

Restricted Dress

This is the latest information IVDA have published regarding restricted dress. If you break any of these rules you will be asked to change so check with someone if in doubt!

Not allowed items specifically designed for competitive dancing. The following items are allowed (*plain is defined as meaning unpatterned or having a small single or repeating motif*):

- Modern – Men: Plain dark trousers, dinner jacket trousers, plain shirts, ties or bow ties, waistcoats
- Modern – Ladies: Plain skirts or trousers, dresses or tops without excessive adornment
- Latin – Men: Plain dark trousers or Latin trousers, plain or ruffled shirts or t-shirts, plain plain tops (no transparent material), ties or bow ties, waistcoats.
- Latin – Ladies: Plain skirts or trousers, dresses or tops without excessive adornment

'Off the peg' or pre-sized practice wear is permitted provided that:

- The person wearing it has to be able to prove that is 'off the peg' and not tailor made, for example via a label, web link or brochure.
- It does not include any excessive adornment.
- Practice wear does not include certain pre-sized men's latin shirts (see below)

'Excessive adornment': is classed as any sparkles, sequins, diamantes, feathers or glitter larger than a 7cm by 7 cm template. The adornment within this template is only allowed to be in one place on the garment.

Fringing: One layer in one section of the garment may be fringed, no longer in length than 10cm. This means one single layer of fringing is allowed all the way around a dress, skirt or top. Items with more than one layer of fringing are strictly not allowed.

Ruffles: are allowed in as many layers as wished.

Scarves: Scarves may only be worn as a scarf and not as a float (i.e., attached to a bracelet or similar in the style of a ballroom float on a competitive gown)

Gloves: must be plain with no adornment (e.g., sparkles or diamantes). Bracelets of any description may be worn over gloves.

Men's Trousers: Latin trousers are permitted at all levels. However trousers from a tail suit set are not permitted.

Men's Latin tops: Only black 'turtle neck' style 'off the peg' shirts from dance retailers are permitted. They must be of plain black material (no see through or shimmer effect). Other 'off the peg' shirts from dance retailers from with open neck collars, zip or button up fronts even in plain material are classed as competitive dress and are not permitted.