

COMPETITION DRESS RULES – GENERAL (ALL AGES)

Leotards and Performance Wear:

1. Only leotards or performance wear supplied by BJP may be worn and must show the BJP stamped logo. BJP reserves the right to check garments for compliance at all competitions.
2. BJP garments in any style from any previous year may be worn by any age.
3. Any necessary sizing alterations to BJP leotards or performance wear must not change the style or design of the garment and the original logo must be visible.
4. In individual competitions, any colour and style of BJP attire may be worn as follows:
 - BJP Leotards
 - BJP Performance wear
 - BJP Leotards with Performance wear leggings over the top.

Other Garments:

7. Undergarments of any type must not be visible.
8. Competitors of any age may have bare legs or wear plain or mesh skin-coloured stirrup tights with leotards, however, no tights may be visible if wearing any performance wear leggings.
9. Competitors wishing to wear a head cover for religious or medical reasons must wear the BJP approved head cover with the BJP logo, supplied by Physie Shop.
10. Skin-coloured body stockings may be worn under any competition attire.

Accessories:

11. Seniors (13 years and older) and Ladies may wear flesh coloured foot thongs.
12. If strapping tape is worn or tape to cover tattoos, it must be skin colour.
13. No hair glitter or highly-reflective hair accessories may be worn in any competition.
14. Hair accessories may not be worn by Seniors (13 years & older) or Ladies in individual events.
15. For Seniors (13 years and older) and Ladies, wedding rings and small stud earrings up to 0.5cm diameter (gold, silver or gem) may be worn but no other jewellery, watches or wristbands are permitted. For Juniors see below.

DRESS RULES SPECIFIC TO JUNIORS 5-12 YEARS:

- 1. Hair Styles** – Girls may only wear their hair in simple styles. No teasing of any part of the hair or pinned curls are permitted. Long hair may be worn in a ponytail, plaits, bunches, half up/half down or loose. Ballet buns may be worn low at the nape of the neck only. No false hair pieces are permitted.
- 2. Hair Accessories**
 - **For Champion Girl:** Plain coloured ribbon no wider than 2.5cm may be worn, either in satin, nylon or lycra. The ribbon may be clipped on or tied around the ponytail/s in a single bow or made into a bow and secured by clip or hairpins or may be worn as a head band. Scrunchies and 7.5 cm wide fabric bows for Juniors but must be purchased from the BJP Physie Shop and must display the BJP logo. No accessories other than hair-coloured pins and elastics are permitted. Foam donut inserts are not permitted.
- 3. Tan** – Girls may not wear any leg, face or body tan or coloured moisturiser in any competition
- 4. Makeup** – All girls may wear lipstick, blush and foundation. Girls may not wear face/body/hair glitter, eye shadow or false eye lashes, eye liner or mascara.
- 5. Jewellery** – No jewellery of any type may be worn. However, if girls have just had their ears pierced and cannot remove the studs, the studs must be covered with skin-coloured tape.
- 6. Nails** – Girls 5-12 years may not wear any nail polish or acrylic, gel or any other kind of false nails.