

*The Capital Feis Committee proudly presents the*



**Sunday May 19, 2019**

**St. Peter High School**

750 Charlemagne Blvd. , Orleans, ON, K4A 2V1

Doors Open at 7:30 am - Feis Begins at 8:30 am

Entries open to 600 paid competitors - Late Entry Deadline May 11, 2019

Late entry fee of \$25 per dancer if not received on or before May 6, 2019

**On-line entries only through [ifeis.net](http://ifeis.net)**

**NO REFUNDS for any reason.**

*Fran Healy - Feis President*

*Sue Fay Healy / Jennifer Healy - Feis Coordinators*

*Cheryl Hilborn—Feis registrar*

*Domenique Reynolds - Vendor Liaison*

Member, North American Feis Commission – President Jim Graven

Eastern Canadian Region IDTANA

An Coimisiún le Rincí Gaelacha, Dublin, Ireland

Irish Dance Teachers Association of North America

Irish Dance Teachers Association of Canada

**NAFC Championships for 2019**

Gerry Campbell Perpetual Senior Belt

Robert Gabor Junior Trophy George Sweetnam Minor Trophy

Held January 19, 2019 at the Crowne Plaza Resort, Sacramento, CA.

# Capital Feis 2019

## REGISTRATION INFORMATION

On-line entries only through ifeis.net website (*Chrome and Firefox work best*)

Paid entry cap: 600

### Fees:

Figure dances (per competitor) .....	\$ 10
Grade level solo dances (each) .....	\$ 10
Grade Level Trophy Specials (each).....	\$ 12
Preliminary Championship .....	\$ 40
Preliminary Set Trophy Special.....	\$ 12
Open Championship .....	\$ 50
Treble Reel Trophy Specials .....	\$ 12
Family maximum ( <i>for competition fees listed above - does not include Trophy Specials, family admission or late fees</i> ) .....	\$ 125
Family Fee (registration, parking, and entry into the feis).....	\$ 25
Late entry fee ( <i>applies to all entries submitted <u>after</u> May 6, 2019 and <u>all unpaid entries as of that date</u></i> ) .....	\$ 25

Fees are payable in Canadian dollars. U.S. dollars will be accepted at par.

Payments may be made on-line through ifeis.net .We also accept direct bank transfers, cheque or cash. For direct bank transfer payments, please email payment to feis@suefayhealy.com. And use the password **sfh2018**

Entries are not complete until payment is received. **Absolutely NO REFUNDS.**

For mail-in payments, please **make cheques payable to "Capital Feis"** and mail (with online entry confirmation) to:

**Capital Feis**  
**c/o Cheryl Hilborn**  
**5463 Hilltop Dr.**  
**Manotick, ON, K4M 1G7**

All payments must be received by May 6, 2019 to avoid late charge of \$25. Entries accepted, with a late fee until, May 11, 2019.

**Feis Registrar: Cheryl Hilborn**

**Email inquiries (preferred): feis@suefayhealy.com**

**Telephone inquiries: 613-809-5964 (not before 7 am or after 9 pm)**

**Official Feis Photography:** *Photographs may be taken during this event by the Capital Feis official photographer. As a public event, Capital Feis 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 Capital Feis, 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.*

Visit our website for additional information including  
a listing of adjudicators and musicians, vendors and stage schedule (posted as they become available).

**[www.suefayhealy.com](http://www.suefayhealy.com)**

<b>Figure Dancing \$10.00 each</b>							
<i>2-hand / 3-hand length: 8 bar intro, plus 48 bars. 4-hands and 6-hands must be from At Rince Ceili</i>							
	<b>2-hand</b>	<b>3-hand</b>	<b>4-hand</b>	<b>6-hand</b>	It would be appreciated if a team designate would provide a "Team Listing", including names of each competitor, by email to: <b>feis@suefayhealy.com</b>		
Under 8	—	—	F8-4	F8-6			
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			
<b>Beginner Competitions - \$10.00 per competition. \$12.00 per Trophy Specials.</b>							
	<b>*Reel Trophy Special (122 bpm)</b>	<b>Light Jig (115 bpm)</b>	<b>Slip Jig (122 bpm)</b>	<b>Single Jig (124 bpm)</b>	*Beginner Reel competitors will all receive a participation medal.  <i>Trophy Special Competition: First, second and third place receive a trophy</i>  <i>See ECR rule 9</i>		
<b>Under 5</b>	B5R	B5L	B5S	B5X			
<b>Under 6</b>	B6R	B6L	B6S	B6X			
<b>Under 7</b>	B7R	B7L	B7S	B7X			
<b>Under 8</b>	B8R	B8L	B8S	B8X			
<b>Under 9</b>	B9R	B9L	B9S	B9X			
<b>Under 10</b>	B10R	B10L	B10S	B10X			
<b>Under 11</b>	B11R	B11L	B11S	B11X			
<b>Under 12</b>	B12R	B12L	B12S	B12X			
<b>12 and over</b>	B99R	B99L	B99S	B99X			
<b>Advanced Beginner Competitions - \$10.00 per competition. \$12.00 per Trophy Specials.</b>							
<i>Trophy Special Competitions: First, second and third place receive a trophy</i>							
	<b>Reel (122 bpm)</b>	<b>Light Jig Trophy Special (115 bpm)</b>	<b>Slip Jig (122 bpm)</b>	<b>Single Jig (124 bpm)</b>	<b>Treble Jig (92 bpm)</b>	<b>Hornpipe (138 bpm)</b>	<b>St. Patricks Day Trophy Special (94 bpm)</b>
<b>Under 6</b>	A6R	A6L	A6S	A6X	A6T	A6H	A6P
<b>Under 7</b>	A7R	A7L	A7S	A7X	A7T	A7H	A7P
<b>Under 8</b>	A8R	A8L	A8S	A8X	A8T	A8H	A8P
<b>Under 9</b>	A9R	A9L	A9S	A9X	A9T	A9H	A9P
<b>Under 10</b>	A10R	A10L	A10S	A10X	A10T	A10H	A10P
<b>Under 11</b>	A11R	A11L	A11S	A11X	A11T	A11H	A11P
<b>Under 12</b>	A12R	A12L	A12S	A12X	A12T	A12H	A12P
<b>12 and over</b>	A99R	A99L	A99S	A99X	A99T	A99H	A99P
<b>Novice Competitions - \$10.00 per competition. \$12.00 per Trophy Specials.</b>							
<i>Trophy Special Competitions: First, second and third place receive a trophy</i>							
	<b>Reel (113 bpm)</b>	<b>Light Jig (115 bpm)</b>	<b>Slip Jig (113 bpm)</b>	<b>Single Jig (124 bpm)</b>	<b>Treble Jig Trophy Special (92 or 73 bpm)</b>	<b>Hornpipe (138 or 113 bpm)</b>	<b>Traditional Set Trophy Special</b>
<b>Under 7</b>	N7R	N7L	N7S	N7X	N7T	N7H	N7D
<b>Under 8</b>	N8R	N8L	N8S	N8X	N8T	N8H	N8D
<b>Under 9</b>	N9R	N9L	N9S	N9X	N9T	N9H	N9D
<b>Under 10</b>	N10R	N10L	N10S	N10X	N10T	N10H	N10D
<b>Under 11</b>	N11R	N11L	N11S	N11X	N11T	N11H	N11D
<b>Under 12</b>	N12R	N12L	N12S	N12X	N12T	N12H	N12D
<b>Under 13</b>	N13R	N13L	N13S	N13X	N13T	N13H	N13D
<b>Under 14</b>	N14R	N14L	N14S	N14X	N14T	N14H	N14D
<b>Under 15</b>	N15R	N15L	N15S	N15X	N15T	N15H	N15D
<b>15 and over</b>	N99R	N99L	N99S	N99X	N99T	N99H	N99D
<b>Prizewinner Competitions - \$10.00 per competition. \$12.00 per Trophy Specials.</b>							
<i>Trophy Special Competitions: First, second and third place receive a trophy</i>							
	<b>Reel (113 bpm)</b>	<b>Slip Jig (113 bpm)</b>	<b>Single Jig (124 bpm)</b>	<b>Treble Jig (92 or 73 bpm)</b>	<b>Hornpipe Trophy Special (138 or 113 bpm)</b>	<b>Traditional Set Trophy Special</b>	<b>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), Three Sea Captains (96 bpm), &amp; Jockey to the Fair (90 bpm)</b>
<b>Under 8</b>	P8R	P8S	P8X	P8T	P8H	P8D	
<b>Under 9</b>	P9R	P9S	P9X	P9T	P9H	P9D	
<b>Under 10</b>	P10R	P10S	P10X	P10T	P10H	P10D	
<b>Under 11</b>	P11R	P11S	P11X	P11T	P11H	P11D	
<b>Under 12</b>	P12R	P12S	P12X	P12T	P12H	P12D	
<b>Under 13</b>	P13R	P13S	P13X	P13T	P13H	P13D	
<b>Under 14</b>	P14R	P14S	P14X	P14T	P14H	P14D	
<b>Under 15</b>	P15R	P15S	P15X	P15T	P15H	P15D	
<b>Under 16</b>	P16R	P16S	P16X	P16T	P16H	P16D	
<b>16 and over</b>	P99R	P99S	P99X	P99T	P99H	P99D	

**Trophy Specials—\$12.00** Perpetual Trophies in Grade Level Treble Reels will be awarded to first place in addition to Trophy for 1st, 2nd and 3rd place.

Grade Level Treble Reels		Championship Level Treble Reel (Prelim and Champ)	
Under 9 Maureen Dowie-Marando Perpetual Trophy	P9TR	Under 13	C13TR
Under 11 Dwight Brown Perpetual Trophy	P11TR	Under 15	C15TR
Under 13 Bill Benet Perpetual Trophy	P13TR	15 and over	C99TR
Under 15 Tracy Davis Perpetual Trophy	P15TR		
15 and over Danny O'Connell Perpetual Trophy	P99TR		

<p><b>Preliminary Championships—2 rounds—\$40</b></p> <p>Any dancer who has placed 1st in one (1) soft shoe dance and one (1) hard shoe dance in Prizewinner category</p> <p>To dance Reel(113) OR Slip Jig(113) AND Treble Jig(73) OR Hornpipe(113)</p> <p>1st, 2nd and 3rd place receive sashes. Prizes for a hard or soft shoe round.</p>	<p><b>Preliminary Championship Set Dance Trophy Special—\$12.00</b></p> <p>*All U8/U9 Preliminary Championship competitors must dance a Traditional Set. See ECR Rule 7</p> <p>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), Three Sea Captains (96 bpm), &amp; Jockey to the Fair (90 bpm)</p>
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Under 8	PC8	Under 9*	PC9S
Under 9	PC9	Under 11	PC11S
Under 10	PC10	Under 13	PC13S
Under 11	PC11	Under 15	PC15S
Under 12	PC12	Under 17	PC17S
Under 13	PC13	17 and over	PC99S
Under 14	PC14		
Under 15	PC15		
Under 16	PC16		
Under 17	PC17		
Under 18	PC18		
18 and over	PC99		

**Open Championships—Three Rounds—\$50** To dance Reel(113) OR Slip Jig(113), Treble Jig(73) or Hornpipe(113), and Set dance of choice.

Under 9	C9	<p>1st, 2nd and 3rd place receive sashes.</p> <p>Prizes for a hard and soft shoe round will be awarded.</p> <p>All U9 competitors must dance a Traditional Set. See ECR Rules 7</p> <p>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), Three Sea Captains (96 bpm), &amp; Jockey to the Fair (90 bpm)</p>
Under 10	C10	
Under 11	C11	
Under 12	C12	
Under 13	C13	
Under 14	C14	
Under 15	C15	
Under 16	C16	
Under 17	C17	
Under 18	C18	
Under 19	C19	
19 and over	C99	

**Tir na nOg Competition \$10.00**

A short reel for children under 6 who have not competed in regular competitions. No wigs, or makeup. Costumes and shoes are not required.

U6

**Non Dancing Competitions \$10.00**

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.

Irish Soda Bread	BAK
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**Adult Competitions - \$10.00 per competition. \$12.00 per Trophy Specials.** (Trophy Special Competitions: First, second and third place receive a trophy). Dancers must be 18 years or older. Hard shoes must be danced at traditional speed. \*see NAFC rule #21.

	Reel Trophy Special (113 bpm)	Light Jig (115 bpm)	Slip Jig (113 bpm)	Single Jig (124 bpm)	Treble Jig Trophy Special (92 or 73 bpm)	Hornpipe (138 or 113 bpm)	Traditional Set *See ECR rule 11
Men and Women	M99R	M99L	M99S	M99X	M99T	M99H	M99D

## DANCING COMPETITION RULES

### Adopted By The North American Feis Commission, 2015 EFFECTIVE JANUARY 1, 2016

1. In the case of all solo and team competitions in all grades, the age of a competitor on 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 Coimisiún, regardless of their domicile, and where applicable, registered with both the IDTANA and the North American region in which they reside.
3. A competitor may be disqualified for any of the following reasons: a) Conduct unbecoming a lady or gentleman. b) Failure to report on time to compete. (Penalty: disqualification from said event) c) Falsification of age or other important facts – i.e., teaching, award winning, competing under another competitor's name or number, etc. Penalty for a) or c): Competitor will be disqualified from the Feis at which the occurrence happened and from all NAFC – registered Feiseanna for a period of one year beginning at the date of the occurrence.
4. Competitions may be closed if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced. May not pertain to a situation where competitors are involved in stage conflicts.
5. Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner) competitions: a) Must compete in their own age group. b) Must be prepared to perform two steps in each event. c) Cannot change competition on the day of the Feis.
6. Steel taps or "bubble" heels on dancing shoes, display of awards, wearing of shorts or other unconventional dress is prohibited. Authentic Gaelic dress is desired. First Feis (if offered), Beginner and Advanced Beginner, aka Beginner I and II, must wear a class costume, or a skirt and blouse. All other categories are excluded from this rule. Modest attire is encouraged when a competitor is not dancing.
7. Competitor's number must be worn and visible to adjudicators when performing in all competitions, use of reflective plastic number covers is discouraged.
8. Awards will be determined in proportion to the number of entries in each competition and to the degree of proficiency shown.
9. Complaints regarding the running or rules of a Feis must be in writing, stating names and other factual information and signed by the complainant. A ten-dollar fee must be enclosed and presented to the Feis Chairman within one hour of the occurrence. The fee will be returned if the complaint is upheld.
10. The Feis Committee and any organization affiliated with same, will not be held responsible for personal injury, property loss or damage. Destruction of Feis property or rental property will be punishable by law.
11. The Feis reserves the right to reject any entry for cause, to cancel all or part of the Feis and to limit competitor's performing time. The decision of the Feis Committee is final in all matters connected with the Feis.
12. All Feiseanna must have a process to allow parents to request that their child or children's name(s) not be listed on the posted competitor list prior to the day of the Feis.
13. Competitors must answer all questions as required by the Feis Entry committee, including teacher's name, and enclose the entry fee when mailing. Failure to do so will result in a rejected entry. Entries must be received on or before the closing date or they will be subject to a late fee of \$25 (Determined by the Feis).
14. Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances. Entrants in Championships should specify, on the entry form, their choice of set dance. Entrants cannot change competition or category on the day of the competition. a) Dancers must qualify for open championship via the method now in place for preliminary championship, i.e. two 1st place wins. b) Dancers must compete in the preliminary championship competition in order to qualify for open championship c) The regional syllabus where the Feis is being held may have different qualifications for entry.
15. Combining male and female dancers in any age category is left to the discretion of each region of the IDTANA.
16. Preliminary Championships are open to those who, at any NAFC recognized Feis: a) Have won 1st place in both an open/prizewinner light and heavy shoe competition, and b) Have never won 1st, 2nd or 3rd in Open Championship. A dancer who wins two first place awards will move on to Open Championship at the next Feis they enter, or as soon as the second win is achieved, in any age category, in the following years. Only in the case of back-to-back Feiseanna (successive days), in which case the first win in the first Feis will not change the dancer's status for the second Feis. A dancer is required to perform a light shoe dance (reel or slip jig for ladies and reel only for men), and a hard shoe dance. A Feis can opt to offer either a) a set dance or b) a jig/hornpipe. c) The regional syllabus where the Feis is being held may have different qualifications for entry.
17. Championships and Preliminary Championships require at least three adjudicators.
18. First place winners in the Open Championship category cannot return to a Preliminary or Open (Prizewinner) competition. Placing in a Regional or National Oireachtas does not change the status of a competitor. A dancer who moves into open championship must stay a minimum of 2 years. If after 2 years they have not placed they are allowed to return to preliminary. An open championship dancer who places is not allowed to return to preliminary until 2 years after their last placement. The regional syllabus where the Feis is being held may have different qualifications for entry.
19. The status of the dancer does not change unless there are five or more dancers in a competition.
20. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region. The syllabus is to contain all grade categories. A Feis Committee may combine two consecutive age categories into the higher of the two categories within that grade when less than five (5) competitors are entered
21. Beginner Grade: A beginner is a competitor who has not yet taken a full year of Irish Dance lessons, thereby giving beginners a full year with such status. A Beginner must move into the Advanced Beginner category the next year. Advanced Beginner Grade: An advanced beginner who wins 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. Novice Grade: A novice who wins a 1st place will advance to the Open (Prizewinner) category in that particular dance. Open Grade (Prizewinner): A competitor who does not qualify as a beginner, advanced beginner or as a novice. Adult Beginner: An adult beginner is a competitor who never took Irish dancing lessons as a juvenile and is over 18 years of age.
22. Musicians and adjudicators cannot be approached during a competition by anyone except the Feis Committee. No one can approach them while a competitor is performing.

23. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.
24. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced. Competitors may compete in the next higher age group. A competitor may compete in no more than two different age groups for any one category (4-hand, 8-hand, etc.)
25. In matters pertaining to adjudication, the decision of the adjudicators is final.
26. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.
27. First Feis (if offered), Beginner, and Advanced Beginner dancers are required to dance at traditional speeds. Novice and Open/Prizewinner dancers may choose between traditional and Oireachtas speeds. Adult dancers are allowed to dance traditional or Oireachtas speed dances in the novice and prizewinner grade levels, but this does not apply to contemporary set dances.
28. The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8 bar introduction
29. In consideration of safety and in fairness to dancers performing at a Feis, photography of any kind which has the capability of capturing a dancer's image while in motion is strictly forbidden. A Feis may elect to allow in motion photography for publicity purposes, but the pictures are considered the sole property of the Feis and solely for Feis use only; these are not to be used for personal gain through commercial use or sale, and under no circumstances can they be published on any website or other areas, without the express written permission of the persons involved. Additionally, a professional photographer may be formally contracted by a Feis to capture nonmotion photographs, such as portrait photography, awards ceremonies, etc. and/or in motion photography provided it is taken at a vendor station or suitable location: (a) away from the dancing stages and, (b) requested by a consenting parent, guardian, or dancer (over the age of 18).
30. No block, en Pointe, toe walking movements, stationary or moving is allowed to be performed for all ages up to and including the under 12 age group. However, after September 1 of each year an exception is made for those dancers who are 11 dancing in the under 12 age group.
31. Make up is prohibited on a dancer in the first three grades (First Feis (if offered), Beginner and Advanced Beginner or their equivalent) up to and including the under 12 age group.
32. Any competitor found to be using artificial carriage aids and subsequently refuses to remove same, will be subject to disqualification from that particular competition. Medically prescribed aids (proof of which may be required) will be exempt from this rule.
33. Each Feis is required to list their adjudicators on their syllabus and/or website. If adjudicators are not listed on the syllabus, they must be posted on the Feis website a minimum of three weeks prior to the Feis. Once the Feis has closed for entries the adjudicators names may be removed from the Feis website. One third of the adjudicators are to be from outside the region where the Feis is being held.
34. Competitors in girl's competitions at the First Feis (if offered), Beginner and Advanced Beginner Grade will wear only the competitor's dancing School costume or a skirt and blouse.
35. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.

### Eastern Canadian Region Rules

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