

SOUTHERN REGION STANDARD FEIS SYLLABUS

(Updated Jan 30, 2025)

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1. STANDARD FEIS SYLLABUS GUIDELINES

- 1.1. It is strongly PREFERRED AND ENCOURAGED that each feis use the numbering system contained in this Standardized Syllabus for the sake of consistency and clear communication and understanding. However, each Feis may use their own numbering system if they so desire.

- 1.2. All entry fees are at the discretion of the Feis.
- 1.3. Optional Competitions are highlighted in blue. If you do choose to offer the optional competitions, they must be offered as outlined in the standardized syllabus. (i.e., if you choose to offer Ceilis, you must offer ALL of the required age groups, subject to the usual rules and feis procedures for combining competitions).
- 1.4. Each Feis may add additional competitions at their discretion. The standardized syllabus is intended to be a minimum guarantee of what competitors can expect.
- 1.5. Feiseanna are encouraged to offer an optional non-dancing special in one of the following categories: music, art, baking or Irish language.
- 1.6. Please refer all questions to the Southern Region syllabus approver, Areleen Ni Bhaoill, at ldtanasr.feisreg2023@gmail.com.

2. NUMBERING SYSTEM

NUMBERING SYSTEM

1 st Digit	Level Category:	FIRST FEIS Dances all begin with "1", BEGINNER 1 with "2", and so forth
2 nd and 3 rd Digits	Age Group:	Begins at 01 - So "05" means "under 5", "11" means "under 11", etc... 99 is for ADULT dancers
4 th and 5 th Digits (Letters)	Competition Type:	RL = REEL LJ = LIGHT JIG SJ = SLIP JIG TJ = TREBLE JIG HP = HORNPIPE PD = ST PATRICK DAY TS = TRADITIONAL SET ...
Last Digit	Competitions ending with 2 signify SECOND CHANCE competitions	

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" means THAT age AND over (example O11 means 11 and older)

3. OPTIONAL COMPETITIONS

3.1. Tir Na Nog

TIR NA NOG (OPTIONAL)

Limited to children who have never had Irish dance lessons.

	U7
TIR NA NOG	107T
	NN

3.2. First Feis

FIRST FEIS (OPTIONAL)

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.

	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
SINGLE JIG	105SN	106SN	107SN	108SN	109SN	110SN	111SN	112SN
SLIP JIG	105SJ	106SJ	107SJ	108SJ	109SJ	110SJ	111SJ	112SJ

4. GRADE COMPETITIONS

4.1. Beginner 1 (Beginner)

BEGINNER 1 (BEGINNER)

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).

	U5	U6	U7	U8	U9	U10	U11	U12	O12
REEL	205RL	206RL	207RL	208RL	209RL	210RL	211RL	212RL	213RL
LIGHT JIG	205LJ	206LJ	207LJ	208LJ	209LJ	210LJ	211LJ	212LJ	213LJ
SINGLE JIG	205SN	206SN	207SN	208SN	209SN	210SN	211SN	212SN	213SN
SLIP JIG	205SJ	206SJ	207SJ	208SJ	209SJ	210SJ	211SJ	212SJ	213SJ
TREBLE JIG	205TJ	206TJ	207TJ	208TJ	209TJ	210TJ	211TJ	212TJ	213TJ
HORNSPIPE	205HP	206HP	207HP	208HP	209HP	210HP	211HP	212HP	213HP

4.2. Beginner 2 (Advanced Beginner)

BEGINNER 2 (ADVANCED BEGINNER)

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.

	U6	U7	U8	U9	U10	U11	U12	U13	O13
REEL	306RL	307RL	308RL	309RL	310RL	311RL	312RL	313RL	314RL
LIGHT JIG	306LJ	307LJ	308LJ	309LJ	310LJ	311LJ	312LJ	313LJ	314LJ
SINGLE JIG	306SN	307SN	308SN	309SN	310SN	311SN	312SN	313SN	314SN
SLIP JIG	306SJ	307SJ	308SJ	309SJ	310SJ	311SJ	312SJ	313SJ	314SJ
TREBLE JIG	306TJ	307TJ	308TJ	309TJ	310TJ	311TJ	312TJ	313TJ	314TJ
HORNSPIPE	306HP	307HP	308HP	310HP	310HP	311HP	312HP	313HP	314HP

4.3. Novice

NOVICE

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

	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
*HORNPIPE	407HP	408HP	409HP	410HP	411HP	412HP	413HP	414HP	415HP	416HP
TRAD-SET	407TS	408TS	409TS	410TS	411TS	412TS	413TS	414TS	415TS	416TS

2 nd chance (optional)	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15
REEL	407RL2	408RL2	409RL2	410RL2	411RL2	412RL2	413RL2	414RL2	415RL2	416RL2
LIGHT JIG	407LJ2	408LJ2	409LJ2	410LJ2	411LJ2	412LJ2	413LJ2	414LJ2	415LJ2	416LJ2
SINGLE JIG	407SN2	408SN2	409SN2	410SN2	411SN2	412SN2	413SN2	414SN2	415SN2	416SN2
SLIP JIG	407SJ2	408SJ2	409SJ2	410SJ2	411SJ2	412SJ2	413SJ2	414SJ2	415SJ2	416SJ2
*TREBLE JIG	407TJ2	408TJ2	409TJ2	410TJ2	411TJ2	412TJ2	413TJ2	414TJ2	415TJ2	416TJ2
*HORNPIPE	407HP2	408HP2	409HP2	410HP2	411HP2	412HP2	413HP2	414HP2	415HP2	416HP2
TRAD-SET	407TS2	408TS2	409TS2	410TS2	411TS2	412TS2	413TS2	414TS2	415TS2	416TS2

4.4. Prizewinner (Open)

PRIZEWINNER (OPEN)

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

	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15
REEL	507RL	508RL	509RL	510RL	511RL	512RL	513RL	514RL	515RL	516RL
SLIP JIG	507SJ	508SJ	509SJ	510SJ	511SJ	512SJ	513SJ	514SJ	515SJ	516SJ
*TREBLE JIG	507TJ	508TJ	509TJ	510TJ	511TJ	512TJ	513TJ	514TJ	515TJ	516TJ
*HORNPIPE	507HP	508HP	509HP	510HP	511HP	512HP	513HP	514HP	515HP	516HP
TRAD-SET	507TS	508TS	509TS	510TS	511TS	512TS	513TS	514TS	515TS	516TS
NON-TRAD SET	507NTS	508NTS	509NTS	510NTS	511NTS	512NTS	513NTS	514NTS	515NTS	516NTS

2 nd chance (optional)	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15
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
*HORNPIPE	507HP2	508HP2	509HP2	510HP2	511HP2	512HP2	513HP2	514HP2	515HP2	516HP2
TRADITIONAL SET	507TS2	508TS2	509TS2	510TS2	511TS2	512TS2	513TS2	514TS2	515TS2	516TS2
NON-TRAD SET	507NTS2	508NTS2	509NTS2	510NTS2	511NTS2	512NTS2	513NTS2	514NTS2	515NTS2	516NTS2

4.5. Adult Grades

ADULT GRADES

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.

	BEGINNER 1	BEGINNER 2	NOVICE	PRIZEWINNER
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
HORNPIPE	299HP	399HP	499HP	599HP
TRAD SET	299TS	399TS	499TS	599TS

5. CHAMPIONSHIP COMPETITIONS

5.1. Preliminary Championship

PRELIMINARY CHAMPIONSHIP

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.

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.

The regional syllabus where the Feis is being held may have different qualifications for entry.

	U9	U10	U11	U12	U13	U14	U15	U16	U17	O17
PRELIMINARY CHAMPIONSHIP	609PC	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC
SET DANCE*	609SD	610SD	611SD	612SD	613SD	614SD	615SD	616SD	617SD	618SD

*These dances will be charged the solo fee per dance

Feiseanna may add special solo competitions for preliminary or open championship dancers (separate or combined) which may include the following:

- *Opposite light shoe dance
- *Opposite hard shoe dance
- *Traditional Set
- *Non-traditional Set

5.2. Open Championship

OPEN CHAMPIONSHIP

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.

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, and a Set Dance.

	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	O19
OPEN CHAMPIONSHIP	709OC	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC	7200C

Feiseanna may add special solo competitions for preliminary or open championship dancers (separate or combined) which may include the following:

- *Opposite light shoe dance
- *Opposite hard shoe dance
- *Traditional Set
- *Non-traditional Set

NOTE: A dancer who has not received a legitimate placing (sufficient competitors within the normal placing scale) along with a dancer who has not placed in Open Championships for two consecutive years, may return to their previous competition level. For example, an Open Championship dancer that does not place in two consecutive years may return to Preliminary Championships, the same as a Preliminary dancer who does not place can return to Prizewinner.

5.3. Adult Championship and Advanced Adult

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.

All Southern Region feiseanna may combine the Advanced Adult levels into one competition in the event that fewer than five Advanced Adult Preliminary level dancers are entered. For Advanced Adult level dancers to progress from Prelim to Open, youth competition rules apply. A win in any combined Advanced Adult competition of five or more competitors would count towards that progression.

All Advanced Adult levels consist of one light round (reel or slip jig) and one heavy round (treble jig or hornpipe) to facilitate the possibility of merging at Southern Region feiseanna. Feiseanna may offer additional Advanced Adult level competitions including traditional set, non-traditional set, etc.

	ADULT CHAMPIONSHIP	ADVANCED ADULT
ADULT CHAMPIONSHIP	699AC	
ADVANCED ADULT		799AA
TRAD SET	699TS	799TS
NON-TRAD SET		799NTS

6. FIGURES AND CEILIS

FIGURES AND CEILI

1. There are no restrictions on figure age groups.
2. Figure age groups will be determined by the oldest dancer.
3. Ceili teams (4-hands, 6-hands, & 8-hands) are allowed to repeat dancers at all Southern Region feiseanna in accordance with the World and Regional Oireachtas rules.
4. 4-hand, 6-hand and 8-hand age groups will align with the team age groups for the NAIDC on events that occur before July 1 and will then change and align with the SRO syllabus for events that occur after July 1.
5. Feiseanna may add Mixed Ceili in any of the below age groups.
6. Ceili teams may perform any figure as outlined in Ar Rinci Ceili- 2014.
7. Feiseanna may offer figure dances limited to solo grades (e.g., beginners only, prizewinner/champ only)
8. Feiseanna may offer unique figure dance events (original choreography, dance drama, parent/child etc.)

FIGURE DANCING		
	<u>2-HAND</u> Reel	<u>3-HAND</u> Reel
Under 7	9207FD	9307FD
Under 9	9209FD	9309FD
Under 11	9211FD	9311FD
Under 13	9213FD	9313FD
Under 15	9215FD	9315FD
15 & Over	9216FD	9316FD
ADULT	9299FD	9399FD

CEILI DANCING (Jan 1-June 30)			
	<u>4-HAND</u>	<u>6-HAND</u>	<u>8 HAND</u>
Under 9	9409FD	9609FD	9809FD
Under 11	9411FD	9611FD	9811FD
Under 13	9413FD	9613FD	9813FD
Under 16	9416FD	9616FD	9816FD
16 & Over	9417FD	9617FD	
Under 19			9819FD
19 & Over			9820FD
ADULT	9499FD	9699FD	9899FD

CEILI DANCING (July 1-Dec 31)			
	<u>4-HAND</u>	<u>6-HAND</u>	<u>8 HAND</u>
Under 8	9408FD	9608FD	9808FD
Under 10	9410FD	9610FD	9810FD
Under 12	9412FD	9612FD	9812FD
Under 15	9415FD	9615FD	9815FD
15 & Over	9416FD	9616FD	
Under 18			9818FD
18 & Over			9819FD
ADULT	9499FD	9699FD	9899FD

7. SOUTHERN REGIONAL DANCING COMPETITION RULES

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.

8. 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.

9. 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.

10. 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.

11. 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.

12. COSTUME RULES

COSTUME RULES

1. Makeup is prohibited on a dancer in the first three grades (First Feis (if offered), Beginner 1 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 1 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.

13. MODESTY RULES

MODESTY RULES

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- 13.1. 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.
- 13.2. Respect for fellow competitors on stage is a requirement at all times.
- 13.3. 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.
- 13.4. 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.

- 13.5. 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)

14. REFUND POLICY

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