



**28th — 29th**  
**SEPTEMBER**

**ISTA**  
**FEIS**  
**GDYNIA**  
**2019**

**ISTA FEIS**  
**Gdynia, Poland**  
**September 28<sup>th</sup> and 29<sup>th</sup> 2019**  
**Clarathe leis an Coimisiun le Rinci Gaelacha**

**Run by:**

ISTA Irish Dancing School  
Fundacja “Oderwij się”

**Adjudicators:**

Lauren Stapleton ADCRG, England  
Adrian Steward ADCRG, Scotland

**Musician:**

William Paterson, Scotland

**Venue:**

Hala Sportowa VI LO  
(Sport Hall of the High School No.6)  
ul. Mikołaja Kopernika 34  
81- 404 Gdynia, Poland

## **Results and registration:**

Feisinfo.org

## **Information:**

www.istafeis.info

info@istafeis.info

Anna Tillak ADCRG

**(PL) 00 48 608 533 563**

## **Feis Fees:**

- Solo Dances: €5
- Team Dances: €4
- Reel Beginner under 6: €3
- Traditional Set Dances: €6
- Trophies: €6
- Treble Reel: €6
- Traditional Set Dance Open Trophy: €10
- Open Championships: €20
- Open Championships one round only (heavy or light): €10

(or equivalent in Polish zloty – PLN, 1€ = 4,7PLN)

**Trophies for all 1<sup>st</sup> places  
Every dancer receives a medal!**

## **Registration:**

- Entries to be received no later than Sunday, 19<sup>th</sup> September 2019. Please note there is an approx. limit of 250 dancers in this feis due to capacity reasons. The registration will be closed when reaching this number.
- European dancers and dancers from outside Europe: online registration through Feisinfo.com.
- if you have questions or find any difficulties registering by the feisinfo.org system, please e-mail for instructions!



## **Payments:**

Payments **(in Euro)** to be made to the following bank account:

Account number: 70 1140 2004 0000 3512 0111 5617

IBAN PL70 1140 2004 0000 3512 0111 5617

BIC: BREXPLPWMBK

Payments **(in PLN)** to be made to the following bank account:

Account number: 62 2030 0045 1110 0000 0401 2170

For alternative forms of payment  
please contact the Feis committee!

**Payments can be made on the day also.**



# Rialacha na Feise - Feis Rules

1. Entries will only be accepted from dancing teachers currently registered with An Coimisiún le Rinci Gaelacha for the years 2019/2020.
2. Age will be taken as on 1st January 2019 (whatever age you turn this year in 2019 you dance under that age e.g. date of birth is 29th May 2009, you dance Under 10 all year long).
3. Dancers should have proof of age (i.e. ID cards) in the event of a query into their age group.
4. **ALL LEVELS** are open to **ALL REGIONS**.
5. Beginner Grade competitions are confined to dancers who have never won first or second prize (also third, refers to rule 7) in any competition for that particular dance. In Beginner Grade competitions only basic steps may be performed.
6. Primary Grade competitions are confined to dancers who have never won first prize (or second, refers to rule 8) for that particular dance other than in Beginner Grade.
7. If a Beginner competition has 6 dancers or more, the first two places advance to the next grade, regardless of ties. If a Beginner competition has 11 dancers or more, then the first 3 places advance to the next grade regardless of ties. (RTME ruling Sept. 2007).
8. If a Primary competition has six or more dancers, the first place advances to the next grade. If a Primary competition has eleven competitors or more, the first two places advance to the next grade regardless of ties (RTME ruling, Jun. 2011).
9. Intermediate Grade competitions are open to all dancers who have not previously won first prize for that particular dance in Intermediate or Open Grade under the same or higher age limits. If a dancer in Mainland Europe wins in Intermediate, they must advance into Open for the rest of that calendar year. If they do not win in Open, they may return to Intermediate at the start of the next calendar year. (RTME ruling Sept. 2007).
10. Open Championships will be judged as two solos and then an overall Championship result. Dancers have a choice of reel/slip jig and heavy jig/hornpipe. If there are more than nine in the competition there will be a recall for the set dance round. Dancers who wish to compete in the open solo competitions may do so. They do NOT have to do a set dance. If they do not dance a set dance they will be excluded from the Championship result, but they will be judged in the solo rounds

11. Beginner/Primary Trophy Competitions will be a choice of dance at Beginner/Primary level. The advance rule works as in rule 8. Intermediate Trophy Competitions will be a choice of dance at Intermediate level. The advance rule works as in rule 9. Dancers will dance 16 bars down the line in their chosen dance.
12. In Treble Reel competitions dancers will dance 16 bars down the line to 113 speed. Please note that this is a free-style and **themed** competition: **FOREST TREBLE REEL**. Dancers have a choice of traditional costume or a themed costume.
13. For all Beginner, Primary and Intermediate competitions (excluding trophy competitions) the 32 bar method, which has been used at previous feiseanna in Mainland Europe, will be applied. However, in the case of low entries the feis will use the “bell” method. All Premier Championships dancers will be required to dance 48 bars of music in the reel and jig and 40 bars in the slip jig and hornpipe.
14. In Beginners Reel under 6 competition dancers will dance 24 bars and will NOT advance to the next grade. Only basic steps may be performed.
15. Traditional Set Dance competitions are a choice out of 7 traditionals; St. Patrick’s Day, Blackbird, Job of Journeywork, Garden of Daisies, King of the Fairies and Jockey to the Fair and Three Sea Captains.
16. The Traditional Set Dance Open Trophy competition will have three rounds. In the first round all dancers will be asked to dance three set dances from the list as in rule 15. If the competition has six or more dancers, 50% plus one advance to the next round. If the competition has less than six dancers, all advance to the next round. In the second round recalled dancers will be asked to dance two more set dances from the list as in rule 15, different than in the first round. Only top three of dancers will advance to the final round. In the final round dancers will be asked to dance two more set dances from the list as in rule 15, different than in rule 1 or 2. The order of set dances will be drawn. The results of the competition will not affect dancers’ grading
17. Where there are five dancers or less for Beginner, Primary and Intermediate competitions, the results will not affect their grading.
18. Within the limits specified in the Rules of An Coimisiun the organizers may at their discretion cancel competitions with insufficient entries or join together competitions (eg. Intermediate Under 10 + Intermediate Under 15 = Intermediate Under 15) to help dancers their grading.

19. If there are 20 or more dancers in any competition, the organizer may split the competition into two different competitions according to age eg. 20-25 divided into 20-22 and 22-25. If there is not enough dancers in any competition to advance, the organizer may combine the competitions to help dancers to advance.
20. Within the limits specified in the Rules of An Coimisiun, the organizers may at their discretion cancel competitions with insufficient entries.
21. Objections must be lodged in writing within one hour of the announcement of the result of a competition accompanied by a fee of 30 Euro.
22. Music will be played at the recognized An Coimisiun speeds for Mainland Europe

BEGINNER      PRIMARY      INTERM./OPEN

Reel	121/123	116/118	113
Light Jig	116	116	116
Slip Jig	121	118	113
Single Jig	123	123	121
Heavy Jig	89	79	73
Hornpipe	142	130	113

23. Two-hand and three-hand dances are free-style competitions. Dancers have a choice of a school costume or a themed costume of their choice. Two-hand and three-hand dances are danced to 40 bars of music.
24. Team dances (four hands and upward) must be performed in accordance with the An Coimisiun handbook "Ar Rinci Foirne".
25. Order and quiet must be kept in the hall, particularly while competitors are dancing.
26. Food and drink must not be consumed in the hall, neither is smoking permitted.
27. Use of video and/or digital cameras in the hall is not permitted, except in beginner and primary competitions (CLRG ruling Dec. 2011). Using flash is strictly prohibited during all competitions. Mobile phones must be switched off. Photos may be taken during the results.

28. Competitors must be in costume and ready to dance 30 minutes before their competitions are scheduled to start.
29. The organisers cannot accept any liability for injuries sustained or for the loss of, or damage to property or belongings which may occur during the ISTA Feis.
30. The adjudicator's decision is final.
31. Motorists using the parking area do so at their own risk.
32. Only Feis officials may approach the adjudicator during competition sessions.
33. The lodgment of an entry will be taken to mean that a teacher and their pupils understand these rules, and undertake to abide by them.
34. No refunds will be made.
35. An Coimisiún has ruled that from 1st January each year, that no block, en pointe, stationary or moving, be allowed to be performed for all ages up to and including the under 12 age group worldwide. The Under 12 Age Group will be allowed to toe walk from September 1st.
36. Effective from Oct. 23rd 2005, make-up will not be permitted for any dancer in the first two grades up to and including the Under 12 age group worldwide. This rule replaces the previous ruling on this matter.
37. The dress code in accordance with An Coimisiún rules will be strictly observed. For the sake of modesty and in the interest of safety to young people, dancers will not be permitted to walk around the Feis scantily dressed.
38. All Beginners and Primary dancers of all age groups may only wear a class costume, simple dancewear or appropriate attire (skirt and top/blouse, simple dress for girls and ladies, trousers and t-shirt/shirt for boys and gents). For details of approved costume features, please refer to the Costume Rules on [www.clrg.ie](http://www.clrg.ie).
39. All Adult competitions must wear tights.
40. The Feis will run in accordance with the Rules of An Coimisiun le Rinci Gaelacha.

