

**The 10th Annual
Cowtown Feis**
Sunday, March 1, 2026
McTeggart Irish Dancers of North Texas



Website: www.danceirish.org
Facebook: @McTeggartNTXFeis
Email: feis@danceirish.org
Registration: www.feisworx.com

Entry Deadline: Friday, February 13, 2026

Location: Four Points by Sheraton
1580 Point W. Blvd, Coppell, TX 75019
[Book your group rate for McTeggart Irish Dance](#)
Book by February 13, 2026

Adjudicators: Brendan Lynch, Dierdre Penk O'Donnell, Mary Ann Schade Lynch
Musician: Chris McLoughlin

Dancing competitions begin on Sunday, March 1, 2026 at 8AM starting with Beginner Figures, Grades, then Open Figures, Preliminary and Open Champions.

*****Blackout attire is strongly encouraged*****

Syllabus approved on 12/5/2025 by Aileen Ni Bhaoill, TCRG, Southern Region Feis Liaison

Fees

Solo dances per competition \$12.00

Figure/Ceili Dancing (flat fee per competitor) \$15.00

Preliminary Championships & Advanced Adult Prelims \$50.00 (2 rounds - no set)

Open Championships & Adult Champs & Advanced Adult Opens \$55.00
(3 rounds)

Specials per competition \$15.00

Event Fee per family \$25.00

Feisworx Service Fee per family \$7.00 (includes personal results)

Family Max \$150.00 (does not include Specials, Event Fee, Feisworx Service Fee, or late fees)

Late entry fee \$30.00 (after February 13th)

Feis Weekend change fee \$10.00 (flat fee, per dance or competition level changed)

Feis Weekend late entry fee \$50.00 plus the cost of the dance.

Feis T-shirt: \$20.00 (pre-order only, youth S, M, L, XL and Adult S, M, L or XL; one design for the weekend)

*No Day of changes/adds will be done after 8am.

**No late fees to advance level(s) for Cowtown Feis if changed after competing in Texas State Championship; entry fee differences and feis weekend change fee will be charged.

Solo Competitions

Solo Competition Requirement: 32 bars

First Feis	U5	U6	U7	U8	U9	U11	11&O
Reel	105RL	106RL	107RL	108RL	109RL	111RL	112RL
Light Jig	105LJ	106LJ	107LJ	108LJ	109LJ	111LJ	112LJ

Beginner 1	U5	U6	U7	U8	U9	U11	11&O
Reel	205RL	206RL	207RL	208RL	209RL	211RL	212RL
Light Jig	205LJ	206LJ	207LJ	208LJ	209LJ	211LJ	212LJ
Slip Jig	205SJ	206SJ	207SJ	208SJ	209SJ	211SJ	212SJ
Single Jig	205SN	206SN	207SN	208SN	209SN	211SN	212SN

Beginner 2	U6	U7	U8	U9	U11	U13	13&O
Reel	306RL	307RL	308RL	309RL	311RL	313RL	314RL
Light Jig	306LJ	307LJ	308LJ	309LJ	311LJ	313LJ	314LJ
Slip Jig	306SJ	307SJ	308SJ	309SJ	311SJ	313SJ	314SJ
Single Jig	306SN	307SN	308SN	309SN	311SN	313SN	314SN
Double Jig*	306DJ	307DJ	308DJ	309DJ	311DJ	313DJ	314DJ
Hornpipe*	306HP	307HP	308HP	309HP	311HP	313HP	314HP

*Hard shoe is traditional speed only.

Novice	U7	U9	U11	U13	U15	15&O
Reel	407RL	409RL	411RL	413RL	415RL	416RL
Light Jig	407LJ	409LJ	411LJ	413LJ	415LJ	416LJ
Slip Jig	407SJ	409SJ	411SJ	413SJ	415SJ	416SJ
Single Jig	407SN	409SN	411SN	413SN	415SN	416SN
Double Jig**	407DJ	409DJ	411DJ	413DJ	415DJ	416DJ
Hornpipe**	407HP	409HP	411HP	413HP	415HP	416HP
Traditional Set***	407TS	409TS	411TS	413TS	415TS	416TS

**Hard shoe is speed of choice.

*** Choose one of the following: St. Patrick's Day, Blackbird, Garden of Daisies, Job of Journeywork, Jockey to the Fair, Three Sea Captains, or King of the Fairies

Prizewinner	U7	U9	U11	U13	U15	15&O
Reel	507RL	509RL	511RL	513RL	515RL	516RL
Light Jig	507LJ	509LJ	511LJ	513LJ	515LJ	516LJ
Slip Jig	507SJ	509SJ	511SJ	513SJ	515SJ	516SJ
Single Jig	507SN	509SN	511SN	513SN	515SN	516SN
Double Jig**	507DJ	509DJ	511DJ	513DJ	515DJ	516DJ
Hornpipe**	507HP	509HP	511HP	513HP	515HP	516HP
Traditional Set***	507TS	509TS	511TS	513TS	515TS	516TS

**Hard shoe is speed of choice.

*** Choose one of the following: St. Patrick's Day, Blackbird, Garden of Daisies, Job of Journeywork, Jockey to the Fair, Three Sea Captains, or King of the Fairies.

Adult	Beginner 1	Beginner 2	Novice	Prizewinner
Reel	299RL	399RL	499RL	599RL
Light Jig	299LJ	399LJ	499LJ	599LJ
Slip Jig	299SJ	399SJ	499SJ	599SJ
Single Jig	299SN	399SN	499SN	599SN
Double Jig		399DJ*	499DJ**	599DJ**
Hornpipe		399HP*	499HP**	599HP**

*Hard Shoe is Traditional Speed only.

**Hard shoe is speed of choice.

Adult Championships	699AC
Advanced Adult Preliminary	799AAP
Advanced Adult Open	799AAO

Adult Championships Requirements Reel (48 bars) or Slip Jig (40 bars) and Hornpipe (40 bars) or Double Jig (48 bars), and Traditional Set. Adults may register for championship and solo competition in their respective grade level(s).

Advanced Adult Preliminary Requirements: Reel (48 bars) or Slip Jig (40 bars) and Hornpipe (40 bars) or Double Jig (48 bars)

Advanced Adult Open Requirements: Reel (48 bars) or Slip Jig (40 bars) and Hornpipe (40 bars) or Double Jig (48 bars), and Contemporary Set

Preliminary Championships	U9	U10	U11	U13	U12	U14	U15	U16	U17	17&O
	609PC	610PC	611PC	613PC	612PC	614PC	615PC	616PC	617PC	618PC

Preliminary Championship Requirements: Reel (48 bars) or Slip Jig (40 bars) and Hornpipe (40 bars) or Double Jig (48 bars). Boys and girls will be separated if there are 5 or more boys in a competition.

Open Championships	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	19&O
	709OC	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC	720OC

Open Championship Requirements: Reel (48 bars) or Slip Jig (40 bars), Hornpipe (40 bars) or Double Jig (48 bars), and any Contemporary Set Dance. (U9 dances Traditional Set) Boys and girls will be separated if there are 3 or more boys in a competition.

Figure & Ceili Dancing

Beginner Figures	U7	U9	U11	U13	U16	16&O
2-H Reel or Light Jig	9207BF	9209BF	9211BF	9213BF	9215BF	9216BF
3-H Reel	9307BF	9309BF	9311BF	9313BF	9315BF	9316BF
4-H Dance***	9407BF	9409BF	9411BF	9413BF	9415BF	9416BF
6-H Dance	9607BF	9609BF	9611BF	9613BF	9615BF	9616BF
8-H Dance***	9807BF	9809BF	9811BF	9813BF	9815BF	9816BF

***Must be a book dance.

Open Figures	U7	U9	U11	U13	U16	16&O
2-H Reel	9207OF	9209OF	9211OF	9213OF	9215OF	9216OF
3-H Reel	9307OF	9309OF	9311OF	9313OF	9315OF	9316OF
4-H Dance***	9407OF	9409OF	9411OF	9413OF	9415OF	9416OF
6-H Dance	9607OF	9609OF	9611OF	9613OF	9615OF	9616OF
8-H Dance***	9807OF	9809OF	9811OF	9813OF	9815OF	9816OF

***Must be a book dance.

Adult Figures	
2-H Reel	9299AF
3-H Reel	9399AF
4-H Dance***	9499AF
6-H Dance	9699AF
8-H Dance***	9899AF

***Must be a book dance.

Specials

Non-Champ Specials	U7	U9	U11	U13	U15	15&O
Non-Champ (Soft-shoe) Reel Special	807NR	809NR	810NR	813NR	815NR	816NR
Non-Championship Double Reel Special	807ND	809ND	810ND	813ND	815ND	816ND

Champ Specials	U7	U9	U11	U13	U15	15&O
Championship Soft-shoe Special	807CS	809CS	811CS	813CS	815CS	816CS
Championship Double Reel Special	807CD	809CD	811CD	813CD	815CD	816CD

Adult Specials	
Adult Soft-shoe Special	899AS
Adult Double Reel Special	899AD

Southern Regional Dancing Competition Rules

1. In the case of all solo and teams 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 purpose 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 Coimisiun and 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 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 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 does not pertain to a situation where competitor are involved in stage conflicts, and such conflicts will be handled by the stage monitor.
5. Steel taps or "bubble" heels on dancing shoes and any display of awards prohibited. Authentic Gaelic dress is desired.
6. First Feis (if offered), Beginner and Advanced Beginner, aka Beginner I and II, must wear a class costume, or a skirt/pants and top. 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. The number of awards given is determined by the Feis Committee and is based on the score and ranks given by the adjudicator(s).
9. Complaints must be writing stating names and other factual information and signed by the complainant. A \$50.00 fee must be enclosed and presented to the Feis Chairman within one hour of the occurrence. The fee will be refunded 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 and/or rental property will be punished 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 all parents to request that their child or children's names 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 include the entry fee for entry to be accepted. Failure to do so will result in a rejected entry. Entries must be received on or before the closing date or they will subject to a late fee of ____ (determined by the Feis).
14. With the exception of First Feis and Beginner 1 the status of the dancers does not change unless there are five or more dancers in a competition.
15. Photography
 - a. With the exception of First Feis, Beginner 1, and Beginner 2 (or their equivalent), photography of any kind which has the capability of capturing a dancer's image while in motion is strictly forbidden.
 - b. 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 to 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.
 - c. 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: i. away from the dancing stages and ii. Requested by a consenting parent, guardian, or dancer (over the age of 18).
16. 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.
17. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.
18. 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.

Grade Level Rules

1. Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner), or Adult and Master Competition: a. Must compete in their own age group. b. Must be prepared to perform two steps in each event.
2. With the exception of First Feis and Beginner 1, a dancer's level is determined in each dance (Reel, Light Jig, Single Jig, Slip Jig, Hornpipe, Treble Jig, and Traditional Set). Traditional Set Dances are limited to those dancers determined by An Coimisiun Le Rince Gaelacha as Traditional set dances.
3. A Feis Committee may combine competitions if there are less than 5 competitors entered as follows:
 - a. Three consecutive age groups, if including the youngest or oldest multi-year age group, or up to 5 consecutive single age-groups, combined into the age group, within that grade.
4. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region.
5. The syllabus is to contain all grade categories.
6. Competitors have the option to remain in the same category for the remainder of the Feis year.

7. A dancer, at the discretion of the teacher, may move to the next Grade (not Open Championships) without satisfying the requirements. However, once a dancer competes in the higher level, they can never move back to a lower category, (except as outlined in Rule 1, above).
8. Grade levels
 - a. **First Feis:** A dancer who has never competed in a Feis. A dancer can only be in this category for a single day and cannot compete at any other level in the Feis. Dancers must compete with the Basic Steps that coincide with the Grade Exam Syllabus.
 - b. **Beginner 1 (Beginner) Grade:** A beginner is a competitor who has not yet taken a full year or Irish Dance lesson, thereby giving beginners a full year with such status. A beginner must move into the Beginner 2/Advanced Beginner category the next year. Dancers must compete with the Basic Steps that coincide with the Grade Exam Syllabus.
 - c. **Beginner 2 (Advanced Beginner) Grade:** An advanced beginner wins 1st, 2nd, or 3rd 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. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.
 - d. **Novice Grade:** A novice who wins 1st place will advance to the Open (Prizewinner) category in that particular dance. In Novice competitions with 20 or more dancers, a dancer who wins 1st or 2nd place in a dance will advance to the Open/PW category in that particular dance (Dec. 2012)
 - e. **Open Prizewinner Grade:** A competitor who does not qualify as a beginner, advanced beginner, or as a novice.
 - f. **Adult:** An 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 championship competition of more than five competitions.
9. First Feis (if offered), Beginner 1, and Beginner 2 are required to dance at traditional speeds. Novice and Open/Prizewinner dancers may choose between traditional and Oireachtas speeds.
10. The Following Dance speeds must be adhered to:

	First Feis	Beginner 1	Beginner 2	Novice	Prizewinner
Reel	122	122	122	113	113
Light Jig	115	115	115	115	115
Slip Jig	122	122	122	113	113
Single Jig	124	124	124	124	124
Treble Jig			92	73/92	73/92
Hornpipe			138	113/138	113/138

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

11. First Feis, Beginner 1, and Beginner 2 perform only basic steps to coincide with the Grade Exam Syllabus.
12. Dancers competing in the First Feis category are limited to participating in the First Feis Category.

Championship Level Rules

1. 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 qualification for entry.
2. Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances and Specials, ie Treble Reel competitions, etc.
 - a. Dancers must qualify for Open Championship via the method now in place for Preliminary Championship, i.e. two first place wins.
 - b. Dancers must compete in the Preliminary Championship competition in order to qualify for Open Championship.
3. Preliminary Championship
 - a. Are open to those who at any CLRG-registered Feis:
 - i. Have placed first in both an Open (Prizewinner) light and heavy shoe competition, and...
 - ii. Have never one First, Second, or Third in Open Championship.
 - b. A dancer who lives in the Southern Region and who wins 1st place in a second Preliminary Championship Competition in an Region MAY move up to Open Championship Competitions immediately, at the discretion of their dancing teacher.
 - c. A dancer who lives in the Southern Region and who wins 1st place in a second Preliminary Championship Competition MUST move up to Open Championship competitions no later than the one calendar year anniversary or the second Preliminary Championship win.
 - d. Preliminary Championship Competition with 26 or more competitors may be split in half according to age. *In Preliminary Championships- Separate boys into a separate competition if there are (5) or more boys entered in a specific competition within a single age group.
4. If three (3) or more boys are entered in a specific age group in a combined Open Championship competition, the boys and girls MUST be split competitions.
5. Every competitor in Preliminary or Open Championships must have a minimum of 8 rotations or 10 minutes between each of their rotations.

Adult Championship & Advanced Adults

1. Dancers who are in the Adult categories cannot enter any competition other than Adult specified competitions. A dancer who wished to return to any category other than Adult must remain out of Adult competitions until they retire from dancing for 5 consecutive years.
2. An Advanced Adult Preliminary dancer is defined as anyone age 18 or older who has previously placed in the top three of a Preliminary Championship or competed in Open Championship levels in Youth/&Over levels regardless of when the competitor was active. An Advanced Adult dancer has opted to leave Youth/&Over categories and once the dancers begin competing in Advanced Adult, the dancer may not ever return to Youth/&Over.
3. ADULT DANCERS ARE ALLOWED TO DANCE TRADITIONAL OR OIREACHTAS SPEED DANCES IN THE NOVICE AND PRIZEWINNER GRADE LEVELS.
4. Dancers competing as the Adult Championship level may move to the Advanced Adult Prelim level per teacher's discretion.
5. All Southern Region feiseanna may combine the Advanced Adult levels into one competition in the event that fewer than five Advanced Adult Preliminary level dancers are entered. For Advanced Adult level dancers to progress from Prelim to Open, youth competition rules apply. A win in any combined Advanced Adult competition of five or more competitors would count towards that progression.

Figure/Ceili Team Rules

1. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced.
 - a. There are no restrictions on figure age groups.
 - b. Figure age groups will be determined by the oldest dancer.
 - c. 8 hand teams are allowed to repeat dancers at Southern Region feiseanna in accordance with the World and Regional Oireachtas rules.
2. The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8-bar introduction.
3. Only dancers who meet the definition of "Adult dancer" may compete in Adult Ceili competitions. "Adult dancer" includes Adult Grade level, Adult Championship, Advanced Adult Preliminary Championship, and Advanced Adult Open, as defined by the qualification found elsewhere in these rules.
4. In the event that the same organization is running 2 feiseanna in one weekend, the following may occur: Figure and Ceili competitions may be offered at only one of the feis' on that weekend.

Adjudicators & Musicians

1. 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.
2. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis Day.
3. In matters pertaining to adjudication, the decision of the adjudicators is final.
4. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.
5. Championship and Preliminary Championships require at least three adjudicators.
6. Each feis is required to list their adjudicators on their syllabus and/or website at least three weeks before the close of entries, one-third of which are to be from outside the region where the Feis is being held.

Costume Rules

1. Make up is prohibited in the first three grades. (First feis (if offered), Beginner 1 and Beginner 2 or their equivalent) up to and including the Under 12 age group. Make-up (including false eyelashes and tanner on the face) is not permitted for dancers, in either solo or team competition, up to and including the Under 10 age group. *Clarification:* Both make-up rules refer to the age group of the competition, not the actual age of the dancer. For example, 9-year-old dancers, competing in a team that is entered in Under 12, may wear make-up or at a feis where the youngest Open Championship age group is Under 11, then all dancers in that competition may wear make-up. These rules must be announced from side stage at the event. Participants should be reminded that should they be in breach of these rules and be required to remove their make-up, that they risk missing their rotation in the competition.
2. Any competitor found to be using artificial carriage aids and subsequently refuses to remove same, will be subject to disqualification from the particular competition. Medically prescribed aids (proof of which may be required) will be exempt from this rule.
3. Competitors in competitions at the First Feis (if offered), Beginner 1, and Beginner 2 Grade will wear only the competitor's dancing school costume or a skirt/pants and top.
4. Costume Length: 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 lack modesty may ask a dancer to change into black tights (of a denier not less than 70 percent) in order for the dancer to continue in the competition.

Modesty Rules

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.

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.

Length of costume 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 wear black tights (of a denier not less than 70 percent) in order to continue in the competition. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must agree to asking the dancer to wear tights. Effective March 1, 2022.

Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage. Dancers wearing undergarments that do not cover the areas of the body as in the illustrated example will be asked to put on black tights of a denier of not less than 70%. This is monitored by the adjudicator. For competitions adjudicated by a panel of more than one adjudicator all adjudicators on the panel must agree to ask the dancer to put on tights. Effective March 1, 2022

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