

# The Academy Championships & Grades Feis 2024

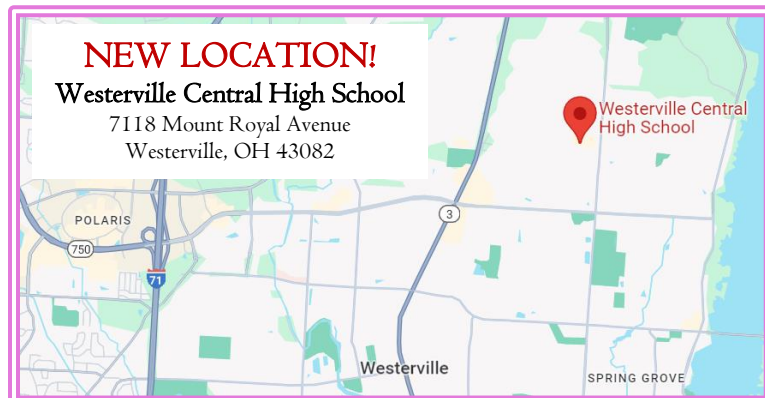


**Saturday January 13**

Full Grades Syllabus, 2<sup>nd</sup> Chance Grades,  
OC/PC u15 down.

**Saturday January 13**

OC/PC u16 up



## FEATURES – ALL IRELAND STYLE COMPETITION

### FOR ALL OC&PC COMPETITORS

- ★ Panel of 5 Adjudicators
- ★ GRAND perpetual cups
- ★ Large Raised Stage in Theater
- ★ Step Down the Line Competitions
- ★ Separate PC solo Set competition on grades stage
- ★ Medals, Sashes & Trophies for the top 5 in each competition
- ★ All competitions are mixed boys and girls. Top boy and girl will be awarded the top prize.
- ★ UI5 and down Saturday (13<sup>th</sup>) and UI6 and up Sunday (14<sup>th</sup>)

### FOR FIRST FEIS -PRIZEWINNER

- ★ Full grade syllabus offered on Saturday (13<sup>th</sup>)
- ★ Second chance competitions also offered on Saturday (13<sup>th</sup>)
- ★ Trad Set & Treble Reel comps for Grade Level Dancers
- ★ Trophies for the Top 3 in Prizewinner!

**The BEST kick off to the 2024 Feis season**

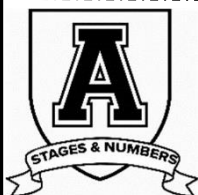


Presented by  
The Academy Booster Club

## FEIS INFORMATION



- Online registration open to December 29 [www.Quickfeis.com](http://www.Quickfeis.com)
- Limited to **250** Grades OC/PC 300
- Day of Feis Registration & Changes accepted with a fee \$100
- Absolutely **NO REFUNDS** for any reason
- Entry Secretary: Kim Wright, [theacademyfeis@gmail.com](mailto:theacademyfeis@gmail.com)
- Facebook [www.facebook.com/theacademychampionshipsandgradesfeis](http://www.facebook.com/theacademychampionshipsandgradesfeis)



- Feis begins promptly at 8:00am
- Registration opens: 7am @ Westerville Central High School both days
- Team Competitions will be offered as follows: 3-hand, 4-hand, and 8-hand
- Trad Set and Treble Reel Competitions will take place throughout the day, NOT at the end of the day
- Grade level stages will start with First Feis, Beginner 2, and Adult Competitions



- Feis schedule will be posted on Social Media on or before January 10<sup>th</sup>.
- Open Champion and Preliminary Championships will dance soft shoe first.
- Vendors: Camilla Rose & Irish Seams

**Registration opens on November 16<sup>th</sup> at 6 pm and closes December 29<sup>th</sup>**

### REGULAR ENTRY FEES

	REGULAR FEES up to Dec 29
Family Fee	<b>\$25</b> <i>per family</i>
Grades Competitions	<b>\$14</b> <i>per competitor per comp</i>
Preliminary Championship Includes <i>Step Down the Line</i>	<b>\$80</b> <i>per competitor</i>
Preliminary Champ SET Solo	<b>\$14</b> <i>per competitor</i>
Open Championship Includes <i>Step Down the Line</i>	<b>\$100</b> <i>per competitor</i>
Trad Set/Treble Reel	<b>\$14</b> <i>per dance</i>
Family Max <i>does not include second chance or specials.</i>	<b>\$250</b>

#### US Funds ONLY

**Payment due at time of registration.  
Online registration is credit card only.  
Day of Feis Registration Allowed for a fee of  
\$100.  
Changes will be accepted at the Feis.**

### THE ACADEMY FEIS

1. Payment must be made at the time of registration.
2. No personal checks will be accepted at any time.
3. Entries are not valid until full payment is received.
4. From November 16<sup>th</sup> to December 29<sup>th</sup> all registration must be done with QuickFeis.
5. No mailed entries or mailed payments accepted.
6. Individual results will be provided by QuickFeis for free.
7. All awards must be picked up the day of the feis.
8. Coolers and outside food will NOT be permitted.
9. Competitions may be combined or split as deemed necessary by the Feis Committee in compliance with the Mid- America competition rules.
10. When there are less than five dancers registered in a Preliminary Championship age category, the boys and girls WILL be combined.
11. Parents are responsible for their children's safety. The Academy Booster Club of Columbus and The Academy Irish Dance Company will not be held liable for any injury that occurs at this event. By entering The Academy Preliminary Championships & Grade Feis you are agreeing to these terms.
12. No videos are permitted of dancers while on stage for any competition.
13. Adjudicating decisions made by the panel are final.
14. All Non-Adjudicating decisions will be decided by the Feis Board and will be final.

[WWW.QUICKFEIS.COM](http://WWW.QUICKFEIS.COM)

**STRICT NO REFUND POLICY**

## NUMBERING SYSTEM

1 <sup>st</sup> Digit	Level Category: FIRST FEIS Dances all begin with "1", BEGINNER 1 with "2", and so forth
2 <sup>nd</sup> and 3 <sup>rd</sup> Digits	Age Group, Girls begin at 01 and Boys begin at 51. So "05" means girls under 5, while 61 means boys under 11.
4 <sup>th</sup> and 5 <sup>th</sup> Digits (Letters)	Competition Type: <b>RL</b> = REEL <b>LJ</b> = LIGHT JIG <b>SJ</b> = SLIP JIG <b>TJ</b> = TREBLE JIG <b>HP</b> = HORNSPIPE <b>PD</b> = ST PATRICK DAY <b>TS</b> = TRADITIONAL SET ...
Last Number "2"	<b>SECOND CHANCE</b> Any competition ending with "2" denotes a second chance competition

**AGE GROUP:** Your age group is determined by the YEAR the competitor was born. This changes from year to year!

<b>For 2024</b>	<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>U13</b>	<b>U14</b>	<b>U15</b>	<b>U16</b>	<b>U17</b>	<b>U18</b>
<b>Born in:</b>	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006

PLEASE NOTE: Age groupings beginning with "O" mean THAT age AND over (example O11 means 11 and older)

## FIRST FEIS

The First Feis level has been established for dancers who are competing in their very first Feis.

Once a dancer competes in the First Feis category, the dancer must move into Beginner 1 or Beginner 2.

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

**Dancers competing in the First Feis category are limited to participating in the First Feis Category ONLY**

	GIRLS						BOYS					
	U7	U8	U9	U10	U11	O11	U7	U8	U9	U10	U11	O11
<b>REEL</b>	107RL	108RL	109RL	110RL	111RL	112RL	157RL	158RL	159RL	160RL	161RL	162RL
<b>LIGHT JIG</b>	107LJ	108LJ	109LJ	110LJ	111LJ	112LJ	157LJ	158LJ	159LJ	160LJ	161LJ	162LJ
<b>SLIP JIG</b>	107SJ	108SJ	109SJ	110SJ	111SJ	112SJ						

## BEGINNER 1 (BEGINNER)

**ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS**

A dancer who has been dancing for less than one year. A Beginner 1 must move to Beginner 2 no later than January 1<sup>st</sup> of the dancers second year of instruction or may move to Beginner 2 earlier with teacher's permission and provided that the Feis has not closed to changes. Note: A Beginner 1 dancer who starts in September, may continue as a Beginner 1 until December of the following year (16 months) before moving into Beginner 2.

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

	GIRLS							BOYS						
	U7	U8	U9	U10	U11	U12	O12	U7	U8	U9	U10	U11	U12	O12
<b>REEL</b>	207RL	208RL	209RL	210RL	211RL	212RL	213RL	257RL	258RL	259RL	260RL	261RL	262RL	263RL
<b>LIGHT JIG</b>	207LJ	208LJ	209LJ	210LJ	211LJ	212LJ	213LJ	257LJ	258LJ	259LJ	260LJ	261LJ	262LJ	263LJ
<b>SLIP JIG</b>	207SJ	208SJ	209SJ	210SJ	211SJ	212SJ	213SJ							

**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							
	U7	U8	U9	U10	U11	U12	U13	O13	U7	U8	U9	U10	U11	U12	U13	O13
REEL	307RL	308RL	309RL	310RL	311RL	312RL	313RL	314RL	357RL	358RL	359RL	360RL	361RL	362RL	363RL	364RL
LIGHT JIG	307LJ	308LJ	309LJ	310LJ	311LJ	312LJ	313LJ	314LJ	357LJ	358LJ	359LJ	360LJ	361LJ	362LJ	363LJ	364LJ
SLIP JIG	307SJ	308SJ	309SJ	310SJ	311SJ	312SJ	313SJ	314SJ								
TREBLE JIG	307TJ	308TJ	309TJ	310TJ	311TJ	312TJ	313TJ	314TJ	357TJ	358TJ	359TJ	360TJ	361TJ	362TJ	363TJ	364TJ
HORNSPIPE	307HP	308HP	309HP	310HP	311HP	312HP	313HP	314HP	357HP	358HP	359HP	360HP	361HP	362HP	363HP	364HP

**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
REEL	407RL	408RL	409RL	410RL	411RL	412RL	413RL	414RL	415RL	416RL	457RL	458RL	459RL	460RL	461RL	462RL	463RL	464RL	465RL	466RL
LIGHT JIG	407LJ	408LJ	409LJ	410LJ	411LJ	412LJ	413LJ	414LJ	415LJ	416LJ	457LJ	458LJ	459LJ	460LJ	461LJ	462LJ	463LJ	464LJ	465LJ	466LJ
SLIP JIG	407SJ	408SJ	409SJ	410SJ	411SJ	412SJ	413SJ	414SJ	415SJ	416SJ										
*TREBLE JIG	407TJ	408TJ	409TJ	410TJ	411TJ	412TJ	413TJ	414TJ	415TJ	416TJ	457TJ	458TJ	459TJ	460TJ	461TJ	462TJ	463TJ	464TJ	465TJ	466TJ
*HORNSPIPE	407HP	408HP	409HP	410HP	411HP	412HP	413HP	414HP	415HP	416HP	457HP	458HP	459HP	460HP	461HP	462HP	463HP	464HP	465HP	466HP

**PRIZEWINNER (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
REEL	507RL	508RL	509RL	510RL	511RL	512RL	513RL	514RL	515RL	516RL	557RL	558RL	559RL	560RL	561RL	562RL	563RL	564RL	565RL	566RL
SLIP JIG	507SJ	508SJ	509SJ	510SJ	511SJ	512SJ	513SJ	514SJ	515SJ	516SJ										
*TREBLE JIG	507TJ	508TJ	509TJ	510TJ	511TJ	512TJ	513TJ	514TJ	515TJ	516TJ	557TJ	558TJ	559TJ	560TJ	561TJ	562TJ	563TJ	564TJ	565TJ	566TJ
*HORNSPIPE	507HP	508HP	509HP	510HP	511HP	512HP	513HP	514HP	515HP	516HP	557HP	558HP	559HP	560HP	561HP	562HP	563HP	564HP	565HP	566HP

## PRELIMINARY CHAMPIONSHIP ( 2 ROUNDS )

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).

**Competitions will be combined to form groups of 5 when possible, per rules**

\*These dances will be charged the grade fee per dance

	BOYS/MEN & GIRLS/LADIES								
	<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>
Preliminary Championship	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC

## OPEN CHAMPIONSHIP (OPEN)

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

A dancer who wins two 1st 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. Competitions will be combined in groups of 5 when possible per rules (see Championship rules below).

BOYS will be combined with girls if needed.

OPEN CHAMPIONSHIP	BOYS/MEN & GIRLS/LADIES										
	<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>U18</u>	<u>U19</u>	<u>O20</u>
<b><u>BOYS / MEN</u></b>	760OC	761OC	762OC	763OC	764OC	765OC	766OC	767OC	768OC	769OC	770OC
<b><u>GIRLS/LADIES</u></b>	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC	720OC
<b><u>TREBLE REEL*</u></b>	710TR	711TR	712TR	713TR	714TR	715TR	716TR	717TR	718TR	719TR	720TR

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.

**ADULT**

**ADULT CHAMPIONSHIP**

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. Dancers who are in the Adult categories cannot enter any competition other than Adult specified competitions. If a dancer chooses to compete in the youth/& over category after previously competing in the Adult competitions, they are required to abstain from participating in Adult competitions for a continuous period of five years. To progress in Adult Grade levels, dancers are to follow the same progression rules as used in youth/& over categories or progress with teacher's permission.

A dancer moves into the Adult Championship level by winning 1st place in reel, slip jig, treble jig, and hornpipe in Adult Prizewinner competitions or by their teacher's permission. When a dancer begins competing in the Adult Championship level, they may not compete in Adult Grades. Upon winning two Adult Championships, the dancer may progress on to Masters Preliminary Championship at teacher's discretion. A dancer competing in Adult Championship may not compete in the youth/& over category.

- In grade level competitions, hard shoes dances can be done at either traditional speed or slow speed.
- All grade level dances are 32 bars in length.

**ADULT CHAMPIONSHIP** dancers will perform: 1. 48 bars of reel or 40 bars of slip jig 2. 40 bars of the hornpipe or 48 bars of the treble jig. When a feis offers a third round for adult championship dancers will perform a traditional set dance.

**COMBINING COMPETITIONS:** Where there are fewer than five entries in either Masters competition (Masters PC or Masters OC) or fewer than five entries in Adult championship competitions at a feis, the feis may choose to run these competitions as one combined competition, and the feis may offer separated/disaggregated results for Masters and Adult dancers. When a feis opts to combine these competitions, first combine Masters PC and Masters OC competitions if either or both have fewer than five registered competitors, before combining the joint Masters PC/OC competition with Adult Championship.

A teacher may exercise their discretion for determination of a dancer's level in Adult or Masters categories;

- if an Adult Championship dancer does not place in two consecutive years; the dancer may then return to Adult Prizewinner;
- if a Masters Preliminary dancer does not place in two consecutive years; the dancer may then move to Adult Championship;
- if a Masters Open dancer does not place in two consecutive years; the dancer may then move to Masters Preliminary Championship.

	<u>Beginner 1</u>	<u>Beginner 2</u>	<u>Novice</u>	<u>Prizewinner</u>	<u>Adult Championship</u>	<u>Masters Preliminary</u>	<u>Masters Open</u>
<b>REEL</b>	299RL	399RL	499RL	599RL			
<b>LIGHT JIG</b>	299 LJ	399LJ	499LJ	599LJ			
<b>SLIP JIG</b>	299SJ	399SJ	499SJ	599SJ			
<b>TREBLE JIG</b>		399TJ	499TJ	5((TJ			
<b>HORNPIPE</b>		399HP	499HP	599HP			
<b>TRADITIONL SET</b>		399TS	499TS	599TS			
<b>2 ROUNDS</b>						699MPC	
<b>3 ROUNDS</b>					699AC		799MOC

## 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-America feiseanna 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.

	<u>4 HAND</u> <u>Reel/Jig</u>
<b>Under 8</b>	408FD
<b>Under 10</b>	410FD
<b>Under 12</b>	412FD
<b>Under 15</b>	415FD
<b>Over 15</b>	416FD
<b>ADULT</b>	499FD

	<u>8 Hand</u> <u>Ceili Dance</u>
<b>Under 8</b>	808FD
<b>Under 10</b>	810FD
<b>Under 12</b>	812FD
<b>Under 15</b>	815FD
<b>Over 15</b>	816FD
<b>ADULT</b>	899FD

## 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 TMRF, 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.



## ADJUDICATORS & MUSICIANS

17. 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.
18. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.
19. In matters pertaining to adjudication, the decision of the adjudicators is final.
20. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.
21. Championships and Preliminary Championships require at least three adjudicators.
22. 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

23. 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.
24. 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.
25. 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.
26. In order to compete in Mid-America feiseanna, dancers from the youngest age group up to and including Under 9 in all categories must follow our regional guidelines for U8 and U9 costume rules. This will go into effect January 2015.
27. Effective January 2015, at all Mid-America region feiseanna, boys and girls competing in age groups up to and including

## MODESTY RULE – *FROM AN COIMISIUN*

28. 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.