

*The Inis Cairde Parent Association  
and  
Inis Cairde School of Irish Dance*

*Proudly presents*



**Saturday  
February 11, 2023**

**FEIS INFORMATION**

Online registration open  
up to **Wednesday Feb 01**

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

Limited to 500 Grades - 250 Championship

For more information go to:

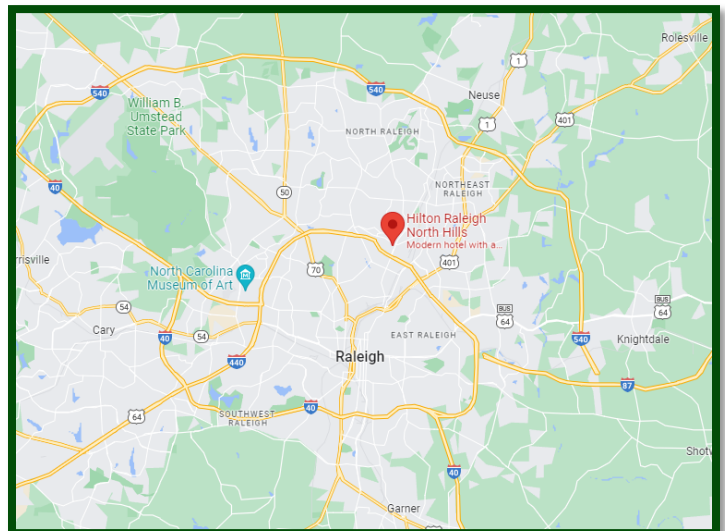
<http://www.raleighfeis.org>

**FEIS LOCATION**

**NEW LOCATION**

**Hilton Raleigh North Hills**  
3415 Wake Forest Road  
Raleigh, North Carolina 27609

[ROOM BLOCK LINK](#)



Syllabus approved on  
19 Jan 2023



## REGULAR FEES

US Funds ONLY – Payment due at time of registration  
Online registration will accept credit card payment only  
*Sorry - no checks will be accepted at any time.*

### REGULAR FEES to Feb 01

Solo Dancing / Adult / Charity Reel / All sets / All non dancing	<b>\$ 10.00</b> <i>per competitor per comp</i>
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Figures / Ceili	<b>Team Fee</b> <i>See details in Figure/ceili section</i>
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Preliminary Championship	<b>\$ 50.00</b> <i>per competitor</i>
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Open Championship	<b>\$ 60.00</b> <i>per competitor</i>
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Family Fee	<b>\$ 30.00</b> <i>per family</i>
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Family Max <i>Does not include teams or specials or shirts</i>	<b>\$ 200.00</b> <i>per family (up to Feb 01) **</i>
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Feis T-Shirt	<b>\$ 20.00</b> <i>Not part of family max</i>
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## LATE FEES

After Feb 01, all changes and new registrations must be done  
**AT THE FEIS** and the following fees will be due in  
**IN ADDITION TO THE REGULAR FEES ABOVE.**

### CREDIT CARD ONLY

*Sorry - no checks nor cash will be accepted at any time*

**\*\* NO FAMILY MAX AFTER FEB 01 \*\***

	<u>QUICKFEIS</u> to Feb 01	<u>IN PERSON</u> At the Feis
CHANGE Fee – <i>per competitor</i>	NONE	<b>\$ 25.00</b>
NEW Registration Fee <i>per competitor</i>	NONE	<b>\$ 50.00</b>

## FEIS RULES

- Payment must be made at the time of registration.
- Entries are not valid until full payment is received.
- No personal checks will be accepted at any time.
- To Feb 01 all registration must be done with **QUICKFEIS** at [www.quickfeis.com](http://www.quickfeis.com).
- No mailed entries will be accepted.
- NEW REGISTRATIONS** after Feb 01, provided the feis has not capped, can only be made AT THE FEIS and will incur a \$50 late fee in addition to all the regular fees.
- Registration CHANGES** can only be made:
  - To Feb 01 - ONLINE with **QUICKFEIS** – return to your account and up to Feb 01 you can make all changes for FREE.
  - After Feb 01, all changes must be made AT THE FEIS and will incur a change fee of \$25 (this does not include adding any new competitions which will be charged the regular fees).
- All individual results/comments (grades and champs) will be available for free directly after the competitions. Grades can get their results at the awards area, champs will get theirs directly after awards are announced. All results will also be available for free online on your QuickFeis account.
- The Feis Committee has the right to cancel the Feis, reject entries, or, having received entry, cancel it for any just cause at any time prior to competition start.
- The Feis Committee has the right, as needed, to combine any competitions, or to split any competitions
- Parents are responsible for their child/children's safety
- In all matters, except those pertaining to adjudicating, the decisions of the Feis Committee will be final
- All grades up to and including U14 will dance three at a time. All champs up to and including U14 will dance hard shoe three at a time and soft shoe two at a time. All champs will dance hard shoe first.
- For Beginner, Advanced Beginner, Novice and Prizewinner competitions, boys and girls will be separated if there are 5 or more boys entered. The Feis Committee reserves the right to combine competitions based upon number of entries, in accordance with the North American Feis Commission rules.
- Camping is permitted in designated areas only

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

# NUMBERING SYSTEM



## BEGINNER 2 (ADVANCED BEGINNER)

A dancer who has been dancing for more than one year and who has not won a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place as Beginner 2 dancer. A dancer who has won a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place in a Beginner 2 dance must move into Novice in that dance no later than January 1<sup>st</sup> of the next calendar year or with teacher's permission as soon as the next Feis (if said Feis has not closed to changes).

AT THIS LEVEL, DANCERS ARE NOT ALLOWED TO COMPETE IN SOLO COSTUMES (only school costumes are allowed)  
ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS

	GIRLS									BOYS								
	U6	U7	U8	U9	U10	U11	U12	U13	O13	U6	U7	U8	U9	U10	U11	U12	U13	O13
REEL	306RL	307RL	308RL	309RL	310RL	311RL	312RL	313RL	314RL	356RL	357RL	358RL	359RL	360RL	361RL	362RL	363RL	364RL
LIGHT JIG	306LJ	307LJ	308LJ	309LJ	310LJ	311LJ	312LJ	313LJ	314LJ	356LJ	357LJ	358LJ	359LJ	360LJ	361LJ	362LJ	363LJ	364LJ
SLIP JIG	306SJ	307SJ	308SJ	309SJ	310SJ	311SJ	312SJ	313SJ	314SJ									
SINGLE JIG	306SN	307SN	308SN	309SN	310SN	311SN	312SN	313SN	314SN	356SN	357SN	358SN	359SN	360SN	361SN	362SN	363SN	364SN
TREBLE JIG	306TJ	307TJ	308TJ	309TJ	310TJ	311TJ	312TJ	313TJ	314TJ	356TJ	357TJ	358TJ	359TJ	360TJ	361TJ	362TJ	363TJ	364TJ
HORNPIPE	306HP	307HP	308HP	309HP	310HP	311HP	312HP	313HP	314HP	356HP	357HP	358HP	359HP	360HP	361HP	362HP	363HP	364HP

## NOVICE

A dancer moves into Novice as a result of placing 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> in that dance as indicated in Beginner 2. A dancer who wins 1<sup>st</sup> in a Novice dance must move into Prizewinner level in that dance no later than January 1<sup>st</sup> of the next calendar year or with teacher's permission as soon as the next feis (if said feis has not closed to changes).

\*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	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15
REEL	407RL	408RL	409RL	410RL	411RL	412RL	413RL	414RL	415RL	416RL	457RL	458RL	459RL	460RL	461RL	462RL	463RL	464RL	465RL	466RL
LIGHT JIG	407LJ	408LJ	409LJ	410LJ	411LJ	412LJ	413LJ	414LJ	415LJ	416LJ	457LJ	458LJ	459LJ	460LJ	461LJ	462LJ	463LJ	464LJ	465LJ	466LJ
SINGLE JIG	407SN	408SN	409SN	410SN	411SN	412SN	413SN	414SN	415SN	416SN	457SN	458SN	459SN	460SN	461SN	462SN	463SN	464SN	465SN	466SN
SLIP JIG	407SJ	408SJ	409SJ	410SJ	411SJ	412SJ	413SJ	414SJ	415SJ	416SJ										
*TREBLE JIG	407TJ	408TJ	409TJ	410TJ	411TJ	412TJ	413TJ	414TJ	415TJ	416TJ	457TJ	458TJ	459TJ	460TJ	461TJ	462TJ	463TJ	464TJ	465TJ	466TJ
*HORNPIPE	407HP	408HP	409HP	410HP	411HP	412HP	413HP	414HP	415HP	416HP	457HP	458HP	459HP	460HP	461HP	462HP	463HP	464HP	465HP	466HP

## PRIZE WINNER (OPEN)

A dancer moves into Prizewinner as a result of placing 1<sup>st</sup> place as indicated in Novice.

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

**NOTE: Second Chance competitions (highlighted below) do not count towards the family max!**

	GIRLS										BOYS									
	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15
REEL	507RL	508RL	509RL	510RL	511RL	512RL	513RL	514RL	515RL	516RL	557RL	558RL	559RL	560RL	561RL	562RL	563RL	564RL	565RL	566RL
SLIP JIG	507SJ	508SJ	509SJ	510SJ	511SJ	512SJ	513SJ	514SJ	515SJ	516SJ										
*TREBLE JIG	507TJ	508TJ	509TJ	510TJ	511TJ	512TJ	513TJ	514TJ	515TJ	516TJ	557TJ	558TJ	559TJ	560TJ	561TJ	562TJ	563TJ	564TJ	565TJ	566TJ
*HORNPIPE	507HP	508HP	509HP	510HP	511HP	512HP	513HP	514HP	515HP	516HP	557HP	558HP	559HP	560HP	561HP	562HP	563HP	564HP	565HP	566HP



## SPECIALS

Please note that specials do not count towards the family max

	<u><b>U12</b></u>	<u><b>U15</b></u>	<u><b>O15</b></u>
<b>Grades TRAD SET</b>	512TS	515TS	516TS
<b>Championship TRAD SET</b>	712TS	715TS	716TS
<b>Grades TREBLE REEL</b>	512TR	515TR	516TR
<b>Championship TREBLE REEL</b>	712TR	715TR	716TR

## 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 never placed in the top three in a youth Preliminary championship competition of more than five competitors. 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.

A Masters Preliminary dancer is defined as any dancer over the age of 25 who has previously placed in the top three of a youth Preliminary competition of five or more competitors. A Masters Open level dancer is defined as any dancer over the age of 25 who has ever competed in a youth Open Championship competition or placed first in a Masters Preliminary competition. Dancers over the age of 25 currently competing in either youth championship level may move at any time into the corresponding Masters level, but will then no longer be eligible to compete in a youth solo championship.

ADULT DANCERS ARE ALLOWED TO DANCE TRADITIONAL OR OIREACHTAS SPEED DANCES IN THE NOVICE AND PRIZEWINNER GRADE LEVELS

	<u><b>BEGINNER 1</b></u>	<u><b>BEGINNER 2</b></u>	<u><b>NOVICE</b></u>	<u><b>PRIZEWINNER</b></u>	<u><b>CHAMPIONSHIP</b></u>	<u><b>MASTERS</b></u>
<b>REEL</b>	299RL	399RL	499RL	599RL		
<b>LIGHT JIG</b>	299LJ	399LJ	499LJ	599LJ		
<b>SINGLE JIG</b>	299SN	399SN	499SN	599SN		
<b>SLIP JIG</b>	299SJ	399SJ	499SJ	599SJ		
<b>TREBLE JIG</b>	299TJ	399TJ	499TJ	599TJ		
<b>HORNPIPE</b>	299HP	399HP	499HP	599HP		
<b>TRADITIONAL SET</b>	299TS	399TS	499TS	599TS	699TS	799TS
<b>ADULT CHAMPIONSHIP</b>					699AC	
<b>MASTERS PRELIM</b>						699MPC
<b>MASTERS OPEN</b>						799MOC

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

All Southern Region feiseanna may combine the Masters levels into one competition in the event that fewer than five Masters Preliminary level dancers are entered. For Masters level dancers to progress from Prelim to Open, youth competition rules apply. A win in any combined Masters competition of five or more competitors would count towards that progression.

All Masters levels consist of one light round (reel or slip jig) and one heavy round (treble jig or hornpipe) to facilitate the possibility of merging at Southern Region feiseanna. Feiseanna may offer additional Masters level competitions including traditional set, non-traditional set etc.



## PRELIMINARY CHAMPIONSHIP

- Preliminary Championships are open to those who, at any recognized Feis:
  - Have won 1st place in both an open/prizewinner light and heavy shoe competition, and
  - Have never won 1st, 2nd or 3rd in Open Championship.
- 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.
- A dancer who lives in the Southern Region when they win 1st place in a second Preliminary Championship competition MUST move up to Open Championship Competitions no later than the one calendar year anniversary of the second Preliminary Championship win.
- A dancer 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) a jig/hornpipe.
- The regional syllabus where the Feis is being held may have different qualifications for entry.

<b>BOYS/MEN &amp; GIRLS/LADIES*</b>	<b><u>U9</u></b>	<b><u>U10</u></b>	<b><u>U11</u></b>	<b><u>U12</u></b>	<b><u>U13</u></b>	<b><u>U14</u></b>	<b><u>U15</u></b>	<b><u>U16</u></b>	<b><u>U17</u></b>	<b><u>O17</u></b>
<b>PRELIMINARY CHAMPIONSHIP</b>	609PC	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC
<b>PC Second Chance</b>	609PC2	610PC2	611PC2	612PC2	613PC2	614PC2	615PC2	616PC2	617PC2	618PC2

**NOTE: Second Chance competitions (highlighted) do not count towards the family max!**

## OPEN CHAMPIONSHIP

A dancer who wins two 1st 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: 48 bars of reel or 40 bars of slip-jig, 40 bars of the hornpipe or 48 bars of the treble jig, and a Set Dance.

**Competitions will be combined in groups of 5 when possible, per rules (see Championship rules below). BOYS will be combined with girls if needed.**

<b>OPEN CHAMPIONSHIP</b>	<b><u>U10</u></b>	<b><u>U11</u></b>	<b><u>U12</u></b>	<b><u>U13</u></b>	<b><u>U14</u></b>	<b><u>U15</u></b>	<b><u>U16</u></b>	<b><u>U17</u></b>	<b><u>U18</u></b>	<b><u>U19</u></b>	<b><u>O19</u></b>
<b><u>GIRLS / LADIES</u></b>	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC	720OC
<b><u>BOYS / MEN</u></b>	760OC	761OC	762OC	763OC	764OC	765OC	766OC	767OC	768OC	769OC	770OC

**NOTE:** A dancer who has not received a legitimate placing (sufficient competitors within the normal placing scale) along with a dancer who has not placed in Open Championships for two consecutive years, may return to their previous competition level. For example, an Open Championship dancer that does not place in two consecutive years may return to Preliminary Championships, the same as a Preliminary dancer who does not place can return to Prizewinner.





## FIGURES AND CEILI

- There are no restrictions on figure age groups.
- Figure age groups will be determined by the oldest dancer.
- Ceili teams (8 hands) are allowed to repeat dancers at all Southern Region feiseanna in accordance with the world and regional Oireachtas rules.
- Ceili teams may perform any figure as outlined in Ar Rinci Ceili- 2014.
- ONLY 1 team member needs to register and pay for the entire team. It is preferable to have the LEAD GENT position be the one to pay, as their number will be the only one allowed for the team to dance with.
- Team fees will not count towards the family max

	<u>2 HAND Reel</u>	<u>3 HAND Reel</u>	<u>4 HAND Reel/Jig</u>	<u>8 Hand Ceili (Jan 1-June 30)</u>
<b>TEAM FEE</b>	<b>\$ 20</b>	<b>\$ 30</b>	<b>\$ 40</b>	<b>TEAM FEE \$ 80</b>
<b>Under 7</b>	207FD	307FD	407FD	<b>Under 9</b> 809FD
<b>Under 9</b>	209FD	309FD	409FD	<b>Under 11</b> 811FD
<b>Under 11</b>	211FD	311FD	411FD	<b>Under 13</b> 813FD
<b>Under 13</b>	213FD	313FD	413FD	<b>Under 16</b> 816FD
<b>Under 15</b>	215FD	315FD	415FD	<b>Over 16</b> 817FD
<b>Over 15</b>	216FD	316FD	416FD	<b>Adult</b> 899FD
<b>ADULT</b>	299FD	399FD	499FD	
<b>Parent-Child</b>	299FPC			

## IRISH ARTS

	<u>U12</u>	<u>U15</u>	<u>U21</u>	<u>O21</u>
<b>Irish ART</b>	912A	915A	921A	999A
<b>Irish BAKING - SWEETS</b>	912B	915B	921B	999B
<b>Irish BAKING – Savory / breads</b>	912BB	915BB	921BB	999BB



## SOUTHERN REGIONAL 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 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.
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 conflicts, and such conflicts 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/pants 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. 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.
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 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 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 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.
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.
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 1 (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)

## 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.
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.
- 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.

## 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. Masters level solo dancers
4. 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.
3. 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.
4. Competitors in competitions at the First Feis (if offered), Beginner 1 and Beginner 2 Grade will wear only the competitor's dancing school costume or a skirt/pants and top.
5. 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.
6. 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

## 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 1 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.
2. 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.

## MODESTY RULES

### 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.

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.

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.

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.**