

2025 The Tennessee Feis in Music City

Saturday, September 27, 2025

Hosted by Middle Tennessee Irish Music & Dance



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Help us bring feisanna back to Tennessee

This syllabus was approved on behalf of the IDTANA, by Areleen Ni Bhaoill TCRG Southern Region Liaison on 08/01/2025

FEIS LOCATION: Nashville, TN

Feis Cap: 150 grade dancers/150 champ dancers

Feis Room Block Info TBA

Adjudicators:

Maggie Basenberg (NH), Joan Cass (NY), Karyn K. Oster (TN),
Theresa Shaffer (PA), Cathey Spencer (NH), More TBA

Musician:

Claire Shirey (TN) & Mike Shaffer (PA)

General questions: TheTennesseeFeis@gmail.com

Social Media FB & IG: @TheTennesseeFeis

Website: www.MiddleTNIrish.org/tennessee-feis

REGISTER VIA www.iFeis.net

Regular Registration closes September 7, 2025.

Late registration with additional \$25.00 fee available until September 8-14, 2025.

Registration after September 14, 2025 are accepted at the discretion of the Registrar for a fee of \$35.00.

No registration the day of the feis

No refunds

Entry fees per competitor per competition are as follows:

- Solos & Specials: \$10.00
- Preliminary Championships (2 rounds): \$35.00
- Open Championships (3 Rounds): \$50.00
- Non-Dance Competitions: \$10.00
- Facility/Family Fee: \$30.00
- Family Max: \$190.00 per family, not including Facility or Late fees.
- Late Fee after September 7, 2025: \$25.00 per family
 - Late fee per family September 8 - 14, 2025.
 - Registration after September 14, 2025 at the discretion of the registrar for a \$35.00 late fee.
 - All unpaid registrations will be dropped at midnight September 7, 2025.
 - Changes and additions to registrations may be self initiated through September 14, 2025 for no charge.
 - After September 14, 2025 please contact TheTennesseeFeis@gmail.com
 - No Entries or Changes After September 14, 2025
 - No Entries or Changes on the Feis Day

Local rules:

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

NO REFUNDS unless cancelled by feis committee.

*Competitions may be merged or split based on entries.

Age Chart

Birth Year	Age Group
2022	Under 3
2021	Under 4
2020	Under 5
2019	Under 6
2018	Under 7
2017	Under 8
2016	Under 9
2015	Under 10
2014	Under 11
2013	Under 12
2012	Under 13
2011	Under 14
2010	Under 15
2009	Under 16
2008	Under 17
2007	Under 18
2006 & Before	18 & Over

DOUBLE AGE GROUP COMPETITIONS

- Novice, Prizewinner & PC competitions will compete in double age groups.
 - First Chance will all be ODD age groups: Under 7, 9, 11, 13, etc
 - Second Chance will all be EVEN age groups: Under 8, 10, 12, 14, etc.
- If age groups have 5 or more in each birth year, they will be split.
- For Example
 - The Under 11 age group is for dancer born in 2015 & 2016.
 - If there are 5 or more dancers entered in the Under 10 (2016) & the Under 11 (2015), then the competition will be split into single age groups.

BEGINNER & PRE-BEGINNER COMPETITIONS

*Competitions may be merged or split based on entries.

SPECIAL PERSON: \$10.00 per dance

Inclusive dance competition for persons of all ages.

	REEL or JIG
All Ages	100 SP

TIR NA NOG: \$10.00 per dance

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

	REEL
Under 4	104TN
4 & Over	105TN

FIRST FEIS: \$10.00 per dance

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

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

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

	REEL	LIGHT JIG
Under 5	105 R	105 LJ
Under 7	107 R	107 LJ
Under 9	109 R	109 LJ
9 & Over	110 R	110 LJ

BEGINNER 1: \$10.00 per dance

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

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

	REEL	LIGHT JIG	SLIPJIG	SINGLE JIG
Under 5	205 R	205 LJ	205 SJ	205 SN
Under 7	207 R	207 LJ	207 SJ	207 SN
Under 9	209 R	209 LJ	207 SJ	207 SN
Under 11	211 R	211 LJ	211 SJ	211 SN
11 & Over	212 R	212 LJ	212 SJ	212 SN

BEGINNER 2 / ADVANCED BEGINNER: \$10.00 per dance. *Only Fast Traditional Speed

A dancer who has been dancing for more than one year and who has not won a 1st, 2nd or 3rd place as Beginner 2 dancer.

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

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

	REEL	LIGHT JIG	SLIPJIG	SINGLE JIG	*TREBLE JIG	*HORPIPE	TRAD SET
Under 5	305 R	305 LJ	305 SJ	305 SN	305 TJ	305 HP	305 TS
Under 7	307 R	307 LJ	307 SJ	307 SN	307 TJ	307 HP	307 TS
Under 9	309 R	309 LJ	309 SJ	309 SN	309 TJ	309 HP	309 TS
Under 11	311 R	311 LJ	311 SJ	311 SN	311 TJ	311 HP	311 TS
11 & Over	312 R	312 LJ	312 SJ	312 SN	312 TJ	312 HP	312 TS

GRADE COMPETITIONS

*DOUBLE AGE GROUPS: Competitions may be merged or split based on entries to ensure there are at least 5 competitors.

NOVICE - \$10.00 per dance. *Choice of Speed (Traditional or Slow)

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

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

	REEL	LIGHT JIG	SLIPJIG	SINGLE JIG	*TREBLE JIG	*HORNPIPE	TRAD SET
Under 7	407 R	407 LJ	407 SJ	407 SN	407 TJ	407 HP	407 TS
Under 9	409 R	409 LJ	409 SJ	409 SN	409 TJ	409 HP	409 TS
Under 11	411 R	411 LJ	411 SJ	411 SN	411 TJ	411 HP	411 TS
Under 13	413 R	413 LJ	413 SJ	413 SN	413 TJ	413 HP	413 TS
13 & Over	414 R	414 LJ	414 SJ	414 SN	414 TJ	414 HP	414 TS

PRIZEWINNER - \$10.00 per dance. *Choice of Speed (Traditional or Slow)

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

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

	REEL	LIGHT JIG	SLIPJIG	SINGLE JIG	*TREBLE JIG	*HORNPIPE	TRAD SET
Under 7	407 R	407 LJ	407 SJ	407 SN	407 TJ	407 HP	407 TS
Under 9	509 R	509 LJ	509 SJ	509 SN	509 TJ	509 HP	509 TS
Under 11	511 R	511 LJ	511 SJ	511 SN	511 TJ	511 HP	511 TS
Under 13	513 R	513 LJ	513 SJ	513 SN	513 TJ	513 HP	513 TS
Under 15	515 R	515 LJ	515 SJ	515 SN	515 TJ	515 HP	515 TS
15 & Over	516 R	516 LJ	516 SJ	516 SN	516 TJ	516 HP	516 TS

SECOND CHANCE GRADES – DIFFERENT ADJUDICATORS

*DOUBLE AGE GROUPS: Competitions may be merged or split based on entries to ensure there are at least 5 competitors.

NOVICE – \$10.00 per dance. *Choice of Speed (Traditional or Slow)

	REEL	LIGHT JIG	SLIPJIG	*TREBLE JIG	*HORNPIPE
Under 6	406 R2	406 LJ2	406 SJ2	406 TJ2	406HP2
Under 8	408 R2	408 LJ2	408 SJ2	408 TJ2	408 HP2
Under 10	410 R2	410 LJ2	410 SJ2	410 TJ2	410 HP2
Under 12	412 R2	412 LJ2	412 SJ2	412 TJ2	412 HP2
Under 14	414 R2	414 LJ2	414 SJ2	414 TJ2	414 HP2
14 & Over	415 R2	415 LJ2	415 SJ2	415 TJ2	415 HP2

PRIZEWINNER – \$10.00 per dance. *Choice of Speed (Traditional or Slow)

	REEL	SLIPJIG	*TREBLE JIG	*HORNPIPE
Under 6	506 R2	506 SJ2	506 TJ2	605 HP2
Under 8	508 R2	508 SJ2	508 TJ2	508 HP2
Under 10	510 R2	510 SJ2	510 TJ2	510 HP2
Under 12	512 R2	512 SJ2	512 TJ2	512 HP2
Under 14	514 R2	514 SJ2	514 TJ2	514 HP2
Under 16	516 R2	516 SJ2	516 TJ2	516 HP2
16 & Over	517 R2	517 SJ2	517 TJ2	517 HP2

DOUBLE AGE GROUP COMPETITIONS

- Novice, Prizewinner & PC competitions will compete in double age groups.
 - First Chance will all be ODD age groups: Under 7, 9, 11, 13, etc
 - Second Chance will all be EVEN age groups: Under 6, 8, 10, 12, 14, etc.
- If age groups have 5 or more in each birth year, they will be split.
- For Example
 - The Under 11 age group is for dancer born in 2015 & 2016.
 - If there are 5 or more dancers entered in the Under 10 (2016) & the Under 11 (2015), then the competition will be split into single age groups.

CHAMPIONSHIP COMPETITIONS

*DOUBLE AGE GROUPS: Competitions may be merged or split based on entries.

DOUBLE AGE GROUP COMPETITIONS

- Novice, Prizewinner & PC competitions will compete in double age groups.
 - First Chance will all be ODD age groups: Under 9, 11, 13, etc
 - Second Chance will all be EVEN age groups: Under 8, 10, 12, 14, etc.
- If age groups have 5 or more in each birth year, they will be split.
- For Example
 - The Under 11 age group is for dancer born in 2015 & 2016.
 - If there are 5 or more dancers entered in the Under 10 (2016) & the Under 11 (2015), then the competition will be split into single age groups.

PRELIMINARY CHAMPIONSHIP – \$35.00 per dancer

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

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 48 bars speed 113 OR Slipjig 40 bars speed 113 for ladies and Reel 48 bars speed 113 only for men), and a hard shoe dance (Treble Jig 48 bars speed 73 OR Hornpipe 40 bars speed 113.)

Competitions may be merged or split based on entries.

	Preliminary Championship (2 Rounds) DOUBLE AGE GROUPS - Odd Years Heavy Shoe First		Second Chance Preliminary Championship (2 Rounds) DOUBLE AGE GROUPS – Even Years Light Shoe First
Under 9	609PC	Under 8	608 PC2
Under 11	611PC	Under 10	610 PC2
Under 13	613PC	Under 12	612 PC2
Under 15	615PC	Under 14	614 PC2
Under 17	617PC	Under 16	616 PC2
17 & Over	618PC	Under 18	618 PC2
		18 & Over	619 PC2

All dancers that place in the top 3 of PC or Second Chance PC will qualify to dance in The TN Feis PC Dance Off.

- Competition to take place at 3:30pm.
- \$100 scholarship will be awarded to the First Place Dancer. There is no fee for this competition.
- This is a Treble Reel competition; 1 step (right & left foot) 1 at a time, down the line twice.

OPEN CHAMPIONSHIP – \$50.00 per dancer

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

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.

A dancer is required to perform a light shoe dance (Reel 48 bars speed 113 OR Slipjig 40 bars speed 113 for ladies and Reel 48 bars speed 113 only for men), and a hard shoe dance (Treble Jig 48 bars speed 73 OR Hornpipe 40 bars speed 113.), AND a Set Dance. Competitions may be merged or split based on entries.

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

All dancers that place in the top 3 of OC will qualify to dance in The TN Feis OC Dance Off.

- Competition will take place after the lunch break.
- \$100 scholarship will be awarded to the First Place Dancer.
- This is a Treble Reel competition; 1 step (right & left foot) 1 at a time, down the line twice.

ADULT COMPETITIONS & RULES

ADULT DANCER: An Adult dancer is defined as any dancer who started Irish dancing at the age of 18 or older OR any dancer 18 or older who has not competed in at least five years in a youth competition AND has never placed in the top three in a youth Preliminary championship competition of more than five competitors.

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

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

ADULT GRADES dances

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

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

\$10.00 per dance

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

BEGINNER 2 / ADVANCED BEGINNER – \$10.00 per dance. *Only Fast Traditional Speed

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

NOVICE - \$10.00 per dance. *Choice of Speed (Traditional or Slow)

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

PRIZEWINNER - \$10.00 per dance. *Choice of Speed (Traditional or Slow)

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

ADULT CHAMPIONSHIP & ADVANCED ADULT

An **Adult dancer** is defined as any dancer who started Irish dancing at the age of 18 or older OR any dancer 18 or older who has not competed in at least five years in a youth competition AND has never placed in the top three in a youth Preliminary championship competition of more than five competitors.

An **Advanced Adult dancer** is defined as anyone age 18 or older who has previously placed in the top three of a Preliminary Championship or competed in Open Championship levels in the youth/& Over levels regardless of when the competitor was active. An Advanced Adult dancer has opted to leave Youth/& Over categories and once the dancer begins competing in Advanced Adult, the dancer may not return to Youth/& Over categories.

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

ADULT CHAMPIONSHIP: \$35.00 PER DANCER

ADULT CHAMPIONSHIP Dancers will perform:

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

ADVANCED ADULT PRELIMINARY & OPEN: An ADVANCED ADULT dancer is anyone ages 18 or older who has previously placed in the top three of a Preliminary championship or competed in Open championship levels in the youth/& over levels regardless of when the competitor was active. A dancer competing in ADVANCED ADULT may not compete in the youth/& over category. Once a dancer begins competing in Advanced Adult, they may not return to youth/& over

ADVANCED ADULT PRELIMINARY : \$35.00 PER DANCER

ADVANCED ADULT PRELIMINARY will perform:

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

ADVANCED ADULT OPEN : \$50.00 PER DANCER

ADVANCED ADULT OPEN dancers will perform:

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

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

Adult Championship	699 AC	2 ROUNDS – Heavy Shoe First	\$35.00 per dancer
Advanced Adult PC	699 AAPC	2 ROUNDS – Heavy Shoe First	\$35.00 per dancer
Adult PC Traditional Set	699 TS		\$10.00 per dancer
Advanced Adult OC	799 AAO	3 ROUNDS – Soft Shoe First	\$50.00 per dancer

SPECIAL COMPETITIONS - \$10.00

MUSIC – \$10.00 per person/per competition

Adhere to the same rules as the Comhaltas Fleadh (see link). www.Comhaltas.ie/fleadh/

Any questions, reach out to MiddleTenneseelrish@gmail.com

	Wind (solo)	Reed (solo)	String (solo)	Voice(solo)	Misc.(solo)	Duets	Trios
Under 12	1012 M-W	1012 M-R	1012 M-S	1012 M-V	1012 M-M	1012 DUET	1012 TRIO
Under 15	1015 M-W	1015 M-R	1015 M-S	1015 M-V	1015 M-M	1015 DUET	1015 TRIO
Under 18	1018 M-W	1018 M-R	1018 M-S	1018 M-V	1018 M-M	1018 DUET	1018 TRIO
18 & Over	1019 M-W	1019 M-R	1019 M-S	1019 M-V	1019 M-M	1019 DUET	1019 TRIO

ART – \$10.00 per entry (Drop off by 10:00am. Awards announced on Stage at 12:00pm)

Any traditional Irish/Celtic art pieces (4-h fair rules)

Under 12	812 ART
Under 18	818 ART
18 & Over	819 ART

IRISH LANGUAGE – \$10.00 per entry (Prayer, poem, song, or reading in the Irish Language)

Under 10	810 LNG
Under 15	815 LNG
15 & Over	816 LNG

BAKING - \$10.00 per entry (Drop off by 10:00am. Awards announce on stage at 12:00pm)

Traditional Soda Bread	800 SB
Other Baked Goods	801 SB

SOUTHERN REGIONAL DANCING COMPETITION RULES

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

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

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

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

1. GRADE LEVEL RULES

GRADE LEVEL RULES

1. Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner), Adult and Master competitions:
 - a. Must compete in their own age group.
 - b. Must be prepared to perform two steps in each event.
2. With the exception of First Feis and Beginner 1, a dancer's level is determined in each dance (Reel, Light Jig, Single Jig, Slip-Jig, Hornpipe, Treble Jig, and Traditional Set). Traditional Set Dances are limited to those dances determined by An Coimisiun Le Rince Gaelacha as traditional set dances.
3. A Feis Committee may combine competitions if there are less than 5 competitors entered as follows:
 - a. Three consecutive age groups, if including the youngest or oldest multi-year age groups, or up to five consecutive single-age groups, combined into the highest age group, within that grade.
4. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region.
5. The syllabus is to contain all grade categories.
6. Competitors have the option to remain in the same category for the remainder of the Feis year.
7. A dancer, at the discretion of the teacher, may move into the next Grade (not Open Championships) without satisfying the requirements. However, once a dancer competes in the higher level, they can never move back to a lower category, (except as outlined in Rule 1, above).
8. Grade Levels
 - a. **First Feis:** A dancer who has never competed in a Feis. A dancer can only be in this category for a single day and cannot compete at any other level in the Feis. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.
 - b. **Beginner 1 (Beginner) Grade:** A beginner is a competitor who has not yet taken a full year of Irish Dance lessons, thereby giving beginners a full year with such status. A Beginner must move into the Beginner 2/Advanced Beginner category the next year. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.
 - c. **Beginner 2 (Advanced Beginner) Grade:** An advanced beginner who wins 1st, 2nd or 3rd place will advance to the Novice category in that particular dance. Competition dances are reel, light jig, slip jig, traditional treble jig and traditional hornpipe, as a minimum requirement. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.

- d. **Novice Grade:** A novice who wins a 1st place will advance to the Open (Prizewinner) category in that particular dance. In Novice competitions with 20 or more dancers, a dancer who wins 1st or 2nd place in a dance will advance to the Open/PW category in that particular dance (Dec 2012)
 - e. **Open Prizewinner Grade:** A competitor who does not qualify as a beginner, advanced beginner or as a novice.
 - f. **Adult:** An Adult dancer is defined as any dancer who started Irish dancing at the age of 18 or older OR any dancer 18 or older who has not competed in at least five years in a youth competition AND has never placed in the top three in a youth Preliminary championship competition of more than five competitors.
9. First Feis (if offered), Beginner 1, and Beginner 2 are required to dance at traditional speeds. Novice and Open/Prizewinner dancers may choose between traditional and Oireachtas speeds.
10. The following dance speeds must be adhered to:

	First Feis	Beg 1	Beg 2	Novice	Prizewinner
Reel	122	122	122	113	113
Light Jig	115	115	115	115	115
Slip Jig	122	122	122	113	113
Single Jig	124	124	124	124	124
Treble Jig			92	73/92	73/92
Hornpipe			138	113/138	113/138

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

11. First Feis, Beginner 1 and Beginner 2 perform only basic steps to coincide with the Grade Exam Syllabus.
12. Dancers competing in the First Feis category are limited to participating in the First Feis Category only.

2. CHAMPIONSHIP LEVEL RULES

CHAMPIONSHIP LEVEL RULES

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

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

3. FIGURE / CEILI TEAM RULES

FIGURE / CEILI TEAM RULES

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

4. ADJUDICATORS & MUSICIANS

ADJUDICATORS & MUSICIANS

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

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

5. COSTUME RULES

COSTUME RULES

1. Makeup is prohibited on a dancer in the first three grades (First Feis (if offered), Beginner I and Beginner 2 or their equivalent) up to and including the under 12 age group. Make-up (including false eyelashes and tanner on the face) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.

Clarification: Both make up rules refer to the age group of the competition, not the actual age of the dancer. For example, 9-year-old dancers, competing in a team that is entered Under 12, may wear make-up or at a feis where the youngest Open Championship age group is Under11, then all dancers in that competition may wear make-up. These rules must also be announced from side stage at the event. Participants should be reminded that should they be in breach of these rules and be required to remove their make-up, that they risk missing their rotation in the competition.
2. Any competitor found to be using artificial carriage aids and subsequently refuses to remove same, will be subject to disqualification from that particular competition. Medically prescribed aids (proof of which may be required) will be exempt from this rule.
3. Competitors in competitions at the First Feis (if offered), Beginner I and Beginner 2 Grade will wear only the competitor's dancing school costume or a skirt/pants and top.
4. Costume Length: Length of costumes must adhere to principles of modesty and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to change into black tights (of a denier not less than 70 per cent) in order for the dancer to continue in the competition.

6. MODESTY RULES

MODESTY RULES

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

7. REFUND POLICY

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

