

# **Welcome to the Nordic feis 2013. 2-3 of November 2013**

**Grade competition (beginners, primary, intermediate and advanced.)  
and Team competitions.**

**with grades exams Friday 1st of November/(Sunday 3rd of November)**

The Nordic feis has status as an Open platform Feis under An Coimisiùn.

**Adjudicator:** Breeda Mulcahy ADCRG

**Musician:** Sean Mortalo

**Venue:** BUL-Bondeungdomslaget, Rosenkrantz' gate 8, 0159 Oslo, Norway.

**Enquiries to:** Åse Waglen, [asewaglen@gmail.com](mailto:asewaglen@gmail.com)

**All registration through Regonline:**

Open from 3rd of October

Closing 24th of October

**Registration link will be posted on [www.nsid.org](http://www.nsid.org)**

[www.nsid.org](http://www.nsid.org).

# Preliminary Syllabus

RTME approved 30th of September.

## Feis rules

### General:

- Registration is done individually or by teacher/parent thru RegOnline. The link to the registration will be posted on [www.nsid.org](http://www.nsid.org)
- Participants under the age of 18 must be registered with their parents' approval.
- It is the dancer and teacher's responsibility to make sure a dancer compete at the correct level, i.e. move up a level if she/he won last year. If a registration is incorrect the pupil needs to re-register or change the registration. This should also be double-checked by the Feis Committee/NSID committee.
  - ***Note that a dancer can only dance a dance in one level in the Nordic feis.***
  - All dancers who get a first or a second placement in any category at the Advanced or intermediate level may enter the recall/the championship which will take place after all the solo competitions. (see "The Nordic championship")
  - The Feis Committee can publish lists on the feis website, before the above mentioned date, with the participant's name, registration number and what she/he has registered for.
  - Team competition registrations are made by the team captain only.
  - Registration is binding. A participant that tries to cancel her registration will not get his/her money back unless s/he can show a medical certificate. The registration fee will not be refunded. However the feis locations national laws of trade, applies to the feis.
  - ***Dancers, parents (of under aged dancers) and teachers are responsible for reading and following the feis rules. Failure to do so might result in disqualification of a dancer/team from one or several competitions.*** Disqualification will be decided by the NSID committee/organizing committee in accordions with the adjudicator when that is needed.
  - Note that changes in schedule etc. might occur. Go to [www.nsid.org](http://www.nsid.org) for updates and the newest information.
  - **The organizing committee cannot accept liability for injuries sustained while on stage. Entry to compete will be deemed to be acceptance of this provision by a dancer.**

### The competitions are open to participants:

- Who are registered as teachers (in any category) with An Coimisuin and to registered Ceili Clubs.
- **It is also open to persons who are not yet affiliated to An Coimisuin. As a special concession known as Open platform, permission will be given to such persons for the duration of the Feis. This new ruling is for a period of two years for all feiseanna in Europe, Russia, Asia and the Nordic Region.**

***Persons seeking such accreditation must apply directly to the feis organisers during registration.***

- Within the Nordic countries belonging to non-registered teachers.
- From outside the Nordic countries belonging to teachers registered with CLRG.

Participants from outside the Nordic countries with teachers which are not registered with CLRG **will be** allowed to take part in these competitions. Dancers from other organizations are welcome to take part.

### **Changes to registration**

Registration is binding. A refund can only be made if a participant can show a medical certificate and the Feis gives enough surplus. The registration fee will not be refunded. If errors to a registration are detected before a, by the Feis Committee set date, a new re- registration (including a penalty fee) will have to take place. After that date the participant will be disqualified with no possibility of getting a refund.

You have the right to cancel you registration within 14 days after registration at no extra fee.

### **Taping**

Video taping of any kind is prohibited

### **Competition dress code**

The clothes must not hide: carriage, footwork, knees etc.

- Solo costumes are not permitted in age groups 0 - 12 at Beginner & Primary levels. Dancers are permitted to wear either class costumes or daywear, e.g. skirts and tops.
- Dancers under 13 wearing solo-costumes for their beginner and primary competition will be asked to change. **Dancers will not be permitted to perform their dance wearing a solo costume.**

### **Solo Competition dress code for girls and women**

Dress or skirt - not shorter than 10 cm above the knee level.

Long sleeves

Proper underwear

Not too low neckline

No artificial aids to keep the arms in place

**Solo Competition dress code for boys and men**

Trousers or kilt

Long sleeves

Proper underwear

No artificial aids to keep the arms in place

**Competition Complaints**

Complaints must be in writing stating names and other factual information and signed by the complainant. A fee of 20 euros must be enclosed and presented to the NSID representative within one hour of the occurrence. The fee will be returned if the complaint is upheld.

## **General Solo Competition Info**

All Solo competitions will be danced by two dancers at the same time.

The two dancers dance their own steps - i.e. not the same steps. You may dance your own choreography as long as you pay regard to the allowed steps and tempo for the category in which you dance. You may not use your own choreography in Traditional Set Dances, but dance according to the tradition and the books.

You must show up on time for the competition and be ready when it is your time to enter the stage. The succession of the dancers will be strictly followed and a dancer who does not show up in time might not be able to dance at all.

Some of the things that an adjudicator will look for are: timing (rhythm), carriage (deportment), construction of steps (complexity) and execution (presentation). Note that the adjudicator has the right to exclude a dancer who does not follow any of the rules regarding dress code, allowed steps etc.

### **LINE-UP.**

All dancers line up. The line-up can be split up in groups if necessary. The dancers then step about, 2 at a time. The dancers dance a full 2 steps and then return to the back line. There they stand in line with everybody else until everyone is through. The next two dancers start dancing on the next bars of music following immediately after the previous couple has finished dancing. Not waiting for them to exit. For beginner/primary levels under 13, the stage manager counts the dancers in. The music does not stop at all before the last dancer has danced. Nobody shall exit the stage until everyone is through with their dancing.

The feis committee will provide with a person to count in the dancer under the age of 13

### **Bars for all competitions:**

- Reels & Jigs: 2 steps, 32 bars
- Slip Jig & Hornpipe: 2 steps, 32 bars
- Trad set: step/lead up x 2, set x 1
- Modern set: step/lead up x 2, set x 1

### **Music speeds:**

Beginners/ primary/ intermediate- advanced:

Light Reel 123/116/ 113

Light jigs: 116

Single jigs: 124

Slip jigs: 121/118/113

Heavy jigs: 89/89/73

Hornpipes: 138/138/113

Heavy reels: 113

### **Solo Competition Age Groups**

- \* Under 10 (age 0-9)
- \* Under 13 (age 10-12)
- \* Under 18 (age 15-17)
- \* Over 18 (age 18-100)

Dancer's age is taken on December 31st of the previous year, so all dancers born during the same year dance in the same age category. I.e. if a dancer was under 13 on 31st of December the dancer will dance in the **Under 13**-age category during the whole year and next year move into the next age category.

The age groups might be changed, merged and divided in accordance with the age of the registered competitors.

Our goal is that each category should have at least five competitors.

### **Solo Competition Levels & Steps**

#### **Levels**

- \* Beginners
- \* Primary
- \* Intermediate
- \* Advanced

- These levels shall never be merged if there are too few competitors, but always upheld.
- A participant that wins a dance with at least 5 competitors cannot dance the dance in the same level at the next Feis, but has to move up one level in that dance.

#### **Allowed Steps**

There shall be 4 levels for solo competitions. Dancers who perform steps that are not appropriate for the level will be **disqualified** from the competition. This is to ensure that dancers sign up for the appropriate level according to their level and ability of dancing. ***Note that a dancer can only dance a dance in one level in the Nordic feis.***

#### **1. Beginner**

Basic steps only: 1-2-3's, 7's, heels and toes combinations etc.: Repetitive movements.

**No clicks, crosskeys, drumrolls, twists, toe-stands or rocks other than in Trad. Set Dances.**

## **2. Primary**

Basic steps only: 1-2-3's, 7's, heels and toes combinations etc., but more variation of the rhythm and movements. **No clicks, crosskeys, drumrolls, twists, toe-stands or rocks other than in Traditional Set Dances.**

## **3. Intermediate**

Any steps and movements are allowed.

## **4. Advanced**

Any steps and movements are allowed.

### **Beginners Competition**

- Light Reel (Easy Reel)
- Single Jig
- Slip Jig
- Light Double Jig
- Heavy Jig
- Basic/Traditional Hornpipe
- Traditional Set Dances: (Traditional steps only)

### **Primary Competition**

- Light Reel
- Single Jig
- Slip Jig
- Light Double Jig
- Heavy Jig
- Basic/Traditional Hornpipe
- Traditional Set Dances: (Traditional steps only)

### **Intermediate Competition**

- Light Reel
- Men's Reel
- Slip Jig
- Heavy Jig
- Hornpipe
- Traditional Set Dances: (Traditional steps only)
- Open Set Dance
  
- Heavy Reel - Step about (intermediate and advanced)

### **Advanced Competition Dance**

- Light Reel
- Men's Reel
- Slip Jig
- Heavy Jig
- Hornpipe
- Traditional Set Dances: (Traditional steps only)
- Open Set Dance

### **"Nordic Championship"/Recall Competition**

This is not an ordinary championship but a recall where one or two dances are preformed. The champion will be selected based on the scores exclusively from the recall performance. All dancers who get a first or a second placement in any category at the advanced and intermediate competition level can enter the recall/"Nordic championship", which will take place after all the solo competitions.

"The Nordic Championship" contest will be danced in the following age groups:

Under 18 (age 0-17)

18 & Over (age 18-29)

All dancers in the championship will be asked to dance one option of the following:

- **Advanced Hornpipe & Slip Jig**
- **Advanced Hornpipe & Light Reel/Men's Reel**
- **Heavy Jig & Slip Jig**
- **Heavy Jig & Light Reel/Men's Reel**
- **Modern Set dance**

(Goal is to have modern set dance as the only and standardised option, but this year you should be allowed to dance both your dances again if you do not have a set dance prepared).

### **Awards**

All dancers must be properly dressed in competition clothes and shoes when approaching the stage to receive a medal or trophy. No tracksuits, sweaters, sneakers etc. are allowed when receiving a prize.

The 3 highest placements receive medals.



If a Nordic person comes second after a non-Nordic inhabitant, the second place winner is the Nordic champion in that competition.

The winner of the championship will get her/his name engraved by the Feis committee at the big trophy which will be kept for show at the ceremony. The winner will get a substitute trophy to bring home.

# General Team Competition Info

## Team competition

Only the Team Captain shall register the whole team.

- Mixed boy's and girl's teams are allowed.
- The name of the team, team captain, the dance and all team members must be listed during web- registration to the feis.
- The music and music source shall be listed during web-registration to the feis, for some competitions (see below).
- Teams performing Dance drama, Figure or Ceili can only compete with one dance in a category, and a dancer cannot be a member of more than one team in the same category. I.e. it is possible for a team/dancer to compete with e.g. a 4- hand dance and an 8-hand dance but not with two different 4-hand dances.
- *Show teams* can compete with more than one dance in a category and a dancers can be member of more than one *show team*
- NOTE: If a dance category is merged with the result that dancers are competing within the same category with two teams, the teams shall be adjudicated as normal

Some of the things that an adjudicator will look for are: timing (rhythm), carriage (deportment), construction of steps (complexity) and execution (presentation). Note that the adjudicator has the right to exclude a dancer who does not follow any of the rules regarding dress code, allowed steps etc.

## Music

Each team with music of their own will be required to submit its source for the music, which it proposes to use, during web-registration to the feis.

## Changes

The age groups might be changed, merged and divided in accordance with the age of the registered competitors.

We reserve the right to cancel a competition or turn two levels/age groups into one depending on the number of competitors. Our goal is that each category should have at least five competitors.

## Awards

All dancers must be properly dressed in competition clothes and shoes when approaching the stage to receive a medal or trophy. No tracksuits, sweaters, sneakers etc. are allowed when receiving a prize.

The 3 highest placements receive medals.

If a Nordic team comes second after a non-Nordic team, the second place winner is the Nordic champion in that competition

### **Team Competition Age Groups**

- Under 13 (age 0-12)
- Under 18 (age 13-17)
- Over 18 (age 18-100)

The dancer's age is taken on 31 of December so all dancers born during the same year dance in the same age category. I.e. if a dancer is under 13 on 31st of December then that dancer will dance in the **Under 13**--age category during the whole year and next year move into the next age category.

Age groups should not be merged.

If the majority of dancers in a team are over 18 years old then they compete in the Over 18 age group. If the majority are minors they compete in the Under 18 age group. In the case of 50-50 (half minors, half adults) this group has to register to the Over 18 age group

### **Mini Team competition- 2-hand & 3-hand dances**

A 2- or 3-hand dance of 48 bars of length in either reel time (4/4) or jig time (6/8). Only soft-shoe dances and traditional music allowed. Easy reel tempos are used. 123 bpm.

### **Traditional Céilí dances**

Dancers may choose any of the traditional dances from *Ár Rincí Fóirne* (only) published by An Coimisiún. The dances must be performed in the traditional way. For all the dances there will be an option of dancing the dance in Part A or B.

- Part A:

Lead around, body and first figure (1st. tops/1st couple only)

- Part B:

Lead around, body and second figure (1st. tops/ 1st. couple only)

### **Exceptions:**

- 6-Hand: Glencar Reel: up to and including "Full chain"
- 6-Hand: Fairy Reel: up to and including "Advance & Retire"
- 8-Hand: The Three Tunes: must be danced up to and including first "Roly-Poly".
- 8-Hand: Gates of Derry: must be danced up to and including first "swing around"
  
- Humours of Bandon:

- First figure 1st couple
- Body
- First figure 2nd couple

NOTE: Category and Part are not the same. E.g. a team cannot compete with an 8-hand in one part A and one 8-hand in Part B.

**Categories:**

- 4-Hand Dance
- 6 hand Dance
- 8-Hand Dance

The Feis committee can merge the 6-hand to either the 4- or 8-hand.

**Figure Dance - 8-16 dancers**

Teams shall consist of between 8 and 16 dancers. Mixed boys/girls teams are allowed. Teams will, by dance and hand movements, portray an Irish or Nordic theme or item. The dances shall be accompanied by a story, which will be read aloud before the team commences their dance.

- Only the basic steps, found in "Ár Rincí Fóirne" (published by An Coimisiún) will be permitted, and only in soft shoes.
- Only traditional Irish or Nordic music is allowed.
- Figure dances may last no longer than 4 minutes from commencement of the dance to finish. I.e., teams are allowed to use introduction music to allow their dancers to come on stage & this music can be started while the figure stories are being read aloud. The time taking will start from the second the dancers commence their dance. All teams will be strictly timed and, where a dance is not finished by 4 minutes 20 seconds from the time of commencement, a bell will be rung. For every 10 seconds, or part of 10 seconds, a dance continues after the ringing of the bell, twenty (20) competition points will be deducted from the team's overall points total (if any) at the conclusion of the competition.
- Dances must be in 2/2, 2/4, 4/4, 6/8-time, or a combination of those times. But any change of music must last for at least 16 bars.
- Each team-member must be on stage from the commencement of the dance, and shall dance continuously for the duration of the dance except where, to emphasize a figure, short pauses for up to 4 bars may be permitted.
- Must be able to be danced on a stage of the size of 12 m x 7,5 m
- No theatrical costumes may be worn
- A dancer can only participate in one Figure team
- Each team will be required to submit its source for the music, which it proposes to use, during web-registration to the feis.
- The names of all team-members must be submitted at registration by the team-captain and

any later alterations notified prior to the competition.

- The team Captain is required to submit an account of the dance with their entry. A final account, which is to be read by the platform steward, should not exceed 200 words and must be submitted in writing, before the feis.

- Teams will be marked under the following headings:

a. Portrayal of story through Dance.

b. Figure Content

c. Footwork and Execution

d. Teamwork and Presentation

- Awards will be given for at least 1st, 2nd and 3rd places in all figure dance championships.
- Remember to give medals to all team members under 13 in mixed teams.
- Category: 8-16 dancers

In the case of too few teams in either the Figure or Show Choreography category, these categories will be merged and Figure teams will compete on equal terms as the show teams. In such a case, the rule regarding traditional costumes will not apply to the Figure teams should they have already decided to compete in traditional costumes.

## **Dance Drama – 8-30 dancers**

(a) Teams must consist of not fewer than eight (8) and not more than thirty (30) dancers.

(b) Each dance must portray, in a manner suitable for a general audience, a specifically Irish historical or traditional story or event or specifically Nordic historical or traditional story or event.

(c) A short account of the dance must accompany the entry. Entries not accompanied by the story will not be accepted, returned and given a further seven days to comply with this ruling. If the story is still not received after the seven days the entry can be refused.

(d) Where stage-props are required these must be provided by teams themselves. Props must be portable and of a kind that can be placed and removed easily and quickly. This rule will be strictly enforced.

(e) Entrance can be from either side. Lighting can be dimmed or raised but excessive or complicated changes of lighting must be avoided. The ordinary stage lighting provided at the venue must be used, i.e. additional lighting strobes etc. will not be permitted. Teams will be allowed up to five minutes to place props and otherwise prepare the stage. This rule will also be strictly enforced.

(f) (i) Only Irish music or music of related ethnic origin, which must consist of reels, jigs, slip-jigs, single-jigs, hornpipes, Irish marches or Irish slow airs or a combination of any of those

dance tunes, marches or slow airs, will be permitted. Where drumming is used this must also be in the stipulated tempos.

(ii) Spoken words or songs are not permitted as part of a dance-drama. This includes miming to spoken words or songs on tape or other recorded medium. Video or image projection before, during or on completion of a performance is not permitted.

(g) Where a team opts to use pre-recorded accompaniment, copies of CDs or mini discs must be forwarded to the feis committee in time before the feis.

Elements to be considered in a team's performance will include:

- Choice of theme, event or story
- Portrayal of theme including dance content and music
- Dancing
- Impact (on adjudicator)
- Costume

(i) A dance-drama performance should not exceed 6 minutes duration from beginning to end. Each dance will be timed electronically on receipt of music and the timing will commence from the start of music playing and finish when the music stops.

(j) Each team member must remain on stage or side stage wings for the duration of dance.

(k) The names of all team members must be submitted with the entry and any later alterations notified before the competition. No dancer may take part in more than one dance-drama in the same age group.

(l) Awards will be given for at least 1st, 2nd and 3rd places in the Dance Drama championships.

(m) If any rule of this competition is not adhered to by a team during its performance on stage, that team cannot place in a medal winning position.

(n) Where a school has only one team entered in the Dance Drama, then there is no age restrictions, but dancers Over 16 cannot compete in the Under 16 Dance Drama. However, where a school has teams entered in both the Under 16 and Over 16 sections, or two or more teams in the Over 16 section, then only 50% underage dancers can compete in the older.

## Preliminary Timetable

Note that this is a preliminary timetable. A more exact timetable based on the registrations will be posted closer to the feis. (There might be grade exams on the Sunday, see nsid.org of updates)

	<b>FRIDAY 01.11.</b>	<b>SATURDAY 02.11</b>	<b>SUNDAY 03.11</b>
<b>8.00-9.00</b>		8.00-9.00 Registration starts	
<b>9.00-10.00</b>		9.00 Opening Ceremony 9.15-19.00 Solo Competitions	
<b>10.00-11.00</b>		Solo Competitions continues...	1000-1030 Doors opens for audience <b>1030-1400</b> Team competition, mini team, ceili, figure, dance drama and show.
<b>11.00-12.00</b>		Solo Competitions continues...	Team continues...
<b>12.00-13.00</b>		Solo Competitions continues...	Team continues...
<b>13.00-14.00</b>	Registration starts at the Dubliner	Solo Competitions continues...	Team continues...
<b>14.00-15.00</b>	15.00-20.00 Grade Exams	Solo Competitions continues...	14.00-14.30 Awards 14.30-15.00 Closure
<b>15.00-16.00</b>	15.00-20.00 Grade Exams	Solo Competitions continues...	<i>(15.30- 18.00 Grade Exams)</i>
<b>16.00-17.00</b>	15.00-20.00 Grade Exams	Solo Competitions continues...	<i>(15.30- 18.00 Grade Exams)</i>
<b>17.00-18.00</b>	15.00-20.00 Grade Exams	Solo Competitions continues...	<i>(15.30- 18.00 Grade Exams)</i>
<b>18.00-19.00</b>	15.00-20.00 Grade Exams	19.00 Last award ceremony and announcement of Nordic champions. Closing of Solo competitions	
<b>19.00-20.00</b>	15.00-20.00 Grade Exams		
<b>20.00-22.00</b>		Dinner party	