

# HIGHSCHOOLERS' TRAINING CLOTHING REGULATIONS

## General guidelines for clothing

- Must be kept neat, clean, and ironed.
- Should not be too tight, exposing the body shape.
- No clothing with secular wording or pictures on shirts, sweatshirts, t-shirts, or jackets.
- No clothing with loose threads, missing buttons, tears, holes, etc
- No clothing with very short sleeves (i.e. above the middle of the arm) or tank tops.
- No pyjamas are to be worn outside of dormitory areas.
- Do not remove your shoes in any meeting to avoid odour problems.

## Rest and exercise

- T-shirts or polo shirts are permitted but must not be sheer.
- No form-fitting clothing or shorts reaching above the knees are permitted.
- Athletic shoes are permitted.

## Meeting standard for brothers

- Shirt – full button-down with a collar or appropriate polo shirt. Must be tucked in.
- Pants – beige, brown, blue, or black and without any patterns.
- Belt – brown, black, or dark blue.
- Socks – colours that blend with attire.
- Shoes – solid black or brown, of a conservative style, and not displaying any brands, logos, or emblems. They should be kept clean and in good condition. They must have closed toes, sides, and heels.

## Meeting standard for sisters

- Dress or skirt.
  - Needs to be 5cm below the knee while standing or sitting
  - May not have slits beginning above the knees
- Modest top – not form-fitting.
  - No spaghetti straps
  - No sheer or clingy material