



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

**TIPOLOGY:**

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

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## COMMON RULES

- ↘ Belly Dance Show may include the following styles/genres:
  - ↘ **BELLY DANCE SHOW (including Flamenco/Oriental, Aspani Raqs, Gothic, American Style and Tabla Solo)**
  - ↘ **BELLY DANCE TRIBAL FUSION**
  - ↘ **BELLY DANCE FREESTYLE**
- ↘ 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**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.
- ↘ Tribal Fusion Belly Dance is a modern form of Belly Dance which has evolved from American Tribal Style Belly Dancing, blending its elements with other (Western) styles; often performed to music with little or no East relations as well as tracks with electronic influences.
- ↘ Tribal Fusion aimed at removing the sexiest stigma typical for other forms of Belly Dancing and introducing completely different technique with smoother and more aesthetic and avantgarde feel. The genre includes hardly any elements of flirtation or seduction.
- ↘ Costumes are more toned; full skirts and tassels have been replaced with simple pantaloons or plain skirts; dancers wear smooth head scarf rather than turbans together with coin top and belt. Dancers often have tatoos as well as metal bracelets and earrings.
- ↘ Dancers are allowed to create their choreography using all other belly dance styles that are not mentioned in these regulations, including Flamenco/Oriental, Aspani Raqs, Freestyle, Tribal Fusion, Gothic and American Style.
  - ✓ Flamenco/Oriental – the fusion of Spanish flamenco and Arabic classical dance.
  - ✓ Aspani-Raqs – classical Arabic dance with the accompaniment of Spanish music. Choreography and movements are the same as in Raks el Sharki; however the

character of dance is strongly emphasized through costumes (classical Spanish costume composed of a wide skirt with Eastern elements) and acting.

- ✚ There aren't any specific requirements that apply to the choreography.
- ✚ There aren't any specific requirements that apply to the costume.
- ✚ The music needs to represent the Belly Dance style.
- ✚ Choreography needs to represent the Eastern culture. It is prohibited to include elements of Jazz, Classical Ballet, Modern etc.
- ✚ Tabla Solo style is also allowed. Dancers are permitted to use props such as table, cymbals and tambourine.
- ✚ The choreography needs to represent logical and explainable idea (story).
- ✚ Dancers are obliged to use props typical for Belly Dance (spade, kinjal, wings, chandelier (candle holder), scarf, candles, vases etc.).
- ✚ **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.



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## **BELLY DANCE SHOW SOLO** **(Male – Female)**

- Belly Dance Show 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 SHOW COUPLE** **(Male and Female)**

- Belly Dance Show 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 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 finals, 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 SHOW DUO

(Both Males or Both Females)

- Belly Dance Show Duo is composed of two (2) dancers where both of them are males or both of them are females.
- In the case of a duo from mixed age categories (eg. one (1) Youth and one (1) Junior), the duo must participate in the older category;
- In the situation when dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the duo 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 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 finals, 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 SHOW 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

- ✓ **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 SHOW 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 SHOW 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 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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