



# GREEK ORTHODOX METROPOLIS OF NEW JERSEY

## ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

October 19, 2023

To the Very Reverend and Reverend Clergy,  
Esteemed Members of the Parish Councils,  
Dedicated Greek Dance Instructors and Advisors,  
And Beloved youth of the  
Greek Orthodox Metropolis of New Jersey

My beloved in the Lord,

*"Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to them." Matthew 19:14*

May the grace and love of Christ and the communion of the Holy Spirit be upon you.


It is with great joy and much enthusiasm that I announce to you that the Annual Greek Orthodox Metropolis of New Jersey Hellenic Folk Dance Festival will take place on January 12 – 14, 2024 and will once again be hosted by the SS. Constantine and Helen Greek Orthodox Church in Annapolis, Maryland.

Please be aware that the Annual Hellenic Folk Dance Festival is a beautiful and successful Metropolis youth event and therefore, I wholeheartedly request that all of the parishes of our sacred Metropolis support the FDF by urging your parish dance groups to participate. The FDF provides our youth a unique opportunity to gather together with other young people from throughout our Metropolis for a wonderful weekend of fellowship, of sharing of our rich Hellenic culture and traditional folkdance, as well as spiritual growth in our Orthodox Faith. Therefore, let us not hinder, but encourage our youth to grow closer to Christ and closer to our Church through their participation in this blessed youth event.

Enclosed with this letter please find the 2024 Greek Orthodox Metropolis of New Jersey Hellenic FDF registration packet, which contains all of the details and schedule for the FDF weekend, as well as all of the parish registration information.

Praying that our loving Lord continues to bless you and all the dedicated faithful of our sacred Metropolis with every good and perfect gift from above, I remain

With Paternal Love and Blessings

  
† APOSTOLOS  
Metropolitan of New Jersey

***Metropolis of New Jersey  
Hellenic  
Folk Dance Festival***



***January 12-14, 2024***

***Annapolis, MD***

**Metropolis of New Jersey  
Hellenic Folk Dance Festival 2024  
Information Sheet**

**Dates:** January 12-14, 2024

**Location: Annapolis, MD  
(ALL activities)**

Ss. Constantine and Helen Greek Orthodox Church  
2747 Riva Road  
Annapolis, MD 21401  
410-573-2072  
Email: feliciakaravellas@gmail.com

**\*\*\*Please note that ONLY ONE GOYA aged group per church can participate.\*\*\***

**Deadline:** Registration packets **must be postmarked by December 15, 2023**. If postmarked after this date, the discount fee will not be honored. Regular rates will then apply. **All checks must be made out to Ss. Constantine and Helen.**

**Registration Fees**

**Discounted Rates (before December 15, 2023)**

\$100 – Each Dance Group Fee  
\$125 - Full Participant

**Regular Rates (\$25 fee added to all packages purchased after December 15, 2023).**

\$125 – Each Dance Group Fee  
\$150 - Full Participation

**Package Descriptions**

**Full Participant's Package Includes:**

Opening Ceremonies  
Dance Performances  
Saturday Lunch  
Saturday Banquet and Dance  
Sunday Brunch  
FDF Gift

**Individual Tickets**

Dance Performance - \$5  
Saturday Lunch - \$15  
Saturday Dinner and Dance - \$50  
Saturday Dance Only - \$30  
Sunday Brunch - \$15

**Refund and Return Check Policy**

Any and all requests for refunds must be submitted in writing before **December 15, 2023**. A \$30 processing fee for refunds will be withheld.

**No refunds will be given after January 1, 2024.**

**\*\*\*A Tentative Schedule of events will be sent separately, but ALL events will be at Ss. Constantine and Helen Greek Orthodox Church.**

**Hotel Information:**

(All hotels are located within 2 miles of the church and auditorium)

- *All Hotels are listed in the email with links and numbers for reservations.*
- *Specify you are with the Folk Dance Festival for the above discounted rates.*
- *Individual guests must call the hotel directly for reservations.*
- *Guests are responsible for all charges.*
- *Credit card or advance deposit is required to guarantee reservations.*

**Liability Waiver/Code of Conduct Form**

All Folk Dance Festival participants must have their parent or legal guardians sign the Permission Slip Waiver Form (located on the bottom of the Individual Participant Registration Form) and the Code of Conduct Form in order to attend and participate in the Folk Dance Festival. Remember only **one form** per participant.

**Chaperones**

The Folk Dance Festival requires one adult chaperone for every six participants under the age of 18. Chaperones must be over the age of 21 and must purchase a full participant registration package.

**Additional Charges**

Return/NSF check-\$30

Refund processing fee-\$30

**\*Absolutely no refunds will be given after January 1, 2024.**

**Metropolis of New Jersey  
Hellenic Folk Dance Festival 2024  
Registration Forms and Instructions**

**The following must be submitted by December 15, 2032 (for Discount Rate):**

1. Dance Group Registration Form, Profile Sheet, and Fee  
**(1 for EACH group. Parish Priest must sign the Dance Group Registration Form. Without his approval your group will not be able to perform.)**
2. Individual Participant Registration Forms and Fees **(1 for EACH dancer)**
3. Code of Conduct Form **(signed by each participant and parent/legal guardian)**

**\*\*\*All checks must be made out to Ss. Constantine and Helen.\*\*\***

ALL REGISTRATION FORMS, GROUP PROFILES, PHOTOCOPIES, AND OTHER FDF  
INFORMATION SHOULD BE MAILED TO:

Metropolis of New Jersey  
Hellenic Folk Dance Festival 2024  
ATTN: Felicia Nolan  
2747 Riva Road  
Annapolis, MD 21401

**(All forms in this packet may be photocopied)**



**(Page 2 of 3)**

If using live music please check here: \_\_\_\_\_

Remember: Two (2) CD's per group. **Maximum performance time (on stage) is 10 minutes for Semi-Final Round and 12 minutes for Final Round.** CD's will not be returned. Label CD's as requested (refer to page 13).

**Tell the judges about your group:**

How often does your dance group practice?

Number of dances the group knows:

Any area of specialization?

Describe the exhibition dancing experience of the group:

Describe group goal (i.e. fellowship, ethnic heritage, fun...etc...)

**Dance Group Profile Sheet Continued**  
**Costume Information**  
**(Page 3 of 3)**

Dance Group Name:	
Parish Name:	
Parish City/State:	

***Costume Description***

Please mail 1 costume color photocopy or photograph of both women's and men's costumes with front and back views for each performance (if different per day).

***Semi-Final***  
**Women's:**

Region:	
Village:	

**Men's:**

Region:	
Village:	

***Final***  
**Women's:**

Region:	
Village:	

**Men's:**

Region:	
Village:	

Is this costume borrowed? (Y/N) \_\_\_\_ If YES, your group will not be eligible for the Costume Award.



**Metropolis of New Jersey  
Hellenic Folk Dance Festival 2024  
Dance Group Registration Form**

Dance Group Name:	
Parish Name:	
Parish City/State:	

*Group Registration Fee - \$100 PER GROUP (before Dec. 15, 2023)/\$125 (after Dec 15)*

Director (s):	
Address:	
City/State/Zip Code:	
Phone:	
Email:	

Print or type dancer's name and age as of January 12, 2024.

NAME	AGE

\*May attach additional paper for names and ages of dancers.

**Director Signature:** \_\_\_\_\_

**Parish Priest Signature:** \_\_\_\_\_

**Metropolis of New Jersey  
Hellenic Folk Dance Festival 2024  
Participant Registration**

Name:	
Address:	
City/State/Zip Code:	
Phone:	
Email:	
Parish Name/State	

Director (s):	
Address:	
Phone:	
Email:	

**Package Descriptions**

**Full Participant's Package Includes:**

- Opening Ceremonies
- Dance Performances
- Saturday Lunch
- Saturday Banquet and Dance
- Sunday Brunch
- FDF Gift

**Individual Tickets**

- Dance Performance - \$5 per day
- Saturday Lunch - \$15
- Saturday Dinner and Dance - \$50
- Saturday Dance Only - \$30
- Sunday Brunch - \$15

**Please check your choice below:**

Type of Participant:

Dancer: \_\_\_ Director: \_\_\_ Parent/Chaperone: \_\_\_ Just for fun! \_\_\_

\_\_\_ Full Package X \_\_\_ \$ \_\_\_ \$125 (before Dec 15) \$150 (after Dec 15)

Individual Tickets:

- \_\_\_ Saturday Lunch X \$15 = \$ \_\_\_\_\_
- \_\_\_ Saturday Dinner Dance X \$50 = \$ \_\_\_\_\_
- \_\_\_ Saturday Dance Only X \$30 = \$ \_\_\_\_\_
- \_\_\_ Sunday Brunch X \$15 = \$ \_\_\_\_\_
- \_\_\_ Performance X \$5 = \$ \_\_\_\_\_

**\$ \_\_\_\_\_ TOTAL AMOUNT DUE**

**LIABILITY WAIVER - SIGN BELOW FOR DANCER UNDER THE AGE OF 18**

We the parents/legal guardians of the child above do give our consent and approval for his/her participation in the Metropolis of New Jersey Hellenic Folk Dance Festival at the SS. Constantine & Helen Church. The event is being sponsored by the Metropolis of New Jersey Young Adult Ministry. Regarding Covid-19, temperature checks, encouragement of mask use, and other safeguards will be in place. The undersigned acknowledges that In consideration of our child’s acceptance in said activity we the undersigned do hereby agree to indemnify and hold harmless the Metropolis of New Jersey Hellenic Folk Dance Festival, its Executive Board, officers, coaches, and agents, without regard to any negligence on their part, against any claim for damages, compensation or otherwise including but not limited to losses and expenses caused to or by our child while participating in the Metropolis of New Jersey Hellenic Folk Dance Festival 2024 at the SS. Constantine & Helen Church. Additionally, I do hereby forever release, waive, discharge, and covenant not to sue the Metropolis of New Jersey Hellenic Folk Dance Festival, its Executive Board, officers, coaches, and agents from any and all damages, injuries, losses, liability, claims, causes of action, litigation, demands related to COVID-19 and in connection with my participation in the Metropolis of New Jersey Hellenic Folk Dance Festival 2024.

**ASSUMPTION OF RISKS.** I understand that while the Metropolis of New Jersey and SS. Constantine & Helen Church have undertaken reasonable steps to lessen the risk of transmission of COVID-19 in connection with the Metropolis of New Jersey Hellenic Folk Dance Festival 2024, the Metropolis of New Jersey and SS. Constantine & Helen Church are not responsible in any manner for any risks related to COVID-19 in connection with the New Jersey Hellenic Folk Dance Festival 2024. I understand that the World Health Organization has classified the COVID-19 outbreak as a pandemic. I further understand that COVID-19 is a highly contagious and dangerous disease, and that contact with the virus that causes COVID-19 may result in significant personal injury or death.

In my absence, I give consent and authority to obtain medical care and treatment for any and all injuries sustained to my child as a result of participation in the Metropolis of New Jersey Hellenic Folk Dance Festival 2024 at the SS. Constantine & Helen Church.

Insurance (Hospitalization) Company:	
Policy Number:	
Group Number:	
Drug Allergies:	
Significant Health History:	
Dietary Restrictions:	

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_  
Date

**Metropolis of New Jersey Hellenic Folk Dance Festival 2024  
Code of Conduct Form**

With my signature, I acknowledge and agree to abide by the HFDF Code of Conduct and agree to accept the consequences for actions that violate the rules of conduct as outlined below:

- Use of vulgar language and loud noises are strictly forbidden.
- Use of Alcohol by underage participants at the HFDF, in hotel rooms, or any other related HFDF events is strictly forbidden.
- Smoking by underage participants at any FDF related event is prohibited. Smoking by adults is prohibited in the performance areas.
- Illegal drug use is prohibited at all times by anyone involved in the HFDF.
- Damage to personal or public property of any kind is strictly prohibited and is the sole responsibility and liability of the person or persons involved.
- Any disrespect shown to another person whether dancer or observer is strictly prohibited
- Room visitations involving our youth (mixed company) is strongly discouraged.

**\*Violation of any of the above items shall result in disqualification, as well as possible eviction from the FDF event and hotel.**

***Probation***

For those who break the rules of conduct, whether dancer, parent, or chaperone or non-dancer friends will have their whole group immediately put on probation and risk the possibility of being evicted from the event as well as withdrawal of any awards. The group will be on probation for the remainder of the weekend. Any additional rule infractions while on probation will result in immediate disqualification.

***Disqualification***

A second offense by anyone directly or indirectly associated with a dance group on probation will result in that group's immediate disqualification. Disqualification means that the dance group will be allowed to finish the competition/performance but will not be eligible for an award. In addition, the community's Priest and Parish Council will receive a copy of the reprimand. Further infraction of the rules by anyone associated with a disqualified group(s) during the remainder of the HFDF will result in immediate ejection of those individuals from the HFDF, the hotel, and any other place the HFDF has contracted with for this event.

***Code of Conduct Policy Statement Waiver***

I have read this Code of Conduct form and agree to abide by the guidelines set forth in the statement. I understand that any violation of this form shall result in team probation and/or disqualification as well as possible removal from the entire event.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Legal Guardian (if participant under 18)

\_\_\_\_\_  
Date

**One Form Per Person Must Be Filled Out.**

**Metropolis of New Jersey  
Hellenic Folk Dance Festival 2024  
Dance Competition Rules**

***Dance Group Division and Categories***

**COMPETITIVE GOYA AGED GROUPS ONLY (ONE GROUP PER CHURCH).**

All groups will receive critique guidelines on how their individual group performs. They will not be compared to other groups. The groups will compete and will be qualified to receive FIRST, SECOND, or THIRD place awards. There will also be a Best Costume Award for the competition.

***Performance Areas***

The performances will take place at Ss. Constantine and Helen on Saturday, January 13 and Sunday, January 14, 2024.

Directors please note \* NO COACHING ALLOWED DURING PERFORMANCE. INSTRUCTORS ARE NOT ALLOWED ON STAGE AS DANCERS OR SINGERS.

SINGING AND LIVE MUSIC IS ALLOWED, BUT NOT BY INSTRUCTORS ON STAGE (THIS IS CONSIDERED COACHING AND THE GROUP WILL BE PENALIZED).

***Special Requests***

Please submit to the Competition Chairperson your requests (in writing) for how you want your dance groups to start performing on stage. For example, do you want your dance group to dance onto the stage at the start of the music, or do you want them to walk on, line up first and then start the music? Also, if using live musicians please report the number of chairs and microphones you will need on stage for the musicians. Each group is to provide their own props. Special requests are due December 15, 2023.

***Music***

We are hoping to have updates for music as soon as possible. Once the information is available, the Competition Chairperson will send to all participating directors.

***Time Limits***

The maximum performance time **on stage** is ten (10) minutes for each group during the Semi-Final Round and twelve (12) minutes for each group during the Final Round.

Any dance group exceeding the maximum time allotted for each round of competition will be penalized as follows:

- Fifteen seconds over maximum time allotted – penalty of 10% subtracted from total cumulative score.

Our sound technicians will be instructed to keep the CD running from the moment it starts until the moment the dance group leaves the dance floor. They WILL NOT start and stop the CD for your group.

***Disciplinary Action***

Disorderly conduct of any kind (i.e.: excessive noise, use of vulgar language, running through the facility, throwing of food...etc.) WILL NOT BE TOLERATED and may result in an automatic disqualification of person(s) involved without refund. It is imperative that order is maintained at all times. All HFDF participants are expected to conduct themselves in accordance with the HFDF bylaw rules and the Conduct Policy Statement as described in the Behavioral Policy Statement and on the bottom of the Individual Participant Registration Form.

**Awards**

There will be First, Second and Third place awards plus Best Costume awards given for the competing GOYA aged groups.

**Judging:*****% of Total Score***

Points will be awarded from 1-10 in each category.

<b>A. Ethnic Quality of Dance</b>	<b>35%</b>
1. Styling	
2. Steps/Pattern	
<b>B. Stage Presence</b>	<b>35%</b>
1. Orientation	
2. Balance	
3. "Kefi" or Spirit of Expression	
<b>C. Precision</b>	<b>20%</b>
<b>D. Director Proficiency/Level of Difficulty</b>	<b>10%</b>

**\*\*\*COSTUMES WILL BE JUDGED SEPARATELY FROM ABOVE POINT SYSTEM\*\*\***

**Definitions of Judging Format:**

All dance groups will be critiqued on how they as an individual group perform.

**A. Ethnic Quality**

THIS REFERS TO THE AUTHENTIC CHARACTER OF THE DANCE STYLE AND STEPS. DIFFERENT REGIONS WITHIN GREECE HAVE VASTLY DIFFERING MUSIC AND DANCES; THIS DIVERSITY SHOULD BE RECOGNIZED AND REPRESENTED, SUCH AS THE MUSICAL AND STYLISTIC VARIATION BETWEEN THE REGIONS OF CRETE AND EPIRUS.

1. DANCE STYLING
  - A. POSTURE
  - B. Demeanor of the group as a whole
  - C. ACCURACY OF THE REGIONAL DANCE STYLE
2. DANCE STEPS/PATTERNS A. ACCURACY OF THE REGIONAL DANCE STEP AND STYLE.

**B. Stage Presence**

1. ORIENTATION:

ORIENTATION REFERS TO THE CHOREOGRAPHY, SPACE USAGE AND FOCUS OF THE DANCERS AND THE PERFORMANCE AS A WHOLE.

2. BALANCE:

REASONABLY EVEN LEVEL OF CAPABILITY EXHIBITED BY ALL THE DANCERS. A GROUP IS NOT IN BALANCE IF, FOR EXAMPLE A FEW OUTSTANDING DANCERS CARRY THE PERFORMANCE.

3. "KEFI" OR SPIRIT OF EXPRESSION:

REFERS TO THE APPROPRIATENESS OF THE GROUP'S ATTITUDE, FEELING AND PROJECTION, WHETHER JOYOUS OR SERIOUS, IN ACCORDANCE WITH THE AUTHENTIC

CHARACTER OF THE DANCE AND THE PURPOSE IT SERVED IN GREEK VILLAGE SOCIETY.

**C. Precision**

THIS REFERS TO WHETHER THE DANCERS ARE IN SYNCHRONIZATION "ON BEAT" WITH THE TEMPO AND RHYTHM OF THE MUSIC AND THE PRECISION OF EXECUTING THE CHOREOGRAPHY IN SYNCHRONIZATION "BEING TOGETHER."

**D. Director Capability/Level of Difficulty**

THIS REFERS TO THE FACT THAT THE DIRECTOR'S KNOWLEDGE AND AMOUNT OF RESEARCH HE/SHE HAS CONDUCTED IN RELATION TO THE REGIONS PRESENTED IN THE DANCE PERFORMANCES, STRONGLY INFLUENCES THE QUALITY OF THE PERFORMANCE, REGARDLESS OF THE LEVEL OF THE DANCING ABILITIES OF THE INDIVIDUAL DANCERS. THE INTENT IS TO CRITIQUE AND PROVIDE FEEDBACK TO THE DIRECTOR REGARDING THEIR LEVEL OF KNOWLEDGE OF GREEK FOLK MUSIC AND DANCE AND THEIR ABILITY TO PRESENT THE MATERIAL, REWARDING THOSE DIRECTORS WHO ATTEMPT TO ACHIEVE NOVEL OR DIFFICULT MATERIAL OR CHOREOGRAPHY REGARDLESS OF THE SUCCESS OF THE PERFORMANCE ITSELF.

**\*\*\*Best Costume:**

A SINGLE SCORE PER ROUND WILL BE GIVEN BY EACH DANCE JUDGE THAT REFLECTS THE QUALITY AND DEGREE OF AUTHENTIC REPLICATION OF THE COSTUMES.

**The Executive Committee is aware that changes can occur: therefore, any questions or changes your group may have once your registration has been submitted should be referred to Felicia Karavellas Nolan (Co-Chairperson) via email: feliciakaravellas@gmail.com.**