Appendix 1 — Under 16 (Sub-Juvenile & Juvenile) Dress Restrictions

UNDER 16 DIVISION – SUB-JUVENILE AND JUVENILE

DRESS RESTRICTIONS

INTRODUCTION

1.1 Competitor dress restrictions are based on the following guideline principles.

1.2 DanceSport has important artistic elements, which grooming and dress should enhance but not dominate.

- Further dress restrictions are imposed on juvenile competitors to ensure that:

1.3.1 Entry into competition should be as accessible to as many people as possible. The cost of entry should be as affordable as possible relative to the minimum standard of dress required for competition.

- At the outset, the emphasis for competitors should be on ability, not dress. As competitors move through the grades more emphasis is given to grooming and dress but never to the exclusion of ability.
- During the formative period of their introduction to DanceSport, new competitors and in particular sub-juvenile and juvenile competitors (as well as parents and coaches), should have virtually no other consideration than to develop their technical ability.
- The health of sub-juvenile and juvenile competitors does not suffer due to inappropriate footwear.

GENERAL PROVISIONS

2.1 Competitors in sub-juvenile and juvenile events must comply with all of the dress regulations set out in this document.

2.2 The attention of parents and/or coaches of sub-juvenile and juvenile competitors is particularly drawn to these regulations, and to the fact that a breach of these rules is unfair to other competitors who have abided by the dress regulations.

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556

2.3 Competitors who breach the competition dress regulations while competing in a DanceSport Australia registered competition event are liable for disqualification from the event.

APPLICATION OF THIS POLICY

3.1 It is the responsibility of both parents and coaches to ensure that competitors adhere to and understand these dress regulations.

3.2 It is the responsibility of the competition organiser of any DSA Registered competition to remind competitors of their obligations to adhere to the dress regulations.

3.3 During the course of any competition event, it is the responsibility of the Chairperson of Adjudicators to inform any competitors that do not comply with these regulations.

3.4 Competitors who do not comply with the regulations must be informed and will not be permitted to compete in the next round of competition if they are unable to meet these regulations.

GIRLS DRESSES – STANDARD, LATIN AND NEW VOGUE

Dresses **MUST NOT** be decorated in part lace panels, motifs, bows, ribbons, gloves or buttons.

FABRICS – ALLOWED

A combination of fabrics is allowed but **MUST** be all the same colour or same colour dye match throughout.

The following list of fabrics **IS** allowed:

- Dance crepe
- Nylon
- Jersey
- Lycra
- Stretch satin
- Organza chiffon
- Satin chiffon
- Velvet
- Stretch mesh and stretch lace are both allowed but this needs to be lined to the sweetheart line or chest area with either nude/tan coloured fabric, or the same-coloured fabric. This does not apply to the sleeves.

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556

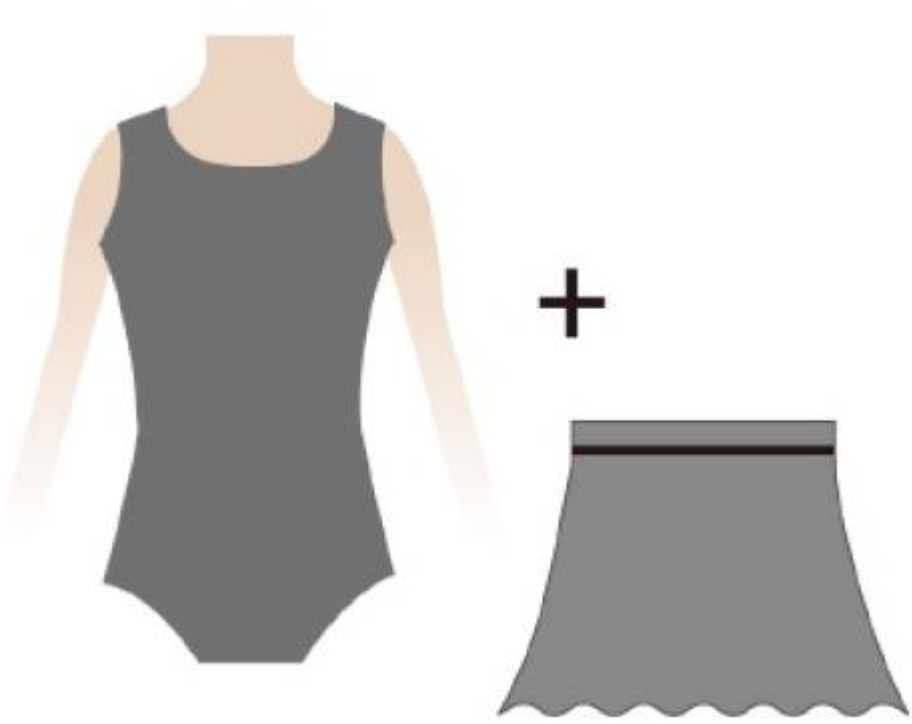
The following list of fabrics IS NOT allowed:

- Metallic material
- Lurex
- Metallic thread
- Sequin fabric

DRESS STYLE

Dress can consist of any of the following combinations, and must be the same colour:

- Leotard and skirt



- Dress with panties

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556



- Leotard with skirt attached



UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556

BODICE

- Length of bodice can be waist or hipline (drop waist – no lower than the widest part of the hip).
- “V” shape can be used but not be lower than 5cm below waist at sides.
- Sash or belt not to be more than 5cms to cover join or to attach the skirt, this must be sewn into the garment.
- Buttons and sashes can be used for fastening purposes only and must be the same colour (no brass or similar buttons).

NECK LINES - FRONT

The following **FRONT** necklines are allowed:

- High



- Square



- V Shaped



- Scooped

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556



- Boat



- Sweetheart





NECK LINES – BACK

Back neck lines **CANNOT** be lower than the bottom of the shoulder blades.

The following **BACK** neck lines are allowed:

- High



- Square

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556



- V Shaped



- Scooped



- Boat



- Keyhole – must not be more than 5cm wide and 15cm long adhered with a button or hook.



UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556

COLLARS

The following collars are allowed:

- Simple



- Peter Pan



- Chinese



- Stand up (Skivvy)



- Frill – one frill up to 7.5cm in length (no wire)

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556



SLEEVES

The following sleeve styles are allowed:

- Long, elbow length or short sleeves
- Long or short puff sleeves
- Cap sleeves





Note:

- Both sleeves MUST be the same style and length
- Sleeves may be transparent
- Long sleeve may have “V” extension and finger stirrup

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556

The following styles are NOT allowed:

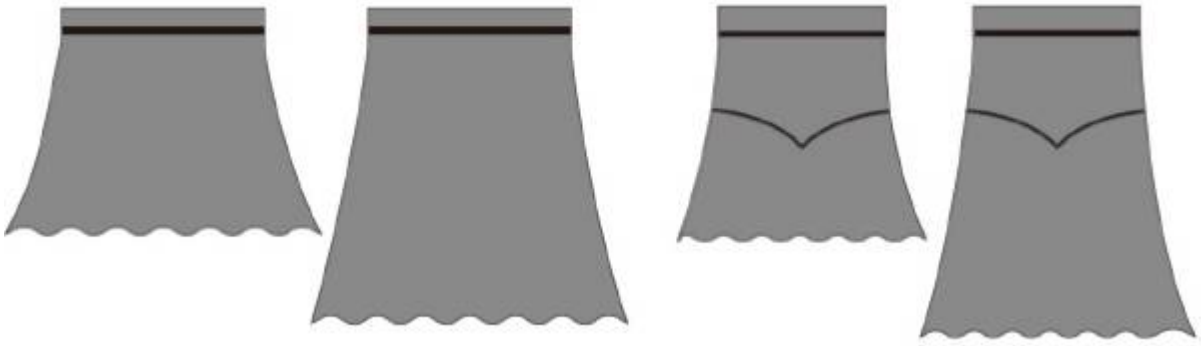
- Frills
- Dolman
- Tiered
- Belled
- Slashed
- Leg O'Mutton
- Tulip
- Princess or
- Bishop

SKIRTS

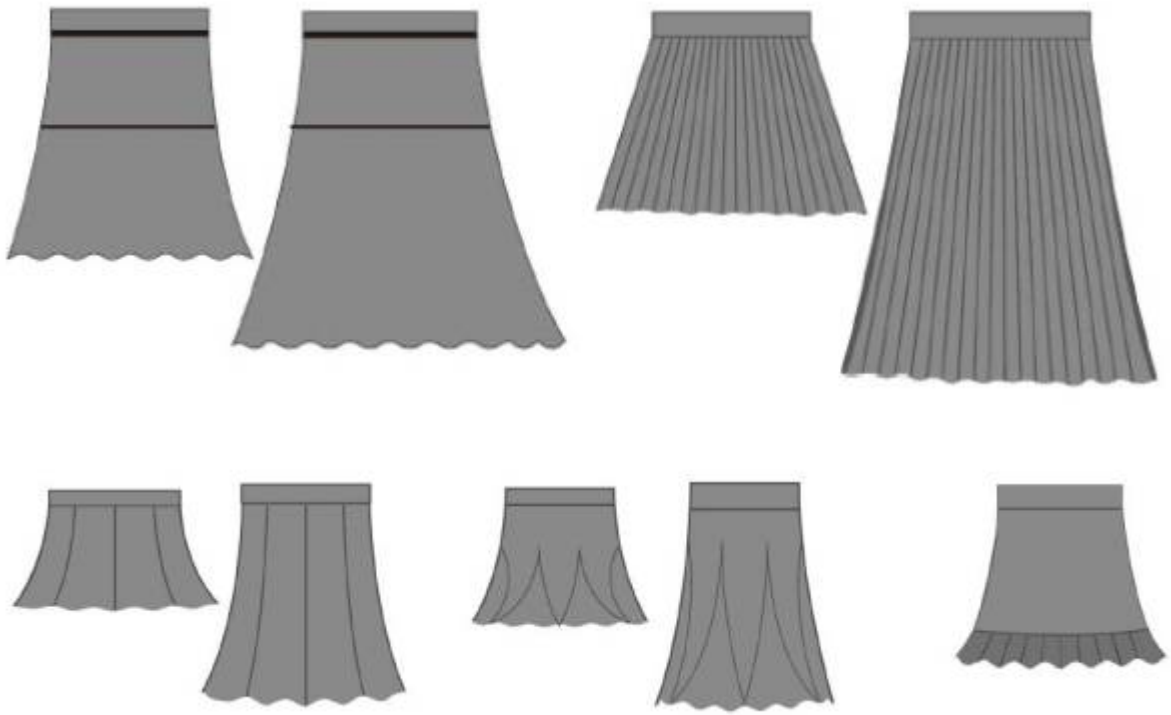
A skirt must NOT exceed 2 full circles, 4 half circles or inserts of up to 8 quarter circle inserts.

The following skirts are allowed:

- Single or double circle allowed
- One underskirt is allowed
- Hem must be the same length all the way around and must not be more than 5cm below the knee for Standard/New Vogue and not more than 5cm above the knee for Latin American
- Skirt may be pleated or plain
- Panel and godets may be used but the volume of the skirt must not exceed 2 full circles (as per above)
- Crinoline or wire is permitted INSIDE of the hem of both layers of the skirt
- One frill (no longer than 7.5cm) is allowed at the bottom of the TOP skirt only



UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556



Note:

The following are NOT allowed:

- Culottes
- Jump suits or similar
- Fringe
- Feathers
- Tiered
- Strips
- Splits

SHOES

- Block or slimline heel to the maximum of 3.5cm
- Any colour shoes may be worn
- Roller hook buckles with rhinestones are allowed if they are used to buckle the shoes (**NOT** as a decoration)
- High heels are **NOT** permitted
- Short bobby socks are allowed

Note: Light effects e.g. glitter is **NOT** allowed.

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556

HAIR STYLES

- Sensible choice of hairstyle to be used
- No artificial hair pieces to be worn

HAIR DECORATION

- Small flower can be worn but must be the same colour as the dress

Note: the following is **NOT** allowed:

- Tiaras
- Headbands
- Diamante of any description
- Clips or combs

DECORATIONS AND ACCESSORIES

The following items are allowed:

- Buttons in the colour of the dress and fabric covered buttons if they are used to button up the dress (**NOT** a decoration)
- Only jewellery of a personal or religious nature may be worn

The following items are **NOT** allowed:

- Sequins, beads, brocades, diamante or similar decoration
- Light effects e.g. glitter, armbands, neckbands and gloves

MAKE UP

- Natural looking make up is allowed
- No artificial eyelashes
- No artificial fingernails
- Use of artificial tan may be used to achieve a NATURAL looking tan
- No glitter or diamantes to be used on face

JEWELLERY

- Jewellery of a personal/religious nature may be worn
- Simple plain earrings may be worn but must not be decorated in anyway

Note:

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556

- Competitors competing in a WDSF event, must comply with the WDSF Dress Rules in force at the time.

BOYS – STANDARD, LATIN AND NEW VOGUE

TROUSERS

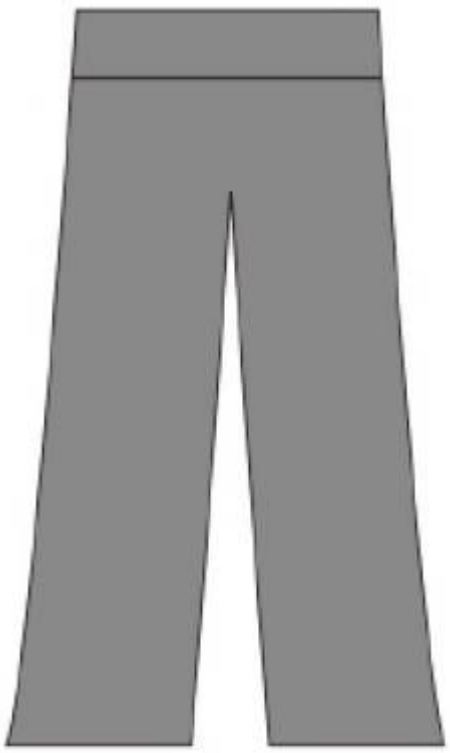
The following rules apply to boy's pants/trousers:

- Waist – normal waist or high waisted allowed
- BLACK colour only is allowed
- BLACK belt with small buckle allowed (no decoration on buckle)
- Underfoot strap is optional
- Satin side strip is optional
- Satin waist band is optional

The following fabrics are allowed:

- Polyester
- Wool
- Stretch Helenca
- Suiting and mohair fabrics allowed

Note: Self-stripe fabric is **NOT** allowed



UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556

SHIRTS – ALL STYLES

The following rules apply to boy's shirts / tops:

- Plain WHITE or BLACK long sleeved with usual collar
- Single or double cuff allowed
- Shirt must be tucked into trousers / pants
- Cuff links optional
- Sleeves NOT to be rolled up

Note: Winged collars T-shirts and extra full sleeves are **NOT** allowed



OPTIONAL LATIN SHIRT STYLES

- Skivvy style with Polo or Crew neck allowed
- Long sleeves
- BLACK or WHITE colour allowed

The following fabrics are allowed:

- Cotton
- Polycotton
- Lycra or similar non shine material





UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556

TIES

The following rules apply for Ties:

- Regular BLACK long tie
- BLACK bow tie
- Metallic tie clip is allowed

Note: If preferred, no tie is necessary for the Latin American style only

SHOES

The following rules apply to Shoes:

- Only BLACK leather, patent or suede shoes are allowed
- Maximum heel size is 2.5cm
- BLACK socks must be worn

DECORATION

- NO decoration is allowed

HAIR STYLES

- Short hair is preferred
- Long hair must be worn in a ponytail

JEWELLERY

- Jewellery of a personal/religious nature may be worn

Note:

- Competitors competing in a WDSF event, must comply with the WDSF Dress Rules in force at the time.

UNDER 16 DIVISION – JUNIOR

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556

DRESS REGULATIONS

GIRLS DRESSES – STANDARD, LATIN AND NEW VOGUE

DRESS: See Appendix 2 – Same as Under 21, Adult and Masters Regulations

BOYS – LATIN

ATTIRE: See Appendix 2 – Same as Under 21, Adult and Masters Regulations

BOYS – STANDARD AND NEW VOGUE

TROUSERS AND SHIRT:

- BLACK trousers with conventional BLACK or WHITE long-sleeved shirt, tie and black vest
- Lounge suit in BLACK or DARK GREY with conventional long-sleeved shirt and tie.
- Metallic tie clip is allowed
- BLACK trousers and jacket with WHITE dress shirt and WHITE bow tie
- Jackets with tails is allowed

SHOES

- BLACK low-heeled shoes

DECORATION

- NO decoration is allowed

HAIR STYLES

- Short hair is preferred
- Long hair must be worn in a ponytail

Note:

- Competitors competing in a WDSF event, must comply with the WDSF Dress Rules in force at the time.

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556

From:
https://dancesport.org.au/dswiki/ - **DSA Rules**

Permanent link:
https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556

Last update: **2026/07/30 16:55**

This printed or downloaded copy is not a controlled document. Always check the link above for the current version of this rule.

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=rules:appendix1_under16_dress&rev=1785394556