



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

**TIPOLOGIES:**

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

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## 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;
- ✚ Who fail to comply following rules:
  - ✓ **Dancer without start number;**  
Will be penalized of 5 (five) points.
- ✚ Who fail to comply following rules:
  - ✓ **Music over/under time limit;**  
Will be penalized of 10 (Ten) points.
- ✚ Who fail to comply following rules:
  - ✓ **Dancers who don't enter on the stage after third call;**  
Will be entered on last place.
- ✚ Dancer is allowed to create his/her choreography using all other belly dance styles that are not mentioned in these regulations, including Flamenco/Oriental and Aspani Raqs.
  - ✓ Flamenco/Oriental – the fusion of Spanish flamenco and Arabic classical dance;
  - ✓ Aspani-Raqs – classical Arabic dance with the accompaniment of Spanish music. Choreography and movements are the same as in Raks el Sharki; however the character of dance is strongly emphasized through costumes (classical Spanish costume composed of a wide skirt with Eastern elements) and acting.
- ✚ There aren't any requirements that apply to the choreography;
- ✚ There aren't any requirements that apply to the costume;
- ✚ The music needs to represent the Belly Dance style;
- ✚ Dancers show their preparation through their dancing technique.
- ✚ **The judgment expressed by the Judges is the summatory of multiple parameters, differentiated according to the typology. The differentiation according to the typology is 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:**

- ✓ **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**, according to appropriate rules that concern execution of Competition.



## BELLY DANCE FREESTYLE SOLO

(Male – Female)

- Having reached the age limit for each category, dancers pass the older category automatically.
- Duration of music pieces must be as follow:

### 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.

### CHARACTERISTIC AND MOVEMENTS

- Dancer must demonstrate the knowledge acquired to the Jury, through technique of dance, music interpretation, expressiveness with a fluid and elegant sequence of movements. In this discipline the main evaluation criteria are: Dance Technique and choreography. The choreographed piece may be composed of no more than one (1) technique described in the History.
- In Final, in order to present dance technique and choreography, a 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 FREESTYLE COUPLE** **(Male and Female)**

- Belly Dance Freestyle Couple is composed of two (2) dancers where one (1) is male and the other one is female.
- In the case of a couple from mixed age categories (eg. one (1) Youth and one (1) Junior), the couple must participate in the older category;
- They may participate in several dance categories (eg. couples/duos etc.).
- Duration of music pieces must be as follow:

### **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 his/her own music in a final, Federation Music will be used;
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### **CHARACTERISTIC AND MOVEMENTS**

- Couple must demonstrate the knowledge acquired to the Jury, through technique of dance and synchronization, choreography and music interpretation, expressiveness with a fluid and elegant sequence of movements. In this discipline the main evaluation criteria are: Dance Technique and choreography. The choreographed piece may be composed of no more than one (1) technique described in the History.
- In Final, in order to present dance technique and choreography, a 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 FREESTYLE DUO**

**(Both Males or Both Females)**

- Belly Dance Freestyle Duo is composed of two (2) dancers where both of them are males or females .
- In the case of a duo from mixed age categories (eg. one (1) Youth and one (1) Junior), the duo must participate in the older category;
- They may participate in several dance categories (eg. couples/duos etc.).
- Duration of music pieces must be as follow:

### **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) Duo performing on a dance-floor in preliminaries;
- In the case when a couple lacks his/her own music in a final, Federation Music will be used;
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### **CHARACTERISTIC AND MOVEMENTS**

- Duo must demonstrate the knowledge acquired to the Jury, through technique of dance and synchronization, choreography and music interpretation, expressiveness with a fluid and elegant sequence of movements. In this discipline the main evaluation criteria are: Dance Technique and choreography. The choreographed piece may be composed of no more than one (1) technique described in the History.
- In Final, in order to present dance technique and choreography, a Duo is expected to use the whole available space.

### **EVALUATION**

- ✓ **TECHNIQUE + SYNCHRONISM** from three (3) to Thirty (30) points
- ✓ **CHOREOGRAPHY** from two (2) to Twenty (20) points
- ✓ **INTERPRETATION** from one (1) to Ten (10) points

### **PENALTIES**

- ✓ **FALL** Five (5) points



## BELLY DANCE FREESTYLE SMALL GROUPS

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

- ↘ Small-group is composed of minimum number of **three (3)** and 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 1 (one) 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 follow:

### 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 time;
- ↘ In the case when a Small Group lacks its own music in a final, Federation Music will be used;
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTIC AND MOVEMENTS

- ↘ Small Group must demonstrate the knowledge acquired to the Jury, through technique of dance and synchronism, choreography, music interpretation, expressiveness with a fluid and elegant sequence of movements. In this discipline the main evaluation criteria are: Dance Technique and choreography. The choreographed piece may be composed of no more than one (1) technique described in the History.
- ↘ In order to present dance technique and choreography, a small-group is expected to use the whole available space.

### EVALUATION

- ✓ **TECHNIQUE + SYNCHRONISM** **from three (3) to Thirty (30) points**
- ✓ **CHOREOGRAPHY** **from two (2) to Twenty (20) points**
- ✓ **ARTISTIC IMPRESSION + INTERPRETATION** **from one (1) to Ten (10) points**

### PENALTIES

- ✓ **FALL** **Five (5) points**

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## **BELLY DANCE FREESTYLE 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 1 (one) 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 follow:

### **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 time;
- ↘ In the case when a Formation lacks its own music in a final, Federation Music will be used;
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### **CHARACTERISTIC AND MOVEMENTS**

- ↘ Formation must demonstrate the knowledge acquired to the Jury, through technique of dance and synchronism, choreography, music interpretation, expressiveness with a fluid and elegant sequence of movements. In this discipline the main evaluation criteria are: Dance Technique and choreography. The choreographed piece may be composed of no more than one (1) technique described in the History.
- ↘ In order to present dance technique and choreography, a small-group is expected to use the whole available space.

### **EVALUATION**

- ✓ **TECHNIQUE + SYNCHRONISM** **from three (3) to Thirty (30) points**
- ✓ **CHOREOGRAPHY** **from two (2) to Twenty (20) points**
- ✓ **ARTISTIC IMPRESSION + INTERPRETATION** **from one (1) to Ten (10) points**

### **PENALTIES**

- ✓ **FALL** **Five (5) points**

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