

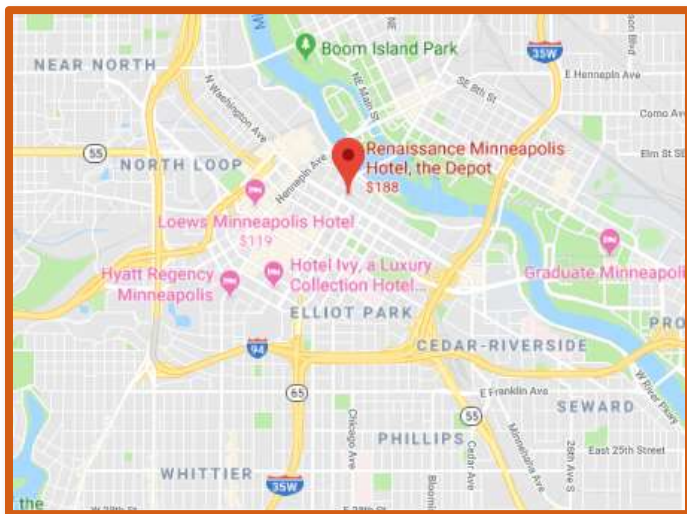


*Hosted by  
Hinsdale Irish Arts Association*

### **10000 LAKES FEIS**

**Sunday – June 16, 2019**

**The Depot**  
225 3rd Avenue South  
Minneapolis, Minnesota 55401



### **10000 LAKES FEIS INFORMATION**

Sarah Farrell & Anne Rogan, *Feis Chairs*  
[10000lakesfeis@gmail.com](mailto:10000lakesfeis@gmail.com)  
[www.10000lakesfeis.com](http://www.10000lakesfeis.com)

### **REGISTRATION INFORMATION**

Online registration opens to June 5

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

**After June 5 all registration  
must be done in person at the Feis**

Limited to the first PAID entries  
500 grades/non-champ  
250 Open / preliminary championship

Online payment with credit cards only

At the Feis payment with credit cards or cash only  
Day of feis registrations and changes will be accepted

### **HOTEL INFORMATION**

#### **Renaissance Minneapolis Hotel**

3rd Avenue South, Minneapolis, MN 55401  
Phone: (612) 375-1700  
Use this link to book your room online.  
<https://tinyurl.com/10000NMA>

*Further information on hotel and area dining &  
entertainment options are available at the feis website:*

[www.10000lakesfeis.com](http://www.10000lakesfeis.com)

### **NAFC CHAMPIONSHIPS**

Edward Callaghan Music Scholarship Championship  
Under 15 - will be held at the  
Golden Horseshoe Feis on June 15, 2019

James Brennan Music Scholarship Championship  
Under 21 - will be held at the  
Peach State Feis on May 4, 2019

NAFC Championship Belts  
Sacramento, CA - January 19th, 2019  
Gerry Campbell Senior Belt  
Robert Gabor Junior Belt  
George Sweetnam Minor Belt

### **NAFC COMMISSION**

Member of the North American Feis Commission  
President: Jim Graven  
[president@northamericanfeiscommission.org](mailto:president@northamericanfeiscommission.org)  
Member of An Coimisiun, Dublin, Ireland

# 10,000 Lakes Feis



## FEIS FEES

US Funds ONLY – Payment due at time of registration  
 Online registration will accept credit card payment only  
 In Person registration will accept credit card or cash  
 Sorry - no checks will be accepted at any time

### REGULAR FEES

Solo Dancing	
Music	<b>\$ 9</b>
Adult	<i>fee is per competitor for each event</i>
Non-Dance	

Preliminary Championship	<b>\$ 45</b>
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Open Championship	<b>\$ 50</b>
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Special Competitions	<b>\$ 12</b>
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Team	<b>Team Fee</b> <i>(see syllabus below)</i>
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Event Fee (per family)	<b>\$ 20</b>
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Family Max	
<i>Does not include:</i>	
• Event Fee	
• Team events	
• Trophy Dances	
• Specials	
• Late fees	
	<b>\$ 140</b>

## LATE FEES

All late fees are in addition to the regular feis fees above

	Up to June 5	June 5 and afterwards
New Registration	No late fee	<b>\$ 50</b>
Registration Change	No late fee	<b>\$ 25</b>
Family Max	<b>\$145</b>	<b>No family max</b>

- Fees must be paid at the time of registration
- Only credit cards will be accepted for online fees
- At the feis, cash or credit cards will be accepted
- Sorry no checks

**ABSOLUTELY NO REFUNDS**

## REGISTRATION RULES

- Payment must be made at the time of registration
- No personal checks will be accepted
- There is NO waiting list
- Entries are not valid until full payment is received.  
**ABSOLUTELY NO REFUNDS OF ANY KIND AT ANY TIME**
- **Non-Champ Fees:**
  - all fees are calculated PER dancer.
  - After June 5, in addition to the regular per dance fee, a late fee will be added (see chart above)
  - There is **no family cap after June 5**
- **Champ Fees:**
  - all fees are calculated PER dancer.
  - After June 5, in addition to the regular champ fee, a late fee will be added (see chart above)
  - There is **no family cap after June 5**
- **Family MAX**
  - only applies to core dances
  - Please see list of exceptions in the Feis Fee section
  - No family max applied after online registration is closed.

## 10000 LAKES FEIS RULES:

- Pre-Registration
  - Saturday, June 15, 2019
  - The Depot – 12 noon til 2pm
- Registration
  - Sunday, June 16, 2019
  - The Depot – 7:00 am
  - Opening Ceremony at 7:45 am
  - Competitions commence promptly at 8:00am
- Championship stages will proceed from youngest dancers to oldest dancers
- Competitions will be combined in accordance with NAFC rules whenever possible to increase likelihood of 5+ dancers per competition.
- Due to venue restrictions, there will be NO CAMPING

## 10000 LAKES FEIS BLACK OUT GUIDELINES:

- No costume
- Wigs and headband optional
- Girl dancers must wear
  - Black shorts or black skirts
  - Plain black shirts
  - White socks or black tights
  - Dance shoes
- BOY DANCERS Must wear:
  - Black pants or black shorts
  - Plain black shirts
  - Black or white socks
  - Dance shoes





# 10,000 Lakes Feis



## BEGINNER 2 (ADVANCED BEGINNER)

ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS

A dancer who has been dancing for more than one year and who has not won a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place as Beginner 2 dancer. A dancer who has won a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place in a Beginner 2 dance must move into Novice in that dance no later than January 1<sup>st</sup> of the next calendar year or with teacher's permission as soon as the next Feis (if said Feis has not closed to changes).

AT THIS LEVEL, DANCERS ARE NOT ALLOWED TO COMPETE IN SOLO COSTUMES (only school costumes are allowed)

	GIRLS									BOYS								
	U6	U7	U8	U9	U10	U11	U12	U13	O13	U6	U7	U8	U9	U10	U11	U12	U13	O13
<b>REEL</b>	306RL	307RL	308RL	309RL	310RL	311RL	312RL	313RL	314RL	356RL	357RL	358RL	359RL	360RL	361RL	362RL	363RL	364RL
<b>LIGHT JIG</b>	306LJ	307LJ	308LJ	309LJ	310LJ	311LJ	312LJ	313LJ	314LJ	356LJ	357LJ	358LJ	359LJ	360LJ	361LJ	362LJ	363LJ	364LJ
<b>SLIP JIG</b>	306SJ	307SJ	308SJ	309SJ	310SJ	311SJ	312SJ	313SJ	314SJ									
<b>TREBLE JIG</b>	306TJ	307TJ	308TJ	309TJ	310TJ	311TJ	312TJ	313TJ	314TJ	356TJ	357TJ	358TJ	359TJ	360TJ	361TJ	362TJ	363TJ	364TJ
<b>HORNSPIPE</b>	306HP	307HP	308HP	309HP	310HP	311HP	312HP	313HP	314HP	356HP	357HP	358HP	359HP	360HP	361HP	362HP	363HP	364HP
<b>ST PATRICK DAY</b>	306PD	307PD	308PD	309PD	310PD	311PD	312PD	313PD	314PD	356PD	357PD	358PD	359PD	360PD	361PD	362PD	363PD	364PD

## NOVICE

\*ALL HARD SHOES DANCES CAN BE DONE AT EITHER TRADITIONAL SPEED OR SLOW SPEED

A dancer moves into Novice as a result of placing 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> in that dance as indicated in Beginner 2. A dancer who wins 1<sup>st</sup> in a Novice dance must move into Prizewinner level in that dance no later than January 1<sup>st</sup> of the next calendar year or with teacher's permission as soon as the next feis (if said feis has not closed to changes)

	GIRLS										BOYS									
	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15
<b>REEL</b>	407RL	408RL	409RL	410RL	411RL	412RL	413RL	414RL	415RL	416RL	457RL	458RL	459RL	460RL	461RL	462RL	463RL	464RL	465RL	466RL
<b>LIGHT JIG</b>	407LJ	408LJ	409LJ	410LJ	411LJ	412LJ	413LJ	414LJ	415LJ	416LJ	457LJ	458LJ	459LJ	460LJ	461LJ	462LJ	463LJ	464LJ	465LJ	466LJ
<b>SLIP JIG</b>	407SJ	408SJ	409SJ	410SJ	411SJ	412SJ	413SJ	414SJ	415SJ	416SJ										
<b>*TREBLE JIG</b>	407TJ	408TJ	409TJ	410TJ	411TJ	412TJ	413TJ	414TJ	415TJ	416TJ	457TJ	458TJ	459TJ	460TJ	461TJ	462TJ	463TJ	464TJ	465TJ	466TJ
<b>*HORNSPIPE</b>	407HP	408HP	409HP	410HP	411HP	412HP	413HP	414HP	415HP	416HP	457HP	458HP	459HP	460HP	461HP	462HP	463HP	464HP	465HP	466HP
<b>TRADITIONAL SET</b>	407TS	408TS	409TS	410TS	411TS	412TS	413TS	414TS	415TS	416TS	457TS	458TS	459TS	460TS	461TS	462TS	463TS	464TS	465TS	466TS

## PRIZE WINNER (OPEN)

\*ALL HARD SHOES DANCES CAN BE DONE AT EITHER TRADITIONAL SPEED OR SLOW SPEED

A dancer moves into Prizewinner as a result of placing 1<sup>st</sup> place as indicated in Novice.

	GIRLS										BOYS									
	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15	U7	U8	U9	U10	U11	U12	U13	U14	U15	O15
<b>REEL</b>	507RL	508RL	509RL	510RL	511RL	512RL	513RL	514RL	515RL	516RL	557RL	558RL	559RL	560RL	561RL	562RL	563RL	564RL	565RL	566RL
<b>LIGHT JIG</b>	507LJ	508LJ	509LJ	510LJ	511LJ	512LJ	513LJ	514LJ	515LJ	516LJ	557LJ	558LJ	559LJ	560LJ	561LJ	562LJ	563LJ	564LJ	565LJ	566LJ
<b>SLIP JIG</b>	507SJ	508SJ	509SJ	510SJ	511SJ	512SJ	513SJ	514SJ	515SJ	516SJ										
<b>*TREBLE JIG</b>	507TJ	508TJ	509TJ	510TJ	511TJ	512TJ	513TJ	514TJ	515TJ	516TJ	557TJ	558TJ	559TJ	560TJ	561TJ	562TJ	563TJ	564TJ	565TJ	566TJ
<b>*HORNSPIPE</b>	507HP	508HP	509HP	510HP	511HP	512HP	513HP	514HP	515HP	516HP	557HP	558HP	559HP	560HP	561HP	562HP	563HP	564HP	565HP	566HP
<b>TRADITIONAL SET</b>	507TS	508TS	509TS	510TS	511TS	512TS	513TS	514TS	515TS	516TS	557TS	558TS	559TS	560TS	561TS	562TS	563TS	564TS	565TS	566TS





# 10,000 Lakes Feis



## PRELIMINARY CHAMPIONSHIP

A dancer who wins 1<sup>st</sup> place in each of the Open dances (reel, slip-jig, treble jig, and hornpipe) can move into Preliminary Championships with teacher's permission. Boys and Girls will compete against each other, however if there are at least 5 boys entered, the boys will be moved into a separate competition. In cases where a Feis elects to split a competition due to a large entry, the split must be done by birth date age in the same manner as the North American Championships.

Dancers will perform 48 bars of the reel or 40 bars of the slip-jig **and** 40 bars of the hornpipe or 48 bars of the treble jig. Preliminary Championship will be judged and scored by all 3 judges. In addition, awards will also be posted for each solo round (light and heavy round) based on the scores of one judge (different judges scores for light and heavy).

### BOYS/MEN & GIRLS/LADIES\*

	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>	<u>U17</u>	<u>O17</u>
<b>Preliminary Championship</b>	609PC	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC

Competitions will begin with SOFT SHOE first, followed by HARD SHOE for the second round. No set dance competitions are offered for Preliminary Championship competitors.

## OPEN CHAMPIONSHIP

A dancer who wins two 1<sup>st</sup> Place awards in one calendar year will move on to Open Championship the following year, or as soon as the second win is achieved, in any age category, in the following years. Only in the case of back-to-back Feiseanna (successive days), in which case the first win in the first Feis will not change the dancer's status for the second Feis. Placing in a Regional or National Oireachtas does not change the status of a competitor.

Dancers will perform: 48 bars of reel or 40 bars of slip-jig, 40 bars of the hornpipe or 48 bars of the treble jig, and a Set Dance. A Feis may elect to have a recall of 50% of the competitors for the set-dance round if there are over 20 dancers in the competition.

Open Championship will be judged and scored by all 3 judges. In addition, awards will also be posted for each solo round (light, heavy, and set) based on the scores of one judge (different for each round).

Boys will be combined with girls to make groups of 5 or more.

	<u>GIRLS / LADIES</u>						<u>BOYS / MEN</u>					
	<u>U10</u>	<u>U12</u>	<u>U14</u>	<u>U16</u>	<u>U18</u>	<u>O18</u>	<u>U10</u>	<u>U12</u>	<u>U14</u>	<u>U16</u>	<u>U18</u>	<u>O18</u>
<b>Championship</b>	710OC	712OC	714OC	716OC	718OC	719OC	760OC	762OC	764OC	766OC	768OC	769OC

NOTE: A dancer who has not received a legitimate placing (sufficient competitors within the normal placing scale) along with a dancer who has not placed in Open Championships for two consecutive years, may return to their previous competition level. For example, an Open Championship dancer that does not place in two consecutive years may return to Preliminary Championships, the same as a Preliminary dancer who does not place can return to Prizewinner.

Competitions will begin with SOFT SHOE first, followed by HARD SHOE for the second round. ALL Open Championship dancers will be required to dance their set dance following the hard shoe round.

## TREBLE REEL

Treble Reel Competitions will take place throughout the day and **NOT** at the end of the day.

All proceeds from the Treble Reel Competition will be donated to Cancer Research in honor of Mulhern School of Irish Dance Family members, Dee Scott and the late Joey Levato

	<u>Under 13</u>	<u>13 &amp; Over</u>
<b>Grades (non-champ)</b>	513TR	514TR
<b>Champs (PC &amp; OC)</b>	713TR	714TR

# 10,000 Lakes Feis



## ART COMPETITIONS

Soda Bread Competitions will be judged around 11:00am.

	<u>Under 14</u>	<u>Under 21</u>	<u>21 &amp; Over</u>
<b>Soda Bread</b>	914SB	921SB	922SB
<b>Instrument</b>	914Inst	921Inst	922Inst
<b>Vocal</b>	914Voc	921Voc	922Voc

## ADULT COMPETITIONS

*HARD SHOES DANCES CAN BE DONE AT EITHER TRADITIONAL SPEED OR SLOW SPEED*

A dancer over the age of 18 who has not danced in the above described competitions for a period of five years. Dancers who are in the Adult categories cannot enter any competition other than Adult specified competitions. A dancer who wishes to return to any category other than Adult must remain out of Adult competitions until they retire from dancing for five consecutive years.

	<u>Beginner 1 and 2</u>	<u>Novice / Prize Winner</u>
<b>REEL</b>	835RL	855RL
<b>LIGHT JIG</b>	835LJ	855LJ
<b>SLIP JIG</b>	835SJ	855SJ
<b>TREBLE JIG</b>	835TJ	855TJ
<b>HORNPIPE</b>	835HP	855HP
<b>TRADITIONAL SET</b>	835TS	855TS

## FIGURES AND CEILI

- There are no restrictions on figure age groups.
- Figure age groups will be determined by the oldest dancer.
- Ceili teams (8 hands) are allowed to repeat dancers at all Mid-West feisanna in accordance with the world and regional Oireachtas rules.
- Only ONE team member needs to register and will be charged the TEAM fee for the entire team. The team MUST wear the dancer number that was used to register the team. It is not necessary to notify the Feis nor QuickFeis who the other team members will be.

### FIGURE DANCING

	<u>2 HAND Reel</u>	<u>3 HAND Reel</u>	<u>4 HAND Reel/Jig</u>
<b>TEAM FEE →</b>	<b>\$18</b>	<b>\$27</b>	<b>\$36</b>
<b>Under 7</b>	921FD	931FD	941FD
<b>Under 9</b>	922FD	932FD	942FD
<b>Under 11</b>	923FD	933FD	943FD
<b>Under 13</b>	924FD	934FD	944FD
<b>Under 15</b>	925FD	935FD	945FD
<b>Over 15</b>	926FD	936FD	946FD
<b>ADULT</b>	929FD	939FD	949FD

### CEILI DANCING

	<u>8 Hand Ceili Dance</u>	
<b>TEAM FEE →</b>	<b>\$72</b>	<b>\$72</b>
	<b>Girls Ceili</b>	<b>Mixed Ceili</b>
<b>Under 9</b>	981C	981CM
<b>Under 11</b>	982C	982CM
<b>Under 13</b>	983C	983CM
<b>Under 16</b>	984C	984CM
<b>Over 16</b>	985C	985CM
<b>Adult</b>	986C	986CM



# 10,000 Lakes Feis



## MID-AMERICA REGIONAL 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 TMRP, TCRG, or ADCRG designation. A feis can only accept entries from pupils of teachers registered with An Coimisiun, regardless of their domicile, and where applicable, 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 NAFC – 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, display of awards, wearing of shorts or other unconventional dress is prohibited. Authentic Gaelic dress is desired. First Feis (if offered), Beginner and Advanced Beginner, aka Beginner I and II, must wear a class costume, or a skirt and blouse. All other categories are excluded from this rule. Modest attire is encouraged when a competitor is not dancing.
6. Competitor's number must be worn and visible to adjudicators when performing in all competitions, except in Championships. Use of reflective plastic number covers is discouraged.
7. Awards will be determined in proportion to the number of entries in each competition and to the degree of proficiency shown.
8. Complaints must be in writing stating names and other factual information and signed by the complainant. A \$25.00 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.
9. 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 or rental property will be punishable by law.
10. 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.
11. 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.
12. Competitors must answer all questions as required by the Feis Entry committee, including teacher's name, and enclose the entry fee when mailing. Failure to do so may result in a rejected entry. Entries must be postmarked on or before the closing date or they will be subject to a late fee as determined by the Feis.
13. The status of the dancer does not change unless there are five or more dancers in a competition.

14. 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. 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. 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: (a) away from the dancing stages and, (b) requested by a consenting parent, guardian, or dancer (over the age of 18).
15. 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.
16. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.

## GRADE LEVEL RULES

17. Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner) competitions:
  - (a) Must compete in their own age group.
  - (b) Must be prepared to perform two steps in each event.
  - (c) Cannot change competition on the day of the Feis.

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.
18. Combining male and female dancers in any age category is left to the discretion of each region of the IDTANA. Competitions may be combined with the next higher age group if there are less than 5 competitors entered. Competitions can only be combined up (or down) one age group.
19. Boys and girls CANNOT be combined EXCEPT according to the following:
  - (a) All boys' competitions below Preliminary Championships shall be initially entered in single year age groups;
  - (b) If there are less than 5 entries in any one age group, combination of the competitions shall be done according to the following rules, in order of preferential application:
    - 1) Into double age groups, all boy or all girl; and
    - 2) If a double age group does not create 5 or more entries, the boys shall instead be combined into the corresponding single year girls' age group; and
    - 3) Any competitions so combined shall be run as a single competition.

The Mid-America syllabus is to contain all grade categories. A Feis Committee may combine **two or three consecutive age categories in the highest of the age categories within that grade when less than five (5) competitors are entered.** (IDTAMA, 1/1/17)

# 10,000 Lakes Feis



20. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region. The syllabus is to contain all grade categories. A Feis Committee may combine two consecutive age categories into the higher of the two categories within that grade when less than five (5) competitors are entered (see Rule 2, above). Competitors have the option to remain in the same category for the remainder of the Feis year. 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).

## 21. Grade Levels

**Beginner 1 (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.

**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.

**Novice Grade:** A novice who wins a 1st place will advance to the Open (Prizewinner) category in that particular dance.

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

**Adult Beginner:** An adult beginner is a competitor who never took Irish dancing lessons as a juvenile and is over 18 years of age.

22. First Feis (if offered), Beginner 1, and Beginner 2 are required to dance at traditional speeds. Novice and Open/Prizewinner dancers may choose between traditional and Oireachtas speeds.

23. All regions in North America will follow this common set of speeds for all grade competitions at feiseanna in North America (IDTANA, 1/1/17).

	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	94
Blackbird	144
Job of the Journeywork	138
Three Sea Captains	96
Garden of Daisies	138
Jockey to the Fair	90
King of the Fairies	130

First Feis, Beginner 1 and Beginner 2 perform only basic steps to coincide with the Grade Exam Syllabus. (IDTAMA, 1/1/17)

24. Dancers competing in the First Feis category are limited to participating in the First Feis Category only. (IDTAMA, 1/1/17)

## CHAMPIONSHIP LEVEL RULES

25. 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.

26. Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances. Entrants in Championships should specify, on the entry form, their choice of soft shoe, hard shoe, and set dance. Entrants cannot change competition or category on the day of the competition.

(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

(c) The regional syllabus where the Feis is being held may have different qualifications for entry.

27. Preliminary Championships are open to those who, at any NAFC recognized Feis:

(a) A dancer who wins 1st place in each of the Open Prizewinner dances (reel, slip-jig, treble jig, and hornpipe) can move into Preliminary Championships with teacher's permission (IDTAMA).

(b) Have never won 1st, 2nd or 3rd in Open Championship. A dancer who wins two first place awards will move on to Open Championship at the next Feis they enter, or as soon as the second win is achieved, in any age category, in the following years. Only in the case of back-to-back feiseanna (successive days), in which case the first win in the first Feis will not change the dancer's status for the second Feis. A dancer is required to perform a light shoe dance (reel or slip jig for ladies and reel only for men), and a hard shoe dance. A Feis can opt to offer either a) a set dance or b) a jig/hornpipe.

(c) The regional syllabus where the Feis is being held may have different qualifications for entry.

28. A Mid-America 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. (IDTAMA, 1/1/17)

29. 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.

30. The boys' open championship age categories will match the girls' open championship age categories. (IDTAMA, 1/1/17)

31. Any competitor in Preliminary or Open Championship must have a minimum of 8 rotations or 10 minutes between their rounds. (IDTAMA, 1/1/17)





# 10,000 Lakes Feis



## **FIGURE/CEILI TEAM RULES**

32. 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. (Effective 12/2014)
  - b. Figure age groups will be determined by the oldest dancer.(Effective 12/2014).
  - c. 8 hand teams are allowed to repeat dancers at all Mid-America feiseanna in accordance with the world and regional Oireachtas rules.
  - d. The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8 bar introduction.

## **ADJUDICATORS & MUSICIANS**

33. 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.
34. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.
35. In matters pertaining to adjudication, the decision of the adjudicators is final.
36. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.
37. Championships and Preliminary Championships require at least three adjudicators.
38. Each Feis is required to list their adjudicators on their syllabus and/or website at least three weeks before the close on entries, one-third of which are to be from outside the region where the Feis is being held.

## **COSTUME RULES**

39. Make up is prohibited on a dancer in the first three grades (First Feis (if offered), Beginner 1 and Beginner 2 or their equivalent) up to and including the under 12 age group.
40. 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.
41. Competitors in girl's competitions at the First Feis (if offered), Beginner 1 and Beginner 2 Grade will wear only the competitor's dancing school costume or a skirt and blouse.

## **MODESTY RULE – 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**

**The Feis WILL NOT give any refunds for any reason including consequences for violations of these rules**