



# Dress Code

- Comfortable clothing that you can move around in: such as tee shirts, shorts, sweat pants, leggings or leotards.
- Jeans or clothing with zippers, buttons, or inappropriate dialogue will not be permitted.



- Clothes cannot be too bulky, as it may interfere with spotting.
- Wearing jewelry during gymnastics is not safe. This includes, but is not limited to, bracelets, earrings, necklaces, rings, and watches.
- Hair that is long enough to cover the eyes must be pulled back away from the face in a ponytail or bun.
- Injuries or contagious skin conditions must be covered with a bandage.
- Bare feet are required at all times. No socks or shoes.

