

2026 The TN Autumn Feis in Nashville

Sunday, October 11, 2026

Hosted by Middle Tennessee Irish Music & Dance



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Help us bring feisanna back to Tennessee

This syllabus was approved on behalf of the IDTANA, by Areleen Ni Bhaoill TCRG Southern Region Liaison on 08/01/2026

FEIS LOCATION: Nashville, TN

Feis Cap: 150 grade dancers/150 champ dancers

Feis Room Block Info TBA

Adjudicators:

Karyn K. Oster (TN),
More TBA

Musician:

Claire Shirey (TN) Allison Hill (TN), Kaelen Korbel (TN)

General questions: TheTennesseeFeis@gmail.com

Social Media FB & IG: @TheTennesseeFeis

Website: www.MiddleTNIrish.org/tennessee-feis

REGISTER VIA www.iFeis.net

Regular Registration closes September 27, 2026.

Late registration accepted with additional \$25.00 fee from September 28 – October 4.
Registration after October 4 is accepted at the discretion of the Registrar for a fee of \$35.00.

No refunds

Entry fees per competitor per competition are as follows:

- Solos: \$12.00
- Future Champions: (2 Rounds) \$30.00
- Preliminary Championships (2 rounds): \$40.00
- Open Championships (3 Rounds): \$55.00
- Specials & Non-Dance Competitions: \$10.00
- Teams/Figures per person: \$5.00 (all team members must be registered).
- Facility/Family Fee: \$35.00
- Family Max: \$175.00 per family, not including Facility or Late fees.
- Late Fee after September 27: \$25.00 per family
 - Late fee per family September 28 – October 4
 - Registration after October 4 at the discretion of the registrar for a \$35.00 late fee.
 - All unpaid registrations will be dropped at midnight September 27
 - Changes and additions to registrations may be self initiated through September 27 for no charge.
 - \$10 Change fee Sept 28 - Oct 4, please contact TheTennesseeFeis@gmail.com
 - No Entries or Changes After October 4.

Local rules:

- By registering and paying for this feis, parents and dancers agree to release The Tennessee Feis, the venue, tabulation and all volunteers of any liability for any injury or illness to complete any requirements for this competition.

NO REFUNDS unless cancelled by feis committee.

*Competitions may be merged or split based on entries.

Age Chart

Birth Year	Age Group
2023	Under 3
2022	Under 4
2021	Under 5
2020	Under 6
2019	Under 7
2018	Under 8
2017	Under 9
2016	Under 10
2015	Under 11
2014	Under 12
2013	Under 13
2012	Under 14
2011	Under 15
2010	Under 16
2009	Under 17
2008	Under 18
2007 & Before	18 & Over

AGE GROUP COMPETITIONS

- Beginner 1 & Pre-Beginner competitions will compete in double age groups on the EVEN year (opposite from the Saturday Feis).
- Beginner 2, Novice, Prizewinner & PC competitions will compete in single age groups.
 - If an age group has less than 5 dancers, it will be combined with the age group above or below.
- NEW RULE: If there are 5 registered dancers in a competition, but less show up, it still qualifies dancers to move up.

BEGINNER & PRE-BEGINNER COMPETITIONS

*Competitions may be merged or split based on entries.

FEIS-ABILITIES: \$10.00 per dance

Feis-Abilities is for grade level dancers of all ages with disabilities - including ADHD, Autism, visual or hearing impairments, etc. - who want to compete in a competition just for them. Dancers who enter in this competition may also enter in other grade-level competitions at this Feis. Dancers will perform 32 bars (2 steps) of the Reel or Light Jig.

Boys/Men & Girls/Ladies	REEL or LIGHT JIG
All Ages	999FA

TIR NA NOG: \$10.00 per dance

Limited to children who have never had Irish dance lessons. Mainly for younger siblings that want to participate.

Boys & Girls	REEL
Under 4	104TN
4 & Over	105TN

FIRST FEIS: \$10.00 per dance

The First Feis level has been established for dancers who are competing in their very first Feis. Once a dancer competes in the First Feis category, the dancer must move into Beginner 1 or Beginner 2.

AT THIS LEVEL, DANCERS ARE NOT ALLOWED TO COMPETE IN SOLO COSTUMES (only school costumes are allowed).

Dancers competing in the First Feis category are limited to participating in the First Feis Category ONLY.

Boys & Girls	REEL	LIGHT JIG	SLIP JIG	SINGLE JIG
Under 6	106 R	106 LJ	106 SJ	106 SN
Under 8	108 R	108 LJ	108 SJ	108 SN
Under 10	110 R	110 LJ	110 SJ	110 SN
10 & Over	111 R	111 LJ	111 SJ	111 SN

BEGINNER 1: \$12.00 per dance

A dancer who has been dancing for less than one year. A Beginner 1 must move to Beginner 2 no later than January 1st of the dancer's second year of instruction, or may move to Beginner 2 earlier with teacher's permission and provided that the Feis has not closed to changes. Note: a Beginner 1 dancer who starts in September, may continue as a Beginner 1 until December of the following year (16 months) before moving into Beginner 2.

AT THIS LEVEL, DANCERS ARE NOT ALLOWED TO COMPETE IN SOLO COSTUMES (only school costumes are allowed).

Boys & Girls	REEL	LIGHT JIG	SLIPJIG	SINGLE JIG
Under 6	206 R	206 LJ	206 SJ	206 SN
Under 8	208 R	208 LJ	208 SJ	208 SN
Under 10	210 R	210 LJ	210 SJ	210 SN
Under 12	212 R	212 LJ	212 SJ	212 SN
12 & Over	213 R	213 LJ	213 SJ	213 SN

BEGINNER 2 / ADVANCED BEGINNER: \$12.00 per dance. *Only Fast Traditional Speed

A dancer who has been dancing for more than one year and who has not won a 1st, 2nd or 3rd place as Beginner 2 dancer. A dancer who has won a 1st, 2nd or 3rd place in a Beginner 2 dance must move into Novice in that dance no later than January 1st of the next calendar year or with teacher's permission as soon as the next Feis (if said Feis has not closed to changes).

AT THIS LEVEL, DANCERS ARE NOT ALLOWED TO COMPETE IN SOLO COSTUMES (only school costumes are allowed). ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS.

Boys & Girls	REEL	LIGHT JIG	SLIPJIG	SINGLE JIG	*TREBLE JIG	*HORPIPE	TRAD SET
Under 5	305 R	305 LJ	305 SJ	305 SN	305 TJ	305 HP	305 TS
Under 6	306 R	306 LJ	306 SJ	306 SN	306 TJ	306 HP	306 TS
Under 7	307 R	307 LJ	307 SJ	307 SN	307 TJ	307 HP	307 TS
Under 8	308 R	308 LJ	308 SJ	308 SN	308 TJ	308 HP	308 TS
Under 9	309 R	309 LJ	309 SJ	309 SN	309 TJ	309 HP	309 TS
Under 10	310 R	310 LJ	310 SJ	310 SN	310 TJ	310 HP	310 TS
Under 11	311 R	311 LJ	311 SJ	311 SN	311 TJ	311 HP	311 TS
Under 12	312 R	312 LJ	312 SJ	312 SN	312 TJ	312 HP	312 TS
12 & Over	313 R	313 LJ	313 SJ	313 SN	313 TJ	313 HP	313 TS

GRADE COMPETITIONS

*Competitions may be merged or split based on entries.

NOVICE - \$12.00 per dance. *Choice of Speed (Traditional or Slow)

A dancer moves into Novice as a result of placing 1st, 2nd, or 3rd in that dance as indicated in Beginner 2. A dancer who wins 1st in a Novice dance must move into Prizewinner level in that dance no later than January 1st of the next calendar year or with teacher's permission as soon as the next feis (if said feis has not closed to changes).

***ALL HARD SHOES DANCES CAN BE DONE AT EITHER TRADITIONAL SPEED OR SLOW SPEED**

Boys & Girls	REEL	LIGHT JIG	SLIPJIG	SINGLE JIG	*TREBLE JIG	*HORNDPIPE	TRAD SET
Under 7	407 R	407 LJ	407 SJ	407 SN	407 TJ	407 HP	407 TS
Under 8	408 R	408 LJ	408 SJ	408 SN	408 TJ	408 HP	408 TS
Under 9	409 R	409 LJ	409 SJ	409 SN	409 TJ	409 HP	409 TS
Under 10	410 R	410 LJ	410 SJ	410 SN	410 TJ	410 HP	410 TS
Under 11	411 R	411 LJ	411 SJ	411 SN	411 TJ	411 HP	411 TS
Under 12	412 R	412 LJ	412 SJ	412 SN	412 TJ	412 HP	412 TS
Under 13	413 R	413 LJ	413 SJ	413 SN	413 TJ	413 HP	413 TS
13 & Over	414 R	414 LJ	414 SJ	414 SN	414 TJ	414 HP	414 TS

PRIZEWINNER - \$12.00 per dance. *Choice of Speed (Traditional or Slow)

A dancer moves into Prizewinner as a result of placing 1st in that dance. A dancer who wins 1st in a Novice dance must move into Prizewinner level in that dance no later than January 1st of the next calendar year or with teacher's permission as soon as the next feis (if said feis has not closed to changes).

***ALL HARD SHOES DANCES CAN BE DONE AT EITHER TRADITIONAL SPEED OR SLOW SPEED**

Boys & Girls	REEL	SLIPJIG	*TREBLE JIG	*HORNDPIPE	TRAD SET
Under 7	507 R	507 SJ	507 TJ	507 HP	507 TS
Under 8	508 R	508 SJ	508 TJ	508 HP	508 TS
Under 9	509 R	509 SJ	509 TJ	509 HP	509 TS
Under 10	510 R	510 SJ	510 TJ	510 HP	510 TS
Under 11	511 R	511 SJ	511 TJ	511 HP	511 TS
Under 12	512 R	512 SJ	512 TJ	512 HP	512 TS
Under 13	513 R	513 SJ	513 TJ	513 HP	513 TS
Under 14	514 R	514 SJ	514 TJ	514 HP	514 TS
Under 15	515 R	515 SJ	515 TJ	515 HP	515 TS
15 & Over	516 R	516 SJ	516 TJ	516 HP	516 TS

TEAM COMPETITIONS - \$5.00 per dancer

*Competitions may be merged or split based on entries.

TEAMS - \$5.00 per person/per competition

Boys & Girls	2-HAND	3-HAND	4-HAND	6-HAND	8-HAND
Under 8	9208 FD	9308 FD	9408 FD	9608 FD	9808 FD
Under 10	9210 FD	9310 FD	9410 FD	9610 FD	9810 FD
Under 12	9212 FD	9312 FD	9412 FD	9612 FD	9812 FD
Under 15	9215 FD	9315 FD	9415 FD	9615FD	9815 FD
15 & Over	9216 FD	9316 FD	9416 FD	9616 FD	n/a
Under 18					9818 FD
18 & Over					9819 FD
ADULT	9299 FD	9399 FD	9499 FD	9599 FD	9899 FD

- Teachers or team captains are responsible that their teams are complete and in position when the competition is announced.
- There are no restrictions on figure age groups
- Figure age groups will be determined by the oldest dancer.
- 8 hand teams are allowed to repeat dancers at all Southern feiseanna in accordance with the World and Regional Oireachtas rules.
- The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8 bar introduction

CHAMPIONSHIP COMPETITIONS

*Competitions may be merged or split based on entries.

FUTURE CHAMPIONS – \$30.00 per dancer

Open to Novice & Prizewinner dancers that have NEVER danced in a Preliminary Championship competition.

This is a mock PC competition for dancers to practice. Placement in this competition does NOT qualify dancers to move up in any level. Only overall results will be awarded. Adjudicated by 3 judges. Comments will be available for free on iFeis.net.

Round 1 – Choice of Treble Jig 48 bars (speed 73) or Hornpipe 40 bars (speed 113)

Round 2 – Choice of Reel 48 bars (speed 113) or Slipjig 40 bars (speed 113)

Boys & Girls	Future Champions (2 Rounds) Heavy Shoe First
Under 12	600 FC
12 & Over	601 FC

PRELIMINARY CHAMPIONSHIP – \$40.00 per dancer

Reel 48 bars speed 113, Slipjig 40 bars speed 113, Treble Jig 48 bars speed 73, Hornpipe 40 bars speed 113.

Competitions may be merged or split based on entries.

Round awards & Overall awards. Comments available for FREE on iFeis.net

Boys & Girls	Preliminary Championship (2 Rounds) Light Shoe First
Under 8	608 PC
Under 9	609PC
Under 10	610 PC
Under 11	611PC
Under 12	612 PC
Under 13	613PC
Under 14	614 PC
Under 15	615PC
Under 16	616 PC
Under 17	617PC
Under 18	618 PC
18 & Over	619 PC

PRELIMINARY SET PIECE – \$10.00 per dancer

Competitions may be merged or split based on entries. Comments available for FREE on iFeis.net

Boys & Girls	TRADITIONAL SET	CONTEMPORARY SET
Under 10	1610 TS	1610 CS
Under 14	1614 TS	1614 CS
14 & Over	1615 TS	1615 CS

OPEN CHAMPIONSHIP – \$55.00 per dancer

Reel 48 bars speed 113, Slipjig 40 bars speed 113, Treble Jig 48 bars speed 73, Hornpipe 40 bars speed 113.

Contemporary Set of choice. Competitions may be merged or split based on entries.

Round awards & Overall awards. Comments available for FREE on ifeis.net

	Open Championships (3 Rounds) Light Shoe First
Under 9	709 OC
Under 10	710 OC
Under 11	711 OC
Under 12	712 OC
Under 13	713 OC
Under 14	714 OC
Under 15	715 OC
Under 16	716 OC
Under 17	717 OC
Under 18	718 OC
Under 19	719 OC
19 & Over	720 OC

ADULT COMPETITIONS & RULES

ADULT DANCER: 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.

Dancers who are in the Adult categories cannot enter any competition other than Adult specified competitions, including teams, other than Dance Drama. A dancer who wishes to return to any category other than Adult must remain out of Adult competitions until they retire from dancing for five consecutive years.

ADULT DANCERS ARE ALLOWED TO DANCE TRADITIONAL OR OIREACHTAS SPEED DANCES IN THE NOVICE AND PRIZEWINNER GRADE LEVELS.

ADULT GRADES dances

- In grade level competitions, hard shoes dances can be done at either traditional speed or slow speed.
- All grade level dances are 32 bars in length

BEGINNER 1: A dancer that has not placed in a feis in 2024 or earlier.

\$12.00 per dance

	REEL	LIGHT JIG	SLIPJIG	SINGLE JIG
Adult	299 R	299 LJ	299 SJ	299 SN

BEGINNER 2 / ADVANCED BEGINNER – \$12.00 per dance. *Only Fast Traditional Speed

	REEL	LIGHT JIG	SLIPJIG	SINGLE JIG	*TREBLE JIG	*HORPIPE	TRAD SET
Adult	399 R	399 LJ	399 SJ	399 SN	399 TJ	399 HP	399 TS

NOVICE - \$12.00 per dance. *Choice of Speed (Traditional or Slow)

	REEL	LIGHT JIG	SLIPJIG	SINGLE JIG	*TREBLE JIG	*HORPIPE	TRAD SET
Adult	499 R	499 LJ	499 SJ	499 SN	499 TJ	499 HP	499 TS

PRIZEWINNER - \$12.00 per dance. *Choice of Speed (Traditional or Slow)

	REEL	LIGHT JIG	SLIPJIG	SINGLE JIG	*TREBLE JIG	*HORPIPE	TRAD SET
Adult	599 R	599 LJ	599 SJ	599 SN	599 TJ	599 HP	599 TS

ADULT CHAMPIONSHIP & ADVANCED 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.

An **Advanced Adult dancer** is defined as anyone age 18 or older 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. 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.

Dancers competing at the Adult Championship level may move to the Advanced Adult level per teacher's discretion.

ADULT CHAMPIONSHIP: \$40.00 PER DANCER

ADULT CHAMPIONSHIP Dancers will perform:

- 48 bars of reel or 40 bars of slip jig
- 40 bars of the hornpipe or 48 bars of the treble jig.

ADVANCED ADULT PRELIMINARY & OPEN: An ADVANCED ADULT dancer is anyone ages 18 or older 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. A dancer competing in ADVANCED ADULT may not compete in the youth/& over category. Once a dancer begins competing in Advanced Adult, they may not return to youth/& over

ADVANCED ADULT PRELIMINARY : \$40.00 PER DANCER

ADVANCED ADULT PRELIMINARY will perform:

- 48 bars of reel or 40 bars of slip jig
- 40 bars of the hornpipe or 48 bars of the treble jig.

ADVANCED ADULT OPEN : \$55.00 PER DANCER

ADVANCED ADULT OPEN dancers will perform:

- 48 bars of reel or 40 bars of slip jig,
- 40 bars of the hornpipe or 48 bars of the treble jig.
- Set Dance of choice for their third round.

ADULT CHAMPIONSHIP & ADVANCED ADULT - Round awards & Overall awards. Comments available for FREE on iFeis.net

Adult Championship	699 AC	2 ROUNDS – Light Shoe First	\$40.00 per dancer
Advanced Adult PC	699 AAPC	2 ROUNDS – Light Shoe First	\$40.00 per dancer
Adult PC Traditional Set	699 TS		\$10.00 per dancer
Adult PC Contemporary Set	699 CS		\$10.00 per dancer
Advanced Adult OC	799 AAO	3 ROUNDS – Light Shoe First	\$55.00 per dancer

SOUTHERN REGIONAL DANCING COMPETITION RULES

1. In the case of all solo and team competitions in all grades, the age of a competitor on 1st January of the year in which the competition is held will determine the right of entry. For the purposes of this Rule a competitor whose birthday occurs on 1st January shall be deemed to be under the age attained on that date.
2. Competitions are open to all but those holding a TMRF, TCRG, or ADCRG designation. A feis can only accept entries from pupils of teachers registered with An Coimisiun and registered with both the IDTANA and the North American region in which they reside.
3. A competitor may be disqualified for any of the following reasons:
 - a. Conduct unbecoming a lady or gentleman.
 - b. Failure to report on time to compete. (Penalty: disqualification from said event)
 - c. Falsification of age or other important facts – i.e., teaching, award winning, competing under another competitor's name or number, etc.

Penalty for (a) or (c): Competitor will be disqualified from the Feis at which the occurrence happened and from all registered Feiseanna for a period of one year beginning at the date of the occurrence.

4. Competitions may be closed if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced. This does not pertain to a situation where competitors are involved in stage conflicts, and such conflicts will be handled by the stage monitor.
5. Steel taps or "bubble" heels on dancing shoes and any display of awards is prohibited. Authentic Gaelic dress is desired.
6. First Feis (if offered), Beginner and Advanced Beginner, aka Beginner I and II, must wear a class costume, or a skirt/pants and top. All other categories are excluded from this rule. Modest attire is encouraged when a competitor is not dancing.
7. Competitor's number must be worn and visible to adjudicators when performing in all competitions. Use of reflective plastic number covers is discouraged.
8. The number of awards given is determined by the Feis Committee and is based on the scores and ranks given by the adjudicator(s).
9. Complaints must be in writing stating names and other factual information and signed by the complainant. A \$50.00 fee must be enclosed and presented to the Feis Chairman within one hour of the occurrence. The fee will be returned if the complaint is upheld.
10. The Feis Committee and any organization affiliated with same, will not be held responsible for personal injury, property loss or damage. Destruction of Feis property and/or rental property will be punishable by law.
11. The Feis reserves the right to reject any entry for cause, to cancel all or part of the Feis and to limit competitor's performing time. The decision of the Feis Committee is final in all matters connected with the Feis.
12. All Feiseanna must have a process to allow parents to request that their child or children's name(s) not be listed on the posted competitor list prior to the day of the Feis.
13. Competitors must answer all questions as required by the Feis Entry committee, including teacher's name, and include the entry fee for entry to be accepted. Failure to do so will result in a rejected entry. Entries must be received on or before the closing date or they will be subject to a late fee of (Determined by the Feis).
14. With the exception of First Feis and Beginner 1 the status of the dancer does not change unless there are five or more dancers in the competition.
15. Photography
 - a. With the exception of First Feis, Beginner 1 and Beginner 2 (or their equivalent), photography of any kind which has the capability of capturing a dancer's image while in motion is strictly forbidden.
 - b. A Feis may elect to allow in motion photography for publicity purposes, but the pictures are considered the sole property of the Feis and solely for Feis use. These are not to be used for personal gain through commercial use or sale. Under no circumstances can they be published on any website or other areas, without the express written permission of the persons involved.

- c. Additionally, a professional photographer may be formally contracted by a Feis to capture non-motion photographs, such as portrait photography, awards ceremonies, etc. and/or in motion photography provided it is taken at a vendor station or suitable location:
 - i. away from the dancing stages and,
 - ii. requested by a consenting parent, guardian, or dancer (over the age of 18).
- 16. No block, en Pointe, toe walking movements, stationary or moving is allowed to be performed for all ages up to and including the under 12 age group. However, after September 1 of each year an exception is made for those dancers who are 11 dancing in the under 12 age group.
- 17. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.
- 18. Respect for fellow competitors on stage is a requirement at all times. Lack of respect or courtesy for fellow competitors by aggressive dancing on stage will be subject to penalty at the discretion of each individual adjudicator.

1. GRADE LEVEL RULES

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 1st or 2nd place in a dance will advance to the Open/PW category in that particular dance (Dec 2012)
 - e. **Open Prizewinner Grade:** A competitor who does not qualify as a beginner, advanced beginner or as a novice.
 - f. **Adult:** An Adult dancer is defined as any dancer who started Irish dancing at the age of 18 or older OR any dancer 18 or older who has not competed in at least five years in a youth competition AND has 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.

2. CHAMPIONSHIP LEVEL RULES

CHAMPIONSHIP LEVEL RULES

1. First place winners in the Open Championship category cannot return to a Preliminary or Open (Prizewinner) competition. Placing in a Regional or National Oireachtas does not change the status of a competitor. A dancer who moves into Open Championship must stay a minimum of 2 years. If after 2 years they have not placed they are allowed to return to Preliminary. An Open Championship dancer who places is not allowed to return to Preliminary until 2 years after their last placement. The regional syllabus where the Feis is being held may have different qualifications for entry.
2. Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances and Specials, i.e. Treble Reel Competition, etc.
3. Dancers must qualify for Open Championship via the method now in place for Preliminary Championship, i.e. two 1st place wins.
4. Dancers must compete in the Preliminary Championship competition in order to qualify for Open Championship
5. Preliminary Championships
 - a. Are open to those who at any CLRG-registered Feis:
 - i. Have placed 1st in both an Open (Prizewinner) light and heavy shoe competitions and

- ii. Have never won 1st, 2nd or 3rd in an Open Championship.
 - b. A dancer who lives in the Southern Region and who wins 1st place in a second Preliminary Championship Competition in any Region MAY move up to Open Championship Competitions immediately, at the discretion of their dancing teacher.
 - c. A dancer who lives in the Southern Region when they win 1st place in a second Preliminary Championship competition MUST move up to Open Championship Competitions no later than the one calendar year anniversary of the second Preliminary Championship win.
 - d. Preliminary Championship competitions with 26 or more competitors may be split in half according to age.
 - * In Preliminary Championships-Separate boys into a separate competition if there are five (5) or more boys entered in a specific competition within a single age group.
6. If three (3) or more boys are entered in a specific age group in a combined Open Championship competition, the boys and girls MUST be split into separate competitions.
 7. Every competitor in Preliminary or Open Championship must have a minimum of 8 rotations or 10 minutes between each of their rounds.
 8. In the event the same organization is running 2 feis' in one weekend the following must occur:
 - a. In championship competitions, 2/3 of adjudicators must be different from the previous day.
****NOTE: This rule has been rescinded for 2023, 2024 & 2025.****
 - b. 2nd chance competitions may only be offered on one feis.

3. FIGURE / CEILI TEAM RULES

FIGURE / CEILI TEAM RULES

1. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced.
2. There are no restrictions on figure age groups
3. Figure age groups will be determined by the oldest dancer.
4. 8 hand teams are allowed to repeat dancers at all Southern Region feiseanna in accordance with the World and Regional Oireachtas rules.
5. The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8 bar introduction.
6. Dancers that meet the definition of an "Adult Dancer" may compete in Adult Ceili competitions. "Adult Dancer" includes Adult Grade Level, Adult Championship, and Advanced Adult, as defined by the qualifications found elsewhere in these rules.
7. In the event that the same organization is running 2 feiseanna in one weekend, the following may occur: Figure and Ceili competitions may be offered at only one of the feis' on that weekend.

4. ADJUDICATORS & MUSICIANS

ADJUDICATORS & MUSICIANS

1. Musicians and adjudicators cannot be approached during a competition by anyone except the Feis Committee. No one can approach them while a competitor is performing.
2. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.
3. In matters pertaining to adjudication, the decision of the adjudicators is final.
4. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.
5. Championships and Preliminary Championships require at least three adjudicators.

6. Each Feis is required to list their adjudicators on their syllabus and/or website at least three weeks before the close of entries, one-third of which are to be from outside the region where the Feis is being held.

5. COSTUME RULES

COSTUME RULES

1. Makeup is prohibited on a dancer in the first three grades (First Feis (if offered), Beginner I 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 Under11, then all dancers in that competition may wear make-up. These rules must also be announced from side stage at the event. Participants should be reminded that should they be in breach of these rules and be required to remove their make-up, that they risk missing their rotation in the competition.
2. Any competitor found to be using artificial carriage aids and subsequently refuses to remove same, will be subject to disqualification from that particular competition. Medically prescribed aids (proof of which may be required) will be exempt from this rule.
3. Competitors in competitions at the First Feis (if offered), Beginner I and Beginner 2 Grade will wear only the competitor's dancing school costume or a skirt/pants and top.
4. Costume Length: Length of costumes must adhere to principles of modesty and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to change into black tights (of a denier not less than 70 per cent) in order for the dancer to continue in the competition.

6. MODESTY RULES

MODESTY RULES

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- 6.1. Changing costumes, dressing and undressing of dancers will not be acceptable in the halls or public areas. For the sake of modesty and in the interests of safety of young people, dancers will not be permitted to walk around the feis scantily dressed.
- 6.2. Respect for fellow competitors on stage is a requirement at all times.
- 6.3. Lack of respect or courtesy for fellow competitors by aggressive dancing on stage will be subject to penalty at the discretion of each individual adjudicator.
- 6.4. Length of costume must adhere to principles of modesty and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to wear black tights (of a denier not less than 70 percent) in order to continue in the competition. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must agree to asking the dancer to wear tights. Effective March 1, 2022.
- 6.5. Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage. Dancers wearing undergarments that do not cover the areas of the body as in the illustrated example will be asked to put on black tights of a denier of not less than 70%. This is monitored by the adjudicator. For competitions adjudicated by a panel of more than one adjudicator all adjudicators on the panel must agree to ask the dancer to put on tights. (Effective March 1, 2022)

7. REFUND POLICY

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

