

# MANDATORY DANCE ATTIRE & HAIR RULES

**SEASON # 20 (Sept 2021 – June 2022)**

**DANCE ATTIRE, SHOES & HAIR RULES** (Participation in class will not be allowed, nor any refunds if rules are not followed):

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











**HAIR:**

- **BUN:** Boogie Babies, Kinder Kids, Ballet, Acrobatics, Lyrical, Contemporary
  - **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!
- **PONY TAIL (secure & high):** Jazz, Tap, Hip Hop, Stretch, Technique, Musical Theatre
  - No loose hair, pull bangs back out of face. You can also wear a bun, French braid or braid.
- **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:** **YOU WILL NOT BE ALLOWED TO PARTICIPATE IN CLASS WITH INCORRECT ATTIRE & SHOES!**

Tights with holes/runs are not permitted in class!

CLASS	AGE	DANCE WEAR (Females)	SHOES (Females)	DANCE WEAR (Males)	SHOES (Males)
<b>BOOGIE BABIES (Ballet Shoes purple) &amp; KINDER KIDS (Ballet &amp; Tap Shoes)</b> 	2-3yrs  4-5yrs	-Tights: Mondor Ballerina “Light Pink” Full Foot -Body: Tank or Cap Sleeve Leotard Pink or Black  <i>*Optional chiffon skirt – Pulse sells skirts for \$7.00 (while supplies last)</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” Convertible or Full Foot 310 -Body: Tank Leotard Black <i>*NO skirts!</i> -Body: Spaghetti Strap Leotard Black	Bloch S205 Full Sole Leather with elastics, <b>NO</b> Ribbons!		TBD
<b>JAZZ</b> 	All Ages	-Tights: Convertible MONDOR “Light Tan” (or Mondor shade to match skin tone) -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: Full foot MONDOR “Light Tan” (or Mondor shade to match skin tone) -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 <b>COMPETITIVE (Part-Time &amp; Full-Time):</b> -Black Bloch 321 Sync	Pulse T-Shirt OR White/Black T-Shirt or Tank with Black Pants	<b>RECREATIONAL &amp; “STARS ON STAGE”:</b> Capezio CG19 <b>COMPETITIVE (Part-Time &amp; Full Time):</b> Bloch 321 Sync
<b>ACROBATICS</b> 	All Ages	-Tights: Full foot MONDOR “Light Tan” (or Mondor shade to match skin tone) <i>*Mondor Light Tan Convertible tights may be used for practice only, not performance!</i> -Body: Black Leotard <i>*10 years+ Plain All Black fitted spandex/lycra shorts (no logo’s except Pulse allowed)</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: Full foot MONDOR “Light Tan” (or Mondor shade to match skin tone) -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> click SHOP</i>	Nike Air Force 1 Low Rise, All White <i>(can be purchased at Foot Locker etc.)</i>  <i>For wide feet or trouble fitting this style shoe, a similar style All White shoe may be worn.</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>

**When shopping at a “Dance Specialty Store”, inform them you are a “Pulse Dance Works Inc.” student.**

**For Pulse Gear/Team Wear visit PULSE’S ONLINE STORE <https://customicrew.com/pulsedanceworks0410/>**