

The First Annual Four Sisters Feis

Saturday, September 17, 2022

McTeggart Irish Dancers of North Texas



Website: www.danceirish.org

Facebook: [@McTeggartNTXFeis](https://www.facebook.com/McTeggartNTXFeis)

Email: feis@danceirish.org

Registration: www.feisworx.com

Entry Deadline: Friday, September 2, 2022

Location: Four Points by Sheraton DFW Airport North

1580 Point West Blvd, Coppell, TX 75019

Musician: Chris McLoughlin

Adjudicators: Michelle Malone Chiles, Rori Ritchie, & Sharon Whelan MacSweeney

Dancing competitions begin on Saturday, September 17, 2022 at 8AM beginning with Beginner Figures, then Grades, then Open Figures, then Championships. Art and baking must be submitted by 9AM Saturday; art can be picked up at 1PM Saturday.

Syllabus approved by: Maureen Armstrong, ADCRG, Southern Region Feis Liaison on 8/1/22

Entry Fees

Solo dances per competition	\$12.00
Figures (flat fee) per competitor	\$12.00
Preliminary Championships (2 rounds) <i>including Masters</i>	\$45.00
Adult Championships (3 rounds)	\$45.00
Open Championships (3 rounds) <i>including Masters</i>	\$50.00
Specials per competition	\$15.00
Cultural Competitions	\$15.00
Event fee per family	\$25.00
Feisworx service fee	\$6.75
Family max*	\$150.00

*Does not include specials, figures, event fee, feisworx service fee, or late fees.

Late Fees

Late entry fee (after September 2 nd)	\$25.00
Day of feis change fee	\$20.00
Day of feis late entry fee	\$50.00

No late fee to advance level(s) for Chisholm Trail Feis if changed on Saturday after feis.

Solo Competitions

First Feis	U6	U8	U12	12&O
Reel	106RL	108RL	112RL	113RL
Light Jig	106LJ	108LJ	112LJ	113LJ

Beginner 1	U5	U7	U9	U11	U13	U15	15&O
Reel	205RL	207RL	209RL	211RL	213RL	215RL	216RL
Light Jig	205LJ	207LJ	209LJ	211LJ	213LJ	215LJ	216LJ
Slip Jig	205SJ	207SJ	209SJ	211SJ	213SJ	215SJ	216SJ
Single Jig	205SN	207SN	209SN	211SN	213SN	215SN	216SN

Beginner 2	U5	U7	U9	U11	U13	U15	15&O
Reel	305RL	307RL	309RL	311RL	313RL	315RL	316RL
Light Jig	305LJ	307LJ	309LJ	311LJ	313LJ	315LJ	316LJ
Slip Jig	305SJ	307SJ	309SJ	311SJ	313SJ	315SJ	316SJ
Single Jig	305SN	307SN	309SN	311SN	313SN	315SN	316SN
Double Jig*	305DJ	307DJ	309DJ	311DJ	313DJ	315DJ	316DJ
Hornpipe*	305HP	307HP	309HP	311HP	313HP	315HP	316HP

*Hard shoe is traditional speed only.

Novice	U7	U9	U11	U13	U15	15&O
Reel	407RL	409RL	411RL	413RL	415RL	416RL
Light Jig	407LJ	409LJ	411LJ	413LJ	415LJ	416LJ
Slip Jig	407SJ	409SJ	411SJ	413SJ	415SJ	416SJ
Single Jig	407SN	409SN	411SN	413SN	415SN	416SN
Double Jig*	407DJ	409DJ	411DJ	413DJ	415DJ	416DJ
Hornpipe*	407HP	409HP	411HP	413HP	415HP	416HP

*Hard shoe is speed of choice.

Prizewinner	U7	U9	U11	U13	U15	15&O
Reel	507RL	509RL	511RL	513RL	515RL	516RL
Light Jig	507LJ	509LJ	511LJ	513LJ	515LJ	516LJ
Slip Jig	507SJ	509SJ	511SJ	513SJ	515SJ	516SJ
Single Jig	507SN	509SN	511SN	513SN	515SN	516SN
Double Jig*	507DJ	509DJ	511DJ	513DJ	515DJ	516DJ
Hornpipe*	507HP	509HP	511HP	513HP	515HP	516HP

*Hard shoe is speed of choice.

Adult	Beginner 1/ Beginner 2	Novice/ Prizewinner
Reel	399RL	599RL
Light Jig	399LJ	599LJ
Slip Jig	399SJ	599SJ
Single Jig	399SN	599SN
Double Jig*	399DJ	599DJ
Hornpipe*	399HP	599HP

Adult Championships	699AC
Adult Masters Preliminary	799MP
Adult Masters Opens	799MO

Adult Championships Requirements: Choice of reel or slip jig, double jig or hornpipe, and Traditional Set. Adults may register for championship and solo competition in their respective grade level(s).

Adult Masters Preliminary Requirements: Choice of reel or slip jig and double jig or hornpipe.

Adult Masters Open Requirements: Choice of reel or slip jig, double jig or hornpipe, and Contemporary Set.

Preliminary Championships	U9	U10	U12	U14	U16	16&O
	609PC	610PC	612PC	614PC	616PC	618PC

Preliminary Championship Requirements: Reel (48 bars) or Slip Jig (40 bars) and Hornpipe (40 bars) or Double Jig (48 bars). Boys and girls will be separated if there are 5 or more boys in a competition.

Open Championships	U9	U10	U11	U12	U13	U14
	709OC	710OC	711OC	712OC	713OC	714OC
	U15	U16	U17	U18	18&O	
	715OC	716OC	717OC	718OC	719OC	

Open Championship Requirements: Reel (48 bars) or Slip Jig (40 bars), Hornpipe (40 bars) or Double Jig (48 bars), and any non-Traditional Set Dance.* (*U9 dances Traditional Set) Boys and girls will be separated if there are 3 or more boys in a competition.

Figures

Beginner Figures	U9	U12	12&O
2-H Reel or Light Jig	9209BF	9212BF	9213BF
3-H Reel	9309BF	9312BF	9313BF

Open Figures	U10	U13	U16	16&O
2-H Reel	9210OF	9213OF	9216OF	9217OF
3-H Reel	9310OF	9313OF	9316OF	9317OF
4-H Dance*	9410OF	9413OF	9416OF	9417OF
6-H Dance	9610OF	9613OF	9616OF	9617OF
8-H Dance*	9810OF	9813OF	9816OF	9817OF

Adult Figures	
2-H Reel or Light Jig	9299AF
4-H Dance*	9499AF

*Must be a book dance.

Trophy Specials

Non-Championship Specials	U10	U13	13&O
Non-Champ (Soft-shoe) Reel Special	810NR	813NR	814NR
Non-Champ Double Reel Special	810ND	813ND	814ND
Non-Champ Traditional Set Special*	810NT	813NT	814NT

Championship Specials	U12	U16	16&O
Champ Double Reel Special	812CD	816CD	817CD
Champ Hard Shoe Special	812CH	816CH	817CH

Adult Specials	
Adult Double Reel Special	899AD
Adult Traditional Set Special*	899AT

*All Traditional Set Specials: Competitors will dance one of the following: St. Patrick's Day, The Black Bird, Job of Journeywork, Garden of Daisies, Jockey to the Fair, The Three Sea Captains, or King of the Fairies. Music for all stages will be played in above order.

Cultural Competitions

Cultural Competitions	All Ages
Art	800A
Baking	800B

*Cultural Competition Requirements: Art can be any medium depicting an Irish/Celtic theme and must be an original work by the entrant. Baking will be Irish bread only. Both must be turned in to Registration by 9AM on Saturday. Baking items become property of the feis upon submission and artwork must be picked up between 1PM and 5PM on Saturday or becomes property of the feis.

SOUTHERN REGIONAL DANCING COMPETITION RULES

Updated June 2022

- 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.
- 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.
- A competitor may be disqualified for any of the following reasons:
 - Conduct unbecoming a lady or gentleman.
 - Failure to report on time to compete. (Penalty: disqualification from said event)
 - 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.
- 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.
- Steel taps or "bubble" heels on dancing shoes and any display of awards is prohibited. Authentic Gaelic dress is desired.
- First Feis (if offered), Beginner, and Advanced Beginner, aka Beginner 1 and 2, 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.
- Competitor's number must be worn and visible to adjudicators when performing in all competitions. Use of reflective plastic number covers is discouraged.
- The number of awards given is determined by the Feis Committee and is based on the scores and ranks given by the adjudicator(s).
- 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.
- 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.
- 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.
- 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.
- 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 \$25 prior to the Feis or \$50 on the day of the Feis (determined by the Feis).
- 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:
- 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.
 - 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 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:
 - away from the dancing stages and,
 - 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.

GRADE LEVEL RULES

- Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open/Prizewinner, Adult, and Master competitions:
 - Must compete in their own age group.
 - Must be prepared to perform two steps in each event.
- 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.
- A Feis Committee may combine competitions if there are less than 5 competitors entered as follows:
 - Two consecutive age groups, combined into the higher of the two groups, within that grade.
 - Three consecutive age groups, combined into the highest age group, within that grade.
 - All Boys' grades competitions shall be initially entered in single year age groups within that grade.
 - If there are less than 5 Boys entered in any one age group within that grade, competitions may be combined in the following order:
 - Double, All Boys, age group into the higher of the two groups within that grade.
 - If a double, All Boys age group does not create 5 or more entries, the Boys shall be combined into the corresponding single year Girls' age group.
 - If the combined Boys and Girls age group still does not create 5 or more entries, that competition may be combined as stated in rule #2 above.
 - 100 and 200 level competitions may be combined as follows:

- Agers under 8 and below, CANNOT be combined with other age groups within that grade, but Boys and Girls may be combined in the corresponding single year Girls' age group within that grade.
 - Agers under 9 and above may first be combined into 2 consecutive age groups within that grade. If the combined competition still does not create 5 or more entries, that competition may be combined using rules 2, 3 and 4 above.
- 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.
 - Competitors have the option to remain in the same category for the remainder of the Feis year.
 - 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).
 - Grade Levels
 - 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.
 - 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.
 - 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.
 - 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/Prizewinner category in that particular dance (Dec 2012)
 - Open/Prizewinner Grade: A competitor who does not qualify as a Beginner, Advanced Beginner, or as a Novice.
 - 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.
 - 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.
 - 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.

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, ie Treble Reel Competition, etc.

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.

3. Preliminary Championships:

a. Are open to those who at any CLRG-registered Feis:

(1) Have placed 1st in both an Open/Prizewinner light and heavy shoe competitions and

(2) 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 a group.

A Southern region Feis may choose to combine boys and girls in Open Championship competitions when there are less than 5 dancers registered in a particular age category. However, 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. If separate boys and girls competitions in Open Championships are offered in the syllabus, they may NOT be combined under ANY circumstances on the day of the Feis.

4. One of the following statements MUST be in the feis syllabus:

a. When there are less than five dancers registered in a particular Open Championship age category, the boys and girls will NOT be combined.

OR

b. When there are less than five dancers registered in a particular Open Championship age category, the boys and girls WILL be combined.

5. The boys' Open Championship age categories will match the girls' Open Championship age categories.

6. Every competitor in Preliminary or Open Championship must have a minimum of 8 rotations or 10 minutes between each of their rounds.

FIGURE/CEILI TEAM RULES

1. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced.

a. There are no restrictions on figure age groups.

b. Figure age groups will be determined by the oldest dancer.

c. 8 hand teams are allowed to repeat dancers at all Southern Region Feiseanna in accordance with the World and Regional Oireachtas rules.

2. The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8 bar introduction.

3. Only dancers who meet the definition of "Adult dancer" may compete in Adult Ceili competitions. Masters level solo dancers competing in a Ceili must compete in the Youth Ceili categories.

4. 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.

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.

COSTUME RULES

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

Clarification: Both make-up rules refer to the age group of the competition, not the actual age of the dancer. For example, 9 year old dancers, competing in a team that is entered Under 12, may wear make-up or at a feis where the youngest Open Championship age group is Under11, then all dancers in that competition may wear make-up. These rules must also be announced from side stage at the event. Participants should be reminded that should they be in breach of these rules and be required to remove their make-up, that they risk missing their rotation in the competition.

2. Any competitor found to be using artificial carriage aids, and subsequently refuses to remove same, will be subject to disqualification from that particular competition. Medically prescribed aids (proof of which may be required) will be exempt from this rule.

3. Competitors in competitions at the First Feis (if offered), Beginner 1, and Beginner 2 Grade will wear only the competitor's dancing school costume or a skirt/pants and top.

4. **Costume Length:** Length of costumes must adhere to principles of modesty and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to change into black tights (of a denier not less than 70%) in order for the dancer to continue in the competition.

5. When wearing body suits with skirts (commonly known as black-out attire) black tights (of a denier not less than 70%) must be worn from the age of 14 and above. Effective date: 1st February, 2020

MODESTY RULES

FROM AN COIMISIUN:

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.

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.

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%) 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

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

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