

Prom Dress Guidelines and Samples

Boys' Attire:

- Tuxedo or suit is a nice option
- Dressy western attire is also acceptable as long as the pants are clean and neat looking.
- Cowboy hats are acceptable, but no baseball caps please.

Ladies' Attire:

- Formal / Semi-Formal

Necklines/Bodices

- The neckline of a dress, top, or gown must be cut modestly without showing cleavage. We do not want to show off the line between the breasts or the side of the breasts. Spaghetti straps and one-shoulder necklines are allowed.
- No strapless dresses allowed. You may add straps. **CLEAR STRAPS ARE NOT ACCEPTABLE! ANY STRAPS THAT ARE ADDED TO DRESS MUST REMAIN ON ALL NIGHT.**
- Small cut-out areas can't be flesh-tone material. They must be the color of the dress. See examples.
- When trying on dresses, if you continually feel like you must pull the dress up, it's probably not the right one for you.
- The cut of a dress in the back should not be lower than the middle of your back. As the back approaches your waistline, it can't pucker or be loose. We don't want anyone to see down the backside of your dress.

Length

- Dress can't be shorter than 5" above the top of the kneecap.
- NO deep slits. The slit can't go higher than the 5" above the kneecap rule.
- See images for examples of what is allowed and what is not.



Miscellaneous

- Two-piece dresses are NOT allowed. If you find a two-piece you love, and all other requirements have been met, have someone sew the top and bottom together all the way around.

Additional Notes

- Admittance to the dance, with consideration of attire, will be left to the discretion of the faculty/administration present that evening.
- ALL girls' dresses, Sacred Heart students, and those from other schools must be approved by Mrs. Jill Etzler.
- Photos of the student IN the dress (front, back, and sides) must be emailed to Mrs. Etzler (jill.etzler@shschool.org).
- **Dresses that have been conditionally approved must be re-approved with appropriate alterations.**

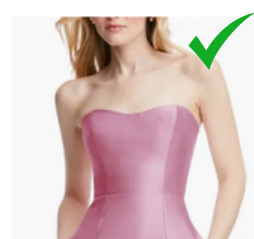
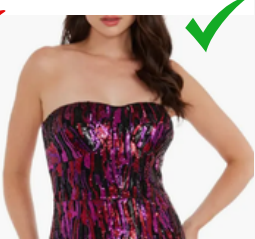
DRESS SAMPLES

Prom 2025 - **many dresses have high cut slits, front cut outs, and side cut outs.** Those need to be filled in. You can use the length of the gown and the lining, in many cases, to fill in those areas. I've given options to show how it can be done.



Necklines: Be careful with the sweetheart neckline. Some dip a bit lower than others.

Examples are for necklines only!





If you are looking at a dress with a sweetheart neckline, make sure it doesn't go too low so that you can see the line between the breasts. Dress might be able to be altered just by shortening the straps.



Make sure the slit isn't more than 5" above the middle of the knee cap. If it is, sew is closed or add fabric.



No cut outs

Take some of the fabric from the length and fill in the cut outs

Back is a little too low

Take some of the fabric from the length and add to the back



Slit is too high; sew it shut



Strapless, slit is too high, scoop neck is too low



Bows are back!
(or front - in this case)



YES!



This dress would need a lot of work to make it dress code appropriate. The lace bodice is sheer and would need a piece of blue fabric sewn around the inside of the entire bodice. The back is sheer as well so that would need fabric. It would need straps. It also cuts down a bit too much in the front so more disguising would need to be done.



Dress
samples
from:

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