

# First Competition FAQ

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# What to wear?

Everything you need to know about what to wear at any of our university competitions.

To preface this guide, all members should be aware that you are permitted and welcome to choose whether to follow the leader (traditionally male) or follower (traditionally female) dress-code, regardless of your gender expression and whether you are dancing as the leader/follower. You may also choose to combine elements of both at your discretion, for example use the leader's hair guide and the follower's makeup guide, or follower's shoes and hair but leader's dress. It is most important that you are comfortable and enjoy the competition and BLDC will endeavor to support all members in this. In a same sex partnership, you can both wear leader outfits, both wear follower outfits or one wear leader and the other wear follower - it's completely up to you!

# BEGINNER/ NOVICE LEADER

## BALLROOM

A crisp, clean, and ironed white shirt.  
Black trousers (suit ones are fine).  
A tie/bow tie (you could match it to the colour of your partner's dress).  
A waistcoat if you would like (this is not essential).

**Links to give you an idea of what to wear:**

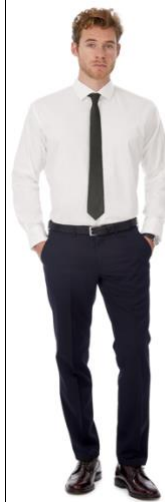
[White shirt 1](#)

[White shirt 2](#)

[Tie](#)

[Trousers](#)

[Waistcoat](#)



## LATIN

A shirt - this can be the same as your ballroom shirt but some people prefer to choose a black/coloured shirt for latin (no tie). Black trousers.

**Links to give you an idea of what to wear:**

[Black shirt](#)

[Trousers](#)



# BEGINNER/ NOVICE FOLLOWER

## BALLROOM

A dress, or skirt and top/leotard (long or short sleeved). Your skirt should allow plenty of movement and come to around the bottom of your calf, but it is most important that it is below the knee and does not obstruct/cover your feet. You may also wear trousers if you prefer. Your top/skirt can be any colour. Each of your items of clothing should be one single colour. No “sparkle” (no rhinestones, sequins, glitter, reflective or luminescent fabric), or patterns are permitted. You are also only allowed one layer of fringing.

If you are stuck, we do have a limited number of ballrooms skirts in our wardrobe. Please ask us if you need to borrow one!

**Links to give you an idea of what to wear:**

[Skirt](#)

[Skirt](#)

[Skirt](#)

[Skirt](#)

[Top](#)

[Top](#)

[Top](#)

[Top](#)



## LATIN

Similar to ballroom except the skirt should be on/above the knee. Make sure your skirt allows plenty of movement, e.g. a skater skirt. Your top/skirt can be any colour. Each of your items of clothing should be one single colour. No “sparkle” (no rhinestones, sequins, glitter, reflective or luminescent fabric), or patterns are permitted. You are also only allowed one layer of fringing.

If you are stuck, we do have a limited number of latin skirts in our wardrobe. Please ask us if you need to borrow one!

**Links to give you an idea of what to wear:**

[Skirt](#)

[Skirt](#)

[Skirt](#)

[Top](#)

[Top](#)

[Top](#)



Some more examples from previous competitions:



## Shoes:

**LEADERS:** We recommend that leaders begin with Men's Ballroom shoes as they can be used for both Ballroom and Latin. Latin shoes can be purchased later on if you wish but you will never be required to have these.

**FOLLOWERS:** We recommend that followers begin with Ladies Latin shoes as they can be used for both Ballroom and Latin. Ballroom shoes can be purchased later on if you wish but you will never be required to have these.



Followers



Leaders

## Best websites to buy dance shoes from:

International Dance Shoes: <https://www.internationaldanceshoes.com>

DSI: <https://dsi-london.com>

Take a look through the shoes they have to offer. They are expensive but they are an investment as they should last for years!

International dance shoes offer a 'dancesport' style of shoe which are a basic collection and slightly cheaper than some others. **These are recommended for your first pair of shoes.** The link for these are here:

**LADIES:** <https://www.internationaldanceshoes.com/ladies-latin/>

**MEN:** <https://www.internationaldanceshoes.com/dansport-basics-1/>

For the a wider range of styles (but for a higher price), follow these links:

**LADIES:** <https://www.internationaldanceshoes.com/ladies-latin-1/>  
<https://dsi-london.com/shop/shoes/ladies-shoes/latin-shoes/174>

**MEN:** <https://www.internationaldanceshoes.com/standard-ballroom/>  
<https://dsi-london.com/shop/shoes/mens-shoes/ballroom-shoes/191>

These are the main two sites however there are many more that you can browse! Please bear in mind that with your shoes you will have to purchase **heel protectors** to wear. Some websites offer shoes that have a different heel which may not fit heel protectors.

**International Dance Shoes** offer **10% student discount** if you send them your student ID! <https://www.internationaldanceshoes.com/student-discounts/>

**DSI** - Our lovely coaches Fred and Vicki also have a 10% discount code, however we will have to call them to place the order. If you would like shoes from DSI please let us know!

Options to choose from when buying **FOLLOWER** shoes:

**Heel height:** We would suggest either 2" or 2 ½".

**Heel type:** IDS heel is recommended for greatest stability.

**Shoe size:** Usually the same size as you would be for normal shoes. You can ask around to see if there are any other members with the same size feet as you and you can try on their shoes if you want to double check!

**Sole Option:** Standard (but you can upgrade if you like).

**ADD HEEL PROTECTORS** (make sure they match the heel type, e.g. **IDS heel protectors for IDS heel**).

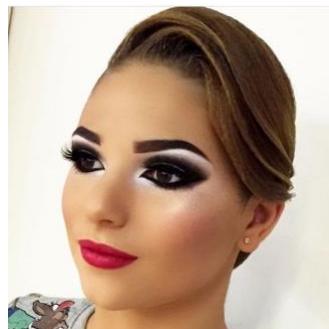
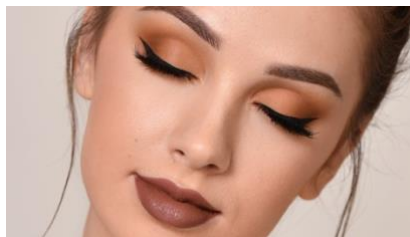
If you have any questions, please ask Paige or any committee member!

**FOR SOUTHAMPTON COMPETITION, IT IS NOT ESSENTIAL TO HAVE SHOES BUT WE RECOMMEND IT.**

# Hair and Make-Up

## Make-Up

Makeup is entirely optional for everyone, but if you do decide to wear makeup, bold colours usually work best, for example a red lip or brightly coloured nails. Some people choose to also wear dark eye makeup, lashes and fake-tan. Here are some ideas, but it is entirely your choice whether to wear makeup or not, and how much you wear.



## Hair

**LEADERS:** The most important thing is to keep hair out of your face. It is best to opt for something clean and simple. Traditionally, leaders choose to gel their hair back, but it is most important that long hair is tied back to avoid hitting your partner and short hair is smart, tidy and won't move about too much when dancing.





**FOLLOWERS:** Your hair needs to be tied back, preferably in a tight bun, with all loose strands gelled/hair sprayed down, away from your face to avoid it getting in the way of your dancing and hitting your partner. A hair net is a good way to keep the bun neat and tidy, with lots of hair grips! For short hair, try to clip back as much as possible away from your face.

Although sparkle is not permitted on your clothing, you are allowed to add this to your hair, for example you may add hair-slides with some gems/decoration on them. We have some hair slides in the wardrobe that can be borrowed for the day but we cannot always guarantee that there is enough for everyone.

Here are some products (with links) that will help with your hair!

[Gel](#), [hairspray](#), [pin tail comb](#), [hair net](#), [hair doughnut](#).



# What does the day involve?

- We will leave campus early morning - TBC
- Doors open at 9am
- First waltz at 9.30am
- Estimated dance end time: 5.30 but TBC when all entries in

**LOCATION - Richard Taunton Sixth Form College, Hill Lane,  
Southampton SO15 5RL**

**No opportunity to buy food so please bring lunch, snacks and lots of water!!**

# Membership costs

Please first purchase the Team Surrey membership. This is £40 and is needed for any sports club. If you participate in more than one club, you will only need one Team Surrey membership.

The link to buy your Team Surrey membership:

<https://teamsurrey.co.uk/join/memberships/> then click 'Join Online'.

Once you have purchased this, then head to the union website <https://www.ussu.co.uk/activity/Pages/GetMemberships.aspx> and find Ballroom and Latin. This membership is £50. The membership includes all classes, you will not have to pay for any classes separately.

You will then be added to our Teams channel and our group chat on Facebook!