

CLRG Rules on Presentation

April 2016

Rules on: Costumes, Make-up, Artificial Carriage Aids, Composition & Dimensions of Dancing Shoes

This document contains all CLRG rules particular to on-stage presentation. Please refer to the full CLRG Rule Book for all CLRG rules.

Costume Rules (4.4 in CLRG Rule Book)

- 4.4 That costumes or costuming be defined as any element of performance / presentation clothing worn by a dancer in the course of a competition, including, but not limited to, dress, waistcoat, trousers, shoes, headwear, capes, shawls, socks, underwear and make-up.
 - 4.4.1 Costume length: Length of costumes must adhere to principles of modesty, and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may use the Costume Infraction (Tick Box) Program in order to flag the dancer and ensure the teacher is notified. As the Costume Infraction Program is used for ALL costume violations, adjudicators wishing to specify length as the infraction can write the letter 'L' in the Tick Box column.
 - 4.4.2 Necklines must be at collarbone level or above. This does not preclude the use of alternative fabrics, e.g. lace, as an inset.
 - 4.4.3 Costumes must consist of full front, side and back sections. Cut-away styles, without a full skirt backing, are not acceptable.
 - 4.4.4 In order to protect dancers from hazardous objects on stage while competing, costumes may not be decorated with feathers.
 - 4.4.5. Dance Drama costumes must be in keeping with the theme of the story portrayed.
 - 4.4.6. Competitors in all age groups, up to but excluding Meangrad (Intermediate), may only wear traditional class costumes or long / short-sleeved blouses / polo tops and skirts / tunics that conform to the regular costume length rules as above. Low-cut tops and short, tight skirts are not permitted.
 - 4.4.7. Where chiffon or lace material is used as sleeves, the sleeves must start at the shoulder line and end at the cuff.

CLRG Rules on Presentation

April 2016

- 4.4.8. Costumes for both boys and girls should not include representations such as globes, medals or any other item symbolic of an award having been achieved
- 4.4.9. All forms of dance school or individual identification, be it by sign, shape, colour-piece, logo or symbol, initials and / or name be banned from all solo costumes worn by any competitor in any competition.
- 4.4.10 Appropriate underwear, covering the midriff, must be worn. (See the attachment on underwear for illustrations.) Where tights are worn, they must be opaque. *(Rule updated December 2015.)*
- 4.4.11 Body suits should be of premium fabric and not showing the body contour in detail. Recommended fabrics include: velvet and lycra. See the attached illustrations for details.
- 4.4.12 Skirts worn over bodysuits must adhere to the length Rule 4.4.1. Tight sport skirts or gym skirts are not suitable. Wrap-around skirts must be secured with a pin. *(Rule updated December 2015.)*
- 4.4.13. That all personal initials and any other name form which leads to *personal identification* be banned from solo costumes. Failure to comply may result in a dancer being denied the opportunity to compete at any event.
- 4.4.14. Costumes should have traditional themes and cartoon characters are not permitted. *(Rule clarified February 2016.)*
- 4.4.15. Female adult dancers participating in competitions entitled 'adult competition' and/or 'adult grade competition' (both solo and team) are required to wear **opaque black** tights of a denier not less than 70. *(Colour and denier of tights clarified September 2015.)*
- 4.4.16. Boys' / men's costuming must adhere to principles of modesty, and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to lack modesty may use the Costume Infraction (Tick Box) Program in order to flag the dancer and ensure the teacher is notified. *(New: February 2016)*

CLRG Rules on Presentation

April 2016

Rules Regarding Make-up (4.5 in CLRG Rule Book)

- 4.5.1 Make-up will not be permitted for any dancer in the first two grades (Bungrad and Tusgrad or equivalent) up to and including the under 12 age group worldwide).
- 4.5.2 Make-up (including false eyelashes) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.

Rules Regarding Artificial Carriage Aids (4.3 in CLRG Rule Book)

- 4.3.1 Any competitor found to be using artificial carriage aids and subsequently refuses to remove same, will be subject to disqualification from that particular competition. Medically prescribed apparatus (proof of which may be required) will be exempt from this ruling.
- 4.3.2 Any competitor found to be altering their shoes or wearing them on the wrong feet will be treated in the same manner as if using carriage aids, and be subject to disqualification from that particular competition.
- 4.3.3 In order to comply with health and safety measures, all dancers lining up side stage prior to any round at any competition will be required to perform the simple exercise of raising their arms to shoulder level unhindered. If unable to do this by the time of their rotation due to costume stitching or arm attachments, these competitors will not be permitted to perform.

Rules Regarding Composition and Dimensions of Dancing Shoes

(4.2 in CLRG Rule Book)

- 4.2.1 The heel and its “top piece” must consist only of leather, leather composite, plastic or fiberglass, or a combination of these materials.
- 4.2.2 The heel and its top piece must not contain any metal components or attachments other than nails or screws to attach the heel to the shoe or the top piece to the heel.
- 4.2.3 Where nails are used to attach the top piece to the heel they must not exceed 25% of the total surface area of the top piece.

CLRG Rules on Presentation

April 2016

- 4.2.4 The maximum permissible height of a heel from the surface of the top piece to the point where the heel joins the upper of the shoe is 1.5 inches. (This height includes both heel and top piece and is measured to the back of the upper of the shoe).
- 4.2.5 A certain amount of tapering from where the heel joins the upper of the shoe to where it joins the top piece is permissible (i.e. the heel may be broader at the top then at the bottom) but such tapering must be at a constant angle, i.e. the side of the heel must not be curved and no protrusions from the side or back of the heel is allowed.
- 4.2.6 It is possible, indeed probable, that in the future new construction techniques for shoes will evolve and/or new materials become available which will require a review of these directives. However, at no time in the future should new materials other than those listed above be used in shoes, or any divergence from these directives is introduced without prior authorization being sought from An Coimisiún.
- 4.2.7 For heavy rounds in competitions, dancers may not wear soft shoes that have been altered with the addition of heels and tips in an attempt to turn them into hard shoes. Dancers found to be wearing such altered shoes for heavy rounds may be denied access to that round of the competition.