



Canadian Amateur DanceSport Association

Association Amateurs De Danse Sportive Du Canada

RULE 4 – JUNIOR DRESS CODE

IMPORTANT NOTE: Rule 1 (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 10cm below the knee
- 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, 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
- 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



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- 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 tail suit
- 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 CADA Junior Dress Code Rules for restrictions)

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**

Hairstyles & Make up

Girls:

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

Boys:





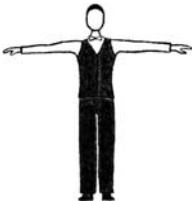
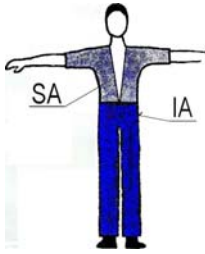
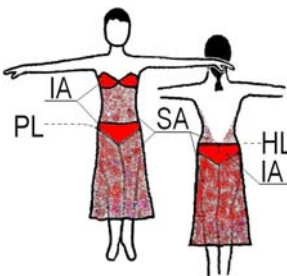
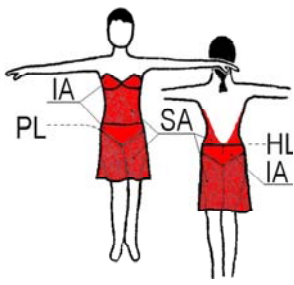
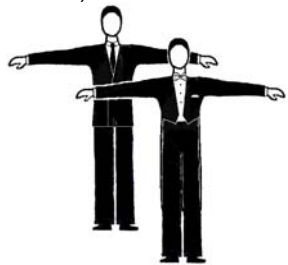
- If the hair is long it has to be worn in a ponytail.



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JUNIOR CHART

1. DANCE WEAR – Only Allowed				
Partner Disc.	Male		Female	
	Standard	Latin	Standard	Latin
RULE 4.01 Junior-Beginner to Bronze, & RULE 4.02 optional for Junior Silver & gold	W or B LS shirt Bo trousers Bo tie/bow tie 	W or B LS shirt or black turtleneck Bo trousers Bo tie/bow tie- optional 	W blouse leotard or T shirt Bo skirt 	simple CnS dress + panties 
	cuts and details – see appendix 3		cuts and details – see appendix 4	
RULE 4.02 Junior Silver, gold-optional & RULE 4.03 Junior PreChamp & Champ	W LS shirt Bo vest Bo trousers W/Bo tie/bow tie 	C shirt/top CnS trousers 	CnS Competition dress two piece dresses NA 	CnS Competition dress two piece dresses NA top must be attached to the bottom so that the navel area is covered 
	B Jacket suit (B trousers B jacket W shirt B tie Or W tail shirt W bow tie) B Tail suit (B trousers B tails W waistcoat W tail shirt W bow tie) 			



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2. DECORATIONS, LIGHT EFFECTS				
Partner Disc.	MALE		FEMALE	
	STANDARD	LATIN	STANDARD	LATIN
Junior	NR		NR	
3. SHOES, SOCKS, TIGHTS				
Partner Disc.	Male		Female	
	STANDARD	LATIN	STANDARD	LATIN
Junior	Shoes: NR		NR	
4. HAIRSTYLES				
Partner Disc.	Male		Female	
	ST	LA	ST	LA
Junior	If the hair is long it has to be worn in a ponytail		NR	
5. MAKE-UP				
Partner Disc.	Male		Female	
	ST	LA	ST	LA
Junior	NR			
6. DECORATION JEWELLERY (not personally jewellery)				
Partner Disc.	Male		Female	
	ST	LA	ST	LA
Junior	NR			

Appendix 3: Junior Male Dress

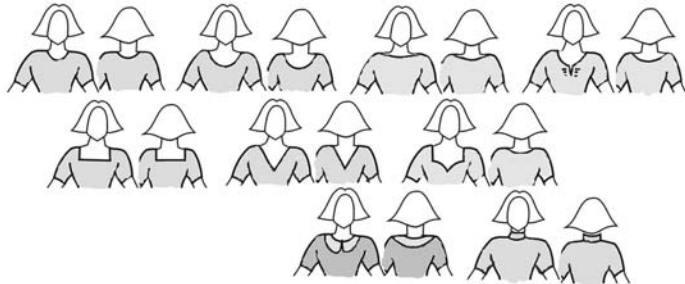
Shirt:

- plain, white long sleeved, ready to wear shirt – **OA**
- shiny or patterned materials – **NA**, cotton or polycotton preferred
- wing collar - **NA**
- rolled up sleeves - **NA**.
- **has to** be tucked in.



Appendix 4: Junior Female Dress

A. Necklines – allowed cuts, others - **NA**:

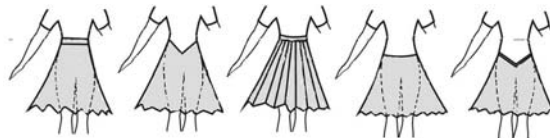


B. Sleeves – allowed cuts, others - **NA**:

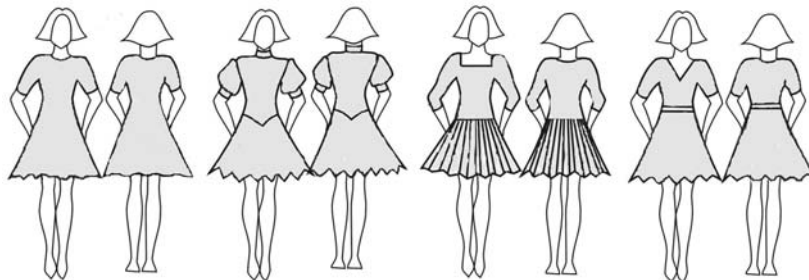


C. Skirts:

- 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 knee cap.
- allowed cuts, others - **NA**:



Examples:





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