

The Crusader organization seeks to honor and glorify the Lord in all we do. This includes the way in which we dress. The NCHC Athletic Committee has already put a uniform dress code in place for all teams participating in the NCHC Conference. We are using that as our guideline in creating a dress code for our practices as well. Individual coaches will have additional requirements on what their athletes will wear to games and following games. This applies to ALL Crusader sports and is effective immediately.

Here are the guidelines to follow:

\* Shorts need to be loose fitting with a minimum of a 5" inseam, and no writing across the back. We encourage ladies to wear spandex under shorts, but no spandex alone. Additionally, please note that Softee shorts do NOT have a 5" inseam and therefore do not meet the above requirements. If you wear spandex, your shorts on top of the spandex still must have a minimum inseam of 5". Also the inseam is for length, therefore if you choose to roll up your shorts, they still must "hang down 5".

\*Ladies: Shirts need to be loose fitting and not show any undergarments or straps. We ask that you do not wear tank tops.

\*Gentlemen: no sagging! If pants or shorts are loose and fall below the hips then a belt must be worn. This applies to shorts regardless of how many pairs of shorts you are wearing. Shirts must be worn at all time. Tank shirts may be worn as long as they are the correct size. No skin tight or over-sized shirts.

If any coach is not comfortable with your clothing at practice or games, you will be asked to change. We will have shorts and shirts available at practices. Failure to comply respectfully could result in removal from team. Please remember that we are there for a purpose: to glorify God while learning and practicing a sport, and we will do so with modesty in our dress.

### **1 Corinthians 6:19-20**

*Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.*