

Oregon Rainbow Dress Code – Revised August 12, 2014

All clothing worn at Rainbow events should be

1. Modest
2. Clean and neat
3. Appropriate to the occasion

Changes are bolded.

1. **Nylons are encouraged, but not required, whatever the occasion or dress code.** Nylons provide a polished, dressed-up look. Nude or tan nylons are encouraged with long dresses or shorter dresses, or other hose may be worn, such as tights or patterned hose. The “no leggings under dresses” rule continues, as those are too casual for a “dress” occasion.
2. 1” straps are fine, but must hide bra straps. Strapless or spaghetti strap dresses are not allowed unless an appropriate sweater or shrug covering the shoulders is worn at all times. There should be no cleavage showing. The back of the dress should be above the bra line. Straps may not be worn more than 1” off the shoulder. Halter necklines are not allowed
3. Appropriate undergarments must be worn, but must not be visible. Any sports bras or clear shoulder straps must be covered.
4. Color: Girls should wear white or colored formals (not black, brown, or grey). Colors like indigo, deep green, deep purple, deep red, silver and gold are acceptable. If a print, there may be some black in the background or pattern, but it should not be predominant. Black accessorizing should be minimal.
5. No stretchy, clingy or figure-hugging formals.
6. Short dresses and skirts: aim for 2 - 3” inches above the knee and longer. Length may be variable, depending on a girl’s height and figure type. A narrow dress or skirt may look fine when a girl is standing, but ride up too far when she sits. Below the knee, tea length, and ankle length are also acceptable. **“Color-blocked” dresses** may have some portions that are black, but these should be limited and not next to the face.
7. **Wearing dark skirts (including black)** may be appropriate at some events. However, with a dark skirt or pants, girls should wear an appropriate white or colored top, not a dark one; black should not be near the face. Skirts should not be tight or clingy and should not ride up when sitting.
8. **Slacks: wearing dress pants in navy, brown, grey, and black, etc. . . is acceptable at non-dress events, such as business meetings.**

9. Jeans may be worn at some casual events, such as picnics, work parties, practices, etc. . . . There should be no tight or “skinny” jeans or low riders, or jeans with holes. No belly buttons or underwear should be visible. No leggings, jeggings, yoga pants, or other exercise wear.
10. Shorts (not denim) should not be tight or too short. Length between the knee and mid-thigh.
11. No bare midriff should show when arms are raised. No cleavage should be visible.
12. Girls are encouraged to wear white or colored shrugs and sweaters, rather than black.
13. Shoes while wearing formals, dresses, skirts, or slacks: Flats and shoes with a 1” – 2” heel are encouraged. For safety reasons, shoes should not exceed 3” in heel, and no platform shoes. No flip flops, and no shoes without a back or a back strap. Dress sandals are okay, but should have a back heel strap. Slim-soled white Keds may be worn with hoop dresses. No tennis shoes or other athletic shoes should be visible. Shoes and handbags may be black.
14. Active Rainbow girls are encouraged to refrain from getting tattoos. At Rainbow events, tattoos should not be visible, and may be covered by clothing, makeup, a bandage, or jewelry.
15. **Two pair of earrings**, worn in the earlobes is allowed. Any additional piercings should not be visible or not have jewelry or accessories in them during Rainbow functions.
16. Grand Officers will have specific requirements in addition to this Dress Code.
17. **Assemblies may have some events where their dress code is more lenient, at the discretion of the Mother Advisor.** However, when traveling or at district or state events, Rainbow Girls should follow the Oregon Dress Code, and when attending events in other states should follow the Supreme Dress Code.
18. **Encourage** all adults to follow the girls’ dress code as much as possible, especially Rainbow adults and chaperones. At Rainbow events all women should avoid wearing clothing that is low cut, clingy or too tight. However, our goal is to encourage parents to attend events, whatever they are wearing, not to signal that their attire is unacceptable. We should model appropriate attire to them, not demand it, or make parents and family members feel unwelcome.
19. If men wear kilts, special care must be taken, especially when sitting.
20. At formal events, men may wear a tux, a suit, or dark slacks with a dress shirt and tie. At “short dress” events, men could also wear a short-sleeved sport shirt or a polo shirt with slacks such as Dockers.

OREGON DRESS CODE INTERNATIONAL ORDER of the RAINBOW for GIRLS

GENERAL APPEARANCE

Always "Dress for Success," keeping in mind that the attire should be AGE and EVENT appropriate.
 Clothes should be clean and neat in appearance.
 Modest clothing: nothing revealing, tight or clingy, no cleavage showing when standing or bending over.
 Proper undergarments must always be worn and not be visible.
 Body piercings (other than two pair of earrings, worn in the earlobes) should not be worn at Rainbow functions.
 No visible tattoos.
 Be sure shirts are long enough that there are no bare midriffs when arms are raised.
 Skirts should be long and loose enough that they not ride up when moving or sitting.

FORMAL: Installations, Initiations, Official Visits, Receptions, Some Regular Meetings

Initiation Candidate Candidate may wear a church-like dress in any color except black, with dress shoes.	Girls Length Floor length (maximum 2" off floor, but not dragging) Color White or any color except black, grey or brown. Avoid very dark colors. If a print, there may be some black in the background or pattern, but it should not be predominant Straps Minimum of 1 " but no halter straps Not more than 1" off the shoulder Back No lower than natural bra line Slits Not higher than your knee Shoes Dress shoes must have a back or a heel strap; no thong between toes. Shoes may be black. Nylons encouraged.	Adults M.A. and Advisory Board Ladies Formal: Same as girls' requirements Ladies Formal: Same as girls' requirements Dress or Skirt and Blouse Dress Shoes Men Dress Pants Dress shirt & tie Jacket (optional)
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SHORT DRESS: Some Regular Meetings, Fraternal or Civic Activities, Community Events

	Girls Length Aim for 2" inches above the knee or longer. Length may vary, depending on a girl's height and figure type, but skirts should not ride up too far when she sits. Below the knee, tea length, and ankle length are fine, also. Color Any color. Skirts and pants may be black. "Color-blocked" dresses may have some portions that are black, but these should be limited and not next to the face. Pants Dress pants, at natural waist line Tops Dress blouses, tops, or sweaters (not black) Shoes Dress shoes must have a back or a heel strap; no thong between toes. Shoes may be black. Nylons encouraged.	Adults Ladies Same as girls' requirements Men Dress pants Dress shirt, sport shirt or polo shirt
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CASUAL: Practices, Service Projects, Socials, Fundraising

	Girls Pants Worn at waistline, hemmed, no holes Jeans Only on certain occasions; no holes, no low-rise, no skin-tight jeans Skorts Skorts mid-thigh or longer Shorts Shorts not above mid-thigh Polos Matching Assembly polos & T-shirts are encouraged T-Shirts No printed material that is offensive or controversial No mini skirts, short shorts, tube tops, halter tops, or spandex	Adults Same as girls' requirements
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SWIMMING	Girls Bathing Suits One-piece or two-piece providing the suit is in good taste and not revealing. Cover Up & Footwear Mandatory in hotels and other facilities when traveling to and from pool.	Adults Same as girls' requirements
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