



## American Heritage School Dance Standards (January 2016)

### AHS Dance Behavior Standards

1. No gum, outside food or drink.
2. Treat everyone with kindness and respect. Do not participate in any form of bullying or gossip. Make a special effort to be a friend to those who are shy or lonely, have special needs, or do not feel included.
3. When dancing, no full body contact with your partner. Do not use positions or moves that are suggestive of sexual or violent behavior, or are otherwise inappropriate.
4. Public displays of romantic physical affection are not appropriate during AHS activities, including hand-holding, cuddling, or kissing.
5. Use language that uplifts, encourages, and compliments others. Profanity, vulgar language, and crude topics of discussion are not appropriate.

### AHS Dance Dress Standards

#### General

- Hair—no extreme styles or unnatural colors.
- No masks, face paint, hats, or excessive makeup.
- Be neat, clean, and modest in appearance.
- Shorts are not allowed unless specified for the dance or activity. In cases when shorts are specified, shorts should touch the knee cap when standing.
- Jeans may not have holes in them.

#### Young Men

- Clean shaven.
- Pants should not be too tight or extremely loose and must cover underwear.
- Avoid sloppy or dark looks.
- No earrings or obtrusive jewelry. No makeup.

#### Young Women

- Tops should draw attention to the face, not the body. Necklines are close the collarbone and do not gape. The back is covered (no strappy backs, halter, or backless garments).
- Material is not sheer; no spandex. Wear a slip if needed.
- Clothes are not too tight (undergarments are not visible through the clothing). Likewise, clothes are not so loose that they are revealing.
- Dresses must have sleeves that cover the shoulders. (No sleeveless, strapless, or spaghetti dresses or shirts). Wear a shrug if needed. (Wraps are not sufficient to cover a sleeveless dress.)
- Skirts and dresses should touch the knee cap when standing. No leggings.