



# Canada DanceSport

## Danse Sport Canada

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### **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.

#### **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 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 only a solid colour, except black, 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.

##### **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**

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

##### **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**

#### **Female Athlete**

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

**Male Athlete: 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 MA 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**

**Female Athlete**

**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:**

- ST/LA any colour (C), included material with light effects (metallic, glitter...), roller hook buckle, rhinestone buckles are allowed if they are used to buckle the shoes, not as a decoration.
- 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**

**Male Athlete**

- ST/LA - black only (Bo)
- Socks must be worn
- Standard: Heel: max 2.5 cm
- Latin: Heel: max 3.5 cm

**Hairstyles:**

**Female Athlete**

- Too elaborate hairstyles are **not desirable**.

**Male Athlete**

- 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, nail polish, artificial tan, or artificial eye lashes

**Decorations**







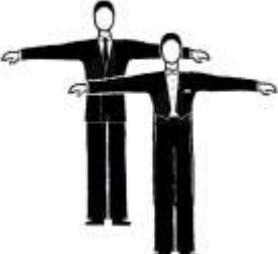
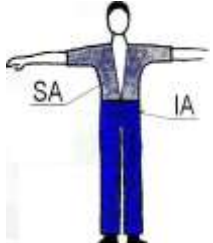
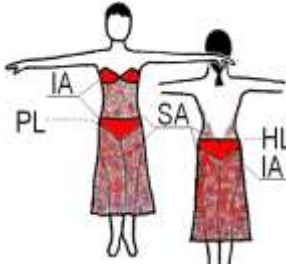
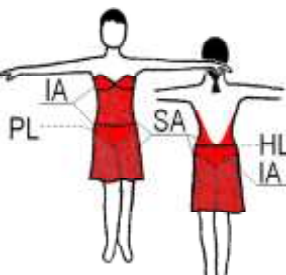
- Decorations on clothing are **not permitted** for FA or MA

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

**Personal jewellery**

- jewellery that is intended for every day personal use
- If used at competition, use at your own risk.

**JUVENILE CHART**

1.PERMITTED DANCE WEAR – Only Allowed					
Athlete Discription	Male		Female		
	Standard	Latin	Standard	Female	Latin
<b>Rule 3.01</b> Juvenile All levels	<b>W or B LS shirt</b> <b>Bo trousers</b> <b>Bo tie/bow tie</b> 	<b>W or B LS shirt or black turtleneck</b> <b>Bo trousers</b> <b>Bo tie/bow tie-optional</b> 	<b>W blouse leotard or T shirt</b> <b>Bo skirt</b> 	<b>simple CnS/B dress + panties</b> 	<b>CnS/B leotard with same colour skirt attached</b> 
	cuts and details – see appendix I		cuts and details – see appendix II		
<b>RULE 3.02</b> Juvenile Pre Champ & Champ (costume optional)	<b>W LS shirt</b> <b>Bo vest</b> <b>Bo trousers</b> <b>W/Bo tie/bow tie</b>  	<b>C shirt/top</b> <b>CnS trousers</b> 	<b>CnS Competition dress two piece dresses NA</b> 		<b>CnS Competition dress two piece dresses NA</b> Top must be attached to the bottom so that the navel area is covered 
	<b>B Jacket suit (B trousers)</b> <b>B jacket tails</b> <b>W shirt waistcoat</b> <b>B tie shirt</b> Or <b>W tail shirt tie)</b> <b>W bow tie)</b>	<b>B Tail suit (B</b> <b>B</b> <b>W</b> <b>W tail</b> <b>W bow</b>			

2. DECORATIONS, LIGHT EFFECTS					
Athlete Description	Male		Female		
	STANDARD	LATIN	STANDARD	LATIN	
Juvenile	Any decorations – <b>NA</b> Basic materials with light effects - <b>NA</b>		Any decorations – <b>NA</b> Basic materials with light effects - <b>NA</b>		
3. SHOES, SOCKS, TIGHTS					
Athlete Description	Male		Female		
	STANDARD	LATIN	STANDARD	LATIN	
Juvenile	Shoes: Heel: <b>may</b> be max St 2.5 cm/ La 3.5cm ST/LA - black only (Bo)  Socks: B socks must be worn		Heel: block, <b>may</b> be max 3.5cm Any colour (C), included material with light effects (metallic, glitter...), roller hook buckle, rhinestone buckles are allowed if they are used to buckle the shoes, not as a decoration. C short socks are allowed Tights: skin colour - <b>OA</b> , mesh - <b>NA</b>		
4. HAIRSTYLES					
Athlete Description	Male		Female		
	ST	LA	ST	LA	
Juvenile	If the hair is long it <b>must</b> be worn in a ponytail		Decoration with light effects and coloured hairspray – <b>NA</b> (Decoration without light effects are allowed)		
5. MAKE-UP					
Athlete Description	Male		Female		
	ST	LA	ST	LA	
Juvenile	Make-up – <b>only moderate amount</b>				
6. DECORATION JEWELLERY (not personally jewellery)					
Athlete Description	Male		Female		
	ST	LA	ST	LA	
Juvenile	Decoration jewellery - <b>NA</b>				

### Appendix 1: Juveniles 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.

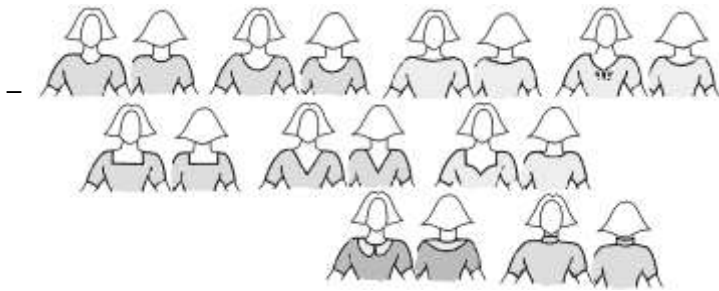


#### Trousers:

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

### Appendix 2: Juveniles Female Athlete 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**,
- Draping and pleating is allowed.
- 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**

- 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. Sleeves may be transparent. 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.