



DANCESPORT NEW ZEALAND COMPETITION STYLES

Effective: 1st January 2017

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SECTION A: GENERAL

1. Title

1.1 This document shall be known as the DanceSport New Zealand Competition Styles.

2. Effect

2.1 This document supersedes all previous DanceSport New Zealand Competition Styles pursuant to Rule 6.1 of the DanceSport New Zealand Competition Rules and comes into effect on the First (1st) day of January 2017.

2.2 Every team of athletes competing within a given style will be required to adhere to its specifications and may be disqualified for infringement.

3. Purpose

3.1 The purpose of this document is to provide:

3.1.1 a comprehensive description of competition styles;

3.1.2 a description of competitor dress; and

3.1.3 restrictions relating to some team structures.

4. Definitions

4.1 The terms and definitions of the DanceSport New Zealand Competition Rules and the DanceSport New Zealand Licensing & Accreditation Regulations shall apply supplemented by:

4.1.1 “base style” shall be a type of competition style that is describe without reference to any other style.

4.1.2 “composite style” shall be a type of competition style formed from existing styles.

4.1.3 “head spin” shall be any movement that involves in some way a spin or part spin on the head, shoulders or back of an athlete.

4.1.4 “high back kick” shall be when the entire back leg is raised higher than the knee of the supporting leg.

4.1.5 “lift” shall be a movement during which an athlete has both feet off the floor at the same time with the assistance or support of other team members.

4.1.6 “tail spin” shall be any movement that involves in some way a spin or part spin on the buttocks or tail bone of an athlete.

5. Competition Styles

5.1 The competition styles shall be:

5.1.1 Base Styles:
Standard
Latin American
New Vogue
Classical Sequence

5.1.2: Composite Styles:
Multi Dance
Novelty

5.2 A full description of a competition style shall require specifying:

5.2.1 Competition Status

5.2.2 Dances

5.2.3 Music specification

5.2.4 Technique guidelines

5.2.5 Restricted syllabus applicability

5.2.6 Restricted syllabus

5.2.7 Restricted syllabus figures

5.2.8 Performance restrictions

5.2.9 Team costume specifications

6. Competition Restrictions

6.1 Any team competing in an event violating the competition style (for the event) that may not be resolved by improving performance or technique alone shall be sufficient basis for disqualification.

6.2 Any team competing in an event violating the competition style (for the event) that could be resolved by improving performance or technique alone may not be disqualified but such violation should be considered by the adjudicators when judging the event.

6.3 No member of any team may wear a costume that reveals the buttocks, genitalia or in the case of a female athlete, the nipples.

7. Advertising Restrictions

7.1 Advertising on competition back numbers is limited to 20% of the size of the competition number.

7.2 Advertising of sponsors is permitted on competition costume with a maximum of up to 40 square centimetres for each sponsor. The placement of the advertising is restricted to the waist, chest or sleeves. There must be no more than three sponsors on a male costume and no more than one on a female costume.

SECTION B: COMPETITION STYLES**8. Standard**

8.1 The Standard style shall be part of all Systems

8.2 Dances of the Standard style shall consist of:

Waltz
Tango
Slow Foxtrot
Quickstep
Viennese Waltz

8.3 Music specifications for each of the Standard style dances is given by the following table:

Dance	Tempi (bars per min)	Duration (seconds)		Introduction
		minimum	maximum	
Waltz	28 to 30	60	120	4 bars
Tango	31 to 33	60	120	4 bars
Slow Foxtrot	28 to 30	60	120	4 bars
Quickstep	50 to 52	60	120	4 bars
Viennese Waltz	58 to 60	60	90	4 bars

8.4 Technique guidelines of the Standard style dances shall be given by the criteria, principles, basic figures and best-practice outlined in the most recent editions of the following technique books:

The Ballroom Technique - Imperial Society of Teachers of Dancing
The Technique of Ballroom Dancing - Guy Howard
The Viennese Waltz Technique - Imperial Society of Teachers of Dancing
The Viennese Waltz - Harry Smith-Hampshire
The Viennese Waltz - Luca Bussoletti & Tjasa Vulic

8.5 Teams required to dance the Restricted Syllabus for the Standard style are:

- 8.5.1 Juvenile teams;
- 8.5.2 Preliminary Male or Female teams;
- 8.5.3 Partner Excluded Male or Female teams; and
- 8.5.4 Level 1 graded teams.

8.6 Restricted Syllabus figures of the Standard style are given in Appendix A1.

8.7 Performance restrictions for the Standard style that must be observed by all teams are that lifts, head or tail spins or high kick backs are not permitted.

8.8 The Restricted Syllabus for the Standard style shall be the basic figures including precedes and follows, and the timings and rhythms as specified in the technique books of Rule 8.4.

8.9 It is recommended that team costumes shall be guided by the WDSF Competition Dress Regulations. Restrictions as in the following table:

Team Type	Male	Female
Juvenile	Simple Male Costume (B2) Tie is mandatory	Simple Female Costume (B1)
Junior	Guided by WDSF Junior II. No tail suit or costume with tails attached permitted.	Guided by WDSF Junior II.
Youth/Adult/Masters I & Masters II	Tails and white tie mandatory	
Preliminary	Street Attire (B3) is optional	Street Attire (B3) is optional
Partnership Excluded	Street Attire (B3) is optional	Street Attire (B3) is optional

9. Latin American

9.1 The Latin American style shall be part of all Systems

9.2 Dances of the Latin American style shall consist of:

Cha Cha Cha
Samba
Rumba
Paso Doble
Jive

9.3 Music specifications for each of the Latin American style dances are given by the following table:

Dance	Tempi (bars per min)	Duration (seconds)		Introduction
		minimum	maximum	
Cha Cha Cha	30 to 32	60	120	4 bars
Samba	50 to 52	60	120	4 bars
Rumba	25 to 27	60	120	4 bars
Paso Doble	60 to 62	60	120	4 bars
Jive	42 to 44	60	90	4 bars

9.4 Technique guidelines of the Latin American style dances shall be given by the criteria, principles, basic figures and best-practice outlined in the most recent editions of the following technique books:

Latin American Dancing - Imperial Society of Teachers of Dancing
The Laird Technique of Latin American Dancing - Walter Laird

9.5 Teams required to dance the Restricted Syllabus for the Latin American style are:

9.5.1 Juvenile teams;

9.5.2 Preliminary Male or Female teams; and

9.5.3 Partner Excluded Male or Female teams; and

9.5.4 Level 1 graded teams.

9.6 Restricted Syllabus figures of the Latin American style are given in Appendix A2.

- 9.7 Performance restrictions for the Latin American style that must be observed by all teams are that lifts, head or tail spins or high kick backs are not permitted
- 9.8 The Restricted Syllabus for the Latin American style shall be the basic figures including precedes and follows, and the timings and rhythms as specified in the technique books of Rule 9.4.
- 9.9 It is recommended that team costumes shall be guided by the WDSF Competition Dress Regulations. Restrictions as in the following table:

Team Type	Male	Female
Juvenile	Simple Male Costume (B2) Tie is not mandatory	Simple Female Costume (B1)
Junior	Guided by WDSF Junior II.	Guided by WDSF Junior II.
Recreational	Street Attire (B3)	Street Attire (B3)

10. New Vogue

10.1 The New Vogue style shall be part of all Systems

10.2 Dances of the New Vogue style shall consist of:

Swing Waltz	Barclay Blues	Gypsy Tap
Parma Waltz	Charmaine	Evening Three Step
Lucille Waltz	Excelsior Schottische	La Bomba
Tracie Leigh Waltz	Merrilyn	Tangoette
Twilight Waltz	Carousel	Tango Terrific

10.3 Music specifications for each of the New Vogue style dances are given by the following table:

Dance	Tempi (bars per min)	Duration (sequences)		Introduction
		minimum	maximum	
Swing Waltz	50 to 54	2	4	4 bars
Parma Waltz	48 to 54	2	4	4 bars
Lucille Waltz	48 to 54	2	4	4 bars
Tracie Leigh Waltz	48 to 54	2	4	4 bars
Twilight Waltz	52 to 56	2	4	4 bars
Barclay Blues	28 to 32	2	4	4 bars
Charmaine	28 to 32	2	4	4 bars
Excelsior Schottische	28 to 32	2	4	4 bars
Merrilyn	28 to 32	2	4	4 bars
Carousel	28 to 32	2	4	4 bars
Gypsy Tap	50 to 56	2	4	4 bars
Evening Three Step	50 to 56	4	4	4 bars
La Bomba	28 to 32	2	4	4 bars
Tangoette	28 to 32	2	4	4 bars
Tango Terrific	28 to 32	2	4	4 bars

10.4 Technique guidelines of the New Vogue style dances shall be given by the criteria, principles, basic shapes and holds, and best-practice outlined in the most recent editions of the following technique books:

New Vogue Sequence Dancing - Neville Boyd OAM

Revised Technique of the New Vogue Championship Dances - Russ Hesketh

10.5 Level 4 & 5 Youth, Adult, Masters I, Masters II and Professional athletes whilst required to adhere to the same holds are permitted some limited relaxation of hold for the purpose of style and expression.

10.6 Performance restrictions on the New Vogue style require all teams to dance in a circular alignment.

10.7 The Restricted Syllabus for the New Vogue style shall be the basic shaping and holds, and the timings and rhythms as specified in the technique books of Rule 10.4.

10.8 All teams are required to dance the Restricted Syllabus for the New Vogue style.

10.9 There are no Restricted Syllabus figures for the New Vogue style.

10.10 Team Costume is as required for the Standard style given in Rule 8.9.

11. Classical Sequence

11.1 The Classical Sequence style shall be part of all Systems

11.2 Dances of the Classical Sequence style shall consist of:

Lilac Waltz	Royal Empress Tango
Old Time Waltz	Lola Tango
Veleta	Tango Solair
Waltz Camay	Tango Serida
Fylde Waltz	Tango Magenta

Balmoral Blues	Mayfair Quickstep
Britannia Saunter	Boston Two Step
Saunter Reve	Military Two Step
Gainsborough Glide	Rialto Two Step
Latchford Schottische	Liberty Two Step
Wedgewood Blue Gavotte	Waverly Two Step
La Mascotte	Premier Two Step

11.3 Music specifications for each of the Classical Sequence style dances are given by the following table:

Dance	Tempi (bars per min)	Duration (sequence)		Introduction
		minimum	maximum	
Lilac Waltz	44	2	4	4 bars
Old Time Waltz	42	2	4	4 bars
Veleta	42	2	4	4 bars
Waltz Camay	42	2	4	4 bars
Fylde Waltz	40	2	4	4 bars
Royal Empress Tango	32	2	4	4 bars

Lola Tango	32	2	4	4 bars
Tango Solair	32	2	4	4 bars
Tango Serida	32	2	4	4 bars
Tango Magenta	32	2	4	4 bars
Balmoral Blues	30	2	4	4 bars
Britannia Saunter	28	2	4	4 bars
Saunter Reve	28	2	4	4 bars
Gainsborough Glide	24	2	4	4 bars
Latchford Schottische	24	2	4	4 bars
Wedgewood Blue Gavotte	24	2	4	4 bars
La Mascotte	24	2	4	4 bars
Mayfair Quickstep	48	2	4	4 bars
Boston Two Step	48	4	4	4 bars
Military Two Step	48	2	4	4 bars
Rialto Two Step	48	2	4	4 bars
Liberty Two Step	48	2	4	4 bars
Waverly Two Step	48	2	4	4 bars
Premier Two Step	44	2	4	4 bars

- 11.4 Technique guidelines of the Classical Sequence style dances shall be given by the criteria, principles, basic shapes and holds, and best-practice outlined in the most recent editions of the following technique books:

Classical Sequence Scripts - Official Board of Ballroom Dancing

Old Time Sequence Dancing - M Gwyne

Analysis Charts and Scripts - British Council of Ballroom Dancing

- 11.5 Performance restrictions on the Classical Sequence style require all teams to dance in a circular alignment.
- 11.6 The Restricted Syllabus for the Classical Sequence style shall be the basic shaping, and the timings and rhythms as specified in the technique books of Rule 11.4.
- 11.7 There are no Restricted Syllabus figures for the Classical Sequence style.
- 11.8 All teams required to dance the Restricted Syllabus for the Classical Sequence style.
- 11.9 Team Costume is as required for the Standard style given in Rule 8.9. Additionally, white gloves must be worn by all male team members.

12. Multi Dance

- 12.1 The Multi Dance style shall be part of all Systems
- 12.2 Dances of the Multi Dance style may consist of the dances of the Standard, Latin American, New Vogue and Classical Sequence styles.
- 12.3 Music specifications for each of the Multi Dance style dances are given by Rules 8.3, 9.3, 10.3 and 11.3.
- 12.4 Technique guidelines of the Multi Dance style dances shall be given by Rules 8.4, 9.4, 10.4 and 11.4.
- 12.5 Teams required to dance the Restricted Syllabus for the Multi Dance style are:
 - 12.5.1 Juvenile teams.
- 12.6 The Restricted Syllabus for the Multi Dance style shall be the basic figures including precedes and follows, basic shaping and holds, and the timings and rhythms as specified in the technique books referenced in Rule 12.4.
- 12.7 Restricted Syllabus figures of the Multi Dance style are given by Rules 8.8, 9.8, 10.7 and 11.6.
- 12.8 Performance restrictions for the Multi Dance style are given in Rules 8.7, 9.7, 10.6 and 11.5.
- 12.9 Events are required to be run with equal numbers of dances taken from:
 - 12.9.1 Standard and Latin American styles; or
 - 12.9.2 Standard, Latin American and New Vogue styles; or
 - 12.9.3 Standard, Latin American, New Vogue and Classical Sequence styles
- 12.10 Team Costume must be observed for each style as laid out for the dances in the respective Standard (Rule 8.9), Latin American (Rule 9.9) New Vogue (Rule 10.10) and Classical Sequence (Rule 11.9) styles.

13. Novelty

- 13.1 The Novelty style shall not be part of the Graded System.
- 13.2 Dances of the Novelty style shall be taken from all dances of all competition styles and all widely known dances that in some form are danced in public social situations.
- 13.3 Music specifications for each of the Novelty style dances are covered by relevant specifications of this document and for other dances (not covered) by specifications established elsewhere.
- 13.4 Technique guidelines for each of the Novelty style dances are covered by relevant specifications of this document and for other dances (not covered) by specifications established elsewhere.
- 13.5 Teams are required to dance the Restricted Syllabus for the Novelty style whenever a Restricted Syllabus exists under this document.
- 13.6 The Restricted Syllabus for the Novelty style shall be the basic figures including precedes and follows, and the timings and rhythms as specified in technique books recognised for this purpose under this document together with other established technique reference material for the other dances.

- 13.7 Performance restrictions for the Novelty style shall observe performance restrictions for dances of competition styles specified in this document and for other dances performance restrictions established in practice.
- 13.8 Team Costume for the Novelty style is Street Attire (B3)

APPENDIX A: RESTRICTED SYLLABUS FIGURES**A1. Standard****A1.1 Waltz**

Closed Change	Open Telemark
Natural Turn	Cross Hesitation
Reverse Turn	Wing
Natural Spin Turn	Closed Wing
Whisk	Outside Spin
Chasse from Promenade Position	Drag Hesitation
Outside Change	Backward Lock
Natural Hesitation Change	Weave from Promenade Position
Reverse Corte	Turning Lock to left
Double Reverse Spin	Turning Lock to right
Back Whisk	Open Impetus Turn
Progressive Chasse to right	Left Whisk
Basic Weave	Contra Check
Reverse Pivot	Fallaway Reverse and Slip Pivot
Closed Impetus Turn	Fallaway Whisk
Closed Telemark	Hover Corte

A1.2 Tango

Walks	Natural Promenade Turn
Progressive Side Step	Back Open Promenade
Progressive Link	Promenade Link
Open Reverse Turn Lady outside closed or Open Finish	Four Step
Closed Promenade	Fallaway Four Step
Open Promenade	Fallaway Promenade
Back Corte	Outside Swivels
Basic Reverse Turn	Brush Tap
Rock Turn	Four Step Change
Rock Back on R.F. or L.F.	Oversway
Open Reverse Turn Lady in line closed or Open Finish	The Chase
Progressive Side Step Reverse Turn	Fallaway Reverse and Slip Pivot
Natural Twist Turn	Five Step
	Contra Check

A1.3 Slow Foxtrot

Feather Step	Top Spin
Three Step	Closed Telemark
Natural Turn	Open Telemark and Feather Finish
Reverse Turn (including Feather Finish)	Open Natural Turn
Change of Direction	Outside Swivel
Basic Weave	Feather from Promenade Position
Reverse Wave	Natural Zig Zag from Promenade Position
Closed Impetus Turn and Feather Finish	Hover Cross
Double Reverse Spin	Curved Feather to Back Feather
Natural Weave	Open Impetus
Weave from Promenade Position	Hover Telemark to Promenade Position
Hover Feather	Fallaway Reverse and Slip Pivot
Hover Telemark	Natural Hover Telemark

Natural Telemark
 Natural Twist Turn
 Outside Spin

Bounce Fallaway with Weave Ending
 Outside Change

A1.4 Quickstep

Quarter Turns to Right and Left
 Natural Turn
 Natural Turn with Hesitation
 Natural Spin Turn
 Progressive Chassis
 Forward Lock
 Backward Lock
 Chasse Reverse Turn
 Running Finish
 Natural Pivot Turn
 Tipple Chassis to Right
 Zig Zag and Back Lock
 Reverse Pivot
 Cross Chasse
 Double Reverse Spin
 Change of Direction
 Progressive Chasse to Right
 Hover Corte

Closed Impetus Turn
 Natural Turn, Back Lock
 Quick Open Reverse
 Cross Swivel
 Fish Tail
 Four Quick Run
 The V.6
 Running Right Turn
 Open Natural Turn
 Open Impetus Turn
 Closed Telemark
 Open Telemark
 Wing
 Outside Spin
 Six Quick Run
 Rumba Cross
 Topsy to Right and Left

A1.5 Viennese Waltz

Natural Turn
 Reverse Turn
 Forward Change Steps – Natural to Reverse
 Forward Change Steps – Reverse to Natural
 Backward Change Steps – Natural to Reverse
 Backward Change Steps – Reverse to Natural
 Reverse Fleckerl
 Natural Fleckerl
 Contra Check

A2. Latin American

The figures are listed using the name shown in the Imperial Society of Teachers of Dancing publications. The Walter Laird Technique uses similar figures with a different name and technique. Both are accepted.

A2.1 Cha Cha Cha

Basic Movements Closed, Open in Place
 Spot Turns - to R and L
 Underarm Turns - to R and L
 Switch Turns – to R and L
 New York – to L side position to R side
 Hand to Hand – to L side position to R side
 Cross Basic
 Fan
 Hockey Stick
 Alemana

Hip Twists – Closed, Open, Advanced
 Aida
 Spiral
 Cuban Break –L foot, R foot, Split Sweetheart
 Curl
 Hip Twist Spiral
 Turkish Towel
 Foot changes
 Reverse Top
 Opening Out from Reverse Top

Three Cha Cha Cha's
 Natural Top
 Natural Opening Out Movement
 Shoulder to Shoulder - to R side to L side
 Chase

Rope Spinning
 Follow My Leader
 Side Step to L, to R
 There and Back
 Time Steps

A2.2 **Samba**

Basic Movements - natural, reverse, side, alternative
 Whisks to L, to R
 Samba Walks - promenade, side stationary
 Bota Fogos - travelling forward, Back, Criss Cross (Shadow)
 Promenade Position to Counter
 Promenade Position, Contra
 Volta Movements – Travelling
 Volta's to R, L, Solo Spot, Criss Cross, Shadow Travelling, Maypole
 Shadow Circular
 Roundabout to R, to L
 Rocks – Closed, Open, Back

Reverse Turn
 Natural Roll
 Corta Jaca
 Foot Changes
 Plait
 Argentine Crosses
 Samba Locks
 Promenade to Counter Promenade Runs
 Cruzado Walks and Locks
 Rolling Off the Arm
 Three Step Turn
 Rhythm Bounce on LF, on RF
 Reverse Roll
 Progressive Basic Movement

A2.3 **Rumba**

Basic Movement – Closed, Open, In Place, Alternative
 Progressive Walks Forward or Back, Forward in R Shadow (kiki), Forward in R or L Side Position
 Spot Turns –to L or R
 Switch Turns – to R or L
 Under Arm Turns – R or L
 New York – to L Side or R Side position
 Hand to Hand - to R side, to L side
 Alemana
 Fan
 Hockey Stick
 Natural Top
 Natural Opening Movement
 Side Step – to R or L
 Cucarachas RF or LF

Shoulder to Shoulder–L side or R side
 Reverse Top
 Aida
 Hip Twists – Closed, Open, Advanced
 Spiral
 Cuban Rocks
 Opening out to R and L
 Curl
 Opening out from Reverse Top
 Sliding Doors
 Rope Spinning
 Three Alemana's
 Continuous Hip Twists
 Circular Hip Twists
 Fencing
 Three Threes

A2.4 **Paso Doble**

Basic Movement
 Sur Place
 Appel
 Chases to R and L (incl Elevations)
 Displacement
 Attack
 Separation
 Huit
 Promenade to Counter Promenade
 Promenade Position
 Promenade Close

Methods of Changing Feet
 Left foot variation
 Coup de Pique
 Drag
 Twist Turn
 Twists
 La Passe
 Banderillas
 Fallaway Reverse Turn
 Open Telemark
 Chasse Cape

Promenade Link
Separation-with Lady's Caping Walks
Fallaway ending to Separation
Syncopated Separation
Sixteen
Grand Circle
Ecart (Fallaway Whisk)

Travelling Spins from Promenade Position
Travelling Spins from Counter Promenade Position
Spanish Line in Inverted Open Promenade
Position or Open Counter Promenade Position
Flamenco Taps
Fregolina (also Farol)

A2.5 ***Jive***

Basic in Place
Fallaway Rock
Change of Places R to L
Change of Places L to R
Link
Whip
Whip Throwaway
Walks – slow and quick
American Spin
Windmill
Spanish Arms
Stop to Go
Shoulder Spin

Change of Hands behind back
Fallaway Throwaway
Curly Whip
Simple Spin
Reverse Whip
Rolling Off the Arm
Chicken Walks
Toe Heel Swivels
Stalking Walks, Flicks and Break
Hip Bump (L Shoulder shove)
Mooch
Miami Special
Chugging
Catapult

APPENDIX B: TEAM COSTUMES

B1. Simple Female

B1.1 Bodice:

Waistline: Normal straight; "V" shape - no lower than 5cm below waist at sides.
Not permitted: Cut out bodices front or back

Neckline: Round high neck; boat neck; Sweetheart neck; V-neck; square; collars as per list below.
Not permitted: Back of neckline lower than bottom of shoulder blades; slashed neckline; strap dresses of any description; body stocking or similar see through material.

Collar: Peter Pan or simple; Chinese or stand-up collar (to a maximum of 2.5cm); one frill up to a depth of 7.5cm.
Not permitted: Fishing line or pleating on frill collar; or double collars.

Sleeves: Any length straight to wrist; short puff; short cap (set in or as shown); sleeveless; long sleeve with a "V" extension and finger stirrup.
Not permitted: sleeveless dress with frills on armholes; sleeveless dress used in conjunction with boat neckline; netting or stiffening inside puff or cap sleeves; long puff sleeves; one sleeve; pleated sleeves; tiered, belled or slashed; Dolman, leg o'mutton, tulip, princess, bishop sleeves

B1.2 Skirt:

Skirt no longer than 2.5cm below the knee; skirt no higher than 10cm above the knee when kneeling on the floor; one frill at bottom of skirt to a depth of 7.5cm; Pleating on skirt only; fishing line wiring (max 50lb) in bottom of skirt; single (one circle) or double (two circles joined circular skirt; two layers both attached to bodice.
Not permitted: No frill on the bottom if using two layers; petticoat; fringe; feathers; tiered or dropped skirt; godets; strips; splits or sash; culottes, jump suits or similar apparel; boning on skirt.

Leotard with skirt; or blouse with skirt are permitted.
Not permitted: Wrap-over-skirt.

B1.3 Fabric:

Cotton, nylon, satin, jersey, georgette, chiffon, lycra or velvet. Combination of different materials of the same colour is permitted. Use of stretch lace is permitted provided it is lined with opaque material.
Not permitted: see through or metallic materials, Lurex, metallic thread, sequins, beads, brocades or similar decorations.

B1.4 Colour:

Self-coloured, (i.e. one colour) any colour except flesh (skin colour). Panties must be the same colour as the dress.

B1.5 Belts/Sashes/Tights

Skin colour tights may be worn.
Not permitted: mesh tights; belts and sashes.

B1.6 Decoration:

Not permitted: decoration or trimmings (rhinestones, sequins, feathers, flowers, fringe, lace, diamantes, beads, fluorescent paint, braids and bows or similar adornments.)

B1.7 Shoes:

Block heel shoes with a heel not exceeding 3.5 cm. Any colour is permitted. Optionally shoes may be worn with short socks.

Not permitted: slimline or high heel shoes.

B1.8 Hairstyles:

Sensible choice of hairstyle to be used. For the purpose of neatness, hair can be tied with a rubber band, elastic or with what is commonly recognised as a scrunchy. The latter must be the same colour as the dress.

Not permitted: diamantes or similar adornments on hair, comb, clip or any other adornment in or on hair; false hair, other than a toupee in the event of baldness or semi-baldness; hat; cap; or hair covering.

B1.9 Makeup:

Foundation make-up optional.

Not permitted: artificial eye lashes, artificial fingernails, artificial tan; diamantes or similar adornments as facial decoration.

B1.10 Jewellery:

Plain silver or gold rings (maximum one per hand); and plain gold or silver sleeper or ear studs.

Not permitted: all other jewellery.

B2. Simple Male

B2.1 Trousers:

Black, dark grey, dark navy trousers, underfoot strap optional; narrow black belt, or black cummerbund optional; metallic buckle.

Not permitted: Baggies, fancy or decorated belt or buckle; strips (satin or otherwise) or braid on sides of trousers.

Waistline: Normal or high strait line (maximum 10cm)

Not permitted: Waistlines curved or high sides.

B2.2 Shirt:

Plain white long sleeved ready to wear shirt (cotton or polycotton preferred), normal sleeves and arm holes. The shirt must be tucked in. If a neck tie is not mandatory then Skivvy style with Polo or Crew neck, full length sleeves, Black or White in colour made of cotton, polycotton or lycra. Shirt must be tucked in to trousers.

Not permitted: shiny or patterned materials, T-shirts; wing collar; and rolled up sleeves.

B2.3 Ties:

Regular black long tie or black bow tie is mandatory. Metallic tie clip is optional.

B2.4 Decoration:

Not permitted: decorations

B2.5 Shoes:

Black low heel leather, suede, or patent shoes. Worn with black socks.

B2.6 Hairstyles

Short hair is preferred. Long hair must be worn in a ponytail, pigtails or bun.

B2.7 Makeup:

Foundation make-up optional.

Not permitted: artificial tan.

B2.8 Jewellery:

Not permitted.

B2.9 Gloves

White gloves may be worn.

B3. Street Attire

Suitable smart street wear which excludes among other things attire that would or could be perceived as a competition costume and excludes casual attire.

Casual attire includes T-shirts, jeans, sneakers, jandals, trousers for females and similar variations.