



Digital FeisTM

Feis to learn.

www.digitalfeis.co

Version 2019.Jan.31



Digital Feis™

Feis to learn.

1. Read the rules and talk to your teacher.

2. Request your number card on our website.

3. Choose your dances and record your video.

4. Submit them by the next feis deadline.

5. Get feedback and awards in the mail!

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“Thank you again for the thorough and constructive feedback for the dancers... the students benefit tremendously from seeing the comments.”

A HAPPY IRISH DANCING TEACHER

What is Digital Feis™?

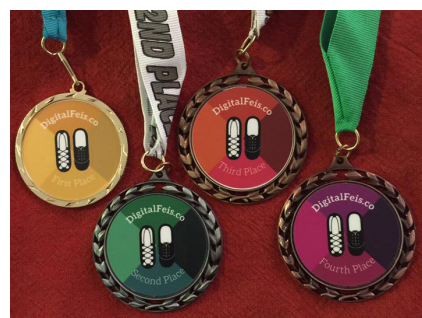
Digital Feis gives Irish dancers thorough feedback, including corrections and encouragement, built into an open platform feis system. Individual scores — not just competitive rankings — allow dancers to move up levels in our system. Utilizing digital feiseanna as an educational system helps dancers understand what is expected of them and how to achieve their goals.

Dancers compete against other dancers from around the world in their age and level categories, and earn medals. Dancers submit videos, most often through their schools, and receive feedback in the form of beautiful PDF documents and, where earned, first through fifth place medals in the mail.

Since 2016, over 200 dancers from over 25 open platform and independent schools have joined our competitions from the United States, Canada, England, the Czech Republic, Germany, Hong Kong, and Japan.

The program is especially appealing because of its ease of access: dancers and teachers can ask questions ahead of time about the process, and teachers can record students in the comfort of their own classroom. Parents love the additional opportunity to get feedback without the financial burden of travel or trendy costumes.

The Digital Feis™ low-pressure atmosphere and ease of entry also appeals to dancers who are hesitant to compete. We give dancers a chance to advance levels without the stress of a full day of unknowns away from home or the studio, which can be invaluable to dancers with anxiety, chronic fatigue, or other diverse needs.



We are also happy to help you host live, in-person feiseanna based on our syllabus.

A letter from the founder

Digital feiseanna is not a new concept. Video assessment for Irish dancing has been done in some fashion for about a decade. Three years after the dissolution of the North American Irish Dance Federation (NAIDF), the loss of distance feiseanna as a full feis system was felt strongly by those who had benefited from the program. Friends in the open platform and independent dance communities spoke to me about their wish that the option still existed. I felt the same way.

I originally certified as a teacher and adjudicator with NAIDF. Sharon Flynn Stidham, NAIDF's Chairperson, had continued the organization's digital feedback program as an independent consulting service. The time had come to develop it back into a full system.

I did some soul searching. What were my values as they related to Irish dancing? What did I value about the video assessment system, and what would it take to make it successful?

I had struggled as a young dancer. I had fun traveling and winning medals. Feiseanna gave me focus and clear goals. However, I felt I was guessing at what adjudicators wanted to see and leaving unsure. I worried that I wasn't valued as an older dancer. I worried that my interest in older steps was fighting against the need to follow competitive trends. I worried about my only ability to advance in dancing being tied to having to beat another dancer, as grade exams were not popular at the time. My family was sinking a significant percentage of our household funds into my hobby. I dealt with stage fright, anxiety attacks and depression, which turned into such an ongoing struggle that I could no longer attend class. I cut my competitive career short out of necessity.

How could I help others dancers like me? My design and technology background are particularly suited to this work. I have developed websites since I was 12, and received my BFA in Graphic Design through a program that also encouraged outside-the-box problem solving. I now work in public libraries, which encourage diversity, inclusivity, expanding technology skills, digital literacy, lifelong education and above all, the right to equal access.

There's a saying: **"Be the person you needed when you were younger."** With Digital Feis™, I know that I can.

Ashley Middleton ADCRG

Digital Feis™ values and commitment

Digital Feis Official Records

2018 February Digital Feis Results

000, Shannon O'Shea — Example School

Beginner Reel — Under 13

9 dancers in this competition

My Total Score

70.0

My Rank

5th Place

Knowledge	Timing	Upper Body	Lower Body	Presentation
14	14	15	13	14

Extend leg more strongly/confidently when pointing. Lift all the way up in back on point-hop-backs. Pay close attention to your feet when you change23 or point-hop-back — they should be one foot in front of the other, don't let them be side-by-side. Good sense of rhythm. Arms can be improved, but they are an acceptable amount of wiggly for a beginner. :)

Dancer does not advance yet.

What Do My Scores Mean?

18-20, Outstanding
I have mastered this category, for this dance, at this level.

15-17, Strong Area
I am accomplished at this; it is one of my strengths.

12-14, Satisfactory
I am doing a good job of learning this, and will keep improving.

7-11, Weak Area
I am having trouble with this right now, but I am looking forward to getting better.

0-6, Incomplete/Inappropriate
Used when a dancer is dancing unsafely, when a dance is not the required length, or the dancer has insisted on competing in an inappropriate level after being warned.

Feiseanna as a learning tool

First and foremost, Digital Feis™ is a learning tool to help dancers improve. We feel expectations for each level should be clear and rules available for all potential participants. Our scoring system is built for feedback.

Adjudicators are not named on scoresheets so dancers focus on comments over personalities ("I need to improve my turnout" instead of "that judge just doesn't like me"), but a list of who judged each competition are available on the website.

Advancing by merit

The Digital Feis™ scoring system is a blend of competition and grade exam. Dancers can advance by a score of 80 or above. This allows us to advance dancers who may be the only dancer in their competition while keeping the standard of dancing high.

Starting in Fall 2018, dancers may also be able to advance by competitive rank.

More information on advancement can be found in the Rulebook and example scoresheets in this packet.

"Best judge comments seen to date, and your performance scale and placements seem very fair!"

A HAPPY MOM

Diversity and inclusion

Digital Feis™ respects that dancers come from a variety of diverse backgrounds. We are dedicated to open platform and welcome dancers from all open organizations as well as independents. We welcome and encourage dancers of all ages, and put adult dancers into their proper age categories (Under 29, 30 & Over, etc) when registration justifies. We have created inclusive costuming guidelines with respect to gender, economic class, race, religion, and personal style. Language used for Digital Feis™ is not gender-specific.

Our levels are built to match the requirements of the greater Irish dancing community in order to give dancers a strong foundation for their professional future, but may remain flexible for dancers with special needs. Video feiseanna open competitions to dancers who need to pace their dancing over the course of many days (spoonie-friendly¹).

We are able to welcome additional styles of Irish step dancing into our system, our first foray being the Festival-style slip jig. We welcome figure dances from multiple books, all traditional sets, and all non-proprietary contemporary set dance tunes.

Digital literacy and technology skills

Our founder began developing websites as a young person in the late 1990s, fascinated by her newfound ability to connect with people around the world. In the 21st Century, this connectivity has only grown stronger. Understanding technology, how it provides opportunities for connection and growth, and how to use it in responsible, positive ways alongside a good judgment is vital to our growth as a global society.

We encourage teachers and dancers to learn how to record a video, assessing resolution, clarity, lighting and sound. Videos can be edited to learn how to place a dancer's number in a corner, or they may be edited for fun post-feis and shared by their teacher on their school's social media. Videos can be submitted with file-sharing or video services such as Dropbox, Google Drive, or YouTube ("unlisted" is recommended for privacy but not required). Videos can be used as a teaching tool so a dancer has a more objective look at their own dancing.

1. Miserandino, Christine. "The Spoon Theory." But You Dont Look Sick? Support for Those with Invisible Illness or Chronic Illness, 26 Apr. 2013. butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/

DIGITAL LITERACY

Information evaluation

Have I read about who runs Digital Feis™? What is their background?
Do others I respect trust them?
What's my risk in trying it out?

Assessing privacy level

Who am I sharing this with?
Do I trust them? Do I want to share this with everyone, or just the adjudicators?

Platform choice

Am I more comfortable using Dropbox, Google Drive, OneDrive, YouTube, or another service? Why or why not? What protections do they offer?

Using good judgment

What risks do I take making my YouTube videos public vs. unlisted? If public, am I sharing too much identifying information? Do I have permission from my teacher to make my videos public?

TECHNOLOGY SKILLS

Mouse, keyboard

Using a Web browser

Downloading, uploading

Recording quality video (lighting, audio, framing)

Transferring files

Naming, organizing files

Interacting with PDFs

Using file- or video-sharing services

Developing a personal or school archive to track dancing progress

Meet the Head Adjudicators

Digital Feis™ is an independent open platform feis system. Adjudicators are currently independent of any Irish dancing organization, but have been trained in and worked with many high-standard organizations throughout their careers.

Ashley Middleton ADCRG

OWNER AND HEAD ADJUDICATOR

Known for her welcoming, friendly style, Ashley has adjudicated local competitions and National Championships in the United States and Canada. She certified as an instructor and adjudicator through the North American Irish Dance Federation. After a competitive career which included teams at the Oireachtas, she ran the Triallta Irish Dance Company for almost ten years.

Ashley ran *Diochra.com: Irish Dancing Online* for thirteen years, including the popular Irish dance trivia game Webfeis. She's trained primarily in the modern CLRG style, but also attends workshops run by CRN and FDTA (Festival) trainers. Historical styles, sean-nós, social céilí — it's all a joy. She loves seeing dancers of all ages and abilities succeed by achieving the goals they've set for themselves.



Sharon Flynn Stidham ADCRG

HEAD ADJUDICATOR, PHD CANDIDATE

Sharon has traveled throughout the United States and Europe judging open platform competitions and championships, running workshops, and creating opportunities for Irish dancers and instructors to perfect their craft. Sharon won numerous local, regional and national championships during her competitive career, qualified regularly for the World Championships, and performed at Carnegie Hall while under the tutelage of the McNiff family.

Sharon taught Irish step, Céilí and sean-nós through the Achill Academy of Irish Dance for over ten years, guiding students to reach their own goals, and proudly brought dancers to open platform North American, European and World Championships. She was a local, National, and World-level ADCRG for the North American Irish Dance Federation (NAIDF) and the World Irish Dance Association (WIDA).

A former mathematics teacher and University professor, Sharon is a Ph.D. Candidate in the Instructional Design and Technology program at the Virginia Polytechnic Institute and State University.



Digital Feis™ Levels

Because we are dedicated to the open platform community, our goals are to meet greater community standards and to remove barriers to entry for anyone who wishes to participate.

The following chart shows Digital Feis™ level relative equivalencies to other open platform organizations. Standards may not match exactly.

DigitalFeis.co	CRN	RTN	CRDM	WIDA, CRG, OPIDF
Beginner	Bun Grad	Beginner	Beginner A	Beginner
Primary	Ullmhúchán Grad	Intermediate	Beginner B	Primary
Novice	Meán Grad	Novice	Intermediate	Intermediate
Prizewinner	Árd Grad	Prizewinner		
Champion	Croabh Grad	Preliminary	Preliminary	Open
		Champion	Open	

Dances for Each Level

Beginner	Primary	Novice	Prizewinner	Champion
Reel	Reel	Reel	Reel	Reel
Light Jig	Light Jig	Light Jig	Light Jig	
Single Jig	Single Jig	Single Jig	Single Jig	
Slip Jig	Slip Jig	Slip Jig	Slip Jig	Slip Jig
Treble Jig	Treble Jig	Treble Jig	Treble Jig	Treble Jig
Hornpipe	Hornpipe	Hornpipe	Hornpipe	Hornpipe
Traditional Sets	Traditional Sets	Traditional Sets	Traditional Sets	Traditional Sets
	Treble Reel	Treble Reel	Treble Reel	Treble Reel

“My dancers can’t stop mentioning how positive your scoring system is!”

ANOTHER HAPPY TEACHER

Digital Feis™ Scoring System

Because we are dedicated to the open platform community, our goals are to meet greater community standards and to remove barriers to entry for anyone who wishes to participate.

The following chart shows Digital Feis™ level relative equivalencies to other open platform organizations. Standards may not match exactly.

Scoring Categories

Dancers are assessed in five categories. While requirements for each category increases in difficulty with each level, the overall system remains the same.



Advancing by the Numbers

Each of the five categories will be scored 0–20, totaling up to 100. A dancer's goal is at least an 80 (or about 16 in each category) to move up to the next level in that dance. The first job of an adjudicator is to decide whether or not a dancer is ready for the next level. Then, they explain why through their scores and comments.

- **18–20, Outstanding.** I have mastered this category, for this dance, at this level.
- **15–17, Strong Area.** I am accomplished at this; it is one of my strengths.
- **12–14, Satisfactory.** I am doing a good job of learning this, and will keep improving.
- **7–11, Weak Area.** I am having trouble with this right now, but I am looking forward to improving.
- **0–6, Incomplete or inappropriate.** Used when a dancer is dancing unsafely (tie your shoes!), when a dance is not the required length, or the dancer has insisted on competing in an inappropriate level after being warned.

Mandatory Advancement: It is mandatory to advance a dance to the next level once a competitor earns high enough scores to do so. Dancers may not remain at the same level once placing out.

Live Feiseanna: Dancers who have advanced levels at other feiseanna or féile may move up a level with teacher's permission. Dancers should be well-prepared to compete in this higher level; once approved, dancers may not move back down a level.

Advancing by Competitive Ranking

- **First Place:** Beginner, Primary, and Novice dancers must have 7 dancers in a competition to advance with a first place.
- **Second Place:** Beginner, Primary, and Novice dancers must have 10 dancers in a competition to advance with a second place.
- **Third Place:** Beginner, Primary, and Novice dancers must have 15 dancers in a competition to advance with a third place.

Getting to Champion

By Score: Dancers must earn a score of 80 in two soft shoe dances of contrasting rhythms, two hardshoe dances, and one traditional set at the Prizewinner level in order to advance to Champion.

By Competitive Ranking: must earn a first place in the following dances in order to advance to Champion, which must have at least 7 dancers in them: two soft shoe dances of contrasting rhythms, two hardshoe dances, and one traditional set.

Digital Feis™ Rubrics: Beginner



Knowledge

- Completion of both steps; completion of both feet of both steps; ended both feet correctly of both steps.
- Knowledge of rules and safety. No shoes are untied, costume is secure. Choreography is appropriate for the level. Video rules have been followed.
- How dancer gets through movements and their technical skills, puts weight on the front and back feet correctly, executing steps and movements correctly.
- No differential awarded for difficulty unless movement is executed at an above level ability (e.g., rocks, twists, etc).



Timing

- Dancer is mostly in time with the music.
- The dancer's movements make sense in terms of the music.



Upper Body

- Posture is balanced and arms are steady (mostly — control not yet expected).
- Some twisting may happen, but dancer is showing signs of control.
- Shoulders are back and mostly even (dipping expected).
- Head mostly front and level; dancer is trying not to look at floor or other dancers.



Lower Body

- Includes balance, one foot in front of the other.
- For Beginners, crossover and turnout are developing skills, and are not expected to be mastered in any way. Some turn in (pigeon toed) is expected.
- Somewhat up on toes, cuts to hip or near, legs controlled on lifts, some pointing in lifts and cuts. Heels are off the floor at least half of the time.



Presentation

- Confidence, presence, showmanship and sportsmanlike conduct. Smiling (or at least not horrified).
- Stage usage is appropriate for a Beginner (lead-around is circular; lines are clear).
- Appearance includes but is not limited to: hair neat and back from face, socks pulled up, tights pulled up, shoes staying on, costume fits well, shoes polished, all attire clean.

Digital Feis™ Rubrics: Primary



Knowledge

- Completion of both steps; completion of both feet of both steps; ended both feet correctly of both steps.
- Knowledge of rules and safety. No shoes are untied, costume is secure. Choreography is appropriate for the level. Video rules have been followed.
- How dancer gets through movements and their technical skills, puts weight on the front and back feet correctly, executing steps and movements correctly.
- No differential awarded for difficulty unless movement is executed at an above level ability (e.g., rocks, twists, etc).



Timing

- Dancer is almost always in time with the music. The dancer's movements make sense in terms of the music.
- Dancing hits all beats of the music; sound is clear in hardshoe.



Upper Body

- Posture is balanced and arms are fairly steady (control is now expected). Torso is not twisting. Body, nose, hips are pointed in the same direction at all times.
- Shoulders are back and mostly even (very little dipping expected).
- Head is front and level; dancer is trying not to look at floor. Dancer does not look at other dancers while dancing.



Lower Body

- Includes balance, one foot in front of the other. Working legs should be tucked all the way up in skips, leaps (unless physically impossible for the dancer).
- For Primary, crossover and turnout are developing skills. Though not expected to be mastered in any way, there should be signs that a dancer is developing turnout. Little to no turn in (pigeon toed) is expected. Dancer shows signs of understanding crossover.
- Up on toes (height may not yet be consistent), toes are pointed in lifts and cuts, and when foot is lifted from floor. Heels are off the floor at all times.
- Cuts are to hip, legs are controlled and in proper position on lifts, no twisting of hips on lifts or moves. Dancer hops (foot comes off floor) during hops, lifts, and other appropriate movements. Points do not slap, brush, or break at the ankle.



Presentation

- Confidence, presence, showmanship and sportsmanlike conduct. Smiling (or at least not horrified).
- Dancers are beginning to explore more of the stage.
- Appearance includes but is not limited to: hair neat and back from face, socks pulled up, tights pulled up, shoes staying on, costume fits well, shoes polished, all attire clean.

Digital Feis™ Rubrics: Novice



Knowledge

- Completion of both steps; completion of both feet of both steps; ended both feet correctly of both steps.
- Knowledge of rules and safety. No shoes are untied, costume is secure. Choreography is appropriate for the level. Video rules have been followed.
- How dancer gets through movements and their technical skills, puts weight on the front and back feet correctly, executing steps and movements correctly.
- Differential may be awarded for difficulty; points must be taken off for technique if difficult movements are executed incorrectly or poorly.



Timing

- Dancer is fluid, and the steps flow from them, effortlessly, with the music.
- Dancer is dancing with, not against, the music.
- In hardshoe, every beat of every step is articulated. Sounds are consistent with few missing.



Upper Body

- Posture is balanced and arms are steady. Arms are relaxed, natural, motionless; held back of the midline.
- Shoulders are back and even. Head is front and level; body, nose, hips are pointed in the same direction at all times.



Lower Body

- Balance is effortless. Dancer always keeps one foot in front of the other.
- Dancer is consistently up on toes. Dancer understands crossover. Though not necessarily mastered, a dancer's turnout is nearly consistent.
- Consistent pointing in lifts and cuts. Cuts are to hip, legs controlled on lifts. Heels are off the floor. When bringing the foot from the back to the front, the working leg is neatly tucked under (unless physically impossible or not part of the choreography) with the toe pointed. Points are sharp.
- Foot clearly comes off ground in leaps, hops, and lifts – without returning to ground flatfooted. Legs and feet are together and remain so during rocks.



Presentation

- Confidence, presence, showmanship and sportsmanlike conduct. Smiling (or at least not horrified). Dancers are fluid, confident and fairly poised.
- Dancer utilizes most of the stage.
- Appearance includes but is not limited to: hair neat and back from face, socks pulled up, tights pulled up, shoes staying on, costume fits well, shoes polished, all attire clean.

Digital Feis™ Rubrics: Prizewinner



Knowledge

- Completion of both steps; completion of both feet of both steps; ended both feet correctly of both steps.
- Knowledge of rules and safety. No shoes are untied, costume is secure. Choreography is appropriate for the level. Video rules have been followed.
- How dancer gets through movements and their technical skills, puts weight on the front and back feet correctly, executing steps and movements correctly.
- Differential may be awarded for difficulty; points must be taken off for technique if difficult movements are executed incorrectly or poorly.



Timing

- Dancer is fluid, and the steps flow from them, effortlessly, with the music.
- Dancer is dancing with, not against, the music.
- Every beat of every step is articulated. Every beat in every treble is audible, smooth and flows with the music. Very few, if any, missing sounds.



Upper Body

- Posture is balanced and arms are steady. Arms are relaxed, natural, motionless; held back of the midline. Core is strong.
- Shoulders are back and even. Head is front and level; body, nose, hips are pointed in the same direction at all times.



Lower Body

- Placement, turnout and crossover must be consistent and excellent. Balance is effortless. Dancer is up on toes. Toes are pointed whenever foot is lifted, unless clearly part of the choreography.
- Consistent pointing in lifts and cuts. Cuts are to hip, legs controlled on lifts. Heels never drop unless part of the choreography. Points are sharp, movements are flawless and effortless.
- Foot clearly comes off ground in leaps, hops, and lifts – without returning to ground flatfooted. Legs and feet are together and remain so during rocks.



Presentation

- Dancers are fluid, confident and poised, sparkling onstage. Dancers capture the eye and dominate the stage visually while continuing to exhibit good sportsmanship and respect for their fellow dancers.
- Dancer utilizes the stage.
- Appearance includes but is not limited to: hair neat and back from face, socks pulled up, tights pulled up, shoes staying on, costume fits well, shoes polished, all attire clean.

Digital Feis™ Rubrics: **Champion**



Knowledge

- Completion of both steps; completion of both feet of both steps; ended both feet correctly of both steps.
- Knowledge of rules and safety. No shoes are untied, costume is secure. Choreography is appropriate for the level. Video rules have been followed.
- How dancer gets through movements and their technical skills, puts weight on the front and back feet correctly, executing steps and movements correctly.
- Differential may be awarded for difficulty; points must be taken off for technique if difficult movements are executed incorrectly or poorly.
- Dancer is ready to move to the professional level.



Timing

- Dancer's timing is flawless; dancer hits every beat of every step. Dancer enhances music with steps. Dancer is fluid and part of the music and choreography.
- Every beat of every step is articulated. Every beat in every treble is audible, smooth and flows with the music.



Upper Body

- Posture is balanced and arms are steady. Arms are relaxed, natural, motionless; held back of the midline. Core is strong.
- Shoulders are back and even. Head is front and level; body, nose, hips are pointed in the same direction at all times.



Lower Body

- Placement, turnout and crossover must be consistent and excellent. Balance is effortless. Dancer is up on toes. Toes are pointed whenever foot is lifted, unless clearly part of the choreography.
- Consistent pointing in lifts and cuts. Cuts are to hip, legs controlled on lifts. Heels never drop unless part of the choreography. Points are sharp. Movements are polished, flawless and effortless.
- Foot clearly comes off ground in leaps, hops, and lifts – without returning to ground flatfooted. Legs and feet are together and remain so during rocks.



Presentation

- Dancers are fluid, confident and poised, sparkling onstage. Dancers capture the eye and dominate the stage visually while continuing to exhibit good sportsmanship and respect for their fellow dancers.
- Dancer utilizes the stage.
- Appearance includes but is not limited to: hair neat and back from face, socks pulled up, tights pulled up, shoes staying on, costume fits well, shoes polished, all attire clean.

2018 February Digital Feis Results

000, Shannon O'Shea — Example School

Beginner Reel — Under 13

9 dancers in this competition

My Total Score

70.0

My Rank

5th Place

Knowledge

14

Timing

14

Upper Body

15

Lower Body

13

Presentation

14

Extend leg more strongly/confidently when pointing. Lift all the way up in back on point-hop-backs. Pay close attention to your feet when you change23 or point-hop-back — they should be one foot in front of the other, don't let them be side-by-side. Good sense of rhythm. Arms can be improved, but they are an acceptable amount of wiggly for a beginner. :)

Dancer does not advance yet.

What Do My Scores Mean?

18-20, Outstanding

I have mastered this category, for this dance, at this level.

15-17, Strong Area

I am accomplished at this; it is one of my strengths.

12-14, Satisfactory

I am doing a good job of learning this, and will keep improving.

7-11, Weak Area

I am having trouble with this right now, but I am looking forward to getting better.

0-6, Incomplete/Inappropriate

Used when a dancer is dancing unsafely, when a dance is not the required length, or the dancer has insisted on competing in an inappropriate level after being warned.

Participating in Digital Feis™

Here's a breakdown of how to participate in a Digital Feis.

- 1. Read this packet.** You're doing a great job so far! You will also want to browse through the website and look through our Results videos.
- 2. Talk to your teacher.** If you are a dancer who found Digital Feis first, please talk to your teacher. Though we are open platform and accept everyone, you might belong to an organization that only wants you to compete with them.
- 3. Request your number card on our website.** Your teacher might do this, or have you do so. Please note that we strongly prefer to send all medals for a dancing school to the teacher. This helps us keep our costs down. You'll get an email from us with your Official Record PDF attached within 48 hours.
- 4. Decide what level(s) you are in for each dance.** Use the Levels comparison page and the Rubrics.
- 5. Record your video.** Make sure you are in a safe place to dance, that the sound is good, and the quality of the video can show detail. A smartphone works well (horizontal video, please). We recommend using a tripod.
- 6. Submit them by the next feis deadline.** You can see our schedule on the website. The Current Feis page will give you a breakdown of when judging begins and when results will be out. Your teacher might submit your videos as a school, or request that you send them in yourself. It takes a lot of time to get everyone organized, so some teachers may charge a small administration fee to submit your videos for you. If you don't want medals, you can get a discount.
- 7. Get your results — and keep improving!** View the Results video, read your scoresheet carefully, and keep moving forward. Every feis is a time for reflection and goal-setting. If you didn't make your goal this time, make a plan to improve at the next feis. Sometimes the improvements we need to make take a long time; you might feel discouraged, and that's okay. Keep going, and celebrate all of the small improvements along the way. We're rooting for you.

Example School of Irish Dance

Shannon O'Shea, 000

Age 14 as of January 1 for the 2019 Season (Born March 17, 2004)

Current Levels**Reel**

Primary

Light Jig

Novice

Single Jig

Beginner

Slip Jig

Primary

Treble Jig

Beginner

Hornpipe

Beginner

Traditional Set

Beginner

Treble Reel

Beginner

Dances marked "Prizewinner Done" have earned their 80s towards Champion. If your dance is (Unknown), you may email this information to hello@digitalfeis.co, or wait until you enter your next Digital Feis. If you have advanced at a live feis and your Digital Feis levels are no longer correct, please email hello@digitalfeis.co.

Last Digital Feis:

2019 01-January

Mail awards to:

Example School of Irish Dance
317 Patrick St.
Chicago, IL
00000 USA

Primary email contact:

Mum O'Shea-Patcholski (Parent or
Guardian)
thedancingclan@exampleemail.com

Print this page on cardstock. Cut off beneath this line for your number card. Pin to costume or punch holes in top corners for ribbon or yarn ties for waist.

Digital Feis

Shannon O'Shea, Example School of Irish Dance

000

Number: _____ Age: _____ Next Digital Feis: _____

Dances to enter:

Beginner	Primary	Novice	Prizewinner	Champion
<input type="checkbox"/> Reel	<input type="checkbox"/> Reel	<input type="checkbox"/> Reel	<input type="checkbox"/> Reel	<input type="checkbox"/> Reel
<input type="checkbox"/> Light Jig	<input type="checkbox"/> Light Jig	<input type="checkbox"/> Light Jig	<input type="checkbox"/> Light Jig	
<input type="checkbox"/> Single Jig	<input type="checkbox"/> Single Jig	<input type="checkbox"/> Single Jig	<input type="checkbox"/> Single Jig	
<input type="checkbox"/> Slip Jig	<input type="checkbox"/> Slip Jig	<input type="checkbox"/> Slip Jig	<input type="checkbox"/> Slip Jig	<input type="checkbox"/> Slip Jig
<input type="checkbox"/> Treble Jig	<input type="checkbox"/> Treble Jig	<input type="checkbox"/> Treble Jig	<input type="checkbox"/> Treble Jig	<input type="checkbox"/> Treble Jig
<input type="checkbox"/> Hornpipe	<input type="checkbox"/> Hornpipe	<input type="checkbox"/> Hornpipe	<input type="checkbox"/> Hornpipe	<input type="checkbox"/> Hornpipe
<input type="checkbox"/> Trad. Sets	<input type="checkbox"/> Trad. Sets	<input type="checkbox"/> Trad. Sets	<input type="checkbox"/> Trad. Sets	<input type="checkbox"/> Trad. Sets
	<input type="checkbox"/> Treble Reel	<input type="checkbox"/> Treble Reel	<input type="checkbox"/> Treble Reel	<input type="checkbox"/> Treble Reel

Teacher's Initials: _____

Number: _____ Age: _____ Next Digital Feis: _____

Dances to enter:

Beginner	Primary	Novice	Prizewinner	Champion
<input type="checkbox"/> Reel	<input type="checkbox"/> Reel	<input type="checkbox"/> Reel	<input type="checkbox"/> Reel	<input type="checkbox"/> Reel
<input type="checkbox"/> Light Jig	<input type="checkbox"/> Light Jig	<input type="checkbox"/> Light Jig	<input type="checkbox"/> Light Jig	
<input type="checkbox"/> Single Jig	<input type="checkbox"/> Single Jig	<input type="checkbox"/> Single Jig	<input type="checkbox"/> Single Jig	
<input type="checkbox"/> Slip Jig	<input type="checkbox"/> Slip Jig	<input type="checkbox"/> Slip Jig	<input type="checkbox"/> Slip Jig	<input type="checkbox"/> Slip Jig
<input type="checkbox"/> Treble Jig	<input type="checkbox"/> Treble Jig	<input type="checkbox"/> Treble Jig	<input type="checkbox"/> Treble Jig	<input type="checkbox"/> Treble Jig
<input type="checkbox"/> Hornpipe	<input type="checkbox"/> Hornpipe	<input type="checkbox"/> Hornpipe	<input type="checkbox"/> Hornpipe	<input type="checkbox"/> Hornpipe
<input type="checkbox"/> Trad. Sets	<input type="checkbox"/> Trad. Sets	<input type="checkbox"/> Trad. Sets	<input type="checkbox"/> Trad. Sets	<input type="checkbox"/> Trad. Sets
	<input type="checkbox"/> Treble Reel	<input type="checkbox"/> Treble Reel	<input type="checkbox"/> Treble Reel	<input type="checkbox"/> Treble Reel

Teacher's Initials: _____

Digital Feis™ Rulebook

The following rules were in effect on January 30, 2019. The full and most up-to-date Rulebook will always be on our website at www.digitalfeis.co/rulebook. The website outranks any print version.

- Participation & Privacy
- Adjudication
- Age Categories
- Solo Levels & Advancement
- Dance Requirements
- Team & Freestyle Dances
- Dress Code & Appropriate Attire
- Video Rules

Participation & Privacy

- **Open Platform:** Digital Feis is open platform and therefore open to all interested dancers no matter their organizational affiliation. Digital Feis is not responsible or liable for dancers entering events not approved by their governing body.
- Dancers must only participate with the knowledge and permission of their teachers.
- **Privacy & Protection of Minors:** Competitive rankings will be shared publicly on our website and social media, with dancer's number, school, and country in a post-feis wrap-up video. No names, scores, or comments will be shared. If permission is not granted, a ranked dancer will be marked as [Privacy Requested].
- Digital Feis does not require dancers to serve a formally defined suspension upon leaving or transferring to another Irish dance school. The resumption of competition is at the discretion of their new teacher and their new school's organizational affiliation.
- Digital Feis or any other organizations affiliated with the same will not be held responsible for personal injury, property loss or damage. Submitting an entry implies agreement to this policy.

Adjudication

- All head adjudicators must have formal certifications from a recognized Irish dancing organization.
- All adjudicators who also teach may not judge their own students, and will only be assigned competitions with dancers who are not in their school, who have not attended their school for six months, or who have not attended a workshop given by them in the past six months.
- Championship dancers will be judged by a minimum of two adjudicators. Scores will be an average of all adjudicators' scores.
- In matters pertaining to dance, including level placement, the adjudicator's decision is final.

Age Categories

- Digital Feis welcomes dancers of all ages.
- Age groups are determined by age as of January 1st of the current year.
- The adjudication team has the right to adjust age groups based on number of entries into each competition for the dancers' benefit. Standard age groups are Under 10, Under 13, Under 17, Under 21, Under 30, and 30 & Over.

Solo Levels & Advancement

Structure of Levels

- Levels are Beginner, Primary, Novice, Prizewinner, and Championship. All levels are open to all ages.
- Dancers should enter the Digital Feis level that is most comparable to the level they compete in within their own organization. Independent dancers should choose the level they compete in most regularly. If dancers are uncertain about what constitutes their appropriate level, then they should consult their teacher or the Digital Feis™ adjudication team for an accurate assessment.
- If a dancer or teacher decides their level and it's evident during scoring that they should be placed lower or higher, it will be at the discretion of Digital Feis to place the dancer appropriately. If a dancer or their teacher insists on registering for a level clearly above or below the dancer's actual standard after being warned not to do so, the dancer will be given all zeros and disqualified. Participation is at their own risk, as Digital Feis's decisions are final, and fees will not be refunded due to this disqualification.
- If a dancer leaves competition for longer than two calendar years, then they may enter only one level lower than when they left. For those dancers who feel they should be competing at a higher level, a video of the dancer can be submitted to DigitalFeis.co for evaluation of correct placement.

Scoring

- Dancers earn assessment scores out of 100; scores are used to advance levels.
- Dancers are first assessed in Knowledge, Timing, Lower Body Technique, Upper Body Technique, and Presentation.
- Dancers are given a score out of 20 in each category.
 - **18-20, Outstanding.** I have mastered this category, for this dance, at this level.
 - **15-17, Strong Area.** I am accomplished at this; it is one of my strengths.
 - **12-14, Satisfactory.** I am doing a good job of learning this, and will keep improving.
 - **7-11, Weak Area.** I am having trouble with this right now, but I am looking forward to getting better.
 - **0-6, Incomplete or inappropriate.** Used when a dancer is dancing unsafely, when a dance is not the required length, or the dancer has insisted on competing in an inappropriate level after being warned.

Advancement

There are two ways to advance in Digital Feis: by score and by ranking. Teachers and dancers may choose to advance a dancer in the way that most benefits the dancer's progress and education. We highly recommend but do not require a dancer to advance by score. Advancement by ranking is based on a balance of the requirements from research into all open platform organizations.

By Score

- Beginner, Primary, and Novice dancers must earn a score of 80 in a dance for that dance to advance a level. (For example, if you get an 80 in your Beginner reel, your reel is now in Primary. If you get an 84 in your Novice treble jig, your treble jig is now in Prizewinner.)
- Prizewinner dancers must earn a score of 80 in two soft shoe dances of contrasting rhythms, two hardshoe dances, and one traditional set in order to advance to Championship.
- Championship dancers demonstrate Mastery by achieving an average score of 90 or higher in 6 dances; one traditional set and one contemporary set are required.

By Ranking

- First Place: Beginner, Primary, and Novice dancers must have 7 dancers in a competition to advance with a first place.
- Second Place: Beginner, Primary, and Novice dancers must have 10 dancers in a competition to advance with a second place.
- Third Place: Beginner, Primary, and Novice dancers must have 15 dancers in a competition to advance with a third place.
- Prizewinner dancers must earn a first place in the following dances in order to advance to Champion, which must have at least 7 dancers in them: two soft shoe dances of contrasting rhythms, two hardshoe dances, and one traditional set.

It is mandatory to advance a dance to the next level once a competitor earns high enough scores to do so. Dancers may not remain at the same level once placing out.

Dancers who have advanced levels at live feiseanna may move up a Digital Feis level with teacher's permission. Dancers should be well-prepared to compete in this higher level; once approved, dancers may not move back down a level.

Dance Requirements

- Competitors may dance any number and any type of dances within their level, according to the following list.
 - **Beginner:** Reel, Light Jig, Single Jig, Slip Jig, Treble Jig, Hornpipe
 - **Primary:** Reel, Light Jig, Single Jig, Slip Jig, Treble Jig, Hornpipe, Traditional Sets (St. Patrick's Day, The Blackbird)
 - **Novice:** Reel, Light Jig, Single Jig, Slip Jig, Slow Slip Jig, Treble Jig, Hornpipe, Traditional Sets (St. Patrick's Day, The Blackbird, Jockey to the Fair, Job of Journeywork, Garden of Daisies)
 - **Prizewinner:** Reel, Slip Jig, Single Jig, Treble Jig, Hornpipe, Traditional Sets (Jockey to the Fair, Job of Journeywork, Garden of Daisies, White Blanket, Three Sea Captains, King of the Fairies, The Hunt, The Humours of Bandon)
 - **Championship:** Reel, Slip Jig, Treble Jig, Hornpipe, Traditional Sets (White Blanket, Three Sea Captains, King of the Fairies, The Hunt, The Humours of Bandon), Contemporary Set

- Dancers who have transferred to a new school are not permitted to dance their previous teacher's choreography, excluding traditional sets. Doing so will result in disqualification and a potential suspension from competition to be determined by the adjudication team.
- Toe stands are not permitted under Prizewinner and may not be performed by any dancer under 13 at any level.
- Dancers are subject to the following requirements concerning standard dance lengths. If a dancer stops and does not perform to the dance length requirement, they will receive an incomplete. If a dancer dances longer than the required bars, only the required bars will be judged.
 - **Beginner:** 32 bars
 - **Primary:** 32 bars
 - **Novice:** 32 bars
 - **Prizewinner:** 32 bars
 - **Championship:** 48 bars for reel and treble jig; 40 bars for slip jig and hornpipe
 - **Traditional Sets:** Dancers must dance the first step on both the right and left foot, and the first set on the right foot only (right and left is accepted from teachers whose organizations dance both, but in fairness only right foot will be judged).
 - **Non-Traditional Sets:** Dancers will dance the first step on both the right and left foot, and the first set on the right foot only, unless specified differently for a feis or Championship.

Dance Tempos

Tempos, counted in Beats Per Minute (BPM), should be as follows. Speeds in parentheses are preferred.

DANCES	BEGINNER	PRIMARY	NOVICE	PRIZEWINNER	CHAMPION
Reel	112-124	112-122	112-116	112-116 (113)	112-116 (113)
Light Jig	112-116	112-116	112-116	—	—
Single Jig	116-124	116-124	116-124	116-120	—
Slip Jig	112-124	112-124	112-116	112-116 (113)	112-116 (113)
Slow Slip Jig	—	—	80-90	80-90	80-90
Treble Jig	85-96	85-96	72-96	72-76 (73)	72-76 (73)
Hornpipe	138-144	120-144	112-144	112-115 (113)	112-116 (113)
Treble Reel	—	115-120	115-120	115-120	115-120

Traditional Set Dances

Traditional set speeds are the following:

- The Blackbird — 144
- The Garden of Daisies — 138
- The Hunt — 125
- The Job of Journeywork — 138
- Jockey to the Fair — 92
- King of the Fairies — 124
- Saint Patrick's Day — 92
- The Three Sea Captains — 92
- The White Blanket — 124

Digital Feis accepts the following traditional sets for each level:

- **Beginner & Primary:** St Patrick's Day, The Blackbird
- **Novice:** St Patrick's Day, The Blackbird, Job of Journeywork, Jockey to the Fair, Garden of Daisies
- **Prizewinner:** Garden of Daisies, Jockey to the Fair, Job of Journeywork, White Blanket, Three Sea Captains, King of the Fairies, The Hunt, The Humours of Bandon
- **Champion:** King of the Fairies, The White Blanket, The Three Sea Captains, The Hunt, The Humours of Bandon

Contemporary Set Dances

This list is not exhaustive. Digital Feis accepts all other organizations' non-proprietary set dances. Set dances are traditional Irish tunes whose set (second or "B" part) that has more than the usual 8 bars—often 12, 14, 15, or 16. Steps (the first or "A" part) may have 8 bars or might also have an unusual number of bars, such as 6 or 15.

TREBLE JIGS

The Blackthorn Stick

The Deep Green Pool

The Donegal Rambler

Down the Hill

Drunken Gauger/Funny Tailor

Fiddler 'Round the Fairy Tree

Humours of Bandon

The Hurling Boys

Hurry the Jug

Is the Big Man Within? (9/8, 6/8)

Miss Brown's Fancy

The Orange Rogue

Planxty Drury

Planxty Hugh O'Donnell

Planxty Irwin

Rub the Bag

The Seafarer

The Storyteller

The Wandering Musician

HORNPIPES

Ace & Deuce of Piping

The Battle of Arklow

The Blue Eyed Rascal

The Bold Deserter

Bonaparte's Retreat

The Cattle Jobber

The Downfall of Paris

The Four Masters

The Galtee Hunt

Kilkenny Races

The Little Heather/Heathy Hill

The Lodge Road

Madame Bonaparte

O'Carolan's Concerto

The Piper thro' the
Meadow Straying

Planxty Davis

The Princess Royal

The Rambling Rake

Rodney's Glory

The Roving Peddler

Woods' Lamentation

Youghal Harbour

Team & Freestyle Dances

- Two-Hand and Three-Hand Figures must be between 48 and 64 bars in length, must contain traditional Céilí elements, and must be danced to traditional Irish music.
- Two-hand figure, three-hand figure, four-hand Céilí, six-hand Céilí, eight-hand Céilí, solo freestyle, group freestyle, and dance drama categories will be minimally broken into the following age groups: Under 13, Under 18, and 18 and Over.
- Proper placement in age categories in the two-hand figure, three-hand figure, four-hand Céilí, six-hand Céilí, eight-hand Céilí, solo freestyle, group freestyle, and dance drama categories will be decided based on the average age of the dancers.
- Céilí dances will be done in accordance with Ár Rincí Fóirne, Ár Rincí Céilí and Oide Damhsa. Traditional céilí and figure dancing from other books (such as Rinnce na h'Eireann, A Handbook of Irish Dances, or Rinci Foirne Caillte) may be accepted; prior notice will be required in order to give our adjudicators time to learn the dance. Notice of 10 days is suggested.
- The Céilí must only include the lead round, the body and the first time through the first figure. All progressive Céilí dances must be danced once through and conclude with the movement that would be the progression to the next group or couple. For Sweets of May dancers must perform up to the end of the second figure, and for The Three Tunes dancers must dance up through the hook and chain.
- When lining up in Céilí dances, the leading top couple must have their back to the judge. Number cards should be pinned to the back of the dancer in the position of the "gentleman."
- Solo freestyle dances must be a minimum length of one and a half minutes (1:30) and a maximum length of three and a half minutes (3:30). Dancing longer than the allotted time will result in loss of points.
- Group freestyle dances must be a minimum length of two and a half minutes (2:30) and a maximum length of four and a half minutes (4:30). Dancing longer than the allotted time will result in loss of points.
- For those competing in dance drama, a minimum of six dancers and maximum of 24 dancers may participate. The dance drama piece must be a minimum length of five minutes (5:00) and a maximum length of seven minutes (7:00). A school may only enter two dance drama groups per feis, with no more than half of the group participating in both — and the two must be different dramas. Dancing longer than the allotted time will result in loss of points.

Dress Code & Appropriate Attire

- Acceptable shoes for softshoe dances include Irish ghillies, black ballet slippers, and jazz or Oxford-style shoes with or without Irish heels. Pink ballet slippers are allowed for Beginner and Primary only.
- Acceptable shoes for hardshoe dances include Irish hardshoes, leather-soled shoes such as those used for sean-nós or set dancing, or tap shoes. Clogging or Canadian step-dancing shoes with double or jingle taps are not acceptable.

- Dance costumes are encouraged, but not required, for Digital Feis videos. If a dancer chooses not to wear a dance costume, we ask that they wear “Sunday best” or other well-kept, neat clothing. Remember that this is a special presentation. Dancers wearing sloppy practice gear will be marked down in the Presentation category. Elaborate solo dresses are discouraged in Beginner and Primary, but dancers will not be marked down for wearing them unless they are ill-fitting.
- Suitable undergarments (such as bloomers or dance trunks) must be worn under skirts and kilts.
- Costumes should fit well and not obscure good dancing form (for example, no capes hiding arms, nor baggy pants obscuring turnout issues).
- Hair must be neatly pulled back from a dancer’s face and held in place during the course of their performance. If wigs are worn, they must remain properly pinned and remain away from the eyes.
- We do not currently have separate categories for gender, nor do we require dancers to follow competitive fashion trends or utilize typical gendered costuming or gendered dancing styles. (For example, any dancer may wear pants, may dance reels in heeled reel shoes, or dance the slip jig, regardless of gender.)
- Make-up is strongly discouraged for dancers under 13. However, if a teacher or dancer deem it necessary, then it is acceptable but not required.
- Self-tanners are strongly discouraged for all ages. However, if a teacher or dancer deems them necessary, then they are acceptable but not required.

Video Rules

- Teachers, parents and/or any other persons are not permitted to give instruction or direction to dancers while they are dancing. The one exception is for Beginner and Primary (all ages): the teacher may be in the frame to assist the dancer with starting on time.
- Dancers may dance separately or down the line. If down the line, we suggest dancers dance one or two at a time.
- Numbers must be visible on camera, or dancers can face possible disqualification. (If we can’t properly identify a dancer, we can’t send them results.)
- Cameras must be set so that the dancer’s entire body, from the top of the head to the bottom of the feet, is visible at all times.
- A solo dancer may re-record their dance if they fall or if they suffer a bad slip that made them stop, after checking for and safely attending to any injuries that occur. Dancers should not dance on an injury.
- A teacher may use discretion with dancers who stop within the first 8 bars of dancing because of nerves and allow them to dance again. Only the second dance should be submitted.
- Digital Feis has the right to refuse a submitted video for technical reasons, including but not limited to videos only of feet, videos which switch orientation (horizontal/vertical) in the middle of the dance, or videos with too-quiet audio. Refused entries will be allowed to resubmit within 10 days. (If you are unsure of your recording, we are happy to pre-approve it before submission.)



Digital Feis™
Feis to learn.

www.digitalfeis.co

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