

Costume Rules for IHSA Dance Competitions

- This year the IHSA has received a number of questions regarding rules and guidelines for costumes. Below you will find instructions on where to locate the rules as well frequently asked questions and rule interpretations.

Costume Rule- NFHS Spirit Rule 3-1

- IHSA competitions follow the NFHS Spirit Rule 3-1 regarding apparel. This rule can be found on pg. 31 of the NFHS Spirit Rules Book. It was clarified this year in the 2015-2016 online rules meeting that all dance teams follow NFHS Rule 3-1 for apparel and accessories and cheer teams follow rule 2-3 regarding apparel and accessories.

How do the IHSA Terms and Conditions define the midriff?

- *When standing at attention, apparel must cover the midriff. The midriff is defined as the three inches from the belly button up all the way around the body including the back.*
- Teams may have a cutout or open back costume. However, if the cut is below the 3 inch line in back of the costume a nude body suit or body tight will need to be worn under the costume to make the costume legal. The IHSA Terms and Conditions state that the midriff must be covered; therefore nude or mesh material covering the midriff is legal.

Hats, Masks, Sunglasses

- Masks, hats, sunglasses or other head/face coverings are allowed. Hats, masks, sunglasses or other head/face coverings **are not allowed for any stunting or tumbling**. Masks must be totally removed or discarded for any dancer (base or top person) involved in stunting or tumbling.
- If the hat, mask or sunglasses slide down a dancers face and blocks his/her vision a penalty will be taken. In addition, if a hat, mask or sunglasses falls off a dancers head and another dancer steps on it, a penalty is taken.
- If a team manipulates a hat, mask or sunglasses they can become a prop and then be deemed illegal. **Team apparel, can be manipulated as long it is attached to the uniform/costume. Apparel can be removed and discarded.**

Footwear- NFHS Rule Situation 3-1-5

- Dance Paws and bare feet are not appropriate footwear for extended stunts in which the feet of the top person are in the hands of bases or for running airborne tumbling. Footwear for these activities must have adequate support (cover the foot) and a non-slip sole.

Long Flowing Costumes- NFHS Rule 3-1-4

- *Apparel and accessories must be appropriate for the activity involved.*
 - a. *When standing at attention, apparel must cover the midriff.*
 - b. *A participant in a full head and/or body costume, or loose, flowing costume must not spot, execute stunts/lifts or tumble with the exception of a forward roll or cartwheel.*
- The intent behind a *full head and/or body costume* is referring to a mascot like costume. A loose, flowing costume is referencing the theme costumes we see in the Situations.
- However, it could include some high low costumes. The officials will be looking to see, if the loose, flowing costume is being stepped on or pulled when tumbling or hanging in front of a bases face when executing a lift? If so, a penalty will be assessed.

Examples of long flowing costumes, illegal for stunts/lifts and tumbling.

