

## OC Equestrian Vaulting Theme Based Unitard & Music Approval

Your freestyle is 99% vaulting movement; therefore, adding a theme-based unitard to your freestyle is the last 1% of the process. Your Club Unitard is the appropriate unitard to wear for your freestyle until this process is completed.

September, October, and November are the months we focus on freestyle development. (These are generally not the months to finalize anything; once freestyles, music, and unitards are finalized, they do not change until the following September.)

Once your coach determines that your freestyle is fully-developed (generally not before December); he/she will *then* approve you to BEGIN the unitard and music approval process.

1. MUSIC - once *your coach* has approved the vaulter's fully-developed freestyle, then:
  - a. Submit 2-3 song options to your coach for approval two months before your first competition.
  - b. Your coach will finalize the music choice with the Head Coach no later than one month before your first competition using this music.
  - c. Once finalized, this is your freestyle music until the following competition year.
2. THEME-BASED UNITARD – once your coach has approved BOTH your music and freestyle; and you are ready to add the final 1% (theme-based unitard), then:
  - a. Submit drawings of your proposed theme-based freestyle unitard using the guidelines and drawing found on the OCV Team Resources page to Kellie Avakian ([kellieavakian@gmail.com](mailto:kellieavakian@gmail.com)).
  - b. Kellie will finalize the unitard design with the Head Coach no later than one month before your first competition using this unitard.
  - c. Once finalized, this is your theme-based freestyle unitard until the following competition year.
  - d. Theme-based freestyle unitards for individuals are always *optional*. Club Unitards may be worn for freestyles without approval.

OC Vaulters should always be dressed modestly and appropriately. Unitards:

1. Must be formfitting and all articles of clothing, or parts thereof, must remain attached to the Vaulter's body.
2. Must not conceal the form and line of the Vaulter's body during the performance in which hinders judging of the exercises.
3. Decorative Accessories and props are not allowed (not limited to but including, belts, masks, ribbons, jewelry, hats, capes, canes, gadgets, etc.).
4. Pants must be secured to the foot and skirts may only be worn over tights or leggings.
5. Only soft soled shoes are permitted.
6. Midriffs, shoulders, chest & back must all be covered.
7. No appearance of nudity.
8. Necklines are to be at (or above) collar bones, so that no cleavage or chest skin is showing (see drawing).
9. Any, and all, undergarments and support garments must be *completely* hidden from view.
10. Skinny or spaghetti straps are only allowed only if securely sewn to flesh colored fabric.
11. Shorts (shorty or spandex type), are required under skirts.

12. Length of skirts, tails, etc. are to be no longer than palms (see drawing).
13. Non-theme makeup is to be conservative, with only subtle, natural tones & colors.
14. Theme-based makeup to be reviewed/approved same as unitards.

