

## **ARTICLE 4.0 – STANDARD OF DRESS AND APPEARANCE – ACAA Athletic Manual 3/2024 Edition**

**4.1** The Alabama Christian Athletic Association believes that schools participating in the various activities sponsored by this organization should meet standards of dress and grooming for participating students. Dress and appearance should be modest according to conservative Christian standards as taught in the Bible.

ACAA makes no attempt to govern the standards of the local school, but we feel it necessary to have a common standard for sanctioned competition between participating member schools to avoid conflict and create a comfort level for everyone involved. Therefore, all students and athletic personnel who participate in any activity sponsored by and sanctioned by ACAA are required to meet the following basic standards.

### **4.2 Female Athletes: Volleyball, Basketball, Softball, Track and Field, and any new sport added to the league.**

- Shorts that are loosely fitted with the inseam being no less than seven inches.
- Mid-thigh length spandex/compression shorts the same color as shorts, must be worn. If spandex/compression shorts extend beyond short length, they should be black, white, beige or the predominant color of the shorts. Shorts (as noted above) must be worn over spandex/compression shorts. Spandex should be a solid color.
- Athletic bras are required.
- The uniform top should be long enough that when the arms are raised above the head the midriff does not show.
- Shirts worn under basketball uniform top should be the same color as the uniform color.
- It is the responsibility of the coach and administration to make sure players are not “rolling” waistbands.
- Refer to the *National Federation of High Schools Rules* regarding hair, nails, jewelry, etc.

### **4.3 Cheerleaders:**

- Cheerleader uniforms may be either skirt or cheer pants.
- The hem of the skirt should not exceed two inches from the top of the knee. If skirts have side “kick slits,” the opening should not exceed two inches.
- Cheer pants should be modestly fitted.
- Athletic bras are required.
- When wearing skirts, mid-thigh length spandex/compression shorts the same color as skirt, must be worn. Spandex/compression shorts should be a solid color.
- The uniform top should be long enough that when the arms are raised above the head the midriff does not show.
- It is the responsibility of the coach and administration to make sure players are not “rolling” waistbands.
- Refer to the *National Federation of High Schools Rules* regarding hair, nails, jewelry, etc.