FEILE OTTAWA PRESENTS

FEILE NOLLAIG 2026

Saturday, December 5, 2026

St. Francis Xavier High School
3740 Spratt Road
Doors open at 8:00 am
Feis begins at 8:30am



We are offering Figures, Grades, Tir Na Nog, Championships, Adult Dancers (4 levels), and Treble Reel Trophy Specials.

- On-line entries ONLY ifeis.net
- Entries open to 400 dancers
- NO REFUNDS for any reason

REGISTER ON IFEIS

613-809-5964

SFHFeis@pm.me

www.suefayhealy.com/feilenollaig

Feis President
Fran Healy
Feis Coordinators
Jennifer Healy, with the enduring spirit of Sue Fay Healy
Feis Registrar
Cheryl Hilborn
Vendor Liaison
Allison Krohn

@feile_nollaig

@feilenollaig

REGISTRATION INFORMATION

On-line entries at
ifeis.net



- Entries are not complete until payment is received.
- Fees are payable in Canadian dollars. U.S. dollars accepted at par.
- Absolutely NO REFUNDS.

Level / Description	Fee
Grades Solo Dances & Specials/Prelim Set Dances	$13
Figure Dances (per dancer)	$13
Preliminary Championship 2-Rounds	$55
Open and Adult Championships - 3 Rounds	$65
Family Fee	$35
Family Max (not including Family or late fees)	$225
Late Fee (payment or registration after November 27, 2026)	$35

Official Feis Photography: Photographs may be taken during this event by the Feile Nollaig official photographer. As a public event, Feile Nollaig may use photographic and electronic images and/or recordings, which may or may not include your recognizable image, to advance the mandate of, and further promote the feis in print, digital or web-based formats.
By visiting or participating in the Feile Nollaig, and being present in a public setting, you authorize the use and reproduction by the feis, or anyone authorized by the feis, of any photographs, audio and/or video recordings taken while at the feis, without compensation.

FIGURES

$13 PER DANCE FOR EACH DANCER



	2-hand	3-hand	4-hand	6-hand	Parent & Child
Under 8	n/a	n/a	F8-4	F8-6	Just the dancer needs to register - the parent will be included in the fee.
Under 10	F10-2	F10-3	F10-4	F10-6	
Under 12	F12-2	F12-3	F12-4	F12-6	
Under 15	F15-2	F15-3	F15-4	F15-6	
15 & Over	F99-2	F99-3	F99-4	F99-6	FPC-2
Adult	-	-	FA-4	-	-

2-hand / 3-hand length: 8 bar intro, plus 48 bars.

4-hands and 6-hands and 8-hands must be from Ar Rince Ceili

It would be appreciated if a team designate would provide a "Team Listing", including names of each competitor, by email to: SFHFeis@pm.me

BEGINNER

$13 PER DANCE



*Beginner Reel competitors will all receive a participation medal.

Trophy Special Competition: First, second and third place receive a trophy

	***Reel Trophy Special (122 bpm)**	**Light Jig (115 bpm)**	**Slip Jig (122 bpm)**	**Single Jig (124 bpm)**
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 and over	B99R	B99L	B99S	B99X

ADVANCED BEGINNER

$13 PER DANCE



	Reel Trophy Special (122 bpm)	**Light Jig** (115 bpm)	**Slip Jig** (122 bpm)	**Single Jig** (124 bpm)	**Treble Jig** (92 bpm)	**Hornpipe** (138 bpm)	**St. Patrick's Day Trophy Special** (94 bpm)
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 and over	A99R	A99L	A99S	A99X	A99T	A99H	A99P

Trophy Special Competitions: First, second and third place receive a trophy

NOVICE & PRIZEWINNER

$13 PER DANCE



Trophy Special Competitions: First, second and third place receive a trophy

NOVICE	**Reel Trophy Special** (113 bpm)	**Light Jig** (115 bpm)	**Slip Jig** (113 bpm)	**Single Jig** (124 bpm)	**Treble Jig** (92 or 73 bpm)	**Hornpipe** (138 or 113 bpm)	**Traditional Set Trophy Special ***
Under 7	N7R	N7L	NS	N7X	N7T	N7H	N7D
Under 9	N9R	N9L	N9S	N9X	N9T	N9H	N9D
Under 11	N11R	N11L	N11S	N11X	N11T	N11H	N11D
Under 13	N13R	N13L	N13S	N13X	N13T	N13H	N13D
13 and over	N99R	N99L	N99S	N99X	N99T	N99H	N99D

PRIZEWINNER	**Reel Trophy Special** (113 bpm)	**Slip Jig** (113 bpm)	**Single Jig** (124 bpm)	**Treble Jig** (92 or 73 bpm)	**Hornpipe** (138 or 113 bpm)	**Traditional Set Trophy Special ***	**Contemporary Set****
Under 9	P9R	P9S	P9X	P9T	P9H	P9D	N/A
Under 11	P11R	P11S	P11X	P11T	P11H	P11D	P11C
Under 13	P13R	P13S	P13X	P13T	P13H	P13D	P13C
13 and over	P99R	P99S	P99X	P99T	P99H	P99D	P99C

*** Trad Set choices are:** St Patrick'sDay (94 bpm), Job of Journeywork (138 bpm), Garden of Daisies (138 bpm), Blackbird (144 bpm), King of the Fairies (130 bpm), Jockey to the Fair (90) and Three Sea Captains (96).
****Contemporary Set:** Dancers must be registered at the Prizewinner level for at least three out of the four main dances (R/SJ/TJ/HP) to be eligible to register.

PRELIMINARY & OPEN CHAMPIONSHIPS

3-ROUNDS: $65
2-ROUNDS: $55
SET DANCE: $13



<u>Championship Rounds:</u>
Awards for top 3 placements
Sashes for top 5 placements
Rounds prizes for one select round
50% placed

Preliminary Championship Dancers will dance 2 rounds.
A set dance is offered as a seperate competition.

	Required Dances	Ages/Codes
Preliminary Championship Single Age Groups offered. Will merge age groups with less than 5 dancers as per IDTAC-ER rules (see section B).	• Reel (113 bpm) or Slip Jig (113 bpm) • Treble Jig (73 bpm) or Hornpipe (113 bpm)	PC9, PC10, PC11, PC12, PC13, PC14, PC15, PC16, PC17, PC99
Open Championship -Single Age Groups offered. Will merge age groups with less than 5 dancers as per IDTAC-ER rules (see section B).	• Reel (113 bpm) or Slip Jig (113 bpm) • Treble Jig (73 bpm) or Hornpipe (113 bpm) • Traditional or Contemporary Set Dance*	C9, C10, C11, C12, C13, C14, C15, C16, C17, C18, C19, C99
Preliminary Championship Set Dances -Single Age Groups offered. Will merge age groups with less than 5 dancers as per IDTAC-ER rules (see section B).	• Traditional or Contemporary Set Dance*	PC9S*, PC10S, PC11S, PC12S, PC13S, PC14S, PC15S, PC16S, PC17S, PC99S

*Dancers in age groups under 9 must perform a traditional set dance: Blackbird (144), Garden of Daisies (138), Job of Journeywork (138), Jockey to the Fair (90), King of the Fairies (130 bpm), St. Patrick's Day (94), Three Sea Captains (96). Dancers in age groups Under 10 and older may perform a contemporary set dance from the An Coimisiún le Rinci Gaelacha Official List.

ADULT DANCERS

GRADES: $13
CHAMPIONSHIP: $65

Trophy Special Competitions: First, second and third place receive a trophy

Adult Grades $13 per dance	Reel Trophy Special	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	Traditional Set Trophy Special
Beginner & Advanced Beginner	M99R (122 bpm)	M99L (115 bpm)	M99S (122 bpm)	M99X (124 bpm)	M99T (92 bpm)	M99H (138 bpm)	M99D *
Novice & Prizewinner	M99R2 (113 bpm)	M99L2 (115 bpm)	M99S2 (113 bpm)	M99X2 (124 bpm)	M99T2 (92 or 73 bpm)	M99H2 (138 or 113 bpm)	M99D2 **

*** Trad Set is St Patrick's Day (94 bpm)** **** Trad Set choices are:** St Patrick's Day (94 bpm), Job of Journeywork (138 bpm), Garden of Daisies (138 bpm), Blackbird (144 bpm), King of the Fairies(130 bpm), Jockey to the Fair (90) and Three Sea Captains (96).

Adult Championships $65	Required Dances	Code
Adult Championship Open to dancers 18 years of age and over who have only competed in adult competitions or have been out of competitive dancing for 5 years	• Reel (113 bpm) or Slip Jig (113 bpm) • Treble Jig (73 bpm) or Hornpipe (113 bpm) Traditional Set Dance Traditional Set dances include Blackbird (144), Garden of Daisies (138), Job of Journeywork (138), Jockey to the Fair (90), King of the Fairies (130), St. Patrick's Day (94), Three Sea Captains (96).	M99C
Advanced Adult Championship Open to dancers 18 years of age 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.	• Reel (113 bpm) or Slip Jig (113 bpm) • Treble Jig (73 bpm) or Hornpipe (113 bpm) • Contemporary Set Dance Contemporary Set Dances must be from the An Coimisiún le Rinci Gaelacha Official List.	M99CA

SPECIALS

$13 PER DANCE

Trophy Special Competitions: First, second and third place receive a trophy

Celebrate the season and have some fun too! Take this time to dress up in your best holiday festive gear! Get as creative as you like. Of course, your regular feis attire is always accepted too. Your choice!

Treble Reel Trophy Specials	Grades	Prelim and Open Champ
Under 9	P9TR	---
Under 11	P11TR	---
Under 13	P13TR	C13TR
Under 15	P15TR	C15TR
15 and over	P99TR	C99TR
Adult Treble Reel - all levels	M99TR	

Specials	Description	Code
Tir Na Nog	A short reel for children under 6 who have not competed in regular competitions. No wigs, or makeup. Costumes and shoes are not required.	TNN
Irish Soda Bread	Bread must be submitted to registration no later than 11 am on the day of feis. Judging will be based on appearance, texture and taste. Donation of baked goods expected.	BAK

IDTAC-ER DANCING COMPETITION RULES



IDTAC-ER DANCING COMPETITION RULES:

REGISTRATION PROCEDURES

A1. Entries for dancing competitions are confined to pupils of accredited Irish Dancing teachers who are registered with An Coimisiún le Rinci Gaelacha, and any additional regional bodies as required (based on residency). There are no such requirements for entries in art, music, soda bread etc.

A2. In the case of all solo and team competitions at all levels, the age of a competitor on the 1st of January in 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 the 1st of January shall be deemed to be under the age attained on that date.

A3. All dancers must compete in their own age group. Exceptions may be made to compete in a higher age group (specials, team events) but it is never permissible to compete in a lower age group. Proof of age may be requested in order to participate. Falsification of documents will result in disqualification from said event, with possible additional repercussions.

A4. Individuals holding TCRG, ADCRG, BG, SDCRG or TMRF status are not eligible to participate in any dance events.

A5. Dancers undertaking a six-month re-styling period are not permitted to participate. It is the responsibility of the dancer/legal guardian to ensure eligibility by confirming with the dancer's teacher(s).

A6. Grade-level dancers may not also compete in Preliminary or Open Championship level events and vice-versa, but may compete in team events, plus supplemental competitions corresponding to their level.

A7. The Feis Committee has the right to reject any entry for cause, to cancel all or part of the feis and/or to limit, merge or split competitions. The Feis Committee has the right to approve or deny requests for changes to entries on the day of the feis and/or to charge processing fees for same. The decision of the feis committee shall be final in all such matters.

A8. The Feis Committee (and any organization affiliated with same including, but not limited to the IDTAC-ER), will not be held responsible for personal injury, property loss/damage or any other incident as a result of participating in the event.

A9. Participants and/or their families who do not wish for their child's name to appear on published registration lists must contact the Feis Committee to make such arrangements. The Feis Committee must honour all requests received within a reasonable time frame prior to the commencement of the feis. It is the responsibility of the person making the request to ensure it has been successfully carried out.

A10. Feis Committees must ensure that all necessary steps to protect identification data of the participants are taken by the registration/tabulation company.

COMPETITION MERGERS & SPLITS

B1. All competitions need five or more participants to warrant achievements to count toward advancement of levels, so competitions may need to be combined to facilitate this process. See DEFINITION OF LEVELS for more information on advancing levels.

B2. Merging of competitions occurs ONLY with the next higher age group and never with a lower age group. A competition with a satisfactory number of entries may not be merged in order to make the next highest age group have enough participants to "count".

B3. Double-age groups cannot be merged with another double-age group; therefore, only two single- age groups may be combined.

B4. It is also not permitted to merge three single-age groups, however, permission from the Regional Director may be requested for the oldest age groups of a particular level.

B5. Splitting of grade-level competitions must occur at 15 entries. Splitting of Preliminary and Open Championship competitions must occur at 25 entries. In all cases, double-age competitions shall be split to single age groups, while single-age group competitions shall be split at random into two groups.

B6. Competitions not reaching the threshold noted above may not be split.

B7. Open Championship Under 9 may NOT be combined with Under 11, unless there is only one entry, in which case it must be combined with Under 11 to provide some competition for the Under 9 dancer.

B8. Entries received after splits/mergers have been approved by the Feis Liaison and published by the Feis Committee shall not require further adjustments (effective Jan 1 2017).

ADJUDICATORS/MUSICIANS

C1. Only persons currently registered with ADCRG certification from An Coimisiún le Rinci Gaelacha can adjudicate dancing competitions. Feis Committees must ensure that adjudicators are current with CLRG mandates related to Vetting and Child Protection Course certification before being contracted.

C2. Adjudicators must declare any potential adjudication conflicts when contracted. It is the shared responsibility of the adjudicator and the Feis Committee to ensure that the adjudicator is assigned only to competitions without adjudication conflicts.

C3. Adjudicators and musicians shall be paid fees at current IDTANA rates, payable in US Dollars or, at the discretion of the Feis Committee, the Canadian Dollar equivalent using the exchange rate of the most recent business day prior to the commencement of the event.

C4. In matters pertaining to adjudication, the decision of the adjudicators is final.

C5. Adjudicators are responsible for ensuring the tempos played by the musician meet the requirements of this syllabus, therefore, Feis Committees are required to provide all engaged adjudications with syllabus requirements such as: the rules, lengths of dances and speed requirements.

C6. Feis Committees are requested to list adjudicators on their syllabus. If adjudicators are not listed on the syllabus, they must be posted on the Feis website/social media a minimum of 30 days prior to registration closing for the Feis. Adjudicators names should not be removed once registration closes.

C7. At least three adjudicators must be utilized for Preliminary and Open Championship competitions to serve as a set panel. Should a feis committee wish to offer an alternate format

of judging, such as rotating panels, permission must be granted from the Regional Director. Such requests must be made in writing to the Regional Director a minimum of one (1) month in advance of the anticipated publication date of the syllabus.
C8. Live music played by accomplished feis musicians is required for every competitor.

DEFINITION OF LEVELS

D1. Beginner Grade: A Beginner is a competitor who has not yet taken a full year of Irish Dance lessons from a registered teacher, thereby giving Beginners a full year with such status. A Beginner must move into the Advanced Beginner category the following year. See **COSTUME RULES** for more information.
D2. Advanced Beginner Grade: An Advanced Beginner dancer has at least one year's experience in Irish dancing, and no longer competes at the Beginner level. At this level, dancers begin to compete hard shoe dances (at traditional speeds), including the Traditional Set Dance called St. Patrick's Day. See **ADVANCEMENT OF LEVELS** and **COSTUME RULES** for more information.
D3. Novice Grade: A Novice dancer is someone who has won the necessary medals in Advanced Beginner in some or all of the required dances. It is possible to participate in more than one level, however not for the same dance. At the Novice level, the speed for soft shoe dances is slower than in Advanced Beginner, and there is a choice of speed for hard shoe dances. Additionally, dancers can choose from the list of seven Traditional Set Dances to expand their knowledge. See **ADVANCEMENT OF LEVELS** and **COSTUME RULES** for more information.
D4. Prizewinner Grade: A Prizewinner dancer is someone who has won the necessary medals in Novice in some or all of the required dances, meaning it is possible to participate in both levels, however not for Eastern Canada Regional Syllabus the same dance. At this level, the dancer typically focuses on the four main solo dances (reel, slip jig, treble jig and hornpipe) and may start to learn a set dance at contemporary speed in addition to traditional speed set dances. There is no mandate that a dancer MUST advance to Preliminary Championship after achieving the required wins. The time to advance is at the discretion of the dancer's teacher. See **ADVANCEMENT OF LEVELS** and **COSTUME RULES** for more information.
D5. Preliminary Championship: Dancers who have successfully graduated from the grade levels shall advance to Preliminary Championship. This level may not be skipped over in favour of advancing straight to Open Championship. At this level, dancers choose one soft shoe dance and one hard shoe dance to compete in a single competition before three adjudicators on a larger stage. The length of the dances is longer than in the grade levels. Overall placements are awarded based on combined scores from all adjudicators. See ADVANCEMENT OF LEVELS and COSTUME RULES for more information.
D6. Open Championship: Dancers who have successfully met the advancement requirements for Preliminary Championship shall register for Open Championship. The Open Championship format is similar to that of Preliminary Championship; however, three dances are performed in Open Championship. Dancers who have not placed in Open Championship for a period of two years may return to Preliminary Championship (excluding dancers who have placed first, second or third over any period of time). Dancers availing of this opportunity will have to win

their way back into Open Championship. See **ADVANCEMENT OF LEVELS** and **COSTUME RULES** for more information.

D7. Competitions for Adult dancers are to be offered at 4 levels: Adult Beginner/Advanced Beginner, Adult Novice/Prizewinner, Adult Championship, and Advanced Adult Championship. In each instance, an Adult Dancer must be at least 18 years of age or older. An Adult Beginner/Advanced Beginner must never have competed as a juvenile and may compete in hard shoe dances at traditional speeds only. An Adult Novice/Prizewinner dancer must not have competed as a juvenile during the previous five (5) years and must be offered a choice of speed for hard shoe dances (Treble Jig and Hornpipe), along with the full list of Traditional Set Dances. An Adult Championship dancer must not have competed as a juvenile during the previous five (5) years and must be offered a choice of the full list of Traditional Set Dances. A Contemporary Set Dance competition may not be offered at any level. An Advanced Adult Championship dancer is an adult dancer 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. Once a dancer begins competing in Advanced Adult, they may not return to youth/& over.

D8. Dancers who are eligible to compete as Adult Beginner/Advanced Beginner, Adult Novice/Prizewinner, or Adult Championship under Rule D7 may choose to compete in the non-Adult 99 age groups for Beginner, Advanced Beginner, Novice, Prizewinner, Preliminary Championships or Open Championships, per the qualifying rules for those levels, but may not return to Adult Beginner/Advanced Beginner, Adult Novice/Prizewinner, or Adult Championship for a period of five (5) years.

ADVANCEMENT OF LEVELS

E1. At least five (5) participants (not entries) are required for advancement to the next higher level.

E2. For Advanced Beginner, a first/second/third will warrant advancement to the Novice level.

E3. For the Novice and Prizewinner levels, only a first-place warrants advancement.

E4. Dancers who win a first place in at least one Prizewinner soft shoe (Reel or Slip Jig) plus one Prizewinner hard shoe (Treble Jig or Hornpipe) will be eligible to advance to Preliminary Championships.

E5. Dancers who win first place in two eligible Preliminary Championship competitions (with five competitors or more) in the same calendar year must advance to Open Championship in the following year. However, 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.

E6. Placing in a regional or national Oireachtas does not affect one's status as feiseanna.

E7. For Adult competitions, advancement to be at teacher's discretion.

DANCING RULES

F1. Any unauthorized visible or audible coaching (by a parent, teacher or anyone else) to a dancer who is competing on stage, may disqualify that dancer from that competition. The Feis Committee is encouraged to provide a knowledgeable volunteer to assist beginners (and other less experienced dancers) with coaching to know when to start dancing. However, once the dancer commences, no more counting/coaching will be permitted.

F2. No block/“en Pointe”/toe-walking movements, stationary or moving, are allowed to be performed for dancers competing up to and including the under 12 age group, in any level. After September 1 of each year an exception is made for those dancers who are 11 years of age and competing in the under 12 age group.

F3. All dancers up to and including U9 in any level may not compete a Set Dance at contemporary speed. Participants in Open Championship shall dance their Traditional Set Dance on stage one-at-a-time, whereas participants in grade-level competitions and in Preliminary Championships shall dance their Traditional Set Dance two (or three)-at-a time, at the discretion of the Feis Committee (and subject to the rules governing stage sizes).
Eastern Canada Regional Syllabus

F4. Dancers finishing ahead of the required part of music and/or not completing the required number of
steps shall be deemed to have not completed the dance and will be marked accordingly.

F5. Stages for grade level and team competitions must be at least 20’ wide x 16’ deep, and in order to run competitions three-at-a-time, stages must be at least 24’ wide x 20’ deep.

F6. Stages for Preliminary and Open Championship competitions must be at least 24’ wide x 20’ deep, and in order to run competitions three-at-a-time, stages must be at least 32’ wide x 24’ deep.

F7. Stages may not be either on bare concrete or cement, or with rolled out flooring overtop.

F8. Awards should be a minimum of 40%, based on the number of participants. Feis Committees are encouraged to ensure that situations are avoided where, due to ties or otherwise, one dancer is left out of a result, and that all Beginner level participants receive at least one award.

F9. Teachers or team captains are responsible to ensure that their teams are complete and in position when the competition is announced. Team competitors may compete in the next higher age group but never in a lower age group. A competitor may compete in no more than two different age groups for any one category (4- hand, 8-hand, etc.)

F10. Competitions may be closed at the discretion of the Feis Committee if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced. Dancers involved in stage conflicts should notify (or send a representative to notify) the stage manager for each stage so an accommodation can be made.

F11. Dancers are expected to be ready in advance of the start of the competition. Championship dancers (Prelim, Open, Adult, Advanced Adult) anticipating their round may be missed are expected to notify stagehand in advance. Dancers failing to complete their rotation may receive zero points and may be disqualified from the competition. At the discretion of the adjudicator, the dancer may be permitted to dance without receiving a mark for that round and the dancer is premitted to complete the remaining rounds & receive marks.

COSTUME RULES

G1. The costume for Beginner and Advanced Beginner level dancers may consist only of a skirt and blouse/leotard (or shirt and trousers for boys) or an official school costume. Solo costumes are not permitted at these levels. G2. Novice, Prizewinner, Preliminary Championship and Open Championship level dancers are permitted to choose a “solo” costume, subject to the current directives of CLRG, but may also wear a School Costume. Costumes must adhere to modesty and decency in terms of length, fit and fabric. G3. Shorts or any other unconventional dresses/costumes are strictly prohibited, unless expressly permitted under these rules or the rules of a special category (e.g., charity treble reel). G4. Where costumes are deemed to be too short, an adjudicator may insist that tights of a denier not less than 70 must be worn by the dancer. The adjudicator shall notify the Stage Manager or Feis Committee representative in a discreet manner, who in turn must handle the situation tactfully. G5. All dancers aged 14 and older competing in what is commonly referred to as “all-black” or “black-out” attire (irrespective of the actual colour of the outfit) must wear tights of a denier not less than 70. G6. Makeup (including facial tanner) is not permitted on dancers in Beginner and Advanced Beginner levels, up to and including the under 12 age group. G7. Makeup (including facial tanner) is prohibited on dancers in Novice, Prizewinner, Preliminary Championships and Open Championships up to and including the under 10 age group. G8. Dancers using artificial carriage aids will be subject to disqualification from that particular competition. Medically prescribed aids (proof of which may be required) will exempt dancers from this rule. G9. Dancers must wear an official competitor’s number when performing in all competitions. The use of reflective plastic number covers is discouraged because it can be difficult for adjudicators to see the number in certain lighting conditions. G10. All dancers (solo and teams) must be in full costume and Irish dance shoes for award presentations . FEIS GUIDELINES H1. No one other than the Feis Committee may approach an adjudicator during the competition day, and no one may approach an adjudicator while dancers are performing. H2. Feiseanna must read the statement “No one other than the Feis Committee may approach an adjudicator during the competition day, and no one may approach an adjudicator while dancers are performing”, once in the morning (recommended after anthems are performed), and once after lunch. H3. Adjudicators can keep stationary (pens, paper, calculator, etc.) on the table. All other items should be under the table/in a purse while competitions are in progress. H4. Adjudicators must not use cell phones, smart watches, or other transmitting devices while at the judge’s table.

 @feile_nollaig

 @feilenollaig

 www.suefayhealy.com/feilenollaig

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