

THE 37TH ANNUAL NATION'S CAPITAL FEIS

FRIDAY – July 24

- Exhibition at the US Capital (6 pm)

SATURDAY – July 25

- All American Feis
 - Adults
 - OC/PC
 - Irish Culture
 - Scholarships

SUNDAY – July 26

- Nation's Capital Feis
 - Grades
 - PC/OC
 - Baking & Art

MONDAY – July 27

- Grade Exams

SAME LOCATION!



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

SUNDAY

JULY 26, 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

EMAIL: ncfeis@oneilljameschool.com

NATION'S 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

Family Fee	\$30 per family
Solo Dance Competitions	\$12 Per competition Per dancer
<ul style="list-style-type: none"> • First Feis • All Grades • Specials / Arts 	
2 round competitions	\$55 Per competitor
<ul style="list-style-type: none"> • Preliminary Championship (PC) • Future Champs 	
3 round competitions	\$65 Per competitor
<ul style="list-style-type: none"> • Open Championship (OC) 	
Family Maximum <i>(does not include any specials, arts, second chance, teams, or family fee)</i>	\$185 per family <i>(Includes solo competitions and is only applied BEFORE July 13)</i>

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

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)

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:

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

NATION'S CAPITAL FEIS

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 = HORNPIPE 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	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
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)

FIRST FEIS

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.

GIRLS/BOYS	U7	U10	O10
REEL	107RL	110RL	111RL
LIGHT JIG	107LJ	110LJ	111LJ

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.

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

GIRLS/BOYS	U5	U6	U7	U8	U9	U10	U11	U12	O12
REEL	205RL	206RL	207RL	208RL	209RL	210RL	211RL	212RL	213RL
LIGHT JIG	205LJ	206LJ	207LJ	208LJ	209LJ	210LJ	211LJ	212LJ	213LJ
SLIP JIG	205SJ	206SJ	207SJ	208SJ	209SJ	210SJ	211SJ	212SJ	213SJ

ADVANCED BEGINNER (BEGINNER 2)

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

ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS

GIRLS/BOYS	U6	U7	U8	U9	U10	U11	U12	U13	O13
REEL	306RL	307RL	308RL	309RL	310RL	311RL	312RL	313RL	314RL
LIGHT JIG	306LJ	307LJ	308LJ	309LJ	310LJ	311LJ	312LJ	313LJ	314LJ
SLIP JIG	306SJ	307SJ	308SJ	309SJ	310SJ	311SJ	312SJ	313SJ	314SJ
SINGLE JIG	306SN	307SN	308SN	309SN	310SN	311SN	312SN	313SN	314SN
TREBLE JIG	306TJ	307TJ	308TJ	309TJ	310TJ	311TJ	312TJ	313TJ	314TJ
HORNPIPE	306HP	307HP	308HP	309HP	310HP	311HP	312HP	313HP	314HP
REEL 2nd Chance	306RL2	307RL2	308RL2	309RL2	310RL2	311RL2	312RL2	313RL2	314RL2
SLIP JIG 2nd Chance	306SJ2	307SJ2	308SJ2	309SJ2	310SJ2	311SJ2	312SJ2	313SJ2	314SJ2
TREBLE JIG 2nd Chance	306TJ2	307TJ2	308TJ2	309TJ2	310TJ2	311TJ2	312TJ2	313TJ2	314TJ2
HORNPIPE 2nd Chance	306HP2	307HP2	308HP2	309HP2	310HP2	311HP2	312HP2	313HP2	314HP2

NATION'S CAPITAL FEIS

NOVICE

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)

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

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
SLIP JIG	407SJ	408SJ	409SJ	410SJ	411SJ	412SJ	413SJ	414SJ	415SJ	416SJ
SINGLE JIG	407SN	408SN	409SN	410SN	411SN	412SN	413SN	414SN	415SN	416SN
TREBLE JIG	407TJ	408TJ	409TJ	410TJ	411TJ	412TJ	413TJ	414TJ	415TJ	416TJ
HORNPIPE	407HP	408HP	409HP	410HP	411HP	412HP	413HP	414HP	415HP	416HP
TRADITIONAL SET	407TS	408TS	409TS	410TS	411TS	412TS	413TS	414TS	415TS	416TS
REEL 2nd Chance	407RL2	408RL2	409RL2	410RL2	411RL2	412RL2	413RL2	414RL2	415RL2	416RL2
SLIP JIG 2nd Chance	407SJ2	408SJ2	409SJ2	410SJ2	411SJ2	412SJ2	413SJ2	414SJ2	415SJ2	416SJ2
TREBLE JIG 2nd Chance	407TJ2	408TJ2	409TJ2	410TJ2	411TJ2	412TJ2	413TJ2	414TJ2	415TJ2	416TJ2
HORNPIPE JIG 2nd Chance	407HP2	408HP2	409HP2	410HP2	411HP2	412HP2	413HP2	414HP2	415HP2	416HP2

OPEN (PRIZEWINNER)

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

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

GIRLS/BOYS	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15
REEL	507RL	508RL	509RL	510RL	511RL	512RL	513RL	514RL	515RL	516RL
SLIP JIG	507SJ	508SJ	509SJ	510SJ	511SJ	512SJ	513SJ	514SJ	515SJ	516SJ
TREBLE JIG	507TJ	508TJ	509TJ	510TJ	511TJ	512TJ	513TJ	514TJ	515TJ	516TJ
HORNPIPE	507HP	508HP	509HP	510HP	511HP	512HP	513HP	514HP	515HP	516HP
TRADITIONAL SET	507TS	508TS	509TS	510TS	511TS	512TS	513TS	514TS	515TS	516TS
NON-TRAD SET	507SD	508SD	509SD	510SD	511SD	512SD	513SD	514SD	515SD	516SD
REEL 2nd Chance	507RL2	508RL2	509RL2	510RL2	511RL2	512RL2	513RL2	514RL2	515RL2	516RL2
SLIP JIG 2nd Chance	507SJ2	508SJ2	509SJ2	510SJ2	511SJ2	512SJ2	513SJ2	514SJ2	515SJ2	516SJ2
TREBLE JIG 2nd Chance	507TJ2	508TJ2	509TJ2	510TJ2	511TJ2	512TJ2	513TJ2	514TJ2	515TJ2	516TJ2
HORNPIPE 2nd Chance	507HP2	508HP2	509HP2	510HP2	511HP2	512HP2	513HP2	514HP2	515HP2	516HP2

NATION'S CAPITAL FEIS

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 Set Dance (non trad)	609SD	610SD	611SD	612SD	613SD	614SD	615SD	616SD	617SD	618SD

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

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.

NATION'S CAPITAL FEIS

TREBLE REEL SPECIAL

- Fun Treble Reel open to all dancers!
- Fees do not count towards family max

<u>GIRLS/BOYS</u>	<u>U12</u>	<u>O12</u>
GRADES Treble Reel	512TR	513TR
CHAMP Treble Reel	712TR	713TR

TEAMS / FIGURES / CEIL

- 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 fee will not count towards the family max

	<u>2 HAND Reel</u>	<u>3 HAND Reel</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
Under 8	208FD	308FD	408FD	608FD	808FD
Under 10	210FD	310FD	410FD	610FD	810FD
Under 12	212FD	312FD	412FD	612FD	812FD
Under 15	215FD	315FD	415FD	615FD	815FD
15 and over	216FD	316FD	416FD	616FD	816FD

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

Parent Child(rent)	\$12 <i>Per competitor</i>	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.	299FD-PC Anyone
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NATION'S CAPITAL FEIS

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>
Art	\$12 <i>Per competitor</i>	Any Irish themed visual art	513A	518A	519A
Baking	\$12 <i>Per competitor</i>	Irish Soda Bread Only	513B	518B	519B
Fiber	\$12 <i>Per competitor</i>	Any knitting/needlework/crochet	513F	518F	519F

FUTURE CHAMP

- This is not a championship competition, but a way to practice championship-style competition in front of three judges in preparation for dancing solo at the championship level.
- Open to dancers who currently dance at the Novice or Prizewinner levels.
- Must enter at least two grade level dances at the Feis to be eligible for competition.
- Fee does not count towards the family max
- Full awards ceremony will be held and “All-American” award will be presented to the winner.
- Each competitor will dance TWO ROUNDS:
 1. HARD SHOE ROUND – EITHER Hornpipe (40 bars) OR Treble Jig (48 bars).
 2. SOFT SHOE ROUND - EITHER Reel (48 bars) OR Slip Jig (40 bars)

<u>Boys & Girls</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>O15</u>
Future Champ	512FC	513FC	514FC	55FC	516FC

NATION'S CAPITAL FEIS

IDTANA SOUTHERN REGION-DANCING COMPETITION RULES

1. 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.
2. 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.
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 factSD – 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.
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 does not pertain to a situation where competitors are involved in stage conflictSD, and such conflictSD will be handled by the stage monitor.
5. Steel taps or "bubble" heels on dancing shoes and any display of awards is prohibited. Authentic Gaelic dress is desired.
6. First Feis (if offered), Beginner and Advanced Beginner, aka Beginner I and II, must wear a class costume, or a skirt/panSD and top. 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 reflective plastic number covers is discouraged.
8. The number of awards given is determined by the Feis Committee and is based on the scores and ranks given by the adjudicator(s).
9. ComplaintSD 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.
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 and/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 parenSD 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 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.
14. 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.
15. Photography
 - a. 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.
 - b. 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.
 - c. 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:
 - i. away from the dancing stages and,
 - ii. requested by a consenting parent, guardian, or dancer (over the age of 18).
16. No block, en Pointe, toe walking movementSD, 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.
17. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.
18. 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

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

NATION'S CAPITAL FEIS

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 SESD	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)

NATION'S CAPITAL FEIS

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) event, 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.

NATION'S CAPITAL FEIS

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 Under 11, 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/pan 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 suit with skirt (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

FROM AN OMISSION

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 interest 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