

Rosanna Dolan Memorial Feis

Sunday, September 6, 2026

presented by



Rhythm of Ireland
School of Irish Dance



Rhythm of Ireland
Booster Club

Member of An Coimisiún, Dublin, Ireland

Syllabus approved by IDTANA Southern Region – Areleen Ni Bhaoill, TCRG

Approval Date: XXXXX XX, 2026

Feis is registered, sanctioned and will be governed by the rules of An Coimisiún (www.clrg.ie) and the IDTANA – Southern Region (www.idtana-southernregion.com)

GENERAL INFORMATION AND NOTES

VENUE:	COMPETITIONS:
<p>Boo Williams Sportsplex 5 Armistead Pointe Parkway, Hampton, VA</p> <p>Feis hotel block: Embassy Suites by Hilton Hampton Convention Center 1700 Coliseum Drive, Hampton, VA BOOK YOUR ROOM AT EMBASSY HAMPTON FOR RHYTHM OF IRELAND '26</p> <p>Free parking and concessions stand at venue. Further info will be posted on Facebook.</p>	<p>* Competitions will start no earlier than 8 AM. * Grades, Championship, Adults, Advanced Adults & Non-Dancing competitions.</p> <p>* Rosanna's Friends & Family Reels</p> <p>* Special Rising Champ Pre-Oireachtas Competition for Grades dancers - 3 rounds</p> <p>* Bonus Set Dance competitions for Preliminary & Open Champions, Adults & Advanced Adults</p> <p>* Traditional Sets - Preliminary & Open Champions</p> <p>* Figure Choreography & Dance Drama</p> <p>* Casual costume attire (i.e. black-out attire) permitted. Rose-themed costume and/or accessories encouraged.</p>
<p style="text-align: center;">MODESTY RULES</p> <p style="text-align: center;">Changing costumes, dressing or undressing by dancers in public areas is not allowed. Modest attire is required when a competitor is not dancing. All CLRG Costume and Modesty Rules apply.</p>	

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REGISTRATION:

Total Cap 300 (200 Champ Cap)

ENTRIES through iFeis

Online entries will be received through www.ifeis.net. Online payments only.

Entry opening date: TBD

*"On time" entry deadline: **August 14, 2026** or as soon as cap of 300 is reached, whichever is earlier.*

After August 14, 2026 brand new entries (if cap not yet reached) will be accepted through August 24, 2026 with a late fee of \$30. After August 24, 2026 the feis will be closed, and brand new entries will be accepted at the discretion of the Registrar with a late fee of \$40. Changes and/or additions to existing entries may be made at any time through August 24, 2026 at no additional cost except for the difference in competition fees (if any). After August 24, 2026 changes and/or additions will incur a one-time change/add fee of \$5, in addition to the difference in competition fees (if any).

Online entry affirms agreement with the following:

"I have read, understand and will uphold all the rules of the Rhythm of Ireland feis. I, for myself and/or my child/children, waive and forego any and all rights and claims I and/or my child/children may have against the Rhythm of Ireland feis and its representatives and/or against the venue and its representatives with regard to any injuries or illness I and/or my child/children might sustain while participating at the Rhythm of Ireland feis or its events."

FEES:	
Family Registration Fee	\$35 per family
Solo Dances	\$11 per event
Rosanna's Friends & Family Reels	\$20 (2 & 3 Hands) or \$40 (4 & 6 Hands)
Figure Choreography	\$80 per team
Dance Drama	\$80 per team
Non-Dancing (Vocal, Instrumental, Baking, Art)	\$11 per competitor
Special Rising Champ Pre-Oireachtas Competition	\$50 per competitor
Preliminary Championships	\$45 per competitor
Open Championships	\$55 per competitor
Adult Solo Championship	\$55 per competitor
Advanced Adult Preliminary	\$45 per competitor
Advanced Adult Open	\$55 per competitor
Feis T-shirt ***	\$18 per T-shirt
*** Advance purchase only through August 7, 2026 when registering via iFeis.	

Family maximum for dancing entries is \$175.00 (does not include Non-Dancing competitions, Rosanna's Friends & Family Reel, Figure Choreography, Dance Drama, Special Rising Champ Pre-Oireachtas Competition, Bonus Set Dances and Traditional Set Dances for Preliminary & Open Champion, Bonus Set Dances for Adult & Advanced Adult, T-shirts (or any other items for purchase), Family Registration Fee, iFeis fee, late registration fee or change/add fee).

ABSOLUTELY NO REFUNDS (per current IDTANA Southern Region dancing competition rules).

All scores will be available via iFeis.

A stage schedule will be available prior to the feis.

A complete list of Adjudicators and Musicians will be announced no later than August 3, 2026.

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NON-DANCING COMPETITIONS

VOCAL/INSTRUMENTAL: The first 50 Vocal Competition and/or Instrumental Competition entries will be accepted via iFeis.

ART & BAKING: Entries will be accepted via iFeis.

Non-Dancing Competitions -- Solo Amateurs Only (Irish Themed)				
	Vocal: a capella	Instrumental	Baking	Art
Age Category	Less than 2 years experience			
Under 12	812VC	812IN	812BK	812AR
12 to U18	818VC	818IN	818BK	818AR
18 & Over	819VC	819IN	819BK	819AR
	2 or more years experience			
Under 12	812VC2	812IN2	812BK2	812AR2
12 to U18	818VC2	818IN2	818BK2	818AR2
18 & Over	819VC2	819IN2	819BK2	819AR2
* Vocal and Instrumental competitions are performed live and will be on stage schedule. MUST be traditional celtic music. May be a reel, jig or slow air.				
* Baking and Art entries should be brought to the Registration desk before noon.				

DANCING COMPETITIONS

Competitions will be merged or split in accordance with current IDTANA Southern Region dancing competition rules.

First Feis Boys & Girls	<p>The First Feis level is for dancers who are competing in their very first feis. Once a dancer competes in the First Feis category, they must move into Beginner or Advanced Beginner.</p> <p>Dancers competing in the First Feis category are limited to participating in the First Feis Category ONLY.</p> <p>AT THIS LEVEL, DANCERS ARE NOT ALLOWED TO COMPETE IN SOLO COSTUMES (only school costumes are allowed).</p>			
Age Category	Reel	Light Jig	Slip Jig	Single Jig
Under 5	105RL	105LJ	105SJ	105SN
Under 6	106RL	106LJ	106SJ	106SN
Under 7	107RL	107LJ	107SJ	107SN
Under 8	108RL	108LJ	108SJ	108SN
Under 9	109RL	109LJ	109SJ	109SN
Under 10	110RL	110LJ	110SJ	110SN
Under 11	111RL	111LJ	111SJ	111SN
11& Over	112RL	112LJ	112SJ	112SN

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Beginner Boys & Girls	A dancer who has been dancing for less than one year. A Beginner must move to Advanced Beginner no later than January 1st 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. AT THIS LEVEL, DANCERS ARE NOT ALLOWED TO COMPETE IN SOLO COSTUMES (only school costumes are allowed).					
Age Category	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe
Under 5	205RL	205LJ	205SJ	205SN	205TJ	205HP
Under 6	206RL	206LJ	206SJ	206SN	206TJ	206HP
Under 7	207RL	207LJ	207SJ	207SN	207TJ	207HP
Under 8	208RL	208LJ	208SJ	208SN	208TJ	208HP
Under 9	209RL	209LJ	209SJ	209SN	209TJ	209HP
Under 10	210RL	210LJ	210SJ	210SN	210TJ	210HP
Under 11	211RL	211LJ	211SJ	211SN	211TJ	211HP
Under 12	212RL	212LJ	212SJ	212SN	212TJ	212HP
12 & Over	213RL	213LJ	213SJ	213SN	213TJ	213HP

Advanced Beginner Boys & Girls	A dancer who has been dancing for more than one year and who has not won a 1st, 2nd or 3rd place as an Advanced Beginner. A dancer who has won a 1st, 2nd or 3rd place in an Advanced Beginner dance must move into Novice in that dance no later than January 1st 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.					
Age Category	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe
Under 6	306RL	306LJ	306SJ	306SN	306TJ	306HP
Under 7	307RL	307LJ	307SJ	307SN	307TJ	307HP
Under 8	308RL	308LJ	308SJ	308SN	308TJ	308HP
Under 9	309RL	309LJ	309SJ	309SN	309TJ	309HP
Under 10	310RL	310LJ	310SJ	310SN	310TJ	310HP
Under 11	311RL	311LJ	311SJ	311SN	311TJ	311HP
Under 12	312RL	312LJ	312SJ	312SN	312TJ	312HP
Under 13	313RL	313LJ	313SJ	313SN	313TJ	313HP
13 & Over	314RL	314LJ	314SJ	314SN	314TJ	314HP

Novice Boys & Girls	A dancer moves into Novice as a result of placing 1st, 2nd, or 3rd in that dance as an Advanced Beginner. A dancer who wins 1st place in a Novice dance (or 2nd place if there are 20 or more dancers) must move into Prizewinner level in that dance no later than January 1st 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 SHOE DANCES AT EITHER TRADITIONAL OR SLOW SPEEDS.					
Age Category	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe
Under 7	407RL	407LJ	407SJ	407SN	407TJ	407HP
Under 8	408RL	408LJ	408SJ	408SN	408TJ	408HP
Under 9	409RL	409LJ	409SJ	409SN	409TJ	409HP
Under 10	410RL	410LJ	410SJ	410SN	410TJ	410HP
Under 11	411RL	411LJ	411SJ	411SN	411TJ	411HP
Under 12	412RL	412LJ	412SJ	412SN	412TJ	412HP
Under 13	413RL	413LJ	413SJ	413SN	413TJ	413HP
Under 14	414RL	414LJ	414SJ	414SN	414TJ	414HP
Under 15	415RL	415LJ	415SJ	415SN	415TJ	415HP
15 & Over	416RL	416LJ	416SJ	416SN	416TJ	416HP

Prizewinner (Open) Boys & Girls	A dancer moves into Prizewinner as a result of placing 1st in that dance. A dancer who wins 1st in a Novice dance must move into Prizewinner level in that dance no later than January 1st 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 SHOE DANCES AT EITHER TRADITIONAL OR SLOW SPEEDS.			
Age Category	Reel	Slip Jig	Treble Jig	Hornpipe
Under 7	507RL	507SJ	507TJ	507HP
Under 8	508RL	508SJ	508TJ	508HP
Under 9	509RL	509SJ	509TJ	509HP
Under 10	510RL	510SJ	510TJ	510HP
Under 11	511RL	511SJ	511TJ	511HP
Under 12	512RL	512SJ	512TJ	512HP
Under 13	513RL	513SJ	513TJ	513HP
Under 14	514RL	514SJ	514TJ	514HP
Under 15	515RL	515SJ	515TJ	515HP
15 & Over	516RL	516SJ	516TJ	516HP

Set Dances - Prizewinner & Below Boys & Girls		
Age Category	Traditional	Non-Traditional
Under 10	510TS	510NTS
U11-U13	513TS	513NTS
U14-U16	516TS	516NTS
16 & Over	517TS	517NTS

Special RISING CHAMP Pre-Oireachtas Competition Boys & Girls - Grades dancers only		<ul style="list-style-type: none"> * Round 1 - Choice of Reel (48 bars) or Slip Jig (40 bars) * Round 2 - Choice of Hornpipe (40 bars) or Treble Jig (48 bars) * Round 3 - Set Dance (U9 & Below - Traditional, U10 & Above - Non-Traditional) * Judged and scored by three judges. * Awards and placements will be given. * Round awards included. * Results DO NOT count for a change of competitive level.
Age Category	Soft Shoe/Hard Shoe/Set	
Under 10	510RC	
U11-U13	513RC	
U14-U16	516RC	
16 & Over	517RC	

Preliminary Championship - Boys & Girls 2 Rounds	
Age Category	Hard Shoe/Soft Shoe
Under 9	609PC
Under 10	610PC
Under 11	611PC
Under 12	612PC
Under 13	613PC
Under 14	614PC
Under 15	615PC
Under 16	616PC
Under 17	617PC
17 & Over	618PC

Preliminary Sets	
Age Category	
Under 9	609SD -- Traditional
Under 10	610SD
Under 12	612SD
Under 14	614SD
Under 16	616SD
16 & Over	617SD

Open Championship - Boys & Girls 3 Rounds	
Age Category	Hard Shoe/Soft Shoe/Set
Under 9	709OC
Under 10	710OC
Under 11	711OC
Under 12	712OC
Under 13	713OC
Under 14	714OC
Under 15	715OC
Under 16	716OC
Under 17	717OC
Under 18	718OC
Under 19	719OC
19 & Over	720OC

Bonus Set Dances!	
Preliminary & Open Champion	
Age Category	
Under 9 - Traditional	709SD
Under 10	710SD
Under 12	712SD
Under 14	714SD
Under 16	716SD
16 & Over	717SD

Traditional Set Dances	
Preliminary & Open Champion	
Age Category	
Under 10	710TS
Under 13	713TS
Under 16	716TS
Under 19	719TS
19 & Over	720TS

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Registration Process for FIGURE CHOREOGRAPHY, DANCE DRAMA and ROSANNA'S FRIENDS & FAMILY REELS: Only ONE team member needs to register and will be charged the TEAM fee for the entire team. The team MUST wear the dancer number that was used to register the team. It is not necessary to notify the Feis who the other team members will be.

FIGURE CHOREOGRAPHY	Age Category	
	Under 12	912CHO
	Under 15	915CHO
	15 & Over	916CHO

FIGURE CHOREOGRAPHY RULES

- * A team must consist of 8-16 dancers.
- * Must portray a specifically Irish historical or traditional story, event or theme.
- * Each team member must be on stage and dance from the commencement to the finish of the dance. Short pauses for up to 4 bars are permitted.
- * Teams may have the stage manager read the story or use their own narrator; however, the narrator may NOT be a teacher from the participating school; nor may they appear in clothing which identifies the school.
- * Three copies of the story (narrative) must be submitted no later than one hour prior to the start of the competition. If the stage manager will read the story, an additional copy must be submitted by the day before the competition.
- * Basic steps are strongly recommended. Solo dancing steps are not permitted.
- * There are no restrictions on hand movements. Hand claps are permitted.
- * Music must not exceed 4 minutes in duration. Additional music is permitted for walk offs.
- * Only Irish music, or music of related ethnic origin in 2/4, 4/4 or 6/8 timing (or a combination of these) is permitted.
- * Any change in music timing must last for at least 16 bars.
- * Teams may provide their own recorded music. You may not use CDs or cassette tapes. Feis musicians will be available to play traditional feis music if needed.
- * Please contact the Registrar with questions at roifeisregistrar@gmail.com.

DANCE DRAMA	Age Category	
	Any age	999DR

DANCE DRAMA RULES

- * A team must consist of 8-20 dancers.
- * Must portray a specifically Irish historical or traditional story, event or theme.
- * Each team member must be on-stage, or side-stage for the duration of the dance.
- * Teams may have the stage manager read the story or use their own narrator; however, the narrator may NOT be a teacher from the participating school; nor may they appear in clothing which identifies the school.
- * Three copies of the story (narrative) must be submitted no later than one hour prior to the start of the competition. If the stage manager will read the story, an additional copy must be submitted by the day before the competition.
- * Where stage props are required, they must be provided by the participating team. They must be portable and of a kind that can be placed and removed easily and quickly. The use of "smoke", "straw", "confetti", "liquid" etc. is not permitted.
- * Teams will be allowed up to 5 minutes to prepare the stage, and up to 5 minutes to clear it.
- * The performance must last for a minimum of 4 minutes and no more than 6 minutes.
- * Additional music will be permitted for walk offs.
- * Only Irish music, or music of related ethnic origin, which must consist of Reels, Light Jigs, Slip Jigs, Single Jigs, Double Jigs, Hornpipes, Irish marches, or Irish slow airs (or a combination of any of these) is permitted.
- * Where drumming is used, it must be in 2/4, 4/4, 6/8 or 9/8 time, or a combination of these times.
- * Spoken words and/or singing are strictly prohibited, including miming to spoken word or songs on any recordings.
- * Teams may provide their own recorded music. You may not use CDs or cassette tapes. Feis musicians will be available to play traditional feis music if needed.
- * Please contact the Registrar with questions at roifeisregistrar@gmail.com.

Rosanna's Friends & Family Reels

Special competitions in honor of Rosanna Dolan

2 Hands & 3 Hands	4 Hands & 6 Hands	<ul style="list-style-type: none"> * Open to all family members and/or friends of any age, all levels. * Dances will be performed to the "Mother's Delight Reel". * 2 and 3 Hands should be traditional-style original choreography. * 4 and 6 hands may consist of traditional-style original choreography and/or elements of ceili dances contained in <i>Ár Rincí Céilí</i>. * Dances should be 48 to 72 bars in length.
923ROS	946ROS	

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Adult Grades	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 not placed in the top 3 of a Prelim Championship within the last 10 years , or competed in Open Championship levels in the youth/& Over levels within the last 15 years .						
	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	Trad. Set
Beginner	299RL	299LJ	299SJ	299SN	299TJ	299HP	299TS
Advanced Beginner	399RL	399LJ	399SJ	399SN	399TJ	399HP	399TS
Novice	499RL	499LJ	499SJ	499SN	499TJ	499HP	499TS
Prizewinner	599RL	599LJ	599SJ	599SN	599TJ	599HP	599TS

Adult Solo Championship
Men & Women
Hard Shoe/Soft Shoe/Traditional Set
699AC

Advanced Adult Preliminary	An Advanced Adult dancer is defined as anyone age 18 or older who has previously placed in the top three of a Preliminary Championship within the last 10 years , or competed in Open Championship levels in the youth/&Over levels within the last 15 years . For Advanced Adult level dancers to progress from Prelim to Open, youth competition rules apply.
Men & Women	
Hard Shoe/Soft Shoe	
799AAP	

Per Southern Region dancing competition rules, the feis may combine the Advanced Adult levels into one competition in the event that fewer than five Advanced Adult Preliminary level dancers are entered. Advanced Adult Preliminary dancers should be prepared for the possibility of performing a third round Non-Traditional Set. The Feis Committee will communicate with dancers in advance of publishing the stage schedule if a merge is being considered.

Advanced Adult Preliminary Sets
Men & Women
Non-Traditional Set
799NTS

Advanced Adult Open
Men & Women
Hard Shoe/Soft Shoe/Non-Trad. Set
799AAO

Bonus Set Dances!	
Adult & Advanced Adult	
Level	
Adult Grades & Champion (Traditional)	699SD
Advanced Adult Preliminary & Open (Non-Traditional)	799SD

Questions:
Contact the Registrar at: roifeisregistrar@gmail.com
* Please check your spam folder for return emails.
* Emails will be answered in order of receipt within 48-72 hours.
* NO REFUNDS (per current IDTANA Southern Region dance competition rules).
* After August 14, 2026 brand new entries (if cap not yet reached) will be accepted through August 24, 2026 with a late fee of \$30. After August 24, 2026 the feis will be closed, and brand new entries will be accepted at the discretion of the Registrar with a late fee of \$40.
* Changes and/or additions to existing entries may be made at any time through August 24, 2026 at no additional cost except for the difference in competition fees (if any). After August 24, 2026 changes and/or additions will incur a one-time change/add fee of \$5, in addition to the difference in competition fees (if any).

The feis will be governed by and conducted in accordance with the Southern Region Standard Feis Syllabus and Southern Regional Dancing Competition Rules dated October 10, 2025.

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SOUTHERN REGIONAL DANCING COMPETITION 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. These are not to be used for personal gain through commercial use or sale. 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:

a. 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 that grade.

4. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region.

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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 1 (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 1st or 2nd 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 not placed in the top 3 of a Prelim Championship **within the last 10 years**, or competed in Open Championship levels in the youth/& Over levels **within the last 15 years**.
9. First Feis (if offered), Beginner 1, 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	94
Blackbird	144
Job of the Journeywork	138
Three Sea Captains	96
Garden of Daisies	138
Jockey to the Fair	90
King of the Fairies	130

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, i.e. 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:

i. Have placed 1st in both an Open (Prizewinner) light and heavy shoe competitions and

ii. Have never won 1st, 2nd or 3rd in an Open Championship.

b. A dancer who lives in the Southern Region and who wins 1st 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 1st 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 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.

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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.
NOTE: This rule has been rescinded for 2023, 2024 & 2025.
 - b. 2nd 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.
2. There are no restrictions on figure age groups
3. Figure age groups will be determined by the oldest dancer.
4. 8 hand teams are allowed to repeat dancers at all Southern Region feiseanna in accordance with the World and Regional Oireachtas rules.
5. The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8 bar introduction.
6. Dancers that meet the definition of an "Adult Dancer" may compete in Adult Ceili competitions. "Adult Dancer" includes Adult Grade Level, Adult Championship, and Advanced Adult, as defined by the qualifications found elsewhere in these rules.
7. 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. Makeup 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,

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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 I 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

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.

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

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.

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.

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)

REFUND POLICY

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

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