

Exercise #2 – Cadet Appearance and Grooming Standards Answer Key

Directions: Review the section you read in your textbook and/or regulations on Cadet appearance and grooming standards. List one of the rules from each category. Why do you think the rule is important? Next, share and discuss the answers with your partner(s). Be prepared to share your answers with the class.

Item	Rule and Importance
Jewelry	<ul style="list-style-type: none"> • While in uniform, you may wear a wristwatch and rings, but no more than three rings total for both hands at any one time. • You may wear one wrist bracelet if it is neat and conservative; ankle bracelets are not allowed. • The bracelet must not detract from the military image, must not be wider than 1/2 inch, may be gold or silver, and must not subject anyone to potential injury. • Bracelets supporting a cause, philosophy, individual, or group are not allowed. • You may not wear ornaments on your head or around your neck that are visible while in uniform. • Female Cadets in uniform may wear earrings if the earrings are conservative and kept within sensible limits. • You may wear one spherical pierced or clip earring on each earlobe; the earring worn in each earlobe must match. • Male Cadets in uniform may not wear earrings.
Eyeglasses or Sunglasses	<ul style="list-style-type: none"> • If you wear glasses, they must not have any ornaments on the frames or lenses. • Eyeglass lenses that are conservative, clear, slightly tinted, or have photosensitive lenses may be worn in uniform while indoors or while in military formation. • When outdoors and in uniform, sunglasses and eyeglasses must have lenses and frames that are conservative; faddish or mirrored lenses are prohibited. • Sunglasses are not allowed while in a military formation. • Neither eyeglasses nor sunglasses can be worn around the neck or on top of the head while in uniform.
Tattoos or Brands	<ul style="list-style-type: none"> • Whether you are in or out of uniform, tattoos or brands anywhere on the body are not allowed if they are obscene or if they advocate sexual, racial, ethnic, or religious discrimination. • Tattoos or brands that might harm good order and discipline or bring discredit upon the military are also barred, whether you are in or out of uniform. • Excessive tattoos or brands, even though they do not violate the prohibitions in the above paragraph, will not be exposed or visible (including visible through the uniform) while in uniform. • Excessive is defined as any tattoo or brands that exceed one-quarter of the exposed body part, and those above the collarbone and readily visible when wearing an open collar uniform.

Item	Rule and Importance
Body Piercing and Other Attachments to Body Parts	<ul style="list-style-type: none"> • Cadets in uniform are not allowed to attach or display objects, articles, jewelry, or ornamentation to or through the ear, nose, tongue, or any exposed body part (including anything that might be visible through the uniform).
Specific Female Cadet Guidelines	<ul style="list-style-type: none"> • Hair will end above the bottom of the collar edge and any side of an invisible line drawn parallel to the ground. • Your hairstyle must be conservative—no extreme or faddish styles are allowed. • Hair color must complement the Cadet's skin tone and result in natural, human hair colors such as brown, blonde, brunette, natural red, black, or gray. • It should also look professional and allow you to wear uniform headgear in the proper manner, so your hair must not be too full or too high on the head. • In addition, your hairstyle shouldn't need many grooming aids. If you use pins, combs, barrettes, or similar items, they must be plain, similar in color to your hair, and modest in size. • Wigs or hairpieces must also conform to these guidelines. • The length of your skirt may not vary beyond the top and bottom of the kneecap. • Your skirt should fit smoothly, should hang naturally, and must not be excessively tight. • You must wear hosiery with the skirt. Choose a sheer nylon in a neutral, dark brown, black, off-black, or dark blue shade that complements the uniform and your skin tone.
Specific Male Cadet Guidelines	<ul style="list-style-type: none"> • Keep your hair clean, neat, and trimmed. It must not contain large amounts of grooming aids such as greasy creams, oils, and sprays that remain visible in the hair. • When your hair is groomed, it should not touch your ears or eyebrows, and only the closely cut or shaved hair on the back of your neck should touch the collar. • Your hair should not exceed 1 and 1/4 inch in bulk regardless of the length. • The bulk and length of your hair must not interfere with wearing any headgear properly, and it must not protrude below the front band of the headgear. • Your hair must have a tapered appearance on both sides and back, both with and without headgear. • Your hair may not contain or have attached to it any visible foreign items. • If you dye your hair, it must look natural. You may not dye your hair an unusual color or one that contrasts with your natural coloring. • You may have sideburns if they are neatly trimmed and tapered in the same manner as your haircut. Sideburns must be straight and of even width (not flared) and end in a clean-shaven horizontal line. • No extreme or faddish hair styles are allowed.

Why do you think the rule is important? **Student answers will vary**

11-3. Cadet Uniforms

a. Authority. Each Cadet authorized to participate in JROTC may be furnished, at government expense, in-kind uniforms. The authority for issuing in-kind uniforms to Cadets is CTA 50-900. Schools that provide a Cadet-type uniform or desire to purchase issue-type uniforms from the Army or commercial sources may be authorized to do so in place of receiving Army-issued uniforms at no cost to the Government. The operating policies and procedures concerning the supply of issue uniforms to schools are outlined in AR 700-84.

b. Types of uniforms. This section outlines basic policies on uniforms for JROTC Cadets and students. The Army uniform and the ACU are authorized for wear by JROTC Cadets. The Class A or B uniform is the standard for the classroom and campus. The ACU is to be worn only on an exceptional basis for adventure training, JCLC, or special team activities, but not on campus during the school day. Cadre may request to wear the ACU in exceptional circumstances. The request must be signed by either the principal or superintendent and be sent through brigade to USACC.

(1) Army issue uniform. This uniform is identical to that issued to enlisted members of the Army Active, Reserves, and National Guard. JROTC units electing to wear the Army issue uniform must comply with the following guidelines.

(a) Uniform wear and display of ribbons and accouterments must comply with this regulation.

(b) Army issued uniforms must include insignia which distinguish them from standard active duty Active Army uniforms.

(c) Braids and stripes are not an authorized part of the uniform.

(2) Distinctive uniform. This uniform must be so distinctive in design and/or fabric that it cannot be confused with an Army uniform. Units electing to wear distinctive uniforms must request and receive approval, from USACC, for uniform design, style, and material.

c. The mix of civilian attire with the Army uniform, such as school jacket, sweater, etc, is not authorized.

d. Institutions are encouraged to support drill teams, raider teams, rifle teams, drum and bugle corps, bands, color guards, and other appropriate integrated-curricular activity teams. Modification of the Army uniform for these activities is not authorized. However, special uniform accessories such as chrome helmets, and colored webbing are acceptable if obtained at no cost to the government.

11-4. Wear of the JROTC Uniform by Cadets

a. Cadets will wear Class A or B uniforms at least once a week.

(1) Class A Uniform. The Class A uniform is generally worn for inspections in the winter. The Class A uniform is also worn during ceremonies, social functions, and formal inspections. The tie or neck tab must be worn with this uniform and all buttons must be buttoned. Underneath the jacket, the Cadet will wear the AG 344 or the AG 415 shirts.

(2) Class B Uniform. The Class B uniform is generally worn for inspections in the summer months and in the late spring. The Class B uniform is always worn under the Class A uniform. You do not have to wear a tie or a neck tab with this uniform unless it has long sleeves or with the Class A uniform coat. The placement of awards and ornamentation in the pocket areas is the same as on the Class A uniform.

b. Unless specifically authorized, uniforms will not be worn outside the United States and its territories. The local installation commander will establish guidelines for the wear of uniforms in the DODDS schools.

c. The DAI/SAI publishes guidelines for wearing the uniform. However, a DAI/SAI may not publish guidelines which counter this regulation or that support any activity other than those specifically related to JROTC. The following are considered appropriate occasions to wear the Army uniform.

(1) Leadership laboratory.

(2) When visiting a military installation to participate in military drill or exercises.

(3) Military social functions.

(4) Parades and similar ceremonies.

d. JROTC Cadets are prohibited from wearing the Army uniform in the following situations:

(1) In connection with the furtherance of any political or commercial interests, or when engaged in off-duty civilian employment.

(2) When participating in public speeches, interviews, picket lines, marches, rallies, or public demonstrations, except as authorized by the CG, USACC.

(3) When attending any meeting or event that is a function of, or is sponsored by, an extremist organization.

(4) When wearing the uniform would bring discredit upon the Army.

(5) When specifically prohibited by Army regulations.

e. Instructors who fail to inform Cadets of this regulatory guidance or permit Cadets to participate in such activities in uniform will be immediately probated and/or decertified. Cadets who knowingly violate this regulation will be disenrolled from JROTC.

f. School administrators may not authorize or ask instructors to authorize wear of the uniform when supporting any activity other than those specifically related to the JROTC Program.

11-5. Uniform Appearance

a. Uniforms must present a neat and clean appearance. Loose strings will be cut from the uniform. No jewelry, watch chain, combs, checkbooks, pens, pencils or similar items will appear exposed on uniforms. The Army uniform will not be mixed with civilian clothing. Bulky items in pockets distract from the uniform. While in uniform, Cadets will not place their hands in their pockets except momentarily to place or retrieve items.

b. Headgear is part of the uniform. Cadets are required to wear the gray berets while outdoors or when carrying air/drill rifles or a saber. The gray berets with a distinctive flash is the only authorized headgear to be worn with the dress uniform.

c. Cadets are approved to wear the following religious headgear with the JROTC uniform: turban, hijab and yarmulke. Headgear will be conservative and subdued in color (black, brown, green, dark or navy blue or a combination of these colors). The headgear cannot bear any writing, symbols or pictures. Cadets may wear approved religious headgear in place of military headgear (e.g., turban and hijab). Standard JROTC headgear will be worn when it can completely cover the religious headgear (e.g., yarmulke). Approved headgear are authorized for wear during all JROTC activities (i.e., drill team, color guard, parades, speaking engagements, etc) that do not pose a risk to the safety of the Cadet, Cadre or others. For example, a Cadet wearing religious headgear can be exempted from certain "Special Hazard" Training events that may result in injury to the Cadet or support personnel such as obstacle courses / rappelling etc.

d. To ensure consistency across the JROTC program, exceptions to Cadet uniform policies will be forwarded to and approved by the Commander, USACC on a case-by-case basis. To ensure appropriate compliance with current laws and regulations, the Commander, USACC will forward recommendations for disapproval to the Army G-1 within 30 days of the initial request for final adjudication.

11-6. Personal Appearance

JROTC is a uniformed organization which is judged, in part, by how a Cadet wears a prescribed uniform and maintains their personal appearance. Therefore, a neat and well-groomed

appearance by all Cadets is fundamental to JROTC and contributes to building the pride and esprit essential to an effective Corps of Cadets.

a. Hair Styles. Many hairstyles are acceptable, as long as they are neat and conservative. Hair will be neatly groomed. The length and bulk of hair will not be excessive or present a ragged, unkempt, or extreme appearance. Hair will not fall over the eyebrows or extend below the bottom edge of the collar. Lines or designs will not be cut into the hair or scalp. If dyes, tints, or bleaches are used, colors used must be natural to human hair and not present an extreme appearance. Applied hair colors which are prohibited include, but are not limited to, purple, blue, pink, green, orange, bright (fire-engine) red, and fluorescent or neon colors. It is the responsibility of instructors to use good judgment in determining if applied colors are acceptable, based upon the overall effect on Cadets' appearance.

(1) Males. Sideburns will be neatly trimmed. The base will not be flared and will be a clean-shaven, horizontal line. Sideburns will not extend below the lowest part of the exterior ear opening. The face will be clean-shaven, except for permitted mustaches. Males are not authorized to wear braids, cornrows, or dreadlocks (unkempt, twisted, matted, individual parts of hair) while in uniform. Hair that is clipped closely or shaved to the scalp is authorized.

(2) Females. Hairstyles will not interfere with proper wearing of military headgear. Hair holding ornaments (barrettes, pins, clips), if used, must be transparent or similar in color to hair, and will be inconspicuously placed. Beads or similar ornamental items are not authorized. Females may wear braids and cornrows as long as the braided style is conservative and the braids and cornrows lie snugly on the head. Hair will not fall over the eyebrows or extend below the bottom edge of the collar at any time during normal activity or when standing in formation. Long hair that falls naturally below the bottom edge of the collar, to include braids, will be neatly and inconspicuously fastened or pinned, so that no free-hanging hair is visible.

b. Fingernails. Cadets will keep fingernails clean and neatly trimmed so as not to interfere with performance of duty. Females may wear polish that is not exaggerated, faddish, or of extreme coloring (such as purple, gold, blue or white) while in uniform.

c. Hygiene and Tattoos. Cadets are expected to maintain good hygiene while in uniform. Tattoos are authorized except in areas of the body which would cause the tattoo to be exposed while in Class A uniform. Tattoos or brands that are extremist, indecent, sexist, or racist are prohibited, regardless of location on the body, as they are prejudicial to good order and discipline within the unit, the school, and the community.

d. Religious wear.

(1) Cadets may wear religious headgear while in uniform as long as it meets the following criteria.

(a) It must be subdued in color (black, brown, green, dark or navy blue, or a combination of these colors).

(b) It must be of a style and size that can be completely covered by standard military headgear.

(c) The headgear cannot bear any writing, symbols, or pictures.

(2) Exceptions to appearance standards based on religious practices.

(a) The term "religious apparel" is defined as articles of clothing worn as part of the observance of the religious faith practiced by the Cadet. Religious articles include, but are not limited to, medallions, small booklets, pictures, or copies of religious symbols or writing carried by the individual in wallets or pockets. Except as noted below, Cadets may not wear religious items if they do not meet the standards of this regulation. Requests for accommodation will not be entertained.

(b) Cadets may wear religious apparel, articles, or jewelry with the uniform, if they are neat, conservative, and discreet. "Neat conservative, and discreet" is defined as meeting the uniform criteria of this regulation. In other words, when religious jewelry is worn, the uniform must meet the same standards of wear as if the religious jewelry were not worn. For example, a religious item worn on a chain may not be visible when worn with uniforms. The width of chains worn with religious items should be approximately the same size as the width of the ID tag chain.