



**VIDEO RECORDING AND UPLOADING  
FRI FEB 26 – TUE MAR 02  
2021**

Online Feis hosted by

**VideoFeis** 

[www.videofeis.com](http://www.videofeis.com)

Online registration and tabulation with



[www.QUICKFEIS.com](http://www.QUICKFEIS.com)

*Online registration  
will end on **FEB 05***

*For all inquiries regarding this feis  
[MIDATLANTICOIREACTAS@GMAIL.COM](mailto:MIDATLANTICOIREACTAS@GMAIL.COM)*

**THIS IS A REGIONAL FEIS OPEN ONLY  
TO DANCERS FROM THE MID  
ATLANTIC IRISH DANCE REGION**

## HOW DOES THIS WORK

- Register and pay online at [www.quickFeis.com](http://www.quickFeis.com) for the feis up to end of day FEB 05
- As soon as you pay for your registration you will be given your dancer number on your QuickFeis account – PRINT IT!
- **No sooner** than FEB 26 - RECORD your video
  - **You must USE music that will be provided by feis**
  - 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 in video recording
  - Create a separate video for each dance
  - No editing allowed
  - See additional guidelines below
- When done recording go to **VIDEOFEIS**, log in with your QuickFeis account - and upload all your videos
  - You may begin to upload your video no sooner than FEB 26
  - You will be asked whether your video is in LARGE or SMALL stage format -
    - LARGE = 8 ft x 8 ft or bigger
    - SMALL = smaller than 8 ft x 8 ft
  - The large and small stage formats competitions will be judged separately
  - **ALL videos must be uploaded by 8:00 pm MAR 02 (EST)**
- 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.

## TIMING

REGISTRATIONS OPEN TO FEB 05 2021  
VIDEO RECORDING FROM FEB 26 to MAR 02 2021  
VIDEO SUBMISSIONS OPEN FEB 26 to MAR 02 2021  
ADJUDIATION MAR 5 to MAR 7 2021  
RESULTS ANNOUNCED VIA QUICKFEIS.COM

## FEIS MUSIC BY CHRIS MCLOUGHLIN

*The Mid Atlantic Region is proud to offer all feis music by Chris McLoughlin!*

- An internet link for feis music will be provided no later than February 25 – please see feis website
- All dancers may ONLY use this music in their recorded videos
- A separate email address will be provided if you encounter any issues with the music to help you

## 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.
- US Funds ONLY will be accepted
  - Online registration will accept credit card payment only.
  - Sorry - no checks will be accepted at any time
- Fees for non-champ are PER dancer PER dance
- Champ fees are PER dancer only
- Payment must be made at the time of registration
- Online registration will close on FEB 05
- Afterwards no additional registrations or changes will be accepted.
- **ABSOLUTELY NO REFUNDS!**

## FEIS FEES:

<b>Grades</b>	<b>\$ 15</b> <i>per competition &amp; per competitor</i>
<b>Preliminary Championship (2 rounds)</b>	<b>\$ 50</b> <i>per dancer</i>
<b>Open Championship (3 rounds)</b>	<b>\$ 60</b> <i>per dancer</i>

## FEIS RULES:

- A PARENT/GUARDIAN or dancer over the age of 18 must sign an online waiver as part of their registration
- 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
- Videos will be permanently deleted 7 days after the competition results have been announced
- All videos are by default marked as PRIVATE unless consent is given per above
- Grades, PC and OC competitions will be combined if less than 5 dancers are registered
- All grade and preliminary championship competitions will split at 20.
- All open championship competitions will split at 30

### 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 please, no team apparel (sportswear or warmup outfits)
- 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 may disqualify your video!



# NUMBERING SYSTEM

1 <sup>st</sup> Digit	Level Category: BEGINNER with "2", ADVANCED BEGINNER with "3", and so forth
2 <sup>nd</sup> and 3 <sup>rd</sup> Digits	Age Group – "Under 5" is 5, "Under 11" is 11, ... adults are 99
4 <sup>th</sup> and 5 <sup>th</sup> Digits (Letters)	Competition Type: <b>RL</b> = REEL <b>LJ</b> = LIGHT JIG <b>SJ</b> = SLIP JIG <b>TJ</b> = TREBLE JIG <b>HP</b> = HORNPIPE <b>PD</b> = ST PATRICK DAY <b>TS</b> = TRADITIONAL SET    ...

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

<b>For 2021</b>	<b>U5</b>	<b>U6</b>	<b>U7</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>	<b>U15</b>	<b>U16</b>	<b>U17</b>	<b>U18</b>
<b>Born in:</b>	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)

**GRADES will be split at 20**

## BEGINNER

A beginner is a competitor who has not taken Irish dancing lessons from a registered teacher prior to September 1st of previous year. Dancer must move into Advanced Beginner the following year.

<i>Boys and Girls</i>	<b>U6</b>	<b>U7</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>O12</b>	<b>ADULTS</b>
<b>REEL</b>	206RL	207RL	208RL	209RL	210RL	211RL	212RL	213RL	299RL
<b>LIGHT JIG</b>	206LJ	207LJ	208LJ	209LJ	210LJ	211LJ	212LJ	213LJ	299LJ
<b>SLIP JIG</b>	206SJ	207SJ	208SJ	209SJ	210SJ	211SJ	212SJ	213SJ	299SJ
<b>HOP JIG</b>	206HJ	207HJ	208HJ	209HJ	210HJ	211HJ	212HJ	213HJ	299HJ

## ADVANCED BEGINNER

An Advanced Beginner is a dancer who has taken lessons from a registered teacher for more than 1 year. An Advanced Beginner who wins a 1st, 2nd or 3rd place will advance to the Novice category in that particular dance the next year

<i>Boys and Girls</i>	<b>U6</b>	<b>U7</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>O13</b>	<b>Adult</b>
<b>REEL</b>	306RL	307RL	308RL	309RL	310RL	311RL	312RL	313RL	314RL	399RL
<b>LIGHT JIG</b>	306LJ	307LJ	308LJ	309LJ	310LJ	311LJ	312LJ	313LJ	314LJ	399LJ
<b>SLIP JIG</b>	306SJ	307SJ	308SJ	309SJ	310SJ	311SJ	312SJ	313SJ	314SJ	399SJ
<b>HOP JIG</b>	306HJ	307HJ	308HJ	309HJ	310HJ	311HJ	312HJ	313HJ	314HJ	399HJ
<b>TREBLE JIG</b>	306TJ	307TJ	308TJ	309TJ	310TJ	311TJ	312TJ	313TJ	314TJ	399TJ
<b>HORNPIPE</b>	306HP	307HP	308HP	309HP	310HP	311HP	312HP	313HP	314HP	399HP
<b>TRADITIONAL SETS</b>	306TS	307TS	308TS	309TS	310TS	311TS	312TS	313TS	314TS	399TS

## GRADES will be split at 20

### NOVICE GRADE

A Novice is a dancer who has previously won a 1st , 2nd or 3rd in Advanced Beginner. A novice who wins a 1st place will advance to the Prizewinner category in that particular dance the next year

<i>Boys and Girls</i>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>O14</u>	<u>ADULTS</u>
<b>REEL</b>	407RL	408RL	409RL	410RL	411RL	412RL	413RL	414RL	415RL	499RL
<b>LIGHT JIG</b>	407LJ	408LJ	409LJ	410LJ	411LJ	412LJ	413LJ	414LJ	415LJ	499LJ
<b>SLIP JIG</b>	407SJ	408SJ	409SJ	410SJ	411SJ	412SJ	413SJ	414SJ	415SJ	499SJ
<b>*TREBLE JIG</b>	407TJ	408TJ	409TJ	410TJ	411TJ	412TJ	413TJ	414TJ	415TJ	499TJ
<b>*HORPIPE</b>	407HP	408HP	409HP	410HP	411HP	412HP	413HP	414HP	415HP	499HP
<b>TRADITIONAL SET</b>	407TS	408TS	409TS	410TS	411TS	412TS	413TS	414TS	415TS	499TS

### PRIZE WINNER

A prizewinner is a dancer who has previously won a 1st in Novice in a particular dance.

<i>Boys and Girls</i>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>O14</u>	<u>ADULTS</u>
<b>REEL</b>	507RL	508RL	509RL	510RL	511RL	512RL	513RL	514RL	515RL	599RL
<b>SLIP JIG</b>	507SJ	508SJ	509SJ	510SJ	511SJ	512SJ	513SJ	514SJ	515SJ	599SJ
<b>*TREBLE JIG</b>	507TJ	508TJ	509TJ	510TJ	511TJ	512TJ	513TJ	514TJ	515TJ	599TJ
<b>*HORPIPE</b>	507HP	508HP	509HP	510HP	511HP	512HP	513HP	514HP	515HP	599HP
<b>TRADITIONAL SET</b>	507TS	508TS	509TS	510TS	511TS	512TS	513TS	514TS	515TS	599TS

**PC and OC competitions will be combined if less than 5 dancers registered**  
**PC will be split at 20 – OC will be split at 30**

## PRELIMINARY CHAMPIONSHIP – 2 ROUNDS

Dancers will perform 48 bars of the reel or 40 bars of the slip-jig and 40 bars of the hornpipe or 48 bars of the treble jig.

Preliminary Championships will be judged and scored by all 3 judges. In addition, awards will also be posted for each solo round (light and heavy round) based on the scores of one judge (different judges scores for light and heavy).

<i>Boys and Girls</i>	<u>U8</u>	<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>	<u>ADULT</u>
Preliminary Championship	608PC	609PC	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC	699PC

## OPEN CHAMPIONSHIP – 3 ROUNDS

Dancers will perform: 48 bars of reel or 40 bars of slip-jig, 40 bars of the hornpipe or 48 bars of the treble jig, and a Set Dance.

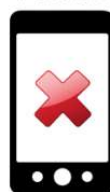
Open Championships will be judged and scored by all 3 judges. In addition, awards will also be posted for each solo round (light, heavy, and set) based on the scores of one judge (different for each round).

OPEN CHAMPIONSHIP	<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>O18</u>
Girls / Ladies	709OC	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC
Boys / Gentlemen	759OC	760OC	761OC	762OC	763OC	764OC	765OC	766OC	767OC	768OC	769OC

## 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 medial.
- 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.
- 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 below)

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 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 technical or rules reason.

## COMPETITION 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

## DANCING RULES

- **DANCER MUST WEAR THEIR DANCER NUMBER**
- **ONLY THE DANCER IS ALLOWED IN THE VIDEO – Teachers/parents/others may NOT be visible**
- Must dance the same number of bars as at a traditional feis.
- 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.

## MUSIC / SOUND

- Dancers must use the music provided by the feis. Please see page 2 for additional information.
- 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**

## RESULTS

- VideoFeis will submit the comments and scores to QuickFeis for tabulation.
- QuickFeis will tabulate and post all results on the QuickFeis website.
- School/Class feis results are limited to be viewed only by their school. Outsiders will not be able to view these results.
- 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 the dance school, 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.