

2025

SUNDAY AUGUST 17TH, 8 AM

John Abbott College, Ste Anne de Bellevue



All competitions will be capped at 12 dancers to ensure an early finish since the competition is being held on a Sunday

Tír na nÓg

This competition is open to dancers under the age of 6 who are not formally taking classes or are taking a pre beginner class. Dancers will dance to a reel. This is a non competitive event, all dancers will receive a prize.

2 Adult Grade Levels

ADULT CHAMPIONSHIP

Open to dancers who have only competed as an adult or have not competed in 5 yrs.

Dancers will dance a choice of a hardshoe and a soft shoe dance and a traditional set.

Advanced Adult Championship

Open to dancers ages 18 or older who has previously placed in the top three of a Preliminary championship or competed in Open championship levels in the youth/& over levels regardless of when the competitor was active. Dancers who compete in this category cannot go back down to the youth competitions.

- 50% placing
- Sashes for top 6 in every Championship, and trophies for top 50 %
- Round Awards for Championship
- Participation souvenirs for all beginners

REGISTRATION ON FEISLINK

youngacademy.feis.entries@hotmail.com

REGISTRATION ON FEISLINK



Solo dances : \$12 per dance
Figure Dances : \$12 per dance

Specials : \$10

Tír na nÓg : \$10

Adult Championship: \$55

Open Championship : \$55

Prelim Championship; \$45

Admission/Family Fee: \$25

Family max : \$180 (excludes Figures and Family fee)

Registration is open from June 11th - August 2nd

ADJUDICATORS

Ryan Carroll - Canada
Kathy Irvine - Canada

TBD

MUSICIANS

TBD

Figures	2 Hand Reel		3 Hand Reel		4 Hand Reel/Jig- An Rince Ceili			
	U8	n/a	n/a		F8-4			
	U10	F10-2	F10-3		F10-4			
	U12	F12-2	F12-3		F12-4			
	U15	F15-2	F15-3		F15-4			
	15&over	F99-2	F99-3		F99-4			
	Adult	F99M-2	F99M-3		F99M-4			
	2 & 3 hand Reels: 8 bar intro + 48 bars				4 Hand: Lead around, body and figure (tops only)			
Tir Na Nog								
	Tir na nog is open to dancers under the age of 6 . This competition is for dancers not formally taken classes or are taken a pre beginner class. Dancers will dance to a reel. This is a non competitive dance, all dancers will receive a prize. No make-up or wigs are permitted. No Irish Dancing costumes or shoes are required							
Beginner		Reel 122		Light Jig 115		Slip Jig 122		Single Jig 124
	U5	B5R		B5L		B5S		B5X
	U6	B6R		B6L		B6S		B6X
	U7	B7R		B7L		B7S		B7X
	U8	B8R		B8L		B8S		B8X
	U9	B9R		B9L		B9S		B9X
	U10	B10R		B10L		B10S		B10X
	U11	B11R		B11L		B11S		B11X
	U12	B12R		B12L		B12S		B12X
	12 & Over	B99R		B99L		B99S		B99X
Advanced Beginner		Reel 122	Light Jig 115	Slip Jig 122	Single Jig 124	Treble Jig 92	Hornpipe 138	St. Patrick's Day 94
	U7	A7R	A7L	A7S	A7X	A7T	A7H	A7P
	U9	A9R	A9L	A9S	A9X	A9T	A9H	A9P
	U11	A11R	A11L	A11S	A11X	A11T	A11H	A11P
	U13	A13R	A13L	A13S	A13X	A13T	A13H	A13P
	13&O	A99R	A99L	A99S	A99X	A99T	A99H	A99P

Tradition Set speeds for Novice, Prizewinner and Adult								
	St. Patrick’s Day 94 Blackbird 144 Job of Journeywork 138 Garden of Daisies 138 Jockey to the Fair 90 Three Sea Captains 96 King of the Fairies 130							
Novice		Reel 113	Light Jig 115	Slip Jig 113	Treble Jig 73/92	Hornpipe 113/ 138	Trad Set	
	U7	N7R	N7L	N7S	N7T	N7H	N7D	
	U9	N9R	N9L	N9S	N9T	N9H	N9D	
	U11	N11R	N11L	N11S	N11T	N11H	N11D	
	U13	N13R	N13L	N13S	N13T	N13H	N13D	
	13&O	N99R	N99L	N99S	N13T	N13H	N13D	
Prizewinner		Reel 113	Slip Jig 113	Treble Jig 73/92	Hornpipe 113/ 138	Trad Set		
	U9	P9R	P9S	P9T	P9H	P9D		
	U11	P11R	P11S	P11T	P11H	P11D		
	U13	P13R	P13S	P13T	P13H	P13D		
	13&O	P99R	P99S	P99T	P99H	P99D		
Adult Beginner/Advanced Beginner		Reel 122	Light Jig 115	Slip Jig 122	Single Jig 124	Treble Jig 92	Hornpipe 138	St. Patrick's Day 94
		M99R	M99L	M99S	M99X	M99T	M99H	M99P
Adult Novice/Prizewinner		Reel 113	Light Jig 115	Slip Jig 113	Single Jig 124	Treble Jlg 73 /92	Hornpipe 113 /138	Trad Set
		M99R2	M99L2	M99S2	M99X2	M99T2	M99H2	M99P2

Specials

Grade Treble Reels

Under 11 TR11
Under 14 TR14
Over 14 TR99

Champ Treble Reels

Under 12 CTR12
Under 15 CTR15
15 and over CTR99

Parent Child 2 Hand

8 bar intro + 48 bars

PAC-2

Preliminary Champ

Reel and Treble Jig 48 bars Slip Jig and Hornpipe 40 bars
Reel 113, Slip Jig 113, Hornpipe 113, Treble Jig 73

PC9 PC11 PC13 PC15 PC17 PC99

Open Championship

Reel and Treble Jig 48 bars Slip Jig and Hornpipe 40 bars
C9 dances a Traditional Set
Dancers in C11 and up perform a contemporary Set
Reel 113, Slip Jig 113, Hornpipe 113, Treble Jig 73

C9 C11 C13 C15 C17 C19 C99

Adult Champ

M99C Open to dancers 18 years of age and over who have only competed in adult competitions or have been out of competitive dancing for 5 years
Dancers will dance 3 rounds
Choice of Heavy Jig 73 or Hornpipe 113
Choice of Reel 113 or Slip Jig 113 (Men- Reel only)
and a traditional set
Reel and Treble Jig 48 bars / Slip Jig and Hornpipe 40 bars/
Traditional Set of own Choice
St. Patrick's Day 94, Blackbird 144 , Job of Journeywork 138
Garden of Daisies 138 , Jockey to the Fair 90, Three Sea Captains 96
King of the Fairies 130

Advanced Adult Championship

M99CA

Open to dancers 18 years of age who has previously placed in the top three of a Preliminary Championship or competed in Open championship levels in the youth/& over levels regardless of when the competitor was active.
Dancers will dance 3 rounds
Choice of Heavy Jig 73 or Hornpipe 113
Choice of Reel 113 or Slip Jig 113 (Men- Reel only)
and a contemporary set
Reel and Treble Jig 48 bars / Slip Jig and Hornpipe 40 bars/
Set of own Choice



Eastern Canada Regional Syllabus

IDTAC-ER DANCING COMPETITION RULES:

REGISTRATION PROCEDURES

A1. Entries for dancing competitions are confined to pupils of accredited Irish Dancing teachers who are registered with *An Coimisiún le Rinci Gaelacha*, and any additional regional bodies as required (based on residency). There are no such requirements for entries in art, music, soda bread etc.

A2. In the case of all solo and team competitions at all levels, the age of a competitor on the 1st of January in 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 the 1st of January shall be deemed to be under the age attained on that date.

A3. All dancers must compete in their own age group. Exceptions may be made to compete in a higher age group (specials, team events) but it is never permissible to compete in a lower age group. Proof of age may be requested in order to participate. Falsification of documents will result in disqualification from said event, with possible additional repercussions.

A4. Individuals holding TCRG, ADCRG, BG, SDCRG or TMRG status are not eligible to participate in any dance events.

A5. Dancers undertaking a six-month re-styling period are not permitted to participate. It is the responsibility of the dancer/legal guardian to ensure eligibility by confirming with the dancer's teacher(s).

A6. Grade-level dancers may not also compete in Preliminary or Open Championship level events and vice-versa, but may compete in team events, plus supplemental competitions corresponding to their level.

A7. The Feis Committee has the right to reject any entry for cause, to cancel all or part of the feis and/or to limit, merge or split competitions. The Feis Committee has the right to approve or deny requests for changes to entries on the day of the feis and/or to charge processing fees for same. The decision of the feis committee shall be final in all such matters.

A8. The Feis Committee (and any organization affiliated with same including, but not limited to the IDTAC-ER), will not be held responsible for personal injury, property loss/damage or any other incident as a result of participating in the event.

A9. Participants and/or their families who do not wish for their child's name to appear on published registration lists must contact the Feis Committee to make such arrangements. The Feis Committee must honour all requests received within a reasonable time frame prior to the commencement of the feis. It is the responsibility of the person making the request to ensure it has been successfully carried out.



Eastern Canada Regional Syllabus

A10. Feis Committees must ensure that all necessary steps to protect identification data of the participants are taken by the registration/tabulation company.

COMPETITION MERGERS & SPLITS

B1. All competitions need five or more participants to warrant achievements to count toward advancement of levels, so competitions may need to be combined to facilitate this process. See DEFINITION OF LEVELS for more information on advancing levels.

B2. Merging of competitions occurs ONLY with the next higher age group and never with a lower age group. A competition with a satisfactory number of entries may not be merged in order to make the next highest age group have enough participants to "count".

B3. Double-age groups cannot be merged with another double-age group; therefore, only two single- age groups may be combined.

B4. It is also not permitted to merge three single-age groups, however, permission from the Regional Director may be requested for the oldest age groups of a particular level.

B5. Splitting of grade-level competitions must occur at 15 entries. Splitting of Preliminary and Open Championship competitions must occur at 25 entries. In all cases, double-age competitions shall be split to single age groups, while single-age group competitions shall be split at random into two groups.

B6. Competitions not reaching the threshold noted above may not be split.

B7. Open Championship Under 9 may NOT be combined with Under 11, unless there is only one entry, in which case it must be combined with Under 11 to provide some competition for the Under 9 dancer.

B8. Entries received after splits/mergers have been approved by the Feis Liaison and published by the Feis Committee shall not require further adjustments (effective Jan 1 2017).

ADJUDICATORS/MUSICIANS

C1. Only persons currently registered with ADCRG certification from An Coimisiún le Rinci Gaelacha can adjudicate dancing competitions. Feis Committees must ensure that adjudicators are current with CLRG mandates related to Vetting and Child Protection Course certification before being contracted.

C2. Adjudicators must declare any potential adjudication conflicts when contracted. It is the shared responsibility of the adjudicator and the Feis Committee to ensure that the adjudicator is assigned only to competitions without adjudication conflicts.



Eastern Canada Regional Syllabus

C3. Adjudicators and musicians shall be paid fees at current IDTANA rates, payable in US Dollars or, at the discretion of the Feis Committee, the Canadian Dollar equivalent using the exchange rate of the most recent business day prior to the commencement of the event.

C4. In matters pertaining to adjudication, the decision of the adjudicators is final.

C5. Adjudicators are responsible for ensuring the tempos played by the musician meet the requirements of this syllabus, therefore, Feis Committees are required to provide all engaged adjudications with syllabus requirements such as: the rules, lengths of dances and speed requirements.

C6. Feis Committees are requested to list adjudicators on their syllabus. If adjudicators are not listed on the syllabus, they must be posted on the Feis website/social media a minimum of 30 days prior to registration closing for the Feis. Adjudicators names should not be removed once registration closes.

C7. At least three adjudicators must be utilized for Preliminary and Open Championship competitions to serve as a set panel. Should a feis committee wish to offer an alternate format of judging, such as rotating panels, permission must be granted from the Regional Director. Such requests must be made in writing to the Regional Director a minimum of one (1) month in advance of the anticipated publication date of the syllabus.

C8. Live music played by accomplished feis musicians is required for every competitor.

DEFINITION OF LEVELS

D1. Beginner Grade: A Beginner is a competitor who has not yet taken a full year of Irish Dance lessons from a registered teacher, thereby giving Beginners a full year with such status. A Beginner **must** move into the Advanced Beginner category the following year. See COSTUME RULES for more information.

D2. Advanced Beginner Grade: An Advanced Beginner dancer has at least one year's experience in Irish dancing, and no longer competes at the Beginner level. At this level, dancers begin to compete hard shoe dances (at traditional speeds), including the Traditional Set Dance called St. Patrick's Day. See ADVANCEMENT OF LEVELS and COSTUME RULES for more information.

D3. Novice Grade: A Novice dancer is someone who has won the necessary medals in Advanced Beginner in some or all of the required dances. It is possible to participate in more than one level, however not for the same dance. At the Novice level, the speed for soft shoe dances is slower than in Advanced Beginner, and there is a choice of speed for hard shoe dances. Additionally, dancers can choose from the list of seven Traditional Set Dances to expand their knowledge. See ADVANCEMENT OF LEVELS and COSTUME RULES for more information.

D4. Prizewinner Grade: A Prizewinner dancer is someone who has won the necessary medals in Novice in some or all of the required dances, meaning it is possible to participate in both levels, however not for



Eastern Canada Regional Syllabus

the same dance. At this level, the dancer typically focuses on the four main solo dances (reel, slip jig, treble jig and hornpipe) and may start to learn a set dance at contemporary speed in addition to traditional speed set dances. There is no mandate that a dancer MUST advance to Preliminary Championship after achieving the required wins. The time to advance is at the discretion of the dancer's teacher. See **ADVANCEMENT OF LEVELS** and **COSTUME RULES** for more information.

D5. Preliminary Championship: Dancers who have successfully graduated from the grade levels shall advance to Preliminary Championship. This level may not be skipped over in favour of advancing straight to Open Championship. At this level, dancers choose one soft shoe dance and one hard shoe dance to compete in a single competition before three adjudicators on a larger stage. The length of the dances is longer than in the grade levels. Overall placements are awarded based on combined scores from all adjudicators. See **ADVANCEMENT OF LEVELS** and **COSTUME RULES** for more information.

D6. Open Championship: Dancers who have successfully met the advancement requirements for Preliminary Championship shall register for Open Championship. The Open Championship format is similar to that of Preliminary Championship; however, three dances are performed in Open Championship. Dancers who have not placed in Open Championship for a period of two years may return to Preliminary Championship (excluding dancers who have placed first, second or third over any period of time). Dancers availing of this opportunity will have to win their way back into Open Championship. See **ADVANCEMENT OF LEVELS** and **COSTUME RULES** for more information.

D7. Competitions for Adult dancers are to be offered at 4 levels: Adult Beginner/Advanced Beginner, Adult Novice/Prizewinner, Adult Championship, and Advanced Adult Championship. In each instance, an Adult Dancer must be at least 18 years of age or older. An Adult Beginner/Advanced Beginner must never have competed as a juvenile and may compete in hard shoe dances at traditional speeds only. An Adult Novice/Prizewinner dancer must not have competed as a juvenile during the previous five (5) years and must be offered a choice of speed for hard shoe dances (Treble Jig and Hornpipe), along with the full list of Traditional Set Dances. An Adult Championship dancer must not have competed as a juvenile during the previous five (5) years and must be offered a choice of the full list of Traditional Set Dances. A Contemporary Set Dance competition may not be offered at any level. An Advanced Adult Championship dancer is an adult dancer who has previously placed in the top three of a Preliminary Championship or competed in Open Championship levels in the youth/& over levels regardless of when the competitor was active. Once a dancer begins competing in Advanced Adult, they may not return to youth/& over.

D8. Dancers who are eligible to compete as Adult Beginner/Advanced Beginner, Adult Novice/Prizewinner, or Adult Championship under Rule D7 may choose to compete in the non-Adult 99 age groups for Beginner, Advanced Beginner, Novice, Prizewinner, Preliminary Championships or Open Championships, per the qualifying rules for those levels, but may not return to Adult Beginner/Advanced Beginner, Adult Novice/Prizewinner, or Adult Championship for a period of five (5) years.



Eastern Canada Regional Syllabus

ADVANCEMENT OF LEVELS

- E1. At least five (5) participants (not entries) are required for advancement to the next higher level.
- E2. For Advanced Beginner, a first/second/third will warrant advancement to the Novice level.
- E3. For the Novice and Prizewinner levels, only a first-place warrants advancement.
- E4. Dancers who win a first place in at least one Prizewinner soft shoe (Reel or Slip Jig) plus one Prizewinner hard shoe (Treble Jig or Hornpipe) will be eligible to advance to Preliminary Championships.
- E5. Dancers who win first place in two eligible Preliminary Championship competitions (with five competitors or more) in the same calendar year must advance to Open Championship in the following year. However, 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.
- E6. Placing in a regional or national Oireachtas does not affect one's status as feiseanna.
- E7. For Adult competitions, advancement to be at teacher's discretion.

DANCING RULES

- F1. Any unauthorized visible or audible coaching (by a parent, teacher or anyone else) to a dancer who is competing on stage, may disqualify that dancer from that competition. The Feis Committee is encouraged to provide a knowledgeable volunteer to assist beginners (and other less experienced dancers) with coaching to know when to start dancing. However, once the dancer commences, no more counting/coaching will be permitted.
- F2. No block/"en Pointe"/toe-walking movements, stationary or moving, are allowed to be performed for dancers competing up to and including the under 12 age group, in any level. After September 1 of each year an exception is made for those dancers who are 11 years of age and competing in the under 12 age group.
- F3. All dancers up to and including U9 in any level may not compete a Set Dance at contemporary speed. Participants in Open Championship shall dance their Traditional Set Dance on stage one-at-a-time, whereas participants in grade-level competitions and in Preliminary Championships shall dance their Traditional Set Dance two (or three)-at-a time, at the discretion of the Feis Committee (and subject to the rules governing stage sizes).



Eastern Canada Regional Syllabus

F4. Dancers finishing ahead of the required part of music and/or not completing the required number of steps shall be deemed to have not completed the dance and will be marked accordingly.

F5. Stages for grade level and team competitions must be at least 20' wide x 16' deep, and in order to run competitions three-at-a-time, stages must be at least 24' wide x 20' deep.

F6. Stages for Preliminary and Open Championship competitions must be at least 24' wide x 20' deep, and in order to run competitions three-at-a-time, stages must be at least 32' wide x 24' deep.

F7. Stages may not be either on bare concrete or cement, or with rolled out flooring overtop.

F8. Awards should be a minimum of 40%, based on the number of participants. Feis Committees are encouraged to ensure that situations are avoided where, due to ties or otherwise, one dancer is left out of a result, and that all Beginner level participants receive at least one award.

F9. Teachers or team captains are responsible to ensure that their teams are complete and in position when the competition is announced. Team competitors may compete in the next higher age group but never in a lower age group. A competitor may compete in no more than two different age groups for any one category (4- hand, 8-hand, etc.)

F10. Competitions may be closed at the discretion of the Feis Committee if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced. Dancers involved in stage conflicts should notify (or send a representative to notify) the stage manager for each stage so an accommodation can be made.

F11. Dancers are expected to be ready in advance of the start of the competition. Championship dancers (Prelim, Open, Adult, Advanced Adult) anticipating their round may be missed are expected to notify stagehand in advance. Dancers failing to complete their rotation may receive zero points and may be disqualified from the competition. At the discretion of the adjudicator, the dancer may be permitted to dance without receiving a mark for that round and the dancer is permitted to complete the remaining rounds & receive marks.

COSTUME RULES

G1. The costume for Beginner and Advanced Beginner level dancers may consist only of a skirt and blouse/leotard (or shirt and trousers for boys) or an official school costume. Solo costumes are not permitted at these levels.

G2. Novice, Prizewinner, Preliminary Championship and Open Championship level dancers are permitted to choose a "solo" costume, subject to the current directives of CLRG, but may also wear a School Costume. Costumes must adhere to modesty and decency in terms of length, fit and fabric.



Eastern Canada Regional Syllabus

G3. Shorts or any other unconventional dresses/costumes are strictly prohibited, unless expressly permitted under these rules or the rules of a special category (e.g., charity treble reel).

G4. Where costumes are deemed to be too short, an adjudicator may insist that tights of a denier not less than 70 must be worn by the dancer. The adjudicator shall notify the Stage Manager or Feis Committee representative in a discreet manner, who in turn must handle the situation tactfully.

G5. All dancers aged 14 and older competing in what is commonly referred to as "all-black" or "black-out" attire (irrespective of the actual colour of the outfit) must wear tights of a denier not less than 70.

G6. Makeup (including facial tanner) is not permitted on dancers in Beginner and Advanced Beginner levels, up to and including the under 12 age group.

G7. Makeup (including facial tanner) is prohibited on dancers in Novice, Prizewinner, Preliminary Championships and Open Championships up to and including the under 10 age group.

G8. Dancers using artificial carriage aids will be subject to disqualification from that particular competition. Medically prescribed aids (proof of which may be required) will exempt dancers from this rule.

G9. Dancers must wear an official competitor's number when performing in all competitions. The use of reflective plastic number covers is discouraged because it can be difficult for adjudicators to see the number in certain lighting conditions.

G10. All dancers (solo and teams) must be in full costume and Irish dance shoes for award presentations.

FEIS GUIDELINES

H1. No one other than the Feis Committee may approach an adjudicator during the competition day, and no one may approach an adjudicator while dancers are performing.

H2. Feiseanna must read the statement "No one other than the Feis Committee may approach an adjudicator during the competition day, and no one may approach an adjudicator while dancers are performing", once in the morning (recommended after anthems are performed), and once after lunch.

H3. Adjudicators can keep stationary (pens, paper, calculator, etc.) on the table. All other items should be under the table/in a purse while competitions are in progress.

H4. Adjudicators must not use cell phones, smart watches, or other transmitting devices while at the judge's table.

H5. TCRG who are practicing judging must not practice adjudicating any competitions (meaning individual competitions, not the entire event) where their own dancers are entered.



Eastern Canada Regional Syllabus

H6. Only committee members and volunteers are allowed in tabulation.

OTHER

J1. If a rule is not specifically listed in the feis syllabus, the rules of the Eastern Canada Regional Syllabus shall preside.

J2. A competitor may be disqualified for any of the following reasons: a) Unbecoming conduct. 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.

J3. 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).

END