

CLOTHING GUIDELINES: MEMBERS

(Reviewed by Jr. Grand Executive Committee; changes made as needed)

Changes approved by Innovation Committee November 2022; effective February 1, 2023; after review of the Universal Dress Code (IORG) and the Clothing Guidelines (Nevada)

“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 responsible young women - prepared to meet challenges with confidence, dignity, and grace. 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 are reviewed annually by the Jr. Members of the Grand Executive Committee (also called the “Innovation Committee”). Recommendations for revisions from members should be forwarded to the Supreme Officer prior to July 15th of each year for consideration by the Committee.

REGULAR MEETINGS

Recommended for Regular Meetings:

- Short dress, includes tea-length and high-low length
- Skirt or slacks and blouse or Rainbow polo shirt (tucked in) or sweater
 - Skirt: includes khaki or denim skirts; ideally, the hem should be no more than 3 inches above the knee; skirts that require “adjustment” after bowing or sitting are not recommended
 - Slacks: includes dress pants; jeans or denim looking pants may not be worn
 - Blouses: tops that button or a shell that can be worn under a cardigan or jacket
- Shoes appropriate to the outfit
 - Shoes may include: flat dress shoes (including Bob or Tom style shoes) or heels (with no more than a 2-inches heel); open-toed shoes with a strap on the back (heel) are appropriate, as well
 - Hey Dude’s shoes with laces may also be worn

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

- ✓ The hem of a skirt or short dress should be more than 3 inches above the knee. Ask your parent 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.
- ✓ 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 parent to stand behind you and in front of you while you bow from the waist. If they gasp, the outfit is not appropriate for a Rainbow meeting. Please select something a little longer and/or shows less chest.

Appropriate: Proper undergarments should be worn at all Rainbow meetings. *Dark undergarments should not be worn with light colored or white dresses or tops and skirts. Additionally, safety pins should not be used to make undergarments “appropriate” to a dress.*

If nylons are worn, the nylons should be 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.*

Not Recommended for Regular Meetings:

- *shifts, miniskirts or split skirts (skorts)*
- *sweatshirts, tank tops, or bare midriffs*
- *running shoes, athletic shoes, beach sandals or flip flops, Birkenstock-style sandals or shoes*

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.)

Please note: Grand Officers have a specific dress code, which they will follow for all statewide events, including Official Visits, Receptions, and Grand Assembly.

Recommended for Formal Meetings:

- 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 1-inch wide
 - pastel or jewel colors; designs that contain black outlines, eyes, noses, etc. are acceptable used in moderation
- Crinoline slips may be worn under long dresses by all members
- Hoop skirts may be worn, based on the traditions of a member's assembly
 - hoop skirts should not be visible under a formal dress (bones should not be visible under the skirt and the hoop should not hang below hem)
- Pantaloon may be worn under all formal dresses (instead of a slip) and must be worn under hoop skirts
 - Pantaloon should be ankle length
- Shoes should be appropriate to the outfit
 - Shoes may include: flat dress shoes (including Bob or Tom style shoes) or heels (with no more than a 2-inches heel); open-toed shoes with a strap on the back (heel) are appropriate, as well
 - Hey Dude's shoes with laces may NOT be worn with formal wear
 - Flat shoes must be worn with hoop skirts; heels are not recommended

Tips:

- ✓ Shifts may be worn when traveling to/from a formal Rainbow event
 - shifts may not be more than three inches above the knee

- shifts may be worn with or without pantaloons
- ✓ Pantaloons are considered an undergarment; therefore, they may not be worn with a t-shirt

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. If nylons are worn, they should be skin-tone. Knee-high nylons are acceptable when **worn with a formal dress, including when wearing 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.

Not Recommended for Formal Meetings:

- *tea length or hi-low hem dresses are not acceptable for formal meetings; however, both are acceptable for short dress meetings.*
- *low-cut bodices or those that do not fit close to the chest are not recommended because they may reveal too much, especially when we bow; strapless and spaghetti strap dresses are not acceptable for Rainbow events.*
- *black fabric or fabrics that appear black from a distance are not acceptable at Rainbow events; brown, navy and other dark colors should not be the predominant color of formal wear*
- *pajama bottoms, workout or yoga pants, sweatpants, or jeans may not be worn as pantaloons*
- *running shoes, athletic shoes, beach sandals or flip flops, Birkenstock-style sandals or shoes*

ACCESSORIES

Recommended Accessories:

- Bars: members should wear their bars to all Rainbow meetings, both short dress and formal
- Pins: Worthy Advisor, Past Worthy Advisor, and Grand Officer pins should be worn over one’s heart

The following must be covered at all Rainbow meetings and events:

- *Tattoos that reflect violence, death, drugs, alcohol, race, sexism or related subject matter*

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.

Recommended casual attire:

- Blouse, t-shirt, sweater or sweatshirt, which do not convey potentially offensive messages and are not revealing, tattered, or torn
- Pants, capris, shorts, skirts, skorts or sweats
 - pants should have not holes above mid-thigh
 - shorts and skorts should be at least mid to lower-thigh in length and have no holes

- skirts should be a Rainbow appropriate length (Refer to the “Regular Meetings” section)
- *Yoga pants, workout pants, and leggings should be worn only if they are appropriate to the practice (dance practice) or event*
- Shoes appropriate to the practice

The following should not be worn to Practices or other Rainbow events:

- *Short shorts*
- *Bare feet*

ACTIVITIES

Appropriate clothing will vary based on the type of event. The Mother Advisor (or designated adult) 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:

- should be modest and may include one-piece, tankini, or two-piece swim suits that NOT string bikinis or thong style
- Cover-ups must be worn between the pool and the car/hotel room/etc.
- Bare feet are permissible while at the pool/beach, not while traveling to /from the location

TRAVELING

In Nevada, we often 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 Lodge (or other destination), travelers should proceed IMMEDIATELY to the restroom/dressing room to 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 may set specific clothing guidelines for Rainbow travel. Examples include requesting that a certain Rainbow T-shirt or traveling dress be worn on a certain day.

Recommended Travel Attire: Refer to the “Practices” section for guidelines on Rainbow appropriate casual, travel attire.

Tips:

- ✓ While shorts and sweat pants may be worn while traveling IN Nevada; shorts and sweat pants may not be worn when traveling outside of the state of Nevada.
- ✓ 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.
- ✓ 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; others have limitations on tattoos, piercings, and swimwear.

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.