

As you can see, the rules set forth by U.S. Figure Skating for clothing are minimal. Coaches, parents, and skaters often have their own desires and guidelines for what to wear. Please note Ladies are now permitted to wear trouser during competition and testing. Having said that here are suggestions for what NOT to wear:

Ladies:

- No snap crotch dresses. Yes, this has been done. The snaps have not remained secure for the duration of the program at the Southwestern Regional Championships causing much personal embarrassment. Thank goodness for tights!
- No dresses that may cause a “costume malfunction”. Yes, this has happened. In 2005 at the U.S. Senior National Championships during the Free Dance a young woman’s dress made Janet Jackson’s Super Bowl “problem” pale in comparison. Yes, the Free Dance was televised, but unlike Janet, this young lady had a partner, was in the middle of her Senior National Championship Free Dance, could NOT stop for cover-up, and the cameras kept on rolling without edit. In case this isn’t clear, it was completely without question the young lady was not wearing a brassier.

Gentlemen:

- Be sure your trousers do not need a belt to remain at your waist.
- Be sure your shirt is long enough to stay tucked in to your trousers, is the type of shirt that cannot “untuck” (leotard type), or is made to be worn over your trousers without exposing your stomach.

The way to avoid problems with your competitive and testing attire is to skate at least one full program or test in the clothes your plan to wear for in competition or during your test. Any problems can then be corrected before you compete or test.

There are no U.S. Figure Skating rules regarding the following:

- **Color:** Your clothing can be any color you wish for any costume, for any competition or test.
- **Style:** Your clothing can be any style you wish for competition or testing as long as you follow the U.S. Figure Skating rules presented on the previous page. You should also consult with your coach for any rules he or she may have regarding what you wear.
- **Crystals or Beads** are NOT a requirement for any costume.
- ONE costume is all that is needed for competition. You may use the same costume for all your competitive events if appropriate for those events with one exception. Do not wear an Artistic costume for anything but an Artistic program.
- There are no rules restricting the wearing of Over-the-Boot tights.

In general be neat, clean, and respectful in your choice of clothing. What you wear should also be in perfect repair. Having said all this there are attitudes about clothing that have developed over time with no official bearing, but are generally accepted.

Some of these attitudes are:

- Beige or Tan boots have traditionally been reserved for Professionals and Synchronized Team skating.
- Anything worn for competition, testing or practice should be more conservative than not, out of respect for the sport and other people.
- If you choose to have more than one costume, your more elegant or elaborate costume is reserved for your Free Skate program.

Hair, Make-Up, and Jewelry

There are no official rules for how to wear your hair or if you need to wear make-up. However, your hair needs to be safe for competition or testing. It should not be loose and flying all over causing distraction for you or those judging and watching you skate. Long hair is usually put in a bun, braided, or tied back in a ponytail for competition or testing. Be sure anything you use to secure your hair will stay in your hair when you skate. Check with your coach for his or her preferences.

Make-Up is NOT required. This is generally not even an option for gentlemen. For ladies it is a little different. You must remember when you compete the lighting in arenas tend to wash out your facial features. Your facial expression is an important part of your performance quality. Simple make-up to enhance your features is fine. If you have the type of skin and facial structure that looks fantastic across the rink without make-up, don't wear it unless you want to use it to feel more confident about the way you look. Don't over do your make-up. It is a bit over the top when the 6 year olds are wearing more make-up than the 16 year olds.

Jewelry, including watches, is not generally worn during competition or testing for safety reasons. Post type earrings are fine, as are wedding rings or small necklaces. Of course you see skater's wearing jewelry in competitions all the time but it is best to wear very little jewelry. If you do wear jewelry be sure it does not pose a safety hazard to yourself or others.