



31ST ANNUAL NATIONS CAPITAL FEIS

July 21 & 22, 2018

Sheraton Premiere

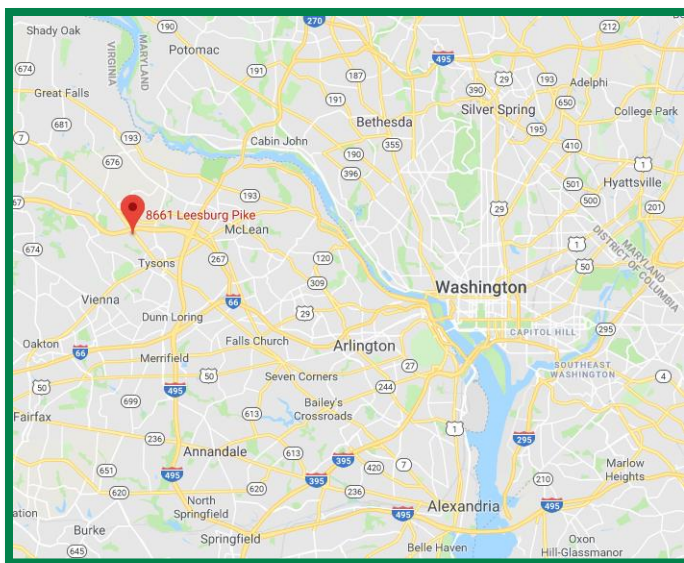
@ Tysons Corner

8661 Leesburg Pike, Vienna, VA 22182

Tel: 1-800-572-7666

Special Feis rate of only \$89 per room per day!

Online registration at: www.QuickFeis.com



NAFC COMMISSION

Member of the North American Feis Commission

President: Lori Seeman

president@northamericanfeiscommission.org

Member of

An Coimisiun, Dublin, Ireland

2018 NAFC CHAMPIONSHIPS

Congratulations to the winners of the 2017 NAFC Championship Belts!

*Maggie Webber from the Mulvihill-Lynch School who won the George Sweetnam Minor Belt
Simone Loysen from the Broesler School who won the Robert Gabor Junior Belt
Owen Luebbers from the Broesler School who won the Gerry Campbell Senior Belt*

*2018 Music Scholarship Championships
15 and over James Brennan Music Scholarship
Championship will be held at the Rochester Feis on July 14, 2018
(alternate is Hotlanta Feis 11/18/18)*

*Under 15 Edward Callaghan Music Scholarship
Championship will be held at the Flower City Feis on
Julober 7, 2018
(alternate is Feis ATL 11/17/18)*

GENERAL SCHEDULE

Saturday July 21 – all times are APPROXIMATE

- 10:00 am • Limousine departure from hotel
• First Feis Competitions
- 10:30 am • Adult Figure Dance Competitions
• Jack & Jill Competition
• Adult Hard Shoe Extravaganza
- Noon • Adult Solo Competitions
• Adult Showcase competition
• EXHIBITION
• \$500 Scholarship Dance Off's
- 5:00 pm • Irish Song Contest
• Baby Competition
- 5:30 pm • Music Competition
- 6:00 pm • Language Competition
• Dog with the Cutest Irish Eyes
- 7:00 pm • Roman Catholic Mass
In Sheraton Hotel
All Denominations are welcomed!

Sunday July 22 – all times are APPROXIMATE

- 8:00 am • Figures
• All dancing competitions will follow
• Parent/chil(ren) and family ceili
• \$500 Peter Smith Scholarship Dance Off

**Competitors need to monitor stage schedules.
Approximate timetable (subject to change) will be listed
closer to Feis date @ www.NationsCapitalFeis.com**

NATIONS CAPITAL FEIS

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

Competition Fees

FEES

| | |
|------------|---|
| Family Fee | \$25 per family (includes program) <i>Adult single competitors will be refunded \$20</i> |
|------------|---|

| | |
|-------------------------|-----------------|
| Solo Dance Competitions | \$10 |
| • First Feis | Per competition |
| • All Grades | Per dancer |
| • Adult solo | |
| • Team events | |

| | |
|-------------------------------|---------------------------------|
| Preliminary Championship (PC) | \$40 (Per competitor) |
|-------------------------------|---------------------------------|

| | |
|------------------------|---------------------------------|
| Open Championship (OC) | \$45 (Per competitor) |
|------------------------|---------------------------------|

| | |
|---|---|
| Family Maximum <i>(does not include any specials, exhibition, or family fee)</i> | \$185 per family <i>(Includes solo competitions and is only applied BEFORE July 13)</i> |
|---|---|

| | |
|---|---------------------------------|
| Dancers performing at the EXHIBITION at the Capitol of the USA – SATURDAY Noon | \$55 (Per competitor) |
|---|---------------------------------|

| | |
|--------------------------|--------------------------------------|
| Specials and other comps | <i>Please see prices in syllabus</i> |
|--------------------------|--------------------------------------|

LATE FEES

- ONLINE registration will end **FRIDAY night** – 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 dancer

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

REGISTRATION RULES

- Payment must be made at the time of registration
- Accepted payment types:
 - ONLINE registration accepts credit cards only
 - At the feis credit cards or cash
- 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.
- **Late Fees** – include all the regular competition fees (competition fees, entry fees, ...) and late fees are added to that – PER COMPETITOR. No family max will be applied.
- **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.
 - 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)

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

NATIONS CAPITAL 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:
www.NationsCapitalFeis.com
www.OneillJamesSchool.com
 e-mail: LoveNCFeis@aol.com

NATIONS CAPITAL FEIS

ADULT COMPETITIONS (\$10 per competition)

NOON - SATURDAY

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.

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. Dancers will dance two steps, two at a time. Music for all competitions will be played at traditional speeds except for competitions Novice and Open Hornpipe and Traditional Sets - as per North American Feis Commission Rules.

\$10 per competitor per competition

All single adult competitors will be refunded \$20 from the Family Fee at the feis (the \$5 is for the feis program).

| | <u>Beginner</u> | <u>Advanced Beginner</u> | <u>Novice</u> | <u>Open (Prizewinner)</u> |
|-----------------|-----------------|--------------------------|---------------|---------------------------|
| REEL | 825RL | 835RL | 845RL | 855RL |
| LIGHT JIG | 825LJ | 835LJ | 845LJ | 855LJ |
| SINGLE JIG | 825SN | 835SN | 845SN | 855SN |
| SLIP JIG | 825SJ | 835SJ | 845SJ | 855SJ |
| TREBLE JIG | 825TJ | 835TJ | 845TJ | 855TJ |
| HORNPIPE | 825HP | 835HP | 845HP | 855HP |
| TRADITIONAL SET | 825TS | 835TS | 845TS | 855TS |
| TREBLE REEL | 825TR | 835TR | 845TR | 855TR |

EXHIBITION (\$55 per competitor)

NOON - SATURDAY

- Commences at 12:00 pm (NOON) followed by awards presentation.
- *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 hand book that dancers may dance
- Participants who are registered in the Nation's Capital Feis room block at the Sheraton Premiere are eligible to ride to and from the Exhibition in our limousine. **Ride must be pre-arranged by emailing LoveNCFeis@aol.com.**
- Limousine departure is 10:00 am promptly on Saturday
- 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!

| | <u>Everyone</u> |
|------------|-----------------|
| EXHIBITION | 999EX |

NATIONS CAPITAL FEIS

FIGURES / CEILI / TEAMS

- There are no restrictions on figure age groups.
- Figure age groups will be determined by the oldest dancer.
- Every dancer must register. Incomplete registration by team members may result in the team disqualification.
- **Choreography**
 - Each team will comprise 8-16 dancers.
 - The dance must portray an Irish theme.
 - Only basic traditional steps may be used.
 - All dancers must be in school costume and on stage from commencement to end of the dance.
 - Dance must be in 2/4, 4/4, 6/8 or combination of those times with any change lasting a minimum of 16 bars.
 - There is a 4-minute time limit. Pauses are permitted, but limited to 4 bars.
 - If a specific tune is required, the team must supply its own high-quality recording and play it on its own equipment.
- **UNITED COUNTIES COMPETITION**
 - Each team will comprise 8 or more dancers.
 - The dance must have an Irish theme representative of one of the Irish counties.
 - In the event that two teams select the same county, the entry with the earlier postmark will get its first choice.
 - Please include an alternate choice for county representation.
- **PRESIDENTS CUP** will be awarded to school with the highest points in figures
- **FRANK O'NEILL MEMORIAL TROPHY** will be awarded to school with the 2nd highest points

| | | <u>2 HAND</u> Reel | <u>3 HAND</u> Reel | <u>4 HAND</u> Reel/Jig | <u>6 HAND</u> Reel/Jig | <u>8 HAND</u> Reel/Jig | <u>Choreography</u> | <u>United Counties</u> <u>Competition</u> |
|-------------------|-------------|-----------------------|-----------------------|---------------------------|---------------------------|---------------------------|---------------------|--|
| Sunday 8:00 am | Under 10 | 921FD | 931FD | 941FD | 961FD | 981FD | | |
| | | | | | | | 993CHO | 993UCP |
| Sunday 8:00 am | Under 12 | 923FD | 933FD | 943FD | 963FD | 983FD | | |
| Sunday 8:00 am | Under 15 | 924FD | 934FD | 944FD | 964FD | 984FD | 995CHO | 995UCP |
| Sunday 8:00 am | 15 and over | 926FD | 936FD | 946FD | 966FD | 986FD | 996CHO | 996UCP |
| Saturday 10:30 am | Adult | 929FD | 939FD | 949FD | 969FD | 959FD | 959CHO | 959UCP |

FIRST FEIS (\$10 per competition)

10:00 AM - SATURDAY

The First Feis level is for dancers who are competing in their very first feis. Once a dancer competes in the First Feis level, they must move immediately into Beginner or Advanced Beginner.

| <u>GIRLS/BOYS</u> | <u>U6</u> |
|-------------------|-----------|
| REEL | 106RL |
| LIGHT JIG | 106LJ |

NATIONS CAPITAL FEIS

\$500 SCHOLARSHIP DANCE OFF'S

Saturday and Sunday

- Saturday competition will be AFTER the Adult Competition
- All Fees are PER competitor

| | <u>Day</u> | <u>Fee</u> | <u>Open to</u> | <u>Requirements</u> | <u>Competition</u> |
|---|------------|------------|--|---|--------------------|
| Frank & Peggy O'Neill Scholarship \$500 | SAT | \$20 | OPEN TO EVERYONE EXCEPT CHAMPIONSHIP DANCERS | Traditional Set Dance Blackbird in its entirety (Lead, set, step, 2nd set & last step) | SCH720 |
| Dennis Dennehy Scholarship \$500 | SAT | \$20 | EVERYONE | Treble 2-Hand Reel 48 bars | SCH596 |
| The Fred James "I Feel Good" Award | SAT | \$20 | OPEN TO ALL COMPETITORS | May comprise of 8 or more dancers School costume not required "Light & Hard Shoe combination" No longer than 5 minutes in length. May supply own music or use Feis Musician | SP721 |
| Peter Smith Scholarship \$500 | SUN | FREE | CHAMPIONSHIP ONLY | Competition for: 1st 2nd & 3rd place winners in competitions 713, 714, 715, 716, 717, 718, 719 Set dance in contrasting tempo – 720PSS | 720PSS |

SPECIAL COMPETITIONS

Saturday and Sunday

- All Fees are PER competitor

| | <u>Day</u> | <u>Fee</u> | <u>Requirements</u> | <u>Adult</u> | <u>Grades U12</u> | <u>Grades U15</u> | <u>Grades O15</u> | <u>OC/PC</u> |
|-----------------------------------|------------|------------|---|--------------|-------------------|-------------------|------------------------------|--------------|
| Showcase Style Competition | SAT & SUN | \$20 | Dancers may perform 48 bars of Reel / Jig or 40 bars of Slip Jig / Hornpipe & Traditional Set Dance "All-American Award" will be presented to the winner | SP438 (Sat) | SP590 (Sun) | SP591 (Sun) | SP592 (Sun) | --- |
| Combined Music/Dance Competition | SUN | \$20 | 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. | --- | SP913 | SP919 | SP920 | --- |
| Hard-shoe Exhibition Extravaganza | SAT & SUN | \$10 | Team may consist of 5 to 20 dancers. School costume not required. Maximum time allowed 4 minutes. May provide your own music | SP451 (Sat) | | SP595 (Sun) | All / any Grades competitors | SP566 (Sun) |
| Parent Child(Ren) | SUN | \$10 | A competition to allow children the distinct pleasure of dancing with a parent. All competitors must be registered for the Feis. Parents may only dance ONCE in each competition. Competitors may perform any dance of choice not exceeding 48 bars of music. | | | SP900 anyone | | |
| Family Ceili | SUN | \$10 | A competition to allow children the distinct pleasure of dancing with a family member. All competitors must be registered for the Feis. The ceili dance must be by the book by members of the same family, no relatives outside the immediate family. Parents may only dance ONCE in each competition | | | SP901 anyone | | |

NATIONS CAPITAL FEIS

IRISH CULTURE COMPETITIONS

5:30 - SATURDAY

- All Fees are PER competitor

| | <u>Day</u> | <u>Fee</u> | <u>Requirement</u> | <u>U13</u> | <u>U18</u> | <u>O18</u> |
|----------------|------------|------------|--|------------|------------|------------|
| Music | SAT | \$10 | Supply own instrument Play one Irish tune of own choice | IC913M | IC918M | IC919M |
| Irish Song | SAT | \$10 | One Irish song of own choice Acapella | IC913IS | IC918IS | IC919IS |
| Irish Language | SAT | \$10 | Recitation (Comortaisi in Gaelige) | IC913IL | IC918IL | IC919IL |
| Art | SAT | \$10 | Irish themed visual art | IC913ART | IC918ART | IC919ART |
| Needlework | SAT | \$10 | Irish themed needlework | IC913NW | IC918NW | IC919NW |
| Knitting | SAT | \$10 | Irish themes knitting | IC913K | IC918K | IC919K |
| Crochet | SAT | \$10 | Irish themed crochet | IC913C | IC918C | IC919C |
| Baking | SAT | \$10 | Irish Bread Only | IC913BK | IC918BK | IC919BK |

FREE COMPETITIONS

After Adult Competitions - SATURDAY

| | <u>Day</u> | <u>Fee</u> | <u>Open to</u> | <u>Requirements</u> | <u>Competition</u> |
|-----------------------------------|------------|------------|----------------|--|--------------------|
| Jack & Jill | SAT | FREE | EVERYONE | Sweets of May Name of dancers will be drawn at stage prior to competitions | FR450 |
| Dog With The Cutest Irish Eyes | SAT | FREE | EVERYONE | End of day and before Mass | FR903 |
| Baking | SAT | FREE | Under 13 | Irish Bread Only | FR929 |
| Baking | SAT | FREE | 13 and older | Irish Bread Only | FR930 |
| Baby Competition | SAT | FREE | Under 3 | Baby with the cutest Irish smile! 😊 | FR904 |
| Special Needs REEL Competition | SAT | FREE | EVERYONE | Dance your favorite REEL step | FR099 |

NATIONS CAPITAL FEIS

ALL the following competitions are on SUNDAY! (with the exceptions of First Feis)

Competitions are charged \$10 per competitor per competition for Grades

NUMBERING SYSTEM

The following numbering system is being used:

| | |
|--|---|
| 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. Combined gender groups will have the girls/ladies numbering |
| 4 th and 5 th Digits (Letters) | Competition Type: RL = REEL LJ = LIGHT JIG SJ = SLIP JIG TJ = TREBLE JIG HP = HORNPIPE PD = ST PATRICK DAY TS = TRADITIONAL SET ... |

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

| For 2018 | <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: | 2013 | 2012 | 2011 | 2010 | 2009 | 2008 | 2007 | 2006 | 2005 | 2004 | 2003 | 2002 | 2001 | 2000 |

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

FIRST FEIS

10:00 AM - SATURDAY

The First Feis level is for dancers who are competing in their very first feis. Once a dancer competes in the First Feis level, they must move immediately into Beginner or Advanced Beginner.

| <u>GIRLS/BOYS</u> | <u>U6</u> |
|-------------------|-----------|
| REEL | 106RL |
| LIGHT JIG | 106LJ |

BEGINNER (BEGINNER 1)

ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS

A beginner is a competitor who has not taken a full year of Irish Dance lessons, thereby giving beginners a full year with such status. A Beginner must move into the Advanced Beginner category for the next year.

If enough boys enter then competitions will be separated. Dancers will dance two steps, three at a time.

| <u>GIRLS/BOYS</u> | <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>O15</u> |
|-------------------|-----------|-----------|-----------|-----------|-----------|------------|------------|------------|------------|------------|------------|------------|
| REEL | 205RL | 206RL | 207RL | 208RL | 209RL | 210RL | 211RL | 212RL | 213RL | 214RL | 215RL | 216RL |
| LIGHT JIG | 205LJ | 206LJ | 207LJ | 208LJ | 209LJ | 210LJ | 211LJ | 212LJ | 213LJ | 214LJ | 215LJ | 216LJ |
| SLIP JIG | 205SJ | 206SJ | 207SJ | 208SJ | 209SJ | 210SJ | 211SJ | 212SJ | 213SJ | 214SJ | 215SJ | 216SJ |
| TREBLE JIG | 205TJ | 206TJ | 207TJ | 208TJ | 209TJ | 210TJ | 211TJ | 212TJ | 213TJ | 214TJ | 215TJ | 216TJ |
| HORNPIPE | 205HP | 206HP | 207HP | 208HP | 209HP | 210HP | 211HP | 212HP | 213HP | 214HP | 215HP | 216HP |

NATIONS CAPITAL FEIS

ADVANCED BEGINNER (BEGINNER 2)

ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS

An Advanced Beginner who wins 1st, 2nd, or 3rd place will advance to the Novice category in that particular dance.

| GIRLS/BOYS | U5 | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | O15 |
|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| REEL | 305RL | 306RL | 307RL | 308RL | 309RL | 310RL | 311RL | 312RL | 313RL | 314RL | 315RL | 316RL |
| LIGHT JIG | 305LJ | 306LJ | 307LJ | 308LJ | 309LJ | 310LJ | 311LJ | 312LJ | 313LJ | 314LJ | 315LJ | 316LJ |
| SINGLE JIG | 305SN | 306SN | 307SN | 308SN | 309SN | 310SN | 311SN | 312SN | 313SN | 314SN | 315SN | 316SN |
| SLIP JIG | 305SJ | 306SJ | 307SJ | 308SJ | 309SJ | 310SJ | 311SJ | 312SJ | 313SJ | 314SJ | 315SJ | 316SJ |
| TREBLE JIG | 305TJ | 306TJ | 307TJ | 308TJ | 309TJ | 310TJ | 311TJ | 312TJ | 313TJ | 314TJ | 315TJ | 316TJ |
| HORNSPIPE | 305HP | 306HP | 307HP | 308HP | 309HP | 310HP | 311HP | 312HP | 313HP | 314HP | 315HP | 316HP |
| SET DANCE | 305SD | 306SD | 307SD | 308SD | 309SD | 310SD | 311SD | 312SD | 313SD | 314SD | 315SD | 316SD |
| TREBLE REEL | 305TR | 306TR | 307TR | 308TR | 309TR | 310TR | 311TR | 312TR | 313TR | 314TR | 315TR | 316TR |

NOVICE

*ALL HARD SHOES DANCES CAN BE DONE AT EITHER TRADITIONAL SPEED OR SLOW SPEED

A Novice dancer who wins a 1st place in a dance will advance to the Open (Prizewinner) category in that particular dance. In addition, if there are twenty or more dancers, a dancer who wins 1st place or 2nd place in a dance will advance to the Open/Prizewinner category in that particular dance. (Dec. 2012)

| GIRLS/BOYS | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | O15 |
|-----------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| REEL | 407RL | 408RL | 409RL | 410RL | 411RL | 412RL | 413RL | 414RL | 415RL | 416RL |
| LIGHT JIG | 407LJ | 408LJ | 409LJ | 410LJ | 411LJ | 412LJ | 413LJ | 414LJ | 415LJ | 416LJ |
| SINGLE JIG | 407SN | 408SN | 409SN | 410SN | 411SN | 412SN | 413SN | 414SN | 415SN | 416SN |
| SLIP JIG | 407SJ | 408SJ | 409SJ | 410SJ | 411SJ | 412SJ | 413SJ | 414SJ | 415SJ | 416SJ |
| TREBLE JIG | 407TJ | 408TJ | 409TJ | 410TJ | 411TJ | 412TJ | 413TJ | 414TJ | 415TJ | 416TJ |
| HORNSPIPE | 407HP | 408HP | 409HP | 410HP | 411HP | 412HP | 413HP | 414HP | 415HP | 416HP |
| TRADITIONAL SET | 407TS | 408TS | 409TS | 410TS | 411TS | 412TS | 413TS | 414TS | 415TS | 416TS |
| SET DANCE (non-traditional) | 407SD | 408SD | 409SD | 410SD | 411SD | 412SD | 413SD | 414SD | 415SD | 416SD |
| TREBLE REEL | 407TR | 408TR | 409TR | 410TR | 411TR | 412TR | 413TR | 414TR | 415TR | 416TR |

OPEN (PRIZEWINNER)

*ALL HARD SHOES DANCES CAN BE DONE AT EITHER TRADITIONAL SPEED OR SLOW SPEED

A competitor who does not qualify as a Beginner, Advanced Beginner or Novice

| GIRLS/BOYS | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | O15 |
|-----------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| REEL | 507RL | 508RL | 509RL | 510RL | 511RL | 512RL | 513RL | 514RL | 515RL | 516RL |
| LIGHT JIG | 507LJ | 508LJ | 509LJ | 510LJ | 511LJ | 512LJ | 513LJ | 514LJ | 515LJ | 516LJ |
| SINGLE JIG | 507SN | 508SN | 509SN | 510SN | 511SN | 512SN | 513SN | 514SN | 515SN | 516SN |
| SLIP JIG | 507SJ | 508SJ | 509SJ | 510SJ | 511SJ | 512SJ | 513SJ | 514SJ | 515SJ | 516SJ |
| TREBLE JIG | 507TJ | 508TJ | 509TJ | 510TJ | 511TJ | 512TJ | 513TJ | 514TJ | 515TJ | 516TJ |
| HORNSPIPE | 507HP | 508HP | 509HP | 510HP | 511HP | 512HP | 513HP | 514HP | 515HP | 516HP |
| TRADITIONAL SET | 507TS | 508TS | 509TS | 510TS | 511TS | 512TS | 513TS | 514TS | 515TS | 516TS |
| SET DANCE (non-traditional) | 507SD | 508SD | 509SD | 510SD | 511SD | 512SD | 513SD | 514SD | 515SD | 516SD |
| TREBLE REEL | 507TR | 508TR | 509TR | 510TR | 511TR | 512TR | 513TR | 514TR | 515TR | 516TR |

NATIONS CAPITAL FEIS

PRELIMINARY CHAMPIONSHIP (\$40 per competitor)

SUNDAY

- 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 |

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 (\$45 per competitor)

SUNDAY

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>O18</u> |
|-----------------------------------|-----------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| OPEN Championship | 709OC | 710OC | 711OC | 712OC | 713OC | 714OC | 715OC | 716OC | 717OC | 718OC | 719OC |

Peter Smith Scholarship \$500
(FREE Competition)

Competition for: 1st 2nd & 3rd place winners in competitions 713, 714, 715, 716, 717, 718, 719
Set dance in contrasting tempo – 720PSS

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.

SUPPLEMENTAL COMPETITIONS (\$10 per competition)

SUNDAY

- Open to ALL PC or OC dancers ONLY
- Scheduled throughout the day on Sunday
- All dances require 2 steps
- Adjudicated by single judge
- Charged \$10 per competitor per competition

| <u>GIRLS/BOYS</u> | <u>U9</u> | <u>U11</u> | <u>U13</u> | <u>U15</u> | <u>O15</u> |
|---------------------------------|-----------|------------|------------|------------|------------|
| TREBLE JIG | 709TJ | 711TJ | 713TJ | 715TJ | 716TJ |
| HORNPIPE | 709HP | 711HP | 713HP | 715HP | 716HP |
| TRADITIONALS SET | 709TS | 711TS | 713TS | 715TS | 716TS |
| SET DANCE | 709SD | 711SD | 713SD | 715SD | 716SD |
| TREBEL REEL (end of day) | 709TR | 711TR | 713TR | 715TR | 716TR |

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IDTANA SOUTHERN REGION-DANCING COMPETITION RULES

IDTANA Southern Region Dancing Competition Rules-Effective January 1, 2016

1. In the case of all solo and team competitions in all grades, the age of a competitor on January 1st of the year in which the competition is held will determine the right of entry. For the purpose of this rule, a competitor whose birthday occurs on January 1st shall be deemed to be under the age attained on that date.
2. Competitions are open to all but those holding a TMRF, TCRG, ADCRG designation. A Feis can only accept entries from pupils of teachers registered with An Coimisiun, regardless of their domicile, and where applicable, registered with both the IDTANA and the North American region in which they reside
3. A competitor may be disqualified for any of the following reasons:
 - a) Conduct unbecoming a lady or gentleman;
 - b) Failure to report on time to compete (Penalty: disqualification from said event);
 - c) Falsification of age or other important fact, 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 NAFC registered Feiseanna for a period of one year beginning at the date of the occurrence.
4. Competitions may be closed if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced. This may not pertain to a situation where competitors are involved in stage conflicts.
5. Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner) competition:
 - a) must compete in their own age group;
 - b) must be prepared to perform two steps in each event;
 - c) cannot change competition on the day of the Feis.
6. Steel taps or "bubble" heels on dancing shoes, display of awards, wearing of shorts or other unconventional dress is prohibited. Authentic Gaelic dress is desired. Dancers competing in First Feis (if offered), Beginner and Advanced Beginner (Beginner I and II) must wear a class costume or a skirt and blouse. All other categories are excluded from this rule. Modest attire is encouraged when a competitor is not dancing.
7. Competitor's number must be worn and visible to adjudicators when performing in all competitions. Use of clear reflective plastic number covers is discouraged.
8. Awards will be determined in proportion to the number of entries in each competition and to the degree of proficiency shown.
9. Complaints regarding the running or rules of a Feis must be in writing stating names and other factual information and signed by the complainant. A ten dollar fee (cash) must be enclosed and presented to the Feis Chairman within one hour of the occurrence. The fee will be returned if the complaint is upheld.
10. The Feis Committee and any organization affiliated with same will not be held responsible for personal injury, property loss or damage. Destruction of Feis property or rental property will be punishable by law..
11. The Feis reserves the right to reject any entry for cause, to cancel all or part of the Feis and to limit competitor's performing time. The decision of the Feis Committee is final in all matters connected with the Feis.
12. All Feiseanna must have a process to allow parents to request that their Child or children's name (s) not be listed on the posted competitor list prior to the day of the Feis.
13. Competitors must answer all questions on the entry form as required by the Feis Entry Committee, including teacher's name, and enclose the entry fee when mailing. Failure to do so will result in a rejected entry. Entries must be postmarked on or before the closing date or they will be subject to a late fee as determined by the Feis committee and published on the syllabus and/or entry form.
14. Championships
 - a) Entrants in any Championship event may not enter in any other regular grade solo events, but may enter in Figure Dances and/or special competitions for which they are eligible (traditional set, treble reel, non-traditional set dance).
 - b) Entrants in Open Championships should specify on the entry form their choice of set dance.
 - c) Open Championship competitions in the minimum required age groups must be offered separately in the syllabus, yet the Feis Committee may combine an age group with the next higher age group if there are fewer than 5 competitors entered in the lower age groups. A Feis Committee is not permitted to combine dancers from one open championship age group with any age groups which is more than one age group higher than the age group in which the dancers are entered.
 - d) A dancer is required to perform a light shoe dance (reel or slip jig for ladies and reel only for men) and a set dance. A Feis can also opt to require a third dance (choice of jig or hornpipe).
 - e) Dancers must qualify for Open Championship via the method now in place for Preliminary Championship, i.e., two first place wins.
 - f) Dancers must compete in the Preliminary Championship competition in order to qualify for Open Championship.
15. Girls and Boys competitions in Open Championship may be combined in the syllabus. If three 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 circumstance on the day of the Feis.
16. Preliminary Championships
 - a) Are open to those who at any NAFC recognized Feis:
 - i. Have place 1st in both an Open (Prizewinner) light and heavy shoe competitions and
 - ii. Have never won 1st, 2nd or 3rd in Open Championship.
 - b) A dancer who wins two (2) first place Preliminary Championship awards in one calendar year will move onto Open Championship the following year (as of January 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.
 - c) 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. A Feis can opt to offer either (a) a set dance or (b) jig/hornpipe or (c) both a set dance and jig/hornpipe.
 - d) Boys and girls will be combined in Preliminary Championships. Please note the separation policy for 5 or more boys.
 - e) Preliminary Championship competitions must be offered separately in the syllabus for the minimum required age groups, yet the Feis Committee may combine an age group

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- with the next higher age group if there are fewer than 5 competitors entered in the lower age group. A Feis Committee is not permitted to combine dancers from one Preliminary Championship age group with any age group which is more than one age group higher than the age group in which the dancers are entered.
- f) Preliminary Championship competitions with 26 or more competitors will be split in half according to age.
17. Open Championships and Preliminary Championships require at least three adjudicators.
18. First place winners in the Open Championship category cannot return to a Preliminary or Open (Prizewinner) competition. Placing in a Regional or National Oireachtas does not change the status of a competitor. If after competing two full feis years at the Open Championship level, a dancer has not placed first, second or third, he/she may opt to return to Preliminary Championship status.
19. The status of a dancer does not change unless there are five or more dancers in a competition.
20. Grade Category Definitions:
- a) **Beginner:** A beginner is a competitor who has not taken a full year of Irish dance lessons, thereby giving Beginners a full year with such status. A Beginner must move into the Advanced Beginner category for the next year.
- b) **Advanced Beginner:** 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 minimum requirements.
- c) **Novice:** A Novice dancer who wins a 1st place in a dance will advance to the Open (Prizewinner) category in that particular dance.
- d) **Open (Prizewinner):** A competitor who does not qualify as a Beginner, Advanced Beginner or Novice.
- e) **Adult Beginner:** An adult beginner is a competitor who never took Irish dancing lessons as a juvenile and is over 18 years of age.
21. The syllabus must contain all grade categories. Each region may determine the system for moving dancers from one grade to another. A Feis Committee may combine two consecutive age categories into the higher of the two categories within that grade when less than five (5) competitors are entered.
22. Musicians and adjudicators cannot be approached during a competition by anyone except the Feis Committee. No one can approach them while a competitor is performing.
23. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.
24. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced. Competitors may compete in the next higher age group. A competitor may compete in no more than two different age groups for any one category (4-hand, 8-hand, etc.)
25. In matters pertaining to adjudicators, the decision of the adjudicator is final.
26. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.
27. First Feis (if offered), Beginner, Advanced Beginner and Adult dancers are required to dance at traditional speeds only. Novice and Open (Prizewinner) dancers may choose between traditional and Oireachtas speeds. Adult dancers are allowed to dance traditional or Oireachtas speed dances in the novice and prizewinner grade levels, but this does not apply to contemporary set dances.
28. The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8 bar introduction.
29. In consideration of safety and in fairness to dancers performing at a Feis, photography of any kind which has the capability of capturing a dancer's image while in motion is strictly forbidden. A Feis may elect to allow 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 others areas without the express written permission of the persons involved. Additionally, a professional photographer may be formally contracted by a Feis to capture non-motion photographs, such as portrait photography, awards ceremonies, etc. and/or in motion photography provided it is taken at a vendor station or suitable location:
- a) away from the dancing stages and
- b) requested by a consenting parent, guardian or dancer over the age of 18.
30. No block, en Point, 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 Sept 1st of each year, an exception is made for the dancers who are 11 dancing in the under 12 age group.
31. Make-up is prohibited on a dancer in the first three grades (First Feis [if offered], Beginner and Advanced Beginner or their equivalent) up to and including the under 12 age group.
32. Any competitor found to be using artificial carriage aids and subsequently refuses to remove same, will be subject to disqualification from that particular competition, medically prescribed aids (proof of which may be required) will be exempt from this rule.
33. Each Feis is required to list their adjudicators on their syllabus and/or website. If adjudicators are not listed on the syllabus, they must be posted on the Feis website a minimum of three weeks prior to the Feis. Once the Feis has closed for entries, the adjudicators names may be removed from the Feis website. One third of the adjudicators are to be from outside the region where the Feis is being held.
34. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.

MODESTY RULE — FROM AN COIMISIUN

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

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