



**Paloma**  
SCHOOL OF IRISH DANCE

# SCHOOL FEIS

**IN PERSON FEIS SAT AUG 22**

**OR**

**ONLINE FEIS FRI AUG 21**

ONLINE Feis provided by

**VIDEO FEIS** 

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

Online registration to  
AUG 20

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

*This is a closed school feis  
open **ONLY** to  
Paloma School dancers*

## In Person or ONLINE ?

This is ONE feis that is offering TWO ways to attend:

1. **IN PERSON** at the McNally studio – if you can attend the feis in person, just register for the feis at [www.quickfeis.com](http://www.quickfeis.com) and then just like a regular feis, show up on Saturday Aug 22 at the McNally Studio to compete.
2. **Online with VideoFeis** – if you cannot attend the feis in person, just follow the instructions below and submit a video for each of your dances.

**IT MAKES NO DIFFERENCE WHICH  
WAY YOU FEIS!**

## VIDEO FEIS

- Open an account with **VIDEO FEIS** at [www.VideoFeis.com](http://www.VideoFeis.com)
- Register and pay online at [www.quickFeis.com](http://www.quickFeis.com) for the feis up to AUG 20
- 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 smart phone for the video
  - Must wear your dancer number
  - Create a separate video for each dance
  - No editing allowed
  - See additional guidelines below
- Starting AUG 21 return to your **VIDEO FEIS** account and you can start to upload your video
  - You may begin to upload your video no sooner than AUG 21
  - **ALL videos must be uploaded by 10:00 pm AUG 21**
- All videos will be securely viewed by adjudicators who will score and give comments.

## 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 AUG 20 Afterwards no additional registrations or changes will be accepted.
- **Sorry NO REFUNDS!**

### Feis Fees:

Grades & PC Set Dances & Specials	<b>\$10</b> <i>per competition &amp; per competitor</i>
Preliminary Championship	<b>\$30</b> <i>per dancer</i>
Open Championship	<b>\$35</b> <i>per dancer</i>
Event Fee	<b>\$25</b> <i>per family</i>
<b>FAMILY MAX</b>	<b>\$110</b>

## Feis Rules

- The Feis Committee reserves the right to combine or split competitions.
- The Feis Committee reserves the right to close registration early or to not accept new registrations at the feis.

## Costume Options

- Paloma School Feis or Team Costumes.
- White or black short sleeve t-shirt or leotard, black bottoms (shorts or short skirts).
- Poodle socks, or boys black socks / Girls white socks
- Solo costumes with black tights or poodle socks.
- Correct Soft and Hard Shoes Please.
- Natural hair or wig. As long as its off your face.
- Makeup optional for dancers age 11 and up.
- Please contact your dance teacher if you have any questions regarding what to wear

## Judges

- JJ Hester



# Numbering System

The following numbering system is used in this syllabus

1 <sup>st</sup> Digit	Level Category: FIRST FEIS Dances all begin with "1", BEGINNER 1 with "2", and so forth
2 <sup>nd</sup> and 3 <sup>rd</sup> Digits	Age Group, Girls begin at 01 and Boys begin at 51. So "05" means girls under 5, while 61 means boys under 11.
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> = HORNSPIPE <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 2020</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>	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002

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

## Pre-Beginner Competitions

Open to children Under 7. ONE step in the reel.

Competitors may not compete in any other dancing competition at this feis.

*Girls/Boys*

**U7**

**REEL**

107RL

## Beginner (Beginner 1)

All hard shoe dances at traditional speeds

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.

NO SOLO COSTUMES ALLOWED, Skirt and blouse or school costumes ONLY

<i>Girls/Boys</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>REEL</b>	206RL	207RL	208RL	209RL	210RL	211RL	212RL	213RL
<b>LIGHT JIG</b>	206LJ	207LJ	208LJ	209LJ	210LJ	211LJ	212LJ	213LJ
<b>SLIP JIG</b>	206SJ	207SJ	208SJ	209SJ	210SJ	211SJ	212SJ	213SJ
<b>SINGLE (hop) JIG</b>	206SN	207SN	208SN	209SN	210SN	211SN	212SN	213SN



## Advanced Beginner (Beginner 2)

all hard shoe dances at traditional speeds

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. NO SOLO COSTUMES ALLOWED, Skirt and blouse or school costumes ONLY

<i>Girls/Boys</i>	<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>O12</u>
<b>REEL</b>	306RL	307RL	308RL	309RL	310RL	311RL	312RL	313RL
<b>LIGHT JIG</b>	306LJ	307LJ	308LJ	309LJ	310LJ	311LJ	312LJ	313LJ
<b>SLIP JIG</b>	306SJ	307SJ	308SJ	309SJ	310SJ	311SJ	312SJ	313SJ
<b>SINGLE JIG</b>	306SN	307SN	308SN	309SN	310SN	311SN	312SN	313SN
<b>TREBLE JIG</b>	306TJ	307TJ	308TJ	309TJ	310TJ	311TJ	312TJ	313TJ
<b>HORNPIPE</b>	306HP	307HP	308HP	309HP	310HP	311HP	312HP	313HP

## Novice

\*all hard shoes dances can be done at either traditional speed or slow speed

A Novice is a dancer who has previously won a 1st , 2nd or 3rd in Advanced Beginner.

A novice who wins a 1<sup>st</sup> place will advance to the Prizewinner category in that particular dance the next year

<i>Girls/Boys</i>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>O13</u>
<b>REEL</b>	407RL	408RL	409RL	410RL	411RL	412RL	413RL	414RL
<b>LIGHT JIG</b>	407LJ	408LJ	409LJ	410LJ	411LJ	412LJ	413LJ	414LJ
<b>SLIP JIG</b>	407SJ	408SJ	409SJ	410SJ	411SJ	412SJ	413SJ	414SJ
<b>TREBLE JIG</b>	407TJ	408TJ	409TJ	410TJ	411TJ	412TJ	413TJ	414TJ
<b>HORNPIPE</b>	407HP	408HP	409HP	410HP	411HP	412HP	413HP	414HP

## Prize Winner (Open)

\*all hard shoes dances can be done at either traditional speed or slow speed A dancer moves into Prizewinner as a result of placing 1<sup>st</sup> place as indicated in Novice.

<i>Girls/Boys</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>O16</u>
<b>REEL</b>	508RL	509RL	510RL	511RL	512RL	513RL	514RL	515RL	516RL	517RL
<b>LIGHT JIG</b>	508LJ	509LJ	510LJ	511LJ	512LJ	513LJ	514LJ	515LJ	516LJ	517LJ
<b>SLIP JIG</b>	508SJ	509SJ	510SJ	511SJ	512SJ	513SJ	514SJ	515SJ	516SJ	517SJ
<b>TREBLE JIG</b>	508TJ	509TJ	510TJ	511TJ	512TJ	513TJ	514TJ	515TJ	516TJ	517TJ
<b>HORNPIPE</b>	508HP	509HP	510HP	511HP	512HP	513HP	514HP	515HP	516HP	517HP



## Preliminary Championship (PC)

- Preliminary Championship competition dancers will perform 2 rounds
- Hard shoe first.
- All age groups up to U14 will dance 3 at a time.
- Regular Preliminary Champ Comps (i.e. U8 and up):
  - Choice of reel (48 bars) or slip jig (40 bars)
  - and jig (48 bars) or hornpipe (40 bars.)

<i>BOYS/MEN &amp; GIRLS/LADIES*</i>	<u>U6</u>	<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>U15</u>	<u>U16</u>	<u>U17</u>	<u>U18</u>	<u>O18</u>
<b>Preliminary Championship</b>	606PC	607PC	608PC	609PC	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC	619PC
<b>PC Set Dance</b>	606SD	607SD	608SD	609SD	610SD	611SD	612SD	613SD	614SD	615SD	616SD	617SD	618SD	619SD

## Open Championship (OC)

- OPEN Championship competition dancers will perform 3 rounds
- Hard shoe first.
- All age groups up to U14 will dance 3 at a time.
- All Open Champions will dance:
  - Choice of reel (48 bars) or slip jig (40 bars)
  - Treble jig (48 bars) or hornpipe (40 bars.)
  - and set piece of dancer's choice

NOTE: U9 dancers must dance a TRADITIONAL set piece for their 3<sup>rd</sup> round.

	<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>U20</u>	<u>U21</u>	<u>U23</u>	<u>O23</u>
<b><u>GIRLS / LADIES</u></b>	709OC	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	720OC	721OC	723OC	724OC
<b><u>BOYS / MEN</u></b>	759OC	760OC	761OC	762OC	763OC	764OC	765OC	766OC	767OC	768OC	770OC	771OC	723OC	774OC



## 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 who are 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 HARD SHOES DANCES CAN BE DONE AT EITHER TRADITIONAL SPEED OR SLOW SPEED

	<u>First Feis &amp; Beginner</u>	<u>Advanced Beginner</u>	<u>Novice</u>	<u>Prize Winner</u>	<u>Championship</u>
REEL	822RL	833RL	844RL	855RL	
LIGHT JIG	822LJ	833LJ	844LJ	855LJ	
SLIP JIG	822SJ	833SJ	844SJ	855SJ	699PC
TREBLE JIG	822TJ	833TJ	844TJ	855TJ	
HORNSPIPE	822HP	833HP	844HP	855HP	
TRADITIONAL SET	822TS	833TS	844TS	855TS	

## TREBLE Reel specials

<i>Ladies &amp; Gents</i>	<u>U12</u>	<u>12 &amp; older</u>
<b>Grades Treble Reel</b>	512TR	513TR
<b>Championship Treble Reel</b>	712TR	713TR

## FAMILY figures and ceili

**NEW REGISTRATION PROCESS:** Only ONE team member needs to register and will be charged the fee for the entire team. Only the team member who registers will have their dancer number in the stage book and will be considered the "team captain" for whom scores will be given. The "team captain" MUST wear the dancer number that was used to register the team. It is not necessary to notify the Feis nor QuickFeis who the other team members will be.

The team age group is determined by the OLDEST dancer (not parent) on their team.

All ADULT team members are usually 18 or older.

	<u>2 HAND Reel</u>	<u>3 HAND Reel</u>	<u>4 HAND Reel/Jig</u>
<b>Team Fee →</b>	\$20	\$30	\$40
<b>Under 7</b>	9207FD	9307FD	9407FD
<b>Under 9</b>	9209FD	9309FD	9409FD
<b>Under 11</b>	9211FD	9311FD	9411FD
<b>Under 13</b>	9213FD	9313FD	9413FD
<b>Under 15</b>	9215FD	9315FD	9415FD
<b>Over 15</b>	9216FD	9316FD	9416FD
<b>Adult</b>	9299FD	9399FD	9499FD



## 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)
- All videos must be submitted within the noted timeline. No late entries will be accepted under any circumstances.
- Dancers are expected to create an original new video of their dance – a video that has been recorded AFTER they registered for the competition
- **Dancers must wear their dancer number – number must be clear in the video**
- The dancer registered for a competition must be the dancer dancing on the video (no substitutions allowed)
- Video for each dance must be one continuous front full body shot – head and feet must be visible at all times throughout the video.
- Videography should be from a single static point (pretend you are the center judge sitting at a table)
  - Videographer should be about 3 feet from the ground in the front center of the stage
  - Videographer can pan side to side to keep the dancer within the video frame
- Background should be neutral and as light (white) as possible to create contrast with the dancer – this is a recommendation and NOT a requirement.
- Video equipment should not be more sophisticated than a standard smart phone. There will be limitations on the quality size of the video to upload.
- **Video must be in LANDSCAPE mode** (not portrait mode – see image below)

Portrait



Landscape



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
  - Video is strictly of the dancer dancing to Irish music
- 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.

## Dancing Rules

- Music and dance must match the competition registered for.  
(A HORNPIPE competition must have HORNPIPE music and dance HORNPIPE steps)
- Dancer MUST wear dancer number
- Must dance the same number of bars as at a traditional feis.
- At the end of the dance, the dancer should simply bow and the video should end. Please refrain from walking to the center of the stage.
- Only the dancer is allowed in the video - teachers and parents may not be visible
- 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
    - Someone is allowed to count 8 bars 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



## Music

- 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.
- All music must be pre-recorded music
  - Traditional instrumental music only
  - No singing / no vocal music
- No live music allowed (no musicians playing)
- **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**

## Dance Floor

- Encouraged to dance on a proper safe dance floor (not concrete or carpet)
- Size of the dance floor is optional – dancers are encouraged to dance where they normally practice

## Competitions

- With the feis organizer's input, VIDEO FEIS will organize all the submitted videos into competitions.
- Just like a traditional feis, competitions may be split or combined
- After registration numbers are finalized, dancers/parents will be notified of the time limitation they will have to submit their videos.
  - Dancers will be assigned Dancer numbers that must be printed and worn in the video
  - Dancers will have a window of time depending on their age and level
  - Timing will be strictly adhered to

## Adjudication

- The feis organizers will hire the adjudicators it wishes
- Only accredited CLRG persons will be asked to judge the videos
- Judges will be randomly selected to adjudicate competitions
- Adjudicators whose dancers are entered in the feis will not be allowed to judge any competition with their own dancers
- Grades competitions will be judged by one adjudicator
- Adjudicators will only be able to see the video once (just like a traditional feis experience)
- Championship competitions - each round will be judged by a panel of at least 3 adjudicators
- 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 in the spirit of this competition**
- In matters pertaining to adjudication, the decision of the adjudicators is final





## Results

- VIDEO FEIS will submit the results to QuickFeis for tabulation
- QuickFeis will process all results and post results on the QuickFeis website as they normally do for a traditional feis.
- WITH THE PERMISSION of the parents, VIDEO FEIS will put together an awards video with short clips of the winners. Any winners' whose videos were marked as private will NOT be included.
- Dancers will receive the same results they would at a normal feis – raw scores, rank, and comments
- Any awards will be at the discretion of the feis organizers

## Privacy

- All videos become the property of VIDEO FEIS
- All videos are by default marked as PRIVATE
- Parents/dancers may be asked if they elect to allow a short part of the video to be shown publicly in an "award" online ceremony.
- Any video that remains on the default setting of PRIVATE will be destroyed directly after judging is completed.
- Any video that was given permission for publication will be destroyed after the awards video is removed.

## Release Of Liability

- By registering and paying for this feis, parents and dancers agree to release the Paloma School of Irish Dance, Esther Pujol, and Video Feis of any liability for any injury to complete any requirements for this competition.

## Dance Speeds

Unless otherwise instructed by your dance teacher the following dance speeds must be adhered to:

	FIRST FEIS	BEGINNER	NOVICE	PRIZEWINNER	CHAMPIONS	ADULT
LIGHT JIG	116	116	116	116		
REEL	122	122	122 or 113	113	113	113
SINGLE JIG		124	124	124		124
SLIP JIG		122- 124	122 or 113	113	113	113
HORN-PIPE		144	144 or 113	144 or 113	113	144 or 113
TREBLE JIG		96	96- 73	96- 73	73	96- 73
SAINT PATRICKS DAY		94	94	94		94
SHOW STEP REEL		113	113	113	113	113

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

