



# 2019

## **FIGURE DANCING**

\$10.00 per dancer

Dancers may compete in their own age group or next higher age group.

2-hand & 3-hand length: 8 bar intro + 48 bars

	<b>TWO HAND REEL</b>	<b>THREE HAND REEL</b>	<b>FOUR HAND REEL/JIG*</b>
Under 8	NA	NA	F8-4
Under 10	F10-2	F10-3	F10-4
Under 12	F12-2	F12-3	F12-4
Under 15	F15-2	F15-3	F15-4
15 & Over	F99-2	F99-3	F99-4

\* 4 Hand dance must be from Ar Rince Ceili

## **BEGINNER**

\$10.00 per dance

To dance 2 steps, two at a time.

Dancers must wear a skirt and blouse or school costume only.

<b>BOYS AND GIRLS</b>	<b>REEL</b>	<b>LIGHT JIG</b>	<b>SLIP JIG</b>	<b>SINGLE JIG</b>
<b>speed</b>	<b>122</b>	<b>115</b>	<b>122</b>	<b>124</b>
Under 5	B5R	B5L	B5S	B5X
Under 6	B6R	B6L	B6S	B6X
Under 7	B7R	B7L	B7S	B7X
Under 8	B8R	B8L	B8S	B8X
Under 9	B9R	B9L	B9S	B9X
Under 10	B10R	B10L	B10S	B10X
Under 11	B11R	B11L	B11S	B11X
Under 12	B12R	B12L	B12S	B12X
12 & Over	B99R	B99L	B99S	B99X

## **ADVANCED BEGINNER**

\$10.00 per dance

To dance 2 steps, two at a time.

Dancers must wear a skirt and blouse or school costume only.

<b>BOYS AND GIRLS</b>	<b>REEL</b>	<b>LIGHT JIG</b>	<b>SLIP JIG</b>	<b>SINGLE JIG</b>	<b>TREBLE JIG</b>	<b>HORNPIPE</b>	<b>ST. PATRICK'S DAY</b>
<b>speed</b>	<b>122</b>	<b>115</b>	<b>122</b>	<b>124</b>	<b>92</b>	<b>138</b>	<b>94</b>
Under 7	A7R	A7L	A7S	A7X	A7T	A7H	A7P
Under 9	A9R	A9L	A9S	A9X	A9T	A9H	A9P
Under 11	A11R	A11L	A11S	A11X	A11T	A11H	A11P
Under 13	A13R	A13L	A13S	A13X	A13T	A13H	A13P
13 & Over	A99R	A99L	A99S	A99X	A99T	A99H	A99P

**NOVICE** \$10.00 per dance

To dance 2 steps, two at a time.

<b>BOYS AND GIRLS</b>	<b>REEL</b>	<b>LIGHT JIG</b>	<b>SLIP JIG</b>	<b>TREBLE JIG</b>	<b>HORNPIPE</b>	<b>TRADITIONAL SET DANCE</b>
<b>speed</b>	<b>113</b>	<b>115</b>	<b>113</b>	<b>92 or 73</b>	<b>138 or 113</b>	
Under 7	N7R	N7L	N7S	N7T	N7H	N7D
Under 9	N9R	N9L	N9S	N9T	N9H	N9D
Under 11	N11R	N11L	N11S	N11T	N11H	N11D
Under 13	N13R	N13L	N13S	N13T	N13H	N13D
13 & Over	N99R	N99L	N99S	N99T	N99H	N99D

**PRIZEWINNER** \$10.00 per dance

To dance 2 steps, two at a time.

<b>BOYS AND GIRLS</b>	<b>REEL</b>	<b>SLIP JIG</b>	<b>TREBLE JIG</b>	<b>HORNPIPE</b>	<b>TRADITIONAL SET DANCE</b>
<b>speed</b>	<b>113</b>	<b>113</b>	<b>92 or 73</b>	<b>138 or 113</b>	
Under 9	P9R	P9S	P9T	P9H	P9D
Under 11	P11R	P11S	P11T	P11H	P11D
Under 13	P13R	P13S	P13T	P13H	P13D
13 & over	P99R	P99S	P99TG	P99H	P99D

**ADULT BEGINNER SOLO COMPETITIONS** \$10.00 per dance

Dancers must be 18 years or older.

	<b>REEL</b>	<b>LIGHT JIG</b>	<b>SLIP JIG</b>	<b>SINGLE JIG</b>	<b>TREBLE JIG</b>	<b>HORNPIPE</b>	<b>ST. PATRICK'S DAY</b>
	<b>122</b>	<b>115</b>	<b>122</b>	<b>124</b>	<b>92</b>	<b>138</b>	<b>94</b>
<b>MEN AND WOMEN</b>	M99R	M99L	M99S	M99X	M99T	M99H	M99P

**INSTRUMENTAL & VOCAL COMPETITIONS**

\$10.00 per competition

Traditional music only. Acoustic instruments only.

Music classes:      a) Air - slow or lively                      b) reels                      c) Jigs - slip, single, or double  
                            d) march                      e) set dance                      f) slide                      g) polka

**INSTRUMENTAL**

Under 12                      MUS12  
Under 15                      MUS15  
Under 18                      MUS18  
18 & Over                      MUS99

**VOCAL**

Under 12                      VOC12  
Under 18                      VOC18  
18 & Over                      VOC99

**PRELIMINARY CHAMPIONSHIP**

\$35.00 per competition

Any dancer who has placed 1st in one (1) soft shoe dance and one (1) hard shoe dance in Prizewinner category (see ECR Rule #7).

To dance Reel(113) OR Slip Jig(113) AND Treble Jig(73) OR Hornpipe(113)

**BOYS AND GIRLS**

Under 9                      PC9  
Under 11                      PC11  
Under 13                      PC13  
Under 15                      PC15  
Under 17                      PC17  
17 & Over                      PC99

**PRELIMINARY CHAMPIONSHIP****SET DANCE COMPETITION**

\$10.00 per set dance

**BOYS AND GIRLS**

Under 9 (must dance a traditional set)                      PC9S  
Under 11                      PC11S  
Under 13                      PC13S  
Under 15                      PC15S  
Under 17                      PC17S  
17 & Over                      PC99S

**OPEN CHAMPIONSHIP**

\$40.00 per competition

To dance Reel(113) OR Slip Jig(113), Treble Jig(73) OR Hornpipe(113), and Set dance of choice.

**BOYS AND GIRLS**

Under 9                      C9  
Under 11                      C11  
Under 13                      C13  
Under 15                      C15  
Under 17                      C17  
Under 19                      C19  
19 & Over                      C99

Dancers in Under 9 category must perform Traditional Set Dance.

Dancers in Under 9 category will not be combined regardless of number of entries.

**DANCING COMPETITION RULES**  
**Adopted By The North American Feis Commission, 2015**  
**EFFECTIVE JANUARY 1, 2016**

**1.** In the case of all solo and team competitions in all grades, the age of a competitor on 1<sup>st</sup> 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 1<sup>st</sup> 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 Coimisiún, regardless of their domicile, and where applicable, 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 NAFC – 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. May not pertain to a situation where competitors are involved in stage conflicts.

**5.** 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.
- c) Cannot change competition on the day of the Feis.

**6.** Steel taps or “bubble” heels on dancing shoes, display of awards, wearing of shorts or other unconventional dress is prohibited. Authentic Gaelic dress is desired. First Feis (if offered), Beginner and Advanced Beginner, aka Beginner I and II, must wear a class costume, or a skirt and blouse. 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.** Awards will be determined in proportion to the number of entries in each competition and to the degree of proficiency shown.

**9.** Complaints regarding the running or rules of a Feis must be in writing, stating names and other factual information and signed by the complainant. A ten-dollar 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 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 enclose the entry fee when mailing. 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.

14. Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances. Entrants in Championships should specify, on the entry form, their choice of set dance. Entrants cannot change competition or category on the day of the competition.

- a) Dancers must qualify for open championship via the method now in place for preliminary championship, i.e. two 1<sup>st</sup> place wins.
- b) Dancers must compete in the preliminary championship competition in order to qualify for open championship
- c) The regional syllabus where the Feis is being held may have different qualifications for entry.

15. Combining male and female dancers in any age category is left to the discretion of each region of the IDTANA.

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

- a) Have won 1<sup>st</sup> place in both an open/prizewinner light and heavy shoe competition, and
- b) Have never won 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in Open Championship. A dancer who wins two first place awards will move on to Open Championship at the next Feis they enter, 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. A dancer is required to perform a light shoe dance (reel or slip jig for ladies and reel only for men), and a hard shoe dance. A Feis can opt to offer either a) a set dance or b) a jig/hornpipe.
- c) The regional syllabus where the Feis is being held may have different qualifications for entry.

17. Championships and Preliminary Championships require at least three adjudicators.

18. 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.

19. The status of the dancer does not change unless there are five or more dancers in a competition.

20. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region. The syllabus is to contain all grade categories. A Feis Committee may *combine two consecutive age categories into the higher of the two categories within that grade* when less than five (5) competitors are entered.

**21. 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 Advanced Beginner category the next year.

**Advanced Beginner Grade:** An advanced beginner who wins 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> 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.

**Novice Grade:** A novice who wins a 1<sup>st</sup> place will advance to the Open (Prizewinner) category in that particular dance.

**Open Grade (Prizewinner):** A competitor who does not qualify as a beginner, advanced beginner or as a novice.

**Adult Beginner:** An adult beginner is a competitor who never took Irish dancing lessons as a juvenile and is over 18 years of age.

22. 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.

23. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.

24. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced. Competitors may compete in the next higher age group. A competitor may compete in no more than two different age groups for any one category (4-hand, 8-hand, etc.)

25. In matters pertaining to adjudication, the decision of the adjudicators is final.

26. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.

**27.** First Feis (if offered), Beginner, and Advanced Beginner dancers are required to dance at traditional speeds. Novice and Open/Prizewinner dancers may choose between traditional and Oireachtas speeds. Adult dancers are allowed to dance traditional or Oireachtas speed dances in the novice and prizewinner grade levels, but this does not apply to contemporary set dances.

**28.** The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8 bar introduction

**29.** In consideration of safety and in fairness to dancers performing at a Feis, photography of any kind which has the capability of capturing a dancer's image while in motion is strictly forbidden.

A Feis may elect to allow in motion photography for publicity purposes, but the pictures are considered the sole property of the Feis and solely for Feis use only; these are not 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.

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: (a) away from the dancing stages and, (b) requested by a consenting parent, guardian, or dancer (over the age of 18).

**30.** 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.

**31.** Make up is prohibited on a dancer in the first three grades (First Feis (if offered), Beginner and Advanced Beginner or their equivalent) up to and including the under 12 age group.

**32.** 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.

**33.** Each Feis is required to list their adjudicators on their syllabus and/or website. If adjudicators are not listed on the syllabus, they must be posted on the Feis website a minimum of three weeks prior to the Feis. Once the Feis has closed for entries the adjudicators names may be removed from the Feis website. One third of the adjudicators are to be from outside the region where the Feis is being held.

**34.** Competitors in girl's competitions at the First Feis (if offered), Beginner and Advanced Beginner Grade will wear only the competitor's dancing School costume or a skirt and blouse.

**35.** No substance that can become airborne should be used on any dance floor in an attempt to improve traction.

# **ADDITIONAL RULES AS PER IDTACE**

**Amended April 29, 2018**

**Adopted September 1<sup>st</sup>, 2018**

1. Boys and girls must be combined in all levels.
2. Advanced Beginner, Novice and Prizewinner competitions with 15 or more entries shall be split to single age groups (effective Jan 1 2017). Should one side of the split have four or fewer entries, the feis organizers may choose to split or not. Double-aged competitions with four or fewer entries will not be merged.
3. Preliminary and Open Championship competitions with 25 or more competitors must be split by year of birth (or exactly in half in the case of senior level age groups) (effective Jan 1 2017).
4. Competitions not reaching the thresholds noted above may not be split.
5. Entries received after splits/mergers have been approved by the Feis Liaison and communicated to the Feis Chair shall not mandate further adjustments (effective Jan 1 2017).
6. Preliminary Championship: In addition to the NAFC definition, a Preliminary Championship dancer in the ECR is “one who has achieved 1st place in one light dance (reel or slip jig), AND 1st place in one heavy dance (treble jig or hornpipe) in the Prizewinner grade.”
7. Dancers in Under 8 and Under 9 competitions must dance a traditional set dance from the An Coimisiún le Rincí Gaelacha approved list. Such will be danced three at a time (except for Open Championship, which will be danced one at a time) where stage size permits; otherwise, they will be danced two at a time.
8. All dancers (solo and teams) must be in full costume and Irish dance shoes for award presentations.
9. There is to be an 8-bar break between lines of dancers in Beginner competitions.
10. All speeds MUST be listed on the feis syllabus as shown in the regional syllabus.
11. Feiseanna may apply on an annual basis for additional age groups for grade level competitions and/or single age groups for Preliminary and Open Championship events.



## **The Eastern Canada Regional Syllabus**

**Adopted March 6, 2005**

Amended: 3 December 2006; 27 January 2008, 6 November 2008, 10 August 2011, 23 November 2011, 4 December 2013, 13 November 2014, 30 December 2016, 2 May 2017, 29 April 2018, **28 April 2019**

### **Rules**

All regional feiseanna must submit their syllabus to the IDTAC Feis Liaison for approval at least one month prior to the anticipated publication date, and the entry list (sorted by competition) must be sent one week prior to the feis date so the splits and mergers can be checked. Please send your information to Eileen Moran, TCRG at: [eileenmoran28@hotmail.com](mailto:eileenmoran28@hotmail.com)

Requests to hold competitions which are not specified in this syllabus must be submitted in writing to the Regional Director for approval, at least three months in advance of the anticipated publication date. Such requests must be submitted each year as permission will be granted for one year only. Please submit requests to Ryan Carroll, ADCRG at: [ryan@goggin-carroll.com](mailto:ryan@goggin-carroll.com)

Please note the NAFC rules requiring that: one third of Adjudicators must be from out of region, and all Adjudicators/Musicians must be published on the syllabus and/or website.

The following ECR rules must be published, as shown below, in the syllabus of all feiseanna in the Eastern Canadian Region:

- 1. Boys and girls must be combined in all levels.**
- 2. Advanced Beginner, Novice and Prizewinner competitions with 15 or more entries shall be split to single age groups (effective Jan 1 2017). Should one side of the split have four or fewer entries, the feis organizers may choose to split or not. Double-aged competitions with four or fewer entries will not be merged.**
- 3. Preliminary and Open Championship competitions with 25 or more competitors must be split by year of birth (or exactly in half in the case of senior level age groups) (effective Jan 1 2017).**
- 4. Competitions not reaching the thresholds noted above may not be split.**
- 5. Entries received after splits/mergers have been approved by the Feis Liaison and communicated to the Feis Chair shall not mandate further adjustments (effective Jan 1 2017).**
- 6. Preliminary Championship: In addition to the NAFC definition, a Preliminary Championship dancer in the ECR is "one who has achieved 1st place in one light dance (reel or slip jig), AND 1st place in one heavy dance (treble jig or hornpipe) in the Prizewinner grade."**
- 7. Dancers in Under 8 and Under 9 preliminary set dance competitions must dance a traditional set dance from the An Coimisiún le Rincí Gaelacha approved list. Such will be danced three at a time (except for Open Championship, which will be danced one at a time) where stage size permits; otherwise, they will be danced two at a time.**
- 8. A dancer who wins First Place in two Preliminary Championship competitions (with five competitors or more) must advance to Open Championship in the following year. If the second win is achieved in a different calendar year, then the dancer must advance to Open Championship at their next competition. (If their next competition is to be held on the same**

weekend as that second win, then they shall not be required to advance levels until the following weekend). **(Rule inserted April 28, 2019)**

9. All dancers (solo and teams) must be in full costume and Irish dance shoes for award presentations.
10. There is to be an 8-bar break between lines of dancers in Beginner competitions.
11. All speeds **MUST** be listed on the feis syllabus as shown in the regional syllabus.
12. Feiseanna may apply on an annual basis for additional age groups for grade level competitions and/or single age groups for Preliminary and Open Championship events.
13. Open Championship competitions shall consist of three rounds judged by three adjudicators. Permission **MUST** be sought from the Regional Director to offer alternative systems such as rotating panels etc. **(Rule inserted April 28, 2019)**

## Grade Levels

Grades are restricted to the following:

Beginner:	as per NAFC definition; skirt/blouse or school costume only
Advanced Beginner:	as per NAFC definition; skirt/blouse or school costume only
Novice:	as per NAFC definition
Prizewinner:	as per NAFC definition
Preliminary Championship:	as per NAFC definition plus ECR Rule #6
Open Championship:	as per NAFC definition plus ECR Rule #8

## Age Groups

Grades are restricted to the following:

Beginner:	Under 5, and every age up to and including 12 & Over
Advanced Beginner:	Under 7, Under 9, Under 11, Under 13 and 13 & Over
Novice:	Under 7, Under 9, Under 11, Under 13 and 13 & Over
Prizewinner: <i>(effective September 1, 2019)</i>	Under 9, Under 11, Under 13 and <b>13 &amp; Over</b>
Preliminary Championship:	Under 9, 11, 13, 15, 17, and 17 & Over
Preliminary Sets:	Under 9, 11, 13, 15, 17 and 17 & Over
Open Championship:	Under 9*, 11, 13, 15, 17, 19 and 19 & Over

\*Open Championship Under 9 may NOT be combined with Under 11.

## Length of Dances

Beginner, Advanced Beginner, Novice and Prizewinner:

Reel, Light Jig, Single Jig, Slip Jig, Treble Jig, and Hornpipe	32 bars
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Preliminary and Open Championship:

Introduction (other than for certain set dances)	8 bars
Reel and Treble Jig	48 bars
Slip Jig and Hornpipe	40 bars

Figure Dancing:

If a dancer does not start after the proper introduction, the musician(s) MUST NOT add the number of bars to the dancers' performance (i.e. if the dancer false starts or misses the start). This applies to set dances as well. The onus is on the dancer to start correctly.

## Required Solo Dances and Speeds

The following dances must be offered at the following speeds (effective Jan 1 2017):

Beginner:	Reel (122), Light Jig (115), Slip Jig (122), Single Jig (124)
Advanced Beginner:	Reel (122), Light Jig (115), Slip Jig (122), Single Jig (124) Treble Jig (92), Hornpipe (138), St. Patrick's Day (94)
Novice:	Reel (113), Light Jig (115), Slip Jig (113), Treble Jig (92 or 73), Hornpipe (138 or 113), Traditional Set Dance (see speeds below)
Prizewinner:	Reel (113), Slip Jig (113), Treble Jig (92 or 73), Hornpipe (138 or 113), Traditional Set Dance (see speeds below)
Preliminary Championship:	Reel (113) (boys and girls) OR Slip Jig (113) (girls only), AND Treble Jig (73) or Hornpipe (113)
Preliminary Championship Set:	Set Dance of Choice from the Official List (see ECR rule 7)
Open Championship:	Reel (113) (boys and girls) OR Slip Jig (113) (girls only), AND Treble Jig (73) or Hornpipe (113) and Set Dance of Choice from the Official List (see ECR rule 7)

Novice and Prizewinner level dancers may choose between traditional and contemporary speeds for Treble Jig and Hornpipe.

Novice Traditional Set must be a single competition, as must the Prizewinner Traditional Set competition. Dancers may choose any traditional set dance from An Coimisiún's Official List.

### Traditional Set Speeds:

St. Patrick's Day	94	Blackbird	144
Job of Journeywork	138	King of the Fairies	130
Jockey to the Fair	90	Garden of Daisies	138
Three Sea Captains	96		

## Required Figure Dancing

The following requirements must be offered:

Dances: 2-hand reel, 3-hand reel and 4-hand dance (teams' choice from Ár Rinci Ceili), must be offered in each age group stipulated below.

Age Groups: U10, U12, U15, 15 & Over (additional age groups are not permitted for 2-hand or 3-hand competitions; see Optional Categories/Optional Figures for more info)

Entries must be submitted by dancers. Teachers cannot be required to submit entries.

## Optional Categories

Optional competitions are limited to the following:

Alternate solos:	The requirements for alternate solos must be published: Preliminary Championship and Open Championship dancers will be combined for Reel, Slip Jig, Treble Jig and Hornpipe. Age groups must remain the same as for Preliminary Championships. Competitions will be judged by one Adjudicator. Dances are restricted to 32 bars. Competitors will dance <u>two at a time</u> regardless of stage size or age group.
Prizewinner Set Dance: (contemporary)	In the Prizewinner grade, a contemporary set dance competition may be offered. At the time of entry, dancers must be qualified for the Prizewinner grade in at least three of the following: Reel, Slip Jig, Treble Jig and Hornpipe - and be entered to dance those dances at the feis. Age groups must be the same as the other Prizewinner dances, beginning with Under 11. <u>Dancers competing Under 9 are not eligible to dance a contemporary set.</u> Dancers have a choice of contemporary set dance from the Official List.
Adult:	Adult competitions (meeting the NAFC definition) may be offered. A choice of speed for hard shoe must be offered. Contemporary set dance competitions may NOT be offered.
Arts:	The NAFC requires non-dancing competitions such as: Art, Music, Singing, Recitation, Baking and Language. Age groups are at the discretion of the feis committee.
Treble Reel:	Treble Reel competitions - three age groups must be offered. Age and grade restrictions are at the discretion of the feis committee.
Trophy Specials:	Competitions deemed "trophy specials", in which dancers in one or more grades compete in a single dance, are permitted.

Tir na nÓg	A non-competitive event may be held, in which young dancers dance a short (at the stage manager's discretion) reel. This event is restricted to dancers Under 6 who have never competed at any grade level. <b>No make-up or wigs are permitted. No Irish dancing costumes or shoes are required.</b> The non-competitive aspect of the event is to be highlighted, and the feis committees are encouraged to award all dancers.
Optional Figures:	6-hands, 8-hands, Figure Choreography and Dance Drama may be offered. 6-hands and 8-hands must be from Ár Rincí Ceili (latest edition). Under 8 may be offered for 4-hands, 6-hands and 8-hands <b>IF</b> this age group is offered at the corresponding year's Oireachtas.
Special Child:	A non-competitive event may be held, called Special Child, or Special Needs, in which dancers who self-identify as special (including those with mobility devices) may participate. The feis committee is encouraged to award all dancers.
Single Jigs:	Single Jigs may be offered in the Novice and Prizewinner grades. Required age groups apply.
Dance Offs:	At the Preliminary and Open Championship levels, dance offs, in which the top award winners are eligible to compete in a single dance for a single award, are permitted.
Reminder:	Requests to hold competitions which are not specified in this syllabus must be submitted in writing to the Regional Director for approval, at least three months in advance of the anticipated publication date. Such requests must be submitted each year. Permission will be granted for one year only. Please provide as much detail as possible to help the approval process go quickly.  Submit to Ryan Carroll, ADCRG, <a href="mailto:rye7689@gmail.com">rye7689@gmail.com</a>