

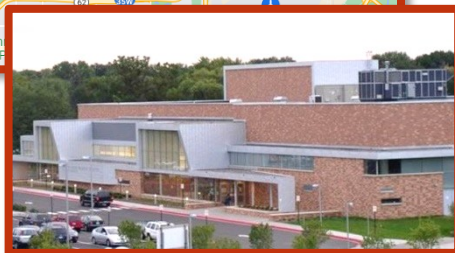
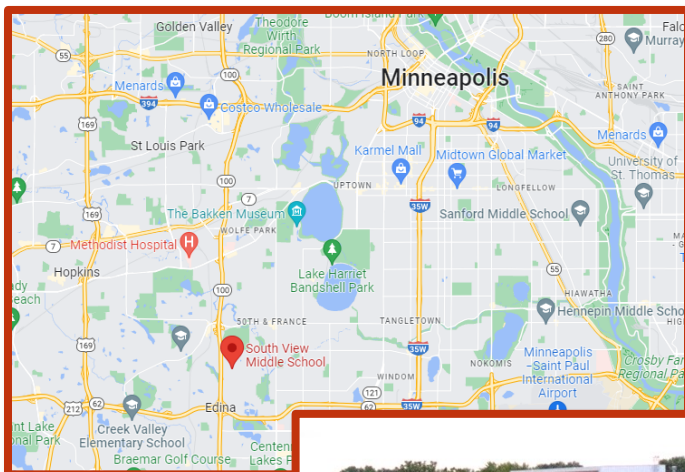


Hosted by
Hinsdale Irish Arts Association

10,000 Lakes Feis

SUNDAY
June 22, 2025

Southview Middle School
4725 South View Lane – Door #10
Edina, Minnesota 55424



10,000 Lakes Feis Information

Feis Chairs:
Julie DeGrazia
Katie May Yoder

HIAA.FEISEANNA@GMAIL.COM
[HTTPS://WWW.OMGIRISHDANCE.COM/10000LAKESFEIS](https://www.omgirishtdance.com/10000LAKESFEIS)

Registration Information

ONLINE REGISTRATION OPEN UNTIL JUNE 09

WWW.QUICKFEIS.COM

LIMITED TO THE FIRST PAID ENTRIES
200 GRADES/NON-CHAMP
230 OPEN / PRELIMINARY CHAMPIONSHIP

ONLINE PAYMENT WITH CREDIT CARDS ONLY

**OFFERING SECOND CHANCE FOR
PRELIMINARY CHAMPIONSHIP!**



**BLACKOUT ATTIRE AND NO
WIGS SUGGESTED!**

Hotel Information

Hilton Minneapolis – Bloomington
3900 American Blvd. W
West Bloomington, MN 55437
(952) 893-9500

<https://www.hilton.com/en/book/reservation/rooms/?cityhocr=MSPBWH&arrivalDate=2025-06-19&departureDate=2025-06-23&groupCode=95U&room1NumAdults=1&cid=OM%25252CWW%25252CHILTONLINK%25252CEN%25252CDirectLink>

10,000 Lakes Feis



Feis Fees

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

| | FEES |
|---|---|
| Event Fee (per family) | \$ 25 |
| Solo Dancing | \$ 12 <i>fee is per competitor for each event</i> |
| Preliminary Championship PC Second Chance | \$ 50 |
| Open Championship | \$ 55 |
| Family Max <i>Does not include event fee specials or second chance</i> | \$ 175 |

**ABSOLUTELY NO REFUNDS
 CREDIT CARDS ONLY**

Late Fees

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

| | Up to June 09 | June 09 and afterwards |
|---------------------|---------------|---------------------------|
| New Registration | No late fee | \$ 50 |
| Registration Change | No late fee | \$ 25 |
| Family Max | \$175 | No Family Max |

- All new registrations and changes must be completed before NOON at the feis
- Fees must be paid at the time of registration
- Late fees are in ADDITION to regular fees
- Sorry no cash or checks

**ABSOLUTELY NO REFUNDS
 CREDIT CARDS ONLY**

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.
- Champ Fees: all fees are calculated PER dancer.
- **Family MAX**
 - Only applies to core dances
 - Event Fee is not included.
- Should the feis be cancelled, only the dancing fees will be reimbursed. The event fee will be kept to cover the feis expenses incurred in preparation for the feis.

Feis Rules:

- Sunday,
 - Registration opens at 7:00 am
 - Opening Ceremony at 7:45 am
 - Competitions commence promptly at 8:00am
- Competitions will be combined whenever possible to increase likelihood of 5+ dancers per competition.
- Due to venue restrictions, there will be NO CAMPING

Attire Suggestion:

- The feis is suggesting that all dancers wear black out outfits. This is not a requirement, if you choose to wear your usual Irish Dance attire, that is perfectly acceptable
- Black Out Guidelines:
 - Wigs and Headband Optional
 - Girl Dancers:
 - Black Shorts or Black Skirts
 - Plain Black Shirts
 - White Socks or Black Tights
 - Tights Requirement Not Less Than 70% Denier
 - Dance Shoes
 - BOY DANCERS:
 - Black Pants or Black Shorts
 - Plain Black Shirts
 - Black or White Socks
 - Dance Shoes



10,000 Lakes Feis



Beginner 2 (Advanced Beginner)

A dancer who has been dancing for more than one year and who has not won a 1st, 2nd or 3rd place as Beginner 2 dancer. A dancer who has won a 1st, 2nd or 3rd place in a Beginner 2 dance must move into Novice in that dance no later than January 1st 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 |
| 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 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 1st, 2nd, or 3rd in that dance as indicated in Beginner 2. A dancer who wins 1st in a Novice dance must move into Prizewinner level in that dance no later than January 1st 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 |
| 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 |

Prizewinner (Open)

A dancer moves into Prizewinner as a result of placing 1st 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 |

10,000 Lakes Feis



Preliminary Championship

- A dancer who wins 1st 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
 1. 48 bars of the reel or 40 bars of the slip jig
and
 2. 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 announced for each solo round (light and heavy round) based on the scores of one judge (different judges scores for light and heavy).

| <i>Boys/Men & Girls/Ladies</i> | <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> |
|------------------------------------|-----------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| Preliminary Championship | 609PC | 610PC | 611PC | 612PC | 613PC | 614PC | 615PC | 616PC | 617PC | 618PC |
| PC 2nd Chance | 609PC2 | 610PC2 | 611PC2 | 612PC2 | 613PC2 | 614PC2 | 615PC2 | 616PC2 | 617PC2 | 618PC2 |

Second chance competitions will not count towards family max

Open Championship

- Preliminary dancers who win three (3) 1st places in a calendar year, must move to Open Championship the following calendar year.
- When a third win is achieved over several calendar years, the dancer must move to Open Championship at their next Feis.
- Only in the case of back-to-back feiseanna, in which the third win on the first day 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:
 1. 48 bars of reel or 40 bars of slip jig,
 2. 40 bars of the hornpipe or 48 bars of the treble jig, and
 3. 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.
- 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.

| <i>Open Championship</i> | <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>O19</u> |
|------------------------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| <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 |



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 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.
18. A dancer may not compete in two different levels in the same dance at the same feis. (IDTAMA, 6/1/2024)



10,000 Lakes Feis



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:
 - a. Two consecutive age groups, combined into the higher of the two groups, within that grade.
 - b. Three consecutive age groups, combined into the highest age group, within that grade.
 - c. All Boys' grades competitions shall be initially entered in single year age groups within that grade.
 - d. If there are less than 5 Boys entered in any one age group within that grade, competitions may be combined in the following order:
 - I. Double, All Boys, age group into the higher of the two groups within that grade
 - II. 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.
 - III. 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.
 - e. 100 and 200 level competitions may be combined as follows:
 - I. 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.
 - II. 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.
10. Novice and Open/Prizewinner dancers may choose between traditional and Oireachtas speeds.



10,000 Lakes Feis



11. 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 |

12. First Feis, Beginner 1 and Beginner 2 perform only basic steps to coincide with the Grade Exam Syllabus. (IDTAMA, 1/1/17)
13. 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. three 1st place wins.
 - b. Dancers must compete in the Preliminary Championship competition in order to qualify for Open Championship
3. Preliminary Championship is open to those who:
 - a. Win 1st place in each of the Open Prizewinner dances (reel, slip jig, treble jig, and hornpipe) or move into Preliminary Championships with teacher's permission.
 - b. Have never won 1st, 2nd or 3rd in Open Championship. A Preliminary Championship dancer who wins three first place awards will move on to

Open Championship at the next Feis they enter, or as soon as the third 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 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.



10,000 Lakes Feis



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, 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 girls' competitions at the First Feis, Beginner I and Beginner 2 Grade will wear only the competitor's dancing school costume or a skirt/pants and top.

4. 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.
5. 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

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.

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