

CLRG Costume Rules

5. Costume Rules

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.

- 5.1.1 Solo costumes (including headwear) must not include any identifying designs. Dancers breaching this rule must be instructed to either amend or replace the costume in order to appear on stage to compete. Dancers who are unable to amend or replace the costume may still participate but will not be scored. Effective September 1, 2025
- 5.1.2 Solo costumes (including headwear) must not include any names or initials. Dancers breaching this rule must be instructed to either amend or replace the costume in order to appear on stage to compete. Dancers who are unable to amend or replace the costume may still participate, but will not be scored. Effective September 1, 2025
- 5.1.3 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 ask a competitor to change into black tights (of a denier not less than 70 per cent) in order for the dancer to continue in the competition. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must agree to asking the dancer to wear tights. Amended for March 1st 2022
- 5.1.4 Necklines must be at collarbone level or above. This does not preclude the use of alternative fabrics, e.g. lace, as an inset. See [link to bodysuits](#) for illustrations of necklines.
- 5.1.5 Costumes must consist of full front, side and back sections, along with short/long sleeves. Cut-away styles, without a full skirt backing, are not acceptable.
- 5.1.6 In order to protect dancers from hazardous objects on stage while competing, costumes may not be decorated with feathers.
- 5.1.7 Dance Drama costumes must be in keeping with the theme of the story portrayed.

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- 5.1.8** Competitors in Bun Grad & Tus Grad, up to and including the Under 12 age group, may only wear traditional class costumes or long/short-sleeved blouses/shirts & skirts/trousers, polo tops & skirts/ trousers, body suits & skirts or tunics that conform to the regular costume length rule. Low-cut tops and short tight skirts are not permitted.
- 5.1.9** Where chiffon or lace material is used as sleeves, the sleeves must start at the shoulder line and end at the cuff.
- 5.1.10** Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage as per the [illustration in the provided link](#). Dancers wearing undergarments that do not cover the areas of the body as in the illustrated example will be asked to put on black tights of a denier of not less than 70%. This is monitored by the adjudicator. For competitions adjudicated by a panel of more than one adjudicator all adjudicator on the panel must agree to ask the dancer to put on tights. Effective March 1, 2022
- 5.1.11** Body suits should be of premium fabric and not showing the body contour in detail. Recommended fabrics include: velvet and lycra. See [illustrations](#) for details.
- 5.1.12** Skirts worn over bodysuits should be the same length as full costumes and sit at the dancer's mid-thigh at the back, with sufficient material to allow for movement when raising the leg. Tight sport skirts or gym skirts are not suitable. Wrap-around skirts should be secured with a pin.
- 5.1.13** Costumes should have traditional themes and cartoon characters are not permitted.
- 5.1.14** **Female Adult Dancers** participating in Adult competitions entitled "Adult Competitions" both solos and teams are required to wear tights of a denier not less than 70.
- 5.1.15** 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) programme in order to flag the dancer and ensure the teacher is notified.

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5.2 Make-up

- 5.2.1** Make-up will not be permitted for any dancer in the first two grades (Bungrád and Tusgrád or equivalent) up to and including the under 12 age group worldwide.

- 5.2.2** Make-up (including false eyelashes and tanner on the face) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.

Clarification:

Both make up rules refer to the age group of the competition, not the actual age of the dancer. For example, 9 year old dancers, competing in a team that is entered Under 12, may wear make-up or at a feis where the youngest Open Championship age group is Under-11, then all dancers in that competition may wear make-up.

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5.3 Composition and Dimensions of Dancing Shoes

- 5.3.1** The heel and its “top piece” must consist only of leather, leather composite, plastic or fiberglass, or a combination of these materials.
- 5.3.2** 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.
- 5.3.3** 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.
- 5.3.4** 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).
- 5.3.5** 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 than 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.
- 5.3.6** 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.
- 5.3.7** 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.

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.

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5.4 Artificial Carriage Aids

5.4.1 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.

5.4.2 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

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