

JOURNEY DANCESPORT

DRESS REGULATIONS

For

Per-Teen, Junior & Youth



Journey
DANCESPORT

Guidebook

JOURNEY DANCESPORT

DRESS REGULATIONS

For
Per-Teen, Junior & Youth

TABLE OF CONTENTS

International Standard /American Smooth and International Latin /American Rhythm

- [PRE-TEEN I & II pg. 3](#) Closed/Open Syllabus Proficiency Levels
- [JUNIOR I & II pg. 6](#) Closed Syllabus Proficiency Levels
- [YOUTH pg. 8](#) Closed Syllabus Proficiency Levels
- [<NOTE> pg. 10](#)

International Standard

- [JUNIOR/YOUTH pg. 11](#) Open Syllabus Proficiency Levels

American Smooth

- [JUNIOR/YOUTH pg. 12](#) Open Syllabus Proficiency Levels

International Latin/American Rhythm

- [JUNIOR/YOUTH pg. 14](#) Open Syllabus Proficiency Levels

Other Info.

- [Teacher Student and Mixed Proficiency events, pg.15](#)
- [GENERAL pg. 16](#)
- [GOOD TASTE RULE pg. 16](#)
- [DEFINITIONS OF TERMS/RESTRICTIONS pg.17](#)
- [Basic Material pg. 17](#)
- [Pants/Trousers pg. 18](#)

JOURNEY DANCESPORT

DRESS REGULATIONS

PRE-TEEN I & II

International Standard /American Smooth and International Latin /American Rhythm

Closed / Open Syllabus Proficiency Levels—Dress Specifications

MALE ATHLETE

Required:

- A plain white long-sleeved shirt, cotton or cotton/polyester blend preferred
- Black tie/bow tie.
- Black trousers (black satin strip down the outside length of the trouser leg and around the waist, is allowed).
- Black socks.
- Black shoes (1.5" maximum heel height).
- Stirrup Strap (optional)
- Long hair must be worn in a ponytail.

Not Allowed:

- Personal or decorative jewelry of any kind, including studs, cufflinks, necklaces, etc.
- Vests.
- Shiny or patterned materials, including stripes alternation between sheer and opaque.
- Trousers with any strips, other than allowed above.
- Tail shirts, tux shirts, shirts with wing collars and/or French cuffs.
- Un-tucked shirt.
- Turtle-neck or mock turtle-neck shirt.
- Rolled up sleeves.
- Cosmetics or make-up of any kind.
- Decoration, material or shoes with any light reflective qualities.
- No Rhinestones, Sequins or Metallics

JOURNEY DANCESPORT

DRESS REGULATIONS

PRE-TEEN I & II

International Standard /American Smooth and International Latin /American Rhythm

Closed / Open Syllabus Proficiency Levels—Dress Specifications

FEMALE ATHLETE

Required

- A plain one-color one-piece dress, or a white blouse, leotard or T-shirt, tucked into a black skirt, or leotard with same color skirt that does not have any light effects added, including metallic threads or other reflective threads woven into the material.
- Skirt may be plain or pleated; with a minimum of 1 half circle to a maximum of 1½ circles of the same length.
- One plain underskirt of the same length as the overskirt is allowed.
- Outer skirt may be made of transparent material the same color as the rest of the dress, provided the underskirt is made of opaque, non-transparent material.
- Bodice may be made of transparent material, including lace, provided it is lined with opaque, non-transparent material in the same color.
- A sewn in waistband, the same material and color as the skirt, that is no more than 2” wide is allowed
- Skirt hem must not be shorter than 4” above the knee, or longer than just under the kneecap.
- Acceptable necklines are jewel, scoop, boat, gathered, square, v-neck, sweetheart, peter pan, or turtleneck. (No open Back)
- Acceptable sleeves are sleeveless, short sleeves, ¾ length sleeves, long sleeves, puffed sleeves (short or long), mesh or lace material that is the same color as the top is allowed as sleeves from the shoulder to the wrist only.
- Acceptable skirts are gored, gathered, waist height v-bodice, pleated, dropped waist, dropped-waist with v-bodice.
- A shoe with a block heel (1½” maximum heel height) without any embellishments or glitter, except on side buckle.
- Short socks with a row of lace folded down or flesh, light pink or white colored tights must be worn.
- Dance trunks/pants black or same color as dress must be worn (Flesh color not allowed)

JOURNEY DANCESPORT

DRESS REGULATIONS

PRE-TEEN I & II

International Standard /American Smooth and International Latin /American Rhythm

Syllabus Proficiency Levels—Dress Specifications

FEMALE ATHLETE

Not Allowed

- Underskirts which are larger (in any dimension) than the overskirt.
- More than 2 layers of skirt as described above.
- Skirts or underskirts with ruffles or frills.
- Skirts or underskirts hemmed with boning, soft boning, fish line, or anything else that will stiffen the hem.
- Skirts with slits.
- Two-piece dresses with gaps between the upper garment and the lower garment allowing skin to show when athlete is either still or in motion.
- Personal or decorative jewelry of any kind, including earrings, necklaces, bracelets, etc.
- Cosmetics or make-up of any kind including tanning products.
- Decoration, material or shoes with any light reflective qualities, other than allowed above.
- Hair decorations including any flowers, headbands, including colored or glittered hairspray and any other decorations.
- Gloves or floats.
- Mesh tights.

- **<NOTE>**
- Materials Not Allowed for Syllabus Apparel for Pre-Teen through Youth age categories:
- Any material that has anything added or threads woven into the material including threads such as metallic, sequences, rhinestones, or metallic flecks is not allowed.
- Foil, beads, sequins, rhinestones, glitter, metallic thread or anything that may give the appearance of glitter or sheen, or anything that may give the appearance of the above but is not mentioned is not allowed on any syllabus apparel for Pre-Teen through Youth age categories.
- Any questionable fabrics/designs must be cleared with the Chair of the DanceSport Rules Committee or the Chairman of Judges and/or Dress Code Official for the event, prior to the actual start of the competition.

JOURNEY DANCESPORT

DRESS REGULATIONS

JUNIOR I & II

International Standard/American Smooth/International Latin/American Rhythm

Closed Syllabus Proficiency Levels—Dress Specifications

MALE ATHLETE

Required:

- A plain white long-sleeved shirt, cotton or cotton/polyester blend preferred) for Standard. A plain black long-sleeved shirt for Latin/Rhythm/Smooth is allowed.
- Black or White bow tie or Black tie. (optional for Latin/Rhythm)
- Black vest (optional).
- Black trousers, (black satin strip down the outside length of the trouser leg and around the waist, is allowed).
- Black socks.
- Black shoes, patent leather optional.
- Long hair must be worn in a ponytail.
- Shirt may be open to breast bone. (optional for Latin/Rhythm)

Not Allowed

- Decorative jewelry of any kind, including studs, cufflinks, necklaces, etc.
- Shiny or patterned materials or weave, (stripes alternating between sheer and opaque.)
- Tail shirts, tux shirts, shirts with wing collars and/or French cuffs.
- Trousers with any strips, other than allowed above.
- Un-tucked shirt.
- Turtle-neck or mock turtle-neck shirts (allowed for Latin and Rhythm.)
- Rolled up sleeves.
- Decoration or material with any light reflective qualities.
- No Rhinestones, Sequins or Metallic

JOURNEY DANCESPORT

DRESS REGULATIONS

JUNIOR I & II

International Standard/American Smooth/International Latin/American Rhythm

Closed Syllabus Proficiency Levels—Dress Specifications

FEMALE ATHLETE

Required

- A one-piece single or multicolored dress, or a blouse tucked into a skirt (decorations without light reflective qualities are allowed on dress).
- Athlete's skirt must cover dance pants and buttocks completely when athlete is standing still.
- In Standard and Smooth the Athlete's dress must have a long skirt which at minimum covers both her knees; if the skirt is split it must not be split higher than the mid-thigh.
- A shoe with a heel height of 3" maximum without any embellishments or glitter, except the side buckle of the shoes.
- Short socks with a row of lace folded down or flesh, light pink or white colored tights may be worn. (optional)
- Any non-reflective hair accessory may be worn. (optional)
- Decoration jewelry without light reflective qualities may be worn. (optional)

Not Allowed

- Two-piece dresses with gaps between the upper garment and the lower garment allowing skin to show when athlete is either still or in motion.
- Decoration jewelry with light reflective qualities, including earrings necklaces, bracelets, etc.
- Decoration, material, or shoes with any light reflective qualities, other than allowed above.
- Hair decoration not specified above, including colored or glittered hairspray and any other light reflective decorations.
- Gloves or floats.
- Mesh tights.
- **<NOTE>**
- Materials Not Allowed for Syllabus Apparel for Pre-Teen through Youth age categories:
- Any material that has anything added or threads woven into the material including threads such as metallic, sequences, rhinestones, or metallic flecks is not allowed.
- Foil, beads, sequins, rhinestones, glitter, metallic thread or anything that may give the appearance of glitter or sheen, or anything that may give the appearance of the above but is not mentioned is not allowed on any syllabus apparel for Pre-Teen through Youth age categories.
- Any questionable fabrics/designs must be cleared with the Chair of the DanceSport Rules Committee or the Chairman of Judges and/or Dress Code Official for the event, prior to the actual start of the competition.

JOURNEY DANCESPORT

DRESS REGULATIONS

YOUTH

International Standard/American Smooth/International Latin/American Rhythm

Closed Syllabus Proficiency Levels—Dress Specifications

MALE ATHLETE

Required:

- A plain white long-sleeved shirt for standard; any color plain long-sleeve shirt for Latin/Smooth/Rhythm.
- Tail shirts, tux shirts, shirts with wing collars and/or French cuffs. (optional)
- Studs and/or cufflinks. (optional)
- Black or white bow tie or black tie for Standard; tie/bow tie may be one color for Smooth, tie/bow tie optional for Latin & Rhythm.
- Black vest/cardigan/pullover for Standard (optional); vest/cardigan/pullover may match the shirt color in Smooth/Latin/Rhythm. (optional)
- Black trousers, (black satin strip down the outside length of the trouser leg and around the waist, is allowed).
- Black socks.
- Black shoes, patent leather optional.
- Long hair must be worn in a ponytail.
- Shirt may be open to breast bone for Latin/Rhythm

Not Allowed

- Decoration jewelry.
- Shiny or patterned materials or weave (stripes alternating between sheer and opaque).
- Trousers with any strips, other than allowed above.
- Un-tucked shirt.
- Rolled up sleeves.
- Decoration or materials or shoes with any light reflective qualities.
- No Rhinestones, Sequins or Metallic

JOURNEY DANCESPORT

DRESS REGULATIONS

YOUTH

International Standard/American Smooth/International Latin/American Rhythm

Closed Syllabus Proficiency Levels—Dress Specifications

FEMALE ATHLETE

Required

- A one-piece single or multicolored dress, or a blouse tucked into skirt, or a blouse/trouser combination.
- Athlete's skirt must cover dance pants and buttocks completely when athlete is standing still.
- In Standard or Smooth the Athlete's dress must have a long skirt which at minimum covers both her knees; if the skirt is split it must not be split higher than mid-thigh.
- Non-reflective decoration is allowed on the dance apparel, except the side buckle of the shoes.
- Any non-reflective hair accessory may be worn. (optional)
- Decoration jewelry without light reflective qualities may be worn. (optional)
- The distance between bra cups must be less than 2 inches (5 cm).

Not Allowed

- Two-piece dresses with gaps between the upper garment and the lower garment allowing skin to show when athlete is either still or in motion.
- Decoration jewelry with light reflective qualities, including earrings necklaces, bracelets, etc.
- Decoration, material or shoes with any light reflective qualities other than allowed above.
- Colored or glittered hairspray and any other light reflective hair decorations.
- Gloves or floats.
- **<NOTE>**
- Materials Not Allowed for Syllabus Apparel for Pre-Teen through Youth age categories:
- Any material that has anything added or threads woven into the material including threads such as metallic, sequences, rhinestones, or metallic flecks is not allowed.
- Foil, beads, sequins, rhinestones, glitter, metallic thread or anything that may give the appearance of glitter or sheen, or anything that may give the appearance of the above but is not mentioned is not allowed on any syllabus apparel for Pre-Teen through Youth age categories.
- Any questionable fabrics/designs must be cleared with the Chair of the DanceSport Rules Committee or the Chairman of Judges and/or Dress Code Official for the event, prior to the actual start of the competition.

JOURNEY DANCESPORT DRESS REGULATIONS

<NOTE>

Materials Required for Syllabus Apparel for Pre-Teen through Youth age categories:

If the dress/costume material is matte or low-sheen, it is allowed.

Materials Not Allowed for Syllabus Apparel for Pre-Teen through Adult age categories:

Any material that has anything added or threads woven into the material including threads such as metallic, sequences, rhinestones, or metallic flecks is not allowed.

Foil, beads, sequins, rhinestones, glitter, metallic thread or anything that may give the appearance of glitter or sheen, or anything that may give the appearance of the above but is not mentioned is not allowed on any syllabus apparel for Pre-Teen through Youth age categories.

Any questionable fabrics/designs must be cleared with the Chair of the DanceSport Rules Committee or the Chairman of Judges and/or Dress Code Official for the event, prior to the actual start of the competition.

JOURNEY DANCESPORT DRESS REGULATIONS

JUNIOR/YOUTH

International Standard

Open Proficiency Levels.-Dress Specifications

MALE ATHLETE

Required:

- Minimum allowed attire of the age appropriate Standard syllabus dress code.
- Black or midnight blue tails suit with white long sleeve shirt and all standard accessories allowed.
- Black or midnight blue vest or black or suit jacket, with white shirt and black or white bow tie or black long tie.
- Black or midnight blue trousers.
- Black or midnight blue socks.
- Black or midnight blue shoes.
- Long hair must be worn in a ponytail.

Not Allowed

- Rolled up sleeves.

JUNIOR/YOUTH

International Standard

Open Proficiency Levels—Dress Specifications

FEMALE ATHLETE

Required

- Minimum allowed attire of the age appropriate Standard syllabus dress code.
- Competition dress for Open Standard.
- Athlete's dress must have a long skirt which at minimum covers both her knees; if the skirt is split it must not be split higher than the mid-thigh.
- Costume must have body suit or dance pants. Dance pants must cover the buttocks completely; tangas/thongs are not allowed.
- Breast area must be covered with opaque fabric; if such fabric is skin colored, it must be decorated heavily.

JOURNEY DANCESPORT DRESS REGULATIONS

JUNIOR/YOUTH

International Standard

Open Proficiency Levels—Dress Specifications

FEMALE ATHLETE

Not Allowed

- Two-piece dresses with gaps between the upper garment and the lower garment allowing skin to show when athlete is either still or in motion.
- Skin colored or flesh-toned dresses.
- Dance pants may not be skin colored or flesh-toned.
- Dance pants may not be less than 2" from top to bottom at narrowest point in the hip area.
- The distance between bra cups may not be more than 2 inches (5 cm).
- Cut out or sheer fabric on front of dress.

JUNIOR/YOUTH

American Smooth

Open Proficiency Levels—Dress Specifications

MALE ATHLETE

Required:

- Minimum allowed attire of the age appropriate Smooth syllabus dress code.
- Competition apparel for Open Smooth.
- Tie/Bow Tie required.
- A vest, jacket or bolero jacket in same color as trousers. (optional)
- Trousers. Any color allowed except flesh.
- Socks.
- Shoes.
- Long hair must be worn in a ponytail.

Not Allowed

- No skin colored or flesh-toned suits, jackets, vests or shirts.
- Rolled up sleeves.

JOURNEY DANCESPORT

DRESS REGULATIONS

JUNIOR/YOUTH

American Smooth

Open Proficiency Levels—Dress Specifications

FEMALE ATHLETE

Required

- Minimum allowed attire of the age appropriate Smooth syllabus dress code.
- Competition dress for Open Smooth.
- Costume must have body suit or dance pants. Dance pants must cover the buttocks completely; (tangas/thongs are not allowed.)
- Athlete's skirt must cover dance pants and buttocks completely when athlete is standing still.
- Breast area must be covered with opaque fabric; if such fabric is skin colored, it must be heavily decorated.
- Athlete's dress must have a long skirt which at minimum covers both her knees; if the skirt is split it must not be split higher than the dance trunk/pants line.
- Breast area must be covered with opaque fabric; if such fabric is skin colored, it must be heavily decorated.

Not Allowed

- Dance pants may not be skin colored.
- Dance pants may not be more than 2" from top to bottom at narrowest point in the hip area.
- The distance between bra cups may not be more than 2 inches (5 cm).
- Two-piece dresses with gaps between the upper garment and the lower garment allowing skin to show when athlete is either still or in motion.
- No cut out or sheer fabric on front of dress.
- Skin colored or flesh-toned dresses.

JOURNEY DANCESPORT DRESS REGULATIONS

JUNIOR/YOUTH

International Latin/American Rhythm

Open Proficiency Levels—Dress Specifications

MALE ATHLETE

Required:

- Minimum allowed attire of the age appropriate Latin/Rhythm syllabus dress code, however short sleeved shirts are allowed.
- Shirt/Top.
- Shirt may be open to midpoint of sternum and navel.
- Trousers. Any color allowed except flesh.
- Vest, jacket or bolero jacket in same color as trousers. (optional)
- Tie. (optional)
- Socks.
- Shoes.
- Long hair must be worn in a ponytail.

Not Allowed

- Skin color or flesh-toned shirt, top, trousers, vest, jacket or bolero jacket.
- Rolled up sleeves.

JOURNEY DANCESPORT

DRESS REGULATIONS

JUNIOR/YOUTH

International Latin/American Rhythm

Open Proficiency Levels—Dress Specifications

FEMALE ATHLETE

Required

- Minimum allowed attire of the age appropriate Latin/Rhythm syllabus dress code.
- Competition dress for Open Latin/Rhythm.
- Athlete's skirt may be broken or spilt from bottom of dance trunk/pants line and must cover the buttocks completely when athlete is standing still.
- Breast area must be covered with opaque fabric; if such fabric is skin colored, it must be heavily decorated.
- Dance pants must be opaque and cover at least 2 inches (5 cm) from top to bottom at the narrowest point in the hip area.
- Dance pants must cover the buttocks completely; tangas/thongs are not allowed.
- **Not Allowed**
- Two-piece dresses with gaps between the upper garment and the lower garment allowing skin to show when athlete is either still or in motion.
- Dance pants may not be skin colored.
- Skin colored or flesh-toned dresses.
- The distance between bra cups may not be more than 2 inches (5 cm).

Teacher Student and Mixed Proficiency event,

The judged Athlete must follow dress regulation requirements for the age category and dance style in which they are competing. The Teacher or unjudged partner, in Teacher Student and Mixed Proficiency 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. In all other events, they may wear open proficiency level costumes. In Solo Competitive and Theatre Arts Open Proficiency events, age appropriate level costuming must be used, although costuming may demonstrate or suggest the theme of the choreography/performance.

JOURNEY DANCESPORT

DRESS REGULATIONS

DRESS REGULATIONS

GENERAL

Apparel must create the Characteristic shape for each discipline; International Standard, American Smooth, International Latin and American Rhythm (shape area).

Apparel must cover the intimate parts of the female dancer's body at all times (Intimate Area); this includes the breast area, buttocks, hip area etc. Apparel and make-up must respect age and proficiency level of dancers. The use of religious symbols as decoration or decoration jewelry is not allowed (this does not apply to personal jewelry). 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. While athletes are not required to wear costumes in any style or proficiency level, they must minimally comply with the syllabus dress code for the style in which they are competing. 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. Advertising by up to four (4) sponsors is allowed on a couple's competition costumes. Gentleman may advertise up to three (3) sponsors and Ladies may advertise one (1) sponsor. The size of the advertisement may not be more than 6.2 square inches (40 cm²) per sponsor. Such advertising may only be displayed and located on the waist, chest or sleeves.

GOOD TASTE RULE

Any use of material, construction, decoration or other contrivance including acceptable costume taste, 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 Chairman of Judges and/or Dress Code Official. Approval of any deviation from these dress regulations must be obtained in advance from the on-site DanceSport Official. If an athlete is not dressed in accordance with these Dress Regulations and receives a warning from the Chairman of Judges, the athlete must correct the dress code violation or be subject to disqualification by the Chairman of Judges.

JOURNEY DANCESPORT

DRESS REGULATIONS

DEFINITIONS OF TERMS/RESTRICTIONS

Shape area Minimum area that must be covered in addition to Intimate Area. Transparent materials are allowed in Shape Areas. Transparent materials are not allowed within the panty area, area between the (Hip Line) and (Panty Line) unless lined with opaque material. Within the breast area unless lined with opaque material. Intimate Area Female intimate area, includes both breast and panty areas. Intimate areas must be covered by opaque fabric/material, or transparent fabric lined with opaque material if the fabric is transparent or skin color, then it must be heavily stoned/decorated if allowed by age category and proficiency level. Transparent fabrics are allowed in other parts of the dance apparel outside of intimate areas. Transparent fabrics do not include “fishnet type” material. Panty Area Hip Line top of panty area May be below the waist, but must be above the buttocks in the back and continue around the body in a horizontal line. Buttocks muscles and the separation between the buttocks must not be visible. Panty Line bottom of panty area In Back – whole buttocks must be covered at all times. In Front – follows line between flexed leg and body. Skin colored dance pants are not allowed. Must fully cover the buttocks (tangas/thongs are not allowed). The complete area between the HIP LINE and PANTY LINE must be covered by Athletes dance pants and skirt. The covering between the top and bottom edges of the dance pants on the side of the hips/buttocks must be greater than 2 inches (5 cm)

If skin color material is used to cover the breast area, it must be heavily stoned/decorated so that it is clearly covered. The distance between bra cups must be less than 2 inches (5 cm).

Basic Material

Material which comprises the dance apparel. Decoration – (anything fixed on or glued to, the basic material of the apparel, hair or skin) with light effects (rhinestones, sequins, beads, pearls, metallic thread, etc.). Without light effects (feathers, flowers, bows, fringe, lace applications, ribbons, etc.). Tie clips, studs, cufflinks, and buckles without light effects are not considered decorations unless otherwise not allowed. Two-piece Dress Any blouse/top and skirt/trousers/short/bottom combination which are not attached and separate between the upper garment and the lower garment, allowing skin to show when athlete is either still or in motion. Float & Gloves Float, any non-structural material that flows behind the athlete while the athlete is in motion (i.e., a long scarf, cords or ribbons hanging from sleeves or body of the dress, sashes, etc.). Glove, any material that covers any part of the hand or arm that is not attached to the basic costume. Long sleeves with a single finger loop on each sleeve is allowed; long sleeves that incorporate a glove (with or without fingers) that covers any part of the hand is not allowed. Make-up Includes facial make-up, artificial tan, artificial nails, and artificial eyelashes. Decoration Jewelry and/or accessories designed to be a part of specific

JOURNEY DANCESPORT

DRESS REGULATIONS

Dance apparel, whether or not attached to said apparel, including chokers, arm/wrist bands and/or earrings that are made of or covered with the same or similar material as the basic apparel material. Personal Jewelry that is unattached to the dance apparel and would be worn in the course of everyday life, such as necklaces or earrings, wedding rings, etc. Plain material means no stripes, ribs, additional seams front or back and no change in fabric weave or type creating a pattern, stripping or ribs. Means no light reflecting threads, such as satin/high sheen or metallic threads, woven into the basic material of the costume.

Pants/Trousers

Are allowed for female athletes in the Adult – Senior age groups, at all proficiency levels, but must follow all the rules of coverage and decoration, as stated for skirts and dresses. Restrictions for All Female Athletes regardless of level Tangas/Thongs are NOT ALLOWED. Skin colored dance pants are NOT ALLOWED. Breasts must be covered at all times. Panty area must be covered at all times. The distance between bra cups must be less than 2 inches (5 cm).

Restrictions for All Male Athletes regardless of level Man's Top Opening Point (TOP) – The point to which a man's shirt can be opened in front, depends on age and proficiency level. Long Sleeves – Where long sleeves are indicated, the sleeves must be to the wrist. Rolled up sleeves are not allowed. Sleeve-less shirts are not allowed.