



Greater Niagara Feis July 19-22 - 2021

Online Feis hosted by

VideoFeis 

www.videofeis.com

Online registration and tabulation with



www.QUICKFEIS.com

Online registration ends on **July 17**

**THIS IS A REGIONAL FEIS OPEN ONLY TO
DANCERS FROM THE
EASTERN CANADIAN DANCE REGION**

**OPEN CHAMPIONSHIP
OPEN TO BOTH EAST AND WEST
CANADA DANCERS!**

Timeline

- July 17 Online registration CLOSED
- July 19 Video upload BEGINS
- July 22 Video upload ENDS
- July 24-25 Adjudication
- July 27 Results posted (or earlier)

All results will be posted on the QuickFeis website

How This Works

- Register and pay online at www.quickFeis.com for the feis up to end of day JULY 17
- As soon as you pay for your registration you will be given your dancer number on your QuickFeis account – PRINT IT!
- Practice and film your video
 - Use your **smartphone** for the video
 - You must wear your **dancer number**
 - Must be in **landscape** mode
 - Dancer must be **alone** in video
 - **Music** must be clear
 - Create a separate video for each dance
 - No editing allowed
 - See additional guidelines below
- Starting JULY 19 go to **VIDEOFEIS**, log in with your QuickFeis account - and upload all your videos
 - You may begin to upload your video **no sooner** than JULY 19
 - Dance area should be at least 8ft x 8ft. Greater dance space is allowed. Competitions will not be divided by stages
 - **ALL videos must be uploaded by 8:00 pm JULY 22**
- All videos will be securely viewed by adjudicator(s) who will score and give comments.
- QuickFeis will tabulate all scores
- All competitors will receive specific comments and critique from adjudicators in every dance as well as their full results!
- All results will be tabulated and posted on QuickFeis website.

Entry fees:

- Full payment is due at time of registration. *Your registration is not complete until your payment is received.*
- All unpaid registrations will be dropped at the end of online registration period.
- Canadian Funds ONLY will be accepted
 - Online registration will accept credit card payment only.
 - Sorry - no checks will be accepted
- Fees for non-champ are PER dancer PER dance
- Champ fees are PER dancer only
- Online registration will close on JULY 17 Afterwards no additional registrations or changes will be accepted.
- **ABSOLUTELY NO REFUNDS!**

FEIS FEES:

Grades & Specials & PC Sets	\$ 10 <i>per competition & per competitor</i>
Preliminary Championship <i>(2 rounds)</i>	\$ 40 <i>per dancer</i>
Open Championship <i>(3 rounds)</i>	\$ 45 <i>per dancer</i>
CHARITY TREBLE REEL	\$ 15
Administration Fee <i>Specials and Charity TR not included</i>	\$ 15 <i>per family</i>

Awards

Every dancer will receive an award and a certificate

Feis Rules:

- A PARENT/GUARDIAN or teacher must be present during filming of the submitted video(s) if the dancer is under 18, and safety must be a priority.
 - Ensure the dance space is safe, uncluttered, and not slippery
 - Dancers MUST have permission from their teachers to compete in the Online Feis
 - This Online Feis reserves the right to refuse any video for any technical reason or rules violations
 - All videos to be downloaded, stored, and securely shown to the adjudicators via VIDEOFEIS
 - It is the dancers' responsibility to ensure that the correct videos are uploaded for each competition. Incorrect videos (i.e. a reel video instead of a hornpipe, or a soft shoe round video instead of the hard shoe round, ...) will be disqualified. Judges will be instructed to mark those videos with a score of ZERO.
 - Permission to use uploaded videos for the purposes of this feis will be asked upon uploading and must be granted in order for any video to be admitted to the feis. This basic permission allows the judges, VideoFeis staff, and the organizers to watch the videos. All videos with only basic permissions will be deleted 7 days after the completion of the feis.
- ## Music
- Free music provided by Pat King
 - A link to all the music tracks will be available after your payment is completed.
 - Password to the music link will be printed on your dancer card



Numbering System

1 st Digit	Level Category: BEGINNER with "2", ADVANCED BEGINNER with "3" and so forth
2 nd and 3 rd Digits	Age Group, So "05" means under 5, "09" means "under 9", ...
4 th and 5 th Digits (Letters)	Competition Type: RL = REEL LJ = LIGHT JIG SJ = SLIP JIG TJ = TREBLE JIG HP = HORNPIPE PD = ST PATRICK DAY TS = TRADITIONAL SET ...

AGE GROUP: your age group is determined by the YEAR the competitor was born.
This changes from year to year!

For 2021	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Born in:	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003

PLEASE NOTE: Age groupings beginning with "O" mean THAT age AND over
(example O11 means 11 and older)

Beginner

Only school costume or skirt/blouse or shorts/pants and t-shirt.

	<i>SPEED</i>	U5	U6	U7	U8	U9	U10	U11	U12	O12
REEL	122	205RL	206RL	207RL	208RL	209RL	210RL	211RL	212RL	213RL
LIGHT JIG	115	205LJ	206LJ	207LJ	208LJ	209LJ	210LJ	211LJ	212LJ	213LJ
SLIP JIG	122	205SJ	206SJ	207SJ	208SJ	209SJ	210SJ	211SJ	212SJ	213SJ
SINGLE JIG	124	205SN	206SN	207SN	208SN	209SN	210SN	211SN	212SN	213SN

Advanced Beginner

Only school costume or skirt/blouse or shorts/pants and t-shirt.

	<i>SPEED</i>	U7	U8	U9	U10	U11	U12	U13	O13
REEL	122	307RL	308RL	309RL	310RL	311RL	312RL	313RL	314RL
LIGHT JIG	115	307LJ	308LJ	309LJ	310LJ	311LJ	312LJ	313LJ	314LJ
SLIP JIG	122	307SJ	308SJ	309SJ	310SJ	311SJ	312SJ	313SJ	314SJ
SINGLE JIG	124	307SN	308SN	309SN	310SN	311SN	312SN	313SN	314SN
TREBLE JIG	92	307TJ	308TJ	309TJ	310TJ	311TJ	312TJ	313TJ	314TJ
HORNPIPE	138	307HP	308HP	309HP	310HP	311HP	312HP	313HP	314HP
St. PATRICK'S DAY	94	307PD	308PD	309PD	310PD	311PD	312PD	313PD	



Novice

	SPEED	U7	U8	U9	U10	U11	U12	U13	O13
REEL	113	407RL	408RL	409RL	410RL	411RL	412RL	413RL	414RL
LIGHT JIG	115	407LJ	408LJ	409LJ	410LJ	411LJ	412LJ	413LJ	414LJ
SLIP JIG	113	407SJ	408SJ	409SJ	410SJ	411SJ	412SJ	413SJ	414SJ
SINGLE JIG	124	407SN	408SN	409SN	410SN	411SN	412SN	413SN	414SN
TREBLE JIG	92 or 73	407TJ	408TJ	409TJ	410TJ	411TJ	412TJ	413TJ	414TJ
HORPIPE	138 or 113	407HP	408HP	409HP	410HP	411HP	412HP	413HP	414HP
TRADITIONAL SET	---	407TS	408TS	409TS	410TS	411TS	412TS	413TS	414TS

Prize Winner

	SPEED	U9	U10	U11	U12	U13	O13
REEL	113	509RL	510RL	511RL	512RL	513RL	514RL
SLIP JIG	113	509SJ	510SJ	511SJ	512SJ	513SJ	514SJ
TREBLE JIG	92 or 73	509TJ	510TJ	511TJ	512TJ	513TJ	514TJ
HORPIPE	138 or 113	509HP	510HP	511HP	512HP	513HP	514HP
TRADITIONAL SET	---	509TS	510TS	511TS	512TS	513TS	514TS

Adult Competitions

A dancer over the age of 18 who has not danced in the above described competitions for a period of five years.

Dancers in the Adult categories cannot enter any competition other than Adult specified competitions.

A dancer who wishes to return to any category other than Adult must remain out of Adult competitions until they retire from dancing for five consecutive years.

ALL ADULTS	
REEL	599RL
SLIP JIG	599SJ
TREBLE JIG	599TJ
TRADITIONAL SET	599TS



PC and OC competitions will be combined with the next highest age group if less than 5 dancers registered

Preliminary Championship – 2 Rounds

Preliminary Championship dancers will be **dancing 32 bars** in both hard and soft shoe dances

Both rounds must be filmed on same stage size.

	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>	<u>U17</u>	<u>O17</u>
Preliminary Championship	609PC	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC
PC Set Dance <i>(additional \$10)</i> <i>Must complete full set dance</i>	609SD	610SD	611SD	612SD	613SD	614SD	615SD	616SD	617SD	618SD

Open Championship – 3 Rounds

BOTH EAST AND WEST CANADA DANCERS MAY REGISTER AND COMPETE!

Open Championship dancers will be **dancing 32 bars** in both hard and soft shoe dances

Must complete full set dance

ALL rounds must be filmed on same stage size.

	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>	<u>U17</u>	<u>U18</u>	<u>U19</u>	<u>O19</u>
OPEN CHAMPIONSHIP	709OC	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC	720OC



Beginner / Advanced Beginner Specials

One Step – right and left foot

	<u>SPEED</u>	<u>U9</u>	<u>U11</u>	<u>O11</u>
REEL - Special	122	309RLS	311RLS	312RLS
LIGHT JIG - Special	115	309LJS	311LJS	312LJS
TRADITIONAL SET	<i>see below</i>	309TSS	311TSS	312TSS

Novice / Prizewinner Specials

One Step – right and left foot

	<u>SPEED</u>	<u>U10</u>	<u>U12</u>	<u>O12</u>
REEL - Special	113	510RLS	512RLS	513RLS
TREBLE JIG - Special	92 or 73	510TJS	512TJS	513TJS
TRADITIONAL SET	<i>see below</i>	510TSS	512TSS	513TSS

Championship Specials

One Step – right and left foot

	<u>SPEED</u>	<u>U11</u>	<u>U14</u>	<u>U17</u>	<u>O17</u>
REEL SPECIAL	113	711RLS	714RLS	717RLS	718RLS
TREBLE JIG SPECIAL	73	711TJS	714TJS	717TJS	718TJS

Charity Treble Reel

Theme is "Throwback" and dancers can wear costumes reflecting what "Throwback" means to them (can be a particular decade, a retro Irish dance dress, etc).

Proceeds will be donated to both Pathstone Mental Health and Food4Kids Niagara.

And ALL dancers entered will receive an extra special award! And sashes for 1st to 5th place!

	<u>U12</u>	<u>O12</u>
GRADES	512TR	513TR
CHAMP	712TR	713TR



Video Rules

- Dancer will only be allowed to submit videos for competitions they entered and paid for.
 - Grades will submit one video per dance competition
 - Prelim champs will submit two videos (one soft shoe + one hard shoe)
 - Open champ will submit three videos (soft shoe + hard shoe + set dance)
- Upon payment, all dancers are assigned a dancer number that they can either print or copy on a piece of paper. This **DANCER CARD must be worn by the dancer during the entirety of each of their video for the feis**. Any dancer not wearing their assigned DANCER CARD will automatically be disqualified from the feis.
- Dancers are expected to create an original new "FEIS VIDEO" of their dance(s) – a video that has been recorded AFTER they registered for the competition and is specifically for this feis and no other event or social media.
- Feis videos are not allowed on social media or shared with anyone before or during the feis. Any dancer found to have shared their video during the feis will be disqualified from the feis.
- Photos of dancers in costume and/or reference to this competition/age group/competitor number are not allowed on social media or to be shared with anyone before or during the feis. Any dancer found to have shared photos or videos during the feis will be disqualified.
- The dancer registered for a competition must be the dancer dancing on the video (no substitutions allowed)
- **ONLY THE DANCER IS ALLOWED IN THE VIDEO – Teachers/parents/others may NOT be visible**
- It is HIGHLY recommended that all dance videos be only recorded using a standard smart phone.
 - Use the standard camera app for your device when recording.
 - Use the standard settings for recording the video. Please avoid any embellishment.
 - The quality (resolution) and size of the video is limited to what is produced by a smartphone.
- If you elect to not use your smart phone to record your video, you must follow these guidelines:
 - Video should be recorded at 720p or 1080p, 30fps or 60fps. Higher resolution video may not be submitted
 - The submitted video must be one of the standard video formats that can be played in a web browser. This includes, but is not limited to: MPEG-4 (H264), MPEG-5 (H265), MOV
 - webm video format will not be accepted
 - Special lenses (like a fish-eye lens, or wide angle lens) are not permitted to be used when recording submitted videos.
- Videography should be from a single static point (pretend you are the centre judge sitting at a table)
 - Camera should be about 4 feet (125 cm) from the ground
 - Camera should be in front centre of the dance floor (avoid being on the side)
 - Videographer can pan side to side to keep the dancer full body within the video frame
- **Video must be in LANDSCAPE mode** (not portrait mode – see image)
 -  Portrait
 -  Landscape
- Video for each dance must be one continuous front **FULL BODY SHOT – head AND feet must be visible at all times** throughout the video.
- The video must be cropped/trimmed with dancing to start no later than 2 seconds after the beginning of the video, and no more than one second after dancing has ended.
- No editing of the dancing portion of the video is allowed
 - Any spliced videos will automatically be disqualified
 - Videos are not to include any embellishment or photoshop type of touch ups
- The feis nor anyone working with the feis will not be held responsible for any personal injury, or property damage in the making and/or submission of the video.
- The feis reserves the right to refuse any video for any infraction of technical or rules reason.
- If a video is uploaded to the wrong competition, or a hard shoe to a soft shoe or vice versa it will be given a ZERO. It is not possible to locate a missing video. If there is an error in the uploading, the **judges will be instructed to give a score of ZERO.**



Dancing Rules

- **DANCER MUST WEAR THEIR DANCER NUMBER during their entire dance**
- ONLY THE DANCER IS ALLOWED IN THE VIDEO – Teachers/parents/others may NOT be visible
- All dancers at all levels to dance 32 bars, including championship (with the exception of Open and Preliminary championship set – where the FULL set should be danced)
- Music and dance must match the competition registered for. (For example, a HORNPIPE competition must have HORNPIPE music and dance HORNPIPE steps)
- At the end of the dance, the dancer should simply bow and the video should end. Please refrain from walking before bowing.
- No coaching is allowed on the video
 - Any visible or audible coaching will disqualify the video
 - The only exceptions will be for beginner dancers who may need to be counted in
 - Beginners are allowed to have 8 bars counted before the start of the dance
 - When the dancer starts their steps, no more counting is allowed.
 - Only counting is allowed – no other form of coaching is allowed

Dance Area

- Encouraged to dance on a proper safe dance floor (not concrete or carpet)
- Dancers are encouraged to dance on whatever space is available to them.
- Area should be well lit so that the dancer is clearly visible throughout the video
- Background should be neutral and as light (white) as possible to create contrast with the dancer – this is a recommendation and NOT a requirement.
- No school logo or identification should be seen in the video.

Music / Sound

- The feis will be supplying dancers with the music needed. **This is the only music that should be used in all videos submitted for this feis.**
- Music cannot be dubbed over the video – the music must be played out loud to the dancer and video must capture both the dancer and music at the same time.
- **Music must be loud enough to hear on the video**
- Music speed must be according to the official syllabus and standard feis speeds
 - No speed variations is allowed
 - Music cannot speed up nor slow down during a dance
- No other sound except the music and dancer's shoes should be heard on the video
 - **No talking**
 - **No singing along**
 - **No coaching**

Costumes

- All rules as per CLRG Costume policies
- Dancer may wear Solo or Team Costumes, or; White or black short sleeve t-shirt, with black bottoms (trousers, shorts or skirts of an appropriate fit and length)
- Per CLRG rules tights must be worn with a "blackout" skirt or dress for females aged 14 years and above
- No logos or school names on blackout outfits, no team apparel (sportswear or warmup outfits)
- Beginners and advanced beginners must wear school costumes or skirt/blouse or shorts/pants and t-shirt
- Correct Soft and Hard Shoes and proper socks or tights must be worn at all times. No carriage aids allowed
- Natural hair or wigs are allowed, hair must be off dancer's face
- Makeup optional for dancers U11 age group and above
- You must wear your dancer number at all times during your video – failing to wear your number will disqualify your video!



Competition Rules

- Results from this feis will count towards level advancement per regional rules
- All the rules for the feis are listed in the feis syllabus. If a rule is not specifically listed, the feis rule falls back to the regional syllabus rules where the feis (feis organizer) is located.
- With the feis organizer's input, VideoFeis will organize all the submitted videos into competitions.
- The feis organizer reserves the right to cancel, combine and/or split any competition at will.
- After registration numbers are finalized, dancers/parents will be notified of the time limitation they will have to submit their videos.
- Dancers must submit their video within the timeframe listed on this syllabus:
- No late videos will be accepted after the deadline has passed

Results

- VideoFeis will submit the comments and scores to QuickFeis for tabulation
- QuickFeis will tabulate and post all results on the QuickFeis website
- Results from this feis will count towards level advancement per regional rules
- Dancers will see their raw scores, rank, and comments
- Any awards will be at the discretion of the feis organizers

Adjudication

- The feis organizers will hire the adjudicators it wishes
- Only accredited CLRG associates will be asked to Adjudicate the videos
- The feis organizer will decide how many Adjudicators will judge each competition.
- Adjudicators will be randomly selected to judge each competition
- Adjudicators whose dancers are entered in the feis are not permitted to judge any competition with their own dancers
- All adjudicators will be encouraged to give copious comments along with their scores
- Judging will take place over several days, because adjudicators can only view one video at a time. Timing is dependent on the number of entries.
- Each adjudicator will be asked to judge all the dancers within a competition or a round, for those scores to be valid and tabulated for final results
- Adjudicators will be asked to monitor the tempo of the music – any tempo that is not appropriate will disqualify the video
- **Adjudicators will be permitted to disqualify any video that they deem is "cheating" or is not following the video rules, or is not in the spirit of this competition**
- In matters pertaining to judging, the decision of the adjudicators is final



Privacy

- All submitted videos automatically become the property of VideoFeis
- All submitted videos are by default marked as PRIVATE unless additional permissions are given upon uploading
- All submitted videos can be watched by:
 - Feis Adjudicator(s)
 - Feis Organizer(s)
 - School dance teacher(s) (of that dancer)
 - VideoFeis staff
- QuickFeis and VideoFeis will share all data with each other and the feis organizer.
- QuickFeis and VideoFeis will not share nor sell any data or videos with any third/outside party.

Permissions

Before uploading any videos on the VideoFeis site, participants will be requested to carefully read and grant the following permissions:

- **BASIC Permission** is REQUIRED before uploading any video.
 - This permission grants VideoFeis permission to show all videos to VideoFeis staff, feis organizers, dancer's dance school teacher(s) and feis adjudicators only.
 - Videos with only BASIC permission are considered PRIVATE and will be deleted directly after the completion of the feis.
 - By registering and agreeing to the basic permissions required, participants agree that their registration, competition information and data will be shared between QuickFeis and VideoFeis and the Feis organizer.
- **ADDITIONAL Permission** (optional) will be requested and *may be denied* for VideoFeis to use the videos for:
 - Winner's or showcase video compilation to be posted online
 - Testing for VideoFeis development and improvements
 - Videos with additional permission granted will be deleted within two months after the completion of the feis.

Release of Liability

By registering and paying for this feis, parents and dancers agree to release IDATCE, its teachers, any workers associated with the school, QuickFeis, and VideoFeis of any liability for any injury to complete any requirements for this competition.

The feis nor anyone working with the feis will not be held responsible for any personal injury, or property damage in the making and/or submission of the video.

INDEMNIFICATION AND RELEASE OF LIABILITY: By registering and paying for this feis, you indemnify and hold harmless IDTACE, CLRG, QuickFeis and VideoFeis and its staff or assigns from liability or injury related to their participation in this competition. Registrants must be in good physical health and not under medical advice that would prevent them from participating in physical activity. Parents, teachers or supervisors are responsible for ensuring the safety and wellbeing of dancers at all times before, during and after filming their submissions. Parents (or dancers over 18) must indicate that they understand, accept and agree to these conditions at the time of registration.





The Eastern Canada Regional Syllabus

Adopted March 6, 2005

Amended: 3 December 2006; 27 January 2008, 6 November 2008, 10 August 2011, 23 November 2011, 4 December 2013, 13 November 2014, 30 December 2016, 2 May 2017, 29 April 2018, 28 April 2019, 28 January 2021

Introduction

This document has been created to assist feis committees in planning competitions in Eastern Canada, and to ensure continuity throughout the region with respect to age groups, dances offered etc., but not fees etc. While the IDTANA continues to transition the functions from the NAFC to the regions, the Dancing Competition Rules adopted by the NAFC (most recently updated January 1, 2017) shall continue to govern our Feiseanna, in addition to the regional rules shown below. These rules are temporarily attached at the end of this Syllabus for your reference.

Rules

All regional feiseanna must submit their syllabus to the IDTAC Feis Liaison for approval at least one month prior to the anticipated publication date, and the entry list (sorted by competition) must be sent one week prior to the feis date so the splits and mergers can be checked. Please send your information to Eileen Moran, TCRG at: eileenmoran28@hotmail.com

Requests to hold competitions which are not specified in this syllabus must be submitted in writing to the Regional Director for approval, at least three months in advance of the anticipated publication date. Such requests must be submitted each year as permission will be granted for one year only. Please submit requests to Ryan Carroll, ADCRG at: idtace@gmail.com

Please note the NAFC rules requiring that: one third of Adjudicators must be from out of region, and all Adjudicators/Musicians must be published on the syllabus and/or website.

The following ECR rules must be published, as shown below, in the syllabus of all feiseanna in the Eastern Canadian Region:

1. Boys and girls must be combined in all levels.
2. Advanced Beginner, Novice and Prizewinner competitions with 15 or more entries shall be split to single age groups (effective Jan 1 2017). Should one side of the split have four or fewer entries, the feis organizers may choose to split or not. Double-aged competitions with four or fewer entries will not be merged.
3. Preliminary and Open Championship competitions with 25 or more competitors must be split by year of birth (or exactly in half in the case of senior level age groups) (effective Jan 1 2017).
4. Competitions not reaching the thresholds noted above may not be split.
5. Entries received after splits/mergers have been approved by the Feis Liaison and communicated to the Feis Chair shall not mandate further adjustments (effective Jan 1 2017).
6. Preliminary Championship: In addition to the NAFC definition, a Preliminary Championship dancer in the ECR is "one who has achieved 1st place in one light dance (reel or slip jig), AND 1st place in one heavy dance (treble jig or hornpipe) in the Prizewinner grade."
7. Dancers in Under 8 and Under 9 preliminary set dance competitions must dance a traditional set dance from the An Coimisiún le Rincí Gaelacha approved list. Such will be danced three at a time (except for Open Championship, which will be danced one at a time) where stage size permits; otherwise, they will be danced two at a time.



8. A dancer who wins First Place in two Preliminary Championship competitions (with five competitors or more) must advance to Open Championship in the following year. If the second win is achieved in a different calendar year, then the dancer must advance to Open Championship at their next competition. (If their next competition is to be held on the same weekend as that second win, then they shall not be required to advance levels until the following weekend). **(Rule inserted April 28, 2019)**
9. All dancers (solo and teams) must be in full costume and Irish dance shoes for award presentations.
10. There is to be an 8-bar break between lines of dancers in Beginner competitions.
11. All speeds **MUST** be listed on the feis syllabus as shown in the regional syllabus.
12. Feiseanna may apply on an annual basis for additional age groups for grade level competitions and/or single age groups for Preliminary and Open Championship events.
13. Open Championship competitions shall consist of three rounds judged by three adjudicators. Permission **MUST** be sought from the Regional Director to offer alternative systems such as rotating panels etc. **(Rule inserted April 28, 2019)**

Grade Levels

Grades are restricted to the following:

Beginner:	as per NAFC definition; skirt/blouse or school costume only
Advanced Beginner:	as per NAFC definition; skirt/blouse or school costume only
Novice:	as per NAFC definition
Prizewinner:	as per NAFC definition
Preliminary Championship:	as per NAFC definition plus ECR Rule #6
Open Championship:	as per NAFC definition plus ECR Rule #8

Age Groups

Grades are restricted to the following:

Beginner:	Under 5, and every age up to and including 12 & Over
Advanced Beginner:	Under 7, Under 9, Under 11, Under 13 and 13 & Over
Novice:	Under 7, Under 9, Under 11, Under 13 and 13 & Over
Prizewinner:	Under 9, Under 11, Under 13 and 13 & Over
Preliminary Championship:	Under 9, 11, 13, 15, 17, and 17 & Over
Preliminary Sets:	Under 9, 11, 13, 15, 17 and 17 & Over
Open Championship:	Under 9*, 11, 13, 15, 17, 19 and 19 & Over

*Open Championship Under 9 may NOT be combined with Under 11.

Required Solo Dances and Speeds

The following dances must be offered at the following speeds (effective Jan 1 2017):

	Beginner	Advanced Beginner	Novice	Prizewinner	Preliminary Champ	Open Champ
BARS to Dance	32	32	32	32		
REEL	122	122	113	113	113 – Bars: 8 intro + 48	113 – Bars: 8 intro + 48
LIGHT JIG	115	115	115			
SLIP JIG	122	122	113	113	113 – Bars: 8 intro + 40	113 – Bars: 8 intro + 40
SINGLE JIG	124	124				
TREBLE JIG		92	92 or 73	92 or 73	73 – Bars: 8 intro + 48	73 – Bars: 8 intro + 48
HORNPIPE		138	138 or 113	138 or 113	113 – Bars: 8 intro + 40	113 – Bars: 8 intro + 40
SET		St. Patrick's Day	Traditional Set	Traditional Set	Set (see ECR Rule #7)	Set (see ECR Rule #7)



Figure Dancing:

2-Hand and 3-Hand must dance 48 bars

If a dancer does not start after the proper introduction, the musician(s) **MUST NOT** add the number of bars to the dancers' performance (i.e. if the dancer false starts or misses the start). This applies to set dances as well. The onus is on the dancer to start correctly.

Novice and Prizewinner level dancers may choose between traditional and contemporary speeds for Treble Jig and Hornpipe.

Novice Traditional Set must be a single competition, as must the Prizewinner Traditional Set competition. Dancers may choose any traditional set dance from An Coimisiún's Official List.

Traditional Set Speeds:

TRADITIONAL SETS	TRADITIONAL SPEED
Blackbird	144
Garden of Daisies	138
Job of the Journeywork	138
Jockey to the Fair	90
King of the Fairies	130
St. Patrick's Day	94
Three Sea Captains	96

Required figure Dancing

The following requirements must be offered:

Dances: 2-hand reel, 3-hand reel and 4-hand dance (teams' choice from Ár Rincí Ceili), must be offered in each age group stipulated below.

Age Groups: U10, U12, U15, 15 & Over (additional age groups are not permitted for 2-hand or 3-hand competitions; see Optional Categories/Optional Figures for more info)

Entries must be submitted by dancers. Teachers cannot be required to submit entries.



Optional Categories

Optional competitions are limited to the following:

Alternate solos:	<p>The requirements for alternate solos must be published: Preliminary Championship and Open Championship dancers will be combined for Reel, Slip Jig, Treble Jig and Hornpipe. Age groups must remain the same as for Preliminary Championships.</p> <p>Competitions will be judged by one Adjudicator. Dances are restricted to 32 bars.</p> <p>Competitors will dance <u>two at a time</u> regardless of stage size or age group.</p>
Contemporary Set Dance:	<p>A contemporary set dance competition may be offered at the Prizewinner and/or Preliminary Championship levels. For Prizewinner, dancers must be registered for the Prizewinner grade in at least three of the following: Reel, Slip Jig, Treble Jig and Hornpipe to be eligible to register. Dancers competing Under 9 are not eligible to dance a contemporary set dance. Refer to the Age Groups section for Prizewinner and Preliminary Championship set dance competitions.</p> <p>Dancers will perform a contemporary set dance from An Coimisiún's Official List.</p>
Adult:	<p>Adult competitions (meeting the NAFC definition) may be offered. A choice of speed for hard shoe must be offered. Contemporary set dance competitions may NOT be offered.</p>
Arts:	<p>The IDTANA encourages the offering of non-dancing competitions such as: Art, Music, Singing, Recitation, Baking and Language. Age groups are at the discretion of the feis committee</p>
Treble Reel:	<p>Treble Reel competitions - three age groups must be offered. Age and grade restrictions are at the discretion of the feis committee.</p>
Trophy Specials:	<p>Competitions deemed "trophy specials", in which dancers in one or more grades compete in a single dance, are permitted.</p>
Tir na nÓg	<p>A non-competitive event may be held, in which young dancers dance a short (at the stage manager's discretion) reel. This event is restricted to dancers Under 6 who have never competed at any grade level. No make-up or wigs are permitted. No Irish dancing costumes or shoes are required. The non-competitive aspect of the event is to be highlighted, and the feis committees are encouraged to award all dancers.</p>
Optional Figures:	<p>6-hands, 8-hands, Figure Choreography and Dance Drama may be offered.</p> <p>6-hands and 8-hands must be from <i>Ár Rincí Ceili</i> (latest edition). Under 8 may be offered for 4-hands, 6-hands and 8-hands <u>IF</u> this age group is offered at the corresponding year's Oireachtas.</p>
Special Child:	<p>A non-competitive event may be held, called Special Child, or Special Needs, in which dancers who self-identify as special (including those with mobility devices) may participate. The feis committee is encouraged to award all dancers.</p>
Single Jigs:	<p>Single Jigs may be offered in the Novice and Prizewinner grades. Required age groups apply.</p>
Dance Offs:	<p>At the Preliminary and Open Championship levels, dance offs, in which the top award winners are eligible to compete in a single dance for a single award, are permitted.</p>
Reminder:	<p>Requests to hold competitions which are not specified in this syllabus must be submitted in writing to the Regional Director for approval, at least three months in advance of the anticipated publication date.</p> <p>Such requests must be submitted each year. Permission will be granted for one year only. Please provide as much detail as possible to help the approval process go quickly.</p> <p>Submit to Ryan Carroll, ADCRG, idtace@gmail.com</p>



NAFC Dancing Competition Rules

(temporarily including until updated by IDTANA)

* Adopted by The North American Feis Commission, Effective January 1, 2017

1. In the case of all solo and team competitions in all grades, the age of a competitor on 1st January of the year in which the competition is held will determine the right of entry. For the purposes of this rule, a competitor whose birthday occurs on 1st January shall be deemed to be under the age attained on that date.
2. Competitions are open to all but those holding a TMRF, TCRG, or ADCRG designation. All dancers must be pupils of a person currently registered with An Coimisiun as a Dancing Teacher of any category.
3. A competitor may be disqualified for any of the following reasons: a) Conduct unbecoming a lady or gentleman. b) Failure to report on time to compete. (Penalty: disqualification from said event) c) Falsification of age or other important facts – i.e., teaching, award winning, competing under another competitor's name or number, etc.
4. Competitions may be closed if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced. May not pertain to a situation where competitors are involved in stage conflicts.
5. Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner) competitions: a) Must compete in their own age group. b) Must be prepared to perform two steps in each event. c) Cannot change competition on the day of the Feis.
6. Steel taps or "bubble" heels on dancing shoes, display of awards, wearing of shorts or other unconventional dress is prohibited. Authentic Gaelic dress is desired. First Feis (if offered), Beginner and Advanced Beginner, aka Beginner I and II, must wear a class costume, or a skirt and blouse. All other categories are excluded from this rule. Modest attire is encouraged when a competitor is not dancing.
7. Competitor's number must be worn and visible to adjudicators when performing in all competitions, use of reflective plastic number covers is discouraged.
8. Awards will be determined in proportion to the number of entries in each competition and to the degree of proficiency shown.
9. Complaints must be in writing stating names and other factual information and signed by the complainant. A ten-dollar fee must be enclosed and presented to the Feis Chairman within one hour of the occurrence. The fee will be returned if the complaint is upheld.
10. The Feis Committee and any organization affiliated with same, will not be held responsible for personal injury, property loss or damage. Destruction of Feis property or rental property will be punishable by law.
11. The Feis reserves the right to reject any entry for cause, to cancel all or part of the Feis and to limit competitor's performing time. The decision of the Feis Committee is final in all matters connected with the Feis.
12. All Feiseanna must have a process to allow parents to request that their child or children's name(s) NOT be listed on the posted competitor list prior to the day of the Feis
13. Competitors must answer all questions as required by the Feis Entry committee, including teacher's name, and enclose the entry fee when registering. Failure to do so will result in a rejected entry. Entries must be postmarked on or before the closing date or they will be subject to a late fee of \$20.
14. Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances. Entrants in Championships should specify, on the entry form, their choice of set dance. Entrants cannot change competition or category on the day of the competition. a) Dancers must qualify for open championship via the method now in place for preliminary championship, i.e. two 1st place wins.
b) Dancers must compete in the preliminary championship competition in order to qualify for open championship c) The regional syllabus where the Feis is being held may have different qualifications for entry.
15. Combining male and female dancers in any age category is left to the discretion of each region of the IDTANA.
16. Preliminary Championships are open to those who, at any NAFC recognized Feis: a) Have won 1st place in both an open/prizewinner light and heavy shoe competition, and b) Have never won 1st, 2nd or 3rd in Open Championship. A dancer who wins two first place awards will move on to Open Championship at the next Feis they enter, or as soon as the second win is achieved, in any age category, in the following years. Only in the case of back-to-back Feiseanna (successive days), in which case the first win in the first Feis will not change the dancer's status for the second Feis. A dancer is required to perform a light shoe dance (reel or slip jig for ladies and reel only for men), and a hard shoe dance. A Feis can opt to offer either a) a set dance or b) a jig/hornpipe. c) The regional syllabus where the Feis is being held may have different qualifications for entry.
17. Championships and Preliminary Championships require at least three adjudicators.



18. First place winners in the Open Championship category cannot return to a Preliminary or Open (Prizewinner) competition. Placing in a Regional or National Oireachtas does not change the status of a competitor. A dancer who moves into open championship must stay a minimum of 2 years. If after 2 years they have not placed they are allowed to return to preliminary. An open championship dancer who places is not allowed to return to preliminary until 2 years after their last placement. The regional syllabus where the Feis is being held may have different qualifications for entry.
19. The status of the dancer does not change unless there are five or more dancers in a competition.
20. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region. The syllabus is to contain all grade categories. A Feis Committee may combine two consecutive age categories into the higher of the two categories within that grade when less than five (5) competitors are entered.
21. Beginner Grade: A beginner is a competitor who has not yet taken a full year of Irish Dance lessons, thereby giving beginners a full year with such status. A Beginner must move into the Advanced Beginner category the next year. Advanced Beginner Grade: An advanced beginner who wins 1st, 2nd or 3rd place will advance to the Novice category in that particular dance. Competition dances are reel, light jig, slip jig, traditional treble jig and traditional hornpipe, as a minimum requirement. Novice Grade: A novice who wins a 1st place will advance to the Open (Prizewinner) category in that particular dance. Open Grade (Prizewinner): A competitor who does not qualify as a beginner, advanced beginner or as a novice. Adult Beginner: An adult beginner is a competitor who never took Irish dancing lessons as a juvenile and is over 18 years of age.
22. Musicians and adjudicators cannot be approached during a competition by anyone except the Feis Committee. No one can approach them while a competitor is performing.
23. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.
24. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced. Competitors may compete in the next higher age group. A competitor may compete in no more than two different age groups for any one category (4-hand, 8-hand, etc.)
25. In matters pertaining to adjudication, the decision of the adjudicators is final.
26. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.
27. First Feis (if offered), Beginner, and Advanced Beginner dancers are required to dance at traditional speeds. Novice and Open/Prizewinner dancers may choose between traditional and Oireachtas speeds. Adult dancers are allowed to dance traditional or Oireachtas speed dances in the novice and prizewinner grade levels, but this does not apply to contemporary set dances.
28. The length of 2-hand and 3-hand dances in competition are to be 48 bars of music plus an 8-bar introduction.
29. In consideration of safety and in fairness to dancers performing at a Feis, photography of any kind which has the capability of capturing a dancer's image while in motion is strictly forbidden. A Feis may elect to allow in motion photography for publicity purposes, but the pictures are considered the sole property of the Feis and solely for Feis use only; these are not to be used for personal gain through commercial use or sale, and under no circumstances can they be published on any website or other areas, without the express written permission of the persons involved. Additionally, a professional photographer may be formally contracted by a Feis to capture non-motion photographs, such as portrait photography, awards ceremonies, etc. and/or in motion photography provided it is taken at a vendor station or suitable location: (a) away from the dancing stages and, (b) requested by a consenting parent, guardian, or dancer (over the age of 18).
30. No block, en Pointe, toe walking movements, stationary or moving is allowed to be performed for all ages up to and including the under 12 age group. However, after September 1 of each year an exception is made for those dancers who are 11 dancing in the under 12 age group.
31. Make up is prohibited on a dancer in the first three grades (First Feis (if offered), Beginner and Advanced Beginner or their equivalent) up to and including the under 12 age group.
32. Any competitor found to be using artificial carriage aids and subsequently refuses to remove same, will be subject to disqualification from that particular competition. Medically prescribed aids (proof of which may be required) will be exempt from this rule.
33. Each Feis is required to list their adjudicators on their syllabus and/or website. If adjudicators are not listed on the syllabus, they must be posted on the Feis website a minimum of three weeks prior to the Feis. Once the Feis has closed for entries the adjudicators names may be removed from the Feis website. One third of the adjudicators are to be from outside the region where the Feis is being held.
34. Competitors in girl's competitions at the First Feis (if offered), Beginner and Advanced Beginner Grade will wear only the competitor's dancing School costume or a skirt and blouse.
35. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.

