



Hosted by Pacific Celtic Foundation & Irish Dance Academy of Alaska

Saturday, May 9th, 2026

Anchorage, Alaska

Venue TBA

Adjudicators

TBA

Musicians

TBA

Entry Deadline: Friday, April 24th, 2026

Enter online at www.feisworx.com



SYLLABUS APPROVAL

ALASKA STATE FEIS 2026

IS REGISTERED WITH THE
WESTERN U.S. REGIONAL COUNCIL

SYLLABUS APPROVED BY:

Annie Darlington

ADCRG - SERGEANT AT ARMS

MARCH 23, 2026

DATE



LEVEL DEFINITIONS AND ADVANCEMENT RULES

First Feis is not per dance. It is the first Feis ever for the dancer. Dancers may only enter First Feis once, regardless of how many dances they are competing, even in the case of back-to-back Feiseanna.

In **Beginner 1, Beginner 2 and Novice** the following advancement rules will apply:

- Competitions with 5 - 9 dancers: 1st place will advance to the next grade.
- Competitions with 10 or more dancers: 1st and 2nd places will advance to the next grade.
- Dancers may not stay in level at teacher discretion, with the exception of back-to-back feiseanna.

Prizewinner: Advancement from Prizewinner to Preliminary Championship is at teacher discretion.

Preliminary to Open Championship:

- Dancer must have 3 overall wins in competitions with 5 or more dancers. Advancement to Open is not at teacher discretion.
- Upon winning 3rd overall win in Preliminary Championships, a dancer must move immediately to Open, even in the case of back-to-back Feiseanna. This includes 2-round and 3-round Preliminary Championships.

Adults: Dancers who started after the age of 18, or who have been out of Youth/&over competition for 5 years.

Advanced Adults: Dancers age 18 or older who previously placed in the top 3 of a Preliminary Championship or competed at the Open Championship level in the youth/&over levels, regardless of when the competitor was last active.

- Advanced Adults do not need to be out of competition for 5 years before moving from the youth/&over categories to Advanced Adults.
- Dancers who have already been competing in the regular Adult categories do not need to move to Advanced Adults, regardless of their level or placements achieved when competing in youth/&over.
- An Advanced Adult dancer has opted to leave Youth/&over categories, and once the dancer begins competing in Advanced Adult, the dancer may not return to Youth/&over categories.

Beginner Figures: Open only to dancers in beginner for at least one solo dance.

Open Figures: Open to all grade levels.

Alaska State Feis

Saturday, May 9th, 2026

Competitions may be split or combined based upon paid entries



FIRST FEIS	Age >	U11	11&O
	Year >	2015+	2014-
Reel		51	61
Light Jig		52	62

First Feis Rules

Competitions are open to any dancer who has never competed before.

Beginner, Advanced Beginner, and Novice Rules

Competitions are open to any dancer who has never placed 1st with 5-9 competitors, or 1st or 2nd with 10 or more competitors in that dance at that level.

BEGINNER	Age >	U7	U9	U11	11&O	Adult
	Year >	2019+	17-18	15-16	2014-	
Reel		101	111	131	151	611
Light Jig		102	112	132	152	612
Slip Jig		103	113	133	153	613
Single Jig		104	114	134	154	614
Treble Jig		105	115	135	155	615
Hornpipe		106	116	136	156	616
St. Patrick's Day		107	117	137	157	617

ADVANCED BEGINNER	Age >	U7	U9	U11	11&O
	Year >	2019+	17-18	15-16	2014-
Reel		201	211	231	251
Light Jig		202	212	232	252
Slip Jig		203	213	233	253
Single Jig		204	214	234	254
Treble Jig		205	215	235	255
Hornpipe		206	216	236	256
St. Patrick's Day		207	217	237	257

NOVICE	Age >	U9	U11	U13	13&O	Adult
	Year >	2017+	15-16	13-14	2012-	
Reel		311	331	351	371	631
Light Jig		312	332	352	372	632
Slip Jig		313	333	353	373	633
Single Jig		314	334	354	374	634
Treble Jig		315	335	355	375	635
Hornpipe		316	336	356	376	636
St. Patrick's Day		317	337	357	377	637

PRIZEWINNER	Age >	U9	U11	U13	13&O	Adult
	Year >	2017+	15-16	13-14	2012-	
Reel		411	431	451	471	641
Light Jig		412	432	452	472	642
Slip Jig		413	433	453	473	643
Single Jig		414	434	454	474	644
Treble Jig		415	435	455	475	645
Hornpipe		416	436	456	476	646
Traditional Set		417	437	457	477	647

TROPHY SPECIALS	Age >	U9	U11	U13	13&O	Adult
	Year >	2017+	15-16	13-14	2012-	
First Feis Reel		900	901	902	903	-
Beginner/Adv. Beg. Reel		910	911	912	913	960
Novice/P'winner Reel		920	921	922	923	960
All-Grades Treble Reel		936		937	938	965

Trophy Special Rules

All trophy competitions will be danced one step down the line. Competitions are open to any dancer with the corresponding dance at a commensurate level (ex. A dancer in Beginner Reel U9 would enter the Beginner/Advanced Beginner Reel Trophy Special U9). Pre-recorded music may be used at the committee's discretion.

ALASKA CUP PREMIERSHIPS	Age >	U9	U11	U13	U15	U17	17&O	Adult
	Year >	2017+	15-16	13-14	11-12	09-10	2008-	
Preliminary Premiership		701	703	705	707	709		720
Open Premiership		751	753	755	757	759	761	770
Champ Treble Reel		970		971	972	973		965

Alaska Cup Premiership Rules

3-round championship special judged by one adjudicator; does not affect advancement. All dance 48 bars heavy jig or 40 bars hornpipe, 48 bars reel or 40 bars slip jig, and choice of trad. set (U9 and Adult) or modern set (9&O and Adv. Adult). Treble reel one step.

TEAMS	Age >	U7	U9	U11	U13	U16	16&O	Adult
	Year >	2019+	17-18	15-16	13-14	10-12	2009-	
Beginner 2-hand		802	812	822	832			-
Beginner 3-hand		803	813	823	833			-
Open 2-hand Book		852			862	872	882	892
Open 3-hand		853			863	873	883	893
4-hand Book Dance		854			864	874	884	894
6-hand Book Dance		856			866	876	886	896
8-hand Book Dance		858			868	878	888	898

Team Rules

Competitors in Beginner teams must have at least one solo dance in Beginner or Advanced Beginner. The length of 2-hand and 3-hand dances in competition are to be 48 bars of music plus an 8 bar introduction. Book dances must be performed as in "Ar Rince Céili." 50% of a team must be in the proper age category; 25% may repeat from a lower age category to complete the team. Dancers may NOT compete in an age group lower than their actual age, nor dance twice in the same competition.

Alaska State Feis

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Cultural Competitions

See "Competition Rules" for full details.

MUSIC	Age >	U12	U18	18&O
SPECIALS	Year >	2014+	08-13	2007-
Beg. Solo Instrumental		980	981	982
Adv. Solo Instrumental		983	984	985
Group Instrumental		986	987	988
Solo Singing		990	991	992

Music Special Rules

- *Solo Instrumental: beginners have played one year or less. Traditional instrument only, play 1 tune (beginner) or 2 tunes (advanced) in contrasting tempo. No amplification.*
- *Group Instrumental: all levels, groups of 2 to 5 musicians. Traditional instruments playing 2 tunes in contrasting tempo.*
- *Solo Singing: one traditional song in Irish or English, maximum 6 minutes. May be accompanied (by themselves or another in the age category) by a single instrument.*

CULTURAL	Age >	U12	U18	18&O
SPECIALS	Year >	2014+	08-13	2007-
Irish Visual Art		995	996	997
White Soda Bread			998	
Brown Bread			999	

Cultural Special Rules

- *Irish Art & Media: drawing, painting, sculpture, or photography with an Irish theme.*
- *White Soda Bread: must incorporate white flour, soured milk, baking soda, and salt. It should not rise with yeast or be a cake.*
- *Brown Bread: must incorporate whole wheat flour, soured milk, baking soda, and salt. It should not rise with yeast or be a cake.*

Competition Fees

Please note that entry fees are NON-REFUNDABLE.

Light Shoe Competitions	\$35.00	<i>flat fee for all light shoe</i>
Heavy Shoe Competitions	\$25.00	<i>flat fee for all heavy shoe</i>
Trophy Specials	\$10.00	<i>per competition, including Music and Cultural specials</i>
Alaska Cup Premierhips	\$60.00	<i>including Adults</i>
Team Competitions	\$10.00	<i>flat fee for all teams</i>
Family Registration Fee	\$30.00	<i>per family (includes online results)</i>
Late Entry	\$35.00	<i>after April 24th, 2026</i>
Family Maximum	\$175.00	<i>excludes registration fees, late fees, trophies, and specials</i>

Competition Rules

GENERAL RULES

1. All rules of An Coimisiún le Rincí Gaelacha (CLRG), the Irish Dance Teachers Association of North America (IDTANA), the Western US Region, and supplementary competition rules noted in this syllabus are included by reference.
2. The feis committee and any organization affiliated with the same shall not be held responsible or liable for any personal injury, property loss, or damage. Destruction of feis property or rental property may be punishable by law.
3. Entry constitutes acceptance of the rules outlined herein.

ENTRIES

4. 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 age category. 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.



5. Competitions are open to all but those holding a TMRF, TCRG, or ADCRG designation. Unless open platform status has been granted by the Region, a feis can only accept entries from pupils of teachers registered with CLRG, regardless of their domicile, and where applicable, registered with both the IDTANA and the North American region in which they reside.
6. Competitors must answer all questions as required by the feis committee, including teacher's name, and enclose the entry fee when mailing. Failure to do so will result in a rejected entry. Entries after the closing date or they may be subject to a late fee.
7. Entrants in any Championship event may not enter in any grade events, but may enter in figure dances. Entrants in Championships should specify, on the entry form, their choice of contemporary set dance. Entrants cannot change competition or category on the day of the competition.
 - a. Dancers must qualify for Open Championship via the method now in place for Preliminary Championship, i.e. three 1st place wins.
 - b. Dancers must compete in the Preliminary Championship competition in order to qualify for Open Championship.
8. The feis shall list their adjudicators on their syllabus and/or website. If adjudicators are not listed on the syllabus, they must be posted on the feis website by the registration deadline. Once the feis has closed for entries the adjudicators' names may be removed from the website.
9. The feis committee 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.

CONDUCT & COMPLAINTS

10. 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): The competitor will be disqualified from the feis at which the occurrence happened and from all feiseanna for a period of one year beginning at the date of the occurrence.
11. 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.
12. Competitors must be in costume, including soft shoes, to receive awards presented from stage.
13. Complaints regarding the running or rules of the feis must be in writing, stating names and other factual information and signed by the complainant. A \$50 fee must be enclosed and presented to the feis chairperson within one hour of the occurrence. The fee will be returned if the complaint is upheld.

COSTUMING & MAKE-UP

14. A competitor's number must be worn and visible to adjudicators when performing in all competitions; the use of reflective plastic number covers is discouraged.
15. Steel taps or "bubble" heels on dancing shoes, display of awards, wearing of shorts or other unconventional dress is prohibited. Authentic Gaelic dress is desired. First Feis, Beginner, and Advanced Beginner must wear only the competitor's dancing school costume, a skirt and blouse, or pants and dress shirt. All other categories are excluded from this rule. Modest attire is encouraged when a competitor is not dancing.
16. Make-up is prohibited on a dancer in First Feis, Beginner, and Advance Beginner up to and including the under 12 age group.
17. Any competitor found to be using artificial carriage aids who subsequently refuses to remove the 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.

ADJUDICATORS & MUSICIANS

18. Only an ADCRG currently registered with CLRG and in good standing may adjudicate at a registered competition.

19. Awards will be determined in proportion to the number of entries in each competition and to the degree of proficiency shown.
20. In matters pertaining to adjudication, the decision of the adjudicators is final.
21. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.
22. Musicians employed by the feis committee will be solely under the direction and management of the feis committee on the day of the event.



ORGANIZATION

23. The following are the agreed ranges to be used for numbering competitions in the Western US Region:

First Feis	001-099
Beginner 1	100-199
Beginner 2	200-299
Novice	300-399
Prizewinner	400-499
Adults	600-699
Championships	700-799
Figures	800-899
Specials & Cultural	900-999

24. Championships (Preliminary and Open) require at least three adjudicators. Championship-level competitions with fewer than three adjudicators may not be called a Championship and do not affect advancement.
25. Competitions may be closed if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced except where competitors are involved in stage conflicts.
26. The status of the dancer does not change unless there are five or more dancers in a competition.
27. A feis committee may combine two consecutive age categories into the higher of the two categories within that grade when less than five (5) competitors are entered.
28. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.
29. 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.
30. 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).
31. 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.

LEVELS & ADVANCEMENT

32. First Feis is not per dance, it is the first feis ever for the dancer. Dancers may only enter First Feis once even in case of back-to-back feiseanna.
33. In Beginner, Advanced Beginner, and Novice the following will apply:
 - a. 5 - 9 dancers: 1st place will advance to the next grade.
 - b. 10 or more dancers: 1st and 2nd places will advance to the next grade.
 - c. Dancers may not stay in level at Teacher discretion, except in the case of back-to-back feiseanna.
34. Prizewinner: Advancement from Prizewinner to Preliminary Championship is at teacher discretion.
35. Preliminary to Open Championship:



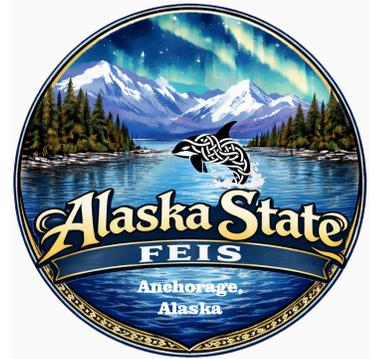
- a. Must have 3 overall wins (2 wins for those from Alaska and Hawaii) with 5 or more dancers, not at teacher discretion.
 - b. Upon the 3rd win (2nd win for those from Alaska and Hawaii) in Preliminary Championships, a dancer must move immediately to Open, even in the case of back-to-back feiseanna. This includes 2-round and 3-round Preliminary Championships.
36. Adults: Dancers who started after the age of 18, or who have been out of competitions for 5 years.
37. Advanced Adults:
- a. An Advanced Adult dancer is defined as anyone age 18 or older who has previously placed in the top 3 of a Prelim Championship or competed in Open Champ levels in the youth/&over levels regardless of when the competitor was active.
 - b. An Advanced Adult dancer has opted to leave Youth/&over categories and once the dancer begins competing in Advanced Adult, the dancer may not return to Youth/& Over categories.
 - c. Advanced Adult Championships at NAIDC 2024 and WUSR 2024 will dance Reel/hornpipe. In 2025, Advanced Adults shall follow the rotation of dances for the Senior Ladies/Men age groups. For the recall round, set of choice will be performed.
38. Beginner Figures: Open only to dancers in beginner for at least one solo dance.
39. Open Figures: Open to all grade levels.

SOLO COMPETITIONS

40. Competition levels:
- a. Beginner Grade: open to any dancer who has never placed 1st in Beginner in a competition with 5-9 competitors, or 1st or 2nd in a competition with 10 or more competitors.
 - b. Advanced Beginner Grade: open to any dancer who has never placed 1st in Advanced Beginner in a competition with 5-9 competitors, or 1st or 2nd in a competition with 10 or more competitors.
 - c. Novice Grade: open to any dancer who has never placed 1st in Novice in a competition with 5-9 competitors, or 1st or 2nd in a competition with 10 or more competitors.
 - d. Prizewinner Grade: A competitor who does not qualify as a beginner, advanced beginner, or a novice.
 - e. Adult Beginner: An adult beginner is a competitor who never took Irish dancing lessons as a juvenile and is over 18 years of age.
41. Solo competitors in First Feis, Beginner, Advanced Beginner, Novice, or Open (Prizewinner) competitions:
- a. Must compete in their own age group.
 - b. Must be prepared to perform two steps (32 bars) in each event.
 - c. Cannot change competition on the day of the feis.
42. First Feis, Beginner, and Advanced Beginner dancers are required to dance at traditional speeds. Novice and Open/Prizewinner dancers may choose between traditional and Oireachtas speeds. Adult dancers are allowed to dance traditional or Oireachtas speed dances in the novice and prizewinner grade levels, but this does not apply to contemporary set dances.
43. All regions in North America will follow this common set of speeds for all grade competitions at feiseanna in North America:

	First Feis	Beginner	Adv. Beginner	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 or 92	73 or 92
Hornpipe			138	113 or 138	113 or 138

44. Preliminary Championships are open to those who, at any CLRG recognized feis:
- a. Have won 1st place in both an open/prizewinner light and heavy shoe competition, and
 - b. Have never won 1st, 2nd or 3rd in Open Championship.



- c. A dancer who wins three first place awards in Preliminary Championship, or two wins in the case of dancers from Alaska and Hawaii as they are remote locations, will move to Open Championship at the next feis they enter, or as soon as the third win is achieved, in any age category, in the following years.
 - d. A dancer is required to perform a light shoe dance (reel or slip jig for ladies and reel only for men), and a hard shoe dance. A feis can opt to offer either a) a set dance or b) a jig/hornpipe.
45. 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 have passed since their last placement.
46. 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.

OPEN PLATFORM STATUS

47. Open platform status must be granted by the Western US Regional Council. Approval allows dance schools not registered with CLRG to compete at that specific feis only, under CLRG rules and judged by CLRG adjudicators.
48. Competitors from outside of CLRG should enter the level that corresponds to the level in their dance organization using the following table:

IDTANA	An Comhdháil	CRDM	CRN	IIDA	WIDA
Beginner	Beginner A	Beginner	Bunghad	Beginner	Beginner
Adv. Beginner	Beginner B	Intermediate	Ullmhúchán	Primary	Primary
Novice	Beginner C	Novice	Meánghrád	Intermediate	Intermediate
Prizewinner	Pre-Open	Prizewinner	Ardghrád	Preliminary	Open
Preliminary					
Open	Open	Champion	Craobhghrád	Open	

TEAM COMPETITIONS

49. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced.
50. Dancers in team competitions may compete in their own age groups, or a higher age group, but may not compete in an age group lower than their actual age.
51. Dancers may NOT dance twice in the same competition.
52. The length of 2-hand and 3-hand dances in competition are to be 48 bars of music plus an 8 bar introduction.
53. Team members should be in the correct age category wherever possible.
- a. 50% of a team must be in the proper age category.
 - b. 25% may repeat from a lower age category to complete the team.
54. For 4-hand dances, top couples will have backs to the adjudicator’s left. Dancers will be required to dance:
- a. 4-Hand Reel - lead, body, completion of the 1st figure by top couple
 - b. Humours of Bandon - lead, body, completion of the 1st figure by top couple, lead
55. For 6-hand book dances, top couples will have backs to the adjudicator’s left.
56. For 8-hand book dances, top couples will have backs to the adjudicator. Dancers will be required to dance the lead, body, completion of the 1st figure by top couple(s) except in the following:
- a. Sweets of May - beginning up to and including the See Saw.
 - b. Three Tunes - beginning up to and including the Hook & Chain
 - c. Gates of Derry - beginning up to and including the swing around of the 1st repeat.
 - d. Lannigan’s Ball - complete dance

57. Movements in céilí dances are intended to flow naturally. Although the numbers of bars may be specified in *Ár Rince Céilí*, the natural flow and rhythm of the dance takes precedence over strict compliance with the written breakdown of bars.
58. In all céilí competitions, over-elaborate entrances and exits from stage must be avoided.



Cultural Competition Rules

MUSIC COMPETITIONS

59. Traditional instruments include tin whistle, fiddle, flute, piano accordion/button accordion/concertina, harp, uilleann pipes, bodhran, and guitar/banjo/mandolin/bouzouki. Other instruments may include harmonica, hammer dulcimer, etc. Amplified instruments are NOT allowed.
60. Traditional tunes include: reels, jigs (single/double), slip jigs, polkas, marches, hornpipes, and airs.
61. Solo Instrumental competitions:
- Beginners shall be defined as anyone who has played for one year or less.
 - Competitors must play a traditional instrument.
 - Beginner competitors shall play 1 traditional tune; Advanced competitors shall play 2 contrasting tunes (e.g. one reel and one jig).
 - Adjudication will be on the standard of musicianship, not on the selection of the tunes.
 - Electric instruments, mains or battery operated, are permitted.
62. Group Instrumental competitions:
- Groups shall be composed of at least two and not more than five people.
 - Each group shall play 2 contrasting tunes (e.g. one reel and one jig)
 - Adjudication will be on the standard of musicianship, not on the selection of the tunes.
 - The ensemble should be composed of traditional instruments.
 - A keyboard / digital piano is allowed provided it is set in piano mode and used accordingly; pre-programming is not allowed. An acoustic piano is not allowed.
 - No other electric instruments, mains or battery operated, are permitted.
 - It is not permissible to have a conductor nor accompaniment by anyone outside the group.
 - The musical selection performed may include harmony as part of the arrangement but this shall not dominate the performance.
63. Solo Singing competitions:
- The song being sung must be of the history of Ireland, its people, places and folklore.
 - Adjudication will be on the standard of singing, not on the selection of the song.
 - Each competitor shall sing one song.
 - A competitor may accompany themselves or be accompanied by another person in the proper age category playing a single instrument. A keyboard / digital piano is allowed provided it is set in piano mode and used accordingly; pre-programming is not allowed. An acoustic piano is not allowed.
 - A song shall not be of more than six minutes duration.

CULTURAL COMPETITIONS

64. Irish Visual Art: entries must be the competitors own work and should be a drawing, painting, sculpture, or photograph with an Irish theme or subject.
65. White Soda Bread: This contest is about traditional Irish soda bread. Entries must include these four required ingredients: white flour, soured milk, baking soda (also known as bread soda or sodium bicarbonate), and salt. Other ingredients may be added, but the bread should “soda” and not rise with yeast, and should not turn into a cake; judges should be able to easily identify it as bread.
66. Brown Bread: This contest is about traditional Irish brown bread. Entries must include these four required ingredients: whole wheat flour (no white flour), soured milk, baking soda (also known as bread soda or sodium bicarbonate), and salt. Other ingredients may be added, but the bread should “soda” and not rise with yeast, and should not turn into a cake; judges should be able to easily identify it as bread.