

APPENDIX A: DRESS CODE

1 GENERAL DRESS REGULATIONS

- 1.1 Please be advised that the WDSF Dress Regulations are different than the USA Dance Dress Regulations. Prior to attending any WDSF sanctioned event, please read the WDSF Dress Regulations available on the WDSF website: www.WDSF.net. Failure to follow the WDSF Dress Regulations may result in disqualification at that event. This includes WDSF events held at USA Dance competitions.

1.2 DEFINITIONS

- 1.2.1 **Breast Area:** includes an area 4 inches in diameter with the nipple as the center on either side of the chest as well as any developed breast tissue.
- 1.2.2 **Cutaway Skirt:** A skirt with a horizontal gap no greater than 2 inches where much of the thigh shows.
- 1.2.3 **Dance Briefs** refers to a bottom brief worn under a skirt or dress and often attached to the skirt or costume. Dance briefs must completely cover the pelvic area and buttocks.
- 1.2.4 **Decorations** refers to anything that is fixed on or glued to the basic material of the apparel, a dancer's hair, or a dancer's skin.
- 1.2.4.1 **Decorations with light effects** include, but are not limited to, beads, metallic thread, pearls, sequins, and rhinestones.
- 1.2.4.2 **Decorations without light effects** include, but are not limited to, bows, feathers, flowers, fringe, lace applications, and ribbons.
- 1.2.5 **Decorative jewelry** refers to jewelry and/or accessories designed to be a part of specific dance apparel, including but not limited to chokers, arm/wrist bands, and/or earrings that are made of, or covered with, the same or similar material as the apparel. Decorative jewelry does not need to be attached to the apparel.
- 1.2.6 **Floats** refer to any non-structural material that moves separately from the athlete's body while the athlete is in motion (i.e., a long scarf, cords, or ribbons hanging from sleeves or body of the dress, sashes, etc.).
- 1.2.7 **Gloves** are any material that covers any part of the hand or arm that is not attached to the basic costume.
- 1.2.8 **Hip Line:** The hip line may be below the natural waistline but must be above the buttocks and continue around the body in a horizontal line.
- 1.2.9 **Intimate Areas:** The intimate areas for all genders include the breast area, pelvic area, and buttocks.
- 1.2.10 **Jumpsuit:** A one-piece garment consisting of a blouse or shirt with attached pants.
- 1.2.11 **Leg Line:** The leg line is the line between the flexed leg and the body.
- 1.2.12 **Leotard:** A close-fitting one-piece garment, made of a stretchy fabric, that covers the athlete's body from the shoulders to the top of the thighs and typically the arms.
- 1.2.13 **Make-up** refers to cosmetic products, artificial tanning products, artificial nails, and artificial eyelashes.
- 1.2.14 **Pants** refers to a garment, fitted or loose fitting, which extends from the waist to the ankle and which may have slits in the legs.

- 1.2.15 **Pelvic Area:** The pelvic area is the area between the Hip Line and the Leg Line and includes the genitalia and buttocks.
- 1.2.16 **Personal jewelry** is defined as jewelry that is unattached to dance apparel and would be worn in the course of everyday life, such as necklaces or earrings, wedding rings, etc. All other jewelry is considered decorative jewelry.
- 1.2.17 **Plain material** refers to fabric with:
 - 1.2.17.1 with no strips, ribs, additional seams, or changes in fabric weave or type that would create a pattern. However, unless specified otherwise as single color or specific color, plain fabric may contain multiple colors (i.e., have a color pattern such as floral, paisley, etc.).
 - 1.2.17.2 with no light-reflecting qualities or metallic threads woven into the basic material of the costume, including but not limited to satin and other high-sheen materials.
- 1.2.18 **Skin-toned** means equal to the color of the dancer's skin during the competition, e.g., with natural or artificial tan.
- 1.2.19 **Slit:** A slit in a skirt or pants is a cut in the fabric where the edges still touch and that is not generally visible when the athlete is standing still.
- 1.2.20 **"Top Opening Point"** refers to the point to which an athlete's shirt can be opened in front, as described in age and proficiency level rules below.
- 1.2.21 **Two-piece apparel** refers to a combination of any top (i.e., blouse, shirt) and any bottom (i.e., skirt, pants) that are not attached to each other and that allow the athlete's skin to show when the athlete is still or in motion.
- 1.2.22 **Trousers** refers to a tailored garment extending from the waist to the ankle with a waistband, a fly front, and no slits in the legs.

1.3 GENERAL

- 1.3.1 These Rules apply regardless of the athlete's role (lead/follow) or gender identity.
- 1.3.2 Apparel and make-up must respect the age and proficiency level of the dancers.
- 1.3.3 While athletes are not required to wear costumes in any style or proficiency level, they must, at a minimum, comply with the syllabus dress code for the age group and style in which they are competing.
- 1.3.4 Other than the Good Taste Rule (2.8) and Number Card (2.6), Professional Athletes competing in Professional and Pro/Am Events and Pro/Am Amateur Athletes competing in Pro/Am Events are exempt from compliance with the requirements in Appendix A.

2 COSTUME COMPONENTS

2.1 FABRICS

- 2.1.1 **Transparent material**
 - 2.1.1.1 is **not allowed** in intimate areas, including between the Hip Line and the Leg Line and covering the Breast Area, unless lined with opaque material.
 - 2.1.1.2 Transparent fabrics are allowed in other parts of the apparel outside of intimate areas.
 - 2.1.1.3 "Fishnet" material is not considered transparent but is also not allowed in intimate areas unless lined with opaque material.
- 2.1.2 **Fabrics Allowed for Syllabus Apparel for Pre-Teen through Youth age categories:**
 - 2.1.2.1 If the costume fabric is matte or low sheen, it is allowed.
- 2.1.3 **Fabrics Not Allowed for Syllabus Apparel for Pre-Teen through Youth age categories:** _

- 2.1.3.1 Any fabric that has light-reflective materials added to or woven into the material including metallic threads, sequins, rhinestones, pearls, or metallic flecks is not allowed.
- 2.1.3.2 Shiny fabric, including strips alternating between sheer and opaque, is not allowed.
- 2.1.3.3 Items including but not limited to foil, beads, pearls, sequins, rhinestones, glitter, metallic thread, or anything that may give the appearance of glitter or sheen, is not allowed.
- 2.1.4 **Fabric for Open Proficiency Levels and Adult and Senior Syllabus Levels**
 - 2.1.4.1 Unless otherwise noted, fabric can be single-color, multicolored (including ombre), shiny, or patterned, including but not limited to strips, floral, paisley, etc.
- 2.1.5 **Fabric for Adult and Senior Syllabus and Open Proficiency Levels**
 - 2.1.5.1 Other than dance briefs, skin tone fabric in the intimate areas must be heavily stoned or heavily decorated.

2.2 DESIGN ELEMENTS

- 2.2.1 Tie clips, studs, cufflinks, and buckles without light effects are not considered decorations.

2.3 APPAREL-SPECIFIC RULES

These restrictions apply to all athletes regardless of proficiency level unless otherwise indicated below or described within the proficiency level tables.

- 2.3.1 Intimate areas must be completely covered by non-skin-tone opaque fabric/material or transparent fabric lined with opaque material. If the fabric is skin color, then it must be heavily stoned or heavily decorated if allowed by age category.
- 2.3.2 The whole buttocks must be covered at all times and the separation between the buttocks must never be visible.
- 2.3.3 Fabric covering the area from the hip line to the leg line on the side of the hips must be greater than 2 inches (5cm) regardless of hip/body size.
- 2.3.4 The complete area between the hip line and the leg line must be covered by the athlete's dance briefs, skirt, pants, or trousers.
- 2.3.5 Thongs and tangas are not allowed.
- 2.3.6 **Tops and Sleeves**
 - 2.3.6.1 When long sleeves are referenced, the length of the sleeve must fall to the wrist.
 - 2.3.6.2 Long sleeves with a single finger loop on each sleeve are allowed.
 - 2.3.6.3 Rolled up sleeves are **not allowed** unless the blouse or shirt is designed and sewn so as to have the sleeves permanently rolled. These are allowed in Open Proficiency and Adult and Senior Syllabus Latin and Rhythm only.
 - 2.3.6.4 Bikinis or bras as tops are **not allowed**.
 - 2.3.6.5 Untucked shirts are **not allowed** unless they are tunic style shirts or those designed to hang outside the pants. These are allowed in Open Proficiency and Adult and Senior Syllabus Latin and Rhythm only.

2.3.7 **Bottoms**

- 2.3.7.1 Pants/trousers and skirts/dresses are allowed for both Performing Roles of all age groups, at all proficiency levels, but must follow all the rules of coverage and decoration.

2.3.8 **Gloves:**

- 2.3.8.1 Long sleeves that incorporate a glove (with or without fingers) that covers any part of the hand are not allowed for syllabus proficiency levels.

2.4 **HAIR**

- 2.4.1 Hair must be neatly styled in a way that is appropriate for the discipline.
- 2.4.2 Hair must be kept away from the athlete's eyes, nose, and mouth.
- 2.4.3 Hair must not cause a hazard to other athletes.
- 2.4.4 Hair must not cover the competitor number card.

2.5 **JEWELRY**

- 2.5.1 The use of religious symbols as decoration or decorative jewelry is not allowed. This rule does not apply to personal jewelry.

2.6 **NUMBER CARD**

- 2.6.1 All couples must accept the competitor's number (Number Card) as issued by the organizer and are not allowed to modify the card in any way. Covering the number in a clear plastic sleeve or laminating the number in clear plastic is not considered altering the number.
- 2.6.2 The Number Card must not be covered by any visual obstacles at any time including by hair or by parts of a costume of the dancer who wears the number card.
- 2.6.3 The Number Card should be attached directly to the leader's costume in such a way as to be clearly visible to the judges. However, an athlete wearing a dress, blouse, or shirt who dances as a lead and a follow **may** wear a solid color vest with the number attached over their dress/blouse/shirt to facilitate costume changes.

2.7 **ADVERTISEMENTS**

- 2.7.1 Advertising by a combined total of up to four (4) sponsors is allowed on a couple's competition costumes. Each dancer can advertise up to three (3) sponsors individually. The size of the advertisement may not be more than 6.2 square inches (40 cm²) per sponsor. Such advertising may only be located on the waist, chest, or sleeves.

2.8 **GOOD TASTE RULE**

- 2.8.1 Any use of material, construction, decoration, or other costume element that gives the appearance of non-compliance with these dress regulations, even though there is no breach of the literal wording of these regulations, will be considered a breach of these regulations if so determined by the Chair of Adjudicators or the DanceSport Rules Official. Approval of any deviation from these dress regulations must be obtained in advance from the DanceSport Rules Official for all sanctioned USA Dance competitions.

2.9 TEACHER/STUDENT EVENTS

2.9.1 **Judged Athlete:** The Judged Athlete must follow dress regulation requirements for the age category and dance style in which they are competing.

2.9.2 **Unjudged Athlete:**

2.9.2.1 The un-judged partner in Teacher-Student events must follow Youth or lower age syllabus dress requirements per dance style, when competing with Pre-Teen, Junior, or Youth partners in syllabus events.

2.9.2.2 In all other events, including all Pro-Am events, they may wear open proficiency level apparel.

2.9.2.3 If heats are closely spaced (less than 20 minutes apart), so as to not permit costume changes, the un-judged partner may be permitted to comply with the “open proficiency” dress code at the discretion and with pre-approval of the on-site Chair of Adjudicators or the DanceSport Rules Official.

2.10 SHOWDANCE AND TEAM COMPETITIVE EVENTS

2.10.1 In Showdance and Team Open Proficiency events, age-appropriate level costuming must be used, although costuming may demonstrate or suggest the theme of the choreography/performance.

3 COSTUME REVIEW BY OFFICIALS

3.1 The Chair of Adjudicators has the authority to require any athlete to remove items of decoration jewelry, personal jewelry, or decoration applied to a piece of apparel, if such item(s) are deemed dangerous.

3.2 Any questionable fabrics/designs must be cleared with the DanceSport Rules Official prior to the start of the competition via email (dro@usadance.org) or the Chair of Adjudicators or on-site DanceSport Rules Official during the competition.

3.3 The **Good Taste Rule** broadly governs all costumes. The Chair of Adjudicators or DanceSport Rules Official will enforce this rule for inappropriate costumes.

3.4 The Chair of Adjudicators or DanceSport Rules Official may determine that a dancer has breached the costuming rules, even if there is no breach of the plain language of the rules. A dancer must obtain approval in advance for any deviations from these costuming rules from the DanceSport Rules Official.

4 SANCTIONS

4.1 If an athlete is not dressed in accordance with these Dress Regulations and receives a warning from the Chair of Adjudicators, the athlete must correct the dress code violation or be subject to disqualification by the Chair of Adjudicators.

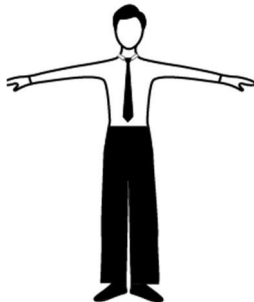
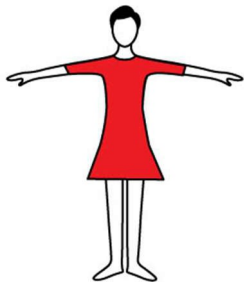
4.2 Repeated offenses regarding the dress regulations and/or repeated offenses against the spirit of the dress regulations at any USA Dance or WDSF competition may be interpreted as unsportsmanlike conduct and may result in further disciplinary action by the USA Dance Ballroom DanceSport Council. See Costume Rules Violations – Mandatory Deductions 4.12.1.2.5.

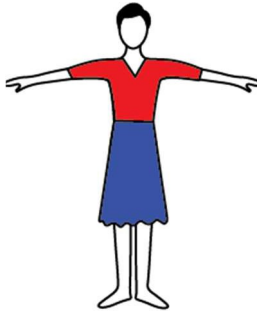
5 SYLLABUS PROFICIENCY – DRESS SPECIFICATIONS

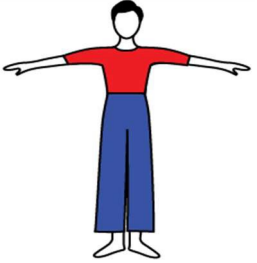
PRE-TEEN I & II

ALL STYLES

All acceptable clothing items are listed in the following table. Please choose only one of the numbered configurations below. Additional attire requirements, sock and shoe choices, and excluded items are listed after the table.

GENERAL BODY COVERAGE CLOTHING CONFIGURATIONS	
1 - Long-Sleeved Shirt and Trousers	
• Plain white long-sleeved shirt. • Black tie or black bowtie. • Shirt must be tucked into trousers. • Tail shirts, tuxedo shirts, and/or shirts with wing collars, not allowed. • French cuffs are allowed. • Plain black trousers. • (Optional) Black satin strip down the outside length of the trouser leg and/or around the waist. • Black shoes. • Black socks.	
2 - One Piece Dress	
• Dress must be one piece. • Fabric must be one color and may not be the same as skin tone. • Decorations without light reflective qualities are allowed on dress. • Skirt hem must not be shorter than 4" above the knee or longer than just under the kneecap. • Sewn-in skirt may be plain or pleated, minimum of 1 half circle to a maximum of 1½ circles of the same length. • (Optional) One plain underskirt of the same length and color as the overskirt. • (Optional) Outer skirt/bodice may be transparent material the same color as the rest of the dress, provided the underskirt/bodice is non-transparent.	

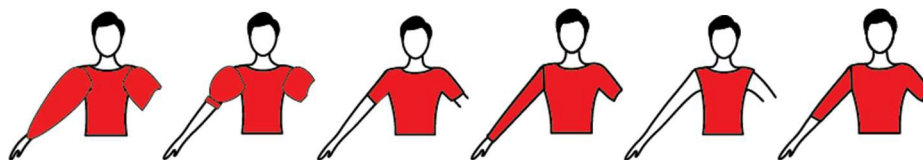
Acceptable necklines, sleeves, and skirts are shown in the illustrations below.	
3 - Blouse or Leotard and Skirt	
- Single color blouse or leotard. - Single color skirt (same as or different from top). - Fabric color may not be the same as skin tone. - Blouse or leotard must adhere to skin coverage requirements. - Blouse must be tucked into skirt. - Skirt hem must not be shorter than 4" above the knee or longer than just under the kneecap. - Skirt may be plain or pleated, minimum of 1 half circle to a maximum of 1½ circles of the same length. (Optional) One plain underskirt of the same length and color as the overskirt. (Optional) Outer skirt or bodice may be transparent material the same color as the rest of the skirt or bodice, provided the underskirt or bodice is non-transparent. - Acceptable necklines, sleeves, and skirts are shown in the illustrations below.	

4 - Blouse or Leotard and Pants	
- Single color blouse or leotard. - Single color pants (same as or different from top). - Fabric color may not be the same as skin tone. - Blouse or leotard must adhere to skin coverage requirements. - Blouse must be tucked into pants. - Acceptable necklines and sleeves are shown in the illustrations below.	

Necklines– Required cuts, others – not allowed



Sleeves – Required cuts, other cuts not allowed; Gloves – not allowed



Skirts – Required cuts, other cuts not allowed;



SHOE/SOCK OPTIONS

Lace Up Dress Shoe

- Black dress-style shoe with laces, patent leather optional.
- Block heel, maximum height of 1 1/2".
- Black socks.

Pump or Sandal with or without Heel

- Color not restricted.
- Block heel, maximum heel height of 1 1/2".
- No embellishments or glitter except on the side buckle of the shoes.
- (Optional) Short socks with a row of lace folded down or flesh-colored tights may be worn.

OPTIONAL

- Personal stud earrings
- Makeup or cosmetics, except glitter.

EXCLUDED ITEMS: Not Allowed

- Personal or Decorative jewelry of any kind with light effects, including, earrings, necklaces, etc. other than allowed above.
- Trousers with any fabric strips not described above.
- Untucked shirts.
- Rolled-up sleeves.
- Decorations, materials, or shoes with any light-reflective qualities, other than allowed above.
- Two-piece apparel with gaps between the upper garment and the lower garment allowing skin to show when athlete is still or moving.
- Gloves or floats.
- Mesh Tights.
- Hair decorations other than allowed above, including colored or glittered hairspray and any other decorations.

- Underskirts larger than an overskirt in any dimension.
- Skirts or underskirts with ruffles or frills.
- Skirts or pants with slits.
- Spray tan, glitter, or similar material anywhere on the body
- Skin tone fabric.

JUNIOR 1 & 2 SYLLABUS

INT. STANDARD / AM. SMOOTH

All acceptable clothing items are listed in the following table. Please choose only one of the numbered configurations below. Additional attire requirements, sock and shoe choices, and excluded items are listed after the table.

GENERAL BODY COVERAGE CLOTHING CONFIGURATIONS	
1 - Long-Sleeved Shirt and Trousers	
• Plain white long-sleeved shirt • (Optional) Long sleeved black shirt for Smooth. • Black or white bowtie or black tie • (Optional) Suspenders under plain black vest, cardigan, or pullover. • (Optional) Plain black vest, cardigan, or pullover. • Shirt must be tucked into trousers. • Black trousers. • (Optional) Black satin strip down the outside length of the trouser leg and/or around the waist. • Black shoes. • Black socks.	

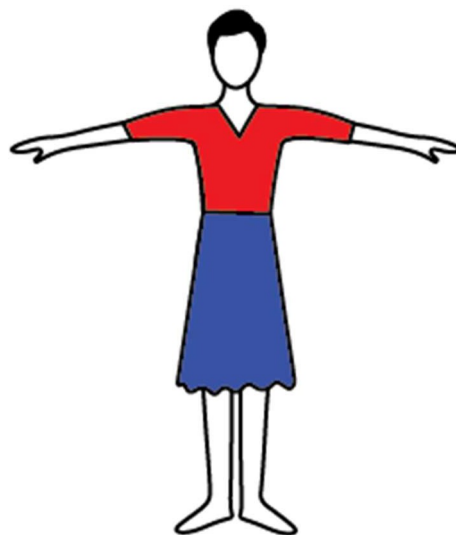
2 - One Piece Dress

- Dress must be one piece.
- Fabric may be one color or multicolored (a color pattern) and may not be the same as skin tone in intimate areas.
- Decorations without light reflective qualities are allowed on dress.
- Bodice must adhere to general skin coverage requirements.
- Athlete's skirt must cover dance briefs and buttocks completely when athlete is standing still.
- In Standard the dress must have a long skirt which at minimum covers both knees.
- (Smooth ONLY) Dress may contain a slit, however the slit may not extend higher than the knee.
- (Optional) Floats for Standard.



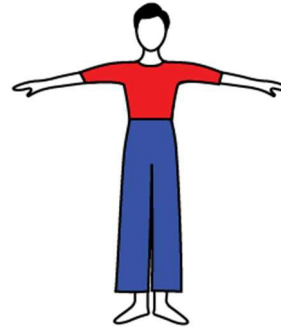
3 - Blouse and Skirt

- Blouse must be tucked into skirt and adhere to skin coverage requirements.
- Fabric elements may be any color that does not match athlete's skin tone in intimate areas.
- Decorations without light reflective qualities are allowed on the blouse and skirt.
- Athlete's skirt must cover dance briefs and buttocks completely when athlete is standing still.
- In Standard the dress must have a long skirt which at minimum covers both knees.
- (Smooth ONLY) Dress may contain a slit, however the slit may not extend higher than the knee.
- (Optional) Floats for Standard.



4 - Blouse and Pants

- Blouse must be tucked into pants and adhere to skin coverage requirements.
- Fabric elements may be any color that does not match athlete's skin tone in intimate areas.
- Decorations without light reflective qualities are allowed on the blouse.



SHOE/SOCK OPTIONS

Lace-Up Dress Shoe

- Black dress-style shoe with laces, patent leather optional.
- Block heel, maximum height of 2".
- Black socks.

Pump or Sandal with or without Heel

- Color not restricted.
- Maximum heel height of 3".
- No embellishments or glitter except on the side buckle of the shoes.
- (Optional) Short socks or flesh-colored tights may be worn.

OPTIONAL

- Personal jewelry of any kind.
- Decorative jewelry without light reflective qualities.
- Non-reflective hair accessories.
- Makeup or cosmetics, except glitter.

EXCLUDED ITEMS: Not Allowed

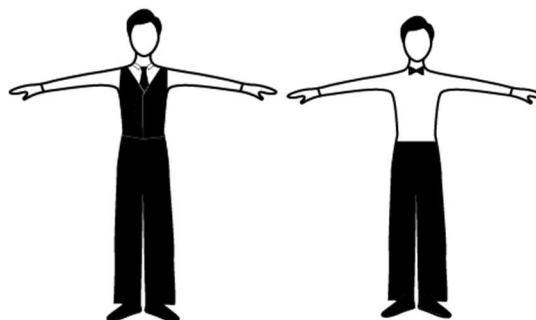
- Decorative jewelry of any kind with light effects, including studs, cufflinks, earrings, necklaces, etc.
- Tail shirts, tuxedo shirts, shirts with wing collars and/or French cuffs.
- Trousers with any fabric strips not described above.
- Untucked shirts.
- Rolled up sleeves.
- Decorations, materials, or shoes with any light-reflective qualities, other than allowed above.
- Two-piece apparel with gaps between the upper garment and the lower garment allowing skin to show when athlete is still or moving.
- Gloves or floats, unless otherwise noted.
- Mesh tights.
- Hair decorations other than allowed above, including colored or glittered hairspray and any other decorations.
- Skin tone fabric.

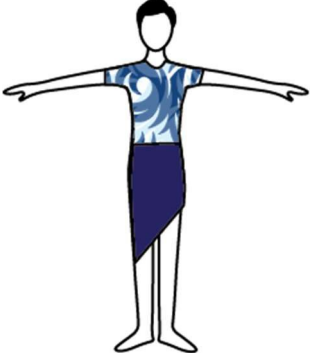
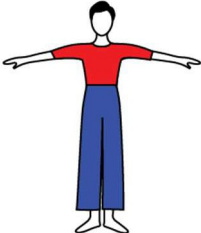
JUNIOR 1 AND 2 SYLLABUS**INT. LATIN / AM. RHYTHM**

All acceptable clothing items are listed in the following table. Please choose only one of the numbered configurations below. Additional attire requirements, sock and shoe choices, and excluded items are listed after the table.

GENERAL BODY COVERAGE CLOTHING CONFIGURATIONS**1 - Long-Sleeved Shirt and Trousers**

- Plain black or white long-sleeved shirt.
- (Optional) Black or white bowtie or black tie.
- (Optional) Plain black vest, cardigan, or pullover.
- (Optional) Turtleneck or mock turtleneck.
- (Optional) Collar may be open to breastbone. Skin coverage rules apply.
- Shirt must be tucked into trousers.
- (Optional) Suspenders under plain black vest, cardigan, or pullover.
- Black trousers.



• (Optional) Black satin strip down the outside length of the trouser leg and/or around the waist. • Black shoes. • Black socks.	
2 - One Piece Dress	
• Dress must be one piece • Fabric may be one color or multicolored (a color pattern) and may not be the same as skin tone in intimate areas. • Decorations without light reflective qualities are allowed on dress. • Bodice must adhere to general skin coverage requirements. • Attached skirt must cover dance briefs and buttocks completely while athlete is standing still.	
3 - Blouse and Skirt	
• Blouse must be tucked into skirt and adhere to skin coverage requirements. • Fabric elements may be any color that does not match athlete's skin tone in intimate areas. • Decorations without light reflective qualities are allowed on the blouse and skirt. • Athlete's skirt must cover dance briefs and buttocks completely when athlete is standing still.	
4 - Blouse and Pants	
• Blouse must be tucked into pants and adhere to skin coverage requirements. • Fabric elements may be any color that does not match athlete's skin tone in intimate areas. • Decorations without light reflective qualities are allowed on the blouse.	

SHOE/SOCK OPTIONS

Lace-Up Dress Shoe

- Black dress-style shoe with laces, patent leather optional.
- Block heel, maximum height of 2".
- Black socks.

Pump or Sandal with or without Heel

- Color not restricted.
- Maximum heel height of 3".
- No embellishments or glitter except on the side buckle of the shoes.
- (Optional) Short socks or flesh-colored tights may be worn.

OPTIONAL

- Personal jewelry of any kind.
- Decoration jewelry without light reflective qualities.
- Non-reflective hair accessories.
- Makeup or cosmetics, except glitter.

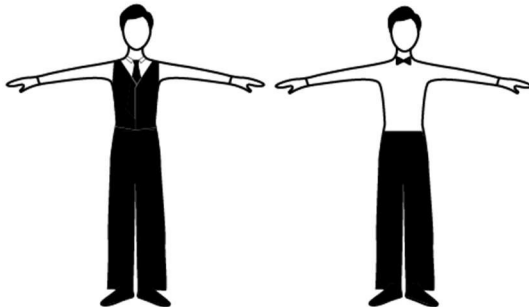
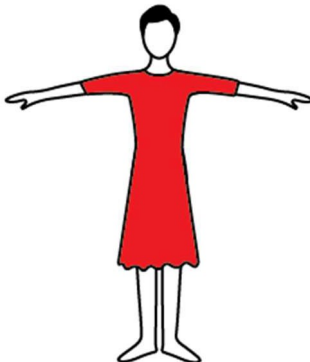
EXCLUDED ITEMS: Not Allowed

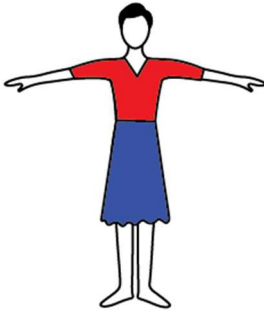
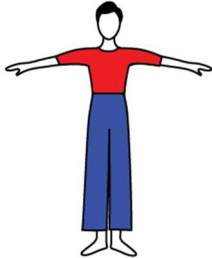
- Decorative jewelry of any kind with light effects, including earrings, necklaces, etc.
- Tail shirts, tuxedo shirts, shirts with wing collars, and/or French cuffs.
- Trousers with any fabric strip not described above.
- Untucked shirts.
- Rolled up sleeves.
- Decorations, materials, or shoes with any light-reflective qualities, other than allowed above.
- Two-piece apparel with gaps between the upper garment and the lower garment allowing skin to show when athlete is still or moving.
- Gloves or floats.
- Mesh tights.
- Hair decorations other than allowed above, including colored or glittered hairspray and any other decorations.
- Skin tone fabric.

YOUTH SYLLABUS

INTERNATIONAL STANDARD

All acceptable clothing items are listed in the following table. Please choose only one of the numbered configurations below. Additional attire requirements, sock and shoe choices, and excluded items are listed after the table.

GENERAL BODY COVERAGE CLOTHING CONFIGURATIONS	
1 - Long-Sleeved Shirt and Trousers	
• Plain white long-sleeved shirt. • Black or white bowtie or black tie. • (Optional) White tail shirt or tuxedo shirt or wing collar and/or French cuffs. • (Optional) studs or cufflinks without light effects. • (Optional) Black vest, cardigan, or pullover. • (Optional) Suspenders under plain black vest, cardigan, or pullover. • Black trousers. • (Optional) Black satin strip down the outside length of the trouser leg and/or around the waist. • Black shoes. • Black socks.	
2 - One Piece Dress	
• Dress must be one piece • Fabric may be one color or multicolored (a color pattern) and may not be the same as skin tone in intimate areas. • Decorations without light reflective qualities are allowed on dress. • Bodice must adhere to general skin coverage requirements. • Attached skirt must cover the athlete's knees while standing still. • (Optional) Floats.	

3 - Blouse and Skirt	
• Blouse must be tucked into skirt and adhere to skin coverage requirements. • Fabric elements may be any color that does not match the athlete's skin tone. • Decorations without light reflective qualities are allowed on the blouse and skirt. • Skirt must cover the athlete's knees while standing still. • (Optional) Floats.	
4 - Blouse and Pants	
• Blouse must be tucked into pants and adhere to skin coverage requirements • Fabric elements may be any color that does not match athlete's skin tone in intimate areas. • Decorations without light reflective qualities are allowed on the blouse.	

SHOE/SOCK OPTIONS

Lace-Up Dress shoe

- Black dress-style shoe with laces, patent leather optional.
- Block heel, maximum height of 2".
- Black socks.

Pump or Sandal with or without Heel

- Color not restricted.
- Maximum heel height 3".
- No embellishments or glitter except on the side buckle of the shoes.

OPTIONAL

- Personal jewelry of any kind.
- Decorative jewelry without light reflective qualities.
- Non-reflective hair accessories.
- Makeup or cosmetics, except glitter.

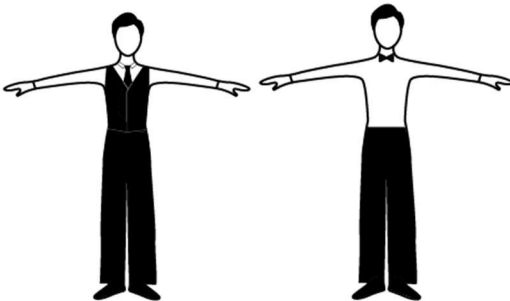
EXCLUDED ITEMS: Not Allowed

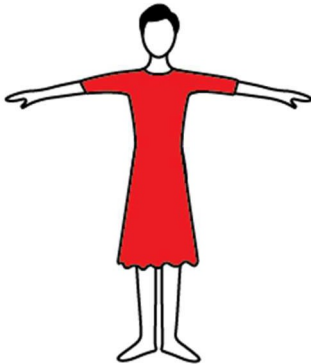
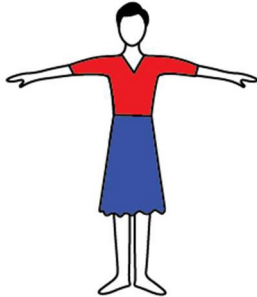
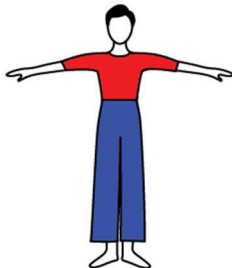
- Decorative jewelry of any kind with light effects, including studs, cufflinks, earrings, necklaces, etc.
- Trousers with any fabric strip not described above.
- Untucked shirts.
- Rolled up sleeves.
- Decorations, materials, or shoes with any light-reflective qualities, other than allowed above.
- Two-piece apparel with gaps between the upper garment and the lower garment allowing skin to show when athlete is still or moving.
- Gloves.
- Hair decorations other than allowed above, including colored or glittered hairspray and any other decorations.
- Skin tone fabric.

YOUTH SYLLABUS

AMERICAN SMOOTH

All acceptable clothing items are listed in the following table. Please choose only one of the numbered configurations below. Additional attire requirements, sock and shoe choices, and excluded items are listed after the table.

GENERAL BODY COVERAGE CLOTHING CONFIGURATIONS	
1 - Long-Sleeved Shirt and Trousers	
• Single color long-sleeved shirt. • Shirt color may not be same color as skin tone. • (Optional) Single color tail shirt, tuxedo shirt, wing collar, and/or French cuffs. • (Optional) Studs or cufflinks. • Shirt must be tucked into trousers. • Single color bowtie or tie. • (Optional) Single color vest, cardigan, or pullover which may match the shirt color. • (Optional) Suspenders under vest, cardigan, or pullover. • Black trousers. • (Optional) Black satin strip down the outside length of the trouser leg and/or around the waist.	

2 - One Piece Dress	
• Dress must be one piece • Fabric may be one color or multicolored (a color pattern) and may not be the same as skin tone in intimate areas. • Decorations without light reflective qualities are allowed on dress. • Bodice must adhere to general skin coverage requirements. • Attached skirt must cover athlete's dance briefs and buttocks completely when standing still. • Dress may contain a slit; however, the slit may not extend higher than the knee.	
3 - Blouse and Skirt	
• Blouse must be tucked into skirt and adhere to skin coverage requirements. • Fabric elements may be any color that does not match the athlete's skin tone in intimate areas. • Decorations without light reflective qualities are allowed on the blouse and skirt. • Skirt must cover the athlete's dance briefs and buttocks while standing still. • Dress may contain a slit; however, the slit may not extend higher than the knee.	
4 - Blouse and Pants	
• Blouse must be tucked into pants and adhere to skin coverage requirements. • Fabric elements may be any color that does not match athlete's skin tone in intimate areas. • Decorations without light reflective qualities are allowed on the blouse.	

SHOE/SOCK OPTIONS

Lace-Up Dress Shoe

- Black dress-style shoe with laces, patent leather optional.
- Block heel, maximum height of 2”.
- Black socks.

Pump or Sandal with or without Heel

- Color not restricted
- Maximum heel height of 3”
- No embellishments or glitter except on the side buckle of the shoes.

OPTIONAL

- Personal jewelry of any kind.
- Decorative jewelry without light reflective qualities.
- Non-reflective hair accessories.
- Makeup or cosmetics, except glitter.

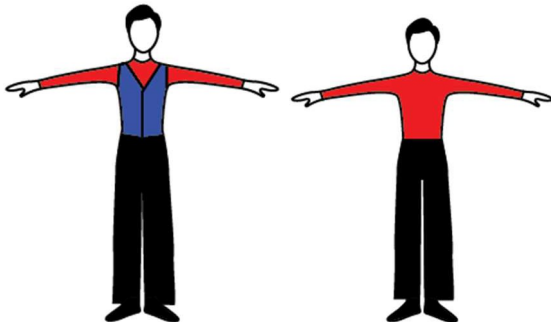
EXCLUDED ITEMS: Not Allowed

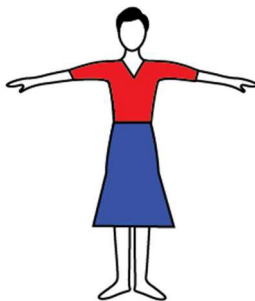
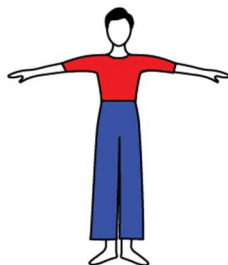
- Decorative jewelry of any kind with light effects, including studs, cufflinks, earrings, necklaces, etc.
- Trousers with any fabric strip not described above.
- Untucked shirts.
- Rolled up sleeves.
- Decorations, materials, or shoes with any light-reflective qualities, other than allowed above.
- Two-piece apparel with gaps between the upper garment and the lower garment allowing skin to show when athlete is still or moving.
- Gloves or floats.
- Hair decorations other than allowed above, including colored or glittered hairspray and any other decorations.
- Skin tone fabric.

YOUTH SYLLABUS

INT. LATIN / AM. RHYTHM

All acceptable clothing items are listed in the following table. Please choose only one of the numbered configurations below. Additional attire requirements, sock and shoe choices, and excluded items are listed after the table.

GENERAL BODY COVERAGE CLOTHING CONFIGURATIONS	
1 - Long-Sleeved Shirt and Trousers	
• Single color long-sleeved shirt. • Fabric elements may be any color that does not match the athlete's skin tone. • (Optional) Single color tail shirt, tuxedo shirt, wing collar, and/or French cuffs. • (Optional) Studs or cufflinks. • Shirt must be tucked into trousers. • (Optional) Shirt may be open to the breastbone. Skin coverage rules apply. • (Optional) Single color bowtie or tie. • (Optional) Single color vest, cardigan, or pullover which may match the shirt. • (Optional) Turtleneck or mock turtleneck. • (Optional) Suspenders under vest, cardigan, or pullover. • Black trousers. • (Optional) Black satin strip down the outside length of the trouser leg and/or around the waist.	

2 - One-Piece Dress	
• Dress must be one piece • Fabric may be one color or multicolored (a color pattern) and may not be the same as skin tone in intimate areas. • Decorations without light reflective qualities are allowed on dress. • Bodice must adhere to general skin coverage requirements. • Attached skirt must cover dance briefs and buttocks completely while athlete is standing still.	
3 - Blouse and Skirt	
• Blouse must be tucked into skirt and adhere to skin coverage requirements. • Fabric elements may be any color that does not match the athlete's skin tone in intimate areas. • Decorations without light reflective qualities are allowed on the blouse and skirt. • Skirt must cover the athlete's dance briefs and buttocks while standing still.	
4 - Blouse and Pants	
• Blouse must be tucked into pants and adhere to skin coverage requirements. • Fabric elements may be any color that does not match athlete's skin tone in intimate areas. • Decorations without light reflective qualities are allowed on the blouse.	

SHOE/SOCK OPTIONS

Lace-Up Dress Shoe

- Black dress-style shoe with laces, patent leather optional.
- Block heel, maximum height of 2".
- Black socks.

Pump or Sandal with or without Heel

- Color not restricted.
- Maximum heel height of 3".
- No embellishments or glitter except on the side buckle of the shoes.

OPTIONAL

- Personal jewelry of any kind.
- Decorative jewelry without light reflective qualities.
- Non-reflective hair accessories
- Makeup or cosmetics, except glitter.

EXCLUDED ITEMS: Not Allowed

- Decorative jewelry of any kind with light effects, including studs, cufflinks, earrings, necklaces, etc.
- Trousers with any fabric strip not described above.
- Untucked shirts.
- Rolled up sleeves.
- Decorations, materials, or shoes with any light-reflective qualities, other than allowed above.
- Two-piece apparel with gaps between the upper garment and the lower garment allowing skin to show when athlete is still or moving.
- Gloves or floats.
- Hair decorations other than allowed above, including colored or glittered hairspray and any other decorations.
- Skin tone fabric.

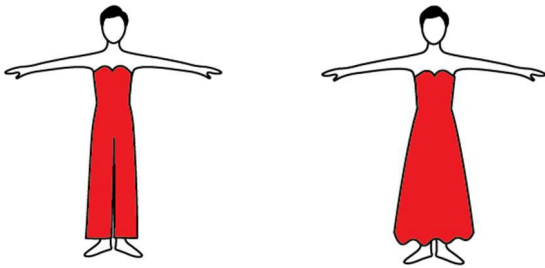
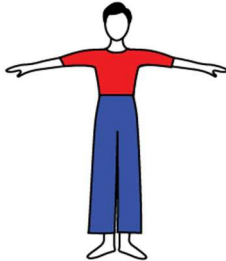
6 OPEN PROFICIENCY – DRESS SPECIFICATIONS

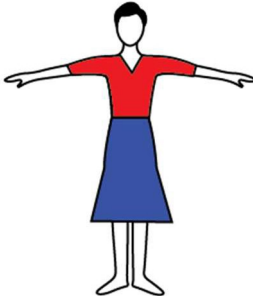
JUNIOR, YOUTH, ADULT, AND SENIOR OPEN PROFICIENCY AND ADULT AND SENIOR SYLLABUS

INTERNATIONAL STANDARD

Acceptable clothing items are listed in the following table. Please choose only one of the numbered configurations below. Additional attire requirements, sock and shoe choices, and excluded items are listed after the table. In any of the following categories, an athlete may wear the allowed syllabus dress code attire for the age level and style being danced.

GENERAL BODY COVERAGE CLOTHING CONFIGURATIONS	
1 - Tail Suit	
• Black or midnight blue tail suit with all accompanying accessories. • White long-sleeved shirt. • White, black, or midnight blue bow tie. • Black or midnight blue trousers. • Black or midnight blue socks. • Black or midnight blue shoes.	
2 - Jacket and Trousers	
• Black or midnight blue suit jacket. • White long-sleeved shirt. • Black or midnight blue tie. • Black or midnight blue trousers. • Black or midnight blue socks. • Black or midnight blue shoes.	

3 - Long-Sleeved Shirt and Trousers	
• (Optional) Black or midnight blue vest, cardigan, or pullover. • White long-sleeved shirt. • Black or midnight blue tie • Black or midnight blue trousers. • Black or midnight blue socks. • Black or midnight blue shoes.	
4 - One Piece Competition Dress or Jumpsuit	
• One piece competition dress or jumpsuit • Athlete's dress must have a long skirt which at a minimum covers both knees. • Bodice must adhere to skin coverage requirements. • Costume may be any color that does not match the athlete's skin tone in intimate areas. • (Optional) Vest, jacket, or bolero jacket. • (Optional) Floats or gloves.	
5 - Blouse and Pants	
• Blouse must be tucked into pants and adhere to skin coverage requirements. • Fabric elements may be any color that does not match athlete's skin tone in intimate areas. • (Optional) Vest, jacket, or bolero jacket.	
6 – Blouse/Shirt and Skirt	

• Blouse/shirt must be tucked into skirt and adhere to skin coverage requirements. • Fabric elements may be any color that does not match the athlete's skin tone in intimate areas. • Skirt must cover the athlete's dance briefs and buttocks while standing still. • (Optional) Solid color vest, jacket, or bolero jacket. • (Optional) White-collared long-sleeved shirt with black or midnight blue tie.	
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SHOE/SOCK OPTIONS

Lace-Up Dress Shoe

- Must be black or midnight blue

Pump or Sandal with or without Heel

- Color not restricted
- Heel height not restricted for Adults and Seniors.
- Maximum heel height 3" for Juniors and Youth.

OPTIONAL

- Personal and/or Decorative jewelry
- Hair accessories
- Makeup or cosmetics.

EXCLUDED ITEMS: Not Allowed

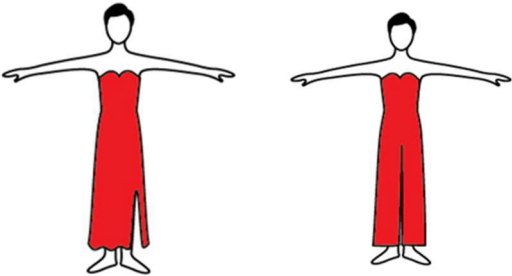
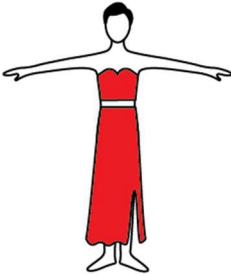
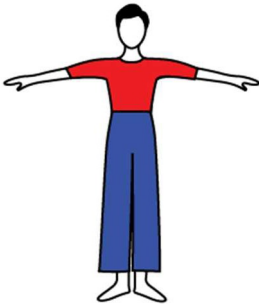
- Untucked shirts.
- Rolled up sleeves.
- Two-piece apparel with gaps between the upper garment and the lower garment allowing skin to show while athlete is still or moving.
- For Junior and Youth principal fabric of the costume may not be skin-toned but sections of skin-toned material may be inserted into non-intimate areas.

JUNIOR, YOUTH, ADULT, AND SENIOR OPEN PROFICIENCY AND ADULT AND SENIOR SYLLABUS

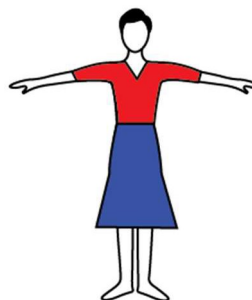
AMERICAN SMOOTH

Acceptable clothing items are listed in the following table. Please choose only one of the numbered configurations below. Additional attire requirements, sock and shoe choices, and excluded items are listed after the table. In any of the following categories, an athlete may wear the allowed syllabus dress code attire for the age level and style being danced.

GENERAL BODY COVERAGE CLOTHING CONFIGURATIONS	
1 - Jacket and Trousers	
• Single color suit or bolero jacket. • Single color long-sleeved shirt. Shirt must be fastened at the collar. • (Optional) Tie • (Optional) Single color vest. • (Optional) Turtleneck • (Optional) Closed collar jacket • Single color socks. • Single color shoes. • Collar must be completely closed at the neck or covered by a tie. • Costume elements may be any color that does not match the athlete's skin tone.	
2 - Long-Sleeved Shirt and Trousers	
• Single color long-sleeved shirt. Shirt must be fastened at the collar. • (Optional) Tie • (Optional) Single color turtleneck • (Optional) Single color vest, cardigan, or pullover which may match the shirt color. • Single color trousers. • Single color socks. • Single color shoes. • Costume elements may be any color that does not match the athlete's skin tone.	

3 - One Piece Competition Dress or Jumpsuit	
• Athlete's dress must have a long skirt which at minimum covers both knees. • (Optional) Vest, jacket, or bolero jacket. • (Optional) Slit in skirt that extends no higher than the leg line. • (Optional) Cutaway skirt that extends no higher than the leg line. • Bodice must adhere to skin coverage requirements. • Costume may be any color that does not match the athlete's skin tone in intimate areas. • (Optional) Gloves.	
4 - Two-Piece Dress	
• Skirt must cover the athlete's knees when standing still. • (Optional) Vest, jacket, or bolero jacket. • (Optional) Slit in skirt that extends no higher than the leg line. • (Optional) Cutaway skirt that extends no higher than the leg line. • Bodice must adhere to skin coverage requirements. • Top <u>may not</u> consist only of a bra/bikini.	
5 - Blouse and Pants	
• (Optional) Vest, jacket, or bolero jacket. • Blouse must be tucked into pants and adhere to skin coverage requirements. • Fabric elements may be any color that does not match athlete's skin tone in intimate areas.	
6 – Blouse/Shirt and Skirt	

- (Optional) Vest, jacket, or bolero jacket.
- (Optional) Solid color collared long-sleeved shirt with tie.
- Blouse/shirt must be tucked into skirt and adhere to skin coverage requirements.
- Fabric elements may be any color that does not match the athlete's skin tone in intimate areas.
- Skirt must cover the athlete's dance briefs and buttocks while standing still.



SHOE/SOCK OPTIONS

- Color not restricted.
- Heel height not restricted for Adults and Seniors,
- Maximum heel height of 3" for Juniors and Youth.

OPTIONAL

- Personal and/or Decorative jewelry
- Hair accessories.
- Makeup or cosmetics.

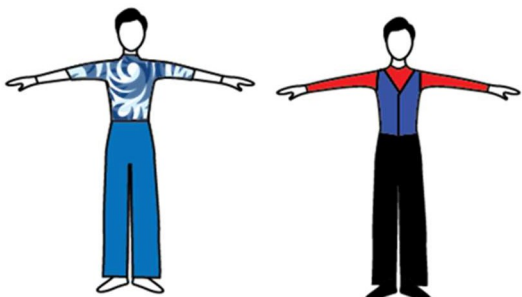
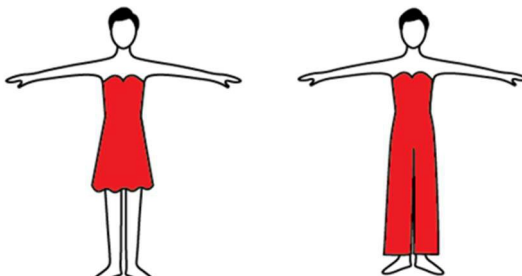
EXCLUDED ITEMS: Not Allowed

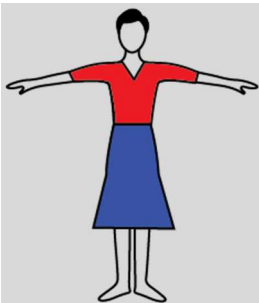
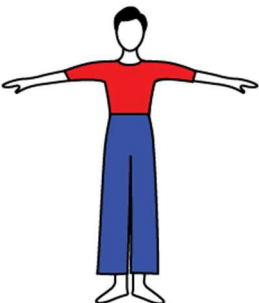
- Untucked shirts.
- Rolled up sleeves
- For Junior and Youth principal fabric of the costume may not be skin-toned but sections of skin-toned material may be inserted into non-intimate areas.

JUNIOR, YOUTH, ADULT, AND SENIOR OPEN PROFICIENCY AND ADULT AND SENIOR SYLLABUS

INT. LATIN / AM. RHYTHM

Acceptable clothing items are listed in the following table. Please choose only one of the numbered configurations below. Additional attire requirements, sock and shoe choices, and excluded items are listed after the table. In any of the following categories, an athlete may wear the allowed syllabus dress code attire for the age level and style being danced.

GENERAL BODY COVERAGE CLOTHING CONFIGURATIONS	
1 - Shirt and Trousers	
• Long-sleeved or short-sleeved shirt. • Shirt may be open to the waist but must reconnect at the waist and adhere to skin coverage requirements. • (Optional) Tie or bowtie. • (Optional) Vest, jacket, or bolero jacket. • Costume may be any color that does not match the athlete's skin tone in intimate areas. • Socks. • Shoes.	
2 - Competition Dress or Jumpsuit	
• Dress/jumpsuit must cover the dance briefs and buttocks completely when the athlete is standing still. • (Optional) Vest, jacket, or bolero jacket. • (Optional) Slit in skirt that extends no higher than the leg line. • (Optional) Cutaway skirt that extends no higher than the leg line. • Bodice must adhere to skin coverage requirements. • Two-piece costumes are <u>ALLOWED</u> but top <u>may not</u> consist of a bra/bikini top and bottom may not consist of only minimum area coverage.	

• Costume elements may be any color that does not match the athlete's skin tone in intimate areas.	
3 – Blouse/Shirt and Skirt	
• Blouse must be tucked into skirt and adhere to skin coverage requirements. • Fabric elements may be any color that does not match the athlete's skin tone in intimate areas. • Skirt must cover the athlete's dance briefs and buttocks while standing still. • (Optional) Vest, jacket, or bolero jacket. • (Optional) Collared long-sleeved shirt with tie.	
4 - Blouse and Pants	
• Blouse must be tucked into pants and adhere to skin coverage requirements. • Fabric elements may be any color that does not match athlete's skin tone in intimate areas. • (Optional) Vest, jacket, or bolero jacket.	
SHOE/SOCK OPTIONS	
• Color not restricted. • Heel height not restricted for Adults and Seniors, • Maximum heel height of 3" for Juniors and Youth.	

OPTIONAL

- Personal and/or Decorative jewelry.
- Hair accessories.
- Makeup or cosmetics.

EXCLUDED ITEMS: Not Allowed

- Untucked shirts unless they are tunic style shirts or those designed to hang outside the pants.
- Rolled up sleeves unless the blouse or shirt is designed and sewn so as to have the sleeves permanently rolled.
- For Junior and Youth principal fabric of the costume may not be skin-toned but sections of skin-toned material may be inserted into non-intimate areas.