**Chapter 7 Addendum**

**7.1 CADET APPEARANCE AND GROOMING GUIDELINES**

**7.1.1 Appearance and Grooming.**When a cadet wears the uniform, he/she is responsible for presenting a neat, clean, and professional military image. Appearance and grooming standards help cadets present the image of disciplined cadets who can be relied upon to do the job they are called on to do. A professional military image has no room for the extreme, the unusual, or the faddish. The standards for wearing the uniform consist of four elements: neatness, cleanliness, safety, and military image. The first three are absolute, objective criteria for the efficiency, health, and well-being of the force. The fourth standard, military image is also a very important aspect of military appearance. People, both military and civilian, draw conclusions as to the military effectiveness of the Air Force by how they perceive those in uniform.  
  
The uniform standards in AFI 36-2903 are influenced to some extent by military tradition, and they reflect the image the Air Force desires to project to the civilian community. The basic concept of the Air Force uniform is that it is plain but distinctive dress, with an absolute minimum number of badges, insignia, and devices authorized for wear on it.  
  
**7.1.2 Special Uniform and Appearance Rules.**Here are some additional guidelines about uniform and appearance. Complete details on uniform and personal grooming requirements for AFJROTC cadets can be found in the AFJROTC *Uniform and Awards Guide,*in AFJROTCI 36-2001, and in AFI 36-2903.  
  
**7.1.3 Jewelry.**While in uniform, you may wear a wristwatch and rings, but no more than three rings at any one time. You may wear one bracelet if it is neat and conservative.  However, the bracelet must not detract from military image, must not be wider than one-half inch, and must not subject anyone to potential injury. You may not wear ornaments on your head or around your neck. Thumb rings are not allowed in uniform.  Colored bracelets that support a cause are also not allowed.  
  
Female cadets in uniform may wear earrings if the earrings are conservative and kept within sensible limits. For example, you may wear one small spherical (diamond, gold, black, white pearl, or silver) pierced or clip earring on each earlobe. The earring worn in each earlobe must match. Earrings should fit tightly without extending below the earlobes, unless they are clip earrings. Male cadets in uniform may not wear earrings.   
  
**7.1.4 Eyeglasses or Sunglasses.**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 while in uniform.  
  
**7.1.5 Tattoos or Brands.**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 Air Force 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.  
  
The SASI may exercise discretion if a new cadet arrives with a tattoo that may not be in full compliance.   
**Body Piercing.**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). Female cadets in uniform, however, are allowed to wear conservative earrings, pierced or clip style, in their earlobes.

**7.2 Specific Female Cadet Grooming Guidelines.**

**7.2.1 Hair.**Your hair should be no longer than the bottom of the collar edge at the back of the neck. Your hairstyle must be conservative—no extreme or faddish styles are allowed. 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, elastic bands 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.  
  
Hair will not contain excessive amount of grooming aids, touch eyebrows. Hair color/ highlights/frosting (must not be faddish). Examples of natural looking for human beings: Blonde/Brunette/ Red/Black/Grey.  No shaved heads or flat-top hairstyles for women.  Micro-braids and cornrows are authorized for women.  
  
***EXCEPTION***:  Hair may be visible in front of women's flight cap.  However, long hair will be secured with no loose ends.  
  
**7.2.2 Skirts.**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.

**7.3 Specific Male Cadet Grooming Guidelines.**

**7.3.1 Hair.**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 1⁄4 inch in bulk regardless of the length**. Bulk is ***the distance that the hair projects from the scalp when groomed***(as opposed to length of the hair). The bulk and length of your hair must not interfere with wearing any Air Force 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. A tapered appearance means that, when viewed from any angle, the outline of the hair on the side and back will generally match the shape of the skull, curving inward to the end point.   
  
Your hair may not contain or have attached to it any visible foreign items. If you dye your hair, it should 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. They may not extend **below the lowest part of the outer ear opening**. **No extreme or faddish hair styles are allowed**.  These styles include “faux/mohawk (male or female), rooster tail, ombre or unnaturally dyed hair coloring, and flat tops exceeding 1 ¼ inch in bulk. Hair may not protrude below the front or side band of properly worn and sized headgear for either male or female cadets.  Below are examples of authorized hairstyles while in uniform.

Cadets must remember that these guidelines mirror the grooming and uniform wear standards levied upon active duty airmen. Cadets must meet this standard in order to remain in the program. A consistent disregard for uniform wear and grooming policies as addressed by this cadet guide is subject for an immediate removal from the program.

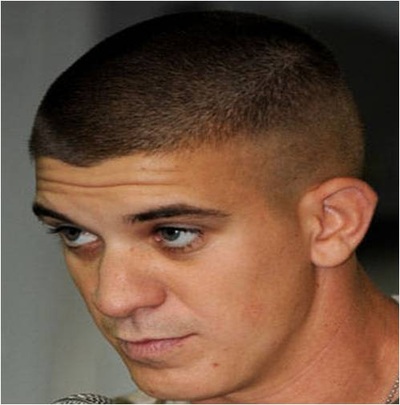
**Parent Signature and Acknowledgement**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cadet Signature and Acknowledgement**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Authorized Hairstyles on Uniform Day in AFJROTC





[](http://jrotcshhs.weebly.com/uploads/2/1/2/7/21273882/4587989_orig.jpg)[](http://jrotcshhs.weebly.com/uploads/2/1/2/7/21273882/2676192_orig.jpg)[](http://jrotcshhs.weebly.com/uploads/2/1/2/7/21273882/245382_orig.jpg)