



2025 - 2026

# COMPETITION TEAM

## STAGE PRESENTATION GUIDELINES

The details in this guide may seem small, but together they create the polished, unified stage picture that allows our choreography and storytelling to truly shine.

Parents and students, please review this so we are all on the same page this season.



# THE MOVE OUT LOUD STANDARD

AT MOVE OUT LOUD, WE BELIEVE DANCE IS MORE THAN STEPS — IT IS STORYTELLING.

EVERY PIECE WE CREATE AND PERFORM IS DESIGNED TO COMMUNICATE SOMETHING MEANINGFUL WITH OUR AUDIENCE, AND THE VISUAL PICTURE ON STAGE PLAYS AN IMPORTANT ROLE IN THAT STORY.

COSTUMES, HAIR, MAKEUP, AND OVERALL PRESENTATION ARE NOT SEPARATE FROM THE CHOREOGRAPHY — THEY ARE PART OF THE PERFORMANCE ITSELF.

MOVE OUT LOUD IS KNOWN FOR OUR STORYTELLING, OUR ATTENTION TO DETAIL, AND THE PROFESSIONALISM OUR DANCERS BRING TO THE STAGE.

THE DETAILS IN THIS GUIDE - LARGE AND SMALL - HELP CREATE THE CLEAN, COHESIVE STAGE PICTURE WE ARE KNOWN FOR AND ALLOW OUR DANCERS AND CHOREOGRAPHY TO TRULY SHINE.

WHEN EVERYONE PREPARES THE SAME WAY, THE AUDIENCE CAN FOCUS ON THE MOVEMENT, THE EMOTION, AND THE STORY BEING TOLD - NOT ON INDIVIDUAL DISTRACTIONS.

THESE GUIDELINES ARE NOT ABOUT PERFECTION OR LIMITING INDIVIDUALITY. THEY ARE ABOUT RESPECTING THE WORK WE PUT ON STAGE AND PRESENTING IT AT THE HIGHEST LEVEL POSSIBLE.

CLASS CAPTAINS AND STAFF WILL HELP CHECK DETAILS AND ASSIST WITH ADJUSTMENTS AS NEEDED. WE ARE ALL WORKING TOWARD THE SAME GOAL:

**A POLISHED, UNIFIED PERFORMANCE  
THAT REFLECTS THE STANDARD OF MOVE OUT LOUD.**

# NAILS

NATURAL NAILS HELP MAINTAIN A POLISHED AND UNIFORM LOOK ON STAGE.

LONG OR DECORATED NAILS DISTRACT FROM HAND SHAPES AND CHOREOGRAPHY, AND ARE DANGEROUS DURING PARTNERING OR FLOOR WORK.

## DO

Short and natural shaped.

No polish except clear.

Clean hands and feet.

Barefoot dancers - avoid pumicing off your dance callouses during the season.

## DON'T

No fingernail or toenail polish except clear.

If you use clear, it cannot be chipped or cracked.

No press on nails.

No long/pointy/sharp nails for safety,

IF YOU ARRIVE WITH LONG NAILS OR POLISH ON, WE'LL HAVE CLIPPERS AND ACETONE FOR YOU TO REMOVE IT BEFORE PERFORMING.

# HAIR

WHEN DANCERS' HAIR IS STYLED THE SAME WAY, LINES LOOK CLEANER, FORMATIONS READ MORE CLEARLY, AND OUR AUDIENCE CAN FOCUS ON OUR WORK RATHER THAN INDIVIDUAL DIFFERENCES.

CORRECT STYLING ALSO HELPS ENSURE HAIR AND ACCESSORIES STAY SECURE AND DON'T FALL OUT OR BECOME DISTRACTING WHILE DANCING.

## DO

Hair styles should be exactly as assigned for the routine.

Correct, straight part and placement.

Hairstyles must always be secure for dancing.

Only approved hair accessories.

**Pro Tip:** Style your hair for the first dance of the day before you leave the house.

## DON'T

Avoid having visible hair elastics - hide them as well as possible.

Avoid having visible bobby pins - hide them as well as possible.

No wispy hair - slick means slick!

No bun makers.

Solo/Duet/Trios - No new hair at competitions. Discuss with Stephanie first.

# MAKEUP

STAGE MAKEUP IS A VERY IMPORTANT PART OF DANCE, THEATRE AND BEING ON STAGE.

IT ISN'T ABOUT LOOKING OLDER OR GLAMOROUS — IT'S ABOUT MAKING SURE THAT OUR DANCERS' HARD WORK, EXPRESSION, AND ARTISTRY CAN TRULY BE SEEN.

STAGE LIGHTING IS VERY BRIGHT AND DESIGNED TO ILLUMINATE THE ENTIRE STAGE, WHICH WASHES OUT NATURAL FACIAL FEATURES FROM THE AUDIENCE'S PERSPECTIVE.

WHAT LOOKS LIKE "A LOT" OF MAKEUP UP CLOSE ACTUALLY READS VERY NATURAL FROM THE AUDIENCE.

WEARING STAGE MAKEUP HELPS DEFINE DANCERS' FEATURES AND EXPRESSIONS SO THAT AUDIENCES CAN CONNECT WITH THE EMOTION AND STORYTELLING IN THE CHOREOGRAPHY, EVEN FROM THE BACK OF THE THEATER.

MOVE OUT LOUD IS KNOWN FOR OUR EXPRESSION AND STORYTELLING, SO STAGE MAKEUP IS SOMETHING WE PUT A LOT OF THOUGHT INTO, AND SOMETHING WE CONSISTENTLY REQUIRE FOR PERFORMANCES.

If eyelashes were assigned for your dance, you must bring your own and wear them.

If you forget your eyelashes, we'll have spares for \$10/set.

If you have reactions/trouble with the adhesive, let us know and we can help.

Lipstick assignments vary by routine - don't forget to switch!

No added glitter or highlighter unless it is part of your costume.

**Pro Tip:** Put your lipstick on right before you take the stage.

# ACCESSORIES

ACCESSORIES ARE CHOSEN INTENTIONALLY AS PART OF THE COSTUME DESIGN AND VISION FOR THE PIECE.

WEARING ONLY THE ASSIGNED PIECES KEEPS THE VISUAL PICTURE CLEAN AND PREVENTS DISTRACTIONS FROM THE PERFORMANCE.

## SHOES

Use the exact style and color that was assigned for the routine.

Shoes should be clean of dirt, scuffs, or markings.

Laces should be double-tied neatly.

Air your shoes out well after each competition.

Never wear your dance shoes outside.

## SOCKS

“No-show” socks means they truly do not show at all - use tan to be safe.

Make sure to use the socks we sent home for each costume.

Socks should be washed between each wearing.

## TIGHTS

Use only the tights that came with your costumes.

Put tights on slowly, by bunching up the foot first and moving up the leg bit by bit. Be especially careful with fishnets.

If you rip your tights, check with us for another pair.

Wash tights between each wearing on delicate cycle, and air dry.

## PROPS

Some props are kept by teachers, some are sent with dancers.

If you'll be bringing a prop home, keep it in a safe spot.

For competitions, you are responsible for bringing your props to the venue, to the stage, back to the dressing room, and back home!

# ACCESSORIES...

## JEWELRY

No jewelry unless it is specifically assigned for the routine.

This includes **additional earrings or piercings**, necklaces, rings, bracelets, anklets, and watches.

If jewelry is assigned, wear only the exact piece given — nothing additional.

If you were assigned earrings but don't have your ears pierced, contact [studio@moveoutloud.com](mailto:studio@moveoutloud.com) and we'll help!

## GLASSES

We ask that dancers don't wear glasses on stage, because:

Stage lighting reflects off lenses and hides the dancer and distracts from the performance. Glasses can also shift or fall during choreography, which becomes a safety issue.

If a dancer requires vision support, please use contacts whenever possible.

If contacts aren't an option, please email us to come up with a plan.

Don't hand backstage glasses to teachers - they are on the go!

## MEDICATION

If your dancer needs to bring any medication (inhalers, EpiPens, etc.), please make sure it is clearly labeled and that they know where it is and how and when to use it.

Don't hand backstage inhalers to teachers - they are on the go!

## AND REMEMBER:

DOUBLE CHECK YOUR ACCESSORIES LIST BEFORE YOU LEAVE FOR A COMPETITION.  
MAKE SURE YOU ARE BRINGING EVERYTHING BACK WITH YOU AFTER A COMPETITION.  
PUT YOUR NAME IN EVERYTHING POSSIBLE.

IF YOU MISPLACE SOMETHING, LET US KNOW RIGHT AWAY SO WE CAN HELP.  
STAFF AND CLASS CAPTAINS WILL BE HELPING TO KEEP EVERYONE ON THE SAME PAGE.

# UNDERGARMENTS

PROPER UNDERGARMENTS SHOULD DO THREE THINGS:

SUPPORT THE DANCER  
ENSURE COSTUMES SIT CORRECTLY.  
REMAIN INVISIBLE ON STAGE.

CORRECT UNDERGARMENTS ALLOW DANCERS TO MOVE AND PERFORM CONFIDENTLY  
AND DON'T DISTRACT OR DETRACT FROM THE COSTUME DESIGN.

## BRAS

Wear nude-colored bras only unless otherwise requested.

Bras must be supportive with two cups - not a sports bra or bandeau. Two cups provide the proper shape or support on stage.

No visible straps — not even clear straps should show.

Straps must be pinned to stay completely hidden while dancing.

## UNDERWEAR

Nude underwear only. 'No show' types are a great choice.

No visible underwear at any time.

Boys: Underwear/boxers must be fully tucked in and not visible. Raise your arms to double-check.

If your costume is tight or shiny and might show underwear lines:

If you are also wearing tights, you can skip underwear.

Do not skip undies if you don't have tights.

-or-

Wear completely seamless, no-show underwear.

# CARING FOR YOUR COSTUMES

COSTUMES ARE DELICATE AND DESIGNED SPECIFICALLY  
FOR STAGE LIGHTING AND MOVEMENT.

PROPER CARE KEEPS THEM LOOKING CLEAN, STRUCTURED,  
AND PERFORMANCE-READY THROUGHOUT THE SEASON.

Costumes should be steamed before each event.

Use low heat to avoid melting fabric or glue.

No loose rhinestones or missing pieces - check with us.

No visible safety pins (consider using a stitch gun - it's easier to hide.)

Store your costumes on hangers.

Label every item.

No chewing gum in costumes.

No eating in or around costumes

No colorful drinks in or around costumes.

Costumes should never be washed during the season.

## TO KEEP YOUR COSTUMES SMELLING FRESH:

### Proper prep will help:

Apply clear antiperspirant or deodorant the night before.

Shower the morning of competition.

Reapply clear antiperspirant or deodorant after you shower.

### HANG:

Air costumes out immediately after they are worn - inside out if you can.

Do this at the competition and then again for a day after you get home. This is a big one.

### MIST:

Make a vodka spray (ratio 1:1 vodka to water) and mist costumes right after they are taken off.

Inside out is best.

Do this before you dry and store them.

### DRY/STORE:

Wait for costumes to fully dry.

Add a charcoal odor absorber into the garment bag.

Store hanging in garment bags with zipper open.

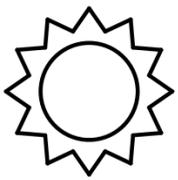
# PERSONAL GROOMING

A CONSISTENT LOOK ACROSS THE TEAM HELPS OUR AUDIENCE FOCUS ON OUR MOVEMENT AND THE STORY BEING TOLD ON STAGE.



## LOTION

Use it to stay moisturized, but not right before stage. Slippery stages are dangerous!



## TANS

No streaky/orange self tanner.  
No visible tan lines.



## BANDAIDS & LEG BRACES

Match your skin tone as much as possible.



## TATTOOS

No visible temporary or real tattoos onstage.



## PIERCING

No new piercings during competition season.  
**No piercings on stage other than assigned.**



## HAIR CUTS/COLOR

Please, no new extreme hair cuts or colors during the season. We designed your costumes to go well with what you currently have.