

The All-American Championships & 30th Nation's Capital Feis

Saturday 22 & Sunday 23 July, 2017

Syllabus Approved 2/9/17

Sheraton Premiere @ Tysons Corner

8661 Leesburg Pike, Vienna, VA 22182 Tel: 1-800-572-7666

AGE GROUP GUIDE

Born	12 11 10 09 08 07 06 05 04 03 02 01 00 99
Under	5 6 7 8 9 10 11 12 13 14 15 16 17 18
Competitors born before '98 compete in over 18 years or adult competitions.	

METRONOMIC SPEEDS

Level	Reel	Lt. Jig	Slip Jig	Sgl. Jig	Tr. Jig	Hornpipe	Trbl. Reel
Beginner	122	115	122	124	92	138	113
Adv Beg	122	115	122	124	92	138	113
Novice	113	115	113	124	92 / 73	138 / 113	113
Open	113	115	113	124	92 / 73	138 / 113	113

Blackbird	144	St. Patrick's Day	94	Job of Journeywork	138	Garden of Daisies	138
		Three Sea Captains	96	Jockey to the Fair	90	King of the Fairies	130

SATURDAY SCHEDULE

EXHIBITION AT THE CAPITOL OF THE UNITED STATES

Saturday 12: NOON

Open to all levels. Any solo dance of choice: 2 steps in the reel / jig etc., traditional set dance or ceili dance in groups. All participants will receive an award. Spectators are free. Participants who are registered in the Nation's Capital Feis room block at the Sheraton Premiere are eligible to ride to and from the Exhibition in our limousine, however, must be pre-arranged by emailing LoveNCFeis@aol.com. No food or coolers allowed but you may bring your own chair or blanket to sit on. In case of rain or security reasons this event may be cancelled but participants will receive their award at the hotel. NO REFUNDS.

\$500 SCHOLARSHIP DANCE OFF'S

After Adult Competitions

Frank & Peggy O'Neill Scholarship \$500 Open to all EXCEPT Championship Dancers 720

Traditional Set Dance Blackbird in its entirety (*Lead, set, step, 2nd set & last step*)

Dennis Dennehy \$500 Open to All AGES and LEVELS 596

Treble 2-Hand Reel 48 bars

The Fred James "I FEEL GOOD" Award May comprise of 8 or more dancers 721

School costume not required "Light & Hard Shoe combination"

No longer than 5 minutes in length. May supply own music or use Feis Musician

FIRST FEIS COMPETITION Commence 11: AM

This competition is open to young dancers under the age of 6 who have never competed in any feis. Competitors may not compete in any other solo dancing competition at this Feis. 1 step 1 at a time

Combined	Reel	Lt. Jig
Girls & Boys	001	002

ADULT FIGURE DANCE Commence 12: NOON

All dancers in a team must be from the same dance school. Ceili dances will end after the top couple performs the first figure. Figure Choreography competition #449 follow rules for competitions #570, #571 & #572

2-Hand Reel	3-Hand Reel	4-Hand Ceili	6-Hand Ceili	8-Hand Ceili	Choreography
442	443	444	446	448	449

JACK & JILL: FREE: NO CHARGE A FUN COMPETITION FOR ALL AGES 450
Sweets of May: Name of dancers will be drawn at stage prior to competition.

HARDSHOE EXHIBITION EXTRAVANGANZA ADULT DANCERS ONLY 451

Team may consist of 5 to 20 adult dancers. School costume not required. Maximum time allowed 4 minutes. May provide your own music.

ADULT SOLO Commence immediately after Adult Figures 12:NOON

The teacher of the student with the total highest score in competitions 400 thru 437 will be awarded the PEGGY O'NEILL MEMORIAL TROPHY. Trophy is available for photographing only. Winner will receive a replacement on Feis day. Dancers will dance two steps, two at a time. Music for all competitions will be played at traditional speeds except for competitions 424/425 & 434/435 as per North American Feis Commission Rules.

	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	Trad Set	Treble Reel
Beginner	400	401	402	403	404	405	406	407
Adv Beg	410	411	412	413	414	415	416	417
Novice	420	421	422	423	424	425	426	427
Open	430	431	432	433	434	435	436	437

SHOWCASE STYLE COMPETITION ADULT DANCERS ONLY: ONE ADJUDICATOR.
"All-American Award" will be presented to the winner.

Competitors are also eligible to compete in their regular competitions. Dances permitted are Reel & Hornpipe & Set Dance or Slip Jig & Treble Jig & Set Dance. Dancers may perform 48 bars of Reel / Jig or 40 bars of Slip Jig / Hornpipe & Traditional Set Dance.

Adult over 18	438
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DOG WITH THE CUTEST IRISH EYES (End of day and before Mass) 903
IRISH SONG CONTEST One Irish song of own choice *Acapella* Approx. 5:00 PM

Under 13	13 & Over
940	941

BABY COMPETITION, FREE ENTRY

Baby with the cutest Irish smile! (3 years and under):

902

MUSIC: *Supply own instrument* Play one Irish tune of own choice.

Approx. 5:30 PM

Under 13	Under 18	18 & Over
950	951	952

LANGUAGE Recitation (Comortaisi in Gaelige)

Approx. 6:00 PM

One story or poem of choice	Under 13	Over 13
	960	961

Roman Catholic Mass in hotel Saturday July 23rd, 7:00 PM

All denominations welcome.

SUNDAY COMPETITIONS Commence 8:AM

**BOYS & GIRLS COMBINED 2 Hand Reel:
PRELIMINARY & CHAMPIONSHIP DANCERS ONLY**

Under 8	Under 10	Under 12	Under 14	Under 16	16 & over
560	561	562	563	564	565

PRELIMINARY CHAMPIONSHIPS

GIRLS & BOYS COMBINED PLEASE NOTE REQUIRED DANCES

Girls & Boys Combined	Required Dances:	Note* Boys Dance Reel
Under 9	609	Reel or Slip Jig
Under 10	610	Reel or Slip Jig
Under 11	611	Reel or Slip Jig
Under 12	612	Reel or Slip Jig
Under 13	613	Reel or Slip Jig
Under 14	614	Reel or Slip Jig
Under 15	615	Reel or Slip Jig
Under 16	616	Reel or Slip Jig
Under 17	617	Reel or Slip Jig
17 & over	618	Reel or Slip Jig

SUNDAY COMPETITIONS Continued

Dance Off:

Peter Smith Scholarship \$500

700

Set dance in contrasting tempo

Competition for: 1st 2nd & 3rd place winners in competitions 713, 714, 715, 716, 717, 718, 719

ALL-AMERICAN CHAMPIONSHIPS: FOR GIRLS & BOYS COMBINED.

If enough boys enter then competitions will be separated.

Required dances: Reel or Slip Jig for females; Reel only for males plus Jig or Hornpipe & Set Dance from the official list. Reels & Jigs are danced for 48 bars, Slip Jigs & Hornpipes for 40 bars. Open to competitors of all nationalities. The winner of a championship will hold the title of “All-American Champion”. The senior ladies’ tiara or senior men’s belt is awarded to the winner of competition 719; All Perpetual trophies awarded to first place winners are available for photographing only. Winner will receive a replacement on Feis day.

Age	#
Under 9	709
Under 10	710
Under 11	711
Under 12	712
Under 13	713
Under 14	714
Under 15	715
Under 16	716
Under 17	717
Under 18	718
18 & over	719

REQUIRED DANCES

Reel or Slip Jig
&
Jig or Hornpipe
&
Set Dance of Choice

Please Note**

Boys Dance Reel

**Traditional Set Required in
Competition #709**

**SUPPLEMENTARY COMPETITIONS: BOYS & GIRLS COMBINED:
PRELIMINARY & CHAMPIONSHIP DANCERS ONLY**

These competitions will be danced throughout the day. All dances require two steps. The Treble reel will be danced at the end of the day.

Age	Treble Jig	Hornpipe	Trad. Set	Set Dance	Treble Reel
Under 9	800	801	802	803	804
Under 11	810	811	812	813	814
Under 13	820	821	822	823	824
Under 15	830	831	832	833	834
15 & over	840	841	842	843	844

HARD SHOE EXHIBITION EXTRAVANGANZA

566

Preliminary & Championship Dancers Only, team will consist 5 to 20 dancers of any age. School costume not required. Maximum time allowed 4 minutes. Use official musician or provide your own music.

PLEASE NOTE: Competitors need to monitor stage schedules. Approximate timetable (subject to change) will be listed closer to Feis date @ www.NationsCapitalFeis.com.

FIGURE CHOREOGRAPHY:

APPROXIMATELY 8: 00 AM

Each team will comprise 8-16 dancers. The dance must portray an Irish theme. Only basic traditional steps are used. All dancers must be in school costume and on stage from commencement to end of the dance. Dance must be in 2/4, 4/4, 6/8 or combination of those times with any change lasting a minimum of 16 bars. There is a 4 minute time limit. Pauses are permitted, but limited to 4 bars. If a specific tune is required, the team must supply its own high-quality recording and play it on its own equipment.

Minor (Under 12)	Junior (Under 15)	Senior (15 & Over)
570	571	572

UNITED COUNTIES COMPETITION

Each team will comprise 8 or more dancers. The dance must have an Irish theme representative of one of the Irish counties. In the event that two teams select the same county, the entry with the earlier postmark will get its first choice. Please include an alternate choice for county representation.

Minor (Under 12)	Junior (Under 15)	Senior (15 & Over)
580	581	582

FIGURE DANCES:

8:00 AM

PRESIDENTS CUP will be awarded to school with the highest points in figures

FRANK O'NEILL MEMORIAL TROPHY will be awarded to school with the 2nd highest points

PERPETUAL TROPHIES

Awarded are available for photographing only. Winner will receive a replacement on Feis day.

Preliminary and Championship dancers may enter all figures but must COMPETE IN OWN SPECIAL 2-HAND COMPETITION. All 2-Hand and 3-Hand Competitions will stop after 48 bars. Ceili dances by the BOOK only. Stop after tops dance the first figure.

TEAMS MUST BE SUBMITTED AT TIME OF ENTRY, ADDITIONS OR CHANGES CAN BE WITHOUT CHARGE UP TO JUNE 30TH

Age Group	2 Hand Reel	3 Hand Reel	4 Hand Ceili	6 Hand Dance	8 Hand Ceili
Under 7	502	503	504	506	508
Under 9	512	513	514	516	518
Under 12	522	523	524	526	528
Under 15	532	533	534	536	538
15 & over	542	543	544	546	548

PARENT/CHILD

A competition to allow children the distinct pleasure of dancing with a parent. All competitors must be registered for the Feis. The ceili dance must be by the book by members of the same family, no relatives outside the immediate family. Parents may only dance ONCE in each competition.

PARENT / CHILD or **PARENT / CHILDREN**

900

FAMILY CEILI:

901

SPECIAL NEEDS REEL COMPETITION, FREE ENTRY

099

For boys and girls with special needs & open to all ages

ARTS & CRAFTS:

Submit one piece to Feis Desk by 11: AM.

Results will be posted after 1:PM

Category	Junior (Under 13)	Senior (13 & Over)
Art	921	922
Needlework	923	924
Knitting	925	926
Crochet	927	928
Baking (Irish Soda Bread)	929	930

IRISH SODA BREAD COMPETITION – Competitions #929 & 930 **entry fee is the donation of the bread.** Bread must be submitted to the committee by 11a.m. Judging will take place at approx. 1p.m. Awards will be given for the top 3 breads. Entries will be judged on the basis of looks, texture, and taste.

SUNDAY COMPETITIONS Continued

SOLO COMPETITIONS: Boys and Girls combined. If enough boys enter then competitions will be separated. Dancers will dance two steps, three at a time.

BEGINNERS TRADITIONAL SPEEDS ONLY

Age Group	Reel	Lt. Jig	Slip Jig	Tr. Jig	Hornpipe
Under 5	010	011	012	013	014
Under 6	015	016	017	018	019
Under 7	020	021	022	023	024
Under 8	025	026	027	028	029
Under 9	030	031	032	033	034
Under 10	035	036	037	038	039
Under 11	040	041	042	043	044
Under 12	045	046	047	048	049
Under 13	050	051	052	053	054
Under 14	055	056	057	058	059
Under 15	060	061	062	063	064
Under 16	065	066	067	068	069
16 & over	070	071	072	073	074

ADVANCED BEGINNER: TRADITIONAL SPEEDS ONLY

Age Group	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	Set Dance	Treble Reel
Under 5	100	101	102	103	104	105	106	107
Under 6	108	109	110	111	112	113	114	115
Under 7	116	117	118	119	120	121	122	123
Under 8	124	125	126	127	128	129	130	131
Under 9	132	133	134	135	136	137	138	139
Under 10	140	141	142	143	144	145	146	147
Under 11	148	149	150	151	152	153	154	155
Under 12	156	157	158	159	160	161	162	163
Under 13	164	165	166	167	168	169	170	171
Under 14	172	173	174	175	176	177	178	179
Under 15	180	181	182	183	184	185	186	187
15 & over	188	189	190	191	192	193	194	195

NOVICE: (NON-PRIZEWINNER) CHOICE OF SPEED

Age Group	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	Trad Set	NonTrad Set	Treble Reel
Under 7	200	201	202	203	204	205	206	207	208
Under 8	210	211	212	213	214	215	216	217	218
Under 9	220	221	222	223	224	225	226	227	228
Under 10	230	231	232	233	234	235	236	237	238
Under 11	240	241	242	243	244	245	246	247	248
Under 12	250	251	252	253	254	255	256	257	258
Under 13	260	261	262	263	264	265	266	267	268
Under 14	270	271	272	273	274	275	276	277	278
Under 15	280	281	282	283	284	285	286	287	288
15 & over	290	291	292	293	294	295	296	297	298

OPEN: (PRIZEWINNER) CHOICE OF SPEED

Age Group	Reel	Light Jig	Slip Jig	Single Jig	Treble Jig	Hornpipe	Trad Set	NonTrad Set	Treble Reel
Under 7	300	301	302	303	304	305	306	307	308
Under 8	310	311	312	313	314	315	316	317	318
Under 9	320	321	322	323	324	325	326	327	328
Under 10	330	331	332	333	334	335	336	337	338
Under 11	340	341	342	343	344	345	346	347	348
Under 12	350	351	352	353	354	355	356	357	358
Under 13	360	361	362	363	364	365	366	367	368
Under 14	370	371	372	373	374	375	376	377	378
Under 15	380	381	382	383	384	385	386	387	388
15 & over	390	391	392	393	394	395	396	397	398

COMBINED MUSIC/DANCE COMPETITION:

Competitors will play 40 bars of reel, jig, slip jig or hornpipe, which will be recorded. Competitor will then dance to his / her own recorded tune

Under 12	Under 15	15 & Over
913	919	920

SHOWCASE STYLE COMPETITION: ONE ADJUDICATOR.

“All-American Award” will be presented to the winner. **NON-Championship Dancers only**

Competitors are also eligible to compete in their regular competitions. Dances permitted are Reel & Hornpipe & Set Dance or Slip Jig & Treble Jig & Set Dance. Dancers may perform 48 bars of Reel / Jig or 40 bars of Slip Jig / Hornpipe & Traditional Set Dance.

Under 12	Under 15	15 & Over
590	591	592

HARD SHOE EXHIBITION EXTRAVANGANZA

595

Team will consist 5 to 20 dancers of any age. School costume not required. Maximum time allowed 4 minutes. Use official musician or provide your own music.

ENTRY FEES

Enter on line @ www.Feisworx.com. Entry deadline is July 3rd. Late entries accepted before cap or until July 11 with a late fee of \$20. No additions or alterations at Feis. Entry Fee includes scores. Error corrections to entry for any reason will incur a \$15 administration fee. Paper entry charge \$20. For those paying by check a returned check will be liable for all bank charges and will incur an additional \$30 administration fee. Saturday SINGLE Adult Competitors, who enter through www.Feisworx.com will receive a \$20 refund when they receive their number at the feis desk

Please note* NO awards will be mailed. NO REFUNDS / NO EXCEPTIONS

EXHIBITION: Commences at 12: NOON followed by awards presentation. All participants will receive an award. Participation fee of \$50 per dancer is required and must be included with entry. Family members and spectators are free. Participants may dance a solo step, traditional set dance in groups or any of the ceili dances by the hand book. Dance must be submitted on entry form. Participants who are registered in the Nation’s Capital Feis room block at the Sheraton Premiere are eligible to ride to and from the Exhibition in our limousine. Ride must be pre-arranged by emailing LoveNCFeis@aol.com. No food or coolers are allowed but you may bring your own chair or blanket to sit on. Photographs of this event can be purchased by emailing NCFphotos@aol.com If security or weather conditions require this event to be cancelled, participants will receive their award at the hotel. No refunds.

GRADE EXAMS

MONDAY JULY 25TH, 2016

Sheraton Premiere @ Tysons Corner 9:00 AM
 8661 Leesburg Pike, Vienna, VA 22182 Tel: 1-800-572-7666

GRADE EXAMS FEES

Grade	Fee	Grade	Fee	Grade	Fee	Grade	Fee	Grade	Fee
Prelim	\$20	1	\$28	4	\$45	7	\$55	9	\$65
		2	\$28	5	\$45	8	\$55	10	\$65
		3	\$28	6	\$45				

Grade Exam Syllabus

Grade	Dances
Prelim	Easy Reel or Easy Light Double Jig
1	Basic Reel and Light Double Jig
2	Basic Slip Jig and Single Jig
3	Primary Reel and Basic Heavy Jig
4	Primary Slip Jig and St Patrick's Day
5	Advanced Reel, Basic Hornpipe and the <i>Walls of Limerick</i>
6	Advanced Slip Jig, The Blackbird and the <i>Siege of Ennis</i>
7	Advanced Heavy Jig, Garden of Daisies and the <i>Four Hand Reel</i>
8	Advanced Hornpipe, Job of Journeywork and the <i>Humours of Bandon</i>
9	Two modern set dances, one in 6/8 time and the other in 2/4 or 4/4 time and the <i>High Cauld Cap</i>
10	Two modern set dances, one in 6/8 time and the other in 2/4 or 4/4 time (different from those in Grade 9) and the <i>Eight Hand Jig</i>
11	Reel, Slip Jig, Heavy Jig, King of the Fairies, plus two modern set dances selected by the examiner from a list of 5 submitted by the candidate (different from those in Grades 9 & 10) and the <i>Eight-Hand Reel</i> and <i>Harvest Time Jig</i>
12	Light Double Jig, Single Jig, Hornpipe, Three Sea Captains, Jockey to the Fair, plus two modern set dances selected by the examiner from a list of five submitted by the candidate (different from those in Grades 9, 10 and 11) and the <i>Morris Reel</i> and the <i>Sixteen Hand Reel</i>

QUESTIONS / INFO / UP-DATES:

www.NationsCapitalFeis.com

www.OneillJamesSchool.com

e-mail: LoveNCFeis@aol.com