



Uniform Policy for Competitive Teams

This policy applies to all Rec, Prep, and Elite teams participating in competitions.

1. Midriff Coverage

- Junior Age and Below: All athletes on teams in the Junior Age division or younger must wear uniforms that fully cover the midriff at all times.
- Senior Teams: Athletes on Senior teams wearing non-full top uniforms must wear a cover-up unless they are:
 - Entering the Warm-Up Room, or
 - On the Competition Floor.

2. Uniform Top Requirements

- All uniform tops must have at least one strap that goes over the shoulder or around the neck.
 - Tube tops (strapless tops) are not permitted.

3. Uniform Availability

- If team uniforms have not arrived prior to the competition date:
 - Athletes must wear a full-length T-shirt or tank top that complies with the midriff coverage requirement.
 - Practice wear that exposes the midriff is not allowed to be worn at competition, even in place of the official uniform.