



### **Dress Regulations**

These Dress Regulations apply to all competitions granted by DFI and according to WDSF Dress Regulations. These rules form part of the competition rules for all WDSF Member bodies provided always that DFI may impose additional dress restrictions at their own discretion for national non-WDSF-named events. Couples travelling abroad to compete must align themselves with WDSF Dress Code.

The DFI Presidium retains the authority to impose specific additional or general Dress restrictions or otherwise amend or allow exemptions, for specific events.

### **GENERAL**

1. Female athletes may not wear shorts, culottes or leotards alone but they can be worn with a skirt. Female Athletes must wear a skirt, dress or long trousers. Skirts and dresses must create Characteristic shape for each discipline (ST and LA) (shape area).
2. In Standard Dress the lady's or girl's dress must have a long skirt which at minimum covers both her knees; if the skirt is split it must not be split higher than the knee.
3. In Latin Dress the lady's or girl's dress must have a skirt made of fabric, fringe, feathers, beads or any other suitable material, and can be split or open on the sides, provided always that the skirt must completely cover the panties in front and in the back when standing still.
4. An athlete's costume must cover the intimate parts of that athlete's body ("the intimacy area")
5. A lady's or girl's dress and makeup must be appropriate for her age and the level of competition which is being danced.
6. In order to present a more modern and up-to-date image of DanceSport, a suit jacket with collared shirt and tie, or a vest with collared shirt and tie is recommended for the Junior II, Youth, Adult and Senior age groups.
7. Athletes may not use religious symbols as decoration or decoration jewellery but may use religious symbols as part of their personal jewellery.
8. The Chairman has full authority to require any athlete to remove an item of jewellery or dress at any time if in the Chairman's opinion that the item of jewellery or dress poses a potential danger to that athlete or to other competitors.
9. An athlete may compete wearing a costume which is required in a lower category.
10. The Chairman may suspend from competition any athlete who fails to comply with these guidelines or fails to comply with the Chairman's directions at a competition, and may direct the Scrutineer not to record the marks given to such an athlete in any competition in which the athlete fails so to comply.

### **Good Taste Rule**

Any use of material or colour or construction or other contrivance that gives the appearance of noncompliance 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 Chairman of Adjudicators.

### **SANCTIONS**

If a couple is not dressed in accordance with this Dress Regulation and receives a warning from the Chairman of adjudicators, they must comply with the regulation or face disqualification **IMMEDIATELY BY THE CHAIRMAN or the DFI Sports Director**, if present. The Presidium can impose additional sanctions including suspension from competitions for repeat offenders.

### **DEFINITIONS OF TERMS**

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

**Not allowed (NA), Only allowed (OA),**

**Intimacy area (IA)** – body zones, which must be covered by non-transparent materials or transparent materials lined with non-transparent materials. If skin colour is used in an athlete's costume, it must be SwD.

## Rules

### For the Female partner:

- tangas are **NA**.
- skin colours panties are **NA**.
- Breasts **must** be covered
- the distance between bra cups **must** be **less than 5 cm**.

**Shape area (SA)** – minimum area which **must** be covered. Transparent materials are allowed in these areas, any colour is allowed.

**Basic material** – creates shape of the dress

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

**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 defined as decorations.

**Hip Line (HL)** – panties top line (height)

= straight horizontal line, the top of the cleft or line between buttocks muscles (intergluteal line) **must not** be visible.

**Panty Line (PL)** – panties bottom line (height)

o back side – whole buttocks are covered

o in the front – follows line between flexed leg and body

The following illustration shows the minimum degree of coverage required by this Rule:



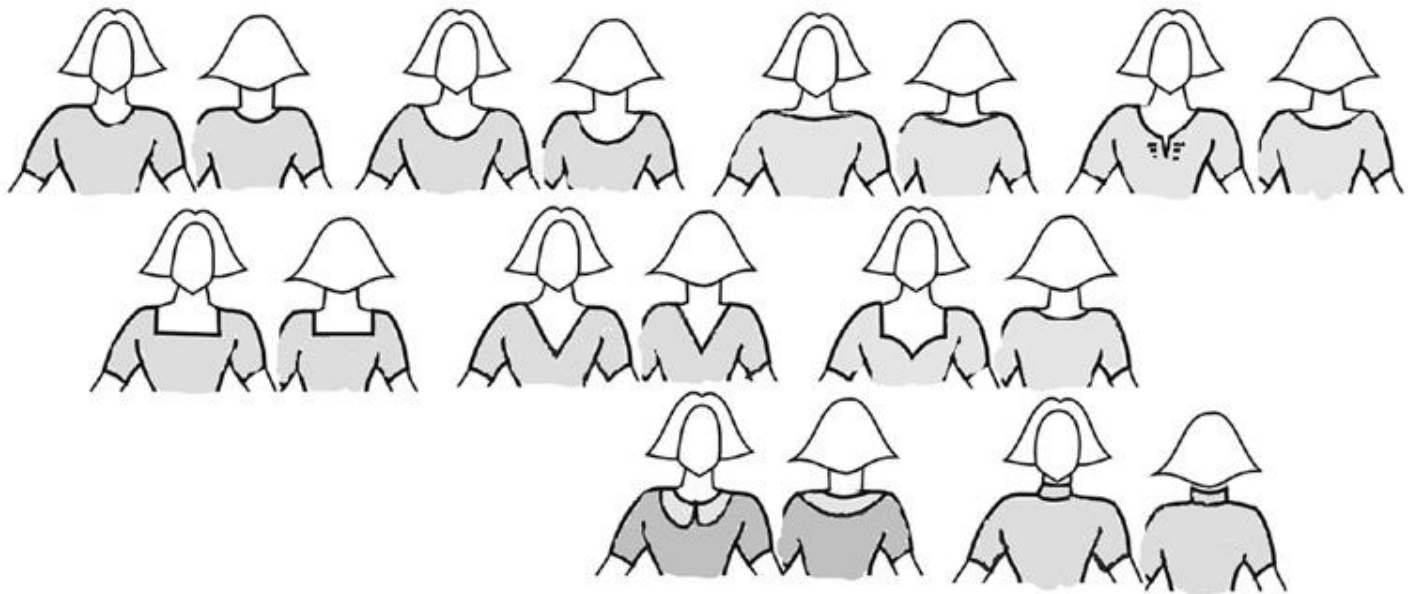
## DRESS CODE

### Juveniles

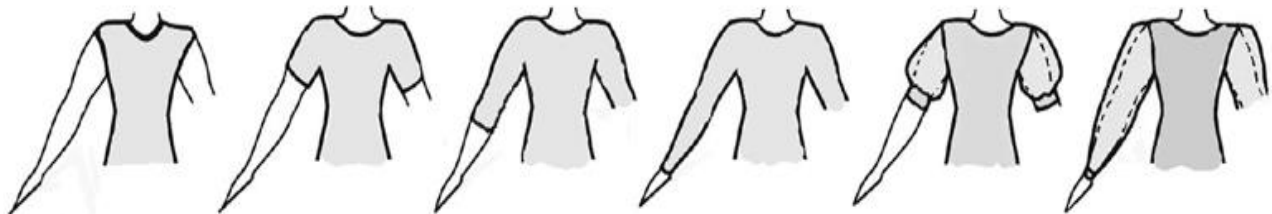
1. Sponsorship Logos: Three sponsor logos are permitted per couple but must not exceed 40 square cms.
2. GIRLS Dress – Ballroom, Latin and Sequence - Dresses not to be decorated in part lace panels, motifs, bows, ribbons or buttons. One hem length all the way round. Simple plain or pleated skirt only.
  - 2.1 Hair Decoration – NO Hair Decoration Permitted. Note: Teachers are asked to advise parents that choice of hairstyles on juvenile girls to be in good taste and appropriate to the age group.
  - 2.1 Only jewellery of a personal/religious nature may be worn. Armbands, Neckbands and Gloves in material are NOT permitted.
  - 2.2 NO Make-up or Tan permitted on Juveniles.
  - 2.3 Materials: All materials used within the dress must be the same colour (dye Match) throughout. Material e.g. Dance Crepe, Lycra, Lace, Stretch Satin, Chiffon Velvet or similar materials.
  - 2.4 Bodice

- 2.4.1 Material used must be the same self-coloured as the skirt. See-through Material must be fully lined. Bodice length to be waistline or hipline.
- 2.4.2 Sash to be no wider than 5 cms to cover the join.
- 2.4.3 Buttons and sashes, or small bow may be used for fastening purposes only, not allowed for decoration only.
- 2.5.4 Neck Lines Back and front view as illustrated but not to be lower than top of armpit. One Frill up to 7.5 cms in depth or a simple collar.

**Necklines** – allowed cuts, (others – NA):



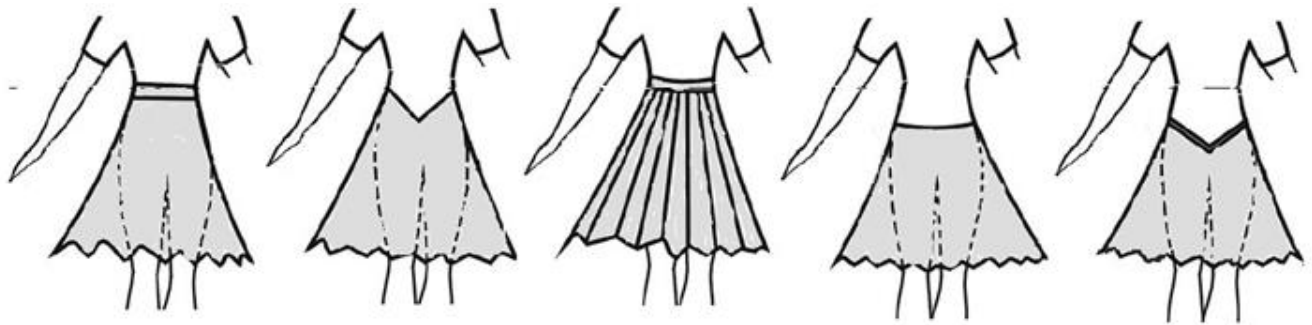
- 2.4.4 Keyhole back is permitted but not lower than top of armpit.
- 2.4.5 Back Views (See illustrations above).
- 2.4.6 Sleeves Long (straight or small bishop), short, elbow length, short puff, cap NO Frills or Dolman



## 2.5 Skirt

- 2.5.1 Length - Ballroom/Latin: No more 5cm above or below the knee. Sequence: 10cm from top of socks to hem of skirt/dress.
- 2.5.2 Skirts - plain or pleated, made of minimum of 1 to maximum 3 half circles OA. One simple circular underskirt allowed. Bigger underskirt NA. Ballroom/Latin: Skirt may have a frill up to 8.5cm, one underskirt only permitted. Sequence: Two underskirts only are permitted.
- 2.5.3 Frill on skirt allowed – Frill on underskirt NA. Boning allowed on skirt – Boning on underskirt NA. Fishing line used in the hem of the skirt or underskirt, NA. Crinoline or wire permitted in hemline of top skirt only.

- 2.6 Parallel panelling allowed in dresses.
- 2.7 Satin Ribbon as binding may be used on hems but NOT for decoration.
- 2.8 A small bow may only be used on belt or sash as fastening but NOT for decoration.
- 2.9 Shoes - Block heel only with a maximum height of 3.5cm. Any colour permitted. High heel shoes are NOT permitted. White ankle socks recommended.
- 2.11 Permitted Styles of Skirt (as illustrated)



- 2.12 White blouse leotard or T-shirt with Black Only skirt allowed.

### 3 BOYS Dress – Ballroom, Latin and Sequence - Black trousers, plain white shirt with black tie.

- 3.1 Trousers - Normal waisted OR High waisted - black (underfoot strap optional). No Shiny or patterned materials allowed.
- 3.2 Change to; Plain Black- NO same stripe materials. Side satin Stripe allowed. NO Satin waistbands or similar decoration.
- 3.3 Material e.g. polyester, wool, stretch helenca, suiting, mohair.
- 3.4 Shirts Plain white long sleeved with usual collar shirt, cotton or Polycotton, polyamide, lycra or similar unshiny material.
- 3.5 Shirt must be Tucked into trousers.
- 3.6 Wing collars NOT permitted.
- 3.7 Extra Full Sleeves NOT permitted. Sleeves must be full length only and must have a single or double cuff. Cuff fasteners to be buttons or small plain cufflinks. Sleeves may NOT be worn rolled up.
- 3.8 Ties - Plain black tie for Ballroom and Sequence. Plain black bow tie for Latin
- 3.9 Belts - Belt must be narrow with small buckle.
- 3.10 Shoes – Colour: Black.

#### 4 Beginners Class – Junior & Adult.

- 4.1 Boys/Men As specified in Juvenile rule.
- 4.2 Girls/Ladies: Girls/Ladies in Beginner competitions must wear a simple dress or Leotard and wrap-over skirt. No dress can have any sequin, diamante or Similar decoration with lighting effects (See in Terms of Definition).
- 4.3 Make Up and Tan Allowed in Junior Beginner.
- 4.4 Make Up and Tan Allowed in Adult Beginner.

#### 5. Ballroom Sequence : For all grades above Junior Beginner and Adult Beginner

- 5.1 Possible styles of dress for male competitors;  
Dark Trousers, Plain White Shirt with black tie, Plain white shirt with black tie and pullover or waistcoat, Lounge suit, Dinner suit, Tail suit.
6. Starters: Casual clothes are acceptable in this section for example: Tie-shirt, sweat shirt, blouse, polo neck, normal shirt with or without tie, jeans, training bottoms, dresses, skirts, pants. Teachers are asked to advise parents on what is appropriate. The juvenile dress may also be used in the section.

### 7. JUNIOR I

- 7.1 Junior I competitors competing in Junior I competitions must adhere to Junior I Dress Code, i.e plain, no light effect decorations on dresses or shirts. (Please refer to rules 7.4 onwards for details on regulations).
- 7.2 Junior I whom compete in Open grade may choose to use Open Dress Code, ie Competition dress, when competing in this grade.
- 7.3 Junior I competitors may compete in Junior II and choose to use Open Dress Code, instead of competing in Junior I.
- 7.4 Boys dress – Standard/Ballroom
  - 7.4.1 White long sleeved plain shirt with black tie.
  - 7.4.2 Black only vest (optional).
  - 7.4.3 Black only trousers. Stripe permitted on side.
  - 7.4.4 White bow-tie may be worn with white dress shirt
  - 7.4.5 Long sleeved polo-neck top (Black or White)

7.5 Girls dress – Standard/Ballroom

7.5.1 Competition dress allowed - Any Colour except skin Colour.

7.5.2 Two-piece not allowed.

7.5.3 Decorations with light affect NA i.e. rhinestones, sequins, glitter thread/glitter fabric, beads. Decorations without light affect Allowed, i.e. feather, lace, flowers, bows.

7.5.4 No MAKE-UP or Tan allowed.

7.6 Boys dress - Latin

7.6.1 Any Colour shirt (except skin Colour) can be worn inside or outside the trousers.

7.6.2 Any Colour long sleeved polo-neck top (except skin Colour) can be worn inside or outside the trousers.

7.6.3 Shirt can be opened to breastbone

7.6.4 No decorations on shirt/top allowed

7.6.5 No rolled up sleeves

7.6.6 Any Colour trousers (except skin Colour) can be worn.

7.7 Girls dress - Latin

7.7.1 Competition dress allowed - Any Colour except skin Colour.

7.7.2 Decorations with light affect NA i.e. rhinestones, sequins, glitter thread/glitter fabric, beads. Decorations without might affect Allowed, i.e. feather, lace, flowers, bows.

7.7.3 No MAKE-UP or Tan allowed.

7.7.4 GIRLS HAIR - If hair is long it must be in a ponytail or up-styled. No colored hairspray or Decoration allowed in hair.

7.7.5 GIRLS SHOES – Any Colour - Heels: maximum 5cm or 2in