

## 1. Costume Rules

- 1.1. Dancers **must** use the changing rooms provided at each Feis to change in and out of costumes.
- 1.2. Full costumes must be worn at all times while dancing and for presentations. Dancers must wear either a costume or a skirt/trousers and top with sleeves.
- 1.3. Costumes/Skirts must be of an appropriate length so as not to cause offense or embarrassment. Skirt length should be no shorter than mid-thigh at the back of the leg. Costume/Skirt length must not be above a dancer's hands when arms are placed by their sides. Kick pants should not be seen.
- 1.4. Competitors taking part in beginner A & B grades are not permitted to wear a solo costume. They must wear either class costume or skirt/trousers and top.
- 1.5. Dancers are to ensure that the costume/top they wear while dancing covers their shoulders.
- 1.6. Feathers and any other hazardous materials are not permitted on costumes.
- 1.7. Dancers receiving results in beginner grades **must** remain in their class costume for the duration of their results.
- 1.8. Competitors must wear either white bubble socks or black tights. **Where tights are worn, they must be of a denier no less than 70.**
- 1.9. Appropriate underwear covering a dancer's midriff must be worn.
- 1.10. Skirts worn over bodysuits/leotards must adhere to the rule on costume lengths.
- 1.11. The neckline on bodysuits/leotards must be no lower than the dancer's collarbone.
- 1.12. Tight sports or gym skirts are not appropriate attire.
- 1.13. Wraparound skirts must be secured with pins.
- 1.14. Boys/Men's costumes must adhere to the principle of modesty and enable them to safely perform.
- 1.15. Both male and female costumes must not have any representation of past achievements such as world globes.

## 2. Footwear

- 2.1. Dancers must wear appropriate footwear when they are dancing. Black leather/patent pumps for light dances and **black** treble shoes for heavy dances. **Dancers are not permitted to wear coloured or diamante shoes whilst dancing or for presentations.**
- 2.2. Buckles or elastic bands are not permitted in pumps/soft shoes.