

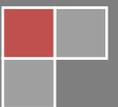
2020

National Dress Regulations

NL 226E



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The Navy League of Canada
01/09/2020



Record of Amendments

<u>Date of Amendment</u>	<u>Specific Amendment</u>	<u>Authorized By:</u>
April 2017	Summer Camp Badge: Reduce the time requirement to 3 days	VP - NLC
March 2018	2.02 (f) Ball Cap: Use of White or Yellow (Gold) Lettering	VP - NLC
June 2018	2.03 - Brassard: As optional use arm brassards may be worn	VP - NLC
March 2018	2.05 – Hair: Delete maximum hair length	VP - NLC
March 2018	Annex A – Cadet Badges – we will be transitioning to Shoulder Epaulets and Arm Brassards for Qualification Badges	VP - NLC
March 2018	Uniform Maintenance – delete Ajax, Comet and replace with light abrasive	VP - NLC
March 2018	Uniform Maintenance – Cadet Boots and/or shoes may be worn	VP – NLC
September 2018	2.07 – Use of Nail Polish	VP - NLC
March 2018	3.02 Officer Service Dress: <ul style="list-style-type: none"> • Naval Cap – Oak Leaf Clusters may be worn by any officer at the rank of LCdr or above 	VP – NLC
March 2018	3.02 (b) Optional Wear: <ul style="list-style-type: none"> • Beret: is authorized by the Commanding Officer • Sweater: A tie may be worn with the sweater 	VP – NLC
March 2018	3.04 Work Dress: <ul style="list-style-type: none"> • Cargo Pants are authorized and available through Logistik Unicorp 	VP – NLC
March 2018	3.05 Formal Dress: <ul style="list-style-type: none"> • Service Dress will include a bow-tie, only ribbons shall be worn • Mess Kit is not permitted 	VP – NLC
March 2018	3.06 Medals/Ribbons <ul style="list-style-type: none"> • Effective immediately the Canada 150 Legion Medal is not authorized to be worn with the NL Officer Uniform 	VP – NLC
March 2018	3.08 Canadian Forces Specialist Insignia <ul style="list-style-type: none"> • Delete: The insignia is to be worn one inch above the Maple Leaf on the left sleeve • Add: All insignia shall be worn in accordance with CAF Dress Instructions 	VP – NLC
March 2018	3.12 Use of Nail Polish	VP – NLC
December 2018	2.02 (f) Optional Wear: Cadet Work dress	VP – NLC
September 2020	3.06 Medals/Ribbons	VP - NLC

	<ul style="list-style-type: none"> • Pins (Awards and Service) • Division Commander's Pin 	
September 2020	Chapter 3 Annex C revised	VP – NLC
September 2020	Chapter 2 Annex A <ul style="list-style-type: none"> • Brassard is changed to have only five badges 	VP - NLC

DRESS REGULATIONS FOR NAVY LEAGUE CADETS AND OFFICERS

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CHAPTER ONE INTRODUCTION

1.01 APPLICATION

- a) This order, Dress Regulations for Navy League Cadets and Officers, is issued to provide members with the policy and instructions for wearing NL Cadet and NL Officer uniforms.
- b) To ensure uniformity and the maintenance of a high standard of dress and deportment, this regulation details policy, authorized items, their method of wear and standards of personal appearance.

1.02 AUTHORITY AND STANDARDS

- a) Dress Regulations for Navy League Cadets and Officers shall be interpreted as follows: If an item is not included in these regulations, it is not authorized.
- b) All cadets parading as a group in uniform shall be required to wear the same order of dress, except where individually exempted. The same applies to Navy League Officers.
- c) The right to wear a Navy League Officer Uniform is granted solely by the National Navy League Cadet Committee. Even if an individual purchases uniforms, they may only be worn by authorized (warranted) individuals.

1.03 CONDUCT WHILE IN UNIFORM (NL 8)

- a) The uniform worn by Navy League Cadet Officers and Cadets is naval in character and has a historic origin. It is to be worn with care and pride, and protected from all abuse and misuse by those granted permission to wear it.
- b) Navy League Officers and Cadets are to conduct themselves in a manner that brings credit to their Corps and The Navy League of Canada at all times while they are in Navy League uniform.

1.04 OCCASIONS WHEN UNIFORM WORN (NL 8)

- a) Navy League uniforms shall be worn:
 - i. To, from, and at regular drills, parades or meetings;
 - ii. At other official ceremonies and parades; and,
 - iii. As ordered by the Commanding Officer.
- b) Uniforms are not to be worn during any work, sport or other activity likely to dirty or damage them.

CHAPTER TWO CADET UNIFORMS

2.01 REQUIRED WEAR

- a) Navy League Cadets, either male or female, shall wear uniforms consisting of:
- i. Cap - White, naval pattern; or, if appropriate Turban – White, navy league pattern or Hijab – White, navy league pattern.
 - ii. Ball Cap - For activities that may cause damage to the white cap, an approved Navy League Cadet Ball Cap may be worn. All cadets present for any activity must wear the same head dress. Ball Caps to meet Navy League specifications as outlined under optional wear.
 - iii. Cap Ribbon - "Navy League Cadets" or Corps name, as per approved pattern.
 - iv. Shirt – Postman blue, long sleeved, Navy League pattern.
 - v. Insignia - Shoulder flashes - "Navy League Cadets".
 - vi. Rank Epaulette - Navy League pattern. The epaulette may be used in place of the rank badges to maintain the NL Cadet Shirt.
 - vii. Other Badge (Trade, skill, award, etc.)
 - viii. Lanyard - White, naval pattern.
 - ix. Trousers - Black, Navy League pattern.
 - x. Belt - White, Navy League pattern.
 - xi. Gaitors – White, to be worn by Coxswain, Regulating PO, Chief Boatswain Mate, QuarterMaster and Company Gunners only if a Corps has those positions.
 - xii. Boots - Military style, black.
 - xiii. Socks - Plain black.

2.02 OPTIONAL WEAR

- a) Corps Badges - Provided all Cadets in the Corps wear them, approved Corps badges may be worn on the left breast of the shirt, 1.5 cm above the seam of the pocket flap, centred above the button.

- b) Nametags – Provided all Cadets in the Corps wear them, a 3" x 1/2", surname only, white lettering on black background name tags may be worn on the right breast of the shirt, immediately above the seam of the pocket flap, centred above the button.
- c) Winter Dress -Parka, blue, Navy League pattern. Peajacket, navy blue, Navy League pattern are grandfathered in for Corps that still can outfit all their cadets until Parkas are available. In addition, Rank Slip ons may be worn on the Cadet Parka.

Toques, black Navy League pattern, are available. If worn, they should be worn by all cadets.

- d) Swimming Dress – For swimming and other water activities that require bathing suits, at a minimum, female cadets will wear a one piece suit and male cadets will wear swim shorts.
- e) Camp Hat – For summer camps or prolonged outdoor activities, the camp hat may be worn. They are not to be worn at public events, such as parades or other events that the proper headdress should be worn. Camp hats are available from Joe Drouin Enterprises.
- f) Cadet Work dress - Cadets may wear work dress when their dress uniform would not be appropriate or would be subject to soiling or damage. Work dress shall NOT be worn on formal parades or other ceremonial occasions. All Cadets must be consistent with the wearing of the same uniform. The approved work dress consists of:
 - i. Cap - Navy League style ball cap
 - ii. Shirt – Corps t-shirt. Corps name and crest. Consistent colour for all cadets
 - iii. Trousers – Dark, civilian pattern
 - iv. Shoes – Running shoes
- g) Ball Caps – The wearing of Ball Caps is only authorized on normal training nights, Corps training weekends or events authorized by the Division Chair for Navy League Cadets or the Division Commander. They are not to be worn at public events such as Parades, fundraisers or other events that the proper headdress should be worn. The Ball Caps are meant to be used to save wear and tear on the White Caps not as a replacement for them.

The Ball Caps are to be Black in colour and have the inscription embroidered in white or gold lettering as follows: Navy League Cadet Corps as one line arced over the Corps name; Corps name (not including "NLCC") to be in straight line across brim of Cap.

NAVY LEAGUE CADET CORPS

ADMIRAL MARTIN

2.03 BADGES AND AWARDS

- a) The following badges and awards are authorized for wear on a Navy League uniform or on a brassard (left arm) (See Annex A for placement). *The use of badges on the NL Cadet Shirt will be phased out in order to maintain the quality of the shirt. The exact timeline is not specified, but Corps may start with to transition as rank badges are currently being discontinued.*
- b) Upper Right Arm - Trade Badges (Only one to be worn)
 - i. Regulators Badge - may be worn by one PO2 or above, who is selected by the Corps C.O. to carry out the duties of Regulator, i.e. assistant to the "Chief", administration, etc. This badge is senior to all other trade badges.
 - ii. Communicator Badge - may be worn by a Cadet who has the ability to send and receive a plain language message of at least twenty-five words at the rate of six words per minute in both semaphore and Morse Code. The Communicator Badge is senior to the Semaphore Badge.
 - iii. Bandsman Badge - may be worn by a Cadet who has qualified to play an instrument in a band.
 - iv. Gunnery Badge – may be worn by a cadet appointed as a Corps Gunner (in charge of drill team)
 - v. Boatswain Badge - may be worn by a Cadet who has completed one year in the Corps and who has passed all the required examinations successfully.
- c) Lower Right Arm – Awards and Skill Badges

- i. Badge of Excellence – The Navy League “Excellence” badge may be awarded annually to Cadet who best exemplifies Excellence by the C.O., having regard to the conduct, appearance, attitude and attendance of the Cadet. This badge supersedes and replaces the “For Merit” badge if previously awarded.
 - ii. Award For Merit Badge - The Navy League "For Merit" badge may be awarded annually to the most outstanding Cadets (one for each ten enrolled), by the C.O., having regard to the conduct, appearance, attitude and attendance of the Cadet.
 - iii. Navy League Cadet First Aid Badge - may be worn by a Cadet who has completed the Optional Cadet SJA LifeSaver First Aid Training as described in Optional Training.
 - iv. First Aid Badge (other) - may be worn by a Cadet who has qualified for the badge as prescribed by the appropriate organization (St. Johns, Red Cross, etc.). This badge must be obtained from the organization, and only one First Aid badge may be worn.
 - v. Sailing Badge - may be worn by a Cadet that has proven sailing experience as prescribed by Navy League Cadet Optional Training. The Cadet may wear an official Canadian Yachting Association (CYA) badge upon proof of a current certification. The badge must be obtained from CYA, and only one Sailing badge may be worn.
 - vi. Semaphore Badge - may be worn by a Cadet that has proven semaphore experience as prescribed by Navy League Cadet Optional Training
 - vii. Boatwork Badge - may be worn by a Cadet who has completed the Cadet Boatwork Training as prescribed by CTS 08.
 - viii. Marksman Badge - may be worn by a Cadet who has shot ten targets (100 shots) and achieved a score of 50 or more, in accordance with the Navy League Cadet Marksmanship Programme.
 - ix. Summer Camp Badge - may be worn by a Cadet who has completed a summer camp experience as approved by the Division (minimum 5 days), as prescribed by Navy League Cadet Optional Training.
 - x. GeoCaching Badge – may be worn by a Cadet who has completed the GeoCaching requirements as prescribed by Navy League Cadet Optional Training.
- d) Cadets may wear a maximum of four badges on the lower right sleeve, two side by side above the cuff, one above that, and one above that again, if applicable. If only one skill badge is being worn, it is worn in the front spot.

- e) The uppermost (Annex A location 6) badge is to be the "Merit" Badge; the next (location 7) is to be a First Aid badge; and at the cuff any two qualification badges, e.g. the Boatwork, Semaphore, or marksman Badge.

2.04 OTHER CADET AWARDS

- a) The Navy League Award of Commendation ribbon awarded in accordance with NL(21) (NLAO's) is to be worn on the right breast of the Cadet uniform.
- b) The Navy League Award of Excellence Medal awarded by National Board of Directors shall be worn on the right breast of the Cadet uniform.
- c) Replacement costs for damaged or lost medals and decorations shall be the responsibility of the individual.
- d) If awarded, a Bravo Zulu pin may be worn, centered above the right pocket (above nametag if worn).
- e) Anchor Pin, approved pin available from Joe Drouin Enterprises is available to be worn by one cadet per corps at a time. Pin is to highlight the cadet of the month, or best dressed, or other signifier awarded by the Corps. Pin use is optional. If worn, the pin is to be on the left collar of the shirt.

2.05 HAIR

- a) Males - Hair shall be:
 - i. Neatly groomed;
 - ii. Taper-trimmed at the back, sides, and above the ears to blend with the hair style;
 - iii. No more than 15 cm in length, and sufficiently short so that when the hair is groomed and head-dress is removed, no hair shall touch the ears, or fall below the top of the eyebrows;
 - iv. Styled so that it does not present a bizarre or exaggerated appearance, or interfere with the proper wearing of any cadet head-dress; and
 - v. Kept free from the neck to a distance of 2.5 cm above the shirt collar.

Aboriginal Cadets – Long hair that does not extend below the lower edge of the shirt collar shall be styled neatly. Long hair that does extend below the lower edge of the shirt collar shall be gathered behind the head with a small-unadorned fastener of a colour that blends with that of the hair itself, or the

hair shall be braided. Single and double braids shall be styled conservatively and tied tightly, secured at the end by a knot or a small-unadorned fastener as above. It does not need to be cut.

b) Females

- i. Hair shall be kept neatly groomed and shall not extend below the lower edge of the shirt collar. Varying hairstyles, straight or curled, are permitted within these limits, but bizarre or unusual hair colours are not authorized. In no case shall the bulk or length of the hair detract from a positive cadet appearance or preclude the wearing of uniform headdress.
- ii. Hair ornaments shall not be worn. Every effort shall be made to ensure that bobby pins, hairpins and similar items used to secure hair as unobtrusive as possible.
- iii. Braids – Shall be styled conservatively and tied tightly, secured at the end by a knot or a small-unadorned fastener. A single braid shall be worn in the centre of the back. Double braids shall be worn behind the shoulders. Hair shall not extend below the top of the armpit when gathered behind the head or braided.

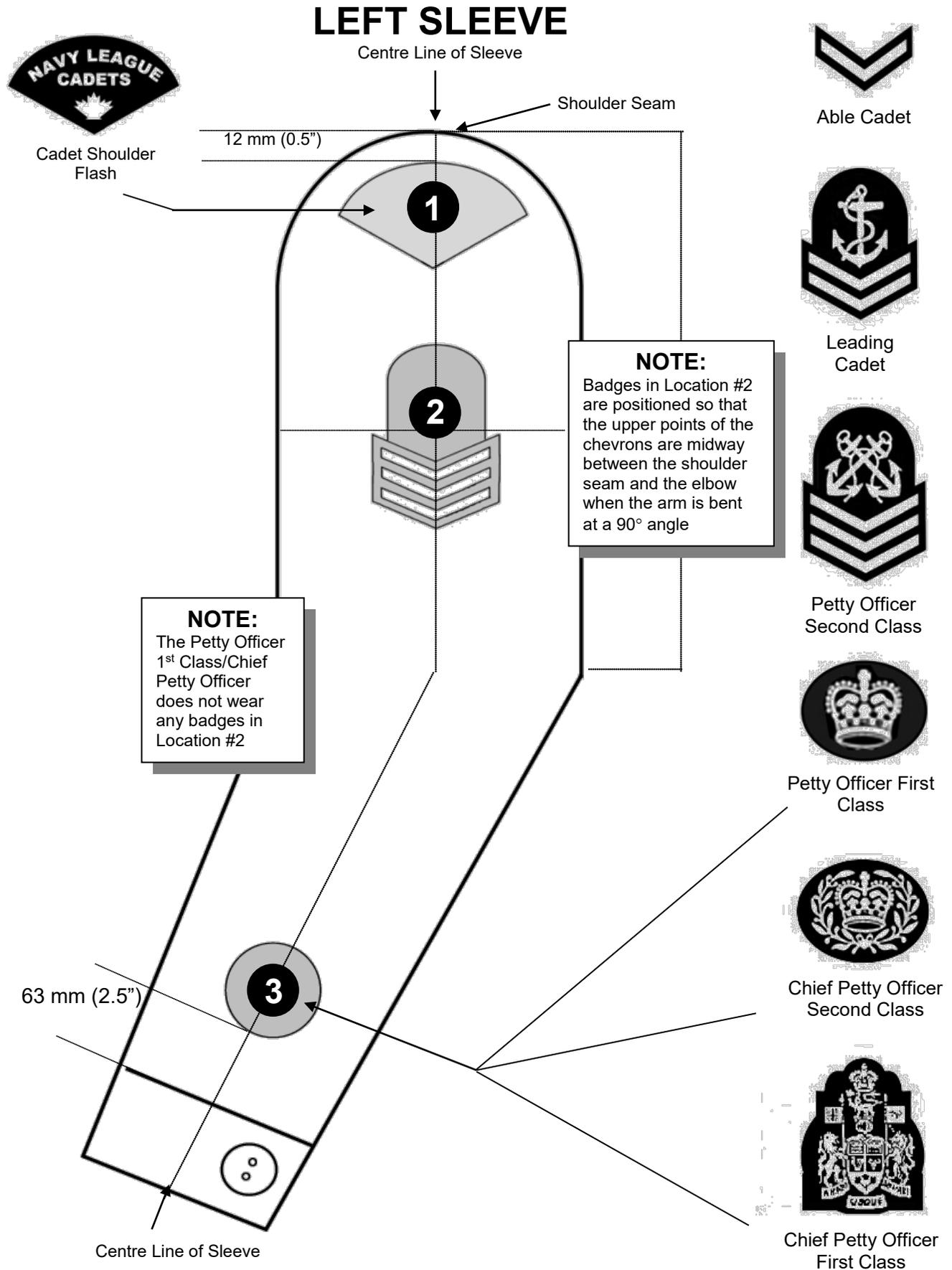
2.06 JEWELLERY

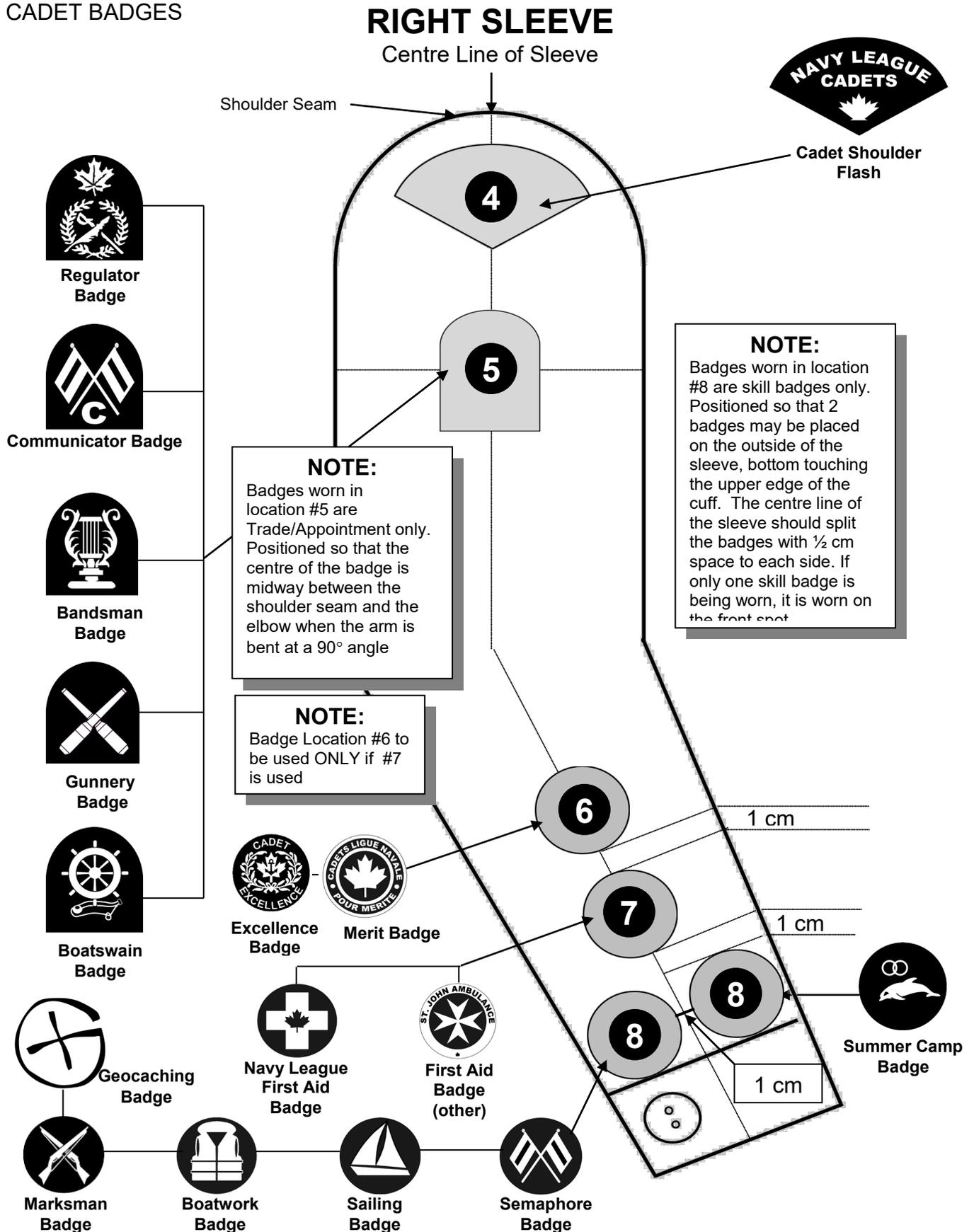
- a) Males - The only jewellery that may be worn by males in the NL Cadet uniform shall be a wristwatch, a Medical Alert Chain Identifier and a maximum of two rings. Male cadets in uniform shall not wear a necklace or a chain about the neck, nor shall they wear any type of earring.
- b) Females - The only jewellery that may be worn by females in the NL Cadet uniform shall be a wristwatch, a Medical Alert Chain Identifier and a maximum of two rings. Female cadets in uniform shall not wear a necklace or a chain about the neck. Female cadets in uniform may wear a single pair of gold or silver stud earrings in pierced ears. The single stud shall be worn in the centre of each earlobe and not exceed 0.6 cm in diameter. No other type of earring shall be worn.

2.07 NAIL POLISH

Cadets may wear nail polish that is clear or a neutral colour (including soft pink).

CHAPTER 2 - ANNEX A
CADET BADGES





CHAPTER 2 - ANNEX A
CADET BADGES – ARM BRASSARD

This is an optional piece of the uniform in order to maintain the NL Cadet Shirt.



UNIFORM MAINTENANCE AND WEARING INSTRUCTIONS

CAP - Your cap should be cleaned with a soft brush, warm or hot water, and a lite unabrasive such as dish soap. Liquid shoe polish should not be used. After your cap is clean it should be placed in a bag and stored where it won't get crushed. The top of a closet is a good place.

The cap tally lettering should be centred on the front of the cap. The bottom should be in line with the ridge and tied tight with the bow centred on the left seam of the cap.

The cap must be worn with the bow of the cap tally to the left side of the head. The front edge of the cap should be parallel to the ground, 1 inch above the eyebrows.

Note: Your shirt and trousers should be washed in warm or cold water and can be washed with all dark clothes when a laundry is done. They can be machine dried and then both need to be pressed.

TROUSERS - Turn inside out and press with a damp lint-free cloth over the seams. DO NOT put a crease down the front of your trousers. In most cases each side must be done separately, as the seams at the sides do not usually line up. When finished leave them inside out and place on a pant hanger or a hanger that will not leave a crease through the middle.

SHIRT - If you iron your shirt on a high temperature inside out (all except the sleeves) it will come out nicely. For the sleeves, place them on the ironing board with the seam to one side. Iron each sleeve flat and ensure that **there are no creases**. The sleeve will have to be rolled on the board in order to ensure that the entire sleeve has been pressed. Make sure no threads (Irish pennants) are sticking out. If so, clip them off with a pair of scissors. Press your collar, epaulettes, and cuffs.

The shirt should be worn neatly tucked into the pants and open-collared (top button left undone).

WEB BELT - Remove the buckles and wash in hot soapy water. If the belt is extremely dirty, (it shouldn't be if it is being cleaned regularly) you may wash it using bleach. **Ask an adult to help you.**

LANYARD - Made of cotton, it is machine washable DO NOT DRY IT IN A DRYER. To dry, place some tape on a nail somewhere so rust will not get on the lanyard and then tie a shoe to the other end for weight. If it is done this way it will look new for years.

It is worn around your neck, through the epaulets with the knot at the second button, looped at the fourth button and the remainder tucked neatly in the left breast pocket.

BOOTS (SHOES) - Place a LIGHT coat of black shoe polish (Kiwi works best) on the boots let it dry for 15 to 20 minutes, then using cold-water rub in small circles until a shine can be seen. When finished the boots can be buffed with an old nylon. Do not use a shoe brush, it works fine for normal shoes, however, it is next to impossible to get a high gloss shine using a brush. Your boots should be polished after every time you wear them. When finished put them in a place where they will not get scuffed.

CHAPTER THREE OFFICER UNIFORMS

3.01 GENERAL

- a) Officers shall wear the Navy League uniform authorized by National Board of Directors. No items other than those described in Chapter 3 are considered part of the uniform.

3.02 NAVY LEAGUE CADET OFFICER SERVICE DRESS

- a) Officers shall wear uniforms, as authorized in NL 8, Article 4.11, consisting of:
 - i. Cap - Naval pattern (Forge), white, with plain black peak. If appropriate, Turban – Black, navy league pattern, may be worn. Lieutenant Commanders and Commanders (NL) shall wear a naval pattern, white, with Oak Leaf cluster on peak.
 - ii. Cap - Canadian Naval pattern female, white, with plain black peak, or Male Naval pattern (Forge Cap) with plain black peak. If appropriate Hijab – Black, navy league pattern may be worn. Lieutenant Commanders and Commanders (NL) shall wear a 11/16” thick gold braid around cap.
 - iii. Cap Badge - Navy League pattern.
 - iv. Jacket - Black, double breasted, with six Navy League pattern buttons.
 - v. Insignia - Shoulder Flashes – Black Navy League pattern "Navy League Canada" on both sleeves, centred 1/4 inch below the shoulder seams.
 - vi. Rank - Navy League pattern gold lace (full width 1/2 inch, half width 1/4 inch) (see Annex A) with Navy League pattern maple leaf cloth badge 1/4 inch above the uppermost row of lace on both sleeves.
 - vii. Trousers - Black, of the same material and colour as jacket.
 - viii. Skirt - Black- Navy League pattern, of same material and colour as jacket. Length to be hemmed half way through knee cap.
 - ix. Shirt - White long sleeved dress shirt with turn down collar.
 - x. Tie - Plain black.
 - xi. Shoes - Black oxford style (with laces) and plain toe. If wearing skirt, shoe to be a plain non-patent black pump with heel no more than 1 1/2” in height.

- xii. Socks - Plain black.
 - xiii. Stockings - With skirts, beige; with trousers, black stockings or socks.
- b) Optional Wear – the following items may be worn as dictated by the time of year:
- i. Summer - A short sleeved white military style shirt with gold on white "Navy League Canada" shoulder flashes and epaulettes with slip-on rank insignia may be worn with the top button undone, without jacket or tie, with the uniform black trousers. Name tags are to be worn above the right pocket, and medal ribbons in the approved manner. This optional summer dress should not be worn on ceremonial occasions.
 - ii. Beret – a black style beret may be authorized by the Commanding Officer – however, it shall not be worn for Ceremonial Parades or in Service Dress.
 - iii. Spring/Fall – a Black Canex jacket may be worn. The tunic or sweater is not to extend beyond bottom of jacket when wearing.
 - iv. Winter - A naval style burbury, with epaulettes and slip-on rank insignia. When gloves are worn they are to be black leather.
 - v. Winter – A naval style Yukon hat or toque (black, no identifier) may be worn to and from parades.
 - vi. Sweaters - Black, cloth elbow and epaulettes may be worn with the service uniform or work dress in lieu of a jacket. Sweaters are NOT to be worn on parades or ceremonial occasions.

3.03 WORK DRESS

- a) Officers may wear work dress when their dress uniform would not be appropriate or would be subject to soiling or damage. Work dress shall NOT be worn on formal parades or other ceremonial occasions. All Officers must be consistent with the wearing of the same uniform. The approved work dress consists of:
- i. Cap - Navy League style ball cap or black beret.
 - ii. Cap Badge - Navy League pattern (small size for beret).
 - iii. Rank - Slip-on rank insignia will be worn on the shirt.
 - iv. Cargo Pants - Black, consistent with the same style for all Officers.

- v. Shirt - NL blue, military style with epaulettes.
- vi. Shoes - Black military style boots; or, if working around boats, clean running shoes.
- vii. Socks - Black with shoes or grey with boots or running shoes.

3.04 CADET INSTRUCTORS

- a) Cadet Instructors are authorized to wear the following items:
 - i. Trousers - Black, Navy League style
 - ii. Shirt – Dependant on the season and dress, White short sleeved or long sleeved shirt with epaulettes. NO shoulder flash allowed.
 - iii. Rank - Slip-on Cadet Instructor rank insignia will be worn on the shirt.
 - iv. Shoes - Black oxford style with plain toe.
 - v. No Cap or Headdress is authorized.

Summer Optional – for outdoor activities only, a NL regulation ball cap may be worn. Ball Cap is not to be worn during parades.

Sweaters - Black, cloth elbow and epaulettes may be worn

Parade Optional – On occasions where a formal jacket should be worn, a black/navy blue blazer may be worn in place of sweater.

3.05 FORMAL DRESS

- a) Formal uniform may be worn at appropriate functions, such as military mess dinners, other formal dinners, dances, etc.
- b) The authorized formal uniform for Navy League Cadet Officers is the regular dress uniform with a black bow tie. Female officers may wear a black cross-over tie. Only undressed ribbons shall be worn.
- c) Officers are no longer permitted to wear 'mess kit (since December 1998). The only authorized formal attire is as outlined in subpara (b).
- d) The right to wear a Navy League Officer Uniform is granted solely by the National Navy League Cadet Committee. Even if an individual purchases uniforms, they may only be worn by authorized (warranted) individuals.

3.06 MEDALS / RIBBONS

- a) Officers may only wear authorized Canadian Orders, Decorations or Medals with Navy League uniforms in the approved manner. Medals are to be worn on all formal occasions or inspections, and the appropriate ribbons are to be worn on informal occasions. These medals are to be worn on the left side of the jacket above the breast pocket.
- b) An Officer who was awarded an Order, Decoration or Medal by a foreign power may be granted approval to wear the insignia and/or ribbon while in Navy League uniform. To obtain approval the Officer must submit a written request with documentation of the award through his C.O., Branch and Division to the National Office for approval by the National Navy League Cadet Committee.

The following other authorized medals (or in place of the medal, the undressed ribbon) are to be worn on the right side of the jacket centred 2mm below the nametag (See Annex C for diagram).

- The NL Long Service Medal
 - The Royal Canadian Sea/Army/Air Cadet Service Medal
 - The NL Cadet Medal of Excellence
 - Cadet medal for Bravery
 - The Cadet Legion Medal of Excellence
 - The ANAVET Medal of Excellence
 - The Lord Strathcona Medal
 - The St. George Medal
- c) The Duke of Edinburgh pin shall be on the right side of the jacket, 2mm above and centred with the nametag (see Annex C for diagram). If wearing a NL Officer Service Pin, it shall be worn inline with the DoE Pin centred 2mm above the nametag (See Annex C).
 - d) The Bravo Zulu pin, if awarded shall be worn on the right side of the jacket. For additional information, please refer to Annex C.
 - e) Only one pin is authorized other than the service pin.
 - f) The Division Commander's Pin shall be worn on the tunic only, please refer to Annex C. It is not authorized for wear on the short sleeve shirt.

3.07 NAME TAG / SERVICE PIN

- a) Officers are to wear 3" x 1/2", surname only, white lettering on black background name tags on the right breast of their uniforms opposite the top of the breast pocket. Name tags are not worn on the optional winter dress – sweaters.
- b) Officers may wear coloured pins indicating years of Navy League service as an Navy League Cadet Officer (by colour) on their uniforms. These pins (available from Joe Drouin – www.joedrouin.com) are to be worn on the right breast above

the nametag. See Annex B for a description of the pins and Annex C for the location.

3.08 CANADIAN FORCES SPECIALIST INSIGNIA

- a) An Officer may wear specialist insignia which he has previously earned and worn while an officer or member of the Canadian Forces.

3.09 OFFICER'S SWORD

- a) Corps C.O.'s may wear Naval swords on ceremonial occasions. Female Officers wearing swords are to wear trousers.

3.10 HAIR

- a) Hair shall be worn in the same manner for officers as it does cadets. Regulations stating cadet hairstyles can be found in article 2.05 in Chapter 2 of this regulation.
- b) Male facial hair, if worn, shall always be trimmed and well groomed.

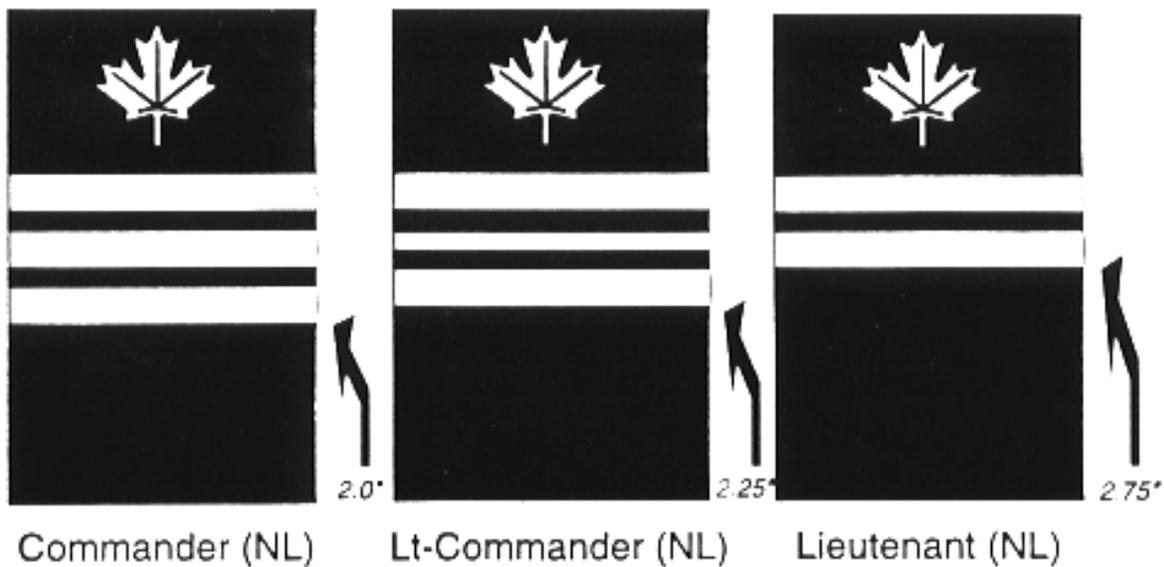
3.11 JEWELLERY

- a) Female Officers may wear plain gold or silver studs or sleepers in their ears. Under no circumstances are male Officers or Cadets to wear earrings of any kind while they are in uniform.
- b) The only other jewellery that may be worn in uniform shall be a wristwatch, a medical alert chain identifier, a maximum of two rings, and a tie clasp. Additional rings may be worn where they indicate professional standing, such as an engineer, or are worn with a wedding band as a single set indicating betrothal or fidelity, such as an engagement or anniversary ring.
- c) Body tattoos and body piercing - Members shall not acquire visible tattoos that could be deemed to be offensive (e.g. pornographic, blasphemous, racist) or otherwise reflect discredit on the NLOC. Members either in uniform or on duty in civilian clothing shall not wear visible and non-visible body piercing adornments, with the exception of women's earrings and ear sleepers.

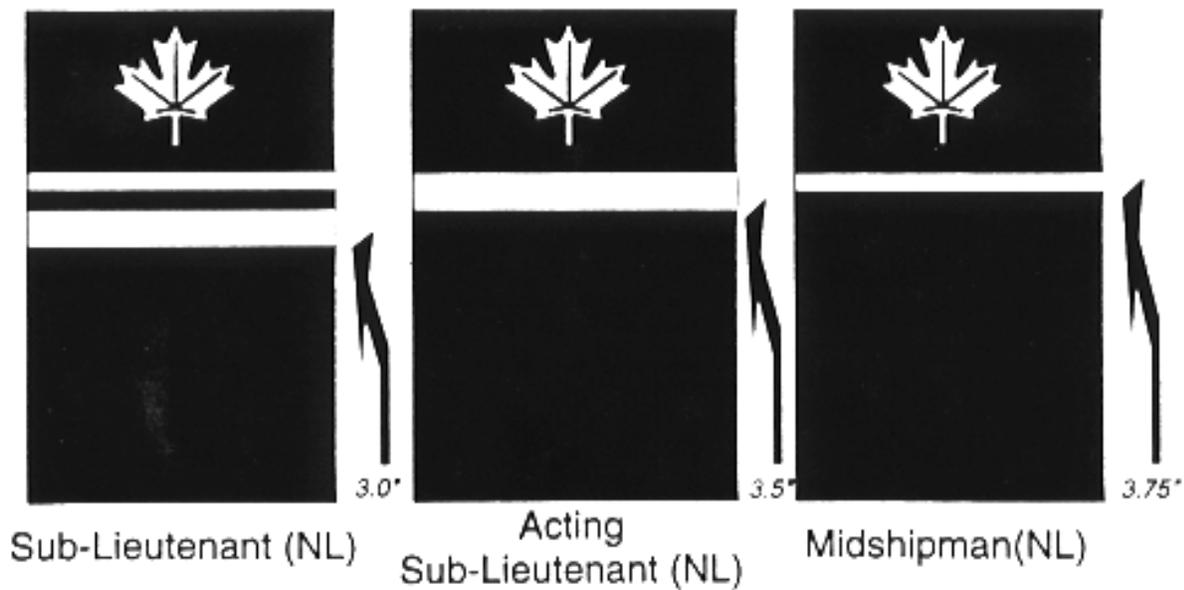
3.12 NAIL POLISH

Officers may wear nail polish that is clear or a neutral colour (including soft pink).

CHAPTER 3 - ANNEX A
 OFFICER'S RANK INSIGNIA
 JACKET SLEEVE



(These insignia are NOT TO SCALE)



All wide gold lace = 0.5"
 All narrow gold lace = 0.25"
 All spaces between gold lace = 0.25"
 Maple leaf to be centred and 0.25" above gold lace

CHAPTER 3 - ANNEX A (cont)
OFFICERS' RANK INSIGNIA
SHOULDER RANK "SLIP-ONS"



Commander (NL)



Lt-Commander (NL)



Lieutenant (NL)

(These insignia are NOT TO SCALE)



Sub-Lieutenant (NL)



Acting
Sub-Lieutenant (NL)



Midshipman (NL)

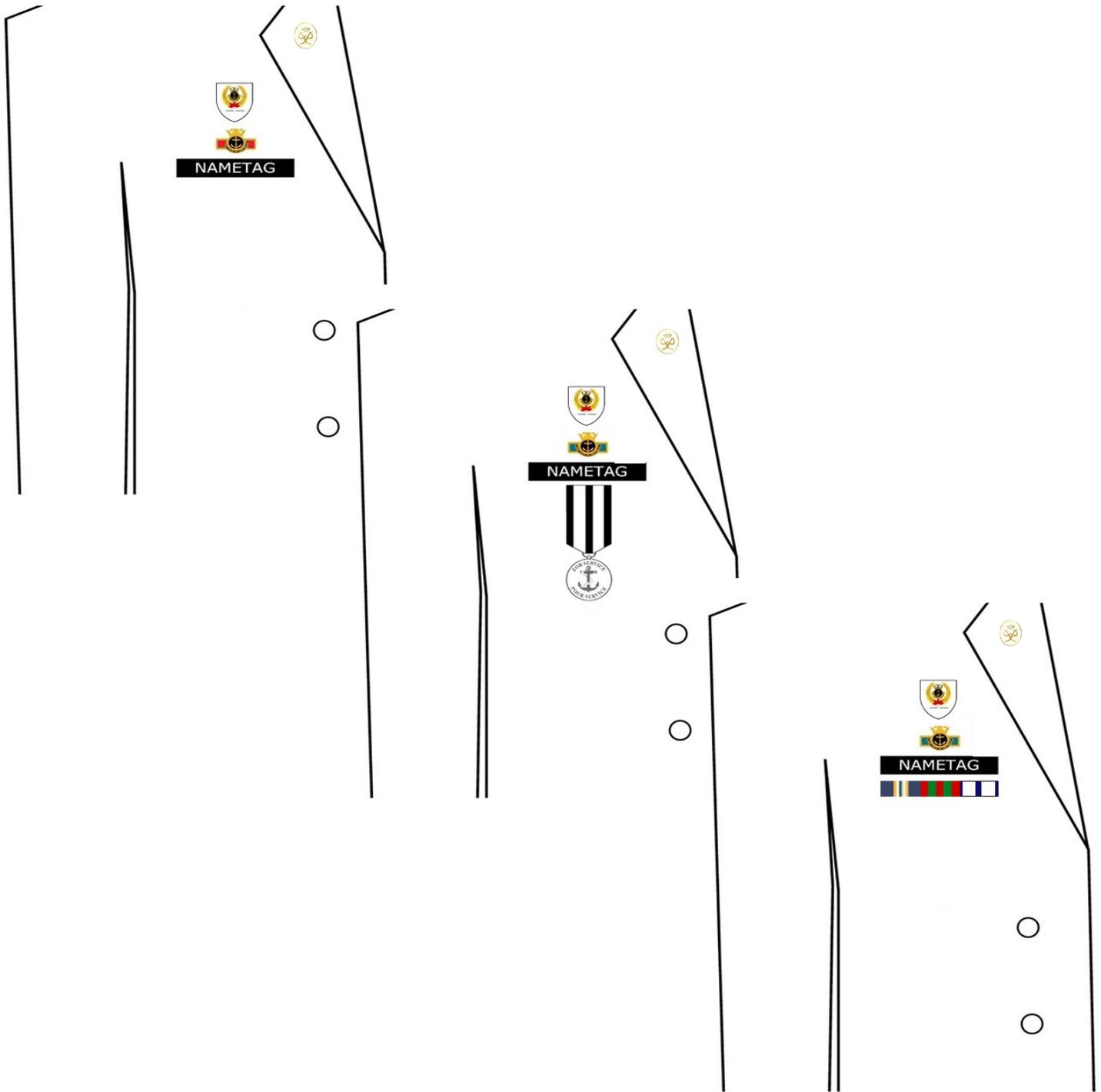
All "slip-ons" to be 4" long
2" wide at the top and 2.25" wide at the bottom
Lowest lace to be 0.5" from bottom
All wide gold lace = 0.5"
All narrow gold lace = 0.25"
All spaces between lace = 0.25"
Maple Leaf to be centred and 0.25" above gold lace

ANNEX B
NAVY LEAGUE OFFICERS
SERVICE PIN DESIGNATIONS

- 5 Year Pin - Silver Navy League Crest with Red bar outlined in silver
- 10 Year pin- Silver Navy League Crest with Blue bar outlined in silver
- 15 Year Pin - Silver Navy League Crest with Green bar outlined in silver
- 20 Year Pin - Silver Navy League Crest with Silver bar outlined in silver
- 25 Year Pin - Silver Navy League Crest with Gold bar outlined in silver
- 30 Year Pin - Gold Navy League Crest with Red bar outlined in gold
- 35 Year Pin - Gold Navy League Crest with Blue bar outlined in gold
- 40 Year Pin - Gold Navy League Crest with Green bar outlined in gold
- 45 Year Pin – Gold Navy League Crest with Silver bar outlined in gold
- 50 Year Pin – Gold Navy League Crest with gold bar outlined in gold



ANNEX C
NAVY LEAGUE OFFICERS
JACKET – RIGHT SIDE



The right side of the officer jacket showing the placement of pin, service pins, medals and name tag.

Only one pin other than service pins is authorized. This pin will be placed on the lapel in line with the long angle.

ANNEX C
NAVY LEAGUE OFFICERS
SHIRT – RIGHT SIDE



The right side of the officer short sleeve shirt showing the placement of service pins, medals and name tag.

No pin other than service pins is authorized on the shirt.

ANNEX D
NAVY LEAGUE OFFICERS
UNIFORM MAINTENANCE

GENERAL

Officers shall maintain their uniforms to the highest standard. The cadets will consider your uniform as a standard. If you have boots/shoes that have a high gloss, the cadets will likely want to achieve the same.

- CAP -**
- Male caps: On the white part, your cap should be cleaned with a soft brush, warm or hot water, and mild detergent such as dish soap. The beak and chinstay can be buffed with a Kiwi cloth.
- Female caps: The white part is made of leather. Your cap should be cleaned with a cloth (use a soft brush for stubborn markings), warm or hot water, use a mild detergent such as dish soap.
- Both caps: Take care not to allow any soap to reach the black material. After your cap is clean it should be wiped dry (important for the female cap, as it can warp), placed in a bag and stored where it won't get crushed.

Notes:

- a. Most clothing can be machine washed / dried, but do read the manufacturer's cleaning instructions on the label.
- b. Jacket and Trousers: It is recommended that these are dry cleaned.
- c. Workdress clothing doesn't normally require ironing. It must be clean and presentable. .

- TROUSERS -** Press with a damp lint-free cloth. Press a crease down the front and back of your trousers in the centre. Try to press as high as you can go without including additional (and incorrect) creases. When finished place them on a pant hanger or a hanger that will not leave a crease through the middle.

- SHIRT -** If you iron your shirt on a high temperature it will come out nicely. Press your collar, epaulettes, and cuffs first. For the sleeves, place them on the ironing board with the seam to one side. Iron each sleeve flat. On the long sleeve white shirt, ensure the **crease runs the length of the sleeve** from the centre of the epaulette straight down to the top of the cuff. On the short sleeve white shirt, ensure the **crease only runs from the** bottom of the shoulder flash to the bottom end of the sleeve. DO NOT crease the badge, nor above it. Make sure no threads (Irish pennants) are sticking out. If so, clip them off with a pair of scissors.

- BOOTS -** Place a LIGHT coat of black shoe polish (Kiwi works best) on the boots let it dry for 15 to 20 minutes, then using cold-water rub in small circles until a shine can be seen. When finished the boots can be buffed with an old nylon. Do not use a shoe brush, it works fine for normal shoes, however, it is next to impossible to get a high gloss shine using a brush. Your boots should be polished after every time you wear them. When finished put them in a place where they will not get scuffed.