



**INTERNATIONAL  
DANCE  
FEDERATION**

**TECHNICAL RULES**

**DISCIPLINE:  
BELLY DANCE**

# SECTION 1

## CATEGORIES:

- **BELLY DANCE SOLO (Male – Female)**
- **BELLY DANCE DUO (two (2) dancers: both Males or both Females)**
- **BELLY DANCE SMALL GROUP (between three (3) and seven (7) dancers)**
- **BELLY DANCE FORMATION (between eight (8) and twenty four (24) dancers)**

## STYLES:

- **FOLK (SOLO FEMALE, SOLO MALE, DUO, SMALL GROUP AND FORMATION)**
- **RAQS SHARKI (SOLO FEMALE AND SOLO MALE)**
- **BELLY DANCE SHOW (SOLO FEMALE, SOLO MALE, DUO, SMALL GROUP AND FORMATION)**
- **BOARD (BALLAD) SOLO (SOLO FEMALE AND SOLO MALE)**
- **ANDALUSIA, FLAMENCO-ORIENTAL, ASPANI-RAQS etc. (SOLO FEMALE, SOLO MALE, DUO, SMALL GROUP AND FORMATION)**
- **TRIBAL FUSION, GOTHIC, AMERICAN STYLE (SOLO FEMALE, SOLO MALE, DUO, SMALL GROUP AND FORMATION)**
- **BELLY DANCE FREESTYLE (SOLO FEMALE, SOLO MALE, DUO, SMALL GROUP AND FORMATION)**

# SECTION 2

## BELLY DANCE FOLK SOLO

(Solo Male – Solo Female)

### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

### 2. AGE CATEGORIES

- 2.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year);
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year);
- 2.2 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 1 (one) year older);
- 2.3 Having reached the age limit for each category, dancers pass to the older category automatically.

### 3. MUSIC DURATION

- 3.1 Duration of music pieces must be as follows:

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

- **MINI** Track duration from 1'.00 to 1'.30"
- **YOUTH** Track duration from 1'.00 to 1'.30"
- **JUNIOR** Track duration from 1'.00 to 1'.30"
- **ADULT** Track duration from 1'.00 to 1'.30"
- **SENIOR** Track duration from 1'.00 to 1'.30"

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

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

- 3.2 Dancers use their own music piece which must be in accordance to the following requirements:

- Recorded only and exclusively on CD;
- Containing only one (1) good quality music piece on each CD;
- In accordance to duration limits for each age category; **no exceptions will be respected;**
- Visibly exposing dancer's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category;

- 3.3 In the case when music duration is not respected, **a dancer will be immediately disqualified.**

#### 4. EXECUTION OF COMPETITION

- 4.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 4.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

#### 5. CHARACTERISTICS AND COSTUMES

- 5.1 Belly Dance Folk is divided into the following styles:
- **SAIDI:** The style emerged in North Egypt in a region called "El Saaid", between Gizen and Edfu. As the population of Egypt is composed of many ethnic groups, it is the group Saidi that is known as the most temperamental. The word 'Saidi' defines everything that relates to the region. The style is lively and energetic but at the same time simple. The dance is often performed with a cane (assaya). The use of cane has historical background as local men used to carry with long bamboo canes which they used as a weapon. The traditional Saidi male costume is composed of long trousers, a shirt with wide sleeves and round neck and a long scarf tied around a head. Head is covered with a traditional foulard tied on the back. Music has very characteristic and easily recognisable Saidi rhythm. Orchestra uses traditional instruments such as **rababa** (a type of contemporary violin), **mizmar** (a sort of flute) and percussion. Cane movements are determined by music timing.
  - **HALIDJS:** **Halidjs** means 'gulf'. This is an oriental folk dance of Saudi Arabia and the countries of the Persian Gulf. The choreography is usually performed by females, often as a group dance. It is a very particular style, much different from classic "**Raks Sharki**". Choreography concentrates mostly on upper-body movements and subtle steps. The most characteristic features of the style are head movements strenghten by circular movements of dancer's beautiful long hair. Dancer's hands are held in a very characteristic position, with a palm upward. The style has its own, easily recognisable rhythm. Orchestra uses traditional and classical instruments. Many modern compositions include vocal. The traditional costume is called **Thobe**. It is a large and long triangle shape type of embroided clothing (**Thobe Nashal**). Neither scarfs nor belts tied around dancer's waist are used. Dancer may wear bracelets and her hair needs to be loose. She can modify her costume in many ways, for example wearing a wide sleeve on her head that would resemble a hat or raising her dress with two hands.
  - **NUBIA:** The style emerged in an Egyptian City of Nubia, which name has been extended to the whole region starting from the South of the country up to the Sudanese border. The population of Nubia (Nouba) has its own language, culture and traditions. The style expresses everyday relations between local men and women. It is a lively and vivacious style, usually performed as a group dance. Dancers perform steps as in **Halidjs**, but with addition of African elements. Props such as tamburin (Doff) or a wooden plate (Hus) can be used. Costume consists of a long dress of any colour that resembles Indian Sari.

- **SHAABI:** "Contemporary Street Style" (City Folk). This is a lively, happy and playful style, however more rigid in comparison to classical style. Freestyle execution of movements.
  - **ALEXANDRIA:** The style is happy and playful. The choreography is based on movements of a scarf which imitates a fish net. The lyrics refer to the City of Alexandria or to the sea. Costume is composed of a knee-long light-coloured dress with ruffles and short sleeves. A dancer is allowed to wear typical latin dancing shoes. Dancer's head is covered with a small scarf decorated with floral designs. In some choreographies dancer's face is covered with "burka".
  - **GAVEZY:** The style focuses on movements of hips. A dancer, using her eyes, flirts with audience. Traditional costume is composed of a caftan worn on the top of a shirt. Modern costume looks similar to the one worn in Ballads (Baladi), of any colour, more or less decorated. Very often the dancer is accompanied with the sound of cymbals.
  - **DABKA:** The style where a dancer performs a series of characteristic fast steps and jumps. The dancer may wear a scarf with a knot at the end.
  - **BALLADS (Baladi):** The style with characteristic subtle movements of hands and strong movements of hips, performed bare feet. Costume is composed of a white light and long dress with side slits up to the knees and scarfs worn both on dancer's hips and head.
- 5.2 Through his/her performance a dancer should present his/her most advanced technique;
- 5.3 The choreography may be composed of no more than one (1) technique described above.

## 6. EVALUATION

- 6.1 Evaluation is expressed in points, from one (1) to thirty (30). Adjudicators consider the following components:
- **TECHNIQUE** from one (1) to fifteen (15) points
  - **INTERPRETATION** from one (1) to ten (10) points
  - **CHOREOGRAPHY** from one (1) to five (5) points
- 6.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, difficulty level of individual technical elements and variety and number of figures);
- 6.3 The parameter **Interpretation** is expressed by: dancer's ability to follow the **musical melody and express it through his/her body motion**; ability to apply adequate movements and technical elements in accordance to music; dancer's ability to transfer the meaning of the story and show expressiveness and emotions;
- 6.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals;
- 6.5 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## 7. BEHAVIOURAL NORMS FOR DANCERS

- 7.1 In order to present dance technique and choreography, a dancer must use her/his own personal and general space;
- 7.2 Dancer must not approach the Adjudicators while performing. In order to visualise dancer's space a dance-floor will be appropriately marked;
- 7.3 Dancer's start number needs to be clearly visible;
- 7.4 Costume needs to be appropriate to music and choreography;

- 7.5 During Competition dancers are prohibited to chew a chewing gum;
- 7.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **8. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 8.1 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 3

## BELLY DANCE FOLK DUO

(Both Males or Both Females)

### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

### 2. BELLY DANCE FOLK DUO

- 2.1 Belly Dance Folk Duo is composed of two (2) dancers where both of them are males or both are females.

### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year);
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year);
- 3.2 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 1 (one) year older);
- 3.3 Having reached the age limit for each category, dancers pass to the older category automatically;
- 3.4 In the case of having a duo from mixed age categories (eg. one (1) Youth and one (1) Junior), the duo must participate in the older category.

### 4. MUSIC DURATION

- 4.1 Duration of music pieces must be as follows:
- Semi-finals and Finals (Own Music)**
- **MINI:** Track duration from 1'.30' to 2'.00"
  - **YOUTH:** Track duration from 1'.30' to 2'.00"
  - **JUNIOR:** Track duration from 1'.30' to 2'.00"
  - **ADULT:** Track duration from 1'.30' to 2'.00"
  - **SENIOR:** Track duration from 1'.30' to 2'.00"
- 4.2 Dancers use their own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;
  - In accordance to duration limits for each age category; **no exceptions will be respected;**
  - Visibly exposing duo's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category;
- 4.3 In the case when music duration is not respected, **a duo will be immediately disqualified.**

## 5. EXECUTION OF COMPETITION

- 5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively ;
- 5.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

## 6. CHARACTERISTICS AND COSTUMES

- 6.1 Belly Dance Folk is divided into the following styles:
  - **SAIDI:** The style emerged in North Egypt in a region called "El Saaid", between Gizen and Edfu. As the population of Egypt is composed of many ethnic groups, it is the group Saidi that is known as the most temperamental. The word 'Saidi' defines everything that relates to the region. The style is lively and energetic but at the same time simple. The dance is often performed with a cane (assaya). The use of cane has historical background as local men used to carry with long bamboo canes which they used as a weapon. The traditional Saidi male costume is composed of long trousers, a shirt with wide sleeves and round neck and a long scarf tied around a head. Head is covered with a traditional foulard tied on the back. Music has very characteristic and easily recognisable Saidi rhythm. Orchestra uses traditional instruments such as **rababa** (a type of contemporary violin), **mizmar** (a sort of flute) and percussion. Cane movements are determined by music timing.
  - **HALIDJS:** **Halidjs** means 'gulf'. This is an oriental folk dance of Saudi Arabia and the countries of the Persian Gulf. The choreography is usually performed by females, often as a group dance. It is a very particular style, much different from classic "**Raks Sharki**". Choreography concentrates mostly on upper-body movements and subtle steps. The most characteristic features of the style are head movements strengthened by circular movements of dancer's beautiful long hair. Dancer's hands are held in a very characteristic position, with a palm upward. The style has its own, easily recognisable rhythm. Orchestra uses traditional and classical instruments. Many modern compositions include vocal. The traditional costume is called **Thobe**. It is a large and long triangle shape type of embroidered clothing (**Thobe Nashal**). Neither scarfs nor belts tied around dancer's waist are used. Dancer may wear bracelets and her hair needs to be loose. She can modify her costume in many ways, for example wearing a wide sleeve on her head that would resemble a hat or raising her dress with two hands.
  - **NUBIA:** The style emerged in an Egyptian City of Nubia, which name has been extended to the whole region starting from the South of the country up to the Sudanese border. The population of Nubia (Nouba) has its own language, culture and traditions. The style expresses everyday relations between local men and women. It is a lively and vivacious style, usually performed as a group dance. Dancers perform steps as in **Halidjs**, but with addition of African elements. Props such as tamburin (Doff) or a wooden plate (Hus) can be used. Costume consists of a long dress of any colour that resembles Indian Sari.
  - **SHAABI:** "Contemporary Street Style" (City Folk). This is a lively, happy and playful style, however more rigid in comparison to classical style. Freestyle execution of movements.

- **ALEXANDRIA:** The style is happy and playful. The choreography is based on movements of a scarf which imitates a fish net. The lyrics refer to the City of Alexandria or to the sea. Costume is composed of a knee-long light-coloured dress with ruffles and short sleeves. A dancer is allowed to wear typical latin dancing shoes. Dancer's head is covered with a small scarf decorated with floral designs. In some choreographies dancer's face is covered with "burka".
  - **GAVEZY:** The style focuses on movements of hips. A dancer, using her eyes, flirts with audience. Traditional costume is composed of a caftan worn on the top of a shirt. Modern costume looks similar to the one worn in Ballads (Baladi), of any colour, more or less decorated. Very often the dancer is accompanied with the sound of cymbals.
  - **DABKA:** The style where a dancer performs a series of characteristic fast steps and jumps. The dancer may wear a scarf with a knot at the end.
  - **BALLADS (Baladi):** The style with characteristic subtle movements of hands and strong movements of hips, performed bare feet. Costume is composed of a white light and long dress with side slits up to the knees and scarfs worn both on dancer's hips and head.
- 6.2 Through their performance dancers should present their most advanced technique;
- 6.3 The choreography may be composed of no more than one (1) technique described above.

## 7. EVALUATION

- 7.1 Evaluation is expressed in points, from one (1) to forty (40). Adjudicators consider the following components:
- **Technique** from one (1) to fifteen (15) points
  - **Synchronisation** from one (1) to ten (10) points
  - **Interpretation** from one (1) to ten (10) points
  - **Choreography** from one (1) to five (5) point
- 7.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3 The parameter **Synchronisation** is expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body);
- 7.4 The parameter **Interpretation** is expressed by: dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music; dancers' ability to transfer the meaning of the story and show expressiveness and emotions;
- 7.5 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals;
- 7.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## 8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1 In order to present dance technique and choreography, a duo must use the whole available space;
- 8.2 Dancers must not approach the Adjudicators while performing. In order to visualise duo's space a dance-floor will be appropriately marked;
- 8.3 Duo's start number needs to be clearly visible;
- 8.4 Costumes need to be appropriate to music and choreography;

- 8.5 During Competition dancers are prohibited to chew a chewing gum;
- 8.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 4

## BELLY DANCE FOLK SMALL GROUP

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

### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

### 2. BELLY DANCE FOLK SMALL GROUP

- 2.1 Small Group is composed of minimum number of **three (3)** and maximum number of **seven (7)** dancers.

### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year)
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year)
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year)
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year)
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year)
- 3.2 Small Groups put into categories Youth – Junior – Adult – Senior may have dancers from the younger age category;
- 3.3 In the age category Mini there can be one (1) dancer who is ten (10) years old;
- 3.4 All clubs are allowed to nominate more than 1 (one) choreographed piece; one or more dancers may be nominated and perform both in small groups and formations;
- 3.5 **One or more dancers are not allowed to be nominated and perform in two (2) or more small groups;**
- 3.6 **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations;**

### 4. MUSIC DURATION

- 4.1 Duration of music pieces needs to be as follows:
- **MINI:** Track duration from 2'.00" to 2'.30"
  - **YOUTH:** Track duration from 2'.00" to 2'.30"
  - **JUNIOR:** Track duration from 2'.00" to 2'.30"
  - **ADULT:** Track duration from 2'.00" to 2'.30"
  - **SENIOR:** Track duration from 2'.00" to 2'.30"
- 4.2 Small Group uses its own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;
  - In accordance to duration limits for each age category; **no exceptions will be respected;**
  - Visibly exposing small group's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category.

- 4.3 In the case when music duration is not respected, **a small group will be immediately disqualified.**

## 5. EXECUTION OF COMPETITION

- 5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

## 6. CHARACTERISTICS AND COSTUMES

- 6.1 Belly Dance Folk is divided into the following styles:
- **SAIDI:** The style emerged in North Egypt in a region called "El Saaid", between Gizen and Edfu. As the population of Egypt is composed of many ethnic groups, it is the group Saidi that is known as the most temperamental. The word 'Saidi' defines everything that relates to the region. The style is lively and energetic but at the same time simple. The dance is often performed with a cane (assaya). The use of cane has historical background as local men used to carry with long bamboo canes which they used as a weapon. The traditional Saidi male costume is composed of long trousers, a shirt with wide sleeves and round neck and a long scarf tied around a head. Head is covered with a traditional foulard tied on the back. Music has very characteristic and easily recognisable Saidi rhythm. Orchestra uses traditional instruments such as **rababa** (a type of contemporary violin), **mizmar** (a sort of flute) and percussion. Cane movements are determined by music timing.
  - **HALIDJS:** **Halidjs** means 'gulf'. This is an oriental folk dance of Saudi Arabia and the countries of the Persian Gulf. The choreography is usually performed by females, often as a group dance. It is a very particular style, much different from classic "**Raks Sharki**". Choreography concentrates mostly on upper-body movements and subtle steps. The most characteristic features of the style are head movements strengthened by circular movements of dancer's beautiful long hair. Dancer's hands are held in a very characteristic position, with a palm upward. The style has its own, easily recognisable rhythm. Orchestra uses traditional and classical instruments. Many modern compositions include vocal. The traditional costume is called **Thobe**. It is a large and long triangle shape type of embroidered clothing (**Thobe Nashal**). Neither scarfs nor belts tied around dancer's waist are used. Dancer may wear bracelets and her hair needs to be loose. She can modify her costume in many ways, for example wearing a wide sleeve on her head that would resemble a hat or raising her dress with two hands.
  - **NUBIA:** The style emerged in an Egyptian City of Nubia, which name has been extended to the whole region starting from the South of the country up to the Sudanese border. The population of Nubia (Nouba) has its own language, culture and traditions. The style expresses everyday relations between local men and women. It is a lively and vivacious style, usually performed as a group dance. Dancers perform steps as in **Halidjs**, but with addition of African elements. Props such as tamburin (Doff) or a wooden plate (Hus) can be used. Costume consists of a long dress of any colour that resembles Indian Sari.

- **SHAABI:** "Contemporary Street Style" (City Folk). This is a lively, happy and playful style, however more rigid in comparison to classical style. Freestyle execution of movements.
  - **ALEXANDRIA:** The style is happy and playful. The choreography is based on movements of a scarf which imitates a fish net. The lyrics refer to the City of Alexandria or to the sea. Costume is composed of a knee-long light-coloured dress with ruffles and short sleeves. A dancer is allowed to wear typical latin dancing shoes. Dancer's head is covered with a small scarf decorated with floral designs. In some choreographies dancer's face is covered with "burka".
  - **GAVEZY:** The style focuses on movements of hips. A dancer, using her eyes, flirts with audience. Traditional costume is composed of a caftan worn on the top of a shirt. Modern costume looks similar to the one worn in Ballads (Baladi), of any colour, more or less decorated. Very often the dancer is accompanied with the sound of cymbals.
  - **DABKA:** The style where a dancer performs a series of characteristic fast steps and jumps. The dancer may wear a scarf with a knot at the end.
  - **BALLADS (Baladi):** The style with characteristic subtle movements of hands and strong movements of hips, performed bare feet. Costume is composed of a white light and long dress with side slits up to the knees and scarfs worn both on dancer's hips and head.
- 6.2 Through their performance dancers should present their most advanced technique;
- 6.3 The choreography may be composed of no more than one (1) technique described above.

## 7. EVALUATION

- 7.1 Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
- **Technique** from one (1) to forty (40) points
  - **Synchronisation** from one (1) to twenty thirty (30) points
  - **Choreography** from one (1) to twenty five (25) points
  - **Artistic Impression** from one (1) to five (5) points
- 7.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3 The parameter **Synchronisation** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body); unison while executing diagonals, verticals and horizontals; speed and style while changing patterns;
- 7.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals; dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music; variety of patterns;
- 7.5 The parameter **Artistic Impression** is expressed by: small group's initial and final presentation (entry and exit);
- 7.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## **8. BEHAVIOURAL NORMS FOR DANCERS**

- 8.1** In order to present dance technique and choreography, a small group must use the whole available space;
- 8.2** Dancers must not approach the Adjudicators while performing. In order to visualise small group's space a dance-floor will be appropriately marked;
- 8.3** Small Group's start number needs to be clearly visible ;
- 8.4** Costumes need to be appropriate to music and choreography ;
- 8.5** During Competition dancers are prohibited to chew a chewing gum;
- 8.6** During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1** 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 5

## BELLY DANCE FOLK FORMATION

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

### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

### 2. BELLY DANCE FOLK FORMATION

- 2.1 Formation is composed of minimum number of **eight (8)** and maximum number of **twenty four (24)** dancers.

### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year)
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year)
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year)
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year)
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year)
- 3.2 Small Groups put into categories Youth – Junior – Adult may have dancers from the younger age category ;
- 3.3 In the age category Mini there can be one (1) dancer who is ten (10) years old.
- 3.4 All clubs are allowed to nominate more than 1 (one) choreographed piece; one or more dancers may be nominated and perform both in small groups and formations;
- 3.5 **One or more dancers are not allowed to be nominated and perform in two (2) or more small groups;**
- 3.6 **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations.**

### 4. MUSIC DURATION

- 4.1 Duration of music pieces must be as follows:
- **MINI:** Track duration from 2'.30" to 4'.00"
  - **YOUTH:** Track duration from 2'.30" to 4'.00"
  - **JUNIOR:** Track duration from 2'.30" to 4'.00"
  - **ADULT:** Track duration from 2'.30" to 4'.00"
  - **SENIOR:** Track duration from 2'.30" to 4'.00"
- 4.2 Formation uses its own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;
  - In accordance to duration limits for each age category; **no exceptions will be respected;**
  - Visibly exposing formation's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category

- 4.3 In the case when music duration is not respected, **a formation will be immediately disqualified**.

## 5. EXECUTION OF COMPETITION

- 5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

## 6. CHARACTERISTICS AND COSTUMES

- 6.1 Belly Dance Folk is divided into the following styles:

- **SAIDI:** The style emerged in North Egypt in a region called "El Saaid", between Gizen and Edfu. As the population of Egypt is composed of many ethnic groups, it is the group Saidi that is known as the most temperamental. The word 'Saidi' defines everything that relates to the region. The style is lively and energetic but at the same time simple. The dance is often performed with a cane (assaya). The use of cane has historical background as local men used to carry with long bamboo canes which they used as a weapon. The traditional Saidi male costume is composed of long trousers, a shirt with wide sleeves and round neck and a long scarf tied around a head. Head is covered with a traditional foulard tied on the back. Music has very characteristic and easily recognisable Saidi rhythm. Orchestra uses traditional instruments such as **rababa** (a type of contemporary violin), **mizmar** (a sort of flute) and percussion. Cane movements are determined by music timing.
- **HALIDJS:** **Halidjs** means 'gulf'. This is an oriental folk dance of Saudi Arabia and the countries of the Persian Gulf. The choreography is usually performed by females, often as a group dance. It is a very particular style, much different from classic "**Raks Sharki**". Choreography concentrates mostly on upper-body movements and subtle steps. The most characteristic features of the style are head movements strengthened by circular movements of dancer's beautiful long hair. Dancer's hands are held in a very characteristic position, with a palm upward. The style has its own, easily recognisable rhythm. Orchestra uses traditional and classical instruments. Many modern compositions include vocal. The traditional costume is called **Thobe Nashal**. It is a large and long triangle shape type of embroidered clothing (**Thobe Nashal**). Neither scarfs nor belts tied around dancer's waist are used. Dancer may wear bracelets and her hair needs to be loose. She can modify her costume in many ways, for example wearing a wide sleeve on her head that would resemble a hat or raising her dress with two hands.
- **NUBIA:** The style emerged in an Egyptian City of Nubia, which name has been extended to the whole region starting from the South of the country up to the Sudanese border. The population of Nubia (Nouba) has its own language, culture and traditions. The style expresses everyday relations between local men and women. It is a lively and vivacious style, usually performed as a group dance. Dancers perform steps as in **Halidjs**, but with addition of African elements. Props such as tamburin (Doff) or a wooden plate (Hus) can be used. Costume consists of a long dress of any colour that resembles Indian Sari.

- **SHAABI:** "Contemporary Street Style" (City Folk). This is a lively, happy and playful style, however more rigid in comparison to classical style. Freestyle execution of movements.
  - **ALEXANDRIA:** The style is happy and playful. The choreography is based on movements of a scarf which imitates a fish net. The lyrics refer to the City of Alexandria or to the sea. Costume is composed of a knee-long light-coloured dress with ruffles and short sleeves. A dancer is allowed to wear typical latin dancing shoes. Dancer's head is covered with a small scarf decorated with floral designs. In some choreographies dancer's face is covered with "burka".
  - **GAVEZY:** The style focuses on movements of hips. A dancer, using her eyes, flirts with audience. Traditional costume is composed of a caftan worn on the top of a shirt. Modern costume looks similar to the one worn in Ballads (Baladi), of any colour, more or less decorated. Very often the dancer is accompanied with the sound of cymbals.
  - **DABKA:** The style where a dancer performs a series of characteristic fast steps and jumps. The dancer may wear a scarf with a knot at the end.
  - **BALLADS (Baladi):** The style with characteristic subtle movements of hands and strong movements of hips, performed bare feet. Costume is composed of a white light and long dress with side slits up to the knees and scarfs worn both on dancer's hips and head.
- 6.2 Through their performance dancers should present their most advanced technique;
- 6.3 The choreography may be composed of no more than one (1) technique described above.

## 7. EVALUATION

- 7.1 Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
- **Technique** from one (1) to forty (40) points
  - **Synchronisation** from one (1) to twenty thirty (30) points
  - **Choreography** from one (1) to twenty five (25) points
  - **Artistic Impression** from one (1) to five (5) points
- 7.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3 The parameter **Synchronisation** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body); unison while executing diagonals, verticals and horizontals; speed and style while changing patterns;
- 7.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals; dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music; variety of patterns;
- 7.5 The parameter **Artistic Impression** is expressed by: small formation's initial and final presentation (entry and exit);
- 7.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## **8. BEHAVIOURAL NORMS FOR DANCERS**

- 8.1 In order to present dance technique and choreography, a formation must use the whole available space;
- 8.2 Dancers must not approach the Adjudicators while performing. In order to visualise formation's space a dance-floor will be appropriately marked;
- 8.3 Formation's start number needs to be clearly visible ;
- 8.4 Costumes need to be appropriate to music and choreography;
- 8.5 During Competition dancers are prohibited to chew a chewing gum;
- 8.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 6

## BELLY DANCE RAKS EL SHARKI SOLO

(Solo Male – Solo Female)

### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

### 2. AGE CATEGORIES

- 2.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year)
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year)
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year)
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year)
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year)
- 2.2 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 1 (one) year older);
- 2.3 Having reached the age limit for each category, dancers pass to the older category automatically.

### 3. MUSIC DURATION

- 3.1 Duration of music pieces must be as follows:

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

- **MINI** Track duration from 1'.00 to 1'.30"
- **YOUTH** Track duration from 1'.00 to 1'.30"
- **JUNIOR** Track duration from 1'.00 to 1'.30"
- **ADULT** Track duration from 1'.00 to 1'.30"
- **SENIOR** Track duration from 1'.00 to 1'.30"

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

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

- 3.2 Dancers use their own music piece which must be in accordance to the following requirements:

- Recorded only and exclusively on CD;
- Containing only one (1) good quality music piece on each CD;
- In accordance to duration limits for each age category; **no exceptions will be respected;**

- Visibly exposing dancer's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category

3.3 In the case when music duration is not respected, **a dancer will be immediately disqualified.**

#### 4. EXECUTION OF COMPETITION

- 4.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 4.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

#### 5. CHARACTERISTICS AND COSTUMES

- 5.1 "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';
- 5.2 Dancer is allowed to use a scarf, however its use must not dominate the choreography;
- 5.3 Dancer is not allowed to execute the same four (4) movements in a row;
- 5.4 For every two (2) hip movements a dancer must not perform more than one (1) hand movement;
- 5.5 Drums sequence must not exceed 30% of the whole presentation.

#### 6. EVALUATION

- 6.1 Evaluation is expressed in points, from one (1) to thirty (30). Adjudicators consider the following components:
  - **TECHNIQUE** from one (1) to fifteen (15) points
  - **INTERPRETATION** from one (1) to ten (10) points
  - **CHOREOGRAPHY** from one (1) to five (5) points
- 6.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, difficulty level of individual technical elements and variety and number of figures);
- 6.3 The parameter **Interpretation** is expressed by: dancer's ability to follow the **musical melody and express it through his/her body motion**; ability to apply adequate movements and technical elements in accordance to music; dancer's ability to transfer the meaning of the story and show expressiveness and emotions;
- 6.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals;
- 6.5 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

#### 7. BEHAVIOURAL NORMS FOR DANCERS

- 7.1 In order to present dance technique and choreography, a dancer must use her/his own personal and general space;
- 7.2 Dancer must not approach the Adjudicators while performing. In order to visualise dancer's space a dance-floor will be appropriately marked;

- 7.3 Dancer's start number needs to be clearly visible ;
- 7.4 Costume needs to be appropriate to music and choreography;
- 7.5 During Competition dancers are prohibited to chew a chewing gum;
- 7.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **8. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 8.1 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 7

## BELLY DANCE SHOW SOLO

(Solo Male – Solo Female)

### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

### 2. AGE CATEGORIES

- 2.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year)
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year)
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year)
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year)
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year)
- 2.2 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 1 (one) year older);
- 2.3 Having reached the age limit for each category, dancers pass to the older category automatically.

### 3. MUSIC DURATION

- 3.1 Duration of music pieces must be as follows:

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

- **MINI** Track duration from 1'.00 to 1'.30"
- **YOUTH** Track duration from 1'.00 to 1'.30"
- **JUNIOR** Track duration from 1'.00 to 1'.30"
- **ADULT** Track duration from 1'.00 to 1'.30"
- **SENIOR** Track duration from 1'.00 to 1'.30"

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

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

- 3.2 Dancers use their own music piece which must be in accordance to the following requirements:

- Recorded only and exclusively on CD;
- Containing only one (1) good quality music piece on each CD;
- In accordance to duration limits for each age category; **no exceptions will be respected;**
- Visibly exposing dancer's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category

- 3.3 In the case when music duration is not respected, **a dancer will be immediately disqualified.**

#### 4. EXECUTION OF COMPETITION

- 4.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 4.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

#### 5. CHARACTERISTICS AND COSTUMES

- 5.1 Choreography needs to represent the Eastern culture. It is prohibited to include elements of Jazz, Classical Ballet, Modern etc.;
- 5.2 The choreography needs to represent logical and explainable idea (story);
- 5.3 Dancer is obliged to use props typical for Belly Dance (spade, kinjal, wings, chandelier (candle holder), scarf, candles, vases etc.);
- 5.4 Dancer shows his/her preparation through his/her dancing technique.

#### 6. EVALUATION

- 6.1 Evaluation is expressed in points, from one (1) to thirty (30). Adjudicators consider the following components:
- **TECHNIQUE** from one (1) to fifteen (15) points
  - **INTERPRETATION** from one (1) to ten (10) points
  - **CHOREOGRAPHY** from one (1) to five (5) points
- 6.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, difficulty level of individual technical elements and variety and number of figures);
- 6.3 The parameter **Interpretation** is expressed by: dancer's ability to follow the **musical melody and express it through his/her body motion**; ability to apply adequate movements and technical elements in accordance to music; dancer's ability to transfer the meaning of the story and show expressiveness and emotions;
- 6.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals;
- 6.5 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

#### 7. BEHAVIOURAL NORMS FOR DANCERS

- 7.1 In order to present dance technique and choreography, a dancer must use her/his own personal and general space;
- 7.2 Dancer must not approach the Adjudicators while performing. In order to visualise dancer's space a dance-floor will be appropriately marked;
- 7.3 Dancer's start number needs to be clearly visible ;
- 7.4 Costume needs to be appropriate to music and choreography. It needs to be inherent of the Eastern culture;
- 7.5 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **8. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 8.1** 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 8

## BELLY DANCE SHOW DUO

(Both Males or Both Females)

### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

### 2. BELLY DANCE SHOW DUO

- 2.1 Belly Dance Show Duo is composed of two (2) dancers where both of them are males or both are females.

### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year)
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year)
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year)
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year)
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year)
- 3.2 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 1 (one) year older);
- 3.3 Having reached the age limit for each category, dancers pass to the older category automatically;
- 3.4 In the case of having a duo from mixed age categories (eg. one (1) Youth and one (1) Junior), the duo must participate in the older category.

### 4. MUSIC DURATION

- 4.1 Duration of music pieces must be as follows:
- Preliminaries/Semi-finals and Finals (Own Music)**
- **MINI:** Track duration from 1'.30' to 2'.00"
  - **YOUTH:** Track duration from 1'.30' to 2'.00"
  - **JUNIOR:** Track duration from 1'.30' to 2'.00"
  - **ADULT:** Track duration from 1'.30' to 2'.00"
  - **SENIOR:** Track duration from 1'.30' to 2'.00"
- 4.2 Dancers use their own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;
  - In accordance to duration limits for each age category; **no exceptions will be respected;**
  - Visibly exposing duo's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category

- 4.3 In the case when music duration is not respected, **a duo will be immediately disqualified.**

## 5. EXECUTION OF COMPETITION

- 5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

## 6. CHARACTERISTICS AND COSTUMES

- 6.1 Choreography needs to represent the Eastern culture. It is prohibited to include elements of Jazz, Classical Ballet, Modern etc.;
- 6.2 The choreography needs to represent logical and explainable idea (story);
- 6.3 Dancers are obliged to use props typical for Belly Dance (spade, kinjal, wings, chandelier (candle holder), scarf, candles, vases etc.);
- 6.4 Dancers show their preparation through their dancing technique.

## 7. EVALUATION

- 7.1 Evaluation is expressed in points, from one (1) to forty (40). Adjudicators consider the following components:
- **Technique** from one (1) to fifteen (15) points
  - **Synchronisation** from one (1) to ten (10) points
  - **Interpretation** from one (1) to ten (10) points
  - **Choreography** from one (1) to five (5) point
- 7.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3 The parameter **Synchronisation** is expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body);
- 7.4 The parameter **Interpretation** is expressed by: dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music; dancers' ability to transfer the meaning of the story and show expressiveness and emotions;
- 7.5 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals;
- 7.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## 8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1 In order to present dance technique and choreography, a duo must use the whole available space;
- 8.2 Dancers must not approach the Adjudicators while performing. In order to visualise duo's space a dance-floor will be appropriately marked;
- 8.3 Duo's start number needs to be clearly visible;
- 8.4 Costumes need to be appropriate to music and choreography. The costume needs to represent the Western culture;
- 8.5 During Competition dancers are prohibited to chew a chewing gum;

- 8.6** During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1** 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** , according to appropriate rules that apply to execution of the Competition.

# SECTION 9

## BELLY DANCE SHOW SMALL GROUP

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

### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

### 2. BELLY DANCE SHOW SMALL GROUP

- 2.1 Small Group is composed of minimum number of **three (3)** and maximum number of **seven (7)** dancers.

### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year)
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year)
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year)
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year)
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year)
- 3.2 Small Groups put into categories Youth – Junior – Adult – Senior may have dancers from the younger age category;
- 3.3 In the age category Mini there can be one (1) dancer who is ten (10) years old;
- 3.4 All clubs are allowed to nominate more than 1 (one) choreographed piece; one or more dancers may be nominated and perform both in small groups and formations;
- 3.5 **One or more dancers are not allowed to be nominated and perform in two (2) or more small groups;**
- 3.6 **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations.**

### 4. MUSIC DURATION

- 4.1 Duration of music pieces needs to be as follows:
- **MINI:** Track duration from 2'.00" to 2'.30"
  - **YOUTH:** Track duration from 2'.00" to 2'.30"
  - **JUNIOR:** Track duration from 2'.00" to 2'.30"
  - **ADULT:** Track duration from 2'.00" to 2'.30"
  - **SENIOR:** Track duration from 2'.00" to 2'.30"
- 4.2 Small Group uses its own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;
  - In accordance to duration limits for each age category; **no exceptions will be respected;**
  - Visibly exposing small group's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category

- 4.3 In the case when music duration is not respected, **a small group will be immediately disqualified.**

## 5. EXECUTION OF COMPETITION

- 5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

## 6. CHARACTERISTICS AND COSTUMES

- 6.1 Choreography needs to represent the Western culture. It is prohibited to include elements of Jazz, Classical Ballet, Modern etc.;
- 6.2 The choreography needs to represent logical and explainable idea (story);
- 6.3 Dancers are obliged to use props typical for Belly Dance (spade, kinjal, wings, chandelier (candle holder), scarf, candles, vases etc.);
- 6.4 Dancers show their preparation through their dancing technique.

## 7. EVALUATION

- 7.1 Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
- **Technique** from one (1) to forty (40) points
  - **Synchronisation** from one (1) to twenty thirty (30) points
  - **Choreography** from one (1) to twenty five (25) points
  - **Artistic Impression** from one (1) to five (5) points
- 7.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3 The parameter **Synchronisation** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body); unison while executing diagonals, verticals and horizontals; speed and style while changing patterns;
- 7.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals; dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music; variety of patterns;
- 7.5 The parameter **Artistic Impression** is expressed by: small group's initial and final presentation (entry and exit);
- 7.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## 8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1 In order to present dance technique and choreography, a small group must use the whole available space;
- 8.2 Dancers must not approach the Adjudicators while performing. In order to visualise small group's space a dance-floor will be appropriately marked;
- 8.3 Small Group's start number needs to be clearly visible;
- 8.4 Costumes need to be appropriate to music and choreography. The costume needs to represent the Western culture;

- 8.5 During Competition dancers are prohibited to chew a chewing gum;
- 8.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 10

## BELLY DANCE SHOW FORMATION

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

### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

### 2. BELLY DANCE SHOW FORMATION

- 2.1 Formation is composed of minimum number of **eight (8)** and maximum number of **twenty four (24)** dancers.

### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year)
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year)
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year)
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year)
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year)
- 3.2 Small Groups put into categories Youth – Junior – Adult may have dancers from the younger age category;
- 3.3 In the age category Mini there can be one (1) dancer who is ten (10) years old;
- 3.4 All clubs are allowed to nominate more than 1 (one) choreographed piece; one or more dancers may be nominated and perform both in small groups and formations;
- 3.5 **One or more dancers are not allowed to be nominated and perform in two (2) or more small groups.**
- 3.6 **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations.**

### 4. MUSIC DURATION

- 4.1 Duration of music pieces must be as follows:
- **MINI:** Track duration from 2'.30" to 4'.00"
  - **YOUTH:** Track duration from 2'.30" to 4'.00"
  - **JUNIOR:** Track duration from 2'.30" to 4'.00"
  - **ADULT:** Track duration from 2'.30" to 4'.00"
  - **SENIOR:** Track duration from 2'.30" to 4'.00"
- 4.2 Formation uses its own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;
  - In accordance to duration limits for each age category; **no exceptions will be respected;**
  - Visibly exposing formation's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category

- 4.3** In the case when music duration is not respected, **a formation will be immediately disqualified**.

## **5. EXECUTION OF COMPETITION**

- 5.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2** Competition Director, whenever necessary, applies modifications to execution of the Competition.

## **6. CHARACTERISTICS AND COSTUMES**

- 6.1** Choreography needs to represent the Western culture. It is prohibited to include elements of Jazz, Classical Ballet, Modern etc.;
- 6.2** The choreography needs to represent logical and explainable idea (story);
- 6.3** Dancers are obliged to use props typical for Belly Dance (spade, kinjal, wings, chandelier (candle holder), scarf, candles, vases etc.);
- 6.4** Dancers show their preparation through their dancing technique.

## **7. EVALUATION**

- 7.1** Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
- **Technique** from one (1) to forty (40) points
  - **Synchronisation** from one (1) to twenty thirty (30) points
  - **Choreography** from one (1) to twenty five (25) points
  - **Artistic Impression** from one (1) to five (5) points
- 7.2** The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3** The parameter **Synchronisation** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body); unison while executing diagonals, verticals and horizontals; speed and style while changing patterns;
- 7.4** The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals; dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music; variety of patterns;
- 7.5** The parameter **Artistic Impression** is expressed by: small formation's initial and final presentation (entry and exit);
- 7.6** All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## **8. BEHAVIOURAL NORMS FOR DANCERS**

- 8.1** In order to present dance technique and choreography, a formation must use the whole available space;
- 8.2** Dancers must not approach the Adjudicators while performing. In order to visualise formation's space a dance-floor will be appropriately marked;
- 8.3** Formation's start number needs to be clearly visible ;
- 8.4** Costumes need to be appropriate to music and choreography. The costume needs to represent the Western culture;

- 8.5 During Competition dancers are prohibited to chew a chewing gum;
- 8.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 11

## BELLY DANCE ANDALUSIAN, FLAMENCO-ORIENTAL, ASPANI-RAQS SOLO

(Solo Male – Solo Female)

### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

### 2. AGE CATEGORIES

- 2.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year);
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year);
- 2.2 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 1 (one) year older);
- 2.3 Having reached the age limit for each category, dancers pass to the older category automatically.

### 3. MUSIC DURATION

- 3.1 Duration of music pieces must be as follows:

#### Preliminaries (Federation Music)

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

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

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

- 3.2 Dancers use their own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;

- In accordance to duration limits for each age category; **no exceptions will be respected**;
- Visibly exposing dancer's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category.

#### **4. EXECUTION OF COMPETITION**

- 4.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 4.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

#### **5. CHARACTERISTICS AND COSTUMES**

- 5.1 Choreography is a fusion of flamenco and classical arabic dance;
- 5.2 The choreography needs to represent the character of the dance style;
- 5.3 The costume is a typical flamenco outfit with the elements typical for Western Belly Dance, such as a side skirt, very often used as an important element of choreography that helps to express the meaning of music and delicacy of movements;
- 5.4 Dancer shows his/her preparation through his/her dancing technique.

#### **6. EVALUATION**

- 6.1 Evaluation is expressed in points, from one (1) to thirty (30). Adjudicators consider the following components:
  - **TECHNIQUE** from one (1) to fifteen (15) points
  - **INTERPRETATION** from one (1) to ten (10) points
  - **CHOREOGRAPHY** from one (1) to five (5) points
- 6.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, difficulty level of individual technical elements and variety and number of figures);
- 6.3 The parameter **Interpretation** is expressed by: dancer's ability to follow the **musical melody and express it through his/her body motion**; ability to apply adequate movements and technical elements in accordance to music; dancer's ability to transfer the meaning of the story and show expressiveness and emotions;
- 6.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals;
- 6.5 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

#### **7. BEHAVIOURAL NORMS FOR DANCERS**

- 7.1 In order to present dance technique and choreography, a dancer must use her/his own personal and general space;
- 7.2 Dancer must not approach the Adjudicators while performing. In order to visualise dancer's space a dance-floor will be appropriately marked;
- 7.3 Dancer's start number needs to be clearly visible;
- 7.4 Costume needs to be appropriate to music and choreography. The costume should be a typical Flamenco outfit with elements typical for the Western culture;
- 7.5 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

## **8. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 8.1** 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 12

## BELLY DANCE

### ANDALUSIAN, FLAMENCO-ORIENTAL, ASPANI-RAQS

#### DUO

(Both Males or Both Females)

#### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

#### 2. BELLY DANCE DUO

- 2.1 Belly Dance Duo is composed of two (2) dancers where both of them are males or both are females.

#### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year);
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year);
- 3.2 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 1 (one) year older);
- 3.3 Having reached the age limit for each category, dancers pass to the older category automatically;
- 3.4 In the case of having a duo from mixed age categories (eg. one (1) Youth and one (1) Junior), the duo must participate in the older category.

#### 4. MUSIC DURATION

- 4.1 Duration of music pieces must be as follows:
- Preliminaries/Semi-finals and Finals (Own Music)**
- **MINI:** Track duration from 1'.30' to 2'.00"
  - **YOUTH:** Track duration from 1'.30' to 2'.00"
  - **JUNIOR:** Track duration from 1'.30' to 2'.00"
  - **ADULT:** Track duration from 1'.30' to 2'.00"
  - **SENIOR:** Track duration from 1'.30' to 2'.00"
- 4.2 Dancers use their own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;
  - In accordance to duration limits for each age category; **no exceptions will be respected;**

- Visibly exposing duo's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category;

**4.3** In the case when music duration is not respected, **a duo will be immediately disqualified.**

## **5. EXECUTION OF COMPETITION**

- 5.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2** Competition Director, whenever necessary, applies modifications to execution of the Competition.

## **6. CHARACTERISTICS AND COSTUMES**

- 6.1** Choreography is a fusion of flamenco and classical arabic dance;
- 6.2** The choreography needs to represent the character of the dance style;
- 6.3** The costume is a typical flamenco outfit with the elements typical for Western Belly Dance, such as a side skirt, very often used as an important element of choreography that helps to express the meaning of music and delicacy of movements;
- 6.4** Dancers show their preparation through their dancing technique.

## **7. EVALUATION**

- 7.1** Evaluation is expressed in points, from one (1) to forty (40). Adjudicators consider the following components:
  - **Technique** from one (1) to fifteen (15) points
  - **Synchronisation** from one (1) to ten (10) points
  - **Interpretation** from one (1) to ten (10) points
  - **Choreography** from one (1) to five (5) point
- 7.2** The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3** The parameter **Synchronisation** is expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body);
- 7.4** The parameter **Interpretation** is expressed by: dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music; dancers' ability to transfer the meaning of the story and show expressiveness and emotions;
- 7.5** The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals;
- 7.6** All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## **8. BEHAVIOURAL NORMS FOR DANCERS**

- 8.1** In order to present dance technique and choreography, a duo must use the whole available space;
- 8.2** Dancers must not approach the Adjudicators while performing. In order to visualise duo's space a dance-floor will be appropriately marked;
- 8.3** Duo's start number needs to be clearly visible;

- 8.4 Costumes need to be appropriate to music and choreography. The costume should be a typical Flamenco outfit with elements typical for the Western culture;
- 8.5 During Competition dancers are prohibited to chew a chewing gum;
- 8.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 13

## BELLY DANCE

### ANDALUSIAN, FLAMENCO-ORIENTAL, ASPANI-RAQS

#### SMALL GROUP

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

#### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

#### 2. BELLY DANCE SMALL GROUP

- 2.1 Small Group is composed of minimum number of **three (3)** and maximum number of **seven (7)** dancers.

#### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year);
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year);
- 3.2 Small Groups put into categories Youth – Junior – Adult – Senior may have dancers from the younger age category;
- 3.3 In the age category Mini there can be one (1) dancer who is ten (10) years old;
- 3.4 All clubs are allowed to nominate more than 1 (one) choreographed piece; one or more dancers may be nominated and perform both in small groups and formations;
- 3.5 **One or more dancers are not allowed to be nominated and perform in two (2) or more small groups.**
- 3.6 **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations.**

#### 4. MUSIC DURATION

- 4.1 Duration of music pieces needs to be as follows:
- **MINI:** Track duration from 2'.00" to 2'.30"
  - **YOUTH:** Track duration from 2'.00" to 2'.30"
  - **JUNIOR:** Track duration from 2'.00" to 2'.30"
  - **ADULT:** Track duration from 2'.00" to 2'.30"
  - **SENIOR:** Track duration from 2'.00" to 2'.30"
- 4.2 Small Group uses its own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;
  - In accordance to duration limits for each age category; **no exceptions will be respected;**

- Visibly exposing small group's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category

4.3 In the case when music duration is not respected, **a small group will be immediately disqualified.**

## 5. EXECUTION OF COMPETITION

- 5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

## 6. CHARACTERISTICS AND COSTUMES

- 6.1 Choreography is a fusion of flamenco and classical arabic dance;
- 6.2 The choreography needs to represent the character of the dance style ;
- 6.3 The costume is a typical flamenco outfit with the elements typical for Western Belly Dance, such as a side skirt, very often used as an important element of choreography that helps to express the meaning of music and delicacy of movements;
- 6.4 Dancers show their preparation through their dancing technique.

## 7. EVALUATION

- 7.1 Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
  - **Technique** from one (1) to forty (40) points
  - **Synchronisation** from one (1) to twenty thirty (30) points
  - **Choreography** from one (1) to twenty five (25) points
  - **Artistic Impression** from one (1) to five (5) points
- 7.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3 The parameter **Synchronisation** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body); unison while executing diagonals, verticals and horizontals; speed and style while changing patterns;
- 7.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals; dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music ; variety of patterns;
- 7.5 The parameter **Artistic Impression** is expressed by: small group's initial and final presentation (entry and exit);
- 7.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## 8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1 In order to present dance technique and choreography, a small group must use the whole available space;
- 8.2 Dancers must not approach the Adjudicators while performing. In order to visualise small group's space a dance-floor will be appropriately marked;
- 8.3 Small Group's start number needs to be clearly visible ;

- 8.4 Costumes need to be appropriate to music and choreography. The costume should be a typical Flamenco outfit with elements typical for the Western culture;
- 8.5 During Competition dancers are prohibited to chew a chewing gum;
- 8.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 14

## BELLY DANCE

### ANDALUSIAN, FLAMENCO-ORIENTAL, ASPANI-RAQS FORMATION

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

#### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

#### 2. BELLY DANCE FORMATION

- 2.1 Formation is composed of minimum number of **eight (8)** and maximum number of **twenty four (24)** dancers.

#### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year);
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year);
- 3.2 Small Groups put into categories Youth – Junior – Adult may have dancers from the younger age category;
- 3.3 In the age category Mini there can be one (1) dancer who is ten (10) years old;
- 3.4 All clubs are allowed to nominate more than 1 (one) choreographed piece; one or more dancers may be nominated and perform both in small groups and formations;
- 3.5 **One or more dancers are not allowed to be nominated and perform in two (2) or more small groups;**
- 3.6 **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations.**

#### 4. MUSIC DURATION

- 4.1 Duration of music pieces must be as follows:
- **MINI:** Track duration from 2'.30" to 4'.00"
  - **YOUTH:** Track duration from 2'.30" to 4'.00"
  - **JUNIOR:** Track duration from 2'.30" to 4'.00"
  - **ADULT:** Track duration from 2'.30" to 4'.00"
  - **SENIOR:** Track duration from 2'.30" to 4'.00"
- 4.2 Formation uses its own music piece which must be in accordance to the following requirements:

- Recorded only and exclusively on CD;
- Containing only one (1) good quality music piece on each CD;
- In accordance to duration limits for each age category; **no exceptions will be respected;**
- Visibly exposing formation's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category

4.3 In the case when music duration is not respected, **a formation will be immediately disqualified.**

## 5. EXECUTION OF COMPETITION

- 5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

## 6. CHARACTERISTICS AND COSTUMES

- 6.1 Choreography is a fusion of flamenco and classical arabic dance;
- 6.2 The choreography needs to represent the character of the dance style;
- 6.3 The costume is a typical flamenco outfit with the elements typical for Western Belly Dance, such as a side skirt, very often used as an important element of choreography that helps to express the meaning of music and delicacy of movements;
- 6.4 Dancers show their preparation through their dancing technique.

## 7. EVALUATION

- 7.1 Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
  - **Technique** from one (1) to forty (40) points;
  - **Synchronisation** from one (1) to twenty three (23) points;
  - **Choreography** from one (1) to twenty five (25) points;
  - **Artistic Impression** from one (1) to five (5) points;
- 7.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3 The parameter **Synchronisation** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body); unison while executing diagonals, verticals and horizontals; speed and style while changing patterns;
- 7.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals; dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music; variety of patterns;
- 7.5 The parameter **Artistic Impression** is expressed by: small formation's initial and final presentation (entry and exit);
- 7.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## **8. BEHAVIOURAL NORMS FOR DANCERS**

- 8.1 In order to present dance technique and choreography, a formation must use the whole available space;
- 8.2 Dancers must not approach the Adjudicators while performing. In order to visualise formation's space a dance-floor will be appropriately marked;
- 8.3 Formation's start number needs to be clearly visible;
- 8.4 Costumes need to be appropriate to music and choreography. The costume should be a typical Flamenco outfit with elements typical for the Western culture;
- 8.5 During Competition dancers are prohibited to chew a chewing gum;
- 8.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 15

## BELLY DANCE

### TRIBAL FUSION – GOTHIC – AMERICAN STYLE SOLO

(Solo Male – Solo Female)

#### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

#### 2. AGE CATEGORIES

- 2.1 Age categories are divided as follows:

- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
- **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year)
- **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
- **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year);
- **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year);

- 2.2 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 1 (one) year older);

- 2.3 Having reached the age limit for each category, dancers pass to the older category automatically.

#### 3. MUSIC DURATION

- 3.1 Duration of music pieces must be as follows:

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

- **MINI** Track duration from 1'.00 to 1'.30"
- **YOUTH** Track duration from 1'.00 to 1'.30"
- **JUNIOR** Track duration from 1'.00 to 1'.30"
- **ADULT** Track duration from 1'.00 to 1'.30"
- **SENIOR** Track duration from 1'.00 to 1'.30"

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

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

- 3.2 Dancers use their own music piece which must be in accordance to the following requirements:

- Recorded only and exclusively on CD;
- Containing only one (1) good quality music piece on each CD;
- In accordance to duration limits for each age category; **no exceptions will be respected**;
- Visibly exposing dancer's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category

#### **4. EXECUTION OF COMPETITION**

- 4.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 4.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

#### **5. CHARACTERISTICS AND COSTUMES**

- 5.1 Choreography is based on fluid movements that imitate movements of a snake and on isolations of different body parts;
- 5.2 The choreography needs to represent the character of the dance style;
- 5.3 The costume is heavy, non-transparent and composed of numerous layers, including cotton shirt, wide trousers, scarf, belt/s, top and scarf with coins;
- 5.4 Dancer is allowed to have his/her body decorated with tattoos, body paintings and various jewellery. Dancer's head must be decorated with flowers and beads;
- 5.5 The track is usually 'Trance' music, rather than typical arabic;
- 5.6 Dancer shows his/her preparation through his/her dancing technique.

#### **6. EVALUATION**

- 6.1 Evaluation is expressed in points, from one (1) to thirty (30). Adjudicators consider the following components:
  - **TECHNIQUE** from one (1) to fifteen (15) points;
  - **INTERPRETATION** from one (1) to ten (10) points;
  - **CHOREOGRAPHY** from one (1) to five (5) points;
- 6.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, difficulty level of individual technical elements and variety and number of figures);
- 6.3 The parameter **Interpretation** is expressed by: dancer's ability to follow the **musical melody and express it through his/her body motion**; ability to apply adequate movements and technical elements in accordance to music; dancer's ability to transfer the meaning of the story and show expressiveness and emotions;
- 6.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals;
- 6.5 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

#### **7. BEHAVIOURAL NORMS FOR DANCERS**

- 7.1 In order to present dance technique and choreography, a dancer must use her/his own personal and general space;
- 7.2 Dancer must not approach the Adjudicators while performing. In order to visualise dancer's space a dance-floor will be appropriately marked;
- 7.3 Dancer's start number needs to be clearly visible;
- 7.4 Costume needs to be appropriate to music and choreography;

- 7.5 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **8. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 8.1 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 16

## BELLY DANCE

### TRIBAL FUSION – GOTHIC – AMERICAN STYLE

#### DUO

(Both Males or Both Females)

#### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

#### 2. BELLY DANCE DUO

- 2.1 Belly Dance Duo is composed of two (2) dancers where both of them are males or both are females.

#### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year);
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year);
- 3.2 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 1 (one) year older);
- 3.3 Having reached the age limit for each category, dancers pass to the older category automatically;
- 3.4 In the case of having a duo from mixed age categories (eg. one (1) Youth and one (1) Junior), the duo must participate in the older category.

#### 4. MUSIC DURATION

- 4.1 Duration of music pieces must be as follows:
- Preliminaries/Semi-finals and Finals (Own Music)**
- **MINI:** Track duration from 1'.30' to 2'.00"
  - **YOUTH:** Track duration from 1'.30' to 2'.00"
  - **JUNIOR:** Track duration from 1'.30' to 2'.00"
  - **ADULT:** Track duration from 1'.30' to 2'.00"
  - **SENIOR:** Track duration from 1'.30' to 2'.00"
- 4.2 Dancers use their own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;
  - In accordance to duration limits for each age category; **no exceptions will be respected;**

- Visibly exposing duo's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category;

**4.3** In the case when music duration is not respected, **a duo will be immediately disqualified.**

## **5. EXECUTION OF COMPETITION**

- 5.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2** Competition Director, whenever necessary, applies modifications to execution of the Competition.

## **6. CHARACTERISTICS AND COSTUMES**

- 6.1** Choreography is based on fluid movements that imitate movements of a snake and on isolations of different body parts;
- 6.2** The choreography needs to represent the character of the dance style;
- 6.3** The costume is heavy, non-transparent and composed of numerous layers, including cotton shirt, wide trousers, scarf, belt/s, top and scarf with coins;
- 6.4** Dancers are allowed to have their body decorated with tattoos, body paintings and various jewellery. Dancers' head must be decorated with flowers and beads;
- 6.5** The track is usually 'Trance' music, rather than typical arabic;
- 6.6** Dancers show their preparation through their dancing technique.

## **7. EVALUATION**

- 7.1** Evaluation is expressed in points, from one (1) to forty (40). Adjudicators consider the following components:
  - **Technique** from one (1) to fifteen (15) points
  - **Synchronisation** from one (1) to ten (10) points
  - **Interpretation** from one (1) to ten (10) points
  - **Choreography** from one (1) to five (5) point
- 7.2** The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3** The parameter **Synchronisation** is expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body);
- 7.4** The parameter **Interpretation** is expressed by: dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music; dancers' ability to transfer the meaning of the story and show expressiveness and emotions;
- 7.5** The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals;
- 7.6** All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## **8. BEHAVIOURAL NORMS FOR DANCERS**

- 8.1** In order to present dance technique and choreography, a duo must use the whole available space;

- 8.2** Dancers must not approach the Adjudicators while performing. In order to visualise duo's space a dance-floor will be appropriately marked;
- 8.3** Duo's start number needs to be clearly visible ;
- 8.4** Costumes need to be appropriate to music and choreography;
- 8.5** During Competition dancers are prohibited to chew a chewing gum;
- 8.6** During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1** 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 17

## BELLY DANCE

### TRIBAL FUSION – GOTHIC – AMERICAN STYLE

#### SMALL GROUP

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

#### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

#### 2. BELLY DANCE SMALL GROUP

- 2.1 Small Group is composed of minimum number of **three (3)** and maximum number of **seven (7)** dancers.

#### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year);
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year);
- 3.2 Small Groups put into categories Youth – Junior – Adult – Senior may have dancers from the younger age category;
- 3.3 In the age category Mini there can be one (1) dancer who is ten (10) years old;
- 3.4 All clubs are allowed to nominate more than 1 (one) choreographed piece; one or more dancers may be nominated and perform both in small groups and formations;
- 3.5 **One or more dancers are not allowed to be nominated and perform in two (2) or more small groups;**
- 3.6 **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations.**

#### 4. MUSIC DURATION

- 4.1 Duration of music pieces needs to be as follows:
- **MINI:** Track duration from 2'.00" to 2'.30"
  - **YOUTH:** Track duration from 2'.00" to 2'.30"
  - **JUNIOR:** Track duration from 2'.00" to 2'.30"
  - **ADULT:** Track duration from 2'.00" to 2'.30"
  - **SENIOR:** Track duration from 2'.00" to 2'.30"

- 4.2 Small Group uses its own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;
  - In accordance to duration limits for each age category; **no exceptions will be respected**;
  - Visibly exposing small group's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category;
- 4.3 In the case when music duration is not respected, **a small group will be immediately disqualified**.

## 5. EXECUTION OF COMPETITION

- 5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

## 6. CHARACTERISTICS AND COSTUMES

- 6.1 Choreography is based on fluid movements that imitate movements of a snake and on isolations of different body parts;
- 6.2 The choreography needs to represent the character of the dance style;
- 6.3 The costume is heavy, non-transparent and composed of numerous layers, including cotton shirt, wide trousers, scarf, belt/s, top and scarf with coins;
- 6.4 Dancers are allowed to have their body decorated with tattoos, body paintings and various jewellery. Dancers' head must be decorated with flowers and beads;
- 6.5 The track is usually 'Trance' music, rather than typical arabic;
- 6.6 Dancers show their preparation through their dancing technique.

## 7. EVALUATION

- 7.1 Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
- **Technique** from one (1) to forty (40) points
  - **Synchronisation** from one (1) to twenty three (23) points
  - **Choreography** from one (1) to twenty five (25) points
  - **Artistic Impression** from one (1) to five (5) points
- 7.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3 The parameter **Synchronisation** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body); unison while executing diagonals, verticals and horizontals; speed and style while changing patterns;
- 7.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals; dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music; variety of patterns;
- 7.5 The parameter **Artistic Impression** is expressed by: small group's initial and final presentation (entry and exit);

- 7.6** All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## **8. BEHAVIOURAL NORMS FOR DANCERS**

- 8.1** In order to present dance technique and choreography, a small group must use the whole available space;
- 8.2** Dancers must not approach the Adjudicators while performing. In order to visualise small group's space a dance-floor will be appropriately marked;
- 8.3** Small Group's start number needs to be clearly visible ;
- 8.4** Costumes need to be appropriate to music and choreography ;
- 8.5** During Competition dancers are prohibited to chew a chewing gum ;
- 8.6** During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1** 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 18

## BELLY DANCE

### TRIBAL FUSION – GOTHIC – AMERICAN STYLE FORMATION

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

#### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

#### 2. BELLY DANCE FORMATION

- 2.1 Formation is composed of minimum number of **eight (8)** and maximum number of **twenty four (24)** dancers.

#### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year);
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year);
- 3.2 Small Groups put into categories Youth – Junior – Adult may have dancers from the younger age category;
- 3.3 In the age category Mini there can be one (1) dancer who is ten (10) years old;
- 3.4 All clubs are allowed to nominate more than 1 (one) choreographed piece; one or more dancers may be nominated and perform both in small groups and formations;
- 3.5 **One or more dancers are not allowed to be nominated and perform in two (2) or more small groups;**
- 3.6 **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations;**

#### 4. MUSIC DURATION

- 4.1 Duration of music pieces must be as follows:
- **MINI:** Track duration from 2'.30" to 4'.00"
  - **YOUTH:** Track duration from 2'.30" to 4'.00"
  - **JUNIOR:** Track duration from 2'.30" to 4'.00"
  - **ADULT:** Track duration from 2'.30" to 4'.00"
  - **SENIOR:** Track duration from 2'.30" to 4'.00"
- 4.2 Formation uses its own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;

- In accordance to duration limits for each age category; **no exceptions will be respected**;
- Visibly exposing formation's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category;

**4.3** In the case when music duration is not respected, **a formation will be immediately disqualified**.

## **5. EXECUTION OF COMPETITION**

- 5.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2** Competition Director, whenever necessary, applies modifications to execution of the Competition.

## **6. CHARACTERISTICS AND COSTUMES**

- 6.1** Choreography is based on fluid movements that imitate movements of a snake and on isolations of different body parts;
- 6.2** The choreography needs to represent the character of the dance style;
- 6.3** The costume is heavy, non-transparent and composed of numerous layers, including cotton shirt, wide trousers, scarf, belt/s, top and scarf with coins;
- 6.4** Dancers are allowed to have their body decorated with tattoos, body paintings and various jewellery. Dancers' head must be decorated with flowers and beads;
- 6.5** The track is usually 'Trance' music, rather than typical arabic ;
- 6.6** Dancers show their preparation through their dancing technique.

## **7. EVALUATION**

- 7.1** Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
  - **Technique** from one (1) to forty (40) points
  - **Synchronisation** from one (1) to twenty thirty (30) points
  - **Choreography** from one (1) to twenty five (25) points
  - **Artistic Impression** from one (1) to five (5) points
- 7.2** The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3** The parameter **Synchronisation** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body); unison while executing diagonals, verticals and horizontals; speed and style while changing patterns;
- 7.4** The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals; dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music ; variety of patterns;
- 7.5** The parameter **Artistic Impression** is expressed by: small formation's initial and final presentation (entry and exit);
- 7.6** All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## **8. BEHAVIOURAL NORMS FOR DANCERS**

- 8.1 In order to present dance technique and choreography, a formation must use the whole available space;
- 8.2 Dancers must not approach the Adjudicators while performing. In order to visualise formation's space a dance-floor will be appropriately marked;
- 8.3 Formation's start number needs to be clearly visible ;
- 8.4 Costumes need to be appropriate to music and choreography;
- 8.5 During Competition dancers are prohibited to chew a chewing gum;
- 8.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 19

## BELLY DANCE FREE SOLO

(Solo Male – Solo Female)

### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

### 2. AGE CATEGORIES

- 2.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year);
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year);
- 2.2 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 1 (one) year older);
- 2.3 Having reached the age limit for each category, dancers pass to the older category automatically.

### 3. MUSIC DURATION

- 3.1 Duration of music pieces must be as follows:

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

- **MINI** Track duration from 1'.00 to 1'.30"
- **YOUTH** Track duration from 1'.00 to 1'.30"
- **JUNIOR** Track duration from 1'.00 to 1'.30"
- **ADULT** Track duration from 1'.00 to 1'.30"
- **SENIOR** Track duration from 1'.00 to 1'.30"

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

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

- 3.2 Dancers use their own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;
  - In accordance to duration limits for each age category; **no exceptions will be respected;**

- Visibly exposing dancer's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category;

#### **4. EXECUTION OF COMPETITION**

- 4.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 4.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

#### **5. CHARACTERISTICS AND COSTUMES**

- 5.1 Dancer is allowed to create his/her choreography using all other dance styles that are not mentioned in these regulations;
- 5.2 There aren't any requirements that apply to the choreography;
- 5.3 There aren't any requirements that apply to the costume;
- 5.4 The music needs to represent the Belly Dance style;
- 5.5 Dancer shows his/her preparation through his/her dancing technique.

#### **6. EVALUATION**

- 6.1 Evaluation is expressed in points, from one (1) to thirty (30). Adjudicators consider the following components:
  - **TECHNIQUE** from one (1) to fifteen (15) points
  - **INTERPRETATION** from one (1) to ten (10) points
  - **CHOREOGRAPHY** from one (1) to five (5) points
- 6.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, difficulty level of individual technical elements and variety and number of figures);
- 6.3 The parameter **Interpretation** is expressed by: dancer's ability to follow the **musical melody and express it through his/her body motion**; ability to apply adequate movements and technical elements in accordance to music; dancer's ability to transfer the meaning of the story and show expressiveness and emotions;
- 6.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals;
- 6.5 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

#### **7. BEHAVIOURAL NORMS FOR DANCERS**

- 7.1 In order to present dance technique and choreography, a dancer must use her/his own personal and general space;
- 7.2 Dancer must not approach the Adjudicators while performing. In order to visualise dancer's space a dance-floor will be appropriately marked;
- 7.3 Dancer's start number needs to be clearly visible;
- 7.4 Costume needs to be appropriate to music and choreography;
- 7.5 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

## **8. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 8.1** 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 20

## BELLY DANCE FREE DUO

(Both Males or Both Females)

### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

### 2. BELLY DANCE DUO

- 2.1 Belly Dance Duo is composed of two (2) dancers where both of them are males or both are females.

### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year);
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year);
- 3.2 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 1 (one) year older);
- 3.3 Having reached the age limit for each category, dancers pass to the older category automatically;
- 3.4 In the case of having a duo from mixed age categories (eg. one (1) Youth and one (1) Junior), the duo must participate in the older category.

### 4. MUSIC DURATION

- 4.1 Duration of music pieces must be as follows:
- Preliminaries/Semi-finals and Finals (Own Music)**
- **MINI:** Track duration from 1'.30' to 2'.00"
  - **YOUTH:** Track duration from 1'.30' to 2'.00"
  - **JUNIOR:** Track duration from 1'.30' to 2'.00"
  - **ADULT:** Track duration from 1'.30' to 2'.00"
  - **SENIOR:** Track duration from 1'.30' to 2'.00"
- 4.2 Dancers use their own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;
  - In accordance to duration limits for each age category; **no exceptions will be respected;**
  - Visibly exposing duo's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category;

- 4.3 In the case when music duration is not respected, **a duo will be immediately disqualified.**

## 5. EXECUTION OF COMPETITION

- 5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

## 6. CHARACTERISTICS AND COSTUMES

- 6.1 Dancers are allowed to create their choreography using all other dance styles that are not mentioned in these regulations;
- 6.2 There aren't any requirements that apply to the choreography;
- 6.3 There aren't any requirements that apply to the costume;
- 6.4 The music needs to represent the Belly Dance style;
- 6.5 Dancers show their preparation through their dancing technique.

## 7. EVALUATION

- 7.1 Evaluation is expressed in points, from one (1) to forty (40). Adjudicators consider the following components:
- **Technique** from one (1) to fifteen (15) points
  - **Synchronisation** from one (1) to ten (10) points
  - **Interpretation** from one (1) to ten (10) points
  - **Choreography** from one (1) to five (5) point
- 7.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3 The parameter **Synchronisation** is expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body);
- 7.4 The parameter **Interpretation** is expressed by: dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music; dancers' ability to transfer the meaning of the story and show expressiveness and emotions;
- 7.5 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals;
- 7.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## 8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1 In order to present dance technique and choreography, a duo must use the whole available space;
- 8.2 Dancers must not approach the Adjudicators while performing. In order to visualise duo's space a dance-floor will be appropriately marked;
- 8.3 Duo's start number needs to be clearly visible;
- 8.4 Costumes need to be appropriate to music and choreography;
- 8.5 During Competition dancers are prohibited to chew a chewing gum;
- 8.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**;

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1** 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 21

## BELLY DANCE FREE SMALL GROUP

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

### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

### 2. BELLY DANCE SMALL GROUP

- 2.1 Small Group is composed of minimum number of **three (3)** and maximum number of **seven (7)** dancers.

### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year);
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year);
- 3.2 Small Groups put into categories Youth – Junior – Adult – Senior may have dancers from the younger age category;
- 3.3 In the age category Mini there can be one (1) dancer who is ten (10) years old;
- 3.4 All clubs are allowed to nominate more than 1 (one) choreographed piece; one or more dancers may be nominated and perform both in small groups and formations;
- 3.5 **One or more dancers are not allowed to be nominated and perform in two (2) or more small groups;**
- 3.6 **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations.**

### 4. MUSIC DURATION

- 4.1 Duration of music pieces needs to be as follows:
- **MINI:** Track duration from 2'.00" to 2'.30"
  - **YOUTH:** Track duration from 2'.00" to 2'.30"
  - **JUNIOR:** Track duration from 2'.00" to 2'.30"
  - **ADULT:** Track duration from 2'.00" to 2'.30"
  - **SENIOR:** Track duration from 2'.00" to 2'.30"
- 4.2 Small Group uses its own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;
  - In accordance to duration limits for each age category; **no exceptions will be respected;**
  - Visibly exposing small group's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category;

- 4.3** In the case when music duration is not respected, **a small group will be immediately disqualified.**

## **5. EXECUTION OF COMPETITION**

- 5.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2** Competition Director, whenever necessary, applies modifications to execution of the Competition.

## **6. CHARACTERISTICS AND COSTUMES**

- 6.1** Dancers are allowed to create their choreography using all other dance styles that are not mentioned in these regulations;
- 6.2** There aren't any requirements that apply to the choreography;
- 6.3** There aren't any requirements that apply to the costume;
- 6.4** The music needs to represent the Belly Dance style;
- 6.5** Dancers show their preparation through their dancing technique.

## **7. EVALUATION**

- 7.1** Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
- **Technique** from one (1) to forty (40) points
  - **Synchronisation** from one (1) to twenty three (23) points
  - **Choreography** from one (1) to twenty five (25) points
  - **Artistic Impression** from one (1) to five (5) points
- 7.2** The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3** The parameter **Synchronisation** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body); unison while executing diagonals, verticals and horizontals; speed and style while changing patterns;
- 7.4** The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals; dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music; variety of patterns;
- 7.5** The parameter **Artistic Impression** is expressed by: small group's initial and final presentation (entry and exit);
- 7.6** All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## **8. BEHAVIOURAL NORMS FOR DANCERS**

- 8.1** In order to present dance technique and choreography, a small group must use the whole available space;
- 8.2** Dancers must not approach the Adjudicators while performing. In order to visualise small group's space a dance-floor will be appropriately marked;
- 8.3** Small Group's start number needs to be clearly visible;
- 8.4** Costumes need to be appropriate to music and choreography;
- 8.5** During Competition dancers are prohibited to chew a chewing gum;

- 8.6** During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1** 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**, according to appropriate rules that apply to execution of the Competition.

# SECTION 22

## BELLY DANCE FREE FORMATION

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

### 1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

### 2. BELLY DANCE FREE FORMATION

- 2.1 Formation is composed of minimum number of **eight (8)** and maximum number of **twenty four (24)** dancers.

### 3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
  - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
  - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
  - **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (defined by calendar year);
  - **SENIOR:** All dancers from the age of thirty five (35) (defined by calendar year);
- 3.2 Small Groups put into categories Youth – Junior – Adult may have dancers from the younger age category;
- 3.3 In the age category Mini there can be one (1) dancer who is ten (10) years old;
- 3.4 All clubs are allowed to nominate more than 1 (one) choreographed piece; one or more dancers may be nominated and perform both in small groups and formations;
- 3.5 **One or more dancers are not allowed to be nominated and perform in two (2) or more small groups;**
- 3.6 **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations.**

### 4. MUSIC DURATION

- 4.1 Duration of music pieces must be as follows:
- **MINI:** Track duration from 2'.30" to 4'.00"
  - **YOUTH:** Track duration from 2'.30" to 4'.00"
  - **JUNIOR:** Track duration from 2'.30" to 4'.00"
  - **ADULT:** Track duration from 2'.30" to 4'.00"
  - **SENIOR:** Track duration from 2'.30" to 4'.00"
- 4.2 Formation uses its own music piece which must be in accordance to the following requirements:
- Recorded only and exclusively on CD;
  - Containing only one (1) good quality music piece on each CD;
  - In accordance to duration limits for each age category; **no exceptions will be respected;**
  - Visibly exposing formation's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category;

- 4.3 In the case when music duration is not respected, **a formation will be immediately disqualified.**

## 5. EXECUTION OF COMPETITION

- 5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2 Competition Director, whenever necessary, applies modifications to execution of the Competition.

## 6. CHARACTERISTICS AND COSTUMES

- 6.1 Dancers are allowed to create their choreography using all other dance styles that are not mentioned in these regulations;
- 6.2 There aren't any requirements that apply to the choreography;
- 6.3 There aren't any requirements that apply to the costume;
- 6.4 The music needs to represent the Belly Dance style;
- 6.5 Dancers show their preparation through their dancing technique.

## 7. EVALUATION

- 7.1 Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
- **Technique** from one (1) to forty (40) points
  - **Synchronisation** from one (1) to twenty three (23) points
  - **Choreography** from one (1) to twenty five (25) points
  - **Artistic Impression** from one (1) to five (5) points
- 7.2 The parameter **Technique** is expressed by: execution of movements in relation to the dance style/s and execution of figures, technical elements and movements (position, elegance, timing, balance, execution of lifts and supports, safety while performing lifts and supports, difficulty level of individual technical elements and variety and number of figures);
- 7.3 The parameter **Synchronisation** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body); unison while executing diagonals, verticals and horizontals; speed and style while changing patterns;
- 7.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance to dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals; dancers' ability to follow the **musical melody and express it through their body motion**; ability to apply adequate movements and technical elements in accordance to music; variety of patterns;
- 7.5 The parameter **Artistic Impression** is expressed by: small formation's initial and final presentation (entry and exit);
- 7.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## 8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1 In order to present dance technique and choreography, a formation must use the whole available space;
- 8.2 Dancers must not approach the Adjudicators while performing. In order to visualise formation's space a dance-floor will be appropriately marked;
- 8.3 Formation's start number needs to be clearly visible;
- 8.4 Costumes need to be appropriate to music and choreography;
- 8.5 During Competition dancers are prohibited to chew a chewing gum;

- 8.6** During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director** .

## **9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS**

- 9.1** 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**, according to appropriate rules that apply to execution of the Competition.

