

Greek Orthodox Metropolis of New Jersey



Music & Dance Festival  
Philadelphia: February 14-16, 2025

*"Peace I leave with you;*



*My peace I give you." John 14:27*

Sheraton Downtown Hotel  
Philadelphia, PA

## **MDF 2025 SCHEDULE OF EVENTS**

### **Friday February 14**

5:00 pm -10:00 pm Arrival and Registration

7:00-9:00pm MDF Welcome Reception

8:00 pm – Directors and Leaders Meeting

### **Saturday February 15**

7:00 am Registration continues -Purchase of Individual Tickets

8:30 am - LINE UP for Opening Ceremonies

9:00am – 10:00am – Agiasmo and Opening Ceremonies

10am – 6pm - Preliminary Round Competition - All Divisions and Classifications

11:30am -2:00pm Lunch

11:00 am – 4:00pm Choral Competition - All Divisions

7:00pm-11:00pm – Dinner & Glendi

### **Sunday February 16**

8:00am - Orthros and Hierarchal Divine Liturgy @ Hotel

11:30am – 2:00pm - Lunch following the Divine Liturgy

12:00noon – 6:00pm Final Round Competition

7:00pm-11:00pm Sunday Evening Formal Awards Dinner Banquet

**(Important Note: Winners will be announced and Awards presented at this celebration)**

Monday February 17 – Departure – See you at MDF 2026!

This preliminary schedule is subject change
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**Metropolis of New Jersey**  
**Music and Dance Festival (MDF)**  
**Information Sheet**

**Dates:** February 14 – 16, 2025

**Location: Philadelphia, PA** Sheraton Philadelphia Downtown  
201 N. 17<sup>th</sup> Street  
Philadelphia, PA 19103

Deadline: Registration packets must be emailed by **Friday, January 10, 2025**. If received after this date, there will be a \$100 late registration fee applied. Each group must submit their registration packet, along with payment, to their Parish coordinator.

Each Parish will submit ONE registration package to the Metropolis of New Jersey to:

[YourMDF@gmail.com](mailto:YourMDF@gmail.com)

And checks must be submitted and written out to:

Greek Orthodox Metropolis of New Jersey  
**MEMO LINE MUST INCLUDE: 2025 MDF**  
215 E. Grove Street  
Westfield, NJ 07090

<u>Early Registration Fees:</u>	<u>Registration Fee: Jan. 11 - 25, 2025*</u>
\$600 - Each Dance Group Fee	\$700 - Each Dance Group
\$150 - Each Additional Parish Group	\$200 - Each Additional Parish Group
\$295 – Individual Full Participant Package (For dancers, instructors, and chaperones)	\$325 – Individual Full Participant

\*Any registration packet received after January 25, 2025 will not be honored.

**Package Descriptions**

**Full Participant's Package Includes:**

Opening Ceremonies  
Saturday Lunch  
Saturday Dance & Choir Performances  
Saturday Dinner and Glendi  
Sunday Lunch  
Sunday Dance & Choir Performances  
Sunday Awards Dinner Banquet  
MDF Gift

**Individual Tickets Purchased:**

Dance Performance - \$30 each per day  
Saturday Lunch - \$30  
Saturday Dinner and Glendi - \$90  
Saturday Glendi Only - \$50 after 8:30pm  
Sunday Lunch - \$25  
Sunday Awards Dinner Banquet \$110

**Metropolis of New Jersey**  
**Music and Dance Festival (MDF)**  
**Information Sheet**

**Hotel Information:**

Sheraton Philadelphia Downtown  
201 N. 17<sup>th</sup> Street  
Philadelphia, PA 19103

- Each participant/family is responsible for making their own hotel reservations
- Booking until Monday is recommended as the Awards Banquet will be held on Sunday evening
- Specify you are with the Music and Dance Festival (MDF) to receive the discounted room rates of \$159 per night
- Hotel reservations need to be made by **January 10, 2025**
- Guests are responsible for all charges.
- Credit card or advance deposit is required to guarantee reservations
- Link for reservations: [Sheraton Downtown Philadelphia](#)

**Liability Waiver/Code of Conduct Form**

All MDF 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 to attend and participate in the MDF Festival. Remember only one form per participant.

**Advisors, Instructors & Chaperones**

The Music and Hellenic Folk Dance Festival requires one adult chaperone for every six participants under the age of 18. All chaperones, advisors, and instructors must have completed the Archdiocese Youth Safety Requirements and must purchase a full participant registration package.

**Metropolis of New Jersey  
Music and Dance Festival 2025  
Registration Forms and Instructions**

**All of the following documents must be submitted as part of the registration packet.**

1. Dance Group Registration Form, Profile Sheet(s), 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)
4. **Parishes are responsible to collect all the fees, both group and participant fees, and send one check for payment.**

Each Parish check must be made out to the  
Greek Orthodox Metropolis of New Jersey.  
**THE MEMO LINE MUST INCLUDE: 2025 MDF**

ALL REGISTRATION FORMS, GROUP PROFILES, PHOTOS,  
PHOTOCOPIES, AND OTHER MDF INFORMATION SHOULD  
BE EMAILED TO:

METROPOLIS OF NEW JERSEY  
MUSIC AND HELLENIC FOLK DANCE FESTIVAL 2025  
(All forms in this packet may be photocopied)

[YourMDF@gmail.com](mailto:YourMDF@gmail.com)

**Metropolis of New Jersey  
Music and Dance Festival 2025  
Dance Group Profile**

**Instructions:**

- Each Dance Group should be categorized into one of the following classifications (subject to change as groups register), based on age and experience:
  - Primary – Up to 8 Years Old
  - Junior – Up to 12 Years Old
  - Intermediate – Up to 15 Years Old
  - Senior – Up to 18 Years Old
  - Advanced – Young Adult and Competitive Dance Groups
- Complete one Dance Group Profile for each dance group participating

\*\*\*Please select the classification most closely fitting your dance group\*\*\*

Dance Group Name:	
Parish Name:	
Parish City/State:	
Parish Phone:	
Parish Email:	
Director(s) Name:	
Phone:	
Phone:	
Email:	
Dance Group Classification:	

**Metropolis of New Jersey  
Music and Dance Festival 2025  
Dance Group Profile (cont.)**

Preliminary Round: There is a **10-minute maximum** time limit.  
List the dances in the order of performance:

Dance/Song	Region	Village

Final Round: There is a **12- minute maximum** time limit.  
List the dances in the order of performance:

Dance/Song	Region	Village

If using live music for either performance, please check here: \_\_\_\_\_

If using props for either performance, please check here: \_\_\_\_\_

Two (2) CDs or USB sticks per group. CD/USB will not be returned. Label CD/USB clearly with Parish Name and Dance Group Category Group.

**Metropolis of New Jersey  
Music and Dance Festival 2025  
Dance Group Profile (cont.)**

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...)



**Metropolis of New Jersey  
Music and Dance Festival 2025  
Dance Group Profile (cont.)  
Dance Costume Information**

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

**Costume Description**

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

**Preliminary Round:**

**Women's:**

Region:	
Village:	

**Men's:**

Region:	
Village:	

**Final Round:**

**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  
Music and Dance Festival 2025  
Dance Group Registration Form**

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

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

Print or type dancer's name and age as of February 14, 2025.

NAME	AGE

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

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

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

**Metropolis of New Jersey  
Music and Dance Festival 2025  
Liturgical Choir Group Registration Form**

Instructions:

- Each Liturgical Group should be categorized into one of the following classifications, based on approximate age and experience:
  - HOPE/JOY ages 6 – 12
  - GOYA ages 12-18
  - Advanced Young Adult ages 18-35
- Complete one Liturgical Group Profile for each group participating
- There will be a **8-minute maximum** per performance
- Each Liturgical Group must perform traditional Orthodox liturgical & para-liturgical music, in either English or Greek
- Lyrics and music for each hymn must be provided in advance
- Participants are encouraged to wear robes

Liturgical Group Name:	
Parish Name:	
Parish City/State:	
Parish Phone:	
Parish Email:	
Director(s) Name:	
Phone:	
Phone:	
Email:	
Liturgical Group Classification:	

**Metropolis of New Jersey  
Music and Dance Festival 2025  
Liturgical Group Profile**

List the Hymns that will be sung in performance order:

1.
2.
3.

**Metropolis of New Jersey  
Music and Dance Festival 2025  
Participant Registration Form**

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

Early Registration Fees:  
 \$600 – Each Dance Group Fee  
 \$150 -Each Additional Parish Group  
 \$295 - Full Participant

Registration Fee: Jan2 -15,2025  
 \$700  
 \$200 each Additional Parish Group  
 \$325 – Each Participant

Package Descriptions

**Full Participant’s Package Includes:**

Opening Ceremonies.  
 Saturday Lunch  
 Saturday Dance Performances  
 Saturday Dinner and Glendi  
 Sunday Lunch  
 Sunday Dance Performances  
 Sunday Awards Dinner and Celebration  
 MDF Gift

**Individual Ticket Prices:**

Dance Viewing Ticket - \$30 per day  
 Saturday lunch - \$30  
 Saturday Dinner and Glendi - \$90  
 Saturday Glendi only - \$50 after 8:30pm  
 Sunday Lunch -\$25  
 Sunday Awards, Dinner, Celebrations - \$110

**Please check your choices below:**

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

\_\_\_\_\_ Full Package X \_\_\_\_\_ \$ 295 (before January 1)      \$325 (after January 1, 2025)

Individual Tickets:

_____ Saturday/Sunday Lunch	x \$30	= \$	_____
_____ Saturday Dinner/Glendi	x \$90	= \$	_____
_____ Saturday Glendi only	x \$50	= \$	_____
_____ Sunday Lunch	x \$25	= \$	_____
_____ Sunday Awards Dinner/Celebration	x \$110	= \$	_____
_____ Dance Performances	x \$30	= \$	_____

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

ALL CHECKS MUST BE MADE PAYABLE TO THE:  
 GREEK ORTHODOX METROPOLIS OF NEW JERSEY.  
**THE MEMO LINE MUST INCLUDE: 2025 MDF**

## LIABILITY WAIVER AND CONSENT FORM FOR MINORS

We, the undersigned parents and/or legal guardians of the child named below, hereby give our full consent and approval for their participation in the Metropolis of New Jersey Music and Dance Festival, to be held at the Sheraton Downtown Philadelphia. This event is organized by the Greek Orthodox Metropolis of New Jersey.

By signing below, we acknowledge and agree that, in consideration of our child's participation in this event, we will indemnify and hold harmless the Metropolis of New Jersey, the Metropolis of New Jersey Music and Dance Festival, its officers, coaches, and agents, from any and all claims, demands, or liabilities arising from any damages, losses, or injuries, whether caused by the negligence of the aforementioned parties or otherwise, related to our child's participation in the 2025 festival.

Furthermore, we agree to forever release, discharge, and waive any right to pursue legal action, real or imagined, against the Metropolis of New Jersey, the Metropolis of New Jersey Music and Dance Festival, its officers, coaches, and agents, for any damages, injuries, losses, or claims arising out of our child's participation in the 2025 event.

In the event that we are unavailable, we grant permission for the organizers to seek medical treatment for our child in the case of any injury sustained during participation in the Metropolis of New Jersey Music and Dance Festival 2025 at the Sheraton Downtown Philadelphia.

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

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

\_\_\_\_\_  
Date

**Metropolis of New Jersey**  
**Music and Dance Festival 2025**  
**Code of Conduct Form**

With my signature, I acknowledge and agree to abide by the MDF 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 MDF, in hotel rooms, or any other related MDF events is strictly forbidden.
- Smoking and/or vaping by underage participants at any MDF related event is prohibited. Smoking and/or vaping by adults is prohibited in the performance areas.
- Illegal drug use is prohibited at all times by anyone involved in the MDF.
- 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

\*Violation of any of the above items shall result in disqualification, as well as possible eviction from the MDF 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 MDF will result in immediate ejection of those individuals from the MDF, the hotel, and any other place the MDF 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 participant must be completed.

Metropolis of New Jersey  
Music and Dance Festival 2025  
Dance Competition Rules

**Dance Group Categories**

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 in each category. There will also be a Best Costume Award and a Best Choral Dance Award for each level of dance group.

**Performance Areas**

All performances will take place at The Sheraton Hotel on Saturday, February 15 and Sunday, February 16, 2025.

Stage area will be a 24'x24'

SINGING AND LIVE MUSIC IS ALLOWED.

**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 January 25, 2025.

**Time Limits**

The maximum performance time on stage is ten (10) minutes for each group during the Preliminary 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 always maintained. All MDF participants are expected to conduct themselves in accordance with the MDF 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**

First, Second and Third place awards plus Best Costume awards will be given in each dance group level.

<b><u>Dance Competition Judging Criteria</u></b>	<b><u>% of Total Score</u></b>
Points will be awarded from 1-10 in each category.	
A. Ethnic Quality of Dance 1. Styling 2. Steps/Pattern	35%
B. Stage Presence 1. Orientation 2. Balance 3. Spirit of Expression	35%
C. Precision	20%
D. Level of Difficulty	10%

\*\*\*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.
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. **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. Level of Difficulty

This refers to the director’s knowledge and amount of research conducted in relation to the regions presented in the dance performances. This 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.

### E. 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.

### Criteria for scoring:

1. How well do the costumes align with the region/village/timeframe of the material being performed?
2. Presentation: How well-fitting are the costumes? How neatly are dancers dressed? Are the costumes of good quality fabric and detail?

### F. Choral Dance

Choral Dance a form of musical expression that is seamlessly integrated into a dance troupe’s performance. Unlike a standalone choral performance, choral dance involves vocal elements that complement and enhance the choreography. The voices of the dancers or a chorus are synchronized with the movements, creating a unified artistic experience. The choral component is carefully aligned with the dance, supporting the narrative or emotional tone of the piece, and contributing to the overall dynamic of the performance. This fusion of music and movement allows for a deeper connection between the dancers, the music, and the audience, resulting in a cohesive and immersive performance.

<b>Choral Dance Judging Criteria</b>	<b>Explanation</b>	<b>% of Total Score</b>
Musicianship	Technical ability in music, including intonation, phrasing, pitch, dynamics, diction, and ensemble singing (how well the group sings together).	60%
Presentation	Includes memorization, stage presence, a cappella singing, accompaniment (and how accompanying musicians are featured).	20%

Interpretation	Folk songs are sung with a traditional style that demonstrates the most appropriate rendition of a specified village's song, including tone, rhythm, and dialect.	20%
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There will be 5 given awards for each level of Greek Folk Dance.

1. Gold
2. Silver
3. Bronze
4. Best Costume
5. Dance Choral

Metropolis of New Jersey  
Music and Dance Festival 2025  
Liturgical Choir Competition Rules

**Liturgical Choir Group Categories**

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 in each level.

Each Liturgical Choir Group should be categorized into one of the following levels, based on approximate age and experience:

- HOPE/JOY ages 6 – 12
- GOYA ages 12-18
- Advanced Young Adult ages 18-35

**TIME LIMITS**

There will be a **8-minutes** allotted per performance

- A group can perform as many hymns as desired if the performance is within the 8-minute time frame.
- Any 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.

**GUIDELINES**

- Each Liturgical Choir Group must perform traditional Orthodox liturgical or para-liturgical music, in either English or Greek
- Lyrics and music for each Hymn must be provided in advance
- Participants are encouraged to wear robes

<b>Liturgical Choir Judging Criteria</b>	<b>Explanation</b>	<b>% of Total Score</b>
Musicianship	Technical ability in music, including intonation, phrasing, pitch, dynamics, diction, and ensemble singing (how well the group sings together).	60%
Presentation	Includes memorization, stage presence, a cappella singing, accompaniment (and how accompanying musicians are featured).	10%
Interpretation	Liturgical and para-liturgical songs are sung with a traditional style that demonstrates the most appropriate rendition of a specified hymn, including tone, and rhythm.	30%

There are three given awards for each level of Liturgical Choir.

1. Gold
2. Silver
3. Bronze

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 Fr. Anastasios Bourantas (Co-Chairperson) via email: [YourMDF@gmail.com](mailto:YourMDF@gmail.com)

# **2025 MDF Terpsichore Sponsorship**

Your kindness is appreciated to sponsor the inaugural  
Greek Orthodox Metropolis of New Jersey  
**2025 MUSIC and DANCE FESTIVAL (MDF)**

## **Levels of Terpsichore Sponsorship**

Platinum - \$10,000

Gold - \$5,000

Silver \$2,500

Bronze \$1,000

All level of sponsorship includes special recognition throughout  
the Festival Weekend.

Please contact Fr. Christ Kontos for more info and support,  
[fatherck@gmail.com](mailto:fatherck@gmail.com)



GREEK ORTHODOX  
METROPOLIS OF NEW JERSEY

***Thank you for supporting our youth  
and the ministries of the Greek Orthodox Metropolis of New Jersey.***

Checks to be made payable to:  
Greek Orthodox Metropolis of New Jersey  
Memo line must include: MDF 2025 Sponsor