

2025 Weekly Rehearsal Dress Code Policy

PLEASE NOTE

- **DO NOT** send your dancer to practice with any unnecessary high value or irreplaceable belongings.
- Melrose Youth Ballet is **NOT** responsible for any lost or damaged personal belongings.
- Repetitive failure to follow dress code policy will be handled on a case by case basis and may ultimately end up with your dancer(s) being asked to forfeit their roles.
- If there are medical accommodations needed, please email us at melroseyouthballet@gmail.com.

Female Dancers

Hair

Style

- Dancers' hair should be neatly slicked back in a high bun.
- Messy hair is distracting to our Director and Assistants who need to pay attention to teaching and technique.
- Bun covers and small hair bows are permitted.
- Colored hair is not permitted.

Jewelry

- Dancers may wear studded earrings with backing.
- Dancers wearing any type of large earring or hoop will be asked to **REMOVE** them before practice.
- Dancers are strongly discouraged from wearing any bracelets, necklaces, rings, or any other piercings/forms of jewelry during rehearsals. Jewelry may get caught or break, posing a risk to your or other dancers.

Attire

Arriving to Practice

- Dancers are to arrive to practice wearing a top, bottom, one piece cover-up, and any other necessary articles of clothing.
- We **DO NOT** want dancers arriving in solely a leotard and tights.

During Rehearsals

- Dancers are to wear a black leotard with pink or tan tights.
- Any dancer who is cast in a role that requires tricks **MUST** wear convertible or footless tights.

- Dancers will **NOT** be allowed to remove or cut their tights.
- Dancers are permitted to wear a fitted black shirt over their leotard if needed.
- Dancers are permitted to wear a black or pink dance sweater over their leotard.
- Dancers are permitted to wear MYB official shorts; Stay tuned!
- Dancers should wear applicable undergarments.

Dismissal from Practice

- Dancers are to leave practice wearing a top, bottom, or one piece cover-up. We **DO NOT** want dancers leaving in just a leotard and tights

Nails

- Nail polish is permitted during rehearsal however it is **NOT** permitted during tech week rehearsals or during performances.
- Acrylic nails are strongly discouraged and **WILL NOT** be permitted during tech week rehearsals or during performances.
- Nails, real or artificial, longer than 2 inches are **NOT** permitted as they pose risk to your dancer or other dancers.
- Nail polish can be a distraction therefore if dancers are to wear nail polish we suggest light colors or french manicures.

Footwear

- Dancers cast in flat roles should wear pink canvas ballet shoes.
- Dancers cast en pointe, should wear pink pointe shoes with necessary toe pads, tape, and other supporting foot supply.
 - Pointe shoes must be in usable, “broken in” condition.
 - Pointe shoes that are too old or too new pose a risk to your dancer as well as their fellow dancers.
 - Any dancer with pointe shoe ribbons **MUST** tuck in the tails.
- Dancers performing tricks may be asked to wear foot undies or to perform barefoot.

Medical Equipment

- Any dancer with a medical need **SHOULD** adhere to their doctor’s recommendations.
- Dancers with visual impairments should wear their glasses or contacts (optional not required) as prescribed.
- With so many fun options for glasses, we ask dancers **NOT** to wear anything with character designs, neon, or overly large thick frames during tech or performances.
 - Please email or speak to a Board Member if you have any questions.
- Dancers with auditory needs are permitted to wear listening devices or noise canceling headphones as needed.
- Dancers are permitted to wear bracing, casting, or any other medical equipment prescribed by their doctor.

- A doctor's note is required for injuries, noting clearance or inability to clear a dance to rehearse, perform certain moves or tricks (if applicable), dance en pointe (if applicable), and to perform.

Male Dancers

Hair

Style

- Dancers' hair should be neat.
- Long hair should be slicked back.
 - Long hair should **NOT** be hanging in a dancer's face as it is distracting and could pose risk to your dancer or other fellow dancers.
 - Long hair styles should be secured back with pins and/or elastics.
- Messy hair is distracting to our Director and Assistants who need to pay attention to teaching and technique.

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Attire

Arriving to Practice

- Dancers are to arrive to practice wearing a top, bottom, one piece cover-up, and any other necessary articles of clothing.

During Rehearsals

- Dancers are to wear a solid, white, short-sleeve shirt with fitted black dance pants or black dance shorts.
- White or black socks may be worn with ballet shoes.
- Dancers are permitted to wear a solid, white, long sleeve shirt if needed.
- Dancers are permitted to wear MYB official shorts; Stay tuned!
- Dancers should wear applicable undergarments.

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