

# SJA DRESS GUIDELINES FOR STUDENT DANCES



## BE MODEST

- **Semi-formal or Formal (DEPENDS ON DANCE);** either long or short dresses. Women's jumpsuits or women's pantsuits are permitted
  - **Prom & Winter Formal - FORMAL (mid calf or floor length/long dresses)**
  - **CHS HOCO & FROSH - SEMI FORMAL (cocktail dresses)**
- Dresses must have **modest necklines.**
- **Dresses may be strapless, one shoulder or spaghetti straps** as long as they meet all requirements in the dress guidelines.
- Hemlines and slits should be a max of **four inches above the knee.** *Use your arm length as a guide.*
- Dresses may have exposed backs near or above the traditional bra line, but **side cutouts or visible midriff are not permitted.**

## BE MINDFUL

- Make sure your outfit is **comfortable to dance in.** Test your outfit to ensure that you stay secure throughout the night.
- **Avoid skin-tight, body-con, spandex, bandage** dresses which may restrict your movement.
- **Walk around** to see how the length may change with movement.
  - Ex: Does the slit or dress hem rise up as I'm walking?

## BE PREPARED

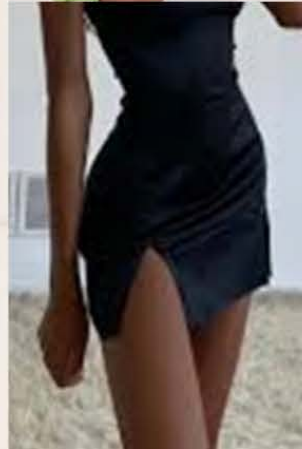
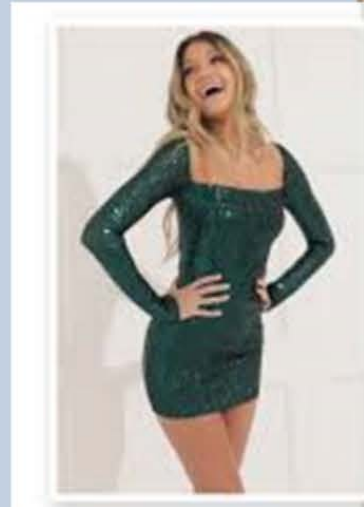
- Shoes must be worn at all times. If you choose to wear heels, **bring a backup pair of shoes** if you believe your feet may start to hurt.
- There may not be a bag check/coat at the dance. **Be responsible and keep up with your items!**

**Gentlemen should wear** dress slacks, dress shirt, dress shoes and socks, and a tie. Formal attire is a suit, tuxedo, or sportscoat with slacks and a tie. Coats are optional for semi-formal. No hats are permitted.

**UNSURE ABOUT YOUR OUTFIT? EMAIL MRS. CHRISTINA RICHARDSON (RICHARDSONC@SJABR.ORG) FOR A GOOD-TO-GO! STUDENTS OUT OF DRESS CODE MAY BE SUBJECT TO DISCIPLINARY CONSEQUENCES OR DISMISSAL FROM THE DANCE.**

# DRESS LENGTH

## YES



## NO



# DRESS FIT

YES



NO



# COVERAGE (FRONT)

YES

NO



Coverage should be appropriate and modest.



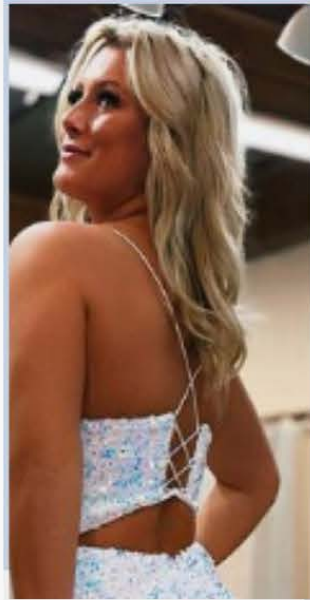
Avoid full midriff mesh

Avoid low cut

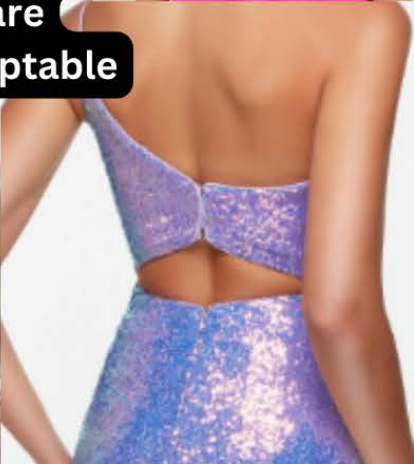


# COVERAGE (BACK)

YES



Must be at or near traditional bra line; keyholes are acceptable



NO

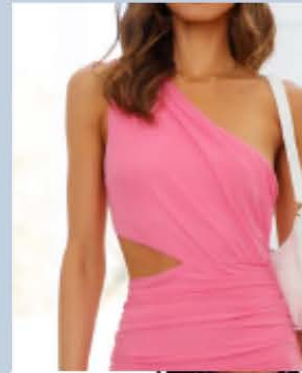


# DRESS SLITS & CUTOUTS

## YES



Slit must be no higher than 4 inches above the knee (use arm length). If the dress is already short, you should avoid a slit!



## NO

