



# 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)



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- 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

### **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
- 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:**







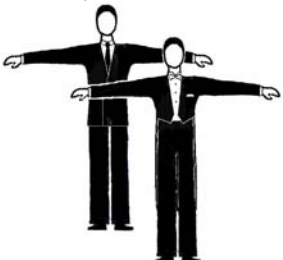
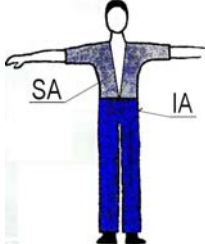
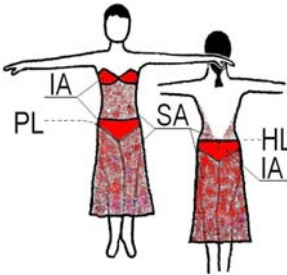
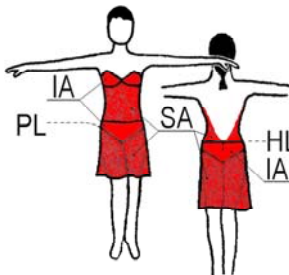
- Only **moderate** amount of make up is **permitted**
- **No** artificial nails, tan or lashes

##### **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**

### JUVENILE CHART

#### 1. PERMITTED DANCE WEAR – Only Allowed

Partner Disc.	Male		Female	
	Standard	Latin	Standard	Latin
Rule 3.01 Juvenile All levels	<b>W or B LS shirt</b> <b>Bo trousers</b> <b>Bo tie/bow tie</b>  cuts and details – see appendix I	<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>  cuts and details – see appendix II	<b>simple CnS dress + panties</b>  <b>CnS leotard with same colour skirt attached</b> 
RULE 3.02 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>B Jacket suit (B trousers B jacket W shirt B tie Or W tail shirt W bow tie)</b> <b>B Tail suit (B trousers B tails W waistcoat W tail shirt W 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 



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2. DECORATIONS, LIGHT EFFECTS					
Partner Disc.	MALE STANDARD   LATIN		FEMALE 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					
Partner Disc.	Male STANDARD   LATIN		Female STANDARD   LATIN		
Juvenile	Heel: <b>has to</b> be max 2,5 cm		Heel: block, <b>has to</b> be max 3,5cm C short socks are allowed Tights: skin colour - <b>OA</b> , mesh - <b>NA</b>		
4. HAIRSTYLES					
Partner Disc.	Male ST   LA		Female ST   LA		
Juvenile	If the hair is long it <b>has to</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					
Partner Disc.	Male ST   LA		Female ST   LA		
Juvenile	Make-up – <b>only moderate amount</b>				
6. DECORATION JEWELLERY (not personally jewellery)					
Partner Disc.	Male ST   LA		Female ST   LA		
Juvenile	Decoration jewellery - <b>NA</b>				

### Appendix 1: Juveniles Male Dress

#### Shirt:

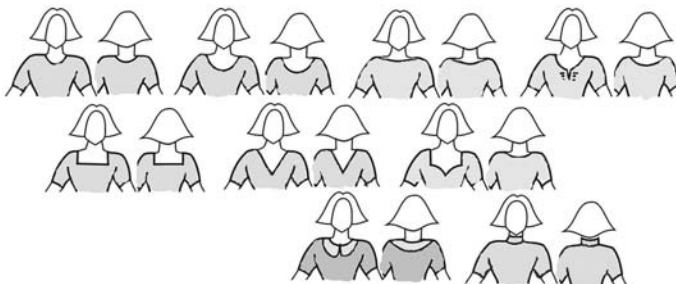
- plain, white long sleeved, ready to wear shirt – **OA**
- shiny or patterned materials – **NA**, cotton or polycotton preferred
- wing collar - **NA**
- rolled up sleeves - **NA**.
- **has to** be tucked in.



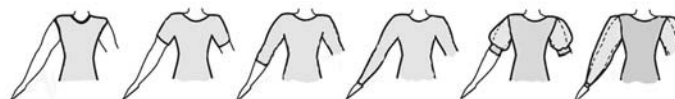
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### Appendix 2: Juveniles Female Dress

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

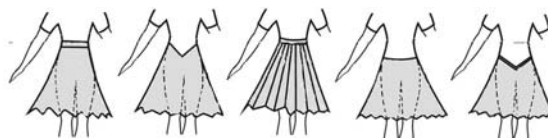


#### B. Sleeves – allowed cuts, others - **NA**:



#### C. Skirts:

- plain or pleated, made of minimum 1 to maximum 3 half circles - **OA**,
- 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:

