



Canadian Amateur DanceSport Association

Association Amateurs De Danse Sportive Du Canada

CADA DRESSCODE

RULE 1 – GENERAL RULES

1.01 General

1. Costumes **have to** create Characteristic shape for each discipline (ST and LA) (shape area).
2. Costumes **have to** cover the intimate parts of the dancers' bodies (intimacy area).
3. Costumes and make-up **have to** respect age and level of dancers.
4. Using of religious symbols as decoration or decoration jewellery is **not allowed** (this does not apply to personal jewellery).
5. The Sanctioning Official and/or Chairman of Adjudicators can ask the competitor to remove an item of jewellery or dress if it presents danger to the dancer or to other competitors. For example, an item of jewelry that swings away from the body, as in item #4 would be considered a danger.

1.02 Good Taste Rule

Any use of material or colour or construction or other contrivance that gives the appearance of non-compliance with these dress rules, even though there is no breach of the literal wording of these rules, will be a breach of these rules if so determined by the Sanctioning Official and/or Chairman of Adjudicators.

1.03 Sanctions

If a couple is not dressed in accordance with this Dress Code and receives a warning from the Sanctioning Official and/or the Chairman of Adjudicators, they have to comply with the regulation or face disqualification **IMMEDIATELY BY THE SANCTIONING OFFICIAL AND/OR the CHAIRMAN OF ADJUDICATORS**. The Board may impose additional sanctions including suspension from competitions for repeat offenders.

1.04 Sanctioning Official

Sanctioning Official shall include an official representative from the Regional Board and/or CADA or IDSF official present at the competition.

1.05 Advertising:

In all DanceSport Competitions advertising by up to four sponsors is allowed on competition costumes. The man is allowed to advertise up to three sponsors, and the lady only one sponsor. The size of the advertisements may be no more than 40 square cm for each sponsor. Such advertising may only be displayed and located on the waist, chest or sleeves.

Rule 2 - DEFINITIONS OF TERMS

(B) Black– means black and midnight blue colour

(Bo) Black colour only

(C) Any colour– any colour inc. mixed colours

(CnS) Any colour except skin colour

(C1nS) One colour except skin colour



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(IA) Intimacy area– body zones, which **have to** be covered by non transparent materials or transparent materials lined with non transparent materials. If skin colour is used, it **has to** be **SwD**. Transparent materials are **not allowed** in these areas: panty, the area between the hip line and panty line and the breast areas;

(HL) Hip Line– panties top line (how low), equals straight horizontal line, top of line between buttocks muscles (intergluteal line) **must not** be visible.

(LE) Light Effects- Any material that glitters or shines under the lights.

(LS) Long Sleeves/ed– length to the wrist, rolled up sleeves are **NA**

(NA) Not allowed

(NR) No restriction– there are no restrictions in this matter

(OA) Only allowed

(PL) Panty Line– panties bottom line (how high)

- back side – whole buttocks are covered
- in the front – follows line between flexed leg and body

The distance between **HL** and **PL** on the **side has to be totally covered with more than 5 cm** (greater than 2") of material

(S) Skin colour–equal to the colour of the dancer's skin during the competition (with tan)

(SA) Shape area– minimum area which **has to** be covered. Transparent materials are allowed in these areas: the waist, shoulders, back to the waist and sleeves. Any colour is allowed.

(SwD) Skin colour with decoration

(TOP) Man's Top Opening Point– point, to which top or shirt can be opened equals centre of the belt buckle or centre of the trousers top line

(W) White colour

For Female partner:

- tangas/thongs are **NA**.
- skin colours panties are **NA**.
- breasts **have to** be covered
- distance between bra cups **has to be less than 5 cm (less than 2")**.
- Where stated that two-piece dresses are NA, this refers to a skirt and top where there is a gap of any size between the top and the bottom. A skirt and blouse/leotard is allowed as long as there is no gap showing any skin between the top and bottom when standing still or moving.
- A **Float** is any material that flows behind the dancer while in motion. A long scarf, sleeves that are not tight against the wrist, material that is attached from sleeve to sleeve or sleeve to shoulder and is not sewn to the basic material of the dress is considered a float.

Basic material – creates shape of the dress

- with light effects (metallic, glitter, sequined, ...)
- without light effects



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Decoration – anything fixed on the basic material, hair, skin:

- with light effects (rhinestones, sequins, beads, pearls, ...)
- without light effects (feathers, flowers, bows, fringe, lace applications, ribbons, ...)

Tie clips, studs, cufflinks, buckles are not thought of as decorations.

Make-up – includes face make-up, artificial tan, artificial nails, artificial eyelashes.

Decoration jewellery – jewellery designed to be a part of a dance dress