

GROOMING STANDARDS

Hairstyles

Extreme, eccentric, or faddish haircuts/hairstyles are not authorized. If dyes, tints, or bleaches are used, they must result in a NATURAL hair color. Hair cannot be more than one color.

Male Haircut and Shaving

Male cadets must keep the hair on top neatly groomed. Extreme, eccentric, or faddish haircuts or hairstyles are NOT authorized. Further, the hair must not touch the ears or the collar of the Dress Uniform shirt. In any case, the length cannot exceed 2 inches (or less if hair is thick). The hair must present a TAPERED appearance. Also, inappropriate styles that result in shaved portions of the scalp (other than the neckline) or designs cut into the hair are prohibited. If hair is not within standards cadets may be prohibited from attending class, until it is within standards.

Males will be clean-shaven; however, they may have sideburns. If worn, sideburns will not extend below the bottom of the ear opening, and they are NOT allowed to end in a “point”; they must end with a solid horizontal cut that is not angled. Sideburns will not be tapered or flared. The length of sideburn hairs when extended will not exceed 1/8 of an inch. Mustaches are permitted; if worn, males will keep mustaches neatly trimmed, tapered, and tidy. No portion of the mustache will cover the upper lip line or extend sideways beyond the corners of the mouth. Male fingernails may not extend past the tip of the finger.

Female Hair Standards

Many female hairstyles are acceptable, if they are neat and conservative. Extreme, eccentric, or trendy haircuts or hairstyles are not authorized. If cadets use dyes, tints or bleaches, they must choose those that result in natural hair colors (not two-tone styles.) Additionally, females will ensure that hair is neatly groomed, that the length and bulk of the hair are not excessive, and that the hair does not present a ragged, unkempt, or extreme appearance. Females may wear braids if the braided style is conservative, the braids lie closely on the head, and any hair-holding devices comply with the standards below.

Examples of hairstyles considered to be faddish or exaggerated and therefore prohibited for wear with the SMA Prep uniform, include, but are not limited to, shaved portions of the scalp other than the neckline, designs cut in the hair, and unbalanced or LOPSIDED hairstyles are prohibited. Widely spaced individual hanging locks, and other extreme styles that protrude from the head are prohibited. Foreign material (beads and decorative items) may not be woven into the braids. “Twists” are unauthorized (except French Twists.) Hair extensions are authorized; however, they must have the same general appearance as the natural hair and conform to the above regulations.

Hair-holding devices are authorized only for securing the hair. Cadets will not place hair-holding devices in the hair for decorative purposes. All hair-holding devices must be plain and of a color as close to the cadet's hair as is possible or clear (e.g., a blonde may wear brown or clear hair-holding devices). Authorized devices include, but are not limited to, barrettes, combs, pins, clips, thin (1" or less) headbands, or elastic bands. Devices that are conspicuous, excessive, or decorative are prohibited. Some examples of prohibited devices include, but are not limited to, "scrunchies," beads, bows, claw-clips, wide headbands, and barrettes with butterflies, flowers, sparkles, gems, or scalloped edges or in colors not closely matching the hair.

For further explanation, the female hair standards are broken into three different categories:

a) Short length. Short hair is defined as hair length that extends no more than 1 inch from the scalp (excluding bangs). Hair may be no shorter than 1/4 inch from the scalp (unless due to medical condition or injury), but may be evenly tapered to the scalp within 2 inches of the hairline. Bangs, if worn, may not fall below the eyebrows, may not interfere with the wear of all headgear, must lie neatly against the head, and not be visible underneath the front of the headgear. The width of the bangs may extend to the hairline at the temple.

(b) Medium length. Medium hair is defined as hair length that does not extend beyond the lower edge of the collar (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. When worn loose, graduated hairstyles are acceptable, but the length, as measured from the end of the total hair length to the base of the collar, may not exceed 1 inch difference in length, from the front to the back. Layered hairstyles are also authorized, so long as each hair's length, as measured from the scalp to the hair's end, is generally the same length giving a tapered appearance. The regulations for the wear of bangs detailed in paragraph (a), above, apply. No portion of the bulk of the hair, as measured from the scalp, will exceed 2 inches.

(c) Long length. Long hair is defined as hair length that extends beyond the lower edge of the collar. 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 paragraph (a), apply. No portion of the bulk of the hair, as measured from the scalp, will exceed 2 inches (except a bun, which may extend a MAXIMUM of 3 inches from the scalp) and be NO WIDER than the width of the head. Buns must be located on the back of the head so that the top of the bun does not protrude higher than the top of the head.

(d) Ponytail. If worn, hair will be neatly and inconspicuously fastened or secured in either a bun, single ponytail, two braids or a single braid. Multiple locks, 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 while at the position of attention. There is no minimum length for the wear of a ponytail or braid. All other requirements regarding hair holding devices and bangs remain in effect.

Jewelry Standards

While in any uniform, females may wear post-type earrings in gold, silver, white pearl, or diamond. The earrings will not exceed 6mm or 1/4inch in diameter; they must be unadorned and spherical (round). The ONLY body piercings allowed for females are earrings which may only be worn in the lowest piercing in the ear lobe. No other earrings are authorized. Males may not wear earrings while in uniform. Face piercing of any type, tongue rings, belly rings, and ear gauges are strictly prohibited. **Cadets who get new piercings during the school year that are not in compliance with the uniform policy must remove them immediately; they cannot be covered up by Band-Aids, etc.** We suggest you get new piercings during the summer months, so they have time to heal and don't necessitate posts to keep them open.

Both males and females may wear necklaces **IF** they are not visible in any uniform and the chain is no larger than the Army ID tags chain. No bracelets are allowed while in uniform. Both males and females may wear one ring per hand and a wrist watch: These must be conservative and not detract from the appearance of the uniform (no large or colorful rings and watches – you may only wear black, gold, or silver watches, or military in appearance, that are not oversized or ornate).

Cosmetic and Nail Polish Standards

Tattoos and Henna designs may not be visible while on campus and in uniform. Cadets are not to write or draw on their skin.

Females Nail Polish: The only types of nail polish that are authorized are clear and natural color (nail bed tone) nail polish. French tips are authorized, however the tip must be white only. Nails are to be rounded, neatly trimmed and not to extend beyond a ¼ inch from the end of the nail bed, if wearing french tips the white tip may not exceed ¼ inch.

Female Makeup: Makeup may be worn if it is conservative and complement the uniform and complexion. Eccentric, exaggerated, or trendy cosmetic styles and colors are prohibited. Some examples of extreme makeup colors include, but are not limited to, purple, gold, silver, blue, black, white, red, camouflage colors, fluorescent colors, glitter and painted designs. False eyelashes are prohibited.

Males: Clear nail polish may be worn however, makeup is prohibited.

Eyewear

Eyewear, including sunglasses, that is trendy or has lenses or frames with conspicuous initials, designs, or other adornments is not authorized. Cadets will not attach chains or ribbons to their eyewear. Glasses may not be worn on top of the head at any time. Sunglasses are not authorized in formation, without a prescription.

Backpacks

Handbags, backpacks, and book bags will be conservative and professional in appearance. Advertising, cartoons, or other commercial designs are not authorized. Cadets are not authorized to write on their backpacks.

Face-masks

Face-masks may be worn at the discretion of the cadet. However, face-masks must be solid black or navy blue in color. Disposable masks that are light blue or masks sold by SMA are also authorized.

Water Bottles

Water Bottles must be clear and colorless. Water is the only drink cadets are allowed to have on campus outside of the lunch room during the school day.

Hats

Hats, berets, or other headgear are NOT authorized for wear with any uniform at SMA Prep EXCEPT for specially designated programs, such as the SMA Prep Drill Team.

SPECIAL DRESS DAYS

There will be occasions when students will be allowed to dress up, dress down, or wear special clothing for a dance or other event. Please keep in mind that SMA continues to have high standards for appearance, even when not wearing a uniform. All clothing must be tasteful and appropriate. Cadets not dressed in accordance with guidelines will be sent to the office until the parent brings appropriate clothing.

- Clothing may not be ripped, torn, or have holes**, except when part of a special costume.
- No skin-tight clothing**, with the exception of leggings, which may ONLY be worn with a dress, skirt, or shorts.
 - No inappropriate writing or signs on clothing, such as anything pertaining to drugs, alcohol, profanity, nudity, or anything controversial or suggestive.
- Pants, shorts, and skirts must sit at the waist.
- Skirts, dresses, & shorts may not be higher than 4 inches above knee and must be hemmed.
- No pajamas, slippers, hats, or baggy pants.
- If wearing a hoodie, the hood must remain down and is not to cover the head.
- No spaghetti straps, muscle shirts, tube tops, or tank tops.
- Shoulders and back must be covered.
- No midriffs or cleavage showing.
- The same jewelry and make-up standards apply as with wear of the uniform.
- Male cadets must be clean shaven.
- Shoes must be closed toe with heels no greater than 2".