



## **General Competitions**

1. Feiseanna are open to all interested dancers no matter their organization affiliation. However, non-members are typically subject to higher rates to enter competitions offered by NAIDF.
2. Age groups are determined by age as of January 1st of the current year.
3. One feis year or season runs from June 1st to May 31st.
4. NAIDF school, regional, and national feiseanna and championships must have competition levels broken into age categories in increments of two years for those dancers aged 20 and under. For adults 21 and over, the age categories of 21 and up, 35 and up, and 50 and up are recommended. For school-hosted competitions, age groups are determined by entries received per dance and can vary within a level at the NAIDF's or the hosting school's discretion.
5. The NAIDF or those hosting school competitions may combine, cancel or add age groups prior to or on the day of the competition, based on entries received. However, single year age groups can only be created if there are at least six or more competitors in that specific age grouping. In addition, age groups cannot be combined to include greater than three consecutive ages, with the exception of the adult categories.
6. Toe stands are not permitted under Prizewinner and may not be performed by any dancer under 13 years of age as of January 1<sup>st</sup> of the current year. For example, if a dancer turns 13 on January 2<sup>nd</sup>, they may not perform toe stands. Toe stands are not permitted in freestyle solo or group categories regardless of age and level.
7. Dancers must be in full costume, including shoes, when receiving awards.
8. Dancers and teams must dance in numerical order.
9. Those who register for NAIDF competitions agree that by participating, their images may be used at the discretion of NAIDF on the official NAIDF website or in promotional materials.
10. In matters pertaining to dance the adjudicator's decision is final.
11. If someone wants to object to an adjudicator's decision, the objection has to be presented in writing the day of the feis to the hosting school.
12. The use of flash photography and videos are prohibited during competition. However, it is permissible during the awards ceremony.
13. Adjudicators may only be approached by feis officials.
14. Teachers and/or parents are not permitted to give instruction or direction to dancers while they are dancing.
15. Dancers are subject to a three-month suspension from competition upon transferring to another school.
16. Competitors are judged on timing, placement, execution, technique, and presentation.
17. If a competitor or school transfers from another dance organization into NAIDF, then dancers must enter the NAIDF level that is most comparable to the level they



- came from. If dancers are uncertain about what constitutes an appropriate level, then they should consult their teacher or NAIDF for an accurate assessment.
18. If a dancer leaves competition for longer than two calendar years, then they may enter only one level lower than when they left. A dancer may not, at any time, enter a higher level than their former level.
  19. For those dancers who were competing in multiple levels, a video of the dancer must be submitted to the leadership for evaluation of correct placement.
  20. If a dancer or teacher decides their level and it's evident at competition that they should be placed lower or higher, it will be at the discretion of the adjudicator to place the dancer appropriately. If it is determined a dancer purposefully enters an incorrect level, they face possible disqualification.
  21. A solo dancer may start over or resume where they were dancing if they fall or if they suffer a bad slip that made them stop.
  22. An adjudicator may use discretion with very young beginners who stop within the first 8 bars of dancing because of nerves and allow them to dance again.
  23. Teachers may compete in solos at NAIDF competitions, but once their MIDT Grade 3 is earned they must refrain from further competition. Also, teachers may only dance in one of the following: two-hand, three-hand, ceili, freestyle solo, and freestyle group, and they will be placed in the teacher's Open Category by doing so.
  24. First Feis is sometimes offered for dancers age 7 and under who have never competed and simply wish to have the opportunity to dance in front of an audience. This category is not scored, and every participant receives an award. Dancers do not have to participate in this category if they have never competed before. They may enter the scored levels instead. However, if a competitor enters into a level for judging, they may not participate in First Feis. The music for First Feis can be either a reel or a light jig, and dancers perform one step, right and left, for a total of 16 bars.



### **Dress Code & Appropriate Attire**

1. Dancers are expected to wear appropriate attire to competition.
2. Ladies and girls are required to wear bloomers or dance trunks under their skirts.
3. Girls may wear solo dresses, school dresses, or a blouse and skirt. Skirts and dresses may not be shorter than three inches above the knee. Pants are not acceptable for females unless worn during the freestyle categories.
4. Girls may only wear white poodle socks, white ankle socks at the beginner and advanced beginner levels, or dance tights, or they face possible disqualification.
5. Midriffs will not be exposed at any time, unless as deemed necessary by the costume demands of a freestyle choreography for a group, but they must be covered by sheer fabric.
6. The neckline of girls and ladies costumes will be conservative and modest. At no time is cleavage to be visible.
7. Boys may wear a collared shirt and pants or kilts. Vests, ties, and cummerbunds are acceptable clothing items. If a kilt is worn, suitable undergarments will be worn in conjunction with the item, or the dancer faces disqualification.
8. Girls will wear their hair neatly pulled back from their faces and held in place during the course of their performance. If wigs are worn, they must remain properly pinned and remain away from the eyes. Boys with long hair will also have hair neatly pulled back.
9. Self-tanners are discouraged by NAIDF. However, if a teacher or dancer deems them necessary, then they are acceptable but are not required.
10. Black ballet slippers and jazz shoes for boys are acceptable for Beginner through Intermediate.



## **Solo Levels and Steps**

1. Levels are broken into Beginner, Advanced Beginner, Intermediate, Novice, Prizewinner, Junior Champion and Senior Champion.
2. Dancers are subject to the following requirements concerning standard dance lengths. Dancers must dance 32 bars for Beginner through Prizewinner, 48 bars for Junior and Senior Champion reel and treble jig, and 40 bars for Junior and Senior Champion slip jig and hornpipe. For traditional sets, dancers must dance both the first step and first set on the right and left foot. For non-traditional sets, dancers will dance the first step on both the right and left foot and the first set on the right foot only. If a dancer stops and does not perform to the dance length requirement, they will receive an incomplete.
3. All traditional set dances must be performed as taught on the Olive Hurley DVDs. This enables the NAIDF to establish a single standard language for these specific dances. In competition, all competitors must dance the right and left foot of both the first step and the first set. Competitors not performing these elements will receive an incomplete.
4. Dancers have the following dance choices for school competitions:

### **Beginner & Advanced**

#### **Beginner**

Reel            Light Jig  
Slip Jig        Single Jig

#### **Intermediate**

Reel            Light Jig  
Slip Jig        Single Jig  
Treble Jig

#### **Novice**

Reel  
Slip Jig  
Traditional Treble Jig  
Traditional Hornpipe  
Treble Reel  
Traditional Set (St. Patrick's Day, Blackbird, Jockey to the Fair, Garden of Daisies, Job of Journeywork)

#### **Prizewinner**

Reel  
Slip Jig  
Treble Jig  
Hornpipe  
Treble Reel  
Traditional Set (Jockey to the Fair, Job of Journeywork, Garden of Daisies)

### **Junior Champion & Senior Champion**

Reel  
Slip Jig  
Treble Jig  
Hornpipe  
Treble Reel  
Traditional Set (White Blanket, Three Sea Captains, King of the Fairies)  
Non-Traditional Set

#### **Other**

Two Hand Figure    Eight Hand Céili  
Three Hand Figure    Freestyle Solo  
Four Hand Céili      Freestyle Group  
Six Hand Céili        Dance Drama



5. At regular school feiseanna, competitors may dance any number and any type of dances within their level.
6. To qualify for Nationals, a dancer must compete in a minimum of one school feis or digital feis, dance the number of dances listed below, and score a minimum of 65 percent in each of those dances. Nationals is also considered a championship event, so scores achieved at Nationals cannot qualify a dancer for the Nationals taking place the following year.

*The list of the number of dances required to **qualify** for the NAIDF Nationals is listed by level below:*

- **Beginner** — Not eligible for Nationals
  - **Advanced Beginner and Intermediate**- 3 soft shoe dances
  - **Novice Ladies** — 4 dances (2 soft shoe and 2 hard shoe dances, all of contrasting tempo)
  - **Novice Gents** — 4 dances (men's reel and 3 hard shoe dances)
  - **Prizewinner Ladies** – 4 dances (2 soft shoe and 2 hard shoe dances, all of contrasting tempo; traditional set required)
  - **Prizewinner Gents** – 4 dances (men's reel and 3 hard shoe dances; traditional set required)
  - **Junior Champion Ladies** — 4 dances (2 soft shoe and 2 hard shoe dances, all of contrasting tempo; Non-traditional Set required)
  - **Junior Champion Gents** — 4 dances (men's reel and 3 hard shoe dances; Non-traditional Set required)
  - **Senior Champion Ladies** — 4 dances (2 soft shoe and 2 hard shoe dances, all of contrasting tempo; Non-traditional Set required)
  - **Senior Champion Gents** — 4 dances (men's reel and 3 hard shoe dances; Non-traditional Set required)
7. To participate in the NAIDF Nationals, dancers must dance the required dances as outlined by NAIDF, and they must be of contrasting tempo. For championship and national competitions, all levels will perform predetermined dances, which must be announced no less than six months prior to the event.
  8. In addition, a competitor must qualify for nationals between June 1st of the previous year and May 31st of the current year. For example, for Nationals 2010 a dancer must qualify between June 1st, 2009 and May 31st, 2010.



### **Figure and Ceili Dances**

1. Two Hand and Three Hand Figures must be no more or less than 48 bars in length, and must contain traditional ceili elements. Dancing longer than the 48 bar limit will result in loss of points, as will deviating from the traditional ceili and figure elements. Dancers are not permitted to perform solo steps where at least one dancer remains stationary, for example.
2. Dancers may enter only one two-hand, one three-hand, one four-hand ceili, one six-hand ceili, one eight-hand ceili, one freestyle solo, one freestyle group, and one dance drama per competition. They may not, for example, complete a four-hand ceili dance and return to the stage for another. If a dancer becomes sick or is injured, then a replacement dancer can fill in.
3. Two-hand figure, three-hand figure, four-hand ceili, six-hand ceili, eight-hand ceili, solo freestyle, group freestyle, and dance drama categories will be minimally broken into the following age groups:
  - 8 and Under
  - 12 and Under
  - 16 and Under
  - 17 and Over
4. Proper placement in age categories in the two-hand figure, three-hand figure, four-hand ceili, six-hand ceili, eight-hand ceili, solo freestyle, group freestyle, and dance drama categories will be decided based on the average age of the dancers.
5. Ceili dances will be done in accordance with *Ar Rinci Foirne* (blue cover 2003 edition) as published by An Comisiun. The ceili must only include the lead round, the body and the first time through the first figure. All progressive ceili dances must be danced once through and conclude with the movement that would be the progression to the next group or couple. For Sweets of May dancers must perform up to the end of the second figure, and for The Three Tunes dancers must dance up through the hook and chain. Teams deviating from these established ceili forms will be disqualified in competition. Adaptations and performance variations of these forms are acceptable only in the group freestyle categories.
6. The expected parts to be performed in competition will be published as part of the syllabus of the hosting school's feis requirements.
7. Solo freestyle dances must be a minimum length of one and a half minutes (1:30) and a maximum length of two and a half minutes (2:30). Dancing longer than the allotted time will result in loss of points.
8. Group freestyle dances must be a minimum length of two and a half minutes (2:30) and a maximum length of five minutes (5:00). Groups in the freestyle group category can consist of two or more dancers. Dancing longer than the allotted time will result in loss of points.
9. For those competing in dance drama, a minimum of six dancers and maximum of 24 dancers may participate. The dance drama piece must be a minimum length of seven minutes (7:00) and a maximum length of eight minutes (8:00), which



- should include setup and breakdown. A school may only enter one dance drama group per feis.
10. It is the responsibility of those participating in the freestyle and drama categories to provide their own music.
  11. Music and steps in the freestyle categories must be appropriate. Offensive language and steps will result in disqualification.

### **Dance Tempos**

Tempos, counted in Beats Per Minute (BPM), should be as follows.

Beginner- Intermediate Reel between 112-118  
Beginner- Intermediate Light Jig between 112-116  
Beginner- Intermediate Single Jig between 116-124  
Beginner- Intermediate Slip Jig between 112-120  
Intermediate Traditional Treble Jig between 92-96

Novice Reel between 112-116  
Novice Slip Jig between 112-116  
Novice Traditional Treble Jig between 92-96  
Novice Traditional Hornpipe between 138-144

Prizewinner Reel between 112-116  
Prizewinner Slip Jig between 112-116  
Prizewinner Treble Jig between 72-76  
Prizewinner Hornpipe between 112-116

Junior/Senior Champion Reel between 112-116  
Junior/Senior Champion Slip Jig between 112-116  
Junior/Senior Champion Treble Jig between 72-76  
Junior/Senior Champion Hornpipe between 112-116



## **Traditional & Non-traditional Sets**

Traditional sets are **highlighted**, but they can also be choreographed as a Non-Traditional set as well.

### **Treble Jigs**

The Blackthorn Stick  
The Drunken Gauger/The Funny Tailor  
Fiddler Around the Fairy Tree  
Humours of Bandon  
The Hurling Boys  
Hurry the Jug  
Is the Big Man Within (Slip Jig / Treble Jig)  
**Jockey to the Fair- 92**  
Miss Brown's Fancy  
The Orange Rogue  
Planxty Drury  
Rub the Bag  
A Sprig of Shillelagh  
**St. Patrick's Day- 92**  
The Storyteller  
**The Three Sea Captains- 92**  
The Wandering Musician

### **Hornpipes**

Ace & Deuce of Piping  
**The Blackbird- 144**  
The Blue Eyed Rascal  
Bonaparte's Retreat  
The Deep Green Pool  
The Downfall of Paris  
The Four Masters  
**The Garden of Daisies- 138**  
The Hunt  
**The Job of Journeywork- 138**  
Kilkenny Races  
**King of the Fairies- 124**  
The Lodge Road  
Madame Bonaparte  
The Piper thro' the Meadow Straying  
Planxty Davis

The Rambling Rake  
Rodney's Glory  
The Roving Peddler  
**The White Blanket**  
Youghal Harbour



## **Digital Feis**

1. NAIDF Digital Feis is open to any dancer regardless of affiliation.
2. Digital Feis is broken into the following sessions:

**Summer Session:** June 1 - July 31 (Entries must be received by July 31)

**Fall Session:** September 1 - October 31 (Entries must be received by October 31)

**Winter Session:** December 1 - January 31 (Entries must be received by January 31)

**Spring Session:** March 1 – May 31 (Entries must be received by May 31)

*Due dates may be modified by the hosting school, but shall not be any later than ten days before the end of the session.*

3. The Spring Session is the last opportunity to qualify for the NAIDF Nationals for the current calendar year.
4. Scores and results will be made available no later than one month after the end of a session.
5. All applicants for Digital Feis must submit a scorecard, which is available at NAIDF.com, with their entry. The scorecard must be filled out with the dancer's name, date of birth, school, number, level, and dances prior to being sent. Entries will be returned to the teachers.
6. If a school participates in Digital Feis, a list of all the participant's names and numbers must be submitted, or the teacher can simply fill out the scorecards for each dancer and send them and the video as a packet.
7. All DVDs and videos received for NAIDF Digital Feis become the property of NAIDF and will not be returned to the participant.
8. By agreeing to participate, you allow the submitted images and video to be used at the discretion of NAIDF.
9. All dancers must line up by level and dance in numerical order. The preferred order of dancers is reel, slip jig, light jig, single jig, hornpipe, treble jig, treble reel, and set dances.
10. Dances must be done in one session at a time per level. For example, all Beginner dancers must dance their reels and then move on to slip jig.
11. Numbers must be visible on camera, or dancers can face possible disqualification.
12. For Beginner and Advanced Beginner dancers, the teacher must be in the frame to assist the dancer with starting on time.
13. Cameras must be set so that the dancer's entire body from the top of the head to the bottom of the feet is visible at all times.
14. The rate for digital feis is \$10.00 per dance for members and \$12.50 per dance for non-members.
15. Digital feis competitors can qualify for nationals through digital feis participation.



16. Entries can be mailed to:

NAIDF, LLC  
2317 Peppermill Pointe Court  
Springfield, IL 62712

### **Level Advancement**

1. A competitor may advance to the next level of competition once achieving the required percentage of 80 points or higher and only after dancing the required number of dances per level. The beginner level is an exception. Dancers in this level may advance after dancing for 12 months or after earning two 80s, whichever comes first. The required number of dances for advancement is listed below:

Beginner and Advanced Beginner: 2 soft shoe dances

Intermediate: 3 soft shoe dances

Novice: 4 dances (Ladies must bump in two soft shoe dances and two hard shoe dances of contrasting tempo. Gents must bump in men's reel and three hard shoe dances)

Prizewinner: 5 dances (Ladies must bump in two soft shoe dances and three hard shoe dances. Gents must bump in men's reel and four hard shoe dances. A traditional set is required to advance.)

Junior Champion: 6 dances (Ladies must bump in two soft shoe dances and four hard shoe dances. Gents must bump in men's reel and five hard shoe dances. One non-traditional set and two traditional sets are required to advance, one in treble jig timing and the other in hornpipe timing.)

Senior Champion: Demonstrates mastery by achieving 90 or higher in 6 dances.

2. A competitor does not necessarily need to place first, second, or third to advance. Rather, for all levels an 80% must be obtained in each dance.

*Example:* If an Advanced Beginner dancer competes with three dances, the reel, slip jig, and light jig, they are eligible to move up if they earn the proper percentage in two of the three dances. So a competitor has the opportunity to earn 100 points per dance and must therefore score 80 points or higher. If more than one of these dances is below 80 points, the competitor may not advance to the next level.

3. In addition, if a competitor participates in several competitions, their highest scores will be acknowledged for advancement even if achieved at different events.



4. It is mandatory to advance to the next level once a competitor earns high enough scores to do so. They may not remain at the same level once placing out and must then re-qualify for Nationals at their new level. If a competitor moves up in level in either the Spring Digital Session or a school-hosted feis when there are no remaining live competitions before the end of the feis year, they will automatically qualify to attend Nationals at their new level.



## **Hosting Competitions**

1. All NAIDF-sanctioned competitions must be hosted by an NAIDF member teacher.
2. The member teacher is also subject to a \$100.00 fee per feis to host an NAIDF-sanctioned event, and this must be made payable to NAIDF, LLC. This fee includes use of the NAIDF name, mention of the event on the NAIDF website, and the initialization of the event in Feis Keeper, NAIDF's custom feis software.
3. If a hosting school utilizes the Feis Keeper program, there is an automatic \$3.00 administration fee per dancer. The hosting school must then submit the total collected administration fees to NAIDF, LLC no later than the day of the event.
4. In addition, if a hosting school would like an official for Feis Keeper support and scoring on the day of the event the cost is \$100.00 per individual per day.
5. Hosting schools must cover adjudicator's airfare, car, and hotel as well as a \$100.00 fee per adjudicator per day.
6. Competitions must be judged by a minimum of one adjudicator not affiliated with the hosting school. NAIDF licensed adjudicators from the hosting school can serve as adjudicators; however, they must be paired with an additional judge or judges at all times.
7. All NAIDF feiseanna must be insured events.
8. Hosting schools are encouraged to post a feis syllabus prior to their event, and it should include the finalized age groups with competitor numbers as well as a schedule of events.
9. Each adjudicator must have his or her own separate table and chair.
10. There must be scheduled breaks for adjudicator(s), staff, and volunteers.
11. The hosting school must provide food and drink for the adjudicator(s) and staff throughout the day.