



HERITAGE IRISH DANCE COMPANY

12TH ANNUAL FEIS

HELD IN HONOR OF PETER J. SMITH

Member, An Coimisiun, Dublin, Ireland

Sunday, June 28, 2026

Watchung Hills Regional High School
108 Stirling Road, Warren, NJ 07059

DOORS WILL OPEN AT 7:30 AM

Ceili competitions will begin at **8:15 AM SHARP**; All other stages will begin at **8:45 AM**.

Adjudicators		Musicians
Karl Drake, GA	Rosemarie Schade, NY	Billy Keller, New Jersey
Terry Gillan, FL	Theresa O'Sullivan Randall, NY	Kevin Forde, New Jersey
Philip Owens, FL	Andy O'Reilly, NY	Niall Mulligan, New York
Erin Connolly, CT	Kate O'Neill Woczyna, PA	More TBA
Deirdre O'Sullivan Toolin, NY		

Feis Website: <http://www.heritageirishdance.com/> Feis Registration via: <http://www.feisweb.com>

Entry Deadline: June 21, 2026

THE FEIS RESERVES THE RIGHT TO COMBINE AGE GROUPS FOR ALL LEVELS

A SLIP JIG THAT'S NOT A REEL TROPHY SPECIAL

Slip Jig Step Down the Line in Memory of James "Jimmy" Friel

This special competition is held in loving memory of our beloved teacher and friend, James "Jimmy" Friel, whose passion for Irish dance was immense, but who held a particular appreciation for the beauty and elegance of a well-danced Slip Jig. Jimmy often emphasized that the Slip Jig should be graceful and flowing, distinct from the sharper tempo and style of the Reel. This competition celebrates the true artistry of the Slip Jig, rewarding the competitor who best embodies that desired elegance.

Annual Dance for a Cure to Benefit JDRF Charity Hard Shoe Competition

All entry fees to be donated to Juvenile Diabetes Research Foundation. Perpetual trophies awarded.

Dress Shop

There will be a monitored dress shop. Fee will be \$10 for the first dress and \$5 for each additional dress.

A form will be available to download from the school website prior to the feis.

Stage schedules will be posted several days prior to the feis at <http://www.heritageirishdance.com/> and social media

FEIS IS REGISTERED, SANCTIONED AND WILL BE GOVERNED BY THE RULES OF AN COIMISIUN (www.clrg.ie).

THE MID-ATLANTIC REGION (www.mid-atlanticregion.com) and IDTANA
PLEASE REFER TO APPLICABLE WEBSITES FOR RULES GOVERNING THE FEIS.

THE FEIS COMMITTEE, the Heritage Irish Dance Company, Inc, Kenilworth Public Schools, or any other persons/organizations affiliated with the same will not be held responsible for personal injury, property loss or damage. Destruction of FEIS property or rental property will be punishable by law.

The Heritage Irish Dance Company Feis is a private event run by the host school and reserves the right to accept or refuse admission.

SOLO COMPETITIONS

PLEASE NOTE: SOLO COSTUMES ARE NOT PERMITTED IN TINY TOTS, BEGINNER, AND ADVANCED BEGINNER CATEGORIES.
CLASS COSTUMES OR SKIRTS AND BLOUSES ONLY.

Reels in all grade level competitions will be danced 2 at a time

Tiny Tots - Open to all dancers, girls and boys, under 7 years of age. Competitors may not compete in any other dancing competitions at this Feis. (1 step, 1 at a time) – 8:45 a.m. Speeds: Reel 122, Jig 115.

GIRLS AND BOYS	REEL	JIG
6 years old & under	70	71

Special Needs Competition – Competition # 99. Boys and Girls. Open to All Ages. Dance of Choice.

GIRLS AND BOYS	CHOICE of DANCE
All Ages	99

Beginner – A beginner is a competitor who has not taken Irish dancing lessons from a registered teacher prior to September 1st of previous year. Dancer must move into Advanced Beginner the following year. (2 steps, 3 at a time up to and including U14, except for Reel which will dance 2 at a time for all age groups) – Speeds: Reel 122, Light Jig 115, Hop Jig 124, Slip Jig 122.

GIRLS AND BOYS	REEL	LIGHT JIG	HOP JIG	SLIP JIG
Under 5	1	2	3	4
5 Under 6	5	6	7	8
6 Under 7	9	10	11	12
7 Under 8	13	14	15	16
8 Under 9	17	18	19	20
9 Under 10	21	22	23	24
10 Under 11	25	26	27	28
11 Under 12	29	30	31	32
12 & Over	33	34	35	36
Adult	37	38	39	40

Advanced Beginner - An Advanced Beginner who wins 1st, 2nd or 3rd place will advance to the Novice category in that particular dance the following year. (2 steps, 3 at a time up to and including U14, except for Reel which will dance 2 at a time for all age groups) – Speeds: Reel 122, Light Jig 115, Hop Jig 124, Slip Jig 122, Treble Jig 92, Hornpipe 138.

GIRLS AND BOYS	REEL	LT JIG	HOP JIG	SLIP JIG	TREBLE JIG	TRAD. HORNPIPE
Under 6	101	102	103	104	105	106
6 Under 7	107	108	109	110	111	112
7 Under 8	113	114	115	116	117	118
8 Under 9	119	120	121	122	123	124
9 Under 10	125	126	127	128	129	130
10 Under 11	131	132	133	134	135	136
11 Under 12	137	138	139	140	141	142
12 Under 13	143	144	145	146	147	148
13 & Over	149	150	151	152	153	154
Adult	155	156	157	158	159	160

Novice - A novice who wins a 1st place will advance to the Open (Prizewinner) category in that particular dance the next year. (2 steps, 3 at a time up to and including U14, except for Reel which will dance 2 at a time for all age groups) – following Beginner/Advanced Beginner. Speeds: Reel 113, Light Jig 115, Slip Jig 113, Treble Jig 73 or 92, Hornpipe 113 or 138.

GIRLS AND BOYS	REEL	LT JIG	SLIP JIG	TREBLE JIG	HORNPIPE
Under 7	201	202	203	204	205
7 Under 8	206	207	208	209	210
8 Under 9	211	212	213	214	215
9 Under 10	216	217	218	219	220
10 Under 11	221	222	223	224	225
11 Under 12	226	227	228	229	230
12 Under 13	231	232	233	234	235
13 Under 14	236	237	238	239	240
14 & Over	241	242	243	244	245
Adult	246	247	248	249	250

Prizewinner - A competitor who does not qualify as a Beginner, Advanced Beginner or as a Novice. (2 steps, 3 at a time up to and including U14, except for Reel which will dance 2 at a time for all age groups) – following Novice. Speeds: Reel 113, Slip Jig 113, Treble Jig 73 or 92, Hornpipe 113 or 138.

GIRLS AND BOYS	REEL	SLIP JIG	TREBLE JIG	HORNPIPE
Under 8	301	302	303	304
8 Under 9	305	306	307	308
9 Under 10	309	310	311	312
10 Under 11	313	314	315	316
11 Under 12	317	318	319	320
12 Under 13	321	322	323	324
13 Under 14	325	326	327	328
14 Under 15	329	330	331	332
15 & Over	333	334	335	336
Adult	337	338	339	340

DANCE FOR A CURE to Benefit JDRE

Charity Hard Shoe competition. Open to all dancers. All entry fees will be donated to the Juvenile Diabetes Research Foundation. Hornpipe or Treble Jig, 1 step, R & L foot, 1 at a time consecutively.

GIRLS & BOYS	COMP #	*Perpetual Awards*
Under 11	751	Alyssa's Cup donated by the Rothman Family
11 Under 15	752	Ryan's Cup donated by Siegel and Loxley Families
15 & Over	753	Marianne's Cup donated by Jimmy and Pat Friel

A SLIP JIG THAT'S NOT A REEL TROPHY SPECIAL

Slip Jig Step Down the Line in Memory of James "Jimmy" Friel

Open to any dancer Preliminary, Open or Adult Championship Level. 1 Slip Jig step, R & L foot, danced 1 at a time consecutively.

This special competition is held in loving memory of our beloved teacher and friend, James "Jimmy" Friel, whose passion for Irish dance was immense, but who held a particular appreciation for the beauty and elegance of a well-danced Slip Jig. Jimmy often emphasized that the Slip Jig should be graceful and flowing, distinct from the sharper tempo and style of the Reel. This competition celebrates the true artistry of the Slip Jig, rewarding the competitor who best embodies that desired elegance.

GIRLS & BOYS	COMP #	*Perpetual Awards*
All Ages	754	James "Jimmy" Friel, ADCRG, Memorial Cup, donated by Terry Gillan and Philip Owens

CHAMPIONSHIP COMPETITIONS

Reel and Jig will be danced for 48 bars of music, while Slip Jig and Hornpipe will be danced for 40 bars of music. Rotation numbers will be computer generated in advance for each combination of dances – There will be no drawing of rotation numbers. CHOICES MUST BE SPECIFIED WHEN ENTERING. THERE WILL BE NO CHANGES ON THE DAY OF THE FEIS.

Future Champ Trophy Special - Any level up to and including Prizewinner. Dancers will perform two (2) different rounds judged by three (3) adjudicators as in case of a Preliminary championship. Soft shoe Dance Choices: Reel (48 bars) or Slip Jig (40 bars); Hard Shoe Dance Choices: Treble Jig (48 bars) or Hornpipe (40 bars). Dancers do not advance to the next level based on this result.

Traditional Set Piece Competition – Open to dancers Novice-level or higher. Specify your choice of traditional set: St. Patrick's Day, Blackbird, Job of Journeywork, Garden of Daisies, Jockey to the Fair, 3 Sea Captains, King of the Fairies, or any traditional set from the approved list. **3 at a time.**

GIRLS & BOYS	Comp #
Under 8	1000
Under 9	1001
Under 10	1002
Under 12	1003
12 and over	1004

GIRLS & BOYS	Novice/PW	Prelim/Open
Under 8	800	801
8 Under 10	802	803
10 under 13	804	805
13 and over	806	807

PRELIMINARY CHAMPIONSHIPS - Open to competitors who have placed 1st in Prizewinner solo light (Reel or Slip Jig) and heavy dance (Jig or Hornpipe) at any Feis. Dancers who win THREE 1st place Preliminary Championships in one calendar year must move onto Open the following calendar year. When a third 1st place win is achieved over several calendar years, the dancer must move to Open Championship the following weekend. Dancers will perform choice of Reel or Slip Jig, and Heavy Jig or Hornpipe. Designate choice of dances when entering. In competitions 400 through 406, heavy shoe dancing will be three at a time (number of competitors and choices permitting). In competitions 407 through 410, heavy shoe dancing will be two at a time. Girls and boys are combined for these competitions. All competitions will be two at a time for soft shoe.

GIRLS & BOYS	COMP #	GIRLS & BOYS	COMP #
Under 8	400	13 Under 14	406
8 Under 9	401	14 Under 15	407
9 Under 10	402	15 Under 16	408
10 Under 11	403	16 Under 17	409
11 Under 12	404	17 and Over	410
12 Under 13	405	ADULT	411

OPEN CHAMPIONSHIP - Dancers will perform 3 rounds: Reel (Boys) or choice of Reel or Slip Jig (Girls), choice of Heavy Jig or Hornpipe, and one set dance of own choice. Designate choice of soft and hard shoe dances when entering. Competitors in competitions 500 and 512 will dance traditional set. In competitions 500 through 505, and 512 through 514, heavy shoe dancing will be three at a time. In competitions 506 through 511 and 515 through 517, heavy shoe dancing will be two at a time. All competitions will be two at a time for soft shoe. See note above about starting times.

GIRLS	COMP #	BOYS	COMP #
Under 9	500	Under 9	512
9 Under 10	501		
10 Under 11	502	9 Under 11	513
11 Under 12	503		
12 Under 13	504	11 Under 13	514
13 Under 14	505		
14 Under 15	506	13 Under 15	515
15 Under 16	507		
16 Under 17	508	15 Under 17	516
17 Under 18	509	17 and Over	517
18 Under 20	510		
20 and Over	511		

8-Hand Ceili Competitions -Team's choice, by the book. All team members must register. Ceili competitions will begin at **8:15 am**.

	Under 9	Under 11	Under 13	Under 16	16 & Over
Girls	600	601	602	603	604
Mixed	650	651	652	653	654

4-Hand Ceili Competitions -Team's choice, by the book. All team members must register. Ceili competitions will begin at **8:15 am**.

	Under 9	Under 11	Under 13	Under 16	16 & Over
Girls	610	611	612	613	614
Mixed	615	616	617	618	619

ADULT CHAMPIONSHIP

Comp. # 900 - Open to dancers 25 years or older. Adult female dancers are required to wear tights in all competitions. Dancers will perform 3 rounds, 2 at a time: Reel (Gentlemen) or choice of Reel or Slip Jig (Ladies), choice of Heavy Jig or Hornpipe, and 1 set dance either traditional or contemporary. Designate choice of soft and hard shoe dances when entering. Mixed Ladies and Gentlemen.

IRISH SODA BREAD COMPETITION

Comp. # 998 – Entry is the donation of the bread. Bread must be submitted to the committee by 10:30a.m. Judging will take place at approx. 1p.m. Awards will be given for the top 3 breads. Entries will be judged on the basis of looks, texture, and taste.

IRISH ART COMPETITION

Comp. # 999 – Competitors of any age can enter by submitting a piece of art at the registration desk by 1pm. Artwork must be Irish in theme and must be 2-dimensional. Awards will be announced later in the afternoon and posted on Instagram. Artwork must be picked up by 4 pm.

ENTRY INFORMATION

ABSOLUTELY NO REFUNDS. NO ENTRIES WILL BE ACCEPTED WITHOUT THE PROPER FEES.

Family Fee	\$26 per family	4-Hand / 8-Hand Ceili Competition	\$10 per competitor
Tiny Tots/Solo Dances/Trad Set	\$15 per dance	Future Champ Competition	\$45
Preliminary Championships	\$50	JDRF Charity Special	\$15
Open Championships	\$65	Art Competition	\$5 per entry
Adult Championship	\$65	Soda Bread Competition	No fee
Jimmy Friel Slip Jig Special	\$15	Late Fee	\$25
		FeisWeb Registration Fee	\$6 per family

MAXIMUM FEES PER FAMILY: \$225.00 per immediate family plus FeisWeb fee plus appropriate late/change fee. The fee for marks is included in each entry fee. Marks will be available after awards are presented.

NOTE: There is a \$25 "Family Fee" paid at the time of registration. There will be **NO DOOR** fee.

ENTRY DEADLINE: 6 pm, EST, June 21, 2026

Entries submitted or paid after June 16, 2026 and on or before June 21, 2026 will be charged a \$25 late fee per family

(Payment must be made by June 16, 2026 to avoid this late fee.) Please make sure entries are paid in full prior to the late date. **Entries submitted and paid on June 21, 2026 before 6 pm will be charged a \$50 late fee.**

No entries may be submitted after June 21, 2026, 6 pm EST.

****Feis reserves the right to raise the event cap if deemed feasible for the schedule and event space. There will be a waitlist available, and if it is possible to add additional entries, dancers will be pulled from the waitlist****

PAYMENTS: All Payments must be made via PayPal before the entry deadline or late fee(s) will be charged. Entries left unpaid may be deleted by the secretary.

ADDITIONAL INFORMATION

Changes to entries	Changes can be made online and will be allowed until June 16, 2026 with no charge. Changes made after June 16 th and on or before June 21 st will incur a charge of \$5 per change (excluding specials). NO CHANGES TO ENTRIES WILL BE MADE AFTER THIS DATE.
Number cards	Printable number cards will be available at www.feisweb.com several days before the feis. Cards will not be mailed. Entry cards CANNOT be picked up the day of the feis.
Feis schedule	The schedule will be posted on the feis web site, https://www.heritageirishdance.com/ and on Facebook a few days prior to the feis.
Marks	Marks will be available after awards are presented.
Contacts	General questions: info@heritageirishdance.com

Rules Governing IDTANA Mid-Atlantic Region, Inc., Feiseanna

- 1) In the case of all solo and team competitions in all grades, the age of a competitor on the 1st of January of the year in which the competition is held will determine the right of the 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.
- 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, regardless of their domicile, and where applicable, 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. d. Penalty for a or c: Competitor will be disqualified from the Feis at which the occurrence happened and from all MAR – 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 may not pertain to a situation where competitors are involved in stage conflicts.
- 5) Solo competitors in Beginner, Advanced Beginner, Novice, or Prizewinner competitions: a. Must compete in their own age group b. Must be prepared to perform two (2) steps in each event
- 6) Steel taps or "bubble" heels on dancing shoes, display of awards, wearing of shorts or other unconventional dress is prohibited. Authentic Gaelic dress is desired. First Feis (if offered), Beginner and Advanced Beginner, must wear a class costume, a skirt and blouse, a shirt and trousers, or a kilt. Modest attire is encouraged when a competitor is not dancing. 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%) for the dancer to continue in the competition. When wearing body suits with skirts (commonly known as blackout attire), dancers Under 14 and older must wear black tights (of a denier not less than 70%).
- 7) A competitor's number must be worn and visible to adjudicators when performing in all competitions; use of reflective plastic number covers is discouraged.
- 8) Awards will be determined in proportion to the number of entries in each competition and the degree of proficiency shown.
- 9) Complaints regarding the running or rules of a Feis must be in writing, stating names and other information and signed by the complainant. A \$50 fee must be enclosed and presented to the Feis Chairperson within one hour of the occurrence. The fee will be returned 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 or rental property will be punishable 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 competitors 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 allow parents to request that their child or children's name(s) 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 enclose the entry fee when registering. Failure to do so will result in a rejected entry. Entries must be received on or before the closing date or they will be subject to a late fee determined by the feis.
- 14) Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances and or Ceili Dance. Entrants in Championships should specify on the entry form their choice of set dance. Entrants cannot change competition or category on the day of the competition. a. Dancers must qualify for Open Championships via the method now in place for Preliminary Championships, i.e., Three 1st place wins. b. Dancers must compete in the Preliminary Championships in order to qualify for Open Championships. c. The Regional syllabus where the Feis is being held may have different qualifications for entry but MAR dancers must follow MAR rules when dancing out of Region.
- 15) Open and Preliminary Championships require at least three (3) adjudicators.
- 16) First Place winners in the Open Championship category cannot return to a Preliminary or Prizewinner competition. Placing in a Regional or National Oireachtas DOES NOT change the status of a competitor. A dancer who moves into Open Championships MUST stay a minimum of two (2) years. If after two (2) years they have not placed they are allowed to return to Preliminary Championship. An Open Championship dancer who places is not allowed to return to Preliminary Championship until two (2) years after their last placement.
- 17) The status of the dancer does not change unless there are five (5) or more dancers in a competition.
- 18) The syllabus is to contain all Grade categories. A Feis Committee may combine two (2) consecutive age categories into the higher of the two (2) categories within that Grade when less than five (5) competitors are entered.
- 19) 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.
- 20) Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.
- 21) In matters pertaining to adjudication, the decision of the adjudicators is final.
- 22) Adjudicators are to monitor the tempo of music at the stage(s) to which they are assigned.
- 23) The Length of 2 Hand and 3 Hand dances in competition are to be 48 bars of music plus an 8-bar introduction.
- 24) 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 except for in the Beginner and Advanced Beginner category. 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 of sale, and under no circumstances can they be published on any website or other area 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, award 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).
- 25) 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 1st of each year an exception is made for those dancers who are eleven dancing in the Under 12 age group.
- 26) Makeup is prohibited on a dancer up to and including the Under 10 age group.
- 27) Any competitor found to be using artificial carriage aides and who subsequently refuses to remove same will be subject to disqualification from that particular competition. Medically prescribed aides (proof of which may be required) will be exempt from this rule.
- 28) Each Feis is required to list their Adjudicators on their syllabus and/or website. If Adjudicators are not listed on the syllabus, they must be posted on the Feis website a minimum of three (3) weeks prior to the Feis date. Once the Feis has closed for entries the Adjudicators names may be removed from the Feis website. One third of the Adjudicators are to be from outside the Region where the Feis is being held.
- 29) No substance that can become airborne should be used on any dance floor in an attempt to improve traction.
- 30) Championship stage sizes should be at least 24' wide by 20' deep. Solo and Figure dancing stage should be at least 20' wide by 16' deep. Choreography stages should be at least 24' wide by 20' deep.
- 31) Championship stage dancing 3 dancers at a time must be at least 32' wide by 24' deep. This is limited to those dancing Under 14.
- 32) Non-championship stage dancing 3 dancers at a time must be at least 24' wide by 20' deep for each age group as prescribed by CLRG. The Adjudicator has the authority to dance the dancers 2 or 3 at a time unless specified in the syllabus.
- 33) The MAR Feis Committee must receive in writing any notification of a violation occurring at a MAR approved Feis, identifying the name and contact information of the person submitting the violation. A violation is defined as any instance where a Feis rule was not adhered to, i.e. Stage size requirements. A substantiated violation will be presented to MAR Executive Board for their review. The Feis organizer will be given ten (10) days to respond. Any determination resulting in a valid violation will result in written notification to the Feis organizer advising remedy of the violation must occur by or before their next Feis. A representative of the MAR Feis Committee and/or Executive Board must attend the Feis to verify compliance. If the violation is still present the following action will be taken: a. Formal notification (certified mail/return receipt) given to the Feis organizer that their Feis will be suspended the following year. b. Notification regarding the suspension will also be sent to the IDTANA President. c. In order to be reinstated, a written plan to remedy the violation must be submitted to the MAR Feis Committee and/or the MAR Executive Board. d. Further violations, or non-compliance could result in further action left to the discretion of the MAR Executive Board.