



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

**TIPOLOGY:**

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

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## HISTORY OF BELLY DANCE FOLK

- Belly Dance Folk is a group of traditional dances typical for a specific country or region; Belly Dance Folk includes the following styles:
  - ✓ **SAIDI:** The style origins from North Egypt from a region called "El Saaid". Men's version is called Tahtib and dancers perform using a cane. The use of cane has historical background as local men used to carry long bamboo canes which they used as weapon. Ladies often use it as well, although it is not necessary. The traditional Saidi male costume is composed of long trousers, a shirt with wide sleeves and round neck and a long scarf tied around dancer's head. Women wear long narrow dresses with a scarf (often with coins) tied around their hips. Women's head is also usually covered. 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.
  - ✓ **KHALEEJI:** Dance of the Persian Gulf exposing the beauty of dancer's hair. Costume consists of a long loose, richly embroidered traditional tunic (Abay). Massive sleeves are sometimes used as a hood as well as a veil. Shawls or scarves tied around dancer's hips are never used; hands can be decorated with numerous bracelets and hair must be down.
  - ✓ **NUBIA:** The style emerged in an Egyptian City of Nubia. It expresses everyday relations between local men and women. It is lively and vivacious, usually performed as a group dance. Dancers perform steps as in Halidjs 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, where dancers use different gestures to play with the audience. The genre may include elements of different dance techniques. Current costume trends allow short skirts; the costume should be oriental but in the same time funky and reflecting the urban style.
  - ✓ **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".
  - ✓ **GAVEYZY:** The style based on gypsy temperament where hips movements play main role. 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:** Dance of Lebanon where a dancer performs a series of characteristic fast steps and jumps. Costumes are normally simple; people are often seen performing in jeans. Dancer's head should be covered; she 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 to drum rhythm. 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.
- The choreography should be created in a way that would enable dancers to present their most advanced technique.



## COMMON RULES

- For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.
- Dancer's age is considered with referral to the calendar year (1st January - 31st December). Dancer who participates in Ranking Competition that starts in October will be considered with referral to the following calendar year (which means one (1) year older) and age category are divided as follow:
  - ✓ **MINI:** All dancers from the age of six (6) to the age of nine (9) (Solo – Duo – Couples – Small Groups – Formations).
  - ✓ **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (Solo – Duo – Couples – Small Groups – Formations).
  - ✓ **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (Solo – Duo – Couples – Small Groups – Formations).
  - ✓ **ADULT:** All dancers from the age of seventeen (17) to the age of thirty four (34) (Solo – Duo – Couples – Small Groups – Formations).
  - ✓ **SENIOR:** All dancers at the age of thirty five (35) and above. (Solo – Duo – Couple – Small-group – Formation).
- Having reached the age limit for each category, dancers pass to the older category automatically.
- Dancers use their own music piece which must be in accordance with the following requirements:
  - ✓ Duration and pace limits respected for each category.
  - ✓ Visibly exposing dancer's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline as well as Age and Dance Category.
- Dancers / Groups who fail to respect the rules will be subject to the following penalties:
  - ✓ **Dancer performing without a start number**
  - ✓ **Dancer's fall**  
Will be given five (5) points penalty.
- In the situation when:
  - ✓ **Music is over/under time limit permitted**  
Dancers/Groups will be given ten (10) points penalty.
- Dancers/Groups who:
  - ✓ **Fail to appear on stage after being called for the third time**  
Will be given 'the last place' classification penalty.
- The choreography may be composed of no more than one (1) technique/genre described above in the 'History of Belly Dance Folk' paragraph.
- **Overall mark given by the Adjudicators is calculated as the sum of marks for each parameter. The parameters, in order of importance, are as follows:**  
**SOLO:**
  - ✓ The parameter **Technique** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) and use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals.
  - ✓ The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.
  - ✓ The parameter **Interpretation** is expressed by: dancer's ability to follow the rhythm and musical melody and express them through his/her body motion; ability to apply adequate movements and technical elements in accordance with music as well as dancer's ability to smoothly continue his/her dance after 'stop', 'pause' or other figures.  
**DUO/COUPLES:**
  - ✓ **Technique + Synchronism** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) as well as use of the whole personal and general space (in finals the whole dance-floor) with its horizontals,

verticals and diagonals, associated together similarity and body movements of both dancers (legs shoulder and upper body).

- ✓ **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.
- ✓ **Interpretation** is expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion; ability to apply adequate movements and technical elements in accordance with music as well as dancers' ability to smoothly continue their dance after 'stop', 'pause' or other figures.

**SMALL GROUPS/FORMATIONS/PRODUCTIONS:**

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



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## BELLY DANCE FOLK SOLO (Male – Female)

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

### Preliminaries (Federation Music)

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

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

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

### EXECUTION OF COMPETITION

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

### CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their piece focusing on appropriate dance technique, choreography, music interpretation and expressiveness with fluidity and elegance of movements. The main evaluation criteria in this discipline are: Dance Technique and Choreography. The choreography may be composed of no more than one (1) technique/genre described above in the 'History of Belly Dance Folk' paragraph.
- In Finals, in order to present their dance technique and choreography, each dancer is expected to use the whole available space.

### EVALUATION

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

### PENALTIES

- ✓ **FALL** *Five (5) points*



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

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

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

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

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

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

### **EXECUTION OF COMPETITION**

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

### **CHARACTERISTICS AND MOVEMENTS**

- It is expected that dancers build their piece focusing on appropriate dance technique, synchronism, choreography, music interpretation and expressiveness with fluidity and elegance of movements. The main evaluation criteria in this discipline are: Dance Technique and Choreography. The choreography may be composed of no more than one (1) technique/genre described above in the 'History of Belly Dance Folk' paragraph.
- In finals, in order to present their dance technique and choreography, each Couple is expected to use the whole available space.

### **EVALUATION**

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

### **PENALTIES**

- ✓ **FALL** **Five (5) points**



## **BELLY DANCE FOLK DUO**

**(Both Males or Both Females)**

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

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

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

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

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

### **EXECUTION OF COMPETITION**

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

### **CHARACTERISTICS AND MOVEMENTS**

- It is expected that dancers build their piece focusing on appropriate dance technique, synchronism, choreography, music interpretation and expressiveness with fluidity and elegance of movements. The main evaluation criteria in this discipline are: Dance Technique and Choreography. The choreography may be composed of no more than one (1) technique/genre described above in the 'History of Belly Dance Folk' paragraph.
- In Finals, in order to present their dance technique and choreography, each Duo is expected to use the whole available space.

### **EVALUATION**

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

### **PENALTIES**

- |               |                        |
|---------------|------------------------|
| ✓ <b>FALL</b> | <b>Five (5) points</b> |
|---------------|------------------------|



## BELLY DANCE FOLK SMALL GROUPS

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

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

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

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

### EXECUTION OF COMPETITION

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

### CHARACTERISTICS AND MOVEMENTS

- ↘ It is expected that groups build their piece focusing on appropriate dance technique, synchronism, choreography, music interpretation and expressiveness with fluidity and elegance of movements. The main evaluation criteria in this discipline are: Dance Technique and Choreography. The choreography may be composed of no more than one (1) technique/genre described above in the 'History of Belly Dance Folk' paragraph.
- ↘ In order to present their dance technique and choreography, each small group is expected to use the whole available space.

### EVALUATION

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

### PENALTIES

- ✓ **FALL** *Five (5) points*





## **BELLY DANCE FOLK FORMATION**

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

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

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

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

### **EXECUTION OF COMPETITION**

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

### **CHARACTERISTICS AND MOVEMENTS**

- It is expected that groups build their piece focusing on appropriate dance technique, synchronism, choreography, music interpretation and expressiveness with fluidity and elegance of movements. The main evaluation criteria in this discipline are: Dance Technique and Choreography. The choreography may be composed of no more than one (1) technique/genre described above in the 'History of Belly Dance Folk' paragraph.
- In order to present their dance technique and choreography, each formation is expected to use the whole available space.

### **EVALUATION**

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

### **PENALTIES**

- ✓ **FALL** **Five (5) points**



## BELLY DANCE FOLK PRODUCTION

(More than twenty four (24) dancers)

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

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

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

### EXECUTION OF COMPETITION

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

### CHARACTERISTICS AND MOVEMENTS

- ↘ It is expected that groups build their piece focusing on appropriate dance technique, synchronism, choreography, music interpretation and expressiveness with fluidity and elegance of movements. The main evaluation criteria in this discipline are: Dance Technique and Choreography. The choreography may be composed of no more than one (1) technique/genre described above in the 'History of Belly Dance Folk' paragraph.
- ↘ In order to present their dance technique and choreography, each production is expected to use the whole available space.

### EVALUATION

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

### PENALTIES

- ✓ **FALL** **Five (5) points**

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