



Appearance and Grooming Modifications

Information to accompany the HQDA G1 ALARACT

HQDA G1 Uniform Policy Branch

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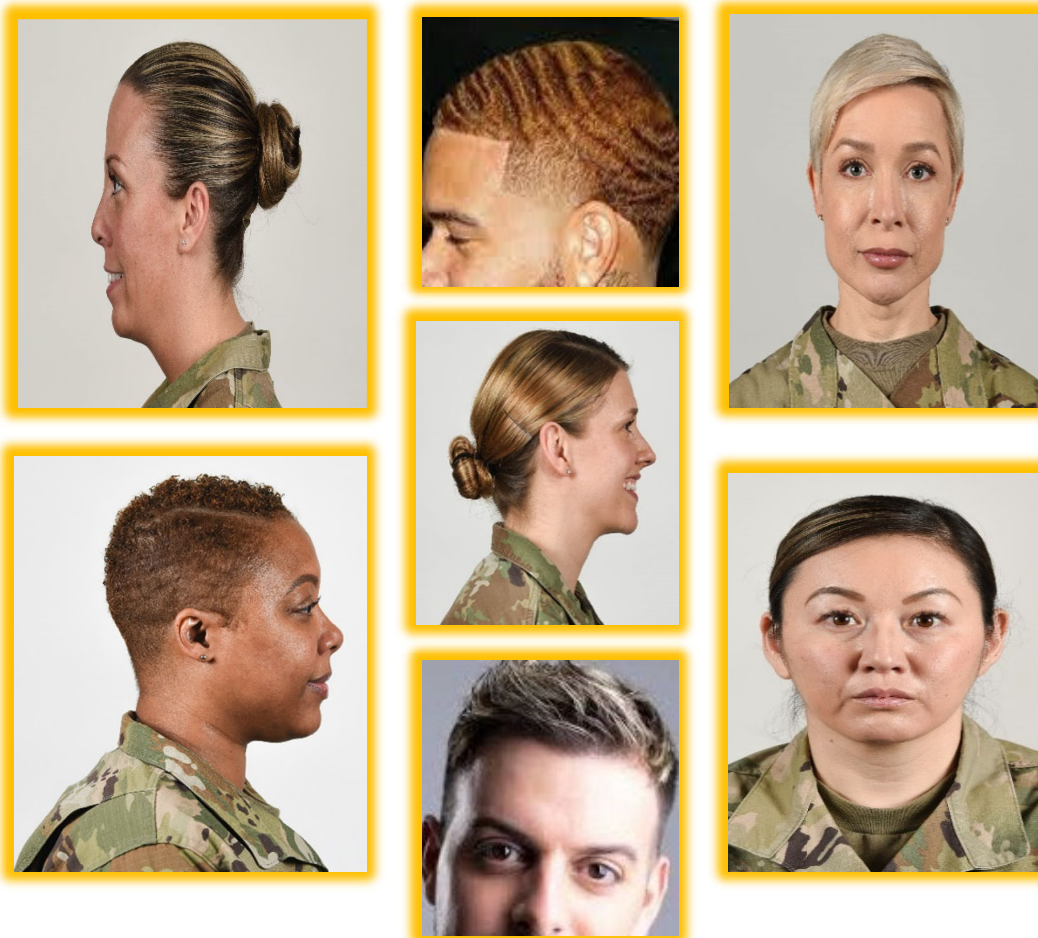
Purpose

- These slides are information only, not policy. The content and examples in the following slides contain extracted information from the ALARACT and coincide with the Secretary of the Army Memorandum (Appearance and Grooming Policies for the United States Army), dated 30 April 2021.
- The information provided helps to inform and display examples of the recent amendments to appearance and grooming standards.
- The ALARACT serves as the standard until the next update of AR 670-1.



Highlights (Uniform Blend of Colors)

- Amend paragraph 3-2a.(1)(b) to authorize male and female Soldiers to wear highlights (a uniform blend of colors) with natural colors as long as it represents a professional and natural appearance.
- Colors must blend naturally together as to not display a vast difference between shades of natural colors (ie. natural black hair with blonde highlights/streaks is not authorized).
- A prohibited/unnatural color such as but not limited to; purple, blue, green, pink, bright red, and fluorescent/neon colors. This also applies to hair extensions, wigs, and hairpieces.



****Rule of thumb: If the color does not grow out of a human head, then it is not natural****



Minimum Hair Length

- ❑ Amend paragraph 3-2a.(3)(a) to authorize no minimum hair length for female Soldiers.
- ❑ The hair may have a tapered appearance and if the hair does not part naturally, the Soldier may cut a part into the hair (no wider than 3mm in width), or style the hair with one part.
- ❑ The part will be one straight line, not slanted or curved, and will fall in the area where the Soldier would normally part the hair. Soldiers will not shape or cut designs into their hair or scalp.

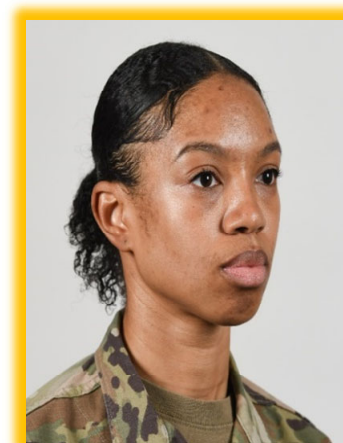
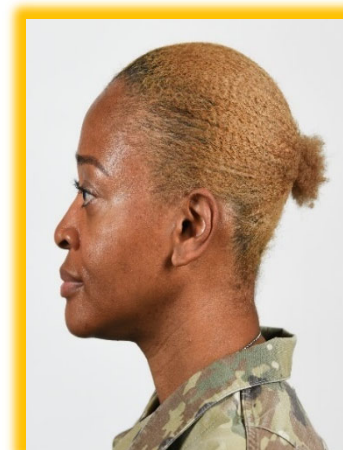
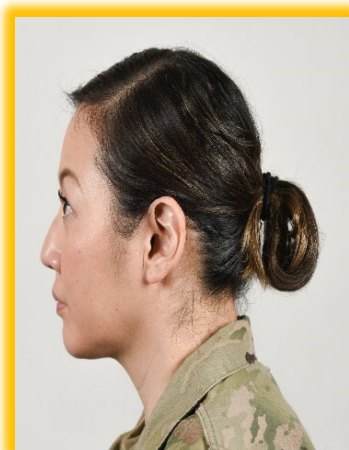




Ponytails

- 3.C. (U) Amend paragraph 3–2(3)(c), 3–2(3)(d), and 3–2(3)(j) to authorize female Soldiers to wear ponytails in all uniforms. Hair will be neatly and inconspicuously fastened or secured in either a bun, singular ponytail, two braids or singular braid. Multiple locs, braids, twists or cornrows may come together in one or two braids or a single ponytail.
- Braids and singular ponytails may be worn down the center of the back in all uniforms, but length will not extend past the bottom of the shoulder blades when standing at the position of attention. There is no minimum length for the wear of a ponytail or braid(s).

***Please consider safety considerations such as (ripping, tearing, pulled, tangled) due to hair being caught on an object/obstacle if hair is not properly secured.**





Ponytails Cont:

- 3.C.1 (U) The only exceptions on the length of the ponytail or braid(s) are while conducting tactical or physical training in the ACU or APFU. The length of the secured hair should not hinder Soldier's performance and/or increase risk to safety. No portion of the bulk of the hair, as measured from the scalp, will exceed 2 inches (except a bun, which is worn on the back of the head (centered) and may extend a maximum of 3 1/2 inches from the scalp and be no wider than the width of the head).
- In all uniforms, the unsecured hair will be worn centered in the back of the head (placement of ponytail will not be on the side or on top of the head), be wider than the width of the head, and will not interfere with proper wear of authorized army headgear.

***Please consider safety considerations such as (ripping, tearing, pulled, tangled) due to hair being caught on an object/obstacle if hair is not properly secured.**





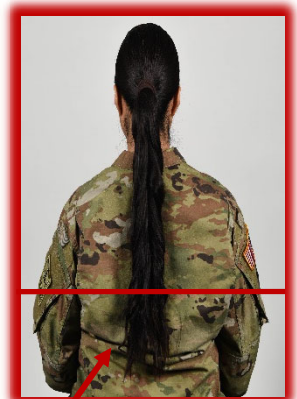
Ponytails Cont:

- 3.C.2 (U) The braid(s) or ponytail cannot be worn over the shoulder or pulled in front of the body. It must go down the female Soldier's back. Additionally, while female Soldiers are wearing equipment such as, but not limited to, combat vehicle crewman (CVC) or advanced combat helmets (ACH), they will be authorized to wear their hair in a ponytail and/or a long braid(s) secured in their utility uniform top.



- Commanders will analyze the risk of a free hanging ponytail or braid and use commander's discretion to determine if long hair will be secured/tucked inside the uniform top.

***Please consider safety considerations such as (ripping, tearing, pulled, tangled) due to hair being caught on an object/obstacle if hair is not properly secured.**



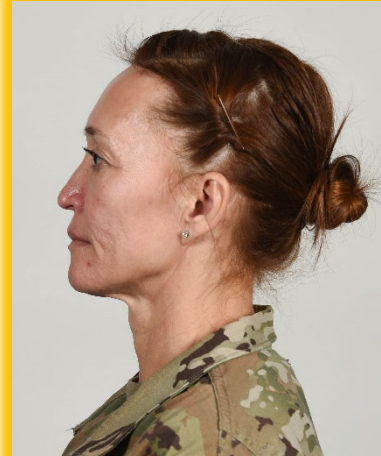
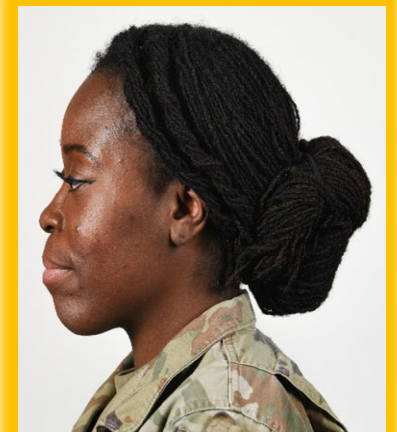
******Over the shoulder NOT authorized**

******Ponytails that fall below shoulder blades are NOT authorized**



Multiple Hairstyles

- Amend paragraph 3-2a.(3)(f) to authorize female Soldiers to wear “multiple” hairstyles at once as long as they are neat in appearance and doesn’t impact the proper wear of headgear and equipment.
- Example, braided twists or loc hair style with a side twist to secure hair placed in a ponytail or two single cornrows encompassing all the hair going into a ponytail or a bun in the back of the head.
- Also, remove the restrictions of braids, cornrows, twists, and locs having the same dimensions and same approximate size of spacing between them.





Lipstick

- Amend paragraph 3-2b.(3) to authorize female soldiers to wear solid color shades of lipstick that are not extreme. Extreme colors include but are not limited to; purple, bright pink, bright red, gold, blue, black, hot pink, green, yellow, ombre and fluorescent/neon colors.
- Natural colors to include tinted glosses are authorized. The optional wear of lip liner, colors must match the shade of lipstick being worn.

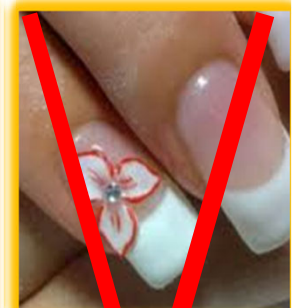
****This is to provide a general overview of natural colors.**





Nail Polish

- Amend paragraph 3–2c to authorize female soldiers to wear solid color shades of nail polish that are not extreme. Extreme colors include, but are not limited to, purple, bright pink, red, gold, blue, black, hot pink, green, yellow, white, grey, ombre, and fluorescent/neon colors, to include French manicure.
- Colors that are authorized to wear include but are not limited to nude/natural shades, American manicure and light pink. Nail shapes that are extreme and not authorized are ballerina, stiletto, arrow, and coffin. Square and rounded nails are authorized.
- Male Soldiers are authorized to wear clear nail polish.
- Male Soldiers will keep nails trimmed so as not to extend beyond the fingertip. Female Soldiers will not exceed a nail length of 1/4 inch as measured from the tip of the finger.





Earrings

- Amend paragraph 3–4d to authorize female Soldiers the optional wear of earrings in the army combat uniform (ACU). Stud earrings may be screw-on, clip on, or post-type earring in gold, silver, or clear diamond. Diamonds can be single or clustered. Pearls are not authorized to wear in the ACU, but are authorized in formal attire (service or dress uniform).
- The earring will not exceed 6mm or ¼-inch in diameter, and they must be unadorned (plain), spherical (round), or square (ex. Princess cut). When worn, the earrings will fit snugly against the ear. Hoop, two-sided, or drop earrings are not authorized.
- Female Soldiers may wear earrings only as a matched pair, with only one earring per standard ear lobe. Earrings are not authorized to be worn in the cartilage, industrial, transverse lobe, tragus, or conch part of the ear. Earrings will not be worn in the ACU during physical fitness, while in tactical/field environments, combat related deployments, or locations where access to normal hygiene is not available. Earrings are not authorized in the APFU.

