

**MARINE CORPS RECRUITING COMMAND**  
**STATEMENT OF UNDERSTANDING**  
**MARINE CORPS UNIFORM REGULATIONS FOR STANDARDS OF PERSONAL APPEARANCE**

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**POLICY**

In accordance with Marine Corps Uniform Regulations, Marine Corps Order 1020.34H, Marines will present the best possible image at all times and continue to set the example in military presence. Marine Corps Uniform Regulations strictly **prohibit** mutilation of the body or any parts in any manner, and attaching, affixing or displaying objects, articles, jewelry or ornamentation to, through or under the skin, tongue or any other body part. Tattoos on the head (including in or around the mouth), neck area, hands, fingers, elbows, knees, and within two inches of the wrist and any tattoos on other parts of the body, that are prejudicial to good order and discipline, gang or extremist group related, or bring discredit to the Marine Corps are also **prohibited**.

**UNDERSTANDING**

I understand that mutilation of the body or any body parts in any manner is **prohibited** and that attaching, affixing or displaying objects, articles, jewelry or ornamentation to, through or under the skin, tongue or any other body part is **prohibited** with the exception of females wearing earrings consistent with the Marine Corps regulations.

I understand that tattoos located anywhere on the body that are prejudicial to good order and discipline, or are of a nature to bring discredit upon the Marine Corps, are **prohibited** (Examples include, but are not limited to, tattoos that are drug-related, gang-related, extremist, obscene or indecent, sexist, or racist).

I understand that tattoos on the head or neck, including in or around the mouth area, are **prohibited** and that tattoos on the chest or back must be covered by wearing a properly fitting crew-neck undershirt with no portion of the tattoo showing.

I understand that any band tattoos that are visible from outside the PT uniform may not exceed three inches or the width of my four fingers extended and joined, whichever is greater. If a band tattoo is partially covered and partially visible while wearing the PT uniform, the visible part must not exceed the width as indicated above.

I understand that upper arm tattoos that are visible while wearing the crew-neck undershirt may extend down the arm on all sides no further than a line around the circumference of the upper arm measured two inches above the elbow and may not exceed the bounds of my hand with my fingers extended and joined with the thumb flush against the side of my hand.

I understand that elbow tattoos are **prohibited** and there must be an area from at least two inches above to at least one inch below the elbow, measured from the center of the elbow that is free of tattoos, and separates any tattoos on the upper arm from any tattoos on the lower arm.

I understand that lower arm tattoos may extend down not further than a line around the circumference of the wrist measured at two inches above the wrist bone and may extend up no further than a line around the circumference of the lower arm measured at one inch below the elbow and are limited to one of the following: a single band tattoo, a single tattoo or a single collection of tattoos that can be covered by my hand with my fingers extended and joined with the thumb flush against the side of my hand (Tattoos of larger size or greater number on the lower arm are **prohibited**).

I understand that tattoos on the hands, fingers, or within two inches of the wrist bone are **prohibited**, with the exception of a single band tattoo of no more than 3/8 inch in width on one finger (i.e. wedding band tattoo).

I understand that upper leg tattoos that are visible below the bottom of properly fitting PT shorts may extend down the leg on all sides no further than a line around the circumference of the upper leg measured two inches above the center of the knee, when the leg is straight and may not exceed the bounds of my hand with my fingers extended and joined with the thumb flush against the side of my hand.

I understand that knee tattoos are **prohibited** and there must be an area from at least two inches above to at least two inches below the knee, measured from the center of the knee, when the leg is straight, that is free of tattoos and separates any tattoos on the upper leg from any tattoos on the lower leg.

I understand lower leg and foot tattoos may extend up the leg on all sides no further than a line around the circumference of the lower leg measured at two inches below the center of the knee, when the leg is straight and are limited to one of the following: a single band tattoo, a single tattoo or a single collection of tattoos that can be covered by my hand with my fingers extended and joined with the thumb flush against the side of my hand (Tattoos of larger size or greater number on the lower leg are **prohibited**). If tattoos on the lower leg or foot are visible in service "A", blue dress "A/B", blue-white dress "A/B" or evening dress uniforms, slacks must be worn instead of a skirt.

I understand that any tattoo only visible with the use of ultra-violet light must still adhere to the same requirements, limitations and prohibitions applicable to visible tattoos.

I understand that a group of tattoos which are interconnected and exceed the definition of a single tattoo are **prohibited** and that brands are subject to the same requirements, limitations and prohibitions applicable to tattoos.

I understand that I will be screened for tattoos, brands and body ornamentations, and must complete the Marine Corps Tattoo Screening Form. I further understand I will be re-screened prior to shipping to recruit training or my request for appointment for any additional tattoos, brands and body ornamentations received while in the Delayed Enlistment Program or Officer commissioning process.

#### Certification

I certify that I completely understand the Marine Corps policy on the tattoos, brands, and ornamentations and I have reviewed the tattoo policy graphics on page three of this statement of understanding.

Applicant's Printed Name	Applicant's Signature	Date
Certifying Officer or Recruiter's Printed Name	Certifying Officer or Recruiter's Signature	Date
MEPS LNCO Printed Name (Non-prior service enlisted only)	MEPS LNCO Signature (Non-prior service enlisted only)	Date

# UPDATED TATTOO REGS

## UNAUTHORIZED AREAS

## AUTHORIZED AREAS

