



HOW TO: Dress for a Successful Debate Tournament

Everything you need to know
to be able to walk out of a round
knowing you squashed your
opponent and looked
good doing it too...

KNOW YOUR COLORS

In debate, one way to find the right color is to use
“power” colors:

For Suits or Slacks use solid or thinly striped:

Black, Gray, Navy, or Brown

For Shirts and Ties use:

(above colors) plus White, Red, or Blue

other colors can defiantly be used but think business...

For Shoes you can use:

Black or dark colors (preferably a solid color)

SHOES

WHAT SHOES NOT TO WEAR

- Distracting/bright colored shoes



- Sandals/Flip Flops



- Ridiculously tall high heels...
you too guys



- Tennis shoes/sneakers



- Slippers



*****THESE SHOES ARE NEVER
TO BE WORN DURING A
TOURNAMENT**

WHAT SHOES TO WEAR

- For Men:

- Remember the “power” colors! Black close toed dress shoes is all you need. Wear black or dark colored socks and shoe laces and you're good!



- For Ladies:

- Remember the “power” colors too! Nothing is better than a pair of solid black heels or flats. But make sure they are closed shoes (open toe is okay). If you are showing your legs wear nude/skin tone pantyhose.

* Always remember to bring an extra pair of flats for



in between rounds. Heels do get uncomfortable after a while but all shoes must still follow dress code.



CLOTHES

For Ladies:

When going to a tournament all competitors must look put together and professional, so keep it conservative and dress in business attire. A nice pant/skirt suit paired with a blouse following the “power” colors is ideal. That means NO short, tight, too bright, or inappropriate clothing is allowed. Keep everything covered and proper.



If you do not own a suit work with what you have! A business dress with a cardigan or jacket would be appropriate or even slacks (black dress pants) with a buttoned up blouse would be okay. Just remember to stay in dress code colors and fit.

***ALWAYS keep clothes ironed and clean. Shirts must be tucked in and jackets should be buttoned, especially when competing.**

For Men

When competing in a debate tournament all men must dress conservatively and in business attire. You can wear suits following the “power” colors: black, gray, navy, or brown. It should be paired with a button down shirt and tie which follow the appropriate colors. Make sure ties or shirts are not distracting in color, pattern, or shape (meaning all clothing fits properly). CLOTHES SHOULD NOT BE WRINKLED.



***ALWAYS keep suits and shirts ironed and clean. Shirts must be tucked in and jackets buttoned, especially when competing.**

HAIR AND ACCESSORIES

Hair

- For Men:
 - Comb or style your hair where it is out of your face and not a distraction to yourself or the judge.
 - Your hair should not be cut or colored in an extreme or unprofessional way.
 - All facial hair must be kept up with. Your face should be clean and shaven.
- For Women:
 - If you are wearing your hair down keep bangs or strands of hair out of your face (it is useful to use hairspray, a bobby pin, clip, or head band that is the color of your hair).
 - You are also free to pick up your hair into a bun or ponytail especially if you touch or mess with your hair constantly.
 - You should not color your hair a bright or distracting color.
 - Any hair accessories should be close to the color of your hair and not too bright or large.

Accessories

- For Men:

- Any piercings or tattoos should not be visible.
- Any inappropriate or distracting jewelry should be taken off.

- For Ladies:

- Any tattoos or facial piercings should not be visible.
- Jewelry is allowed but keep in mind that it should not be in anyway distracting or inappropriate.
- Makeup should coincide with the rules for a professional appearance. Again, it should not be distracting.

*The teacher is entitled to be the judge of what is appropriate or not

Accessories continued...

BAGS/BACKPACKS:

When you compete you may find it necessary to carry a bag or backpack. Your bag or backpack should be a darker color as to not bring unwanted attention to it. Please make sure there are no large holes, apparent stains, or rips.



I Know it's A LOT...

Appearance can be the deciding factor for a judge. If it's down to two equally talented individuals, the way you present yourself can put you on top!

These rules are vital because they prevent distractions so judges are able to focus on what you are presenting instead of your appearance.

It seems overwhelming now but its pretty easy to follow once you get the hang of it.

We Can Help

Feel free to ask any varsity members if you have any questions or are not sure if something follows the rules.

Your debate coach and team members will be more than happy to assist you 😊!!!

- * A helpful hint: when you bring your clothes to school to change into, keep clothes on hangers and suit bags (you can purchase a plastic suit bag for a dollar at the dollar store).

AND Remember...

The way we act and present ourselves is not based on other schools or competitors. We will always hold the highest standards for ourselves and our team.

This has been a public service announcement
by the Jersey Village Forensics Department.