

# 2025 Palmetto State Feis & Southern Belt

**Saturday & Sunday, March 22 & 23, 2025, 8:00 AM Start**

**Two opportunities to compete in one weekend!**

Competitions beginning with an "S" are danced on Sunday.

Sunday's **Southern Belt** with 3 categories; Minor, Junior and Senior Belts open to Open Champions on Sunday March 23rd, 2025. 1<sup>st</sup> place in each division receives \$300.00 scholarship. Each competitor will dance their soft shoe and hard shoe round and 50% will be recalled to dance their set. This is a separate competition from the Open championship danced on Saturday.

**Venue:** Boiling Springs Middle School Auditorium  
4801 Highway 9, Inman, SC 29349

Recommended Hotels: *Four Points by Sheraton*  
9027 Fairforest Road Spartanburg, South Carolina, USA, 29301  
*\$109.00 Block rate is available until February 27, 2025*

Register at [www.iFeis.net](http://www.iFeis.net)

Questions about your registration contact the Registrar, [Feisingfun@gmail.com](mailto:Feisingfun@gmail.com) Questions about iFeis, contact [Support@ifeis.net](mailto:Support@ifeis.net)

## ADJUDICATORS

Aisling Toal Casey, CO      Sean Casey, CO  
Luanne O'Rourke, NY      Kerry Broderick, NY      TBD  
TBD

## MUSICIANS

Sean Warren, GA      Brian Glynn, SC

**Feis T-shirt available by pre-order only.**  
**Denim & Diamonds**



Entry fees per competitor per competition are as follows:

Championships (3 rounds)	\$55.00	Southern Belt Competitions Open Champion (Sunday)	\$65.00	Figures Per person	\$10.00
Preliminary Championships (2 rounds)	\$45.00	Beginner, Adv Beginner, Novice, Prizewinner & specials	\$10.00	Late Fee after March 7, 2025 per person <b>After March 14</b> <b>\$45.00 at registrars</b> <b>discretion</b>	\$25.00
Feis T-Shirt- preorder only (YSM thru AXL)	\$27	Adult 2XL & 3XL	\$30	Event/Acct/Family Fee (+CC Fees)	50.00

**No Refunds.** Entries are not complete until fees are paid. All unpaid registrations will be dropped on March 15, 2025. Registration after March 14, 2023 at the discretion of the registrar requiring a per person late fee of \$45.00. Family Max does not include t-shirts, event/family fee and second chance or late fee. Changes to registration for Sundays dances based on Saturdays performance are not allowed per IDTANA-SR. Questions about your feis registration Contact Tricia White at [FeisingFun@gmail.com](mailto:FeisingFun@gmail.com) or general questions about the feis please contact Lindsey Smith at [Whovian2316@gmail.com](mailto:Whovian2316@gmail.com)

	<b>FIRST FEIS</b>							
	<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	105R	106R	107R	108R	109R	110R	111R	112R
LIGHT JIG	105L	106L	107L	108L	109L	110L	111L	112L

<b>BEGINNER - Danced Saturday, March 22, 2025</b>						
	<b>U5</b>	<b>U7</b>	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>13&amp;O</b>
Reel	205R	207R	209R	211R	213R	214R
Light Jig	205L	207L	209L	211L	213L	214L
Slip Jig	205S	207S	209S	211S	213S	214S
Single Jig	205N	207N	209N	211N	213N	214N

<b>ADVANCED BEGINNER – Danced Saturday, March 22, 2025</b> (Hard Shoe Fast Speed Only)						
	<b>U5</b>	<b>U7</b>	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>13&amp;O</b>
Reel	305R	307R	309R	311R	312R	314R
Light Jig	305L	307L	309L	311L	312L	314L
Slip Jig	305S	307S	309S	311S	312S	314S
Single Jig	305N	307N	309N	311N	312N	314N
Treble Jig	305T	307T	309T	311T	312T	314T
Hornpipe	305H	307H	309H	11H	312H	314H
Trad Set	305SP - Will be divided					

<b>NOVICE – Danced Saturday, March 22, 2025</b> (Hard Shoe Choice of Speeds)					
	<b>U7</b>	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>13&amp;O</b>
Reel	407R	409R	411R	413R	414R
Light Jig	407L	409L	411L	413L	414L
Slip Jig	407S	409S	411S	413S	414S
Single Jig	407N	409N	411N	413N	414N
Treble Jig	407T	409T	411T	413T	414T
Hornpipe	407H	409H	411H	413H	414H
<b>PRIZEWINNER - Danced Saturday, March 22, 2025</b> (Hard Shoe choice of Speed )					
—	<b>U7</b>	<b>U9</b>	<b>U11</b>	<b>U13</b>	<b>13&amp;O</b>
Reel	507R	509R	511R	513R	514R

Slip Jig	507S	509S	511S	513S	514S
Treble Jig	507T	509T	511T	513T	514T
Hornpipe	507H	509H	511H	513H	514H

SPECIALS – Danced on Saturday, March 22, 2025							
TRADITIONAL SETS	U10	U13	13&O	TREBLE REEL	U10	U13	13&O
Novice & Prizewinner	509TS	512TS	513TS	Novice & Prizewinner	509TR	512TR	513TR
Prelim & Open	709TS	712TS	713TS	Prelim & Open	709TR	712TR	713TR

PRELIMINARY CHAMPIONSHIP – Danced on Sunday									
	U9	U10	U11	U12	U13	U14	U15/O14	U16	O16
Preliminary	609	610	611	612	613	614	615	616	617
Prelim Non Trad sets	x	x	x	612NT	x	S614	S615	x	x

3 Round CHAMPIONSHIPS – Danced Saturday, March 22, 2023 – 3 rounds												
	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	O19
Open Champion	709	710	711	712	713	714	715	717	718	718	719	720
Advanced Adult Prelim – 3 rounds - Over the age of 18 who has previously placed in the top three of a youth Preliminary or been out of competition for 5 years.												AAP
Advanced Adult Open – 3 Rounds – Over the age of 18 who has ever competed in youth Open Championships												AAO
Adult Championship special: 3 round, choice of soft shoe, hard shoe and traditional set												699AC

ADULTS – Danced Saturday, March 22, 2025					
	Beginner	Advanced Beginner	Novice	Prizewinner	Grade Adults
Reel	299R	399R	499R	599R	
Light jig	299L	399L	499L	X	
Slip Jig	299S	399S	499S	599S	
Single Jig	299N	399N	499N	X	
Treble Jig	X	399T	499T	599T	
Hornpipe	X	399H	499H	599H	

Traditional Set		99TS
Treble Reel		99TR

FIGURES – Danced Saturday, March 22, 2025						
Age	2 Hand	3 Hand	4 Hand*		AGE	8 Hand*
Under 7	9207	9307	X			X
Under 9	9209	9309	9409		U9	9809
Under 11	9211	9311	9411		U11	9811
Under 13	9213	9313	9413		U13	9813
Under 15	9215	9315	9415		U16	9815
15 & Over	9216	9316	9416		O16	9816
Adults	9299	9399	9499		Adult	9899

# Southern Belt

**Sunday, March 23, 2025 Figures at 8:00 am**

**Southern Belt** with 3 categories; Minor, Junior, Senior; open to all Open Champions on Sunday March 26<sup>th</sup>, 2023. 1<sup>st</sup> place in each division receives \$300.00 scholarship. Each competitor will dance their soft shoe and hard shoe round and 50% will be recalled to dance their set.

SOUTHERN BELT COMPETITION Danced Sunday, March 23, 2025			
Open Champions Only, Recall for 3 <sup>rd</sup> round			
Minor Belt	U13	S901	
Junior Belt	U16	S902	
Senior Belt	16&O	S903	

PRELIMINARY CHAMPIONSHIP – Danced on Sunday									
	U9	U10	U11	U12	U13	U14	U15/O14	U16	O16
Preliminary	S609	S610	S611	S612	S613	S614	S615	S616	S617
Prelim Non Trad sets	x	x	x	612NT	x	S614	S615	x	x

ADULT Championships – Danced on Sunday		
Adult Champions will dance 3 rounds.		
<b>Advanced Adult Preliminary</b>	3 rounds - Advanced Adult Preliminary dancer is defined as anyone age 18 or older who has previously placed in the top three of a Prelim Championship or competed in Open Champ levels in the youth/& Over levels regardless of when the competitor was active. An Advanced Adult dancer has opted to leave Youth/& Over categories and once the dancer begins competing in Advanced Adult, the dancer may not return to Youth/& Over categories.	<b>SAAP</b>
<b>Advanced Adult Open Champ</b>	3 Rounds – Over the age of 18 who has ever competed in youth Open Championships	<b>SAAO</b>
<b>Adult Champ Special</b>	3 Rounds, choice of soft shoe, choice of hard shoe and traditional set	<b>699AC</b>

SPECIALS – Danced on Sunday							
TRADITIONAL SETS	U10	U13	13&O	TREBLE REEL	U10	U13	13&O
<b>Novice &amp; Prizewinner</b>	S509TS	S512TS	S513TS	<b>Novice-Prizewinner</b>	S509TR	S512TR	S513TR
<b>Preliminary</b>	S709TS	S712TS	S713TS	<b>Preliminary</b>	S709TR	S712TR	S713TR

BEGINNER – Danced Sunday, March 23, 2025						
	U5	U7	U9	U11	U13	13&O
<b>Reel</b>	S205R	S207R	S209R	S211R	S213R	S214R
<b>Light Jig</b>	S205L	S207L	S209L	S211L	S213L	S214L
<b>Slip Jig</b>	S205S	S207S	S209S	S211S	S213S	S214S
<b>Single Jig</b>	S205N	S207N	S209N	S211N	S213N	S214N

ADVANCED BEGINNER – Danced Sunday, March 23, 2025 (FAST Hard Shoe Speed Only)						
	U5	U7	U9	U11	U13	13&O
<b>Reel</b>	S305R	S307R	S309R	S311R	S313R	S314R

Light Jig	S305L	S307L	S309L	S311L	S313L	S314L
Slip Jig	S305S	S307S	S309S	S311S	S313S	S314S
Single Jig	S305N	S307N	S309N	S311N	S313N	S314N
Treble Jig	S305T	S307T	S309T	S311T	S313T	S314T
Hornpipe	S305H	S307H	S309H	S11H	S313H	S314H
Trad Set	S305SP - will be divided					

NOVICE – Danced Sunday, March 23, 2025 (Hard Shoe Choice of Speed)					
	U7	U9	U11	U13	13&O
Reel	S407R	S409R	S411R	S413R	S414R
Light Jig	S407L	S409L	S411L	S413L	S414L
Slip Jig	S407S	S409S	S411S	S413S	S414S
Single Jig	S407N	S409N	S411N	S413N	S414N
Treble Jig	S407T	S409T	S411T	S413T	S414T
Hornpipe	S407H	S409H	S411H	S413H	S414H

PRIZEWINNER - Danced on Sunday (Hard Shoe Choice of Speed)					
	U7	U9	U11	U13	13&O
Reel	S507R	S509R	S511R	S513R	S514R
Slip Jig	S507S	S509S	S511S	S513S	S514S
Treble Jig	S507T	S509T	S511T	S513T	S514T
Hornpipe	S507H	S509H	S511H	S513H	S514H

ADULTS – Danced on Sunday					
	Beginner	Advanced Beginner	Novice	Prizewinner	All Adult
Reel	S299R	S399R	S499R	S599R	
Light jig	S299L	S399L	S499L	X	
Slip Jig	S299S	S399S	S499S	S599S	
Single Jig	S299N	S399N	S499N	X	
Treble Jig	X	S399T	S499T	S599T	
Hornpipe	X	S399H	S499H	S599H	
Traditional Set					S99TS
Treble Reel					S99TR

## SOUTHERN 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 \$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.

18. 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.

#### GRADE LEVEL RULES

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:

a. Three consecutive age groups, if including the youngest or oldest multi-year age groups, or up to five consecutive single-age groups, combined into the

highest age group, within that grade.

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. In Novice competitions with 20 or

more dancers, a dancer who wins 1st or 2nd 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 1, and Beginner 2 are required to dance at traditional speeds. Novice and Open/Prizewinner dancers may choose between

traditional and Oireachtas speeds.

#### FIGURE/CEILI TEAM RULES

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

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.

#### 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. 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, i.e. 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:

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

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

b. A dancer who lives in the Southern Region and who wins 1 st 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 st 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.

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.

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

5. In the event the same organization is running 2 feis' in one weekend the following must occur:

a. On Championship competitions , 2/3 of adjudicators must be different from the previous day.

b. 2 nd chance competitions may only be offered on one feis.

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.

## COSTUME RULES

### ADJUDICATORS & MUSICIANS

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 that meet the definition of an "Adult Dancer" may compete in Adult Ceili competitions. "Adult Dancer" includes Adult Grade Level, Adult Championship, Advanced Adult Preliminary Championship and Advanced Adult Open Championship, as defined by the qualifications found elsewhere in these rules.

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 1 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 1 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.

## MODESTY RULES

### 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.