

Restrictions on Competitor Dress

Introduction

Competitors dress restrictions are based on the following guiding principles:

- Dancesport has important artistic elements, which grooming and dress should enhance but not dominate.
- Adjudicators should not be distracted by unusual or outrageous grooming and dress, from assessing each couple's demonstration of their relative technical skill, artistry, and floorcraft.
- Further dress restrictions are imposed on juvenile competitors and lower grade couples so as to ensure that:
 - Entry into competition should be as accessible to as many people as possible.
 - The cost of entry should be as cheap as possible relative to the minimum standard of dress required for competition.
 - At the outset, the emphases for competitors should be on ability, not dress. As competitors move through the grades more emphasis is given to grooming and dress but never to the exclusion of ability.
 - During the formative period of their introduction to dancesport, new competitors and in particular juvenile competitors (as well as their parents and teachers), should have virtually no other consideration than to develop their technical ability.
 - The health of juvenile competitors does not suffer because of inappropriate footwear.

General Provisions

1. Couples who breach the competition dress rules while competing in an event are liable to disqualification from that event
2. Competitors in juvenile events must comply with all of the dress regulations set out in the "Dress Regulations section - **“Juveniles”** .
3. The attention of parents of juvenile competitors is particularly drawn to these regulations, and to the fact that a breach of these rules is unfair to other competitors who have abided by the dress regulations.
4. Competitors in junior, youth, adult and masters events must comply with the “Dress Regulations” section for **“Junior”** and **“Youth – Adult – Masters”**.

5. Competitors in all Level 1 events must comply with the “Dress Regulations” section for “**Level 1 Restricted Dress**”.
6. Formation teams have the following dress restrictions:
 - For Standard and New Vogue the men's attire must be midnight blue or black.
 - For Latin, the men's attire may include colours, but all of the men must have the same colour of attire. No props are allowed.

Application of this Policy

It is the responsibility of parents and coaches to ensure that competitors adhere to and understands these dress restriction requirements. During the conduct of any registered event, it is the responsibility of the promoter to remind competitors of their obligations to adhere to the dress restrictions. Adherence to the requirements during the course of an event is the responsibility of the Chairman of Adjudicators. Competitors who do not comply with the requirements must be informed, and will not be permitted to compete in the next round of competition if they are unable to meet the requirements.

Diagrams

Examples of the permitted styles of dress for Boys and Girls are provided in the Appendix to this policy procedure.

CONTENTS

- **Juveniles Levels 2, 3 and 4**
Details can be found on pages 3 to 6.
- **Junior Levels 2, 3 and 4**
Details can be found on page 7.
- **Youth, Adult, Masters Levels 2, 3, 4 and 5, and Professional**
Details can be found on pages 8 and 9
- **Level 1 Competitor ALL Age Groups**
Details can be found on page 10.

JUVENILES Levels 2, 3, & 4

Note : Juvenile Level 1 competitors are required to wear either the Dress defined in this section OR that which is applicable to Level 1 competitors in all other Age Groups (page 9)

STANDARD - LATIN - NEW VOGUE

GIRLS

DRESS:

Simple Dress:

Bodice:

Waistline: Normal straight; “V” shape – no lower than 5cm below waist at sides.

Note: the following are Not allowed.

Cut out bodices front or back.

Neckline

Allowed – Round high neck; Boat – Sweetheart neck; V-neck; Square; Collars as per list

Note: the following are Not Allowed

Back of neckline lower than bottom of shoulder blades; Slashed neckline; Strap dresses of any description Body stocking or similar see through material.

Collar

Allowed - Peter Pan or Simple; Chinese or Stand-up collar (to a maximum of 2.5cm); One frill up to a depth of 7.5cm.

Note: the following are Not Allowed

Fishing line or pleating on frill collar; Double collars

Sleeves

Allowed - Any length straight to wrist; Short puff; Short cap (set in or as shown); Sleeveless; Long sleeve with a "V" extension and finger stirrup.

Note: the following are Not Allowed

Sleeveless dress with frills on armholes; Sleeveless dress used in conjunction with boat neckline; Netting or stiffening inside puff or cap sleeves; Long puff sleeves; One sleeve; Pleated sleeves; tiered, belled or slashed; Dolman, leg o'mutton, tulip, princess, bishop sleeves

Skirt:

Allowed - Skirt no longer than 2.5cm below the knee; Skirt no higher than 10cm above the knee when kneeling on the floor; One frill at bottom of skirt to a depth of 7.5cm; Pleating on skirt only; Fishing line wiring (max 50lb) in bottom of skirt; Single (one circle) or double (two circles joined circular skirt; Two layers both attached to bodice.

Note: the following are not allowed.

If using two layers, no frill on the bottom; Petticoat; Fringe; Feathers; Tiered or dropped skirt; Godets; Strips; Splits or sash; Culottes, jump suits or similar apparel; Boning on skirt.

Optional Simple Dress

Simple dress restrictions on bodice, skirt, neckline, collar, and sleeves apply to the optional simple dress.

All Styles of Dance

Allowed – Leotard with full skirt; Blouse with full skirt;

Not Allowed - Wrap-over skirt

Note: Simple Dress restrictions on Sleeves, Collars, and Skirts etc. apply also to optional simple dress

MATERIAL:

Fabric - Allowed:

Cotton, nylon, satin, jersey, georgette, chiffon, lycra or velvet.

Combination of different materials of the same colour is allowed. Use of stretch lace is allowed provided it is lined with opaque material.

Note: The following are not allowed:

See through or metallic materials. Lurex, metallic thread, sequins, beads, brocades or similar decorations.

COLOUR:

Self-coloured, (i.e. one colour) any colour except flesh (skin colour).

Panties have to be the same colour as the dress.

BELTS/SASHES/TIGHTS

Belts / Sashes not allowed.

Skin colour tights may be worn, no mesh tights allowed

DECORATION:

No decoration or trimmings allowed (rhinestones, sequins, feathers, flowers, fringe, lace diamantes, beads, fluorescent paint, braids and bows etc.)

SHOES:

Block heel shoes only, (no slimline or High heel shoes) heel no higher than 3.5 cm.

Any colour is allowed. The shoes may be worn with short socks.

HAIRSTYLES:

Sensible choice of hairstyle to be used. No diamantes, or similar, to be used on hair, comb, clip or any other item in or on hair. The use of false hair, other than a toupee in the event of baldness or semi baldness, is not permitted

No hat cap or hair covering. For the purpose of neatness, hair can be tied with a rubber band, elastic or with what is commonly recognised as a scrunchy. The latter must be the same colour as the dress.

DSA Restrictions on Competitor Dress

MAKE UP:

No artificial eye lashes, artificial fingernails, artificial tan.

No Diamantes or similar to be used as facial decoration.

JEWELLERY:

None to be worn, except for plain silver or gold rings (maximum one per hand); and plain gold or silver sleeper or ear studs.

BOYS

TROUSERS:

Black, dark grey, dark navy trousers, underfoot strap optional.

Narrow Black belt, or Black Cumberbund optional, metallic buckle allowed.

Waistline: Normal or High (Maximum 10cm, no curve or high at sides).

Note: The following are NOT allowed.

Waistline, other than on straight line.

Baggies

Fancy or decorated belt or buckle.

Strips (satin or otherwise) or braid on sides of trousers.

SHIRT:

Plain white long sleeved ready to wear shirt (Cotton or polycotton preferred), normal sleeves and arm holes no shiny or patterned materials allowed.

The shirt must be tucked in. No "T" shirts permitted. No wing collar and rolled up sleeves allowed.

Additional Option for Latin Style only

Skivvy style with Polo or Crew neck, full length sleeves – refer to diagram.

Colour : Black or white.

Material : Cotton, polycotton or lycra.

Shirt must be tucked in to trousers.

Plain black long sleeved ready to wear shirt (cotton or polycotton preferred), normal sleeves and arm holes – no patterned materials allowed.

TIES

Standard and New Vogue

Regular black long tie or black bow tie must be worn.

Latin

Regular black long tie or black bow tie or no tie allowed.

Metallic tie clip allowed.

DECORATION:

No decoration is allowed.

SHOES:

Black low heel leather, suede, or patent shoes only. Worn with black socks.

HAIRSTYLES:

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

DSA Restrictions on Competitor Dress

MAKE UP:

No artificial tan. Foundation make-up optional

JEWELLERY:

No jewellery allowed.

JUNIOR Levels 2, 3, 4,

LATIN - STANDARD - NEW VOGUE

GIRLS

DRESS

As per **Youth –Adult -Masters.**

LATIN

BOYS

ATTIRE

As per **Youth-Adult-Masters.**

STANDARD & NEW VOGUE

TROUSERS & SHIRT:

Black trousers with conventional black or white long sleeved shirt, tie, and black vest.
or.

Lounge suit Black or Dark Grey with conventional long sleeved shirt and tie.

Metallic tie clip is allowed.

Black trousers and jacket with white dress shirt and white bow tie.

No jackets with tails allowed.

DECORATION:

No decoration is allowed.

SHOES:

Black low heeled shoes.

HAIRSTYLES:

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

YOUTH - ADULT – MASTERS Levels 2, 3, 4, 5, & PROFESSIONAL

LATIN

LADIES

DRESS

Competition dress

The cut of the dress should be of a style and cut not to offend. No high cut panties, or tangas. When standing the skirt should cover the panties completely. It is preferable that the panties show as little as possible during dancing.

SHOES:

Ladies Latin sandal, soles, and heels should be in good repair and not cause any damage to the dance floor.

JEWELLERY:

The chairman can ask the competitor to remove an item of jewellery if it presents danger to the dancer or to other competitors.

MEN

ATTIRE

Black trousers preferred, with any colour shirt or top. No singlets allowed.

SHOES:

Men's Latin Shoes, heels, and soles should be in good repair and not cause any damage to the dance floor

HAIRSTYLE:

Short hairstyle is preferred. If the hair is long it has to be worn in a ponytail.

JEWELLERY:

The chairman can ask the competitor to remove an item of jewellery if it presents danger to the dancer or to other competitors.

STANDARD - NEW VOGUE:

LADIES

DRESS

Competition dress with decoration and of a cut and style not to offend

SHOES:

Ladies ballroom shoes/sandals, heels, and soles should be in good repair and not cause any damage to the dance floor.

JEWELLERY:

The chairman can ask the competitor to remove an item of jewellery if it presents danger to the dancer or to other competitors.

DSA Restrictions on Competitor Dress

MEN

ATTIRE.

Tail suit black or midnight blue with all the accessories (dress shirt, bow tie, studs etc.) or.

Lounge or Dinner suit, Black, or Dark Grey with conventional Shirt and Tie, or.

Black trouser with conventional black or white long sleeved shirt, tie, and black vest.

SHOES:

Men's Ballroom Shoes, heels, and soles should be in good repair and not cause any damage to the dance floor

NOTE:

Competitors if competing in an IDSF Event, competitors must comply with the IDSF Dress Rule in force at that time

RESTRICTED DRESS FOR ALL LEVEL 1 COMPETITOR'S

Juvenile, Junior, Youth, Adult, and Masters

Note : *Juvenile Level 1 competitors are required to wear either the Dress defined in this section OR that which is applicable to Juvenile Level 2, 3 and 4 competitors.*

MEN

ATTIRE (ALL STYLES)

To be classified as general daywear, eg trousers and shirt.

The wearing of Latin style trousers is allowed.

Not Allowed - T Shirts, singlets, Jeans and Baggies.

SHOES

Normal Day wear or Dance Shoes, heels and soles should be in good repair and not cause any damage to the dance floor

Not Allowed - Sneakers or Joggers.

LADIES

DRESS (ALL STYLES)

The wearing of competition attire is not allowed.

Not Allowed – Slacks and after five wear.

MATERIAL:

No metallic or diamonte sequin materials are allowed.

DECORATION:

No decoration allowed (rhinestones, sequins, feathers, fringe, lace applications, pearls etc.)

HAIRSTYLES AND GENERAL MAKE_UP:

Sensible choice of hairstyle to be used. No diamantes, or similar, to be used on hair, hairpiece, comb, clip or any other item in or on hair. No hat cap or hair covering. For the purpose of neatness, hair can be tied with a rubber band, elastic or with what is commonly recognised as a scrunchy.

JEWELLERY:

Earrings, if worn, must be plain gold or silver studs, no evening dress earrings to be worn.

No diamonte jewellery, bangles, necklaces to be worn.

APPENDIX

ILLUSTRATIONS

BOYS – SHIRT and TROUSERS



Boys shirt



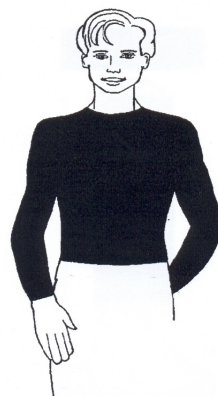
Boys Trousers Normal



Boys Trousers High waist

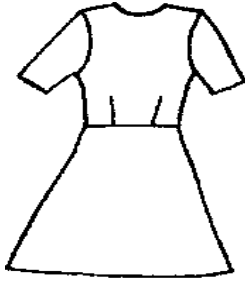


Skivvy Neck (Latin only)

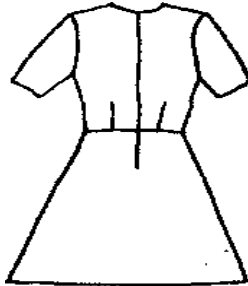


Polo Neck (Latin only)

GIRLS SIMPLE DRESSES



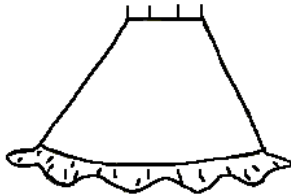
Girls Simple Dress - Front



Girls Simple Dress - Back



Girls Optional Lower Waist - Front



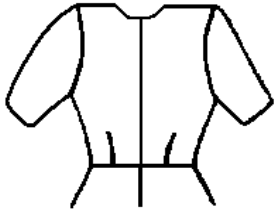
Girls Dress - Frill



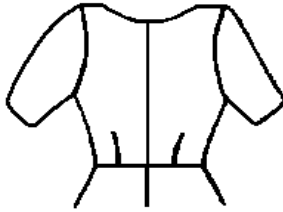
Girls Dress - Pleats

GIRLS NECKLINES - BACK

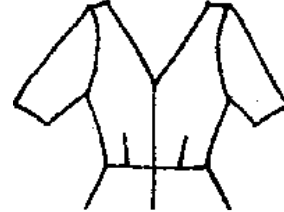
Note: Back of any neckline to be no lower than the shoulder blades



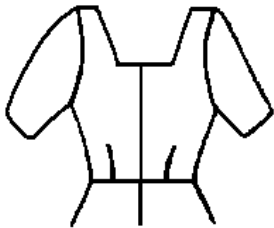
Neckline Back - High Round



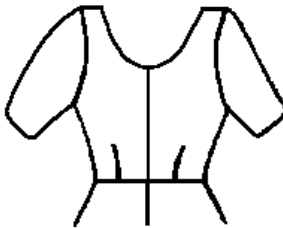
Neckline Back - Boat



Neckline Back "V"

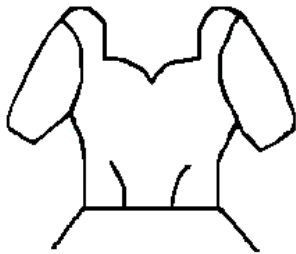


Neckline Back Square

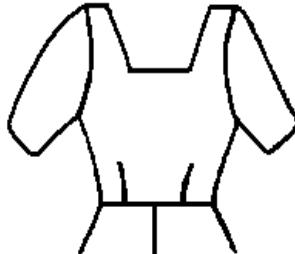


Neckline Back Scooped

GIRLS NECKLINES - FRONT



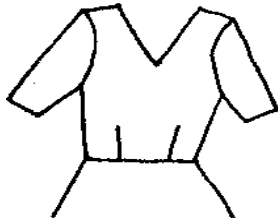
Neckline Front - Sweetheart



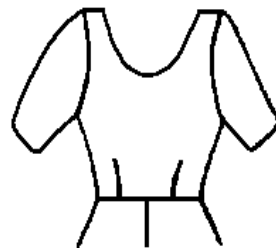
Neckline Front - Square



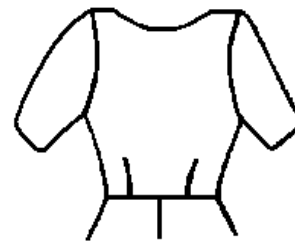
Neckline Front - High Round



Neckline Front - "V"

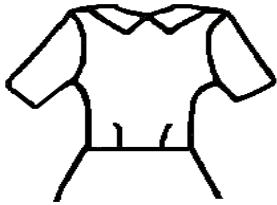


Neckline Front - Scooped



Neckline Front - Boat

GIRLS COLLARS



Collar - Simple



Collar - Peter Pan



Collar - Chinese

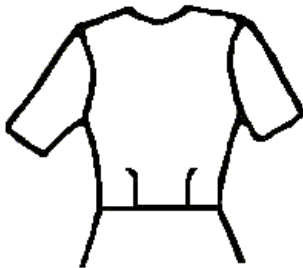


Collar - Stand Up

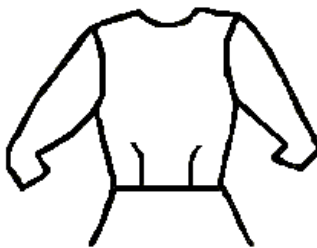


Collar - Frill

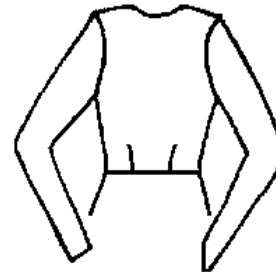
GIRLS SLEEVES



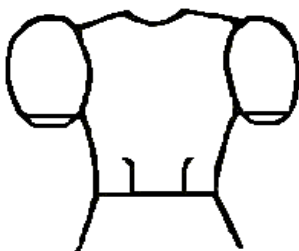
Sleeve - Normal



Sleeve - Elbow



**Sleeve - Optional Long with
finger stirrup**



Sleeve - Short Puff



Sleeve - Short Cap