



U.S. NAVAL SEA CADET CORPS

www.seacadets.org

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Sea Cadet Team,

Our cadets and adult volunteers are privileged to wear the uniform of the United States Navy. This is an amazing honor the Navy has given us, and we should be grateful and respectful. Because many of our cadets are indistinguishable from Navy Sailors and adult volunteers in uniform look like commissioned officers, it is essential that all are keenly aware that in uniform we represent the U.S. Navy.

In uniform, cadets should be on their best behavior, stand tall, and be prepared to address others with respect.

Adults are never required to wear a military uniform. When adult volunteers choose to wear the officer's uniform, you must look sharp and act professionally. U.S. Navy Sailors, indeed all of our military, inspire respect and awe not only with their skills and knowledge but also by their appearance.

I'm honored to work alongside so many awesome cadets and adult volunteers. Your dedication amazes and inspires me every day. I'm proud of what you do, and I want the rest of America to be equally proud.

Please use this manual to ensure that you and our corps inspire the same awe and respect in everyone you meet. Many thanks to the team that created this document!

Very respectfully,

Rear Adm. Andrew Lennon
U.S. Navy (retired)
Executive Director

CHAPTER 2

GROOMING STANDARDS

SECTION 2: PERSONAL APPEARANCE

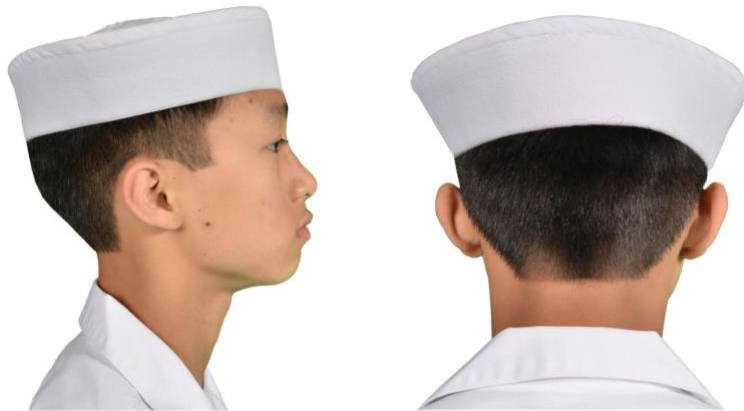
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2200 **PERSONAL APPEARANCE**

2201 **GENERAL.** The good judgment of leaders at all levels is key to enforcement of NSCC grooming policy. Hair, grooming, and personal appearance while in uniform shall present a neat, professional appearance. The primary considerations are a neatly groomed appearance for the hairstyle and the type of hair that the member has.

2202 **HAIR**

GROOMING STANDARDS FOR MALE CADETS



1. **Males.** This policy applies to male members in uniform or when wearing civilian clothes in the performance of duty. Keep hair neat, clean and well groomed. Members may wear varying hairstyles if they meet the criteria of maximum length and bulk, tapered neck and sides, and correct wear of military headgear.

- a. Taper hair above the ears and around the neck from the lower natural hairline upwards at least 3/4 inch and outward not greater than 3/4 inch to blend with hairstyle.
 - b. Hair must not be longer than four inches. It must not touch the ears, collar, extend below eyebrows when uncovered, show under front edge of headgear, or interfere with properly worn military headgear.
 - c. Bulk is the distance that the mass of hair protrudes from the scalp. It must not exceed two inches.
 - d. Hair coloring must look natural and complement the individual. Do not wear faddish styles or outrageous multicolored hair.
 - e. The NSCC recognizes the unique quality and texture of curled, waved, and straight hair. Where the 3/4 inch taper at the back of the neck is not practicable, cut for a graduated appearance. This may combine the taper with a line at the back of the neck.
 - f. Members may cut, shave, or clip one natural, narrow, fore and aft part.
 - g. Do not wear plaited or braided hair in uniform or in a duty status.
 - h. If worn, keep sideburns neatly trimmed and tailored in the same manner as the haircut. Sideburns shall not extend below a point level with the middle of the ear, shall be of even width and shall end with a clean-shaven horizontal line. Do not wear flared sideburns, "muttonchops", "ship's captain", or similar styles.
2. **Females.** This policy applies to female members in uniform or when wearing civilian clothes in the performance of duty. Hairstyles must present a professional, balanced appearance. Do not wear styles with shaved portions of the scalp (other than the neckline), those with designs cut, braided, or parted into the hair, or those dyed using unnatural colors.
- a. Hairstyles must not interfere with the proper wearing of headgear, protective masks or equipment. Headgear must fit snugly and comfortably around the largest part of the head without distortion or excessive gaps. Hair must not show from under the front edge of the headgear.
 - b. Except when wearing a bun or ponytail hairstyle, hair must not protrude from the opening in the back of the ball cap except when wearing a bun or ponytail hairstyle. For example when wearing the recruit ball cap, or the NSCC ball cap when authorized by the unit Commanding Officer or COTC.
 - c. Do not wear lopsided or extremely asymmetrical hairstyles. Angled hairstyles have no more than a 1-1/2 inch difference between the front and the back length of hair.

- d. Members may wear layered hairstyles that present a smooth and graduated appearance. Hair length, when in uniform, may touch, but not fall below a horizontal line level with the lower edge of the back of the collar. With jumper uniforms, hair may extend a maximum of 1-1/2 inches below the top of the jumper collar.
- e. Keep long hair, including braids, neatly fastened, pinned, or secured to the head. Bangs must not extend below the eyebrows. Do not wear widely spaced or protruding braids. Do not wear pigtales
- f. Single braid, French braid, or a single ponytail may be worn in NWU, khaki service uniform or while in PT uniform.
- g. Except for documented medical conditions, hair length must prevent the scalp from being readily visible. Minus the bun, hair bulk as measured from the scalp must not exceed 2 inches.
- h. The bulk of the bun must not exceed 3 inches when measured from the scalp. Bun diameter must not extend beyond the width of the back of the head.
- i. Wigs, hairpieces, and extensions must be of a natural hair color and match the current color of hair.
- i. Fit and quality of wigs, hairpieces and extensions must present a natural appearance and conform to grooming standards. Tints and highlights must be natural and similar to the current base color.



3. **Hairstyles.** The NSCC recognizes the unique quality and texture of curled, waved and straight hair. All hairstyles must minimize scalp exposure. Members may wear the following styles according to hairstyle guidelines, see interactive web site for hairstyles examples (<https://allhands.navy.mil/Features/Hair/>) .
 - a. **Twists.**
 - b. **Multiple braids.**

- c. **Two individual braids.**
 - d. **French braid.**
 - e. **Cornrows.**
 - f. **Rolls.**
 - g. **Locks.**
 - h. **Ponytails.**
4. **Hair Accessories.** Wear accessories consistent with the hair color. Members may use a maximum of two small barrettes, similar to hair color, to secure the hair to the head. Members may use bun accessories if completely concealed. If necessary, members may use additional hairpins, bobby pins, small rubber bands, or small thin fabric elastic bands to hold hair in place. Pin up hair to prevent ends from extending upward or outward from the head.
- a. When using barrettes or hairpins, hair must not extend loosely from the head.
 - b. When hair is in a bun, tuck in and secure all loose ends.
 - c. Hair accessories must present a safety or foreign object damage (FOD) hazard.
 - d. Do not wear hairnets unless authorized for a specific type of duty, such as food service.
 - e. Do not wear unauthorized accessories, to include headbands, combs, claws, or and butterfly clips.
5. **Grooming Standards Exception.**
- a. During physical training females may choose the hair style that is most practical for the activity, such as ponytails, worn loose or worn up.

2203 **FACIAL HAIR.**

- 1. **Cadets.** Unless granted a waiver or religious accommodation, male cadets must be clean-shaven. Exercise reasonable discretion with younger cadets.
- 2. **Uniformed Officers (including Instructors and Midshipmen).** These members may wear mustaches. If worn, keep mustaches kept neatly and closely trimmed, so no part extends below the lip line of the upper lip. Do not wear handlebar mustaches, goatees, beards or eccentricities.
- 3. **Non-Uniformed Instructors and Auxiliary Members.** These members may wear mustaches or beards. If worn, keep facial hair neatly groomed and trimmed for a smart professional appearance. Do not wear eccentric styles.

4. **Waivers.** If a granted a shaving waiver, do not shave or style facial hair. Trim facial hair so it does not exceed 1/4 inch in length. Members with medical waivers must comply with prescribed treatment regimen.
- 2204 **HAIRPIECES.** Members may wear wigs or hairpieces of good quality and fit. They must present a natural appearance and conform to grooming standards. They must not interfere with the proper performance of duty nor present a safety or FOD hazard.
5. **Males.** May wear wigs or hairpieces while in uniform or duty status only to cover natural baldness or physical disfigurement.
 6. **Females.** May wear wigs or hairpieces meeting grooming standards while in uniform or duty status.
- 2205 **COSMETICS (Females).** Female members may wear cosmetics. Apply in good taste. Use colors that blend with natural skin tone and enhance natural features. Do not wear exaggerated or faddish cosmetic styles in uniform or on duty. Take care to avoid an artificial appearance. Lipstick colors must be conservative and complement the individual. Do not wear long false eyelashes when in uniform.
- 2206 **FINGERNAILS**
7. **Men.** Keep nails clean and closely trimmed so they do not extend past fingertips.
 2. **Women.** Keep nails clean and trimmed or manicured so their length does not exceed ¼ inch measured from the fingertip. Tips may be round, oval, or square. Members may wear conservative, inconspicuous nail polish colors that complement a professional appearance.
- 2207 **JEWELRY.** If worn, jewelry must be conservative and in good taste. Do not wear eccentric, faddish jewelry. Jewelry must not present a safety or FOD hazard. Wear within the following guidelines:
8. **Rings.** While in uniform, members may wear one ring per hand, and a wedding or engagement ring set. Members may stack a wedding ring with a service or school ring on one hand. Do not wear thumb rings.
 9. **EARRINGS**
 - a. **Men.** May not wear earrings while in uniform. Additionally, do not wear earrings in civilian attire when in a duty status or while aboard any ship, craft, or aircraft, or in any military vehicle or within any base or other place under military jurisdiction, or while participating in any organized military recreational activities.
 - b. **Women.** May wear one earring per ear, centered on earlobe, while in uniform. Earrings must be 4mm - 6mm ball, plain with shiny or brushed matte finish, screw on or with posts. With working or service uniforms, female officers and cadet CPOs wear gold earrings. Female PO1 and below wear silver earrings.

- c. **Body Piercing.** Not authorized while in uniform, except for one earring per earlobe for female members. Otherwise, members may not attach any articles that pass to or through the ear, nose, or any other body part. Additionally, body piercing is not authorized in civilian attire when in a duty status, while aboard any military or NSCC conveyance, or within any base or other place under military jurisdiction, or while participating in any organized NSCC or military activities.
- d. **Necklaces/Choker.** While in uniform, members may wear one necklace. If worn, it must not be visible.
- e. **Bracelets.** Members may wear one bracelet while in uniform. Bracelets must be conservative and in good taste. Do not wear ankle bracelets in uniform. Bracelets must not present a safety or FOD hazard.
- f. **Wristwatch.** Members may wear one wristwatch while in uniform. Wristwatches must be conservative and in good taste. Do not wear eccentric or faddish watches.

2208 **TATTOOS, BODY ART, AND BRANDS.** NSCC Regulations strictly prohibit tattoos, body art, or brands for NSCC/NLCC cadets. Four criteria determine whether adult NSCC members may wear or display tattoos, body art, or brands: content, location, size and cosmetic. Any failure to comply with these criteria violates uniform policy and may be subject to disciplinary or administrative action.

1. **Content:** Any tattoos, body art, or brands located anywhere on the body that are prejudicial to good order, discipline, and morale or tend to bring discredit upon the NSCC are prohibited. For example, do not have tattoos, body art, or brands that are obscene or sexually explicit, or that advocate drug or alcohol use. Additionally, do not have tattoos, body art, or brands that symbolize affiliation with gangs, supremacist or extremist groups, or advocate any form of discrimination prohibited by NSCC Regulations.
2. **Location:** Have no tattoos, body art, or brands on the head, face, outer ear, or scalp. Members may have one tattoo on the neck or behind the ear, within the size criterion specified below. Permissible tattoos, body art, brands on the torso must not show through white uniform clothing.
3. **Size:** A tattoo on the neck or behind the ear must not exceed one inch in measurement in any dimension. Leg and arm tattoos can be of any size.
4. **Cosmetic:** Members may have cosmetic tattooing to correct medical conditions requiring such treatment. Licensed, qualified medical personnel must conduct the procedure.

2209 **MUTILATION.** Defined as the intentional radical alteration of the body, head, face, or skin that results in an abnormal appearance, NSCC Regulations prohibit intentional mutilation of any part of the body.

1. **Examples.**

- a. A split or forked tongue.
- b. Foreign objects inserted under the skin to create a design or pattern.
- c. Enlarged or stretched out holes in ears other than a normal piercing.
- d. Intentional scarring on neck, face, or scalp.
- e. Intentional burns creating a design or pattern.

2. **Restrictions.**

- a. Do not enroll applicants with any form of intentional body mutilation. Immediately separate for cause any member that acquires or displays any form of intentional body mutilation.

2210 **DENTAL ORNAMENTATION.** Whether natural, capped, or veneered, do not ornament teeth with designs, jewels, initials, or other markings.

2211 **WAIVERABLE CONDITIONS.** NSCC officer or instructor applicants who have visible tattoos, body art, brandings or dental ornamentation **must** request an enrollment waiver.

2212 **NON-WAIVERABLE CONDITIONS.** NSCC Regulations prohibit visible tattoos, body art, or brands that are obscene, sexually explicit, or advocate discrimination prohibited by the NSCC. Do not enroll applicants with these conditions. Separate for cause at the earliest opportunity any member acquiring these conditions.