



DEPARTMENT OF THE NAVY  
PERMANENT MARINE CORPS UNIFORM BOARD  
2076 SOUTH ST  
QUANTICO VA 22134

In reply refer to:  
1020  
MCUB  
5 Nov 19

PRESIDENT, MARINE CORPS UNIFORM BOARD COMMENTS on 2019-MRA\_  
MP\_MPE-128

Subj: DACOWITS DECEMBER 2019 REQUEST FOR INFORMATION QUARTERLY  
BUSINESS MEETING

1. The tasker has been reviewed, and the attach text from MCO 1020.34H (Marine Corps Uniform Regulations) are provided in response. Additional information is provided in the next paragraph.
2. Any deviations to grooming standards for medical or religious reasons is processed through Manpower and Reserve Affairs. The only common medically based deviation is the shaving requirement for Male Marines, there is no policy at all on female facial or body hair, which means female Marines can't be made to remove either. Some female Marines are causing follicle damage to themselves trying to maintain the slicked back, tight "Marine bun," but there is no requirement to maintain that hairstyle, it is a choice, they have lots of other options. Women with very curly hair also had balding issues as they use chemicals to straighten their hair or pull it back into a very tight braid or bun, but there is no prohibition against curly/natural hair.
3. The point of contact is Mary Boyt at (703)432-3573.

A handwritten signature in black ink, appearing to read "M Boyt Shapleigh".

M. BOYT SHAPLEIGH  
By direction

**EXCERPT FROM MCO 1020.34H; FEMALE GROOMING REGULATIONS**  
(CHANGES IN BLUE ARE TO BE PUBLISHED SHORTLY VIA AN ALMAR)

Paragraph 1004.7.b

b. Female Grooming Regulations. Women will be well groomed at all times and will abide by the following:

(1) Hair Regulations. The requirement for hair regulations is to provide direction for maintaining a neat and professional military image. Women's hairstyles require non-eccentric and non-faddish styles, maintaining a conservative, professional appearance. For the purpose of these regulations, women's hairstyles will be organized into three basic categories: short length, medium length and long hair.

(a) Hair Length (See Figure 1-3)

1. Short Hair Length. Short hair is defined as hair length that extends no more than 1 inch from the scalp (excluding bangs). Overall hair bulk may be cut no shorter than 1/4 inch from the scalp; except that it may be evenly graduated from zero at the hairline at the nape of the neck to the maximum length of 1 inch within two inches of the hairline/neckline (creating a fade). 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 not extend beyond the hairline at the temples.

2. Medium Hair Length. Medium hair is defined as hair that does not extend beyond the **back of 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. Graduated hair styles are acceptable, but the change in length, from the front to the back, may not exceed a one inch difference in length (see Figure 1-3). The regulations for the wear of bangs detailed in the short hair length section apply to medium length hair as well. No portion of the bulk of the hair as measured from the scalp will exceed 2 inches (see Figure 1-3).

3. Long Hair. Long hair is defined as hair that extends beyond the collar's lower edge. When styled, long hair will be secured up so that it does not extend beyond the collar's lower edge, except in the physical training uniform. Long hair will be neatly and inconspicuously fastened or pinned, except that bangs may be worn. The regulations for the wear of bangs detailed in the short hair length section are relevant. No portion of the bulk of the hair, as measured from the scalp, will exceed 2 inches (except a bun, which may extend to a maximum of 3 inches from the scalp and may be no wider than the width of the head). **Marines are authorized to shave hair that extends below the hairline that cannot be pulled up into a bun.**

(b) Hairstyles. 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. Faddish and exaggerated styles to include shaved portions (other than the fade authorized for short hair and shaved hair that extends below the hairline for long hair), designs cut in the hair, unsecured ponytails (except during physical training as detailed below), asymmetrical (unbalanced or lopsided) haircut/hairstyles, and locks, twists and multiple braids that exceed the size and style guidelines established below, 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): hair sculpting (eccentric directional flow, texture or spiking), hair styles with severe angles, and loose unsecured hair (not to include bangs) when medium or long hair is worn up.

(c) Braids, Twists and Locks

1. Braids. A braid is defined as three or more sections of interlaced hair. Braids may only be worn with medium and long length hair. One and two braids (e.g. French braid) hairstyles are authorized, as long as the braid(s) provides a neat and professional military appearance and does not interfere with the proper wear of all headgear. More than two braids are considered multiple braids, and the guidance provided below applies. When extensions are worn, braids may continue to the end of the natural hair and can be worn loose from that point (i.e. partial multiple braids), but must be secured/worn up per long hair regulations.

2. Twists. A twist is defined as two sections of hair twisted together, which forms a rope or cord-like appearance. Twists may only be worn with medium, and long length hair. One and two twists (e.g. French twist) hairstyles are authorized, as long as the twist(s) provides a neat and professional military appearance, does not interfere with the proper wear of all headgear. More than two twists are considered multiple twists and the guidance provided below applies.

3. Locks. A lock is defined as one section of hair that twists from or near the root to the ends of the hair, which creates a uniform ringlet or cordlike appearance. Locks may be worn with short, medium and long length hair. Lock partings are required to be square or rectangular in shape in order to achieve a neat and professional military appearance. Several techniques can be used to achieve this style; however, the overall appearance is subject to the parameters provided below.

4. Braid, Twists and Lock Detailed Guidance. Braid, twist, locks hairstyles must encompass the whole head (with the exception of bangs).

a. Secured Braids and Twists. Only braids and twists may be "secured" to the scalp (hair is continually added to the braid or twist as it continues from the hairline to hairline at the nape of the neck), and will follow the contour of the head from front to nape in one direction. An off center part or place of origin is

authorized. When worn secured, individual braids and twists will be no more than 3/8 inch in diameter, and will be tightly interlaced/twisted to present a neat, professional military appearance.

b. Free-hanging Braids, Twists and Locks. Free-hanging (attached to the scalp at one location only) braids, twists and locks are authorized. When worn, each individual braid, twist or lock will be no more than 3/8 inch in diameter and will be tightly interlaced/twisted to present a neat, professional military appearance.

c. New Growth/Maintenance of Braids, Twists and Locks. New growth (defined as hair that naturally grows from the scalp and has not yet been braided, twisted or locked) will not exceed 1/2 inch at any time. Braids, twists and locks that do not meet these standards and do not present a neat and professional military appearance are not authorized.

d. Foreign Material. Foreign material shall not be incorporated into or attached to the hair (except hair extensions and accessories, as detailed below).

(d) Hair Extensions. Hair extensions that achieve short, medium and long hair lengths are authorized. Extensions must present a natural appearance and conform to all hair regulations.

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

(f) Physical Training (PT). Medium/long length hair may be worn down (in a ponytail or braid) for organized PT, except for events considered combat training when wearing the MCCUU coat (for long hair), or when considered a safety hazard. Half ponytails (see figure 1-3 that provide a neat and professional military appearance are authorized for medium hair length only for PT purposes (commanders will designate what is considered a PT event). Half ponytails must lie flat, and cannot result in hair standing straight up or at extreme angles from the head. To clarify, long hair may not be worn loose in any uniform, and for PT events must be secured in a ponytail, free-hanging braid or worn up, as dictated by the commander, except as indicated below.

1. MCCUU with the coat for PT evolutions. When the MCCUU coat is worn, including PT purposes, long hair will be worn properly secured up per non-PT hairstyle regulations (coat on, long hair up). Medium length hair may be worn in a half ponytail for PT activities when the MCCUU coat is worn. Half ponytails will not be worn with the MCCUU when in a non-PT status, and may not be worn when Marine Corps headgear is worn.

2. Boots and Utilities (Boots and Utes). When wearing boots and utes in a PT environment, hair should be secured using the PT guidelines identified above. If boots and utes are worn for non-PT related activities, the hair must be worn/secured up per non-PT hairstyle regulations..."

g. Hair Accessories. Inconspicuous hairpins and bobby pins, if required, are authorized. Hairnets will not be worn unless

inconspicuous or authorized for a specific type of duty. Barrettes, combs, rubber bands, etc. are authorized, if concealed by the hair and are consistent with the hair color. Headbands, alligator clips, and bows are not authorized.

h. 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.

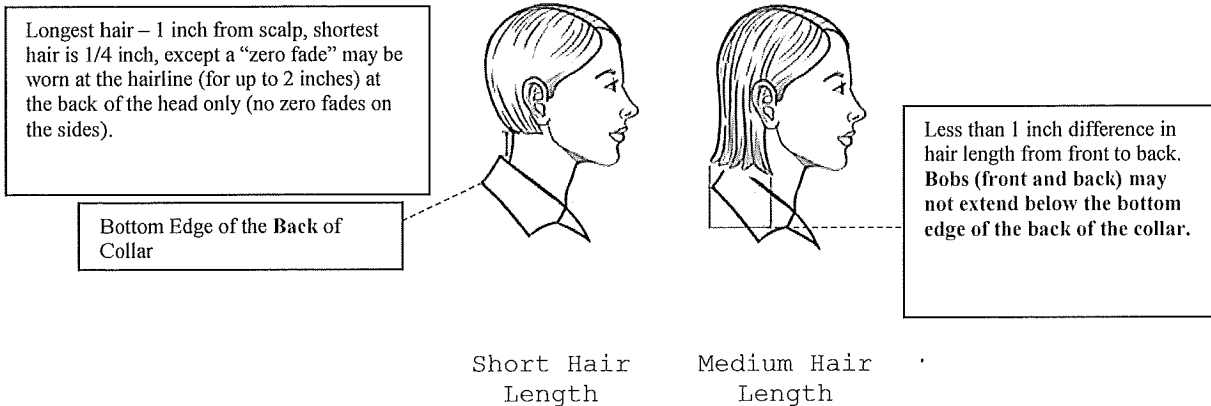
i. Body Hair. No female Marine will be required to remove body hair except where leg hair protrudes beyond the appropriate hosiery per subparagraph 3027.5, or causes a visibly uneven texture under said hosiery.

(2) 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.

(a) Fingernails. Nail length will be no longer than 1/4 inch from the tip of the finger.

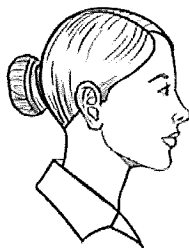
1. Fingernail Polish In Service and Dress Uniforms. When worn, fingernail polish must be in shades of red (within the red spectrum, to include pinks and burgundies) and must complement the skin tone. Fingernails with multiple colors (except as mentioned in paragraph 1004.7.b(1)(c)1.c) and decorative ornamentation are prohibited.

2. Fingernail Polish In Utilities. Colored fingernail polish (to include nude polish) is not authorized for wear with the utility uniform (except as mentioned in paragraph 1004.7.b(1)(c)1.c).

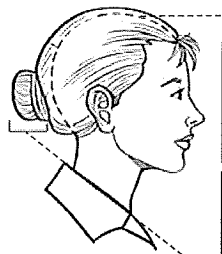


Bottom of bun must remain above the bottom edge of the collar.

For long hair, the area below the hairline at the back of the head may be shaved.



Long Hair Length



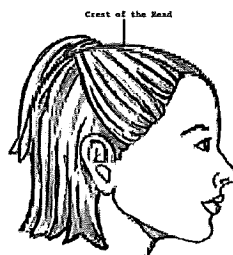
Bulk of hair limitations from the scalp is a maximum of 2 inches.

Maximum bun size (as it extends from the scalp) is 3 inches deep, and no wider than the head.

Scalp

Bulk of Hair/  
Bun Limits

The section of hair pulled back into the half ponytail should be secured over the "crest of the head." The half ponytail must lay flat and hair may not stick straight out or at extreme angles from the head.



Half Pony Tail (for PT Purposes Only, Medium Hair Length)

Figure 1-3.--Female hair length.

3. Manicures. Manicures that imitate the natural nail are authorized for wear with all uniforms (i.e. French manicures), to include utilities, but must have the "natural nail" appearance, to include the clearly defined white/beige nail tip. 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.

(b) 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.

(c) 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.

(d) Reserve Marines. Members of Marine Corps Reserve will comply with these regulations during periods of active or reserve duty.

Enclosure (1)