



**FOUNDATION FOR FAMILY MEDICINE EDUCATORS, INC**

in partnership with

**Philippine Academy of Family Physicians - South Bicol Chapter**

**Bicol Regional Hospital and Medical Center**

presents

# RETRO

*Where the past meets the dancefloor*

# DISTRICT

**July 26, 2025  
7:00PM**

**The Pavilion  
Marison Hotel  
Legazpi City, Albay**

**PRIMER FOR THE RETRO DANCE CONTEST**  
**FOR THE 37<sup>th</sup> FAMED NATIONAL CONVENTION**  
**Theme:** *Retro District: Where the Past Meets the Dancefloor*

To celebrate the 37th FAMED National Convention in full retro spirit, all **FAMED Regional Chapters** are enjoined to participate in the official **Inter-Regional Dance Contest** dubbed as "**The FAMED Flashback Showdown: *Dancing Through Time, Region by Region*** where each chapter will showcase the iconic sounds, styles, and moves from a designated retro decade.

**1. Objective:** To foster camaraderie, creativity, and fun through a friendly dance competition that highlights the energy of decades past — from the swinging 60s to the flashy Y2K!

**2. Participants:**

- Open to the **7 FAMED Regional Chapters**.
- Each region **must field one (1) dance group** with a minimum of **5** and a maximum of **10 members**.
- Members must be registered convention delegates.

**3. Assigned Retro Eras:**

Each regional chapter will be assigned a specific decade to represent:

Region	Assigned Decade
Central Luzon	1960s
North Luzon	1970s
Southeast Mindanao	1980s
South Luzon	1990s
Northwest Mindanao	2000s (Y2K)
Visayas	Mixed Disco Hits (freestyle from 70s-80s)
NCR	MTV Generation (late 80s–early 2000s mash-up)

**Note:** Assignments are final and non-interchangeable. Teams are encouraged to creatively interpret the assigned era. (See Annex for the dress code sample per era)

**4. Performance Guidelines:**

- Maximum performance time: **5 minutes** (including entrance and exit).
- Music must reflect the assigned decade and must be free from explicit lyrics.
- Costumes, choreography, and overall concept must highlight the **fashion, pop culture, and dance trends** of the assigned era.
- Props are allowed but must not pose safety hazards or delay stage turnover.

## 5. Judging Criteria:

Criteria	Percentage
Choreography and Execution	30%
Costume and Visual Impact	25%
Creativity and Era Representation	25%
Audience Impact and Energy	10%
Overall Performance	10%
<b>Total</b>	<b>100%</b>

## 6. Technical Requirements:

- Each group must submit:
  - Their final music file in MP3 format (via email or USB) **at least one day before the event.**
  - A short description (max 150 words) of their concept for the emcee's use.
- Music editing must be clean and professionally timed.

## 7. Awards and Recognition:


- **Champion:** Certificate + cash prize
- **1st Runner-Up:** Certificate + cash prize
- **2nd Runner-Up:** Certificate + cash prize
- **Special Awards:** Best Costume, Most Nostalgic, Best in Era Representation

## 8. Important Reminders:

- This is a **friendly inter-regional competition**; let's keep the spirit light and celebratory.
- Organizers reserve the right to disqualify entries violating any rule.
- Judges' decisions are final and non-contestable.

Let's make the Retro District shine — **where the past meets the dancefloor!**

For concerns, clarifications, or music submissions, please coordinate with the **Fellowship Night Committee** (Dr. Edric Ian G. Vargas) at +639-21-994-8352 or email us at [famedconvention2025@gmail.com](mailto:famedconvention2025@gmail.com).

  
**DR. MAUREEN BARORO-DE GUZMAN, DFM**  
Over-All Head, Fellowship Committee

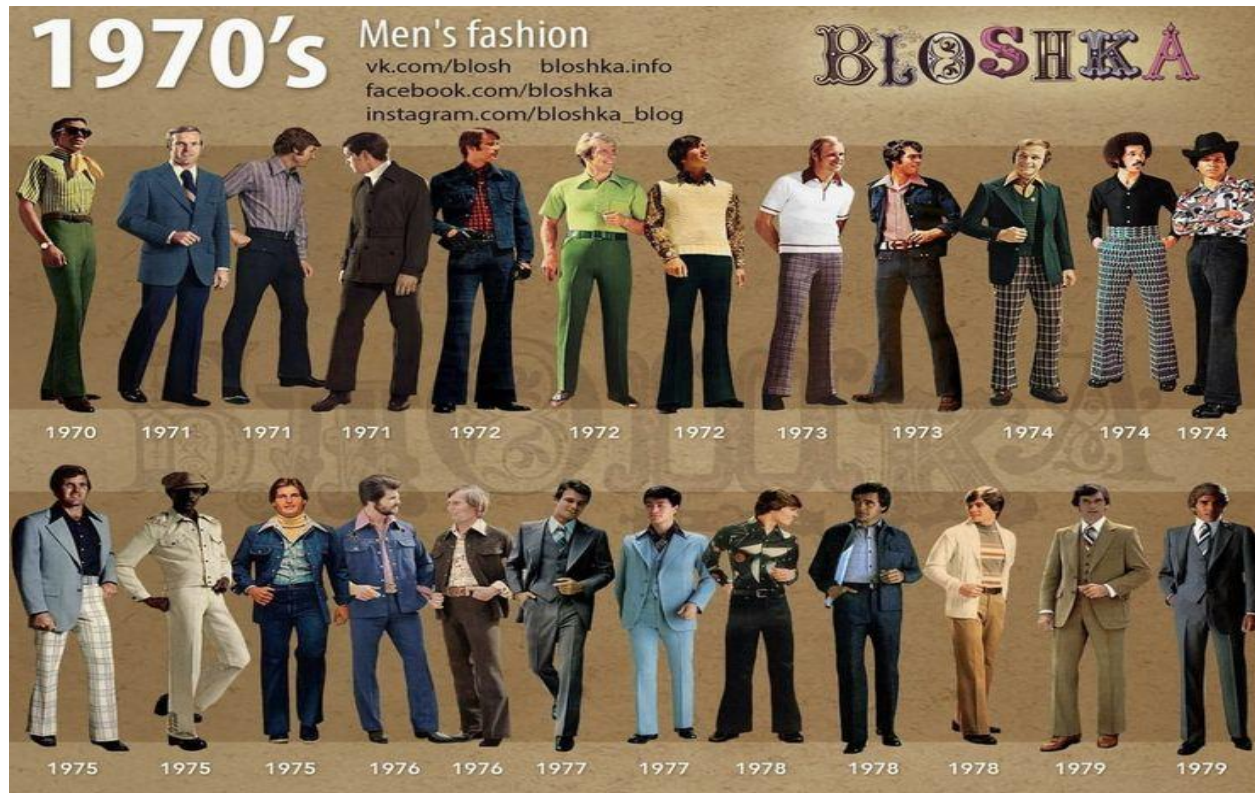


## 1960s





# 1970s





# 1980s

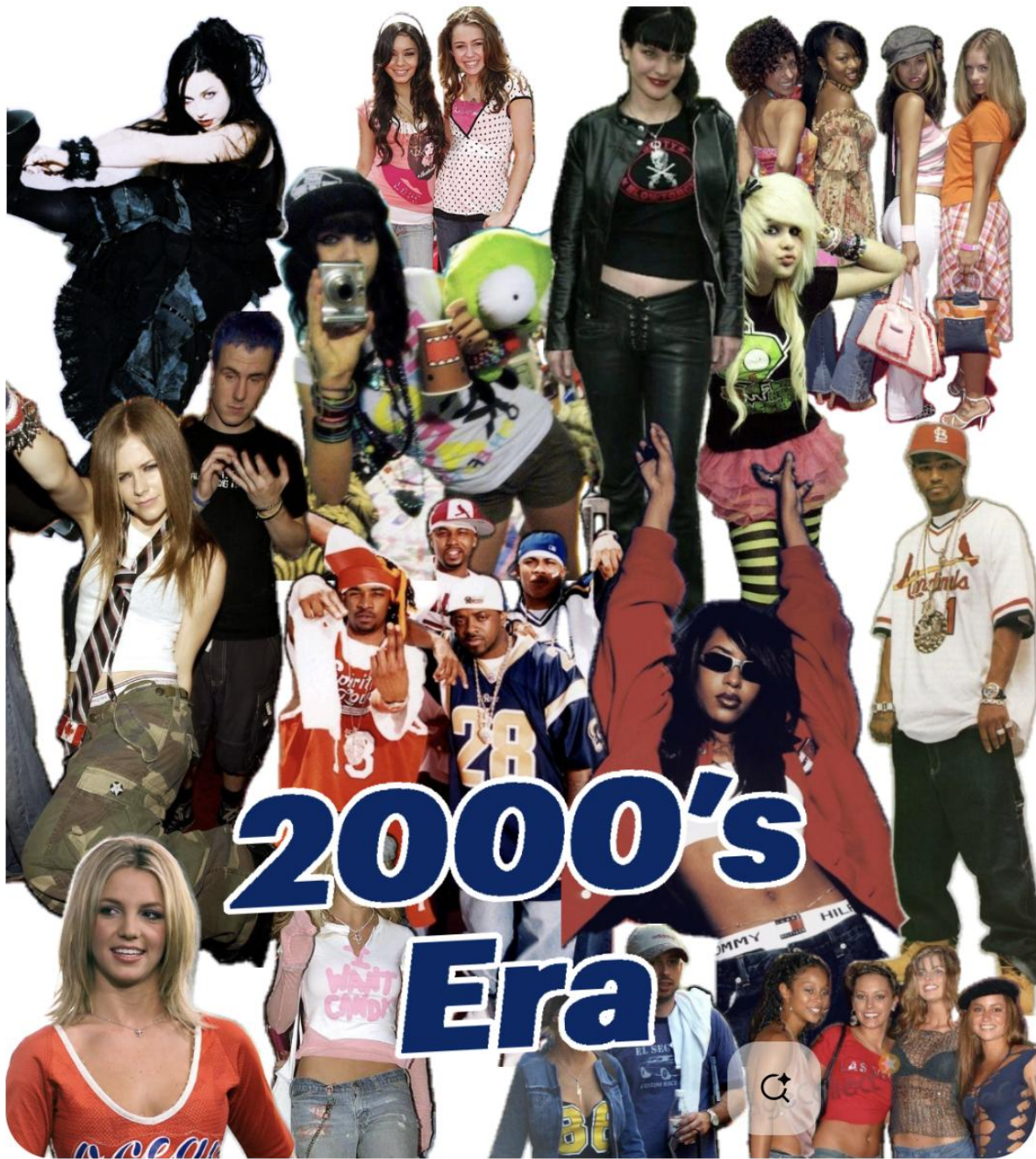




1990s

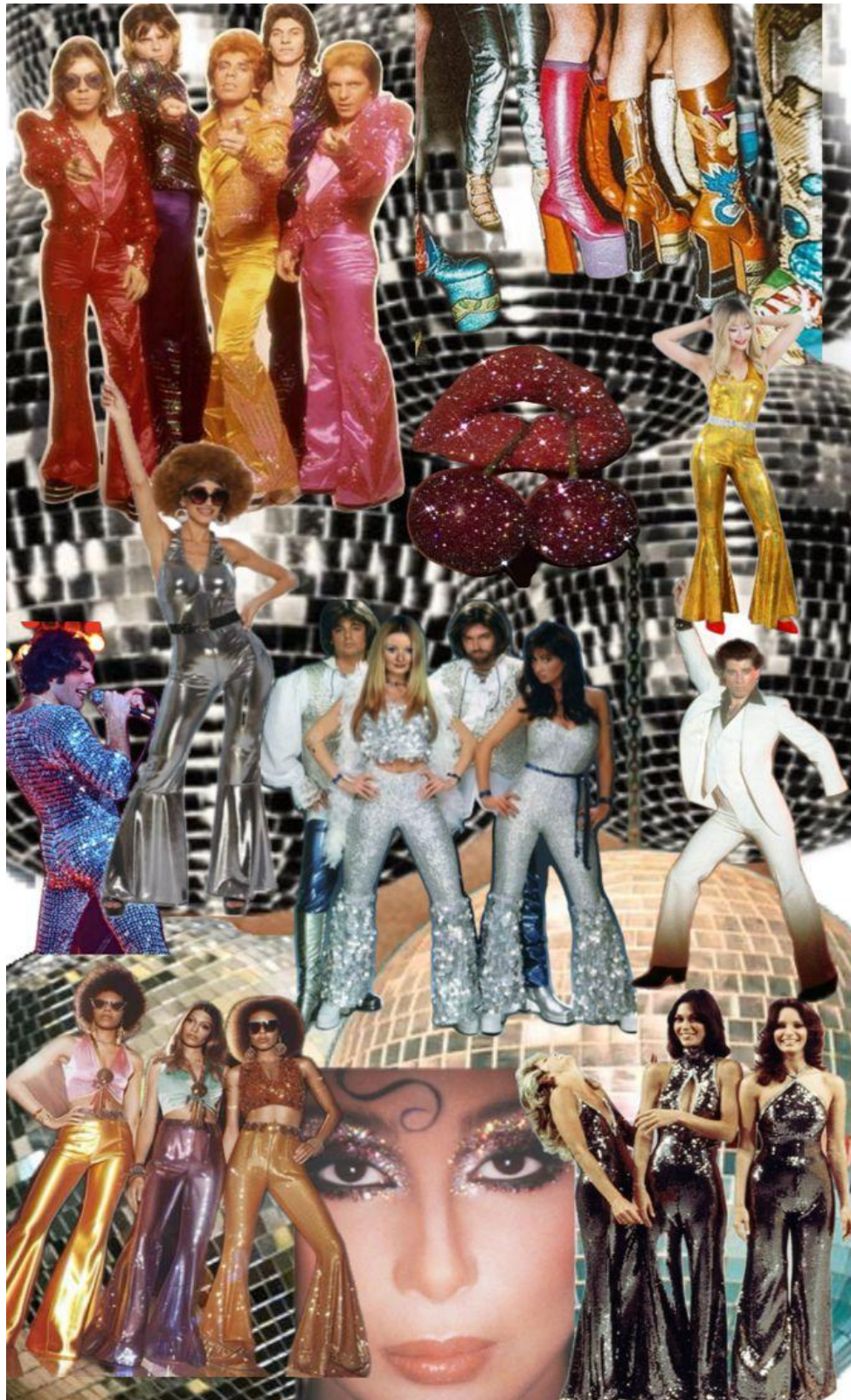


2000s





## Mixed Disco





## MTV Generation

