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# ***The Florida State Championships***

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**Sunday, January 29th, 2023**

*Runs back to back with Feis Delmar*

**Location : The Hilton Hotel, St Pete, Bayshore**

**333 1st St SE, St. Petersburg, FL 33701**

**Group Rate: \$185.00**

Reservation info listed below.

Registered with An Coimisiun le Rince Gaelacha, Dublin, Ireland

Syllabus approved by IDTANA Southern Region Feis Registrar, Maureen Armstrong, A.D.C.R.G,

Approval Date:

November 11,2022

Register online: [www.feisworx.com](http://www.feisworx.com)

Further info: [www.irishdancetampa.com](http://www.irishdancetampa.com)

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# Registrations and Payments are via feisworx

Entry deadline : January 13th ,2023

Late entry deadline: January 20th, 2023

Questions, further info, contact:

[Irishdancetampa@gmail.com](mailto:Irishdancetampa@gmail.com)

Adjudicators and Musicians will be posted at

[www.feisworx.com](http://www.feisworx.com)

## **Hilton Bayfront, St Petersburg** *333 1st St, SE, St. Petersburg, FL 33701*

- 20 minutes from Tampa International Airport & St. Petersburg, FL.
- Just minutes from Gulf of Mexico beaches
- Pool & whirlpool
- Restaurant & bar
- Starbucks on site
- Special feis parking rate \$21 (per 24 hour period)

Special feis rate : \$185 Reservations: Links posted on social media pages

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## Competition Fees:

Solo Competitions (per dance)	\$ 10.00
Figure Dancing (per dancer, per dance)	Offered at Feis Delmar
Traditional & Non-Trad. Set Dances (per dancer)	\$ 13.00
Treble Reel (per dancer)	\$ 13.00
Future Champ special (per dancer)	\$ 25.00
Preliminary Championship (per dancer).	\$ 40.00
Open Championship/ Adult Championship, Masters Championship (per dancer)	\$ 45.00

(Prelim & Open Fees include solo results for soft and hard shoe)

Champ and non champ Hard Shoe Special	\$ 13.00
Champ and non champ Soft Shoe Special	\$ 13.00
Arts Competitions (per competitor)	\$10.00

Immediate Family Maximum "maximum includes parents or legal guardian and their children only" \$160.00

\*Does not include late fees, admission fee, merchandise sales or specials, day of registration fee, or feisworx administration fees,

Day of Registration	\$ 50.00
Admission Fee per Family	\$ 30.00
Late Registration Fee (from January 13th - January 20th).	\$ 20.00

There will be no charge for changes made through [www.feisworx.com](http://www.feisworx.com) up to and including January 13th, 2022. There will be a \$20.00 late fee plus the competition fee for changes made after January 13th up to January 20th. Changes will be permitted after January 20th, they will be on the day of and incur the day of fee.

## PROGRAM ADVERTISING

Full Page (8 x 5)	\$100	Inside Front Cover	\$150
Half Page (4 x 5)	\$50	Inside Back Cover	\$200
Quarter Page	\$25	Outside Back Cover	\$250

Numbers will be printed at home via [feisworx.com](http://feisworx.com)

**Feis T-Shirts** - \$23 each youth S/M/L , Adult S/M/L \$24 for Adult XL Sizes

## Sunday, January 29th , 2023

Age				Visual Arts	
Under 9				909 VA	
Under 13				913 VA	
Under 17				917 VA	
Adult				950 VA	

### Adults

	Beginner 1	Beginner 2	Novic e	Prizewinne r	Championshi p	Masters
REEL	299RL	399RL	499R L	599RL		
LIGHT JIG	299LJ	399LJ	499LJ	599LJ		
SINGLE JIG	299SN	399SN	499S N	599SN		
SLIP JIG	299SJ	399SJ	499SJ	599SJ		
TREBLE JIG	299TJ	399TJ	499TJ	599TJ		

HORNSPIPE	299HP	399HP	499HP	599HP		
TRADITIONAL SET (OPTIONAL)	299TS	399TS	499TS	599TS	699TS	799TS
NON-TRAD SET (OPTIONAL)						799NTS
Adult Championship					699AC	
MASTERS PRELIM						799MP
Masters Open						799MO

### Masters Championships:

If there are less than 5 dancers entered in Prelim Masters, it will be combined into Open. Wins still “count” for Prelim dancers, if there are 5 or more competitors total (Prelim or Open) in a combined competition.

Competitors will dance Treble jig (48 bars) or Hornpipe (40bars) (Slow speed) AND Reel (48 bars) or Slip jig (40bars) AND Non-traditional set.

### Adult Championship:

Competitors will dance Treble jig (48 bars) or Hornpipe (40bars) (Slow speed) AND Reel (48 bars) or Slip jig (40 bars) AND Traditional set.

### First Feis

	<b>U5</b>	<b>U6</b>	<b>U7</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>O11</b>
REEL	105RL	106RL	107RL	108RL	109RL	110RL	111RL	112RL
LIGHT JIG	105LJ	106LJ	107LJ	108LJ	109LJ	110LJ	111LJ	112LJ
SINGLE JIG	105SN	106SN	107SN	108SN	109SN	110SN	111SN	112SN
SLIP JIG	105SJ	106SJ	107SJ	108SJ	109SJ	110SJ	111SJ	112SJ

## Beginners

	<b>U5</b>	<b>U6</b>	<b>U7</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>O12</b>
REEL	205RL	206RL	207RL	208RL	209RL	210RL	211RL	212RL	213RL
LIGHT JIG	205LJ	206LJ	207LJ	208LJ	209LJ	210LJ	211LJ	212LJ	213LJ
SINGLE JIG	205SN	206SN	207SN	208SN	209SN	210SN	211SN	212SN	213SN
SLIP JIG	205SJ	206SJ	207SJ	208SJ	209SJ	210SJ	211SJ	212SJ	213SJ

TREBLE JIG	206TJ	207TJ	208TJ	209TJ	210TJ	211TJ	212TJ	213TJ
HORNPIPE	206HP	207HP	208HP	209HP	210HP	211HP	212HP	213HP

## Beginner 2

	<b>U6</b>	<b>U7</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>O13</b>
REEL	306RL	307RL	308RL	309RL	310RL	311RL	312RL	313RL	314RL
LIGHT JIG	306LJ	307LJ	308LJ	309LJ	310LJ	311LJ	312LJ	313LJ	314LJ
SLIP JIG	306SJ	307SJ	308SJ	309SJ	310SJ	311SJ	312SJ	313SJ	314SJ
SINGLE JIG	306SN	307SN	308SN	309SN	310SN	311SN	312SN	313SN	314SN
TREBLE JIG	306TJ	307TJ	308TJ	309TJ	310TJ	311TJ	312TJ	313TJ	314TJ
HORNPIPE	306HP	307HP	308HP	309HP	310HP	311HP	312HP	313HP	314HP

## Novice

	<b>U7</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>	<b>U15</b>	<b>O15</b>
REEL	407RL	408RL	409RL	410RL	411RL	412RL	413RL	414RL	415RL	416RL
LIGHT JIG	407LJ	408LJ	409LJ	410LJ	411LJ	412LJ	413LJ	414LJ	415LJ	416LJ
SINGLE JIG	407SN	408SN	409SN	410SN	411SN	412SN	413SN	414SN	415SN	416SN
SLIP JIG	407SJ	408SJ	409SJ	410SJ	411SJ	412SJ	413SJ	414SJ	415SJ	416SJ
*TREBLE JIG	407TJ	408TJ	409TJ	410TJ	411TJ	412TJ	413TJ	414TJ	415TJ	416TJ
*HORNSPIPE	407HP	408HP	409HP	410HP	411HP	412HP	413HP	414HP	415HP	416HP
TRADITIONAL SET	407TS	408TS	409TS	410TS	411TS	412TS	413TS	414TS	415TS	416TS

## Prizewinner

	<b>U7</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>	<b>U15</b>	<b>O15</b>
REEL	507RL	508RL	509RL	510RL	511RL	512RL	513RL	514RL	515RL	516RL
SLIP JIG	507SJ	508SJ	509SJ	510SJ	511SJ	512SJ	513SJ	514SJ	515SJ	516SJ
*TREBLE JIG	507TJ	508TJ	509TJ	510TJ	511TJ	512TJ	513TJ	514TJ	515TJ	516TJ
*HORNSPIPE	507HP	508HP	509HP	510HP	511HP	512HP	513HP	514HP	515HP	516HP
TRADITIONAL SET	507TS	508TS	509TS	510TS	511TS	512TS	513TS	514TS	515TS	516TS
NON-TRAD SET	507NTS	508NTS	509NTS	510NTS	511NTS	512NTS	513NTS	514NTS	515NTS	516NTS

## Prelim Championships

<u>BOYS/MEN &amp; GIRLS/ LADIES*</u>	U9	U10	U11	U12	U13	U14	U15	U16	U17	Q17
PRELIMINARY CHAMPIONSHIP	609P C	610P C	611P C	612P C	613P C	614P C	615P C	616P C	617P C	618P C
SET DANCE *(OPTIONAL)	609S D	610S D	611S D	612S D	613S D	614S D	615S D	616S D	617S D	618S D

### Preliminary:

Dancers will perform 48 bars of the Reel or 40 bars of the Slip Jig, and 48 bars of the Treble Jig or 40 bars of the Hornpipe.

### Open

OPEN CHAMPIONSHIP	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	Q19
	709 C	710 OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC	720OC

Dancers will perform 48 bars of the Reel or 40 bars of the Slip Jig, and 48 bars of the Treble Jig or 40 bars of the Hornpipe AND a set piece of choice.

Males will dance separately if there are 3 or more males entered in one competition.



## Non-Traditional Sets

Age	Prizewinner
Under 11	411 NT
Under 13	413 NT
Under 15	415 NT
15 & Over	451 NT

## Treble Reel

Treble reel competitions will be judged with our Adjudicator's back facing dancers.

<b>Non-Champs Adv Beg - PW</b>	<b>Under 10</b>	<b>Under12</b>	<b>Under 14</b>	<b>14 and Over</b>
	710 TR	712 TR	714 TR	741 TR
<b>Champion s Prelim/ Open</b>	<b>Under 10</b>	<b>Under 12</b>	<b>Under 14</b>	<b>14 and Over</b>
	810 TR	812 TR	814 TR	841 TR

## Boys and Girls combined Specials

**Soft Shoe:** Competitors must dance 1 step of a Reel OR Slip Jig (16 bars) down the line.

**Hard Shoe:** Competitors must dance 1 step of a Treble Jig OR Hornpipe (16 bars) down the line.

## Championship Trophy Specials (Prizewinner/prelim/Champ)

Age	Soft Shoe	Hard Shoe
Under 11	811SC	811HC
Under 14	814SC	814HC
14 and Over	841SC	841HC

## Non championship Trophy specials (Beg, Ad Beg, Nov)

Age	Soft Shoe	Hard Shoe
Under 12	812S	812H
Under 14	814S	814H
14 and over	841S	841H

Boys and Girls combined specials.

**Soft Shoe:** Competitors must dance 1 step of a Reel OR Slip Jig (16 bars) down the line.

**Hard Shoe:** Competitors must dance 1 step of a Treble Jig OR Hornpipe (16 bars) down the line.

## Future Champ Specials

Age	
Under 10	910FC
Under 12	912FC
Under 14	914FC
14 & Over	941 FC

Open to Novice and Prizewinner dancers who want to dance full length Oireachtas style light and heavy Rounds. Reel & Treble Jig 48 bars, Slip Jig & Hornpipe 40 bars. 1 judge, 2 dances.

## IDTANA Southern Region-Dancing Competition Rules

1. In the case of all solo and team competitions in all grades, the age of a competitor on 1st January of the year in which the competition is held will determine the right of entry. For the purposes of this Rule a competitor whose birthday occurs on 1st January shall be deemed to be under the age attained on that date.
2. Competitions are open to all but those holding a TMRF, TCRG, or ADCRG designation. A feis can only accept entries from pupils of teachers registered with An Coimisiun and registered with both the IDTANA and the North American region in which they reside.
3. A competitor may be disqualified for any of the following reasons:
  - a. Conduct unbecoming a lady or gentleman.
  - b. Failure to report on time to compete. (Penalty: disqualification from said event)
  - c. Falsification of age or other important facts – i.e., teaching, award winning, competing under another competitor's name or number, etc.  
Penalty for (a) or (c): Competitor will be disqualified from the Feis at which the occurrence happened and from all registered Feiseanna for a period of one year beginning at the date of the occurrence.
4. Competitions may be closed if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced. This does not pertain to a situation where competitors are involved in stage conflicts, and such conflicts will be handled by the stage monitor.
5. Steel taps or "bubble" heels on dancing shoes and any display of awards is prohibited. Authentic Gaelic dress is desired.
6. First Feis (if offered), Beginner and Advanced Beginner, aka Beginner I and II, must wear a class costume, or a skirt/pants and top. All other categories are excluded from this rule. Modest attire is encouraged when a competitor is not dancing.
7. Competitor's number must be worn and visible to adjudicators when performing in all competitions. Use of reflective plastic number covers is discouraged.
8. The number of awards given is determined by the Feis Committee and is based on the scores and ranks given by the adjudicator(s).
9. Complaints must be in writing stating names and other factual information and signed by the complainant. A \$50.00 fee must be enclosed and presented to the Feis Chairman within one hour of the occurrence. The fee will be returned if the complaint is upheld.
10. The Feis Committee and any organization affiliated with same, will not be held responsible for personal injury, property loss or damage. Destruction of Feis property and/or rental property will be punishable by law.
11. The Feis reserves the right to reject any entry for cause, to cancel all or part of the Feis and to limit competitor's performing time. The decision of the Feis Committee is final in all matters connected with the Feis.
12. All Feiseanna must have a process to allow parents to request that their child or children's name(s) not be listed on the posted competitor list prior to the day of the Feis.
13. Competitors must answer all questions as required by the Feis Entry committee, including teacher's name, and include the entry fee for entry to be accepted. Failure to do so will result in a rejected entry. Entries must be received on or before the closing date or they will be subject to a late fee of \_\_\_\_\_ (Determined by the Feis).

14. With the exception of First Feis and Beginner 1 the status of the dancer does not change unless there are five or more dancers in the competition.

15. Photography

a. With the exception of First Feis, Beginner 1 and Beginner 2 (or their equivalent), photography of any kind which has the capability of capturing a dancer's image while in motion is strictly forbidden.

b. A Feis may elect to allow in motion photography for publicity purposes, but the pictures are considered the sole property of the Feis and solely for Feis use only; these are not to be used for personal gain through commercial use or sale, and under no circumstances can they be published on any website or other areas, without the express written permission of the persons involved.

c. Additionally, a professional photographer may be formally contracted by a Feis to capture non-motion photographs, such as portrait photography, awards ceremonies, etc. and/or in motion photography provided it is taken at a vendor station or suitable location:

i. away from the dancing stages and,

ii. requested by a consenting parent, guardian, or dancer (over the age of 18).

16. No block, en Pointe, toe walking movements, stationary or moving is allowed to be performed for all ages up to and including the under 12 age group. However, after September 1 of each year an exception is made for those dancers who are 11 dancing in the under 12 age group.

17. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.

1. Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner), Adult and Master competitions:

a. Must compete in their own age group.

b. Must be prepared to perform two steps in each event.

2. With the exception of First Feis and Beginner 1, a dancer's level is determined in each dance (Reel, Light Jig, Single Jig, Slip-Jig, Hornpipe, Treble Jig, and Traditional Set). Traditional Set Dances are limited to those dances determined by An Coimisiun Le Rince Gaelacha as traditional set dances.

3. A Feis Committee may combine competitions if there are less than 5 competitors entered as follows:

1. Two consecutive age groups, combined into the higher of the two groups, within that grade.

2. Three consecutive age groups, combined into the highest age group, within that grade.

3. All Boys' grades competitions shall be initially entered in single year age groups within that grade.

4. If there are less than 5 Boys entered in any one age group within that grade, competitions may be combined in the following order:

a. Double, All Boys, age group into the higher of the two groups within that grade

b. If a double, All Boys age group does not create 5 or more entries, the Boys shall be combined into the corresponding single year Girls' age group.

c. If the combined Boys and Girls age group still does not create 5 or more entries, that competition may be combined as stated in rule #2 above.

5. 100 and 200 level competitions may be combined as follows:

a. Ages under 8 and below, CANNOT be combined with other age groups within that grade, but Boys and Girls may be combined in the corresponding single year Girls' age group within that grade.

b. Ages under 9 and above may first be combined into 2 consecutive age groups within that grade. If the combined competition still does not create 5 or more entries, that competition may be combined using rules 2, 3 and 4 above.

4. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region.

5. The syllabus is to contain all grade categories.

6. Competitors have the option to remain in the same category for the remainder of the Feis year.

7. A dancer, at the discretion of the teacher, may move into the next Grade (not Open Championships) without satisfying the requirements. However, once a dancer competes in the higher level, they can never move back to a lower category, (except as outlined in Rule 1, above).

8. Grade Levels

a. **First Feis:** A dancer who has never competed in a Feis. A dancer can only be in this category for a single day and cannot compete at any other level in the Feis. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.

b. **Beginner I (Beginner) Grade:** A beginner is a competitor who has not yet taken a full year of Irish Dance lessons, thereby giving beginners a full year with such status. A Beginner must move into the Beginner 2/Advanced Beginner category the next year. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.

c. **Beginner 2 (Advanced Beginner) Grade:** An advanced beginner who wins 1st, 2nd or 3rd place will advance to the Novice category in that particular dance. Competition dances are reel, light jig, slip jig, traditional treble jig and traditional hornpipe, as a minimum requirement. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.

d. **Novice Grade:** A novice who wins a 1st place will advance to the Open (Prizewinner) category in that particular dance. In Novice competitions with 20 or more dancers, a dancer who wins 1<sup>st</sup> or 2<sup>nd</sup> place in a dance will advance to the Open/PW category in that particular dance (Dec 2012)

e. **Open Prizewinner Grade:** A competitor who does not qualify as a beginner, advanced beginner or as a novice.

f. **Adult:** An Adult dancer is defined as any dancer who started Irish dancing at the age of 18 or older OR any dancer 18 or older who has not competed in at least five years in a youth competition AND has never placed in the top three in a youth Preliminary championship competition of more than five competitors.

9. First Feis (if offered), Beginner I, and Beginner 2 are required to dance at traditional speeds. Novice and Open/Prizewinner dancers may choose between traditional and Oireachtas speeds.

10. The following dance speeds must be adhered to;

	First Feis	Beg 1	Beg 2	Novice	Prizewinner
Reel	122	122	122	113	113
Light Jig	115	115	115	115	115
Slip Jig	122	122	122	113	113

Single Jig	124	124	124	124	124
Treble Jig			92	73/92	73/92
Hornpipe			138	113/138	113/138

Traditional Sets	Traditional Speed
St. Patrick's Day	<b>94</b>
Blackbird	<b>144</b>
Job of the Journeywork	<b>138</b>
Three Sea Captains	<b>96</b>
Garden of Daisies	<b>138</b>
Jockey to the Fair	<b>90</b>
King of the Fairies	<b>130</b>

11. First Feis, Beginner 1 and Beginner 2 perform only basic steps to coincide with the Grade Exam Syllabus.

12. Dancers competing in the First Feis category are limited to participating in the First Feis Category only.

1. First place winners in the Open Championship category cannot return to a Preliminary or Open (Prizewinner) competition. Placing in a Regional or National Oireachtas does not change the status of a competitor. A dancer who moves into Open Championship must stay a minimum of 2 years. If after 2 years they have not placed they are allowed to return to Preliminary. An Open Championship dancer who places is not allowed to return to Preliminary until 2 years after their last placement. The regional syllabus where the Feis is being held may have different qualifications for entry.

2. Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances and Specials, ie Treble Reel Competition, etc.

a. Dancers must qualify for Open Championship via the method now in place for Preliminary Championship, i.e. two 1st place wins.

b. Dancers must compete in the Preliminary Championship competition in order to qualify for Open Championship

3. Preliminary Championships

a. Are open to those who at any CLRG-registered Feis:

(1) Have placed 1st in both an Open (Prizewinner) light and heavy shoe competitions and

(2) Have never won 1st, 2nd or 3rd in an Open Championship.

b. A dancer who lives in the Southern Region and who wins 1<sup>st</sup> place in a second Preliminary Championship Competition in any Region MAY move up to Open Championship Competitions immediately, at the discretion of their dancing teacher.

c. A dancer who lives in the Southern Region when they win 1<sup>st</sup> place in a second Preliminary Championship competition MUST move up to Open Championship Competitions no later than the one calendar year anniversary of the second Preliminary Championship win.

d. Preliminary Championship competitions with 26 or more competitors may be split in half according to age. \* In Preliminary Championships-Separate boys into a separate competition if there are five (5) or more boys entered in a specific competition within a single age a group.

A Southern region feis may choose to combine boys and girls in Open Championship competitions when there are less than 5 dancers registered in a particular age category. However, if three (3) or more boys are entered in a specific age group in a combined Open Championship competition, the boys and girls MUST be split into separate competitions. If separate Boys and Girls competitions in Open Championships are offered in the syllabus, they may NOT be combined under ANY circumstances on the day of the Feis

4. One of the following statements MUST be in the feis syllabus:

a. When there are less than five dancers registered in a particular Open Championship age category, the boys and girls will NOT be combined.

OR

b. When there are less than five dancers registered in a particular Open Championship age category, the boys and girls WILL be combined.

5. The boys' open championship age categories will match the girls' open championship age categories.

6. Every competitor in Preliminary or Open Championship must have a minimum of 8 rotations or 10 minutes between each of their rounds.

1. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced.

a. There are no restrictions on figure age groups

b. Figure age groups will be determined by the oldest dancer.

c. 8 hand teams are allowed to repeat dancers at all Southern Region feiseanna in accordance with the World and Regional Oireachtas rules.

2. The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8 bar introduction.

3. Only dancers who meet the definition of "Adult dancer" may compete in Adult Ceili competitions. Masters level solo dancers competing in a Ceili must compete in the Youth Ceili categories.

4. In the event that the same organization is running 2 feiseanna in one weekend, the following may occur:  
Figure and Ceili competitions may be offered at only one of the feis' on that weekend.



1. Musicians and adjudicators cannot be approached during a competition by anyone except the Feis Committee. No one can approach them while a competitor is performing.
2. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.
3. In matters pertaining to adjudication, the decision of the adjudicators is final.
4. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.
5. Championships and Preliminary Championships require at least three adjudicators.
6. Each Feis is required to list their adjudicators on their syllabus and/or website at least three weeks before the close of entries, one-third of which are to be from outside the region where the Feis is being held.

1. Make up is prohibited on a dancer in the first three grades (First Feis (if offered), Beginner I and Beginner 2 or their equivalent) up to and including the under 12 age group. Make-up (including false eyelashes and tanner on the face) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group. Clarification: Both make up rules refer to the age group of the competition, not the actual age of the dancer. For example, 9 year old dancers, competing in a team that is entered Under 12, may wear make-up or at a feis where the youngest Open Championship age group is Under11, then all dancers in that competition may wear make-up. These rules must also be announced from side stage at the event. Participants should be reminded that should they be in breach of these rules and be required to remove their make-up, that they risk missing their rotation in the competition.
2. Any competitor found to be using artificial carriage aids and subsequently refuses to remove same, will be subject to disqualification from that particular competition. Medically prescribed aids (proof of which may be required) will be exempt from this rule.
3. Competitors in competitions at the First Feis (if offered), Beginner I and Beginner 2 Grade will wear only the competitor's dancing school costume or a skirt/pants and top.
4. Costume Length: 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.
5. When wearing body suits with skirts (commonly known as black-out attire) black tights (of a denier less than 70) must be worn from the age of 14 and above. Effective date: 1st February, 2020

### **FROM AN COIMISIUN**

Changing costumes, dressing and undressing of dancers will not be acceptable in the halls or public areas. For the sake of modesty and in the interests of safety of young people, dancers will not be permitted to walk around the feis scantily dressed.

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.

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. Effective March 1, 2022.

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 as in the illustrated example 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 adjudicators on the panel must agree to ask the dancer to put on tights.  
Effective March 1, 2022

The Feis WILL NOT give any refunds for any reason including consequences for violations of these rules.  
*These rules were approved by the IDTANA Southern Region, and are effective January 1, 2023*

*These rules are required to be included in the syllabus for all feiseanna taking place in the IDTANA Southern Region.*