

The Inaugural
All American Championship
SATURDAY JULY 25, 2026



Come visit Washington DC!

ENJOY THE OPPORTUNITY TO PERFORM
ON THE GROUNDS OF THE US CAPITOL!

Hotel Deadline is **July 7**
Entries with **QuickFeis** up to **July 13**

*Thank you to our volunteers
Your dedication
is greatly appreciated*

[WWW.ONEILLJAMESCHOOL.COM
/NATIONS-CAPITAL-FEIS.HTML](http://WWW.ONEILLJAMESCHOOL.COM/NATIONS-CAPITAL-FEIS.HTML)

EMAIL: nfeis@oneilljameschool.com

**FALLS CHURCH
MARRIOTT**



Falls Church Marriott
Fairview Park
3111 Fairview Park Dr,
Falls Church, VA 22042

All American Championship

REGULAR COMPETITION FEES

- Online registration at www.quickfeis.com
- Online registration open up to July 13
- Entries are not complete until full payment is received

Family Fee	\$30 per family
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Solo Dance Competitions Specials	\$12 Per competition Per dancer
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2 round competitions	\$55 Per competitor
<ul style="list-style-type: none"> • Preliminary Championship (PC) • Advanced Adult PC 	

3 round competitions	\$65 Per competitor
<ul style="list-style-type: none"> • Open Championship • Adult Championship • Advanced Adult OC 	

Family Maximum <i>(does not include any specials, exhibition, arts, second chance, or family fee)</i>	\$185 per family
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Certain specials (see below)	\$25
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Dancers performing at the EXHIBITION at the Capitol of the USA FRIDAY 6:00 pm	\$55 Per competitor
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Specials and other comps	<i>Please see prices in syllabus</i>
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LATE FEES

- ONLINE registration will end July 13
- After July 13, new registrations and changes will only be accepted at the feis along with late fees.
- Please note that LATE FEES are in **ADDITION** to the regular competition fees listed above
- All late fees are PER competitor
- No family max will be applied

LATE FEES	Up to July 13	After July 13 (at the Feis)
New Registrations	\$ 0	\$50
Changes	Free	\$25
Payment type	CC only	CC only

REGISTRATION RULES

- Payment must be made at the time of registration
- ONLY CREDIT CARDS accepted online and at the feis
- No personal checks will be accepted at any time
- Entries are not valid until full payment is received. Any unpaid entries will be dropped at closing.
- **CHANGES**
 - Before July 13, ALL changes must be made at QuickFeis.com and are FREE.
 - After July 13
 - All changes must be made AT the feis.
 - Each competitor will be charged the change fee.
 - Adding additional competitions will be charged the late fee AND the regular competition fee.
 - No family max will be applied
- Please do not email the feis regarding any registration requests – they will not be processed.
- Individual Results are included in your competition fees – both printed and online (your QuickFeis account)
- Registrations may not be transferred from one feis to another for any reason.
- The Southern Region Executive Board has granted this feis Open Platform Status (CLRG rule 3.1.4)

**ABSOLUTELY NO REFUNDS
OF ANY KIND AT ANY TIME**

FEIS RULES:

- Parents are entirely responsible for their children's safety. Neither the Nations Capital Feis, nor the venue will be held liable for any injury that occurs at this event. By entering this feis you are agreeing to these terms.
- No photos or videos are permitted of dancers while on stage for any competition EXCEPT First Feis Competitions.
- Adjudicating decisions made by the panel are final.
- All Non-Adjudicating decisions will be decided by the Feis organizers and will be final.

NATIONS CAPITAL FEIS INFORMATION

QUESTIONS / INFO / UP-DATES:

nceis@oneilljameschool.com
www.oneilljameschool.com/nations-capital-feis.html
www.facebook.com/NationsCapitalFeis/



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EXHIBITION AT THE CAPITOL OF THE USA - FRIDAY EVENING!

- **FRIDAY EVENING!**
- Location – Exhibition at the Capitol of the USA.
- *All participants will receive an award.*
- Participation fee of \$55 per dancer is required and must be included with entry.
- Family members and spectators are free.
- Participants may dance solo dance of choice: 2 steps in the reel / jig etc., traditional set dance in groups or any of the ceili dances by the book that dancers may dance
- The Feis will arrange optional round-trip transportation between the Feis venue and the US Capitol for dancers and their families..
- Rides between the feis hotel and the Exhibition must be pre-arranged. Information on how to register dancers and family on a first-come, first-served basis for the limo will be sent to all dancers who register for the Exhibition..
- Shuttle departs promptly at 4:00 PM on Friday. Please arrive prepared for the Exhibition in the lobby of the Falls Church Marriott Fairview Park Hotel prior to the departure time.No food or coolers are allowed but you may bring your own chair or blanket to sit on.
- If security or weather conditions require this event to be cancelled, participants will receive their award at the hotel.
- No refunds!

FRIDAY 6:00 PM

Everyone

EXHIBITION AT THE CAPITOL OF USA

999EX

NUMBERING SYSTEM

1 st Digit	LEVEL CATEGORY	Pre-Beginner all begin with "1", BEGINNER 1 with "2", and so forth
2 nd and 3 rd Digits	AGE GROUP	Begins at 01 - So "05" means "under 5", "11" means "under 11", ...
4 th and 5 th Digits (Letters)	COMPETITION TYPE	RL = REEL LJ = LIGHT JIG SJ = SLIP JIG SN = SINGLE JIG/HOP JIG TJ = TREBLE JIG HP = HORNSPIPE PD = ST PATRICK DAY TS = TRADITIONAL SET ...
Last Number "2"	SECOND CHANCE	Any competition ending with "2" denotes a second chance competition

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

For 2026	<u>U5</u>	<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>
Born in:	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008

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



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PRELIMINARY CHAMPIONSHIP

- Have placed 1st in both an Open (Prizewinner) light and heavy shoe competition and
- Have never won 1st, 2nd or 3rd in Open Championship.
- A dancer who wins two (2) first place preliminary championship awards in one calendar year will move on to Open Championship the following year (as of Jan 1); if the second first-place win does not occur in the same feis year as the first win, as soon as the second win is achieved, in any age category, the dancer must move up to open championship level immediately. Only in the case of a back to back Feiseanna (successive days) the first-place win in the first Feis will not change the dancer's status for the second Feis
- A dancer in a preliminary championship is required to perform a light shoe dance (reel or slip jig for ladies and reel only for men) and a hard shoe dance.

<u>BOYS/MEN & GIRLS/LADIES</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>
Preliminary Championship	609PC	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC
PC 2nd Chance	609PC2	610PC2	611PC2	612PC2	613PC2	614PC2	615PC2	616PC2	617PC2	618PC2

NOTE: Second chance and set dance competitions do not count towards the family max!
 Competitions will be combined as best as possible by two adjacent age groups to make groups of 5 or more.
 If 3 or more boys are entered in a specific age group, the boys and girls must be split into separate competitions.
 Large competitions may be split.

OPEN CHAMPIONSHIP

A dancer who wins two First Place awards in one calendar year will move on to Open Championship the following year, 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. Placing in a Regional or National Oireachtas does not change the status of a competitor.

Dancers will perform:

1. 48 bars of reel or 40 bars of slip jig
2. 40 bars of the hornpipe or 48 bars of the treble jig
3. Set Dance of their choice

<u>GIRLS / LADIES/ BOYS / MEN</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>U19</u>	<u>O19</u>
OPEN Championship	709OC	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC	720OC
Peter Smith Scholarship \$550 (FREE Competition)	Competition for: 1st 2nd & 3rd place winners in competitions 713OC, 714OC, 715OC, 716OC, 717OC, 718OC, 719OC, 720OC Set dance in contrasting tempo - 954SCH											

Competitions will be combined as best as possible by two adjacent age groups to make groups of 5 or more.
 If 3 or more boys are entered in a specific age group, the boys and girls must be split into separate competitions.
 Large competitions may be split.



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CHAMP SPECIALS

<u>GIRLS/BOYS</u>	<u>FEE</u>	<u>U12</u>	<u>O12</u>
Treble Jig	\$ 12	712TJ	713TJ
Hornpipe	\$ 12	712HP	713HP
Traditional Set	\$ 12	712TS	713TS

FREE COMPETITIONS

	<u>Fee</u>	<u>Open to</u>	<u>Requirements</u>	<u>Competition</u>
Dog With The Cutest Irish Eyes	FREE	EVERYONE	End of day and before Mass	999FR-D
Baby Competition	FREE	Under 3	Baby with the cutest Irish smile! 😊	999FR-B
Special Needs REEL Competition	FREE	EVERYONE	Dance your favorite REEL step	999FR-SN

\$500 SCHOLARSHIP DANCE OFFS

- Saturday competition will be AFTER the Championship and Adult Competitions
- All Fees are PER competitor
- Fees do not count towards family max

	<u>Fee</u>	<u>Open to</u>	<u>Requirements</u>	<u>Competition</u>
Frank & Peggy O'Neill Scholarship \$500	\$25	EVERYONE EXCEPT OC DANCERS	Traditional Set Dance Blackbird in its entirety (Lead, set, step, 2nd set & last step)	999SCH-FPO
Laureen O'Neill-James Scholarship \$500	\$25	EVERYONE	Saint Patrick's Day in its entirety/1st Step Right and Left Foot/ Set Part Right and Left Foot/2nd Step Right and left foot/2nd Set Part Right and Left foot/Last Step Right Foot ONLY	999SCH-LOJ
Dennis Dennehy Scholarship \$500	\$25	EVERYONE	2-Hand Treble Reel 48 bars	999SCH-DD
The Fred James "I Feel Good" Scholarship \$500	\$25	EVERYONE <i>Dancers may compete in more than one team</i>	Must comprise of 8 or more dancers School costume not required "Light & Hard Shoe combination" No longer than 5 minutes in length. Must supply own music or use Feis Musician	999SCH-FJ



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IRISH CULTURE COMPETITIONS

- Fees do not count towards family max

	<u>Fee</u>	<u>Requirement</u>	<u>U13</u>	<u>U18</u>	<u>O18</u>
Irish Music	\$12 <i>Per competitor</i>	Supply own instrument Play one Irish tune of own choice	913IM	918IM	919IM
Irish Song	\$12 <i>Per competitor</i>	One Irish song of own choice Acapella	913IS	918IS	919IS
Irish Language	\$12 <i>Per competitor</i>	Recitation (Comortaisi in Gaelige)	913IL	918IL	919IL
Combined Music/Dance	\$25 <i>Per competitor</i>	Competitors may play 48 BARS of music (reel, jig, slip jig, hornpipe etc.), which will be recorded. Competitor will then dance to his / her own recorded tune.	913MD	918MD	919MD

SPECIAL - FREESTYLE

	<u>FEE</u>	<u>ALL</u>
Freestyle Special	\$12	999IC-FS

- This is a solo competition open to dancers of any age or level.
- The aim is to encourage creativity and expression in Irish dancing while preserving traditions of footwork, timing, and rhythm.
- The core style of the performance must be Irish dance.
- There are no restrictions to arm, upper body, or head movements.
- Dancers may choose soft shoe or hard shoe.
- Performances may not exceed 90 seconds in length.
- Competitors may supply own music or use Feis musician.
- School costume is not required. Costumes must adhere to the principles of modesty. Props may be used as long as they can be placed and removed quickly and easily.



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ADULT COMPETITIONS

An **ADULT DANCER** is defined as any dancer who started Irish dancing at the age of 18 or older OR any dancer 18 or older who has not competed in at least five years in a youth competition AND has not placed in the top 3 of a Prelim Championship within the last 10 years, or competed in Open Championship levels in the youth/& Over levels within the last 15 years.

Dancers will dance two steps, two at a time. Music for all adult competitions will be played at traditional speeds except for competitions in Novice and Open (Prizewinner) where adult dancers may choose between traditional and oireachtas speed.

The teacher of the student with the total highest score in any ADULT COMPETITION will be awarded the PEGGY O'NEILL MEMORIAL TROPHY. Winner will receive a replacement on Feis day.

	<u>Beginner</u>	<u>Advanced Beginner</u>	<u>Novice</u>	<u>Open (Prizewinner)</u>
REEL	299RL	399RL	499RL	599RL
LIGHT JIG	299LJ	399LJ	499LJ	599LJ
SLIP JIG	299SJ	399SJ	499SJ	599SJ
TREBLE JIG	299TJ	399TJ	499TJ	599TJ
HORNPIPE	299HP	399HP	499HP	599HP
TRADITIONAL SET	299TS	399TS	499TS	599TS
REEL (Second Chance)	299RL2	399RL2	499RL2	599RL2
SLIP JIG (Second Chance)	299SJ2	399SJ2	499SJ2	599SJ2
TREBLE JIG (Second Chance)	299TJ2	399TJ2	499TJ2	599TJ2
HORNPIPE (Second Chance)	299HP2	399HP2	499HP2	599HP2

FIGURES / CEILI / TEAMS - ADULTS ONLY

- There are no restrictions on figure age groups.
- Figure age groups will be determined by the oldest dancer.
- Saturday is ADULTS only – so all dancers must be 18 or older
- ONLY 1 team member needs to register for the team – this is a TEAM FEE.
The team will not count towards the family max

	<u>2 HAND Reel</u>	<u>3 HAND Reel/Jig</u>	<u>4 HAND Reel/Jig</u>	<u>6 HAND Reel/Jig</u>	<u>8 HAND Reel/Jig</u>
Team Fee →	\$24	\$36	\$48	\$72	\$96
Adult	299FD	399FD	499FD	699FD	899FD



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ADULT CHAMPIONSHIP & ADVANCED ADULTS

An **ADULT DANCER** is defined as any dancer who started Irish dancing at the age of 18 or older OR any dancer 18 or older who has not competed in at least five years in a youth competition AND has not placed in the top 3 of a Prelim Championship within the last 10 years, or competed in Open Championship levels in the youth/& Over levels within the last 15 years.

An **ADVANCED ADULT DANCER** is defined as anyone age 18 or older who has previously placed in the top three of a Preliminary Championship within the last 10 years, or competed in Open Championship levels in the youth/& Over levels within the last 15 years. An Advanced Adult dancer has opted to leave Youth/& Over categories and once the dancer begins competing in Advanced Adult, the dancer may not return to Youth/& Over categories.

Dancers competing at the Adult Championship level may move to the Advanced Adult level per teacher's discretion.

	<u>O18 to U40</u>	<u>O40</u>	<u>Over 18</u>
ADULT Championship – 3 rounds Round 1 – choice of hard shoe Round 2 – choice of soft shoe Round 3 – TRADITIONAL Set	640AC	641AC	
ADULT Championship – 3 rounds – SECOND CHANCE Round 1 – choice of hard shoe Round 2 – choice of soft shoe Round 3 – TRADITIONAL Set	640AC2	641AC2	
ADVANCED Adult PRELIMINARY Championship – 2 rounds Round 1 – choice of hard shoe Round 2 – choice of soft shoe			699PC
ADVANCED Adult OPEN Championship – 3 rounds Round 1 – choice of hard shoe Round 2 – choice of soft shoe Round 3 – Open Set (non-traditional)			799OC
ADVANCED Adult Non-Traditional set dance	640SD	641SD	799SD <i>(open to PC and OC Adults)</i>

SPECIAL - WHISKEY REEL - ADULTS ONLY

- Open to all dancers of any level aged 21 and over.
- Dancers will perform 16 bars of a hard or soft shoe reel.
- The Whiskey Reel will follow the Scholarship Prize Dance-Off competitions.
- Each competitor will receive a commemorative glass and a drink ticket redeemable for a whiskey at the feis cash bar.
- The winner will receive a bottle of whiskey to take home.

<u>Ladies/Gentlemen</u>	<u>FEE</u>	<u>O21</u>
Whiskey Reel	\$25	999IC-WR



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IOTANA SOUTHERN REGION—DANCING COMPETITION RULES

- 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.
- Competitions are open to all but those holding a TMRF, TCRG, or ADCRG designation. A feis can only accept entries from pupils of teachers registered with An Coimisiun and registered with both the IDTANA and the North American region in which they reside.
- A competitor may be disqualified for any of the following reasons:
 - Conduct unbecoming a lady or gentleman.
 - Failure to report on time to compete. (Penalty: disqualification from said event)
 - Falsification of age or other important facts – i.e., teaching, award winning, competing under another competitor's name or number, etc.

Penalty for (a) or (c): Competitor will be disqualified from the Feis at which the occurrence happened and from all registered Feiseanna for a period of one year beginning at the date of the occurrence.
- Competitions may be closed if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced. This does not pertain to a situation where competitors are involved in stage conflicts, and such conflicts will be handled by the stage monitor.
- Steel taps or "bubble" heels on dancing shoes and any display of awards 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/pants and top. All other categories are excluded from this rule. Modest attire is encouraged when a competitor is not dancing.
- Competitor's number must be worn and visible to adjudicators when performing in all competitions. Use of reflective plastic number covers is discouraged.
- The number of awards given is determined by the Feis Committee and is based on the scores and ranks given by the adjudicator(s).
- Complaints must be in writing stating names and other factual information and signed by the complainant. A \$25.00 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.
- 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 and/or rental property will be punishable by law.
- 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.
- 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.
- Competitors must answer all questions as required by the Feis Entry committee, including teacher's name, and include the entry fee for entry to be accepted. Failure to do so will result in a rejected entry.
- With the exception of First Feis and Beginner 1 the status of the dancer does not change unless there are five or more dancers in the competition.
- Photography
 - With the exception of First Feis, Beginner 1 and Beginner 2 (or their equivalent), 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:
 - away from the dancing stages and,
 - requested by a consenting parent, guardian, or dancer (over the age of 18).
- 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.
- No substance that can become airborne should be used on any dance floor in an attempt to improve traction.
- Respect for fellow competitors on stage is a requirement at all times. Lack of respect or courtesy for fellow competitors by aggressive dancing on stage will be subject to penalty at the discretion of each individual adjudicator.

GRADE LEVEL RULES

- Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner) competitions:
 - Must compete in their own age group.
 - Must be prepared to perform two steps in each event.



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2. With the exception of First Feis and Beginner 1, a dancer's level is determined in each dance (Reel, Light Jig, Single Jig, Slip-Jig, Hornpipe, Treble Jig, and Traditional Set). Traditional Set Dances are limited to those dances determined by An Coimisiun Le Rince Gaelacha as traditional set dances.
3. A Feis Committee may combine competitions if there are less than 5 competitors entered as follows:
 - a. Two consecutive age groups, combined into the higher of the two groups, within that grade.
 - b. Three consecutive age groups, combined into the highest age group, within that grade.
 - c. All Boys' grades competitions shall be initially entered in single year age groups within that grade.
 - d. If there are less than 5 Boys entered in any one age group within that grade, competitions may be combined in the following order:
 - i. Double, All Boys, age group into the higher of the two groups within that grade
 - ii. If a double, All Boys age group does not create 5 or more entries, the Boys shall be combined into the corresponding single year Girls' age group.
 - iii. If the combined Boys and Girls age group still does not create 5 or more entries, that competition may be combined as stated in rule #2 above.
 - e. 100 and 200 level competitions may be combined as follows:
 - i. Ages under 8 and below, CANNOT be combined with other age groups within that grade, but Boys and Girls may be combined in the corresponding single year Girls' age group within that grade.
 - ii. Ages under 9 and above may first be combined into 2 consecutive age groups within that grade. If the combined competition still does not create 5 or more entries, that competition may be combined using rules 2, 3 and 4 above.
4. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region.
5. The syllabus is to contain all grade categories.
6. Competitors have the option to remain in the same category for the remainder of the Feis year.
7. A dancer, at the discretion of the teacher, may move into the next Grade (not Open Championships) without satisfying the requirements. However, once a dancer competes in the higher level, they can never move back to a lower category, (except as outlined in Rule 1, above).
8. Grade Levels
 - a. **First Feis:** A dancer who has never competed in a Feis. A dancer can only be in this category for a single day and cannot compete at any other level in the Feis. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.
 - b. **Beginner I (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 Beginner 2/Advanced Beginner category the next year. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.

- c. **Beginner 2 (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. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.
- d. **Novice Grade:** A novice who wins a 1st place will advance to the Open (Prizewinner) category in that particular dance.
- e. **Open Prizewinner Grade:** A competitor who does not qualify as a beginner, advanced beginner or as a novice.
- f. **Adult:** An Adult dancer is defined as any dancer who started Irish dancing at the age of 18 or older OR any dancer 18 or older who has not competed in at least five years in a youth competition AND has never placed in the top three in a youth Preliminary championship competition of more than five competitors.
9. First Feis (if offered), Beginner 1, and Beginner 2 are required to dance at traditional speeds. Novice and Open/Prizewinner dancers may choose between traditional and Oireachtas speeds.
10. The following dance speeds must be adhered to;

	First Feis	Beg 1	Beg 2	Novice	Prizewinner
REEL	122	122	122	113	113
LIGHT JIG	115	115	115	115	115
SLIP JIG	122	122	122	113	113
SINGLE JIG	124	124	124	124	124
TREBLE JIG			92	73/92	73/92
HORNPIPE			138	113/138	113/138

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

11. First Feis, Beginner 1 and Beginner 2 perform only basic steps to coincide with the Grade Exam Syllabus. (IDTAMA, 1/1/17)
12. Dancers competing in the First Feis category are limited to participating in the First Feis Category only. (IDTAMA, 1/1/17)



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Championship Level Rules

1. 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.
2. Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances and Specials, ie Treble Reel Competition, etc.
 - 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
3. Preliminary Championships are open to those who:
 - a. Are open to those who at any CLRG-registered Feis:
 - i. Have placed 1st in both an Open (Prizewinner) light and heavy shoe competitions and
 - ii. Have never won 1st, 2nd or 3rd in an Open Championship.
 - b. A dancer who lives in the Southern Region and who wins 1st place in a second Preliminary Championship Competition in any Region MAY move up to Open Championship Competitions immediately, at the discretion of their dancing teacher.
 - c. A dancer who lives in the Southern Region when they win 1st place in a second Preliminary Championship
 - d. competition MUST move up to Open Championship Competitions no later than the one calendar year anniversary of the second Preliminary Championship win.
 - e. Preliminary Championship competitions with 26 or more competitors may be split in half according to age. * In Preliminary Championships-Separate boys into a separate competition if there are five (5) or more boys entered in a specific competition within a single age a group.
4. A Southern region feis may choose to combine boys and girls in Open Championship competitions when there are less than 5 dancers registered in a particular age category. However, if three (3) or more boys are entered in a specific age group in a combined Open Championship competition, the boys and girls MUST be split into separate competitions. If separate Boys and Girls competitions in Open Championships are offered in the syllabus, they may NOT be combined under ANY circumstances on the day of the Feis

5. One of the following statements MUST be in the feis syllabus:
 - a. When there are less than five dancers registered in a particular Open Championship age category, the boys and girls will NOT be combined.OR
 - b. When there are less than five dancers registered in a particular Open Championship age category, the boys and girls WILL be combined.
6. The boys' open championship age categories will match the girls' open championship age categories.
7. Every competitor in Preliminary or Open Championship must have a minimum of 8 rotations or 10 minutes between each of their rounds.
8. In the event the same organization is running 2 feis' in one weekend the following must occur:
 - a. On championship competitions, 2/3 of adjudicators must be different from the previous day.
 - b. 2nd chance competitions may only be offered on one feis.

Figure/Ceili Team Rules

1. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced.
 - a. There are no restrictions on figure age groups
 - b. Figure age groups will be determined by the oldest dancer.
 - c. 8 hand teams are allowed to repeat dancers at all Southern Region feiseanna in accordance with the World and Regional Oireachtas rules.
2. The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8 bar introduction.
3. Only dancers who meet the definition of "Adult dancer" may compete in Adult Ceili competitions.
4. Masters level solo dancers competing in a Ceili must compete in the Youth Ceili categories.
5. In the event that the same organization is running 2 feiseanna in one weekend, the following may occur: Figure and Ceili competitions may be offered at only one of the feis' on that weekend.



All American Championship

ADJUDICATORS & MUSICIANS

1. 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.
2. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.
3. In matters pertaining to adjudication, the decision of the adjudicators is final.
4. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.
5. Championships and Preliminary Championships require at least three adjudicators.
6. Each Feis is required to list their adjudicators on their syllabus and/or website at least three weeks before the close of entries, one-third of which are to be from outside the region where the Feis is being held.

COSTUME RULES

1. Make up is prohibited on a dancer in the first three grades (First Feis (if offered), Beginner I and Beginner 2 or their equivalent) up to and including the under 12 age group. Make-up (including false eyelashes and tanner on the face) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.

Clarification: Both make up rules refer to the age group of the competition, not the actual age of the dancer. For example, 9 year old dancers, competing in a team that is entered Under 12, may wear make-up or at a feis where the youngest Open Championship age group is Under11, then all dancers in that competition may wear make-up. These rules must also be announced from side stage at the event. Participants should be reminded that should they be in breach of these rules and be required to remove their make-up, that they risk missing their rotation in the competition.

2. 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.
3. Competitors in competitions at the First Feis (if offered), Beginner I and Beginner 2 Grade will wear only the competitor's dancing school costume or a skirt/pants and top.
4. Costume Length: Length of costumes must adhere to principles of modesty and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to change into black tights (of a denier not less than 70 per cent) in order for the dancer to continue in the competition.
5. When wearing body suits with skirts (commonly known as black-out attire) black tights (of a denier less than 70) must be worn from the age of 14 and above.
Effective date: 1st February, 2020

MODESTY RULES

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1. Changing costumes, dressing and undressing of dancers will not be acceptable in the halls or public areas. For the sake of modesty and in the interests of safety of young people, dancers will not be permitted to walk around the feis scantily dressed.
2. Respect for fellow competitors on stage is a requirement at all times.
3. Lack of respect or courtesy for fellow competitors by aggressive dancing on stage will be subject to penalty at the discretion of each individual adjudicator.
4. Length of costume must adhere to principles of modesty and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to wear black tights (of a denier not less than 70 percent) in order to continue in the competition. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must agree to asking the dancer to wear tights. Effective March 1, 2022.
5. Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage. Dancers wearing undergarments that do not cover the areas of the body as in the illustrated example will be asked to put on black tights of a denier of not less than 70%. This is monitored by the adjudicator. For competitions adjudicated by a panel of more than one adjudicator all adjudicators on the panel must agree to ask the dancer to put on tights.
Effective March 1, 2022

The Feis WILL NOT give any refunds for any reason including consequences for violations of these rules

