



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.

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.

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

(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.

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



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(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 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

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



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

IMPORTANT NOTE: Rule 1 (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 midriiffs, 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




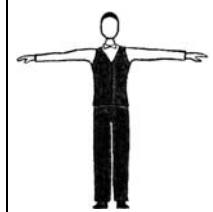
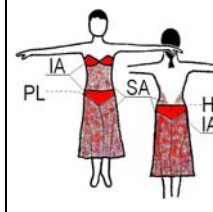
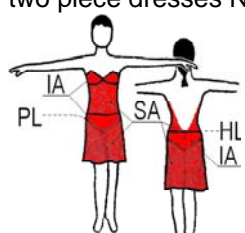
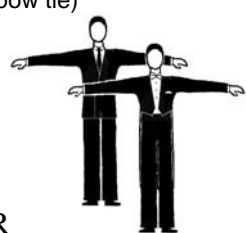
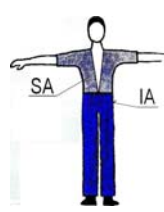
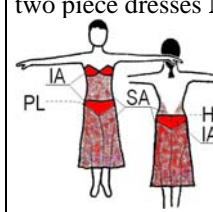
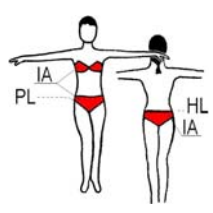
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Gentlemen: If the hair is long it **has** to be worn in a ponytail.

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 Disc.	MALE		FEMALE	
	STANDARD	LATIN	STANDARD	LATIN
Youth to Adult 3	NR			

3. SHOES, SOCKS, TIGHTS				
Partner Disc.	Male		Female	
	STANDARD	LATIN	STANDARD	LATIN
Youth to Adult 3	Shoes: NR		NR	

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

6. DECORATION JEWELLERY (not personally jewellery)				
Partner Disc.	Male		Female	
	ST	LA	ST	LA
Youth to Adult 3	NR			



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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







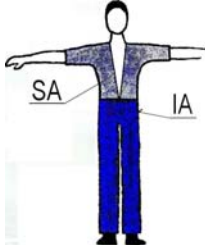
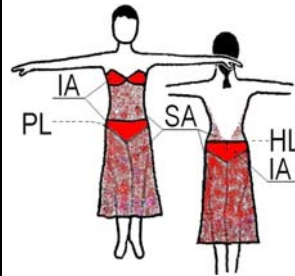
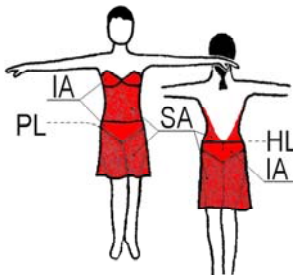
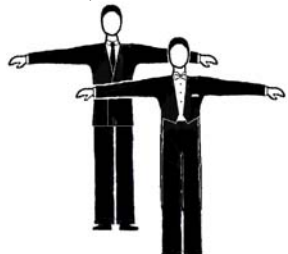
- Decorations on clothing are **not permitted** for girls or boys
- Hair decorations **without** light effects are allowed for girls (examples: barrettes, ribbons, scrunchies...)
- Decoration jewellery is **not permitted**



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JUVENILE CHART

I. PERMITTED DANCE WEAR – Only Allowed					
Partner Disc.	Male		Female		
	Standard	Latin	Standard	simple CnS	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 Tail suit (B trousers) B jacket W shirt B tie Or W tail shirt W bow tie) 				



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2. DECORATIONS, LIGHT EFFECTS				
Partner	MALE		FEMALE	
Disc.	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	Male		Female	
Disc.	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	Male		Female	
Disc.	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	Male		Female	
Disc.	ST	LA	ST	LA
Juvenile	Make-up – only moderate amount			
6. DECORATION JEWELLERY (not personally jewellery)				
Partner	Male		Female	
Disc.	ST	LA	ST	LA
Juvenile	Decoration jewellery - NA			

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.



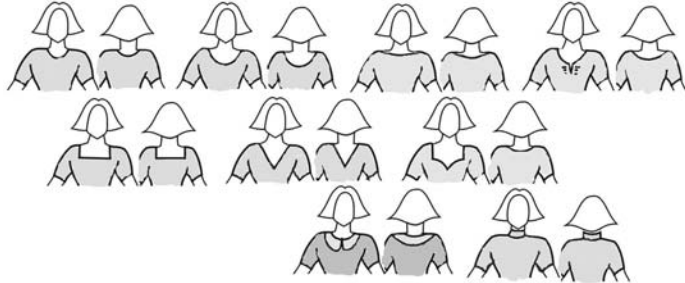


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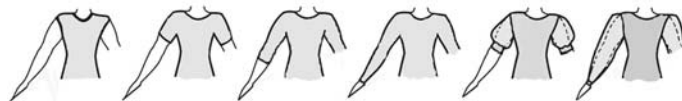
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Appendix 2: Juveniles Female Dress

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



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

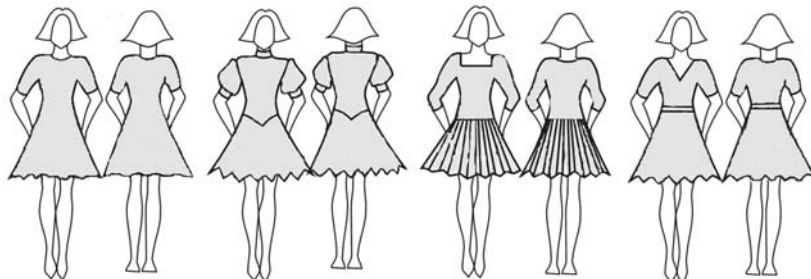


C. Skirts:

- 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:





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RULE 4 – JUNIOR DRESS CODE

IMPORTANT NOTE: Rule 1 (General Rules) & Rule 2 (Definition of Terms) apply. Please print off as well when printing out the Junior category's dress code.

4.01 Newcomer, Pre-Bronze, Bronze –Standard and Latin

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 10 cm 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)

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 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
- skirt with feathered trim, fringe, fringe trim, or frills
- skirt made up of strips



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- 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

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 allowed**

4.02 Junior Silver or Gold – 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, black tie & trousers instead of a tail suit
- No competition style costume provided that both partners follow dress code in Rule 4.01

NOTE: Both members of the partnership must either be in costume **or** both in the dress code described under Rule 4.01 for Juniors above. (Not a mixture of the two dress codes.)

Girls:

- Pants, jeans, shorts, or jumpsuits are **not permitted**

4.03 Junior Pre-Championship & Championship- Standard and Latin

- Competition style costumes **must be worn** (See CADA Junior Dress Code Rules for restrictions)

ALL LEVELS

Girls:

- In Latin the top of the dress/costume **must be attached** to the bottom in such a fashion that the naval area is covered.
- High heels are **permitted**

Hairstyles & Make up

Girls:

- Excessive make up is **not desirable**
- Too elaborate hairstyles are **not desirable**

Boys:





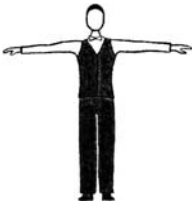
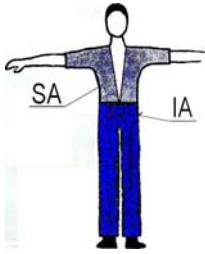
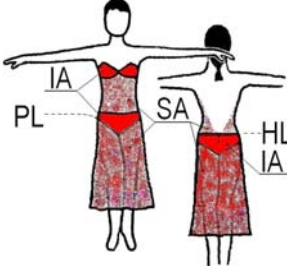
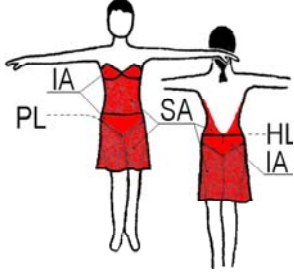
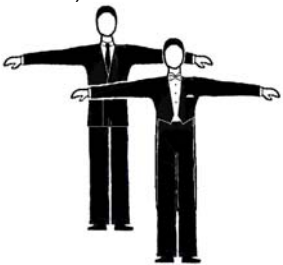
- If the hair is long it has to be worn in a ponytail.



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JUNIOR CHART

1. DANCE WEAR – Only Allowed				
Partner Disc.	Male		Female	
	Standard	Latin	Standard	Latin
RULE 4.01 Junior-Beginner to Bronze, & RULE 4.02 optional for Junior Silver & gold	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 
	cuts and details – see appendix 3		cuts and details – see appendix 4	
RULE 4.02 Junior Silver, gold-optional & RULE 4.03 Junior PreChamp & Champ	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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2. DECORATIONS, LIGHT EFFECTS				
Partner Disc.	MALE		FEMALE	
	STANDARD	LATIN	STANDARD	LATIN
Junior	NR		NR	
3. SHOES, SOCKS, TIGHTS				
Partner Disc.	Male		Female	
	STANDARD	LATIN	STANDARD	LATIN
Junior	Shoes: NR		NR	
4. HAIRSTYLES				
Partner Disc.	Male		Female	
	ST	LA	ST	LA
Junior	If the hair is long it has to be worn in a ponytail		NR	
5. MAKE-UP				
Partner Disc.	Male		Female	
	ST	LA	ST	LA
Junior	NR			
6. DECORATION JEWELLERY (not personally jewellery)				
Partner Disc.	Male		Female	
	ST	LA	ST	LA
Junior	NR			

Appendix 3: Junior Male Dress

Shirt:

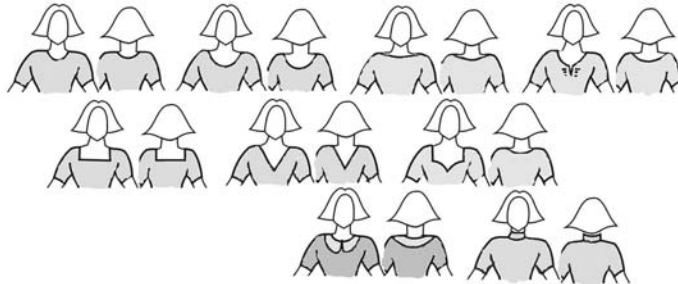
- plain, white long sleeved, ready to wear shirt – **OA**
- shiny or patterned materials – **NA**, cotton or polycotton preferred
- wing collar - **NA**
- rolled up sleeves - **NA**.
- **has to** be tucked in.





Appendix 4: Junior Female Dress

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



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

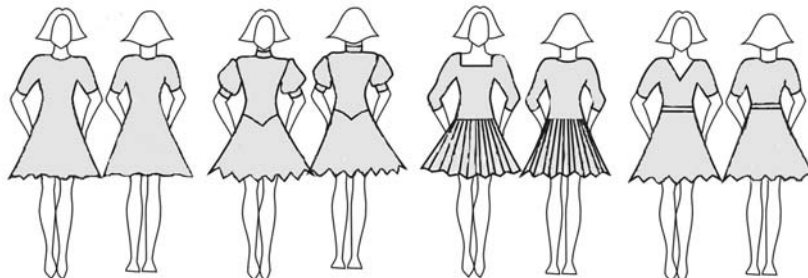


C. Skirts:

- 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:





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