

THE
OPEN
WORLDS



Syllabus & Dress Rules

BALLROOM SYLLABUS

WALTZ

BRONZE 1-16

SILVER 1-25

GOLD 1-35

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
6. Chasse from Promenade Position
7. Closed Impetus
8. Hesitation Change
9. Outside Change
10. Reverse Corte
11. Back Whisk
12. Basic Weave
13. Double Reverse Spin
14. Reverse Pivot
15. Backward Lock
16. Progressive Chasse to Right
17. Weave from Promenade Position
18. Closed Telemark
19. Open Telemark and Cross Hesitation
20. Open Telemark and Wing
21. Open Impetus and Cross Hesitation
22. Open Impetus and Wing
23. Outside Spin
24. Turning Lock
25. Drag Hesitation
26. Passing (Open) Natural Turn
27. Quick Wing
28. Closed Wing
29. Turning Lock to Right
30. Fallaway Reverse and Slip Pivot
31. Hover Corte
32. Fallaway Whisk
33. Left Whisk
34. Forward Lock
35. Running Spin Turn

TANGO

BRONZE 1-13

SILVER 1-21

GOLD 1-32

1. Walk
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade

5. Rock Turn
6. Open Reverse Turn
7. Back Corte
8. Open Reverse Turn, Partner In Line
9. Progressive Side Step Reverse Turn
10. Open Promenade
11. Rock Back on Left Foot and Right Foot
12. Natural Twist Turn
13. Natural Promenade Turn
14. Promenade Link
15. Four Step
16. Fallaway Promenade
17. Back Open Promenade
18. Outside Swivels
19. Reverse Outside Swivel
20. Four Step Change
21. Brush Tap
22. Basic Reverse Turn
23. Mini Five Step
24. Open Telemark
25. Back Whisk
26. Passing (Open) Natural Turn
27. Fallaway Four Step
28. The Chase
29. Fallaway Reverse and Slip Pivot
30. Five Step
31. Reverse Pivot
32. Outside Spin

VIENNESE WALTZ

BRONZE 1-3

SILVER 1-3

GOLD 1-5

1. Natural Turn
2. Reverse Turn
3. Change Step danced Forward or Backward
4. The Reverse and Natural Fleckerl
5. Contra Check (1 bar)

SLOW FOXTROT

BRONZE 1-9

SILVER 1-21

GOLD 1-34

1. Feather Step
2. Three Step
3. Natural Turn
4. Reverse Turn incorporating Feather Finish
5. Closed Impetus and Feather Finish

6. Impetus Turn
7. Natural Weave
8. Change of Direction
9. Weave after 1-4 Reverse Wave (Basic Weave)
10. Reverse Wave
11. Closed Telemark - Telemark
12. Open Telemark, Feather Ending
13. Top Spin
14. Hover Feather
15. Hover Telemark
16. Natural Telemark
17. Hover Cross
18. Open Telemark, Natural Turn, Outside Swivel, Feather Ending
19. Open Impetus Turn
20. Weave from Promenade Position
21. Natural Twist Turn
22. Reverse Pivot
23. Quick Open Reverse
24. Quick Natural Weave from Promenade Position
25. Curved Feather to Back Feather
26. Curved Feather
27. Back Feather
28. Curved Feather from Promenade Position
29. Natural Zig-Zag from Promenade Position
30. Fallaway Reverse & Slip Pivot
31. Natural Hover Telemark
32. Bounce Fallaway with Weave Ending
33. Extended Reverse Wave
34. Curved Three Step

QUICKSTEP

BRONZE 1-17

SILVER 1-29

GOLD (Restricted for Juveniles) 1-35

1. Quarter turn to Right
2. Natural Turn
3. Natural Turn with Hesitation
4. Natural Pivot Turn
5. Natural Spin Turn
6. Progressive Chasse
7. Chasse Reverse Turn
8. Forward Lock Step
9. Backward Lock Step
10. Closed Impetus
11. Reverse Pivot
12. Progressive Chasse to Right
13. Tipple Chasse to Right
14. Tipple Chasse to Left
15. Change of Direction

16. Outside Change
17. Double Reverse Spin
18. Open Running Finish and to Promenade Position
19. Natural Turn and Back Lock
20. Zig Zag, Back Lock and Running Finish
21. Running Cross Chasse
22. Quick Open Reverse
23. Fishtail
24. Running Right Turn
25. Four Quick Run
26. V.6
27. Closed Telemark
28. Open Impetus
29. Outside Spin
30. Passing (Open) Natural Turn
31. Cross Swivel
32. Six Quick Run
33. Rumba Cross
34. Topsy to Right and Left
35. Hover Corte

LATIN SYLLABUS

CHA CHA CHA

BRONZE 1-15

SILVER 1-23

GOLD 1-32

1. Basic Movements (Closed, Open and In Place)
2. New York (to Left or Right Side Position)
3. Spot Turns to Left or Right (including Switch Turns and Underarm Turns)
4. Shoulder to Shoulder (Left Side and Right Side).
5. Hand to Hand (to Right or Left Side)
6. Fan
7. Alemana
8. Hockey Stick
9. Time Steps
10. Three Cha Cha Chas
11. Side Steps (to Left or Right)
12. There and Back
13. Natural Top
14. Natural Opening Out Movement
15. Closed Hip Twist
16. Open Hip Twist
17. Reverse Top
18. Opening Out from Reverse Top
19. Aida
20. Spiral Turns (Spiral, Curl and Rope Spinning)
21. Cross Basic
22. Cuban Breaks (including Split)
23. Chase
24. Advanced Hip Twist
25. Hip Twist Spiral
26. Turkish Towel
27. Sweetheart
28. Follow My Leader
29. Foot Changes
30. Runaway Chasse
31. Syncopated Open Hip Twist
32. Close and Open Hip Twist Spirals

SAMBA

BRONZE 1-16

SILVER 1-24

GOLD 1-35

1. Basic Movements (Natural, Reverse and Progressive)
2. Whisks (also with Follower's Underarm Turns)
3. Samba Walks
4. Rhythm Bounce
5. Volta Movements
6. Traveling Bota Fogos Forward
7. Criss Cross Bota Fogos (Shadow Bota Fogos)

8. Traveling Bota Fogos Back
9. Bota Fogos to Promenade and Counter Promenade Position
 10. Criss Cross Volta
 11. Solo Spot Volta
 12. Foot Changes
13. Shadow Traveling Volta
 14. Reverse Turn
 15. Corta Jaca
 16. Closed Rocks
 17. Open Rocks
 18. Back Rocks
 19. Plait
20. Rolling Of The Arms
21. Argentine Crosses
 22. Maypole
23. Shadow Circular Volta
24. Samba Side Chasses
25. Contra Botofogos
 26. Roundabout
 27. Natural Roll
 28. Reverse Roll
29. Promenade and Counter Promenade Position
 30. Three Step Turn
 31. Samba Locks
32. Cruzados Walks and Locks
 33. Drag
 34. Dropped Volta
35. Continuous Cruzados Locks in Shadow

RUMBA

BRONZE 1-16

SILVER 1-22

GOLD (Restricted for Juveniles) 1-30

1. Basic Movements (Closed, Open, In Place and Alternative)
2. New York (to Left or Right Side Position)
3. Spot Turns to Left or Right (including Switch Turns and Underarm Turns)
 4. Hand to Hand (to Right or Left Side Position)
 5. Fan
 6. Alemana
 7. Hockey Stick
8. Shoulder to Shoulder (Left Side and Right Side)
 9. Opening Out to Right and Left
10. Cucarachas (Left Foot and Right Foot)
11. Progressive Walks (Forward and Backward)
 12. Side Steps (to Right or Left)
 13. Cuban Rocks
 14. Natural Top
15. Natural Opening Out Movement
 16. Closed Hip Twist
 17. Open Hip Twist
 18. Reverse Top

19. Opening Out from Reverse Top
20. Aida
21. Spiral Turns (Spiral, Curl and Rope Spinning)
22. Syncopated Cuban Rocks
23. Sliding Doors
24. Fencing
25. Three Threes
26. Three Alemanas
27. Hip Twists (Advanced, Continuous and Circular)
28. Runaway Alemana
29. Syncopated Open Hip Twist
30. Alemana Checked to Counter Promenade Position

PASO DOBLE

BRONZE 1-17

SILVER 1-26

GOLD (Restricted for Juveniles) 1-33

1. Basic Movement – March – Sur Place
2. Chasses to Right & Left – including Elevations
3. Drag
4. Displacement – (Attack)
5. Promenade Link – including Promenade Close
6. Ecart
7. Fallaway Whisk
8. Appel
9. Huit
10. Promenade
11. Separation
12. Fallaway Ending to Separation
13. Sixteen
14. Promenade & Counter Promenade Position
15. Grand Circle
16. Alternative Entries to Promenade Position
17. Open Telemark
18. Twist Turn
19. La Passe
20. Banderillas
21. Fallaway Reverse
22. Coup de Pique
23. Coup de Pique – changing from Left Foot to Right Foot - from Right Foot to Left Foot - Syncopated
24. Left Foot Variation
25. Spanish Line
26. Flamenco Taps
27. Syncopated Separation
28. Methods of Changing Feet
29. Travelling Spins from Promenade Position
30. Travelling Spins from Counter Promenade Position
31. Fregolina – including the Farol
32. Twists
33. Chasse Cape – including Outside Turn

JIVE

BRONZE 1-16

SILVER 1-21

GOLD 1-29

1. Basic in Place
2. Fallaway Rock
3. Fallaway Throwaway
4. Link with alternatives to 1-2 of Link:
 - 4a. Flick (or Point), Ball Change.
 - 4b. Hesitation, Ball Change.
 - 4c. Hesitation, close, Forward.
 - 4d. Hesitation, half close, Forward.
5. Change of Places Right to Left
6. Change of Places Left to Right
7. Change of Hands Behind Back
8. Hip Bumps (Left Shoulder Shove)
 9. American Spin
 10. Stop and Go
 11. Walks
 12. Mooch
 13. Whip
14. Double Cross Whip
15. Whip Throwaway
16. Windmill
17. Reverse Whip
18. Spanish Arms
19. Rolling of the arms
20. Simple Spin
21. Miami Special
22. Chicken Walks
23. Curly Whip
24. Shoulder Spin
25. Toe Heel Swivels
26. Chugging
27. Catapult
28. Stalking Walks, Flicks and Walks
- 29 Double Spin (Change of Place)

AMERICAN SMOOTH SYLLABUS

SILVER WALTZ

- 1A. Box Step
 - 1B. Box Step with Underarm Turn
 2. Progressive
 - 3A. Left Turning Box
 - 3B. Right Turning Box
 - 4A. Balance Steps
 - 4B. Balance and Box
 5. Simple Twinkle
 6. Two Way Underarm Turn
 7. Face to Face - Back to Back
 - 8A. Reverse Turn
 - 8B. Reverse Turn with Underarm Turn
 - 9A. Natural Turn
 - 9B. Natural Turn with Underarm Turn
 10. Progressive Twinkles
 11. Turning Twinkles
 12. Grapevine
 13. Promenade Chassé
 14. Twinkle & Weave*
 15. Waterfall
- Bonus Figure: Fallaway & Box
Bonus Figure: Open Break with Underarm Turn

GOLD WALTZ

- 1A. Open Left Box
 - 1B. Open Left Box with Underarm Turn
 2. Open Right Turn
 3. Open Right Turn with Syncopated Underarm Turn
 4. Twinkle Connection
 5. Check & Develope'
 6. Flip Flops
 7. Progressive Twinkles
 - 8A. Hairpin from Open Left Box
 - 8B. Hairpin from Promenade Position
 9. Fallaway & Weave
 10. Progressive Shadow Twinkles
 11. OverSway
 12. Check to Open Fallaway
 13. Alternating Underarm Combination
 14. Pivots from Promenade
 15. Shadow Right Turns
 16. Shadow Switching Spirals
 17. Hinge to Shadow
 18. Shadow Running Telemark
 19. Syncopated Pivots
 20. Left Side Grapevine & Spiral
 21. Contra Check & Ronde
 22. Standing Spin
 23. Standing Spin Alternative Ending
 24. Wrap Around & Hairpin
 25. Overtured Shadow Right Turns
 26. Develope' & Double Ronde
- Bonus Figure: Grapevine to Shadow

SILVER TANGO

- 1A. Basic Straight
- 1B. Basic Curving
- 2A. Promenade Turning Left
- 2B. Promenade Turning Right
3. Single Corte'
4. Progressive Rocks
- 5A. Open Fan
- 5B. Open Fan with Underarm Turn
6. Running Steps
7. Double Corte'
- 8A. Reverse Turn
- 8B. Reverse Turn with Outside Swivel
9. Right Side Fans
10. Contra Rocks
- 11A. Change of Places
- 11B. Change of Places Variation
12. Twist Turn to Right
13. Reverse Turn with Underarm Turn
14. Promenade Pivot
15. Shadow Rocks
- Bonus Figure: Checked Promenade
- Bonus Figure: Continuous Left Rock Turn

GOLD TANGO

1. Flicks
2. Oversway & Ronde
3. Curls
4. Fallaway Ronde
5. Change of Place
6. Spanish Drag
7. Outside Underarm Turn to Shadow Position
8. Shadow Envelope's
9. Swivel Fans
10. Fallaway Whisk & Underarm Turn
11. Handshake Back Fans
12. Cobra Fans
13. Fallaway Slip Pivot
14. Traveling Right Lunges
15. Shadow Reverse & Drag
16. Double Ronde to Shadow
17. Shadow Viennese Crosses
18. Promenade Taps & Right Side Curl
19. Fallaway to Hammerlocks
20. Left Side Check
21. Pivots to Shadow Switches
22. Shadow Corte' & Fallaway
23. Stalks to Skater's Walks
24. Oblique Line to Waist Wrap
25. Teleronde & Throwaway OverSway
- Bonus Figure: Double Ronde & Curl

SILVER FOXTROT

1. Basic
 2. Promenade
 - 3A. Rock Turn to Left (Left Rock Turn)
 - 3B. Rock Turn to Right (Right Rock Turn)
 4. Sway Step
 - 5A. Sway Underarm Turn
 - 5B. Promenade Underarm Turn
 - 6A. Zig Zag In Line
 - 6B. Zig Zag Outside Partner
 7. Box Step
 8. Twinkle
 9. Promenade Twinkles
 - 10A. Turning Twinkles to Outside Partner
 - 10B. Turning Twinkles to Outside Partner with Underarm Turn
 11. Grapevine
 12. Promenade Twist
 13. Promenade Pivot
 - 14A. Running Steps in Basic Rhythm
 - 14B. Running Steps in Box Rhythm
 15. Twinkle & Weave with Grapevine
- Bonus Figure: Fallaway Twinkles

GOLD FOXTROT

1. Open Left Box
 2. Open Right Turn
 3. Grapevine
 4. Weave from Promenade
 5. Chair & Slip Pivot
 6. Hover Corte'
 - 7A. Hairpin from Open Left Box
 - 7B. Hairpin from Promenade Position
 8. Fallaway & Weave
 - 9A. Same Foot Lunge
 - 9B. Same Foot Lunge with Weave Ending
 10. Shadow Points
 11. Outside Swivel
 12. Check to Open Grapevine
 13. Shadow from Hairpin & Open Right
 14. Pivot from Promenade
 15. Gem
 16. Left Side Grapevines & Weave
 17. Continuous Hairpins
 18. Passing Changes
 19. Hinge & Free Spin to Shadow
 20. Shadow Switching Grapevine
 21. Advanced Gem
 22. Lock & Lunge
 23. Oversway & Ronde to Shadow
 24. Whisk & Weave
 25. Shadow Hairpins
- Bonus Figure: Curved Running Steps & Ronde

SILVER VIENNESE WALTZ

1. Balance Steps
- 2A. Fifth Position Breaks
- 2B. Fifth Position Breaks with Underarm Turn
3. Left Turn (Reverse Turn)
4. Closed Twinkle
- 5A. Cross Body Lead
- 5B. Cross Body Lead with Underarm Turn
6. Hand to Hand
- 7A. Forward Progressive Changes
- 7B. Backward Progressive Changes
8. Right Turn
9. Change of Place
10. Curtsey and Bow
- Bonus Figure: 1) Curtsey and Bow Variation
- Bonus Figure: 2) Underarm Turns Right and Left
- Bonus Figure: 3a) Hesitation Options: Cross Body Lead with Underarm Turn
- Bonus Figure: 3b) Hesitation Options: Hand to Hand
- Bonus Figure: 3c) Hesitation Options: Swivel & Side Hesitation
- Bonus Figure: 3d) Hesitation Options: Swivel & Hesitation
- Bonus Figure: 3e) Hesitation Options: Change of Place with Leader's Hesitation
- Bonus Figure: 4a) Change of Place Options: Leader's Chasse'
- Bonus Figure: 4b) Change of Places Options: Chasse' with Same Hand Hold
- Bonus Figure: 4c) Change of Place Options: With Inside Underarm Turn
- Bonus Figure: 4d) Change of Place Options: 1/2 Turn in Place

GOLD VIENNESE WALTZ

1. Right Turn with Underarm Turn
2. Left Turn with Underarm Turn
3. Flairs
4. Turning Open Breaks
5. Shadow Runs
6. Reverse Underarm Turn
7. Advanced Hand to Hand Combination
8. Shadow Right Turns
9. Standing Spins
10. Open Right Turns
11. Swivel & Ronde
12. Canter Pivots
13. Reverse Turns with Free Spins
14. Shadow Passing Right Turns
15. Right Side Ronde & Develope'
16. Shadow Canter Grapevines
17. Horse & Cart
18. Barrel Turns
19. Roll In & Out
20. Advanced Standing Spin
- Bonus Figure: Flip Flops

AMERICAN RHYTHM SYLLABUS

SILVER CHA CHA

1. Basic in Place
2. Side Basic
3. Progressive Basic
4. Outside Partner Breaks
5. Crossover Break
6. Cross Body Lead
7. Open Break Underarm Turn
8. Chase Turn
9. Shoulder Check
10. Shadow Positions
11. Butterfly
12. Alternating Underarm Turns
13. Cross Body Pullback
14. Three Cha Chas
15. Crossover Flick to Side Break

GOLD CHA CHA

1. Cross-Over Flick Combination
2. Back Spot Turn with Inside Turn
3. Pullback Grapevine
4. Cross Body Lead and Syncopated Chassé
5. Cuban Breaks & Swivels
6. Open Turn and Wrap
7. Cross Over Twist & Kick
8. Left and Right Syncopation
9. Across the Back with Walk Around Turn
10. Syncopated Cross-Over Variation
11. Open Box and Inside Turn
12. Cuban Breaks with Alternating Turns
13. Syncopated Crossovers and Swivels
14. Follower's Walk Around to Shadow Position
15. Crossover Grapevine & Promenade Run
16. Forward Run, Kick and Check
17. Crossover Spiral & Swivels
18. Change of Directions
19. Open Turn and Three Cha Cha's
20. Fifth position Left & Right

SILVER AMERICAN RUMBA

1. Side Basic
2. Fifth Position Breaks
3. Box Step
4. Crossbody Lead
5. Outside Partner Breaks
6. Slow Underarm Turn
7. Open Break Underarm Turn
8. Crossover Break
9. Crossover & Side Rocks
10. Open Rumba Walks
11. Shoulder Check
12. Cradle Circle
13. Quick Underarm Turn & Loop
14. Open Circular Walks
15. Spot Turn Combination

GOLD AMERICAN RUMBA

1. Alternating Underarm Turns
2. Open Swivel Walks with Spot Turn
3. Cucaracha with In & Out Turns
4. Quick Underarm Turn and Rocks
5. Skater's Position to Face Loop
6. Spiral Swivels
7. Shadow Variations
8. Back Swivels and Cradle
9. Open Rumba Walks With Syncopated Turn
10. Traveling Swivels
11. Telemark & Overturned Back Break
12. Outside Turns to Rocks
13. Spiral & Shadow Positions
14. Snap Underarm Turn with Reverse Pivot
15. Leader's Walk Around
16. Cuddle & Syncopated Outside Turn
17. Pivots & Swivels
18. Shadow Cucaracha & Alternating Slip Pivots
19. Overturned Fifth Positions
20. Overturned Back Break & Slow Turn

SILVER SWING

1. Basic
2. Basic Turning to the Right
3. Basic Turning to the Left
4. Throw Out
5. Underarm Turn (Inside)
6. Underarm Release from Basic
7. Tuck - Ins:
A) from Handshake, B) Free Spin from Double Handhold, C) Underarm from Double Handhold
8. Alternating Underarm Turns
9. Shoulder Check
10. Cradle
11. Cradle to Hammer Lock
12. Sugar Push Throw Out
13. Double Face Loop
14. Opposition Break & Roll Out
15. Whirlpool

GOLD SWING

1. Wrist Spin
2. Face Loop & Pivot
3. Alternating Hammerlock
4. Leader's Wrap & Swivels
5. Pivots
6. Side to Side & Running Step
7. Boogie Walks
8. Syncopated In & Out
9. Side by Side Turns
10. Cradle & Kicks
11. Double Turns to Point Steps
12. Swivels to Progressive Triples
13. Rotating Swivels and Opposition Break
14. Grapevine With Kick Ball Changes
15. Leader Goes, Follower Goes, They Go

16. Hip Pull Backs and Continuous Chassés
17. Pivots to Running Triples
18. Rolling Off The Arm Variation
19. Quick Turn to Stop & Go
20. Simple Spin & Sailor Shuffles

SILVER BOLERO

- 1A. Basic Movement
- 1B. Turning Basic
2. Open Break and Underarm Turn
3. Underarm Pass
4. Left Side Pass
5. Crossover Break
6. Check and Circular Walks
7. Romantic Sways
8. Check Underarm Pass
9. Spot Turn Combination
10. Hip Twist and Spin

GOLD BOLERO

1. Open Check
2. Open Cross Body Lead with Syncopated Turns
3. Rondé & Shadow Swivels
4. Curl & Double Leg Rondé
5. Right Side Swivels & Rondé
6. Face Loop & Sway
7. Walks & Grapevine
8. Cradle & Leader's Arm Bar
9. Cross-Over Swivels
10. Slow Spiral & Back Swivels
11. Rondé Fallaway & Follower's Back Drop
12. Leg Wrap & Drop
13. Slow Spiral & Sway
14. Rondé, Crossover & Spiral
15. Hammerlock & Alternating Spirals
16. Shadow Position & Telemark
17. Swivels Behind Leader's Back
18. Lunge to Shadow Position
19. Ladies Head Roll with Crossover
20. Hammerlock to Shoulder Check

SILVER MAMBO

1. Forward & Back Basic
2. Side Breaks
3. Side Breaks & Cross
4. Cross Body Lead
5. Open Break Underarm Turn
6. Crossover Break & Walk Around Turn
7. Shoulder Check
8. Promenade Swivel & Close
9. Alternating Underarm Turns
10. Rueda Basic
11. Cross Body Lead With Inside Turn
12. Back Spot Turn
13. Mambo Twist

14. Forward Spot Turn to Surprise
15. Crossover Swivels & Pullback

GOLD MAMBO

1. Cross Body Lead Variations for Leader & Follower: A) Leader Flick, B) Leader Check, C) Follower Roll, D) Follower Cross & Twist, E) Follower Knee Lift
2. Solo Variation
3. Underarm Turn & Swivels
4. Bobby's Break
5. Continuous Cross Body Lead with Breaks
6. Behind the Back Pass with Bobby's Ending
7. Mambo Wrap
8. Double Face Loop
9. Flick & Kick
10. Hammerlock & Swivels
11. Double Hand Hold Turns
12. Alternating Turns with Pullback
13. Reverse Shadow Position
14. Rondé with Follower Back Bend
15. Swivel to Bobby's Break
16. Open Box with Turns
17. Walk Around Swivels
18. Around the Back to Crossover
19. Right to Right Hand Hold with Turns
20. Side Breaks With Outside Turn

JUVENILES DRESS RULES

BOYS

Trousers

- Black or Dark Blue Only.
- High Waist optional.
- Underfoot Strap optional.
- Satin or Velvet side stripes are allowed.

Shirts

- Plain white long sleeve collared shirt only. Wing collar shirts are not allowed.
- No pleats, frills or ribbing.
- Sleeves to be worn at wrist length.
- Black or dark blue vests are allowed. Sweaters and jackets are not allowed.
- Tie must be worn. Black colour only, may be either straight or bow style with no adornments.

Materials

- Fabrics must be plain, for example - cotton, polyester, cotton/polyester blend, wool blend. No satin or shiny fabrics.
- No rhinestones, glitter, metallic thread, patterns or sequins allowed.
- Decorations and adornments are not allowed.

Shoes

Heel height not to exceed 1.5 inches (must be black).

Socks

Black or dark blue colour only.

Jewellery

No jewellery is allowed. Items that hold religious or personal significance can be discreetly worn if approved by the invigilator.

Sponsorship Logo's

A maximum of 3 logo's will be permitted per couple or per solo dancer.

Medalist

For medallist events male competitors are not permitted to wear Tail Suits or Tail Jackets at any age or grade.

GIRLS

A top with a simple skirt or simple dress with an attached under garment. Leotard top with a simple skirt.

Skirts

- A plain or pleated circular skirt.
- The length of the skirt must not be shorter than 3 inches above the knee cap and no longer than 3 inches below the knee cap.
- A maximum of 2 underskirts are allowed but must be no fuller or longer than the top layer.
- The underskirt must be the same or of a similar colour to the top skirt.
- At least one of the layers of the skirt must be a solid colour.
- No godets or extra panels may be inserted into the skirt.
- No uneven hem lines. Horsehair/Crinoline may be used as part of the construction but not as a trim.
- Ribbon on the skirt is acceptable, but no other trim is allowed.
- Frills, splits, openings, lace, flowers or sequins will not be allowed.

Necklines

- Boat, high neck, v-neck, sweetheart, 'peter pan' collar, and regular collar are allowed. Simple edging or trim is allowed on the neckline.
- No backless bodices permitted.

Materials

- ALL fabrics used must be of the same colour throughout.
- Any use of mesh, lace or 'see through' fabric must be lined in a solid material of the same colour from the waist to the top of the bustline, as well as a corresponding height in the back. When mesh, lace, or any 'see through' fabric is used on the arms no lining is needed.
- No flesh colour fabric.
- No rhinestones, pearls, sequins, beads, feathers, metallic thread or similar adornments allowed.
- No use of fringes, belts and frills.

Accessories

- Armbands, headbands, neckbands, decorative bracelets and gloves are not allowed.
- Only jewellery that hold religious or personal significance can be discreetly worn if approved by the invigilator.
- One small earring in each ear, no longer than 2cm will be permitted.

Hair Decoration

- A single flower or bow not exceeding 10cm maybe worn in the hair.
- Tiaras, headbands or rhinestone decoration are NOT permitted.

Shoes

- White shoes are preferable.
- Heel height not to exceed 1.5 inches of block heel style. Slim or Spanish heels are not permitted.
- If the shoe is manufactured with rhinestones on the buckle then they are allowed.
- If the shoe is manufactured in a glitter fabric this will be allowed.

Socks

White ankle socks must be worn. Lace will be permitted. No Fishnet Tights.

Make-up

Any application of Juvenile makeup should be kept age appropriate. The use of coloured hair or body glitter sprays is not allowed.

Sponsorship Logo's

A maximum of 3 logo's will be permitted per couple or per solo dancer.