

To Print the Booklet:

The booklet must be printed on both sides of the paper. Doing this is different for each printer. For most printers the odd pages must be printed first and then the even pages printed on the opposing sides of the odd pages. Once the odd pages are printed load them into the manual load tray of the printer. For some printers the even pages must be printed in reverse order which must be set up in the options of the print window.

The booklet must be stapled together once the pages have been printed. Since the staple must be located too far into the page for most staplers the booklet must be “mattress stapled.” To do this, fold the booklet in half and place staples through the booklet at the two marked locations on the cover.

A vertical line runs down the center of the page, with two short horizontal tick marks on each side, one near the top and one near the bottom.

Elements of Midshipman Hair Style

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Ways to Keep Your Hair Within Regs

- Get you hair cut at least every two weeks to keep it looking sharp and within regulations.
- Around the ears, along with the back and sides are the most noticeable when they are out of regulations, keeping these areas short and clean cut keep you within regs.

Hair Regulations for Women

All hair styles:

- Must have natural looking color.
 - Don't dye your hair any radical colors or allow it to turn green after bleaching.
- Must look neat and professional. Examples of what to do and not to do will be provided.
- If you have bangs they should not be seen when you are wearing a cover, including a garrison cap.
- Only two barrettes may be worn at one time and they must be the same color as the hair.
- Any elastic band used to tie hair back must be the same color as the hair or it cannot be seen in the hairstyle.

Short Hair:

- Must not touch the lower edge of the collar while in uniform.
- If worn in a spike or afro style the bulk must not exceed 2 inches.
- Don't just role out of bed and allow hair to be flying in all directions.

Long Hair:

- Multiple braids are authorized, but each braid must be the same diameter.
 - Double braids must be symmetrical.
 - Cornrows must be the same width.
- Beads and decorative items are not authorized in any hairstyle.
- Buns or braids must be securely fastened to the head in a neat manner.
- Dew drops, ponytails, and pigtails are not authorized.
- All hair must be fastened tightly to the head, i.e., small pieces should not be falling out of a bun.

SIDEBURNS

- Neatly trimmed and not extending past middle of ear.
- Uniform width (no flare) and end with a clean shaven horizontal line.

FACIAL HAIR

- Not authorized, except when on approved chit for medical reasons.
- Even if authorized, facial hair will not exceed ¼ inch in length and will present a neat overall appearance.

HAIRPIECES (*for our balding shipmates*)

- May be worn in uniform to cover natural baldness or physical disfigurement. It shall be of good quality and fit and present a natural appearance.
- Hairpieces will adhere with the policies set forth in MidRegs (stated above).

The Regs

The regulations for midshipman hair can be found in section 5.10 Personal Appearance (Women) in the Midshipmen Regulations Manual. The main points are bulleted below:

HAIR

- Hair above the ears and around the neck should be tapered from the lower hairline upwards at least $\frac{3}{4}$ inch and outwards not greater than $\frac{3}{4}$ inch to blend with hair style.
- No blocked, rounded, or square back haircuts.
- Hair on back of neck should not touch the collar.
- Bulk of hair should not extend longer than 2 inches.
- No faddish or multicolored hair (no bleaching, dyeing, etc.).
- When groomed, it should not touch the ears or extend below the eyebrows when headgear is removed.
- Varying hair styles, including afro, are allowed as long as the styles meet the criteria of maximum length and bulk.
- Basically, as long as the hair follows the aforementioned rules and does not interfere with the proper wearing of military headgear, it is reg.

In what uniforms do these regulations apply?

White works, summer working blues, summer whites, mess dress, chokers, full dress blues, winter working blues, service dress blues, blue and gold mesh jogging suits. . . any uniform other than regulation PE gear

In PE gear:

- Hair **MAY NOT** be worn down or partially down.
- May be worn in pigtails, dewdrops, or ponytails as well as all other regulation hairstyles.

Hair Styling for Men



Keeping hair in a style that conforms to the set male regulations is not a hard task when you know what the regulations are. After the plebe summer entry cut, hair may be grown out but must still meet the standards set in the Midshipman Regulations Manual.

In this section are the regulations for male hair along with grooming standards, to include sideburns, facial hair and even hairpieces.

Conclusions

Keep in mind that money is taken from your account each month to pay for two visits to the midshipman beauty salon, so take advantage of it!!!! Deep conditioning and relaxers as well as washing and hair trimming are offered at the beauty salon. The price of a relaxer is \$10 (compared to \$40-\$50 in the "real world"), while everything else is free of charge.

Hair Dos and Don'ts for Women

This section was created to illustrate the common hair mistakes found throughout the Brigade and to provide correct examples of how one's hair should be worn when in uniform.



Don't wear colored hair ties that are visible when your hair is pulled back. Also, pin your bun to your head so that it does not unravel into a ponytail.



Do wear your hair in a neat and professional bun. Secure the loose ends with pins.

Women of Mixed Heritage



Not all women of African-American heritage have the same type of hair. Many women of mixed heritage have hair that is curly and of a different texture and must be cared for in a slightly different manner.

- When hair is wet, use a conditioning or sculpting gel to hold hair in place.
- When hair is dry, use light oil or moisturizing cream to condition hair and scalp. A light gel or hairspray may be applied to keep "wisps" in place.
- Wash hair daily or weekly depending on the manageability of your hair or the style in which you choose to wear it (curly or straight).
- Though of a different texture, many of the aforementioned styles can be used.



Don't use a ponytail holder to secure the bottom of a French braid. It often comes undone, and it allows loose ends to poke out and look sloppy.



Do tuck all loose ends underneath the bulk of the French braid and secure it with pins.



Don't twist the pigtail ends into faddish buns or allow them to hang free.



Do wear your hair in twin French braids, especially if it is too short to put in a normal French braid. Tuck the ends underneath each other and pin them securely.

Natural Hair

"Natural" hair refers to hair that has not had any chemical or other processes applied to it. The natural hair style is often the best approach after growing one's hair out from a short haircut. Though this style, when kept properly, is good for the hair, it is not always easy to maintain and keep within regulations. Please keep in mind the following regulations when deciding upon a natural hairstyle:

- No portion of the bulk of the hair as measured from the scalp will exceed approximately two inches.
- Hair should present a neat, professional, and well-groomed appearance.

Whether relaxed, braided, or natural, choose a style that you can manage easily and that will conform to uniform standards.

Tips for Relaxed Hair



A relaxer or perm is a chemical process used to straighten hair. A relaxer generally must be applied every six to eight weeks to keep hair straight. Although many find relaxed hair easier to manage, it is often also more fragile, dry, and brittle.

- Moisturize, moisturize, moisturize! Using a light oil or sheen will keep hair from drying and breaking off.
- Trim hair every six to eight weeks (approximately every time you get a new relaxer).
- To prevent further damage to hair, air dry instead of blow drying and use rollers instead of hot curlers.



As the day wears on, hair does not always want to stay put.

Don't allow your hair to get frizzy and out of control.



Do use styling products such as gel and hair spray to control your frizzies.

Don't wear your hair down in regulation PE gear. PE gear is an official uniform. Women with longer hair are required to wear their hair in at least a ponytail. It does not have to be perfectly squared away, but it must be off your shoulders.



NO!!



YES!!

What Will It Cost You?

Depends...

Micro braids (thin braids) may cost \$200. Ask around and find a reputable place to do your braids. Good micros can last 3-4 months with good care and conditioning.

Cornrows are relatively inexpensive as you can normally find someone who can do them for you free of charge. If you cannot find a person to cornrow your hair, you will most likely pay \$35-\$65 to have them done in a salon.

Ways to Keep Your Braids/Cornrows Neat



If not taken care of properly, braided hair can become damaged and break off.

- Ask your stylist to be easy when braiding your hair. This will prevent tight braids, which can cause hair loss.
- Keep your scalp well-moisturized daily. Using hair oil and massaging it into the scalp can help you're your scalp well maintained and prevent dandruff and drying.

Don't wear your hair down in Blue and Gold's. BGMJS's are a working uniform, and MIDREGS requires that women wear their hair in a neat and professional style when wearing them. Treat this uniform as you would working blues, and wear your hair accordingly.



NO!!



YES!!

* * Don't forget that your cover must still be able to fit snugly and comfortably around your head!! Braids and the bulk of hair in general must not exceed two inches from the scalp so ensure that your cover will fit properly.

Sound complicated? Never heard of cornrows or braids? Look at the pictures throughout the section to get an idea of authorized hairstyles.



The Regs

The regulations for midshipman hair can be found in section 5.10 Personal Appearance (Women) in the Midshipman Regulations Manual. The main points are bulleted below:

- Hairstyles shall not be outrageously multicolored or faddish.
- Haircuts and styles shall present a balanced appearance.
- No ponytails or pigtails in uniform (to include BGMJS).
- A maximum of **two** small barrettes, combs, or clips, **similar to hair color**, may be used in the hair.
- Multiple braids are authorized.

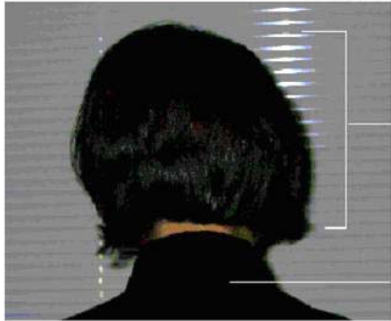
Midshipman regulations do not make any distinction regarding who can wear braids; meaning that braids may be worn by individuals of any race as long as they conform to the following guidelines:

- Braids shall be of uniform dimension, small in diameter (approx ¼ an inch), and tightly interwoven.
- Braids should present a neat, professional, and well groomed appearance.
- Foreign material (beads and decoration) may not be used.

Short Hair



Short hair, to be worn down, must not exceed the bottom edge of your collar. Hair that is longer must be pulled back neatly or cut. To keep your short hair within regulations, trim hair every 3-4 weeks.



Hair is neat and professional in appearance. The bulk of the hair does not exceed 2 inches from the scalp

Hair is no longer than the bottom of the collar

You can pull back short hair with a maximum of two hair clips that are similar to your hair color.

Hair is pulled back with a clip similar to hair color



African-American Hair



Fixing one's hair in a style that conforms to the set regulations is not always an easy task. After the plebe summer entry cut, plebe summer, swimming, athletics, and just the everyday rigmarole, one often finds one's hair (or what's left of it) difficult to keep up to standards.

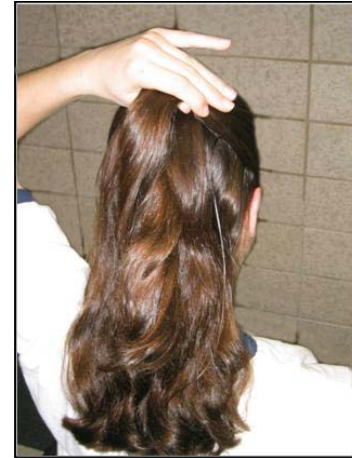
In this section are some suggestions from African-American women within the Brigade of Midshipmen on ways to keep your hair healthy, happy, and within regulations.

Hair How-to's for Women

THE FRENCH BRAID

This style is good for medium length to long hair.

Step 1: Gather a section of hair at the top of your head.



Divide it into three even sections.



Step 2: Begin by making a basic braid.

First cross the section on the right over the middle and then the left section over the middle.



Step 3: Using your finger, a brush or a comb, gather a small section by your right ear and add it to the right strand.

HINT:

To create a neat braid make sure you add to the hair by gathering from your hair line to the appropriate section of hair.

Step 3: Fold the entire pony tail, including the elastic band, into the pocket.



Step 4: Smooth out your hair and secure it with bobby pins and a barrette. The barrette helps to hide the elastic.



THE GIBSON TUCK

The Gibson Tuck works well for thin hair. It is a great style to use while you are growing out your hair.

Step 1: Pull your hair back into a loose ponytail and secure with hair tie.



* With longer hair, make a loop with hair before tucking to make tucking easier.

Step 2: Split your hair above the pony tail into two sections, creating a pocket.



Step 4: Cross the new right section over the middle section.



Step 5: Gather hair from your left ear and add to your left section. Cross the whole left section over the middle section.

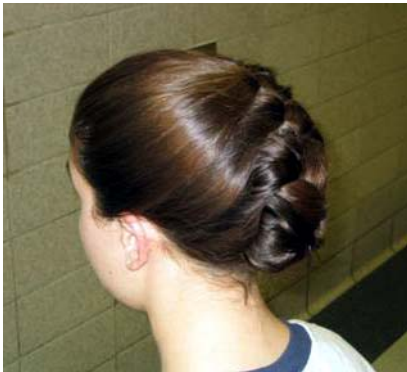


Step 6: Repeat steps 3-5 until there is no longer any hair to add. Then, continue with a basic braid securing the end of the braid with an elastic hair tie.



Step 7: THE TUCK

Tuck the end of the braid up into the bottom. Use bobby pins to secure any loose strands.



DO NOT use an elastic band to hold your tuck in place. Instead use bobby pins to hold your braid in place.

BUN TIPS

- Wet your hair and use gel to prevent any short hairs from popping out and keep hair looking smooth.
- Prevent bumps from forming and keep a neat, professional look: use a fine tooth comb to make the pony tail.
- Bigger bobby pins secure thicker hair better.
- Elastics must be invisible and complement hair color. In other words, if you have blonde hair do not use a black hair tie to secure your bun.
- If you have layers you are allowed two barrettes to secure hair from falling on your face. Remember they must complement your hair color and cannot be shiny.
- "The flip," or pulling your hair halfway through an elastic, is not a regulation hair style.
- The Midshipman store sells a wide variety of hair sprays and gels as well as bobby pins and hair ties that will complement all hair colors.

Step 4: When you reach the top, clasp the ends of Magic bun together.



Braiding Tips

- Braid your hair when it is wet and add gel before braiding. This will prevent frizzies and whispies.
- Use a fine tooth comb to gather hair and to smooth any bumps after braiding.
- Rest your hand against your head as you braid. This will keep the braid tight and will be easier on your arms.

The French Braid takes practice and patience to master, but once you can do it, it is a great style that always looks neat and professional. So, whenever you are sitting around, chatting with your roommate or watching a DVD some Friday or Saturday night, practice the braid.

THE BUN

And its variations...

This style and its variations work well for hair of all lengths.

THE BASIC BUN...

for longer hair



Step 1: Pull hair back into a pony tail and secure with an elastic.

Step 2: Twist ponytail while coiling it around itself. Secure with an elastic and bobby pins.

* Be sure the elastic does not show!



Variation 4: *The Magic Bun...*

Regulation hair made simple



Step 1: Thread hair through magic bun.

Step 2: Grab ends of Magic bun and pull down while rolling under so that ends of hair are hidden.



Step 3: Proceed to roll hair in upwards direction.

Step 2: Pull hair back into a pony tail and secure with an elastic.

Step 3: Place sock “donut” around the pony tail.



Step 4: Spread pony tail and fold hair over top of the sock. Secure hair with elastic.

Step 5: Wrap loose ends around bun and secure with bobby pins.



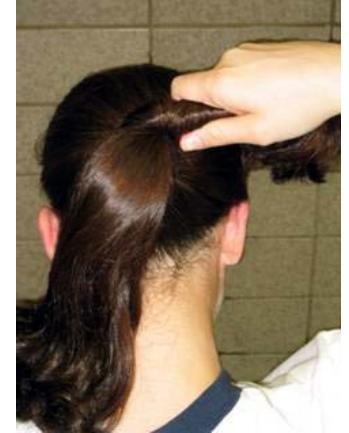
VARIATION 1: *The split bun...*

for medium to long hair

Step 1: Pull hair back into a pony tail and secure hair with an elastic.

Step 2: Split hair into two even sections. Take the first section and begin to twist and coil it around the pony tail.

Step 3: When the coil is half way around the pony tail, add the second section of hair and continue to twist and coil around the pony tail.



Step 4: Secure with elastic and bobby pins.



VARIATION 2: *The plebe nub...*

for that awkward growing out stage

Step 1: Pull hair back into a pony tail and secure with an elastic.



Step 2: Spread pony tail open and fold over elastic, wrapping hair around into bun form.



Step 3: Secure with either clear or black elastics, depending on hair color.



VARIATION 3: *The sock bun...*

for thin or short problematic hair

Step 1: Cut the top off of a sock and roll into a "donut."

