

Saturday and Sunday Syllabus

Oct 5th & Oct. 6th, 2024, Cambridge, NS

Dancing begins at 8:30am each day
Additional information at valleyirish.com/eastcoastfeis

Register for each day on ifeis.net



East Coast Feis

October 5th and 6th, 2024 with CLRG grade exams on October 4th.

Welcome to the Annapolis Valley in Nova Scotia on the East Coast of Canada.

Nova Scotia is Canada's Ocean Playground. The ECFeis runs two full day feisseanna in Cambridge, NS at the Central Kings High School.

Shine Bright!

- Bringing Grade Exam Opportunities P - 12 on Friday, Oct. 4th
- A full day feis on Saturday
- A full day feis on Sunday
- Second chance competitions for Novice, Prizewinner, and Prelim
- 3-rounds for Prelim to help with Oireachtas preparations
- Adult competitions
- Treble Reel Competition for Charity (See details beside Treble Reel for Grades and Championships)
- Adjudicators from Canada and the US
- Food available for purchase on site

The timing of this the East Coast Feis in 2024 matches perfectly with the Harvest season in the Valley. While here, enjoy the colours, tastes, and smells of all things autumnal.

Contact us

Website: www.valleyirish.com/eastcoastfeis

Email: eastcoastfeis@gmail.com

Facebook: <https://www.facebook.com/EastCoastFeis>

Instagram: @eastcoastfeis



Fees and Registration

Fees CAN\$

Tir na nÓg, Grade solos, grade second chance, adult solo: \$12

Grades Trophy Special: \$15

Adult Championship: \$55

Preliminary Championship (3rounds): \$55

Preliminary Championship second chance (3rounds): \$50

(must be registered in 1st Preliminary Championship on they day)

Open Championship: \$55

Figures: \$12/per dancer

Treble Reel: \$15

Admission/Family fee: \$30

Family Maximum (excluding admission fee, treble reel, late fee, and trophy special): \$160

Late fee: \$25. Payment or registration on or after Sept. 16th, 2024

No refunds will be granted for any reason.

Register through ifeis.net

An ifeis account is required to register

Each day is its own feis. Registration for each day needs to be done independently.

Last day to register with **no late fees**: September 15th, 2024

Late fees apply on September 16, 2024

Last day to **register with late fees** on September 29, 2024



Important Feis Information

Very important to read and know!!!!

Each day is a separate feis and must be registered one at a time in ifeis.net.

There is no door fee! Please bring your family and friends to watch, learn more about our culture and cheer you on!

Trophy special dances are different each day. They are just a bit more due to the larger award. You need to register for these dances under 'Special' in ifeis.net

We are offering second chance competitions for Novice, PrizeWinner, and Preliminary Championship dancers on both days. For Nov. and PW second chance soft shoe on Saturday and hard shoe on Sunday (excluding Trad Set). For Prelim Champ, second chance full 3 rounds of competitions both days!!

Adults have solo and championship opportunities!
Music competitions will happen on Saturday.

Treble Reel competitions will happen both days. All proceeds from the Treble reel competitions will support Chrysalis House in Kentville. See below for details.

Rough Schedule of both days

Start 8:30am - Open and Preliminary Championship (Soft shoe start), Treble reels, Music (Sat), Tnn (Sat), Adults Solo (hard shoe start), Figure, Prize Winner, Novice, AdvBeg, Beg



Saturday



Saturday, October 5th 2024

FIGURE DANCING \$12 PER DANCER

2-hand & 3-hand length: 8 bar intro + 48 bars

*4-hand dance must be from Ar Rinci Ceili

	TWO HAND REEL	THREE HAND REEL	FOUR HAND REEL/JIG*	
Under 10	F10-2	F10-3	F10-4	
Under 12	F12-2	F12-3	F12-4	
Under 15	F15-2	F15-3	F15-4	
15 & Over	F99-2	F99-3	F99-4	
Adult	F99M-2	F99M-3	F99M-4	

Tir na nÓg. \$12

Non-competitive event, is restricted to dancers Under 6 who have not competed at any grade level.

No make-up or wigs are permitted. No Irishdancing costumes or shoes are required.

	Reel 122 bpm			
Under 6	TNN			

Grades				
\$12/dance Trophy Special \$15				
Trophy Specials - 1st, 2nd, and 3rd place will receive a trophy				
	*All Beginners in the 'Reel' will receive a participation medal from 4th placement.			
	Trophy Special			
Beginner	Reel*	Light Jig	Slip Jig	Single Jig
	122 bpm	115 bpm	122 bpm	124 bpm
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
120	B99R	B99L	B99S	B99X

	Trophy Special						
Advanced Beginner	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	St. Patrick's Day
	122 bpm	115 bpm	122 bpm	124 bpm	92 bpm	138 bpm	94 bpm
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
130	A99R	A99L	A99S	A99X	A99T	A99H	A99P

	Trophy Special					
Novice	Reel	Light Jig	Slip Jig	Treble Jig	Hornpipe	Trad Set
	113 bpm	115 bpm	113 bpm	92/73 bpm	138/113 bpm	See Rules
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
130	N99R	N99L	N99S	N99T	N99H	N99D

Novice Second Chance	Reel	Light Jig	Slip Jig
	113 bpm	115 bpm	113 bpm
U7	N7RB	N7LB	N7SB
U9	N9RB	N9LB	N9SB
U11	N11RB	N11LB	N11SB
U13	N13RB	N13LB	N13SB
130	N99RB	N99LB	N99SB

Note that accepted traditional set dances include: St. Patrick's Day (94bpm), Job of Journeywork (138 bpm), Garden of Daisies (138 bpm), Blackbird (144 bpm), King of the Fairies, Jockey to the Fair (90) and Three Sea Captains (96 bpm). This applies to ALL traditional set events.

	Trophy Special				
Open Prizewinner	Reel	Slip Jig	Treble Jig	Hornpipe	Trad Set
	113 bpm	113 bpm	92/73 bpm	138/113 bpm	See Rules
U9	P9R	P9S	P9T	P9H	P9D
U11	P11R	P11S	P11T	P11H	P11D
U13	P13R	P13S	P13T	P13H	P13D
130	P99R	P99S	P99T	P99H	P99D

Open Prizewinner Second Chance	Reel	Slip Jig
	113 bpm	113 bpm
U9	P9RB	P9SB
U11	P11RB	P11SB
U13	P13RB	P13SB
130	P99RB	P99SB

Adults 19+							
	Trophy Special						
Adult Beginner/Advanced Beginner	Reel	Light Jig	Single Jig	Slip Jig	Treble Jig	Hornpipe	St. Patrick's Day
	122 bpm	115 bpm	124 bpm	122 bpm	92 bpm	138 bpm	94 bpm
	M99R-1	M99L-1	M99X-1	M99S-1	M99T-1	M99H-1	M99P-1
	Trophy Special						
Adult Novice/Open Prizewinner	Reel	Light Jig	Single Jig	Slip Jig	Treble Jig	Hornpipe	Trad Set
	113 bpm	115 bpm	124 bpm	113 bpm	92/73 bpm	138/113 bpm	See Rules
	M99R-2	M99L-2	M99X-2	M99S-2	M99T-2	M99H-2	M99D-2

ADULT CHAMPIONSHIP COMPETITION \$55 PER COMPETITION

To dance Reel (113) OR Slip Jig (113) AND Treble Jig (73) OR Hornpipe (113) AND a Traditional Set Dance of choice. Reel/Treble Jig – 48 bars. Slip Jig/Hornpipe – 40 bars.

19 & Over ----- M99C

ADULT ADVANCED CHAMPIONSHIP COMPETITION \$55 PER COMPETITION

To dance Reel (113) OR Slip Jig (113) AND Treble Jig (73) OR Hornpipe (113) AND a Set Dance of choice. Reel/Treble Jig – 48 bars. Slip Jig/Hornpipe – 40 bars.

19 & Over. ----- M99CA

Note that accepted traditional set dances include: St. Patrick's Day (94bpm), Job of Journeywork (138 bpm), Garden of Daisies (138 bpm), Blackbird (144 bpm), King of the Fairies, Jockey to the Fair (90) and Three Sea Captains (96 bpm). This applies to ALL traditional set events.

Preliminary Championship

Dancers will perform reel (113bpm) or slip jig (113bpm) and treble jig (73 bpm) or hornpipe (113bpm) and contemporary set (must be traditional set for U9).

	Preliminary	Preliminary Championship Second Chance		
U9	PC9	PC9B		
U11	PC11	PC11B		
U13	PC13	PC13B		
U15	PC15	PC15B		
U17	PC17	PC17B		
170	PC99	PC99B		

Awards will be given for the placements of three rounds Announcement of placement in two rounds (Soft and Hard shoe) will be made so dancers know who is eligible to advance

Open Championship

Dancers will perform reel (113bpm) or slip jig (113bpm) and treble jig (73 bpm) or hornpipe (113bpm) and contemporary set (must be traditional set for U9).

	Open			
U9	C9			
U11	C11			
U13	C13			
U15	C15			
U17	C17			
U19	C19			
190	C99			

Music	Celtic Traditional music only - Acoustic instruments only'	
	Music	
U12	MUS12	
120	MUS99	

Open to all levels of dancers, and non-dancers alike. Competitors have 1-2 minutes to perform a traditional Irish song using acoustic instrument(s) or vocals. Music competitions will be adjudicated by XXX

Open to all grade level or championship dancers. Dancers will perform 16 bars of a treble reel. All proceeds from treble reels will be donated to **Chrysalis House**.

Grades and Championship Treble Reels - Trophy Special		
	Grades	Championship
U11	TR11G	TR11C
U15	TR15G	TR15C
150	TR99G	TR99C

Chrysalis House is dedicated to providing a safe haven and vital support services for women and children fleeing domestic violence. Your generous donation can make a significant difference in the lives of those in need by offering shelter, counselling, and other essential resources. Help us empower women and children to rebuild their lives and find hope for the future.

Sunday



Sunday, October 6th, 2024

FIGURE DANCING \$12 PER DANCER

2-hand & 3-hand length: 8 bar intro + 48 bars

*4-hand dance must be from Ar Rinci Ceili

	TWO HAND REEL	THREE HAND REEL	FOUR HAND REEL/JIG*	
Under 10	F10-2	F10-3	F10-4	
Under 12	F12-2	F12-3	F12-4	
Under 15	F15-2	F15-3	F15-4	
15 & Over	F99-2	F99-3	F99-4	
Adult	F99M-2	F99M-3	F99M-4	

Open to all grade level or championship dancers. Dancers will perform 16 bars of a treble reel. All proceeds from treble reels will be donated to Chrysalis House.

Grades and Championship Treble Reels - Trophy Special

	Grades	Championship
U11	TR11G	TR11C
U15	TR15G	TR15C
150	TR99G	TR99C

Chrysalis House is dedicated to providing a safe haven and vital support services for women and children fleeing domestic violence. Your generous donation can make a significant difference in the lives of those in need by offering shelter, counselling, and other essential resources. Help us empower women and children to rebuild their lives and find hope for the future.

\$12/dance. Trophy Special \$15				
Trophy Specials - 1st, 2nd, and 3rd place will receive a trophy				
		*All Beginners in the 'Reel' will receive a participation medal from 4th placement.		
			Trophy Special	
Beginner	Reel*	Light Jig	Slip Jig	Single Jig
	122 bpm	115 bpm	122 bpm	124 bpm
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
120	B99R	B99L	B99S	B99X

					Trophy Special		
Advanced Beginner	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	St. Patrick's Day
	122 bpm	115 bpm	122 bpm	124 bpm	92 bpm	138 bpm	94 bpm
U8	A8R	A8L	A8S	A8X	A8T	A8H	A8P
U10	A10R	A10L	A10S	A10X	A10T	A10H	A10P
U12	A12R	A12L	A12S	A12X	A12T	A12H	A12P
O12	A99R	A99L	A99S	A99X	A99T	A99H	A99P

				Trophy Special		
Novice	Reel	Light Jig	Slip Jig	Treble Jig	Hornpipe	Trad Set
	113 bpm	115 bpm	113 bpm	92/73 bpm	138/113 bpm	See pg. 8
U8	N8R	N8L	N8S	N8T	N8H	N8D
U10	N10R	N10L	N10S	N10T	N10H	N10D
U12	N12R	N12L	N12S	N12T	N12H	N12D
U14	N14R	N14L	N14S	N14T	N14H	N14D
140	N99R	N99L	N99S	N99T	N99H	N99D

Novice	Second	Treble Jig	Hornpipe
Chance			
		92/73 bpm	138/113 bpm
U8		N8T	N8H
U10		N10T	N10H
U12		N12T	N12H
U14		N14T	N14H
140		N99T	N99H

Note that accepted traditional set dances include: St. Patrick's Day (94bpm), Job of Journeywork (138 bpm), Garden of Daisies (138 bpm), Blackbird (144 bpm), King of the Fairies, Jockey to the Fair (90) and Three Sea Captains (96 bpm). This applies to ALL traditional set events.

			Trophy Special		
Open Prizewinner	Reel	Slip Jig	Treble Jig	Hornpipe	Trad Set
	113 bpm	113 bpm	92/73 bpm	138/113 bpm	See rules
U10	P10R	P10S	P10T	P10H	P10D
U12	P12R	P12S	P12T	P12H	P12D
U14	P14R	P14S	P14T	P14H	P14D
140	P99R	P99S	P99T	P99H	P99D

Open Prizewinner Second Chance	Treble Jig	Hornpipe
	92/73 bpm	138/113 bpm
U10	P10T	P10H
U12	P12T	P12H
U14	P14T	P14H
140	P99T	P99H

Adults							
	Trophy Special						
Adult Beginner/Advanced Beginner	Reel	Light Jig	Single Jig	Slip Jig	Treble Jig	Hornpipe	St. Patrick's Day
	122 bpm	115 bpm	124 bpm	122 bpm	92 bpm	138 bpm	94 bpm
	M99R-1	M99L-1	M99X-1	M99S-1	M99T-1	M99H-1	M99P-1
	Trophy Special						
Adult Novice/Open Prizewinner	Reel	Light Jig	Single Jig	Slip Jig	Treble Jig	Hornpipe	Trad Set
	113 bpm	115 bpm	124 bpm	113 bpm	92/73 bpm	138/113 bpm	See Rules
	M99R-2	M99L-2	M99X-2	M99S-2	M99T-2	M99H-2	M99D-2

ADULT CHAMPIONSHIP COMPETITION \$55 PER COMPETITION

To dance Reel (113) OR Slip Jig (113) AND Treble Jig (73) OR Hornpipe (113) AND a Traditional Set Dance of choice. Reel/Treble Jig – 48 bars. Slip Jig/Hornpipe – 40 bars.

19 & Over ----- M99C

ADULT ADVANCED CHAMPIONSHIP COMPETITION \$55 PER COMPETITION

To dance Reel (113) OR Slip Jig (113) AND Treble Jig (73) OR Hornpipe (113) AND a Set Dance of choice. Reel/Treble Jig – 48 bars. Slip Jig/Hornpipe – 40 bars.

19 & Over. ----- M99CA

Preliminary Championship

Dancers will perform reel (113bpm) or slip jig (113bpm) and treble jig (73 bpm) or hornpipe (113bpm) and contemporary set (must be traditional set for U9).

	Preliminary	Preliminary Championship Second Chance	
U9	PC9	PC9B	
U10	PC10	PC10B	
U12	PC12	PC12B	
U14	PC14	PC14B	
U16	PC16	PC16B	
160	PC99	PC99B	

Awards will be given for the placements of three rounds Announcement of placement in two rounds (Soft and Hard shoe) will be made so dancers know who is eligible to advance

Open Championship

Dancers will perform reel (113bpm) or slip jig (113bpm) and treble jig (73 bpm) or hornpipe (113bpm) and contemporary set (must be traditional set for U9).

	Open		
U10	C10		
U12	C12		
U14	C14		
U16	C16		
U18	C18		
U20	C20		
200	C99		

East Coast Feis Rules

1. Photographs may be taken during this event by ECFEis representatives. As a public event, ECFEis may use photographic and electronic images and/or recordings, which may or may not include your recognisable image, to showcase the event and promote future events, in any format. By visiting or participating in the East Coast Feis, and being present in a public setting, you authorise the use and reproduction by the feis, or anyone authorised by the feis, to use such photographs, audio and/or video recordings taken while at any part of the Back-to-Back East Coast Feis and Exams, without compensation.
2. No refunds will be offered for any reason unless the feiseanna are cancelled. Registrations will not be considered complete until payment is received through iFeis.
3. All awards must be collected on feis weekend. Awards not collected will not be mailed after.

IDTAC Rules

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.
- 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.
- 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 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 19 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.

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).

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.

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.

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.

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) Conduct unbecoming of 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.

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)