



Canadian Amateur DanceSport Association

Association Amateurs De Danse Sportive Du Canada

RULE 5- YOUTH, ADULT, ADULT II (Senior I), ADULT III (Senior II) DRESS CODE

IMPORTANT NOTE: Rule1 (General Rules) & Rule 2 (Definition of Terms) apply. Please print off as well when printing out this Age category's dress code.

5.01 Newcomers, Pre-Bronze, Bronze - Standard and Latin

Ladies:

Standard and Latin

- Competition style costumes are **not permitted**
- Day dress, or skirt and blouse
- Lady's dress **must not** be decorated with sequins, diamante, rhinestones, feathers, fringe, floats or similar decorations
- Dress or skirt **must be** between mid thigh & mid calf in length
- Bare midriffs, openings in the skirt in the front, side or back, pants, jeans, or jumpsuits are **not permitted**
- Floats are **not permitted**

Gentlemen:

Standard:

- Competition style outfits are **not permitted** at these levels
- Jacket **or** a plain black or navy blue coloured vest **or** cardigan (**No** studio or club logos allowed.)
- Long sleeved white or black shirt
- black tie or bow tie
- suitable trousers - **No** jeans or leather pants

Latin:

- Competition style outfits are **not permitted**
- Long sleeved white or black shirt **and** a plain black or navy blue coloured vest **or** cardigan (studio or club logos **not permitted**.)
- **or** a long sleeved plain black turtle neck
- Suitable trousers- **No** jeans or leather pants
- Black tie is **optional**
- Sequins, diamante, rhinestones, or similar decorations on the dance wear are **not permitted**

Hairstyles & Jewellery

- Decoration in the hair involving light effects are **not permitted**
- Decoration jewelry involving light effects is **not permitted**
- Males with long hair **must** wear their hair in a ponytail.

5.02 Silver, Gold, Pre-Championship, Championship -Standard & Latin

- See Dress Code Below
- Some Regions may elect to have costumes optional in Silver Level (Check with the Regional Association) but both members of the partnership must either be in costume or both in the dress code described under this Rule 5.02 (Not a mixture of the two dress codes)

All Levels

Hairstyles




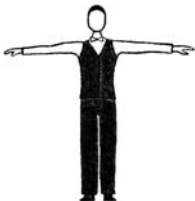
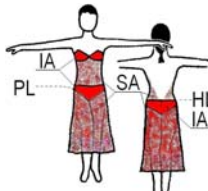
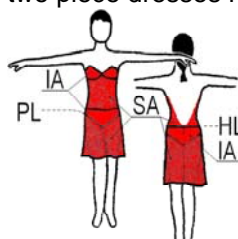
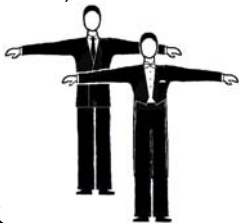
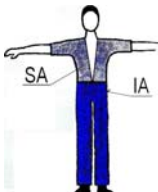
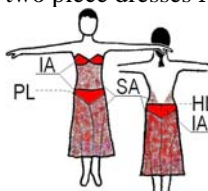
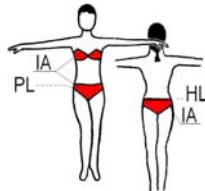
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Gentlemen: If the hair is long it **has** to be worn in a ponytail.

YOUTH, ADULT, ADULT II (SENIOR 1), & ADULT III (SENIOR 2) CHART

1. DANCE DRESS – Only Allowed

Partner Disc.	Male		Female	
	Standard	Latin	Standard	Latin
RULE 5.01 Youth/ Adult 1, 2,3 Beginner to Bronze	W or B LS shirt Bo vest Bo trousers W/Bo tie/bow tie 	W or B LS shirt Bo vest or black turtleneck Bo trousers W/Bo tie/ bow tie(optional) 	No competition dress, Any decorations – NA two piece dresses NA 	No competition dress, Any decorations NA two piece dresses NA 
RULE 5.02 Youth, Adult 1,2,3 Silver to Champ	B Jacket suit (B trousers B jacket W shirt B tie Or W tail shirt W bow tie)  OR B Tail suit (B trousers B tails W waistcoat W tail shirt W bow tie)	C Shirt/Top CnS trousers 	C Competition dress two piece dresses NA two piece dresses NA 	C Competition dress Top and trunk must not be only bikini 



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2. DECORATIONS, LIGHT EFFECTS				
Partner	MALE		FEMALE	
Disc.	STANDARD	LATIN	STANDARD	LATIN
Youth to Adult 3	NR			

3. SHOES, SOCKS, TIGHTS

Partner	Male		Female	
Disc.	STANDARD	LATIN	STANDARD	LATIN
Youth to Adult 3	Shoes: NR		NR	

4. HAIRSTYLES

Partner	Male		Female	
Disc.	ST	LA	ST	LA
Youth to Adult 3	If the hair is long it has to be worn in a ponytail		NR	

5. MAKE-UP

Partner	Male		Female	
Disc.	ST	LA	ST	LA
Youth to Adult 3	NR			

6. DECORATION JEWELLERY (not personally jewellery)

Partner	Male		Female	
Disc.	ST	LA	ST	LA
Youth to Adult 3	NR			