

36th Nation's Capital Feis & "All-American Championships"



Hotel Information

SAME GREAT VENUE!

Falls Church Marriott Fairview Park
3111 Fairview Park Dr, Falls Church, VA

Feis Rate: \$124/night
Book by 4 July 2025

Reservation link - coming soon

Registration

www.quickfeis.com

Register online by 14 July 2025

After 14 July, new registrations and changes can only be made on the day of the feis in person.

Feis Information

Ample complimentary parking
Food & beverage concessions on-site

Saturday, 26 July 2025

- Exhibition at the U.S. Capitol
- Adult Grades & Champs (with 2nd Chance)
- Music and Language
- Special Competitions
- Four \$500 Scholarship Prize Dance-Offs
- Freestyle Competition

Sunday, 27 July 2025

- Teams/Figures
- First Feis
- All Grade-Level Solo Competitions
- 2nd Chance Novice & Prizewinner
- Preliminary Championship (& 2nd Chance)
- Open Championships
- Grade and Champ Specials
- Future Champs
- Art & Baking

Monday, 28 July 2025

- Grade Exams

For questions or more information:

Email: nfeis@oneilljameschool.com

<https://www.facebook.com/NationsCapitalFeis>

NATION'S CAPITAL FEIS

REGULAR COMPETITION FEES

Family Admission **\$30**
per family

Competitions
 • Solo Dancing (Grades) **\$12**
 • Music/Language/Baking/Art *Per competitor*
 • PC Set Dance *Per event*
 • Second Chance (Grades)

Preliminary Championship & Future Champs **\$55**
Any competition with 2 rounds

Open Championship **\$60**
Any competition with 3 rounds

Figures **Team Fee**
See syllabus below

Specials *See syllabus below*

Family Max **\$185**
Does not include the family fee nor any second chance, special, Future Champ, or team competitions
per family

Exhibition at the U.S. Capitol **\$55**
Includes digital photos - does not include transportation to the US Capitol
Per dancer

LATE FEES

- Before 14 July 2025, ALL changes must be made online at QuickFeis.com and are FREE.
- After 14 July, all changes and new registrations will only be accepted AT THE FEIS along with late fees.
- Please note that late fees are in ADDITION to the regular feis fees above.
- All late fees apply PER competitor.
- No Family Max will be applied to on-site registrations and changes.

	Up to 14 July (online)	After 14 July (at Feis)
New Registration	\$0	\$50
Registration Change	Free	\$25
Family Max	\$185	No max

REGISTRATION RULES

- All registration is via www.quickfeis.com.
- Online registration remains open until **14 July**.
- Payment must be made at the time of registration.
- No checks, money orders, or cash will be accepted for registrations (online or in person).
- No mailed entries will be accepted.
- Entries are not valid until full payment is received.
- Any unpaid entries will be dropped at closing.

**ABSOLUTELY NO REFUNDS
OF ANY KIND AT ANY TIME**

NATION'S CAPITAL FEIS RULES

- Feis organizers reserve the option to combine or split competitions in accordance with IDTANA Southern Region Dancing Competition Rules.
- Adjudicating decisions made by the panel are final.
- All non-adjudicating decisions will be decided by the Feis organizers and will be final.
- Stage assignments may change at the discretion of the Feis. Announcements will be made via social media and at the affected stage. Competitors are responsible for being at the assigned stage ready to compete when their competitions are announced.
- Parents are entirely responsible for the safety of their child(ren). Neither the Nation's Capital Feis nor the venue will be held liable for any injury that occurs at this event. By entering this feis, you are agreeing to these terms.
- Individual results are included in competition fees for grade and championship levels.
- Grade-level competitors can collect their free printed results at Awards once all their registered competitions are completed and announced. Championship dancers may collect their individual printed results during award announcements. All results will also be available to competitors for FREE online through their Quickfeis accounts.

FEIS INFORMATION

Email: nceis@oneilljameschool.com
 Facebook: [NationsCapitalFeis](https://www.facebook.com/NationsCapitalFeis)
 Website: <https://oneilljameschool.com>

NATION'S CAPITAL FEIS

SPECIAL - EXHIBITION AT THE US CAPITOL

SATURDAY

- The Exhibition at the US Capitol is a dance special (not scored or ranked) open to dancers of any age and competition level.
- Please note: the Exhibition at the US Capitol coincides with Adult competitions at the Feis venue. Dancers who intend to compete in Adult grade or championship competitions are advised that these competitions will NOT be held for Exhibition participants.
- The Exhibition takes place outdoors on the West side of the US Capitol. Specific location details will be shared with registered participants no later than one week prior to the Nation's Capital Feis.
- Participation fee of \$55 per dancer is required and must be included with entry.
- The Exhibition commences at **12:00 pm (NOON) on Saturday** followed by an awards presentation. All participants will receive an award.
- Participants perform dance of own choice: two solo steps (such as reel, jig, etc.), traditional set dance, or ceili dance "by the book." Dancers perform one at a time for solo steps, or together if they are dancing ceili steps by pre-arrangement with friends/family. Participants will indicate dance of choice when checking in on-site.
- A photographer will be provided by the Feis to capture non-motion and in-motion photographs during the event. Digital images will be made available FREE OF CHARGE to all participants. A photo waiver release will be sent to all registered participants and must be completed prior to the Exhibition.
- Family members and spectators are welcomed to attend free of charge. There is no seating at the Exhibition site. You may bring your own chair or blanket. No coolers are allowed.
- Dancers and their families are responsible for arriving at the US Capitol to check in between 11:00-11:30AM.
- The Feis will arrange optional round-trip transportation between the Feis venue and the US Capitol for dancers and their families (additional ticket purchase required). The Exhibition shuttle will depart from the Falls Church Marriott Fairview Park at 10:30AM on Saturday and will return following the Exhibition and group photos. Shuttle reservations are available in advance on a first-come, first-served basis. Information on ticket reservations for the shuttle will be sent to all registered participants.
- If security or weather conditions require this event to be cancelled, participants will perform and receive their awards at the hotel. There are no refunds.

	Everyone
EXHIBITION AT THE US CAPITOL	999EX

NATION'S CAPITAL FEIS

ADULT COMPETITIONS

SATURDAY

ADULT GRADES	ADULT CHAMPIONSHIP	ADVANCED ADULT PRELIMINARY & OPEN	
<p>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.</p> <p>Dancers who are in the Adult categories cannot enter any competition other than Adult specified competitions. If a dancer chooses to compete in the youth/& over category after previously competing in the Adult competitions, they are required to abstain from participating in Adult competitions for a continuous period of five years.</p> <p>To progress in Adult Grade levels, dancers are to follow the same progression rules as used in youth/& over categories or progress with teacher's permission.</p>	<p>A dancer moves into the ADULT CHAMPIONSHIP level by winning 1st place in reel, slip jig, treble jig, and hornpipe in Adult Prizewinner competitions or by their teacher's permission.</p> <p>When a dancer begins competing in the Adult Championship level, they may not compete in Adult Grades.</p> <p>Upon winning two Adult Championships, the dancer may progress on to Advanced Adult Preliminary at teacher's discretion.</p> <p>A dancer competing in Adult Championship may not compete in the youth/& over category.</p>	<p>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.</p> <p>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</p> <p>An ADVANCED ADULT PRELIMINARY dancer is defined as any dancer over the age of 18 who has previously placed in the top three of a youth Preliminary championship competition of five or more competitors or an adult dancer who has won two Adult Championship competitions at a feis. Teachers may also use their discretion to move a dancer to Advanced Adult Preliminary. When a dancer begins competing in the Advanced Adult Preliminary level, they may not also compete in Adult Championship (unless a feis opts to combine competitions) nor in youth/& over competitions.</p>	<p>An ADVANCED ADULT OPEN level dancer is defined as any dancer over the age of 18 who has previously competed in a youth/& over open championship competition or has won two Advanced Adult Preliminary competitions at a feis. Teachers may also use their discretion to move a dancer to Advanced Adult Open. When a dancer begins competing in the Advanced Adult Open level, they may not also compete in Adult Championship or Advanced Adult Preliminary (unless a feis opts to combine competitions), nor in youth/& over competitions.</p>
<p>A teacher may exercise their discretion for determination of a dancer's level in Adult or Advanced Adult categories;</p> <ul style="list-style-type: none"> • if an Adult Championship dancer does not place in two consecutive years; the dancer may then return to Adult Prizewinner; • if An Advanced Adult Preliminary dancer does not place in two consecutive years; the dancer may then move to Adult Championship; • if An Advanced Adult Open dancer does not place in two consecutive years; the dancer may then move to Advanced Adult Preliminary Championship. 			

ADULT FIGURES & CEILI

SATURDAY

- Ceili teams (8 hands) are allowed to repeat dancers at all Southern Region feiseanna in accordance with the world and regional Oireachtas rules.
- Advanced Adult dancers are eligible to compete in Adult ceili and figure competitions.
- Adult Grades, Adult Championship, and Advanced Adult dancers may not compete in youth/&over ceili and figure competitions.
- Youth/& over dancers may not compete in Adult ceili and figure competitions.
- Only ONE team member needs to register and will be charged the TEAM fee for the entire team. The team MUST wear the dancer number that was used to register the team

	<u>2 HAND</u>	<u>3 HAND</u>	<u>4 HAND</u>	<u>6 HAND</u>	<u>8 HAND</u>
	<u>Reel</u>	<u>Reel</u>	<u>Reel/Jig</u>	<u>Reel/Jig</u>	<u>Reel/Jig</u>
TEAM FEES	\$20	\$30	\$40	\$60	\$80
ADULT	299FD	399FD	499FD	699FD	899FD

NATION'S CAPITAL FEIS

ADULT SOLO GRADES & CHAMPIONSHIPS

SATURDAY

- Adult Solo (Grades) and Championship competitions will begin immediately after Adult Figures/Ceili.
- ADULT DANCERS ARE ALLOWED TO DANCE TRADITIONAL OR OIREACHTAS SPEED DANCES IN THE NOVICE AND PRIZEWINNER GRADE LEVELS.
- The teacher of the student with the total highest score in Adult Competitions 299-599 (first chance) will be awarded the **PEGGY O'NEILL MEMORIAL TROPHY**.
- In the case that there are fewer than five entries in either Advanced Adult competition (Advanced Adult PC or Advanced Adult OC) or fewer than five entries in Adult championship competitions, the Nation's Capital Feis may choose to run these competitions as one combined competition with disaggregated results for Advanced Adult and Adult dancers.

	<u>Beginner</u>	<u>Advanced Beginner</u>	<u>Novice</u>	<u>Prizewinner</u>	<u>Adult Championship O18 – U40</u>	<u>Adult Championship 40 & O</u>	<u>Advanced Adult Prelim</u>	<u>Advanced Adult Open</u>
REEL	299RL	399RL	499RL	599RL				
LIGHT JIG	299LJ	399LJ	499LJ	599LJ				
SINGLE JIG	299SN	399SN	499SN	599SN				
SLIP JIG	299SJ	399SJ	499SJ	599SJ				
TREBLE JIG	299TJ	399TJ	499TJ	599TJ				
HORNSPIPE	299HP	399HP	499HP	599HP				
TRADITIONAL SET	299TS	399TS	499TS	599TS				
TREBLE REEL	299TR	399TR	499TR	599TR				
NON-TRAD SET*							799NTS	
2 ROUNDS							799AAP	
3 ROUNDS					640AC	641AC		799AAO
REEL	299RL2	399RL2	499RL2	599RL2				
LIGHT JIG	299LJ2	399LJ2	499LJ2	599LJ2				
SLIP JIG	299SJ2	399SJ2	499SJ2	599SJ2				
TREBLE JIG	299TJ2	399TJ2	499TJ2	599TJ2				
HORNSPIPE	299HP2	399HP2	499HP2	599HP2				
TRADITIONAL SET	299TS2	399TS2	499TS2	599TS2				
NON-TRAD SET*							799NTS2	
2 ROUNDS							799AAP2	
3 ROUNDS					640AC2	641AC2		799AAO2

*Non-Traditional Set competitions are open only to Advanced Adult Preliminary Champion competitors.

ADULT Championship 640AC (U40) 641AC (40&O)	ADVANCED ADULT PRELIM Championship 799AAP	ADVANCED ADULT OPEN Championship 799AAO
Round 1 - Hard Shoe: 40 bars of the hornpipe or 48 bars of the treble jig Round 2 - Soft Shoe: 48 bars of reel or 40 bars of slip jig Round 3: Traditional Set	Round 1 - Hard Shoe: 40 bars of the hornpipe or 48 bars of the treble jig Round 2 - Soft Shoe: 48 bars of reel or 40 bars of slip jig	Round 1 - Hard Shoe: 40 bars of the hornpipe or 48 bars of the treble jig Round 2 - Soft Shoe: 48 bars of reel or 40 bars of slip jig Round 3 – Set of Choice

NATION'S CAPITAL FEIS

SPECIAL - FREE COMPETITIONS

SATURDAY

Special free competitions will take place following the Adult Competitions on Saturday. These special competitions are not scored or ranked. All participants receive awards. There is no charge to enter but competitors must register in advance via QuickFeis.

	<u>Fee</u>	<u>Open to</u>	<u>Description</u>	
JACK & JILL	NO CHARGE	EVERYONE	Sweets of May Name of dancers will be drawn at stage prior to competition.	901FR
DOG WITH THE CUTEST IRISH EYES	NO CHARGE	EVERYONE	Show off your dog's Irish spirit in this friendly competition, open to any breed.*	902FR
BABY WITH THE CUTEST IRISH SMILE	NO CHARGE	Under 3	A chance for our very youngest participants to show off that stage presence!	903FR
SPECIAL NEEDS REEL COMPETITION	NO CHARGE	EVERYONE	Dance your favorite REEL step	904FR

*Please note that the Fairview Park Marriott Falls Church is pet-friendly with pet fee of \$150 per stay for overnight guests traveling with their pets. Please consult the hotel directly for the most up-to-date information on pet policies.

SPECIAL – \$500 SCHOLARSHIP PRIZE DANCE-OFFS

SATURDAY

- Scholarship Prize Dance-Offs are open to dancers of any age and from any school.
- Following each competition, the winner(s) will be awarded a \$500 cash Scholarship Prize to apply to the activity of their own choice. The aim is to encourage dancers to pursue excellence and carry on the love of the dance.
- Competition fee of \$25 **per dancer** is required and must be included with entry.
- A teacher or other adult must be present to receive scholarship prizes on behalf of dancers under 18. Teams must identify a responsible party to receive prizes on behalf of all competitors.
- The Scholarship Prize Dance-Offs will begin AFTER the shuttle returns from the Exhibition at the US Capitol.

	<u>Fee</u>	<u>Open to</u>	<u>Requirements</u>	
FRANK & PEGGY O'NEILL \$500 SCHOLARSHIP PRIZE	\$25	EVERYONE EXCEPT OPEN CHAMP	Traditional Set Dance Blackbird <i>in its entirety</i> (Lead, set, step, 2nd set & last step)	950SCH
LAUREEN O'NEILL- JAMES \$500 SCHOLARSHIP PRIZE	\$25	EVERYONE	Traditional Saint Patrick's Day Set Dance <i>in its entirety</i> 1st Step Right and Left Foot/ Set Part Right and Left Foot/2nd Step Right and left foot/2nd Set Part Right and Left foot/Last Step Right Foot ONLY	951SCH
DENNIS DENNEHY \$500 SCHOLARSHIP PRIZE	\$25	EVERYONE	2-hand Treble Reel (48 bars)	952SCH
THE FRED JAMES "I FEEL GOOD" \$500 SCHOLARSHIP PRIZE	\$25	EVERYONE	Must comprise of 8 or more dancers "Light & Hard Shoe combination" School costume not required Performances may not exceed 5 minutes in length May supply own music or use Feis Musician	953SCH

NATION'S CAPITAL FEIS

IRISH CULTURE – MUSIC/SONG/LANGUAGE

SATURDAY

	<u>Fee</u>	<u>Requirement</u>	<u>U13</u>	<u>U18</u>	<u>O18</u>
MUSIC	\$12	Play one Irish tune of own choice Must supply own instrument	513M	518M	519M
IRISH SONG	\$12	Perform one Irish song of own choice <i>a capella</i>	513IS	518IS	519IS
IRISH LANGUAGE	\$12	Recitation (Comortaisi in Gaelige)	513IL	518IL	519IL

SPECIAL – WHISKEY REEL

SATURDAY

- Open to all dancers of any level aged 21 and over.
- Dancers will perform 16 bars of a hard or soft shoe reel.
- The Whiskey Reel will follow the Scholarship Prize Dance-Off competitions.
- Each competitor will receive a commemorative glass and a drink ticket redeemable for a whiskey at the feis cash bar. The winner will receive a bottle of whiskey to take home.

	<u>Fee</u>	<u>Open to</u>	<u>Description</u>	
WHISKEY REEL	\$25	EVERYONE 21 & O	16 bars of hard or soft shoe reel	999WR

SPECIAL – FREESTYLE

SATURDAY

- This is a solo competition open to dancers of any age or level.
- The aim is to encourage creativity and expression in Irish dancing while preserving traditions of footwork, timing, and rhythm. The core style of the performance must be Irish dance. There are no restrictions to arm, upper body, or head movements.
- Dancers may choose soft shoe or hard shoe.
- Performances may not exceed 90 seconds in length. Competitors may supply own music or use Feis musician.
- School costume is not required. Costumes must adhere to the principles of modesty. Props may be used as long as they can be placed and removed quickly and easily.

	<u>Fee</u>	<u>Open to</u>	<u>Description</u>	
FREESTYLE (Solo)	\$15	EVERYONE	Soft shoe or hard shoe showcasing creativity in the Irish dance tradition Arm movements permitted May not exceed 90 seconds in length	999FS

NATION'S CAPITAL FEIS

All competitions below take place on SUNDAY

NUMBERING SYSTEM

SUNDAY

1st Digit	LEVEL CATEGORY	Pre-Beginner all begin with "1", BEGINNER 1 with "2", and so forth
2nd and 3rd Digits	AGE GROUP	Begins at 01 - So "05" means "under 5", "11" means "under 11", ...
4th and 5th Digits (Letters)	COMPETITION TYPE	RL = REEL LJ = LIGHT JIG SJ = SLIP JIG SN = SINGLE JIG/HOP JIG TJ = TREBLE JIG HP = HORNPIPE PD = ST PATRICK DAY TS = TRADITIONAL SET
Last Number "2"	SECOND CHANCE	Any competition ending with "2" denotes a second chance competition

AGE GROUP: your age group is determined by the YEAR the competitor was born. This changes from year to year!

For 2025 U5 U6 U7 U8 U9 U10 U11 U12 U13 U14 U15 U16 U17 U18

Born in: 2020 2019 2018 2017 2016 2015 2014 2013 2012 2011 2010 2009 2008 2007

PLEASE NOTE: Age groupings beginning with "O" mean THAT age AND over (for example, O11 means 11 and older).

FIRST FEIS

SUNDAY

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

GIRLS/BOYS	U5	U6	U7	U8	U9	U10	U11	O11
REEL	105RL	106RL	107RL	108RL	109RL	110RL	111RL	112RL
LIGHT JIG	105LJ	106LJ	107LJ	108LJ	109LJ	110LJ	111LJ	112LJ

BEGINNER (BEGINNER 1)

ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS

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. Only school costumes are allowed.

GIRLS/BOYS	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15
REEL	205RL	206RL	207RL	208RL	209RL	210RL	211RL	212RL	213RL	214RL	215RL	216RL
LIGHT JIG	205LJ	206LJ	207LJ	208LJ	209LJ	210LJ	211LJ	212LJ	213LJ	214LJ	215LJ	216LJ
SLIP JIG	205SJ	206SJ	207SJ	208SJ	209SJ	210SJ	211SJ	212SJ	213SJ	214SJ	215SJ	216SJ
TREBLE JIG	205TJ	206TJ	207TJ	208TJ	209TJ	210TJ	211TJ	212TJ	213TJ	214TJ	215TJ	216TJ
HORNPIPE	205HP	206HP	207HP	208HP	209HP	210HP	211HP	212HP	213HP	214HP	215HP	216HP

NATION'S CAPITAL FEIS

ADVANCED BEGINNER (BEGINNER 2)

ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS

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). Only school costumes are allowed.

GIRLS/BOYS	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15
REEL	305RL	306RL	307RL	308RL	309RL	310RL	311RL	312RL	313RL	314RL	315RL	316RL
LIGHT JIG	305LJ	306LJ	307LJ	308LJ	309LJ	310LJ	311LJ	312LJ	313LJ	314LJ	315LJ	316LJ
SINGLE JIG	305SN	306SN	307SN	308SN	309SN	310SN	311SN	312SN	313SN	314SN	315SN	316SN
SLIP JIG	305SJ	306SJ	307SJ	308SJ	309SJ	310SJ	311SJ	312SJ	313SJ	314SJ	315SJ	316SJ
TREBLE JIG	305TJ	306TJ	307TJ	308TJ	309TJ	310TJ	311TJ	312TJ	313TJ	314TJ	315TJ	316TJ
HORNSPIPE	305HP	306HP	307HP	308HP	309HP	310HP	311HP	312HP	313HP	314HP	315HP	316HP
TREBLE REEL	305TR	306TR	307TR	308TR	309TR	310TR	311TR	312TR	313TR	314TR	315TR	316TR

NOVICE

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

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).

GIRLS/BOYS	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15
REEL	407RL	408RL	409RL	410RL	411RL	412RL	413RL	414RL	415RL	416RL
LIGHT JIG	407LJ	408LJ	409LJ	410LJ	411LJ	412LJ	413LJ	414LJ	415LJ	416LJ
SINGLE JIG	407SN	408SN	409SN	410SN	411SN	412SN	413SN	414SN	415SN	416SN
SLIP JIG	407SJ	408SJ	409SJ	410SJ	411SJ	412SJ	413SJ	414SJ	415SJ	416SJ
TREBLE JIG	407TJ	408TJ	409TJ	410TJ	411TJ	412TJ	413TJ	414TJ	415TJ	416TJ
HORNSPIPE	407HP	408HP	409HP	410HP	411HP	412HP	413HP	414HP	415HP	416HP
TRADITIONAL SET	407TS	408TS	409TS	410TS	411TS	412TS	413TS	414TS	415TS	416TS
SET DANCE (non-traditional)	407SD	408SD	409SD	410SD	411SD	412SD	413SD	414SD	415SD	416SD
TREBLE REEL	407TR	408TR	409TR	410TR	411TR	412TR	413TR	414TR	415TR	416TR
REEL	407RL2	408RL2	409RL2	410RL2	411RL2	412RL2	413RL2	414RL2	415RL2	416RL2
SLIP JIG	407SJ2	408SJ2	409SJ2	410SJ2	411SJ2	412SJ2	413SJ2	414SJ2	415SJ2	416SJ2
TREBLE JIG	407TJ2	408TJ2	409TJ2	410TJ2	411TJ2	412TJ2	413TJ2	414TJ2	415TJ2	416TJ2
HORNSPIPE	407HP2	408HP2	409HP2	410HP2	411HP2	412HP2	413HP2	414HP2	415HP2	416HP2

NOTE - SECOND CHANCE competitions (all highlighted in GREEN) are the same price as the regular competitions, but do not count towards the family max

NATION'S CAPITAL FEIS

PRIZEWINNER (OPEN)

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

A dancer moves into Prizewinner as a result of placing 1st place as indicated in Novice.

GIRLS/BOYS	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15
REEL	507RL	508RL	509RL	510RL	511RL	512RL	513RL	514RL	515RL	516RL
LIGHT JIG	507LJ	508LJ	509LJ	510LJ	511LJ	512LJ	513LJ	514LJ	515LJ	516LJ
SINGLE JIG	507SN	508SN	509SN	510SN	511SN	512SN	513SN	514SN	515SN	516SN
SLIP JIG	507SJ	508SJ	509SJ	510SJ	511SJ	512SJ	513SJ	514SJ	515SJ	516SJ
TREBLE JIG	507TJ	508TJ	509TJ	510TJ	511TJ	512TJ	513TJ	514TJ	515TJ	516TJ
HORNSPIPE	507HP	508HP	509HP	510HP	511HP	512HP	513HP	514HP	515HP	516HP
TRADITIONAL SET	507TS	508TS	509TS	510TS	511TS	512TS	513TS	514TS	515TS	516TS
SET DANCE (non-traditional)	507SD	508SD	509SD	510SD	511SD	512SD	513SD	514SD	515SD	516SD
TREBLE REEL	507TR	508TR	509TR	510TR	511TR	512TR	513TR	514TR	515TR	516TR
REEL	507RL2	508RL2	509RL2	510RL2	511RL2	512RL2	513RL2	514RL2	515RL2	516RL2
SLIP JIG	507SJ2	508SJ2	509SJ2	510SJ2	511SJ2	512SJ2	513SJ2	514SJ2	515SJ2	516SJ2
TREBLE JIG	507TJ2	508TJ2	509TJ2	510TJ2	511TJ2	512TJ2	513TJ2	514TJ2	515TJ2	516TJ2
HORNSPIPE	507HP2	508HP2	509HP2	510HP2	511HP2	512HP2	513HP2	514HP2	515HP2	516HP2

PRELIMINARY CHAMPIONSHIP

SUNDAY

Preliminary Championships are open to those who, at any recognized Feis:

- Have won 1st place in both an open/prizewinner light and heavy shoe competition, and
- Have never won 1st, 2nd or 3rd in Open Championship.

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.

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.

Each dancer is required to perform **two** rounds (starting with hard shoe):

1. 40 bars of the hornpipe or 48 bars of the treble jig
2. 48 bars of reel or 40 bars of slip jig for ladies or reel only for men

BOYS/MEN & GIRLS/LADIES	U9	U10	U11	U12	U13	U14	U15	U16	U17	O17
PRELIMINARY Championship	609PC	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC
PRELIMINARY Championship SECOND CHANCE	609PC2	610PC2	611PC2	612PC2	613PC2	614PC2	615PC2	616PC2	617PC2	618PC2

Competitions will be combined as best as possible by two adjacent age groups to make groups of 5 or more. If 3 or more boys are entered in a specific age group, the boys and girls must be split into separate competitions. Large competitions may be split.

NOTE - SECOND CHANCE competitions (all highlighted in GREEN) are the same price as the regular competitions, but do not count towards the family max

NATION'S CAPITAL FEIS

OPEN CHAMPIONSHIP

SUNDAY

A dancer who wins two 1st Place awards in one calendar year will move on to Open Championship the following year, or as soon as the second win is achieved, in any age category, in the following years. Only in the case of back-to-back Feiseanna (successive days), in which case the first win in the first Feis will not change the dancer's status for the second Feis. Placing in a Regional or National Oireachtas does not change the status of a competitor.

Each dancer is required to perform **three** rounds (starting with hard shoe):

1. 40 bars of the hornpipe or 48 bars of the treble jig
2. 48 bars of reel or 40 bars of slip jig
3. Set Dance of their choice

<u>GIRLS / LADIES/ BOYS / MEN</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>	<u>U17</u>	<u>U18</u>	<u>O18</u>
OPEN Championship	709OC	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC
PETER SMITH \$500 SCHOLARSHIP PRIZE	Scholarship Prize Dance-Off open FREE OF CHARGE to all 1st 2nd & 3rd place winners in competitions 713OC - 719OC Requirement: Set dance in contrasting tempo 954SCH										

- Competitions will be combined as best as possible by two adjacent age groups to make groups of 5 or more.
- Large competitions may be split.
- If 3 or more boys are entered in a specific age group, the boys and girls must be split into separate competitions.
- When there are less than five dancers registered in a particular Open Championship age category, the boys and girls WILL be combined.

SPECIAL – \$500 PETER SMITH SCHOLARSHIP PRIZE DANCE-OFF

SUNDAY

- The Peter Smith Scholarship Prize Dance-Off is open to 1st, 2nd, & 3rd place winners in Open Competitions 713OC, 714OC, 715OC, 716OC, 717OC, 718OC, and 719OC on Sunday at the Nation's Capital Feis.
- The Peter Smith Scholarship Prize Dance-Off will begin after announcement of awards for all qualifying competitions.
- Eligible dancers must register at stage side prior to the beginning of the competition.
- All competitors must perform a (non-traditional) set dance in the contrasting tempo to the set dance performed during the qualifying competition.
- The competition will be adjudicated by a single judge.
- Following the competition, the winner will be awarded a \$500 cash Scholarship Prize to apply to the activity of their own choice. The aim is to encourage dancers to pursue excellence and carry on the love of the dance.

SPECIAL – SUPPLEMENTAL CHAMPIONSHIP COMPETITIONS

SUNDAY

- Open to all PC or OC dancers ONLY
- Scheduled throughout the day on Sunday
- All dances require 2 steps
- Adjudicated by a single judge
- Competition Fee:
 - \$12 per competitor per event

<u>GIRLS/BOYS</u>	<u>U9</u>	<u>U11</u>	<u>U13</u>	<u>U15</u>	<u>O15</u>
TREBLE JIG	709TJ	711TJ	713TJ	715TJ	716TJ
HORNPIPE	709HP	711HP	713HP	715HP	716HP
TRADITIONAL SET DANCE	709TS	711TS	713TS	715TS	716TS
SET DANCE	709SD	711SD	713SD	715SD	716SD
TREBEL REEL (end of day)	709TR	711TR	713TR	715TR	716TR

NATION'S CAPITAL FEIS

FIGURES/CEILI/TEAMS

SUNDAY

- Figures/Ceili/Teams competitions will commence at 8:15AM on **SUNDAY**.
- There are no restrictions on figure age groups.
- Figure age groups will be determined by the oldest dancer.
- ONLY ONE** team member needs to register for the team. **THAT** team member must wear their dancer number for the team.
- Choreography**
 - Each team will comprise 8-16 dancers.
 - The dance must portray an Irish theme.
 - Only basic traditional steps may be used.
 - All dancers must be in school costume and on stage from commencement to end of the dance.
 - Dance must be in 2/4, 4/4, 6/8 or combination of those times with any change lasting a minimum of 16 bars.
 - There is a 4-minute time limit. Pauses are permitted but limited to 4 bars.
 - If a specific tune is required, the team must supply its own high-quality recording and play it on its own equipment.
- UNITED COUNTIES COMPETITION**
 - Each team will comprise 8 or more dancers.
 - The dance must have an Irish theme representative of one of the Irish counties.
 - In the event that two teams select the same county, the entry with the earlier paid registration will get its first choice.
 - Please include an alternate choice for county representation.
- PRESIDENTS CUP** will be awarded to school with the highest points in figures
- FRANK O'NEILL MEMORIAL TROPHY** will be awarded to school with the 2nd highest points

	<u>2 HAND</u> Reel	<u>3 HAND</u> Reel	<u>4 HAND</u> Reel/Jig	<u>6 HAND</u> Reel/Jig	<u>8 HAND</u> Reel/Jig	Choreography	<u>United</u> <u>Counties</u> <u>Competition</u>
TEAM FEES	\$20	\$30	\$40	\$60	\$80	\$80	\$80
Under 8	208FD	308FD	408FD	608FD	808FD	912CHO	999FD-UCP
Under 10	210FD	310FD	410FD	610FD	810FD		
Under 12	212FD	313FD	414FD	616FD	818FD		
Under 15	215FD	315FD	415FD	615FD	815FD	915CHO	
15 and over	216FD	316FD	416FD	616FD	816FD	916CHO	

NATION'S CAPITAL FEIS

SPECIAL – FIGURES/TEAMS

SUNDAY

- All fees are per competitor. Each competitor must register. Only one team member will wear their number for the team.

	<u>Fee</u>	<u>Requirements</u>	<u>Grades</u> <u>U12</u>	<u>Grades</u> <u>U15</u>	<u>Grades</u> <u>O15</u>	<u>OC/PC</u>
HARD-SHOE EXHIBITION EXTRAVAGANZA	\$10	Team may consist of 5 to 20 dancers. School costume not required. Maximum time allowed 4 minutes. May supply own music or use Feis Musician		516HSE Any/All Grades competitors		755FD-HS
PARENT CHILD(REN)	\$10	A competition to allow children the distinct pleasure of dancing with a parent. All competitors must be registered for the Feis. Competitors may perform any dance of choice not exceeding 48 bars of music. Parents may only dance ONCE in each competition.		900FD-PC Open to EVERYONE		
FAMILY CEILI	\$10	A competition to allow children the distinct pleasure of dancing with a family member. All competitors must be registered for the Feis. The ceili dance must be by the book by members of the same family, no relatives outside the immediate family. Parents may only dance ONCE in each competition.		900FD-FC Open to EVERYONE		

SPECIAL – FUTURE CHAMP

SUNDAY

- This is not a championship competition, but a way to practice championship-style competition in front of three judges in preparation for dancing solo at the championship level.
- Open to dancers who currently dance at the Novice or Prizewinner levels. Must enter at least two grade level dances at the Feis to be eligible for competition.
- Full awards ceremony will be held and “All-American” award will be presented to the winner.
- Each competitor will dance TWO ROUNDS:
 - HARD SHOE ROUND – EITHER Hornpipe (40 bars) OR Treble Jig (48 bars).
 - SOFT SHOE ROUND - EITHER Reel (48 bars) OR Slip Jig (40 bars)

	<u>Fee</u>	<u>Requirements</u>	<u>Grades</u> <u>U12</u>	<u>Grades</u> <u>U15</u>	<u>Grades</u> <u>O15</u>	<u>OC/PC</u>
FUTURE CHAMP	\$55	Dancers may perform 48 bars of Reel / Jig or 40 bars of Slip Jig / Hornpipe	512FC	515FC	516FC	Not eligible

NATION'S CAPITAL FEIS

SPECIAL – COMBINED MUSIC/DANCE

SUNDAY

- This scored and ranked competition allows multi-talented performers to showcase their skills in Irish music and dance.
- This competition is open to dancers of every competition level, with entry by age group. (Adults may enter the O15 category.)
- Competitors will play 48 bars of music of their own choice in a traditional Irish style (e.g., reel, jig, slip jig, hornpipe), which will be recorded at the competition stage. Competitors may include an optional 8 bar introduction if desired.
- Competitors will then dance to their own recorded tune.
- Competitors must supply own instrument.

	<u>Fee</u>	<u>Requirements</u>	<u>U12</u>	<u>U15</u>	<u>O15</u>
COMBINED MUSIC/DANCE COMPETITION	\$25	Play 48 BARS of music of own choice in Irish tradition which will be recorded. Competitors will then dance to their own recorded tune.	512MDC	515MDC	516MDC

IRISH CULTURE – ARTS & BAKING

SUNDAY

- All fees are per competitor per event.
- Competitor cards will be provided for each entry.
- All items must be submitted to the Feis Registration Desk no later than 11:00AM.

	<u>Fee</u>	<u>Requirement</u>	<u>U13</u>	<u>U18</u>	<u>O18</u>
ART	\$12	Irish themed visual art	513A	518A	519A
NEEDLEWORK	\$12	Irish themed needlework	513N	518N	519N
KNITTING	\$12	Irish themed knitting	513K	518K	519K
CROCHET	\$12	Irish themed crochet	513CR	518CR	519CR
BAKING	\$12	Irish Soda Bread Only	513B	518B	519B

NATION'S CAPITAL FEIS

IDTANA SOUTHERN REGION-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 \$25.00 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.
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) 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.

NATION'S CAPITAL FEIS

3. A Feis Committee may combine competitions if there are less than 5 competitors entered as follows:

- a. Two consecutive age groups, combined into the higher of the two groups, within that grade.
- b. Three consecutive age groups, combined into the highest age group, within that grade.
- c. All Boys' grades competitions shall be initially entered in single year age groups within that grade.
- d. If there are less than 5 Boys entered in any one age group within that grade, competitions may be combined in the following order:
 - i. Double, All Boys, age group into the higher of the two groups within that grade
 - ii. If a double, All Boys age group does not create 5 or more entries, the Boys shall be combined into the corresponding single year Girls' age group.
 - iii. If the combined Boys and Girls age group still does not create 5 or more entries, that competition may be combined as stated in rule #2 above.
- e. 100 and 200 level competitions may be combined as follows:
 - i. Ages under 8 and below, CANNOT be combined with other age groups within that grade, but Boys and Girls may be combined in the corresponding single year Girls' age group within that grade.
 - ii. Ages under 9 and above may first be combined into 2 consecutive age groups within that grade. If the combined competition still does not create 5 or more entries, that competition may be combined using rules 2, 3 and 4 above.

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 I (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.
 - 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 I, 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. (IDTANA, 1/1/17)
12. Dancers competing in the First Feis category are limited to participating in the First Feis Category only. (IDTANA, 1/1/17)

NATION'S CAPITAL FEIS

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.
2. Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances and Specials, ie 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 are open to those who:
 - 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 a group.
4. A Southern region feis may choose to combine boys and girls in Open Championship competitions when there are less than 5 dancers registered in a particular age category. However, 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. If separate Boys and Girls competitions in Open Championships are offered in the syllabus, they may NOT be combined under ANY circumstances on the day of the Feis
5. One of the following statements MUST be in the feis syllabus:
 - a. When there are less than five dancers registered in a particular Open Championship age category, the boys and girls will NOT be combined.OR
 - b. When there are less than five dancers registered in a particular Open Championship age category, the boys and girls WILL be combined.
6. The boys' open championship age categories will match the girls' open championship age categories.
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. On championship competitions, 2/3 of adjudicators must be different from the previous day.
 - b. 2nd 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 who meet the definition of "Adult dancer" may compete in Adult Ceili competitions.
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.

NATION'S CAPITAL FEIS

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.

COSTUME RULES

1. Make up 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 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.

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.
5. When wearing body suits with skirts (commonly known as black-out attire) black tights (of a denier less than 70) must be worn from the age of 14 and above.

Effective date: 1st February, 2020

MODESTY RULES

FROM AN COIMISIUN

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.
2. Respect for fellow competitors on stage is a requirement at all times.
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.
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.
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

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