

# FEIS 101



**How to navigate, survive & succeed at Feiseanna**  
**Brought to you by your:**



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# Overview

- What is a feis?
- Why compete?
- How are feiseanna organized?
  - How do I register for a feis?
  - How to prepare for a feis
  - What to expect at a feis?
- How do I get involved in a feis?
  - What are some tips/tricks?



# What is a feis?

- Feis (pronounced “fesh”) is a Gaelic word meaning Festival
- A feis is an Irish dance, music, and cultural competition
- Feiseanna is plural for feis (“fesh-an-na”)
- A feis is usually put on by a dance school or cultural organization, and is primarily run by volunteers who do everything from securing and organizing the venue, to building stages, staffing each stage, handing out awards, and more.
- A feis will include accredited judges who provide feedback to each dancer, and live musicians for every stage.

## Why compete?

“Children learn from both the positive results and the disappointments. It's nice to win and it is ok to lose as long as we always keep it in perspective.

We hope that you will embrace these competitions and find them to be a useful tool in the development of your dancing” –Trinity Academy

# How are feiseanna organized?

- Dances at a feis are organized by 4 categories
  - **Level of dancing** (first feis, beginner 1, beginner 2, etc.). \*\*Note: Navigating Feis Levels is located on the Trinity Parent Page, and provides further detail. Any questions about which specific level and dance in which your dancer should compete should be directed to your dancer's instructor.
  - **Age** (noted as u\_, as in u6, u7, u8, with the age being the age your dancer is on January 1 of a given year. If a dancer is turning 8 on June 20, 2021, she is a u8 as of January 1, 2021)
  - **Type of dance** (reel, light jig, slip jig, treble jig, hornpipe)
  - **Gender** (typically boys and girls dance separately, but on occasion will be combined)
  - Not every dancer will compete in all dances. They will compete based on their level and their teacher's recommendations.
- Dancers move up levels based on Trinity's Qualification standards, which can be found on the Trinity Parent Page under Quicklinks/Costume Qualifications. See your teacher for questions specific to your dancer.

When you register for a feis online, you will select their registration based on the above information, and it will look like this:

206LJ – Beginner 1, under 6, light jig, girls

256LJ – Beginner 1, under 6, light jig, boys



# How do I register for a feis?

- Each dancer's family is responsible for completing their own registration.
- Registration is completed via Feisworx ([www.feisworx.com](http://www.feisworx.com)) or QuickFeis ([www.quickfeis.com](http://www.quickfeis.com)). Both of these pages can also be reached via the Trinity Parent Page. Both pages offer options to receive emails when new competitions post information. This is the best way to stay informed.
- On both sites, you will follow their directions for creating an account for your family, and listing each dancer. The end of this document includes an appendix that details the Quickfeis site.
- Note: Trinity is in the Mid-America Region (IDTAMA) of the Irish Dance Teachers Association of North America. One other new site that is currently showing available competitions is <https://www.love2feis.com/>. This site lists competitions for all of North America, to assist in planning ahead. Make sure you verify these dates on Quickfeis/Feisworx, as updates may happen there.

We are fortunate to have many opportunities throughout the year to feis locally, or within overnight driving distance. Trinity typically hosts Spring Feis in May in Milwaukee, WI, and Pat Roche/Windy City feiseanna in October in Rosemont, IL. Of course, during our current times, any travel/participation decisions you make should be the best decision for you and your family.

Some feiseanna will cap (sell out). Caps are usually listed on Feisworx/Quickfeis, and on individual syllabi. If you want to reserve your dancer's spot, register and pay early. This point is especially significant now, since many feiseanna have much smaller caps due to venue capacity limits and safety regulations.

Some feiseanna offer Second Chance competitions. Second Chance competitions are exactly that -- a second chance, another opportunity to compete at the same feis on the same day! When registering, simply register for your dancer's normal competitions and then add whichever dances your dancer would like to compete in again later in the feis day. Second Chance competitions will be adjudicated by a different judge and take place after the dancer's initial competitions are completed and results posted.

If your dancer earns a new level during the first round of competitions, you can go to the registration desk and pay a day-of change fee to have your dancer move up, if they are ready to compete in the next level (for example, if they earn a 1st, 2nd, or 3rd in a morning beginner 2 dance with 5 competitors, they can move to Novice for second chance)

## Prepare for a feis

- Each feis publishes a syllabus. It contains the rules for the feis, as well as details such as location address, start times, costume requirements, and safety procedures. It may also include safety waivers that need to be submitted.
- Practice! There are many easy ways to stream practice music at home. It's important to note, your dancer may not hear the same reel at a feis that they hear in class. A dance is done to a category of song at a certain speed, so it's extremely helpful to practice to more than one reel, light jig, etc. Below are the standard speeds used:

	Light Jig	Reel	Slip Jig	Treble Jig	Hornpipe
<b>First Feis</b>	115	122	122		
<b>Beg I</b>	115	122	122		
<b>Beg II</b>	115	122	122	92	138
<b>Novice</b>	115	113	113	73/92*	113/138**
<b>Prizewinner</b>	115	113	113	73/92*	113/138**
<b>PC/OC</b>		113	113	73	113
*Ask your dancer if they dance "fast TJ" or "slow TJ." Fast is speed 92 and slow is speed 73					
**Ask your dancer if they dance "fast HP" or "slow HP." Fast is speed 138 and slow is speed 113.					

- Practice music can be found on the Feis app, which features the music of our own Trinity Instructor Katie Grennan, and can also be searched on Apple Music, Spotify, and other streaming services. You can search by dance and speed (i.e., Reel, 113).
- Have your dancer's costume ready to go, either a school dress/jumper, or black out.

# A Note about Costumes



- The Trinity Parent page contains detailed information about which costumes are worn, by which levels. Follow the link for the Booster Club, then Costumes. This provides a head-to-toe reference for what is worn with each costume. There are also helpful links to vendors, and tutorials, such as shoe tying.
- Additionally, under Quicklinks, follow the link for Costume Qualifications, which provides a detailed description of which costumes are worn at which levels.
- Occasionally, dancers will wear "Black-Out." Black out dress is a simplified way to dress for a competition. Black out is sometimes required for a feis (this would be stated on the syllabus) or can be worn if a dancer has outgrown a costume, or is between costumes. Black out for girls is usually a long- or short-sleeve black leotard, with a black skirt, and for our Men of Trinity, a black button down shirt and black pants.



# What to expect at a Feis?

- Read the syllabus carefully. Ensure you are familiar with the location site, address, etc. Familiarize yourself with COVID precautions, including how many people are allowed to accompany each dancer, and any waivers that may need to be submitted.
- Upon arrival, find the registration table and get your dancer's number. Dancers must wear their number visible for a judge when they are on stage. The back of the number will have the dancer's stage assignments and groups for each dance.
- Typically, there will be a table with yarn and a whole punch. You will use this to tie your dancer's number around their waist (see top picture). It can be helpful to pack extra yarn and pins as a backup.
- Pick up a stage schedule. Most are available online several days before the feis on Quickfeis or Feisworx. Take note of which stage your dancer will be on, and how many dancers and competitions are before your dancer, so you can ensure you arrive with plenty of time.

**Wisconsin Winterfeis 2014 Preliminary Stage Schedule**

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Music
412 (1)	412 (2)	412 (3)	412 (4)	412 (5)	412 (6)	412 (7)
412 (8)	412 (9)	412 (10)	412 (11)	412 (12)	412 (13)	412 (14)
412 (15)	412 (16)	412 (17)	412 (18)	412 (19)	412 (20)	412 (21)
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# What to expect, continued

- Pack a bag with water, snacks, dance shoes (dancers will typically wear gym shoes into and out of the feis), any accessories like socks and sock glue, and some small activities such as cards or coloring.
- Find your dancer's stage and a place to sit during competition.
- Each stage will have a sign denoting the stage number, which competition is currently happening, and which is next.
- When your dancer's competition is next, the dancer will walk up to the stage monitor, who will check their number (which must be attached to their costume) and direct the dancer where to sit or stand, sidestage.



**\*\*This format is often practiced in class prior to an upcoming feis. Stage monitors and drillers help dancers, especially younger and first-time dancers, with where to sit, where to stand, when to dance, and how to exit the stage.**

- Dancers will dance 2-3 at a time. Up through Beginner 2 level, dancers will have a starter at the stage helping them count the music.
- The starter will gently push them out onto the stage when it is their turn to dance.
- When done dancing, they will need to return to the line in the order they stood at the beginning.
- The judge/stage monitor will dismiss them by ringing a bell, and they can leave the stage.
- Dancers should be in "feis mode" the whole time they are on stage (tall posture, smiling, confident, and ready!)
- There are multiple stages lined up next to each other, each with their own stage monitors, adjudicators, and musicians. Your dancer can hear the music!
- It is not uncommon for some dances to be combined. For example, U6 and U7 light jig dances may be combined. For a dance to count toward advancement, there needs to be at least 5 dancers competing.
- Additionally, it is possible for a dance to split into an A and a B group if there are a high number of registrants.

# It's feis day!

- "Camping"
- Live Music
- Lunch Breaks
- Bring snacks / water
- Costumes (school and black out)

See the Trinity Parent Page for a complete list of components for each costume, as well as links to helpful and preferred vendors, including used shoe bins and Trinity Wear. There are also helpful tutorials on shoe tying and wig application!

- **FUN! FUN! FUN!**



# What to Expect at a Feis - Results

- Each feis has a results board where they will post who places in each competition. Since this spot is often a place where lots of people congregate, most feiseanna post their results online (Quickfeis and Feisworx).
- If you do not see your dancer's name/number that means they did not place.
- You may check Feisworx/QuickFeis/ after a feis for all of your dancer's results.
- In the First Feis level, dancers generally get some type of participation award either at registration or side stage.
- Most feiseanna will give medals for a dancer who places in a competition. There will be a results table where the dancer will bring their number, and a volunteer will pull up their results and hand out medals. Ribbons are not included, there is usually a vendor present to sell ribbons, medal holders, and offers engraving services.
- This may be a very emotional part of the day for your dancer.

Prepare your dancer for all possible results – placing and not placing. Remember that your dancer is likely competing against their friends and classmates, and that while they may be celebrating their success a friend may be disappointed. This is a great opportunity to model support and sportsmanship. You know your dancer best and can determine when and how you share results with them. Results are published as scores are collected and tabulated. You do not find out results immediately upon the completion of a dance. Prepare your dancer to be patient.

- Example of what personal results would look like on Feisworx after the feis:

Badger State Feis - 2009			
Badger State Feis - 2009	9	57	Eleanor Kelly
<a href="#">105J</a> Beginner 1 - Girls, Light Jig (U6)	12 (4)	66, 65, 63, 62	cross feet - timing in spots
Badger State Feis - 2009	6	63	Mary Jo Feeney
<a href="#">105R</a> Beginner 1 - Girls, Reel (U6)	10 (4)	68, 67, 66, 65	Time, nice on toes

# How do I get involved in a Feis?

- Watch the Booster Club weekly email for Volunteer Information before the Feis
- There are many jobs that require volunteers at a feis and make the day run smoothly! Be patient and understanding with those running the event, especially now, as volunteers are pivoting to make these events safe and efficient.



# Tips and Tricks

- Set goals that are not result related (i.e., remembering all the steps, finishing strong, cheer for a friend at their First Feis, see the “big kids” on stage)
- Work with your dancer’s teacher/drillers to talk through how the day will go
- Smile!
- Don’t forget shoes!
- There are usually vendors present with extras like socks, laces, etc.
- Dancers should consider wearing a tank top under the costume and bring a pair of shorts/sweat pants that can be worn over spankies when costume is removed.
- Find a spot where your dancer can warm up and run through their steps.



## Overall Reminders

- In general photography is not allowed, refer to feis syllabus.
  - Take as little as possible while still having what you need.
- Trinity teachers (if a Trinity feis) are there to watch dancers on stage, not to run through dances beforehand or to re-teach steps.
- Other Trinity parents or feis volunteers are the best to go-to for questions regarding the feis, the

process, etc.



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## Ready for Competition?

We are constantly polishing material and upgrading material. It is an ongoing process. **Please check with your teacher before registering for a feis to see what dances will be stage ready by that time.**

For the early season feiseanna, some dancers may not be ready to compete all material. Some dancers may dance a combination of new and current material. Please do not enter your child in a dance that they are not ready for. It is important that the dancers be properly prepared for each dance.

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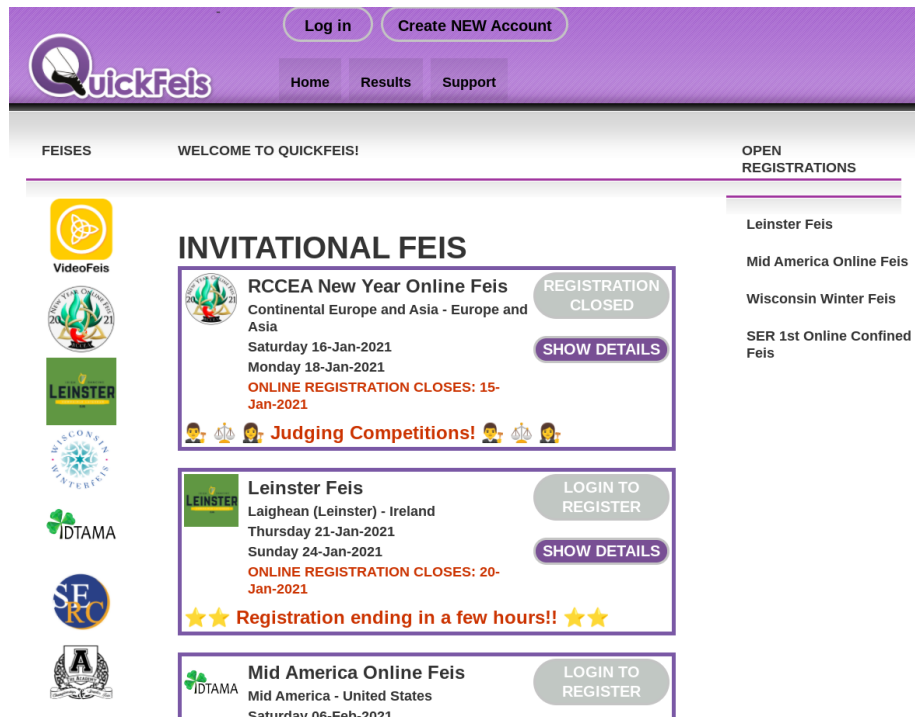
Most Importantly, HAVE FUN!!!





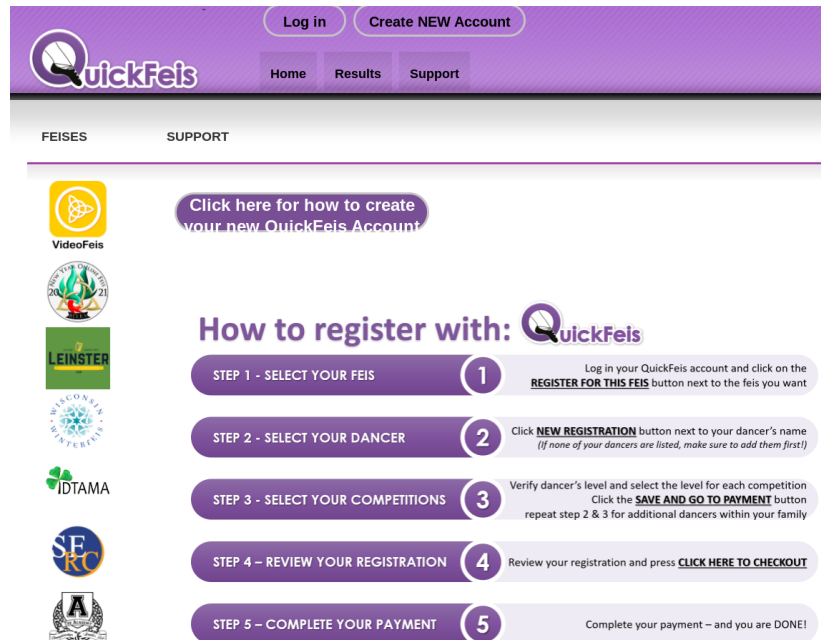
# Appendix: Navigating Quickfeis

Quickfeis: registration and how-tos

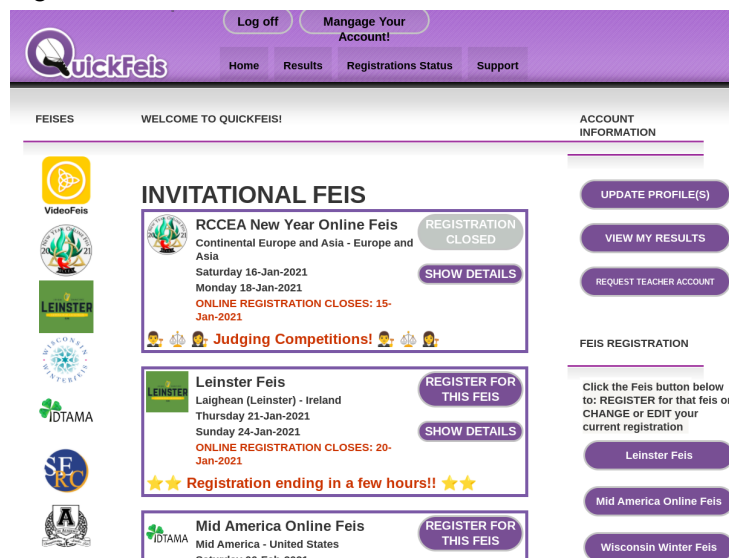


- First, create your account
- The Support tab (pictured below) will walk you through the steps to register for a feis.





- Once you are logged in, you will see the buttons on the right side of the screen available to register for a feis.



- After you click on the feis for which you are registering, confirm your dancer's personal information and feis information:

FEISES DANCER REGISTRATION









Return to Family Registration Summary  
**Mid America**  
**Online Feis 2021**  
Mid America  
**06-07 Feb 2021**  
Saturday - Sunday  
  
Gender: Female  
Birthday:   
School: Trinity Academy



ADD/UPDATE REGISTRATION

**(1) Select your Competition LEVEL:**  
☐ First Feis   ☒ Grades   ☐ Prelim Champ   ☐ Open Champ   ☐ Adult

- Select the dances and levels in which your dancer will compete:

(2) Select your competitions

Solo Dances

	First Feis	Beg 1	Beg 2	Novice	Prizewinner	Prelim Champ	Open Champ	Adult Beg 1 / Beg 2	Adult NV / PW
Light Jig	<input type="radio"/> NONE	<input type="radio"/> 110LJ	<input type="radio"/> 210LJ	<input type="radio"/> 310LJ	<input checked="" type="radio"/> 410LJ				
Reel	<input type="radio"/> NONE	<input type="radio"/> 110RL	<input type="radio"/> 210RL	<input type="radio"/> 310RL	<input checked="" type="radio"/> 410RL	<input type="radio"/> 510RL			
Slip Jig	<input type="radio"/> NONE	<input type="radio"/> 110SJ	<input type="radio"/> 210SJ	<input checked="" type="radio"/> 310SJ	<input type="radio"/> 410SJ	<input type="radio"/> 510SJ			
Treble Jig	<input type="radio"/> NONE			<input type="radio"/> 310TJ	<input checked="" type="radio"/> 410TJ	<input type="radio"/> 510TJ			
Hornpipe	<input checked="" type="radio"/> NONE		<input type="radio"/> 310HP	<input type="radio"/> 410HP	<input type="radio"/> 510HP				
Traditional	<input type="radio"/> NONE			<input checked="" type="radio"/> 410TS	<input type="radio"/> 510TS				
Set St. Patricks	<input checked="" type="radio"/> NONE		<input type="radio"/> 310SP						
Rev Set	<input checked="" type="radio"/> NONE					<input type="radio"/> 610SD			
Dance Preliminary	<input checked="" type="radio"/> NONE					<input type="radio"/> 610PC			
Open	<input checked="" type="radio"/> NONE						<input type="radio"/> 710OC		

The next screen will take you to confirmation and payment.

- Once you register, you can look at information such as how many total dancers are attending, how many are attending from each school, and how many are dancers are in each of your dancer's competitions.
- The screen below can be reached by clicking Registrations Status.

## Wisconsin Winter Feis 2021

06 Feb 2021



Competition	Payment Status	Dancers Paid	Dancers		Potential Total
			Not Paid		
310SJ	PAID	8	0		8
410LJ	PAID	19	0		19
410RL	PAID	29	0		29
410TJ	PAID	29	0		29
410TS	PAID	16	0		16


Competition	Payment Status	Dancers Paid	Dancers		Potential Total
			Not Paid		
408SJ	PAID	8	0		8
408TJ	PAID	7	0		7
408TS	PAID	4	0		4
508RL	PAID	4	0		4

- During the feis, results can be viewed under the results tab. These results will have simple rankings, similar to below.

### Top Feis Results

Select Feis:

Select the Competition that you want to see



Competition	Top Results			
<b>105LJ/106LJ</b> Light Jig (First Feis) Competitors in this Event: 5 Adjudicator(s):  Maire Clerkin	Rank	Card#	Name	School
	1	288	[REDACTED]	Trinity Academy
	2	113	[REDACTED]	Trinity Academy
	3	543	[REDACTED]	Trinity Academy
	3	225	[REDACTED]	Trinity Academy
	4	489	[REDACTED]	Trinity Academy

- After a feis, you can look at your dancer's detailed feis results, including specific comments and feedback, ranking, and points scored. Note, comments at an in person feis are likely to be brief, as the adjudicator is making their notes in real time as the

dancers compete. Notes from the virtual feiseanna have shown to be much more detailed, as adjudicators are viewing each dancer one at a time and at an individual pace.

<div>  <div> <b>Dec -Trinity School 2020</b>  11-12 Dec 2020  Video Feis  Website </div> </div>					
<div>  <b>Trinity Academy</b> </div>					
Competition	Your Rank	Your Score	Additional Adjudicator's Comment	Top 5 Scores	
<b>409RL</b>				<b>Rank</b>	<b>Score</b>
<b>Reel   Novice</b>				1	65.000
<b>Adjudicator:</b> Margaret Cleary	4	63.000	Watch timing - keep up with music. More lift. Improvement Needed On: - timing - higher on toes	2	64.000
<b>Competitors in this Event:</b> 6				3	63.500
				4	63.000
				5	62.000
<b>409LJ/410LJ</b>				<b>Rank</b>	<b>Score</b>
<b>Light Jig   Novice</b>			Good girl, very neat and tidy shoes Lovely presentation and clearly a very confident, well practised young dancer. Nice tip toes and good stage direction Comments I hope will help you practise; - keep crossing knees -keep practising to the music Keep up the great work, lovely smile throughout Improvement Needed On: - timing - cross feet - arms	1	82.000
<b>Adjudicator:</b> Leanne Nelson	6	73.000		2	78.000
<b>Competitors in this Event:</b> 7				3	77.000
				4	76.000
				5	75.000

<div>  <div> <b>Chicago Feis 2019</b>  May 26th-27th 2019  Chicago Gaelic Park  6119 West 147th Street  Oak Forest, IL 60452 </div> </div>					
<div>  <b>Trinity Academy</b> </div>					
Competition	Your Rank	Your Score	Additional Adjudicator's Comment	Top 5 Scores	
<b>942FD</b>				<b>Rank</b>	<b>Score</b>
<b>Figure - 4 Hand   N/A</b>				1	78.000
<b>Adjudicator:</b> James Early	2	74.000		2	74.000
<b>Competitors in this Event:</b> 4				3	72.000
				4	71.000
<b>308RL/358RL</b>				<b>Rank</b>	<b>Score</b>
<b>Reel   Beginner 2</b>			Turn feet out	1	84.000
<b>Adjudicator:</b> Laureen O'Neill James	7	76.000		2	81.000
<b>Competitors in this Event:</b> 21				3	80.000
				4	79.000
				5	78.000
<b>308SJ</b>				<b>Rank</b>	<b>Score</b>
<b>Slip Jig   Beginner 2</b>			cross	1	85.000
<b>Adjudicator:</b> Laureen O'Neill James	12	70.000		2	84.000
<b>Competitors in this Event:</b> 10				3	80.000
				4	79.000
				5	77.000

Feisworx operates in a very similar manner. Both sites have a “contact us” if you need site-specific assistance, and those who run these sites are very responsive.

