



**INTERNATIONAL  
DANCE  
FEDERATION  
TECHNICAL RULES  
DISCIPLINE:  
BELLY DANCE CLASSIC**

**TIPOLOGY:**

- **BELLY DANCE CLASSIC SOLO: Male – Female**
- **BELLY DANCE CLASSIC COUPLE: Two (2) dancers: one (1) Male and one (1) Female**
- **BELLY DANCE CLASSIC DUO: Two (2) dancers: both Males or both Females**
- **BELLY DANCE CLASSIC SMALL GROUP: Between three (3) and seven (7) dancers**
- **BELLY DANCE CLASSIC FORMATION: Between eight (8) and twenty four (24) dancers**
- **BELLY DANCE CLASSIC PRODUCTION: More than twenty four (24) dancers**

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## HISTORY OF BELLY DANCE CLASSIC

- Classic = "Raks Sharki" means 'Oriental Dance' and refers to the style commonly called 'Belly Dance'. This is a very expressive style, the most significant of all the oriental dances. 'Raks Sharki' is called the king of oriental dance and includes elements of all the styles. The style is performed everywhere in the Middle East starting from Egypt, through Lebanon, Syria and Turkey. 'Raks Sharki' is often danced by a solo dancer who tends to improvise. Body movements are isolated. Dancer performs his/her footwork on his/her tip-toes with his/her upper-body erected. Movements of hands are elaborated, never casual. The style recognised and adapted by the IDF is Egyptian 'Raks Sharki';
- The choreography should be created in a way that would enable dancers to present their most advanced technique.



## COMMON RULES

- For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.
- Dancer's age is considered with referral to the calendar year (1st January - 31st December). Dancer who participates in Ranking Competition that starts in October will be considered with referral to the following calendar year (which means one (1) year older) and age category are divided as follow:
  - ✓ **MINI:** All dancers from the age of six (6) to the age of nine (9) (Solo – Duo – Couples – Small Groups – Formations).
  - ✓ **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (Solo – Duo – Couples – Small Groups – Formations).
  - ✓ **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (Solo – Duo – Couples – Small Groups – Formations).
  - ✓ **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (Solo – Duo – Couples – Small Groups – Formations).
  - ✓ **SENIOR:** All dancers at the age of thirty five (35) and above. (Solo – Duo – Couple – Small-group – Formation).
- Having reached the age limit for each category, dancers pass to the older category automatically.
- Dancers use their own music piece which must be in accordance with the following requirements:
  - ✓ Duration and pace limits respected for each category;
  - ✓ Visibly exposing dancer's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline as well as Age and Dance Category;
- Dancers / Groups who fail to respect the rules will be subject to the following penalties:
  - ✓ **Dancer performing without a start number;**
  - ✓ **Dancer's fall**Will be given five (5) points penalty.
- In the situation when:
  - ✓ **Music is over/under time limit permitted;**
  - ✓ **Drums sequence exceeds 30% of the whole presentation;**
  - ✓ **Dancers execute the same four (4) movements in a row**Dancers/Groups will be given ten (10) points penalty.
- Dancers/Groups who:
  - ✓ **Fail to appear on stage after being called for the third time**Will be given 'the last place' classification penalty.
- Dancer is allowed to use a scarf; however its use must not dominate the choreography;
- Dancer is not allowed to execute the same four (4) movements in a row;
- For every two (2) hip movements a dancer must not perform more than one (1) hand movement;
- Drums sequence must not exceed 30% of the whole presentation.
- **Overall mark given by the Adjudicators is calculated as the sum of marks for each parameter. The parameters, in order of importance, are as follows:**

### SOLO:

- ✓ The parameter **Technique** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) and use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals.
- ✓ The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.
- ✓ The parameter **Interpretation** is expressed by: dancer's ability to follow the rhythm and musical melody and express them through his/her body motion; ability to apply adequate movements and technical elements in accordance with music as well as dancer's ability to smoothly continue his/her dance after 'stop', 'pause' or other figures.

**DUO/COUPLES:**

- ✓ **Technique + Synchronism** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) as well as use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals, associated together similarity and body movements of both dancers (legs shoulder and upper body).
- ✓ **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.
- ✓ **Interpretation** is expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion; ability to apply adequate movements and technical elements in accordance with music as well as dancers' ability to smoothly continue their dance after 'stop', 'pause' or other figures.

**SMALL GROUPS/FORMATIONS/PRODUCTIONS:**

- ✓ **Technique + Synchronism** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) as well as use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals, associated together similarity of figures and body movements of all dancers (legs, shoulders and upper body) and timing and precision when executing patterns.
  - ✓ **Choreography:** distribution of figures and movements in accordance with dance context; use of space with its horizontals, verticals and diagonals; originality of music piece and costumes and their accordance with musical and choreographic context as well as variation of patterns.
  - ✓ **Artistic Impression and Interpretation** are expressed by: dancers' initial and final presentation (dancers' entry and exit from the dance-floor) and dancers' ability to follow the rhythm and musical melody and express them through their body motion; ability to apply adequate movements and technical elements in accordance with music as well as dancers' ability to smoothly continue their dance after 'stop', 'pause' or other figures.
- ✚ All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.
  - ✚ During Competition teachers, group leaders and team/club leaders **are strictly prohibited** to ask any explanations from the **Adjudicators**. All explanations, information or complaints may be discussed with the **Competition Director**, in accordance with the appropriate Competition Execution regulations.



## BELLY DANCE CLASSIC SOLO (Male – Female)

- Belly Dance Classic Solo is an individual presentation by either a male or a female dancer.
- In categories where there are less than three (3) dancers registered to perform female categories will be joined with male categories within the same age group, and vice versa, for example Mini Male --> Mini Female, Youth Male --> Youth Female etc.
- Duration of music pieces must be as follows:

### Preliminaries (Federation Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT - SENIOR:** Track duration 1':15"

### Semi-finals and Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT - SENIOR:** Track duration from 1':15" to 1':45"

### EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their piece focusing on appropriate dance technique, choreography, music interpretation and expressiveness with fluidity and elegance of movements. The main evaluation criteria in this discipline are: Dance Technique and Choreography.

### EVALUATION

- ✓ **TECHNIQUE** *From Three (3) to Thirty (30) points*
- ✓ **CHOREOGRAPHY** *From Two (2) to Twenty (20) points*
- ✓ **INTERPRETATION** *From One (1) to Ten (10) points*

### PENALTIES

- ✓ **FALL** *Five (5) points*



## **BELLY DANCE CLASSIC COUPLE** **(Male and Female)**

- Belly Dance Classic Couple is composed of two (2) dancers where one (1) is male and the other one is female.
- In the situation when dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the couple must participate in the older category.
- In categories where there are less than three (3) couples registered to perform couple categories will be joined with duo categories within the same age group, and vice versa, for example Mini Couple --> Mini Duo, Youth Couple --> Youth Duo etc.
- Mini dancers are allowed to partner up and dance with Youths, Youth dancers may partner up with either Minis or Juniors, Juniors may partner up with Youths or Adults, Adults may partner up with Seniors or Juniors and Senior dancers may dance with Adults.
- Dancers may participate in several dance categories (eg. couples/duos etc.).
- Duration of music pieces must be as follows:

### **Preliminaries (Federation Music)**

- ✓ **MINI – YOUTH – JUNIOR – ADULT - SENIOR:** Track duration from 1':30"

### **Semi-finals and Final (Own Music)**

- ✓ **MINI – YOUTH – JUNIOR – ADULT - SENIOR:** Track duration from 1':30" to 2':00"

### **EXECUTION OF COMPETITION**

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- There can be no more than two (2) couples performing on a dance floor in preliminaries.
- In the case when couples lack their own music in a final, Federation Music will be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### **CHARACTERISTICS AND MOVEMENTS**

- It is expected that dancers build their piece focusing on appropriate dance technique, synchronism, choreography, music interpretation and expressiveness with fluidity and elegance of movements. The main evaluation criteria in this discipline are: Dance Technique and Choreography.
- In the final round, in order to present their dance technique and choreography, each couple is expected to use the whole available space.

### **EVALUATION**

- ✓ **TECHNIQUE + SYNCHRONISM** **From Three (3) to Thirty (30) points**
- ✓ **CHOREOGRAPHY** **From Two (2) to Twenty (20) points**
- ✓ **INTERPRETATION** **From One (1) to Ten (10) points**

### **PENALTIES**

- ✓ **FALL** **Five (5) points**

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## BELLY DANCE CLASSIC DUO

(Both Males or Both Females)

- Belly Dance Classic Duo is composed of two (2) dancers where both of them are males or females.
- In the situation when dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the couple must participate in the older category.
- In categories where there are less than three (3) duos registered to perform duo categories will be joined with couple categories within the same age group, and vice versa, for example Mini Duo --> Mini Couple, Youth Duo --> Youth Couple etc.
- Mini dancers are allowed to partner up and dance with Youths, Youth dancers may partner up with either Minis or Juniors, Juniors may partner up with Youths or Adults, Adults may partner up with Seniors or Juniors and Senior dancers may dance with Adults.
- Dancers may participate in several dance categories (eg. couples/duos etc.).
- Duration of music pieces must be as follows:

### Preliminaries (Federation Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT - SENIOR:** Track duration from 1':30"

### Semi-finals and Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT - SENIOR:** Track duration from 1':30" to 2':00"

### EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- There can be no more than two (2) duos performing on a dance floor in preliminaries.
- In the case when duos lack their own music in a final, Federation Music will be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their piece focusing on appropriate dance technique, synchronism, choreography, music interpretation and expressiveness with fluidity and elegance of movements. The main evaluation criteria in this discipline are: Dance Technique and Choreography.
- In the final round, in order to present their dance technique and choreography, each duo is expected to use the whole available space.

### EVALUATION

- ✓ **TECHNIQUE + SYNCHRONISM** *From Three (3) to Thirty (30) points*
- ✓ **CHOREOGRAPHY** *From Two (2) to Twenty (20) points*
- ✓ **INTERPRETATION** *From One (1) to Ten (10) points*

### PENALTIES

- ✓ **FALL** *Five (5) points*



## BELLY DANCE CLASSIC SMALL GROUPS

(Between three (3) and seven (7) dancers)

- ↘ Small Group is composed of a minimum number of **three (3)** and a maximum number of **seven (7)** dancers.
- ↘ Small Groups registered in Youth – Junior – Adult – Senior categories may include dancers from younger age groups.
- ↘ In the age category Mini there can be one (1) dancer who is ten (10) years old.
- ↘ All clubs are allowed to nominate more than one (1) choreographed piece.
- ↘ One or more dancers may be nominated and perform both in small groups and formations.
- ↘ **Two (2) dancers are allowed to be nominated and perform in two (2) or more small groups.**
- ↘ **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- ↘ Duration of music pieces must be as follows:

### Preliminaries, Semi-finals and Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT - SENIOR:** Track duration from **2':00"** to **2':30"**

### EXECUTION OF COMPETITION

- ↘ Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- ↘ Preliminaries, semi-finals and finals are held with only one (1) Small Group performing on a dance floor at a time.
- ↘ In the case when small groups lack their own music in a final, Federation Music will be used.
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTICS AND MOVEMENTS

- ↘ It is expected that groups build their piece focusing on appropriate dance technique, synchronism, choreography, music interpretation and expressiveness with fluidity and elegance of movements. The main evaluation criteria in this discipline are: Dance Technique and Choreography.
- ↘ In order to present their dance technique and choreography, each small group is expected to use the whole available space.

### EVALUATION

- |   |   |
|---|---|
| ✓ <b>TECHNIQUE + SYNCHRONISM</b>              | <b>From Three (3) to Thirty (30) points</b> |
| ✓ <b>CHOREOGRAPHY</b>                         | <b>From Two (2) to Twenty (20) points</b>   |
| ✓ <b>ARTISTIC IMPRESSION + INTERPRETATION</b> | <b>From One (1) to Ten (10) points</b>      |

### PENALTIES

- |               |                        |
|---------------|------------------------|
| ✓ <b>FALL</b> | <b>Five (5) points</b> |
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## BELLY DANCE CLASSIC FORMATION

(Between eight (8) and twenty four (24) dancers)

- ↘ Formation is composed of a minimum number of **eight (8)** and a maximum number of **twenty four (24)** dancers.
- ↘ Formation registered in Youth – Junior – Adult – Senior categories may include dancers from younger age groups.
- ↘ In the age category Mini there can be one (1) dancer who is ten (10) years old.
- ↘ All clubs are allowed to nominate more than one (1) choreographed piece.
- ↘ One or more dancers may be nominated and perform both in small groups and formations.
- ↘ **Two (2) dancers are allowed to be nominated and perform in two (2) or more small groups.**
- ↘ **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- ↘ Duration of music pieces must be as follows:

### Preliminaries, Semi-finals and Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT - SENIOR:** Track duration from **2':30"** to **4':00"**

### EXECUTION OF COMPETITION

- ↘ Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- ↘ Preliminaries, semi-finals and finals are held with only one (1) formation performing on a dance floor at a time.
- ↘ In the case when formations lack their own music in a final, Federation Music will be used.
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTICS AND MOVEMENTS

- ↘ It is expected that groups build their piece focusing on appropriate dance technique, synchronism, choreography, music interpretation and expressiveness with fluidity and elegance of movements. The main evaluation criteria in this discipline are: Dance Technique and Choreography.
- ↘ In order to present their dance technique and choreography, each Formation is expected to use the whole available space.

### EVALUATION

- ✓ **TECHNIQUE + SYNCHRONISM** **From Three (3) to Thirty (30) points**
- ✓ **CHOREOGRAPHY** **From Two (2) to Twenty (20) points**
- ✓ **ARTISTIC IMPRESSION + INTERPRETATION** **From One (1) to Ten (10) points**

### PENALTIES

- ✓ **FALL** **Five (5) points**

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## BELLY DANCE CLASSIC PRODUCTION

(More than twenty four (24) dancers)

- ↘ Production is composed of more than **twenty four (24)** dancers.
- ↘ Production registered in Youth – Junior – Adult – Senior categories may include dancers from younger age groups.
- ↘ In the age category Mini there can be one (1) dancer who is ten (10) years old.
- ↘ All clubs are allowed to nominate more than one (1) choreographed piece.
- ↘ One (1) or more dancers may be nominated and perform both in small groups and formations.
- ↘ **Two (2) dancers are allowed to be nominated and perform in two (2) or more small groups.**
- ↘ **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- ↘ **Eight (8) dancers are allowed to be nominated and perform in two (2) or more productions**
- ↘ Duration of music pieces must be as follows:

### Preliminaries, Semi-finals and Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT - SENIOR:** Track duration from **2':30"** to **4':00"**

### EXECUTION OF COMPETITION

- ↘ Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- ↘ Preliminaries, semi-finals and finals are held with only one (1) Production performing on a dance floor at a time.
- ↘ In the case when productions lack their own music in a final, Federation Music will be used.
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTICS AND MOVEMENTS

- ↘ It is expected that groups build their piece focusing on appropriate dance technique, synchronism, choreography, music interpretation and expressiveness with fluidity and elegance of movements. The main evaluation criteria in this discipline are: Dance Technique and Choreography.
- ↘ In order to present their dance technique and choreography, each production is expected to use the whole available space.

### EVALUATION

- ✓ **TECHNIQUE + SYNCHRONISM** *From Three (3) to Thirty (30) points*
- ✓ **CHOREOGRAPHY** *From Two (2) to Twenty (20) points*
- ✓ **ARTISTIC IMPRESSION + INTERPRETATION** *From One (1) to Ten (10) points*

### PENALTIES

- ✓ **FALL** *Five (5) points*

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