

North West
Regional Council



*invites you to enter
it's inaugural*

NORTH WEST REGIONAL ONLINE FEIS 2021

March 2021

Online Feis hosted by

VideoFeis 

www.videofeis.com

Online registration and tabulation with



QuickFeis
www.QUICKFEIS.com

Online registration
will end on **FRIDAY 19th MARCH**

*This is a **REGIONAL** Feis open only
to dancers living in the North West
of England Region, i.e eligible to
dance at the North West Oireachtas.*

HOW DOES THIS WORK?

1. Register and pay online at www.QUICKFEIS.com for the feis from **10th March** up to end of day **19th March**.
2. As soon as you pay for your registration you will be given your dancer number on your QuickFeis account – PRINT IT!
3. Dancers may use their own music tracks. All music must be pre-recorded traditional instrumental music, and speeds must comply with the standard Feis speeds in the syllabus.
4. Practice and film your video
 - Use your **smartphone** for the video.
 - You must wear your **dancer number**.
 - Must be in **landscape** mode.
 - Dancer must be **alone** in video.
 - **Music** must be clear.
 - Create a separate video for each dance.
 - No editing allowed.
 - See additional guidelines in this syllabus.
5. Starting **21st March** go to www.videofeis.com and log in with your QuickFeis account - and upload all your videos.
 - You may begin to upload your video no sooner than **21st March**.
 - **ALL videos must be uploaded by 8:00 pm on 23rd March.**
6. All videos will be securely viewed by adjudicator(s) who will score and give comments.
7. QuickFeis will tabulate all scores.
8. All competitors will receive
 - Custom made participation sash for the 1st ever North West Region Online Feis.
 - All competitors will also receive, via email, comments and critique from adjudicators in every dance, as well as their full results!
9. Full overall competition results will be posted on the QuickFeis website.

ENTRY FEES

1. Full payment is due at time of registration.
Your registration is not complete until your payment is received.
2. All unpaid registrations will be removed at the end of the online registration period.
£ Sterling Funds ONLY will be accepted
 - Online registration will accept Debit/Credit card payment only.
 - Sorry - no cheques will be accepted at any time.
3. Fees for GRADE COMPETITIONS are PER Dancer PER Dance.
4. CHAMPIONSHIP fees are PER Dancer only.
5. Payment must be made at the time of registration.
6. Online registration will close on **19th March**. After this date, no additional registrations or changes will be accepted.
7. **ABSOLUTELY NO REFUNDS!**

FEIS FEES

Grade Competitions

(Novice, Primary, Intermediate) **£4**
PER Dancer PER Dance

Preliminary Championship (3 rounds)

£25
per dancer

Open Championship (3 rounds)

£25
per dancer

Family Maximum

£60
per family

A Family Maximum is available for Siblings only. Where the Family Maximum is applicable, then this maximum will only include 1 Championship per Child. Any additional Championships entered will need to be paid for separately.

IMPORTANT DATES

- WED 10th MARCH** Online registration OPENS
FRI 19th MARCH Online registration CLOSED
SUN 21st MARCH Video upload open at
www.videofeis.com
TUE 23rd MARCH Video upload CLOSED

An email will be sent to all dancers when results are posted on their QuickFeis account.

FEIS RULES

1. The Feis Committee reserves the right to join 2 competitions together to create a double age group if there are not sufficient numbers in single ages.
2. You must register for each competition you wish to submit a video for. You will not be permitted to add more dances after registration closes.
3. **COSTUMES**
All rules as per CLRG Costume Regulations. Please see www.nwrc.co.uk for the full costume Regulations.
 - No logos or school names on blackout outfits, no team apparel (sportswear or warmup outfits).
 - Correct Soft and Hard Shoes and proper socks or tights must be worn at all times.
 - Natural hair or wigs are allowed, hair must be off dancer's face,
 - Makeup optional for dancers U11 age group and above.
4. **ALL COMPETITIONS ARE 32 BARS ONLY**

ADJUDICATORS

International panel of judges!

- ☞ Adjudicator 1
- ☞ Adjudicator 1
- ☞ Adjudicator 1
- ☞ Adjudicator 1
- ☞ Adjudicator 1

More adjudicators may be added if needed.

AGE GROUPS

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

For 2021	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U19	U21	21+
Born in	2015 or later	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002 2001	2000 1999 or earlier

Example:

U11 means "under 11" as of January 1st 2021, and 11 & over would mean 11 & over as of January 1st 2021.

Age groups may be combined or split as needed after entries are in, at the discretion of the North West Regional Council

COMPETITION NUMBERS

The following **COMPETITION NUMBERING** system is used in this syllabus

1st Digit	GRADE: "2" = Novice, "3" = Primary, "4" = Intermediate
2nd and 3rd Digits	AGE GROUP: These digits refer to the Age Group. 06 is U6, 07 is U7, 08 is U8, 09 is U9, 10 is U10, 11 is U11 etc.
4th and 5th Digits (Letters)	DANCE: RL = REEL SN = SINGLE/HOP JIG LJ = LIGHT JIG SJ = SLIP JIG TJ = TREBLE (HEAVY) JIG HP = HORNSPIPE

NOVICE GRADE

ALL COMPETITIONS ARE 32 BARS ONLY

	U6	U7	U8	U9	U10	U11
REEL	206RL	207RL	208RL	209RL	210RL	211RL
LIGHT JIG	206LJ	207LJ	208LJ	209LJ	210LJ	211LJ
SINGLE JIG/HOP JIG	206SN	207SN	208SN	209SN	210SN	211SN
SLIP JIG	206SJ	207SJ	208SJ	209SJ	210SJ	211SJ

PRIMARY GRADE

ALL COMPETITIONS ARE 32 BARS ONLY

	U6	U7	U8	U9	U10	U11	11 & over
REEL	306RL	307RL	308RL	309RL	310RL	311RL	312RL
LIGHT JIG	306LJ	307LJ	308LJ	309LJ	310LJ	311LJ	312LJ
SINGLE JIG/HOP JIG	306SN	307SN	308SN	309SN	310SN	311SN	312SN
SLIP JIG	306SJ	307SJ	308SJ	309SJ	310SJ	311SJ	312SJ
HEAVY JIG		307TJ	308TJ	309TJ	310TJ	311TJ	312TJ
HORNSPIPE		307HP	308HP	309HP	310HP	311HP	312HP

INTERMEDIATE GRADE

ALL COMPETITIONS ARE 32 BARS ONLY

	U7	U8	U9	U10	U11	U13	13 & over
REEL	407RL	408RL	409RL	410RL	411RL	413RL	414R
LIGHT JIG	407LJ	408LJ	409LJ	410LJ	411LJ	413LJ	414LJ
SINGLE JIG/HOP JIG	407SN	408SN	409SN	410SN	411SN	413SN	414SN
SLIP JIG	407SJ	408SJ	409SJ	410SJ	411SJ	413SJ	414SJ
HEAVY JIG	407TJ	408TJ	409TJ	410TJ	411TJ	413TJ	414TJ
HORNPIPE	407HP	408HP	409HP	410HP	411HP	413HP	414HP

PRELIMINARY CHAMPIONSHIP

ALL COMPETITIONS ARE 32 BARS ONLY, EXCEPT SET DANCE ROUND WHICH IS FULL SET

	U10	U11	U12	U13	U14	U15	15 & over
AGE GROUPS	610PC	611PC	612PC	613PC	614PC	615PC	616PC

DANCE REQUIREMENTS: 3 ROUNDS

ROUND 1 JIG or HORNPIPE **ROUND 2** REEL or SLIP JIG **ROUND 3** TRADITIONAL or OPEN SET DANCE

OPEN CHAMPIONSHIP

ALL COMPETITIONS ARE 32 BARS ONLY, EXCEPT SET DANCE ROUND WHICH IS FULL SET

	U6	U7	U8	U9	U10	U11	U12
AGE GROUPS	706OC	707OC	708OC	709OC	710OC	711OC	712OC

	U13	U14	U15	U16	U17	U19	U21	21 & over
	713OC	714OC	715OC	716OC	717OC	719OC	721OC	722OC

DANCE REQUIREMENTS: 3 ROUNDS

UNDER 6

ROUND 1 REEL **ROUND 2** SINGLE (HOP) JIG **ROUND 3** LIGHT JIG

UNDER 7

ROUND 1 REEL **ROUND 2** SINGLE (HOP) JIG **ROUND 3** LIGHT or HEAVY JIG

UNDER 8 and 9

ROUND 1 REEL **ROUND 2** HEAVY JIG **ROUND 3** TRAD SET DANCE

UNDER 10 upwards

ROUND 1 JIG or HORNPIPE **ROUND 2** REEL or SLIP JIG **ROUND 3** OPEN SET DANCE
(U10 may dance TRAD SET)

VIDEO RULES

- Dancer will only be allowed to submit videos for competitions they entered and paid for.
 - **Grades** will submit **one video per dance**.
 - **Prelim Championship** will submit **three videos** (one separate video for each of the 3 rounds).
 - **Open Championship** will submit **three videos** (one separate video for each of the 3 rounds).
- Upon payment, all dancers are assigned a dancer number that they can either print or copy on a piece of paper. This DANCER CARD must be worn by the dancer during the entirety of each of their video for the feis. **Any dancer not wearing their assigned DANCER CARD will automatically be disqualified from the feis.**
- Dancers are expected to create an original new "FEIS VIDEO" of their dance(s) – **a video that has been recorded AFTER they registered for the competition and is specifically for this feis and no other event or social medial.**
- Feis videos are not allowed on social media or shared with anyone before or during the feis.** Any dancer found to have shared their video during the feis will be disqualified from the feis.
- The dancer registered for a competition must be the dancer dancing on the video. (no substitutions allowed)
- ONLY THE DANCER IS ALLOWED IN THE VIDEO** – Teachers/parents/others are NOT permitted.
- It is HIGHLY recommended that all dance videos be only recorded using a standard smart phone.
 - Use the standard camera app for your device when recording.
 - Use the standard settings for recording the video. **Embellishments ARE NOT PERMITTED.**
 - The quality (resolution) and size of the video is limited to what is produced by a smartphone.
- If you elect to not use your smart phone to record your video, you must follow these guidelines:
 - Video should be recorded at 720p or 1080p, 30fps or 60fps. Higher resolution video may not be submitted.
 - The submitted video must be one of the standard video formats that can be played in a web browser. This includes, but is not limited to: MPEG-4 (H264), MPEG-5 (H265), MOV.
 - webm video format will not be accepted.
 - Special lenses (like a fish-eye lens, or wide angle lens) are not permitted to be used when recording submitted videos.
- Videography should be from a single static point** (pretend you are the centre judge sitting at a table).
 - Camera should be about 4 feet (125 cm) from the ground.
 - Camera should be in front centre of the dance floor (avoid being on the side).
- Videographer can pan side to side to keep the dancer full body within the video frame.
Video must be in LANDSCAPE mode (not portrait mode – see image below)

PORTRAIT



LANDSCAPE



- Video for each dance must be one continuous front **FULL BODY SHOT** – head AND feet must be visible at all times throughout the video.
- The video must be cropped with **dancing to start no later than 2 seconds after the beginning** of the video, and **no more than one second after dancing has ended.**
- No editing of the dancing portion of the video is allowed.**
 - Any spliced videos will automatically be disqualified.
 - Videos are not to include any embellishment or photoshop type of touch ups.
- The feis nor anyone working with the feis will not be held responsible for any personal injury, or property damage in the making and/or submission of the video.
- The feis reserves the right to refuse any video for any technical or rules reason.**

COMPETITION RULES

1. All the rules for the feis are listed in the feis syllabus. If a rule is not specifically listed, the feis rule falls back to the regional syllabus rules of the North West Regional Council.
2. With the North West Regional Council's input, VideoFeis will organise all the submitted videos into competitions.
3. The feis organiser reserves the right to cancel, combine and/or split any competition at will.
4. After registration numbers are finalised, dancers/parents will be notified of the time limitation they will have to submit their videos.
5. Dancers must submit their video within the timeframe listed on this syllabus.
6. No late videos will be accepted after the deadline has passed.

DANCING RULES

1. **DANCERS MUST WEAR THEIR DANCER NUMBER.**
2. **ONLY THE DANCER IS ALLOWED IN THE VIDEO** – Teachers/parents/others are NOT permitted.
3. **Dancers must dance the same number of bars as stated in this syllabus.**
4. **Music and dance must match the competition registered for.** For example, a HORNPIPE competition must have HORNPIPE music and dance HORNPIPE steps.
5. At the end of the dance, the dancer should simply bow and the video should end. Please refrain from walking before bowing.
6. **No form of coaching is allowed on the video.**
 - Any visible or audible coaching will disqualify the video.
 - **The only exceptions will be for Novice dancers** who may need to be counted in.
 - Novice Dancers are allowed to have 8 bars counted before the start of the dance.
 - When the dancer starts their steps, no more counting is allowed.

DANCE AREA

1. All dancers are encouraged to dance on a proper safe floor (not concrete or carpet).
2. **Initially the Maximum Dimensions of Dance Area will be 8ft x 8ft (2.44m x 2.44m).** If your Dance Area is larger then **the Maximum area must be taped off.** Should COVID Government Restrictions permit a return to classes, then the Feis will become A LARGE FLOOR FEIS and new Dimensions will be communicated.
3. Area should be well lit so that the dancer is clearly visible throughout the video.
4. Background should be neutral and as light (white) as possible to create contrast with the dancer.

MUSIC/SOUND

1. **Music cannot be dubbed over the video** – the music must be played out loud to the dancer and **the video must capture both the dancer and music at the same time.**
2. **All music must be pre-recorded music.**
 - Traditional instrumental music only.
 - No singing / no vocal music.
3. No live music allowed (no musicians playing).
4. **Music must be loud enough to hear on the video.**
5. **Music speed must be according to the official syllabus and standard feis speeds.**
 - No speed variations is allowed.
 - Music cannot speed up nor slow down during a dance.
6. **No other sound except the music and dancer's shoes should be heard on the video.**
 - No talking
 - No singing along
 - No coaching

RESULTS

1. VideoFeis will submit the comments and scores to QuickFeis for tabulation.
2. QuickFeis will tabulate and post all results on the QuickFeis website.
3. School/Class results are limited to be viewed only by their school. Outsiders will not be able to view these results.
4. Dancers will see their raw scores, rank, and comments.
5. Awards will be at the discretion of the Feis Organiser.

ADJUDICATION

1. The feis organisers will hire the adjudicators it wishes.
2. Only accredited CLRG associates will be asked to Adjudicate the videos.
3. The feis organiser will decide how many Adjudicators will judge each competition.
4. Adjudicators will be randomly selected to judge each competition.
5. Adjudicators whose dancers are entered in the feis are not permitted to judge any competition with their own dancers.
6. All adjudicators will be encouraged to give detailed comments along with their scores.
7. Judging will take place over several days, because adjudicators can only view one video at a time. Timing is dependent on the number of entries.
8. Each adjudicator will be asked to judge all the dancers within a competition or a round, for those scores to be valid and tabulated for final results.
9. Adjudicators will be asked to monitor the tempo of the music – any tempo that is not appropriate will disqualify the video.
10. Adjudicators will be permitted to disqualify any video that they deem is "cheating" or is not following the video rules, or is not in the spirit of this competition.
11. In matters pertaining to judging, the decision of the adjudicators is final.

PRIVACY

1. All submitted videos automatically become the property of VideoFeis.
2. All submitted videos are by default marked as PRIVATE unless additional permissions are given upon uploading.
3. All submitted videos can only be watched by:
 - Feis Adjudicator(s)
 - Feis Organiser(s)
 - Dancer's teacher(s) (in the case of a query)
 - VideoFeis staff
4. QuickFeis and VideoFeis will share all data with each other and the feis organiser.
5. QuickFeis and VideoFeis will not share nor sell any data or videos with any third/outside party.

PERMISSIONS

Before uploading any videos on the VideoFeis site, participants will be requested to carefully read and grant the following permissions:

1. **BASIC Permission** is REQUIRED before uploading any video.
 - This permission grants VideoFeis permission to show all videos to VideoFeis staff, feis organisers, dancer's dance school teacher(s) and feis adjudicators only.
 - Videos with only BASIC permission are considered PRIVATE and will be deleted directly after the completion of the feis.
 - By registering and agreeing to the basic permissions required, participants agree that their registration, competition information and data will be shared between QuickFeis and VideoFeis and the Feis Organiser.
2. **ADDITIONAL Permission** will be requested and may be denied for VideoFeis to use the submitted videos for:
 - Winner's or showcase video compilation to be posted online.
 - Testing for VideoFeis development and improvements.
 - Videos with additional permission granted will be deleted within two months after the completion of the feis.

RELEASE OF LIABILITY

By registering and paying for this feis, parents and dancers agree to release their **dance school, teachers, any workers associated with the school, QuickFeis, and VideoFeis** of any liability for any injury to complete any requirements for this competition.

The **NORTH WEST REGIONAL COUNCIL** and **anyone working with them** will not be held responsible for any personal injury, or property damage in the making and/or submission of the video.

RULES FOR NORTH WEST REGIONAL ONLINE FEIS

ENTRY REQUIREMENTS

1. Ages to be taken from 1st January 2021.
2. Entries will only be accepted from schools currently registered with An Coimisiun, and from dancers who live within the boundaries of the North West Region.
3. Lodgement of entries at a Feis implies that you accept the rules relating to the Feis in their entirety as laid down by the NWRC and An Coimisiun, and that you accept that the Results of the Feis will be published on the NWRC website.

ADJUDICATORS & MUSICIANS

4. The Adjudicators decisions are final.
5. Any Adjudicator from outside the NW Region cannot judge an Open Feis in the North West Region within 6 months of their last adjudication in the region. Any Adjudicator from the North West Region cannot judge an Open Feis in the North West Region within 3 months of their last adjudication in the region.
6. An Adjudicator from outside the North West Region may not adjudicate a Class Feis in the North West Region in the 6 months leading up to adjudicating an Open Feis in the Region.
7. All videos submitted must use music at the prescribed An Coimisiun metronomic speeds below.

Novice

Reel 122-124 Light jig 116 Single jig 124 Slip Jig 124 Heavy Jig 96 Hornpipe 144

Primary

Reel 116-118 Light jig 116 Single jig 124 Slip Jig 120 Heavy Jig 82 Hornpipe 130

Intermediate/Preliminary/Open

Reel 113 Slip Jig 113 Heavy Jig 73 Hornpipe 113

Traditional Set Dances

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

NOVICE AND PRIMARY GRADE

8. There will be a minimum of 2 Novice Dances up to and including Under 11. Only the most basic Steps may be performed in this grade. Children entering the Novice cannot enter the Primary for the same dances.
9. If there are more than 20 competitors in any Novice competition then 1st, 2nd and 3rd placed dancers must move up to the next grade. If there are 20 or fewer competitors, then only the 1st placed dancer will be required to move up to the next grade.
10. Any competitions in Novice, Primary and Intermediate, in which there are 5 or fewer dancers shall not count for grading purposes. However a Dancer may only place in 3 such competitions and they then must move up to the next grade.
11. There will be no restriction on the step content performed in the Primary grade.
12. A Primary dancer is one who has never won a first in that particular dance, except in Novice Grade.
13. If there are more than 20 competitors in any Primary solo competition then 1st, 2nd and 3rd placed dancers must move up to the next grade. If there are 20 or fewer competitors, then only the 1st placed dancer will be required to move up to the next grade.
14. Only skirts and tops or a simple current class costume may be worn in the Novice and Primary Grades.
15. In the event of there being no provision for a particular age group, a dancer may dance up an age group, however on attaining first place in any dance, that dancer must remain in the higher grade for that dance for the remainder of the year.
16. A Novice or Primary dancer may only dance each Solo Dance in ONE GRADE only.

INTERMEDIATE GRADE

17. An Intermediate Dancer is one who has never won a first place in that particular dance in their present age group.
18. An Intermediate dancer may only dance each Solo Dance in ONE GRADE only., with the exception of intermediate dancers wishing to enter the Preliminary or Open Championships.
19. In the event of there being no provision for a particular age group, then a dancer may dance up an age group, however on attaining first place in any dance, that dancer must remain in the higher grade for that dance for the remainder of the year.
20. Any competition in which there are 5 or fewer dancers shall not count for grading purposes. However, a Dancer may only win 3 such competitions and they then must move up to the next grade.

PRELIMINARY CHAMPIONSHIP

21. A minimum number of three Adjudicators must officiate.
22. The first age group for a Preliminary Championship is Under 10.
23. Where a Preliminary Championship is held separate from an Open Championship, three rounds should be offered, namely; Reel or Slip Jig, Heavy Jig or Hornpipe and any Set Dance.
24. Where a Preliminary Championship is combined with an Open Championship, then the result should be taken from eligible dancers' ranking after the first two rounds.
25. Where there are separate Preliminary and Open Championships, dancers can compete in both if they so wish.
26. Where a competitor wins two Preliminary Championships they must dance in Open Championship for a period of 12 months thereafter.
27. For grading purposes, two wins will be taken as being in any two year rolling period. Where a dancer does not win a second Preliminary within two years of winning their first Preliminary Championship, then the first win will be deemed as having expired and the dancer starts afresh.
28. Where there are less than 6 in a Preliminary Championship that win will not normally be considered for grading purposes. However, where a dancer wins three Preliminary Championships regardless of the number of competitors in each competition, that dancer must dance in Open Championship for a period of 12 months thereafter.
29. Dances performed in a Preliminary Championships do not count for grading in solo competitions.
30. Competitors that qualify for and compete in Oireachtas Rince na Cruinne in the previous 12 months cannot compete in a Preliminary Championship except where the dancer auto qualified at their Regional or National Oireachtas due to lack of numbers.
31. Dancers placing 1st-3rd in an Open Championship with up to 20 competitors or 1st-5th in an Open Championship with more than 20 Competitors cannot compete in a Preliminary Championship for a period of 12 months.

OPEN GRADE

32. In all age groups any dancer who has previously won an Open Championship before a panel of at least three adjudicators does NOT have to dance Open if they are eligible for a lower grade.
33. The wording 'Championship' will only be used where there is a panel of at least 3 adjudicators.

ALL GRADES

34. No block, en pointe, stationary or moving, will be allowed to be performed by any dancers up to and including the Under 11 Age Group. The Under 12 age group is also governed by this rule up until 1st September each year after which they are permitted to perform the movement.
35. Dancers must dance in their own age group for solo competitions if that age group is provided for.
36. Any competitor found to be using artificial carriage aids and subsequently refuses to remove them will be subject to disqualification from that particular competition. Medically prescribed apparatus, proof of which may be required, will be exempt from this.

GENERAL FEIS RULES

37. Make up (including false eyelashes and tanner on the face) will not be permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group, and any dancer in the first two grades (Novice and Primary) up to and including the Under 12 age group worldwide. This rule refers to the age group of the competition, not the actual age of the dancer. Leg tan is NOT part of this rule.
38. The Feis Organiser reserves the right to cancel any competition should there be insufficient entries.
39. If parents have any constructive comments to make about our Oline Feis, these would be welcomed by the Council and should be put in writing. It should be noted that anonymous correspondence cannot be dealt with.
40. Where the Family Maximum is applicable. This maximum will only include 1 Championship per Child. Any additional Championships entered will need to be paid for separately.