

AIDA ACT 2024 State Championships and Premierships

Presented by AIDA ACT

(Registered with An Coimisiún le Rincí Gaelacha, Dublin and AIDA Inc.)

Registration Number 9228/24

SYLLABUS



Saturday 10 August 2024

ADJUDICATORS

Mary Grantham SDCRG, VIC

Ray Ayres ADCRG, VIC

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Venue

Calwell High School

111 Casey Cres, Calwell ACT 2905

KEY DATES

30 June 2024 – All entrants must be registered with AIDA Inc.

30 June 2024 – Entries and payment to be submitted to your teacher

CHAMPIONSHIPS

Solo Championship Fee	\$60.00
Boys Premiership – 3 rounds	\$50.00 (at teacher discretion)
Teams	\$7.00 per dancer/per team
Family Admission/ Facility Fee	\$15.00

PREMIERSHIPS

Premiership \$45.00

BEGINNERS <small>Please select from one row below</small>	PRIMARY	ELEMENTARY <small>Please circle your dances</small>
Reel (123) & Jig (116)	Reel (116) &	Reel (113) or Slip Jig &
Reel (123) & Reel (123)	Treble Jig	Jig (73) or Hornpipe (113)
Jig (116) & Jig (116)		

LODGMET OF ENTRIES

- For entries to be accepted:
 - Competitors must be pupils of teachers who at the date of entry are registered with An Coimisiún Le Rincí Gaelacha (CLRG) for the year 2024/2025, and who are financial members of AIDA Inc. for 2024; and financial members of AIDA ACT 2024;
 - Competitors must be registered with AIDA Inc. prior to competing in the competition
 - Competitors must not on the date(s) of their competitions(s) be ineligible to compete due to any rule; and
 - Competitors must have been formally entered and entry fees paid in full by the official closing date.
- Entries and payment are to be submitted to their respective teacher, by the due date.
- Dancers Registration Number must be listed on the entry form.
- All competitors must abide by the Feis Rules and the AIDA ACT. Inc. Rules and Regulations. Conditions of Entry, Solo Dancing, and General Conditions.
- Dancers unable to attend a competition due to extenuating circumstances may apply for a refund for entry fees via their Teacher pending Branch review.
- A dancer who enters a premiership must be eligible to perform both dances in the required grade at the time of entry.
- Should a Championship dancer win the State Championships they are ineligible and will receive a refund.
- The age of a competitor shall be taken as on 1st January 2024.

ENTRY RULES

The following rules should be read in light of the AIDA Mission statement, the objective of which is to encourage good sportsmanship in a healthy, positive and fair spirited environment. This objective should be upheld by ALL teachers, dancers, parents and spectators at all events.

1. Entries must be submitted & fees paid by the due date.
2. A section may commence up to 30 minutes earlier than the scheduled time. For this to occur, an announcement must be made one hour before the original scheduled start time. All competitors must be in the marshalling area prior to the commencement of their sections.
3. The association reserves the right to amend the order of dances at any time.
4. In the case of a tie, there will be no dance off. Competitors in the next position will move back a place.
5. Competitors will be required to dance to music supplied by the association. Teachers may be required to supply their own music for set dances.
6. If there is a problem with music, either manual or recorded, the dancer will be permitted to re-dance.
7. If a dancer loses a heel or a complete shoe, he/she may stand back allowing the other dancer to continue dancing uninhibited. Such a dancer will then be allowed to re-dance.
8. Should a dancer bump, slip or fall, they may re-dance at the adjudicator's discretion.
9. No block, en point, stationary or moving is allowed to be performed for all ages up to and including the 11 years and under age groups.
10. If a dancer falls the adjudicator must ring the bell. The dancer will be permitted to re-dance at the adjudicator's discretion.
11. Lead Round / heavy dancing. In all competitions for Primary, Intermediate and Open, in all heavy dancing ie Jig and Hornpipe,
12. the Lead Round must be danced on both right and left foot.
13. In graded sections, competitors are required to perform correct standard of work as set out in the AIDA Inc Competitions Rules and Regulations. Competitors will be disqualified by adjudicators if incorrect standard of work is performed.
14. Championship dancers of age 9 years and under are not permitted to wear Make-up (including false eyelashes and / or tanner on the face) in either solo or team (ceili / choreography) competitions unless they are dancing in a higher age group for teams.
15. Premiership dancers for Bun and Tus aged 11 years and under are not permitted to wear makeup, leg tan or wigs. No Solo costume may be worn, they must wear their traditional class costumes or appropriate attire are permitted.
16. The decision of the adjudicator is final.
17. To receive prizes or awards, competitors must be in full dancing costume including shoes.
18. Costume dress necklines must be of collar-bone level or above. This does not preclude the use of alternative fabrics eg lace as an insert where chiffon or lace material is used as sleeves, the sleeves must start at the shoulder line and end at the cuff.
19. Appropriate underwear must be worn. Where tights are worn they must be of a denier not less than 70.
20. In accordance with our obligations under the Protection policy, dancers are reminded to wear appropriate dress at all times whilst at the Feis (especially in the auditorium area). NB This means for that shorts / skirt must be worn over leotards at all times.
21. The use of artificial arm aids is not permitted
22. Competitors enter at their own risk regarding injury. AIDA ACT will not accept any liability for injuries sustained. Lodgment of an entry will be deemed to be an acceptance of this provision by a dancer.
23. Lodgment of an entry shall be taken to signify that the Teacher, Parent and Pupils concerned accept these rules in full and agree to strictly abide by them.

SOLO CHAMPIONSHIPS RULES AND DIRECTIVES

1. The required dances for each solo championship are set out on Page 3 and 4
2. All set dances must be from the official list and be performed within the specified speeds (Page 4).
3. In all championship sections competitors will dance the heavy dance first with the exception of the 6 & Under Mixed Championship competitors who will dance their Light Jig first.
4. Dancers will dance 48 bars in the Reel and Heavy Jig, 40 bars in the Slip Jig and Hornpipe, with the exception of the Sub Minor Championships where competitors will dance 32 bars of Jig, and a Traditional Set Dance comprising first step and right foot of the Set.
5. Where the final round of a Championship is a Traditional Set dance that round will be danced in numerical order in groups of same Traditional Set Dance commencing with the Traditional Set Dance relevant to the starting number followed by the Traditional Set Dance relevant to the next closest number to the starting number and continuing on in like manner until all Traditional Sets have been danced.
In the case of set dances, introductions will be played only once. No variation of the speed of the music will be permitted once dancing is due to commence. Should a dancer submit an incorrect metronomic speed to the stage personnel and commence dancing at that speed, the dancer must continue to dance, as no further opportunity of tempo will be allowed.
6. Speed for Traditional Set Dances is as per list – Page 5
7. In all competitions, competitors must commence their dance in the first two rounds from the designated starting points. In the set dance round a competitor may choose his/her starting point.
8. If a competitor fails to complete the Double Jig or Hornpipe round of a Solo Championship, they will receive ZERO marks and ZERO points from all adjudicators for that round. As a courtesy, they will be allowed to dance the corresponding light shoe round and whilst they will receive marks from each adjudicator, they will automatically receive ZERO points and will not be allowed to progress further in the Championship.
9. If a competitor fails to complete the Reel or Slip Jig round of a Solo Championship, they will receive ZERO marks and ZERO points from all adjudicators for that round and will not be allowed to progress any further in the Championship.
10. A competitor who fails to complete the open set dance round will receive ZERO marks and ZERO points from all adjudicators for that round, and cannot appear in a medal-winning position.
11. Championship dancers will dance two at a time with the following exception. For the 10 and under age groups, if there are an odd number of dancers, the final three dancers will compete together.

Any competitor in breach of the CLRG & AIDA Inc. rules will be subject to disqualification from the 2024 ACT State Championships

IRISH DANCING

SOLO CHAMPIONSHIPS

**Denotes World Qualifying Events*

Sub-Minor Girls 7 Years & Under	Jig (32 bars), Reel, Traditional Set Dance
Sub-Minor Girls 8 Years	Jig (32 bars); Reel; Traditional Set Dance
Minor Girls 9 Years	Hornpipe; Reel; Jig Set Dance*
Minor Girls 10 Years	Jig; Slip Jig; Hornpipe Set Dance*
Junior Girls 11 Years	Hornpipe; Reel; Jig Set Dance*
Junior Girls 12 Years	Jig; Slip Jig; Hornpipe Set Dance*
Intermediate Girls 13 Years	Hornpipe; Reel; Jig Set Dance*
Intermediate Girls 14 Years	Jig; Slip Jig; Hornpipe Set Dance*
Senior Girls 15 Years	Hornpipe; Reel; Jig Set Dance*
Senior Girls 16 Years	Jig; Slip Jig; Hornpipe Set Dance*
Junior Ladies 17 Years	Hornpipe; Reel; Jig Set Dance*
Junior Ladies 18 Years	Jig; Slip Jig; Hornpipe Set Dance*
Ladies 19 Years	Hornpipe; Reel; Jig Set Dance*
Senior Ladies 20 & 21 Years	Jig; Slip Jig; Hornpipe Set Dance*
Senior Ladies 22 Years & over	Jig; Slip Jig; Hornpipe Set Dance*
Sub-Minor Boys 8 Years & Under	Jig (32 bars); Reel; Traditional Set Dance
Minor Boys 9 Years	Hornpipe (40 bars); Reel; Jig Set Dance*
Minor Boys 10 Years	Jig; Reel; Hornpipe Set Dance*
Junior Boys 11 Years	Hornpipe; Reel; Jig Set Dance*
Junior Boys 12 Years	Jig; Reel; Hornpipe Set Dance*
Intermediate Boys 13 Years	Hornpipe; Reel; Jig Set Dance*
Intermediate Boys 14 Years	Jig; Reel; Hornpipe Set Dance*
Senior Boys 15 Years	Hornpipe; Reel; Jig Set Dance*
Senior Boys 16 Years	Jig; Reel; Hornpipe Set Dance*
Junior Men 17 Years	Hornpipe; Reel; Jig Set Dance*
Junior Men 18 Years	Jig; Reel; Hornpipe Set Dance*
Men 19 Years	Hornpipe; Reel; Jig Set Dance*
Senior Men 20 Years & Over	Jig; Reel; Hornpipe Set Dance*

IRISH DANCING

SET DANCES

TRADITIONAL SET DANCES

St. Patrick's Day	94	King of the Fairies	130
The Blackbird	144	Jockey to the Fair	90
Job of Journey Work	138	Three Sea Captains	96
Garden of Daisies	138		

SOLO DANCING CHAMPIONSHIPS – SET DANCE LIST

Only set dances included in the following list may be performed. Minimum metronomic speeds as outlines below must be adhered to

2/4 Time Dance	Minimum Speed	6/8 Time Dance	Minimum Speed
The Lodge Road	76	The Three Sea Captains	66
Rodney's Glory	76	The Hurling Boys	66
The Blackbird	76	Rub the Bag	66
Planxty Davis	76	Hurry the Jug	66
King of the Fairies	76	The Drunken Gauger	66
The Downfall of Paris	76	The Blackthorn Stick	66
4/4 Time Dance	Minimum Speed	St Patrick's Day	66
Ace and Deuce of Piping	76	Jockey to the Fair	66
Youghal Harbour	76	Planxty Drury	66
Bonaparte's Retreat	76	Humours of Bandon	66
The Hunt	76	The Orange Rogue	66
Garden of Daisies	76	Miss Brown's Fancy	66
Job of Journeywork	76	Planxty Hugh O'Donnell	66
Madame Bonaparte	76	The Storyteller	66
The Piper thro' the Meadow	76	The Fiddler Around the Fairy Tree	66
Kilkenny Races	76	The Sprig of Shillelagh	66
The Rambling Rake	76	The Wandering Musician	66
The White Blanket	76	The Vanishing Lake	66
Blue Eyed Rascal	76	The Charlady	66
The Roving Pedlar	76	6/8 + 9/8 Time Dance	Minimum Speed
The Four Masters	76	Is the Big Man Within?	66

CEILI CHAMPIONSHIPS RULES AND DIRECTIVES

- For Eight, Six and Four hand ceili sections, girls may compete in both an all girls team and in a mixed team following the rules regarding dancing across from girls to mixed teams. i.e. 50% of girls may dance across.
- 50% of dancers from any team can dance up an age group.
- Dancers may compete in **no more than 5 Ceili** events (excluding the Six Hand and Progressive Ceili Sections) regardless of the age group (ie. Those sections will not be included in the count)
- Dancers may only be entered in one Six Hand and one Progressive Ceili event provided that all other rules are adhered to.
- Dancers may only be entered into one team per ceili or choreography event

4 HAND CEILI CHAMPIONSHIPS

- 1 Under 10 Yrs Girls (Four Hand Reel – 2nd Figure)
- 2 Under 10 Yrs Mixed (Four Hand Reel – 2nd Figure)
- 3 Under 12 Yrs Girls (Four Hand Reel – 1st Figure)
- 4 Under 12 Yrs Mixed (Four Hand Reel– 1st Figure)
- 5 Under 15 Yrs Girls (Humours of Bandon– 2nd Figure)
- 6 Under 15 Yrs Mixed (Humours of Bandon– 2nd Figure)
- 7 Under 18 Yrs Girls (Four Hand Reel – 1st Figure)
- 8 Under 18 Yrs Mixed (Four Hand Reel – 1st Figure)
- 9 Open Age Girls (Humours of Bandon – 1st Figure)
- 10 Open Age Mixed (Humours of Bandon – 1st Figure)

8 HAND CEILI CHAMPIONSHIPS

Permitted dances are: Sweets Of May, Morris Reel, High-Cauled Cap, 8-Hand Reel, Three Tunes, St Patrick's Day, Cross Reel, Trip To The Cottage, Gates of Derry, 8-Hand Jig & Lannigans Ball.

The following dances will be performed as follows:

The Sweets of May	Up to and including the Sea Saw
Gates of Derry	From beginning up to and including Swing around of the first repeat.
The Three Tunes	From the beginning up to and including the Hook and Chain
Lannigan's Ball	Full Dance

All ages are permitted to have their own choice of figure.

CHOREOGRAPHY/FIGURE DANCE CHAMPIONSHIPS

Under 12 Years Girls & Mixed	3 Hand Reel	Maximum 96 Bars
Under 15 Girls & Mixed	Reel in Couples	Maximum 72 Bars
Open Age	4 Hand Jig	Maximum 96 Bars

OWN CHOREOGRAPHY REEL IN COUPLES RULES AND DIRECTIVES

- Dance must comprise a maximum 72 bars (not including introduction) of reel music.
- No story allowed, either read or sung.
- Inappropriate, offensive, provocative, violent or explicit sexual content must not be included.
- Dance must be performed in team costume.
- Teachers are permitted to use pre-recorded accompaniment for Choreography Sections. Where a team opts to use pre-recorded accompaniment, the teacher must comply with all rules pertaining to same and submit the music to the Organising Committee by the due date.
- A maximum of three choreography teams per school can be entered in each event
- Each team member should dance continuously for the duration of the dance.
- Pauses found in ceili dancing permitted.
- Steps are permitted if desired.
- The throwing of a dancer or any form of acrobatics including, but not limited to somersaults, backward and forward rolls, handstands etc. are strictly prohibited.
- Dancers cannot dance in both a girls and a mixed team.
- Dancers may only be entered in one team per section.
- Dance must be performed in light shoes.
- Team members in U15 Reel in Couples events must be aged between 12-14 years

OWN CHOREOGRAPHY THREE HAND RULES AND DIRECTIVES

1. Dance must comprise of a maximum of 96 bars (not including the introduction) of reel music.
2. No story allowed, either read or sung.
3. Inappropriate, offensive, provocative, violent or explicit sexual content must not be included.
4. Must be performed in team costume.
5. Teachers are permitted to use pre-recorded accompaniment for Choreography Sections. Where a team opts to use pre-recorded accompaniment, the teacher must comply with all rules pertaining to same and submit the music to the Organising Committee by the due date.
6. A maximum of three choreography teams per school can be entered in each event
7. Each team member should dance continuously for the duration of the dance.
8. Pauses found in ceili dancing permitted.
9. Steps permitted if desired.
10. The throwing of a dancer or any form of acrobatics including, but not limited to somersaults, backward and forward rolls, handstands etc. are strictly prohibited.
11. Dancer cannot dance in both girls and a mixed team.
12. Dancers may only be entered in one team per section.
13. Dance must be performed in soft shoes

OWN CHOREOGRAPHY SENIOR FOUR HAND RULES AND DIRECTIVES

1. Dance must not exceed 96 bars of music, not including introduction.
2. Dance must be in 6/8 timing – jig.
3. No story allowed either read or sung.
4. Inappropriate, offensive, provocative, violent or explicit sexual content must not be included.
5. Must be performed in team costume.
6. Teachers are permitted to use pre-recorded accompaniment for Choreography Sections. Where a team opts to use pre-recorded accompaniment, the teacher must comply with all rules pertaining to same and submit the music to the Organising Committee by the due date.
7. A maximum of three choreography teams per school can be entered in each event
8. Each team member should dance continuously for the duration of the dance.
9. Pauses found in ceili dancing permitted.
10. Steps are permitted.
11. The throwing of a dancer or any form of acrobatics including, but not limited to somersaults, backward and forward rolls, handstands etc. are strictly prohibited.
12. The minimum age is 15 years.
13. Dancers may only be entered in one team per section
14. Dance must be performed in light shoes.

FIGURE DANCING CHAMPIONSHIPS RULES AND DIRECTIVES

1. These rules and directions must be read in conjunction with the general rules and other relevant sections of this syllabus and those contained in the 2024 World Syllabus.
2. Every dance must be capable of being performed on a stage not greater than 30' x 30' i.e. 9.14m X 9.14m.
3. Each team must consist of no fewer than eight (8) dancers and not more than sixteen (16) dancers.
4. Dance must be performed in team costume.
5. Each dance must portray by movements an Irish theme or item.
6. Basic steps found in Ar Rinci Ceilí are strongly recommended. Solo dancing steps are not permitted as part of a Figure Dance.
7. Each team member must be on stage from the commencement of the dance and shall dance continuously for the duration of the dance except where, to emphasise a figure, short pauses for up to 4 bars may be permitted.

8. Where an entire team pauses to emphasise a figure etc. the pause must not exceed four bars of music. Pauses for longer than 4 bars by some team members are allowed (as in ceili dancing) if other team members continue to dance.
9. Where a team opts to use pre-recorded accompaniment, the teacher must comply with all rules pertaining to same and submit the music to the Organising Committee by the due date.
10. A dance must not exceed 4 minutes duration from the beginning to end of the dance. All music will be strictly timed.
11. Each dance will be timed electronically on receipt of music and the timing will commence from the start of the music playing and finish when the music stops. Music that exceeds four minutes will be returned to the teacher for amendment as per Rule 12 and must be resubmitted within the week. Additional music will be permitted for walk offs.
12. Only Irish music or music of related ethnic origin in 2/4, 4/4, 6/8 or 9/8 time, or a combination of those times will be permitted. Any change of music must be for at least 16 bars. Music played in a Figure Dance Championship will have been checked by the Organising Committee and accepted as appropriate.
13. The arrangements for musical accompaniment are set out below.
14. There is no restriction on hand movements and handclaps are permitted.
15. Elements to be considered in a team's performance include:
 - a. Portrayal of story through Dance;
 - b. Figure Content;
 - c. Footwork and execution;
 - d. Teamwork and Presentation.
16. Directives from CLRG as contained in the World Syllabus 2024 will apply.
17. Stance and body movement must be performed with modesty in mind.
18. The throwing of a dancer or any form of acrobatics including, but not limited to somersaults, backward and forward rolls, handstands etc. are strictly prohibited.
19. The story will be read prior to each team's performance and no music will be permitted while the story is being read.
20. The members of a team must be members of the same dancing school.



IRISH DANCING