

Dress regulation

Tērpu noteikumi

WDSF/LSDF 2025

General

1. Female Athletes (FA) may not wear shorts, culottes or leotards alone but they can be worn with a skirt. FA must wear a skirt, dress or long trousers. Skirts and dresses must create Characteristic shape for each discipline (ST and LA) - "shape area" (SA).

Any dress chosen (ST and LA) must have a skirt or the shape of a skirt which completely covers the panties in front and in the back when standing still.

Additionally in ST: FA dress must have a long skirt or long trousers which at minimum cover both her knees; if the skirt is split it must not be split higher than 10 cm above the knee. Trousers must provide the look of a skirt when standing still.

Additionally in LA: FA dress must have a skirt, or long trousers made of any suitable material. The skirt can be split or open on the sides

For specific rules for Juvenile FA see appendix 2 Juvenile Female Athlete's Dress.

Vispārēji

1. Sieviešu sportistes (FA) nedrīkst valkāt šortus, kulotes vai triko atsevišķi, bet tās drīkst valkāt ar svārkiem. FA jāvalkā svārki, kleita vai garas bikses. Svārkiem un kleitām jāveido katrai disciplīnai (ST un LA) raksturīga forma - "formas zona" (SA).

Jebkurai izvēlētajai kleitai (ST un LA) jābūt ar svārkiem vai svārku formu, kas pilnībā nosedz biksītes priekšā un aizmugurē, stāvot uz vietas.

Papildus ST: FA kleitai jābūt ar gariem svārkiem vai garām biksēm, kas vismaz nosedz abus ceļgalus; ja svārki ir šķelti, tie nedrīkst būt šķelti augstāk par 10 cm virs ceļgaliem. Biksēm jārada svārku izskats, stāvot uz vietas.

Papildus LA: FA kleitai jābūt ar svārkiem vai garām biksēm, kas izgatavotas no jebkura piemērota materiāla. Svārki var būt šķelti vai atvērti sānos

Īpašus noteikumus nepilngadīgo FA skatīt 2. pielikumā Nepilngadīgo sieviešu sportistu tērps.

2. Dresses must cover the intimate parts of that athlete's body "the intimacy area" (IA).

3. A FA dress and makeup must be appropriate for her age and the level of competition which is being danced.

4. Each age group has its own characteristic image:

- Juvenile do not yet fully distinguish between ST and LA and dresses are as simple as possible with several restrictions.
- For Junior I the dresses already emphasise the differences between ST and LA and create the typical silhouettes of the different styles. The restrictions in general concern decorative elements.
- For Junior II and higher age groups, the design of the dresses is left to creative freedom with only functional and ethical restrictions.

5. Athletes may not use religious symbols as decoration or decorative jewellery but may use religious symbols as part of their personal jewellery.

6. The Chairperson has full authority to require any athlete to remove an item of jewellery or dress at any time if in the Chairperson's opinion that the item of jewellery or dress poses a potential danger to that athlete or to other competitors.

7. An athlete may compete wearing a costume which is required in a lower category.

8. The Chairperson may suspend from competition any athlete who fails to comply with these guidelines or fails to comply with the Chairperson's directions at a competition, and may direct the Scrutineer not to record the marks given to such an athlete/a couple in any competition in which the athlete fails so to comply.

2. Kleitām ir jānosedz sportista intīmās ķermeņa daļas "intimitātes zona" (IA).

3. FA kleitai un grimam ir jāatbilst viņas vecumam un sacensību līmenim, kas tiek dejots.

4. Katrai vecuma grupai ir savs raksturīgais tēls:

- Bērnu grupā vēl pilnībā nenošķir ST un LA, un kleitas ir pēc iespējas vienkāršākas ar vairākiem ierobežojumiem.
- Junior I kleitas jau uzsver atšķirības starp ST un LA un rada tipiskus siluetus dažādiem stiliem. Ierobežojumi kopumā attiecas uz dekoratīvajiem elementiem.
- Junior II un augstākām vecuma grupām kleitu dizains ir atstāts radošai brīvībai ar tikai funkcionāliem un ētiskiem ierobežojumiem.

5. Sportisti nedrīkst izmantot reliģiskus simbolus kā rotaslietas vai rotaslietas, bet var izmantot reliģiskus simbolus kā daļu no savām personīgajām rotaslietām.

6. Galvenajam tiesnesim ir visas tiesības pieprasīt jebkuram sportistam jebkurā laikā noņemt kādu rotaslietu vai kleitu, ja tas uzskata, ka rotaslieta vai kleita rada potenciālus draudus šim sportistam vai citiem sacensību dalībniekiem.

7. Sportists drīkst startēt zemākas kategorijas tērpā.

8. Galvenais tiesnesis var atstādināt no sacensībām jebkuru sportistu, kurš neievēro šīs vadlīnijas vai nepilda Galvenā Tiesneša norādījumus sacensībās, un var likt Sekretariātam neregistrēt šādam sportistam/pārim piešķirtās atzīmes jebkurās sacensībās, kurās sportists to neievēro.

Good Taste Rule

Any use of material or color or construction or other contrivance that gives the appearance of non-compliance with these dress rules, even though there is no breach of the literal wording of these rules, will be a breach of these rules if so determined by the Chairperson.

B. SANCTIONS

If an athlete is not dressed in accordance with this Dress Regulation and receives a warning from the Chairperson of adjudicators, they must comply with the regulation or face disqualification IMMEDIATELY BY THE CHAIRPERSON or the WDSF VICE-PRESIDENT FOR SPORTS, if present. The Presidium can impose additional sanctions including suspension from competitions for repeat offenders.

Labas gribas noteikums

Jebkāda materiāla vai krāsas, konstrukcijas vai cita veida izgudrojuma izmantošana, kas rada šķietamu neatbilstību šiem ģērbšanās noteikumiem, pat ja nav pārkāpts šo noteikumu burtiskais formulējums, tiks uzskatīts par šo noteikumu pārkāpumu, ja to nosaka Galvenais tiesnesis.

B. SANKCIJAS

Ja sportists nav ģērbies atbilstoši šim Ģērbšanās nolikumam un saņem brīdinājumu no Galvenā tiesneša, viņam ir jāievēro nolikums, pretējā gadījumā GT vai WDSF SPORTA viceprezidentam, ja tāds ir, jāsaņem diskvalifikācija NEKAVĒJOTIES. Prezidijs var piemērot papildu sankcijas, tostarp atstādināšanu no konkursiem atkārtotiem pārkāpējiem.

C. DEFINITIONS OF TERMS, EXPLANATION

Male Athlete (MA), Female Athlete (FA)

No restriction (NR) – there are no restrictions in this matter

Not allowed (NA), Only allowed (OA),

Intimacy area (IA) – body zones, which must be covered by non-transparent materials or transparent materials lined with non-transparent materials. If skin color is used in the IA of an athlete's costume, it must be SwD.

In the age groups Juvenile I, Juvenile II, Junior I, Junior II and Youth the following rule applies: Throughout the whole competition, all intimate areas of MA and FA have to be completely covered. This includes the areas between hip line (HL) and panty line (PL). The use of skin-coloured or transparent fabrics is not permitted in these areas (CnS).

C. TERMINU DEFINĪCIJAS, SKAIDROJUMI

Sportists vīrietis (MA), sportiste sievietē (FA)

Nav ierobežojumu (NR) - šajā jautājumā nav ierobežojumu.

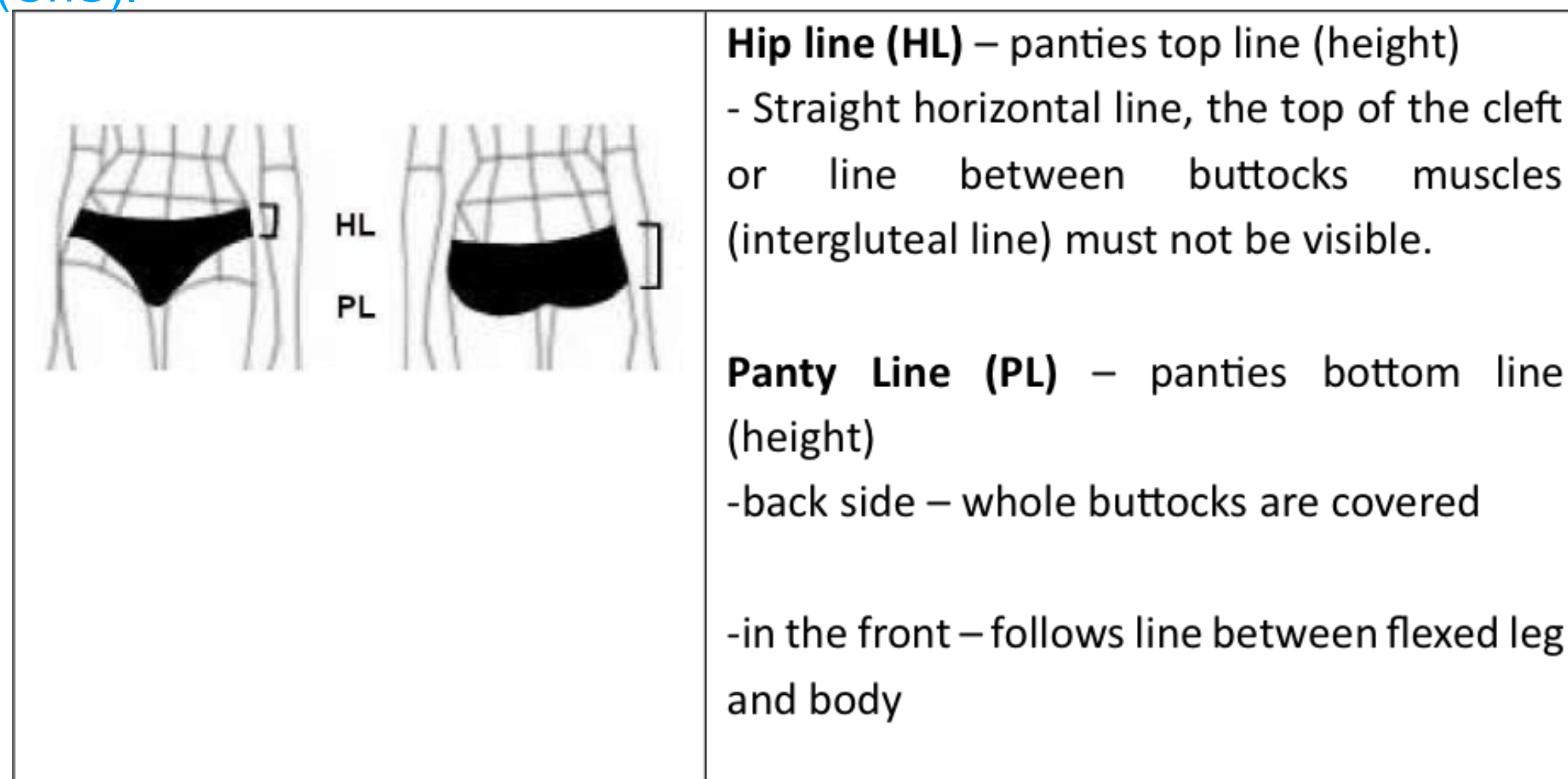
Nav atļauts (NA), Tikai atļauts (OA),

Intimitātes zona (IA) - ķermeņa zonas, kuras jānosedz ar necaurspīdīgiem materiāliem vai caurspīdīgiem materiāliem, kas oderēti ar necaurspīdīgiem materiāliem. Ja ādas krāsa tiek izmantota IA sportista kostīmā, tai jābūt SwD.

Vecuma grupās Juvenile I, Juvenile II, Junior I, Junior II un Jaunieši piemēro šādu noteikumu:

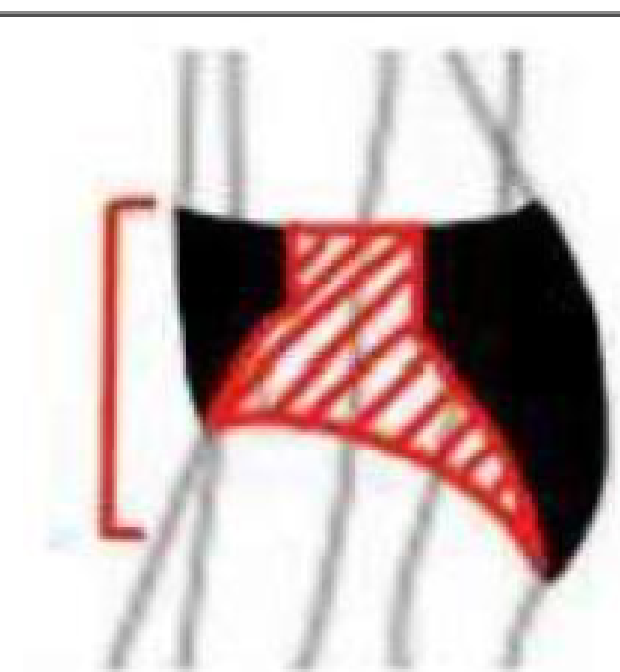
Visā sacensību laikā visām intīmajām MA un FA zonām ir jābūt pilnībā nosegtām. Tas attiecas arī uz zonām starp gurnu līniju (HL) un biksīšu līniju (PL).

Šajās zonās nav atļauts izmantot ādas krāsas vai caurspīdīgus audumus (CnS).



VALID FROM AGE GROUP ADULTS:

Specification of the FA IA between HL and PL which have to be covered with the following restrictions:



Leg cut – allowed open area on the side (red marked area) At least 5 cm of height between HL and PL must be covered with any of the following:

- transparent material lined with non-transparent material
- **SwD** material

The 5 cm may be in any shape (e.g. square, diagonal, curved) and in any part of the area between **HL** and **PL**

PIEAUGUŠO VECUMA GRUPAI:

FA IA specifikācija starp HL un PL, kas jāsedz ar šādiem ierobežojumiem:

Kājas izgriezums- atļautais atvērtais laukums sānos (sarkanais). Vismaz 5 cm augstumam starp HL un PL jābūt nosektam ar:

- caurspīdīgs materiāls, kas izklāts ar necaurspīdīgu materiāli;
- SwD materiāls

5 cm var būt jebkuras formas (kvadrātveida, izliekti, pa diagonāli) un jebkurā laukuma daļā starp HL un PL

Rules for FA:

For the Female partner:

- tangas are NA.
- skin colors panties are NA.
- Breasts must be covered
- the distance between bra cups must be less than 5 cm.

Shape area (SA) – minimum area which must be covered.

Transparent materials are allowed in these areas, any color is allowed.

Basic material – creates shape of the dress

- with light effects (metallic, glitter, sequined, ...)
- without light effects

Decoration – anything fixed on the basic material, hair, skin:

- with light effects (rhinestones, sequins, beads, pearls, ...)
- without light effects (feathers, flowers, bows, fringe, lace applications, ribbons,...)

Tie clips, studs, cufflinks, belt-buckles and personal jewellery are not defined as decorations

Man's Top Opening Point (TOP) – point, to which top or shirt can be opened

= centre of the belt buckle or centre of the trousers top line

Long Sleeves/ed (LS) – length to the wrist, rolled up sleeves are NA

FA noteikumi:

Sievietes:

tangas NA.

ādas krāsas biksītes NA.

- Krūtis ir jānosedz
- attālumam starp krūštura kausiem jābūt mazākam par 5 cm.

Formas laukums (SA) – minimālā platība, kas jāpārklāj. Caurspīdīgi materiāli ir atļauta šajās zonās, jebkura krāsa ir atļauta.

Pamatmateriāls – veido kleitas formu

- ar spīduma efektiem (metālisks, mirdzošs, vizulis, ...)
- bez spīduma efektiem

Dekorācija – jebkas, kas piestiprināts pie pamatmateriāla, matiem, ādai:

- ar spīduma efektiem (rhinestones, fliteri, krelles, pērles, ...)
- bez spīduma efektiem (spalvas, ziedi, bantes, bārkstis, mežģīņu aplikācijas, lentes,...)

Kaklasaites, kniedes, aproču pogas, jostu sprādzes un personīgās rotaslietas nav definētas kā dekorācijas

Man's Top Opening Point (TOP) – punkts, līdz kuram var atvērt topiņu vai kreklu

= jostas sprādzes centrs vai bikšu augšējās līnijas centrs

Long Sleeves/ed (LS) – garums līdz plaukstas locītavai, uzlocītās piedurknes NA

Colours

- black only (**Bo**). [Tikai melns](#)
- black (**B**) – means black and midnight blue. [Melns, tumši zils](#)
- white (**W**). [balts](#)
- skin color (**S**) the same color as the dancer's skin during the competition (with tan) [ādas krāsa](#)
- skin color with decoration (**SwD**) [ādas krāsa ar dekorējumu](#)
- any color (**C**) – any color including mixed colors [krāsains](#)
- any color except skin color (**CnS**) [jebkura krāsa izņemot ādas krāsu](#)
- any color except black color (**CnB**) [jebkura krāsa izņemot melnu](#)
- one color except skin color (**C1nS**) [viena krāsa izņemot ādas krāsu](#)
- one color except skin color or black color (**C1nS/B**) [viena krāsa izņemot ādas krāsu vai melnu](#)

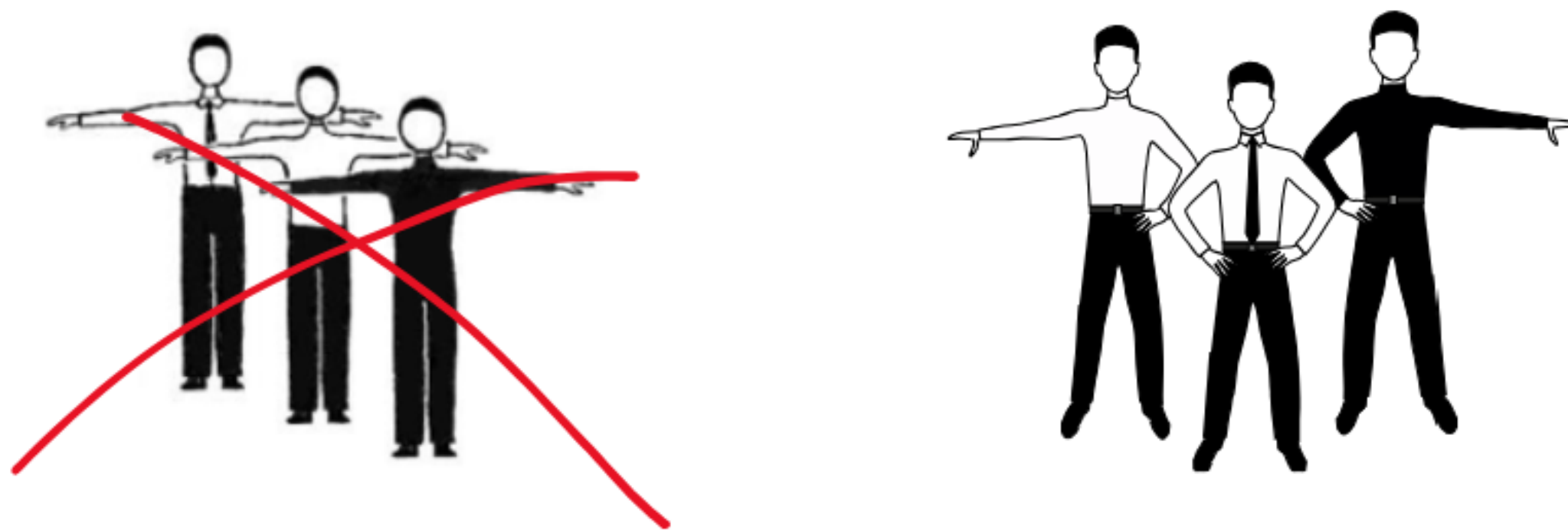



Make-up – includes face make-up, artificial tan, nail polish, artificial nails, and artificial eye lashes. [Grims - tostarp sejas grims, mākslīgais iedegums, nagu laka, mākslīgie nagi un mākslīgās skropstas.](#)

Decoration jewellery – jewellery designed to be a part of a dance dress [Dekoratīvās rotaslietas - rotaslietas, kas paredzētas kā daļa no dejas tērpa.](#)

Personal jewellery – jewellery that is intended for everyday personal use. If used at competitions, use at the wearer's risk. [Personīgās rotaslietas - rotaslietas, kas paredzētas ikdienas personīgai lietošanai. Ja tās tiek izmantotas sacensībās, lietotājs tās lieto uz savu risku.](#)

D. DRESS SPECIFICATION

1. DANCE DRESS – Only Allowed

Athlete	Male		Female	
Discipline	ST	LA	ST	LA
Juvenile	<p>W/Bo LS classical collared shirt (worn with Bo tie/bow tie) * or W/Bo LS polo neck Bo tie / bow tie Bo trousers</p>  <p>*Wing collared shirt in black material, but with white front, white collar and white cuffs is allowed.</p> <p>cuts and details – see appendix I</p>		<p>W blouse leotard or Tshirt Bo skirt</p>  <p>C1nS simple dress + panties</p>  <p>C1nS leotard with same colour skirt</p>  <p>cuts and details – see appendix II</p>	

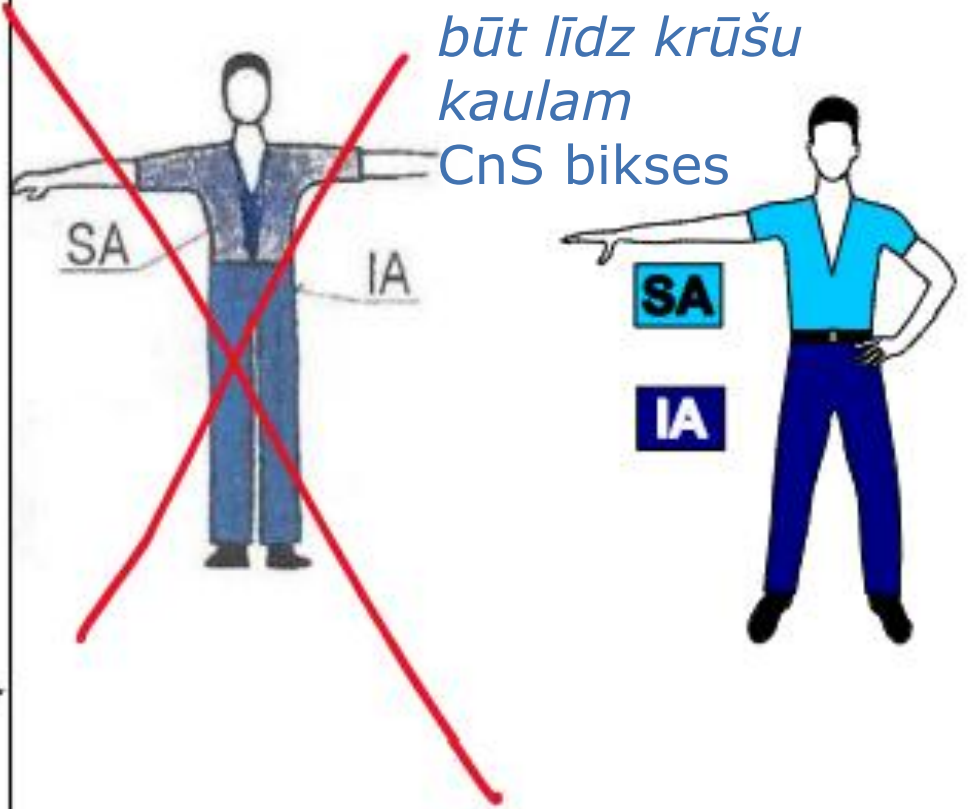
Juniors I

W/Bo LS classical collared shirt (worn with **Bo** tie) -or
W/Bo LS wing collared shirt (worn with **W** bow tie)
~~polo-neck~~
Bo vest ~~optional~~
~~W~~ bow tie (worn with wing collared shirt)
~~Bo~~ tie (worn with classical collar shirt)
Bo trousers



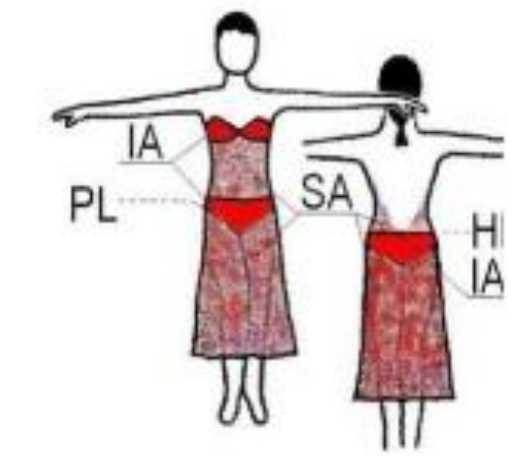
C shirt/top (tucked in or outside)
 TOP = breastbone

CnS trousers
 C kreklis vai tops (biksēs vai virs biksēm) Tops atvērts var būt līdz krūšu kaulam
 CnS bikses



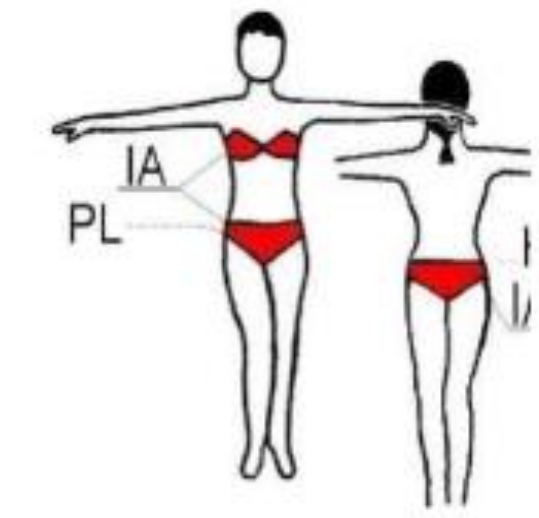
Competition dress
 Junior I –CnS
 Others: **C**
 Two-piece dresses
NA

Divdaļīgs tērps nav atļauts



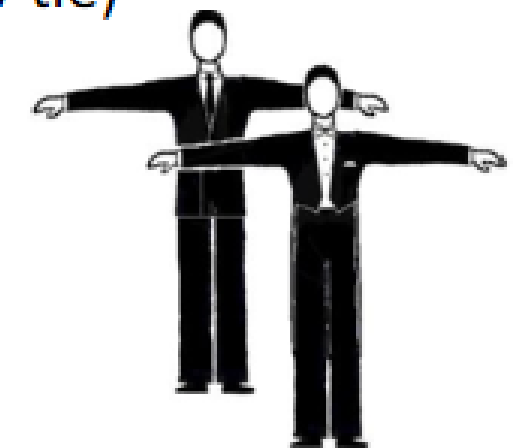
Competition dress
 Junior I –CnS
 Others: **C**
 Two-piece dresses are allowed, but the top **must not** be a bikini top only

Divdaļīgs tērps ir atļauts bet Nedrīkst būt tikai bikini

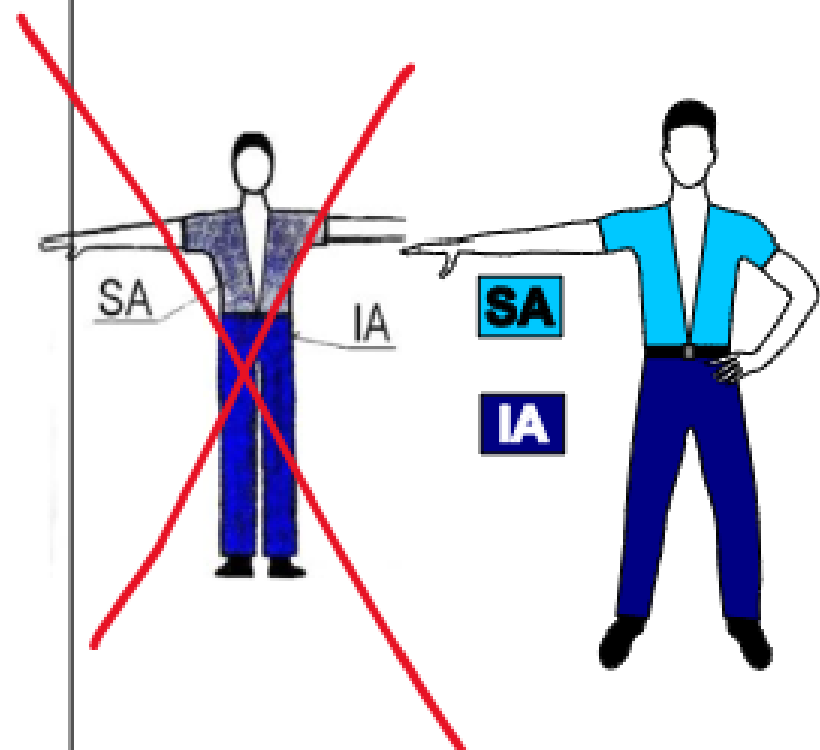


Juniors II
 Youth
 Adults
 Seniors

B Jacket suit (B trousers. B jacket.
W shirt with. B tie or. W tail shirt with. W bow tie)
B Tail suit (B trousers B tails B vestette W tail shirt W bow tie)



C shirt/top
CnS trousers



2. DECORATIONS, LIGHT EFFECTS

Athlete	Male		Female	
Discipline:	ST	LA	ST	LA
Juv	Any decorations – NA Basic materials with light effects – NA		Any decorations – NA Basic materials with light effects – NA	
Jun I			Decoration with light effects – NA (Decoration without light effects is allowed). Basic materials with light effects – NA	
Jun II – Sen	NR			

3. SHOES, SOCKS, TIGHTS

Athlete	Male		Female	
Discipline:	ST	LA	ST	LA
Juv	<i>Shoes: B</i> <i>Heel: may be max 2,5 cm</i> <i>Socks: B, must be worn</i>		<i>Shoes: C</i> included material with light effects (metallic, glitter, ...), roller hook buckle, rhinestone buckles are allowed if they are used to buckle the shoes, not as decoration. <i>Heel: block, may be max 3,5cm</i> <i>Socks: C</i> short socks are allowed <i>Tights: skin colour OA, mesh NA</i>	
Jun I	<i>Heel: may be max 2,5 cm</i> <i>Socks: B, must be worn</i>	<i>Heel: may be max 3,5 cm</i> <i>Socks: C (either same colour of shoes or trousers), must be worn</i>	<i>Heel: may be max 5 cm</i> <i>Socks: C</i> short socks are allowed <i>Tights: mesh – NA</i>	
Jun II - Sen	<i>Socks: B, must be worn</i>	NR		

4. HAIRSTYLES				
Athlete	Male		Female	
Discipline:	ST	LA	ST	LA
Juv	If the hair is long, it must be worn in a ponytail		Decoration, artificial hair parts and coloured hairspray – NA	
Jun I			Decoration with light effects and coloured hairspray – NA (Decoration without light effects are allowed)	
Jun II – Sen			NR	
5. MAKE-UP				
Athlete	Male		Female	
Discipline:	ST	LA	ST	LA
Juv, Jun I	Make-up – NA			
Jun II – Sen	NR			
6. DECORATION JEWELLERY (not personally jewellery)				
Athlete	Male		Female	
Discipline:	ST	LA	ST	LA
Juv	Decoration jewellery – NA			
Jun I	Decoration jewellery with light effects – NA (Decoration jewellery without light effects are allowed)			
Jun II – Sen	NR			

Appendix 1: Juvenile Male Dress



Top:

- W plain LS shirt or W/Bo LS polo neck. Wing collared shirt in black material, but with white front, white collar and white cuffs is allowed.
- shiny or patterned materials – **NA**
- shirt wing collar – **NA**
- rolled up sleeves -**NA**
- **must** be tucked in

Trousers:

- shiny or patterned materials – **NA**
- side satin stripe allowed
- satin waist band allowed

Tops:

- W vienkāršs krekls ar garām piedurknēm vai W/Bo polo ar garām piedurknēm. Atļauts krekls ar spārnu apkakli no melna materiāla, bet ar baltu priekšpusi, baltu apkakli un baltām aprocēm.
- spīdīgi vai rakstaini materiāli – **NA**
- krekla spārnu (augstā) apkakle – **NA**
- uzlocītas piedurknes -**NA**
- **jābūt** biksēs (ievilkdam)

Bikses:

- spīdīgi vai rakstaini materiāli – **NA**
- sānos atļauta satīna svītra
- atļauta satīna josta

Appendix 2: Juvenile Female Athlete's Dress

Combination of different materials in the same color is allowed. If transparent (see through) materials are used, they must be lined with a non-transparent material

in the same color.

Draping and pleating is allowed.

Buttons in color of the dress and fabric covered buttons are allowed if they are

used to button the dress, not as a decoration

Ir atļauta dažādu materiālu kombinācija vienā krāsā. Ja tas ir caurspīdīgs, tiem jābūt izklātiem ar necaurspīdīgu materiālu tādā pašā krāsā.

Drapēšana un krokošana ir atļauta.

Ir atļautas kleitas krāsas pogas un ar audumu apvilktas pogas, ja tādas

izmanto aizdarē, nevis kā dekorāciju

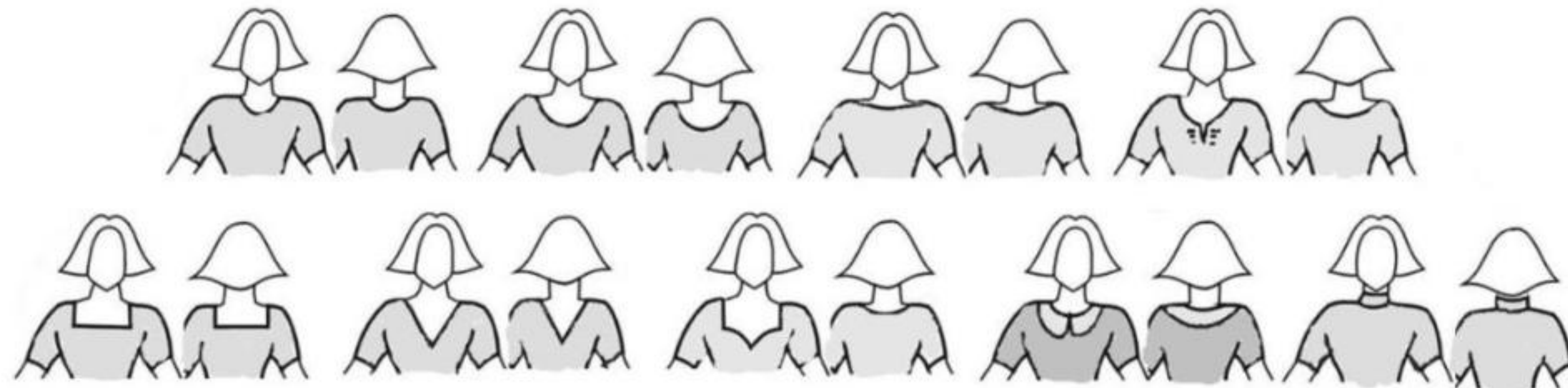
A. Necklines

Small tear shaped opening on the back closed at the neck with a button or hook may be used, not longer than 15cm and not wider than 5 cm

– allowed cuts, others - NA:

mugurpusē atļauts pie kakla aizverams šķēlums,
var izmantot pogu vai āķi, šķēlumu ne garāku par 15cm
un ne platāku par 5 cm

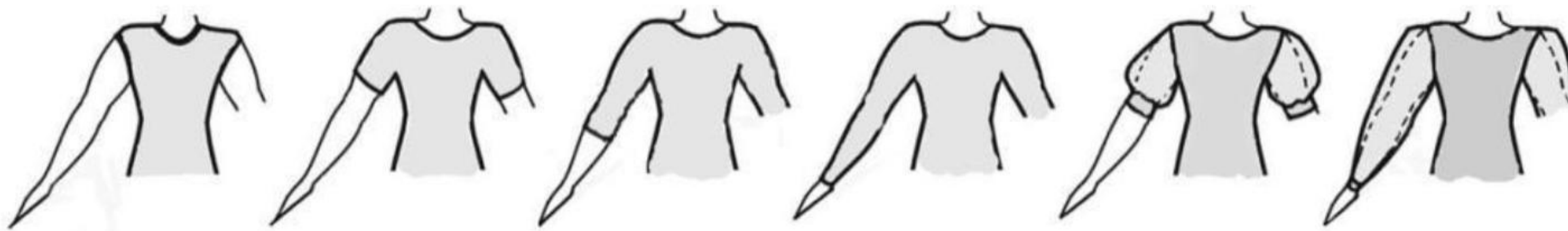
– atļauti griezumi, citi – NA:



B. Sleeves. Piedurknes

- Sleeves may be transparent. **Var būt caurspīdīgas**

– allowed cuts, others - NA: **citas nav atļautas**



C. Skirts: Svārki:

- plain or pleated. - *vienkāršs vai gofrēti*

- made of minimum 1 to maximum 4 half circles (2 full circles) – OA: - *izgatavots no vismaz 1 līdz maksimāli 4 pusapļiem (2 pilniem apļiem-“saulēm”)* – OA:

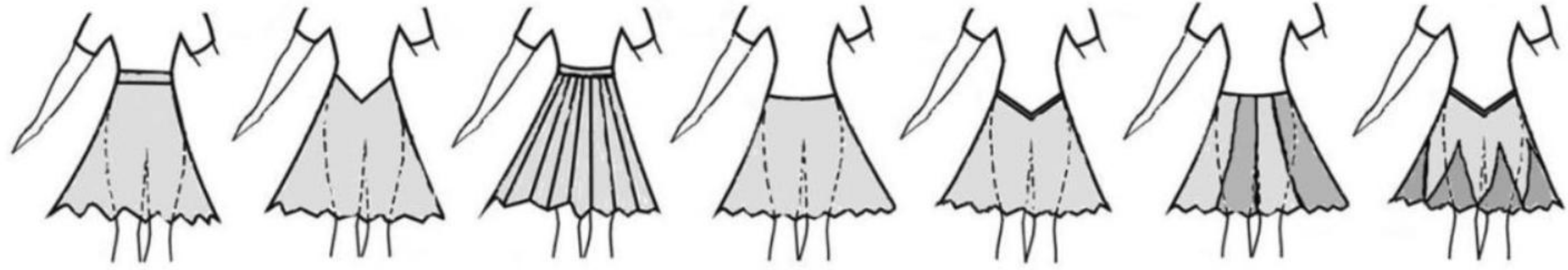
- one layer only simple circular under skirt up to 2 full circles allowed, - *apakšvēri tikai vienas kārtas vienkārši apaļi, līdz 2 pilniem apļiem,*

bigger underskirt - NA. *lielāki apakšsvārki - NA.*

- frills on the skirt or the underskirt- NA, boning, soft boning or fishing line – OA if used in the hem of the skirt. - *volāni uz svārkiem vai apakšsvārkiem- NA, makšķeraukla vai mīkstā lenta atļauta tikai apakšmalā*

- length must not be more than 10 cm above the knee and not longer, than just below the kneecap. *garums nedrīkst būt augstāks par 10 cm virs ceļgala un ne garāki kā tieši zem ceļa locītavas*

- allowed cuts, others - NA: *atļauti griezumi, citi - NA:*



Examples:

