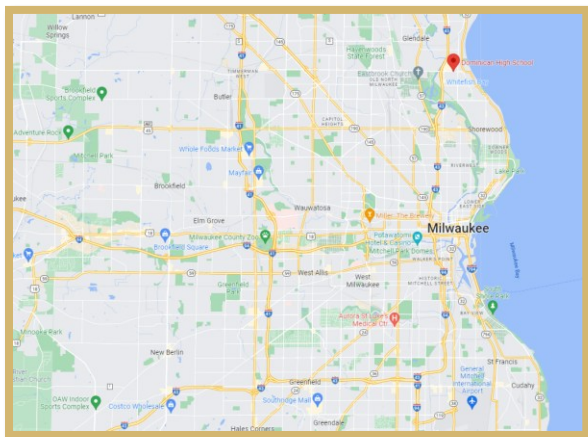




Saturday & SUNDAY
March 21 & 22, 2026

LOCATION

Dominican High School Theater
120 E Silver Spring Dr.,
Whitefish Bay, WI 53217



FEIS FORMAT

The Midwest Championship Feis is designed with the World & North American Championships in mind.

Set in a 1100 seat theater, dancers will compete under professional theater lighting and on a large Marley stage.

All competitors will dance all rounds in front of an international panel of adjudicators.

There will be NO OC recalls –
ALL OC dancers will dance 3 rounds!

REGISTRATION

Online registration open until
Monday March 9
or as soon as caps are reached at
www.QuickFeis.com

CAPS:
OC dancers (SAT) – 150
PC and FC dancer (SUN) – 150

MIDWEST CHAMPIONSHIP FEIS

REGULAR ENTRY 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	\$ 25 <i>per family</i>
Future Champ and PC <i>2 rounds</i>	\$ 60 <i>per competitor</i>
Open Champ <i>3 rounds</i>	\$ 75 <i>per competitor</i>
Family Max <i>Does not include s family fee</i>	\$ 200 <i>per family & up to March 9</i>

**ABSOLUTELY NO REFUNDS
OF ANY KIND AT ANY TIME**

LATE FEES

- After March 9, all CHANGES and NEW REGISTRATIONS must be done AT THE FEIS and the following fees will be due in IN ADDITION TO THE REGULAR FEES ABOVE.
- New registrations will only be accepted if the feis has not capped.

CREDIT CARD PAYMENT ONLY

Sorry - no checks or cash will be accepted at any time

**** NO FAMILY MAX AFTER March 9 ****

LATE FEES:	QUICKFEIS Through March 9	AT THE FEIS After March 9
CHANGE	NONE	\$ 25 <i>per competitor</i>
NEW REGISTRATION	NONE	\$ 50 <i>per competitor</i>
Accepted Payments	Credit Cards ONLY	Credit Cards ONLY

FEIS RULES

- QuickFeis WILL allow day of feis entries/changes ONLY if the cap for the feis is not reached. If you wish to register on the day of the feis, you will need to see QuickFeis in the feis office, and you will be assessed a \$50 day of feis registration fee (in addition to the normal competition fees). If you wish to make changes to an existing entry, you may do so on the day of the feis for the \$25 day of change fee.
- Full payment must be made at time of entry to be considered complete and accepted, including family event fee. If you register but do not pay by September 1st, your entry will be dropped, and rule #2 will apply to you as well.
- All online payments must be made with QuickFeis - only credit cards will be accepted.
- Absolutely no refunds will be given - NO EXCEPTIONS!
- Parents/Guardians are responsible for their child(ren) at the feis. The Beglan Feis and the feis venue assume no responsibility.
- The feis committee reserves the right to split, combine, or cancel any competition in accordance with Mid-America regulations.
- All competitions with less than five (5) entered will be combined to the best of the ability of the feis committee in accordance with Mid-America rules.
- Camping will be permitted in designated areas only. You must stay in the appropriate and designated areas for everyone's safety.
- Competitors are responsible for picking up their own awards on the day of the feis. Awards will not be mailed afterwards.
- The Feis, feis location, and any organization affiliated with the same will not be held responsible for personal injury, property loss or damage to, for or from any participants or attendees. By submitting payment for your entry through QuickFeis, you are releasing all listed above of any liability and are agreeing in full to these terms.



MIDWEST CHAMPIONSHIP FEIS

NUMBERING SYSTEM

1 st Digit	LEVEL CATEGORY	Pre-Beginner all begin with "1", BEGINNER 1 with "2", and so forth
2 nd and 3 rd Digits	AGE GROUP	Begins at 01 - So "05" means "under 5", "11" means "under 11", ...
4 th and 5 th Digits (Letters)	COMPETITION TYPE	RL = REEL LJ = LIGHT JIG SJ = SLIP JIG SN = SINGLE JIG/HOP JIG TJ = TREBLE JIG HP = HORNSPIPE PD = ST PATRICK DAY TS = TRADITIONAL SET ...
Last Number "2"	SECOND CHANCE	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!

For 2025	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Born in:	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008

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

OPEN CHAMPIONSHIP- 3 ROUNDS! - SATURDAY

A dancer who wins three First Place awards in one calendar year will move on to Open Championship the following year, 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 third 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. Open Championship will be judged and scored by all 3 judges. In addition, awards will also be posted for each solo round (light, heavy, and set) based on the scores of one judge (different for each round).

Girls and Boys will be merged together if there are not 5 or more in a competition
Age groups may be combined with the next highest age group if less than 5 are registered.

	U10	U11	U12	U13	U14	U15	U16	U17	U18	O18	ADULT
Girls OC	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC	799OC
Boys OC	760OC	761OC	762OC	763OC	764OC	765OC	766OC	767OC	768OC	769OC	

Adult Championship (799OC) Special Rule:

- Open to all ADULT level dancers (age 18 and older) who started Irish dancing at the of 18 or older or any dancer 18 or older who has not competed in a 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 will dance three rounds in front of a three-judge panel.
 - Round 1 Hornpipe 113 or Treble Jig 73 (32 bars),
 - Round 2 Reel 113 or Slip Jig 113 (32 bars)
 - Round 3 - Traditional Set.

Dancers will compete two at a time in first two rounds. Set dances will be danced one at a time.



MIDWEST CHAMPIONSHIP FEIS

FUTURE CHAMPIONSHIP – 2 ROUNDS! - SUNDAY

This is for GRADES dancers only – (not for PC or OC dancers!)

This competition will not count towards any advancement

Will be required to dance 2 rounds

1. Round 1 – Soft shoe of choice of REEL (48 bars) or SLIP JIG (40 bars)
2. Round 2 – Hard show choice of HORNPIPE (40 bars) or TREBLE JIG (48 bars)

	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>
FUTURE-Championship	508FC	509FC	510FC	511FC

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

PRELIMINARY CHAMPIONSHIP – 2 ROUNDS! - SUNDAY

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

Will be required to dance 2 rounds

1. Round 1 – Soft shoe of choice of REEL (48 bars) or SLIP JIG (40 bars)
2. Round 2 – Hard show choice of HORNPIPE (40 bars) or TREBLE JIG (48 bars)

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

	<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 2 nd Chance	609PC2	610PC2	611PC2	612PC2	613PC2	614PC2	615PC2	616PC2	617PC2	618PC2

Competitions will begin with SOFT SHOE first, followed by HARD SHOE round.



MIDWEST CHAMPIONSHIP FEIS

TEAMS - SUNDAY

- 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 for the team. THAT team member must wear their dancer number for the team.

<i>Jan 1 – June 30</i>	<u>2 HAND</u>	<u>3 HAND</u>	<u>4 HAND</u>	<u>8 HAND</u>
TEAM PRICE →	\$ 30	\$45	\$60	\$120
Under 7	207FD	307FD		
Under 9	209FD	309FD	409FD	809FD
Under 11	211FD	311FD	411FD	811FD
Under 13	213FD	313FD	413FD	813FD
Under 15	215FD	315FD		
Over 15	216FD	316FD		
Under 16			416FD	816FD
Over 16			417FD	817FD
Adult	299FD	399FD	499FD	899FD



MIDWEST CHAMPIONSHIP 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 (June 1, 2024)

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.



MIDWEST CHAMPIONSHIP FEIS

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 I** (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:**
 - i. An **ADULT GRADES** 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.
 - ii. 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 Advanced Adult Preliminary at teacher's discretion.
 - A dancer competing in Adult Championship may not compete in the youth/& over category.
 - iii. An **ADVANCED ADULT** dancer is anyone ages 18 or older who has previously placed in the top three of a Preliminary championship or competed in Open championship levels in the youth/& over levels regardless of when the competitor was active.
 - A dancer competing in ADVANCED ADULT may not compete in the youth/& over category.
 - Once a dancer begins competing in Advanced Adult, they may not return to youth/& over.
 - An **ADVANCED ADULT PRELIMINARY** dancer is defined as any dancer over the age of 18 who has previously placed in the top three of a youth Preliminary championship competition of five or more competitors or an adult dancer who has won two Adult Championship competitions at a feis. Teachers may also use their discretion to move a dancer to Advanced Adult Preliminary.
 - When a dancer begins competing in the Advanced Adult Preliminary level, they may not also compete in Adult Championship (unless a feis opts to combine competitions) nor in youth/& over competitions.
 - An **ADVANCED ADULT OPEN** level dancer is defined as any dancer over the age of 18 who has previously competed in a youth/& over open championship competition or has won two Advanced Adult Preliminary competitions at a feis. Teachers may also use their discretion to move a dancer to Advanced Adult Open.



MIDWEST CHAMPIONSHIP FEIS

- When a dancer begins competing in the Advanced Adult Open level, they may not also compete in Adult Championship or Advanced Adult Preliminary (unless a feis opts to combine competitions), nor in youth/& over competitions.
- 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.
- 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 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 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.
 - c. 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. OPEN CHAMPIONSHIP dancers

- a. 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.
- b. 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.
- c. Placing in a regional or national Oireachtas does not change the status of a competitor..
- d. A dancer is required to perform a light shoe dance (reel or slip jig for ladies and reel only for men), a hard shoe dance, and an open set dance.
- 5. 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.
- 6. 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.
- 7. The boys' open championship age categories will match the girls' open championship age categories.
- 8. 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.
- 2. There are no restrictions on figure age groups
- 3. Figure age groups will be determined by the oldest dancer.
- 4. 8 hand teams are allowed to repeat dancers at all Mid-America feiseanna in accordance with the World and Regional Oireachtas rules.
- 5. The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8 bar introduction.



MIDWEST CHAMPIONSHIP 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.

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**

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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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

