



GREGORY ACADEMY  
OF IRISH DANCE

# Canberra Feis

*Syllabus 2023*

SATURDAY 6 May 2023

*at*

CANBERRA REX HOTEL

150 NORTHBOURNE AVE, BRADDON

---



Feis Registration Number: 5028/23

# Canberra Feis

The Canberra Feis organising committee alongside the Gregory Academy of Irish Dance welcomes all local and interstate competitors and their families to the Canberra Feis.

Entries and enquiries can be submitted by emailing [info@gregoryacademy.com.au](mailto:info@gregoryacademy.com.au)

---

## DATE

**Saturday 6<sup>th</sup> May 2023**

---

## TENTATIVE TIMETABLE

**Saturday 6<sup>th</sup> May 2023**

AM All dancers aged 13 and under as of 1<sup>st</sup> January 2023

PM All dancers aged 14 and over as of 1<sup>st</sup> January 2023

---

## ADJUDICATOR

Maggie Gaffney ADCRG

Victoria, Australia

---

## VENUE

Canberra Rex Hotel

Address: 150 Northbourne Avenue, Braddon, ACT

Phone: +61 2 6248 5311

Email: [reservations@canberrarexhotel.com.au](mailto:reservations@canberrarexhotel.com.au)

The venue for the Canberra Feis is the Great Room at the Canberra Rex Hotel.

The venue has food and beverage facilities available for the entire weekend. External food is not permitted to be consumed within the venue.

---

# Camberra Feis

## PREMIERSHIPS

GRADE	Please note you are permitted to enter more than one premiership
NOVICE	Reel (123) (40 BARS) OR Jig (116) (40 BARS) <i>**Same dance danced twice** Entries only permitted for dancers that have never competed these dances at a competition before</i>
BEGINNERS	Reel (123) (40 BARS) & Jig (116) (40 BARS)
PRIMARY	REEL (116) & TREBLE JIG (32 BARS)
INTERMEDIATE	REEL (113) <b>OR</b> SLIPJIG & JIG (73) <b>OR</b> HORNPIPE (113)
OPEN	OWN CHOICE SET DANCE (INCLUDING TRADITIONAL SETS) & REEL <b>OR</b> SLIPJIG
ADULT	<b>BEGINNERS:</b> REEL (124) & JIG (116) <b>OR ADVANCED:</b> REEL (113) OR SLIP JIG (113) & TREBLE JIG (73) OR HORNPIPE (113) OR TRADITIONAL SET

## WARM UP DANCES

Max 2 warm up dances per grade for novice, beginners, primary and adults per dancer				
LITTLE STARS	REEL (16 BARS) or JIG (16 BARS) Section for 6 & under dancers who have not competed before. Competitors will dance to the music for 16 bars.			
NOVICE	BEGINNERS REEL		BEGINNERS JIG	
BEGINNERS	REEL	JIG	SLIPJIG	SINGLE JIG
PRIMARY	REEL (116)	SLIPJIG	TREBLE JIG (32 BARS)	TRADITIONAL SET
ADULT	REEL (113/116/124)	SLIP JIG (113/124)	TREBLE JIG (82/73)	TRADITIONAL SET
Max 1 warm up dance per grade for elementary, intermediate and open per dancer				
ELEMENTARY	JIG (73) 32 bars		HORNPIPE (113) 32 bars	
INTERMEDIATE	JIG (73) 32 bars		HORNPIPE (113) Two steps (32 bars)	
OPEN	JIG (73) 48 bars		HORNPIPE (113) 40 bars	

---

### ***Little Stars***

A special section for our upcoming stars who are 6 & under and who have not competed a full dance before (i.e. participated in Novice or Beginners). Following AIDA ACT's ruling dancers are permitted to dance in Little Stars/Dance to the Music for a maximum of 2 times. This is not applicable to dancers aged 4 and under.

Competitors will dance to the reel or jig for **16 bars** and will be performed step down the line with assistance from teachers (as required). AIDA registration is not required to enter this section and participants of this section are not permitted to enter in any other section.

---

### **FEES**

#### *Warm Up Dance*

\$12.00 per warm up dance

#### *Premiership*

\$40.00 per premiership *OR*

\$35.00 per premiership if entering 2 or more grades of premierships

#### *Facility Fee*

\$20.00 per family, includes a copy of program

---

### **PAYMENT**

#### *Direct Deposit*

Account Name: GREGORY

BSB: 484-799

Account Number: 351 074 601

Reference: Entrant's surname and initial, with CFEIS

---

### **ENTRIES**

**Entry form on page 6**

**Entries may be capped to maintain the tentative timetable of the competition.**

***Online Entries – our preferred method of entry submission***

**Entries can be submitted emailing [info@gregoryacademy.com.au](mailto:info@gregoryacademy.com.au)**

Please note online entries will only be accepted with receipt of payment.

# Canberra Feis

## *Postal Entries*

If your preference is to post your entry, please send to the following address (**please no cash**);

Gregory Academy – Canberra Feis 2023  
52 Euree Street  
Reid ACT 2612

---

## ENTRY DUE DATE

Entries are to be received by 8pm on **Wednesday 12<sup>th</sup> April 2023**, preferably submitted online by email

[info@gregoryacademy.com.au](mailto:info@gregoryacademy.com.au)

---

## LATE ENTRIES

Late entries will be accepted until 8pm on **Monday 17<sup>th</sup> April 2023**.

A \$20.00 fee applies to any entries sent during this period (after **8pm Wednesday 12<sup>th</sup> April 2023 – 8pm Monday 17<sup>th</sup> April 2023**).

**No entries will be accepted after Monday 17<sup>th</sup> April 2023.**

---

## DIRECTIONS

### *Coming from Sydney*

After you exit on to Federal Highway

Continue on to Northbourne Avenue

Canberra Rex Hotel is on your left, just after Ipima Street intersection

### *Coming from Melbourne*

After you exit on to Barton Highway

Turn right at Northbourne Avenue

Canberra Rex Hotel is on your left, just after Ipima Street intersection

---

## ACCOMMODATION

Accommodation is available at the venue, the Canberra Rex Hotel.

Bookings can be made online via this [link](#)

---



# Carberra Feis



Date: Saturday 6<sup>th</sup> May 2023 Adjudicator: Maggie Gaffney ADORG Feis Registration Number: 5028/23 Closing Date: Wednesday 12<sup>th</sup> April  
 Venue: Carberra Rex Hotel – 150 Northbourne Avenue, Braddon Enquiries: Please direct all enquiries to [info@gregoryacademy.com.au](mailto:info@gregoryacademy.com.au)

<b>WARM UP DANCES - \$12 per dance - please circle the section to be entered in the applicable grade(s)</b>				
Max 2 warm up dances per grade for novice, beginners, primary and adults per dancer				
REEL (16 BARS) or JIG (16 BARS)				
Section for 6 & under dancers who have not competed before. Competitors will dance to the music for 16 bars.				
LITTLE STARS				
NOVICE	BEGINNERS REEL		BEGINNERS JIG	
BEGINNERS	REEL	JIG	SLIPJIG	SINGLE JIG
PRIMARY	REEL (116)	SLIPJIG	TREBLE JIG (32 BARS)	TRADITIONAL SET
Max 1 warm up dance per grade for elementary, intermediate and open per dancer				
ELEMENTARY	JIG (73) Two steps		HORNSPIPE (113) Two steps	
INTERMEDIATE	JIG (73) Two steps		HORNSPIPE (113) Two steps	
OPEN	JIG (73)		HORNSPIPE (113)	

<b>PREMIERSHIPS - \$40 per premiership- please circle the section(s) to be entered in the applicable grade(s)</b>					
NOVICE	BEGINNERS	PRIMARY	INTERMEDIATE	OPEN	ADULTS
Reel (123) (40 BARS) OR Jig (116) (40 BARS)	Reel (123) (40 BARS) & Jig (116) (40 BARS)	Reel (116) & Treble Jig (32 BARS)	Reel (113) or Slip jig & Jig (73) or Hornpipe (113)	Reel or Slip jig & Own choice set dance*	Beginners Reel (124) & Jig (116) or Advanced Reel (113) or Slip Jig & Jig (73) or Hornpipe (113) or Traditional Set
<b>SAME DANCE DANCED TWICE</b>					

*SET DANCE:	SPEED:
-------------	--------

NAME:	AGE AS OF 01/01/2023:
EMAIL ADDRESS:	
DANCE SCHOOL:	
WARM UP DANCE @ \$12 PER SECTION	\$
PREMIERSHIP @ \$40 PER SECTION OR \$35 if entering 2 or more grades	\$
VENUE FEE @ \$20 PER ENTRY (OR FAMILY) includes electronic copy of program and 1 x raffle ticket	\$
RAFFLE TICKETS @ \$2.00 each or 3 for \$5	\$
MARKS @ \$5.00 per premiership	\$
TOTAL ENCLOSED	\$

### ENTRIES

### PAYMENT

Email: [info@gregoryacademy.com.au](mailto:info@gregoryacademy.com.au)

Online entries will only be accepted with receipt of [payment](#)

Postal: Gregory Academy – Carberra Feis 2023

53 Eureka Street Reid ACT 2612

Entry Due Date: Wednesday 12<sup>th</sup> April 2023 – entries may be capped to maintain the tentative timetable of the competition and COVID-19 restrictions.

Late Entries: Accepted with a \$20 fee until Monday 17<sup>th</sup> April 2023

Tentative Timetable: AM 13 years & under PM 14 years & over

Direct Deposit

Account Name: Gregory

BSB: 484-700

Account Number: 351 074 601

Reference: Entrants surname and initial, with CFES

Cheques

Payee: Gregory

Although all care will be taken by the Carberra Feis organisers to provide a safe stage surface and venue, all dancers participate at their own risk. Organisers and the venue will not accept any liability for any incidents or injuries that occur before, during or after the competition. Lodgement of entry confirms that the teacher, parent, guardian or competitor accepts in full all the rules of the Carberra Feis, the venue and CLRG and will adhere to them at all times.

# Canberra Feis

---

## RULES & REGULATIONS

The Canberra Feis is conducted under the Rules and Regulations of An Coimisiún le Rincí Gaelacha and the Australian Irish Dancing Association Inc. ("AIDA Inc.").

### RULES

1. In order for entries to be accepted teachers must note that all competitors:
  - a) must be pupils of teachers who at the date of entry are registered with An Coimisiún for the year 2022 - 2023;
  - b) must not on the date(s) of their competitions(s) be ineligible to compete due to any rule and;
  - c) must have been formally entered and have had their entry fees paid in full in due time in accordance with these.

### LODGEMENT OF ENTRIES

#### ENTRIES CLOSE 8:00PM ON WEDNESDAY 12<sup>TH</sup> APRIL 2023

All dancers can submit their entry via email (preferred) or post.

2. Following lodgment of entries, an email confirming all entries submitted will be sent within 3 days of email receipt. If you do not receive a confirmation email within this period of time, please ensure you send a follow up email or message our Facebook page.
3. Entries received after the due date up until 8pm **Wednesday 12<sup>th</sup> April 2023** will be accepted and will be charged a late fee of \$20.00 per competitor. Entries cannot be accepted after **Monday 17<sup>th</sup> April 2023**.
4. No refunds will be made for any entry money received.

### AGE LIMITS

5. The age of a competitor shall be taken as on 1st January 2023. Where a competitor's birth date falls on 1st January he/she shall, for the purpose of the Canberra Feis be regarded as under the age attained on that day.

### PRIZES

6. Prizes will be awarded according to the number of competitors who compete in a section.

### ORDER OF DANCING, CONDUCT, MISHAPS

1. Competitors must:
  - a) Obey all instructions of the Organising Committee otherwise permission to dance will be withdrawn;
  - b) Dance in numerical order as published in the official program;
  - c) The organising committee has the right to commence a section not more than 30 minutes prior to the scheduled commencement time;
  - d) With the exception of the first section of the day, dancers must be in costume and ready to dance not less than 30 minutes prior to the time scheduled for their section;
  - e) Present to the marshalling area when called to do so by Stage Personnel. Sections will only be called for ONCE.

2. Should a dancer lose a heel or a complete shoe or have an open lace, he/she may stand back, allowing the other dancer(s), where applicable, to continue dancing uninhibited.
3. In such a case the dancer concerned will be permitted to re-dance as soon as it is deemed practicable by the stage personnel.
4. No liability is accepted by the organising committee, Gregory Academy of Irish Dance or the venue (Rex Braddon PTY LTD) for any injury caused to any person, including but not limited to, competitors, however caused and whether or not caused by the negligence or default of the organising committee, its servants or agents. The lodgment of an entry will be deemed to be an acceptance of this provision.
5. Should a dancer fall, slip or bump into another dancer on stage, whether in solos or in teams, the adjudicator MUST ring the bell thereby stopping the performance of all dancers on stage. Dancers so affected will be permitted to re-dance and will be marked then at the discretion of each individual adjudicator.
6. Should in the opinion of the Stage Personnel (in consultation if deemed necessary with medical personnel) a dancer be unfit to re-dance, and if such dancer insists on performing the dancer concerned will only be permitted to re-dance on completion of a formal declaration which removes the organising committee of any liability. Any repeat accident/ incident which results in that dancer being unable to complete the required number of bars in any round, will result in the dancer withdrawing without question from the championship.
7. If a dancer falls during the last 8 bars of any performance, then he/she will only be required to dance the last 16 bars of that dance again at a time convenient to both the dancers and the stage stewards.
8. A competitor must not walk off the stage during a performance unless instructed to do so by an adjudicator.
9. A dancer who dismisses himself or herself from the stage without the permission of an adjudicator will not be marked for that particular dance.
10. If at any stage during a performance on stage an adjudicator feels that, due to the health and safety of a performer on stage that the performance should be stopped, the adjudicator must ring the bell.
11. Respect for fellow competitors on stage is a requirement at all times. Lack of respect or courtesy for fellow competitors by aggressive dancing on stage will be subject to penalty at the discretion of each individual adjudicator.
12. The starting number for each solo round will be determined prior to the commencement of the Championships and will be printed in the program.
13. The light rounds from 13 Years upwards will be danced 2 at a time and the heavy rounds will be danced 2 at a time from 15 Years upwards. All other ages will dance 3 at a time.
14. Decisions of the Organising Committee as to the interpretation of these rules, and in relation to all other matters pertaining to the Canberra Feis, shall be final.
15. Lead Round - Heavy Dances: In all heavy dances, i.e. Jig and Hornpipe, for competitions for Tus, Mean and Ard Grads, the Lead Round must be danced on both right and left foot.
16. In graded sections, competitors are required to perform the correct standard of work as set out in the AIDA Inc. Competition Rules and Regulations. Competitors will be disqualified by adjudicators if incorrect standard of work is performed.
17. No block, over toe, en point movement, stationary or moving is allowed to be performed in any age group up to and including the 11 years.
18. Make-Up and Fake Tanning will not be permitted for any dancers in Novice, Bun or Tus for 11 years and under.
19. Facial make up is not permitted for any dancer under the age of 10 years.
20. Competitors in Beginners & Primary, up to and including the Under 12 age group, may only wear traditional class costumes or long/short-sleeved blouses/shirts & skirts/trousers, polo tops & skirts/ trousers, body suits & skirts or tunics that conform to the regular costume length rule. Low-cut tops and short tight skirts are not permitted."



21. Length of costumes must adhere to principles of modesty and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to change into black tights (of a denier not less than 70 per cent) in order for the dancer to continue in the competition. When wearing body suits with skirts (commonly known as black-out attire) black tights (of a denier less than 70) must be worn from the age of 14 and above.
22. Costume dress necklines must be of collar-bone level or above. This does not preclude the use of alternative fabrics; e.g., lace as an insert.
23. Where chiffon or lace material is used as sleeves, the sleeves must start at the shoulder line and end at the cuff.
24. Appropriate underwear, covering the midriff, must be worn. Where tights are worn they must be of a denier not less than 70.
25. Costumes for both boys and girls should not include representations such as globes, medals or any other item symbolic of an award having been achieved.

### **PHOTOGRAPHY POLICY**

Any form of unauthorised photography which has the capability to capture a dancer's image whilst in motion, using electronic or manual means (e.g. mobile phone, standard camera, video camcorder, commercial film) with or without enhancement, is expressly forbidden.

The Canberra Feis may appoint volunteers to photograph and provide live commentary of the Canberra Feis. This may require the nominated volunteers to take photographs and videos of competitors, competitions and presentations. Such photographs and videos may be subsequently used for the marketing and promotional purposes of the Canberra Feis and Liz Gregory Irish Dance Academy including the publication of such photographs on the related website and social media outlets.

Should any dancer or dancer's parent or guardian wish to be excluded from any of these photographs, please contact any member of the Organising Committee with relevant details.

Please note: that other than the photographs taken by the nominated volunteer photographer(s), authorised agents of AIDA Inc. or accredited photo journalists, all photographs captured at the event including images of competitors and presentations may only be taken for personal use. They may not be redistributed, sold, lent or passed on to third parties. They may also not be used for commercial purposes or used in any publication or posted to any website without the express written permission of the Organising Committee, AIDA Inc. and the parents or guardians of all dancers included in any particular picture.

**Professional photography equipment will not be permitted inside the competition rooms** with the exception of individuals that have a valid CLRG photo pass. Attendees are not allowed to bring zoom lenses greater than 70mm inside the dance events at any point, and no individuals will be granted access to take photographs on or near the stage during the competitions.

**Ignoring or failing to comply with the above may lead to expulsion from the premises.**