

Roseland Feis



Saturday, October 26th, 2019

Deadline for entries October 19th, 2019
LATE FEES applied after October 16th, 2019 (\$20.00)

DAY OF FEIS ENTRIES \$100 CASH Per Dancer

No Refunds

See our website for a list of adjudicators, musicians and stage schedule

**Ancaster Fairgrounds
630 Trinity Road
Jerseyville, Ontario, Canada
L0R1R0**

Feis begins at 8:00 a.m. sharp
Doors open at 7:15 a.m.

Feis Chairpersons: Grainne Bryson, T.C.R.G. & Katie Dennis T.C.R.G
Registrar: Samantha Morgan

NAFC Championships for 2019

Gerry Campbell Perpetual Senior Belt,
Robert Gabor Junior Trophy, George Sweetnam Minor Trophy
held January 19, 2019 at the Crown Plaza Resort and Hotel, Sacramento, CA

U15 Edward Callaghan Music Scholarship Competition, Golden Horseshoe Feis, June 15, 2019

O15 James Brennan Music Scholarship Competition, Peach State Feis, May 4

NAFC President: Jim Graven, Members of An Coimisium, Dublin, Ireland

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Entry Fees

Music/Vocal Competitions	\$10.00
Figure Dances	\$10.00
Solo Competitions	\$10.00
Preliminary Championship	\$40.00
Preliminary Set	\$10.00
Open Championship	\$45.00
Special Trophy Dances	\$10.00
Family Maximum*	\$120.00
Family Admission (must be included with registration or entry will be refused.)	\$25.00
Late Fee (enforced after October 16 th)	\$20.00

Please note: There are no refunds whatsoever.

(*excludes: Special Trophy Dance, Family Door Fee, Late Fees)

“On-line” Registration via <http://www.feis.link>

email: roselandfeis.registrar@gmail.com

Please read the following: “On-line” entries only will be accepted. Email and phone entries will not be accepted.

All entries must include the \$25 family door fee or registration will be declined.

Entry Deadline: October 19th, 2019

Entries must include a \$20 late fee after: October 16, 2019

No photography or video recording of any kind is permitted while dancer is performing.

ROSELAND FEIS COMPETITIONS

The following are the music requirements:

Traditional Irish Music – Vocal and/or Instrumental

Maximum of one traditional piece per competitor

Music competitions will take place approximately 12 noon.

Music Competition - \$10.00

Under 12	MUS 12
12 and Over	MUS 99

Special Child Competition – no fee

SC18

TIR NA NOG – no fee – only open to pre-beginners. Cannot be entered in any other competition. No make-up or wigs. Dancing shoes and costumes are not required.

Under 6	TNN
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Figure Dances/Ceili Dancing

Note:

2- and 3-hand length: 8 bar intro, plus 48 bars

4-hand dances must be from Ar Rinci Ceili, (latest edition)

Fairy Reel and 8-hand Ceili dances as per 2018 ECR Oireachtas Official Rules (Team Dances Rule #11)

Figure Dances begin at 8:00 a.m.

***Note: the 2014 release of Ar Rinci Ceili must be utilized**

	Figure Competition \$10.00/Dance				
	2 hand	3 hand	4 hand	6 hand	8 hand Ceili
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
Over 15	F99-2	F99-3	F99-4	F99-6	F99-8

ADULT BEGINNER - \$10.00/Dance

Traditional speeds only. See NAFC rule 21

	Reel (122)	Jig (115)	Slip Jig (122)	Single Jig (124)	Treble Jig (92)	Hornpipe (138)	St. Patrick's Day (94)
Men & Woman	M99R	M99L	M99S	M99X	M99T	M99H	M99P

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Beginner Competitions (\$10.00 per dance)

See ECR rule #10

Age	Reel (122 bpm)	Light Jig (115 bpm)	Slip Jig (122 bpm)	Single Jig (124 bpm)
Under 5	B5R	B5L	B5S	B5X
Under 6	B6R	B6L	B6S	B6X
Under 7	B7R	B7L	B7S	B7X
Under 8	B8R	B8L	B8S	B8X
Under 9	B9R	B9L	B9S	B9X
Under 10	B10R	B10L	B10S	B10X
Under 11	B11R	B11L	B11S	B11X
Under 12	B12R	B12L	B12S	B12X
12 and Over	B99R	B99L	B99S	B99X

Advanced Beginner Competitions (\$10.00 per dance)

AGE	Reel (122 bpm)	Light Jig (115 bpm)	Slip Jig (122 bpm)	Single Jig (124 bpm)	Treble Jig (92 bpm)	Hornpipe (138 bpm)	St. Patrick's Day (94 bpm)
Under 7	A7R	A7L	A7S	A7X	A7T	A7H	A7P
Under 9	A9R	A9L	A9S	A9X	A9T	A9H	A9P
Under 11	A11R	A11L	A11S	A11X	A11T	A11H	A11P
Under 13	A13R	A13L	A13S	A13X	A13T	A13H	A13P
13 and Over	A99R	A99L	A99S	A99X	A99T	A99H	A99P

Novice Competitions (\$10.00 per dance)

Note: Speed for Treble Jig 92 or 73, Hornpipe 138 or 113.

Traditional Set: Choice of Blackbird (144 bpm), Garden of Daisies (138 bpm), Job of Journeywork (138 bpm), Jockey to the Fair, King of the Fairies (130 bpm), Three Sea Captains (96 bpm), Jockey to the Fair (90 bpm) & St. Patrick's Day (94 bpm).

Age	Reel (113 bpm)	Light Jig (115 bpm)	Slip Jig- (113 bpm)	Treble Jig (92 or 73 bpm)	Hornpipe (138 or 113 bpm)	Traditional Set
Under 7	N7R	N7L	N7S	N7T	N7H	N7D
Under 9	N9R	N9L	N9S	N9T	N9H	N9D
Under 11	N11R	N11L	N11S	N11T	N11H	N11D
Under 13	N13R	N13L	N13S	N13T	N13H	N13D
13+ and Over	N99R	N99L	N99S	N99T	N99H	N99D

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Prizewinner Competitions (\$10.00 per dance)

Traditional Set: Choice of Blackbird (144 bpm), Garden of Daisies (138 bpm), Job of Journeywork (138 bpm), Jockey to the Fair, King of the Fairies (130 bpm), Three Sea Captains (96 bpm), Jockey to the Fair (90 bpm) & St. Patrick's Day (94 bpm).

Prizewinner dancers Under 8 or Under 9 are not eligible to dance a contemporary set.

Age	Reel – (113 bpm)	Slip Jig (113 bpm)	Treble Jig (92 or 73 bpm)	Hornpipe (138 or 113 bpm)	Traditional Set	Contemporary Set
Under 9	P9R	P9S	P9T	P9H	P9D	-----
Under 11	P11R	P11S	P11T	P11H	P11D	P11C
Under 13	P13R	P13S	P13T	P13H	P13D	P13C
13+over	P99R	P99S	P99T	P99H	P99D	P99C

Special Trophy Dances “FUTURE CHAMPIONS”

Novice/Prizewinner dancers Oireachtas Preparation

Note: This competition is open to all Oireachtas Solo Dancers only (Novice and Prizewinner dancers dancing on Friday and Saturday). Dancer will dance – Reel (48 bars) or Slip Jig (40 bars) – whichever is your 2019 Oireachtas dance!

This is a great opportunity for dancers to practice on a larger stage in preparation for the 2019 Oireachtas.

There is a perpetual cup for each competition.

Fees for these dances are not included in the “Family Maximum”.

(\$10.00 /competitor)

“Future Champion” Roseland Feis Perpetual Cup	Reel - (113 bpm)	Slip Jig (113 bpm)
	P99R-TS	P99S-TS

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Preliminary Championship

Note: Specify: Reel/Slip Jig and Treble Jig/Hornpipe

\$40.00/competitor (results included)

\$10.00/ Preliminary Sets

Preliminary Championship Reel (113 bpm – boys & girls) or Slip Jig (113 bpm – girls only) AND Treble Jig (73 bpm) or Hornpipe (113 bpm) See ECR rules 3, 6			
Preliminary Championship		Preliminary Championship Sets Minimum Traditional Set Speeds: St. Patrick's Day (94), Job of Journeywork (138), Jockey to the Fair (90), Three Sea Captains (96), Blackbird (144), King of the Fairies (130), Garden of Daisies (138)	
Under 9	PC9	Under 9	PC9S
Under 11*	PC11	Under 11	PC11S
Under 13	PC13	Under 13	PC12S
Under 15*	PC15	Under 15	PC14S
Under 17	PC17	Under 17	PC16S
17+ and over*	PC99	17+ and over	PC99S

Under 10 - The Shamrock Academy Perpetual Cup

Under 14 - The Mae Ross Memorial Trophy)

Under 17 - The Ronald Plummer Memorial Trophy

17+ and Over - The Michael Woodgate Memorial Trophy

OPEN CHAMPIONSHIP - sashes will be awarded for 1st, 2nd, 3rd, 4th & 5th places. Three rounds: hard shoe/soft shoe/set dance. Specify: Reel/Slip Jig and Treble Jig/Hornpipe
\$45.00/competitor

Open Championship Reel (113 bpm – boys & girls) OR Slip Jig (113 bpm – girls only) AND Treble Jig (73 bpm) or Hornpipe (113 bpm) AND Set Dance choice	
Under 9*	C9 <i>(OC-U10) Evelyn Bowling and Lillian Quinn Memorial Trophy</i>
Under 11	C11 <i>The Donal O'Connell Memorial Cup</i>
Under 13	C13 <i>The William Hanna Memorial Trophy</i>
Under 15	C15 <i>Mary Devlin Memorial Trophy</i>
Under 17	C17 <i>"For the Love of Dance" Perpetual Cup</i>
Under 19	C19 <i>The Catherine Rafferty Memorial Trophy</i>
19 and Over	C99 <i>Mary Monaghan Memorial Cup</i>

*Note: U 9 cannot be combined with U11

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DANCING COMPETITION RULES*

Adopted By The North American Feis Commission, Effective January 1, 2016

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 Coimisiún, regardless of their domicile, and where applicable, registered with both the IDTANA and the North American region in which they reside.

Competitions may be closed if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced. May not pertain to a situation where competitors are involved in stage conflicts.

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 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. 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) competitions:

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. First Feis (if offered), Beginner and Advanced Beginner, aka 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 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.

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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 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 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 of \$20.
14. Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances. Entrants in Championships should specify, on the entry form, their choice of set dance. Entrants cannot change competition or category on the day of the competition.
 - 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
 - c) The regional syllabus where the Feis is being held may have different qualifications for entry.
15. Combining male and female dancers in any age category is left to the discretion of each region of the IDTANA.
16. Preliminary Championships are open to those who, at any NAFC recognized Feis:
 - a) Have won 1st place in both an open/prizewinner light and heavy shoe competition, and
 - b) Have never won 1st, 2nd or 3rd in Open Championship. A dancer who wins two first place awards will move on to Open Championship at the next Feis they enter, 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. 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.
 - c) The regional syllabus where the Feis is being held may have different qualifications for entry.
17. Championships and Preliminary Championships require at least three adjudicators.

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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. 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. The regional syllabus where the Feis is being held may have different qualifications for entry.

19. The status of the dancer does not change unless there are five or more dancers in a competition.

20. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region. The syllabus is to contain all grade categories. 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.

21. **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 Advanced Beginner category the next year.

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.

Novice Grade: A novice who wins a 1st place will advance to the Open (Prizewinner) category in that particular dance.

Open Grade (Prizewinner): A competitor who does not qualify as a beginner, advanced beginner or as a novice.

Adult Beginner: An adult beginner is a competitor who never took Irish dancing lessons as a juvenile and is over 18 years of age.

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 adjudication, the decision of the adjudicators 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, and Advanced Beginner dancers are required to dance at traditional speeds. 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.

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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 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).

30. 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.

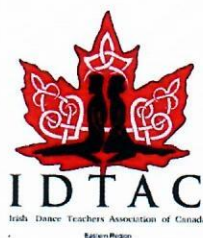
31. Make up is prohibited on a dancer in the first three grades (First Feis (if offered), Beginner and Advance Beginner or their equivalent) up to and including the under 12 age group.

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. Competitors in girl's competitions at the First Feis (if offered), Beginner and Advanced Beginner Grade will wear only the competitor's dancing School costume or a skirt and blouse

35. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.



The Eastern Canada Regional Syllabus

Adopted March 6, 2005

Amended: 3 December 2006; 27 January 2008, 6 November 2008, 10 August 2011, 23 November 2011, 4 December 2013, 13 November 2014, 30 December 2016, 2 May 2017, 29 April 2018, **28 April 2019**

Rules

All regional feiseanna must submit their syllabus to the IDTAC Feis Liaison for approval at least one month prior to the anticipated publication date, and the entry list (sorted by competition) must be sent one week prior to the feis date so the splits and mergers can be checked. Please send your information to Eileen Moran, TCRG at: eileenmoran28@hotmail.com

Requests to hold competitions which are not specified in this syllabus must be submitted in writing to the Regional Director for approval, at least three months in advance of the anticipated publication date. Such requests must be submitted each year as permission will be granted for one year only. Please submit requests to Ryan Carroll, ADCRG at: ryan@goggin-carroll.com

Please note the NAFC rules requiring that: one third of Adjudicators must be from out of region, and all Adjudicators/Musicians must be published on the syllabus and/or website.

The following ECR rules must be published, as shown below, in the syllabus of all feiseanna in the Eastern Canadian Region:

1. **Boys and girls must be combined in all levels.**
2. **Advanced Beginner, Novice and Prizewinner competitions with 15 or more entries shall be split to single age groups (effective Jan 1 2017). Should one side of the split have four or fewer entries, the feis organizers may choose to split or not. Double-aged competitions with four or fewer entries will not be merged.**
3. **Preliminary and Open Championship competitions with 25 or more competitors must be split by year of birth (or exactly in half in the case of senior level age groups) (effective Jan 1 2017).**
4. **Competitions not reaching the thresholds noted above may not be split.**
5. **Entries received after splits/mergers have been approved by the Feis Liaison and communicated to the Feis Chair shall not mandate further adjustments (effective Jan 1 2017).**
6. **Preliminary Championship: In addition to the NAFC definition, a Preliminary Championship dancer in the ECR is "one who has achieved 1st place in one light dance (reel or slip jig), AND 1st place in one heavy dance (treble jig or hornpipe) in the Prizewinner grade."**
7. **Dancers in Under 8 and Under 9 preliminary set dance competitions must dance a traditional set dance from the An Coimisiún le Rincí Gaelacha approved list. Such will be danced three at a time (except for Open Championship, which will be danced one at a time) where stage size permits; otherwise, they will be danced two at a time.**
8. **A dancer who wins First Place in two Preliminary Championship competitions (with five competitors or more) must advance to Open Championship in the following year. 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). (Rule inserted April 28, 2019)

9. All dancers (solo and teams) must be in full costume and Irish dance shoes for award presentations.
10. There is to be an 8-bar break between lines of dancers in Beginner competitions.
11. All speeds **MUST** be listed on the feis syllabus as shown in the regional syllabus.
12. Feiseanna may apply on an annual basis for additional age groups for grade level competitions and/or single age groups for Preliminary and Open Championship events.
13. Open Championship competitions shall consist of three rounds judged by three adjudicators. Permission **MUST** be sought from the Regional Director to offer alternative systems such as rotating panels etc. (Rule inserted April 28, 2019)

Grade Levels

Grades are restricted to the following:

Beginner:	as per NAFC definition; skirt/blouse or school costume only
Advanced Beginner:	as per NAFC definition; skirt/blouse or school costume only
Novice:	as per NAFC definition
Prizewinner:	as per NAFC definition
Preliminary Championship:	as per NAFC definition plus ECR Rule #6
Open Championship:	as per NAFC definition plus ECR Rule #8

Age Groups

Grades are restricted to the following:

Beginner:	Under 5, and every age up to and including 12 & Over
Advanced Beginner:	Under 7, Under 9, Under 11, Under 13 and 13 & Over
Novice:	Under 7, Under 9, Under 11, Under 13 and 13 & Over
Prizewinner: (effective September 1, 2019)	Under 9, Under 11, Under 13 and 13 & Over
Preliminary Championship:	Under 9, 11, 13, 15, 17, and 17 & Over
Preliminary Sets:	Under 9, 11, 13, 15, 17 and 17 & Over
Open Championship:	Under 9*, 11, 13, 15, 17, 19 and 19 & Over

*Open Championship Under 9 may NOT be combined with Under 11.

Length of Dances

Beginner, Advanced Beginner, Novice and Prizewinner:

Reel, Light Jig, Single Jig, Slip Jig, Treble Jig, and Hornpipe 32 bars

Preliminary and Open Championship:

Introduction (other than for certain set dances)	8 bars
Reel and Treble Jig	48 bars
Slip Jig and Hornpipe	40 bars

Figure Dancing:

If a dancer does not start after the proper introduction, the musician(s) MUST NOT add the number of bars to the dancers' performance (i.e. if the dancer false starts or misses the start). This applies to set dances as well. The onus is on the dancer to start correctly.

Required Solo Dances and Speeds

The following dances must be offered at the following speeds (effective Jan 1 2017):

Beginner:	Reel (122), Light Jig (115), Slip Jig (122), Single Jig (124)
Advanced Beginner:	Reel (122), Light Jig (115), Slip Jig (122), Single Jig (124) Treble Jig (92), Hornpipe (138), St. Patrick's Day (94)
Novice:	Reel (113), Light Jig (115), Slip Jig (113), Treble Jig (92 or 73), Hornpipe (138 or 113), Traditional Set Dance (see speeds below)
Prizewinner:	Reel (113), Slip Jig (113), Treble Jig (92 or 73), Hornpipe (138 or 113), Traditional Set Dance (see speeds below)
Preliminary Championship:	Reel (113) (boys and girls) OR Slip Jig (113) (girls only), AND Treble Jig (73) or Hornpipe (113)
Preliminary Championship Set:	Set Dance of Choice from the Official List (see ECR rule 7)
Open Championship:	Reel (113) (boys and girls) OR Slip Jig (113) (girls only), AND Treble Jig (73) or Hornpipe (113) and Set Dance of Choice from the Official List (see ECR rule 7)

Novice and Prizewinner level dancers may choose between traditional and contemporary speeds for Treble Jig and Hornpipe.

Novice Traditional Set must be a single competition, as must the Prizewinner Traditional Set competition. Dancers may choose any traditional set dance from An Coimisiún's Official List.

Traditional Set Speeds:

St. Patrick's Day	94	Blackbird	144
Job of Journeywork	138	King of the Fairies	130
Jockey to the Fair	90	Garden of Daisies	138
Three Sea Captains	96		

Required Figure Dancing

The following requirements must be offered:

Dances: 2-hand reel, 3-hand reel and 4-hand dance (teams' choice from Ár Rincí Ceili), must be offered in each age group stipulated below.

Age Groups: U10, U12, U15, 15 & Over (additional age groups are not permitted for 2-hand or 3-hand competitions; see Optional Categories/Optional Figures for more info)

Entries must be submitted by dancers. Teachers cannot be required to submit entries.

Optional Categories

Optional competitions are limited to the following:

Alternate solos:	<p>The requirements for alternate solos must be published: Preliminary Championship and Open Championship dancers will be combined for Reel, Slip Jig, Treble Jig and Hornpipe. Age groups must remain the same as for Preliminary Championships. Competitions will be judged by one Adjudicator. Dances are restricted to 32 bars. Competitors will dance <u>two at a time</u> regardless of stage size or age group.</p>
Prizewinner Set Dance: (contemporary)	<p>In the Prizewinner grade, a contemporary set dance competition may be offered. At the time of entry, dancers must be qualified for the Prizewinner grade in at least three of the following: Reel, Slip Jig, Treble Jig and Hornpipe - and be entered to dance those dances at the feis. Age groups must be the same as the other Prizewinner dances, beginning with Under 11. <u>Dancers competing Under 9 are not eligible to dance a contemporary set.</u> Dancers have a choice of contemporary set dance from the Official List.</p>
Adult:	<p>Adult competitions (meeting the NAFC definition) may be offered. A choice of speed for hard shoe must be offered. Contemporary set dance competitions may NOT be offered.</p>
Arts:	<p>The NAFC requires non-dancing competitions such as: Art, Music, Singing, Recitation, Baking and Language. Age groups are at the discretion of the feis committee.</p>
Treble Reel:	<p>Treble Reel competitions - three age groups must be offered. Age and grade restrictions are at the discretion of the feis committee.</p>
Trophy Specials:	<p>Competitions deemed "trophy specials", in which dancers in one or more grades compete in a single dance, are permitted.</p>

Tir na nÓg	A non-competitive event may be held, in which young dancers dance a short (at the stage manager's discretion) reel. This event is restricted to dancers Under 6 who have never competed at any grade level. No make-up or wigs are permitted. No Irish dancing costumes or shoes are required. The non-competitive aspect of the event is to be highlighted, and the feis committees are encouraged to award all dancers.
Optional Figures:	6-hands, 8-hands, Figure Choreography and Dance Drama may be offered. 6-hands and 8-hands must be from <i>Ár Rincí Ceili</i> (latest edition). Under 8 may be offered for 4-hands, 6-hands and 8-hands IF this age group is offered at the corresponding year's Oireachtas.
Special Child:	A non-competitive event may be held, called Special Child, or Special Needs, in which dancers who self-identify as special (including those with mobility devices) may participate. The feis committee is encouraged to award all dancers.
Single Jigs:	Single Jigs may be offered in the Novice and Prizewinner grades. Required age groups apply.
Dance Offs:	At the Preliminary and Open Championship levels, dance offs, in which the top award winners are eligible to compete in a single dance for a single award, are permitted.
Reminder:	Requests to hold competitions which are not specified in this syllabus must be submitted in writing to the Regional Director for approval, at least three months in advance of the anticipated publication date. Such requests must be submitted each year. Permission will be granted for one year only. Please provide as much detail as possible to help the approval process go quickly. Submit to Ryan Carroll, ADCRG, rye7689@gmail.com