

LDCC Sports
Athletic Board
Sports Dress Code Policy

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LDCC Sporting Activities Men and Women Dress Code

	Basketball	Volleyball	Softball	Track & Field, Crosscountry, Marathon
Tops	League Basketball Jerseys are required. Shirts need to cover the chest, shoulders, back and abdomen completely. Arm holes need to be tight enough not to see undergarments. If Arm Holes are loose a tank top or t-shirt close to the skin will be required to be worn under the jersey. (No razorback or spaghetti straps.)	Shirts need to cover the chest, shoulders, back and abdomen completely. Arm holes need to be tight enough not to see undergarments. If Arm Holes are loose a tank top or t-shirt close to the skin will be required to be worn under the jersey. (No razorback or spaghetti straps.)	Team shirts are required on younger ages. Shirts need to cover the chest, shoulders, back and abdomen completely. Arm holes need to be tight enough not to see undergarments. If Arm Holes are loose a tank top, or t-shirt close to the skin will be required to be worn under the jersey. (No razorback or spaghetti straps.)	Shirts need to cover the chest, shoulders, back and abdomen completely. Arm holes need to be tight enough not to see undergarments. If Arm Holes are loose a tank top or t-shirt close to the skin will be required to be worn under the jersey. (No razorback or spaghetti straps.)
Bottoms	League Basketball Shorts are required. Short length is no shorter than an 11" inseam. NO JEANS.	Athletic pants, shorts and capris not form fitting, form fitting must have loose shorts over them. Short length no shorter than an 11" inseam. NO JEANS.	Athletic pants, shorts and capris not form fitting are allowed. Form fitting must have loose shorts over them. Short length no shorter than an 11" inseam or must go to the knee. Baseball pants are allowed. Women can not wear any white pants, shorts or baseball pants.	Athletic, Baseball pants, shorts and capris not form fitting are allowed. Form fitting must have loose shorts over them. Short length no shorter than an 11" inseam.
Shoes	Closed-toed Athletic Shoes without black marking soles must be worn.	Closed-toed Athletic Shoes without black marking soles must be worn.	Closed-toed Athletic Shoes must be worn. No metal cleats.	Closed-toed Athletic Shoes must be worn.
Hair /Nails	No Unnatural Hair Colors. <u>Mens</u> - Hair must not be longer than the collar on the back of a dress shirt, not cover ears/eyes or in a ponytail or manbun <u>Women</u> - Hair must be secured in a ponytail or put up so that it does not interfere with the players or block the players view. -All Nails must be clipped short.	No Unnatural Hair Colors. <u>Mens</u> - Hair must not be longer than the collar on the back of a dress shirt, not cover ears/eyes or in a ponytail or manbun <u>Women</u> - Hair must be secured in a ponytail or put up so that it does not interfere with the players or block the players view. -All Nails must be clipped short.	No Unnatural Hair Colors. <u>Mens</u> - Hair must not be longer than the collar on the back of a dress shirt, not cover ears/eyes or in a ponytail or manbun <u>Women</u> - Hair must be secured in a ponytail or put up so that it does not interfere with the players or block the players view. -All Nails must be clipped short.	No Unnatural Hair Colors. <u>Mens</u> - Hair must not be longer than the collar on the back of a dress shirt, not cover ears/eyes or in a ponytail or manbun <u>Women</u> - Hair must be secured in a ponytail or put up so that it does not interfere with the players or block the players view. -All Nails must be clipped short.
Jewelry, Piercings & Tatoos	<u>All</u> Jewelry must be removed during the game. Players can not have any visible tatoos.	<u>All</u> Jewelry must be removed during the game. Exceptions sports/fitness rated watch/trackers. Players can not have any visible tatoos.	<u>All</u> Jewelry must be removed during the game. Exceptions are wedding rings and sports/fitness rated watch/trackers. Players can not have any visible tatoos.	All Jewelry must be removed during the events. Exceptions are wedding rings and sports/fitness rated watch/trackers. Players can not have any visible tatoos.
Under clothing	<u>Mens</u> - Underwear should not be visible. <u>Women</u> - Sport Bras are strongly recommended. Top & Bottom underclothing must be worn.	<u>Mens</u> - Underwear should not be visible. <u>Women</u> - Sport Bras are strongly recommended. Top & Bottom underclothing must be worn.	<u>Mens</u> - Underwear should not be visible. Athletic Cups are recommended. <u>Women</u> - Sport Bras are strongly recommended. Top & Bottom underclothing must be worn.	<u>Mens</u> - Underwear should not be visible. <u>Women</u> - Sport Bras are strongly recommended. Top & Bottom underclothing must be worn.
Modesty	Modesty- All clothing must be to LDCC Dress Standards. Clothing must sized correctly, no form fitting, oversized or low riders. Cleavage and undergarments must be fully concealed throughout the full range of body movement. Shirts including tank tops must cover undergarments. Underclothing must be worn. Modesty should be enforced at all sporting activities, including practice.			
Clean lines	Uniforms/Sportswear must be clean and washed between uses. Players should have taken a bath/shower within at least 48hrs before game.			