



ATLANTIC
CANADIAN
IRISH DANCE
CHAMPIONSHIPS

**SATURDAY & SUNDAY
SYLLABUS**

**APRIL 27 & 28, 2024 | HALIFAX, NOVA SCOTIA
REGISTRATION ON [IFEIS.NET](https://ifeis.net).**

Dancing will begin each day at 8:30 a.m.
Find additional details, including adjudicators and musicians, at risingtideacademy.ca/acidc.

ABOUT THE ACIDC

The Atlantic Canadian Irish Dance Championships will take place on April 27 & 28, 2024. CLRG grade exams will also be held on April 26, 2024.

The ACIDC will be held in the heart of downtown Halifax and will consist of two, full-syllabus feiseanna at the spectacular Westin Nova Scotian. The ACIDC are run in partnership with Rising Tide Irish Dance Academy.

GONE FEISIN' IN HALIFAX!

A FULL DANCING WEEKEND:

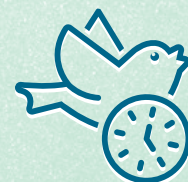
- Grade exams P-12 on Friday, April 26
- A full feis Saturday...
- ...AND a full feis Sunday, all in the same, easy venue
- Second chance competitions for Novice, Prizewinner and Prelim

EVENTS FOR ADULT DANCERS:

- Friday night meet-up at the hotel
- Solo and figure competitions
- Three levels of competition

NOT TO MENTION:

- Amazing Feis App musicians
- Expert adjudicators from far and wide
- Food and bar available directly from the feis venue
- Plus, you'll be in Halifax—a treat all on its own!



**EARLY
BIRD
CONTEST!**

And...complete your registration for Saturday and/or Sunday by February 25, 2024 to enter our early bird draw to win your registration FREE. Three winners will be drawn: a grades dancer, a championship dancer, and an adult dancer.

VENUE: THE WESTIN

Part of the Marriott family of hotels, the Westin Nova Scotian is located in the heart of downtown Halifax with popular amenities located just outside the front door. Along with the convenience of staying at the feis venue, guests will enjoy the newly renovated event space at the hotel, offering the perfect layout for a championship weekend. Attendees are not required to stay at the hotel. The arranged room rate is \$162/night.

BOOK ONLINE or call +1 902-421-1000 by March 26, 2024 to stay at the Westin.



OUR COMMITTEE

Laura Hopper, chair
Alexa Zarins
Anita Galllott
Becky Chapman
Colleen McKenzie
Geoff Fifield
Jackie Adams
James Foley
Katie Doiron
Maddi McKay
Maggie Chapman
Molly MacEachern
Shauna Foran
Shelley MacDonald

CONTACT US

Web: risingtideacademy.ca/acidc
Email: acidchamps@gmail.com
Facebook: [@acidcfeis](https://www.facebook.com/acidcfeis)
Instagram: [@acidcfeis](https://www.instagram.com/acidcfeis)

#ACIDCFeis



FEES & REGISTRATION

Fees (all fees are in Canadian dollars)

Tir na nOg, grade solos (inc. second chance), adult solos: \$10/dance/feis

Grade special trophies: \$13/dance/feis

Adult Championship: \$45/feis

Preliminary Championship: \$45/feis

Preliminary Championship second chance: \$40

Preliminary Championship set dance: \$10

Open Championship: \$55/feis

Figures: \$10/dancer/figure/feis

Treble reels: \$13/dance/feis

Admission fee: \$30/feis

Family maximum: \$150/feis (excludes admission fee, treble reel and late fees)

Late fee: \$25/dancer for registrations on March 18, 2024 or later

No refunds will be granted, regardless of reason, unless the feiseanna are cancelled by the committee due to an extreme situation such as pandemic.

REGISTRATION

Feis registration is through ifeis.net.

Dancers/families need an iFeis account in order to register.

To register:

1. Go to ifeis.net/feiseanna
2. If you don't have an account in the system, select 'login' and use a Google or Facebook account to register
3. Navigate to the 'Feiseanna' page, select ACIDC and follow the prompts
4. Note each day is its own feis so you'll need to complete the process twice if attending both

DATES

Early bird contest deadline:

February 25, 2024

Late fees apply: March 18, 2024

Last day to register: April 12, 2024



SYLLABUS EXPLAINER



BEFORE YOU REGISTER OR READ THE SYLLABUS, READ THIS PAGE FIRST.

This syllabus has information for two feiseanna. **You must register for each feis separately on iFeis.** Each day is its own, independent feis with some slight differences in competitions offered between the two days.

The feis admission fee paid at registration covers any guests that a dancer wants to bring to the feis. **No door fee is charged at the feiseanna.**

Each competition has a code associated with it, for example B8S. The first letter indicates level, the number indicates the age group and the final letter indicates the dance. For example, B8S is a Beginner U8 Slip Jig competition. **Be sure to register for the correct dances, in the correct level for you/your dancer.**

Special trophy competitions are in red. These dances cost a little more to enter because the awards are larger for 1st, 2nd and 3rd place. The specials change each day.

Cookie competitions are in blue. These dances will have custom-designed cookies as the prize. You don't need to do anything extra here, we're just letting you know what the prize is! Dancers with related allergies can swap for medals.

Novice, Open Prizewinner and Preliminary Championship are offered different second chance competitions throughout the weekend. Second chance competitions are another opportunity to compete and they DO qualify for advancement.

New for 2024, there are three levels of solo adult competitions. Please enter the level that is most appropriate for you. If you're unsure, please speak to your TCRG for guidance.

Also new for 2024 are music competitions. These are being offered on Saturday only. Entrants do not need to be Irish dancers or competitors at the feiseanna.

ACIDC: SATURDAY SYLLABUS



GRADE SOLOS

Tir na nOg

For dancers under six who have never competed in any feis grade level. No make-up/wigs permitted. Costumes/shoes optional.

Reel
122 bpm
U6 TNU6



Red events are special trophy competitions. Trophies will be awarded for 1st, 2nd and 3rd place.

Beginner

	Reel 122 bpm	Light Jig 115 bpm	Slip Jig 122 bpm	Single Jig 124 bpm
U5	B5R	B5L	B5S	B5X
U6	B6R	B6L	B6S	B6X
U7	B7R	B7L	B7S	B7X
U8	B8R	B8L	B8S	B8X
U9	B9R	B9L	B9S	B9X
U10	B10R	B10L	B10S	B10X
U11	B11R	B11L	B11S	B11X
U12	B12R	B12L	B12S	B12X
120	B99R	B99L	B99S	B99X



Blue events have custom cookies for awards. All dancers in the cookie competitions will receive a cookie, regardless of placement. Pick-up at awards desk.


Advanced Beginner

	Reel 122 bpm	Light Jig 115 bpm	Slip Jig 122 bpm	Single Jig 124 bpm	Treble Jig 92 bpm	Hornpipe 138 bpm	St. Pat's Day 94 bpm
U7	A7R	A7L	A7S	A7X	A7T	A7H	A7P
U9	A9R	A9L	A9S	A9X	A9T	A9H	A9P
U11	A11R	A11L	A11S	A11X	A11T	A11H	A11P
U13	A13R	A13L	A13S	A13X	A13T	A13H	A13P
130	A99R	A99L	A99S	A99X	A99T	A99H	A99P

Novice

	Reel 113 bpm	Light Jig 115 bpm	Slip Jig 113 bpm	Treble Jig 92/73 bpm	Hornpipe 138/113 bpm	Trad Set See pg. 8
U7	N7R	N7L	N7S	N7T	N7H	N7D
U9	N9R	N9L	N9S	N9T	N9H	N9D
U11	N11R	N11L	N11S	N11T	N11H	N11D
U13	N13R	N13L	N13S	N13T	N13H	N13D
130	N99R	N99L	N99S	N99T	N99H	N99D


Novice Second Chance

	Reel <i>113 bpm</i>	Light Jig  <i>115 bpm</i>	Slip Jig <i>113 bpm</i>
U7	N7RB	N7LB	N7SB
U9	N9RB	N9LB	N9SB
U11	N11RB	N11LB	N11SB
U13	N13RB	N13LB	N13SB
130	N99RB	N99LB	N99SB

Open Prizewinner

	 Reel <i>113 bpm</i>	 Slip Jig <i>113 bpm</i>	Treble Jig <i>92/73 bpm</i>	Hornpipe <i>138/113 bpm</i>	Trad Set <i>See pg. 8</i>
U9	P9R	P9S	P9T	P9H	P9D
U11	P11R	P11S	P11T	P11H	P11D
U13	P13R	P13S	P13T	P13H	P13D
130	P99R	P99S	P99T	P99H	P99D



Open Prizewinner Second Chance

	Reel <i>113 bpm</i>	 Slip Jig <i>113 bpm</i>
U9	P9RB	P9SB
U11	P11RB	P11SB
U13	P13RB	P13SB
130	P99RB	P99SB

Adult Beginner/Advanced Beginner

	 Reel <i>122 bpm</i>	Light Jig  <i>115 bpm</i>	Slip Jig <i>122 bpm</i>	Single Jig <i>124 bpm</i>	Treble Jig <i>92 bpm</i>	Hornpipe <i>138 bpm</i>	St. Pat's Day <i>94 bpm</i>
All	M99R-1	M99L-1	M99S-1	M99X-1	M99T-1	M99H-1	M99P-1

Adult Novice/Open Prizewinner

	 Reel <i>113 bpm</i>	Light Jig  <i>115 bpm</i>	Slip Jig <i>113 bpm</i>	Single Jig <i>124 bpm</i>	Treble Jig <i>92/73 bpm</i>	Hornpipe <i>138/113 bpm</i>	Trad Set <i>See pg. 8</i>
All	M99R-2	M99L-2	M99S-2	M99X-2	M99T-2	M99H-2	M99D-2

Please see the championship solos section of the syllabus for the Adult Championship competition. Note that Adult Advanced is not being offered for 2024.

TREBLE REELS & MUSIC

Grades and Championship Treble Reels

Open to all grade level or championship dancers. Dancers will perform 16 bars of a treble reel. All proceeds from treble reels will be donated to the [Youth Project](#). The Youth Project's mission is to make Nova Scotia a safer, healthier and happier place for lesbian, gay, bisexual and transgender youth through support, education, resource expansion and community development.

	Grades	Champ
U11	TR11G	TR11C
U15	TR15G	TR15C
150	TR99G	TR99C

Music

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

	Music
U12	MUS12
120	MUS99

FIGURES

Figures

Two-hands and three-hands must be 48 bars of choreography in length. Four-hands must be taken from Ár Rincí Ceili.

	2-Hand	3-Hand	4-Hand
U10	F10-2	F10-3	F10-4
U12	F12-2	F12-3	F12-4
U15	F15-2	F15-3	F15-4
150	F99-2	F99-3	F99-4
Adult	F99M-2	F99M-3	F99M-4

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

CHAMPIONSHIP SOLOS

Preliminary Championship

Dancers will perform reel (113bpm) or slip jig (113bpm) and treble jig (73 bpm) or hornpipe (113bpm).

Preliminary

U9	PC9
U11	PC11
U13	PC13
U15	PC15
U17	PC17
170	PC99

Preliminary Championship Second Chance

Dancers will perform reel (113bpm) or slip jig (113bpm) and treble jig (73 bpm) or hornpipe (113bpm).

Preliminary

U9	PC9B
U11	PC11B
U13	PC13B
U15	PC15B
U17	PC17B
170	PC99B

A parade of champions will be held following the final championship awards for all 1st place PC, PCB, M99-3, and OC dancers on the championship stage.

Round awards will be given in each championship event.

See championship treble reel competitions on page 8.



Adult Championship

Dancers will perform reel (113bpm) or slip jig (113bpm) and treble jig (73 bpm) or hornpipe (113bpm) and a traditional set (see page 8 for accepted dances and speeds.).

Adult

All	M99-3
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Open Championship

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

Open

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

ACIDC: SUNDAY SYLLABUS



GRADE SOLOS

Tir na nOg

For dancers under six who have never competed in any feis grade level. No make-up/wigs permitted. Costumes/shoes optional.


 **Reel**
122 bpm
TNU6

U6



Red events are special trophy competitions. Trophies will be awarded for 1st, 2nd and 3rd place.



Beginner

	Reel 122 bpm	Light Jig 115 bpm	 Slip Jig 122 bpm	Single Jig 124 bpm
U5	B5R	B5L	B5S	B5X
U6	B6R	B6L	B6S	B6X
U7	B7R	B7L	B7S	B7X
U8	B8R	B8L	B8S	B8X
U9	B9R	B9L	B9S	B9X
U10	B10R	B10L	B10S	B10X
U11	B11R	B11L	B11S	B11X
U12	B12R	B12L	B12S	B12X
120	B99R	B99L	B99S	B99X



Blue events have custom cookies for awards. All dancers in the cookie competition will receive a cookie, regardless of placement. Pick-up at awards desk.


Advanced Beginner

	Reel 122 bpm	Light Jig 115 bpm	Slip Jig 122 bpm	Single Jig 124 bpm	 Treble Jig 92 bpm	Hornpipe 138 bpm	 St. Pat's Day 94 bpm
U7	A7R	A7L	A7S	A7X	A7T	A7H	A7P
U9	A9R	A9L	A9S	A9X	A9T	A9H	A9P
U11	A11R	A11L	A11S	A11X	A11T	A11H	A11P
U13	A13R	A13L	A13S	A13X	A13T	A13H	A13P
130	A99R	A99L	A99S	A99X	A99T	A99H	A99P



Novice

	Reel 113 bpm	Light Jig 115 bpm	Slip Jig 113 bpm	 Treble Jig 92/73 bpm	Hornpipe 138/113 bpm	 Trad Set See pg. 13
U7	N7R	N7L	N7S	N7T	N7H	N7D
U9	N9R	N9L	N9S	N9T	N9H	N9D
U11	N11R	N11L	N11S	N11T	N11H	N11D
U13	N13R	N13L	N13S	N13T	N13H	N13D
130	N99R	N99L	N99S	N99T	N99H	N99D


Novice Second Chance

	Treble Jig 92/73 bpm	Hornpipe 138/113 bpm	 Trad Set See pg. 13
U7	N7TB	N7HB	N7DB
U9	N9TB	N9HB	N9DB
U11	N11TB	N11HB	N11DB
U13	N13TB	N13HB	N13DB
130	N99TB	N99HB	N99DB

Open Prizewinner

	Reel 113 bpm	Slip Jig 113 bpm	Treble Jig 92/73 bpm	 Hornpipe 138/113 bpm	 Trad Set See pg. 13
U9	P9R	P9S	P9T	P9H	P9D
U11	P11R	P11S	P11T	P11H	P11D
U13	P13R	P13S	P13T	P13H	P13D
130	P99R	P99S	P99T	P99H	P99D


Open Prizewinner Second Chance

	Treble Jig 92/73 bpm	Hornpipe 138/113 bpm	 Trad Set See pg. 13
U9	P9TB	P9HB	P9DB
U11	P11TB	P11HB	P11DB
U13	P13TB	P13HB	P13DB
130	P99TB	P99HB	P99DB

Adult Beginner/Advanced Beginner

	Reel 122 bpm	Light Jig 115 bpm	Slip Jig 122 bpm	Single Jig 124 bpm	 Treble Jig 92 bpm	Hornpipe 138 bpm	St. Pat's Day 94 bpm
All	M99R-1	M99L-1	M99S-1	M99X-1	M99T-1	M99H-1	M99P-1

Adult Novice/Open Prizewinner

	Reel 113 bpm	Light Jig 115 bpm	Slip Jig 113 bpm	Single Jig 124 bpm	 Treble Jig 92/73 bpm	Hornpipe 138/113 bpm	Trad Set See pg. 13
All	M99R-2	M99L-2	M99S-2	M99X-2	M99T-2	M99H-2	M99D-2

Please see the championship solos section of the syllabus for the Adult Championship competition. Note that Adult Advanced is not being offered for 2024.

TREBLE REELS

Grades and Championship Treble Reels

Open to all grade level or championship dancers. Dancers will perform 16 bars of a treble reel. All proceeds from treble reels will be donated to the [Youth Project](#). The Youth Project's mission is to make Nova Scotia a safer, healthier and happier place for lesbian, gay, bisexual and transgender youth through support, education, resource expansion and community development.

	Grades	Champ
U11	TR11G	TR11C
U15	TR15G	TR15C
150	TR99G	TR99C

FIGURES

Figures

Two-hands and three-hands must be 48 bars of choreography in length. Four-hands must be taken from Ár Rincí Ceili.

	2-Hand	3-Hand	4-Hand
U10	F10-2	F10-3	F10-4
U12	F12-2	F12-3	F12-4
U15	F15-2	F15-3	F15-4
150	F99-2	F99-3	F99-4
Adult	F99M-2	F99M-3	F99M-4

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

CHAMPIONSHIP SOLOS

Preliminary Championship

Dancers will perform reel (113bpm) or slip jig (113bpm) and treble jig (73 bpm) or hornpipe (113bpm).

	Prelim
U9	PC9
U11	PC11
U13	PC13
U15	PC15
U17	PC17
170	PC99

Preliminary Championship Set Dance

All U8/U9 Preliminary Championship competitors must dance a traditional set. See dances and speeds on page 13.

	Preliminary Set
U9	PC9S
U11	PC11S
U13	PC13S
U15	PC15S
U17	PC17S
170	PC99S

Adult Championship

Dancers will perform reel (113bpm) or slip jig (113bpm) and treble jig (73 bpm) or hornpipe (113bpm) and a traditional set (see page 8 for accepted dances and speeds.).

	Adult
All	M99-3

Open Championship

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

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

A parade of champions will be held following the final championship awards for all 1st place PC, PCB, M99-3, and OC dancers on the championship stage.

Round awards will be given in each championship event.

See championship treble reel competitions on page 13.



ACIDC RULES

1. Although unlikely, It is possible that at the time of the feiseanna, COVID-19 protocols could be in place. By registering, all attendees agree to abide by all related restrictions put in place including, but not limited to, vaccination, masking, controlled attendance and distancing.
2. Photographs may be taken during this event by ACIDC's representatives. As a public event, ACIDC may use photographic and electronic images and/or recordings, which may or may not include your recognizable image, to advance the mandate of, and further promote the feis in print, digital or web-based formats. By visiting or participating in ACIDC, and being present in a public setting, you authorize the use and reproduction by the feis, or anyone authorized by the feis, of any photographs, audio and/or video recordings taken while at the feiseanna, without compensation.
3. No refunds will be offered for any reason unless the feiseanna are cancelled. Registrations will not be considered complete until payment is received through iFeis.
4. All awards must be collected on feis weekend. Awards not collected will not be mailed after.

IDTACE DANCING COMPETITION RULES

REGISTRATION PROCEDURES

- A1. Entries for dancing competitions are confined to pupils of accredited Irish Dancing teachers who are registered with An Coimisiún le Rinci Gaelacha, and any additional regional bodies as required (based on residency). There are no such requirements for entries in art, music, soda bread etc.
- A2. In the case of all solo and team competitions at all levels, the age of a competitor on the 1st of January in the year in which the competition is held will determine the right of entry. For the purposes of this rule, a competitor whose birthday occurs on the 1st of January shall be deemed to be under the age attained on that date.
- A3. All dancers must compete in their own age group. Exceptions may be made to compete in a higher age group (specials, team events) but it is never permissible to compete in a lower age group. Proof of age may be requested in order to participate. Falsification of documents will result in disqualification from said event, with possible additional repercussions.
- A4. Individuals holding TCRG, ADCRG, BG, SDCRG or TMRG status are not eligible to participate in any dance events.
- A5. Dancers undertaking a six-month re-styling period are not permitted to participate. It is the responsibility of the dancer/legal guardian to ensure eligibility by confirming with the dancer's teacher(s).
- A6. Grade-level dancers may not also compete in Preliminary or Open Championship level events and vice-versa, but may compete in team events, plus supplemental competitions corresponding to their level.
- A7. The Feis Committee has the right to reject any entry for cause, to cancel all or part of the feis and/or to limit, merge or split competitions. The Feis Committee has the right to approve or deny requests for changes to entries on the day of the feis and/or to charge processing fees for same. The decision of the feis committee shall be final in all such matters.

A8. The Feis Committee (and any organization affiliated with same including, but not limited to the IDTAC-ER), will not be held responsible for personal injury, property loss/damage or any other incident as a result of participating in the event.

A9. Participants and/or their families who do not wish for their child's name to appear on published registration lists must contact the Feis Committee to make such arrangements. The Feis Committee must honour all requests received within a reasonable time frame prior to the commencement of the feis. It is the responsibility of the person making the request to ensure it has been successfully carried out.

A10. Feis Committees must ensure that all necessary steps to protect identification data of the participants are taken by the registration/tabulation company.

COMPETITION MERGERS & SPLITS

B1. All competitions need five or more participants to warrant achievements to count toward advancement of levels, so competitions may need to be combined to facilitate this process. See DEFINITION OF LEVELS for more information on advancing levels.

B2. Merging of competitions occurs ONLY with the next higher age group and never with a lower age group. A competition with a satisfactory number of entries may not be merged in order to make the next highest age group have enough participants to "count".

B3. Double-age groups cannot be merged with another double-age group; therefore, only two single- age groups may be combined.

B4. It is also not permitted to merge three single-age groups, however, permission from the Regional Director may be requested for the oldest age groups of a particular level.

B5. Splitting of grade-level competitions must occur at 15 entries. Splitting of Preliminary and Open Championship competitions must occur at 25 entries. In all cases, double-age competitions shall be split to single age groups, while single-age group competitions shall be split at random into two groups.

B6. Competitions not reaching the threshold noted above may not be split.

B7. Open Championship Under 9 may NOT be combined with Under 11, unless there is only one entry, in which case it must be combined with Under 11 to provide some competition for the Under 9 dancer.

B8. Entries received after splits/mergers have been approved by the Feis Liaison and published by the Feis Committee shall not require further adjustments (effective Jan 1 2017).

ADJUDICATORS/MUSICIANS

C1. Only persons currently registered with ADCRG certification from An Coimisiún le Rinci Gaelacha can adjudicate dancing competitions. Feis Committees must ensure that adjudicators are current with CLRG mandates related to Vetting and Child Protection Course certification before being contracted.

C2. Adjudicators must declare any potential adjudication conflicts when contracted. It is the shared responsibility of the adjudicator and the Feis Committee to ensure that the adjudicator is assigned only to competitions without adjudication conflicts.

C3. Adjudicators and musicians shall be paid fees at current IDTANA rates, payable in US Dollars or, at the discretion of the Feis Committee, the Canadian Dollar equivalent using the exchange rate of the most recent business day prior to the commencement of the event.

C4. In matters pertaining to adjudication, the decision of the adjudicators is final.

C5. Adjudicators are responsible for ensuring the tempos played by the musician meet the requirements of this syllabus, therefore, Feis Committees are required to provide all engaged adjudications with syllabus requirements such as: the rules, lengths of dances and speed requirements.

C6. Feis Committees are requested to list adjudicators on their syllabus. If adjudicators are not

listed on the syllabus, they must be posted on the Feis website/social media a minimum of 30 days prior to registration closing for the Feis. Adjudicators names should not be removed once registration closes.

C7. At least three adjudicators must be utilized for Preliminary and Open Championship competitions to serve as a set panel. Should a feis committee wish to offer an alternate format of judging, such as rotating panels, permission must be granted from the Regional Director. Such requests must be made in writing to the Regional Director a minimum of one (1) month in advance of the anticipated publication date of the syllabus.

C8. Live music played by accomplished feis musicians is required for every competitor.

DEFINITION OF LEVELS

D1. Beginner Grade: A Beginner is a competitor who has not yet taken a full year of Irish Dance lessons from a registered teacher, thereby giving Beginners a full year with such status. A Beginner must move into the Advanced Beginner category the following year. See COSTUME RULES for more information.

D2. Advanced Beginner Grade: An Advanced Beginner dancer has at least one year's experience in Irish dancing, and no longer competes at the Beginner level. At this level, dancers begin to compete hard shoe dances (at traditional speeds), including the Traditional Set Dance called St. Patrick's Day. See ADVANCEMENT OF LEVELS and COSTUME RULES for more information.

D3. Novice Grade: A Novice dancer is someone who has won the necessary medals in Advanced Beginner in some or all of the required dances. It is possible to participate in more than one level, however not for the same dance. At the Novice level, the speed for soft shoe dances is slower than in Advanced Beginner, and there is a choice of speed for hard shoe dances. Additionally, dancers can choose from the list of seven Traditional Set Dances to expand their knowledge. See ADVANCEMENT OF LEVELS and COSTUME RULES for more information.

D4. Prizewinner Grade: A Prizewinner dancer is someone who has won the necessary medals in Novice in some or all of the required dances, meaning it is possible to participate in both levels, however not for the same dance. At this level, the dancer typically focuses on the four main solo dances (reel, slip jig, treble jig and hornpipe) and may start to learn a set dance at contemporary speed in addition to traditional speed set dances. There is no mandate that a dancer MUST advance to Preliminary Championship after achieving the required wins. The time to advance is at the discretion of the dancer's teacher. See ADVANCEMENT OF LEVELS and COSTUME RULES for more information.

D5. Preliminary Championship: Dancers who have successfully graduated from the grade levels shall advance to Preliminary Championship. This level may not be skipped over in favour of advancing straight to Open Championship. At this level, dancers choose one soft shoe dance and one hard shoe dance to compete in a single competition before three adjudicators on a larger stage. The length of the dances is longer than in the grade levels. Overall placements are awarded based on combined scores from all adjudicators. See ADVANCEMENT OF LEVELS and COSTUME RULES for more information.

D6. Open Championship: Dancers who have successfully met the advancement requirements for Preliminary Championship shall register for Open Championship. The Open Championship format is similar to that of Preliminary Championship; however, three dances are performed in Open Championship. Dancers who have not placed in Open Championship for a period of two years may return to Preliminary Championship (excluding dancers who have placed first, second or third over any period of time). Dancers availing of this opportunity will have to win their way back into Open Championship. See ADVANCEMENT OF LEVELS and COSTUME RULES for more information.

D7. Competitions for Adult dancers are to be offered at 4 levels: Adult Beginner/Advanced Beginner, Adult Novice/Prizewinner, Adult Championship, and Advanced Adult Championship. In

each instance, an Adult Dancer must be at least 19 years of age or older. An Adult Beginner/Advanced Beginner must never have competed as a juvenile and may compete in hard shoe dances at traditional speeds only. An Adult Novice/Prizewinner dancer must not have competed as a juvenile during the previous five (5) years and must be offered a choice of speed for hard shoe dances (Treble Jig and Hornpipe), along with the full list of Traditional Set Dances. An Adult Championship dancer must not have competed as a juvenile during the previous five (5) years and must be offered a choice of the full list of Traditional Set Dances. A Contemporary Set Dance competition may not be offered at any level. An Advanced Adult Championship dancer is an adult dancer who has previously placed in the top three of a Preliminary Championship or competed in Open Championship levels in the youth/& over levels regardless of when the competitor was active. Once a dancer begins competing in Advanced Adult, they may not return to youth/& over.

D8. Dancers who are eligible to compete as Adult Beginner/Advanced Beginner, Adult Novice/Prizewinner, or Adult Championship under Rule D7 may choose to compete in the non-Adult 99 age groups for Beginner, Advanced Beginner, Novice, Prizewinner, Preliminary Championships or Open Championships, per the qualifying rules for those levels, but may not return to Adult Beginner/Advanced Beginner, Adult Novice/Prizewinner, or Adult Championship for a period of five (5) years.

ADVANCEMENT OF LEVELS

E1. At least five (5) participants (not entries) are required for advancement to the next higher level.

E2. For Advanced Beginner, a first/second/third will warrant advancement to the Novice level.

E3. For the Novice and Prizewinner levels, only a first-place warrants advancement.

E4. Dancers who win a first place in at least one Prizewinner soft shoe (Reel or Slip Jig) plus one Prizewinner hard shoe (Treble Jig or Hornpipe) will be eligible to advance to Preliminary Championships.

E5. Dancers who win first place in two eligible Preliminary Championship competitions (with five competitors or more) in the same calendar year must advance to Open Championship in the following year. However, if the second win is achieved in a different calendar year, then the dancer must advance to Open Championship at their next competition. If their next competition is to be held on the same weekend as that second win, then they shall not be required to advance levels until the following weekend.

E6. Placing in a regional or national Oireachtas does not affect one's status as feiseanna.

E7. For Adult competitions, advancement to be at teacher's discretion.

DANCING RULES

F1. Any unauthorized visible or audible coaching (by a parent, teacher or anyone else) to a dancer who is competing on stage, may disqualify that dancer from that competition. The Feis Committee is encouraged to provide a knowledgeable volunteer to assist beginners (and other less experienced dancers) with coaching to know when to start dancing. However, once the dancer commences, no more counting/coaching will be permitted.

F2. No block/"en Pointe"/toe-walking movements, stationary or moving, are allowed to be performed for dancers competing up to and including the under 12 age group, in any level. After September 1 of each year an exception is made for those dancers who are 11 years of age and competing in the under 12 age group.

F3. All dancers up to and including U9 in any level may not compete a Set Dance at contemporary speed. Participants in Open Championship shall dance their Traditional Set Dance on stage one-at-a-time, whereas participants in grade-level competitions and in Preliminary Championships shall dance their Traditional Set Dance two (or three)-at-a time, at the discretion of the Feis

Committee (and subject to the rules governing stage sizes).

F4. Dancers finishing ahead of the required part of music and/or not completing the required number of steps shall be deemed to have not completed the dance and will be marked accordingly.

F5. Stages for grade level and team competitions must be at least 20' wide x 16' deep, and in order to run competitions three-at-a-time, stages must be at least 24' wide x 20' deep.

F6. Stages for Preliminary and Open Championship competitions must be at least 24' wide x 20' deep, and in order to run competitions three-at-a-time, stages must be at least 32' wide x 24' deep.

F7. Stages may not be either on bare concrete or cement, or with rolled out flooring overtop.

F8. Awards should be a minimum of 40%, based on the number of participants. Feis Committees are encouraged to ensure that situations are avoided where, due to ties or otherwise, one dancer is left out of a result, and that all Beginner level participants receive at least one award.

F9. Teachers or team captains are responsible to ensure that their teams are complete and in position when the competition is announced. Team competitors may compete in the next higher age group but never in a lower age group. A competitor may compete in no more than two different age groups for any one category (4-hand, 8-hand, etc.)

F10. Competitions may be closed at the discretion of the Feis Committee if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced. Dancers involved in stage conflicts should notify (or send a representative to notify) the stage manager for each stage so an accommodation can be made.

COSTUME RULES

G1. The costume for Beginner and Advanced Beginner level dancers may consist only of a skirt and blouse/leotard (or shirt and trousers for boys) or an official school costume. Solo costumes are not permitted at these levels.

G2. Novice, Prizewinner, Preliminary Championship and Open Championship level dancers are permitted to choose a "solo" costume, subject to the current directives of CLRG, but may also wear a School Costume. Costumes must adhere to modesty and decency in terms of length, fit and fabric.

G3. Shorts or any other unconventional dresses/costumes are strictly prohibited, unless expressly permitted under these rules or the rules of a special category (e.g., charity treble reel).

G4. Where costumes are deemed to be too short, an adjudicator may insist that tights of a denier not less than 70 must be worn by the dancer. The adjudicator shall notify the Stage Manager or Feis Committee representative in a discreet manner, who in turn must handle the situation tactfully.

G5. All dancers aged 14 and older competing in what is commonly referred to as "all-black" or "black-out" attire (irrespective of the actual colour of the outfit) must wear tights of a denier not less than 70.

G6. Makeup (including facial tanner) is not permitted on dancers in Beginner and Advanced Beginner levels, up to and including the under 12 age group.

G7. Makeup (including facial tanner) is prohibited on dancers in Novice, Prizewinner, Preliminary Championships and Open Championships up to and including the under 10 age group.

G8. Dancers using artificial carriage aids will be subject to disqualification from that particular competition. Medically prescribed aids (proof of which may be required) will exempt dancers from this rule.

G9. Dancers must wear an official competitor's number when performing in all competitions. The use of reflective plastic number covers is discouraged because it can be difficult for adjudicators to see the number in certain lighting conditions.

G10. All dancers (solo and teams) must be in full costume and Irish dance shoes for award

presentations.

FEIS GUIDELINES

H1. No one other than the Feis Committee may approach an adjudicator during the competition day, and no one may approach an adjudicator while dancers are performing.

H2. Feiseanna must read the statement “No one other than the Feis Committee may approach an adjudicator during the competition day, and no one may approach an adjudicator while dancers are performing”, once in the morning (recommended after anthems are performed), and once after lunch.

H3. Adjudicators can keep stationary (pens, paper, calculator, etc.) on the table. All other items should be under the table/in a purse while competitions are in progress.

H4. Adjudicators must not use cell phones, smart watches, or other transmitting devices while at the judge’s table.

H5. TCRG who are practicing judging must not practice adjudicating any competitions (meaning individual competitions, not the entire event) where their own dancers are entered.

H6. Only committee members and volunteers are allowed in tabulation.

OTHER

J1. If a rule is not specifically listed in the feis syllabus, the rules of the Eastern Canada Regional Syllabus shall preside.

J2. A competitor may be disqualified for any of the following reasons: a) Conduct unbecoming of a lady or gentleman. b) Failure to report on time to compete. (Penalty: disqualification from said event) c) Falsification of age or other important facts – i.e., teaching, award winning, competing under another competitor’s name or number, etc.

J3. In consideration of safety and in fairness to dancers performing at a Feis, photography of any kind which has the capability of capturing a dancer's image while in motion is strictly forbidden. A Feis may elect to allow in motion photography for publicity purposes, but the pictures are considered the sole property of the Feis and solely for Feis use only; these are not be used for personal gain through commercial use or sale, and under no circumstances can they be published on any website or other areas, without the express written permission of the persons involved. Additionally, a professional photographer may be formally contracted by a Feis to capture non-motion photographs, such as portrait photography, awards ceremonies, etc. and/or in motion photography provided it is taken at a vendor station or suitable location: (a) away from the dancing stages and, (b) requested by a consenting parent, guardian, or dancer (over the age of 18).