



Paloma Holiday Feis

December 5 & 6, 2020

Paloma
SCHOOL OF IRISH DANCE

HOLIDAY FEIS

IN PERSON FEIS SUN DEC 06

OR

ONLINE FEIS SAT DEC 05

ONLINE Feis provided by

VIDEO FEIS 

www.videofeis.com

Online registration to
DEC 02

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 and then just like a regular feis, show up on SUNDAY December 6 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 on SATURDAY December 5.

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

VIDEO FEIS

- Register and pay online at www.quickfeis.com for the feis up to DEC 02
- 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
 - Must wear your **dancer number**
 - Must be in **landscape** more
 - 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 DEC 05 go to VideoFeis and log in with your QuickFeis account - you can start to upload all your videos
 - You may begin to upload your video no sooner than DEC 05
 - **ALL videos must be uploaded by 8:00 pm DEC 05**
- All videos will be securely viewed by adjudicator(s) who will score and give comments.
- QuickFeis will tabulate all scores
- All results will be posted on QuickFeis website – an email will be sent when results are ready – it will take a few days to adjudicate.

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 DEC 02 Afterwards no additional registrations or changes will be accepted.
- **Sorry NO REFUNDS!**

Feis Fees:

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

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, Team Costumes, or HOLIDAY themed 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

- Kate O'Neill Wosczyzna



Numbering System

The following numbering system is used in this syllabus

1 st Digit	Level Category: FIRST FEIS Dances all begin with "1", BEGINNER 1 with "2", and so forth
2 nd and 3 rd 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 th and 5 th Digits (Letters)	Competition Type: RL = REEL LJ = LIGHT JIG SJ = SLIP JIG TJ = TREBLE JIG HP = HORNSPIPE 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 2020	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Born in:	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>	U6	U7	U8	U9	U10	U11	U12	O12
REEL	206RL	207RL	208RL	209RL	210RL	211RL	212RL	213RL
LIGHT JIG	206LJ	207LJ	208LJ	209LJ	210LJ	211LJ	212LJ	213LJ
SLIP JIG	206SJ	207SJ	208SJ	209SJ	210SJ	211SJ	212SJ	213SJ
SINGLE (hop) JIG	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>
REEL	306RL	307RL	308RL	309RL	310RL	311RL	312RL	313RL
LIGHT JIG	306LJ	307LJ	308LJ	309LJ	310LJ	311LJ	312LJ	313LJ
SLIP JIG	306SJ	307SJ	308SJ	309SJ	310SJ	311SJ	312SJ	313SJ
SINGLE JIG	306SN	307SN	308SN	309SN	310SN	311SN	312SN	313SN
TREBLE JIG	306TJ	307TJ	308TJ	309TJ	310TJ	311TJ	312TJ	313TJ
HORNPIPE	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 1st 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>
REEL	407RL	408RL	409RL	410RL	411RL	412RL	413RL	414RL
LIGHT JIG	407LJ	408LJ	409LJ	410LJ	411LJ	412LJ	413LJ	414LJ
SLIP JIG	407SJ	408SJ	409SJ	410SJ	411SJ	412SJ	413SJ	414SJ
TREBLE JIG	407TJ	408TJ	409TJ	410TJ	411TJ	412TJ	413TJ	414TJ
HORNPIPE	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 1st 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>
REEL	508RL	509RL	510RL	511RL	512RL	513RL	514RL	515RL	516RL	517RL
LIGHT JIG	508LJ	509LJ	510LJ	511LJ	512LJ	513LJ	514LJ	515LJ	516LJ	517LJ
SLIP JIG	508SJ	509SJ	510SJ	511SJ	512SJ	513SJ	514SJ	515SJ	516SJ	517SJ
TREBLE JIG	508TJ	509TJ	510TJ	511TJ	512TJ	513TJ	514TJ	515TJ	516TJ	517TJ
HORNPIPE	508HP	509HP	510HP	511HP	512HP	513HP	514HP	515HP	516HP	517HP



Preliminary Championship (PC) – 2 ROUNDS

- 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 & 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>
Preliminary Championship	606PC	607PC	608PC	609PC	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC	619PC
PC Set Dance	606SD	607SD	608SD	609SD	610SD	611SD	612SD	613SD	614SD	615SD	616SD	617SD	618SD	619SD

Open Championship (OC) – 3 ROUNDS

- 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 3rd 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>
<u>GIRLS / LADIES</u>	709OC	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	720OC	721OC	723OC	724OC
<u>BOYS / MEN</u>	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 & 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 & Gents</i>	<u>U12</u>	<u>12 & older</u>
Grades Treble Reel	512TR	513TR
Championship Treble Reel	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.

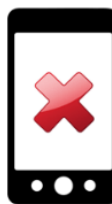
	<u>2 HAND Reel</u>	<u>3 HAND Reel</u>	<u>4 HAND Reel/Jig</u>
Team Fee →	\$20	\$30	\$40
Under 7	9207FD	9307FD	9407FD
Under 9	9209FD	9309FD	9409FD
Under 11	9211FD	9311FD	9411FD
Under 13	9213FD	9313FD	9413FD
Under 15	9215FD	9315FD	9415FD
Over 15	9216FD	9316FD	9416FD
Adult	9299FD	9399FD	9499FD



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)
- 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 center judge sitting at a table)
 - Camera should be about 4 feet (125 cm) from the ground
 - Camera should be in front center 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:
 - Upload starts on **OCT 31**
 - Upload ends at **8:00 pm on OCT 4**
- 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 an 8ft x 8ft (or 2.5 m x 2.5 m) minimum space.
- 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

- 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 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 to 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 PATRICK'S 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

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 in the spirit of this competition**
- In matters pertaining to judging, the decision of the adjudicators is final

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



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.

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.

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.

