

CITY OF ADELAIDE CHAMPIONSHIP

SATURDAY 4 JULY & SUNDAY 5 JULY

Registration | XXX

2026 SYLLABUS



NORWOOD INTERNATIONAL HIGH SCHOOL

505 The Parade
Magill SA 5072

ADJUDICATORS

Conor Ayres ADCRG VIC
Kate Hartley ADCRG QLD
Allison Bennett ADCRG NSW



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KEY INFORMATION

- Age - as at 01 JANUARY 2026
- Entries Close - Midnight Wednesday 10 June 2026
- Entries via comps online
 - <https://www.comps-online.com.au/>
- Entries received after the due date will be treated as late for 48 Hours only and will be charged a late fee of **\$30**.
- Entries received after this time will be treated as late and will not be accepted.
- No refunds will be made for any entry money received

Note: 12 & Under will be Saturday July 4

Note: 13 & Over will be Sunday July 5

Entry Fees

Grade dances | \$8

Trophy Dances | \$12

The Reserve Championship | \$45

City of Adelaide Championship | \$55

Hall Levy (family charge) | \$25, includes a printed program

GRADE SYLLABUS

Section	As at 1 January 2026	Dance to Select
Novice	6 years and Under	Own Choice Soft Shoe (48 bars)
		Own Choice Hard Shoe (32 bars)
	7 - 8 years	As above
	9 - 10 years	As above
	11 - 12 years	As above
	13 - 14 years	As above
	15 years and over	As above
Beginners (Bun-Grad)	6 years and Under	Single Jig (48 bars)
		Light Jig (48 bars)
		Slip Jig (40 bars)
		Treble Jig (32 bars)
		Trophy Reel (48 bars)
	7 - 8 years	As above
	9 - 10 years	As above
	11 - 12 years	As above
13 years and over	As above	
Primary (Tus-Grad)	6 years and Under	Single Jig (48 bars)
		Light Jig (48 bars)
		Slip Jig (40 bars)
		Treble Jig (32 bars)
		Trophy Reel (48 bars)
		Trophy: Trad Set
	7 - 8 years	As above
	9 - 10 years	As above
	11 - 12 years	As above
	13 years and over	As above

GRADE SYLLABUS

Section	As at 1 January 2025	Dance to Select
Elementary (Mean-Grad 1)	8 years and Under	Soft shoe (Reel or Slip Jig)
		Hard shoe (Treble Jig or Hornpipe)
		Trophy: Trad Set
	9 - 10 years	As above
	11 - 12 years	As above
	13 - 14 years	As above
	15 years and over	As above
Intermediate (Mean-Grad)	8 years and Under	Soft shoe
	9 - 10 years	As above
	11 - 12 years	As above
	13 - 14 years	As above
	15 years and over	As above
Open (Ard-Grad)	8 years and Under	Soft shoe
	9 - 10 years	As above
	11- 12 years	As above
	13 - 14 years	As above
	15 - 16 years	As above
	17 years and over	As above
Adult	18 years and over	Single Jig (40 bars)
	18 years and over	Light Jig (40 bars)
	18 years and over	Trophy Reel (speed 122 or 116 only) (40 bars)
Open Special Event	10 years and Under	Traditional Set or Hornpipe
	11 - 12 years	As above
	13 - 15 years	As above
	16 years and over	As above

THE RESERVE CHAMPIONSHIP

Championship	Syllabus
8 & Under	Own Choice Soft Shoe (Reel or Slip Jig)
	Own Choice Hard Shoe (32 bars) (Treble Jig or Hornpipe)
	Traditional Set
9-10 years	As above
11-12 years	As above
13-14 years	As above
15 years and over	As above

Eligibility:

- Dancers who have not won an open championship (in the past 3 calendar years – 2025, 2024, 2023)
- Dancers who have not placed top 3 in their regional/State Championships (in the past 3 calendar years – 2025, 2024, 2023)
- Dancers who have not placed top 20 at the National Championships (in the past 3 calendar years – 2025, 2024, 2023)

Notes:

- Sections are combined – dancers will compete together
- All dancers to be recalled and awarded
- Dancers are permitted to enter both the Championship and the Reserve Championship (if they meet the criteria)

CHAMPIONSHIP

Championship	Syllabus
6 Years and Under	Light Jig (48 bars)
	Single Jig (48 bars)
	Reel 116 or 113 (48 bars)
8 Years and Under	Reel 113
	Treble jig (32 bars)
	Traditional Set Dance
9 Years	Own choice soft shoe
	Own choice hard shoe
	Own choice set dance
10 Years	As above
11 Years	As above
12 Years	As above
13 Years	As above
14 Years	As above
15 Years	As above
16 Years	As above
17 years	As above
18 Years	As above
19 Years	As above
20 Years +	As above
Adult	Own Choice hard shoe (32 bars) Own Choice soft shoe Own Choice traditional set

Note:

- Championship sections are combined – dancers will compete together
- All dancers to be recalled and awarded
- Dancers are permitted to enter both the Championship and the Reserve Championship (if they meet the criteria)

Eligibility:

- Adult Championship – Dancers must be 18 years or over, and need to have not danced in Open solo in the past 5 years either competitively, Ceili dancing is exempt. All rounds will be danced at Open speed.

AIDA SA,NT&TAS RULES

The following rules should be read in light of the AIDA Inc. Mission Statement, the objective of which is to encourage good sportsmanship in a healthy, positive, and fair spirited environment. This objective should be upheld by ALL teachers, dancers, parents, and spectators at all events.

- Competitors must be pupils of Registered Teachers with An Comisiun Le Rinci Gaelacha who are also registered with AIDA (SA,NT&TAS) Inc., AIDA Inc., or any other CLRG region for the year 2026.
- Entries must be submitted and fees paid by the due date. No late entries will be accepted and no refunds will be given. All entries whether online or manual must be submitted and paid in full by the due date.
- There must be a minimum of two (2) competitors to make up an event, with the exception of Novice and Adult grades. Entry fees will be refunded if insufficient numbers are received.
- All competitors must be ready to commence their section at least 30 minutes prior to the commencement of their sections. The Feis organizing committee has the right to commence sections up to 30 minutes prior to the advertised start time.
- All competitors must be in the marshalling area prior to the commencement of their sections otherwise they will be disqualified.
- In the case of a tie, there will be no dance off. Competitors in the next position will move back a place.
- Competitors will be required to dance to music supplied by the organising committee. Teachers may be required to supply their own music for set dances.
- If there is a problem with music, either manual or recorded, the dancer will be permitted to re-dance.
- If a dancer loses a heel or a complete shoe, he/she may stand back allowing the other dancer to continue dancing uninhibited. Such a dancer will then be allowed to re-dance.
- Should a dancer bump or slip they may re-dance at the adjudicator's discretion. If a dancer falls the adjudicator must ring the bell. The dancer will be permitted to re-dance at the adjudicator's discretion.
- No block, en point, stationary or moving is allowed to be performed for all grades up to and including the 11 years and under age groups.
- In all competitions for Primary (Tus), Elementary (Mean 1), Intermediate (Mean) and Open (Ard), all heavy dancing lead rounds must be danced on both the right foot and the left foot.
- In graded sections, competitors are required to perform correct standard of work as set out in the AIDA Inc. Grade Rules. Competitors will be disqualified by adjudicators if incorrect standard of work is performed
- An Adult Irish Dancer who has competed in non-adult sections in the previous 5 years due to the lack of availability of adult sections, may apply via their teachers, to the Branch, for the 5-year stipulation to be waived. These dancers however must not have placed in the top 50% of a non-adult championship section (including online competitions) where the section contained more than 5 competitors. Applications need to be submitted at time of entry.
- Artificial Carriage Aids - In order to comply with health and safety measures, all dancers lining up side stage prior to any round at any competition will be required to perform the simple exercise of raising their arms to shoulder level unhindered. If unable to do this by the time of their rotation due to costume stitching or arm attachments, these competitors will not be permitted to perform
- Please refer to the table below for rules pertaining to make-up, wigs and leg tan for all grades and reserve championships.

GRADE	AGE	COSTUME	MAKE UP & LEG TAN	WIG
NOVICE BEGINNER (BUN)	11 years & under	Traditional class costumes or appropriate attire* but NO Solo costume may be worn	No	No
	12 years & over	Solo Costume allowed	Yes	Yes
PRIMARY (TUS)	11 years & under	Traditional class costumes or appropriate attire* but NO Solo costume may be worn	No	No
	12 years & over	Solo Costume allowed	Yes	Yes
ELEMENTARY (MEAN 1) INTERMEDIATE (MEAN) OPEN (ARD)	9 years & under	Solo Costume allowed	No facial make-up but leg tanner allowed	Yes
	10 years & over	Solo Costume allowed	Yes	Yes

Appropriate attire* refers to long/short-sleeved blouses/shirts & skirts/trousers, polo tops & skirts/ trousers, body suits & skirts or tunics that conform to the regular costume length rule. Low-cut tops and short tight skirts are not permitted.

Adults - Solo, team or black out outfits are permitted. Adult female dancers are required to wear tights at a minimum of 70 denier.

- The decision of the adjudicator is final.
- To receive prizes or awards, competitors must be in full dancing costume including shoes.
- Costume dress necklines must be of collar-bone level or above. This does not preclude the use of alternative fabrics e.g. Lace as an insert. Where lace or chiffon is used as sleeves, the sleeves must start at the shoulder line and end at the cuff. Length of costumes must adhere to principles of modesty and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to change into black tights (of a denier not less than 70 per cent) in order for the dancer to continue in the competition.
- Appropriate underwear, covering the midriff, must be worn. Where tights are worn they must be of a denier not less than 70.
- In accordance with our obligations under the Child Protection policy, dancers are reminded to wear appropriate dress at all times whilst at the Feis (especially in the auditorium area) NB this means that shorts / skirt must be worn over leotards at all times.
- Competitors enter at their own risk regarding injury. AIDA (SA,NT&TAS) Inc. will not accept any liability for injuries sustained.
- Lodgement of an entry shall be taken to signify that the Teacher, Parent, and Pupils concerned accept these rules in full and agree to strictly abide by them.
- Respect for fellow competitors on stage is a requirement at all times. Lack of respect or courtesy for fellow competitors by aggressive dancing on stage will be subject to penalty at the discretion of each individual adjudicator.

PHOTOGRAPHY POLICY

AIDA (SA,NT&TAS) Inc. may appoint an official photographer who will take photographs of competitors and presentations. Such photographs may be subsequently used for the marketing and promotional purposes of the organisation. Should any competitor wish to be excluded (or competitor's parent or guardian wish their child/children to be excluded) from any of these photographs, please advise a member of AIDA (SA,NT&TAS) Inc.

Photography/videography

Photography and/or video by the public is permitted in Novice and Beginner sections only from the AIDA (SA,NT&TAS) Inc. designated area. Only one person per dancer will be permitted to take images in these sections. Live streaming / or posting of results can occur at AIDA (SA,NT&TAS) Inc. Feisanna. The live feed provider will be the AIDA (SA,NT&TAS) Inc. appointed Social Media Team who will take photographs and videos of competitors, competitions and prize giving ceremonies. By entering these section presentations, the parent/guardian consents to this process.

No cameras, tape recorders, video cameras, mobile phones cameras, pagers or mobile phones are to be used by members of the audience whilst a competition, except Novice and Beginner sections, is in progress. Under Government copyright, privacy, and safety laws, all unauthorized recording of sound and image is strictly prohibited. Any offender will be requested to delete illegally copied audio/video and leave the audience.

Please Note

Other than the photographs taken by the AIDA (SA,NT&TAS) Inc. approved personnel, all photographs of competitors, competitions and presentations may only be taken for personal use. They may not be redistributed, sold, lent or passed on to third parties. They may also not be used for commercial purposes or used in any publication or website without the express written permission of AIDA (SA,NT&TAS) Inc and the parents or guardians of all competitors.

PROFESSIONAL PHOTOGRAPHY EQUIPMENT will not be permitted inside the competition rooms with the exception of individuals that have AIDA (SA,NT&TAS) authority. Attendees are not allowed to bring zoom lenses greater than 70mm inside the dance events, and no individuals will be granted access to take photographs on or near the stage during the competitions

Live Streaming

Live streaming / or posting of results can occur at AIDA (SA,NT&TAS) Inc. Feiseanna. The live feed provider will be the AIDA (SA,NT&TAS) Inc. appointed Social Media Team who will take photographs and videos of competitors, competitions and prize giving ceremonies.

Such photographs and videos may be subsequently used for the marketing and promotional purposes of AIDA (SA,NT&TAS) Inc. and on AIDA (SA,NT&TAS) Inc. social media channels.

Consent

Consent to Photography: By entering and competing in the City of Adelaide Championships, the competitor/guardian consents that the competitor's image, taken during the course of the competition and only by AIDA (SA,NT&TAS) approved personnel, may be taken and published by AIDA (SA,NT&TAS) Inc across their platforms, including but not limited to social media accounts, marketing and promotional materials, and official websites.

Should a competitor/guardian wish to opt-out of the Consent to Photography clause, thereby disallow the competitor's image to be published by AIDA (SA,NT&TAS), a letter needs to be sent to the Executive Committee of AIDA (SA,NT&TAS) explicitly stating an intention to opt-out of this clause and provide the competitors name, school, and section.

Consent to Videography and Live Streaming of Presentations: By participation in the 2025 City of Adelaide Championships presentation, the competitor/guardian consents that photos / video recordings / live streaming of the competitor, taken during the course of the competition presentation, may be captured and published by AIDA (SA,NT&TAS) Inc across their platforms, including but not limited to social media accounts, marketing and promotional materials, and official websites.

Executive AIDA (SA,NT&TAS) Inc.

CITY OF ADELAIDE

CHAMPIONSHIP RULES

ORDER OF DANCING

- AIDA (SA,NT&TAS) Inc. has the right to commence a Championship at least 30 minutes prior to the scheduled commencement time.
- With the exception of the first section of the day, competitors must be in costume and ready to dance at least 30 minutes prior to the time scheduled for their competition.
- Competitors must present themselves to the marshalling area when called to do so by Stage Personnel. Sections will only be called for ONCE. If a competitor misses this call, or is not in the marshalling area on time, the section may begin without them resulting in disqualification of that competitor.
- Competitors must dance in numerical order as published in the official programme.
- The starting number for each solo round will be determined by ballot prior to the commencement of the Championships and will be printed in the program.

COMPETITOR CONDUCT AND MISHAPS

- No liability is accepted by AIDA (SA, NT&TAS) Inc. for any injury caused to any person, including but not limited to, competitors, however caused and whether or not caused by the negligence or default of AIDA (SA,NT&TAS) Inc., its servants or agents. The lodgement of an entry will be deemed to be an acceptance of this provision.
- Should a competitor fall, slip or bump into another competitor on stage, whether in solos or in teams, the adjudicator MUST ring the bell, thereby stopping the performance of all competitors on stage. Those so affected will be permitted to re-dance and will be marked then at the discretion of each individual adjudicator. Should, in the opinion of the Stage Personnel (in consultation with medical personnel if deemed necessary), a competitor be unfit to re-dance, and if such competitor insists on performing, then those concerned will only be permitted to re-dance on completion of a formal declaration that removes the organising committee of any liability. Any repeat accident/incident which results in that competitor being unable to complete the required number of bars in any round, will result in the competitor withdrawing without question from the championship.
- If a competitor falls during the last 8 bars of any performance, then he/she will only be required to dance the last 16 bars of that dance.
- Should a competitor lose a heel or a complete shoe, or have an open lace, he/she may stand back, where applicable, allowing the other competitor(s) to continue dancing uninhibited. In such a case, the competitor concerned will be permitted to re-dance as soon as it is deemed practicable by the stage personnel.
- A competitor must not walk off the stage during a performance unless instructed to do so by an adjudicator. A competitor who dismisses themselves from the stage without the permission of an adjudicator will receive ZERO marks and ZERO points from all adjudicators
- If at any stage during a performance an adjudicator feels that, due to the health and safety of a performer on stage, the performance should be stopped, the adjudicator must ring the bell.
- Respect for fellow competitors on stage is a requirement at all times. Lack of respect or courtesy for fellow competitors by aggressive dancing on stage will be subject to penalty at the discretion of each individual adjudicator.
- No pacers will be used in either team or solo sections.

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SOLO CHAMPIONSHIPS RULES AND DIRECTIVES

- The required dances for each competition are set out in in pages 3-6.
- In all Championships, competitors will dance the heavy dance (Heavy Jig or Hornpipe) first, with the exception of the 6 years and under Championship that will commence with the Light Jig.
- Adult Championship eligibility
 - Dancers must be 18 years or older (as of the 1st of January 2026) who no longer want to compete in the mainstream Ladies/Men sections and have not competed in any competition other than an adult sections. Competing in Ceili dancing is exempt.
 - An Adult Irish Dancer who has competed in non-adult sections in the previous 5 years due to the lack of availability of adult sections, may apply, via their teachers, to the AIDA SA,NT&TAS Executive Committee for the 5-year stipulation to be waived. Applications for waiver need to be submitted at time of entry.
 - Dancers who have already obtained a waiver since 2023, and have not since competed in Solo competition other than stipulated adult sections, are not required to obtain another waiver.
 - All rounds are danced at open speed.
- The heavy round and light round from 13 yrs upwards will be danced 2 at a time. All other ages will dance 3 at a time.
- In all competitions, competitors must commence their dance in the first two rounds from the designated starting points. In the Open Set Dance round a competitor may choose his/her starting point.
- There are no recalls in the City of Adelaide Championships and thus all competitors will dance 3 rounds to complete the Championship:
 - In the 6 years and under Championships, following an 8-bar introduction, competitors will complete 48 bars in all the following: the Light Jig, Single Jig, and Reel (113 or 116).
 - In the Sub Minor Championships, following an 8-bar introduction, competitors will dance 32 bars of the Heavy Jig, 48 bars in the Reel and own choice Traditional Set Dance comprising full step (short) and half of the Set (long).
 - In the 9 years and upwards Championships, following an 8-bar introduction, competitors will dance 48 bars in the Heavy Jig and Reel, 40 bars in the Hornpipe and Slip Jig and own choice Set Dance comprising full step (short) and half of the Set (long).
 - In the Adult Mixed Championship, following an 8-bar introduction, competitors will dance 32 bars of the Heavy Jig or Hornpipe, either 48 bars of the Reel or 40 Bars of the Slip Jig, and a Traditional Set Dance comprising full step (short) and half of the Set (long).
 - Where the final round of a Championship is a Traditional Set dance that round will be danced in numerical order in groups of same Traditional Set Dance commencing with the Traditional Set Dance relevant to the starting number followed by the Traditional Set Dance relevant to the next closest number to the starting number and continuing on in like manner until all Traditional Sets have been danced. (2024 AIDA Inc. Convention)
 - For example: 101, 102, 104, 106, 109 and 110 are dancing St. Patrick's Day. 103, 105 and 107 are dancing Blackbird. 108 is dancing Job of Journeywork.
 - The stage order would be:
 - 101, 102, 104 St. Patrick's Day;
 - 103, 105, 107 Blackbird.
 - 106, 109, 110 St. Patrick's Day,
 - 108 Blackbird; and so on.
- In all competitions in heavy dances (ie, the Jig and Hornpipe) the lead round must be danced on both the right and left foot.
- Competitors beginning to dance before or after the stipulated 8-bar introduction will automatically receive a ZERO mark and ZERO points for that round from all adjudicators.
- With regards to the own choice set dances:
 - All competitors from the 9 years and upwards are responsible for advising the Stage Personnel the name and correct metronome speed of their Set Dance. The onus of ensuring that the stage personnel are informed will rest with the competitor who should advise these details at the time of registration.
 - An incorrect metronomic speed submitted for an open set dance cannot be changed once the musicians have commenced playing the music.
 - Introductions to open set dances will be played only once.
 - Should a competitor submit an incorrect metronomic speed to the stage personnel and commence dancing at that speed, then the competitor must continue to dance at this speed as no further opportunity of tempo change will be afforded.

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- Competitors beginning to dance before or after the stipulated set dance introduction will automatically receive ZERO marks and ZERO points from all adjudicators for that round.
- Additional ZERO point rules:
 - If a competitor fails to complete the Heavy Jig or Hornpipe round of a championship, they will receive ZERO marks and ZERO points from all adjudicators for that round. As a courtesy, they will be allowed to continue to Reel or Slip Jig round and whilst they will receive marks from each adjudicator they will automatically receive ZERO points and will not be allowed to progress any further in the Championship.
 - If a competitor fails to complete the Reel or Slip Jig round of a championship, they will receive ZERO marks and ZERO points from all adjudicators for that round and will not be allowed to progress any further in the Championship.
 - A competitor who fails to complete the open set dance round will receive ZERO marks and ZERO points from all adjudicators for that round and cannot appear in a medal winning position.
 - The definition of complete means that all bars as outlined in the syllabus are danced without any stops (choreographed pauses in steps, however, are permitted).
- The Organising Committee will provide music for the Championships.
- To receive prizes or awards, competitors must be in full dancing costume including shoes.
- The costume rules for the Championship follow Section 5: Costume Rules from the official Rules of An Coimisiún le Rincí Gaelacha and the AIDA Inc Grade Rules Addendum A: Make-up and Costume rules. These include, but are not limited to:
 - Costumes must consist of full front, side and back sections, along with short/long sleeves. Cut-away styles, without a full skirt backing, are not acceptable.
 - Costume dress necklines must be of collar-bone level or above. This does not preclude the use of alternative fabrics e.g., Lace as an insert. Where lace or chiffon is used as sleeves, the sleeves must start at the shoulder line and end at the cuff.
 - Length of costume must adhere to principles of modesty and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to wear black tights (of a denier not less than 70 percent) in order to continue in the competition. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must agree to asking the dancer to wear tights.
 - Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage. Dancers wearing undergarments that do not cover the areas of the body outlined in the CLRG Costume Rules will be asked to put on black tights of a denier of not less than 70%. This is monitored by the adjudicator. For competitions adjudicated by a panel of more than one adjudicator all adjudicator on the panel must agree to ask the dancer to put on tights.
 - Artificial Carriage Aids - In order to comply with health and safety measures, all competitors lining-up side stage prior to any round at any competition will be required to perform the simple exercise of raising their arms to shoulder level unhindered. If unable to do this by the time of their rotation due to costume stitching or arm attachments, these competitors will not be permitted to perform.
 - Competitors of age 9 years and under are not permitted to wear Make-up (including false eyelashes and / or tanner on the face). However, they are permitted tanning products on legs (as per AIDA Inc 2020 convention).
 - Adult dancers in adult sections, Solo, team or black out outfits are permitted. Adult female dancers are required to wear tights at a minimum of 70 denier.
- Any competitor in breach of the CLRG & AIDA Inc. rules will be subject to disqualification.
- Decisions of the Organising Committee, as to the interpretation of these rules and in relation to all other matters pertaining to AIDA (SA,NT&TAS), shall be final.

We look forward to welcoming
you all to
ADELAIDE

