

## RULES AND REGULATIONS FOR THE DANCESPORT CLASSIC

### COSTUME SPECIFICATIONS FOR JUNIORS, YOUTHS, AND ADULTS

Below are the costume specifications for all amateur costumed events. No entry will be considered fully accepted without final costume approval. All Junior, Youth & Adult Amateur costumes of competitors must have their costume approved 1 hour prior to their event.

#### WOMEN

1. Regular cut dance trunks and fishnet hose must be worn.
2. Straps over both shoulders of at least one inch in width are required. If multiple straps go over a shoulder at least one strap must be the required one inch width from front to back. Halter tops or designs that resemble them are not permitted unless they also have the required one inch straps.
3. Lower backs must be covered with a solid fabric from a point five (5) inches above the waist line.
4. Sheer fabric may be used on the arms and the bodice in the front from the bust-line up and in the back from a point five inches above the waist. Straps are not required when colored sheer fabric is used over the shoulders.
5. Skirts may be broken or slitted from the trunk line down, but must cover the legs to mid-thigh when not in motion.
6. Skin from the front to a point several inches behind the sides (axilla-line) must be covered.
7. Cutouts and skin-tone fabric will not be allowed if deemed by the organizers to be inappropriate.
8. Unitards are not allowed.
9. **Must have heel guards on shoes**

#### MEN

1. Costumes appropriate to the style.
2. Latin shirts for Adult Amateur & Youth competitors may be open to a point eight inches down from the Supra Sternal Notch (Jugular Notch) .
3. Latin shirts for Junior & Pre-Teen competitors may be open down to the sternum.
4. Sheer fabric may only be worn on the arm. No sleeveless shirts.
5. No earrings allowed

#### ATTIRE FOR PRE-TEEN BOYS

Pre-Teen I & II boys must dress as listed below.

- (1) Trousers
  - (a) Black or dark blue color only
  - (b) High waist optional
  - (c) Underfoot strap optional
  - (d) Satin stripes are not allowed.
- (2) Shirts
  - (a) Plain white or black long sleeved collared shirt only
  - (b) No pleats or ribbing
  - (c) Sleeves to be worn at wrist length
- (3) Sweaters and vests are not allowed.
- (4) Tie - Black color only, may be either straight or bow
- (5) Socks - Black or dark blue color only
- (6) Shoes- Heel height not to exceed 1.5 inches
- (7) Materials - Fabrics must be plain, ie: cotton, polyester, cotton/polyester blend, wool blend
  - (a) No satin or shiny fabrics
  - (b) No glitter, metallic thread, patterns or sequins allowed
  - (c) Decorations - not allowed
- (8) Makeup - Not allowed
- (9) Hairstyle - Long hair must be worn in a pony tail

#### ATTIRE FOR PRE-TEEN GIRLS

Pre-Teen girls must dress as listed below.

- (1) Skirt with top or simple dress with attached under garment or leotard top with full skirt
- (2) Skirts
  - (a) Plain or pleated with minimum 1 to maximum 3 half circles. One plain simple underskirt allowed which is no larger or longer than top layer, and is the same or similar color as the outer skirt
  - (b) No uneven hem lines, use of boning, frills, splits, openings, fishing line, or edging (including "lettuce edging"). Edging or trim of any kind, including ribbon, satin, lace, sequins, etc, is not allowed. A simple hem is required.
  - (c) Length of skirt must not be shorter than 3 inches above the knee cap and no longer than 1 inch below the knee cap
- (3) Necklines
  - (a) Boat, high neck, v-neck, sweetheart, 'peter pan' collar, and regular collar are allowed. Edging or trim of any kind, including ribbon, satin, lace, sequins, etc, is not allowed.
- (4) Sleeves
  - (a) Long, short, elbow length, cap, puff, or sleeveless styles are allowed
  - (b) Cannot be replaced by trimmings, frills, or edging on the shoulder line
  - (c) No "finger loops" allowed
- (5) Materials
  - (a) Fabrics MUST be only one color throughout
  - (b) No glitter, metallic thread, or fabric creating 'light or pattern effects'
  - (c) No use of feathers, fringes, bows, belts, frills or sequins
  - (d) No flesh color fabric
  - (e) Any use of color coordinated 'see through' fabric must be lined from waist to shoulder; for use on arms no lining is needed
- (f) Satin or lace (or similar fabric) is not allowed. Lycra, Spandex, Polyester, plain velvet, and jersey is encouraged.
- (6) Shoes

(a) Heel height not to exceed 1.5 inches, and must be block heel style if a dance shoe

(7) Other

(a) No use of arm bands, chokers or headbands

(b) No decoration is allowed on dress or in hair

(c) No jewelry is allowed

(d) No makeup allowed

(e) Use of fake eyelashes, fake fingernails, colored or glitter hairspray is forbidden

(f) Socks: White ankle socks (may have a small amount of lace) or flesh colored pantyhose must be worn

(g) No fishnet tights

(h) Gathering or shirring on the bodice is not allowed.

(i) Edging or trim on the bodice is not allowed.

Diagrams of approved pre-teen boys and girls clothing may be viewed online at: [www.ndca.org/rules-and-results/ndca-rule-book](http://www.ndca.org/rules-and-results/ndca-rule-book)

(Scroll down to the end of rule X.D.)

## **RULES AND REGULATIONS**

This event uses the rules and regulations of the National Dance Council of America, Inc. The NDCA Rule book is available on line at [www.ndca.org/rules-and-results/ndca-rule-book](http://www.ndca.org/rules-and-results/ndca-rule-book). Some commonly referenced rules are: **Age Categories:** Rule X A.1 **Dancing Up:** Rule X.A.4 **Eligibility Questions:** NDCA rule X.C.

## **ADDITIONAL RULES**

1. All competitors must purchase an admission ticket. Entry fees are additional.

2. No entry may be accepted that does not include any required entry fee. Requests for refunds will only be honored up to the closing date.

3. Competitors will be allowed to dance no more than two events in any given style. This applies even when dancing up to another age category.

4. All syllabus competitions are restricted to the syllabi that are listed in Appendix I of the NDCA rule book. Newcomer and American style syllabus events are limited to the bronze and silver American Style figures, elements and restrictions. International style syllabus events are limited to the bronze, silver, and gold International Style figures. Couples dancing out of syllabus will be warned once & then disqualified according to NDCA rule III.D.3.

5. "Newcomer" competitors remain eligible for this category until they have placed in a final of any event in their age classification, provided a quarter-final was danced.

6. Elementary School competitors may dance up into the Junior High School category. Junior High School competitors may dance up into the High School category.

7. Pre-Teen, Junior, and Youth competitors may not compete in any "Newcomer" or "School Syllabus" event in the same style.

8. When Pre-Teen levels are combined the Pre-Teen I competitors may not dance up to any Junior category.

9. Proof of age may be required by the organizers in the event of a question regarding the age of a Pre-Teen, Junior, or Youth competitor.

10. Any competitor who wears a costume deemed by the organizers to be unsuitable will be requested to change. If such request is not followed, the competitor will not be allowed to dance and their entry will be canceled. Specific costume rules are listed separately.

IF IN QUESTION ALL RULES AND REGULATIONS ARE IN ACCORDANCE TO THE BYU POLICIES