



**PULSE DANCE WORKS INC.'S**  
**2020-2021 DANCE SEASON**  
**MANDATORY DANCE ATTIRE & HAIR RULES**  
*(dance shoes subject to change between June - August 31<sup>st</sup> and for each competitive routine)*

**JEWELRY**

• For your personal safety and others, NO jewelry is allowed including watches and fitbits! (exceptions: small earrings, medical alert bracelets)

**HAIR:**

1) **TWINKLE TWO'S, BOOGIE BABIES, KINDER KIDS, BALLET, ACROBATICS, LYRICAL, CONTEMPORARY:**

- A **Secure BUN** for every class must be worn!
  - **Must use a hairnet and hair pins (not bobby pins). NO hair donuts!**
  - Use clips to secure bangs back out of face.
  - Pulse sells "BUN KITS" which includes a Hair Net, Proper Hair Pins, Elastic & Comb for loose baby hairs!














2) **JAZZ, TAP, STRETCH HIP HOP, MUSICAL THEATRE:**

- **Secure PONY TAIL** (no loose hair, pull bangs back), bun, french braid or braid.

3) **SHORT HAIR:**

- Use elastics to tie hair back as much as possible and/or use small clips. If necessary, a headband and/or hair spray.

**ATTIRE & FOOTWEAR:** (Tights with holes/runs are not permitted in class!)

CLASS	AGE	DANCE WEAR (Females)	SHOES (Females)	DANCE WEAR (Males)	SHOES (Males)
<b>TWINKLE TWO'S &amp; BOOGIE BABIES (Ballet Shoes only) &amp; KINDER KIDS (Ballet &amp; Tap Shoes)</b>  (Ballet/Jazz)  (Tap)	2-4yrs  5yrs	-Tights: Mondor Ballerina "Light Pink" Full Foot -Body: Tank or Cap Sleeve Leotard Pink or Black  <i>*Optional pink chiffon skirt as shown in the diagram</i> 	Ballet: Bloch S205 <i>"Laces are to be tucked inside the shoe"</i> <i>**For extremely small feet only, use Capezio 200c</i>  Tap: Capezio Mary Jane <b>All Black / Non-Shiny</b>  <i>*Kinder Kids need to purchase BOTH Ballet &amp; Tap shoes!</i>	White Short Sleeve Shirt with Black Shorts or Track Pants 	Ballet: Bloch S205 "Black" <i>"Laces are to be tucked inside the shoe"</i> <i>**For extremely small feet only, use Capezio 200c Black</i>  Tap: Bloch S0389 "Black"
<b>BALLET</b> 	All Ages	-Tights: Mondor Ballerina "Light Pink" Full Foot 310 -Body: Tank Leotard Black -Body: Spaghetti Strap Leotard Black <i>*NO skirts!</i>	Bloch S205 Full Sole Leather with elastics, <b>NO</b> Ribbons!		TBD
<b>JAZZ</b> 	All Ages	-Tights: Mondor "Light Tan" Full Foot -Body: Black Leotard <i>*10 years &amp; up only – Plain All Black fitted spandex/lycra shorts</i>	Bloch Tan S499	Pulse T-Shirt OR White/Black T-Shirt or Tank with Black Pants	Bloch Black S499
<b>TAP</b> 	All Ages	-Tights: Mondor "Light Tan" Full Foot -Body: Black Leotard <i>*10 years &amp; up only – Plain All Black fitted spandex/lycra shorts</i>	<b>RECREATIONAL &amp; "STARS ON STAGE":</b> -Black Capezio CG19 COMPETITIVE <b>(Part-Time &amp; Full-Time):</b> -Black Bloch 321 Sync	Pulse T-Shirt OR White/Black T-Shirt or Tank with Black Pants	RECREATIONAL & "STARS ON STAGE": Capezio CG19 COMPETITIVE (Part-Time & Full Time): Bloch 321 Sync
<b>ACROBATICS</b>  Bare Foot	All Ages	-Tights: Mondor "Light Tan" Footless <i>*Mondor Light Tan Convertible tights may be used for practice only, not performance!</i> -Body: Black Leotard <i>*10 years &amp; up only – Plain All Black fitted spandex/lycra shorts</i>	N/A – Bare Feet	Pulse T-Shirt OR White/Black T-Shirt or Tank with Black Pants	N/A -Bare Feet
<b>LYRICAL</b> 	All Ages	-Tights: Mondor "Light Tan" Footless -Body: Black Leotard <i>*10 years &amp; up only – Plain All Black fitted spandex/lycra shorts</i>	Capezio Foot Undeez "Nude" color.	Pulse T-Shirt OR White/Black T-Shirt or Tank with Black Pants	TBD
<b>HIP HOP</b> 	All Ages	Pulse T-Shirt or Pulse Gear preferred, T-Shirt, tank top with fitted Pulse leggings, leggings, yoga pants. <i>*Pulse T-Shirt or Pulse Gear can be purchased on our online store, <a href="http://www.pulsedanceworks.com">www.pulsedanceworks.com</a> and click on "SHOP"</i>	Nike Air Force 1 Low Rise, All White <i>(can be purchased at Foot Locker etc.)</i>	Pulse T-Shirt preferred, T-Shirt with Pulse Jogging Pants or Track Pants	Nike Air Force 1 Low Rise, All White <i>(can be purchased at Foot Locker etc.)</i>

**IF YOU PURCHASE INCORRECT SHOES, YOU WILL NOT BE ALLOWED TO PARTICIPATE IN CLASS!**