



# Canada DanceSport

## Danse Sport Canada

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### 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.

#### **Female Athlete (FA):**

##### **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 only a solid colour fabric are **permitted**
- 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)
- Combination of different materials in the same colour is allowed. If transparent (see through) materials are used, they must be lined with a non-transparent material in the same colour. Draping and pleating is allowed.

#### **Male Athlete (MA):**

##### **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**

##### **FA:**

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

**MA: NOT PERMITTED**

- satin or similar shiny material
- extra full sleeves

**Decorations**

- Decorations on clothing are **not permitted** for FA or MA
- 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.)

**FA:**

- 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

**FA:**

- 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**


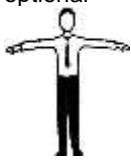



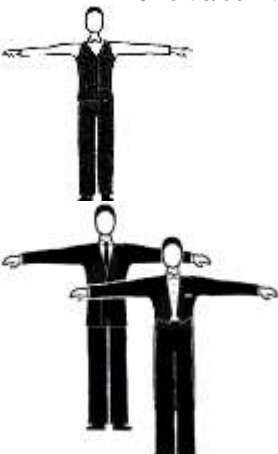
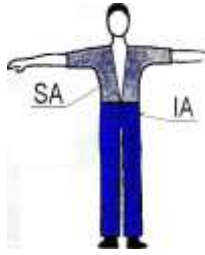
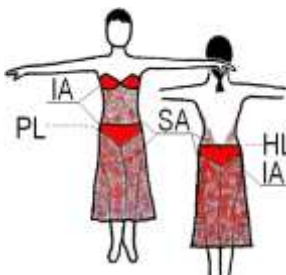
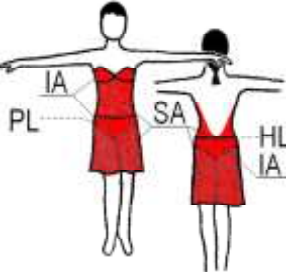
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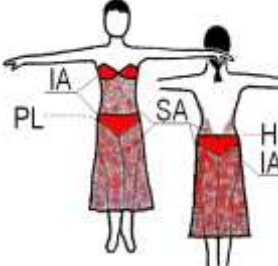
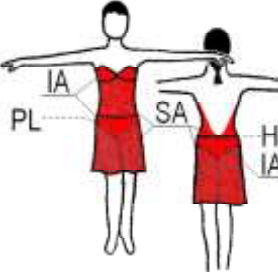
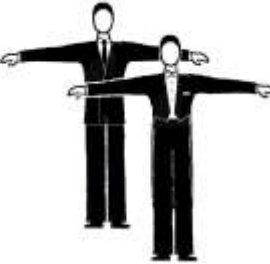
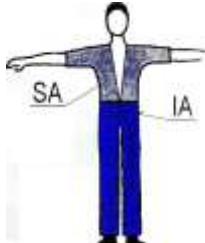
- Excessive make up is **not desirable**
- Too elaborate hairstyles are **not desirable**

**MA:**

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

**JUNIOR CHART**

1. DANCE WEAR – Only Allowed				
Athlete Discription	Male		Female	
	Standard	Latin	Standard	Latin
<p><b>RULE 4.01</b> Junior- Beginner to Bronze, &amp;</p> <p><b>RULE 4.02</b> optional for Junior Silver &amp; gold</p>	<p><b>W</b> or <b>B</b> LS shirt <b>Bo</b> trousers <b>Bo</b> tie/bow tie</p>  <p>cuts and details – see appendix 3</p>	<p><b>W</b> or <b>B</b> LS shirt or black turtleneck <b>Bo</b> trousers <b>Bo</b> tie/bow tie- optional</p>  <p>cuts and details – see appendix 3</p>	<p><b>W</b> blouse leotard or T shirt <b>Bo</b> skirt</p>  <p>cuts and details – see appendix 4</p>	<p>simple <b>C1nS</b> dress + panties</p>  <p><b>C1nS</b> leotard with same colour skirt attached</p>  <p>cuts and details – see appendix 4</p>
<p><b>RULE 4.02</b> Junior - Silver &amp; Gold- costume optional</p>	<p><b>W</b> LS shirt <b>Bo</b> vest <b>Bo</b> trousers <b>W/Bo</b> tie/bow tie</p>  <p><b>B</b> Jacket suit (<b>B</b> trousers <b>B</b> jacket <b>W</b> shirt <b>B</b> tie Or <b>W</b> tail shirt <b>W</b> bow tie)</p> <p><b>B</b> Tail suit (<b>B</b> trousers <b>B</b> tails <b>W</b> waistcoat <b>W</b> tail shirt <b>W</b> bow tie)</p>	<p><b>C</b> shirt/top <b>CnS</b> trousers</p> 	<p><b>CnS</b> Competition dress two piece dresses <b>NA</b></p> 	<p><b>CnS</b> Competition dress -two piece dresses <b>NA</b> -top must be attached to the navel area is covered</p> 

<p>RULE 4.03 Junior I PreChamp &amp; Champ</p>	 <p><b>W</b> LS shirt or <b>W/Bo</b> LS polo neck top <b>Bo</b> vest optional <b>Bo</b> trousers <b>W</b> bow tie to be worn with dress shirt <b>B</b> tie to be worn with plain shirt</p>	<p><b>C</b> shirt/top (tucked in or outside) TOP-breastbone <b>CnS</b> trousers</p> 	<p><b>CnS</b> Competition dress two piece dresses <b>NA</b></p> 	<p><b>CnS</b> Competition dress two piece dresses <b>NA</b>, top must be attached to the bottom so that the navel area is covered</p> 
<p>RULE 4.03 Junior II PreChamp &amp; Champ</p>	 <p><b>B</b> Jacket suit (B trousers B jacket) <b>W</b> shirt <b>B</b> tie Or <b>W</b> tail shirt <b>W</b> bow tie)</p> <p><b>B</b> Tail suit (B trousers B tails) <b>W</b> waistcoat <b>W</b> tail shirt <b>W</b> bow tie)</p>	<p><b>C</b> shirt/top <b>CnS</b> trousers</p> 		

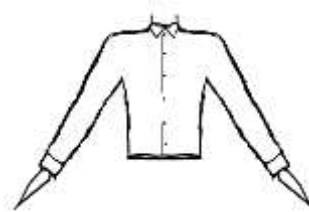
2. DECORATIONS, LIGHT EFFECTS					
Athlete Discription.	Male		Female		
	STANDARD	LATIN	STANDARD	LATIN	LATIN
Junior	NR		NR		
3. SHOES, SOCKS, TIGHTS					
Athlete Discription	Male		Female		
	STANDARD	LATIN	STANDARD	LATIN	LATIN
Junior I	Shoes: Heel: may be max 2,5 cm Socks: <b>B</b> , must be worn	Shoe: Heel: may be max 3.5 cm Socks <b>C</b> -(either same colour as shoe or trousers) must be worn	Heel: may be max 5 cm Short socks <b>C</b> are allowed tights: mesh - <b>NA</b>		
Junior II	Shoes: NR		NR		
4. HAIRSTYLES					
Athlete	Male			Female	

Discription	ST	LA	ST	LA
Junior	If the hair is long it must be worn in a ponytail		NR	
<b>5. MAKE-UP</b>				
Athlete Discription	Male		Female	
	ST	LA	ST	LA
Junior	NR			
<b>6. DECORATION JEWELLERY (not personally jewellery)</b>				
Athlete Discription	Male		Female	
	ST	LA	ST	LA
Junior	NR			

### Appendix 3: Junior Male Athlete 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.

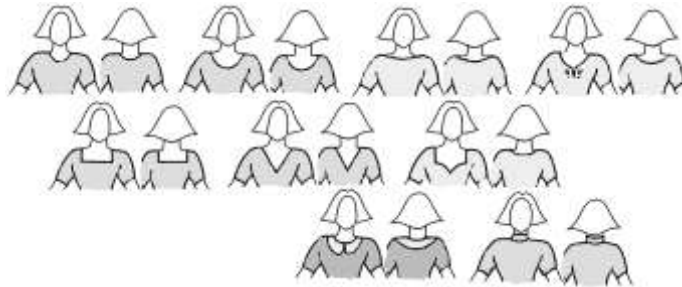


#### Trousers:

- shiny or patterned materials – **NA**
- side satin stripe allowed

### Appendix 4: Junior Female Athlete's Dress

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



- C. Sleeves –  
 Sleeves may be transparent,  
 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**:
- Draping and pleating is allowed.

**D. Buttons** in colour of the dress and fabric covered buttons are allowed if they are used to button the dress, not as a decoration



**Examples:**



Combination of different materials in the same colour is allowed. If transparent (see through) materials are used, they must be lined with a non-transparent material in the same colour. Draping and pleating is allowed. Buttons in the colour of the dress and fabric covered buttons are allowed if they are used to button the dress, not as a decoration.

Small tearshaped opening on the back closed at the neck with a button or hook may be used, not longer than 15 cm and not wider than 5 cm.

The two new skirt designs (inserts and godets) - the volume of the skirt must not exceed 2 full circles - 4 half circle inserts or up to 8 quarter circle inserts.