

Beginners of all ages "lounge-wear"

Juvenile competitors and Junior & Adult Beginners have a specific dress code, this is often termed "lounge wear" for Adults.

For Junior and Adult boys/men – the dress code is as specified for the Juveniles (see below)

For Junior & Adult girls/ladies - must wear a simple dress or leotard and wrap over skirt. No sequins, diamantes or similar decorations are permitted. Often items bought in the high street or practice wear will suffice. To be absolutely sure for Junior girls you can follow the same guidelines as Juvenile girls.

Juvenile costume restrictions

With thanks to Elaine Davis

This is designed as a general overview of the dress code and restrictions for Juvenile competitors taking part in open competitions run under British Dance Council rules. This is intended as a guide only and the full code can be obtained from the BDC if required. Unless otherwise stated the code applies for Ballroom, Latin and Sequence. A copy of the BDC rules can be obtained from:
[www.british-dance-council.org/web pages/Publications.html](http://www.british-dance-council.org/web_pages/Publications.html)

BOYS

Trousers - Plain Black Trousers with either a normal waistline or a high waistband and made from a suiting type fabric or similar. Underfoot straps are acceptable. A narrow black belt can be worn for Latin. No stain stripes, satin waistbands or other decoration are permitted.

Shirts – Plain White Shirt with a normal collar and no pleats or ribbing. Wing collars and extra full sleeves are not permitted. Fabric must be plain. No satin or shiny fabrics are allowed and again no decoration in any shape or form. Cuff fasteners should be buttons or small, plain cufflinks. Sleeves may not be worn rolled up.

Ties - A Plain Black Tie should be worn for ballroom and sequence and a Plain Black Bow Tie for latin.

Belts – a belt must be narrow with a small buckle.

Shoes — Plain Black Shoes, leather or patent. Small Cuban heels are often worn for Latin.

GIRLS

Dresses— A simple dress of one colour only or a leotard or plain blouse and full wrap over or circular skirt both of the same colour. No Sequins, lace panelling, bows, ribbons, buttons, motifs, Diamantes or other similar decoration is allowed.

Permitted front necklines: Round; Boat; High; V Neck; Sweetheart; Simple Collar; Square Neck; Peter Pan Collar. Frill up to a maximum of 7.5cms in depth and cut not to be lower than top of armpit

Permitted back necklines: Round; Boat; V Neck; Square Neck; Small Keyhole cut not lower than the top of the armpit

Unapproved necklines: Off the shoulder on one or both arms; Any shoulderless dress with straps; Any backless dress; Low cut back either round or V; Cut outs other than a small keyhole as mentioned above

Permitted Sleeves: Long either loose or fitted; Short; Elbow Length; Sleeveless; Short Puff Sleeve; Cap Sleeve

Unapproved Sleeves: Dolman; Tiered; Slashed; Frills on Shoulders; Frilled or Layered; Frilled Cuffs; One Sleeve; Belled

Skirts — Pleated skirts are permitted. Skirts must be above the knee, but no more than 5cm above the top of the knee. Only one underskirt is permitted. The top layer can be wired with fishing line wire but rigilene or hem stiffeners are not allowed. We believe that finishing the dress hem with bias binding or ribbon is acceptable as long as this is the same colour as the dress. A frill on the bottom of the dress is permitted up to a maximum of 8.5cm in depth.

Permitted Skirts: Full circle; Full wrap around; A line with full hemline

Unapproved Skirts: Fringed; Fringe Trim; Feathers or Feather Trimming; Tiered Frills; Godets or Fabric Inserts; No splits at Front, Back or Sides; Slashed Thighs at Front or Back; Skirt made from Strips; Frills longer than three inches on hemline

Dress Fabrics - Must be of one colour throughout the dress and metallic threads or fabrics with lurex or glitter patterns are not permitted. Stretch lace fabric is allowed as is colour co-ordinated mesh or power net. However any see through materials used on the bodice must be fully lined from the waist to the shoulder line. See through fabrics are permitted to be used unlined on sleeves only. Body stocking or similar see through material inserts are not allowed nor are straps. There must be no decoration in any form such as sequins, lace diamantes, rhinestones, beads, fluorescent paints, feathers, fringe, bows, buttons, braids or similar trimmings. Small bows may be used as a fastening for a belt or sash and buttons may also be used for fastening purposes only.

Sequence dresses — may be one inch below the knee – there should be 10cm from the top of the socks to the hem of the dress. Only two underskirts are permitted.



Shoes - Block Heeled Shoes only with a maximum heel height of 3.5 cm. We do not believe that there is no restriction as to colour; gold, silver, white, flesh shoes can be worn. Strictly no high heels. White ankle socks must be worn.

Hair & Make Up — Parents are asked to be sensible in regard to hair styles and the amount of make up worn by juvenile girls. A small hair decoration such as a flower in the same colour as the dress is normally acceptable. Tiaras and diamante decoration on the hair are not permitted.

Accessories — Armbands, Wristbands, Chokers or Headbands worn around the forehead are not allowed. Only jewellery of a "personal or religious nature" may be worn.

Sponsorship Logos — Three sponsor logos are permitted per couple but must not exceed 40 square centimetres



Photo courtesy of DSI

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