



INDIA FESTIVAL 2019



Dance Rules and Regulations

Common Rules

The following rules apply to all divisions and dance types. Dance-specific rules are outlined below. The India Festival Tampa Bay Committee can provide a waiver to some of these rules under certain circumstances; however, it depends on the discretion of the organizing committee. Choreography, performance themes, props, and costumes must be socially acceptable and in good taste.

Team Registration

To avoid disappointments, please adhere to ALL deadlines. **Late entries will not be accepted, no exceptions.** You will be contacted to confirm your participation in India Festival Tampa Bay

Groups are expected to report to the registration desk two hours prior to their performance time and must be in the staging area 30 minutes prior to performance. If a team has not signed in at the registration desk by their designated time, they will forfeit their chance to perform.

Dance Types

- Garba
- Raas
- Folk
- Classical
- Bhangra
- Fusion (Non Competitive Exhibition Teams ONLY)

Eligibility

- Participants are allowed to be in a **maximum** of two dances from two different age divisions. For example, a participant can be in Minor Garba & Junior Garba.
 - This rule is waived for College & Adult divisions; they are allowed to participate in a maximum of two dances in the same (or different) divisions.
- Choreographers & directors can bring **no more than one dance category within same age division.** For example, the same Choreographer/director cannot bring two minor garba teams.



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- The competition is confined to amateurs only. Professional teams are not permitted to participate. A professional who directs/choreographs for a fee may not participate in his/her own team.
 - This rule does not apply to college and adult divisions.

Division

- **Age limits:** At least 75% of the team should fall into the guidelines listed in the table below. In order to form a team, 25% of the team can be out of age limit. Age limits can be extended up to 2 years on both sides of the age range

Division	Rules
Minors	<ul style="list-style-type: none">• Age limit: 5 to 10 years old on the day of India Festival.• 25% of the team can be out of this age range.
Juniors	<ul style="list-style-type: none">• Age limit: 10 to 14 years old on the day of India Festival.• 25% of the team can be out of this age range.
High School	<ul style="list-style-type: none">• Age limit: 14 to 18 years old on the day of India Festival.• 25% of the team can be out of this age range.
College	<ul style="list-style-type: none">• Age limit: 18 to 25 years old on the day of India Festival.• 25% of the team can be out of this age range.
Adult	<ul style="list-style-type: none">• Age limit: 25 and older on the day of India Festival.• 25% of the team can be out of this age range.

- **Proof of age is required** for all participants, except in the adult division
 - See entry form for details
 - A copy of a birth certificate, a passport, government issued ID or a driver's license is acceptable for proof of age



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Team Requirements

- A minimum of 8 participants are required on the team
- A maximum of 20 participants are allowed on the team for all divisions, except bhangra teams
 - Bhangra teams can have 2 additional participants: one for dhol and one for kirtal/chimta
- Solo performances are not allowed. One dancer cannot dominate the performance while others are dancing in the background.

Timing

- The duration of the dance performance should be a minimum of 4 minutes and a maximum of 6 minutes, **in all age divisions**.
- A maximum of 2 minutes are allowed for stage preparation prior to the performance, and a maximum of 1 minute is allocated after the performance to clean the stage.

Song Selection

- Song lyrics must be in a language from the same region of the dance it represents
 - Garba and Raas must be in Gujarati
- Instrumental music will be accepted, provided that it reflects on a particular dance category/traditional instrument.
- Lyrics & Music from a Hindi Film (or Film in any other language) is **not allowed** in any section of the competition.
 - Fusion is non-competitive, therefore this rule is waived
- Song must be provided in MP3 format
 - A CD is no longer required to be mailed
- Please bring a USB drive with your music to the help desk, by the stage area, on the day of the competition, 30 minutes prior to performance
- The MP3 soundtrack should be a minimum of 4 minutes and a maximum of 6 minutes, for all age divisions.
- Song must meet appropriate quality standards. In the event that the song does not meet quality standards, you will be notified in advance.
- Mixed songs are allowed
 - There is no limit on number of songs that can be mixed



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- All music must be on one continuous track and any breaks or pauses must be prerecorded into the track.
- All mixed songs must belong to the same music in the same language and from the same region of India. For example, a Gujarati Folk Dance song can only be mixed with another Gujarati Folk Dance song.

Prop Selections

- There is no limitation on prop usage during the dance performance.
- Hand props are permitted such as: parasols, fans, hats, musical instruments, scarves, dandiyas, matka, or saaps.
 - Simulated weapons with dull, safe edges are permitted. For example, a toy sword can be used onstage.
- Props that require electricity are **not** allowed
- Backdrops, scenery, or large/awkward props are **not** allowed
- Items **CANNOT** be thrown, hung, shot, or launched off the stage
- Glass bangles, powder colors, glitter, confetti, food grains, flammable items such as diyas/ lights, helium balloons, fog/smoke/open flame, live animals or any other breakable and hazardous objects are **NOT allowed** on stage, backstage or in dressing rooms. This safety code will be strictly enforced.

Costume

- An appropriate costume should be worn for the dance performance, and it should reflect the dance category and/or regional culture.
- A change of costume on or off-stage during performance is **not allowed**.
- Blouses must have sleeves
 - Strapless or spaghetti straps are not allowed
- Ghaghara/Chaniya length must be six inches below the knee
- The costume must be in traditional colors, textiles, and embroidery.
- Please note that costumes are part of the scoring rubric, therefore it should promote regional ethnicity and culture.

Stage Preparation

- Special effects are strictly **not allowed**, such as fog machines, disco balls, smoke, laser lighting, etc.
- Stage lighting during the performance will not be dimmed or shut off
- A maximum of 2 minutes are allowed for stage preparation prior to the performance, and a maximum of 1 minute is allocated after the performance to clean the stage.



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- Each team should have a representative overseeing audio playback and clearing of the stage before and after the performance
- **Stage Dimensions will be posted on the website closer to the date of India Festival Tampa Bay**

Backstage Rules/Dressing Room Usage

- A schedule will be posted at the entrance of each dressing room for its usage. Each team will have approximately 2 hours to get ready.
- If you choose not to use the backstage dressing rooms, teams should be in the backstage area **30 minutes** prior to their assigned performance time, regardless of the schedule running on time or not.
- If a team does not show up, they will forfeit their chance to perform, and India Festival Tampa Bay volunteers will **not** come looking for that team
- Please adhere to schedule so that every team has a chance to get ready before their performance.
- Teams must stay in their assigned dressing room. **Switching is not allowed.**
- All decorations, equipment, clothing, jewelry, and personal items are the responsibility of the dance director and dancers. India Festival Tampa Bay is not responsible for any damage or loss of these items.
 - Please make arrangements to secure your belongings
- Good sportsmanship is expected from all dancers, parents, directors, and choreographers. Failure to display such conduct may result in disqualification.
- For the safety of all, hallways, aisles, and walkways must remain clear at all times.



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Evaluation and Scoring

- Emcee will only announce division, category, team ID number, and a short description of the performance.
 - The choreographer, director, participants, or any other identity will not be announced
- A judge from every dance type will be represented on the panel
- No audience member will be allowed to sit in front of the judging area.

India Festival Scoring Rubric	
Entry/Opening	25 points
Exit/Conclusion	25 points
Song selection	25 points
Grace/Flow of Dance	25 points
Originality/Creativity of Choreography	50 points
Expressions/Lip Sync	50 points
Formations/Spacing	50 points
Costume/Jewelry/Props	50 points
Coordination/Synchronization/Rhythm	100 points
Overall Impression	100 points
TOTAL	500 points

Trophies and Awards

- A trophy will be given to the Best Costume, Best Choreographer, 1st, 2nd and 3rd placed teams in every division and category, except the adult division.
 - A participant trophy will be given to all performers.
- A monetary prize will be given to first place winners in the college division only. Prizes will be given in the form of a check on the day of India Festival Tampa Bay as the teams are announced.
- For the Adult Division, the type of competition will be determined by the India Festival Committee based on the number of entries within the different dance categories.
- If there are insufficient entries in a particular category, in the adult division, all dance categories will compete against each other. Trophies will be presented to overall best scores: 1st, 2nd, and 3rd, best costume, and best choreographer in this division.



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Interruption of Performance

- If the performance of any team is interrupted because of failure of equipment, facilities, etc., the team affected will be allowed to present their entire routine again at a time determined by the judging panel.
- If the performance of any team is interrupted because of failure of the team's own equipment or supplies, the team must either continue with their performance, or withdraw from the competition. This includes a late submission of music to the entry committee.
- If an injury causes the presentation of a team to be interrupted, the team must either continue the presentation or withdraw from the competition. The India Festival Tampa Bay staff reserves the right to stop the performance due to injury if it is deemed necessary.

Grievances

- No dance choreographer, director, participant or parent can communicate directly with a judge
- Grievances should be given in writing to the grievance committee before the end of the day at India Festival Tampa Bay.
- The grievance committee will settle all disputes **within 2-4 weeks**.
- After consultation with the judges, the India Festival Tampa Bay committee decision will be final in the case of any disputes, complaints or controversy.

Non-Competitive/Exhibition Teams

- A limited number of non-competitive, exhibition, fusion, or Bollywood teams will be accepted on a first-come, first-serve basis
- All general guidelines regarding deadlines and stage preparation will apply to this dance category
- Costumes and music lyrics must be in good taste and respectful to all
- Performances can be up to a maximum of 5 minutes long
- All performers in this category will receive a participant trophy
- Each choreographer can bring only **one** non-competitive entry **per age division**

Dance Definitions/Dance-Specific Rules

These rules apply to all dance types. Please pay special attention to dance specific rules, for Garba, Raas, and Bhangra, which are highlighted in red below.



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- **Bagurumba:** This is mainly a formation dance with slow steps and outstretched hands of the Bodo tribe in Assam. It is also called "butterfly dance" because this attractive folk dance resembles the movement of birds and butterflies.
- **Bhangra:** This is a folk dance from the Northwest Indian state of Punjab. It is a lively, powerful dance. Bhangra collectively refers to several kinds of dances and arts including *Jhumar, Luddi, Giddha, Julli, Daankara, Dhamal, Saami, Kikuli,* and *Gatka*.
 - Suggested costumes for females: Salwaar Kameez, Ghagra, Rumal, Dupatta, Tikka, Jhumka, Paranda, Suggi-Phul, Raani-Haar, Haar-Hamela, Baazu-Band, and Pazaibs
 - Suggested costumes for males: Turla, Pag, Kaintha, Kurta, Vest, Lungi, Rumal, and Jugi
 - Kirpans (daggers) are not allowed as props ○ Disrespect or throwing of turbans or flags is not allowed
 - A minimum of 8 participants and a maximum of 20 participants are allowed on the team. However, there can be 2 additional participants, for dhol and for kirtal/chimta
- **Bharata Natyam:** This is a form of classical Indian dance that originated from the temples of Tamil Nadu. Bharata Natyam is considered to be a fire dance, representing 1 of the 5 essential elements. Bharata Natyam consists of 2 main aspects, *lasya* (graceful feminine movement) and *Tandava* (dance of Shiva, masculine aspects). There are 3 divisions of Bharata Natyam: *Niruthan, Nirthiyam,* and *Natyam*.
 - This dance is mainly performed by females, but male dancers are also allowed ○ The music is in Carnatic style music, using instruments such as the mridangam, nagaswaram, flute, violin and veena.
 - The songs are usually in Tamil, Telugu, Kannada and Sanskrit
- **Bihu** is the most popular folk dance of Assam. Bihu dances are performed by young boys and girls and is characterized by brisk dance steps and rapid hand movement.
 - Suggested musical instruments: Dholak, penpa, gagana, banhi, etc.
- **Changu:** This is a folk dance from Odisha, which derives its name from a simple tambourine used to accompany this dance.
- **Chhau:** This is a folk dance from Bihar. Performers hold swords and shields, and is performed by men and boys, symbolizing a lot of strength. The dhol, nagada, and shennai are used as instruments.
- **Cheraw:** It is a folk dance from Mizoram that consists of four people holding two pairs of bamboo staves. This dance is similar to others found in the Far East and Philippines.



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- Suggested costume for females: Thihna, Vakiria, Kawrchei and Puanchei.
- **Daankara:** This is exclusively performed by men in the Punjabi community. The primary prop in this dance is the *daan*, which is a long stick. The dance involves vigorous and energetic movements with leaping stunts.
- **Dandaria:** This is a tribal dance performed by men from Andhra Pradesh. The dance has a martial arts aspect to it, performed in a circular formation and involves clashing long sticks. It has vigorous and energetic movements with leaping stunts.
- **Dhamal dance of:**
 - **Haryana-** This dance is performed by men in the month of Falgun, when the crop is prepared for harvesting. It is famous from the area around Gurgaon.
 - **Punjab-** While it resembles bhangra, dhamal is a dance done by men that celebrates the lush green fields of Punjab. Performers are often accompanied by long sticks to enhance the melodious resonance of the dance.
- **Fugdi:** This is a folk dance performed by women in the Konkan region of Goa. The dance is often performed during Ganesh Chaturthi, and the pace starts off slow but gradually gets faster. The dancers match rhythm by blowing air through the mouth (a “foo” sound)
- **Gair:** This is a folk dance from Rajasthan, mostly performed by the men and women of the Bhil community. It is done usually during festivals, such as Holi and Janmashami.
 - Suggested costume for males: is long, pleated tunics that open into full-length skirts. Men carry swords, arrows, and sticks called *khanda*.
 - Dancers perform in a large circle, first moving clockwise, and then counterclockwise.
 - Geendad is a variation of the Gair dance, usually accompanied by the playing of a huge flat drum called the *daf*.
- **Garba/Garbo:** This is a traditional dance form of Gujarat, performed at Navaratri and many other festivals. It is done primarily to worship Ambe ma (Durga). The basic form of the dance is multiple circles, going clockwise and counterclockwise. There is a lot of emphasis on clapping, stepping, and spinning in garba. Styles include *throntali*, *betali*, *dodhiyu*, *sanedo* and *hinch*.
 - Musical instruments include: dhol, dholak, manjeera, shennai, and harmonium/synthesizer.
 - Only girls can participate in garba. Suggested attire is chaniya choli/ghagra choli, bandani dupatta with dazzling abhla and shells, mati, jhumkas, bajubandh, payal, kamarbandh, and kangans.



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- All songs must be in Gujarati
- Follow General Costume Guidelines
- **Garbi:** This is a form of garba performed by the men of Gujarat, usually done to celebrate special occasions.
 - Suggested attire for males: Khediya with abhla and kurta pajama
 - For Garbi dance, 25% of the group can be girls dressed as boys
- **Gatka:** This is a traditional form of South Asian martial art in which wooden sticks simulate swords in sparring matches. Gatka can be practiced as a sport or ritual.
- **Ghanta Patua:** This is a folk dance of Odisha, performed in the Hindu month of Chaitra. It is performed by men on stilts and involves acrobatics. The name is derived from large brass gongs known as *ghanta*.
- **Ghoomar:** This is a traditional folk dance of Rajasthan performed by women, usually done to worship Goddess Sarasvati. It involves snapping fingers and beating palms (at particular intervals).
- **Giddha:** This is a folk dance of Punjab, done by women. It is executed in a ring formation. No musical instruments, except for a *dholak*, is used during the dance.
 - **Sammi:** This is a traditional dance of Punjab involving women, similar to Giddha.
- **Gobbi:** This folk dance is from Andhra Pradesh, performed during the Sankranti festival. Houses during this festival are decorated with colorful flowers (*rangavalis*), kumkum, turmeric, and gobbillu.
- **Jhoomar:** It is a dance from Odisha, prevalent in the Mahanta and Munda communities. In the Mahanta culture, it is performed by men only, involving intricate steps.
- **Jhumar:** This dance originates from Multan and Baluchistan and is performed by men with three generations of dancers (father, son, and grandson). It emphasizes a slower and more rhythmic form that does not involve acrobatics.
- **Jhumur Nach (of tea gardens):** This is from Assam, and is performed as a dance of the tea gardens.
- **Julli:** It is a folk dance from Punjab that is non-acrobatic and resembles sufi mystics and their traditions. It is performed by men sitting down in a circle and clapping. The only instrument allowed is a *Ghungroo*.
- **Kachhi Ghodi:** This is a folk dance from the Shekhawati region of Rajasthan. Dancers wear novelty horse costumes and participate in mock fights, and they wear *ghungroos* on their ankles.
- **Kavadi Attam:** This is a folk dance of Tamil Nadu, performed to honor Lord Murugan. It involves carrying a burden, most commonly a half-moon bamboo strip covering a pole.



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- **Karagam:** This is a folk dance of Tamil Nadu and Karnataka dedicated to Draupadi, and involves a ritual pot several feet high. Dancers perform various acrobatic feats, carrying the decorative pots.
- **Kathak:** It is a classical dance originating in North India. Kathak dancers can be male or female, usually wearing straight leg pants and *ghungroos*. There is more emphasis on Nritya (rather than Abhinaya) in Kathak. There are also multiple *gharanas*, or houses of origin, for the dance.
- **Kathakali:** This is a stylized classical dance drama from Kerala. Scenes are usually depicted from the Ramayana, Mahabharata, and the Puranas. This dance is typically performed by men, and costumes include elaborate colorful makeup, towering headgear, long silver nails, and billowing skirts. Songs of this dance are usually sung in Manipravalam, which is a blend of Sanskrit, Malayalam, and Tamil.
- **Kikli:** A young girls' folk dance of Punjab, this is performed in pairs by holding hands and twirling really fast. This dance also involves singing songs with a lot of clapping.
- **Kuchipudi:** This is a classical Indian dance from Andhra Pradesh, and is performed by women. Kuchipudi carries a combination of Natya, Nritya, and Nritya, and shares common elements with other Indian classical dances.
 - Dancing is accompanied by singers of Carnatic music and instruments like mridangam, veena, flute and the tambura.
- **Laathi Nauch:** This is a folk dance of Northeast India. This was originally based upon a system of martial arts that uses large sticks (*laathi*). Now, it has evolved into a game (*Lathi Khelna*).
- **Luddi:** This is a male dance of Punjab that involves the ritualistic snake dance with simple costumes.
- **Manipuri:** This is a classical dance indigenous to Manipur and the Northeastern states of India. It signifies Krishna and Radha's love. One of this dance form's distinguishing features is the lightness of the feet tapping and absence of *ghungroos*.
 - Musical background during the dance includes the *Pung*, a singer, small *manjeera*, the *pena*, and the flute.
 - Suggested costume for males: Feichom in Saffron color
 - Suggested costume for females: Kunmin, Pasuan, Ras and Patloi
- **Mathuri:** It is a folk dance of Andhra Pradesh done during the month of Shravan, performed by both men and women in a circular formation.
- **Mohiniyattam:** This is a semiclassical dance from Kerala, performed by women. Performers typically wear a simple white saree with a golden border (*kasavu*), and a bun with Jasmine flowers.



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- **Naga Dance:** This represents the vibrant and dynamic culture of Nagaland, in the Northeastern part of India. It celebrates the harvest season, war dances, and tells stories.
- **Odissi/Orissi:** This is a classical dance form from Odisha performed by women. One of the characteristic features of Odissi dance is tribhangi (the division of the body into three parts: head, bust and torso). The mudras (hand positions) are important as well.
 - Suggested costume for females: Tarakasi jewelry, Tahiya, Ghoba, Seenthi, Tikka, Mathami, Allaka, Kapa, Jhumkas, Bahichudi, Kankana, Mukoot and Sambalpuri Saree or Bomkai Saree
 - Musical instruments that accompany Odissi dance are: Pakhawaj, Tabla, Mrudangam, Bansuri, Manjeera, Sitar, and Tanpura
- **Raas/Dandiya Raas:** This is a traditional folk dance of Gujarat and is associated with scenes of Holi and RasLeela (of Krishna and Radha) in Vrindavan. The energetic and playful dance is performed with sticks called *dandiya*, and both men and women participate.
 - Suggested attire for males: Khediya with mirror work, dhoti, and colorful turbans/pagdi (sometimes done in Rajwadi style)
 - Suggested attire for females: Choli, ghaghra, bandani dupatta with dazzling mirror work, and heavy jewelry.
 - Raas is mainly done to celebrate Navaratri, but is also performed on other occasions.
 - This dance usually involves two circles: one clockwise and one counterclockwise. Steps should reflect the traditional Raas of Gujarat. Bhangra steps, gymnastics, and acrobatic moves are discouraged.
 - Songs must be in Gujarati (fusion remixes are unacceptable) and music should not be redubbed or superimposed with disco dandiya beat
 - Use of a dholi is allowed only for entry or exit
 - All dandiyas must be held in hands without the aid of attached hoops, strings, etc.
 - Dandiyas should be held in hands for at least 90% of the dance. Sticks should be no longer than 18 inches.
- **Rouf:** This comes from Jammu and Kashmir and welcomes the spring season. Clusters of women are formed who face each other and represent a special insect (bee or bhumro) welcoming the season .
- **Sakhi Nata:** This is a dance from Odisha, usually performed in pairs of men and women, signifying friendship and camaraderie (*Sakhi* means friend in multiple Indian languages).



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- **Sattriya Nritya:** This is a classical Indian dance form Assam. Traditionally, this dance was performed only by Bhokots in monasteries, as part of their daily rituals; today, it is performed on stage by men and women.
 - Costumes are usually made of *Pat* (a type of silk) and a waist cloth known as *kanchi* is worn by dancers.
 - Suggested attire for males: dhoti
 - Suggested attire for females: Ghuri chaddar
- **Siddhi Dhamal of:**
 - **Gujarat-** It is a unique dance from of the Siddi community of Gujarat. The Siddies (African migrants) had come to India about 750 years ago as slaves and they settled along the shores of Gujarat in places like Bharuch, Bhavnagar, Junagarh and Surat.
 - **Telegana-** This dance is a mimetic martial dance performed by the Siddis of Hyderabad with swords and shields. Hindu kings brought these men from Africa to perform guard duties in the mid-12th century.
- **Terahtali of Rajasthan:** This dance is performed by women, involving *manjeeras* tied to various parts to the body. Men sing along to the beats of the *manjeeras*.
 - **Madhya Pradesh:** This form of dance is similar to that of Rajasthan, except that women also have a small sword in their mouth and balance a small earthen pot on top of their head.
- **Therukoothu:** This is a dance form of Tamil Nadu, depicting scenes from ancient epics, like the Ramayana, Mahabharata, and other classics. There are various forms of Koothu dance including, *Nattu*, *Kuravai*, *Valli*, *Samaya*, *Porkaala*, *Pei*, *Thunangai*, and *Chakyar*.
- **Tippani:** This is a folk dance from Saurashtra, Gujarat. It involves beating of the namesake stick. Tippani also involves singing and a matlee.
 - Dhol, Marinara, and Shennai are the main instruments played