



IHDA FALL OPEN COMPETITION & WORKSHOP SERIES

October 3 & 4, 2026

**Tournament Capital Centre
910 McGill Road
Kamloops BC V2C 6N6**

Saturday October 3, 2026

SCOTDANCE BC # C-BC-CO 261042

9:00 am: Primary, Beginner & Novice

PM: Intermediate & Premier

JUDGE

Mary Munro, Burnaby BC

Sunday October 4, 2026

SCOTDANCE BC # C-BC-CO 261042

8:30 am: Premier, Pre-Premier, Professional &

Parent/Guardian Workshops

PIPER

Scot Kortegard, Kamloops BC

ONLINE ENTRIES ONLY

Opening Date: Entries will open online at www.eventry.net at 8:00 AM PDT September 2, 2026.

Closing Date: Entries will close at 11:59 PM PDT on September 25, 2026.

ABSOLUTELY NO LATE ENTRIES WILL BE ACCEPTED.

Entries will be limited to 90 dancers

Payment can be made by credit card or PayPal. Please have your RSOBHD card and credit card or PayPal account information on hand for the online entry. If you have any questions or problems with the online system, please contact

ihda.competitions@gmail.com

DANCE EVENTS OCTOBER 3, 2026

Primary	Beginner	Novice	Intermediate	Premier
1. Pas de Basques (Intro & 8 bars) 2. Pas de Basques & Highcuts (Intro & 16 bars) 3. Fling (4) 4. Sword (2&1)	5. Fling (4) 6. Sword (2&1) 7. Seann Triubhas (3&1) 8. Special Fling* (4) 9. Lilt (4) 10. Flora (4)	11. Fling (4) 12. Sword (2&1) 13. Seann Triubhas (3&1) 14. Strathspey & Highland Reel (2&2) 15. Lilt (4) 16. Flora (4)	17. Fling (4) 18. Sword (2&1) 19. Seann Triubhas (3&1) 20. Strathspey & ½ Tulloch (2&4) 21. Lilt (4) 22. Flora (4)	23. Fling (4) 24. Sword (2&1) 25. Seann Triubhas (3&1) 26. Strathspey & ½ Tulloch (2&4) 27. Lilt (4) 28. Village Maid (4)

WORKSHOP EVENTS OCTOBER 4, 2026

For Dancers	For Parents/Guardians & Dancers
29. Beginner & Novice Highland & National. with Mary Munro (1hr) <i>8:30am-9:30am</i> 30. Intermediate & Premier Highland & National. with Mary Munro (1.5hr) <i>9:45am-11:15am</i> 31. All levels Choreography. with Alessandra Bruce-Fuoco (1hr) <i>11:30am-12:30pm</i> 32. Beginner & Novice Dance Fitness & Cross Training with Physiotherapist & Highland Dancer Alessandra Bruce-Fuoco. (1hr) <i>9:45am-10:45am</i> 33. Intermediate & Premier Dance Fitness & Cross Training with Physiotherapist & Highland Dancer Alessandra Bruce-Fuoco. (1hr) <i>8:30am-9:30am</i>	34. The Dancer's Journey with Champion, Teacher, BATD Fellow/Examiner and RSOBHD Judge Mary Munro (1hr) <i>11:30am-12:30pm</i> <i>Learn about where Highland Dancing can take your dancer. Learn about the options of becoming a champion, a tattoo performer, a teacher, a judge and/or an examiner and the unique journey for each dancer to get to achieve each dream.</i> 35. Performance Nutrition for Dancers with a local Nutritionist (1hr) <i>12:45pm-1:45pm</i> <i>Learn how to help your dancer fuel their body to sustain rehearsals, prevent injuries and perform to their highest potential with evidence-based nutrition.</i>
<i>*Workshop start/end times may change. Final start/end times will be advised prior to the competition weekend.</i>	

FEES

Pre-Premier	\$8.00 per dance	ScotDance BC Fee	\$2.00 per entry
Premier 15 Years & Under	\$8.00 per dance	Online Registration Fee	\$5.00 per entry
Premier 16 Years & Over	\$10.00 per dance	Pre-Sale Programme*	\$3.00 per programme*
Number Fee	\$1.00 per entry	Pre-Sale Admission	\$5.00 per person
Workshop – IHDA Member		Workshop – Non-IHDA Member	
Dancer	\$20 per workshop	Dancer	\$25 per workshop
Parent	\$20 per workshop	Parent	\$25 per workshop
Professional	\$40 for all workshops	Professional	\$40 for all workshops

***A small printed programme will be available for pre-sale only.**

All Platform Schedules, Class Lists and Results will be posted on the ScotDance App. The ScotDance App can be downloaded at the Apple App Store, Google Play Store or by visiting scotdance.app from your internet browser.

IHDA FALL COMPETITION RULES AND REGULATIONS:

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| <ol style="list-style-type: none"> 1. All dancing events are governed by the rules and regulations of the Royal Scottish Official Board of Highland Dancing (RSOBHD) and ScotDance Canada. 2. This event may be cancelled at any time up to, and including on or during the date of competition, dependent upon public health concerns. 3. Ages as of competition date, October 3, 2026. 4. Competitors will dance in reverse order of registration (first to enter is last to dance). 5. Online entries will be accepted from 8:00am PDT September 2, 2026, through 11:59pm PDT September 25, 2026. 6. No late entries will be accepted. 7. There will be NO entry fee refunds. If admittance to the event is refused based upon good health declaration, fees will be refunded except for an administration fee of \$5.00 per family. 8. Absolutely NO mail, telephone, email, or hand delivered entries. 9. Competition Committee reserves the right to combine or split classes. 10. The decision of the judge(s) is final. 11. Protests must be made in writing, signed and submitted to the competition secretary by the end of the competition day and must be accompanied by a \$35.00 fee, refundable if sustained. 12. All category changes must be emailed to ihda.competitions@gmail.com by October 1, 2026. | <ol style="list-style-type: none"> 13. In order compete, dancers must be registered with the RSOBHD or an RSOBHD subsidiary body (such as ScotDance Canada). All competitors must present their current RSOBHD registration card at the registration table on the day of competition for each competition. Any dancer unable to show a valid registration card will pay a \$10.00 fee to the organizer and will forfeit all awards until such time as the card is produced. If the card is not produced within 10 days, their name will be passed on to all Organisers who will be advised not to accept entries from the dancer or allow them to compete until such matters are satisfactorily resolved. 14. Change Room facilities will be available and changing in washroom facilities will not be accepted. 15. Dancers must be dressed appropriately at all times. 16. Dancers filling in for the Reel must dance the entire dance. 17. All competitors must remain in costume for award presentations. 18. Prizes: **Cash Prizes awarded in the 16 & Over Premier Classes and medals in all other classes. A Special award will be given for the Special Fling in Beginner. 19. *Special Fling does not count towards the aggregate. It is a standard 4 step Highland Fling that is awarded a special prize. 20. Dancers and parents must respect the ScotDance Canada Risk Management Guidelines, Local Health Authority directives, and the RSOBHD Code of Ethics. |
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ASSUMPTION OF RISK AND WAIVER OF LIABILITY RELATING TO PARTICIPATION IN A SCOTDANCE CANADA SANCTIONED EVENT (COMPETITION/WORKSHOP), INCLUDING COVID-19/OTHER CONTAGIONS OF CONCERN AS IDENTIFIED BY THE WORLD HEALTH ORGANIZATION/LOCAL/PROVINCIAL/FEDERAL GOVERNMENT AUTHORITIES TO BE CONFIRMED WITH ONLINE ENTRY

This waiver and declaration must be completed by the Organizer of the sanctioned event and provided either by email, via online participant registration or at the event. Participants are required to acknowledge (participant definition meaning dancer of legal age/parent/guardian/volunteer/professional, judge, piper).

The Interior Highland Dance Association of BC (IHDA) and their members commit themselves to comply with the requirements and recommendations of National, Provincial and Local Public health and other governmental authorities, and to put in place and adopt all necessary measures to that effect. However, the Interior Highland Dance Association of BC (IHDA) cannot guarantee that you (or your child, if participant is a minor/ or the person you are the legal guardian of) will not become infected with COVID-19/other contagions. Further, attending the Event could increase your (or your child, if participant is a minor/ or the person you are the legal guardian of) risk of contracting COVID-19/other contagions, despite all preventative measures put in place.

By signing this document,

I declare that I (or my child, if participant is a minor/ or the person I am the legal guardian of) am participating voluntarily in the Interior Highland Dance Association of BC (IHDA) Fall Competition.

I am aware that participating in the Interior Highland Dance Association of BC (IHDA) Fall Competition (the "Event") involves the potential for risks, dangers and hazards, including but not limited to:

- (a) COVID-19/other contagions; and,
- (b) injury to myself / my child as a result of the physical nature of dance competition/workshop and performance; and
- (c) the taking and/or release of unauthorized photographs, video and/or other recordings of myself and/or my child, notwithstanding efforts to enforce Event policies.

I declare that neither I (or my child, if participant is a minor/ or the person I am the legal guardian of) nor anyone in my household, have experienced in the last 48 hours prior to the date of the Interior Highland Dance Association of BC (IHDA) Fall Competition, Covid-19/other contagions symptoms (as identified by public health authorities).

I declare that neither I (or my child, if participant is a minor/ or the person I am the legal guardian of) have tested positive for COVID-19/other contagions, and have not yet been cleared to discontinue isolation in accordance with applicable criteria communicated by public health officials (awaiting results); have been in close contact with a person who, to my knowledge, had symptoms of COVID-19/other contagions or has tested positive for COVID-19/other contagions, and have not yet been cleared to discontinue isolation in accordance with applicable criteria communicated by public health officials; or am currently subject to a quarantine or self-isolation order for any reason, including travel.

I (or my child, if participant is a minor/ or the person I am the legal guardian of) declare that I have not been required to self-isolate under timelines set out by public health authorities (except for essential school or work activities).

If I (or my child, if participant is a minor/ or the person I am the legal guardian of) experience, or if anyone in my household experiences any Covid 19/other contagions symptoms after submitting this declaration, I (or my child, if guardian of) will not attend any of the Interior Highland Dance Association of BC (IHDA) Fall Competition programs or services until no longer required to self-isolate or for 48 hours after symptoms resolve or as directed by public health authorities.

I (or my child, if participant is a minor/ or the person I am the legal guardian of) agree to the requirements and recommendations of National, Provincial and local Public health and other governmental authorities and to those special safety regulations put in place by the Interior Highland Dance Association of BC (IHDA) as it pertains the Covid-19/other contagions and to adopt all necessary measures to those effects.

I (or my child, if participant is a minor/ or the person I am the legal guardian of) agree that, by filling out and signing this waiver and agreeing to the terms and conditions set out in it, I am giving up my legal rights to sue the Interior Highland Dance Association of BC (IHDA) and their officers and directors, in the event that I (or my child, if participant is a minor/ or the person I am the legal guardian of), contracts Covid-19/other contagions.

This document will remain in effect until the Interior Highland Dance Association of BC (IHDA) as per the direction of the National, Provincial and local Public health and other governmental authorities, determines that the aforesaid acknowledgments pertaining to Covid 19/other contagions in this declaration are no longer required.

In consideration of my / my child's participation in the Events and for other good and valuable consideration, the receipt and sufficiency of which is acknowledged, **I hereby WAIVE ANY AND ALL CLAIMS** against ScotDance Canada, its directors, agents, employees, executive members, volunteers and organizers of the Events (the "Releasees"), which I now have, or hereafter may have against the Releasees. In particular, but without limiting the foregoing, **I agree to release the Releasees from ANY AND ALL LIABILITY** for any loss, damage, injury, or expense I / my child may incur as a result of my / my child's participation in or attendance at the Events. **I agree to indemnify and hold harmless the Releasees from ANY LOSS, DAMAGE, INJURY OR EXPENSE, including legal costs,** that the Releasees may incur due to my / my child's participation in or attendance at the Events, whether caused by the negligence of the Releasees or otherwise, and whether caused to my child or otherwise. I understand that the Releasees will photograph and otherwise record the Event, its participants and attendees. **I consent to and authorize such recording. I further consent to and authorize** the Releasees to publish my / my child's image, likeness and information in any medium, including but not limited to photographs, videos, DVDs, and web-casts. I understand that this publication will take place in the public domain, including in printed materials, public announcements, and on the internet.

I specifically consent to the public release of the following information: 1. Name; 2. City, Province, Country of Residence; 3. Tartan; 4. Age; 5. Results.

This document is in addition to and does not replace all other Interior Highland Dance Association of BC (IHDA) waivers.

I ACKNOWLEDGE THAT BY SIGNING AND SUBMITTING THIS ENTRY, ELECTRONICALLY OR OTHERWISE, THAT I HAVE READ THIS AGREEMENT CAREFULLY AND FULLY UNDERSTAND IT, AND AGREE TO ALL OF THE ABOVE TERMS AND CONDITIONS.

Signature required if in person, otherwise acknowledge by email or via online entry form.