

# DANCESPORT AUSTRALIA

## **Juvenile - Dress Restrictions**

**Under 16 Division – Aug 2025**

### Introduction

Competitor dress restrictions are based on the following guideline principles:

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

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

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

At the outset, the emphases 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 juvenile competitors (as well as their parents and teachers), should have virtually no other consideration than to develop their technical ability.

The health of juvenile competitors does not suffer due to inappropriate footwear.

## General Provisions

1. Competitors in juvenile events must comply with all of the dress regulations set out in the “Juvenile - Dress Restrictions” policy.
2. The attention of parents & or teachers of 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.
3. Competitors who breach the competition dress rules while competing in an DanceSport Australia registered event are liable for disqualification from the event.

## Application of this Policy

It is the responsibility of both parents and coaches to ensure that competitors adhere to and understands these dress restriction requirements.

It is the responsibility of the promoter of any DSA registered event to remind competitors of their obligations to adhere to the dress restrictions.

During the course of any event, it is the responsibility of the Chairman of Adjudicators to inform any competitors that do not comply with these requirements

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

# Girls - Standard, Latin & New Vogue

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

## Materials

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

The following list of materials is allowed

- Dance Crepe
- Nylon
- Jersey
- Lycra
- Stretch Satin
- Organza Chiffon
- Satin Chiffon
- Velvet
- Stretch Mesh & Stretch Lace are both allowed but this needs to be lined to the sweetheart line or chest area with either Nude/Tan coloured material, or the same coloured material. This does not apply to sleeves.

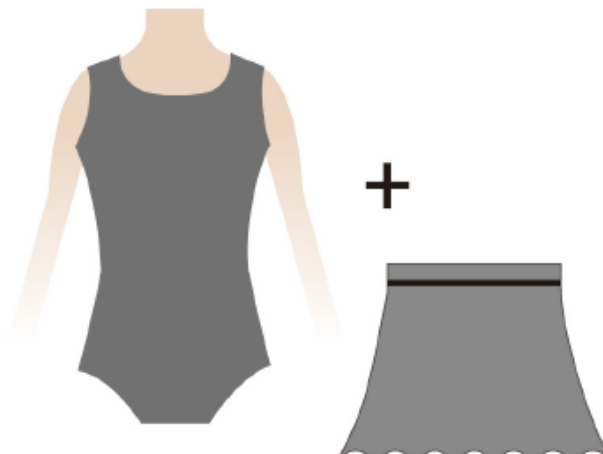
The following is a list of materials that are **NOT** allowed

- Metallic material
- Lurex
- Metallic Thread
- Sequin fabric

## Dress Style

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

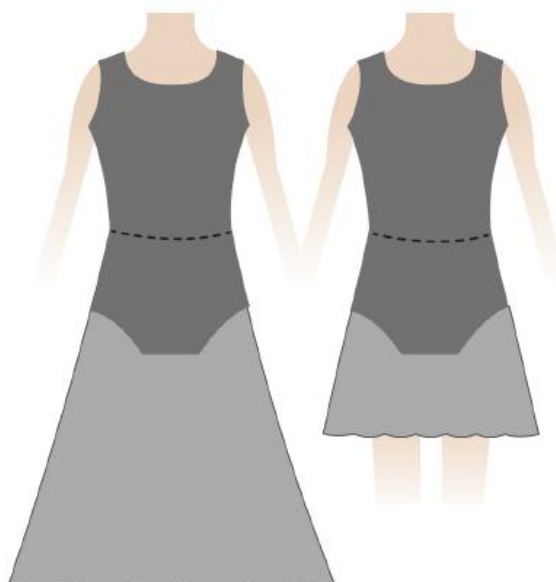
- Leotard & Skirt



- Dress with panties



- Leotard with skirt attached



## 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 then 5cms to cover join or to attach the skirt, this must be sewn into the garment
- Buttons & Sashes can be used for fastening purposes only and must be the same colour (no brass buttons etc)

## Neck Lines

The following **FRONT** necklines are allowed

- High



- Square



- V Shaped



- Scooped



- Boat



- Sweetheart



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

The following **BACK** necklines are allowed

- High



- Square



- V Shaped



- Scooped



- Boat



- Keyhole

(must not be more than 5cm wide & 15cm long  
adhered with a button or hook.)



# Collars

The following collars are allowed

- Simple



- Peter Pan



- Chinese



- Stand Up (Skivvy)



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



## 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 a "V" extension and finger stirrup

The following styles are **NOT** allowed; Frills, Dolman, Tiered, Belled, Slashed, Leg O'Mutton, Tulip, Princess & Bishop.

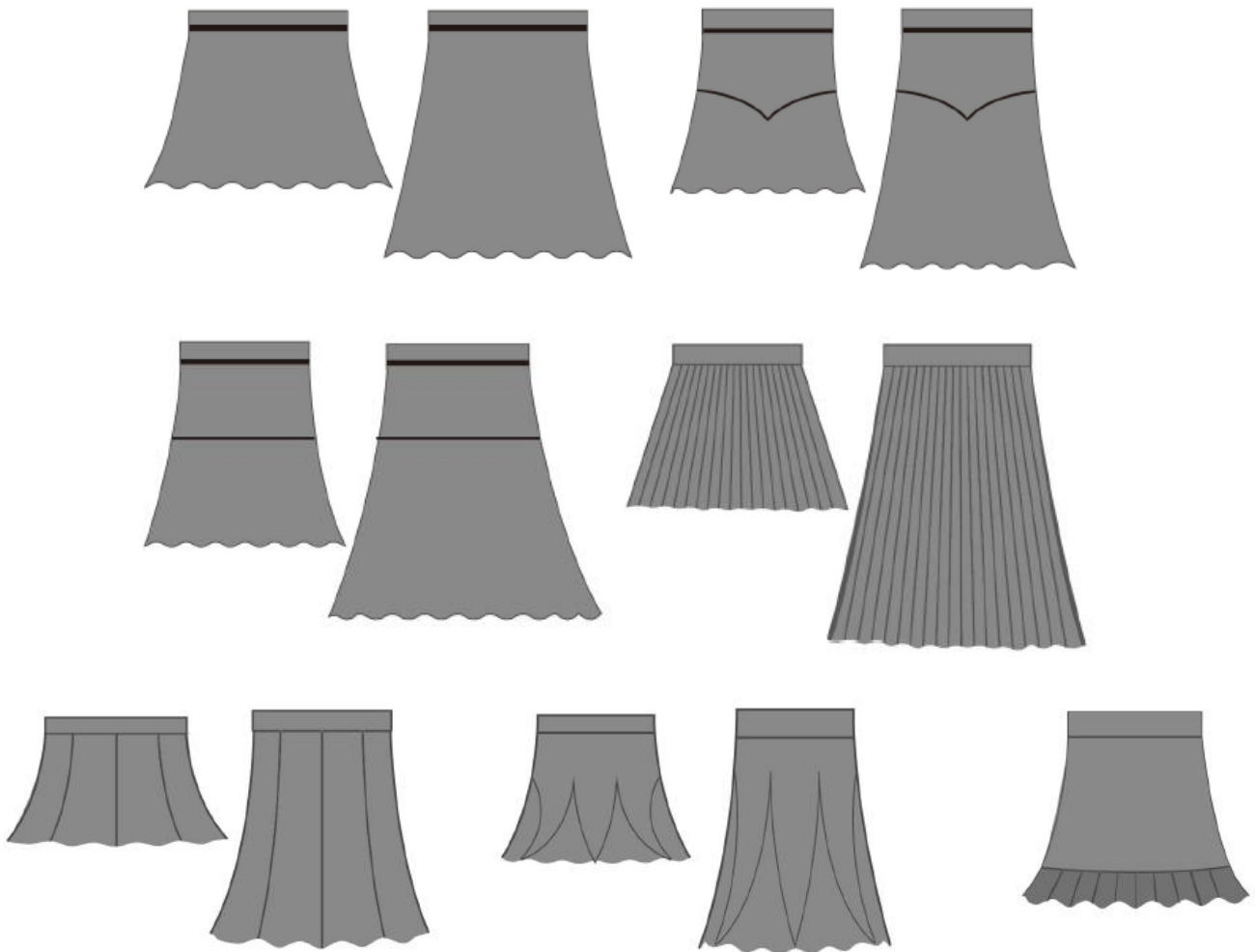


## Skirt

A skirt must NOT exceed 2 full circles, 4 half 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 & 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 skirt
- One frill (no longer than 7.5cm ) is allowed at the bottom of the TOP skirt only



**Note:** The following are **NOT** allowed : Culottes, Jump Suits or similar, Fringe, feathers, tiered, strips, splits skirts

## Shoes

- Block or slimline heel to the max 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** allowed
- Short bobby socks are allowed

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

## Hair Styles

- Sensible choice of hairstyle to be used
- No Artificial hair pieces to be used

## Hair Decoration

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

**Note:** the following is **NOT** allowed; Tiaras, headbands, diamanté of any description, clips or combs.

**Decorations & Accessories** Buttons in the colour of the dress and fabric covered buttons are allowed if they are used to button up the dress, **NOT** as a decoration. Sequins, Beads, brocades, diamante or similar decoration are **NOT** allowed. Light effects are **NOT** allowed e.g. Glitter. Armbands, Neckbands and Gloves are **NOT** allowed. Only jewellery or a personal/religious nature may be worn.

## Make Up

- No artificial eyelashes
- No artificial fingernails
- Use of artificial tan may be used to achieve a NATURAL looking tan

## Jewellery

- Jewellery of a personal/religious nature may be worn
- Small plain earrings may also be worn but must not be decorated in any way

# Boys - Standard, Latin & New Vogue

## Trousers

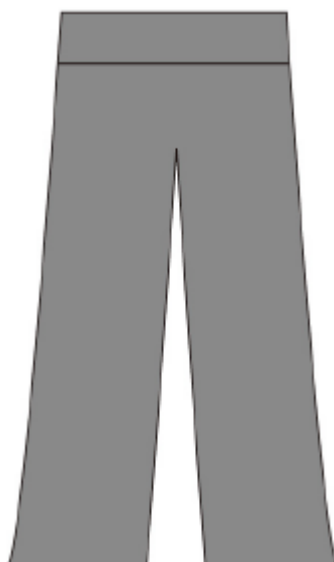
The following rules apply to boys Pants/Trousers

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

The following materials are allowed

- Polyester
- Wool
- Stretch Hellenca
- Suiting & mohair fabrics allowed.

Note - Self stripe fabric **NOT** allowed



## Shirts - All styles

The following rules apply to boys 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 - Wing 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 materials are allowed

- Cotton
- Polycotton
- Lycra or similar non shine material



## **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 of 2.5cm
- Black Socks must be worn

## **Decoration**

- No decoration is allowed.

## **Hair Styles**

- Short hair is preferred, long hair is to be worn in a ponytail.

## **Jewellery**

- Jewellery of a personal/religious nature may be worn