

The Capital Feis Committee
In association with the
Sue Fay Healy School of Traditional Irish Dance
Presents the 15th annual



Sunday May 18, 2008

Deadline for entries May 5, 2008

Entries accepted only with \$15 late fee until May 12, 2008
Absolutely no entries will be accepted after May 12, 2008
Day Entries will be accepted with \$15 late fee
(unless cap has been reached)

St. Peter's Catholic High School
750 Charlemagne Blvd, Orleans ON

Feis begins at 8:30am sharp
Doors open at 7:45am

Competitor Number pickup available
Saturday, May 17th
7-9:30pm at the CHIMO HOTEL.

Francis Healy, Feis President
Sue Fay Healy, Feis Coordinator
Denise Robinson, Feis Registrar

Please see the feis website at www.capitalfeis.com for
the list of Adjudicators and Musicians.

650 CAP

2008 NAFC Irish Dance Championships

Gerry Campbell Perpetual Belt
"The North American Senior Irish Dance Championship"
Queen City Feis, May 10, 2008

Robert Gabor Perpetual Trophy
"The North American Junior Irish Dance Championship"
Putnam Feis, May 18, 2008

George Sweetnam Memorial Trophy
"The North American Minor Irish Dance Championship"
Petri Feis, September 27, 2008

Member of the North American Feis Commission
President: Harry Costello
Member of An Coimisiun, Dublin, Ireland

ENTRY FEES

Figure Dances	\$7.00
Solo Competitions	\$7.00
Special Trophy Competitions	\$10.00 Trophies for 1st, 2nd, 3rd
Preliminary/Open Championships	\$30.00
Art/Soda Bread Competitions	\$7.00
Family Maximum	\$85.00
Family Door Fee (mandatory)	\$15.00/family
Late Fee (enforced after May 5)	\$15.00/competitor (\$30 max)

Please note there are **NO REFUNDS** whatsoever
Make cheques payable to CAPITAL FEIS INC.

Mail completed entries to:

Capital Feis
1646 Ridge Road
Vankleek Hill ON
K0B 1R0
(613)-678-3880 (no calls after 10pm)
email: denise@feismom.com

The syllabus is also available at the following websites:
www.capitalfeis.com and www.efeis.com

Please read the following: Please note email and phone entries will not be accepted. Online entries accepted only through www.efeis.com. Entries will be considered accepted only if all areas of the form are CLEARLY filled out and the entry is paid in full. All entries for Family Maximum must be received in the same envelope. All entries must be printed clearly, one official form per dancer (photocopies of original form accepted). All entries must include \$15 family door fee or registration will not be considered. ENTRY DEADLINE MAY 5/08. Entries must include \$15 late fee per dancer or up to a maximum of \$30/family if postmarked after May 5/08. Absolutely no entries will be accepted after May 12/08. Any entry postmarked after this date will be returned. Day Entries will be accepted with \$15 late fee, unless/until we meet our cap of 650. US money at par.

No outside food. No photography or video recording of any kind is permitted while dancer is performing.

Directions From HWY 401: take to 416 exit 417 East Keep left onto Provincial Route 17 E, take exit 47 10th Line Rd. Turn slight right onto St. Joseph Blvd. Turn Left onto 10th Line Rd. Turn Left onto Charlemagne
Directions From East: take 417 West, take Rockdale exit 33, turn right onto Rockdale Rd, Turn left onto Devine, turn right onto Frank Kenny Rd, turn left onto Innes Rd, turn right onto Trim Rd, turn left onto Portobello Blvd, turn right onto Valin St, turn right onto Charlemagne Blvd.



Hotel of Choice
CHIMO HOTEL
Located at 1199 Joseph Cyr St
613-744-1060
Visit www.capitalfeis.com for
information about special room deals!

CAPITAL FEIS ENTRY FORM

DANCER NAME _____
YEAR OF BIRTH _____ M _____ F _____
DANCE SCHOOL _____
PHONE# _____
EMAIL ADDRESS _____
HOME ADDRESS _____
CITY _____ PROV/STATE _____
POSTAL/ZIP CODE _____

Category	Competitions	Amount @/	#	Total =
Figures		\$7.00		
Solos		\$7.00		
Preliminary Championship		\$30.00		
Open Championship		\$30.00		
Art / Soda Bread		\$7.00		
SUBTOTAL or Family Max* @\$85.00	*See Below			
SPECIAL TROPHY		\$10.00		
FAMILY DOOR FEE	Must be Included with entry	\$15.00	1	\$15.00
LATE FEE	Enforced after May 5/08	\$15.00 (\$30 max)		
GRAND TOTAL	Subtotal/Family Max + Special Trophy + Family Door Fee + Late Fee			

* Family Max Does Not Include Special Trophy Competitions, Family Door Fee, or Late Fees

Please make cheques payable to CAPITAL FEIS INC.

Mail completed entries to:

Capital Feis
1646 Ridge Road
Vankleek Hill ON
Canada
K0B 1R0

Entries will be considered accepted only if all areas of the form are CLEARLY filled out and the entry is paid in full including the Family Door Fee and any applicable Late Fees. Please note there are NO REFUNDS whatsoever

FIGURE DANCES

2-hand/3-hand length: 8 bar intro, plus 48 bars.
 4-hands, 6-hands and 8-hands must be from *Ar Rincí Fóirne* (latest edition).
 Please assign a Team Captain for the day of the feis.

\$7.00/Competitor

2 Hand	U9	952
	U12	962
	U15	972
	O15	982
3 Hand	U9	953
	U12	963
	U15	973
	O15	983
4 Hand	U9	954
	U12	964
	U15	974
	O15	984
6 Hand	U9	958
	U12	968
	U15	978
	O15	988

Adult Ceili

All dancers must qualify as Adults as per NAFC rule 19.
 4-hands, 6-hands and 8-hands must be from *Ar Rincí Fóirne* (latest edition).
 Please assign a Team Captain for the day of the feis.

\$7.00/Competitor

4 Hand	944
8 Hand	948

SOLO COMPETITIONS

Beginner Competitions

\$7.00/Competitor

\$10.00/Competitor for Reel Special Trophy

AGE	Special Trophy REEL	LIGHT JIG	SLIP JIG	SINGLE JIG
U5	105 R	105 J	105 SJ	105 S
U6	106 R	106 J	106 SJ	106 S
U7	107 R	107 J	107 SJ	107 S
U8	108 R	108 J	108 SJ	108 S
U9	109 R	109 J	109 SJ	109 S
U10	110 R	110 J	110 SJ	110 S
U11	111 R	111 J	111 SJ	111 S
U12	112 R	112 J	112 SJ	112 S
O12	113 R	113 J	113 SJ	113 S

Advanced Beginner Soft Shoe Competitions

\$7.00/Competitor

\$10.00 /Competitor for Light Jig Special Trophy

AGE	REEL	Special Trophy LIGHT JIG	SLIP JIG	SINGLE JIG
U6	206 R	206 J	206 SJ	206 S
U7	207 R	207 J	207 SJ	207 S
U8	208 R	208 J	208 SJ	208 S
U9	209 R	209 J	209 SJ	209 S
U10	210 R	210 J	210 SJ	210 S
U11	211 R	211 J	211 SJ	211 S
U12	212 R	212 J	212 SJ	212 S
O12	213 R	213 J	213 SJ	213 S

Advanced Beginner Hard Shoe Competitions

\$7.00/Competitor

\$10.00/Competitor for St. Patrick's Day Special Trophy

AGE	TREBLE JIG	HORNPIPE	Special Trophy ST. PATRICK'S DAY
U6	206 TJ	206 H	206 TS
U7	207 TJ	207 H	207 TS
U8	208 TJ	208 H	208 TS
U9	209 TJ	209 H	209 TS
U10	210 TJ	210 H	210 TS
U11	211 TJ	211 H	211 TS
U12	212 TJ	212 H	212 TS
O12	213 TJ	213 H	213 TS

Novice Soft Shoe Competitions

\$7.00/Competitor

AGE	REEL	LIGHT JIG	SLIP JIG	SINGLE JIG Special
U7	307 R	307 J	307 SJ	307 S
U8	308 R	308 J	308 SJ	308 S
U9	309 R	309 J	309 SJ	309 S
U10	310 R	310 J	310 SJ	310 S
U11	311 R	311 J	311 SJ	311 S
U12	312 R	312 J	312 SJ	312 S
U13	313 R	313 J	313 SJ	313 S
U14	314 R	314 J	314 SJ	314 S
U15	315 R	315 J	315 SJ	315 S
O15	316 R	316 J	316 SJ	316 S

Novice Hard Shoe Competitions

\$7.00/Competitor

\$10.00/Competitor for Treble Jig & Traditional Set Specials

AGE	Special Trophy TREBLE JIG	HORNPIPE	Special Trophy *TRAD. SET
U7	307 TJ	307 H	307 TS
U8	308 TJ	308 H	308 TS
U9	309 TJ	309 H	309 TS
U10	310 TJ	310 H	310 TS
U11	311 TJ	311 H	311 TS
U12	312 TJ	312 H	312 TS
U13	313 TJ	313 H	313 TS
U14	314 TJ	314 H	314 TS
U15	315 TJ	315 H	315 TS
O15	316 TJ	316 H	316 TS

*Traditional Set: Choose from the *An Coimisiun le Rincí Gaelacha* list of approved Traditional Sets.

Prizewinner Soft Shoe Competitions

\$7.00/Competitor

AGE	REEL	SLIP JIG	SINGLE JIG Special
U8	408 R	408 SJ	408 S
U9	409 R	409 SJ	409 S
U10	410 R	410 SJ	410 S
U11	411 R	411 SJ	411 S
U12	412 R	412 SJ	412 S
U13	413 R	413 SJ	413 S
U14	414 R	414 SJ	414 S
U15	415 R	415 SJ	415 S
U16	416 R	416 SJ	416 S
O16	417 R	417 SJ	417 S

Prizewinner Hard Shoe Competitions

\$7.00/Competitor

\$10.00/Competitor for Hornpipe & Traditional Set Specials

AGE	TREBLE JIG	Special Trophy HORNPIPE	Special Trophy *TRAD. SET
U8	408 TJ	408 H	408 TS
U9	409 TJ	409 H	409 TS
U10	410 TJ	410 H	410 TS
U11	411 TJ	411 H	411 TS
U12	412 TJ	412 H	412 TS
U13	413 TJ	413 H	413 TS
U14	414 TJ	414 H	414 TS
U15	415 TJ	415 H	415 TS
U16	416 TJ	416 H	416 TS
O16	417 TJ	417 H	417 TS

*Traditional Set: Choose from the *An Coimisiun le Rinci Gaelacha* list of approved Traditional Sets.

Prizewinner Contemporary Set Special Trophy Competition

See ECR rule #8.

Dancers Under 8 and Under 9 are not eligible to compete in this category.

\$10.00/Competitor

U10	420 CS
U12	422 CS
U14	424 CS
U16	426 CS
O16	427 CS

Non Championship Special Trophy Treble Reel

\$10.00/Competitor

U9	401 TR	Maureen Dowie-Marando Perpetual Trophy
U11	402 TR	Dwight Brown Perpetual Trophy
U13	403 TR	Bill Bennett Perpetual Trophy
U15	404 TR	Tracy Davis Perpetual Trophy
O15	405 TR	Danny O'Connell Perpetual Trophy

Preliminary/Open Championship Treble Reel

(One Adjudicator)

\$7.00/Competitor

U13	701 TR
O13	702 TR

Preliminary Championship Set Dances

(One Adjudicator)

U9 Preliminary Championship Competitors must choose from the *An Coimisiun le Rinci Gaelacha* list of approved Traditional Sets.

See ECR rules #4, 5, and 6.

\$7.00/Competitor

U9	709 PS
U10	710 PS
U12	712 PS
U14	714 PS
U16	716 PS
O16	719 PS

Preliminary/Open Championship Alternate Hard Shoe Competitions

(One Adjudicator)

Choice of Treble Jig or Hornpipe for Open Championship, or alternate to that performed in Preliminary Championship.

Competitors will dance 32 bars, two at a time regardless of stage size or age group.

\$7.00/Competitor

U8	703 AH
U10	704 AH
U12	705 AH
U14	706 AH
U16	707 AH
O16	708 AH

PRELIMINARY AND OPEN CHAMPIONSHIP COMPETITIONS

The competitions will be adjudicated and awarded in the following way: In conjunction with the Championship competitions, the results of one randomly selected Adjudicator from the Championship panel of three will be used to award a 1st, 2nd, and 3rd place in the soft shoe round (in both Preliminary and Open Championship) and a 1st, 2nd, and 3rd place in the hard shoe (Treble Jig/Hornpipe in Preliminary Championship and the Set Dance in Open Championship) component of the competition as independent solo competitions.

Preliminary Championships

See ECR Rules #4, 5 and 6.

Choose Reel or Slip Jig / Treble Jig or Hornpipe

\$30.00/Competitor

U8	500
U10	501
U12	502
U14	503
U16	504
O16	505

Open Championships

Reel or Slip Jig; and Treble Jig or Hornpipe; and choice of set dance.

See ECR rule #7.

\$30.00/Competitor

U10	600
U12	601
U14	602
U16	603
U18	604
O18	605

NON-DANCING COMPETITIONS

Irish Soda Bread Competition

Bread must be submitted on art table no later than 11 am on day of feis. Judging will be based on appearance, texture and taste. Donation of baked goods expected.

\$7.00/Entry

White Soda Bread	Competition # 1
Brown Soda Bread	Competition #2

Art Competition

Artwork must be entered day of feis and on display no later than 11 am at Irish Arts Table. Artwork is not to be sent with entry.

Artwork may be picked up after 2pm. Judging will be based on Irish Scene or Celtic Design in any medium.

\$7.00/Entry

U12	Competition # 3
O12	Competition # 4
Adult	Competition # 5

North American Feis Commission (NAFC) 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. All dancers must be pupils of a person currently registered with An Coimisiun as a Dancing Teacher of any category.
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 NAFC – 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. May not pertain to a situation where competitors are involved in stage conflicts.
5. Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner) competitions:
 - a) Must compete in their own age group.
 - b) Must be prepared to perform two steps in each event.
 - c) Cannot change competition on the day of the Feis.
6. Steel taps or “bubble” heels on dancing shoes, display of awards, wearing of shorts or other unconventional dress is prohibited. Authentic Gaelic dress is desired. First Feis (if offered), Beginner and Advanced Beginner, aka Beginner I and II, must wear a class costume, or a skirt and blouse. 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, except in Championships; use of plastic number covers is discouraged.
8. Awards will be determined in proportion to the number of entries in each competition and to the degree of proficiency shown.
9. Complaints must be in writing stating names and other factual information and signed by the complainant. A ten-dollar 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 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. 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. Entries must be postmarked on or before the closing date or they will be subject to a late fee of \$15.00 CDN (Determined by the Feis).
13. Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances. Entrants in Championships should specify, on the entry form, their choice of set

dance. Entrants cannot change competition or category on the day of the competition.

- a) Dancers must qualify for open championship via the method now in place for preliminary championship, i.e. two 1st place wins.
 - b) Dancers must compete in the preliminary championship competition in order to qualify for open championship
14. Combining male and female dancers in any category is left to the discretion of each region.
15. Preliminary Championships are open to those who, at any NAFC recognized Feis: SEE ECR RULE # 4
- a) Have won 1st place in both an open/prizewinner light and heavy shoe competition, and
 - b) Have never won 1st, 2nd or 3rd in Open Championship. A dancer who wins two first place awards in one calendar year will move on to Open Championship the following year, or as soon as the second win is achieved, in any age category, in the following years. Only in the case of back-to-back Feiseanna (successive days), in which case the first win in the first Feis will not change the dancer's status for the second Feis. A dancer is required to perform a light shoe dance (reel or slip jig for ladies and reel only for men), and a hard shoe dance. A Feis can opt to offer either a) a set dance or b) a jig/hornpipe.
16. Championships and Preliminary Championships require at least three adjudicators.
17. 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. If, after dancing for two years in Open, a dancer has not won, he/she may return to preliminary championship status.
18. The status of the dancer does not change unless there are five or more dancers in a competition.
19. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region. The syllabus is to contain all grade categories. A Feis Committee may combine two consecutive age categories into the higher of the two categories within that grade when less than five (5) competitors are entered.
- 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 Advanced Beginner category the next year
- 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.
- Novice Grade:** A novice who wins a 1st place will advance to the Open (Prizewinner) category in that particular dance.
- Open Grade (Prizewinner):** A competitor who does not qualify as a beginner, advanced beginner or as a novice.
- Adult Beginner:** An adult beginner is a competitor who never took Irish dancing lessons as a juvenile and is over 18 years of age.
20. 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.
21. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.
22. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced. Competitors may compete in the next higher age group; however, a competitor may compete in only one age group.
23. In matters pertaining to adjudication, the decision of the adjudicators is final.
24. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.

25. First Feis (if offered), Beginner, Advanced Beginner and Adult dancers are required to dance at traditional speeds. Novice and Open/Prizewinner dancers may choose between traditional and Oireachtas speeds.
26. Any form of unauthorized photography which has the capability to capture a dancer's image while in motion, using electronic or manual means, i.e. mobile phone, standard camera, video camera, or commercial film, with or without enhancement is expressively forbidden in competition.
27. No block, en Pointe, 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.
28. Make up is prohibited on a dancer in the first three grades (First Feis (if offered), Beginner and Advance Beginner or their equivalent) up to and including the Under 12 age group.
29. 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.

Eastern Canadian Region (ECR) RULES

1. Competitions with five (5) or fewer solo or team entries (a full team being a single entry) must be combined with the next highest age group.
2. Competitions with 40 or more competitors/teams will be split by birth year.
3. Boys and girls must be combined in all grades.
4. Preliminary Championship: In addition to NAFC rule #15, a Preliminary Championship dancer is one who has achieved 1st place in four dances (Reel, Slip Jig, Treble Jig and Hornpipe) in the Prizewinner Grade.
5. Preliminary Championship dancers in Under 8 and Under 9, must dance a traditional set dance from the An Coimisiun le Rinci Gaelacha approved list.
6. Preliminary Championship traditional sets will be danced three at a time, where stage size permits; otherwise, they will be danced two at a time.
7. Open Championship traditional sets will be danced one at a time.
8. When a Prizewinner set dance competition is offered, at the time of entry, dancers must be qualified for the Prizewinner grade in at least three of the following: reel, slip jig, treble jig, hornpipe — and be registered to compete in those dances at the feis.
9. All dancers (solo and teams), must be in full costume and correct shoes for award presentations.