



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

Appendix III Dress Code Regulations

Effective December 1st, 2016

BOY	BALLROOM / SMOOTH Juvenile
	All levels
COSTUME - GENERAL	NOT ALLOWED: International costume
SHIRT	Plain white or black shirt with long sleeves, with black tie or black bow tie; White or black turtleneck is permitted
PANTS	Black trousers (pants); High waist black trousers (pants) are permitted
	Plain black belt is permitted
ACCESSORIES and MAKE-UP	NOT ALLOWED: Jewelry, Face make-up, Any form of body make-up

GIRL	BALLROOM / SMOOTH Juvenile
	All levels
DRESS - GENERAL	Simple dress; Leotard with skirt or wrap-around skirt
	The whole dress must be made of the same material, either one-color or printed; Must have sleeves
	NOT ALLOWED: International costume
	NOT ALLOWED: Slash-neck leotard or dress with one sleeve; Leotard or dress with shoe string straps or straps of any description; Sleeveless leotard or dress with frills on shoulder; Pants, jeans, shorts
DRESS - SKIRT	Length between knee and mid-calf; Uniform length
	NOT ALLOWED: Openings in the skirt; Feathered trim, Fringe, Fringe trim, Frill; Skirt made up of strips; Split up front
DRESS - OPENINGS	NOT ALLOWED: Bare midriffs; Cut-out bodices front or back
DRESS - DECORATION	NOT ALLOWED: Sequins, Diamantes, Rhinestones, Feathers, Metallic thread, Fringe, Lace, Bow, Frill, Fluorescent paint, or any other similar decoration or trimming
DRESS - MATERIAL	NOT ALLOWED: See-through material, Body stocking material, Skin tone material, Lace material
DRESS - OTHER	NOT ALLOWED: Slashed thighs
UNDERWEAR	Buttock of the female partner must be covered all the time
	NOT ALLOWED: Skin tone underwear; Tangas
FOOTWEAR	Ankle level white socks optional; Flat dancing shoes must be worn
ACCESSORIES and MAKE-UP	NOT ALLOWED: Arm bands, chokers or headbands; Decoration on dress; Fake eyelashes; Fake fingernails; Colored or glitter hair spray; Face make-up; Any form of body make-up
HAIR	Long hair must be attached in a bun



BOY	LATIN / RHYTHM Juvenile
	All levels
COSTUME - GENERAL	NOT ALLOWED: International costume
SHIRT	Plain white or black shirt with long sleeves, with black tie or black bow tie; White or black turtleneck is permitted
PANTS	Black trousers (pants); High waist black trousers (pants) are permitted
	Plain black belt is permitted
ACCESSORIES and MAKE-UP	NOT ALLOWED: Jewelry, Face make-up, Any form of body make-up

GIRL	LATIN / RHYTHM Juvenile
	All levels
DRESS - GENERAL	Simple dress; Leotard with skirt or wrap-around skirt
	The whole dress must be made of the same material, either one-color or printed; Must have sleeves
	NOT ALLOWED: International costume
	NOT ALLOWED: Slash-neck leotard or dress with one sleeve; Leotard or dress with shoe string straps or straps of any description; Sleeveless leotard or dress with frills on shoulder; Pants, jeans, shorts
DRESS - SKIRT	Length no higher than mid-thigh; Uniform length
	NOT ALLOWED: Openings in the skirt; Feathered trim, Fringe, Fringe trim, Frill; Skirt made up of strips; Split up front
DRESS - OPENINGS	NOT ALLOWED: Bare midriffs; Cut-out bodices front or back
DRESS - DECORATION	NOT ALLOWED: Sequins, Diamantes, Rhinestones, Feathers, Metallic thread, Fringe, Lace, Bow, Frill, Fluorescent paint, or any other similar decoration or trimming
DRESS - MATERIAL	NOT ALLOWED: See-through material, Body stocking material, Skin tone material, Lace material
DRESS - OTHER	NOT ALLOWED: Slashed thighs
UNDERWEAR	Buttock of the female partner must be covered all the time
	NOT ALLOWED: Skin tone underwear; Tangas
FOOTWEAR	Ankle level white socks optional; Flat dancing shoes must be worn
ACCESSORIES and MAKE-UP	NOT ALLOWED: Arm bands, chokers or headbands; Decoration on dress; Fake eyelashes; Fake fingernails; Colored or glitter hair spray; Face make-up; Any form of body make-up
HAIR	Long hair must be attached in a bun



BOY	BALLROOM / SMOOTH Junior	
	Beginners, Pre-Bronze, Bronze	Silver, Gold, Pre-Championship, Championship
COSTUME - GENERAL	NOT ALLOWED: International costume	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
SHIRT	Plain white or black shirt with long sleeves, with black tie or black bow tie; White or black turtleneck is permitted	
PANTS	Black trousers (pants); High waist black trousers (pants) are permitted	
	Plain black belt is permitted	
OTHER	NOT ALLOWED: Jewelry	

GIRL	BALLROOM / SMOOTH Junior	
	Beginners, Pre-Bronze, Bronze	Silver, Gold, Pre-Championship, Championship
DRESS - GENERAL	Simple dress; Leotard with skirt or wrap-around skirt	Competition style dress
	The whole dress must be made of the same material, either one-color or printed; Must have sleeves	
	NOT ALLOWED: International costume	
	NOT ALLOWED: Slash-neck leotard or dress with one sleeve; Leotard or dress with shoe string straps or straps of any description; Sleeveless leotard or dress with frills on shoulder; Pants, jeans, shorts	
DRESS - SKIRT	Length between knee and mid-calf; Uniform length NOT ALLOWED: Openings in the skirt; Feathered trim, Fringe, Fringe trim, Frill; Skirt made up of strips; Split up front	NOT ALLOWED: Jeans, shorts
DRESS - OPENINGS	NOT ALLOWED: Bare midriffs; Cut-out bodices front or back	
DRESS - DECORATION	NOT ALLOWED: Sequins, Diamantes, Rhinestones, Feathers, Metallic thread, Fringe, Lace, Bow, Frill, Fluorescent paint, or any other similar decoration or trimming	
DRESS - MATERIAL	NOT ALLOWED: See-through material, Body stocking material, Skin tone material, Lace material	
UNDERWEAR	Buttock of the female partner must be covered all the time	Buttock of the female partner must be covered all the time
	NOT ALLOWED: Skin tone underwear; Tangas	NOT ALLOWED: Skin tone underwear; Tangas
HAIR	Long hair must be attached in a bun	



BOY	LATIN / RHYTHM Junior	
	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; White or black turtleneck is permitted	Competition style outfit; No restriction on color combinations
PANTS	Black trousers (pants); High waist black trousers (pants) are permitted	High waist trousers (pants) are permitted
	Plain black belt is permitted	
	NOT ALLOWED: Jeans and leather pants	NOT ALLOWED: Jeans and leather pants
OTHER	NOT ALLOWED: Jewelry	

GIRL	LATIN / RHYTHM Junior	
	Beginners, Pre-Bronze, Bronze	Silver, Gold, Pre-Championship, Championship
DRESS - GENERAL	Simple dress; Leotard with skirt or wrap-around skirt	Competition style dress
	The whole dress must be made of the same material, either one-color or printed; Must have sleeves	
	NOT ALLOWED: International costume	
	NOT ALLOWED: Slash-neck leotard or dress with one sleeve; Leotard or dress with shoe string straps or straps of any description; Sleeveless leotard or dress with frills on shoulder; Pants, jeans, shorts	
DRESS - SKIRT	Length no higher than mid-thigh; Uniform length NOT ALLOWED: Openings in the skirt; Feathered trim, Fringe, Fringe trim, Frill; Skirt made up of strips; Split up front	NOT ALLOWED: Jeans, shorts
DRESS - OPENINGS	NOT ALLOWED: Bare midriffs; Cut-out bodices front or back	
DRESS - DECORATION	NOT ALLOWED: Sequins, Diamantes, Rhinestones, Feathers, Metallic thread, Fringe, Lace, Bow, Frill, Fluorescent paint, or any other similar decoration or trimming	
DRESS - MATERIAL	NOT ALLOWED: See-through material, Body stocking material, Skin tone material, Lace material	
DRESS - OTHER	NOT ALLOWED: Slashed thighs	
UNDERWEAR	Buttock of the female partner must be covered all the time	Buttock of the female partner must be covered all the time
	NOT ALLOWED: Skin tone underwear; Tangas	NOT ALLOWED: Skin tone underwear; Tangas
HAIR	Long hair must be attached in a bun	



GENTLEMAN	BALLROOM / SMOOTH 16 Years Old and Over		
	Beginners, Pre-Bronze, Bronze	Silver, Gold, Pre-Championship	Championship
COSTUME - GENERAL	NOT ALLOWED: International costume	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
SHIRT	Plain white or black shirt with long sleeves, with black tie or black bow tie		
PANTS	Suitable black trousers (pants) Plain black belt is permitted NOT ALLOWED: Jeans and leather pants		

LADY	BALLROOM / SMOOTH 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, Lace material	
UNDERWEAR	Buttock of the female partner must be covered all the time NOT ALLOWED: Tangas	



GENTLEMAN	LATIN / RHYTHM 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; White or black turtleneck is permitted	Competition style outfit; No restriction on color combinations
PANTS	Suitable black trousers (pants); High waist black trousers (pants) are permitted	High waist trousers (pants) are permitted
	Plain black belt is permitted	
	NOT ALLOWED: Jeans and leather pants	NOT ALLOWED: Jeans and leather pants
OTHER	NOT ALLOWED: Jewelry	

LADY	LATIN / RHYTHM 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	Competition style dress
	NOT ALLOWED: International costume	
DRESS - SKIRT	NOT ALLOWED: Pants, jeans, shorts	NOT ALLOWED: Jeans, shorts
	Length no higher than mid-thigh	
DRESS - OPENINGS	NOT ALLOWED: Openings in the front, side or back	
	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	Buttock of the female partner must be covered all the time	Buttock of the female partner must be covered all the time
	NOT ALLOWED: Tangas	NOT ALLOWED: Tangas

