

# Ballet Conservatory Dress Code

## Why is a dress code important in dance?

In dance, like many sports, there are dress code requirements. Not only do dance teachers need to be able to see if posture is being maintained during movement and legs are working correctly, the dancer is made more aware of their own posture and can self-correct. Hair can be a distraction during turns and dancers can build bad habits of brushing it out of their eyes or behind their ears. Tights offer light compression which has been proven to improve circulation in the legs and feet. Tights also provide modesty when worn with shorts or a leotard. Pink tights, in particular, allow the teachers to see if the correct muscles are working.

A dress code increases focus and puts dancers in the right mindset to listen and show respect for their teachers and the art form. It also helps dancer “look the part and feel the part” which encourages confidence. It is often difficult to keep children and teenagers focused and clothing issues can cause distractions.

## General Notes:

1. Jewelry and nail polish: NO jewelry is to be worn except for small stud earrings. Ankle bracelets under or over the tights are not permitted. No jewelry is to be worn during partnering. Nail polish on younger dancers is often a distraction as some dancers spend much time peeling the nail polish off, etc. Older dancers who wear nail polish should avoid fluorescent or black nail polish. Nail polish is not allowed during any performance, including toe nail polish if barefoot. Jewelry is also not allowed in performance.
2. ALL DANCE FORMS MUST WEAR TIGHTS free from runs and holes UNLESS JAZZ PANTS OR LEGGINGS ARE WORN. Street shorts, basketball shorts, plastic pants or t-shirts may not be worn for ANY dance class. Tight-fitting dance shorts designed for dance are allowed but only to be worn over leotards & tights.
3. Leotards – Should fit properly so that dancers feel comfortable and do not develop a habit of pulling up on the straps. It may be necessary to take up the straps. Older students should use discretion and modesty when wearing leotards that require a bra or liner. 2-piece and halter tops are discouraged for this reason.
4. Hair must be neat, secured tightly and worn up and off the neck for ALL classes. Bangs must not fall into eyes and cause a distraction. A headband may be necessary for very short hair to prevent hair from falling into face. Ballet students in Ballet 1 and higher are required to wear their hair in a tightly secured bun as they will be working on turns. Tightly secured bun covers help younger ones secure hair quickly and more easily for those rushed for time. Pony tails are acceptable for Pre-Ballet, Song and Tap, Tap, Hip Hop and Musical Theater.

## SPECIFIC DRESS REQUIREMENTS FOR EACH DANCE FORM:

### PRE BALLET:

Black leotard. May have an attached skirt or ruffle. Tutus or skirts that come off separately are not allowed. Simple design like little bows are allowed. No large appliques or designs that would be distracting.

Tights and shoes: Capezio Ballet Pink footed, unseamed tights. Pink leather shoes with elastic sewn snugly over the front of the ankle.

### BALLET:

Leotards: Black leotard with no attached skirt or ruffle at hip and there are to be no designs. Levels 5/6, and Advanced levels may wear any solid color leotard. Ballet leotards are generally more elegant in style than the leotards worn for a jazz or tap class. Please avoid too many straps on the back and leotards that are cut too low in the back or the sides. Leotard should not be so low that the tights show. Teachers may use their judgment if they feel a leotard is not appropriate for ballet class.

Tights: Capezio Ballet pink footed or transitional tights. Only Advanced level ballet will wear seamed tights in Body Wrappers Theatrical Pink for performances. No cut off tights are to be worn.

Skirts: Pink or black short ballet skirts are allowed but not required for Ballet 1 and up. Levels 3 and up may also wear white skirts as they are required for Pre Pro. Levels 5 and higher may wear any color, short ballet skirt. Teachers may ask a student not to wear a skirt if it becomes a distraction, keeps falling off, or if teachers want to see posture. No legwarmers, t-shirts, shorts, sweatpants are to be worn.

Shoes: Ballet shoes are to be pink, snug-fitting, with elastic sewn snugly across the ankle and not tied. Make sure to place the elastic above the top of the arch closer to the ankle.

Pink leather is to be worn for Pre-Ballet, Ballet 1, 1x and 2 students.

Light Pink canvas slippers (similar to Sansha) may be worn when dancers are in Ballet 2x, 3, 3x, 4x, 5 and 6 and Advanced levels.

MALE Ballet students -white tshirt tucked in (no designs), black tights, dance belt, white socks, white or black ballet shoes.

**TAP:**

Any color Leotard. Pink or suntan tights or jazz pants. Tight-fitting jazz shorts may be worn over tights.

Shoes: Song and Tap students wear black patent leather Mary Jane tap shoes and must replace the bow with black elastic so that students may slip them off and on easily and laces do not come untied during class.

Older students wear black oxfords and must double knot their tap shoes. If a new Tap 1 student would like to wear their Mary Janes to Tap 1, that is perfectly ok as long as they get the oxfords before recital.

All tap shoes should be checked periodically for loose screws so that our marley floors are not damaged.

NO TSHIRTS to be worn. A tight fitting camisole or tank top shirt may be worn over the leotard. Street shorts, basketball shorts, big plastic pants or t-shirts may NOT be worn for ANY dance class.

MALE students may wear long shorts and tight fitting tshirts tucked in only for tap, hip hop and musical theater.

**JAZZ:**

Any color Leotard. Pink or suntan tights or jazz pants. Tight-fitting jazz shorts may be worn over tights.

NO TSHIRTS are to be worn. A tight-fitting camisole or tank top shirt may be worn over the leotard. Street shorts, basketball shorts, big plastic pants or baggy t-shirts may NOT be worn for ANY dance class.

Black Jazz shoes with or without laces. Please double knot laces.

MALE students may NOT wear shorts for jazz OR modern class but should wear jazz pants.

**MODERN:**

Bare feet. Never use powder on the bottoms of your feet!

Cut off tights are not to be worn as slides on unprotected legs can be painful.

Leotard and tights; or leotard and jazz pants may be worn in any color. No 2 piece. NO TSHIRTS to be worn. A camisole or tight-fitting tank top may be worn over the leotard. Street shorts, basketball shorts, plastic pants or t-shirts may NOT be worn for ANY dance class.

Tight-fitting dance shorts are allowed but only to be worn over Leotards and tights.

MALE students may NOT wear shorts for modern class. May wear jazz pants and tucked in tshirt.

**MUSICAL THEATRE**

Black Jazz shoes with or without laces. Please double knot laces.

Any color Leotards and tights or leotards and jazz pants may be worn. Snug t-shirts may be worn. Street shorts, basketball shorts, plastic pants may NOT be worn. Tight-fitting dance shorts are allowed but only to be worn over Leotards and tights.

MALE students may wear long shorts and tight-fitting t-shirts for tap, hip hop and musical theater.

**HIP HOP:**

Black Jazz shoes with or without laces. Dance sneakers may be worn as long as they do not scuff the marley. If you wear dance sneakers, make sure they are not also worn outside as they will bring dirt and oils onto the marley. Special shoes may be needed for recital.

Any color Leotard and jazz pants. Tight-fitting jazz shorts may be worn but only over tights. Snug fitting tshirts may be worn. Street shorts, basketball shorts, or plastic pants may NOT be worn.

MALE students may wear long shorts and tight fitting tshirts for tap, hip hop and musical theater.