

ALARACT 016/2021

DTG: R 021745Z MAR 21

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SUBJ/ALARACT 016/2021 – UNITED STATES ARMY APPEARANCE AND GROOMING MODIFICATIONS.

THIS ALARACT MESSAGE HAS BEEN TRANSMITTED BY JSP ON BEHALF OF HQDA DCS, G-1.

NARR: THIS ALARACT REPLACES ALARACT 015/2021, WHICH IS NOW INACTIVE.

1. (U) REFERENCES.

1.A. (U) HEADQUARTERS, DEPARTMENT OF THE ARMY, SECRETARY OF THE ARMY MEMORANDUM (APPEARANCE AND GROOMING POLICIES FOR THE UNITED STATES ARMY) 24 FEBRUARY 2021.

1.B. (U) AR 670-1, WEAR AND APPEARANCE OF ARMY UNIFORMS AND INSIGNIA.

1.C. (U) DA PAM 670-1, GUIDE TO THE WEAR AND APPEARANCE OF ARMY UNIFORMS AND INSIGNIA.

2. (U) REFERENCE 1A ANNOUNCES CHANGES TO ARMY APPEARANCE AND GROOMING STANDARDS AND CAN BE LOCATED AT: <https://armypubs.army.mil/Publications/Administrative/POG/SA.aspx>. THE PURPOSE OF THIS MESSAGE IS TO PROVIDE NOTICE THAT AR 670-1 IS BEING REVISED TO IMPLEMENT THE NEW APPEARANCE AND GROOMING POLICIES.

3. (U) THE REVISED EDITION OF AR 670-1 WILL INCLUDE THE FOLLOWING PROVISIONS:

3.A. (U) 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 (FOR EXAMPLE, NATURAL BLACK HAIR WITH BLONDE HIGHLIGHTS/STREAKS IS NOT AUTHORIZED). PROHIBITED/UNNATURAL COLORS ARE THOSE 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.

3.B. (U) 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.

3.C. (U) AMEND PARAGRAPH 3-2A(3)(B) TO AUTHORIZE MEDIUM LENGTH PONYTAILS FOR FEMALE SOLDIERS WHO ARE UNABLE TO FORM A BUN DUE TO LENGTH AND/OR TEXTURE OF HAIR. 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 TOP OF THE HEAD), BE NO WIDER THAN THE WIDTH OF THE

HEAD, WILL NOT EXTEND BEYOND THE LOWER EDGE OF THE COLLAR, AND WILL NOT INTERFERE WITH PROPER WEAR OF AUTHORIZED ARMY HEADGEAR.

3.D. (U) AMEND PARAGRAPH 3-2(3)(C), 3-2(3)(D), AND 3-2(3)(J) TO AUTHORIZE FEMALE SOLDIERS TO WEAR LONG PONYTAILS IN UTILITY UNIFORMS WHEN CONDUCTING PHYSICAL TRAINING OR TACTICAL OPERATIONS. WHILE WALKING TO AND FROM THE DESIGNATED AREA OF PHYSICAL TRAINING (FORMATION) THE LONG PONYTAIL IS AUTHORIZED. 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 SECURED IN THEIR UTILITY UNIFORM TOP.

3.E. (U) 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 DO NOT IMPACT THE PROPER WEAR OF HEADGEAR AND EQUIPMENT. FOR 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.

3.F. (U) 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 IS AUTHORIZED, BUT COLORS MUST MATCH THE SHADE OF LIPSTICK BEING WORN.

3.G. (U) 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.

3.H. (U) 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 FIELD ENVIRONMENTS, COMBAT RELATED DEPLOYMENTS, OR LOCATIONS WHERE ACCESS TO NORMAL HYGIENE IS NOT AVAILABLE.

3.I. (U) REMOVE POTENTIALLY OFFENSIVE WORDING SUCH AS MOHAWK, FU MANCHU, DREADLOCK, ECCENTRIC, AND FADDISH, AND REPLACE WITH APPROPRIATE TERMINOLOGY FOR UNAUTHORIZED GROOMING AND APPEARANCE STANDARDS. DEFINE PROFESSIONAL APPEARANCE AS A CLEAN AND WELL-GROOMED APPEARANCE.

3.J. (U) AMEND DA PAM 670–1, PARAGRAPH 21-25, (1)(A) AUTHORIZING DIACRITICAL ACCENTS AND HYPHENS TO SOLDIERS' LAST NAMES ON NAMETAPES, AND NAMEPLATES TO ARMY UNIFORMS TO ACCURATELY REPRESENT PROPER ANNUNCIATION OF LEGAL NAMES.

4. (U) WE BELIEVE THESE ACTIONS WILL FOSTER INCREASED DIGNITY AND RESPECT AMONGST OUR DIVERSE UNITED STATES ARMY WHILE MAINTAINING MISSION FOCUS AND COMBAT READINESS. WE ALSO BELIEVE THESE MODIFICATIONS WILL HAVE A POSITIVE IMPACT ON BOTH, WHICH WILL BENEFIT OUR NATION.

5. (U) THE FUTURE REVISIONS OF AR 670–1 AND DA PAM 670–1 WILL PROVIDE UPDATED IMAGERY AND EXAMPLES TO EQUIP THE ARMY WITH SPECIFIC EXAMPLES FOR STANDARDS IN REGARD TO APPEARANCE AND GROOMING. UP-TO-DATE IMAGES WILL REFLECT AUTHORIZED AND UNAUTHORIZED HAIRSTYLES, NAIL SHAPES AND COLOR, LIPSTICK COLORS, AND EARRINGS TO ASSIST LEADERS WITH CLEAR AND CONCISE GUIDANCE.

6. ATTACHED POWERPOINT SLIDES PROVIDE SUPPORTING INFORMATION AND PICTORIAL EXAMPLES OF THE MODIFICATIONS IDENTIFIED ABOVE.

7. (U) THE HQDA DCS, G–1 POINT OF CONTACT FOR UNIFORM WEAR POLICY IS SGM BRIAN C. SANDERS AT COMMERCIAL: (703) 695-5473, OR E-MAIL: BRIAN.C.SANDERS.MIL@MAIL.MIL, OR MSG QUINTANA MITCHELL AT COMMERCIAL: (703) 695-5703, OR E-MAIL: QUINTANA.D.MITCHELL.MIL@MAIL.MIL.

8. (U) DCS, G–1 IS THE PROPONENT OF WEAR AND APPEARANCE OF ARMY UNIFORMS AND INSIGNIA POLICY.

9. (U) THIS ALARACT MESSAGE EXPIRES 24 FEBRUARY 2022. ADDITIONAL MESSAGES MAY BE ISSUED, SUBJECT TO THE NEXT PUBLICATION OF AR 670-1 AND DA PAM 670-1.

ATTACHMENTS:

1 – APPEARANCE AND GROOMING MODIFICATION SLIDES



# **Appearance and Grooming Modifications**

**Information to accompany the HQDA G1 ALARACT**

**HQDA G1 Uniform Policy Branch**

**SGM Brian Sanders / MSG Quintana Mitchell**



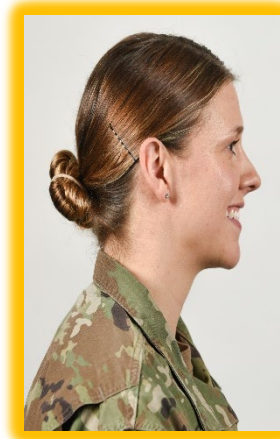
# Purpose

- ❑ These slides are information only, not policy. The information 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 24 February 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 and DA Pam 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.







# 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.

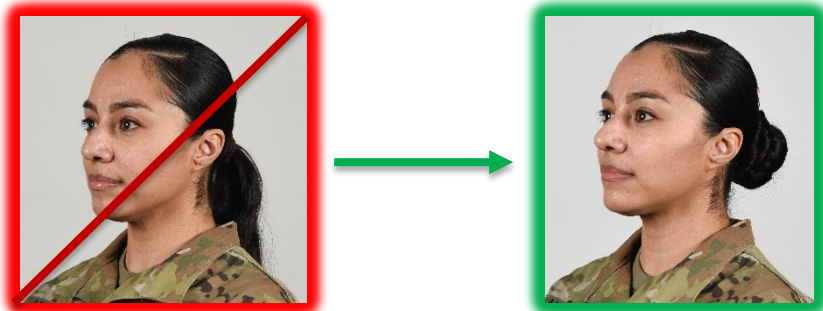




# Short Ponytail

- Amend paragraph 3-2a.(3)(b) to authorize medium length ponytails for female Soldiers who are unable to form a bun due to length and/or texture of hair.
- 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 the top of the head), be no wider than the width of the head, will not extend beyond the lower edge of the collar, and will not interfere with proper wear of authorized army headgear.

**If the hair is long enough to place in a bun, the ponytail is not authorized – Example below.**







# Long Ponytails

- Amend paragraph 3-2.(3)(c, d, and j) to authorize female Soldiers to wear long ponytails in utility uniforms when conducting physical training or tactical operations. While walking to and from your designated area of physical training (formation) the long ponytail is authorized. If you are not actively participating in physical training your hair must be put in a bun.
- Additionally, while female Soldiers are wearing equipment such as but not limited to combat vehicle crewman (CVC) or advanced combat (ACH) helmets, they will be authorized to wear their hair in a ponytail and/or long braid and secured in their utility uniform top.

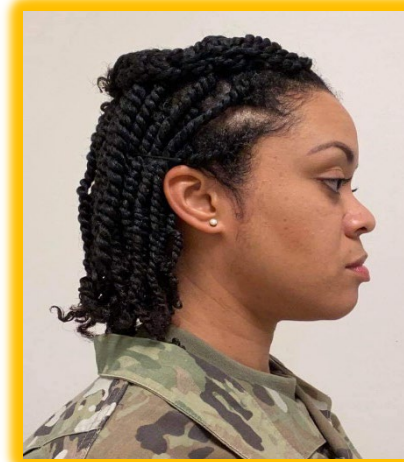
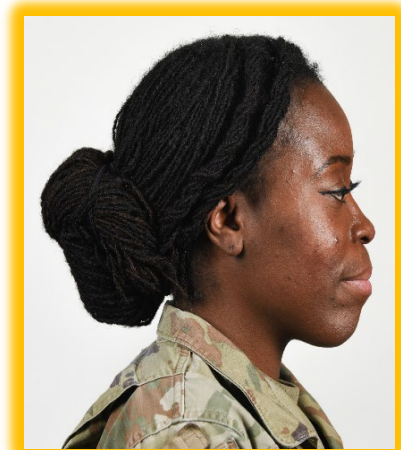
**\*Please consider safety considerations such as (ripping, tearing, pulled, tangled) due to hair being caught on an object/obstacle if hair is not properly secured.**





# 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.

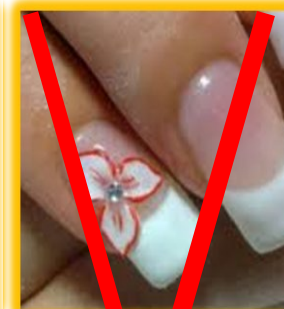
**\*\*This is to provide a general overview of natural colors.**





# 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 field environments, combat related deployments, or locations where access to normal hygiene is not available.





# Removal of Offensive Wording

- Remove potentially offensive wording such as Mohawk, Fu manchu, dreadlock, eccentric, and faddish and replace with appropriate terminology for unauthorized grooming and appearance standards.
- Define “professional appearance” as a *clean and well-groomed appearance*.



# Diacritical Accents

Amend DA PAM 670-1, paragraph 21-25, (1)(a) authorizing diacritical accents and hyphens to Soldier's last names on nametapes and nameplates to army uniforms to accurately represent proper pronunciation of legal names.

**Diacritics**  
Diacritics may be placed above a symbol with a descender, e.g. ñ

◌̥ Voiceless	◌̇ ṅ ḋ	◌̚ Breathily voiced	◌̠ b̠ a̠	◌̚ Dental	◌̚ t̚ d̚
◌̚ Voiced	◌̚ s̚ t̚	◌̚ Creaky voiced	◌̚ b̚ a̚	◌̚ Apical	◌̚ t̚ d̚
◌̚ Aspirated	◌̚ t <sup>h</sup> d <sup>h</sup>	◌̚ Linguolabial	◌̚ t̚ d̚	◌̚ Laminal	◌̚ t̚ d̚
◌̚ More rounded	◌̚ ɔ̚	◌̚ Labialized	◌̚ t <sup>w</sup> d <sup>w</sup>	◌̚ Nasalized	◌̚ ẽ
◌̚ Less rounded	◌̚ ɔ̚	◌̚ Palatalized	◌̚ t <sup>j</sup> d <sup>j</sup>	◌̚ Nasal release	◌̚ d <sup>n</sup>
◌̚ Advanced	◌̚ u̚	◌̚ Velarized	◌̚ t <sup>ɣ</sup> d <sup>ɣ</sup>	◌̚ Lateral release	◌̚ d <sup>l</sup>
◌̚ Retracted	◌̚ e̚	◌̚ Pharyngealized	◌̚ t <sup>ʕ</sup> d <sup>ʕ</sup>	◌̚ No audible release	◌̚ d̚
◌̚ Centralized	◌̚ e̚	◌̚ Velarized or pharyngealized		◌̚ †	
◌̚ Mid-centralized	◌̚ ẽ	◌̚ Raised	◌̚ e̚ (ɟ = voiced alveolar fricative)		
◌̚ Syllabic	◌̚ ŋ	◌̚ Lowered	◌̚ e̚ (β = voiced bilabial approximant)		
◌̚ Non-syllabic	◌̚ e̚	◌̚ Advanced Tongue Root	◌̚ e̚		
◌̚ Rhoticity	◌̚ ə̚ a̚	◌̚ Retracted Tongue Root	◌̚ e̚		





# Updating Imagery

- The future revisions of Army Regulation and DA Pamphlet 670-1 will provide updated imagery and examples to equip the army with specific examples for standards in regard to appearance and grooming.
- Up to date images will reflect authorized and unauthorized hairstyles, nail shapes and color, lipstick colors and earrings to assist leaders with clear and concise guidance.





# Questions

