
CARROLL-HENDERSON SCHOOL OF IRISH DANCING
PRESENTS



STEPS ON THE SOUND CHAMPIONSHIPS

Syllabus

Saturday, October 10, 2026
Everett, WA | Registration at Feisworx.com

INDEX

See below for a table of contents

Content	Page
Welcome Letter	3
About Steps on the Sound	4
Vendors	5
Sponsors	6
Feis Merchandise	7
Basic Schedule	8
Fees & Registration	9
Grades	10-12
Championships	13
Primary Specials	13-14
Novelty Specials	14-15
Special Awards	16
Art & Baking Competitions	17
Showcase Invitation	18
Rules	19-20

REGISTER ONLINE KEEP IN TOUCH

Registration Opens: *August 10, 2026*

www.chirishdance.com/sots-fb-about

Registration Closes: *September 23, 2026*

Email: info@chirishdance.com

Registration is online at feisworx.com

Instagram: [stepsonthesound.feilebolger](https://www.instagram.com/stepsonthesound.feilebolger)



WELCOME

STEPS ON THE SOUND CHAMPIONSHIPS

A celebration of Irish dance in the Pacific Northwest!

Welcome to the Pacific Northwest! We are looking forward to welcoming people the Steps on the Sound Championships taking place right on the Puget Sound – a home for stunning nature, diverse creatures and a thriving dance community. This competition features a full syllabus with spectacular specials providing all dancers the opportunity to express their creativity and artistry. Don't miss out on day two at the same venue for Féile Bolger!

FEIS'N IN THE PNW



A full competition featuring:

- Raised stages including a full theatre for optimal viewing for all
- Feis App & BEAT musicians
- Renowned adjudicators
- **Creative specials** providing dancers opportunities for artistic self-expression
- A non-competitive **showcase** celebrating Irish Dance!

YES!
THERE'S A
RAISED STAGE!

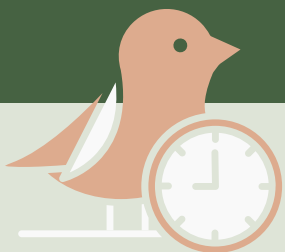


For Schools:

- Room rentals for schools to have dedicated practice spaces
- Reserved teachers seating

For Adults

- Adult social on Saturday evening
- Full competitions in quiet spaces



*And...complete your registration by August 25, 2026 to enter our **EARLY BIRD DRAW** to win **FREE*** registration.. Three winners will be drawn: a grades dancer, a championship dancer, and an adult dancer. *Excludes specials.*

ABOUT STEPS ON THE SOUND

Adjudicators

We are pleased and honored to welcome the following esteemed adjudicators

Michael Patrick Gallagher

Judy McCafferty

PJ McCafferty

Jacqueline McKay

Tara Reid

Musicians

We are pleased and honored to welcome the following esteemed musicians

Marty Garfield

Rio Navarro

VILLAGE THEATRE

1710 Wetmore Ave, Everett

Conveniently located in
downtown Everett, the Village

Theatre features:

- A full theatre
- Separate grades room with a raised staged for dancers
- Convenient concessions
- Many vendors for relaxation, massage, shoes, photographs and more!

HOTELS

INN AT PORT GARDNER

1700 W. Marine View Dr., Everett

Rate: \$245/night

Book Online:

- [Link to Book](#),
- use Group #PI14N8

Book By Phone:

- Call 425-252-6779
- Reference "Irish Dance Competition"

Book by Sept. 9, 2026

MARRIOTT DELTA HOTEL EVERETT

3105 Pine St., Everett

Rate: \$219/night

Online:

- [Link to Book](#),

Book by Sept. 12, 2026

VENDORS

Enjoy a variety of vendors while at Steps on the Sound to fulfill all your dancing needs!



BROGA BOLGER

A local Seattle Irish dance shop featuring Irish dance shoes and other Irish dance basics.



ROISIN RINCE

From San Francisco Roisin Rince is a custom shop for accessories and items to celebrate the Irish dancer. They strive to provide everyone with a personal experience and allow creative input on designs.

MORE TO COME

Stay tuned and check our website at www.chirishdance.com/sponsorships-vendors for updates about all the diverse vendors we will have available.



SPONSORS

*Thank you to our generous sponsors
for supporting Steps on the Sound
Championships.*



WORDEN THANE P.C.



FEIS MERCHANDISE

Three Ways to Order



Pre-Order Online | Items at the Feis | Order at Feis

Ordering Details

Pre-Order Online

- www.chirishdance.com/store
- Browse our entire selection of items! Purchase before the feis and items will ship to your door--ready to wear for a full feis weekend!
- Order by **September 23, 2026** to have items in time for the competition.

At the Feis

- Limited quantities of basic items will be available to purchase at the feis. We suggest arriving early!

Order at the Feis

- View samples and a full catalog at the feis.
- Order from us for shipping to your door – *great for travelers who have a full suitcase!*



Pre-order by September 23 to have your item in time for the competition!

www.chirishdance.com/store

BASIC SCHEDULE

A full schedule will be made available at least 1 week prior to competitions. However, we recognize families appreciate travel planning in advance and would like to plan their days visiting local amenities, other activities and taking the opportunity to schedule with our many vendors including personalized photo sessions and more!

GRADES

AGE	U7	U9	U11	11&O	U13	U15	15&O
First Feis, Beginner, Adv. Beg.	9:30	9:30	10:30	1:45	N/A	N/A	N/A
Novice - Prizewinner	N/A	11:15	1:00	N/A	9:00	9:30	10:15

CHAMPIONSHIPS

AGE	U9	U11	U13	U15	U17	17&O	Adult
Prelims/ Adult	8:30	8:30	8:30	1:00	3:15	3:15	3:15
Opens/ Adv. Adult	10:45	10:45	10:45	1:00	2:00	2:00	2:00

ALL times noted are not finalized until the final schedule is announced. These are draft times, and may shift slightly. Steps on the Sound is not responsible for any inconveniences caused by a scheduling change.

FEES & REGISTRATION

See below for a pricing breakdown for competitions and instructions on how to register for Steps on the Sound Championships. Entry fees are NON-REFUNDABLE.

Category	Cost
Grades Soft Shoe (includes all soft shoe dances)	\$25
Grades Hard Shoe (includes all hard shoe dances)	\$20
Open, Adult, & Adv. Adult Championships (3 Rounds)	\$60
Preliminary Championships (2 Rounds)	\$45
Primary Specials, Art & Baking Competitions	\$10
Novelty Specials	\$15 - 20
Tir Na Nog (includes all soft shoe dances)	\$10
Family Registration Fee	\$30
Late Fee	\$30
Day of Registration Changes	\$10
Day of Registration Fee	\$50
Family Maximum (does not include specials)	\$150

REGISTER ONLINE

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KEEP IN TOUCH

www.chirishdance.com/sots-fb-about
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 Instagram: *stepsonthesound.feilebolger*

GRADES

CHECK OUT OUR
SPECIAL AWARDS!

FIRST FEIS

Age	Reel	Light Jig	Slip Jig	Single Jig
U6	001R	002L	003S	004J
U7	011R	012L	013S	014J
U9	021R	022L	023S	024J
9&O	031R	032L	033S	034J



BEGINNER

Age	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	St. Patrick's Day
U7	100R	101L	102S	103J	104T	105H	106P
U9	110R	111L	112S	113J	114T	115H	116P
U11	120R	121L	122S	123J	124T	125H	126P
11&O	130R	131L	132S	133J	134T	135H	136P

ADVANCED BEGINNER

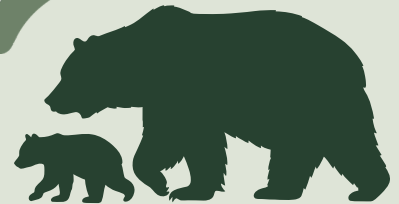
Age	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	St. Patrick's Day
U7	200R	201L	202S	203J	204T	205H	206P
U9	210R	211L	212S	213J	214T	215H	216P
U11	220R	221L	222S	223J	224T	225H	226P
11&O	230R	231L	232S	233J	234T	235H	236P

GRADES

TIR NA NOG

Tir Na Nog is a special opportunity for our youngest dancers to take the stage. This is not a placement competition, but instead a chance for young dancers, including preschoolers and tots to step on a stage and perform 16 bars of a dance. Dancers will all receive an award and will not be ranked.

COME DANCE
LITTLES!



Age	Reel	Light Jig
U6	050R	051L

Tir Na Nog participation will not count towards 'First Feis', and dancers participating in this event will still be eligible to dance in the 'First Feis' category at a later date.

Dancers in this category can receive assistance from an instructor if necessary. We understand this is a big moment for little dancers, and some help or encouragement can be beneficial! .



GRADES

NOVICE

Age	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	Trad. Set
U9	300R	301L	302S	303J	304T	305H	306TS
U11	310R	311L	312S	313J	314T	315H	316TS
U13	320R	321L	322S	323J	324T	325H	326TS
13&O	330R	331L	332S	333J	334T	335H	336TS

PRIZEWINNER

Age	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	Trad. Set
U9	400R	401L	402S	403J	404T	405H	406TS
U11	410R	411L	412S	413J	414T	415H	416TS
U13	420R	421L	422S	423J	424T	425H	426TS
U15	430R	431L	432S	433J	434T	435H	436TS
15&O	440R	441L	442S	443J	444T	445H	445TS

ADULT

Age	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	Trad. Set
Beg/Adv Beg.	600R	601L	602S	603J	604T	605H	606P
Nov/ Prizewinner	610R	611L	612S	613J	614T	615H	616TS

Beginner & Adv. Beginner Adults must dance traditional speed for the treble jig and hornpipe. For a traditional set dance, they will dance St. Patrick's Day.

Nov/Prizewinner Adults may choose traditional or slow speed for the treble jig and hornpipe and any trad. set dance. Adults may enter either solo competitions or championships.

CHAMPIONSHIPS

CHAMPIONSHIPS

Level	U9	U11	U13	U15	U17	17&O	U40	40&O
Prelims	700	701	702	703	704	705	N/A	N/A
Open Championships	710	711	712	713	714	715	N/A	N/A
Adult	-	-	-	-	-	-	720	721
Adv. Adult	-	-	-	-	-	-	730	731

IMPORTANT DETAILS:

Preliminary Championships will dance two (2) rounds: one (1) hard shoe – either Treble Jig (48 bars) or Hornpipe (40 bars) – and one (1) soft shoe – either Slip Jig (40 bars) or Reel (48 bars).

Open Championships and Advanced Adults will dance three (3) rounds: the same two as Preliminary Championships in addition to one (1) set dance.

Adult Championships will dance three (3) rounds: the same two (2) rounds as Preliminary Championships and one (1) traditional set dance.

Awards: Each round will be awarded separately. The combined scores of the rounds will determine overall placement.

Competitions may be combined as necessary. Adult and Advanced Adults must register based on their feis age (i.e. January 1, 2026).

PRIMARY SPECIALS

Primary specials will cost \$10 per participant. Dancers will dance one-at-time down the line. Dancers will perform a sixteen bars (16) of the specified dance – a right foot followed by left.

REEL & TREBLE REEL

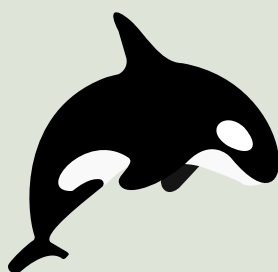
Dance	First Feis U7	First Feis U9	First Feis U11	Beg/Adv. Beg U9	Beg/Adv. Beg U11	Beg/Adv. Beg 11&O	Beg. Adult
Reel	900-R	901-R	902-R	910-R	911-R	912-R	920-R
Treble Reel	N/A	N/A	N/A	915-TR	916-TR	917-TR	921-TR

PRIMARY SPECIALS

REELS & LADIES LIGHT SHOE

Dance	Novice/ PW U9	Novice /PW U11	Novice / PW U13	Novice/ PW 13&O	Adult Novice /PW	Champ U11	Champ U15	Champ 15 &O	Champ All Ages
Reel*	930-R	931-R	932-R	933-R	923-R	-	-	-	-
Ladies Light Shoe*	-	-	-	-	-	950-L	951-L	952-L	-
Gents Reel*	-	-	-	-	-	-	-	-	953-G

Ladies Light shoe will dance sixteen (16) bars of either a reel or a slip jig.



NOVELTY SPECIALS

Novelty specials will cost \$15-20 per participant and include the specials noted below. Please see the descriptions regarding each of these specials. A few of these specials were chosen by Carroll-Henderson School of Irish Dancing students and families!

SEALIFE SINGLE JIG

Dance	Description	Beg/Adv Beg U9	Beg/Adv Beg 10&O	Nov/PW U11	Nov/PW 11&O
Sealife Single Jig+ (\$15)	<i>Dancers will perform 16 bars of a single jig with costume that reflects the diverse sea life in the Puget Sound region</i>	913-S	914-S	918-S	919-S

NOVELTY SPECIALS

WILDLIFE TREBLE REEL

Dance	Description	Nov/PW U11	Nov/PW 11&O	Champs U15	Champs 15&O
Wildlife Treble Reel (\$15) All fees will be donated to Woodland Park Zoo's conservation initiatives.	<i>Dancers will perform 16 bars of a treble reel with costume that reflects the diverse wildlife in the Pacific Northwest.</i>	935-W	936-W	955-W	956-W

FAMILY 2-HAND SPECIAL

Dance	Description	All Ages
Family 2-Hand Special (\$15)	32 bars of a two hand with a family member. Dancers will perform two groups at a time. <i>ALL LEVELS</i>	922-S

MODERN CHOREOGRAPHY

Dance	Description	All Ages
Modern Non-Trad Choreography (\$20) Max: 12 Groups	<i>Championship level dancers will choreograph their own modern Irish dance piece to a lyrical, non-traditional Irish music. The piece will be no longer than 1.5 minutes and can include up to 6 dancers. See important submission requirements below.</i>	957

Dancers registered for the Modern Non-Trad Choreography Special must send their cut music to info@chirishdance.com by September 25, 2026. If the music is not received, we will drop the registration. Steps on the Sound Championships does not maintain any rights to the music chosen. **For groups, ONE dancer will submit registration for the entire group. Please do NOT register separately.**

SPECIAL AWARDS

Steps on the Sound Championships recognizes Irish dancing and its benefits beyond competitive placements. To highlight admirable aspects of dancers in our community, we have to special awards that will be given out during our Evening Showcase.

RISING TIDE DANCER



The Rising Tide dancer will have demonstrated the same vibrancy as the tide pools and diverse life the tides embrace. A dancer in their grades will be selected by the adjudicators based on their performance ability, showcasing personal vibrance and personality while remaining kind and supportive of others throughout the competition.

The Rising Tide Award winner will be asked to perform 16 bars of a reel at the Steps on the Sound Showcase.

SPIRIT OF THE SOUND DANCER

The Puget Sound is home to many noble and powerful creatures revered by the people who call this place home. The sea life is known for its interconnectedness with an environment that is vibrant, yet peaceful. A dancer in any age and level will be selected by the adjudicators based on their demonstration of the interconnectedness of the Irish dance community, kindness, poise, and respect during the competition.

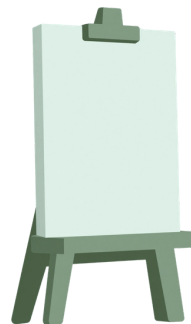
The Sprit of the Sound winner will be asked to perform 16 bars of a reel at the Steps on the Sound Showcase.



ART & BAKING

Steps on the Sound Championships recognizes the other artistic areas Irish culture touches. These challenges and competitions celebrate Irish culture in various artistic forms.

MIXED MEDIA ART



Competitors may submit one mixed media creation that shares a blend of Irish culture and the Pacific Northwest environment. Creativity is encouraged along with various mediums in the one piece.

Artists should submit a the art piece along with a title and short artistic statement of no more than 100 words.

Competition Number: 998-A

IRISH BROWN BREAD



The perfect side to any Irish soup is brown bread (or soda bread). All baking enthusiasts are encourage to create their best Irish brown bread, also known as soda bread. Explore the best crumb, sturdy yet delicious crust, and the mouthwatering taste. Loaves should be traditional with no additions such as raisins or fruit.

Competitors will drop off their loaves by 10:00 am to be adjudicated.

Competition Number: 999-B





STEPS ON THE SOUND SHOWCASE

You're invited to join us for an evening showcase celebrating the rich Irish dance community joining us for Steps on the Sound.

Date & Time

Saturday, October 10
5:00-6:30 p.m.

Location

Village Theatre

Performances

Parade of Champions
Modern Special Winner
*School Showcases**
*Special Awards***
Seattle Irish Dance Co.

**Each school is invited to present up to two (2) dances, each no longer than 3.5 minutes in length. Heads of schools will contact Lauren Carroll-Bolger at info@chirishdance.com to confirm participation and more details.*

***Special awards including Rising Tide and Spirit of the Sound will be announced during the showcase, and winners are invited to perform 16 bars of a reel.*

COMPETITION RULES

Steps on the Sound follows IDTANA and the Western US Region rules.

1. Rules adopted by the Western US Region of IDTANA, member CLRG, are included by reference.
2. Rules and requirements for each competition as noted in the syllabus are included by reference.
3. Competitors must be in the hall prepared to dance one hour prior to the scheduled start of their event.
4. Competitions with fewer than five entrants may be combined or canceled by the Feis Committee; the Feis Committee may add or combine competitions at its discretion.
5. Competitors must be in costume, including soft shoes, to receive awards presented on stage.
6. All local health restrictions in place at the time of competition will be strictly adhered to.
7. In the event that the competition is canceled by the Committee due to local health restrictions, dancers will be refunded the value of their entry less a \$10 processing fee.
8. The Carroll-Henderson School of Irish Dancing, Steps on the Sound Championships and anyone associated in producing the feis, including feis volunteers, shall not be held responsible or liable for any personal injury, property loss, or damage.
9. Entry constitutes acceptance of the rules and restrictions outlined herein.



SYLLABUS APPROVAL

STEPS ON THE SOUND CHAMPIONSHIPS 2026

IS REGISTERED WITH THE
WESTERN U.S. REGIONAL COUNCIL

SYLLABUS APPROVED BY:

Annie Darlington

ADCRG - SERGEANT AT ARMS

JULY 14, 2026

DATE



LEVEL DEFINITIONS AND ADVANCEMENT RULES

First Feis is not per dance. It is the first Feis ever for the dancer. Dancers may only enter First Feis once, regardless of how many dances they are competing, even in the case of back-to-back Feiseanna.

In **Beginner 1, Beginner 2 and Novice** the following advancement rules will apply:

- Competitions with 5 - 9 dancers: 1st place will advance to the next grade.
- Competitions with 10 or more dancers: 1st and 2nd places will advance to the next grade.
- Dancers may not stay in level at teacher discretion, with the exception of back-to-back feiseanna.

Prizewinner: Advancement from Prizewinner to Preliminary Championship is at teacher discretion.

Preliminary to Open Championship:

- Dancer must have 3 overall wins in competitions with 5 or more dancers. Advancement to Open is not at teacher discretion.
- Upon winning 3rd overall win in Preliminary Championships, a dancer must move immediately to Open, even in the case of back-to-back Feiseanna. This includes 2-round and 3-round Preliminary Championships.

Adults: Dancers who started after the age of 18, or who have been out of Youth/&over competition for 5 years.

Advanced Adults: Dancers age 18 or older who previously placed in the top 3 of a Preliminary Championship or competed at the Open Championship level in the youth/&over levels, regardless of when the competitor was last active.

- Advanced Adults do not need to be out of competition for 5 years before moving from the youth/&over categories to Advanced Adults.
- Dancers who have already been competing in the regular Adult categories do not need to move to Advanced Adults, regardless of their level or placements achieved when competing in youth/&over.
- 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.

Beginner Figures: Open only to dancers in beginner for at least one solo dance.

Open Figures: Open to all grade levels.