

## **Why do we have a dress code?**

Heartland staff and administration want you to make good choices. We are not trying to inhibit your style. Spring Formal should be fun, but we want everyone to be comfortable, modest, and safe.

With modesty in mind, the following dress code guidelines will be enforced at the Heartland Spring Formal.

## Ladies

- Dresses may be strapless (only if they fit properly-constant tugging does not fit properly) or they should include one strap or spaghetti straps.
- Dresses may be backless, as long as they are not cut below the naval.
- Midriffs will not be exposed. This includes both front and sides. With arms down at your side, if flesh touches flesh, the dress is inappropriate.
- Dresses may not have a slit that exceeds the lower-thigh. On most young ladies this is no higher than fingertip length.
- Dresses should not be too tight! Undergarments should not be visible.
- See-through apparel is not permitted.
- Fabric inserts must be sewn in. No pinning will be allowed for alterations.
- Cover-ups (coats, shawls, sweaters) will not be allowed as a fix over dresses that do not meet code.
- Absolutely no cleavage may be showing.

- Ladies if you are bringing a date from another school, it is YOUR RESPONSIBILITY to make him aware of our dress code policy. Spring Formal is a formal and special night for Heartland students. We hope to maintain the integrity and formality of this night by implementing this simple dress code.

## Gentleman

- You are expected to wear formal attire.
- Formal attire may be classified as a tuxedo or dress suit, including a tie or bow tie, and a dress shirt which may include a vest.
- Dress shoes.
- Shirts are to be worn at all times.
- If you are bringing a date from another school, it is YOUR RESPONSIBILITY to make her aware of our dress code policy. Spring Formal is a formal and special night for Heartland students. We hope to maintain the integrity and formality of this night by implementing this simple dress code.

# #1

Dresses may not be cut below the bust line. The bust continues around your sides directly under the armpit. With arms down at your side, if flesh touches flesh below the bust line, the dress is inappropriate.



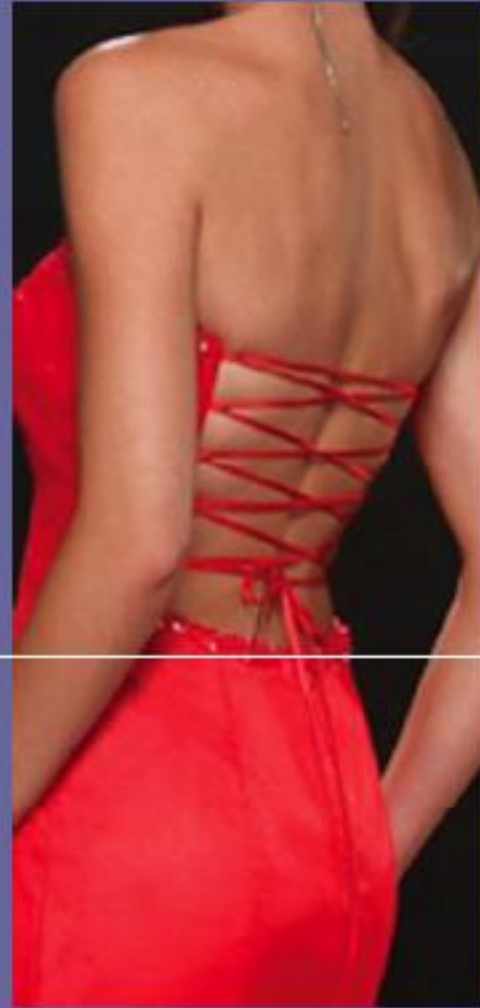
This dress meets dress code.

# UNACCEPTABLE DRESSES



## #2

Dresses may be backless as long as they are not cut below the naval.



This dress meets dress code. Please notice how the bust is covered on the sides.



# UNACCEPTABLE DRESSES



#3

Midriffs will not be exposed.  
This includes both front and side.  
With arms down at your side, if flesh  
touches flesh in the midriff section  
the dress is inappropriate.

This dress meets dress code.



Midriff section

# UNACCEPTABLE DRESSES



#4

Dresses may not have a slit that exceeds mid-thigh. This is fingertip length.

This dress meets dress code.



# UNACCEPTABLE DRESSES



## Pinning and Fabric Inserts

- No pinning will be allowed as an alteration for a dress if without the pins the dress does not meet dress code.
- Fabric inserts must be sewn, not pinned, on the dress if without the inserts the dress does not meet dress code.
- No cover-ups (coats, shawls, sweaters) will be allowed over dresses that do not meet dress code.