

An Coimisiún le Ríncí Gaelacha

An Coiste Cultacha / Costume Committee

Last Update: January 28, 2014

Welcome to the Costume Section of the CLRG Website

This area is designed to assist teachers in determining appropriate costuming for their students for both solo and team dancing. Should you have any questions, please contact your area's designated committee member, listed below.

CLRG Costume Committee, May 2013- May 2015

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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 Skirt length: All costumes, both for solo and team dancers, must be no shorter than mid-thigh in the back of the leg.
 - 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.
 - 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 identification, be it by sign, shape, colour-piece, logo or symbol be banned from all solo costumes worn by any competitor in any competition. **NEW:** Initials and name are added to this rule, effective January 1, 2015.
 - 4.4.10 Appropriate underwear, covering the midriff, must be worn. (See the section on underwear for details.) Where tights are worn, they must be of a denier of not less than 70.

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Rules Regarding Bodysuits and Skirts

- 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 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.

Underwear: See the attached illustration for the correct versions of undergarments to be worn in competitions. In addition to appropriate undergarments, competitors are strongly encouraged to wear black tights if their costume is too short.

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 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. *Effective March 1, 2014.*

Clarifications as of February 3, 2014:

- 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.
- Leg tan is not part of rule 4.5.2.

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.

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- 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.

General Guidelines for New Teachers Developing Class Costumes

As your class costume is a representation of yourself and your dance school, we have included some guidelines for you on this important decision.

General suggestions on choosing the style of your costume:

- Particularly if you are not familiar with the region you are teaching in, it is suggested that you attend a few feiseanna to get a sense of the colours and styles already used in your region. New teachers are encouraged to select colour schemes that do not closely resemble those of established dance schools.
- It is also suggested to lean toward a more traditional style of costume (and colours) for your class and to steer away from the latest trend in solo costumes. Keep in mind that trends fade and you may want your class costume's design to stand the test of time.
- The use of stones / gems and glittery fabric is discouraged on class costumes.

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Notification of Costume Infractions

Dancers wearing inappropriate costuming will be noted by adjudicators. Please note that at this time no marks are deducted for a dancer being noted for costuming. The teachers of the dancer's school will receive notice from the appropriate costume committee representative of the infraction.

'Tick Box' Procedure for Costume Infractions

- Should an adjudicator deem a costume to be breaking any costume rule (including carriage aids and make-up) they will mark an 'X' in the costume tick-box column now on all adjudication sheets. No marks are deducted from the dancer and the adjudicator has no further involvement in the process.
- Immediately following the feis, the tabulation company sends a list of dancers who were noted for an infraction by adjudicators, including the competitor's name and school, to the CLRG Costume Committee Representative for that area. The Costume Committee Rep then contacts the dancer's teacher to notify the teacher of the infraction.
- If a teacher is continuously notified of costume infractions, then following an inquiry by the Costume Committee, the teacher may be found in breach of the costume rules as issued by An Coimisiún le Ríncí Gaelacha and will be cautioned as per the regulations.
- Other than an indication via the 'tick box' column, judges will not discuss costume irregularities with dancers, parents or teachers at a feis. Nor will judges make notes about costumes in the 'comments' section of adjudication sheets. The costume 'tick box' column is the only avenue of notification for a costume infraction. Once a teacher has received notice of the infraction, the teacher can compare the dancer's costume with CLRG costume rules to determine the infraction to be corrected. The Region's CLRG Costume Rep is available to assist with this if the teacher requires direction with a costume infraction.