

# ARMY REGULATION (AR) 670-1 PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 are some hair colors that are prohibited?**
  - A. Purple, blue, pink, green, orange, bright red, and fluorescent or neon colors.
  - B. Natural browns and blacks.
  - C. Colors that blend with the uniform.
  - D. Gray or white only.
- 2. Who determines the acceptable length and appearance of an authorized medical beard?**
  - A. The appropriate medical authority through a Medical Profile.
  - B. The unit commander.
  - C. The personnel office.
  - D. The legal office.
- 3. Wearing the uniform during public speeches, interviews, picket lines, marches, rallies, or public demonstrations is allowed only if authorized by which individual in the chain of command?**
  - A. The unit commander.
  - B. The battalion commander.
  - C. The first O-5 in the chain of command.
  - D. The company commander.
- 4. Sideburns must not extend below which boundary?**
  - A. Bottom of the opening of the ear.
  - B. Below the ear lobe.
  - C. The jawline.
  - D. The neck.
- 5. For medium length hair, where does the lower edge of the collar lie in relation to the hair?**
  - A. It does not extend beyond the lower edge of the collar
  - B. It extends beyond the lower edge of the collar
  - C. It ends at the ears
  - D. It ends at the shoulders

**6. Which statement is true when long hair is secured?**

- A. Bangs may be worn
- B. Bangs must be tucked under the headgear
- C. Bangs are not allowed
- D. Bangs must be shorter than a quarter inch

**7. For males, what appearance must the hair present?**

- A. A full, uniform length around the head.
- B. A tapered appearance.
- C. Completely shaved top.
- D. A rounded helmet shape.

**8. What length limit applies to beards under medical treatment?**

- A. Beard length cannot exceed 1/2 inch.
- B. Beard length is not specified.
- C. Beard length must be exactly 1/4 inch.
- D. The length of the beard cannot exceed 1/4 inch.

**9. What types of lenses colors are unauthorized?**

- A. Lenses with extreme or trendy colors, such as red, yellow, blue, purple, bright green, or orange.
- B. Traditional gray, brown, or dark green.
- C. Clear lenses only.
- D. Polarized lenses only.

**10. Is block cut fullness in the back authorized?**

- A. It is allowed only for ceremonial occasions.
- B. It is never authorized.
- C. It is permitted to a moderate degree, as long as the tapered look is maintained.
- D. It is required to be fully present.

## **Answers**

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

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## **Explanations**

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## 1. What are some hair colors that are prohibited?

- A. Purple, blue, pink, green, orange, bright red, and fluorescent or neon colors.
- B. Natural browns and blacks.
- C. Colors that blend with the uniform.**
- D. Gray or white only.

*Hair color in AR 670-1 must be natural and not extreme, so the appearance remains neat, professional, and clearly identifiable. The option about colors that blend with the uniform is the best answer because hair that matches or blends with the color of the uniform eliminates that visual distinction, creating a less professional look and potentially hindering quick recognition in a formation or in the field. While bright, neon colors are obviously prohibited as they're not natural, natural brown, black, or gray/white shades are generally acceptable within the natural color range.*

## 2. Who determines the acceptable length and appearance of an authorized medical beard?

- A. The appropriate medical authority through a Medical Profile.**
- B. The unit commander.
- C. The personnel office.
- D. The legal office.

*The authority to determine an acceptable medical beard's length and appearance comes from the medical professional who assesses the condition and documents it in a Medical Profile. That profile, created by the appropriate medical authority, specifies what facial hair is permissible to accommodate the medical condition while still meeting safety and uniform requirements. The unit commander enforces AR 670-1 based on that profile, but does not independently set the appearance. The other offices handle processing and legal matters, not the grooming standards themselves.*

## 3. Wearing the uniform during public speeches, interviews, picket lines, marches, rallies, or public demonstrations is allowed only if authorized by which individual in the chain of command?

- A. The unit commander.
- B. The battalion commander.
- C. The first O-5 in the chain of command.**
- D. The company commander.

*The key idea is that wearing the Army uniform during public speeches, interviews, picket lines, marches, rallies, or other public demonstrations is tightly controlled to prevent the uniform from being used to imply Army endorsement of a cause. Because of that, approval must come from a high level in the chain of command to ensure consistency with Army policy and proper judgment about whether such appearance is appropriate. The correct authority is the first O-5 in the chain of command. This means the battalion commander (or the next senior officer who is an O-5 in your chain, depending on your unit's structure) must authorize it, and that authorization is typically in written form. This higher-level review helps ensure the appearance aligns with Army standards and prevents misuse of the uniform in political or public contexts. Lower-level commanders (like a company commander) or other immediate supervisors aren't the required approvers because the policy assigns this responsibility to the first field-grade officer in the chain to maintain consistency and authority across the force.*

#### 4. Sideburns must not extend below which boundary?

A. Bottom of the opening of the ear.

B. Below the ear lobe.

C. The jawline.

D. The neck.

*Sideburns are kept short to maintain a neat, uniform appearance. The limit is the bottom edge of the opening of the ear. Keeping sideburns at or above that point ensures they don't extend onto the lower part of the face or neck and stays consistent with Army grooming standards. So if the hair reaches the bottom of the ear opening, it's compliant; extending below that point would not be. The other boundaries (ear lobe, jawline, neck) would allow longer sideburns and are not the standard used here.*

#### 5. For medium length hair, where does the lower edge of the collar lie in relation to the hair?

A. It does not extend beyond the lower edge of the collar

B. It extends beyond the lower edge of the collar

C. It ends at the ears

D. It ends at the shoulders

*The rule being tested is that hair must be neatly groomed and contained within the collar when wearing the uniform. For medium length hair, compliance means the lower edge of the hair does not extend beyond the lower edge of the collar. It may touch the collar line but cannot hang below it. This keeps a uniform, professional appearance and prevents hair from interfering with uniform fit or safety gear. If hair extended past the collar, it would not meet the standard.*

#### 6. Which statement is true when long hair is secured?

A. Bangs may be worn

B. Bangs must be tucked under the headgear

C. Bangs are not allowed

D. Bangs must be shorter than a quarter inch

*When long hair is secured, bangs may be worn. The standard requires hair to be neat and secured so it does not interfere with vision or equipment, and bangs are acceptable as long as they are kept out of the eyes and do not affect safety or the fit of headgear. The other options make blanket or overly strict rules that aren't required in every situation—there's no universal prohibition on bangs, no fixed length requirement like a quarter inch, and no must-tuck-under-headgear rule for all cases. The key is that hair is secured neatly and remains out of the way.*

## 7. For males, what appearance must the hair present?

- A. A full, uniform length around the head.
- B. A tapered appearance.**
- C. Completely shaved top.
- D. A rounded helmet shape.

*Males must have a tapered hair appearance under AR 670-1 grooming standards. A tapered look means the hair gradually shortens from the top and around the sides and back, creating a clean, natural line that sits neatly under headgear and avoids bulk or flat, helmet-like shapes. This requirement rejects a full, uniform length around the head, a completely shaved top, or a rounded helmet silhouette, all of which can look less neat or appear unmilitary. So, the best answer reflects the need for a disciplined, well-groomed finish achieved by tapering.*

## 8. What length limit applies to beards under medical treatment?

- A. Beard length cannot exceed 1/2 inch.
- B. Beard length is not specified.
- C. Beard length must be exactly 1/4 inch.
- D. The length of the beard cannot exceed 1/4 inch.**

*When facial hair is allowed for medical reasons, there is a strict maximum length to maintain safety and uniform appearance. The beard must not exceed a quarter inch. Keeping it to this length helps ensure a proper seal with protective gear like gas masks and preserves a neat, uniform look across the force. It's a maximum, not an exact measurement, which is why a length of exactly 1/4 inch isn't required, and reasons suggesting longer lengths or no specification don't fit the regulation.*

## 9. What types of lenses colors are unauthorized?

- A. Lenses with extreme or trendy colors, such as red, yellow, blue, purple, bright green, or orange.**
- B. Traditional gray, brown, or dark green.
- C. Clear lenses only.
- D. Polarized lenses only.

*In Army Regulation 670-1, eyewear worn with the uniform must be conservative in color to maintain a professional, uniform appearance. Extreme or trendy lens colors—such as red, yellow, blue, purple, bright green, or orange—are not authorized because they stand out and can undermine that uniform look. Neutral tinted lenses in gray, brown, or dark green are allowed because they reduce glare without drawing attention or signaling fashion. Polarized lenses are permitted if they don't interfere with vision or mission requirements, and clear lenses can be used when no tint is needed or required by prescription. The key idea is to avoid flashy, conspicuous colors while allowing practical options that preserve visibility and uniformity.*

**10. Is block cut fullness in the back authorized?**

- A. It is allowed only for ceremonial occasions.
- B. It is never authorized.
- C. It is permitted to a moderate degree, as long as the tapered look is maintained.
- D. It is required to be fully present.

*Block cut fullness in the back is allowed in moderation as long as the overall shape remains tapered. Army grooming emphasizes a neat, conservative look with a taper at the neck and around the ears, so a little fullness at the back is permissible only if it doesn't create a bulky or square, boxy silhouette. This means you can have some additional volume back there, provided the haircut tapers smoothly toward the neck and maintains a balanced, meeting-the-standard appearance. The other options imply stricter rules or ceremonial-only allowances, which aren't how the standard is applied.*

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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](mailto: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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