

## Global Rhythmic Academy Dress Code Policy: Updated 2023

Our dress code policy is designed to ensure all gymnasts are dressed appropriately for their safety, as well as to ensure coaches are able to see gymnast's alignment, and clothing does not interfere with participation.

### **Beginner/Intermediate/Level 3-4/Xcel Bronze/Silver:**

**\*Leotard of any style and color** (gymnastics leotard, ballet leotard, short sleeves, long sleeve, spaghetti straps etc). Unitard (body suits), and leotards with shorts/skirts attached are allowed.

**\*Leotards are required. No Shirts over.**

\*In addition to leotards students may choose to wear fitted shorts, footless tights, or leggings. No skirts unless attached to leotard.

\*Jackets or sweaters/sweatshirts may be worn over leotards during warm up only.

\*Toe shoes or socks (Toe shoes required for team).

\*Boys dress code: Fitted shirt with no logos (Unless gymnastics related). Athletic shorts or tights.

### **Level 5-9/Xcel Gold +**

\*Fitted shirts without leotard are allowed. Leotards still recommended.

**\*No loose shirts.** Shirts must be fitted and not turn over when the gymnast goes upside down. If you must tuck in or tie your shirt for it to stay down it is not a shirt for gymnastics practice.

**\*NO shirts with visible logo unless gymnastics/dance related.**

\*Tights, shorts, or leggings are allowed.

\*Warm clothes such as sweater/sweatshirt, jacket, pants, socks, leg warmers may be worn for warm up only.

\*Toe Shoes required

**Hair:** Hair must be cleanly pulled back **off the face**. Pony tail, braid, bun etc. **No head bands, bows or barrettes** that may interfere with forward rolls and other skills.

**Jewelry:** Jewelry is a safety risk in gymnastics, especially with rhythmic apparatus. **No jewelry** with the exception of small earrings. Rings and bracelets/watches are especially problematic with rhythmic apparatus.