

# Dress Code

Good Morning Coaches and Parents

Just a reminder regarding the USA Gymnastics Dress Code for both coaches and athletes.

Athletes must follow this policy for all training sessions, competition and awards ceremonies.

## Dress Code

**Athletes:** The dress code must be followed during all training, warm-up and competition times.

### Male Competitors

\*Step in or compression shirt, with or without sleeves, t-shirts are not acceptable.

\*Compression shirts must be skin tight and made of lycra or spandex.

\*Competition pants in a single color or competition shorts, with no longer than a 5" inseam.

\*Trampoline shoes/and or foot covering in the same color as the competition pants or white. If shorts are worn, the foot covering must be white and may not be more than ankle length.

### Female Competitors

\*Leotard with or without sleeves may be worn (must be skin tight

\*Any length skin tight leg covering in the same color as the leotard or skin color may be worn

\*A full-length one-piece leotard (unitard) may be worn. (must be skin tight).

\*White Trampoline shoes/foot covering, if a unitard or long tights are worn shoes/foot covering may be in the same color as the unitard/long tights. Footwear may not be more than ankle length

\*For safety reasons, covering the face or head is **NOT** allowed.

\*The wearing of jewelry or watches is not permitted. Earrings must be removed and may NOT be taped.

\*Rings without gemstones are permitted **only if they are taped.**

\*Only rubber bands, ribbons, flat metal clips or soft hair decorations are allowed.

\*Long hair for both male and female competitors must be secured close to the head. If the hair touches the bed, pads or spring covers, the **routine will be interrupted. (See Guide to Judging Rule 1.20)**

\*Bandages or support pieces must be white, tan or black.

\*Undergarments of any type must not be visible.

Any violation of this rule may result in a penalty of 0.2 penalty, Major violations may result in disqualification in the respective round of competition. The Chair of the Judges' Panel makes this decision.

**Coaches:** Coaches are required to dress in attire reflecting the best image of gymnastics.

\* Collared shirts, business casual shirts or V-neck t-shirt with team logo

\*Tracksuit, or “docker-style” pants

\*Athletic shoes with rubberized soles

\* Warm up Jackets are optional

\*The following is **NOT** allowed on the competition floors

\*No denim

\*No caps or hats

\*No tank tops

\*No sleeveless shirts

\*Violators will be asked to leave the floor