

# *2025 Cara Dances On Feis*

**Black Out/Feis T-shirt Feis**  
Ft Lauderdale Beach, Florida  
Sunday, June 22, 2025 – 11:00 a.m. Start

Back to Back with  
**Orange State Feis**  
Saturday June 21st, 2025

## **The Westin Fort Lauderdale Beach Resort**

321 N. Fort Lauderdale Beach Blvd., Fort Lauderdale, FL 33304

**Feis Room Block rate: \$189.00 per night**  
(rate available until May 28, 2025)

**“Drake Irish Dance Orange Feis Competition”**

Link:

<https://book.passkey.com/event/50856446/owner/4926/home>

**REGISTER at [www.iFeis.net](http://www.iFeis.net)**

**Regular Registration closes June 1, 2025.** Registrations after June 1, 2025 with additional \$30.00 fee.

Registration closes and unpaid registrations will be dropped on June 11<sup>th</sup>.

Syllabus and entry form also available at [www.OrangeStateFeis.com](http://www.OrangeStateFeis.com)

Questions about your registration contact [sarah@shanleygroup.com](mailto:sarah@shanleygroup.com)

Questions about iFeis, contact [Support@ifeis.net](mailto:Support@ifeis.net)

### **INVITED ADJUDICATORS**

**Gerard Carroll, Ireland**

**Amy Coppola, NY**

**Isabella Fogarty, Ireland**

**Brendan Lynch, NJ.**

**Karen Petri, NY.**

**Mary Ann Schade Lynch, NJ**

### **INVITED MUSICIANS**

**Niall O’Leary, NY**

**Sean Warren, GA**

*Syllabus approved by Areleen Ni Bhaoill, TCRG, on behalf of the Southern Region IDTANA, on 4/1/2025.*

Member of An Coimisiun le Rinci Gaelacha, Dublin, Ireland

Cara Dances On Feis 2025

Feis T-shirts available by pre-order by June 1<sup>st</sup>, only via [www.ifeis.net](http://www.ifeis.net) or [www.orangestatefeis.com](http://www.orangestatefeis.com)



Entries must be paid to be accepted. Strict no refund policy.

Fees (includes scores):

Solos, Treble Reels, Specials, Non-Traditional Set, Traditional Set (each)	\$10
Preliminary Championships (2 rounds)	\$45
Open Championships (3 rounds)	\$55
Cultural Art Competition	\$10
Figure dancing (offered on Saturday at Orange State Feis)	\$10 (per person)
Facility/Family fee	\$35
Feis t-shirt (pre-order only)	\$20 (XXL \$22)
Late fee after June 1, 2025 (per person)	\$30

Late registration closes June 11th.

There are no fees to make registration changes after the initial registration fees are paid, unless the change has a balance due for added competitions.

**NO REFUNDS FOR ANY REASON.** Entries are not complete until fees are paid. All unpaid registrations will be dropped on June 11, 2025. Registration after June 11, 2025 at the discretion of the registrar requiring a per person late fee of \$45. Changes to Mail entries will be charged a \$10.00 processing fee. Mail payment by check or money order is no charge. Mailed payments should be directed to Orange State Feis, 10022 NW 19th St, Coral Springs, FL 33071. A NSF/return check fee of \$35.00 will be applied and the total will be due in cash. Maximum competition fee per family is \$200, excluding item sales, late fee and facility/family fee.

**AGE GROUP:** your age group is determined by the YEAR the competitor was born. This changes from year to year!

For 2025	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Born in:	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007

**PLEASE NOTE:** Age groupings beginning with "O" mean THAT age AND over (example O16 means 16 and older)

Cara Dances On Feis 2025

## BEGINNER

A dancer who has been dancing for less than one year. A Beginner must move to Advanced Beginner no later than January 1<sup>st</sup> of the dancer's second year of instruction, or may move to Advanced Beginner earlier with teacher's permission and provided that the Feis has not closed to changes. Note: a Beginner dancer who starts in September, may continue as a Beginner until December of the following year (16 months) before moving into Advanced Beginner.

AT THIS LEVEL, DANCERS ARE NOT ALLOWED TO COMPETE IN SOLO COSTUMES (only school costumes are allowed)

BEGINNER						
	Under 5	Under 7	Under 9	Under 11	Under 13	13 & Over
<b>Reel</b>	105R	107R	109R	111R	113R	114R
<b>Light Jig</b>	105L	107L	109L	111L	113L	114L
<b>Slip Jig</b>	105S	107S	109S	111S	113S	114S
<b>Single Jig</b>	105N	107N	109N	111N	113N	114N

## ADVANCED BEGINNER

A dancer who has been dancing for more than one year and who has not won a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place as Advanced Beginner dancer. A dancer who has won a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place in an Advanced Beginner dance must move into Novice in that dance no later than January 1<sup>st</sup> of the next calendar year or with teacher's permission as soon as the next Feis (if said Feis has not closed to changes).

AT THIS LEVEL, DANCERS ARE NOT ALLOWED TO COMPETE IN SOLO COSTUMES (only school costumes are allowed)

ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS

ADVANCED BEGINNER						
	Under 5	Under 7	Under 9	Under 11	Under 13	13 & Over
<b>Reel</b>	205R	207R	209R	211R	213R	214R
<b>Light Jig</b>	205L	207L	209L	211L	213L	214L
<b>Slip Jig</b>	205S	207S	209S	211S	213S	214S
<b>Single Jig</b>	205N	207N	209N	211N	213N	214N
<b>Treble Jig</b>	205T	207T	209T	211T	213T	214T
<b>Hornpipe</b>	205H	207H	209H	211H	213H	214H
<b>Hard shoe: fast speed only (traditional)</b>						

## NOVICE

A dancer moves into Novice as a result of placing 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> in that dance as indicated in Advanced Beginner. A dancer who wins 1<sup>st</sup> in a Novice dance must move into Prizewinner level in that dance no later than January 1<sup>st</sup> of the next calendar year or with teacher's permission as soon as the next feis (if said feis has not closed to changes).

\*ALL HARD SHOES DANCES CAN BE DONE AT EITHER TRADITIONAL SPEED OR SLOW SPEED

NOVICE						
	Under 7	Under 9	Under 11	Under 13	Under 15	Over 15
<b>Reel</b>	307R	309R	311R	313R	315R	316R
<b>Light Jig</b>	307L	309L	311L	313L	315L	316L
<b>Slip Jig</b>	307S	309S	311S	313S	315S	316S
<b>Single Jig</b>	307N	309N	311N	313N	315N	316N
<b>Treble Jig</b>	307T	309T	311T	313T	315T	316T
<b>Hornpipe</b>	307H	309H	311H	313H	315H	316H
Hard shoe: choice of speed						

## PRIZEWINNER

A dancer moves into Prizewinner as a result of placing 1<sup>st</sup> place as indicated in Novice.

\*ALL HARD SHOES DANCES CAN BE DONE AT EITHER TRADITIONAL SPEED OR SLOW SPEED

PRIZEWINNER						
	Under 7	Under 9	Under 11	Under 13	Under 15	15 & Over
<b>Reel</b>	407R	409R	411R	413R	415R	416R
<b>Slip Jig</b>	407S	409S	411S	413S	415S	416S
<b>Treble Jig</b>	407T	409T	411T	413T	415T	416T
<b>Hornpipe</b>	407H	409H	411H	413H	415H	416H
<b>Light Jig</b>	x	x	x	x	x	x
<b>Single Jig</b>	x	x	x	x	x	x
Hard shoe: choice of speed						

## PRELIMINARY CHAMPIONSHIP

Preliminary Championships are open to those who, at any recognized Feis:

- a) Have won 1st place in both an open/prizewinner light and heavy shoe competition, and
- b) Have never won 1st, 2nd or 3rd in Open Championship.

A dancer who lives in the Southern Region and who wins 1<sup>st</sup> place in a second Preliminary Championship competition in any Region MAY move up to Open Championship Competitions immediately, at the discretion of their dancing teacher.

A dancer who lives in the Southern Region when they win 1<sup>st</sup> place in a second Preliminary Championship competition MUST move up to Open Championship Competitions no later than the one calendar year anniversary of the second Preliminary Championship win.

A dancer is required to perform a light shoe dance (reel or slip jig for ladies and reel only for men), and a hard shoe dance. A Feis can opt to offer either a) a set dance or b) a jig/hornpipe.

The regional syllabus where the Feis is being held may have different qualifications for entry.

<b>PRELIMINARY CHAMPIONSHIP – 2 Rounds</b>	
<b>U9</b>	<b>709P</b>
<b>U10</b>	<b>710P</b>
<b>U11</b>	<b>711P</b>
<b>U12</b>	<b>712P</b>
<b>U13</b>	<b>713P</b>
<b>U14</b>	<b>714P</b>
<b>U15</b>	<b>715P</b>
<b>U17</b>	<b>716P</b>
<b>17&amp;O</b>	<b>717P</b>
<b>If there are 5 Gents in any 2 consecutive years, Gents will dance separately.</b>	

## OPEN CHAMPIONSHIP

A dancer who wins two 1<sup>st</sup> Place awards in one calendar year will move on to Open Championship the following year, or as soon as the second win is achieved, in any age category, in the following years. Only in the case of back-to-back Feiseanna (successive days), in which case the first win in the first Feis will not change the dancer's status for the second Feis. Placing in a Regional or National Oireachtas does not change the status of a competitor.

Dancers will perform: 48 bars of reel or 40 bars of slip-jig, 40 bars of the hornpipe or 48 bars of the treble jig, and a Set Dance.

**Competitions will be combined in groups of 5 when possible. BOYS will be split if there are 3 or more gentlemen in 2 consecutive age groups.**

<b>OPEN CHAMPIONSHIP – 3 Rounds</b>	
<b>U9</b>	<b>809C</b>
<b>U10</b>	<b>810C</b>
<b>U11</b>	<b>811C</b>
<b>U12</b>	<b>812C</b>
<b>U13</b>	<b>813C</b>
<b>U14</b>	<b>814C</b>
<b>U15</b>	<b>815C</b>
<b>U16</b>	<b>816C</b>
<b>U17</b>	<b>817C</b>
<b>U18</b>	<b>818C</b>
<b>U19</b>	<b>819C</b>
<b>19&amp;O</b>	<b>820C</b>
<b>If there are 3 Gents in any 2 consecutive years, Gents will dance separately</b>	

## ADULT COMPETITIONS

An Adult dancer is defined as any dancer who started Irish dancing at the age of 18 or older OR any dancer 18 or older who has not competed in at least five years in a youth competition AND has never placed in the top three in a youth Preliminary championship competition of more than five competitors.

Dancers who are in the Adult categories cannot enter any competition other than Adult specified competitions. A dancer who wishes to return to any category other than Adult must remain out of Adult competitions until they retire from dancing for five consecutive years.

An Advanced Adult Preliminary dancer is defined as anyone age 18 or older who has previously placed in the top three of a Prelim Championship or competed in Open Champ levels in the youth/and Over levels regardless of when the competitor was active. An Advanced Adult dancer has opted to leave Youth/and Over categories and once the dancer begins competing in Advanced Adult, the dancer may not return to Youth/and Over categories.

ADULT DANCERS ARE ALLOWED TO DANCE TRADITIONAL OR OIREACHTAS SPEED DANCES IN THE NOVICE AND PRIZEWINNER GRADE LEVELS. Dancers competing at the Adult Championship level may move to the Advanced Adult Prelim level per teacher's discretion.

All Southern Region feiseanna may combine the Advanced Adult levels into one competition in the event that fewer than five Advanced Adult Preliminary level dancers are entered. For Advanced Adult level dancers to progress from Prelim to Open, youth competition rules apply. A win in any combined Advanced Adult competition of five or more competitors would count towards that progression.

All Advanced Adult levels consist of one light round (reel or slip jig) and one heavy round (treble jig or hornpipe) to facilitate the possibility of merging at Southern Region feiseanna. Feiseanna may offer additional Advanced Adult level competitions including traditional set, non- traditional set etc.

	<b>Beginner</b>	<b>Advanced Beginner</b>	<b>Novice</b>	<b>Prizewinner</b>	<b>Championship</b>	<b>Advanced Adult</b>
<b>Reel</b>	199R	299R	399R	499R	x	x
<b>Light Jig</b>	199L	299L	399L	x	x	x
<b>Single Jig</b>	199N	299N	399N	x	x	x
<b>Slip Jig</b>	199S	299S	399S	499S	x	x
<b>Treble Jig</b>	199T	299T	399T	499T	x	x
<b>Hornpipe</b>	199H	299H	399H	499H	x	x
<b>Traditional Set</b>	910TS				911TS	
<b>Adult Championship</b>					70AP	
<b>Advanced Adult PRELIM Champ</b>						725
<b>Advanced Adult OPEN Champ</b>						825

ADULT DANCERS ARE ALLOWED TO DANCE TRADITIONAL OR OIREACHTAS SPEED DANCES IN THE NOVICE AND PRIZEWINNER GRADE LEVELS

## NOVICE/PRIZEWINNER SPECIALS COMPETITIONS

NON-CHAMP SPECIALS						
	Under 10	Under 12	12 & Over	Under 14	14 & Over	Adult
Traditional Set	510TS	512TS	X	514TS	515TS	910TS
Non-Trad Set	X	512NT	X	514NT	515NT	X

## CHAMPIONSHIP SPECIALS COMPETITIONS

CHAMPION SPECIALS						
	Under 12	Under 14	14 & Over	Under 16	16 & Over	Adult
Traditional Set	522TS	524TS	525TS	X	X	911TS
Prelim Non-Trad Set	522NT	524NT	525NT	X	X	X

## “EXCEPTIONAL NEEDS” SPECIAL COMPETITION

SPECIAL PERSON
Open to dancers with special needs, all age groups. Perform approximately 2 steps of any dance.
500

## CHARITY TREBLE REEL

<b>Cara Dances On Charity Treble Reels</b> <b>Donations made to the Cara Dances On Foundation</b>			
Grades - Beg thru Prizewinner		Preliminary & Open Champions	
<b>U10</b>	510TR	<b>U12</b>	522TR
<b>U12</b>	512TR	<b>U14</b>	524TR
<b>12&amp;O</b>	513TR	<b>14&amp;O</b>	525TR



# IRISH CULTURAL ART COMPETITION

Irish Cultural Arts <i>The following Entries must be submitted to the awards desk by 12noon Sunday</i>		
Age	ART	
Under 12	75	
Under 15	78	
15 & Over	81	

## LOCAL RULES

1. NO REFUNDS
2. Adult competitors and parents of children competitors are entirely responsible for their own safety. Neither Orange State Feis, Cara Dances On, Drake School of Irish Dance, or the venue will be liable for any injury that occurs at this event. By entering this feis you are agreeing to these terms and waive any rights to bring legal claim for personal injury.
3. Entries are not valid until payment is received. Any unpaid entries will be dropped, without notice, at registration closing.

## SOUTHERN REGION RULES

1. In the case of all solo and team competitions in all grades, the age of a competitor on 1st January of the year in which the competition is held will determine the right of entry. For the purposes of this Rule a competitor whose birthday occurs on 1st January shall be deemed to be under the age attained on that date.
2. Competitions are open to all but those holding a TMRF, TCRG, or ADCRG designation. A feis can only accept entries from pupils of teachers registered with An Coimisiun and registered with both the IDTANA and the North American region in which they reside.
3. A competitor may be disqualified for any of the following reasons:
  - a. Conduct unbecoming a lady or gentleman.
  - b. Failure to report on time to compete. (Penalty: disqualification from said event)
  - c. Falsification of age or other important facts – i.e., teaching, award winning, competing under another competitor's name or number, etc.

Penalty for (a) or (c): Competitor will be disqualified from the Feis at which the occurrence happened and from all registered Feiseanna for a period of one year beginning at the date of the occurrence.
4. Competitions may be closed if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced. This does not pertain to a situation where competitors are involved in stage conflicts, and such conflicts will be handled by the stage monitor.
5. Steel taps or "bubble" heels on dancing shoes and any display of awards is prohibited. Authentic Gaelic dress is desired.
6. First Feis (if offered), Beginner and Advanced Beginner, aka Beginner I and II, must wear a class costume, or a skirt/pants and top. All other categories are excluded from this rule. Modest attire is encouraged when a competitor is not dancing.
7. Competitor's number must be worn and visible to adjudicators when performing in all competitions. Use of reflective plastic number covers is discouraged.
8. The number of awards given is determined by the Feis Committee and is based on the scores and ranks given by the adjudicator(s).

9. Complaints must be in writing stating names and other factual information and signed by the complainant. A \$50.00 fee must be enclosed and presented to the Feis Chairman within one hour of the occurrence. The fee will be 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 and/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 competitor's performing time. The decision of the Feis Committee is final in all matters connected with the Feis.
12. All Feiseanna must have a process to 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 include the entry fee for entry to be accepted. Failure to do so will result in a rejected entry. Entries must be received on or before the closing date or they will be subject to a late fee of determined by the Feis.
14. With the exception of First Feis and Beginner 1 the status of the dancer does not change unless there are five or more dancers in the competition.
15. Photography
  - a. With the exception of First Feis, Beginner 1 and Beginner 2 (or their equivalent), photography of any kind which has the capability of capturing a dancer's image while in motion is strictly forbidden.
  - b. A Feis may elect to allow in motion photography for publicity purposes, but the pictures are considered the sole property of the Feis and solely for Feis use only; these are not to be used for personal gain through commercial use or sale, and under no circumstances can they be published on any website or other areas, without the express written permission of the persons involved.
  - c. Additionally, a professional photographer may be formally contracted by a Feis to capture non-motion photographs, such as portrait photography, awards ceremonies, etc. and/or in motion photography provided it is taken at a vendor station or suitable location:
    - i. away from the dancing stages and,
    - ii. requested by a consenting parent, guardian, or dancer (over the age of 18).
16. No block, en Pointe, toe walking movements, stationary or moving is allowed to be performed for all ages up to and including the under 12 age group. However, after September 1 of each year an exception is made for those dancers who are 11 dancing in the under 12 age group.
17. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.
18. Respect for fellow competitors on stage is a requirement at all times. Lack of respect or courtesy for fellow competitors by aggressive dancing on stage will be subject to penalty at the discretion of each individual adjudicator.

## GRADE LEVEL RULES

1. Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner), Adult and Master competitions:
  - a. Must compete in their own age group.
  - b. Must be prepared to perform two steps in each event.
2. With the exception of First Feis and Beginner 1, a dancer's level is determined in each dance (Reel, Light Jig, Single Jig, Slip-Jig, Hornpipe, Treble Jig, and Traditional Set). Traditional Set Dances are limited to those dances determined by An Coimisiun Le Rince Gaelacha as traditional set dances.
3. A Feis Committee may combine competitions if there are less than 5 competitors entered as follows:

1. Three consecutive age groups, if including the youngest or oldest multi-year age groups, or up to five consecutive single-age groups, combined into the highest age group, within the grade.
4. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region.
5. The syllabus is to contain all grade categories.
6. Competitors have the option to remain in the same category for the remainder of the Feis year.
7. A dancer, at the discretion of the teacher, may move into the next Grade (not Open Championships) without satisfying the requirements. However, once a dancer competes in the higher level, they can never move back to a lower category, (except as outlined in Rule 1, above).
8. Grade Levels
  - a. **First Feis:** A dancer who has never competed in a Feis. A dancer can only be in this category for a single day and cannot compete at any other level in the Feis. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.
  - b. **Beginner I (Beginner) Grade:** A beginner is a competitor who has not yet taken a full year of Irish Dance lessons, thereby giving beginners a full year with such status. A Beginner must move into the Beginner 2/Advanced Beginner category the next year. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.
  - c. **Beginner 2 (Advanced Beginner) Grade:** An advanced beginner who wins 1st, 2nd or 3rd place will advance to the Novice category in that particular dance. Competition dances are reel, light jig, slip jig, traditional treble jig and traditional hornpipe, as a minimum requirement. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.
  - d. **Novice Grade:** A novice who wins a 1st place will advance to the Open (Prizewinner) category in that particular dance. In Novice competitions with 20 or more dancers, a dancer who wins 1<sup>st</sup> or 2<sup>nd</sup> place in a dance will advance to the Open/PW category in that particular dance (Dec 2012)
  - e. **Open Prizewinner Grade:** A competitor who does not qualify as a beginner, advanced beginner or as a novice.
  - f. **Adult:** An Adult dancer is defined as any dancer who started Irish dancing at the age of 18 or older OR any dancer 18 or older who has not competed in at least five years in a youth competition AND has never placed in the top three in a youth Preliminary championship competition of more than five competitors.
9. First Feis (if offered), Beginner I, and Beginner 2 are required to dance at traditional speeds. Novice and Open/Prizewinner dancers may choose between traditional and Oireachtas speeds.
10. The following dance speeds must be adhered to;

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

Traditional Sets	Traditional Speed
------------------	-------------------

St. Patrick's Day	<b>94</b>
Blackbird	<b>144</b>
Job of the Journeywork	<b>138</b>
Three Sea Captains	<b>96</b>
Garden of Daisies	<b>138</b>
Jockey to the Fair	<b>90</b>
King of the Fairies	<b>130</b>

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

## CHAMPIONSHIP LEVEL RULES

1. First place winners in the Open Championship category cannot return to a Preliminary or Open (Prizewinner) competition. Placing in a Regional or National Oireachtas does not change the status of a competitor. A dancer who moves into Open Championship must stay a minimum of 2 years. If after 2 years they have not placed they are allowed to return to Preliminary. An Open Championship dancer who places is not allowed to return to Preliminary until 2 years after their last placement. The regional syllabus where the Feis is being held may have different qualifications for entry.
2. Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances and Specials, ie Treble Reel Competition, etc.
3. Dancers must qualify for Open Championship via the method now in place for Preliminary Championship, i.e. two 1st place wins.
4. Dancers must compete in the Preliminary Championship competition in order to qualify for Open Championship
5. Preliminary Championships
  - a. Are open to those who at any CLRG-registered Feis:
    - (1) Have placed 1st in both an Open (Prizewinner) light and heavy shoe competitions and
    - (2) Have never won 1st, 2nd or 3rd in an Open Championship.
  - b. A dancer who lives in the Southern Region and who wins 1<sup>st</sup> place in a second Preliminary Championship Competition in any Region MAY move up to Open Championship Competitions immediately, at the discretion of their dancing teacher.
  - c. A dancer who lives in the Southern Region when they win 1<sup>st</sup> place in a second Preliminary Championship competition MUST move up to Open Championship Competitions no later than the one calendar year anniversary of the second Preliminary Championship win.
  - d. Preliminary Championship competitions with 26 or more competitors may be split in half according to age. \* In Preliminary Championships-Separate boys into a separate competition if there are five (5) or more boys entered in a specific competition within a single age a group.
6. If three (3) or more boys are entered in a specific age group in a combined Open Championship competition, the boys and girls **MUST** be split into separate competitions.

7. Every competitor in Preliminary or Open Championship must have a minimum of 8 rotations or 10 minutes between each of their rounds.
8. In the event the same organization is running 2 feis' in one weekend the following must occur:
  - a. In Championship competitions, 2/3 of adjudicators must be different from the previous day. (This rule has been rescinded for 2025, but feis will make all attempts to accommodate it this year).
  - b. 2<sup>nd</sup> chance competitions may only be offered on one feis.

## FIGURE/CEILI TEAM RULES

1. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced.
  - a. There are no restrictions on figure age groups
  - b. Figure age groups will be determined by the oldest dancer.
  - c. 8 hand teams are allowed to repeat dancers at all Southern Region feiseanna in accordance with the World and Regional Oireachtas rules.
2. The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8 bar introduction.
3. Only dancers who meet the definition of "Adult dancer" may compete in Adult Ceili competitions. Masters level solo dancers competing in a Ceili must compete in the Youth Ceili categories.
4. In the event that the same organization is running 2 feiseanna in one weekend, the following may occur:

Figure and Ceili competitions may be offered at only one of the feis' on that weekend.

## ADJUDICATORS & MUSICIANS

1. Musicians and adjudicators cannot be approached during a competition by anyone except the Feis Committee. No one can approach them while a competitor is performing.
2. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.
3. In matters pertaining to adjudication, the decision of the adjudicators is final.
4. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.
5. Championships and Preliminary Championships require at least three adjudicators.
6. Each Feis is required to list their adjudicators on their syllabus and/or website at least three weeks before the close of entries, one-third of which are to be from outside the region where the Feis is being held.

## COSTUME RULES

1. Make up is prohibited on a dancer in the first three grades (First Feis (if offered), Beginner 1 and Beginner 2 or their equivalent) up to and including the under 12 age group. Make-up (including false eyelashes and tanner on the face) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.

Clarification: Both make up rules refer to the age group of the competition, not the actual age of the dancer. For example, 9 year old dancers, competing in a team that is entered Under 12, may wear make-up or at a feis where the youngest Open Championship age group is Under11, then all dancers in that competition may wear make-up. These rules must also be

announced from side stage at the event. Participants should be reminded that should they be in breach of these rules and be required to remove their make-up, that they risk missing their rotation in the competition.

2. Any competitor found to be using artificial carriage aids and subsequently refuses to remove same, will be subject to disqualification from that particular competition. Medically prescribed aids (proof of which may be required) will be exempt from this rule.
3. Competitors in competitions at the First Feis (if offered), Beginner 1 and Beginner 2 Grade will wear only the competitor's dancing school costume or a skirt/pants and top.
4. Costume Length: Length of costumes must adhere to principles of modesty and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to change into black tights (of a denier not less than 70 per cent) in order for the dancer to continue in the competition.

## MODESTY RULES

### FROM AN COIMISIUN

13.1. Changing costumes, dressing and undressing of dancers will not be acceptable in the halls or public areas. For the sake of modesty and in the interests of safety of young people, dancers will not be permitted to walk around the feis scantily dressed.

13.2. Respect for fellow competitors on stage is a requirement at all times.

13.3. Lack of respect or courtesy for fellow competitors by aggressive dancing on stage will be subject to penalty at the discretion of each individual adjudicator.

13.4. Length of costume must adhere to principles of modesty and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to wear black tights (of a denier not less than 70 percent) in order to continue in the competition. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must agree to asking the dancer to wear tights. Effective March 1, 2022.

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

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

## RELEASE OF LIABILITY

Adult competitors and parents of children competitors are entirely responsible for their own safety. Neither Drake Irish Dance, Orange State Feis, Cara Dances On or the venue will be liable for any injury that occurs at this event. By entering this feis you are agreeing to these terms and waive any right to bring legal claim for personal injury.

## Cara Dances On Feis 2025 Entry Form

NAME \_\_\_\_\_ DOB \_\_\_\_\_ M or F

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

SCHOOL \_\_\_\_\_

TEACHER \_\_\_\_\_

EVENT	COMPETITION #	QTY	PRICE	TOTAL
Event #'s _____		_____	\$10.00	_____
Specials: Traditional Sets _____ Treble Reel, Non-Trad Set		_____	\$10.00	_____
Preliminary Champ _____		_____	\$45.00	_____
Open Champ _____		_____	\$55.00	_____
Figures _____		__ n/a __	\$10.00	_____
Art _____		_____	\$10.00	_____
Subtotal of all Competition Fees			_____	
Feis Facility Fee			\$35.00	<u>35.00</u>
Late Fee postmarked after 6/1			\$30.00	_____
Mailed entry Fee			\$10.00	<u>10.00</u>

TOTAL AMOUNT DUE \_\_\_\_\_

**Make Check Payable to Orange State Feis**

**Mail to: Cara Dances On Feis**

C/O Sarah Shanley

10022 NW 19th Street

Coral Springs, FL 33071

Cara Dances On Feis 2025

