



WARDROBE OPTION EXAMPLES FOR SELF-EXPRESSION AND INTERVIEW

The images included in this pdf are examples of the kinds of wardrobe that are appropriate for the Self-Expression and Interview categories. Your choice does not have to exactly match these images but should be in a similar spirit. Our guidelines hopefully give participants the opportunity to reflect their own personal style and use something you already have in your closet.

THIS DOCUMENT IS 5 PAGES LONG AND COVERS SELF EXPRESSION WARDROBE FIRST AND THEN INTERVIEW WARDROBE

At the state level, all participants must wear Self Expression category wardrobe for Self Expression. This wardrobe is meant to be evening wear that would be appropriate for a school ceremony or evening wedding. It can include a dress, pants and top or jumpsuit.

SELF EXPRESSION:

The attire for Self-Expression should reflect a participant's individual style. The wardrobe should be appropriate for a special occasion, be in good taste, and be in line with the goals and ideals of the program. The wardrobe should move and not cling and should be tasteful and age appropriate. This wardrobe is meant to be evening wear that would be appropriate for a school ceremony or evening wedding. It can include a dress, pants and top or jumpsuit.

Your Self Expression wardrobe must conform to the following criteria. You can select EITHER of the following options – both are acceptable:

1. Knee length dress with a special occasion look, one that would be tasteful for an eighteen-year-old young lady, and be appropriate for a formal event like an evening wedding:
 - Dress should be a solid color. Bright, vibrant colors and jewel tone colors are strongly recommended. Black is also acceptable. Keep in mind that white, beige, gray, silver, cream, flesh tones, and pastels colors do not show up well under stage lighting and tend to “wash out” on stage.
 - Dress can be between two inches above or below the knee – when selecting a dress any skirt shape is allowed but the fabric cannot be skintight, and you should be able to walk comfortably. High-low hemlines are allowed as long as the front is no more than 2 inches above or below the knee and the back does not touch the floor.
2. OR a formal pants and top combination with a special occasion look, that would be tasteful for an eighteen-year-old young lady and be appropriate for a formal event like an evening wedding.



- Outfit should be a single color, or the top be one color and the pants be another solid color. Bright, vibrant colors and jewel tone colors are strongly recommended. Black is also acceptable. Keep in mind that white, beige, gray, silver, cream, flesh tones, and pastels colors do not show up well under stage lighting and tend to “wash out” on stage.
- Dressy pants with a top or a one-piece jumpsuit are allowed. Top should be of a dressy fabric such as lace, silk, or a shimmery fabric. Top should fully cover the abdomen and not have a plunging neckline.
- Pants should also be of a dressy style and should not be jeans.

ADDITIONAL ATTIRE REGULATIONS FOR SELF EXPRESSION:

- Bare midriff, backless, and lace-up outfits are prohibited.
- Plunging necklines are prohibited.
- Straps or over the shoulder dresses/tops are recommended. Halter-style dresses/tops are acceptable.
- Dress/top/pants may have some beads or sequins, but fully beaded or sequined pieces are not recommended.
- Accessories: Jewelry is permitted. Participants should select jewelry that compliments her outfit and personality. Necklaces, chokers, bracelets, and earrings are acceptable. Stoles, boas, and gloves are prohibited.
- Hats or oversized hair ornaments are prohibited.
- Shoes, chosen by the participant, should be appropriate for the outfit, can be of ANY heel height and should allow for ease in movement. We recommend the shoe have a heel height of no higher than 2-1/2” for safety. Casual flats and open back shoes are prohibited, unless a participant has a medical reason that prevents the wearing of a shoe with a back.

It is in your best interest to follow the guidelines as these will be given to the judges. Nail Care: Please have short natural looking nails.

Self Expression Wardrobe Example Pictures Below

SELF-EXPRESSION: DRESS EXAMPLES



SELF-EXPRESSION: PANT/JUMPSUIT EXAMPLES



INTERVIEW: A business-like suit, professional attire dress, skirt or slacks with a blouse. A complementary blazer or jacket with the dress, skirt or pants is acceptable. It should be conservative rather than trendy, in other words, not too short or tight. We recommend minimal jewelry.



Suit with Pants



Pants/Blouse with Jacket



Pants and Blouse



Professional Dress



Professional Dress



Suit with Skirt



Suit with Skirt



Professional Dress with Jacket



Professional Dress with Jacket



Skirt and