

Saturday and Sunday Syllabus

Oct 4th & Oct. 5th, 2025, Cambridge, NS

Dancing begins at 9:00am each day

Additional information at valleyirish.com/eastcoastfeis

Register for each day on feis.link



East Coast Feis

October 4th and 5th, 2025 with CLRG grade exams on October 3rd, during the day.

Welcome to the Annapolis Valley in Nova Scotia on the East Coast of Canada.

Nova Scotia is Canada's Ocean Playground. The ECFeis runs two full day feisseanna in Cambridge, NS at the Central Kings High School.

Shine Bright!

- Bringing Grade Exam Opportunities P - 12 on Friday, Oct. 3rd
- A full day feis on Saturday
- A full day feis on Sunday
- Second chance competitions for Novice, Prizewinner, and Prelim
- Single Age categories to simplify any mergers
- Adult competitions
- Blind Treble Reel Competition, judged on rhythm alone, for Charity (See details beside Treble Reel for Grades and Championships)
- Adjudicators from Canada and the US
- Food available for purchase on site

The timing of this the East Coast Feis in 2025 matches perfectly with the Harvest season in the Valley. While here, enjoy the colours, tastes, and smells of all things autumnal.



Contact us

Website: www.valleyirish.com/eastcoastfeis

Email: eastcoastfeis@gmail.com

Facebook: <https://www.facebook.com/EastCoastFeis>

Instagram: [@eastcoastfeis](https://www.instagram.com/eastcoastfeis)



Fees and Registration

Fees CAN\$

Tir na nÓg, Grade solos, grade second chance, adult solo: \$12

Grades Trophy Special: \$15

Adult Championship: \$55

Preliminary Championship: \$45

Preliminary Championship second chance: \$40

(must be registered in 1st Preliminary Championship on they day)

Preliminary Championship Contemporary Set: \$15

Open Championship: \$60

Figures: \$12/per dancer

Music: \$12

Treble Reel: \$15

Admission/Family fee: \$30

Family Maximum (excluding admission fee, treble reel, late fee, and trophy special): \$175

Late fee: \$40. Payment or registration on or after August 22nd, 2025

No refunds will be granted for any reason.

Register through feis.link

A feis.link account is required to register.

Each day is its own feis. Registration for each day needs to be done independently.

Last day to register with **no late fees**: August 21st, 2025

Late fees apply on Wednesday, August 22nd, 2025

Last day to **register with late fees** on September 21st. 2025



Important Feis Information

Very important to read and know!!!!

Each day is a separate feis and must be registered one at a time in feis.link.

There is no door fee! Please bring your family and friends to watch, learn more about our culture and cheer you on!

Trophy special dances are different each day. They are just a bit more due to the larger award. You need to register for these dances under 'Special' in feis.link.

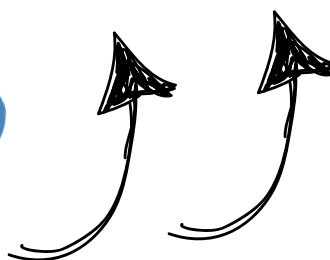
We are offering second chance competitions for Novice, PrizeWinner, and Preliminary Championship dancers on both days. For Nov. and PW second chance soft shoe on Saturday and hard shoe on Sunday (excluding Trad Set). For Prelim Champ, second chance runs on both days!! Preliminary Championship dancers also have the option to do a Contemporary set to help prepare for the Oireachtas.

Adults have solo and championship opportunities!
Music competitions will happen on Saturday.

Treble Reel competitions will happen both days. All proceeds from the Treble reel competitions will support Chrysalis House in Kentville. *See below for important details regarding the Treble Reel Theme.*

Rough Schedule of both days

Start 9:00am - Open and Preliminary Championship (Soft shoe start), Treble reels, LUNCH, Music (Sat), Tnn (Sat), Adults Solo (hard shoe start), Figure dancing, Prize Winner, Novice, AdvBeg, Beg



Saturday



Saturday, October 4th 2025					
FIGURE DANCING \$12 PER DANCER					
2-hand & 3-hand length: 8 bar intro + 48 bars					
*4-hand dance must be from Ar Rinci Ceili					
**6 and 8 hand dances must be from Ar Rinci Ceili.					
	TWO HAND REEL	THREE HAND REEL	FOUR HAND REEL/JIG*	SIX HAND**	EIGHT HAND**
Under 10	F10-2	F10-3	F10-4	F10-6	F10-8
Under 12	F12-2	F12-3	F12-4	F12-6	F12-8
Under 15	F15-2	F15-3	F15-4	F15-6	F15-8
15 & Over	F99-2	F99-3	F99-4	F99-6	F99-8
Adult	F99M-2	F99M-3	F99M-4	F99M-6	F99M-8

Tir na nÓg				
Non-competitive event, is restricted to dancers Under 6 who have not competed at any grade level. \$12				
No make-up or wigs are permitted. No Irish dancing costumes or shoes are required.				
	Reel 122 bpm			
Under 6	TNN			

Grades				
\$12/dance Trophy Special \$15				
Trophy Specials - 1st, 2nd, and 3rd place will receive a trophy				
Beginner				
	*All Beginners in the 'Reel' will receive a participation medal from 4th placement.			
	Trophy Special			
	Reel*	Light Jig	Slip Jig	Single Jig
	122 bpm	115 bpm	122 bpm	124 bpm
U5	B5R	B5L	B5S	B5X
U6	B6R	B6L	B6S	B6X
U7	B7R	B7L	B7S	B7X
U8	B8R	B8L	B8S	B8X
U9	B9R	B9L	B9S	B9X
U10	B10R	B10L	B10S	B10X
U11	B11R	B11L	B11S	B11X
U12	B12R	B12L	B12S	B12X
120	B99R	B99L	B99S	B99X

Advanced Beginner

\$12/dance Trophy Special \$15

Trophy Specials - 1st, 2nd, and 3rd place will receive a trophy

	Trophy Special						
	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	St. Patrick's Day
	122 bpm	115 bpm	122 bpm	124 bpm	92 bpm	138 bpm	94 bpm
U7	A7R	A7L	A7S	A7X	A7T	A7H	A7P
U8	A8R	A8L	A8S	A8X	A8T	A8H	A8P
U9	A9R	A9L	A9S	A9X	A9T	A9H	A9P
U10	A10R	A10L	A10S	A10X	A10T	A10H	A10P
U11	A11R	A11L	A11S	A11X	A11T	A11H	A11P
U12	A12R	A12L	A12S	A12X	A12T	A12H	A12P
U13	A13R	A13L	A13S	A13X	A13T	A13H	A13P
130	A99R	A99L	A99S	A99X	A99T	A99H	A99P

Novice

\$12/dance Trophy Special \$15

Trophy Specials - 1st, 2nd, and 3rd place will receive a trophy

	Trophy Special					
	Reel	Light Jig	Slip Jig	Treble Jig	Hornpipe	Trad Set
	113 bpm	115 bpm	113 bpm	92/73 bpm	138/113 bpm	See pg. 13
U7	N7R	N7L	N7S	N7T	N7H	N7D
U8	N8R	N8L	N8S	N8T	N8H	N8D
U9	N9R	N9L	N9S	N9T	N9H	N9D
U10	N10R	N10L	N10S	N10T	N10H	N10D
U11	N11R	N11L	N11S	N11T	N11H	N11D
U12	N12R	N12L	N12S	N12T	N12H	N12D
U13	N13R	N13L	N13S	N13T	N13H	N13D
130	N99R	N99L	N99S	N99T	N99H	N99D

Novice Second Chance	Reel	Light Jig	Slip Jig
	113 bpm	115 bpm	113 bpm
U8	N8RB	N8LB	N8SB
U9	N9RB	N9LB	N9SB
U10	N10RB	N10LB	N10SB
U11	N11RB	N11LB	N11SB
U12	N12RB	N12LB	N12SB
U13	N13RB	N13LB	N13SB
130	N99RB	N99LB	N99SB

Prizewinner					
\$12/dance Trophy Special \$15					
Trophy Specials - 1st, 2nd, and 3rd place will receive a trophy					
	Trophy Special				
	Reel	Slip Jig	Treble Jig	Hornpipe	Trad Set
	113 bpm	113 bpm	92/73 bpm	113 bpm	See pg. 13
U8	P8R	P8S	P8T	P8H	P8D
U9	P9R	P9S	P9T	P9H	P9D
U10	P10R	P10S	P10T	P10H	P10D
U11	P11R	P11S	P11T	P11H	P11D
U12	P12R	P12S	P12T	P12H	P12D
U13	P13R	P13S	P13T	P13H	P13D
U14	P14R	P14S	P14T	P14H	P14D
O14	P99R	P99S	P99T	P99H	P99D

Prizewinner Second Chance	Reel	Slip Jig
	113 bpm	113 bpm
U8	P8RB	P8SB
U9	P9RB	P9SB
U10	P10RB	P10SB
U11	P11RB	P11SB
U12	P12RB	P12SB
U13	P13RB	P13SB
U14	P14RB	P14SB
O14	P99RB	P99SB

Music	Celtic Traditional music only - Acoustic instruments only'	
	Music	
U12	MUS12	
120	MUS99	

Open to all levels of dancers, and non-dancers alike. Competitors have 1-2 minutes to perform a traditional Irish song using acoustic instrument(s) or vocals. Please keep inside the time provided of 1-2min. Music competitions will be adjudicated by XXX

Open to all grade level or championship dancers. Dancers will perform 16 bars of a treble reel. **The Adjudicator will be turned around to judge by rhythm and sound alone.** All proceeds from treble reels will be donated to **Chrysalis House**.

Grades and Championship 'Blind' Treble Reels - Trophy Special \$15		
	Grades	Championship
U11	TR11G	TR11C
U15	TR15G	TR15C
150	TR99G	TR99C

Chrysalis House is dedicated to providing a safe haven and vital support services for women and children fleeing domestic violence. Your generous donation can make a significant difference in the lives of those in need by offering shelter, counselling, and other essential resources. Help us empower women and children to rebuild their lives and find hope for the future.

Adults 18+							
	Trophy Special						
Adult Beginner/Advanced Beginner	Reel	Light Jig	Single Jig	Slip Jig	Treble Jig	Hornpipe	St. Patrick's Day
	122 bpm	115 bpm	124 bpm	122 bpm	92 bpm	138 bpm	94 bpm
	M99R-1	M99L-1	M99X-1	M99S-1	M99T-1	M99H-1	M99P-1
	Trophy Special						
Adult Novice/Open Prizewinner	Reel	Light Jig	Single Jig	Slip Jig	Treble Jig	Hornpipe	Trad Set
	113 bpm	115 bpm	124 bpm	113 bpm	92/73 bpm	138/113 bpm	See Rules
	M99R-2	M99L-2	M99X-2	M99S-2	M99T-2	M99H-2	M99D-2

ADULT CHAMPIONSHIP COMPETITION \$55 PER COMPETITION

To dance Reel (113) OR Slip Jig (113) AND Treble Jig (73) OR Hornpipe (113) AND a Traditional Set Dance of choice. (see page 13 for speeds) Reel/Treble Jig – 48 bars. Slip Jig/Hornpipe – 40 bars.

18 & Over ----- M99C

ADULT ADVANCED CHAMPIONSHIP COMPETITION \$55 PER COMPETITION

To dance Reel (113) OR Slip Jig (113) AND Treble Jig (73) OR Hornpipe (113) AND a Contemporary Set Dance of choice. Reel/Treble Jig – 48 bars. Slip Jig/Hornpipe – 40 bars.

18 & Over. ----- M99CA

Traditional set dances and speeds include: St. Patrick's Day (94bpm), Job of Journeywork (138 bpm), Garden of Daisies (138 bpm), Blackbird (144 bpm), King of the Fairies (130 bpm), Jockey to the Fair (90) and Three Sea Captains (96 bpm). This applies to ALL traditional set events.

Preliminary Championship			
Dancers will perform reel (113bpm) or slip jig (113bpm) and treble jig (73 bpm) or hornpipe (113bpm)			
			Contemporary set
	Preliminary	Preliminary Championship Second Chance	Must be Trad set for U9, see page 13
	\$45	\$40	\$15
U9	PC9	PC9B	PC9S
U10	PC10	PC10B	PC10S
U11	PC11	PC11B	PC11S
U12	PC12	PC12B	PC12S
U13	PC13	PC13B	PC13S
U14	PC14	PC14B	PC14S
U15	PC15	PC15B	PC15S
U16	PC16	PC16B	PC16S
U17	PC17	PC17B	PC17S
O17	PC99	PC99B	PC99S

Quick reminder that all Preliminary Championship, Preliminary Championship Second Chance, and Open Championship competitions all take place in the AM.

Open Championship

Dancers will perform reel (113bpm) or slip jig (113bpm) and treble jig (73 bpm) or hornpipe (113bpm) and contemporary set (must be traditional set for U9, see page X for Speeds).

	OPEN	
	\$60	
U9	C9	
U10	C10	
U11	C11	
U12	C12	
U13	C13	
U14	C14	
U15	C15	
U16	C16	
U17	C17	
U18	C18	
U19	C19	
O19	C99	

Quick reminder that all Preliminary Championship, Preliminary Championship Second Chance, and Open Championship competitions all take place in the AM.

Sunday



Sunday, October 5th 2025					
FIGURE DANCING \$12 PER DANCER					
2-hand & 3-hand length: 8 bar intro + 48 bars					
*4-hand dance must be from Ar Rinci Ceili					
**6 and 8 hand dances must be from Ar Rinci Ceili.					
	TWO HAND REEL	THREE HAND REEL	FOUR HAND REEL/JIG*	SIX HAND**	EIGHT HAND**
Under 10	F10-2	F10-3	F10-4	F10-6	F10-8
Under 12	F12-2	F12-3	F12-4	F12-6	F12-8
Under 15	F15-2	F15-3	F15-4	F15-6	F15-8
15 & Over	F99-2	F99-3	F99-4	F99-6	F99-8
Adult	F99M-2	F99M-3	F99M-4	F99M-6	F99M-8

Grades				
\$12/dance Trophy Special \$15				
Trophy Specials - 1st, 2nd, and 3rd place will receive a trophy				
Beginner				
	*All Beginners in the 'Reel' will receive a participation medal from 4th placement.			
		Trophy Special		
	Reel*	Light Jig	Slip Jig	Single Jig
	122 bpm	115 bpm	122 bpm	124 bpm
U5	B5R	B5L	B5S	B5X
U6	B6R	B6L	B6S	B6X
U7	B7R	B7L	B7S	B7X
U8	B8R	B8L	B8S	B8X
U9	B9R	B9L	B9S	B9X
U10	B10R	B10L	B10S	B10X
U11	B11R	B11L	B11S	B11X
U12	B12R	B12L	B12S	B12X
120	B99R	B99L	B99S	B99X

Advanced Beginner

\$12/dance Trophy Special \$15

Trophy Specials - 1st, 2nd, and 3rd place will receive a trophy

					Trophy Special		
	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	St. Patrick's Day
	122 bpm	115 bpm	122 bpm	124 bpm	92 bpm	138 bpm	94 bpm
U7	A7R	A7L	A7S	A7X	A7T	A7H	A7P
U8	A8R	A8L	A8S	A8X	A8T	A8H	A8P
U9	A9R	A9L	A9S	A9X	A9T	A9H	A9P
U10	A10R	A10L	A10S	A10X	A10T	A10H	A10P
U11	A11R	A11L	A11S	A11X	A11T	A11H	A11P
U12	A12R	A12L	A12S	A12X	A12T	A12H	A12P
U13	A13R	A13L	A13S	A13X	A13T	A13H	A13P
130	A99R	A99L	A99S	A99X	A99T	A99H	A99P

Novice

\$12/dance Trophy Special \$15

Trophy Specials - 1st, 2nd, and 3rd place will receive a trophy

				Trophy Special		
	Reel	Light Jig	Slip Jig	Treble Jig	Hornpipe	Trad Set
	113 bpm	115 bpm	113 bpm	92/73 bpm	138/113 bpm	See pg. 13
U7	N7R	N7L	N7S	N7T	N7H	N7D
U8	N8R	N8L	N8S	N8T	N8H	N8D
U9	N9R	N9L	N9S	N9T	N9H	N9D
U10	N10R	N10L	N10S	N10T	N10H	N10D
U11	N11R	N11L	N11S	N11T	N11H	N11D
U12	N12R	N12L	N12S	N12T	N12H	N12D
U13	N13R	N13L	N13S	N13T	N13H	N13D
130	N99R	N99L	N99S	N99T	N99H	N99D

Novice Second Chance	Treble Jig	Hornpipe	
	92/73 bpm	138/113 bpm	
U8	N8TB	N8HB	
U9	N9TB	N9HB	
U10	N10TB	N10HB	
U11	N11TB	N11HB	
U12	N12TB	N12HB	
U13	N13TB	N13HB	
130	N99TB	N99HB	

Prizewinner					
\$12/dance Trophy Special \$15					
Trophy Specials - 1st, 2nd, and 3rd place will receive a trophy					
			Trophy Special		
	Reel	Slip Jig	Treble Jig	Hornpipe	Trad Set
	113 bpm	113 bpm	92/73 bpm	113 bpm	See pg. 13
U8	P8R	P8S	P8T	P8H	P8D
U9	P9R	P9S	P9T	P9H	P9D
U10	P10R	P10S	P10T	P10H	P10D
U11	P11R	P11S	P11T	P11H	P11D
U12	P12R	P12S	P12T	P12H	P12D
U13	P13R	P13S	P13T	P13H	P13D
U14	P14R	P14S	P14T	P14H	P14D
O14	P99R	P99S	P99T	P99H	P99D

Prizewinner Second Chance	Treble Jig	Hornpipe
	113 bpm	113 bpm
U8	P8TB	P8HB
U9	P9TB	P9HB
U10	P10TB	P10HB
U11	P11TB	P11HB
U12	P12TB	P12HB
U13	P13TB	P13HB
U14	P14TB	P14HB
O14	P99TB	P99HB

Adults 18+							
					Trophy Special		
Adult Beginner/Advanced Beginner	Reel	Light Jig	Single Jig	Slip Jig	Treble Jig	Hornpipe	St. Patrick's Day
	122 bpm	115 bpm	124 bpm	122 bpm	92 bpm	138 bpm	94 bpm
	M99R-1	M99L-1	M99X-1	M99S-1	M99T-1	M99H-1	M99P-1
					Trophy Special		
Adult Novice/Open Prizewinner	Reel	Light Jig	Single Jig	Slip Jig	Treble Jig	Hornpipe	Trad Set
	113 bpm	115 bpm	124 bpm	113 bpm	92/73 bpm	138/113 bpm	See Rules
	M99R-2	M99L-2	M99X-2	M99S-2	M99T-2	M99H-2	M99D-2

ADULT CHAMPIONSHIP COMPETITION \$55 PER COMPETITION

To dance Reel (113) OR Slip Jig (113) AND Treble Jig (73) OR Hornpipe (113) AND a Traditional Set Dance of choice. (see page 13 for speeds) Reel/Treble Jig – 48 bars. Slip Jig/Hornpipe – 40 bars.

18 & Over ----- M99C

ADULT ADVANCED CHAMPIONSHIP COMPETITION \$55 PER COMPETITION

To dance Reel (113) OR Slip Jig (113) AND Treble Jig (73) OR Hornpipe (113) AND a Contemporary Set Dance of choice. Reel/Treble Jig – 48 bars. Slip Jig/Hornpipe – 40 bars.

18 & Over. ----- M99CA

Preliminary Championship			
Dancers will perform reel (113bpm) or slip jig (113bpm) and treble jig (73 bpm) or hornpipe (113bpm)			
			Contemporary set
	Preliminary	Preliminary Championship Second Chance	Must be Trad set for U9, see page 13
	\$45	\$40	\$15
U9	PC9	PC9B	PC9S
U10	PC10	PC10B	PC10S
U11	PC11	PC11B	PC11S
U12	PC12	PC12B	PC12S
U13	PC13	PC13B	PC13S
U14	PC14	PC14B	PC14S
U15	PC15	PC15B	PC15S
U16	PC16	PC16B	PC16S
U17	PC17	PC17B	PC17S
O17	PC99	PC99B	PC99S

Quick reminder that all Preliminary Championship, Preliminary Championship Second Chance, and Open Championship competitions all take place in the AM.

Open Championship

Dancers will perform reel (113bpm) or slip jig (113bpm) and treble jig (73 bpm) or hornpipe (113bpm) and contemporary set (must be traditional set for U9, see page X for Speeds).

	OPEN	
	\$60	
U9	C9	
U10	C10	
U11	C11	
U12	C12	
U13	C13	
U14	C14	
U15	C15	
U16	C16	
U17	C17	
U18	C18	
U19	C19	
O19	C99	

Quick reminder that all Preliminary Championship, Preliminary Championship Second Chance, and Open Championship competitions all take place in the AM.

Grades and Championship 'Blind' Treble Reels - Trophy Special \$15

	Grades	Championship
U11	TR11G	TR11C
U15	TR15G	TR15C
150	TR99G	TR99C

Open to all grade level or championship dancers. Dancers will perform 16 bars of a treble reel. **The Adjudicator will be turned around to judge by rhythm and sound alone.** All proceeds from treble reels will be donated to **Chrysalis House**.

Chrysalis House is dedicated to providing a safe haven and vital support services for women and children fleeing domestic violence. Your generous donation can make a significant difference in the lives of those in need by offering shelter, counselling, and other essential resources. Help us empower women and children to rebuild their lives and find hope for the future.

East Coast Feis Rules

1. Photographs may be taken during this event by ECFEis representatives ONLY. As a public event, ECFEis may use photographic and electronic images and/or recordings, which may or may not include your recognisable image, to showcase the event and promote future events, in any format. By visiting or participating in the East Coast Feis, and being present in a public setting, you authorise the use and reproduction by the feis, or anyone authorised by the feis, to use such photographs, audio and/or video recordings taken while at any part of the Back-to-Back East Coast Feis and Exams, without compensation.
2. No refunds will be offered for any reason unless the feiseanna are cancelled. Registrations will not be considered complete until payment is received through iFeis.
3. All awards must be collected on feis weekend. Awards not collected will not be mailed after.

IDTAC Rules

IDTAC-ER DANCING COMPETITION RULES:

REGISTRATION PROCEDURES

- A1. Entries for dancing competitions are confined to pupils of accredited Irish Dancing teachers who are registered with An Coimisiún le Rinci Gaelacha, and any additional regional bodies as required (based on residency). There are no such requirements for entries in art, music, soda bread etc.
- A2. In the case of all solo and team competitions at all levels, the age of a competitor on the 1st of January in 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 the 1st of January shall be deemed to be under the age attained on that date.
- A3. All dancers must compete in their own age group. Exceptions may be made to compete in a higher age group (specials, team events) but it is never permissible to compete in a lower age group. Proof of age may be requested in order to participate. Falsification of documents will result in disqualification from said event, with possible additional repercussions.
- A4. Individuals holding TCRG, ADCRG, BG, SDCRG or TMRG status are not eligible to participate in any dance events.
- A5. Dancers undertaking a six-month re-styling period are not permitted to participate. It is the responsibility of the dancer/legal guardian to ensure eligibility by confirming with the dancer's teacher(s).
- A6. Grade-level dancers may not also compete in Preliminary or Open Championship level events and vice-versa, but may compete in team events, plus supplemental competitions corresponding to their level.
- A7. The Feis Committee has the right to reject any entry for cause, to cancel all or part of the feis and/or to limit, merge or split competitions. The Feis Committee has the right to approve or deny requests for changes to entries on the day of the feis and/or to charge processing fees for same. The decision of the feis committee shall be final in all such matters.
- A8. The Feis Committee (and any organization affiliated with same including, but not limited to the IDTAC-ER), will not be held responsible for personal injury, property loss/damage or any other incident as a result of participating in the event.
- A9. Participants and/or their families who do not wish for their child's name to appear on published registration lists must contact the Feis Committee to make such arrangements. The Feis Committee must honour all requests received within a reasonable time frame prior to the commencement of the feis. It is the responsibility of the person making the request to ensure it has been successfully carried out.
- A10. Feis Committees must ensure that all necessary steps to protect identification data of the participants are taken by the registration/tabulation company.

COMPETITION MERGERS & SPLITS

B1. All competitions need five or more participants to warrant achievements to count toward advancement of levels, so competitions may need to be combined to facilitate this process. See DEFINITION OF LEVELS for more information on advancing levels.

B2. Merging of competitions occurs ONLY with the next higher age group and never with a lower age group. A competition with a satisfactory number of entries may not be merged in order to make the next highest age group have enough participants to "count".

B3. Double-age groups cannot be merged with another double-age group; therefore, only two single- age groups may be combined.

B4. It is also not permitted to merge three single-age groups, however, permission from the Regional Director may be requested for the oldest age groups of a particular level.

B5. Splitting of grade-level competitions must occur at 15 entries. Splitting of Preliminary and Open Championship competitions must occur at 25 entries. In all cases, double-age competitions shall be split to single age groups, while single-age group competitions shall be split at random into two groups.

B6. Competitions not reaching the threshold noted above may not be split.

B7. Open Championship Under 9 may NOT be combined with Under 11, unless there is only one entry, in which case it must be combined with Under 11 to provide some competition for the Under 9 dancer.

B8. Entries received after splits/mergers have been approved by the Feis Liaison and published by the Feis Committee shall not require further adjustments (effective Jan 1 2017).

ADJUDICATORS/MUSICIANS

C1. Only persons currently registered with ADCRG certification from An Coimisiún le Rinci Gaelacha can adjudicate dancing competitions. Feis Committees must ensure that adjudicators are current with CLRG mandates related to Vetting and Child Protection Course certification before being contracted.

C2. Adjudicators must declare any potential adjudication conflicts when contracted. It is the shared responsibility of the adjudicator and the Feis Committee to ensure that the adjudicator is assigned only to competitions without adjudication conflicts.

C3. Adjudicators and musicians shall be paid fees at current IDTANA rates, payable in US Dollars or, at the discretion of the Feis Committee, the Canadian Dollar equivalent using the exchange rate of the most recent business day prior to the commencement of the event.

C4. In matters pertaining to adjudication, the decision of the adjudicators is final.

C5. Adjudicators are responsible for ensuring the tempos played by the musician meet the requirements of this syllabus, therefore, Feis Committees are required to provide all engaged adjudications with syllabus requirements such as: the rules, lengths of dances and speed requirements.

C6. Feis Committees are requested to list adjudicators on their syllabus. If adjudicators are not listed on the syllabus, they must be posted on the Feis website/social media a minimum of 30 days prior to registration closing for the Feis. Adjudicators names should not be removed once registration closes.

C7. At least three adjudicators must be utilized for Preliminary and Open Championship competitions to serve as a set panel. Should a feis committee wish to offer an alternate format of judging, such as rotating panels, permission must be granted from the Regional Director. Such requests must be made in writing to the Regional Director a minimum of one (1) month in advance of the anticipated publication date of the syllabus.

C8. Live music played by accomplished feis musicians is required for every competitor.

DEFINITION OF LEVELS

D1. Beginner Grade: A Beginner is a competitor who has not yet taken a full year of Irish Dance lessons from a registered teacher, thereby giving Beginners a full year with such status. A Beginner must move into the Advanced Beginner category the following year. See COSTUME RULES for more information.

D2. Advanced Beginner Grade: An Advanced Beginner dancer has at least one year's experience in Irish dancing, and no longer competes at the Beginner level. At this level, dancers begin to compete hard shoe dances (at traditional speeds), including the Traditional Set Dance called St. Patrick's Day. See ADVANCEMENT OF LEVELS and COSTUME RULES for more information.

D3. Novice Grade: A Novice dancer is someone who has won the necessary medals in Advanced Beginner in some or all of the required dances. It is possible to participate in more than one level, however not for the same dance. At the Novice level, the speed for soft shoe dances is slower than in Advanced Beginner, and there is a choice of speed for hard shoe dances. Additionally, dancers can choose from the list of seven Traditional Set Dances to expand their knowledge. See ADVANCEMENT OF LEVELS and COSTUME RULES for more information.

D4. Prizewinner Grade: A Prizewinner dancer is someone who has won the necessary medals in Novice in some or all of the required dances, meaning it is possible to participate in both levels, however not for the same dance. At this level, the dancer typically focuses on the four main solo dances (reel, slip jig, treble jig and hornpipe) and may start to learn a set dance at contemporary speed in addition to traditional speed set dances. There is no mandate that a dancer MUST advance to Preliminary Championship after achieving the required wins. The time to advance is at the discretion of the dancer's teacher. See ADVANCEMENT OF LEVELS and COSTUME RULES for more information.

D5. Preliminary Championship: Dancers who have successfully graduated from the grade levels shall advance to Preliminary Championship. This level may not be skipped over in favour of advancing straight to Open Championship. At this level, dancers choose one soft shoe dance and one hard shoe dance to compete in a single competition before three adjudicators on a larger stage. The length of the dances is longer than in the grade levels. Overall placements are awarded based on combined scores from all adjudicators. See ADVANCEMENT OF LEVELS and COSTUME RULES for more information.

D6. Open Championship: Dancers who have successfully met the advancement requirements for Preliminary Championship shall register for Open Championship. The Open Championship format is similar to that of Preliminary Championship; however, three dances are performed in Open Championship. Dancers who have not placed in Open Championship for a period of two years may return to Preliminary Championship (excluding dancers who have placed first, second or third over any period of time). Dancers availing of this opportunity will have to win their way back into Open Championship. See ADVANCEMENT OF LEVELS and COSTUME RULES for more information.

D7. Competitions for Adult dancers are to be offered at 4 levels: Adult Beginner/Advanced Beginner, Adult Novice/Prizewinner, Adult Championship, and Advanced Adult Championship. In each instance, an Adult Dancer must be at least 19 years of age or older. An Adult Beginner/Advanced Beginner must never have competed as a juvenile and may compete in hard shoe dances at traditional speeds only. An Adult Novice/Prizewinner dancer must not have competed as a juvenile during the previous five (5) years and must be offered a choice of speed for hard shoe dances (Treble Jig and Hornpipe), along with the full list of Traditional Set Dances. An Adult Championship dancer must not have competed as a juvenile during the previous five (5) years and must be offered a choice of the full list of Traditional Set Dances. A Contemporary Set Dance competition may not be offered at any level. An Advanced Adult Championship dancer is an adult dancer who has previously placed in the top three of a Preliminary Championship or competed in Open Championship levels in the youth/& over levels regardless of when the competitor was active. Once a dancer begins competing in Advanced Adult, they may not return to youth/& over.

D8. Dancers who are eligible to compete as Adult Beginner/Advanced Beginner, Adult Novice/Prizewinner, or Adult Championship under Rule D7 may choose to compete in the non-Adult 99 age groups for Beginner, Advanced Beginner, Novice, Prizewinner, Preliminary Championships or Open Championships, per the qualifying rules for those levels, but may not return to Adult Beginner/Advanced Beginner, Adult Novice/Prizewinner, or Adult Championship for a period of five (5) years.

ADVANCEMENT OF LEVELS

- E1. At least five (5) participants (not entries) are required for advancement to the next higher level.
- E2. For Advanced Beginner, a first/second/third will warrant advancement to the Novice level.
- E3. For the Novice and Prizewinner levels, only a first-place warrants advancement.
- E4. Dancers who win a first place in at least one Prizewinner soft shoe (Reel or Slip Jig) plus one Prizewinner hard shoe (Treble Jig or Hornpipe) will be eligible to advance to Preliminary Championships.
- E5. Dancers who win first place in two eligible Preliminary Championship competitions (with five competitors or more) in the same calendar year must advance to Open Championship in the following year. However, if the second win is achieved in a different calendar year, then the dancer must advance to Open Championship at their next competition. If their next competition is to be held on the same weekend as that second win, then they shall not be required to advance levels until the following weekend.
- E6. Placing in a regional or national Oireachtas does not affect one's status as feiseanna.
- E7. For Adult competitions, advancement to be at teacher's discretion.

DANCING RULES

- F1. Any unauthorized visible or audible coaching (by a parent, teacher or anyone else) to a dancer who is competing on stage, may disqualify that dancer from that competition. The Feis Committee is encouraged to provide a knowledgeable volunteer to assist beginners (and other less experienced dancers) with coaching to know when to start dancing. However, once the dancer commences, no more counting/coaching will be permitted.
- F2. No block/"en Pointe"/toe-walking movements, stationary or moving, are allowed to be performed for dancers competing up to and including the under 12 age group, in any level. After September 1 of each year an exception is made for those dancers who are 11 years of age and competing in the under 12 age group.
- F3. All dancers up to and including U9 in any level may not compete a Set Dance at contemporary speed. Participants in Open Championship shall dance their Traditional Set Dance on stage one-at-a-time, whereas participants in grade-level competitions and in Preliminary Championships shall dance their Traditional Set Dance two (or three)-at-a time, at the discretion of the Feis Committee (and subject to the rules governing stage sizes).
- F4. Dancers finishing ahead of the required part of music and/or not completing the required number of steps shall be deemed to have not completed the dance and will be marked accordingly.
- F5. Stages for grade level and team competitions must be at least 20' wide x 16' deep, and in order to run competitions three-at-a-time, stages must be at least 24' wide x 20' deep.
- F6. Stages for Preliminary and Open Championship competitions must be at least 24' wide x 20' deep, and in order to run competitions three-at-a-time, stages must be at least 32' wide x 24' deep.
- F7. Stages may not be either on bare concrete or cement, or with rolled out flooring overtop.
- F8. Awards should be a minimum of 40%, based on the number of participants. Feis Committees are encouraged to ensure that situations are avoided where, due to ties or otherwise, one dancer is left out of a result, and that all Beginner level participants receive at least one award.
- F9. Teachers or team captains are responsible to ensure that their teams are complete and in position when the competition is announced. Team competitors may compete in the next higher age group but never in a lower age group. A competitor may compete in no more than two different age groups for any one category (4- hand, 8-hand, etc.)
- F10. Competitions may be closed at the discretion of the Feis Committee if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced. Dancers involved in stage conflicts should notify (or send a representative to notify) the stage manager for each stage so an accommodation can be made.

COSTUME RULES

G1. The costume for Beginner and Advanced Beginner level dancers may consist only of a skirt and blouse/leotard (or shirt and trousers for boys) or an official school costume. Solo costumes are not permitted at these levels.

G2. Novice, Prizewinner, Preliminary Championship and Open Championship level dancers are permitted to choose a "solo" costume, subject to the current directives of CLRG, but may also wear a School Costume. Costumes must adhere to modesty and decency in terms of length, fit and fabric.

G3. Shorts or any other unconventional dresses/costumes are strictly prohibited, unless expressly permitted under these rules or the rules of a special category (e.g., charity treble reel).

G4. Where costumes are deemed to be too short, an adjudicator may insist that tights of a denier not less than 70 must be worn by the dancer. The adjudicator shall notify the Stage Manager or Feis Committee representative in a discreet manner, who in turn must handle the situation tactfully.

G5. All dancers aged 14 and older competing in what is commonly referred to as "all-black" or "black-out" attire (irrespective of the actual colour of the outfit) must wear tights of a denier not less than 70.

G6. Makeup (including facial tanner) is not permitted on dancers in Beginner and Advanced Beginner levels, up to and including the under 12 age group.

G7. Makeup (including facial tanner) is prohibited on dancers in Novice, Prizewinner, Preliminary Championships and Open Championships up to and including the under 10 age group.

G8. Dancers using artificial carriage aids will be subject to disqualification from that particular competition. Medically prescribed aids (proof of which may be required) will exempt dancers from this rule.

G9. Dancers must wear an official competitor's number when performing in all competitions. The use of reflective plastic number covers is discouraged because it can be difficult for adjudicators to see the number in certain lighting conditions.

G10. All dancers (solo and teams) must be in full costume and Irish dance shoes for award presentations.

FEIS GUIDELINES

H1. No one other than the Feis Committee may approach an adjudicator during the competition day, and no one may approach an adjudicator while dancers are performing.

H2. Feiseanna must read the statement "No one other than the Feis Committee may approach an adjudicator during the competition day, and no one may approach an adjudicator while dancers are performing", once in the morning (recommended after anthems are performed), and once after lunch.

H3. Adjudicators can keep stationary (pens, paper, calculator, etc.) on the table. All other items should be under the table/in a purse while competitions are in progress.

H4. Adjudicators must not use cell phones, smart watches, or other transmitting devices while at the judge's table.

H5. TCRG who are practicing judging must not practice adjudicating any competitions (meaning individual competitions, not the entire event) where their own dancers are entered.

H6. Only committee members and volunteers are allowed in tabulation.

OTHER

J1. If a rule is not specifically listed in the feis syllabus, the rules of the Eastern Canada Regional Syllabus shall preside.

J2. A competitor may be disqualified for any of the following reasons: a) Conduct unbecoming of 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.

J3. 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 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 be used for personal gain through commercial use or sale, and under no circumstances can they be published on any website or other areas, without the express written permission of the persons involved. Additionally, a professional photographer may be formally contracted by a Feis to capture non-motion photographs, such as portrait photography, awards ceremonies, etc. and/or in motion photography provided it is taken at a vendor station or suitable location: (a) away from the dancing stages and, (b) requested by a consenting parent, guardian, or dancer (over the age of 18)