

Belly Dance Rules and Regulations

Solo and Duos age Categories

- 1.Small Kids 4-6
- 2.Juveniles 6-11
- 3.Juniors 12-15
- 4.Youth 16-18
- 5.Adults 19+
- 6.Senior 35+

Groups Age Categories

- 1.Juveniles 7-12
- 2.Juniors 13-16
- 3.Youth/Adults 17+

Categories

- Solo
- Duo
- Small Group (3 - 7 participants)
- Big Group (8 - 20 participants)

Styles Performed

1. Baladi
2. Drum Solo

*The Styles are not different categories, and will be merged together as **ONE** Category

Music

Solos

- 1- The duration of the music for the couples will be +/-90 seconds
- 2- Each song will be characteristic to the dance, according to the books, and randomly chosen by the Dj

Groups

- 1 - The duration of the music for the groups will be up to 150 seconds(2mins 30sec)
- 2 - Each song/remix should be characteristic according to the dance style.
- 3 - The teacher of each group is responsible for production/remix of the composition.
- 4 - The teacher is responsible for carrying the music on a usb flash driver

General Rules

1. The choreography could be themed
2. The choreography could be synchronized without changes in the formations, or polyrhythmic with changes in the formations
3. Elements from other dance styles could be used

4. Acrobatics are permitted during the performance, although the choreography should not exceed 3 acrobatic tricks in total, which are not allowed to be performed in a single continuation, but they should be split throughout all the choreography. Acrobatic trick is considered when a full frontal or sagittal rotation of a body is done
5. Props are not allowed to be included in the choreography/dance
6. Professional Dancers and Teachers are not allowed to participate

Clothing/Appearance

1. The worn dresses should be appropriate to the style
2. The breast should be covered with the bra cups to not exceed 5 cm of the distance between them
3. The glutes, the flex point between the legs and the body should be covered, see-through fabrics shouldn't be applied on the intimate body areas
4. Brief style, not skin colour, underwear should be used
6. Hair styling should be formal and appropriate to the style of dance
7. If footwear is used it should be appropriate to the dance style