

**South African Dance Teachers' Association  
(Incorporated Association Not For Gain)  
Reg No. 1935/007170/08**



**Freestyle  
Medal Test  
Dress Code**

**Compiled by Members of the SADTA – 2007**

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## **Medal Test Dress Codes**

### **Freestyle**

#### **Females : Basic Dress**

- plain leotards, 2-piece leotards, unitards
- tights (full length,  $\frac{3}{4}$  length or mid-thigh)
- leg warmers optional
- dance shoes
- studio uniforms
- hair off face – French plait or bun – no fringes  
no hair decorations, marks will be deducted for untidy hair
- G-strings only if worn over coloured lycra tights
- G-strings may not be worn over flesh coloured tights
- G-strings may not be worn without lycra tights  
plain colours – maximum 2 colours  
eg. Black leggings & a pink top
- Bare feet permitted for Tiny Tots and Pre-Badge Tests

#### **Not Permitted:**

- Any glitter effects or shiny materials whatsoever
- Tracksuits, day clothes, baggy T-shirts etc
- Takkies
- Jewelry, watches, etc
- Sequins, shiny materials etc
- Trimmings of any sort eg frills, lace, braces, cut-out shapes,  
shoe string straps etc
- Print materials eg stripes, florals etc
- Hot-pants
- Roll over polo neck collars
- Bare legs

## **Freestyle...**

### **Males – Basic Dress**

- Lycra Gym Vests: tight fitting and tucked in – no crop tops
- Polo/Crew neck collars
- Dancing shoes
- Black trousers/ Latin-American style pants or boot leg trousers

### **Not permitted:**

- Any glitter effects or shiny materials whatsoever
- Tracksuits, day clothes, baggy T-shirts etc
- Takkies
- Jewelry, watches, etc
- Sequins, shiny materials etc
- Trimmings of any sort eg frills, lace, braces, cut-out shapes, shoe string straps etc
- Print materials eg stripes, florals etc
- Hot-pants

## **Hustle**

### **Females: Basic Dress**

- Plain leotards
- Circular or wrap-around skirt – trilobal material with an even hem – just on knee – see page 34 for additional regulation skirts allowed from Silver Bar upwards
- Standard dancing shoes
- Skirt may be attached or detached
- Latin-American shoes compulsory from Silver Bar
- Requirements for Hustle Shoes for Juveniles
- Block heel only
- Maximum 1 ½ inch (40mm)
- Cuban Heel (block style only)
- Maximum 1 ½ inch (40mm)
- Open or Closed toe permitted
- Greek T-Bar permitted (teaching shoe)
- No tap/Character/Spanish etc shoes permitted

### **Not permitted:**

- Any glitter effects or shiny materials whatsoever
- Tracksuits, day clothes, baggy T-shirts etc
- Takkies
- Jewelry, watches, etc
- Sequins, shiny materials etc
- Trimmings of any sort eg frills, lace, braces, cut-out shapes, shoe string straps etc
- Print materials eg stripes, florals etc
- Hot-pants
- Bare legs
- Mini skirts
- Handkerchief or any other uneven hem line (regulation skirts allowed – see page 34)

## **Hustle...**

### **Males : basic dress**

- Black trousers
- White shirt (optional)
- Bow-tie – (optional )
- Cumberband – not compulsory – colour optional
- Standard dancing shoes
- Latin-American dancing shoes compulsory from Silver Bar
- Studio uniform permitted

### **Not permitted:**

- Any glitter effects or shiny materials whatsoever
- Tracksuits, day clothes, baggy T-shirts etc
- Takkies
- Jewelry, watches, etc
- Sequins, shiny materials etc
- Trimmings of any sort eg frills, lace, braces, cut-out shapes, shoe string straps etc
- Print materials eg stripes, florals etc
- Hot-pants

## **Slowdance**

### **Female : basic dress**

- Plain leotard
- Circular or wrap-around skirt with even hem just on knee or calf, material optional
- Maximum 2 slits permitted – in front
- Skirt may be attached or detached
- Standard dancing shoes

### **Not permitted:**

- Any glitter effects or shiny materials whatsoever
- Tracksuits, day clothes, baggy T-shirts etc
- Takkies
- Jewelry, watches, etc
- Sequins, shiny materials etc
- Trimmings of any sort eg frills, lace, braces, cut-out shapes, shoe string straps etc
- Print materials eg stripes, florals etc
- Hot-pants
- Roll over polo neck collars
- Bare legs
- Mini skirts
- Full / ankle length skirts
- Leg warmers

## **Slowdance...**

### **Males: Basic Dress**

- Black trousers
- Bow tie optional
- Cumber band optional
- Tight fitting shirt – colour optional – plain colours

### **Not permitted:**

- Any glitter effects or shiny materials whatsoever
- Tracksuits, day clothes, baggy T-shirts etc
- Takkies
- Jewelry, watches, etc
- Sequins, shiny materials etc
- Trimmings of any sort eg frills, lace, braces, cut-out shapes, shoe string straps etc
- Print materials eg stripes, florals etc
- Hot-pants
- No vests

## **Rock 'n Roll**

### **Females : Basic Dress**

- Plain leotards
- Circular or wrap-around skirt – trilobal material with an even hem – just on knee or mid thigh
- Standard dancing shoes – no takkies
- socks
- Skirt may be attached or detached

### **Not permitted**

- Any glitter effects or shiny materials whatsoever
- Tracksuits, day clothes, baggy T-shirts etc
- Takkies
- Jewelry, watches, etc
- Sequins, shiny materials etc
- Trimmings of any sort eg frills, lace, braces, cut-out shapes, shoe string straps etc
- Print materials eg stripes, florals etc
- Hot-pants
- Roll over polo neck collars
- Bare legs
- Mini skirts
- Handkerchief or any other uneven hem line
- Leg warmers

## **Rock 'n Roll...**

### **Males: Basic Dress**

- Lycra gym Vests: tight fitting and tucked in – no crop tops
- Polo/Crew neck collars
- Dancing shoes
- Black trousers/ Latin-American style pants or boot leg trousers

### **Not permitted:**

- Any glitter effects or shiny materials whatsoever
- Tracksuits, day clothes, baggy T-shirts etc
- Takkies
- Jewelry, watches, etc
- Sequins, shiny materials etc
- Trimmings of any sort eg frills, lace, braces, cut-out shapes, shoe string straps etc
- Print materials eg stripes, florals etc
- Hot-pants

**OPTIONAL: Regulation skirts for Hustle from  
Silver Bar Upwards**

**Shortest length must be Mid-thigh or longer (no mini's)**

**(These styles ONLY)**

