

# CHERRY BLOSSOM FEIS



Presented by:

McGrath Morgan Academy of Irish Dance  
& Claddagh Irish Dance Association, 501(c)(3)

Sunday, March 3, 2024, 9am

## LOCATION

Hyatt Regency Dulles  
2300 Dulles Corner Blvd.  
Herndon, VA  
(Near Dulles Airport with free shuttle)

## ENTRY LIMITS

First 275 PAID Grade Level Entries  
First 120 PAID Open Champions  
First 90 PAID Preliminary Champions  
*No limits on Tir na Nog*

## REGISTRATION

Register at [ifeis.net](http://ifeis.net) ONLY

*After February 25<sup>th</sup> all registration and changes must be completed in person at the feis on March 3rd.*

**ONLY credit card payments accepted.**

*Full online payment must be received for entry to be considered completed.*

## MCGRATH MORGAN ACADEMY OF IRISH DANCE

Lauren McGrath Dutton, ADCRG  
John Lawrence Morgan, TCRG

This syllabus has been approved by Areleen  
Ni Bhaoill, TCRG Southern Region Liaison  
on 01/19/2024

## Contact Information

info@cida.news  
www.facebook.com/CIDAMcGrath  
Instagram @CIDA\_McGrath  
Instagram @mcma\_feiseanna

## KEY FACTS

- ♣ Through February 25, registration and changes only accepted at iFeisnet.♣
- ♣ No checks accepted.♣
- ♣ Parents are entirely responsible for their children's safety. Neither the feis nor organizers, nor venue will be held liable for any injury that occurs at this event. By entering this feis you are agreeing to these terms.♣
- ♣ Adjudicating decisions made by the panel are final.♣
- ♣ All Non-Adjudicating decisions will be decided by the feis organizers and will be final.♣
- ♣ Competitions may be combined or split as deemed necessary by the Feis Committee.♣
- ♣ Doors open at 8:00am.♣

Springtime Fun Costumes  
Encourage for Grade dancers

## ENTRY FEES

Grade Level Solo Dances	\$12 per event
Preliminary Championship	\$50
Open Championship	\$60
3 Hand Ceili	\$36
4 Hand Ceili	\$48
8 Hand Ceili	\$96
Family Admission Fee	\$30
Late Entry Fee ♦ After 2/1 ♦	\$25
Day of Entry Fee ♦ After 2/25 ♦ Only at Feis	\$50
Family Maximum	\$180 (excludes teams, second chance, family fee & late fees)

**ABSOLUTELY NO REFUNDS GIVEN**

## ADJUDICATORS & MUSICIANS

### *Adjudicators:*

Maureen Armstrong, ADCRG  
Camille Eubank, ADCRG  
TBA

### *Musicians:*

Claire Shirey, Fiddle  
Marty Garfield-Levine, Fiddle

## Tir Na Nog (516)

Open to any child who is six years old or younger and who has not competed.

Each dancer will be given the opportunity to perform to 16 bars of music. They can dance their reel, skips, sevens, or whatever they can manage.

A special award will be presented to each dancer on stage immediately following the competition.

## HOTEL INFORMATION

Hyatt Regency Dulles  
2300 Dulles Corner Blvd.  
Herndon, VA  
(703) 713-1234

Booking link:

<https://www.hyatt.com/en-US/group-booking/DULLE/G-MCTH>

Group code: G-MCTH

**BEGINNER**

Age	Reel	Light Jig	Slip Jig
Under 6	206RL	206LJ	206SJ
Under 7	207RL	207LJ	206SJ
Under 8	208RL	208LJ	208SJ
Under 9	206RL	206LJ	206SJ
Under 10	210RL	210LJ	210SJ
Under 11	206RL	206LJ	206SJ
11&Over	212RL	212LJ	212SJ

**ADVANCED BEGINNER**

Age	Reel	Light Jig	Slip Jig	Treble Jig*	Hornpipe*	Traditional Set
Under 6	306RL	306LJ	306SJ	306TJ	306HP	306TS
Under 7	307RL	307LJ	307SJ	307TJ	307HP	307TS
Under 8	308RL	308LJ	308SJ	308TJ	308HP	308TS
Under 9	309RL	309LJ	309SJ	309TJ	309HP	309TS
Under 10	310RL	310LJ	310SJ	310TJ	310HP	310TS
Under 11	311RL	311LJ	311SJ	311TJ	311HP	311TS
Under 12	312RL	312LJ	312SJ	312TJ	312HP	312TS
12&Over	313RL	313LJ	313SJ	313TJ	313HP	313TS

\*Must be performed at Traditional Speed.

**NOVICE**

Age	Reel	Light Jig	Slip Jig	Treble Jig*	Hornpipe*	Traditional Set
Under 7	407RL	407LJ	407SJ	407TJ	407HP	407TS
Under 8	408RL	408LJ	408SJ	408TJ	408HP	408TS
Under 9	409RL	409LJ	409SJ	409TJ	409HP	409TS
Under 10	410RL	410LJ	410SJ	410TJ	410HP	410TS
Under 11	411RL	411LJ	411SJ	411TJ	411HP	411TS
Under 12	412RL	412LJ	412SJ	412TJ	412HP	412TS
Under 13	413RL	413LJ	413SJ	413TJ	413HP	413TS
Under 14	414RL	414LJ	414SJ	414TJ	414HP	414TS
Under 15	415RL	415LJ	415SJ	415TJ	415HP	415TS
15&Over	416RL	416LJ	416SJ	416TJ	416HP	416TS

\*Choice of traditional or slow speed.

**PRIZEWINNER**

Age	Reel	Light Jig	Slip Jig	Treble Jig*	Hornpipe*	Traditional Set
Under 7	507RL	507LJ	507SJ	507TJ	507HP	507TS
Under 8	508RL	508LJ	508SJ	508TJ	508HP	508TS
Under 9	509RL	509LJ	509SJ	509TJ	509HP	509TS
Under 10	510RL	510LJ	510SJ	510TJ	510HP	510TS
Under 11	511RL	511LJ	511SJ	511TJ	511HP	511TS
Under 12	512RL	512LJ	512SJ	512TJ	512HP	512TS
Under 13	513RL	513LJ	513SJ	513TJ	513HP	513TS
Under 14	514RL	514LJ	514SJ	514TJ	514HP	514TS
Under 15	515RL	515LJ	515SJ	515TJ	515HP	515TS
15&Over	516RL	516LJ	516SJ	516TJ	516HP	516TS

\*Choice of traditional or slow speed.

**ADULTS**

	<b>Beginner*</b>	<b>Advanced Beginner*</b>	<b>Novice</b>	<b>Prizewinner</b>
REEL	299RL	399RL	499RL	599RL
LIGHT JIG	299LJ	399LJ	499LJ	599LJ
SLIP JIG	299SJ	399SJ	499SJ	599SJ
TREBLE JIG	299TJ	399TJ	499TJ	599TJ
HORNPIPE	299HP	399HP	499HP	599HP

*\*Must be performed at Traditional Speed.*

<b>Adult Championship 599AC</b>
<b>3 Rounds</b>
<u>Round 1 - Hard Shoe - 2 ½ steps</u> Hornpipe <b>or</b> 3 steps Treble Jig
<u>Round 2 - Soft Shoe - 2 ½ steps</u> Slip Jig <b>or</b> 3 steps Reel
Round 3 - Traditional Set of Choice

<b>ADVANCED ADULT PRELIM Championship 699PC</b>
<b>2 Rounds</b>
<u>Round 1 - Hard Shoe - 2 ½ steps</u> Hornpipe <b>or</b> 3 steps Treble Jig
<u>Round 2 - Soft Shoe - 2 ½ steps</u> Slip Jig <b>or</b> 3 steps Reel

<b>ADVANCED ADULT OPEN Championship 799OC</b>
<b>3 Rounds</b>
<u>Round 1 - Hard Shoe - 2 ½ steps</u> Hornpipe <b>or</b> 3 steps Treble Jig
<u>Round 2 - Soft Shoe - 2 ½ steps</u> Slip Jig <b>or</b> 3 steps Reel
Round 3 - Set of Choice

CHAMPIONSHIPS			
Age	Preliminary Championship	Preliminary Championship <i>Second Chance</i>	Open Championship
Under 8	608PC	608PC2	
Under 9	609PC	609PC2	709OC
Under 10	610PC	610PC2	710OC
Under 11	611PC	611PC2	711OC
Under 12	612PC	612PC2	712OC
Under 13	613PC	613PC2	713OC
Under 15	615PC	615PC2	715OC
Under 15	615PC	615PC2	715OC
Under 16	616PC	616PC2	716OC
Under 17	617PC	617PC2	717OC
Under 18	618PC	618PC2	718OC
Under 20	620PC	620PC2	720OC
Over 20	621PC	621PC2	721OC

Combined Male/Female competitions  
(unless 5 or more male Preliminary or 3 male Open Champions or discretion of the feis)

CEILI			
	3 Hand	4 Hand	8 Hand
<b>Team Fee</b>	<b>\$36</b>	<b>\$58</b>	<b>\$96</b>
Under 7	307FD	507FD	
Under 9	309FD	509FD	809FD
Under 11	311FD	511FD	811FD
Under 13	313FD	513FD	813FD
Under 15	315FD	515FD	
Under 16			816FD
Over 15	316FD	516FD	
Over 16			817FD
<b>Adult</b>	399FD	599FD	899FD

## CHARITY TREBLE REEL

All proceeds go to

## Fisher House Foundation



	Under 12	Under 18	Under 24	Over 24
Grades	512TR	518TR	524TR	525TR
Champion Level	712TR	718TR	724TR	725TR

Male/Female Combined - One step (16 bars) down the line.

# 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 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:
  - 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.
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 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 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.
  - a. Dancers must qualify for Open Championship via the method now in place for Preliminary Championship, i.e. two 1st place wins.
  - b. Dancers must compete in the Preliminary Championship competition in order to qualify for Open Championship
3. 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 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.

**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.**

4. Every competitor in Preliminary or Open Championship must have a minimum of 8 rotations or 10 minutes between each of their rounds.
5. In the event the same organization is running 2 feis' in one weekend the following must occur:
  - a. On Championship competitions , 2/3 of adjudicators must be different from the previous day.
  - 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 that meet the definition of an "Adult Dancer" may compete in Adult Ceili competitions. "Adult Dancer" includes Adult Grade Level, Adult Championship, Advanced Adult Preliminary Championship and Advanced Adult Open Championship, as defined by the qualifications found elsewhere in these rules.
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.



- 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**

- 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 Under 11, 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.**

- 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.
- 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.
- 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

**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.**

**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.**

**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.**

**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)**

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