# CANADA DANCESPORT DRESSCODE

## **RULE 1: GENERAL RULES**

#### 1.01 General

- 1. Female athletes may not wear shorts, culottes or leotards alone but they can be worn with a skirt. Female Athletes must wear a skirt, dress or long trousers. Skirts and dresses must create Characteristic shape for each discipline (ST and LA) (shape area). In Standard Dress the lady's or girl's dress must have a long skirt which at minimum covers both her knees; if the skirt is split it must not be split higher than the knee. In Latin Dress the lady's or girl's dress must have a skirt made of fabric, fringe, feathers, beads or any other suitable material, and can be split or open on the sides, provided always that the skirt must completely cover the panties in front and in the back when standing still.
- 2. An athlete's costume must cover the intimate parts of that athlete's body ("the intimacy area").
- 3. A lady's or girl's dress and make-up must be appropriate for her age and the level of competition which is being danced.
- 4. In order to present a more modern and up-to-date image of DanceSport, a suit jacket with collared shirt and tie, or a vest with collared shirt and tie is recommended for the Junior II, Youth, Adult and Senior age groups.
- 5. Athletes may not use religious symbols as decoration or decoration jewellery but may use religious symptoms as part of their personal jewellery.
- 6. The Sanctioning Official and/or The Chairman has full authority to require any athlete to remove an item of jewellery or dress at any time if in the Chairman's opinion that item of jewellery or dress poses a potential danger to that athlete or to other competitors.
- 7. An athlete may compete wearing a costume which is required in a lower category.
- 8. The Chairman may suspend from competition any athlete who fails to comply with these guidelines or fails to comply with the Chairman's directions at a competition, and may direct the Scrutineer not to record the marks given to such an athlete in any competition in which the athlete fails so to comply.

#### 1.02 Good Taste Rule

Any use of material or colour or construction or other contrivance that gives the appearance of non-compliance with these dress rules, even though there is no breach of the literal wording of these rules, will be a breach of these rules if so determined by the Sanctioning Official and/or Chairman of Adjudicators.

# 1.03 Sanctions

If a couple is not dressed in accordance with this Dress Regulation and receives a warning from the Sanctioning Official and/or the Chairman of Adjudicators, they must comply with the regulation or face disqualification **IMMEDIATELY BY THE SANCTIONING OFFICIAL AND/OR the CHAIRMAN OF ADJUDICATORS.** The Board may impose additional sanctions including suspension from competitions for repeat offenders.

#### 1.04 Sanctioning Official

Sanctioning Official shall include an official representative from the Regional Board and/or Canada DanceSport or WDSF official present at the competition.

#### 1.05 Advertising:

Advertising by up to four sponsors is allowed on a couple's competition costumes. A man or boy may advertise up to three sponsors, and a woman or girl may advertise only one sponsor. The size of the advertisements may be no more than 40 square cm for each sponsor. Such advertising may only be displayed and located on the waist, chest or sleeves. Each reproduction of any flag displayed on an athlete's costume constitutes one (1) sponsor for the purpose of this Rule.



# **RULE 2: DEFINITIONS OF TERMS**

- (B) Black- means black and midnight blue colour
- (Bo) Black colour only
- **(C)** Any colour– any colour including mixed colours
- (CnS) Any colour except skin colour
- (C1nS) One colour except skin colour
- (IA) Intimacy area—body zones, which must be covered by non transparent materials or transparent materials lined with non transparent materials. If skin colour is used in an athlete's costume, it must be SwD.
- **(HL) Hip Line** panties top line (height), equals straight horizontal line, the top of the cleft or line between buttocks muscles (intergluteal line) **must not** be visible.
- (LE) Light Effects- Any material that glitters or shines under the lights.
- (LS) Long Sleeves/ed- length to the wrist, rolled up sleeves are NA
- (NA) Not allowed
- (NR) No restriction— there are no restrictions in this matter
- (OA) Only allowed
- (PL) Panty Line panties bottom line (height)
  - back side whole buttocks are covered
  - in the front follows line between flexed leg and body

The following illustration shows the minimum degree of coverage required by this Rule:



The following illustration is an example of a degree of exposure which is not permitted under this Rule:



The distance between HL and PL on the side must be totally covered with more than 5 cm (greater than 2") of material



(S) Skin colour– the same colour as of the dancer's skin during the competition (with tan)

**(SA) Shape area**— minimum area which **must** be covered. Transparent materials are allowed in these areas: the waist, shoulders, back to the waist and sleeves. Any colour is allowed.

# (SwD) Skin colour with decoration

(TOP) Man's Top Opening Point— point, to which top or shirt can be opened equals centre of the belt buckle or centre of the trousers top line

# (W) White colour

# For the Female partner:

- tangas/thongs are **NA**.
- skin colours panties are NA.
- breasts **must** be covered
- distance between bra cups must be less than 5 cm (less than 2").
- Where stated that two-piece dresses are NA, this refers to a skirt and top where there is a gap of any size between the top and the bottom. A skirt and blouse/leotard is allowed as long as there is no gap showing any skin between the top and bottom when standing still or moving.
- A **Float** is any material that flows behind the dancer while in motion. A long scarf, sleeves that are not tight against the wrist, material that is attached from sleeve to sleeve or sleeve to shoulder and is not sewn to the basic material of the dress is considered a float.

#### Basic material – creates shape of the dress

- with light effects (metallic, glitter, sequins, ...)
- without light effects

# **Decoration** – anything fixed on the basic material, hair, skin:

- with light effects (rhinestones, sequins, beads, pearls, ...)
- without light effects (feathers, flowers, bows, fringe, lace applications, ribbons, ...)

Tie clips, studs, cufflinks, buckles are not defined as decorations.

**Make-up** – includes face make-up, artificial tan, artificial nails, artificial eyelashes.

**Decoration jewellery** – jewellery designed to be a part of a dance dress

# **RULE 3: JUVENILE DRESS CODE**

IMPORTANT NOTE: Rule 1 (General Rules) & Rule 2 (Definition of Terms) apply. Please print off as well when printing out the Juvenile category's dress code.

#### 3.01 NEWCOMER, PRE-BRONZE, BRONZE, SILVER, GOLD

Competition costumes are **not permitted** at this age group so an even playing field can be maintained for competitors who are growing quickly. Dress clothes are generally permitted as long as they do not start to resemble a costume.

#### Girls:

#### **Dance Wear**

- Leotard with wrap-over skirt or a simple dress
- One simple circular underskirt is **permitted**
- Must have sleeves
- Sequins, rhinestones or similar decoration are not permitted
- No bare midriffs
- No more than 10cm above the knee and no longer than just below the kneecap
- The panties of the dress have to cover the underwear

#### Colour:

- Dresses of a print fabric or solid colour fabric are permitted
- Dresses must be the same fabric throughout
- Combinations of different colour fabrics are not permitted
- Skin colour or see through inserts are **not permitted**

# Materials:

- Materials must not have metallic thread, light effects, or be decorated with sequins, lace, diamante rhinestones, fluorescent paint, feathers, fringe, bows or any other similar trimmings
- Any colour except flesh (skin colour)

# Shoes:

- Block heel only with a maximum height of 3.5-cm
- High heel shoes are **not permitted**
- Shoes may be worn with short socks
- Skin colour tights may be worn but mesh tights are not permitted

#### Boys:

#### **Dance Wear**

- Black trousers, plain white or black long sleeved shirt with black tie or bow tie
- Black pants are permitted to have a satin stripe down the side and/or waist.
- Wing collar or rolled up sleeves are **not permitted**.
- Shirt must be tucked in

#### Latin only:

- long sleeved black turtle neck instead of a long sleeved shirt will be permitted
- black tie or bow tie is optional

# **PROHIBITED MATERIALS AND STYLES**

#### Girls:

Following styles & materials of dresses are Not Permitted (see APPENDIX 1 AND 2 FOR JUVENILE STYLES)

- slash-neck leotard or dress with one sleeve
- leotard or dress with shoe string straps or straps of any description



- leotard or dress with straps and body stocking or similar see-through material inserts
- skirt with feathered trim, fringe, fringe trim, or frills
- skirt made up of strips
- skirt with splits up front, back or side
- sleeveless leotard or dress with frills on shoulder
- slashed thighs or cut-out bodices front or back
- · bare midriff
- Floats

#### **Boys: NOT PERMITTED**

- satin or similar shiny material
- extra full sleeves

### 3.02 JUVENILE PRE-CHAMPIONSHIP and CHAMPIONSHIP - Standard and Latin

Couples may choose **one** of the following costume options:

- Competition style outfits are permitted as long as both partners are in costume. In Standard the boy may elect to wear a tailored vest, shirt, tie & trousers instead of a tail suit (see Juvenile Charts)
- No competition style costume provided that both partners follow dress code in Rule 3.01 above.

#### **ALL JUVENILE LEVELS**

#### **Girls**

#### Costume

In Latin two piece costumes **are not permitted**. The top **must be** attached to the bottom so that the navel area is completely covered.

#### Shoes:

- Block heel only with a maximum height of 3.5-cm
- High heel shoes are **not permitted**
- Shoes may be worn with short socks
- Skin colour tights may be worn but mesh tights are not allowed

# Hairstyles:

#### Girls:

Too elaborate hairstyles are not desirable.

#### Boys:

• If the hair is long it has to be worn in a ponytail.

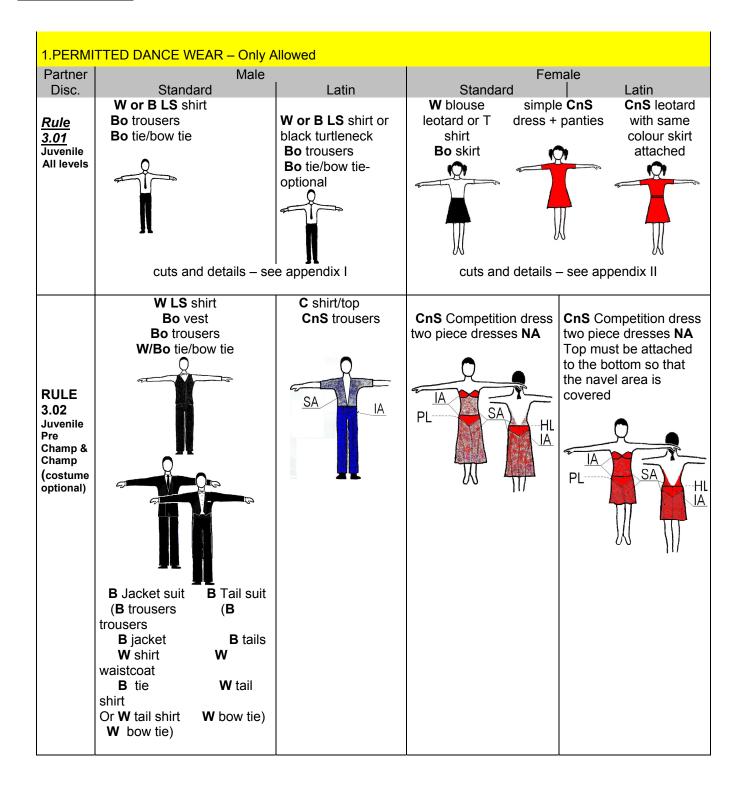
#### Make Up:

- Only moderate amount of make up is permitted
- No artificial nails, tan or lashes

#### **Decorations**

- Decorations on clothing are **not permitted** for girls or boys
- Hair decorations without light effects are allowed for girls (examples: barrettes, ribbons, scrunchies...)
- Decoration jewellery is not permitted

# **JUVENILE CHART**



2. DECORAT	TONS, LIGHT EFFECTS							
Partner	Mal		Fen					
Disc.	STANDARD	LATIN	STANDARD	LATIN				
Juvenile	Any decorati		Any decora					
Gavernie	Basic materials with	light effects - NA	Basic materials wit	h light effects - <b>NA</b>				
3. SHOES, SO	3. SHOES, SOCKS, TIGHTS							
Partner	Mal		Fem	nale				
Disc.	STANDARD	LATIN	STANDARD	LATIN				
	Heel: <b>may</b> be	max 2.5 cm	Heel: block, may					
Juvenile	B socks mus		C short socks are allowed					
			Tights: skin colour	· - OA, mesh - NA				
4. HAIRSTYL	ES							
Partner	Mal	~	Fen					
Disc.	ST	LA	ST	LA				
	<b></b>		Decoration with light					
Juvenile	If the hair is long it <b>must</b> be worn in a ponytail		hairspray – <b>NA</b> (Decoration without light effects are allowed)					
			(Decoration without lig	nt effects are allowed)				
5. MAKE-UP								
Partner	Mal		Fem					
Disc.	ST	LA	ST	LA				
Juvenile	   Make-up – <b>only modera</b> t	te amount						
6. DECORATION JEWELLERY (not personally jewellery)								
Partner	Mal		Fem					
Disc.	ST	LA	ST	LA				
Juvenile	Decoration jewellery - NA	1						

# **Appendix 1: Juveniles Male Dress**

# Shirt:

- plain, white long sleeved, ready to wear shirt or polo neck top OA cotton or polycotton material preferred
- shiny or patterned materials NA,
- wing collar NA
- rolled up sleeves NA.
- Shirt must be tucked in.

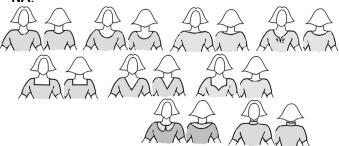
#### **Trousers:**

- shiny or patterned materials  ${\bf NA}$
- side satin stripe allowed



# **Appendix 2: Juveniles Female Dress**

A. Necklines - allowed cuts, others - NA:



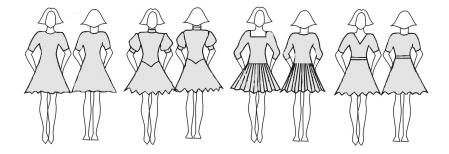
B. Sleeves - allowed cuts, others-NA



- C. Skirts:
- plain or pleated, made of minimum 1 to maximum 3 half circles OA,
- one simple circular underskirt allowed, bigger underskirt NA.
- frills on the skirt or the underskirt, boning, soft boning or fishing line used in the hem of the skirt NA
- length **must not** be more than 10 cm above the knee and not longer than just below the kneecap.
- allowed cuts, others **NA**:



# **Examples:**



# **RULE 4: JUNIOR DRESS CODE**

**IMPORTANT NOTE**: Rule1 (General Rules) & Rule 2 (Definition of Terms) apply. Please print off as well when printing out the Junior category's dress code.

# 4.01 NEWCOMER, PRE-BRONZE, & BRONZE – Standard and Latin

Competition costumes are **not permitted** at this age group so an even playing field can be maintained for competitors who are growing quickly. Dress clothes are generally permitted as long as they do not start to resemble a costume.

#### Girls:

#### Dance Wear

- Leotard with wrap-over skirt or a simple dress
- One simple circular underskirt is permitted
- Must have sleeves
- Sequins, rhinestones or similar decoration are not permitted
- **No** bare midriffs
- No more than 10 cm above the knee and no longer than just below the kneecap
- The panties of the dress have to cover the underwear

#### Colour

- Dresses of a print fabric or solid colour fabric are permitted
- · Dresses must be the same fabric throughout
- Combinations of different colour fabrics are not permitted
- Skin colour or see through inserts are not permitted

#### Materials:

- Materials must not have metallic thread, light effects, or be decorated with sequins, lace, diamante rhinestones, fluorescent paint, feathers, fringe, bows or any other similar trimmings
- Any colour except flesh (skin colour)

# Boys:

#### **Dance Wear-**

- Black trousers, plain white or black long sleeved shirt with black tie or bow tie.
- Black trousers are permitted to have a satin stripe down the side & /or at the waist
- Wing collar or rolled up sleeves are **not permitted**.
- Shirt must be tucked in

## Latin only:

- Long sleeved black turtle neck instead of a long sleeved shirt will be permitted
- Black tie or bow tie is optional

# PROHIBITED MATERIALS AND STYLES

#### Girls:

Following styles & materials of dresses are **Not Permitted** ( see APPENDIX 1 AND 2 for STYLES)

- slash-neck leotard or dress with one sleeve
- leotard or dress with shoe string straps or straps of any description
- leotard or dress with straps and body stocking or similar see-through material inserts
- skirt with feathered trim, fringe, fringe trim, or frills
- skirt made up of strips
- · skirt with splits up front, back or side

- sleeveless leotard or dress with frills on shoulder
- slashed thighs or cut-out bodices front or back
- bare midriff
- Floats

# **Boys: NOT PERMITTED**

- satin or similar shiny material
- extra full sleeves

#### **Decorations**

- Decorations on clothing are **not permitted** for girls or boys
- Hair decorations without light effects are allowed for girls (examples: barrettes, ribbons, scrunchies...)
- Decoration jewellery is not allowed

# **4.02 JUNIOR SILVER or GOLD** – Standard and Latin -Couples may choose **one** of the following costume options:

- Competition style outfits **are permitted** as long as both partners are in costume.
- In Standard the boy may elect to wear a tailored vest, shirt, black tie & trousers instead of a lounge suit or tail suit (See diagram 4.02) (this version is not permitted in Pre Champ & championship level)
- No competition style costume provided that both partners follow dress code in Rule 4.01

**NOTE: Both** members of the partnership must either be in costume **or** both in the dress code described under Rule 4.01 for Juniors above. (Not a mixture of the two dress codes.)

# Girls:

Pants, jeans, shorts, or jumpsuits are not permitted

# 4.03 JUNIOR PRE-CHAMPIONSHIP & CHAMPIONSHIP- Standard and Latin

 Competition style costumes must be worn (See diagram 4.03) NB differences in gentlemen's costumes for Junior I and Junior II

# **ALL LEVELS**

# Girls:

- In Latin the top of the dress/costume **must be attached** to the bottom in such a fashion that the naval area is covered.
- High heels are permitted in Junior II; in Junior I, heel may be max 5 cm, short socks are allowed, tights: mesh NA

# Hairstyles & Make up

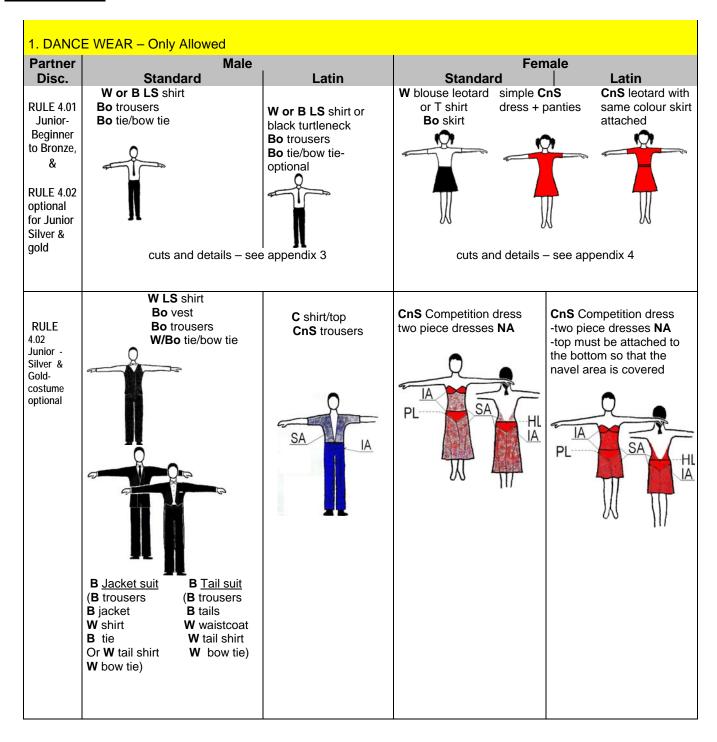
# Girls:

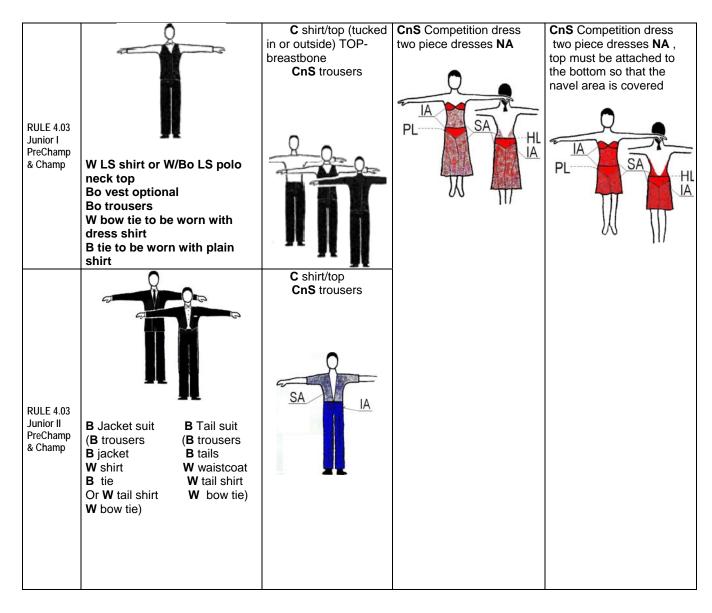
- Excessive make up is **not desirable**
- Too elaborate hairstyles are not desirable

#### Boys:

• If the hair is long it has to be worn in a ponytail.

# **JUNIOR CHART**





2. DECORATION	ONS, LIGHT EFFECTS				
Partner	Male		Female		
Disc.	STANDARD	LATIN	STANDARD	LATIN	
Junior	N	R	NR		
3. SHOES, SOCKS, TIGHTS  Partner  Male  Female					
Disc.	STANDARD	LATIN	STANDARD	LATIN	
Junior I	Shoes: NR		Heel: may be max 5 cm short socks are allowed tights: mesh - NA		
Junior II	Shoes: NR NR				



# Canada DanceSport

# DanseSport Canada

4. HAIRSTYLES							
Partner Disc.	M: ST	ale LA		Fema	ale LA		
Junior	If the hair is long it must be worn in a ponytail NR						
5. MAKE-UP							
Partner Disc.	M: ST	ale LA		Fema ST	ale LA		
Junior	NR						
6. DECORATION JEWELLERY (not personally jewellery)							
Partner Disc.	M: ST	ale LA		Fem: ST	ale LA		
Junior	NR						

# **Appendix 3: Junior Male Dress**

#### Shirt:

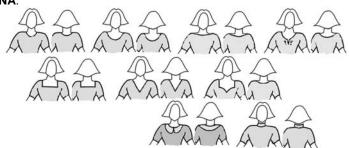
- plain, white long sleeved, ready to wear shirt or polo neck top OA
- cotton or polycotton material preferred
- shiny or patterned materials NA,
- wing collar NA
- rolled up sleeves **NA**.
- Shirt must be tucked in.

#### **Trousers:**

- shiny or patterned materials NA
- side satin stripe allowed

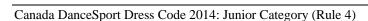
# **Appendix 4: Junior Female Dress**

A. Necklines - allowed cuts, others - NA:



B. Sleeves - allowed cuts, others - NA:



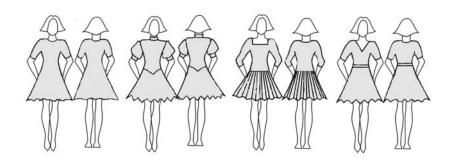


#### C. Skirts:

- plain or pleated, made of minimum 1 to maximum 3 half circles OA,
- one simple circular underskirt allowed, bigger underskirt NA.
- frills on the skirt or the underskirt, boning, soft boning or fishing line used in the hem of the skirt NA
- length **must not** be more than 10 cm above the knee and not longer than just below the kneecap.
- allowed cuts, others **NA**:



# **Examples:**



# RULE 5: YOUTH, ADULT, Senior I, II, III & IV DRESS CODE

**IMPORTANT NOTE**: Rule1 (General Rules) & Rule 2 (Definition of Terms) apply. Please print off as well when printing out this Age category's dress code.

#### 5.01 NEWCOMERS PRE-BRONZE, & BRONZE - Standard and Latin

#### Ladies:

#### Standard and Latin

- Competition style costumes are not permitted
- Dress, or skirt and blouse. General shape and modesty areas as per chart.
- Lady's dress must not be decorated with sequins, diamante, rhinestones, feathers, fringe, floats or similar decorations
- Materials must not have metallic thread or light effects.
- Dress or skirt **must be** between mid thigh & mid calf in length
- Bare midriffs, openings in the skirt in the front, side or back, pants, jeans, or jumpsuits are not permitted
- Floats are not permitted
- The breast area must be covered and have no see-through fabric on this area. (See IA (Intimacy area) in Champ diagram)
- High cut panties, tangas/thongs, skin coloured panties, or see through panties are not permitted. (See IA in Champ diagram)

#### Gentlemen:

#### Standard:

- Competition style outfits are not permitted at these levels
- Jacket **or** a plain black or navy vest **or** cardigan (**No** studio or club logos allowed.)
- Long sleeved white or black shirt
- black tie or bow tie
- suitable trousers No jeans or leather pants
- Black pants are permitted to have a satin stripe down the side and/or waist.

#### Latin:

- Competition style outfits are not permitted
- Long sleeved white or black shirt and a plain black or navy vest or cardigan (studio or club logos not permitted.)
- **or** a long sleeved plain black turtle neck
- Suitable trousers- No jeans or leather pants
- Black tie is **optional**
- Sequins, diamante, rhinestones, or similar decorations on the dance wear are not permitted

#### **Hairstyles & Jewellery**

- Decoration in the hair involving light effects are not permitted
- Decoration jewellery involving light effects is **not permitted**
- Males with long hair must wear their hair in a ponytail.

#### 5.02 SILVER, GOLD, PRE-CHAMPIONSHIP, & CHAMPIONSHIP -Standard

See Dress Code Charts Below

# Some Regions may elect to have costumes optional in Silver, and/or Gold Level

**DSBC**-optional in Silver & Gold Silver but both members of the partnership must either be in costume or both in the dress code described under this Rule 5.02 (Not a mixture of the two dress codes)

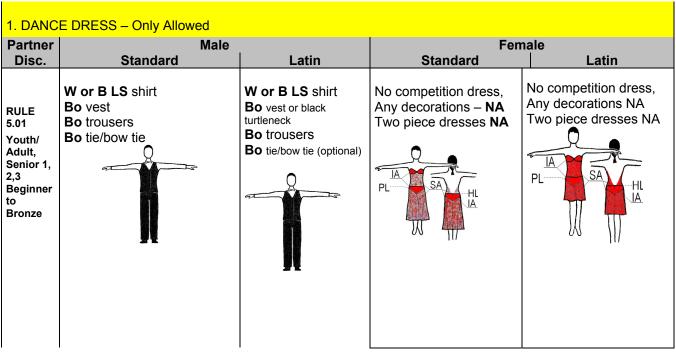
**DSAB & DAA** -optional in Silver but both members of the partnership must either be in costume or both in the dress code described under this Rule 5.02 (Not a mixture of the two dress codes)

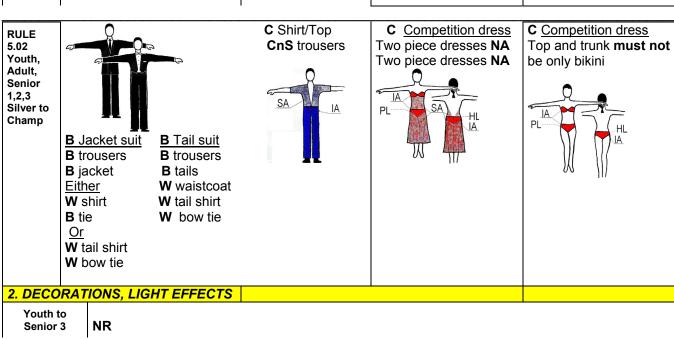
OADA & DSQ- costumes mandatory in Silver & higher

All Levels Hairstyles

**Gentlemen**: If the hair is long it **must** be worn in a ponytail.

# YOUTH, ADULT, SENIOR I, Senior II, Senior III & Senior IV CHART





3. SHOES, SOCKS, TIGHTS						
Partner		Ma	ale		Fe	male
Youth to Senior 3	Shoes: NR NR			NR		
	4. HAIRSTYLES					
Partner		IVI	Male Female		maie 	
Disc.	ST		LA		ST	LA
Youth to Senior 3		If the hair is long it mu	st be worn in a ponytail	NR		
5. MAKE-UP						
Partner Disc.		M: ST	ale LA		Fe ST	male LA

6.	<b>DECORATION JEWELLERY</b>	(not personal	iewellerv)

Youth to Senior 3

NR

6. DECORATION JEWELLERY (not personal jewellery)								
Partner	M	ale	Female					
Disc.	ST	LA	ST	LA				
Youth to Senior 3	NR							