

# MILLS GYMNASTICS USA

## Apparel Policy:



To insure safety of both the students and the instructors these rules must be observed by all students.

### Girls:

- 1) Must wear a leotard, sleeveless is recommended. Biketards or unitards that do not cover the feet are acceptable. The leotard **must not** have any of the following: *fringe, sequins, lace, zippers, hood, bows, buttons, tie straps, skirting, or anything loose hanging.*
- 2) The leotard must be one piece and cover the abdomen and the small of the back.
- 3) No jewelry of any kind may be worn.
- 4) Hair must be secured and completely off the face. Pony tails or braids may not hang below the base of the neck.
- 5) Only close fitting shorts are allowed such as biker or spandex shorts. No loose fitting shorts allowed.
- 6) No shirts may be worn. Leotards only!

### Boys:

Close fitting tee shirts or shorts. Loose or oversized clothing is not allowed. Shirts must be tucked in.