

Army Regulation (AR) 670-1 Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What governs female fingernail length?**
 - A. The maximum length is 1/4 inch, and commanders may require shorter length if detracts from appearance, safety, or duties.**
 - B. The maximum length is 1/2 inch**
 - C. There is no limit on fingernail length for females**
 - D. Fingernail length is up to the individual**

- 2. How must the hair on top of the head be for male soldiers?**
 - A. The hair on top should be left natural and unstyled.**
 - B. The hair on top of the head must be neatly groomed.**
 - C. The top hair may be spiked for style.**
 - D. The top hair must be shaved.**

- 3. Which of the following is an example of a prohibited tattoo category?**
 - A. Peace symbol**
 - B. Extremist**
 - C. Company logo**
 - D. University insignia**

- 4. Are Soldiers authorized to wear tinted or colored contact lenses?**
 - A. Yes.**
 - B. No.**
 - C. Only with medical justification.**
 - D. Only during non-duty hours.**

- 5. Who must Maintain their clothing bag items and any supplemental clothing items they are issued?**
 - A. All Enlisted Personnel**
 - B. All Officers**
 - C. Non-commissioned Officers**
 - D. Civilian employees**

- 6. Which statement about headgear fit is true?**
- A. Headgear should fit snugly and comfortably, with no bulging or distortion.**
 - B. Headgear must be worn loosely.**
 - C. Headgear should be tight to the scalp with no air.**
 - D. Headgear is optional.**
- 7. Who is responsible for enforcing grooming policies in both uniform and civilian contexts?**
- A. All Officers**
 - B. Cadets**
 - C. Civilian employees**
 - D. All Soldiers**
- 8. Who may cut a part into the hair?**
- A. Barbers without structural hair restrictions.**
 - B. Only Soldiers who have a texture of hair that does not part naturally.**
 - C. Only medical professionals.**
 - D. Any Soldier.**
- 9. Why are the stars on the shoulder flag oriented facing forward?**
- A. To honor fallen soldiers.**
 - B. For symmetry.**
 - C. To indicate unit designation.**
 - D. To give the appearance that Our Army is moving forward and not backwards.**
- 10. If a Soldier that has a medical profile authorizing a beard shaves or trims their beard, what should be done?**
- A. The Soldier is promoted.**
 - B. They must file a new medical profile.**
 - C. The Soldier is in violation of UCMJ and must be counseled.**
 - D. No action required.**

Answers

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1. A
2. B
3. B
4. B
5. A
6. A
7. D
8. B
9. D
10. C

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Explanations

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1. What governs female fingernail length?

- A. The maximum length is 1/4 inch, and commanders may require shorter length if detracts from appearance, safety, or duties.**
- B. The maximum length is 1/2 inch**
- C. There is no limit on fingernail length for females**
- D. Fingernail length is up to the individual**

AR 670-1 specifies a hard limit on fingernail length for female soldiers: nails may extend no more than 1/4 inch beyond the fingertip. Commanders have the authority to require shorter length if the nails detract from appearance, safety, or duties. This rule balances a neat, professional appearance with practical safety and mission readiness, ensuring nails don't interfere with handling weapons, equipment, or performing tasks. Options that propose a longer length, no limit, or personal discretion beyond the regulation don't align with the established policy.

2. How must the hair on top of the head be for male soldiers?

- A. The hair on top should be left natural and unstyled.**
- B. The hair on top of the head must be neatly groomed.**
- C. The top hair may be spiked for style.**
- D. The top hair must be shaved.**

Hair grooming standards for male soldiers require the hair on top to be neatly groomed. This means the top hair should be clean, controlled, and arranged so it lies evenly and doesn't appear unkempt or excessively styled. Neatly groomed hair presents a professional, disciplined appearance and won't interfere with headgear or equipment. Leaving the hair natural and unstyled looks untidy and does not meet the expectation of a neat, put-together appearance. Spiking the top introduces an exaggerated, non-conservative style that isn't permitted in standard uniform grooming. Shaving the top entirely would create a bald appearance on the crown, which is not the mandated look for the top of the head under normal male grooming standards.

3. Which of the following is an example of a prohibited tattoo category?

- A. Peace symbol**
- B. Extremist**
- C. Company logo**
- D. University insignia**

Under AR 670-1, tattoos that express extremist ideology or allegiance are prohibited. An extremist tattoo communicates support for extremist groups or causes, which conflicts with Army values and can undermine good order and discipline as well as the Army's image. That's why this example is disallowed. The other items aren't considered extremist content and are generally permitted as long as they don't violate other AR 670-1 rules (such as indecency, hate content, or placement/size guidelines).

4. Are Soldiers authorized to wear tinted or colored contact lenses?

A. Yes.

B. No.

C. Only with medical justification.

D. Only during non-duty hours.

Under AR 670-1, Soldiers must maintain a neat, professional, and uniform appearance at all times. Eyewear and eye presentation are expected to be conservative and not alter the natural appearance of the eyes. Tinted or colored contact lenses change eye color and are considered cosmetic; the regulation does not authorize such changes. The goal is to preserve uniformity, safety, and clear identification in all Army settings, so colored lenses—whether for style or preference—do not meet the standard. If a medical condition requires vision correction, Soldiers should pursue approved, non-tinted corrective options that comply with the policy.

5. Who must Maintain their clothing bag items and any supplemental clothing items they are issued?

A. All Enlisted Personnel

B. All Officers

C. Non-commissioned Officers

D. Civilian employees

Maintaining the clothing bag items and any supplemental clothing issued is the wearer's responsibility. The Army expects the person who uses those items to keep them complete, clean, and serviceable so they can be worn when required, which ties directly to personal accountability and uniform readiness. This requirement is tied to the standard clothing bag program issued to enlisted personnel, including recruits and Soldiers in training. Officers have their own uniform management arrangements, and civilian employees aren't covered by this clothing bag program. Therefore, the obligation falls on all enlisted personnel to maintain their clothing bag items and any supplemental clothing issued to them.

6. Which statement about headgear fit is true?

A. Headgear should fit snugly and comfortably, with no bulging or distortion.

B. Headgear must be worn loosely.

C. Headgear should be tight to the scalp with no air.

D. Headgear is optional.

Headgear fit is about how the item sits on your head so it protects you and looks correct. When headgear fits snugly and comfortably, it stays in place during movement, sits evenly, and shows no bulging or distortion that would throw off the uniform's appearance or the gear's retention. A proper fit means the device isn't loose enough to shift or fall off, and it isn't so tight that it causes discomfort or headaches. Bulging or distorted shape signals the headgear isn't seated correctly or is too large, which can compromise protection and appearance. Wearing headgear loosely is not acceptable because it can move or come off, and making it excessively tight with no air is uncomfortable and unsafe. Hence, the true statement is that headgear should fit snugly and comfortably, with no bulging or distortion.

7. Who is responsible for enforcing grooming policies in both uniform and civilian contexts?

- A. All Officers**
- B. Cadets**
- C. Civilian employees**
- D. All Soldiers**

Grooming standards are a shared duty for every Soldier, not something only certain people enforce. The Army expects all Soldiers to uphold the professional image in and out of uniform, so enforcement isn't limited to leaders or a specific group. Leaders model and correct, but peers and subordinates also have a role in addressing violations and supporting proper appearance. Even in civilian contexts, Soldiers are responsible for presenting a professional look, with the civilian appearance expectations applied through the same standard of accountability. So, the responsibility to enforce grooming policies belongs to all Soldiers.

8. Who may cut a part into the hair?

- A. Barbers without structural hair restrictions.**
- B. Only Soldiers who have a texture of hair that does not part naturally.**
- C. Only medical professionals.**
- D. Any Soldier.**

The rule being tested is how a hair part is handled under Army grooming standards. A part can be cut into the hair only when the soldier's hair texture does not part naturally. This keeps appearance neat and within regulation for those who don't have a natural part, while avoiding creating artificial part lines on hair that parts on its own. Barbers, medical professionals, or any soldier are not universally allowed to perform this unless the hair texture in question requires it, which is why the correct answer points to soldiers with a texture that does not part naturally.

9. Why are the stars on the shoulder flag oriented facing forward?

- A. To honor fallen soldiers.**
- B. For symmetry.**
- C. To indicate unit designation.**
- D. To give the appearance that Our Army is moving forward and not backwards.**

The direction of the U.S. flag on the right shoulder is reversed so the stars face forward. This creates the visual impression that the flag is moving forward as the wearer advances, symbolizing the Army pressing ahead and not retreating. It's a long-standing flag convention tied to momentum and readiness. The other ideas aren't the reason for this design—it's not about honoring fallen soldiers, symmetry, or unit designation, but about conveying forward movement and purpose through the flag's orientation.

10. If a Soldier that has a medical profile authorizing a beard shaves or trims their beard, what should be done?

- A. The Soldier is promoted.**
- B. They must file a new medical profile.**
- C. The Soldier is in violation of UCMJ and must be counseled.**
- D. No action required.**

Having a medical profile that authorizes a beard means the Army recognizes a need for that grooming exception. It's not optional extra freedom; it's a formal accommodation that the Soldier is expected to follow. If the Soldier shaves or trims the beard, they're not complying with the profile or with AR 670-1's intent for that accommodation. The correct response is to counsel the Soldier, explaining why the beard is authorized and reinforcing the obligation to follow the medical accommodation. This creates a record of the response and sets the expectation for future compliance. There isn't a need to file a new medical profile just because the beard was shaved, and promotion for this reason isn't appropriate. If noncompliance happens again, escalation to further corrective action may be required, in line with military discipline procedures.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://ar6701.examzify.com>

We wish you the very best on your exam journey. You've got this!

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