DRESS CODE

Outfit:

1. Black leotard. Tight tank top is acceptable.
2. Black tights, leggings, shorts.
3. Long sleeve leotard, tight long sleeve shirt, leggings are good for winter months.
4. Warm jackets and pants as well as a warm up suit are great as long as there is a leotard and tight leggings underneath.
5. Toe shoes. White socks are acceptable for beginners.
6. Nothing baggy! No skirts!

Hair:

1. Hair must be in a bun or a folded braid.
2. Hairdo has to be tight (use more than one hair tie), use gel and/or hairspray
3. Hair clips to keep hair away from the face.
4. Keep it simple: no bows, no headbands of any kind, nothing that will stick out.

NO EARRINGS, NECKLACES OR BRACLETS!

Girls can hurt themselves if something gets caught in the hair or apparatus!

Please make sure girls are dressed and look appropriately for practices. It makes a difference in their attitude and behavior during the class.

Websites:

http://www.discountdance.com/
http://www.danskin.com/dance
http://www.dancewearsolutions.com
http://www.allaboutdance.com/
Helpful Rhythmic Info

Learn more about Rhythmic Gymnastics on our website: [www.championrhythms.com](http://www.championrhythms.com)
Check out our Facebook page for pictures and fun updates: [www.facebook.com/championrhythms](http://www.facebook.com/championrhythms)
Follow us on Instagram: [@championrhythmics](https://www.instagram.com/championrhythmics)
Watch videos on our YouTube channel: [www.youtube.com/user/ChampionRhythmics](http://www.youtube.com/user/ChampionRhythmics)

**Facebook groups to join:**
Buy and Sell Used Rhythmic Gymnastics leotards and equipment
Proactive Coaching

**Websites where you can purchase rhythmic apparatus and accessories:**
- [www.rhythmicgymnastics.com](http://www.rhythmicgymnastics.com)
- [www.actionrhythmics.com](http://www.actionrhythmics.com)
- [www.rhythmicgymnasticstore.com](http://www.rhythmicgymnasticstore.com)
- [www.romsport.ca/Home.aspx](http://www.romsport.ca/Home.aspx)
- [www.gokisport.com](http://www.gokisport.com)
- [www.jassyusa.com](http://www.jassyusa.com)

*Best rhythmic gymnastics brands in the world are Sasaki and Chacott. Please check size charts before buying your apparatus and accessories.*

**General size rules:**

**Rope.** To measure the proper length of rope, have your child stand on the center of the rope and pull the rope up until it reaches their underarms. The length of the rope is measured by having your child hold the ends of the rope and standing in the center of the rope with both feet. The rope must come up to the under arms. There must be a knot tied on both ends of the rope.

**Hoop.** The hoop must come up to your child’s hip bone while standing straight and holding the hoop from the floor up along the leg. Different brands may have different hoop sizes.

**Ball.** Depending on your child’s height and hand size the ball can be 15-16cm for children 4-7 years old, 17cm – 8-11 years old, 18.5cm – 10 and up.

**Clubs.** Depending on your child’s height the clubs can be 36cm for children 4-9 years old, 40cm – 8-12 years old, 44cm – 10-14 years old and 45cm – 13 and up.

**Ribbon.** Ribbon stick – depending on your child’s height, the stick can be 50cm for children 8-11 years old, 57cm – 10-13 years old, 60cm – 11 and up. Some brands might have slightly different sizes. Ribbon – 4m for children 8-11 years old, 5m – 10-14 years old and 6m – 15 and up.

**Toe shoes.** Rhythmic gymnasts wear special kind of shoes that are different from any ballet or dance shoes. Rhythmic toe shoes only cover the toes, are soft and made to turn on rhythmic gymnastics carpet. Sizes vary from brand to brand. One of the most popular brands right now is Jassy.
All gymnasts above age 4 should have their own rope and ball

All competitive gymnasts must have:

- **Level 3-4**: their own rope, hoop and ball. Can be found on rhythmic websites.

- **Level 5 and up**: all apparatuses (rope, hoop, ball, clubs, ribbon). Can be found on rhythmic websites as well as bought during rhythmic events.

- **Toe shoes**. Can be found on rhythmic websites as well as bought during rhythmic events.

- **Ankle weights** (1.5 – 2 pounds). Can be found on amazon.com or in Sports Authority/Sports Chalet.

- **Therabands** (medium resistance). Can be found on amazon.com.
- **Knee pads.** Can be found on amazon.com as well as on some dance and rhythmic websites.

- **Back warmer.** Can be found on some rhythmic websites and on ebay.com (search for rhythmic gymnastics back warmer).

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**Not necessary, but recommended equipment:**

- **Ball pump.** Can be found on rhythmic websites. Sasaki is absolute best.

- **Foot stretcher** by Superior Arch. Can be found on amazon.com.

- **Ribbon stick swivels.** Can be found on rhythmic websites.

- **Sasaki ribbon roller.** Can be found on rhythmic websites.