

Male Dancer Dress Code

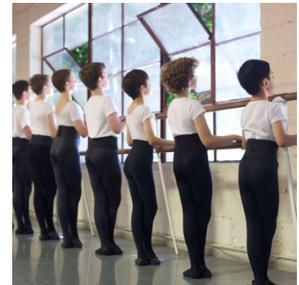
Please read through the following for the theory and history behind our guidelines as well as proper examples.

TIGHTS & SHOES

During the Romantic period of the late 18th century, the art world moved towards a celebration of the natural, artistic, aesthetic, and beautiful. Ballet began to highlight the body and movement. It was during this period that tights were introduced into costuming. They began as something for men to wear under their costumes to give them greater freedom of movement. Tights thus became synonymous with the classical ballet look. The continuous leg line that tights provide aids in the visual effect of an explosive leap or an endlessly high leg extension.

Male dancers may wear black tights or long fitted biker shorts. If the student chooses to wear ankle socks, they must match the color of their technique shoes. Students can choose to wear black tights with white socks and white shoes or black shoes and footed tights or black socks. Baggy shorts or sweatpants are not acceptable.

Ideal brands for male tights: Boys Dance Too, Lulli, M. Stevens, Wear Moi



DANCE BELTS

Dance belts are specialized athletic supporters designed specifically for dance and genital protection. The male genitals are the only major organ in the human body that is placed outside the protection of the skeletal structure. Modern life's activities can place strains on the genitals that can be extremely painful or even threatening to reproductive health. Urologists theorize that many male fertility problems stem from long forgotten minor incidents in the youth and teen years. These strains can be minimized by wearing the right support garments when participating in strenuous activities like sports (cup, jock strap) and dance (dance belt). While some may suggest these garments after puberty, we recommend having your dancer wear the proper gear as young as possible for their safety, health, and full dancing ability.

More information and guide to finding the right belt: www.dancebelt.info