



General

Officials reserve the right to assess warnings and/or deductions when the overall presentation does not meet the standards of "appropriate" as described in the policy. Overall presentation includes, but is not limited to, choreography, music, uniform/costume, makeup, hair and hair accessories.

Cover Up Guidelines

Athletes with midriff bearing uniforms* must wear a t-shirt or other suitable cover up over their uniforms/costumes unless they are in the warm-up area, traveling as a group directly to or from the warm-up area or on the performance stage, or participating in post-secondary/community events. Athletes must wear their uniform tops or a t-shirt/other suitable cover up always.

Appropriate Choreography

All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening. 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 or words unsuitable for family listening, which includes, but is not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words may still constitute as "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 avoid an unfavorable outcome for the team.

General Uniform/Costume Guidelines

All costumes should be appropriate for family viewing, should adequately cover an athlete and be secured to eliminate any possible wardrobe malfunction. It is the responsibility of the team to ensure compliance with the specific guidelines. Athletes must also consider that a combination of uniform pieces may also deem a costume appropriate or inappropriate. Appropriate undergarments must be worn, and ALL garments must properly cover the athlete and the athlete's undergarments during the routine. Suggestive, offensive, or vulgar costuming and/or makeup are considered inappropriate.

Uniform/Costume Top Guidelines

As of the 2021/2022 season, uniform/costume tops may not include an exposed midriff (including crop tops) except when worn by athletes competing in Collegiate* divisions. Tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed). When competing in a shirt, it must be fastened. Sleeveless shirts are permitted.

*NOTE: All Collegiate teams will be required to have full top uniforms for the 2023/2024 season.

Performance Cheer Specific Guidelines:

Skirt/Shorts Guidelines

Tights must be worn under briefs, bodysuits, and excessively short or ill-fitting shorts that could wedge or otherwise expose the body in ways that may be considered inappropriate, with the focus being on the dignity of the athletes.

Cheer Specific Guidelines:

Uniform Skirt/Shorts Guidelines

When a skirt is worn as part of the uniform, briefs under the skirt are required, and both of which must be the equivalent of a 5 cm inseam minimum. When shorts are worn as part of the uniform, there must be a minimum of a 5 cm inseam.



Makeup

If worn, makeup should be uniform and appropriate for both the performance and the age of the athletes. Face/eyelid rhinestones are not allowed.

Hair and Nails

Hair should be appropriate for both the performance and the age of the athletes and a style that is adaptable to all diversities. Painted nails are allowed, but length and shape must be of an appropriate length. If in doubt, please consult your local PSO for further direction.

Bows/Other Hair Accessories

Bows and other hair accessories should not be excessive in size (acceptable bows are generally no more than 3" in width). Bows and other hair accessories should be worn in a manner to minimize risk for the participants, should be adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.