



## MILLS USA APPAREL POLICY

To insure safety of both the students and the instructors these rules must be observed by all students. Thank you for your cooperation.

### Girls:

1. Must wear a gymnastics leotard, sleeveless is recommended. Biketards or unitards that do not cover the feet are acceptable.
2. The leotard **must not** have any of the following:  
Fringe                      Sequins                      Lace                      or anything loose hanging.  
Skirt                          Bows                          Hood  
Tie Straps                      Buttons                      Zippers
3. The leotard must be one piece and cover the abdomen and the small of the back.
4. No jewelry of any kind may be worn.
5. Hair must be secured and completely off of the face. Pony tails or braids may not hang below the base of the neck.
6. Only close fitting shorts are allowed such as biker or spandex shorts. No loose fitting shorts are allowed.
7. Barefoot is recommended. No stocking feet allowed on the Tumbl Trak. \* If your child has any condition that could be contagious, socks must be worn.
8. No shirts may be worn. Leotards only.

### Boys:

1. Close fitting tee shirts and shorts. Loose or oversized clothing is not allowed. Shirts must be tucked in.
2. Barefoot is recommended. No stocking feet are allowed on the Tumbl Trak.

\*It is very important to follow these policies for the safety of both the student and the instructor.

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