



KIROI ACADEMY

UNIFORM POLICY

Introduction

This policy outlines the uniform and appearance requirements for Kiroi Academy athletes during training and competition.

Uniform standards are designed to promote professionalism, safety, equality, and clarity of body lines essential for rhythmic gymnastics.

Training Uniform Requirements

All gymnasts are expected to attend training in the designated Kiroi Academy training uniform.

Clothing

- The base training uniform is a plain black leotard.
 - The following black, body-fitting items may be worn over the leotard for warmth:
 - bike shorts
 - leggings
 - footless tights
 - fitted t-shirts or singlets
 - Clothing must allow clear visibility of body lines and safe execution of skills.
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Hair & Jewellery

- All gymnasts (except recreational programs) must arrive with hair secured in a neat bun.
 - Jewellery is not permitted during training due to safety risks.
 - Where ears are pierced, small stud earrings only are acceptable.
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Footwear

Gymnasts may train:

- in white socks
 - or wearing gymnastic toe shoes
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Competition Uniform Requirements

Leotards

Levels 1–2:

Kiroi Academy club leotard is compulsory for all competitions.

**Levels 3–6:**

Gymnasts may have one club leotard and one approved individual competition leotard.

Development Programs:

Gymnasts may wear either a club leotard or an individualised competition leotard.

Level 7 and above (Sub-Junior, Pre-Junior, Junior, Senior):

Individualised competition leotards are expected.

All individualised leotards must be approved by the coach prior to competition.

For pairs, trios, and group routines, leotards must be identical in colour and design.

Tracksuits

- In accordance with Gymnastics Victoria requirements, gymnasts must appear uniform during march-on and presentations.
- Wearing the official Kiroi Academy tracksuit is mandatory at competitions.

Footwear

- Gymnasts must perform competition routines wearing gymnastic toe shoes

Hair (Competition)

- Hair must be secured in a **bun**.

Undergarments

- Skin-coloured underwear must be worn under competition leotards.
- If a leotard is transparent below the shoulder blades, a full bodystocking must be worn.
- Wearing only a skin-coloured bra is not sufficient and may result in technical deductions.

4Uniform Purchase**New Items**

- Club leotards
- Kiroi Academy tracksuits
- Nude underwear and bodystockings

These items will be available through Kiroi Academy's nominated uniform coordinator or KA retail store (details communicated to families).

Toe shoes may be purchased through:

- Kiroi Academy



- recognised gymnastics suppliers
 - approved rhythmic gymnastics retailers (online or in-store)
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Second-Hand Items

- Kiroi Academy facilitates the resale of second-hand:
 - club leotards
 - individual leotards
 - tracksuits
 - apparatus
 - Availability and resale arrangements will be communicated by Kiroi Academy.
 - A commission may apply to support Academy fundraising initiatives.
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This policy will be:

- published on the Kiroi Academy website;