

Helsinki Feis 2023

CLRG feis with Open platform status for non-CLRG Schools



Saturday, June 10th 2023

Kannusali, Kannusillankatu 4, 02770 Espoo, Finland

RUN BY: inSpiral Dance Company Finland

ADJUDICATOR: Richard Griffin, ADCRG, London, United Kingdom

MUSICIAN: Kristián Fišl, Prague, Czech Republic

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**Follow Helsinki feis website
for more detailed information**

<https://helsinkifeis.irishdancefinland.net>

FEES

Competitions:

Solos	€6.50
Traditional Set Dances and Trophy competitions	€7.50
Teams (per person)	€5.50
Show (per person)	€5.50
Premier Championships incl. Nordic Championships	€27.00
RCCEA Feis fee per dancer	€1.00

Admissions:

Spectators	€9.00
Dancers and children under 10 years of age	FREE

REGISTRATION AND PAYMENT:

Registration is done by teachers only using the registration system www.feisme.net (an internet-based application to register dancers online). To be able to register your dancers you will first have to register to the system. Changes and additions to entries can be made preferably in advance via email: finlandfeis@gmail.com.

Entries and payments to be received no later than Wednesday 24th of May 2023.

Payments are to be made to:

Account name: Irish Dance Finland ry

IBAN: FI21 5290 9520 0857 53

BIC: OKOYFIHH

Reference: Name of the School

One payment per school is preferred. If this is not possible, please include the name of the dancer in the reference/ message for the payment. Please note that **cheques will not be accepted**. In case any problems with payment please contact finlandfeis@gmail.com.

FEIS RULES

Official rules:

1. The Feis will run in accordance with the Rules of An Coimisiún Le Rincí Gaelacha.
2. This Feis is open to persons who are registered as teachers with An Coimisiún Le Rincí Gaelacha and to registered Ceili Clubs. It is also open to persons who are not yet affiliated with An Coimisiún Le Rincí Gaelacha. As a special concession An Coimisiún Le Rincí Gaelacha will give special accreditation to such persons for the duration of the Feis.
3. The lodgement of an entry will be taken to mean that teachers and pupils understand CLRG, RCCEA and the rules listed below, and undertake to abide by them.
4. Objections must be lodged in writing within one hour of the announcement of the result of a competition accompanied by a fee of 40 Euro, which will be refunded if the objection is upheld.
5. The Adjudicator's decisions are final.
6. Only Feis officials may approach the adjudicator during competition sessions.
7. Age will be taken as on 1st January 2023 (whatever age you turn this year, in 2023, you dance under that age all year long, e.g. a dancer's date of birth is 1st September 2013, you dance Under 10 all year long). Evidence of age may be requested, therefore dancers should have a valid ID with them in the event of a query as to their age.
8. Competitors must be in costume and ready to dance 30 minutes before their competitions are scheduled. **Please note:** Our feis officials will strictly observe this rule in order to be able to keep the planned schedule. Competitors must also be in full dancing costume and dancing shoes for award ceremonies.
9. The dress code in accordance with An Coimisiún rules will be strictly observed. For the sake of modesty and in the interest of safety to young people, dancers will not be permitted to walk around the Feis scantily dressed.
10. The Costume Rules of An Coimisiún, as amended, also apply in Continental Europe and Asia; it can be found in the "Rules" section on www.clrge.ie for reference. Female adult dancers participating in competitions entitled 'adult competition' and/or 'adult grade competition' (both solo and team) are required to wear tights of a denier not less than 70 (CLRG Ruling March 2015).
11. All Beginners and Primary dancers of all age groups may only wear a class costume, simple dancewear or appropriate attire. For details of approved costume features, please refer to the Costume Rules on www.clrge.ie.
12. Make-up is not permitted for any dancer in the first two grades up to and including the Under 12 age group worldwide. CLRG recently ruled no make-up under 10 in all grades.
13. By entering in competitions, dancers (or their legal representatives, in case of minors) consent to their names being stated in the feis results and in the public Internet archives or any other feis entry/results system as may replace it.
14. Provided that dancers are not disturbed by flashlights or the like, photography and video recording by persons is allowed during Beginners and Primary competitions and during all award ceremonies. During Intermediate, Preliminary and Open competitions no photos are permitted to be taken.
15. An Coimisiún has ruled from 1st January each year, that no block, en pointe, stationary or moving, be allowed to be performed for all ages up to and including the under 12 age group worldwide. The Under 12 Age Group will be allowed to toe walk from September 1st.

16. Within the limits specified in the Rules of An Coimisiún, the Organizers may at their discretion cancel or combine competitions with insufficient entries.
17. Order and quiet must be kept in the hall, particularly while competitors are dancing. Mobile phones must be switched to silent mode and any calls need to be taken outside the competition hall.
18. The Feis organizers cannot accept any liability for injury or loss or damage to property while on the premises.
19. Food and drink must not be consumed in the hall, neither is smoking permitted.
20. No refunds will be made.

Grade competition rules

21. **Beginner Grade** competitions are confined to dancers who have never won 1st, 2nd or 3rd prize (please refer to the grid) in any competition for that particular dance. In Beginners Grade competitions only basic steps may be performed.
22. **Primary Grade** competitions are confined to dancers who have never won 1st, 2nd or 3rd prize (please refer to the grid) for that particular dance other than in Beginner Grade.
23. **Intermediate Grade** competitions are open to all dancers who have not previously won 1st or 2nd prize (please refer to the grid) for that particular dance in Intermediate under the same or higher age limits.

GRADE	NUMBER OF ENTRIES	NUMBER OF DANCERS TO PROGRESS
BEGINNER	5 or less	0
BEGINNER	6 to 10	1st & 2nd place
BEGINNER	11 or above	1st, 2nd & 3rd place
PRIMARY	5 or less	0
PRIMARY	6 to 10	1st place
PRIMARY	11 to 20	1st & 2nd place
PRIMARY	21 or above	1st, 2nd & 3rd place
INTERMEDIATE	5 or less	0
INTERMEDIATE	6 to 10	1st place
INTERMEDIATE	11 or above	1st & 2nd place

24. If a dancer in Continental Europe and Asia wins in Intermediate, they must advance to the next level for the rest of the calendar year. Teachers can move dancers back at their own discretion at the start of the next calendar year.
25. Where there are five dancers or fewer in **Beginners, Primary and Intermediate** competitions the results will not affect their grading.
26. If the number of participants in any competition so requires, the organizer may combine or split the competition into two different competitions according to age.
27. In all heavy dances for **Intermediate and Open**, the lead around must be danced on both the right and left feet.

28. For all **Beginner, Primary and Intermediate** competitions (excluding trophy competitions) the 32 bar method will be applied.
29. **Trophy Competitions:** Dancers will dance 16 bars down the line in their chosen dance. Trophy Light Competitions are a choice of reel, light jig, slip jig and single jig only. Trophy Heavy Competitions will be a choice of heavy jig or hornpipe.
30. **Team dances** (2-hands and 3-hands) are danced to 40 bars of music.
31. **Ceílí dances** (4-hands and upward) must be performed in accordance with the current edition of Coimisiún handbook "Ar Rinci Ceilí".
32. **Traditional Set Dance** competitions are a choice out of 7 traditional sets; St. Patrick's Day, Blackbird, Job of Journeywork, Garden of Daisies, King of the Fairies, Three Sea Captains and Jockey to the Fair. If a dancer wins 1st place in any traditional set dance they move up to the next level in all 7 traditional sets.
33. Music will be played at the recognized An Coimisiún speeds of Mainland Europe.

MUSIC SPEEDS	BEGINNERS	PRIMARY	INTERMEDIATE / OPEN
REEL	121-123	116-118	113
LIGHT JIG	116	116	116
SLIP JIG	121	118	113
SINGLE JIG	124	124	124
HEAVY JIG	89	79	73
HORNPIPE	142	130	113

Championships and additional Helsinki feis rules

34. **Adult Championships** are open to dancers of Intermediate and above level who have never won a 1st, 2nd or 3rd place in an Open Championship and are not participating in a Premier Championship at the same feis. Dancers are required to dance to 32 bars of music and will dance a choice of soft shoe (Reel or Slip Jig for ladies and Reel for gentlemen), heavy shoe (Heavy Jig or Hornpipe) and a Traditional Set
35. **Premier Championship** will be judged as two solos and an overall Championship (ie. with three rounds: heavy, soft and a Modern set). If there are more than 15 participants in the Premier Championship, recall (50 %) may be applied. Dancers will be required to dance 48 bars of music in the reel and heavy jig and 40 bars in the slip-jig and hornpipe.
36. The **Premier Championships** include the **Nordic Championships** which are specifically for dancers resident in the Nordic countries (Denmark, Finland, Iceland, Norway and Sweden). Nordic Championship results will be based on the Premier Championship results, i.e. the best placed dancer from a Nordic country will be this year's Nordic Champion in their age group.

Show Choreography

37. Mixed boys and girls' teams are allowed.
38. Any number of dancers from one up is allowed.
39. Any choreography is allowed as long as the main dancing elements are from Irish dancing.
40. Dances can be soft or hard shoe dances, or a combination of both.
41. Choreographies must not exceed 4 minutes in length.
42. Any type of music is allowed.
43. Dialogues and monologues are not allowed.
44. The length of the music must be exactly the duration of the dance, ie. the music must not continue while the dancing has already ceased.
45. No large props are allowed. Handheld props e.g. umbrellas are allowed.

Each team will be required to **submit their music in MP3-format**, directly to finlandfeis@gmail.com by **Wednesday 24th of May 2023**.

Please, register your show team under one dancer (team captain). The name of the team and the dance, team captain and all team members must be listed in the web registration to the feis. Due to time restriction, we are only able to take the **first 10 teams** that register in the show competition.



PRELIMINARY TIMETABLE HELSINKI FEIS 2023

SATURDAY 10TH JUNE

BEGINNER LEVEL: 9:45

COMP.NO.	COMPETITION	AGE GROUP
1	reel	U18
1a	reel	U30
1b	reel	O30
2	light jig	U18
2a	light jig	U30
2b	light jig	O30
3	single jig	U18
3a	single jig	U30
3b	single jig	O30
4	slip jig	U18
4a	slip jig	U30
4b	slip jig	O30
5	trophy light	Any age
6	treble jig	U18
6a	treble jig	U30
6b	treble jig	O30
7	hornpipe	U18
7a	hornpipe	U30
7b	hornpipe	O30
8	trophy heavy	Any age

PRIMARY LEVEL: 11:15

COMP.NO.	COMPETITION	AGE GROUP
9	reel	U18
9a	reel	U30
9b	reel	O30
10	light jig	U18
10a	light jig	U30
10b	light jig	O30
11	single jig	U18
11a	single jig	U30

11b	single jig	O30
12	slip jig	U18
12a	slip jig	U30
12b	slip jig	O30
13	trophy light	Any age
14	treble jig	U18
14a	treble jig	U30
14b	treble jig	O30
15	hornpipe	U18
15a	hornpipe	U30
15b	hornpipe	O30
16	trophy heavy	Any age
17	trad set (B/P)	Any age

RESULTS: BEGINNER AND PRIMARY

(lunch break)

TEAM COMPETITIONS: 13:30

COMP.NO.	COMPETITION	AGE GROUP
18	2/3-hands (B/P)	Any age
19	2/3-hands (I/O)	Any age
20	4/6-hands	Any age
21	8-hands	Any age

INTERMEDIATE/OPEN LEVEL: 14:00

COMP.NO.	COMPETITION	AGE GROUP
22	reel	U18
22a	reel	U30
22b	reel	O30
23	slip jig	U18
23a	slip jig	U30
23b	slip jig	O30
24	trophy light	Any age
25	treble jig	U18
25a	treble jig	U30
25b	treble jig	O30
26	hornpipe	U18

26a	hornpipe	U30
26b	hornpipe	O30
27	trophy heavy	Any age
28	trad set (I/O)	Any age

RESULTS: TEAMS, INTERMEDIATE/OPEN

CHAMPIONSHIPS: 16:00

COMP.NO.	COMPETITION	AGE GROUP
29	Premier Championships	U25
30	Premier Championships	O25
31	Adult Championships	O18

RESULTS: CHAMPIONSHIPS

SHOW: 18:00

COMP.NO.	COMPETITION	AGE GROUP
32	Show choreography	Any age

RESULTS: SHOW

APPROXIMATE FINISH AT 19:00