



# The Sunflower Feis

March 25 & 26, 2023

Presented by the Driscoll School of Irish Dance & Irish Arts of Kansas

## VENUE

B&B Live Theater at the Shawnee 18 Movie Theater  
16301 Midland Dr, Shawnee KS 66217  
Main Number - (913) 954-4671

## ACCOMODATIONS

Feis rates are available at the Courtyard by Marriott and Hampton Inn Shawnee.

**Courtyard by Marriott - \$109 before February 24**

17250 Midland Dr, Shawnee, KS 66217  
tel: 913-631-8800

**Hampton Inn Shawnee - \$105 before March 8**

16555 Midland Dr, Shawnee, KS 66217  
tel: 913-248-1900

**Fairfield Inn - \$159 before March 1**

16550 Midland Dr, Shawnee, KS 66217  
tel: 913-248-4444

## FEIS COMMITTEE

Bridgid Driscoll, TCRG - chairperson

Jennie Cronin - chairperson

[sunflowerfeis.com](http://sunflowerfeis.com)  
[info@sunflowerfeis.com](mailto:info@sunflowerfeis.com)

## IMPORTANT DATES TO REMEMBER

- REGISTRATION opens on **January 30, 2023** at [www.ifeis.net](http://www.ifeis.net). No paper, email or phone entries permitted.
- ON TIME REGISTRATION IS DUE, paid in full by **March 10, 2023** before 11:00 PM. Registration is not complete and places will not be held until paid in full.
- LATE REGISTRATIONS accepted **March 11-March 17** with a late fee of \$30 per entry.
- LATE REGISTRATIONS accepted **March 18-March 24** with a late fee of \$50 per entry.
- ONLINE CHANGES CLOSE on **Monday, March 20**.

## ENTRY LIMITS

- FEIS DAY REGISTRATION is not accepted.
- 200 paid First Feis and Beginner 1 - Prizewinner
- 100 paid Preliminary Championship
- 75 paid Open Championship
- No cap for Adult Master or Adult Championships

## FRIDAY NIGHT PRE-REGISTRATION

The registration table will be open for number pick up on Friday, March 24 from 6:00-8:00 PM in the lobby of the B&B Theater.

Number pick up will be available for both Saturday and Sunday competitions at this time.

## ADDITIONAL FEES

DAY OF FEIS Changes & Additions:

- \$30 fee in addition to registration and family fee.

DAY OF FEIS Registration:

- New entries day of feis will not be accepted.

Family Max will not apply when change fees or late fees are incurred.

## SATURDAY FEIS INFO

Open to dancers in Open Championship, Preliminary Championship, Adult Master, Adult Championship Special and Teams

### COMPETITIONS BEGIN PROMPTLY AT 8:00 AM

- Competitions will begin with Open Championship dancers, dancing oldest to youngest.
- Preliminary Championship dancers will follow, dancing oldest to youngest.
- Adult Master & Adult Championships will follow
- Teams competitions will be held at the end of the day.

## SATURDAY ENTRY LIMITS

- 100 paid Preliminary Championship
- 75 paid Open Championship
- No Cap on Adult Master or Adult Championship Special

## SATURDAY REGISTRATION

- Registration table will open at 7:00 a.m and will remain open throughout the day
- Pre-Registration for Sunday will close at 4:00 p.m. on Saturday.

## SATURDAY CULTURAL COMPETITION

- Art submissions welcome in any medium.
- Must be dropped off no later than 2:00 p.m. on Saturday, March 25.
- Judging will take place before the end of the competition day Saturday.
- Submissions may be picked up after 4:00 p.m. Saturday but no later than 2:00 p.m. on Sunday.
- ART-U10, ART-U15, ART-O15

## SUNDAY FEIS INFO

Open to dancers in First Feis and Beginner 1 - Prizewinner

### COMPETITIONS BEGIN PROMPTLY AT 8:00 AM

- Competitions will begin with First Feis, Beginner I and Beginner II dancing youngest to oldest.
- Novice and Prizewinner competitions will not begin until Beginner dances are completed.

## SUNDAY ENTRY LIMITS

- 200 First Feis and Beginner 1 - Prizewinner

## SUNDAY REGISTRATION

- Registration will open at 7:00 a.m.

## IMPORTANT INFORMATION FOR SATURDAY & SUNDAY

- All grade dancers will dance 2 at a time.
- PC/OC dancers will dance 2 at a time for hard shoe and 2 at a time for soft shoe.
- All OC sets will be danced one at a time.
- PC/OC runs oldest to youngest.
- Grades runs youngest to oldest.
- Stage assignments will be finalized by Tuesday, March 21, 2023.
- Grades and PC competitions will be split once competition reaches 24 competitors.
- All efforts WILL be made to combine competitions where there are less than 5 competitors entered. This includes combining age groups as well as girls/ladies with boys/men. See complete Mid America rules below.
- If Adult Masters and Adult Championship competitions have less than 5 competitors, these competitions may be combined.

## FEIS STAGES

- The stage at the B&B Live Theater is a 2' high raised platform which will have a shower pan liner on top.
- PC/OC will measure 24' x 48'
- Grade levels stages will be 24' x 24'

## IMPORTANT INFORMATION REGARDING REFUNDS, CAMPING & COVID

- Before registering, please check your local school, work and travel advisory rules. There will be absolutely NO REFUNDS even if you are not allowed to attend the feis.
- Should the Feis be canceled for any reason, registration will be refunded LESS a \$5 fee per registration. This is the only exception to the NO REFUNDS rule.
- Due to limited capacity at the venue, each dancer is encouraged to limit the number of spectators they bring with them into the theater on their competition day.
- There will be no camping outside of the theater. There can be no practicing or warm ups in the hallways.

# 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. 99 is for ADULT dancers
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> = HORNPIPE <b>PD</b> = ST PATRICK DAY <b>TS</b> = TRADITIONAL SET ...
Last Digit	Competitions ending with 2 signify SECOND CHANCE competitions

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

<b>For 2023</b>	<u>U5</u>	<u>U6</u>	<u>U7</u>	<u>U8</u>	<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>U18</u>
<b>Born in:</b>	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005

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							
	<u>U5</u>	<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>O11</u>	<u>U5</u>	<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>O11</u>
REEL	105RL	106RL	107RL	108RL	109RL	110RL	111RL	112RL	155RL	156RL	157RL	158RL	159RL	160RL	161RL	162RL
LIGHT JIG	105LJ	106LJ	107LJ	108LJ	109LJ	110LJ	111LJ	112LJ	155LJ	156LJ	157LJ	158LJ	159LJ	160LJ	161LJ	162LJ
SINGLE JIG	105SN	106SN	107SN	108SN	109SN	110SN	111SN	112SN	155SN	156SN	157SN	158SN	159SN	160SN	161SN	162SN
SLIP JIG	105SJ	106SJ	107SJ	108SJ	109SJ	110SJ	111SJ	112SJ								

## BEGINNER 1 (BEGINNER)

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 dancer's 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							
	<u>U5</u>	<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>O12</u>	<u>U5</u>	<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>O12</u>
REEL	205RL	206RL	207RL	208RL	209RL	210RL	211RL	212RL	213RL	255RL	256RL	257RL	258RL	259RL	260RL	261RL	262RL	263RL
LIGHT JIG	205LJ	206LJ	207LJ	208LJ	209LJ	210LJ	211LJ	212LJ	213LJ	255LJ	256LJ	257LJ	258LJ	259LJ	260LJ	261LJ	262LJ	263LJ
SINGLE JIG	205SN	206SN	207SN	208SN	209SN	210SN	211SN	212SN	213SN	255SN	256SN	257SN	258SN	259SN	260SN	261SN	262SN	263SN
SLIP JIG	205SJ	206SJ	207SJ	208SJ	209SJ	210SJ	211SJ	212SJ	213SJ									

## BEGINNER 2 (ADVANCED BEGINNER)

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)

ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS

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

## NOVICE

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).

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

	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
SINGLE JIG	407SN	408SN	409SN	410SN	411SN	412SN	413SN	414SN	415SN	416SN	457SN	458SN	459SN	460SN	461SN	462SN	463SN	464SN	465SN	466SN
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
TRADITIONAL SET	407TS	408TS	409TS	410TS	411TS	412TS	413TS	414TS	415TS	416TS	457TS	458TS	459TS	460TS	461TS	462TS	463TS	464TS	465TS	466TS

## PRIZE WINNER (OPEN)

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

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

	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
TRADITIONAL SET	507TS	508TS	509TS	510TS	511TS	512TS	513TS	514TS	515TS	516TS	557TS	558TS	559TS	560TS	561TS	562TS	563TS	564TS	565TS	566TS

## 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*	U9	U10	U11	U12	U13	U14	U15	U16	U17	O17
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## 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.

**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	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	O19
<u>GIRLS / LADIES</u>	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC	720OC
<u>BOYS / MEN</u>	760OC	761OC	762OC	763OC	764OC	765OC	766OC	767OC	768OC	769OC	770OC

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 COMPETITIONS

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. 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.

A Masters Preliminary dancer is defined as any dancer over the age of 25 who has previously placed in the top three of a youth Preliminary competition of five or more competitors. A Masters Open level dancer is defined as any dancer over the age of 25 who has previously competed in a youth Open Championship competition or placed first in a Masters Preliminary competition.

Beginner 1 & 2 hard shoe dances will be at traditional speeds. Novice /Prizewinner hard shoe dances may be performed at either traditional or slow speeds.

**MASTERS PRELIM & MASTERS OPEN:** 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 and set.

**CHAMPIONSHIP SPECIAL:** 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 and traditional set.

	SUNDAY				SATURDAY
	<u>Beginner 1</u>	<u>Beginner 2</u>	<u>Novice</u>	<u>Prizewinner</u>	<u>Special</u>
REEL	299RL	399RL	499RL	599RL	
LIGHT JIG	299LJ	399LJ	499LJ	599LJ	
SLIP JIG	299SJ	399SJ	499SJ	599SJ	
TREBLE JIG	299TJ	399TJ	499TJ	599TJ	
HORNPIPE	299HP	399HP	499HP	599HP	
TRADITIONAL SET	299TS	399TS	499TS	599TS	
MASTERS PRELIM					699MP

MASTERS OPEN					699MO
CHAMPIONSHIP SPECIAL					860SP

## FIGURES AND CEIL

- There are no restrictions on figure age groups.
- Figure age groups will be determined by the oldest dancer.

	SATURDAY		
	FIGURE DANCING		
	<u>2 HAND Reel</u>	<u>3 HAND Reel</u>	<u>4 HAND Reel/Jig</u>
Under 7	9207FD	9307FD	9407FD
Under 9	9209FD	9309FD	9409FD
Under 11	9211FD	9311FD	9411FD
Under 13	9213FD	9313FD	9413FD
Under 15	9215FD	9315FD	9415FD
Over 15	9216FD	9316FD	9416FD
ADULT	9299FD	9399FD	9499FD

## 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 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 \$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.
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.
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.

## GRADE LEVEL RULES

1. 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.
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 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. 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.
    - 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 1, 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	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

11. First Feis, Beginner 1 and Beginner 2 perform only basic steps to coincide with the Grade Exam Syllabus. (IDTAMA, 1/1/17)
12. Dancers competing in the First Feis category are limited to participating in the First Feis Category only. (IDTAMA, 1/1/17)

## CHAMPIONSHIP LEVEL RULES

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.
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 are open to those who:
  - 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.
  - 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.
4. 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.
5. 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.
6. The boys' open championship age categories will match the girls' open championship age categories.
7. Every competitor in Preliminary or Open Championship must have a minimum of 8 rotations or 10 minutes between each of their rounds.

## FIGURE/CEILI TEAM RULES

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 Mid-America 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.

## ADJUDICATORS & MUSICIANS

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.

## COSTUME RULES

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 girl's 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

## 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**

**From CLRG:** 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.