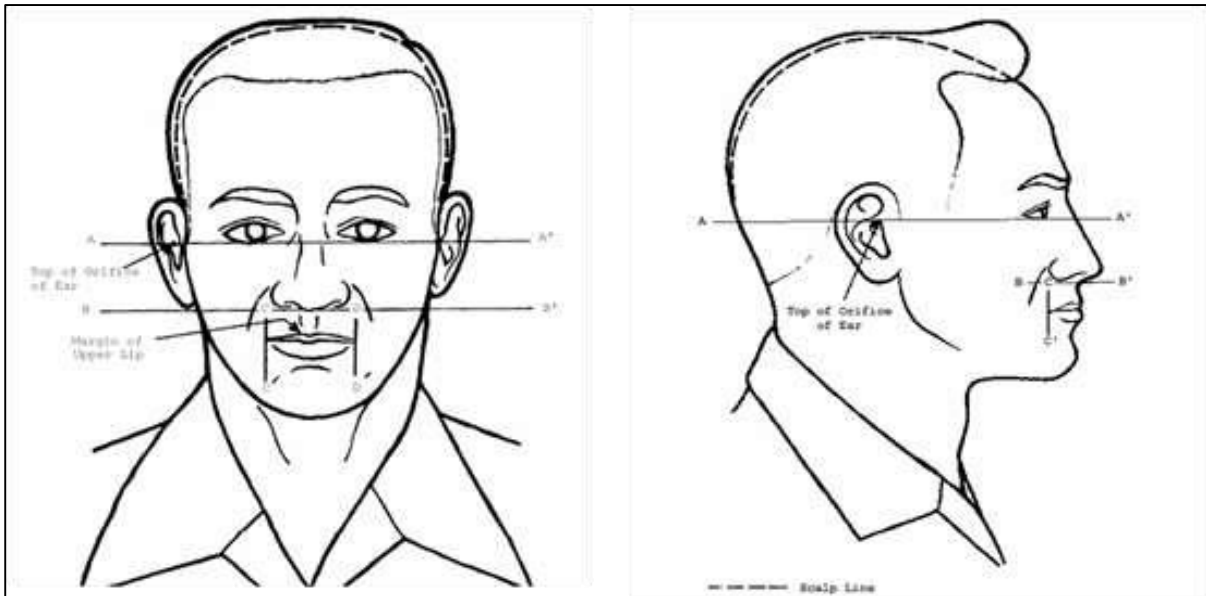
### Hair

**Length** - Hair will be neat and closely trimmed. The hair may be clipped at the edges of the side and back and will be evenly graduated all the way around the head (blended or faded and not edged as an outline) from zero length at the hairline in the lower portion of the head to the upper portion of the head. Hair will not be over 3 inches in length fully extended (an extended hair, not the style, determines proper length) on the upper portion of the head. The bulk of the hair shall not exceed approximately two inches. Bulk is defined as the distance that the mass of hair protrudes from the scalp when styled. The back and sides of the head below the hairline may be shaved to remove body hair.

**Sideburns** will not extend below the top of the orifice of the ear. Sideburns will not be styled to taper, flare or come to a point. The length of an individual hair of the sideburn will not exceed 1/8 inch when fully extended.

No male cadet will be required to have his entire hair length clipped to the scalp, except for Recruit Training or Junior Program Orientation Training. This does not prohibit a male Cadet from having his hair clipped (or shaved) to the scalp if he so desires.

**Hair Style.** Head hair will be styled so as not to interfere with the proper wear of uniform headgear. Hair, which protrudes from beneath properly worn headgear in an unsightly manner, is considered excessive, regardless of length. Male hair styles will conform to the natural shape of the head without eccentric directional flow, twists or spiking. One (cut, clipped or shaved) natural, narrow, fore and aft off centered part (placed no further than the outer corner of the eye and will not extend down the back of the head) is authorized. The following hair style types are considered eccentric and are not authorized (this list is not all inclusive): (1) hair styling which include single patches of hair on the top of the head (not consistent with natural hair loss); (2) hair styled to run as a strip down the center of the scalp (i.e. "Mohawk" fashion); (3) hair styled to leave an unusually large open (bald) area on the top of the head (not consistent with natural hair loss); and (4) hair styles which include the etching of letters, signs or figures, not considered natural in appearance. Braiding of the hair is not authorized for male Cadets. When used, hair gel/mousse should provide a conservative, natural appearance.



**Hair Color.** If applied, dyes, tints, bleaches and frostings, which result in natural colors, are authorized. The hair color must complement the person's complexion tone. Color changes that detract from a professional image are prohibited.

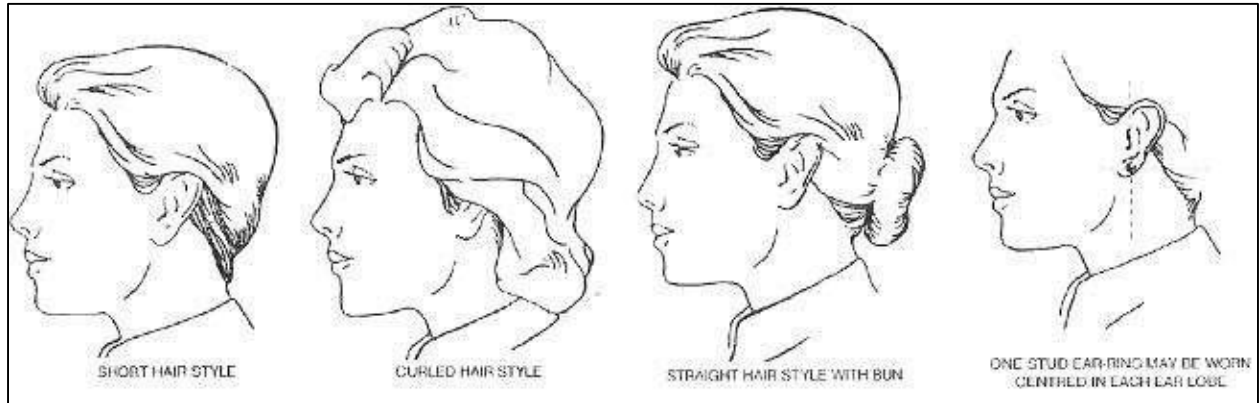
**Facial/Chest Hair.** The face will be clean-shaven; cadets are not permitted mustaches. No male Cadet will be required to have his chest hair clipped. Chest hair should not, however, protrude in an unsightly manner above the collar of the visible crewneck undershirt when worn, or long sleeve khaki shirt. Excessive plucking or removal of eyebrows is not authorized, except for medical reasons.

**Fingernails.** Fingernails will be kept clean and neatly trimmed so as not to interfere with performance of duty, detract from military image or present a safety hazard. Fingernails shall not extend past the fingertips. Nail polish for male Cadets is not allowed.

**Prohibited Male Hair Styles** – In addition to the hair styles depicted below Cadets are prohibited from getting pictures or messages cut into their hair as popularized by recent styles. **Hair lines must be faded/blended and NOT block cut.**

## EXAMPLES OF AUTHORIZED FEMALE HAIRCUTS

**Hair Regulations.** The requirement for hair regulations is to maintain uniformity within a military population. Women's hairstyles require non-eccentric and non-faddish styles, maintaining a conservative, professional appearance. For the purposes of these regulations, women's hairstyles will be organized into three basic categories; short length, medium length and long hair.



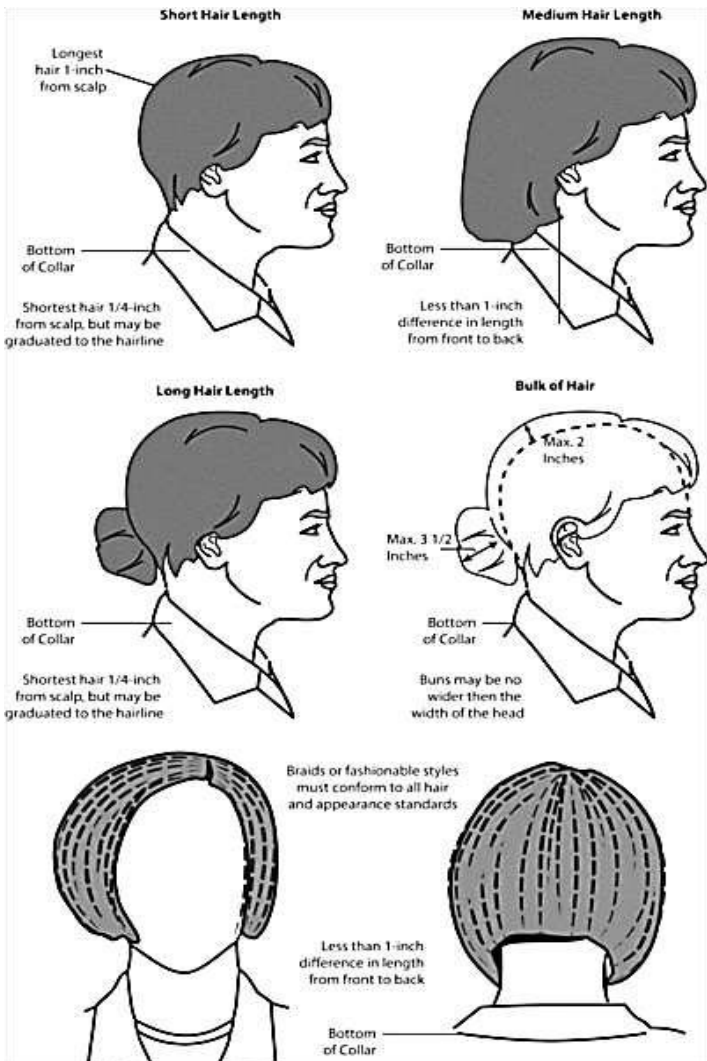
### Hair Length.

a) **Short Hair Length.** Short hair is defined as hair length that extends no more than 1 inch from the scalp (excluding bangs). Hair may be no shorter than 1/4 inch from the scalp, but may be evenly graduated to within 2 inches of the hair line. Bangs, if worn, may not fall into the line of sight, may not interfere with the wear of all headgear, and when worn with headgear must lie neatly against the head. The width of the bangs may extend to the hairline at the temple.

b) **Medium Hair Length.** Medium hair is defined as hair that does not extend beyond the collar's lower edge (in all uniforms), and extends more than 1 inch from the scalp. Medium hair may fall naturally in uniform and is not required to be secured. When worn loose, graduated hair styles are acceptable, but the length, from the front to the back, may not exceed one-inch difference in length, from the front to the back. The regulations for the wear of bangs detailed above are relevant. No portion of the bulk of the hair as measured from the scalp will exceed approximately 2 inches.

c) **Long Hair.** Long hair is defined as hair that extends beyond the collar's lower edge. Long hair will be neatly and inconspicuously fastened or pinned, except that bangs may be worn. The regulations for the wear of bangs detailed above are relevant. No portion of the bulk of the hair, as measured from the scalp, will exceed approximately 2 inches (except a bun, which may extend a maximum of 3 inches from the scalp) and no wider than the width of the head.

**Hairstyles.** Faddish and exaggerated styles to include shaved portions of the scalp other than the neckline, designs cut in the hair, unsecured ponytails (except during physical training), and unbalanced or lopsided hairstyles are prohibited. Hair will be styled so as not to interfere with the proper wear of all uniform headgear. All headgear will fit snugly and comfortably around the largest part of the head without distortion or excessive gaps. When headgear is worn, hair should not protrude at distinct angles from under the edges. Hairstyles, which do not allow the headgear to be worn in this manner, are prohibited. Examples of hairstyles considered to be faddish or exaggerated and thus not authorized for wear in uniform are (this list is not all-inclusive); locks and twists (not including French rolls/twists), hair sculpting (eccentric directional flow, twists, texture or spiking), buns or braids with loose hair extending at the end, multiple braids that do not start at the top of the head, hair styles with severe angles, and loose unsecured hair (not to include bangs) when medium/long hair is worn up.



**Braids.** Medium and long hair may be braided. Multiple braiding (defined as more than two braids) is authorized. When worn, multiple braids shall be of uniform dimension, small in diameter (approx. 1/4 inch), show no more than 1/8 of an inch of scalp between the braids and must be tightly interwoven to present a neat, professional, well-groomed appearance. Foreign material (i.e., beads, decorative items) shall not be braided into the hair. Braids must continue to the end of the hair in one direction, in a straight line, and 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 shall be secured only with inconspicuous rubber bands. If multiple braids are worn they must encompass the whole head.

**Hair Extensions.** Hair extensions are authorized for medium and long hair only. Extensions must have the same general appearance as the individual's natural hair.

**Wigs.** Wigs, if worn in uniform, must look natural and conform to the above regulations.

**Hair Color.** If applied, dyes, tints, bleaches and frostings, which result in natural colors, are authorized. The hair of female cadets when in uniform will be pinned and arranged so that it will not fall below the collar of the uniform being worn. Hair will not be worn in such a way that the uniform cover cannot be worn properly. The hair color must complement the person's complexion tone. Color changes that detract from a professional image are prohibited.

**Hair Accessories.** Except in PT situations, inconspicuous hairpins and bobby pins, if required, are authorized. Hairnets will not be worn unless authorized for a specific type of duty. Barrettes, combs, rubber bands, etc. are authorized, if concealed by the hair.

**Physical Training (PT).** Medium/short length hair may be worn down for organized PT, except when considered a safety hazard. Long hair must be secured. Pony tails are authorized. When hair-securing devices are worn (i.e. barrettes, small pony tail holders...), they must be consistent with the hair color. Examples of hair accessories NOT authorized for securing hair for PT are "scrunchies", bows, ribbons, alligator clip, hairbands/headbands, etc.

**Boots and Utilities ("boots and cammies").** When wearing boots and cammies in a PT environment, hair should be secured using the PT guidelines identified above. During PT, bandanas or headbands are NOT authorized.

**Body Hair.** No female Cadet will be required to remove body hair except where leg hair protrudes beyond the appropriate hosiery or causes a visibly uneven texture under said hosiery.

**Cosmetics.** Cosmetics, if worn, will be applied conservatively and will complement the individual's complexion tone. Exaggerated or faddish cosmetic styles are inappropriate with the uniform and will not be worn.

**Fingernails.** Nail length will be no longer than 1/4- inch from the tip of the finger.

**Nail Polish in Service and Dress uniforms.** When worn, nail polish must be in shades of red (within the red spectrum, to include pinks and burgundies) and must complement the skin tone. Fingernails with multiple colors and decorative ornamentation are prohibited.

**Nail polish in Utilities (camouflaged uniform).** Colored nail polish is NOT authorized for wear with the utility uniform.

**Manicures.** Manicures that imitate the natural nail are authorized for wear with all uniforms (i.e. French manicures), to include utilities. Press-on and acrylic nails are authorized for wear as long as they are maintained within the length and style regulations as per regulations detailed above.

**Lipstick.** Lipstick, lip gloss and lip balm must be in shades of red (within the red spectrum, to include pinks and burgundies) or clear and must complement the skin tone. When worn, lip liner must be in the same shade as the lipstick, gloss or balm.

**Other make-up.** Mascara, when worn, must be in tones of black or brown. Cosmetics with a sparkle/glitter or similar finish are not authorized for wear (to include in the hair). False eyelashes should be natural in appearance.

## **EARRINGS**

Female Cadets may wear earrings with service and dress uniforms at the individual's option, according to the following regulations: Small, polished, yellow gold color, ball, or round stud earrings (post, screw-on, or clip), not to exceed 6 millimeters (about 1/4 inch) in diameter may be worn with the Service and Dress uniforms only.

Small white pearl or pearl-like earrings (post, screw-on, or clip), not to exceed 6 millimeters (about 1/4 inch) in diameter, may be worn with evening dress uniforms and with the Dress Blue uniforms when worn for formal or social events. When worn, earrings will fit tightly against, and will not extend below, the earlobe. Only one earring will be worn on or in each earlobe. Earrings will not be worn with the utility uniform, or while participating in a parade, ceremony, or other similar military functions.

Male Cadets are prohibited from wearing earrings in uniform and in civilian or travel clothing or at any function of Marine Cadets of Iowa.

## **PIERCINGS**

Cadets are prohibited from attaching, affixing or displaying objects, articles, jewelry or ornamentation to, through or under their skin, tongue or any other body part while in uniform, travel clothing, or in civilian clothing while in at any location where there is an MCI function.

## **UNDERGARMENTS**

Undergarments (Females). Females will wear adequate undergarments, (e.g., slip, bra, camisole, girdle, etc.) to ensure the proper fit, appearance, and opaqueness of the uniform. Undergarments should match the color of external uniform colors. Undergarments will be worn so that they are not conspicuously visible. Only the white crewneck undershirt is authorized for wear with service and dress uniforms at the individual's option.