



Guidelines & Dress Code

Click [here](#) to see the full Rising Star schedule, organized by day and time, and click [here](#) to register!

Thank you for choosing Rising Star! Here are our expectations for student attire. Please understand that our dress code is implemented in order to give the best instruction possible!

Guidelines

- Never wear your dance shoes outside. Our mats and dance floors are very expensive, and the elements from outside are very hard on them.
- Use a sharpie to write your name inside your dance shoes. That way if you accidentally leave them at the studio we can get them back to you!
- No street clothes such as jeans are permitted, but dancewear and general activewear are perfect for class! In order to be able to move freely, you must wear clothes that move with you. As the saying goes, "To feel the part you must dress the part!"
- Hair must be up securely away from the dancer's face unless the teacher instructs the student otherwise. Rising Star recommends a ballet bun or tight braids for class: long ponytails can inhibit movement.
- It is not Rising Star's responsibility to provide hair supplies. Students should arrive with their hair already done. Hair supplies are available for purchase at the front desk.
- Students should always have a tumbling or dance bag packed to include the correct attire and shoes along with hair ties, extra tights if applicable, a small snack, a water bottle, and other necessary personal items.
- Apple watches, Fitbits, and other wearable technology is not allowed in class due to both the distraction it creates for the dancers/tumblers and the potential for damage to the item. Please remove these items before class, or leave them at home.

Product & Store Recommendations

Please check out Wyoming owned dancewear businesses LKH & Eleve Dancewear Boutique:

<http://www.lkhandcompany.com/>

<https://elevedanceboutique.business.site/>

Or visit Discount Dance Supply:

<https://www.discountdance.com>

[Click here](#) to see our product recommendations from Discount Dance.



Dress Code by Class:

★ **Tumbling (New for 2022-2023)**

Girls: Must wear leotard and spandex shorts or biketard. Tumblers *must* tumble barefoot. Hair is to be pulled back and out of the tumbler's face. This is for safety reasons and is a must.

Boys: Wear shorts and a fitted t-shirt or tank. Tumblers *must* tumble barefoot.

★ **Tiny Star Tumbling (Parent-Tot Classes)**

Leotards and spandex shorts. Please note that only one parent/adult will be allowed into the parent-tot class with their tumbler/dancer at a time. Parents may wear comfortable, movable clothing, as they may have to assist their child around the room. No street shoes are allowed in any of our studios.

Boys: Wear shorts and a fitted t-shirt or tank. Tumblers *must* tumble barefoot.

★ **Tiny Star Dance**

Girls: any color leotard and tights. Pink non-tie ballet shoes. Leotards with attached skirts are fine as long as the skirts do not pass mid-thigh. No pull-on skirts. Hair is to be pulled back and out of the dancer's face.

Boys: activewear, black ballet shoes.

★ **Dancing Stars & Pre-Ballet**

Girls: any color leotard and tights. Pink non-tie ballet shoes. Leotards with attached skirts are fine as long as the skirts do not pass mid-thigh. No pull-on skirts. Hair is to be pulled back and out of the dancer's face.

Boys: activewear, black ballet shoes.

★ **Pre-Jazz**

Activewear/dancewear. Tan jazz shoes. Hair is to be pulled back out of the dancer's face.

★ **Tap**

Activewear/dancewear. Tap shoes - for children: buckle, slip-on, or velcro (no tie tap shoes). Adults: tap shoes can be slip-on or tie (whichever you prefer). Hair is to be pulled back and out of the dancer's face.



Dress Code by Class Continued:

★ Ballet

Ladies: Solid black leotard, ballet pink tights only. Leotards should fit well and be worn without a bra. If a bra is required, it must not be visible. No underwear. Pink ballet shoes, canvas shoes are recommended. Ballet I only may wear pink or black skirts. Hair must be up in a tight, clean, classical ballet bun. No messy buns. Please watch our [Rising Star Bun Tutorial](#) for more information.

Men: White form-fitted shirts. Black bottoms, preferably black ballet tights. Men's dance shorts or dance pants are also admissible. Black ballet shoes.

★ Pointe

Ballet class attire as well as pointe shoes. Students are encouraged to carry a "pointe kit" including scissors, sewing materials, bandaids, toenail clippers, etc. in their dance bag.

★ Contemporary

Activewear/dancewear. Form-fitted clothing, no baggy clothes. Barefoot, Eclipse shoes, or toe paws (see an example on the Discount Dance dress code list). **No jazz shoes**, as they change the orientation of the foot on the floor and change the way movement occurs.

★ Hip Hop

Loose-fitting clothes, such as sweats or shorts. Black sneakers - Must be only worn for class. **Do not wear hip-hop shoes outside.** Sneakers must have clean bottoms and to be carried in and put on inside of the studio.

★ Da Boyz Dance

Activewear. Black sneakers: Must be only worn for class. **Do not wear hip-hop shoes outside.** Sneakers must have clean bottoms and to be carried in and put on inside of the studio. No street clothes, specifically jeans.

★ Broadway Bound

Activewear/dancewear. Tan Jazz shoes. No street clothes, specifically jeans.



Dress Code by Class Continued:

★ Cheer

Leotard and spandex shorts. Clothing worn to cheer classes must be fitted for safety. Must have cheer shoes, white soles only. Do not wear cheer shoes outside. Sneakers must have clean bottoms and to be carried in and put on inside of the studio. Hair must be secured in a high ponytail. Shoes can be ordered at www.omnicheer.com

★ Jazz

Activewear/dancewear. Tan slip-on jazz shoes. Hair is to be pulled back and out of the dancer's face.

★ Company Classes

All Black dancewear. Bring appropriate shoes required for the dances used for the competition pieces. Hair is to be pulled back and out of the dancer's face.

★ Ballet Repertoire

See the ballet dress code.