



RHDA March Open Competition and Workshop

CSK-CO-26-1012 & CSK-CO-26-1014

Saturday, March 7, 2026

Luther College High School

Semple Gymnasium Doors (off the parking lot on Dewdney Ave)

1500 Royal Street

Regina, SK S4T 5A5

Adjudicator: Lisa Breck, ON & Chelsea Verbeek, ON

Pipers: Barbara MacDonald, SK and Iain MacDonald, SK

Enter online at www.eventry.net/rhda

Entries open 7:00 a.m. (CST) February 2, 2026 and close 11:59 p.m. on Monday, March 2, 2026. No entries will be accepted after March 2, 2026.

Workshop: Sunday, March 8, 2026 (CSK-CO-26-1014)

Workshop Instructor: Lisa Breck, ON

Location: Arcola East Community Centre Dance Studio: 3860 Buckingham Dr, Regina

Schedule of Events: ****TIMES SUBJECT TO CHANGE BASED ON ENTRIES****

Primary Start Time 9:00 am (register 8:30)	Beginner Start Time 9:00 am (register 8:30)	Novice Start Time 9:00 am (register 8:30)
16 PDBs PDBs & Highcuts Fling (4) Sword (2+1) *Demonstration 16 PDB, PDB & Highcuts and Fling to follow Primary events. Awards	Fling (4) Sword (2+1) Seann Triubhas (3+1) Lilt (4) Flora (4) Awards	Fling (4) Sword (2+1) Seann Triubhas (3+1) Strathspey and Highland Reel (2+2) Lilt (4) Awards
Small Group Choreography Start Time 12:30 pm (register at 12 noon)		
Premier Small Group Choreography Pre- Premier Small Group Choreography Awards		
Intermediate Start Time 1:30 pm	Premier Under 12 Years Start Time 1:30 pm	Premier 12 and Over Start Time 1:30 pm
Fling (4) Sword (2+1) Seann Triubhas (3+1) Strathspey and Half Reel of Tulloch Johnnie (4) Hornpipe (4) Awards	Fling (4) Sword (2+1) Seann Triubhas (3+1) Earl of Errol (4) Blue Bonnets (4) Hornpipe (4) Awards	Fling (6) Sword (3+1) Seann Triubhas (4+2) Earl of Errol (4) Blue Bonnets (4) Hornpipe (4) Awards

Competition Rules and Regulations:

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. The decision of the judge(s) is final.
4. Dancers will compete in reverse order of entry. First to enter is last to dance.
5. Age is as of 12.01am on competition date.
6. Entry fee must accompany entry.
7. Late entries will NOT be accepted.
8. Refunds are at discretion of Organizers policy. Where admittance to event is refused based upon good health declaration, fees will be refunded (excepting an administration fee of \$3.00 per family).
9. All competitors must present current RSOBHD registration card prior to receiving awards. A \$10 fee will be charged for failure to present the card.
10. Protests must be made in writing, signed and submitted to the Organiser by the end of the competition day and must be accompanied by a \$35.00 fee, refundable, if sustained.
11. The Organiser reserves the right to combine or split classes.
12. Competitors must be on hand when their event is called or forfeit entry in that dance.
13. All competitors must remain in costume for award presentations.
14. In accordance with the ScotDance Canada Risk Management Policies, dancers must not change costumes in public view or in public washrooms. Dancers must use the provided secured changing facilities ONLY. Dancers must also abide by the RSOBHD Code of Ethics which state that dancers will dress appropriately and modestly when in public at competitions. Dancers in violation of these policies will be asked to leave the area until properly dressed and will have their names forwarded to the SDC Risk Management Committee and the RSOBHD where further action may be taken.
15. Dancers are required to fill in for the Strathspey and Highland Reel or Strathspey and Half Reel of Tulloch, if required, based on their number of entry.
16. Prizes:
 - Half the number of dancers dancing, to a maximum of six placings.
 - The RSOBHD scoring system will be used for aggregate awards: 137, 91, 71, 53, 37, 23.
 - No aggregate awards will be presented for Primary
 - Premier 16 & Over Prizes: 1st- \$25, 2nd- \$20, 3rd- \$15, 4th- \$10, 5th- \$10, 6th- \$10
17. Dancers and parents must respect the ScotDance Canada Risk Management Guidelines, local health authority directives, and RSOBHD Code of Ethics.
18. Danny Matheson Memorial Trophy is awarded to the RHDA Premier dancer of the day with the highest aggregate points over all dances (except special dances). Age groups must have a minimum of 6 competitors on the day of competition in order to be eligible for an overall trophy. As per RSOBHD rules, if there are less than 6 competitors in any individual dance then points gained in that dance will not be included in the total aggregate points for the overall award.

19. Joanne Sinclair Memorial Trophy is awarded to the dancer in the youngest Beginner class with the highest aggregate points over all dances (except special dances). Age groups must have a minimum of 6 competitors on the day of competition in order to be eligible for an overall trophy. As per RSOBHD rules, if there are less than 6 competitors in any individual dance then points gained in that dance will not be included in the total aggregate points for the overall award.
20. Small Group Choreography Rules - Open to all dancers (Pre-Premier and Premier):
- Each choreography entry must list the names of all dancers and teachers/studios.
 - Only one choreography entry is required per group.
 - Judges who have students participating in team/joint choreographies must abide by the 3 month teaching/judging rules as stipulated in the RSOBHD Constitution and Rules book.
 - Small Group is 3 to 7 dancers.
 - Choreography: must be Scottish or Celtic in appearance and style including costume and music
 - Time Limit: Maximum 3 Minutes
 - All dancers must email their music in MP3 or MP4 format to:
rhdacompetition@gmail.com by February 28, 2026
21. The RHDA is pleased to offer a demonstration opportunity for our non-competitive dancers who are not competing on the day of the Competition. This event will give dancers an opportunity to try dancing on the competitive stage, but without the competition aspect. This will not be a judged or critiqued event. There is no charge for this event and no awards will be given. The Performance dances will include 16 Pas de Basques, Pas de Basques and High Cuts and Fling. Dancers may choose to dance any one or all of the dances. Costuming for this event should include: Kilt(ie) or tartan skirt, white blouse/shirt or solid black top, white knee socks and dance shoes as worn for dance class (ghillies, ballet shoes, gymnastic shoes). Hair to be neatly pulled back from face. Register through eventry: www.eventry.net/rhda

Printed Programs will not be available Scotdance Canada APP will be used.

March 8, 2026 Workshop (Workshop instructor: Lisa Breck, ON)

The schedule of events will be sent after the close of entries on Tuesday, March 3, 2026.

Inquiries: rhdacompetition@gmail.com

- Beginner/Novice – 1 hour
- Intermediate/Premier - 1.5 hours
- Classes may be adjusted based on the number of registrations.
- Dancers to wear appropriate practice clothing and bring your own water bottle.

Competition and Workshop Fees:

Competition Fee:

- Entry fee \$7/dance or event (\$14/dance if no local membership)
- Entry fee \$25 for Small Group Choreography
- ScotDance Saskatchewan Dancer Initiative Fee \$5.00 per dancer
- Online Service Fee \$3.00 per family (non-refundable)

- Venue costs – no charge for admittance
- Workshop Fee:
- Beginner, Novice \$15 if local association member (\$20 otherwise)
 - Intermediate, Premier \$20 if local association member (\$30 otherwise)

Waivers: SDC

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.

RHDA (Regina Highland Dance Association) and its 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, RHDA 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 RHDA March Open Competition and Workshop March 7 and 8 2026.

I am aware that participating in the RHDA March Open Competition and Workshop March 7 and 8 2026 (the “Event”) involves the potential for risks, dangers and hazards, including but not limited to:

- Covid 19/other contagions; and,
- injury to myself / my child as a result of the physical nature of dance competition/workshop and performance; and
- 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 RHDA March Open Competition and Workshop March 7 and 8 2026 (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 RHDA March Open Competition and Workshop March 7 and 8 2026 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 Regina Highland Dance Association 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 Regina Highland Dance Association and its 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 RHDA March Open Competition and Workshop March 7 and 8 2026 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 Event 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 Event (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 Event. 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 Event, 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 Regina Highland Dance Association 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.

_____ Print name

_____ Date (dd/mm/year)

_____ Signature