

Welcome to Nordic Feis 2015

October 16th to 18th 2015, Turku, Finland

**Grade competition (Beginners, Primary, Intermediate and Advanced) and Team competitions
with grade exams on Friday 16th of October (and Sunday 18th of October)**

Nordic Feis has a status as an Open platform Feis under An Coimisiún.

Adjudicator: Angela McDonagh ADCRG, Ireland

Musician: William Paterson, Scotland

Venue: Turun työväenopisto, Kaskenkatu 5, Turku

Enquiries to: Saija Juvala, saijuv@gmail.com

All registration through RegOnline:

Open from 1st of September

Closing 27th of September

Registration link will be posted on www.nsid.org

www.nsid.org.

Preliminary Syllabus

Feis rules

General

- The lodgement of an entry will be taken to mean that dancers understand these rules and undertake to abide by them.
 - Registration is done individually or by a teacher/parent through RegOnline. The link to the registration will be posted on 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 competes at the correct level, i.e. moves up a level if she/he won last year. If a registration is incorrect the pupil needs to re-register or change the registration.
 - ***Note that a dancer can only dance a dance in one level in the Nordic Feis.***
 - 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 who tries to cancel his/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 national laws of trade of the feis location apply 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 accordance with the adjudicator when that is needed.
- **The organizing committee cannot accept any liability for injuries sustained while on stage or on the premises, nor for loss or damage to property.**
Entry to compete will be deemed to be an acceptance of this provision by a dancer.

The competitions are open to participants:

- Who are currently registered with An Coimisiún.
- **It is also open to dancers who are not yet affiliated with CLRG. As a special concession known as Open platform, permission will be given to such persons for the duration of the Feis. Persons seeking such accreditation must apply directly to the feis organisers during registration.**

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 prior to 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.

Late entries (after Sept 27th 2015) may be possible but only by contacting the organizers via e-mail and with an additional penalty fee.

Videotaping and photography

Videotaping of any kind is prohibited. Photography is reserved for the official Feis photographer. The Feis organiser cannot accept any liability for photos uploaded on the Internet by a third party or the Feis photographer.

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.**
- Female adult dancers participating in adult competitions (both solo and team) are required to wear tights of a denier not less than 70.

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.

Other

- You must show up on time for the competition. The dancers must be in costume and ready to dance 30 minutes before it is their 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.
- Note that changes in schedule etc. might occur. Go to www.nsid.org for updates and the newest information.

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.

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 a person to count in dancers 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: 121-123/ 116-118/ 113

Light jigs: 116

Single jigs: 123/ 123/ 121

Slip jigs: 121/ 118/ 113

Heavy jigs: 89/ 79/ 73

Hornpipes: 142/ 130/ 113

Heavy reels: 113

Solo Competition Age Groups

- * Under 10 (age 0-9)
- * Under 13 (age 10-12)
- * Under 18 (age 13-17)
- * 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 who 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 Traditional 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)
- Light Double Jig
- Single Jig
- Slip Jig
- Heavy Jig
- Basic/Traditional Hornpipe
- Traditional Set Dances: (Traditional steps only)

Primary Competition

- Light Reel
- Light Double Jig
- Single Jig
- Slip 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

- 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)

"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.

The two best placements (1st and 2nd) in any category at the Advanced level and at the Intermediate level may enter the recall/the 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 18-100)

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**

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. U13 competitors will all get a participation medal regardless their placement.

General Team Competition Info

Team competition

- Only the Team Captain shall register the whole team.
- Mixed boys and girls' 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.
- For some competitions the music and music source shall be listed during web-registration to the Feis (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 dancer can be a 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. U13 competitors will all get a participation medal regardless their placement in competitions.

Team Competition Age Groups

2-, 3-, 4-, 6-, 8-hand:

* Under 13 (age 0-12)

* Under 18 (age 13-17)

* Over 18 (age 18-100)

Figure (All ages)

Show (All ages)

Dance Drama (U18, O18)

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.

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). Dancers are not allowed to bring their own music, but must state during the web-registration to the feis if they are doing reel or jig. 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 the first "Roly-Poly".
- 8-Hand: Gates of Derry: must be danced up to and including the 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 one 8-hand in 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.

Show Choreography

- Only the team captain shall register the whole team. The name of the team, team captain, the dance and all team members must be listed during the web-registration to the feis.
- Mixed boys and girls' teams are allowed.
- Any choreography is allowed.

- Dances can be soft- or hard shoe dances, or a combination of both.
- Choreographies cannot exceed 5 minutes in length.
- Any type of music is allowed.
- Dialogues and monologues are not allowed.
- Each team will be required to submit its source for the music, which it proposes to use, during web-registration to the feis.
- 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.

Figure Dance - 8-16 dancers

- Teams shall consist of between 8 and 16 dancers.
- Mixed boys and 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 the 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 8m x 8m.
- 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 1st, 2nd and 3rd places in all Figure dance championships.
- All team members under 13 in mixed teams will be given a participation medal.

In the case of too few teams in either 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 – 8-20 dancers

(a) Teams must consist of not fewer than eight (8) and not more than twenty (20) dancers.

(b) Each dance must portray, in a manner suitable for a general audience, a specifically Irish or 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 and will be 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 will not be possible. 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.

(h) 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. 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 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 18 cannot compete in the Under 18 Dance Drama. However, where a school has teams entered in both the Under 18 and Over 18 sections, or two or more teams in the Over 18 section, then only 50% underage dancers can compete in the older.