Competition Hair Checklist

Tick each box. Do your hair 60 to 90 minutes before warmup.

THE NIGHT BEFORE

- [ ] Wash hair today, not tomorrow (day old hair grips pins)
- [ ] Practice the bun once and time it
- [ ] Match pins and net to your hair color
- [ ] Sew or tie on any sparkle so it cannot fall
- [ ] Pack the hair kit in your skate bag

HAIR KIT

- [ ] 20 bobby pins
- [ ] 20 U shaped bun pins
- [ ] 2 bun nets (one spare)
- [ ] Strong elastics, 3 or more
- [ ] Competition scrunchie plus a plain spare
- [ ] Gel and strong hold hairspray
- [ ] Fine tooth comb and a clean toothbrush
- [ ] Headband for short layers or bangs

COMPETITION LOW BUN, STEP BY STEP (15 TO 20 MIN)

- [ ] 1. Smooth a dime sized amount of gel through, brush everything back.
- [ ] 2. Ponytail at the nape, level with the bottom of the ears, elastic wrapped 3 times.
- [ ] 3. Twist tight, coil around the base, tuck the ends under.
- [ ] 4. Net over the bun, twist, wrap a second time.
- [ ] 5. 4 to 6 bun pins through the edge into the base, angled to the center.
- [ ] 6. Cross bobby pins in an X above each ear.
- [ ] 7. Spray from 10 inches, smooth the hairline with the toothbrush.
- [ ] 8. Add sparkle last, fixed in two places.

FINAL CHECKS BEFORE YOU STEP ON THE ICE

- [ ] Spin test: 10 seconds of fast head turns
- [ ] Jump test: 10 jumps in place
- [ ] Nothing touches eyes or mouth
- [ ] Every clip and scrunchie tugged and secure
- [ ] No shiny pins showing under lights
- [ ] Spare net and pins in your pocket or bag

MY TIMING

Warmup time: _____

Practice run took: _____

Start hair at: _____

Event and date: _____

FIX IT FAST AT THE RINK

- [ ] Bun slipping: add 2 more bun pins into the base
- [ ] Net torn: swap in the spare, wrap twice
- [ ] Flyaways: spray on the toothbrush, smooth down
- [ ] Ornament loose: pin through the net in 2 places
- [ ] Bangs lifting: twist back, cross 2 pins
- [ ] Scalp aching: loosen the elastic one wrap

NOTES FROM THIS COMPETITION

Style Picker By Hair Length

Find your length, then pick the column for where you are skating.

Hair length	Casual skating	Competition	Hat or helmet
Short pixie to chin	Pinned twists Knit headband	Gelled side part Crossed pins	Hair down Headband under a hat only
Medium shoulder length	Braided low pony Half up twist	French twist Low bun with net	Low pony Two short braids
Long past the shoulders	Two braids Bubble pony	Sleek low bun Braided bun	One flat low braid
Curly or coily any length	Low puff, two puffs Two braids	Gelled low bun Net in hair color	Two braids flat to the head

QUICK RULES

- [ ] Braid anything that hangs past your shoulder blades
- [ ] Keep buns low so they fit under hats
- [ ] Nothing under a helmet, not even a beanie
- [ ] Pin it if it cannot reach a ponytail
- [ ] Layered hair: plan on 6 extra bobby pins
- [ ] Curls: style damp, use wide fabric bands
- [ ] Bangs: braid sideways or twist and pin
- [ ] If it aches, it is too tight: loosen it

STYLES I TRIED

Style	Time it took	Held? (Y/N)	Notes