

High Point Heat Dress Code

High Point Heat players are expected to dress appropriately with respect for themselves and their teammates and coaches

Players are expected to exercise good judgment, safety, good taste and modesty regarding their dress and grooming. Any clothing considered to be disruptive to the athletic process is inappropriate. If you have to ask if something is appropriate or not, the answer is "not".

Practice Dress Code:

- ⊗ Players must wear clothing and gear appropriate for softball practice. This includes: ball glove, cleats, sliding pads, leg and knee pads, athletic sweats or sport shorts and ball caps or visors.
- ⊗ Players should not wear shoes or sneakers on playing field
- ⊗ Long socks are highly recommended for greater protection.
- ⊗ Appropriate undergarments must be worn at all times and must not be visible. Sports bras are highly recommended for comfort and mobility.
- ⊗ Girls must wear tee-shirts that can be tucked in and torso/belly must be covered. (Stand in front of a mirror at home and raise your arms above your head. If any skin shows, change clothes.)
- ⊗ Mid-drift, halter/backless, short tops, see-through tops, spaghetti straps, tank tops and strapless tops are not permitted.
- ⊗ Sliding shorts must be worn for every practice. No shorts that are too short will be permitted.
- ⊗ No jewelry can be worn unless it is taped.

The coach may ask the player to sit out of practice if he/ she feels the player is not prepared for practice or is in violation of the High Point Heat Dress Code. It will be considered a missed practice for the player. This is for the safety of the girls.

Garments and Accessories: Must Not Display profane, sexually suggestive, obscene language or pictures, vulgar gestures, racial, ethnic or sexist slurs, messages about drugs, alcohol, or tobacco, images depicting violence, or gang related graffiti.

Game Dress Code: All players of the same team wear the same garments in order to permit visible and ready distinction between opposing teams on the part of players and officials. Girls will wear *only* assigned uniforms, socks, visors and required black gear/accessories. Cleats must be worn and all gear must be in good repair and approved by the league(s). All regulations of Practice Dress Code also apply.

Appropriate dress will be strictly monitored. High Point Heat Softball Board and Coaches reserve the right to judge appropriateness. The above are guidelines and are not all-inclusive.