



Image Policy 2020

This policy ensures the image and integrity of our sport and our athletes are held to an athletic and age appropriate standard.

Athlete Uniforms

- Uniforms should be functional, athletic and should adequately cover an athlete.
- Uniforms should be age appropriate. No risqué, sexually provocative or lingerie looking or inspired uniform or garments allowed.
- Uniform tops may not include an exposed midriff (crop top) except when worn by athletes competing in Senior, University & Open divisions.
- Uniform tops should be secured over at least one shoulder or around the neck, no tube tops allowed.
- Uniform skirts or shorts should be of sufficient length (a minimum of a 2" inseam) and cover the hips to present an athletic image.
- If skirts are worn, briefs should also be worn and sufficiently cover undergarments. The skirt must completely cover the briefs and must fall at least 1 inch below briefs (regular and boy cut briefs).
- Athletic shoes are required to be worn.

Athlete Cover-up

- Athletes should have midsection covered to and from practice sessions and events.
- At competitions, Athletes with non-full top uniforms must wear a t-shirt or other suitable cover up over their uniforms unless they are in the warm-up area, travelling as a group directly to or from the warm up area, or on the performance stage.

Athlete Hair

- Hair should be secured off the face.
- Hair should be styled as not to interfere with the athletes' ability to execute skills.
- Hair style should be athletic, tight and secure.
- Only flat, non-toothed hair pins and clips may be used to secure hair.
- Bows, ribbons, and other hair accessories may be worn, but should be securely fastened and should not be excessive in size (acceptable bows are generally no more than 3" in width), be distracting or hinder the athletes' ability.





Athlete Makeup

- Makeup is not required, but if worn should be age appropriate, modest in amount and reflect an athletic image.
- Only use club or neutral colours for eyes, lips and skin, theatrical makeup should be avoided.
- Face/Eyelid/Hair Rhinestones are not allowed. False eyelashes are allowed but may not be decorated in rhinestones or additional jewellery. No rhinestones, plastic or metallic decorations to be glued on or woven into hair.

Music and Choreography

- Music selection and routine choreography should be age appropriate and suitable for family viewing and listening.
- Routines should have no sexually suggestive choreography or obscene gestures. Examples of inappropriate choreography may include, but are not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another.
- Music should be free of, but is not limited to, swearwords and connotations of any type of sexual act or behaviour, drugs, explicit mention of specific parts of the body torso, and/or violent acts or behaviour are other examples of inappropriate choreography. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.'
- Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situation.

Coach and Athlete Sportsmanship

- All Coaches and Athletes are to maintain good sportsmanship at all times.
- Respect all individuals, equipment and venues.
- Show integrity by following the rules and advocating drug free sport.
- Be a positive role model and uphold a positive image.

Legality Judges reserve the right to assess warnings and/or deductions when standards listed in this policy are not met.

