



Canadian Amateur DanceSport Association

Association Amateurs De Danse Sportive Du Canada

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 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)

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
- 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



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- 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






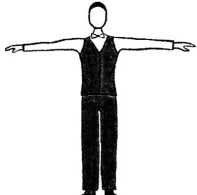
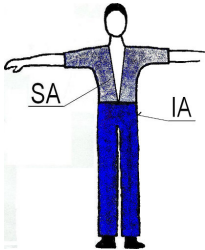
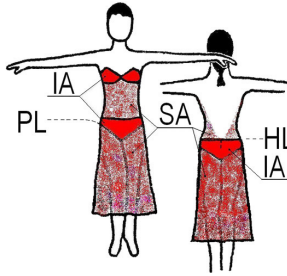
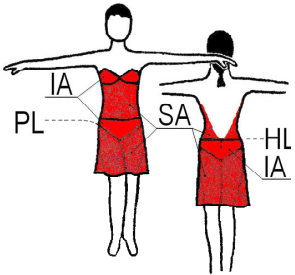
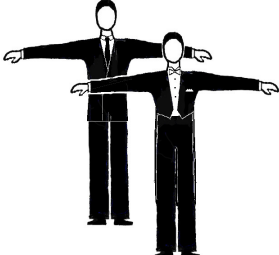
- Decorations on clothing are **not permitted** for girls or boys
- Hair decorations **without** light effects are allowed for girls (examples: barrettes, ribbons, scrunchies...)
- Decoration jewellery is **not permitted**



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JUVENILE CHART

| Partner Disc. | Male | | Female | | |
|---|--|--|---|--|---|
| | Standard | Latin | Standard | Female | Latin |
| Rule 3.01 Juvenile All levels | 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  | CnS leotard with same colour skirt attached  |
| | cuts and details – see appendix I | | cuts and details – see appendix II | | |
| RULE 3.02 Juvenile Pre Champ & Champ (costume optional) | 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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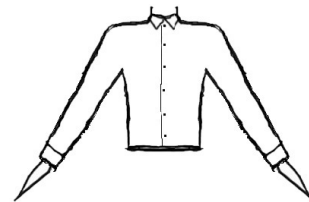
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| 2. DECORATIONS, LIGHT EFFECTS | | | | |
|--|---|-------|--|-------|
| Partner Disc. | MALE | | FEMALE | |
| | STANDARD | LATIN | STANDARD | LATIN |
| Juvenile | Any decorations – NA Basic materials with light effects - NA | | Any decorations – NA Basic materials with light effects - NA | |
| 3. SHOES, SOCKS, TIGHTS | | | | |
| Partner Disc. | Male | | Female | |
| | STANDARD | LATIN | STANDARD | LATIN |
| Juvenile | Heel: has to be max 2,5 cm | | Heel: block, has to be max 3,5cm C short socks are allowed Tights: skin colour - OA , mesh - NA | |
| 4. HAIRSTYLES | | | | |
| Partner Disc. | Male | | Female | |
| | ST | LA | ST | LA |
| Juvenile | If the hair is long it has to be worn in a ponytail | | Decoration with light effects and coloured hairspray – NA (Decoration without light effects are allowed) | |
| 5. MAKE-UP | | | | |
| Partner Disc. | Male | | Female | |
| | ST | LA | ST | LA |
| Juvenile | Make-up – only moderate amount | | | |
| 6. DECORATION JEWELLERY (not personally jewellery) | | | | |
| Partner Disc. | Male | | Female | |
| | ST | LA | ST | LA |
| Juvenile | Decoration jewellery - NA | | | |

Appendix 1: Juveniles Male Dress

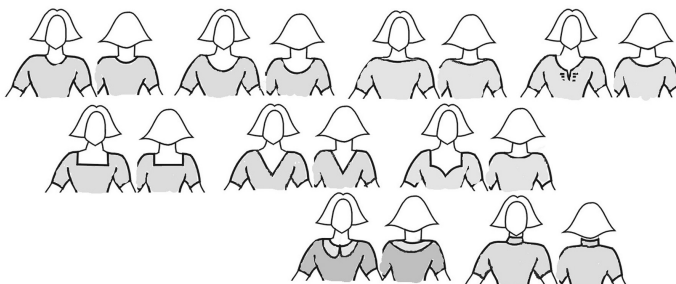
Shirt:

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



Appendix 2: Juveniles Female Dress

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

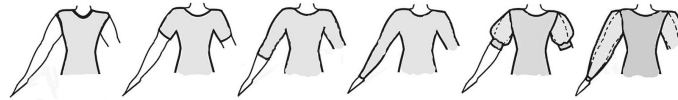




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B. Sleeves – allowed cuts, others - **NA**:



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:

