

# Dress Code Supplement

## General Dress Rules for all Youth & Government Sessions

### **Participants Must Wear**

- Clean, tidy school attire.

### **Participants May Not Wear**

- Shirts and tops that show any skin in the midriff area.
- Anything that exposes or highlights private parts of the anatomy.
- Clothing with inappropriate sayings or images (drug, alcohol, or sexual references).
- Clothing that is unsafe (e.g. open-toed shoes at Camp Roberts).

## **SACRAMENTO ML/C DRESS CODE**

### **The Dress Code**

The California YMCA Youth & Government Program Committee has established this dress code and holds it binding on all delegates, advisors, and staff during the Model Legislature & Court. All participants must be in code from 8:00 a.m. to 10:00 p.m., unless in their assigned sleeping room. After 10:00 p.m., when out of your room, casual clothes may be worn (no short shorts/t-shirts with obscene messages or advertisements for liquor, cigarettes, or drugs). Shoes must be worn. No slippers or pajamas are to be worn outside of your designated sleeping floor. All these rules have been placed in effect for the protection, safety, benefit, and reputation of you and the program.

### **Explanation**

Business attire is exactly what it says, BUSINESS ATTIRE. It is the appropriate dress and grooming for conducting business in the State Capitol and other facilities. Business attire is not what we wear to the gym, to school, or to a nightclub. Business attire is dressing in a professional manner so that your dress/attire does not detract from the business at hand. It should reflect a level of professionalism that conveys a feeling of competence and appropriateness for the task at hand.

### **Appropriate Male Dress - Do's**

1. Suit worn with a collared shirt and tie
2. Dress slacks and sport coat worn with a collared shirt and tie
3. Dress slacks and long-sleeved sweater (solid color or muted weave) worn with a collared shirt and tie.
4. Dress slacks and collared shirt and tie worn with a sleeveless (solid color/muted weave) sweater vest.
5. "Dockers"-type slacks and knitted sweater-vest worn with a collared shirt and tie
6. Dress shoes
7. Banquet – tuxedo or any of the above. A collarless formal shirt may be worn with the appropriate outfit. (Raincoats, overcoats, and casual jackets may be worn outside but must be removed immediately when entering a building)

### **Male Dress – Don'ts**

1. Jeans of any kind
2. Tennis shoes and/or sneakers
3. Ski-type sweaters
4. Sweatshirts
5. Hats of any kind (except in case of rain outside a building)
6. Turtleneck shirts without ties
7. Baggy pants
8. Pants worn way below the waist (hip level)

### **Appropriate Female Dress – Do's**

1. Suits, dresses, skirts with dressy sweaters or blouses (skirt length should be no shorter than the top of the knee)
2. A jacket with a sleeveless blouse and a skirt or dress slacks
3. A matching suit or blazer with slacks
4. A matching dress Capri business pant-suit made from wool/wool blend/or linen. (not casual capris)
5. Long-sleeved blouse, if not wearing a jacket (a bit old fashioned but still a classy look)
6. A purse or a bag that will accommodate necessities, but not bulky
7. A tie with a dress shirt (shirt with a collar)
8. Hose should be worn with all dress/skirt combinations
9. Comfortable dress shoes
10. Open-toed shoes allowed if dressy in style (leather or fabric)
11. "Mule" type backless shoes, only if dressy in style.
12. Dress boots, only if worn with a long skirt that covers the top of the boot.
13. Banquet – formal or cocktail dress or business attire. Wearing hose is not required.  
(Raincoats, overcoats, and casual jackets may be worn outside but must be removed immediately when entering a building)

### **Female Dress Don'ts**

1. Skirts with long slits that reveal a lot of the upper leg
2. Tight clothes that ride up when sitting or walking
3. Sleeveless blouses when worn without jacket
4. Uncomfortable shoes
5. Plastic flip-flop-type shoes of any kind
6. Tennis shoes and/or sneakers
7. Country western wear, Cowboy boots
8. Hats of any kind (unless worn outside in the rain)
9. Deep cut blouses that expose the cleavage in a provocative manner
10. Anything that exposes or highlights private parts of the anatomy
11. See-through tops
12. Blouses worn outside with curved tails (straight hem around are okay)
13. Casual Capri outfits made from polyester or cotton.

### **GENERAL APPEARANCE**

1. All participants should exhibit clean hygiene. Hair should be appropriately styled.
2. At Sacramento extreme hairstyles (tall spikes, mohawks, etc.) are totally unprofessional and not acceptable.
3. Hair color in at the Sacramento conference must be a viable natural color (blond, red, brown, black, gray).
4. Artificially colored hair (blue, purple green, etc.) may be worn at the training conferences, but is not considered appropriate for Sacramento.
5. Visible tattoos need to be covered with make-up or band-aids at Sacramento.
6. Extreme visible facial piercings are not appropriate for Sacramento (nose, eyebrow, lip, etc.).
7. No obscure clothing (jackets made out of the flag, etc.).