

Texas Capital Championships & Feis



Presented by:

**The Inishfree School of Irish
Dance Central Texas**

June 14th, 2025 at 8:00am

**Dance Unlimited Studio
1019 Main St.
Buda, Tx 78610**

**Feis Approved by Areleen Ni Bhaoill TCRG on
4/30/25**

Register on-line at www.feisworx.com
More information visit
www.irishdanceaustin.com
email: InishfreeInfo@gmail.com

Feis chair: TBD

Feis Specific rule: 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. Payment date for feis is actual date of electronic payment (or postmark date if mailed). Late payments fees are as follows. None if paid on or before Friday May 30th, 2025. \$25 per individual (\$50 max per family)after that date and on or before June 6th, 2025. Payments for corrections to an entry are not subject to late fees.

Maximum competition fee per family is \$180, *excluding item sales, late fee, Feis Spectator/family admissions fee and Feisworx Fee and any supplemental preliminary competitions.

The Family Fee / Spectator Fee for the Feis is \$25.

The Feisworx Fee is \$11:50 which includes results for all competitors.

Solo Competitions

\$12.00 per solo competition

First Feis				
	U6	U8	U12	12&O
Reel	1FF	2FF	3FF	4FF
Light Jig	5FF	6FF	7FF	8FF
Single Jig	9FF	10FF	11FF	12FF

Solo Competitions

\$12.00 per solo competition

Beginner I							
	U5	U7	U9	U11	U13	U15	15&O
Reel	1	5	9	13	17	21	25
Light Jig	2	6	10	14	18	22	26
Single Jig	3	7	11	15	19	23	27
SlipJig	4	8	12	16	20	24	28

Beginner II (advanced beginner)							
	U5	U7	U9	U11	U13	U15	15&O
Reel	90	100	106	112	118	124	130
Light Jig	91	101	107	113	119	125	131
Single Jig	92	102	108	114	120	126	132
Slip jig	93	103	109	115	121	127	133
Double Jig	94	104	110	116	122	128	134
Hornpipe	95	105	111	117	123	129	135
Traditional Set	900	901	902	903	904	905	906

Novice						
	U7	U9	U11	U13	U15	15&O
Reel	200	206	212	218	224	230
Light Jig	201	207	213	219	225	231
Single Jig	202	208	214	220	226	232
Slip jig	203	209	215	221	227	233
Double Jig	204	210	216	222	228	234
Hornpipe	205	211	217	223	229	235
Traditional Set	907	908	909	910	911	912

	Prizewinner					
	U7	U9	U11	U13	U15	15&O
Reel	300	306	312	318	324	330
Light Jig	301	307	313	319	325	331
Single Jig	302	308	314	320	326	332
Slip jig	303	309	315	321	327	333
Double Jig	304	310	316	322	328	334
Hornpipe	305	311	317	323	329	335
Traditional Set	913	914	915	916	917	918

	Adult			
winner	Beginner	Beginner II	Novice	Prize-
Reel	400	406	412	418
Light. Jig	401	407	413	419
Slip Jig	402	408	414	420
Single Jig	403	409	415	421
Double Jig	404	410	416	422
Hornpipe	405	411	417	423
Traditional Set		919	920	921

Figure Competitions

Flat Fees: \$12.00 for each competitor covers any number of figure competitions.

Beginner Figures

Beginner	U8	U10	U12	12&O
2-H Reel or 2H Light Jig	500	502	501	503
3-H Reel	504	506	505	507

	Open Figures			
Open	U10	U13	U16	16&O
2-H Reel	520	524	526	528
3-H Reel	521	525	527	529

Open	U13	U16	16&O
4-H Dance*	540	541	542
6-H Dance	560	561	562
8-H Dance*	580	581	582

* Must be Book Dance

*Adult Figures

Adult Figures	Comp #
2-H Reel or Light Jig	424
3-H Reel	425
4-H Dance*	426
8-H Dance*	427

* Must be Book Dance

Texas Capital Championship

Preliminary Championships

Fee: \$45.00 / competitor

Preliminary Championship	U9	U10	U12	U14	U16	16&O
	700	701	702	703	704	705

Preliminary Championship Requirements:
Reel (48 bars) or Slip Jig (40 bars) and Double Jig (48 bars) or Hornpipe (40 bars).

Open Championships

Fee: \$45.00 / competitor

Open Championship	U9	U10	U12	U14	U16	U18	18&O
	720	721	722	723	724	725	726

Open Championship Requirements:

Open - Reel (48 bars) or Slip Jig (40 bars) and Jig (48 bars) or Hornpipe (40 bars) and any non Traditional Set Dance. Note: Boys & girls will be separated if there are 3 or more boys in a competition.

Supplementary Preliminary Championships

Please note that all supplemental preliminary championship competitions are not contributed toward the family max

Fee: \$45.00 / competitor

Preliminary Championship	U9	U10	U12	U14	U16	16&O
	1000	1001	1002	1003	1004	1005

Preliminary Championship Requirements:
Reel (48 bars) or Slip Jig (40 bars) and Double Jig (48 bars) or Hornpipe (40 bars).

Special Trophy Non-Championship

Soft Shoe Dance

Open to all non Championship dancers. One step in either the Reel or Slip Jig (16 Bars)

Fee \$12.00

U10	U15	15&O
601	602	603

Special Trophy Non-Championship

Hard Shoe Dance

Open to all non championship dancers. Once step in either the Treble Jig or Hornpipe (16 Bars)

Fee: \$12.00

U10	U12	U15	15&O
604	605	606	607

Special Trophy – Double Reel-Non-Championship

Open to Non-Championship dancers. One double reel

(hard shoe) step down the line (16 Bars).

Fee \$12.00

U10	U15	15&O
608	609	610

Special Trophy Championship-Traditional Set

St Patricks Day, The Blackbird, The Job of Journey Work, garden of Daisies, Jockey to the Fair, The three Sea Captains and King of the Fairies.

Fee \$12.00

U12	U15	15&O
801	802	803

Special Trophy Championship

Hard Shoe Dance

Open to all championship dancers. Once step in either the Treble Jig or Hornpipe (16 Bars)

Fee: \$12.00

U10	U12	U15	15&O
804	805	806	807

Special Trophy Championship

Soft Shoe Dance

Open to all Championship dancers. One step in either the Reel or Slip Jig (16 Bars)

Fee \$12.00

U10	U15	15&O
808	809	810

Special Trophy Championship-Double Reel

Open to Championship dancers. One double reel (hard shoe) step down the line. (16 Bars)

Fee \$12.00

U10	U15	15&O
811	812	813

Non-Dance Competitions

Music and Vocal competitions are held on **Friday Night!**

The U 13 events will be held at **7:00 pm.**

The 13 & O events will begin at **8:00 pm.**

*****The time set is subject to change based on registration. please confirm updated final schedule*****

Music – Requirement: play a traditional folk tune from any of the Celtic nations. Performance limited to 3 minutes.(\$12.00 fee)

U 13	13 & O
900 A	900 B

Vocal – Open to all ages. Requirement: sing a traditional folk song from any of the Celtic nations. Performance limited to 3 minutes. Competition will be divided by age based upon entries. (**\$12.00 fee**)

U 13	13 & O
901 A	901 B

Solo Adult Championship

Fee: \$45.00 / competitor

727

Solo Adult Championship Requirements:

Open - Reel (48 bars) or Slip Jig (40 bars) and Jig (48 bars) or Hornpipe (40 bars) Traditional Set Dance

Advanced Adult Preliminary Championships

Fee: \$45.00 / competitor

728

Advanced Adult **Preliminary Championship Requirements:** Reel (48 bars) or Slip Jig (40 bars) and Double Jig (48 bars) or Hornpipe (40 bars).

Masters Open Championships

Fee: \$45.00 / competitor

729

Advanced Adult **Open Championship Requirements:**

Open - Reel (48 bars) or Slip Jig (40 bars) and Jig (48 bars) or Hornpipe (40 bars) and any non Traditional Set Dance.

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:

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8.

- i. away from the dancing stages and,
- ii. requested by a consenting parent, guardian, or dancer (over the age of 18).

16.

Noblock, enPointe, 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.

GRADE LEVEL RULES

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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.

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.

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9. 10.

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

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:

122

122

122

113

113

124

124

124

124

124

122

122

122

113

92

73/92

73/92

138

113/138

113/138

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

CHAMPIONSHIP LEVEL RULES

CHAMPIONSHIP LEVEL RULES

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144

138

96

138

90

130

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11. 12.

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

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6. 7. 8.

- 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.

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.

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

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.

FIGURE / CEILI TEAM RULES

FIGURE / CEILI TEAM RULES

11.

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

There are no restrictions on figure age groups
Figure age groups will be determined by the oldest dancer.

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

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

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.

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

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.

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Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.

In matters pertaining to adjudication, the decision of the adjudicators is final.

Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.

Championships and Preliminary Championships require at least three adjudicators.

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

COSTUME RULES

13.

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.

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.

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.

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.

MODESTY RULES

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3. 4.

MODESTY RULES

FROM AN COIMISIUN

Entry Instructions

Web Entries

Register by following the instructions and completing the on- line forms on: <http://www.feisworx.com>

Print out the confirmation message generated online and mail it along with payment to same address as above.

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.

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14.

13.5. 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)

REFUND POLICY

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

13.1. 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.

13.2. Respect for fellow competitors on stage is a requirement at all times.

13.3. 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.

13.4. 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