

The following syllabus represents the MINIMUM requirements for a Mid-Atlantic Regional feis syllabus. Your syllabus must be approved by the Assistant Regional Director: lhickey26@gmail.com

Please note the following competitions may be added, but are NOT required:

- A Tir na Nog competition
- A First Feis competition
- Treble reel competitions
 - Traditional set piece competitions
 - Set piece of choice competitions
- Ceili and Figure competitions

- A painting, art, drawing, cooking, Irish language, or music competitions MUST BE added to the syllabus

Beginner Category:

- An under 5 age group may be added to the syllabus, but is not required
- Separate girls and boys competitions may be added to the syllabus, but are not required
- Boys are permitted to dance reel, slip jig, light jig, and/or hop jig in this category
- Beginners MUST wear a skirt, trousers, blouse, shirt or school costume to compete. Solo costumes are NOT allowed.

Advanced Beginner Category:

- Separate girls and boys competitions may be added to the syllabus, but are not required
- Boys are permitted to dance reel, slip jig, light jig, hop jig, heavy jig and/or hornpipe in this category
- Advanced Beginners MUST wear a skirt, trousers, blouse, shirt or school costume to compete. Solo costumes are NOT allowed.

Novice Category:

- Light jig competitions may be added in every age group, but are not required
- Hop jig competitions may be added in every age group, but are not required
- An under 14 age group and a 14 & over age group may be added, but are not required
- Separate girls and boys competitions may be added to the syllabus, but are not required
- Boys are permitted to dance reel, slip jig, light jig, hop jig, heavy jig and/or hornpipe in this category

Prizewinner Category:

- Light jig competitions, Hop Jig competitions may be added in every age group, but are not required
- Separate girls and boys competitions may be added to the syllabus, but are not required
- Boys are permitted to dance reel, slip jig, light jig, hop jig, heavy jig and/or hornpipe in this category

Pre-Championship Category:

- 2 steps in the Reel (tempo 113) and 2 steps in the hop jig (tempo 124) may be added, but is not required.

Open Championship Category:

- Under 9 age groups MUST dance a Traditional set dance.
- Girls Open Championships
 - o An under 8 age category can be added to the syllabus, but is not required
- Boys Open Championships
 - o An Open Under 9 age category for boys MUST be offered
 - o Single year or double year age groups can be offered

Adult Dancers:

- Adult female dancers must wear black tights in all competition categories.
- Adult competitions CANNOT be combined with other age groups

FULL MAR FEIS RULES ARE LISTED AT www.mid-atlanticregion.com



Feis Logo

Feis name

Feis Date(s)

Feis Location

Feis Adjudicators and Musicians

Feis Cap, Feis Website and Email Address

Feis is Registered and will be governed by the Rules of An Coimisiun le Rinci Gaelacha (CLRG) and the IDTANA MidAtlantic Region, Inc (www.MID-ATLANTICREGION.COM)

Example Hold Harmless: The Feis Committee, organizer name, _____ School of Irish Dancing, and or Hosting Organization, and/or Facility Name or any other organizations affiliated with the afore mentioned will not be held responsible for personal injury, property loss or damage. Destruction of Feis property or rental property will be punishable by law.

Feis is a private event. The chairpersons and/or committee have the right to deny entry to any individual.

SPECIAL NEEDS COMPETITION Open to All Ages 1 step any dance

Special Needs
101

Beginner A beginner is a competitor who has not taken Irish Dancing lessons from a registered teacher prior to September 1st of the previous year. **Reel will dance 2 at a time, all ages. Solo costumes are not permitted. Class costumes, or skirts and blouses only.**

Girls/Boys	Reel 122	Slip Jig 122	Light Jig 115	Hop Jig 124
Under 6	102	103	104	105
Under 7	106	107	108	109
Under 8	110	111	112	113
Under 9	114	115	116	117
Under 10	118	119	120	121
Under 11	122	123	124	125
Under 12	126	127	128	129
12 & Over	130	131	132	133
Adult	134	135	136	137

Advanced Beginner Dancer remains an advanced beginner in each dance until he/she wins 1st, 2nd, or 3rd. Dancer moves up to novice only for the dance(s) in which he/she has previously won 1st, 2nd, or 3rd. **Reel will dance 2 at a time, all ages. Solo costumes are not permitted. Class costumes, or skirts and blouses only.**

Girls/Boys	Reel 122	Slip Jig 122	Light Jig 115	Treble jig 92	Hornpipe 138	Hop Jig 124
Under 6	138	139	140	141	142	143
Under 7	144	145	146	147	148	149
Under 8	150	151	152	153	154	155
Under 9	156	157	158	159	160	161
Under 10	162	163	164	165	166	167
Under 11	168	169	170	171	172	173
Under 12	174	175	176	177	178	179
12 & Over	180	181	182	183	184	185
Adult	186	187	188	189	190	191

Novice

A novice is a dancer who has previously won a 1st, 2nd or 3rd in Adv. Beginner. If a dancer has previously won 1st in Novice competition, he/she must move up to Prizewinner for the dance(s) in which he/she has won 1st place. **Reel will dance 2 at a time, all ages. Adult Competitions May Not Be combined with other age groups in any category. Adult female dancers must wear black tights.**

Girls/Boys	Reel 113	Slip Jig 113	Light Jig 115	Treble jig 73 or 92	Hornpipe 113 or 138
Under 7	301	302	303	304	305
Under 8	306	307	308	309	310
Under 9	311	312	313	314	315
Under 10	316	317	318	319	320
Under 11	321	322	323	324	325
Under 12	326	327	328	329	330
Under 13	331	332	333	334	335
13 & Over	336	337	338	339	340
Adult	341	342	343	344	345

Prizewinner

A prizewinner is a dancer who has previously won 1st in Novice in a particular dance. **Reel will dance 2 at a time, all ages. Adult Competitions May Not Be combined with other age groups in any category. Adult female dancers must wear black tights.**

Girls/Boys	Reel 113	Slip Jig 113	Treble jig 73 or 92	Hornpipe 113 or 138
Under 8	401	402	403	404
Under 9	405	406	407	408
Under 10	409	410	411	412
Under 11	413	414	415	416
Under 12	417	418	419	420
Under 13	421	422	423	424
Under 14	425	426	427	428
14 & Over	429	430	431	432
Adult	433	434	435	436

Preliminary Championships Choice of Reel (48 bars) or Slip Jig (40 bars), AND Jig (48 bars) or Hornpipe (40bars) **Adult Competitions May Not Be combined with other age groups in any category. Adult female dancers must wear black tights.**

Girls/Boys	R/TJ	R/HP	SJ/TJ	SJ/HP
U8	501A	501B	501C	501D
U9	502A	502B	502C	502D
U10	503A	503B	503C	503D
U11	504A	504B	504C	504D
U12	505A	505B	505C	505D
U13	506A	506B	506C	506D
U14	507A	507B	507C	507D
U15	508A	508B	508C	508D
U16	509A	509B	509C	509D
U17	510A	510B	510C	510D
17&Over	511A	511B	511C	511D
Adult	512A	512B	513B	514B

Open Championships – 3 rounds - Choice of Reel (48 bars) or Slip Jig (40 bars) AND Jig (48 bars) or Hornpipe (40 bars). Set piece of own choice. Under 9 MUST dance a Traditional Set.

Girls	R/TJ	R/HP	SJ/TJ	SJ/HP
U9	601A	601B	601C	601D
U10	602A	602B	602C	602D
U11	603A	603B	603C	603D
U12	604A	604B	604C	604D
U13	605A	605B	605C	605D
U14	606A	606B	606C	606D
U15	607A	607B	607C	607D
U16	608A	608B	608C	608D
U17	609A	609B	609C	609D
U18	610A	610B	610C	610D
18 & Over	611A	611B	611C	611D
Boys	R/TJ	R/HP		
U9	612A	612B		
U10	613A	613B		
U12	614A	614B		
U14	615A	615B		
U16	616A	616B		
16 & Over	617A	617B		

SPECIAL COMPETITION: One of the following categories is required

PAINTING	ART	DRAWING	COOKING	LANGUAGE	MUSIC

SUBMIT all entries and payments online at _____ Registration opens _____

CLOSING DATE for entries is _____, or when cap of _____ is reached. (Late entries must be received by _____)

ENTRY FEES All fees include the cost of marks.

SOLO	Dance	\$
PRELIMINARY	Competitor	\$
OPEN CHAMP	Competitor	\$
ADULT CHAMP	Competitor	\$
TRAD SET	Competitor	\$
FACILITY FEE	Per family	\$
LATE FEE	Per family	\$
CHANGES	Each occur.	\$
*MAX FAMILY FEE	Per family	\$
FEISWEB FEE	Per family	\$

*Not including facility fee/late fee/change fees

ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.

ROTATION NUMBERS for Preliminary and Open Championship will be drawn by computer prior to the day of the feis.