

THE 34TH ANNUAL NATION'S CAPITAL FEIS & "ALL-AMERICAN CHAMPIONSHIPS"

JULY 22-23-24 2023

Come visit Washington DC!



nation's capital Feis
WASHINGTON, DC

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

Exhibition at the Capitol

Saturday July 22nd, 2023

Hotel Deadline is **July 7**
Entries with QuickFeis up to **July 11**

*Thank you to our 2023 volunteers
Your dedication
is greatly appreciated*

WWW.NATIONSCAPITALFEIS.COM

EMAIL: LoveNCFeis@aol.com

SATURDAY – July 22

- First Feis competitions
- Adult Competitions
- Four \$500 Scholarships
- Music Competitions
- Doggie Competition
- Cutest Irish Baby
- Catholic Mass

SUNDAY – July 23

- All Grades competitions
- Preliminary Championship
- Open Championship
- Art & Baking

MONDAY – July 24

- Grade Exams

NEW LOCATION!



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

NATIONS CAPITAL FEIS

REGULAR COMPETITION FEES

- Online registration at www.quickfeis.com
- Online registration open up to July 11
- Entries are not complete until full payment is received

Family Fee **\$30**
per family
(includes program)

Solo Dance Competitions **\$12**
Per competition
Per dancer

- First Feis
- All Grades
- Adult solo
- Team events

All Championship Competitions **\$55**
Per competitor

- Preliminary Championship (PC)
- Open Championship (OC)
- Adult Championship
- Masters Championship

Family Maximum **\$185**
(does not include any specials, exhibition, or family fee)
per family
(Includes solo competitions and is only applied BEFORE July 11)

Dancers performing at the **EXHIBITION** at the Capitol of the USA **\$55**
SATURDAY Noon
Per competitor

Specials and other comps *Please see prices in syllabus*

LATE FEES

- ONLINE registration will end July 11
- After July 11, 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 11	After July 11 (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 11, ALL changes must be made at QuickFeis.com and are FREE.
 - After July 11
 - 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)

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

NATIONS CAPITAL FEIS RULES:

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

NATIONS CAPITAL FEIS INFORMATION

QUESTIONS / INFO / UP-DATES:

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

NATIONS CAPITAL FEIS

ADULT COMPETITIONS (\$12 per competition)

10:15 AM - SATURDAY

A dancer over the age of 18 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 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.

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

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

	<u>Beginner</u>	<u>Advanced Beginner</u>	<u>Novice</u>	<u>Open (Prizewinner)</u>
REEL	299RL	399RL	499RL	599RL
LIGHT JIG	299LJ	399LJ	499LJ	599LJ
SINGLE JIG	299SN	399SN	499SN	599SN
SLIP JIG	299SJ	399SJ	499SJ	599SJ
TREBLE JIG	299TJ	399TJ	499TJ	599TJ
HORNPIPE	299HP	399HP	499HP	599HP
TRADITIONAL SET	299TS	399TS	499TS	599TS
TREBLE REEL	299TR	399TR	499TR	599TR

ADULT CHAMPIONSHIP & MASTERS (\$55)

10:30 AM - SATURDAY

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 competition of more than five competitors.

MASTERS PRELIMINARY CHAMPIONSHIP. Open to 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. Choice of hard shoe and choice of soft shoe.

MASTERS OPEN CHAMPIONSHIP. Open to 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. Choice of hard shoe, choice of soft shoe, nontraditional set.

	<u>O18 to U40</u>	<u>O40</u>	<u>Over 25</u>
Adult Championship – 3 rounds Round 1 – choice of hard shoe Round 2 – choice of soft shoe Round 3 – TRADITIONAL Set	540AC	541AC	
Masters PRELIMINARY Championship – 2 rounds Round 1 – choice of hard shoe Round 2 – choice of soft shoe			699PC
Masters OPEN Championship – 3 rounds Round 1 – choice of hard shoe Round 2 – choice of soft shoe Round 3 – Open Set (non-traditional)			799OC
Non-traditional Set Dance (\$12) <i>Only for Master Preliminary Dancers</i>			699SD

NATIONS CAPITAL FEIS

FIRST FEIS (\$12 per competitor)

10:00 AM - SATURDAY

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

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

EXHIBITION AT THE CAPITOL OF THE USA (\$55 per competitor)

NOON - SATURDAY

- Commences at 12:00 pm (NOON) followed by awards presentation.
- Location – Exhibition at the Capitol of the USA.
- *All participants will receive an award.*
- Participation fee of \$55 per dancer is required and must be included with entry.
- Family members and spectators are free.
- Participants may dance solo dance of choice: 2 steps in the reel / jig etc., traditional set dance in groups or any of the ceili dances by the book that dancers may dance
- Participants who are registered in the Nation's Capital Feis room block at the Falls Church Marriott Fairview Park Hotel are eligible to ride to and from the Exhibition in our limousine.
- Rides between the feis hotel and the Exhibition must be pre-arranged. Information on how to register dancers and family on a first-come, first-served basis for the limo will be sent to all dancers who register for the Exhibition..
- Limousine departs promptly at 10:00 AM on Saturday. Please arrive prepared for the Exhibition in the lobby of the Falls Church Marriott Fairview Park Hotel prior to the departure time. No food or coolers are allowed but you may bring your own chair or blanket to sit on.
- If security or weather conditions require this event to be cancelled, participants will receive their award at the hotel.
- No refunds!

	<u>Everyone</u>
EXHIBITION AT THE CAPITOL OF USA	999EX

FREE COMPETITIONS

After Adult Competitions - SATURDAY

	<u>Day</u>	<u>Fee</u>	<u>Open to</u>	<u>Requirements</u>	<u>Competition</u>
Jack & Jill	SAT	FREE	EVERYONE	Sweets of May Name of dancers will be drawn at stage prior to competitions	901FR
Dog With The Cutest Irish Eyes	SAT	FREE	EVERYONE	End of day and before Mass	902FR
Baby Competition	SAT	FREE	Under 3	Baby with the cutest Irish smile! ☺	903FR
Special Needs REEL Competition	SAT	FREE	EVERYONE	Dance your favorite REEL step	904FR

NATIONS CAPITAL FEIS

\$500 SCHOLARSHIP DANCE OFFS

SATURDAY AND SUNDAY

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

	Day	Fee	Open to	Requirements	Competition
Frank & Peggy O'Neill Scholarship \$550	SAT	\$25	EVERYONE EXCEPT OC DANCERS	Traditional Set Dance Blackbird in its entirety (Lead, set, step, 2nd set & last step)	950SCH
Laureen O'Neill-James Scholarship \$550	SAT	\$25	EVERYONE	Saint Patrick's Day in its entirety/1st Step Right and Left Foot/ Set Part Right and Left Foot/2nd Step Right and left foot/2nd Set Part Right and Left foot/Last Step Right Foot ONLY	951SCH
Dennis Dennehy Scholarship \$550	SAT	\$25	EVERYONE	Treble 2-Hand Reel 48 bars	952SCH
The Fred James "I Feel Good" Scholarship \$550	SAT	\$25	EVERYONE <i>Dancers may compete in more than one team</i>	Must comprise of 8 or more dancers School costume not required "Light & Hard Shoe combination" No longer than 5 minutes in length. Must supply own music or use Feis Musician	953SCH
Peter Smith Scholarship \$550	SUN	FREE	OC ONLY	Competition for: 1st 2nd & 3rd place winners in competitions 713, 714, 715, 716, 717. 718, 719 Set dance in contrasting tempo – 720PSS	954SCH

SPECIAL COMPETITIONS

Saturday and Sunday

- All Fees are PER competitor

	Day	Fee	Requirements	Adult	Grades U12	Grades U15	Grades O15	OC/PC
Showcase Style Competition	SUN	\$25	Dancers may perform 48 bars of Reel / Jig or 40 bars of Slip Jig / Hornpipe & Traditional Set Dance "All-American Award" will be presented to the winner	---	512SSC	515SSC	516SSC	---
Combined Music/Dance Competition	SUN	\$25	Competitors may play 48 BARS of music (reel, jig, slip jig, hornpipe etc.), which will be recorded. Competitor will then dance to his / her own recorded tune.	---	512MDC	515MDC	516MDC	---
Hard-shoe Exhibition & Extravaganza	SAT & SUN	\$12	Team may consist of 5 to 20 dancers. School costume not required. Maximum time allowed 4 minutes. May provide your own music	599HSE (Sat)	516HSE (Sun) All / any Grades competitors		755HSE (Sun)	
Parent Child(ren)	SUN	\$12	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.			900PCS anyone		
Family Ceili	SUN	\$12	A competition to allow children the distinct pleasure of dancing with a family member. All competitors must be registered for the Feis. The ceili dance must be by the book by members of the same family, no relatives outside the immediate family. Parents may only dance ONCE in each competition			900FCS anyone		

NATIONS CAPITAL FEIS

IRISH CULTURE COMPETITIONS

SATURDAY AND SUNDAY

- All Fees are PER competitor

	<u>Day</u>	<u>Fee</u>	<u>Requirement</u>	<u>U13</u>	<u>U18</u>	<u>O18</u>
Music	SAT	\$12	Supply own instrument Play one Irish tune of own choice	513M	518M	519M
Irish Song	SAT	\$12	One Irish song of own choice Acapella	513IS	518IS	519IS
Irish Language	SAT	\$12	Recitation (Comortaisi in Gaelige)	513IL	518IL	519IL
Art	SUN	\$12	Irish themed visual art	513A	518A	519A
Needlework	SUN	\$12	Irish themed needlework	513N	518N	519N
Knitting	SUN	\$12	Irish themes knitting	513K	518K	519K
Crochet	SUN	\$12	Irish themed crochet	513CR	518CR	519CR
Baking	SUN	\$12	Irish Soda Bread Only	513B	518B	519B

NATIONS CAPITAL FEIS

FIGURES / CEILI / TEAMS

SATURDAY AND SUNDAY

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

		<u>2 HAND</u> <u>Reel</u>	<u>3 HAND</u> <u>Reel</u>	<u>4 HAND</u> <u>Reel/Jig</u>	<u>6 HAND</u> <u>Reel/Jig</u>	<u>8 HAND</u> <u>Reel/Jig</u>	<u>Choreography</u>	<u>United</u> <u>Counties</u> <u>Competition</u>
Sunday 8:00 am	Under 8	208FD	308FD	408FD	608FD	808FD	912CHO	999UCP
Sunday 8:00 am	Under 10	210FD	310FD	410FD	610FD	810FD		
Sunday 8:00 am	Under 12	212FD	313FD	414FD	616FD	818FD		
Sunday 8:00 am	Under 15	215FD	315FD	415FD	615FD	815FD		
Sunday 8:00 am	15 and over	216FD	316FD	416FD	616FD	816FD		
SATURDAY 10:15 am	Adult	299FD	399FD	499FD	699FD	899FD	---	

NATIONS CAPITAL FEIS

ALL the following competitions are on SUNDAY!

Competitions are charged \$12 per competitor per competition for Grades

NUMBERING SYSTEM

The following numbering system is being used:

1 st Digit	Level Category: FIRST FEIS Dances all begin with "1", BEGINNER 1 with "2", and so forth
2 nd and 3 rd Digits	Age Group, Girls begin at 01 and Boys begin at 51. So "05" means girls under 5, while 61 means boys under 11. Combined gender groups will have the girls/ladies numbering – "99" are adults
4 th and 5 th Digits (Letters)	Competition Type: RL = REEL LJ = LIGHT JIG SJ = SLIP JIG TJ = TREBLE JIG HP = HORNPIPE PD = ST PATRICK DAY TS = TRADITIONAL SET ...

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

For 2023	<u>U5</u>	<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>	<u>U17</u>	<u>U18</u>
Born in:	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005

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

BEGINNER (BEGINNER 1)

ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS

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

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

GIRLS/BOYS	<u>U5</u>	<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>O15</u>
REEL	205RL	206RL	207RL	208RL	209RL	210RL	211RL	212RL	213RL	214RL	215RL	216RL
LIGHT JIG	205LJ	206LJ	207LJ	208LJ	209LJ	210LJ	211LJ	212LJ	213LJ	214LJ	215LJ	216LJ
SLIP JIG	205SJ	206SJ	207SJ	208SJ	209SJ	210SJ	211SJ	212SJ	213SJ	214SJ	215SJ	216SJ
TREBLE JIG	205TJ	206TJ	207TJ	208TJ	209TJ	210TJ	211TJ	212TJ	213TJ	214TJ	215TJ	216TJ
HORNPIPE	205HP	206HP	207HP	208HP	209HP	210HP	211HP	212HP	213HP	214HP	215HP	216HP

NATIONS CAPITAL FEIS

ADVANCED BEGINNER (BEGINNER 2)

ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS

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

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

NOVICE

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

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

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

OPEN (PRIZEWINNER)

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

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

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

NATIONS CAPITAL FEIS

PRELIMINARY CHAMPIONSHIP (\$55 per competitor)

SUNDAY

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

<u>BOYS/MEN & GIRLS/LADIES</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>	<u>U17</u>	<u>O17</u>
Preliminary Championship	609PC	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC

Competitions will be combined as best as possible by two adjacent age groups to make groups of 5 or more.

If 3 or more boys are entered in a specific age group, the boys and girls must be split into separate competitions. Large competitions may be split.

OPEN CHAMPIONSHIP (\$55 per competitor)

SUNDAY

A dancer who wins two First Place awards in one calendar year will move on to Open Championship the following year, or as soon as the second win is achieved, in any age category, in the following years. Only in the case of back-to-back Feiseanna (successive days), in which case the first win in the first Feis will not change the dancer's status for the second Feis. Placing in a Regional or National Oireachtas does not change the status of a competitor.

Dancers will perform:

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

<u>GIRLS / LADIES/ BOYS / MEN</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>	<u>U17</u>	<u>U18</u>	<u>O18</u>
OPEN Championship	709OC	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC
Peter Smith Scholarship \$550 (FREE Competition)	Competition for: 1st 2nd & 3rd place winners in competitions 713, 714, 715, 716, 717, 718, 719 Set dance in contrasting tempo – 720PSS										

Competitions will be combined as best as possible by two adjacent age groups to make groups of 5 or more.

If 3 or more boys are entered in a specific age group, the boys and girls must be split into separate competitions. Large competitions may be split.

SUPPLEMENTAL CHAMPIONSHIP COMPETITIONS (\$12 per competition)

SUNDAY

- Open to ALL PC or OC dancers ONLY
- Scheduled throughout the day on Sunday
- All dances require 2 steps
- Adjudicated by single judge
- Charged \$12 per competitor per competition

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

NATIONS CAPITAL FEIS

IDTANA SOUTHERN REGION-DANCING COMPETITION RULES

IDTANA Southern Region Dancing Competition Rules-Effective
January 1, 2021

1. In the case of all solo and team competitions in all grades, the age of a competitor on January 1st of the year in which the competition is held will determine the right of entry. For the purpose of this rule, a competitor whose birthday occurs on January 1st shall be deemed to be under the age attained on that date.
 2. Competitions are open to all but those holding a TMRF, TCRG, ADCRG designation. A Feis can only accept entries from pupils of teachers registered with An Coimisiun, regardless of their domicile, and where applicable, registered with both the IDTANA and the North American region in which they reside
 3. A competitor may be disqualified for any of the following reasons:
 - a) Conduct unbecoming a lady or gentleman;
 - b) Failure to report on time to compete (Penalty: disqualification from said event);
 - c) Falsification of age or other important fact, i.e., teaching, award winning, competing under another competitor's name or number, etc.Penalty for (a) or (c): Competitor will be disqualified from the Feis at which the occurrence happened and from all NAFC registered Feiseanna for a period of one year beginning at the date of the occurrence.
 4. Competitions may be closed if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced. This may not pertain to a situation where competitors are involved in stage conflicts.
 5. Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner) competition:
 - a) must compete in their own age group;
 - b) must be prepared to perform two steps in each event;
 - c) cannot change competition on the day of the Feis.
 6. Steel taps or "bubble" heels on dancing shoes, display of awards, wearing of shorts or other unconventional dress is prohibited. Authentic Gaelic dress is desired. Dancers competing in First Feis (if offered), Beginner and Advanced Beginner (Beginner I and II) must wear a class costume or a skirt and blouse. All other categories are excluded from this rule. Modest attire is encouraged when a competitor is not dancing.
 7. Competitor's number must be worn and visible to adjudicators when performing in all competitions. Use of clear reflective plastic number covers is discouraged.
 8. Awards will be determined in proportion to the number of entries in each competition and to the degree of proficiency shown.
 9. Complaints regarding the running or rules of a Feis must be in writing stating names and other factual information and signed by the complainant. A ten dollar fee (cash) must be enclosed and presented to the Feis Chairman within one hour of the occurrence. The fee will be returned if the complaint is upheld.
 10. The Feis Committee and any organization affiliated with same will not be held responsible for personal injury, property loss or damage. Destruction of Feis property or rental property will be punishable by law..
 11. The Feis reserves the right to reject any entry for cause, to cancel all or part of the Feis and to limit competitor's performing time. The decision of the Feis Committee is final in all matters connected with the Feis.
 12. All Feiseanna must have a process to allow parents to request that their Child or children's name (s) not be listed on the posted competitor list prior to the day of the Feis.
 13. Competitors must answer all questions on the entry form as required by the Feis Entry Committee, including teacher's name, and enclose the entry fee when mailing. Failure to do so will result in a rejected entry. Entries must be postmarked on or before the closing date or they will be subject to a late fee as determined by the Feis committee and published on the syllabus and/or entry form.
 14. Championships
 - a) Entrants in any Championship event may not enter in any other regular grade solo events, but may enter in Figure Dances and/or special competitions for which they are eligible (traditional set, treble reel, non-traditional set dance).
 - b) Entrants in Open Championships should specify on the entry form their choice of set dance.
 - c) Open Championship competitions in the minimum required age groups must be offered separately in the syllabus, yet the Feis Committee may combine an age group with the next higher age group if there are fewer than 5 competitors entered in the lower age groups. A Feis Committee is not permitted to combine dancers from one open championship age group with any age groups which is more than one age group higher than the age group in which the dancers are entered.
 - d) A dancer is required to perform a light shoe dance (reel or slip jig for ladies and reel only for men) and a set dance. A Feis can also opt to require a third dance (choice of jig or hornpipe).
 - e) Dancers must qualify for Open Championship via the method now in place for Preliminary Championship, i.e., two first place wins.
 - f) Dancers must compete in the Preliminary Championship competition in order to qualify for Open Championship.
15. Girls and Boys competitions in Open Championship may be combined in the syllabus. If three or more boys are entered in a specific age group in a combined Open Championship competition, the boys and girls must be split into separate competitions. If separate Boys and Girls competitions in Open Championships are offered in the syllabus, they may not be combined under any circumstance on the day of the Feis.
 16. Preliminary Championships
 - a) Are open to those who at any NAFC recognized Feis:
 - i. Have place 1st in both an Open (Prizewinner) light and heavy shoe competitions and
 - ii. Have never won 1st, 2nd or 3rd in Open Championship.
 - b) A dancer who wins two (2) first place Preliminary Championship awards in one calendar year will move onto Open Championship the following year (as of January 1); if the second first place win does not occur in the same feis year as the first win, as soon as the second win is achieved, in any age category, the dancer must move up to Open Championship level immediately. Only in the case of a back to back Feiseanna (successive days) the first place win in the first Feis will not change the dancer's status for the second Feis.
 - c) A dancer in a Preliminary Championship is required to perform a light shoe dance (reel or slip jig for ladies and reel only for men) and a hard shoe dance. A Feis can opt to offer either (a) a set dance or (b) jig/hornpipe or (c) both a set dance and jig/hornpipe.
 - d) Boys and girls will be combined in Preliminary Championships. Please note the separation policy for 5 or more boys.
 - e) Preliminary Championship competitions must be offered separately in the syllabus for the minimum required age groups, yet the Feis Committee may combine an age group with the next higher age group if there are fewer than 5 competitors entered in the lower age group. A Feis Committee is not permitted to combine dancers from one Preliminary Championship age group with any age group which is more than one age group higher than the age group in which the dancers are entered.
 - f) Preliminary Championship competitions with 26 or more competitors will be split in half according to age.
 17. Open Championships and Preliminary Championships require at least three adjudicators.
 18. First place winners in the Open Championship category cannot return to a Preliminary or Open (Prizewinner) competition. Placing in a Regional or National Oireachtas does not change the status of a competitor. If after competing two full feis years at the Open Championship level, a dancer has not placed first, second or third, he/she may opt to return to Preliminary Championship status.
 19. The status of a dancer does not change unless there are five or more dancers in a competition.
 20. Grade Category Definitions:

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- a) **Beginner:** A beginner is a competitor who has not taken a full year of Irish dance lessons, thereby giving Beginners a full year with such status. A Beginner must move into the Advanced Beginner category for the next year.
- b) **Advanced Beginner:** An Advanced Beginner who wins 1st, 2nd or 3rd place will advance to the Novice category in that particular dance. Competition dances are reel, light jig, slip jig, traditional treble jig and traditional hornpipe as minimum requirements.
- c) **Novice:** A Novice dancer who wins a 1st place in a dance will advance to the Open (Prizewinner) category in that particular dance.
- d) **Open (Prizewinner):** A competitor who does not qualify as a Beginner, Advanced Beginner or Novice.
- e) **Adult Beginner:** An adult beginner is a competitor who never took Irish dancing lessons as a juvenile and is over 18 years of age.
21. The syllabus must contain all grade categories. Each region may determine the system for moving dancers from one grade to another. A Feis Committee may combine two consecutive age categories into the higher of the two categories within that grade when less than five (5) competitors are entered.
22. Musicians and adjudicators cannot be approached during a competition by anyone except the Feis Committee. No one can approach them while a competitor is performing.
23. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.
24. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced. Competitors may compete in the next higher age group. A competitor may compete in no more than two different age groups for any one category (4-hand, 8-hand, etc.)
25. In matters pertaining to adjudicators, the decision of the adjudicator is final.
26. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.
27. First Feis (if offered), Beginner, Advanced Beginner and Adult dancers are required to dance at traditional speeds only. Novice and Open (Prizewinner) dancers may choose between traditional and Oireachtas speeds. Adult dancers are allowed to dance traditional or Oireachtas speed dances in the novice and prizewinner grade levels, but this does not apply to contemporary set dances.
28. The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8 bar introduction.
29. In consideration of safety and in fairness to dancers performing at a Feis, photography of any kind which has the capability of capturing a dancer's image while in motion is strictly forbidden. A Feis may elect to allow motion photography for publicity purposes, but the pictures are considered the sole property of the Feis and solely for Feis use only; these are not to be used for personal gain through commercial use or sale, and under no circumstances can they be published on any website or others areas without the express written permission of the persons involved. Additionally, a professional photographer may be formally contracted by a Feis to capture non-motion photographs, such as portrait photography, awards ceremonies, etc. and/or in motion photography provided it is taken at a vendor station or suitable location:
- a) away from the dancing stages and
- b) requested by a consenting parent, guardian or dancer over the age of 18.
30. No block, en Point, toe walking movements, stationary or moving is allowed to be performed for all ages up to and including the under 12 age group. However, after Sept 1st of each year, an exception is made for the dancers who are 11 dancing in the under 12 age group.
31. Make-up is prohibited on a dancer in the first three grades (First Feis [if offered], Beginner and Advanced Beginner or their equivalent) up to and including the under 12 age group.
32. Any competitor found to be using artificial carriage aids and subsequently refuses to remove same, will be subject to disqualification from that particular competition, medically prescribed aids (proof of which may be required) will be exempt from this rule.
33. Each Feis is required to list their adjudicators on their syllabus and/or website. If adjudicators are not listed on the syllabus, they must be posted on the Feis website a minimum of three weeks prior to the Feis. Once the Feis has closed for entries, the adjudicators names may be removed from the Feis website. One third of the adjudicators are to be from outside the region where the Feis is being held.
34. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.
35. That 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.
36. That an Adult Dancer beyond Beginner 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 competition of more than five competitors.
37. All Southern Region feiseanna must offer Adult competitions, including Adult championships, starting May 1, 2021.
38. All Southern Region feiseanna must offer Masters level competitions starting May 1, 2021.
39. 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.
40. 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. - Dancers competing at the Adult Championship level may move to the Masters Prelim level per teacher's discretion.
41. 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.
42. That the Southern Region offers separate solo championship competitions for Adults and Masters at our regional Oireachtas starting in 2021, with traditional set as the third round for Adults and non-traditional set as the third round for Masters. - Only dancers who meet the definition of "Adult dancer" may compete in Adult ceili competitions. Masters level solo dancers competing in ceilis must compete in the Youth ceili categories.

MODESTY RULE — FROM AN COIMISIUN

Changing costumes, dressing and undressing of dancers will not be acceptable in the halls or public areas. For the sake of modesty and in the interests of safety of young people, dancers will not be permitted to walk around the feis scantily dressed

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