



*National Dance Council of Canada
Conseil National en Danse du Canada*

Appendix VIII

Dress Code Regulations

Effective January 1st, 2020

BOY	BALLROOM / SMOOTH / LATIN / RHYTHM Juvenile all levels - Junior Beginners to Bronze	
	DO	DON`T
SHIRT	Plain white shirt with long sleeves, with black tie or bow tie.	White or black turtleneck is not permitted. No wing colars or shinny materials. Rhinestones, glitter, metallic thread, patterns or sequinces not permitted.
PANTS	Black trousers (pants); normal or high waist black trousers (pants). Plain black belt is permitted. Underfoot strap optional. Black satin only permitted in stripe and waist bands.	Jeans and leather pants not permitted. Velvet/Velour not permitted.
FOOTWEAR	Shoes must be black and heel height not to exceed 3.5 cms.	
MAKE-UP		Make-up not permitted.
HAIR	Long hair must be worn in a ponytail.	

GIRL	BALLROOM / SMOOTH / LATIN / RHYTHM Juvenile all levels - Junior Beginners to Bronze	
	DO	DON`T
DRESS - GENERAL	Simple dress; Leotard with skirt or wrap-around skirt. The whole dress must be made of fabrics of one constant color throughout. Sleeves can be long, short, elbow length, cap, puffed. Sleeveless style also allowed.	Slash-neck leotard or dress with one sleeve; Leotard or dress with shoe string straps or straps of any description; Pants, jeans, shorts are not permitted
DRESS - SKIRT	Plain or pleated skirt permitted. Lenght between knee and mid-calf, uniform length. One plain underskirt allowed which is no larger or longer then top layer, and is the same or similar color of the outer skirt.	Openings in the skirt; Feathered trim, Fringe, Fringe trim, Frill; Skirt made up of strips; Split up front not permitted.
DRESS - OPENINGS		Bare midriffs; Cut-out bodices front or back not permitted.
DRESS - DECORATION		Sequins, Diamantes, Rhinestones, Feathers, Metallic thread, Fringe, Lace, Bow, Frill, Fluorescent paint, or any other similar decoration or trimming not allowed.
DRESS - BODICE	Any use of mesh, lace, or any other see-through fabric must be lined from the waist to the top of the bust line, as well as a corresponding height in the back. When those fabrics are used on the arm no lining is needed.	Body stocking and Skin tone material not permitted.
UNDERWEAR	Buttocks of the female partner must be covered all the time.	Tangas not permitted.
FOOTWEAR	JUVENILE ONLY: Must wear ankle level white socks (may have a small amount of lace); Shoe with block heel only with a maximum height of 3.5 cms.	Fishnet tights not permitted.
HAIR, MAKE-UP AND JEWELRY	Must be appropriate to the child's age and style. Earrings are to be kept simple and small.	Arm bands, chokers, gloves or headbands; Decoration on dress; Fake eyelashes; Fake fingernails; Colored or glitter hair spray; Hair piece and hair extension; Glitter lipstick; Any form of body make-up not permitted.
HAIR DECORATION	Small flowers or bows only permitted in the hair. Maximum 8 cms.	Glitter, Rhinestones or any other decorations not permitted.



GENTLEMAN	BALLROOM / SMOOTH Junior Silver to Championship - 16 Years Old and Over		
	Beginners, Pre-Bronze, Bronze	Silver, Gold, Pre-Championship	Championship
COSTUME - GENERAL	NOT ALLOWED: International costume		
SHIRT	Plain white or black shirt with long sleeves, with black tie or black bow tie	Black tail suit with white shirt, with white bow tie; Black suit, with white shirt, with black bow tie or black tie; Black jacket without sleeves is permitted, with black or white shirt, with long sleeves, with black bow tie or black tie	Black tail suit with white shirt, with white bow tie; Black suit, with white shirt, with black bow tie or black tie
PANTS	Suitable black trousers (pants) Plain black belt is permitted NOT ALLOWED: Jeans and leather pants		
HAIR	Long hair must be worn in a ponytail	Long hair must be worn in a ponytail	Long hair must be worn in a ponytail

LADY	BALLROOM / SMOOTH Junior Silver to Championship -16 Years Old and Over	
	Beginners, Pre-Bronze, Bronze	Silver, Gold, Pre-Championship & Championship
DRESS - GENERAL	Afternoon dress; Skirt and blouse; Leotard with skirt or wrap-around skirt NOT ALLOWED: International costume NOT ALLOWED: Pants, jeans, shorts	Competition style dress
DRESS - SKIRT	Length between knee and mid-calf NOT ALLOWED: Openings in the front, side or back	
DRESS - OPENINGS	Cut at the back must not be lower than the waist; Sides and breast area must be covered	
DRESS - DECORATION	NOT ALLOWED: Sequins, Diamantes, Rhinestones, Feathers, Metallic thread, Fringe, or any other similar decoration or trimming	
DRESS - MATERIAL	NOT ALLOWED: Body stocking material, Skin tone material	
UNDERWEAR	Buttocks of the female partner must be covered all the time NOT ALLOWED: Tangas	



GENTLEMAN	LATIN / RHYTHM Junior Silver to Championship - 16 Years Old and Over	
	Beginners, Pre-Bronze, Bronze	Silver, Gold, Pre-Championship, Championship
COSTUME - GENERAL	NOT ALLOWED: International costume	
SHIRT	Plain white or black shirt with long sleeves, with black tie or black bow tie	Competition style outfit; No restriction on color combinations
PANTS	Suitable black trousers (pants); High waist black trousers (pants) are permitted Plain black belt is permitted	High waist trousers (pants) are permitted
	NOT ALLOWED: Jeans and leather pants	NOT ALLOWED: Jeans and leather pants
HAIR	Long hair must be worn in a ponytail	Long hair must be worn in a ponytail
OTHER	NOT ALLOWED: Jewelry	

LADY	LATIN / RHYTHM Junior Silver to Championship - 16 Years Old and Over	
	Beginners, Pre-Bronze, Bronze	Silver, Gold, Pre-Championship, Championship
DRESS - GENERAL	Afternoon dress; Skirt and blouse; Leotard with skirt or wrap-around skirt NOT ALLOWED: International costume	Competition style dress
	NOT ALLOWED: Pants, jeans, shorts	
DRESS - SKIRT	Length no higher than mid-thigh NOT ALLOWED: Openings in the front, side or back	NOT ALLOWED: Jeans, shorts
	Cut at the back must not be lower than the waist; Sides and breast area must be covered	
DRESS - DECORATION	NOT ALLOWED: Sequins, Diamantes, Rhinestones, Feathers, Metallic thread, Fringe, or any other similar decorations	
DRESS - MATERIAL	NOT ALLOWED: Body stocking material; See-through material for the breast area and the sides; Skin tone material, Lace material	
UNDERWEAR	Buttocks of the female partner must be covered all the time	Buttocks of the female partner must be covered all the time
	NOT ALLOWED: Tangas	NOT ALLOWED: Tangas

