

CLOTHING GUIDELINES: MEMBERS AND ADULTS

(Reviewed annually during Grand Officer Leadership; changes made as needed)

Changes made by Jr. Grand Executive Committee (November 2016)

“A dress code is a presentation of who we are.” 1997-98 Grand Officers

One of the benefits of Rainbow is helping our members mature into beautiful, responsible young women - prepared to meet challenges with dignity, grace and poise. The following guidelines are intended to help our members make appropriate clothing choices, based on the activities they will participate in as Rainbow girls.

The Clothing Guidelines will be reviewed annually by the Jr. Members of the Grand Executive Committee. Recommendations for revisions should be forwarded to the Supreme Officer prior to July 15th of each year.

REGULAR MEETINGS

Appropriate: Short dress, including tea-length and high-low length, or skirt and blouse or sweater or Nevada Rainbow polo shirt (tucked in) with khaki skirt or denim skirt. Vests are acceptable.

Skirt length: *Ideally, HEMS should not be more than three inches above the knee.* Skirts, like pencil skirts that hug the body and require “adjustment” after bowing or sitting, are unacceptable.

How to tell if a skirt has a Rainbow appropriate length? Try the “Length Test”, which includes:

- ✓ When bowing from the waist, are your undergarments visible, or do you need to hold your skirt - or shirt - down in the back? If so, it's too short for a Rainbow meeting.
- ✓ Ask your mother or father to stand behind you and in front of you while you bow from the waist. If she/he gasps, the outfit is not appropriate for a Rainbow meeting. Please select something a little longer and/or shows less chest.
- ✓ Ask your mom or dad to use a tape measure to measure from the top of your knee to the bottom of your hem. If this distance measures more than 3 inches, the skirt *may* be too short to be worn to a Rainbow meeting, *especially if you will be bowing for any reason.*

The following are not acceptable: shifts, miniskirts or split skirts (skorts), tank tops, or bare midriffs.

Appropriate: Proper undergarments, including pantyhose, should be worn at all Rainbow meetings. Nylons should be of a color or shade appropriate to the outfit; tights, including striped or patterned tights, are acceptable provided one's outfit is not head-to-toe black.

Please note, jet black nylons are not acceptable if they cause the outfit to be head-to-toe black. Knee highs are not acceptable for short dress meetings. Additionally, thigh high nylons (which tend to roll down), ankle stockings and fishnet stockings are not acceptable.

Appropriate: Shoes should be appropriate to the outfit. Flat dress shoes are recommended at all times; however, with a short-dress outfit or non-hooped formal, shoes should (ideally) have no more than a two-inch heel. Open toed shoes with strap on the back (heel) are acceptable.

Bob and Tom style shoes in solid colors or sparkly (and clean) are acceptable at short dress meetings or under long dresses when worn with a hoop skirt.

The following are not acceptable: Tennis shoes (unless it is a “tennis shoe” themed meeting approved by the Advisory Board); Uggs; beach sandals or flip flops; Birkenstock-style sandals or shoes; cowboy boots or boots with anklets.

NOTE: While individuality is certainly encouraged, so too is moderation. Girls are encouraged to limit, for example, the number and colors of fabric patterns, hair colors, and earrings (i.e., striping, exaggerated hair colors, etc.).

FORMAL MEETINGS

Formal Meetings include, but are not limited to the following: Installation, Initiation, Formal Escort, Receptions, and Eastern Star or Masonic functions when Rainbow Girls are being honored. (Open Meetings may be short dress or formal, depending on the tradition of the Assembly and the preference of the Worthy Advisor.)

Appropriate: Formals should be floor length dresses; the hem should be no more than one inch from the floor with shoes on.

To provide adequate support for the bodice, gowns must have shoulder straps. While two straps are strongly recommended, a single strap is acceptable if it provides adequate support and is at least the width of three (adult) fingers wide.

Tea length or hi-low hem dresses are not acceptable for formal meetings; however, both are acceptable for short dress meetings. Strapless and spaghetti strap dresses are not acceptable for Rainbow events. Low-cut bodices or those that do not fit close to the chest are unacceptable because they may reveal too much body when we bow!

Appropriate: Formal dresses may be pastel or jewel colors; designs that contain black outlines, eyes, noses, etc. are acceptable using discretion and moderation.

The following are not acceptable: In 1996, Supreme Assembly ruled that no jurisdiction will allow black formal wear; therefore, black fabric or fabrics that appear black from a distance are not acceptable at Rainbow events. Additionally, brown, navy and other dark colors should not be the predominant color of formal wear.

Appropriate: Proper undergarments should be worn at all times. Undergarments should be appropriate to the style of dress (some dresses are best suited for strapless bras); appropriate colors (white and pastel dresses should be worn with white or light colored bras). **Sports bras should be worn while participating in sports or other strenuous activities, not during Rainbow meetings.** Nylons should be skin-tone. Knee-high nylons are acceptable when worn with pantaloons.

As previously mentioned, dark undergarments should not be worn with light colored or white dresses. Additionally, safety pins should not be used to make undergarments “appropriate” to a dress.

Appropriate: Small crinoline slips.

Please note: Personal Page dresses are designed to fit over a crinoline, not a hoop skirt. Girls are encouraged not to wear a hoop skirt under these dresses, because the skirts generally do not have enough fabric to fit nicely over a hoop skirt.

Appropriate: Gowns with hoop skirts must be worn with ankle-length pantaloons; please be respectful of Assembly-specific traditions regarding when girls may wear hoop skirts (i.e. elected to serve as Faith, elected to serve as Worthy Advisor, etc.). **Additionally, please be mindful of hem length; the hoop skirt should not be visible under the formal dress.**

Grand Officers will wear dresses with hoops at all official functions, except their OWN receptions, at which time they may wear a “more adult” dress, provided it is a Rainbow acceptable color, not extremely tight, reveal too much chest; or have a large slit.

The following are not acceptable as pantaloons: pajama bottoms, workout or yoga pants, sweatpants or jeans.

Appropriate: Pantaloons must be worn under a formal dress or a shift.

Pantaloons are considered an undergarment; therefore, they may not be worn with a t-shirt.

Appropriate: Shoes should be white or colored matching the dress; flats, heels (no more than 2 inches tall) are acceptable with formal dresses. Additionally, Bob and Tom style shoes in solid colors or sparkly (and clean) are acceptable when worn with a hoop skirt.

The following are not acceptable with formal dresses: black flats or heels; beach type sandals or flip flops; tennis shoes; shoes that “flap” when walking.

JEWELRY AND ACCESSORIES

Bars: Girls should wear their bars to all Rainbow meetings, both short dress and formal.

Grand Officers are encouraged to wear their bars to short dress meetings; however, they should not wear their bars during formal events.

Pins: Worthy Advisor, Past Worthy Advisor, and Grand Officer pins should be worn over one’s heart.

Earrings: Stud earrings are acceptable, regardless of where they are placed in the ear; earrings may be single stud earrings or have up to a two-inch dangle or hoop from the bottom of one’s earlobe to the bottom of the earring. Double Zero is the largest gauge size that is “acceptable.” At regular meetings, the Deputy may ask (any) girls to remove multiple earrings, if there is a valid reason for doing so.

Fake tapers and open holes for gauges and tapers are not acceptable at any Rainbow event. If asked by an adult to remove these types of jewelry, girls will comply immediately. If such jewelry cannot be removed for the length of the event, it will be replaced with clear or flesh colored jewelry.

Other Piercings: Girls with nose piercings may wear one, small, diamond-like/clear/nude stud during Rainbow events, including formal and informal meetings. Girls with lip piercings may wear

clear or nude studs during formal occasions. Other facial piercings are not acceptable for formal Rainbow events.

Grand Officers and Personal Pages may not wear any facial jewelry during Grand Assembly.

If a Grand Deputy asks a girl to remove a facial piercing, it will be removed immediately. After the meeting/event, the member and the Grand Deputy may discuss the situation that necessitated the request. Once a member is asked to remove a piercing, it should be removed for all future meetings or events.

Girls wishing to get new piercings are encouraged to consider the timing of the piercing; a new piercing does not qualify for special accommodation.

Tattoos: The following guidelines have been established for ALL of Nevada Rainbow, based on the ongoing input of the Jr. Members of the Grand Executive Committee (Grand Officers and Past Worthy Advisors). These guidelines are presented to be respectful of our prospective members, younger members, and their parents. No disrespect would ever want to be projected.

At casual functions, the size, intensity of colors, and nature of design will determine whether or not a tattoo must be covered. Tattoos that reflect violence, death, drugs, alcohol, race, sexism or subject matter in these areas must be covered.

During short dress meetings, tattoos do not need to be covered, as long as the tattoos are Rainbow appropriate.

During formal meetings and events, tattoos should be covered prior to arriving at formal meetings and events, not in the bathroom with young girls (and adults) watching! Tattoos may be covered using Band-Aids suitable to the size of the tattoo or using make up or other appropriate products. It is the responsibility of the person with the tattoo to know which product/s provide the best coverage for the tattoo.

In all cases, if a Grand Deputy asks a girl to cover a tattoo, it will be covered immediately. After the meeting/event, the member and the Grand Deputy may discuss the situation that necessitated the request. Once a member is asked to cover a tattoo, it should be covered for all future meetings or events.

PRACTICES

Appropriate clothing will vary based on the type of practice being held and the timing of the practice. For instance, girls may be asked to dress differently for Installation practice than for skit practice. Similarly, girls may be asked to dress formally for a practice that immediately precedes a formal Rainbow meeting or event, such as Installation, Official Visit, or Reception.

If casual clothes are appropriate for the practice the following guidelines apply:

Appropriate: Blouse, T-shirt, sweater or sweatshirt, which do not convey potentially offensive messages and are not revealing, tattered, or torn; pants, capris, shorts, skirts, or skorts that provide adequate coverage and have no holes; and shoes appropriate to the practice.

Low rise jeans should be worn with caution, as they do not always provide coverage of the bootie or panties. Similarly, leggings may be worn if part of an outfit (Grand Officer Leadership 8/08). Yoga pants and workout pants should be worn only if they are appropriate to the practice (dance practice).

Shorts and skorts should be golf or walking length. Short shorts are not appropriate.

Skirts should be a Rainbow appropriate length, as previously described.

Bare feet are not acceptable at practices.

ACTIVITIES

Appropriate clothing will vary based on the type of event. The Mother Advisor will assist girls in determining the appropriate type of dress for the specific event. The following are offered as guidelines:

Fundraising or Fun Event: Refer to the “Practices” section.

Swimwear: Must be modest – not revealing or seductive. Wearing a one-piece or tankini are good options. Cover ups are appropriate for all water events.

Two-piece swim suits are permissible under the following conditions:

- The swim suit may NOT be a string bikini or thong swimwear
- The swim suit should NOT tie with a string
- The swim suit must be worn (in the swimming area/pool) WITH a T-shirt; the same (wet) T-shirt may not be worn between the pool and the car/hotel room/etc. (Grand Officer Leadership 2012)

T-shirts and shorts may not be worn in a pool instead of a swim suit.

Bare feet are permissible while at the pool/beach, not while traveling to /from the location.

Formal Event (such as an OES Installation or DeMolay Dance): Refer to the “Formal Meetings” section.

Informal Event (such as serving a Masonic/Eastern Star dinner): refer to the “Informal Meetings” section.

TRAVELING

In Nevada, we must travel long distances in unpredictable weather to Rainbow events (outside our geographic area). When it is impractical to travel in a short dress, casual attire appropriate to the weather is acceptable.

Upon arrival at the Temple (or other destination), travelers should proceed IMMEDIATELY to the restroom/dressing room to quickly change into clothing appropriate for the event. Likewise, when preparing to leave (after refreshments), travelers may change into their casual clothes IMMEDIATELY prior to their departure.

For safety reasons, changing at the destination (Temple, hotel, etc.) is preferable to changing in a gas station restroom, rest area or car.

The Mother Advisor or other designated adults (such as the Director of Grand Officers) may set specific clothing guidelines for Rainbow travel, within the state and while traveling to other jurisdictions. Examples include requesting that a certain Rainbow T-shirt be worn on a certain day or requesting that girls wear their nylons and proper undergarments under their casual clothing to expedite the changing process upon arrival at the destination.

Appropriate: Refer to the “Practices” section for guidelines on Rainbow appropriate casual, travel attire. Additionally, Sweat pants, such as NVIORG logoware, may be worn while traveling IN Nevada; sweat pants may not be worn when traveling outside of the state of Nevada.

Exception: Shorts, leggings, yoga pants, work out pants, sandals, and flip flops are NOT acceptable when traveling ([outside of the geographic area/state](#)) for Rainbow events. As we travel, we want to be noticed for how well we travel, not how well (or not) we look in our clothing. Additionally, in the event of an emergency, it is important to have proper protection on your feet. Sandals and flip-flops do not offer this protection. *These exceptions are non-negotiable.*

Pajamas and slippers may never be worn while traveling. (Pajamas and slippers are only appropriate for themed meetings, sleepovers, or shang-hi breakfasts.)

TRAVELING TO OTHER JURISDICTIONS

Please check with the Supreme Officer prior to traveling to another Rainbow jurisdiction to clarify any specific clothing requirements of that state.

Upon arrival in that jurisdiction, please be respectful of their clothing guidelines for specific events. For example, many jurisdictions require that ladies arrive at the Grand Assembly hotel/registration area in a short dress.

Some jurisdictions wear only white dresses, while others do not wear hoops or hair pieces. Some jurisdictions wear short dresses for all Supreme Assembly Sessions; others alternate between short dresses and formals based on the session. It is not necessary (or appropriate) for Nevada Rainbow girls to purchase new dresses to comply with that jurisdiction’s dress code. When traveling, Nevada Rainbow girls are representing our state and our traditions. Therefore, it is appropriate to adhere to the Nevada Clothing Guidelines.

ADULTS

Adults are encouraged to participate in these dress guidelines, serving as examples to our younger members. Business or professional attire is certainly appropriate, with the exception of solid black, pants or split skirt outfits for women.

Adult women may use discretion in their formal attire, keeping in mind that Supreme Statute prohibits women from wearing solid black gowns. Many beaded tops, for example, contain minimal black accents.

Gentlemen are encouraged to observe moderation in their dress. Jeans (other than dress/slack jeans) should be reserved for "fun activities." Jackets and ties should be worn appropriate to the

activity and weather. Docker-style pants and Nevada Rainbow Polo shirts are acceptable for many Rainbow meetings.

When participating in Crowning Ceremonies, many Lodges request formal attire. When attending formal Rainbow meetings, suits, dress slacks with sweater or jacket and tie, or tuxedo are appropriate.