

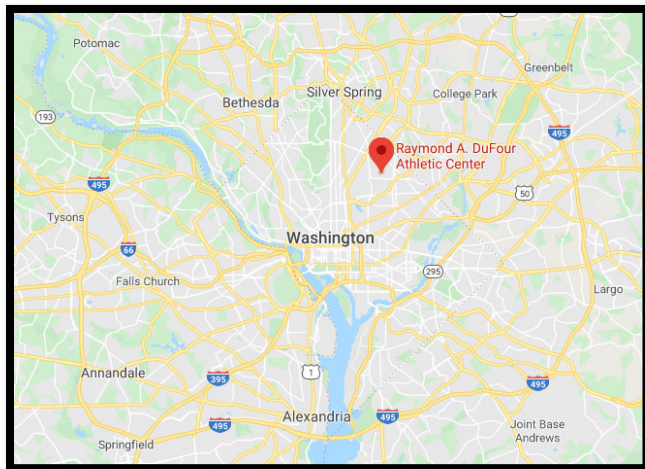
COMHALTAS CEOLTÓIRÍ ÉIREANN
O'Neill-Malcom Branch, Washington, DC

Proudly Presents the
CCÉ FEIS

Saturday, May 30, 2020

8:30 a.m.

The Catholic University of America
Raymond A. DuFour Athletic Center
600 Taylor Street, NE Washington, DC 21157
https://www.catholicathletics.com/information/facilities/dufour_center_page



COLLEEN IONATA ■ KATE BOLE ■ JOE DUFFY
FEIS CO-CHAIRS

NAFC Commission

Member of the North American Feis Commission
President: James Graven
president@northamericanfeiscommission.org

Member of
An Coimisiun, Dublin, Ireland

NAFC CHAMPIONSHIPS

2020 NAFC Belt Championships

Will be at the **2020 Lavin-Cassidy Feis**
Grand Geneva Resort and Spa
7036 Grand Geneva Way
Lake Geneva, WI, USA 53147

Feis..... Fri & Sat – Feb 28-29, 2020
Ceili..... Saturday February 29, 2020
Belt..... Sun March 1, 2020

Edward Callaghan Music Scholarship Championship
Under 15 - will be held at the
East Durham Feis on August 22, 2020

James Brennan Music Scholarship Championship
Under 21 - will be held at the
Buffalo Feis on June 6, 2020

GENERAL FEIS INFORMATION

- Registration is on www.quickfeis.com. No registrations will be accepted by mail or phone.
- Registration begins Feb 22 morning
- Registration is limited to 1000 competitors and 100 adult dancers. Champ cap: 500 dancers.
- Registration will end when the entry limit is reached or at midnight May 20, whichever is first.
- Changes may be made prior to May 20 on your QuickFeis account for free, afterwards there is a change fee PER competitor
- One member of each ceili/figure team must pay for the entire team's registration via QuickFeis.
- Payments are accepted only via PayPal on quickfeis.com and must be received by midnight May 20 or the registration will be removed.
- Please check the quickfeis.com website to confirm your registration.
- Please visit cceptomac.org/feis for up-to-date information regarding CCÉ Feis.
- A list of adjudicators and musicians may be found on the feis website and our FaceBook page once it is finalized.
- Competitor numbers may be picked up on the day of the feis.

ENTRY FEES

Competition Fees	FEES
Event Registration Fee <i>(per family)</i>	\$ 20
Solo Dancing / Music <i>(per competitor per competition)</i>	\$ 10
Preliminary Championship <i>(per dancer - does not include set dance)</i>	\$ 30
Open Championship <i>(per dancer)</i>	\$ 40
Team (figures/ceili) <i>(per team)</i>	<i>See syllabus below</i>
Family Cap <i>(Only applies to competition fees – And only up to May 20)</i>	\$ 120

CREDIT CARD PAYMENT ONLY FOR ONLINE REGISTRATION

SORRY - NO CHECKS ACCEPTED

LATE FEES

- LATE FEES are in ADDITION to the competition fees listed above.
- All fees are PER dancer
- ONLINE registration will end **WEDNESDAY May 20 at midnight or when cap is met**

LATE FEES	Up to May 20	After May 20 (at the Feis)
New Registrations	\$ 0	\$ 50
Changes	Free	\$ 25
Family Cap	\$ 120	none
Payment type	CC only	CC or cash

NEW REGISTRATIONS WILL BE ACCEPTED AT THE FEIS

Cash or Credit Card payments accepted at the feis

SORRY - NO CHECKS ACCEPTED

REGISTRATION & FEE RULES

- 8:30 start time (doors open at 7:30)
- Entries are not valid until full payment is received. Any unpaid entries will be dropped at closing.
- Registration is limited to the first PAID competitors. There will be no waiting list. All unpaid registration will be dropped after May 20
- No personal checks will be accepted at any time.
- **CHANGES** –
 - Before May 20, ALL changes must be made at QuickFeis.com.
 - After May 20 all changes must be made AT the feis.
 - Change fee is charged PER dancer
 - Change fee only includes changes.
 - Adding additional competitions will be charged the CHANGE fee AND the regular competition fee.
- IF the cap has not been met when online registration closes, registration will re-open at the feis, the day of the feis.
- **LATE AND DAY OF FEIS FEES** – late fees are added to the regular fees (competition fees, entry fees) - PER COMPETITOR. No family max will be applied.
- Please do not email the feis or QuickFeis with change requests, or requests for new registrations – they will not be processed.
- **FREE Individual Printed and ONLINE Results Included**

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



NUMBERING SYSTEM

The following numbering system is being used:

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, begin 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 TJ = TREBLE JIG HP = HORNPIPE PD = ST PATRICK DAY TS = TRADITIONAL SET ...

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

For 2020	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Born in:	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002

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

DANCE SPEEDS

All Solo competitions will be danced at the following speeds

Dance	Speed
Beginner/Adv Beginner Reel	118
Light Jig	116
Single (Hop) Jig	120
Beginner/Adv Beginner Slip Jig	118
Treble Jig (Traditional)	92
Hornpipe (Traditional)	138

Dance	Speed
All Other Reel	113
All Other Slip Jig	113
Treble Jig (Non-Traditional)	73
Hornpipe (Non-Traditional)	113

BEGINNER (BEGINNER 1)

Beginners - A beginner is a competitor who has not taken a full year of Irish Dance lessons. A Beginner must move into the Advanced Beginner category for the next year.

Per An Coimisiún rules, Beginner and Advanced Beginner competitors may only wear traditional class costumes or long/short sleeve blouses/polo tops and skirts/tunics that conform to the regular costume length rules

GIRLS/BOYS	U5	U7	U9	U11	U13	U15	O15
REEL	205RL	207RL	209RL	211RL	213RL	215RL	216RL
LIGHT JIG	205LJ	207LJ	209LJ	211LJ	213LJ	215LJ	216LJ
SLIP JIG	205SJ	207SJ	209SJ	211SJ	213SJ	215SJ	216SJ



ADVANCED BEGINNER (BEGINNER 2)

ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS

Advanced Beginners - An Advanced Beginner who wins 1st, 2nd, or 3rd place will advance to the Novice category in that particular dance.

Per An Coimisiún rules, Beginner and Advanced Beginner competitors may only wear traditional class costumes or long/short sleeve blouses/polo tops and skirts/tunics that conform to the regular costume length rules

<u>GIRLS/BOYS</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>U13</u>	<u>U14</u>	<u>U15</u>	<u>O15</u>
REEL	305RL	306RL	307RL	308RL	309RL	310RL	311RL	312RL	313RL	314RL	315RL	316RL
LIGHT JIG	305LJ	306LJ	307LJ	308LJ	309LJ	310LJ	311LJ	312LJ	313LJ	314LJ	315LJ	316LJ
SLIP JIG	305SJ	306SJ	307SJ	308SJ	309SJ	310SJ	311SJ	312SJ	313SJ	314SJ	315SJ	316SJ
SINGLE JIG	305SN	306SN	307SN	308SN	309SN	310SN	311SN	312SN	313SN	314SN	315SN	316SN
TREBLE JIG	305TJ	306TJ	307TJ	308TJ	309TJ	310TJ	311TJ	312TJ	313TJ	314TJ	315TJ	316TJ
HORNPIPE	305HP	306HP	307HP	308HP	309HP	310HP	311HP	312HP	313HP	314HP	315HP	316HP

novice

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

Novice - A Novice dancer who wins a 1st place in a dance will advance to the Open (Prizewinner) category in that particular dance. In addition, if there are twenty or more dancers, a dancer who wins 1st place or 2nd place in a dance will advance to the Open/Prizewinner category in that particular dance.

<u>GIRLS/BOYS</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>O15</u>
REEL	407RL	408RL	409RL	410RL	411RL	412RL	413RL	414RL	415RL	416RL
LIGHT JIG	407LJ	408LJ	409LJ	410LJ	411LJ	412LJ	413LJ	414LJ	415LJ	416LJ
SLIP JIG	407SJ	408SJ	409SJ	410SJ	411SJ	412SJ	413SJ	414SJ	415SJ	416SJ
SINGLE JIG	407SN	408SN	409SN	410SN	411SN	412SN	413SN	414SN	415SN	416SN
TREBLE JIG	407TJ	408TJ	409TJ	410TJ	411TJ	412TJ	413TJ	414TJ	415TJ	416TJ
HORNPIPE	407HP	408HP	409HP	410HP	411HP	412HP	413HP	414HP	415HP	416HP

PRIZE WINNER (OPEN)

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

Prizewinner - A competitor who does not qualify as a Beginner, Advanced Beginner or Novice.

<u>GIRLS/BOYS</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>O15</u>
REEL	507RL	508RL	509RL	510RL	511RL	512RL	513RL	514RL	515RL	516RL
SLIP JIG	507SJ	508SJ	509SJ	510SJ	511SJ	512SJ	513SJ	514SJ	515SJ	516SJ
TREBLE JIG	507TJ	508TJ	509TJ	510TJ	511TJ	512TJ	513TJ	514TJ	515TJ	516TJ
HORNPIPE	507HP	508HP	509HP	510HP	511HP	512HP	513HP	514HP	515HP	516HP



ADULT COMPETITIONS

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

	<u>Beginner</u>	<u>Advanced Beginner</u>	<u>Novice</u>	<u>Prizewinner</u>
REEL	820RL	830RL	840RL	850RL
LIGHT JIG	820LJ	830LJ	840LJ	850LJ
SLIP JIG	820SJ	830SJ	840SJ	850SJ
TREBLE JIG	820TJ	830TJ	840TJ	850TJ
HORNPIPE	820HP	830HP	840HP	850HP
TRADITIONAL SET	820TS	830TS	840TS	850TS

7220C

ADULT COMPETITION - ADULT IRISH DANCE MASTER CUP

Open to adult dancers currently competing at Novice or Prizewinner levels for all dances. The competition will be judged as a championship competition. (i.e. three adjudicators), with competitors dancing a choice of slip jig (40 bars)/ Treble Jig (48 bars) or reel (48 bars) / hornpipe (40 bars), and a traditional set dance.

A perpetual cup trophy will be awarded to the winner. Competitors in this event may also compete in the regular Novice and Prizewinner grade level competitions.

Please note: This event will only be held if there are at least five registrants.

PRELIMINARY CHAMPIONSHIP

Preliminary Championship: Dancers are required to dance a slip jig (females only) or a reel, and a treble jig or hornpipe at the discretion of the dancer. Reels and treble jigs are danced for 48 bars; slip jigs and hornpipes are danced for 40 bars.

	<u>U9</u>	<u>U10</u>	<u>U10</u>	<u>U10</u>	<u>U11</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>O18</u>
Preliminary Championship	609PC	610PC	610PC	610PC	611PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC	619PC
Preliminary Set Dance	609SD	610SD	610SD	610SD	611SD	611SD	612SD	613SD	614SD	615SD	616SD	617SD	618SD	619SD

Preliminary Set Dance are Open to all dancers registered for Preliminary Championship competitions: Dancers may choose any set dance, except Under 9 competitors must choose a traditional set dance. Competitions will be adjudicated by a single judge * U9 - Traditional Sets only

OPEN CHAMPIONSHIP

Open Championship: Dancers are required to dance a slip jig (females only) or a reel, a treble jig or hornpipe, and a set piece of the dancer's choice. Reels and treble jigs are danced for 48 bars; slip jigs and hornpipes are danced for 40 bars.

	<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>	<u>O18</u>	<u>ADULT</u>
OPEN Championship	709OC	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC	7220C



FIGURE DANCES / TEAMS

- Only a single team member of the team needs to register and pay.

- The other team members do not need to register, and neither the feis nor QuickFeis need to be notified of who the other team members will be.

- Aside from the team member who registered and paid, teams can change their other team members up to the point of competition.

- The team member who registered and paid, must present and wear their dancer card at the competition in order to be allowed to compete with their team.

- Team Rules:

- All students on a team must be from the same school.
- On a mixed team, at least 25% of the total number of dancers must be male.
- Any 8 hand dances must be from Ar Rinci Fionne.
- Either the first or the second figure may be danced (chosen by dancers) and dancing ends after top couple completes the selected figure except in:
 - Humors of Bandon in which the body is repeated
 - Sweets of May which is danced through the second figure
 - The Three Tunes which is danced through the Hook and Chain
 - Gates of Derry which is danced through the Swing Around.

	TEAM FEE	U9	U10	U12	U15	O15	Adult
2 Hand - Girls	\$ 10	9209FD-G		9212FD-G	9215FD-G	9216FD-G	9299FD-G
3 Hand - Girls	\$ 15			9312FD-G	9315FD-G	9316FD-G	9399FD-G
4 Hand - Girls	\$ 20		9410FD-G	9412FD-G	9415FD-G	9416FD-G	9499FD-G
4 Hand - Mixed	\$ 20		9410FD-M	9412FD-M	9415FD-M	9416FD-M	9499FD-M
8 Hand - Girls	\$ 40		9810FD-G	9812FD-G	9815FD-G	9816FD-G	9899FD-G
8 Hand - Mixed	\$ 40		9810FD-M	9812FD-M	9815FD-M	9816FD-M	9899FD-M

TRADITIONAL SET DANCE

	U9	U11	U13	U15	U17	O17
Novice / Prizewinner Traditional Set Dance	509TS	511TS	513TS	515TS	517TS	518TS

Traditional Set	Speed
Blackbird	144
Garden of Daisies	138
Job of Journeywork	138
Jockey to the Fair	90
King of the Fairies	130
St. Patrick's Day	94
Three Sea Captains	96

MUSIC AND VOCAL

- Instrument competitors will choose contrasting tunes from the following categories:
 - polkas or marches
 - jigs
 - reels
 - hornpipes
 - slow airs
- Under 12 instrument competitors will play 2 tunes 2 times through
- Under 18 and 18 & Over instrument competitors will play 3 tunes 2 times through
- Singing competitors will sing a traditional Irish song in Irish or English
- All competitors are required to play or sing from memory

	U12	U18	O18
Fiddle	912FD	918FD	919FD
Tin Whistle	912TW	918TW	919TW
Flute	912FL	918FL	919FL
Concertina / Accordion	912AC	918AC	919AC
Other Instrument	912M	918M	919M
Vocal (Singing)	912V	918V	919V



ITANA SOUTHERN REGION-DANCING COMPETITION RULES

IDTANA Southern Region Dancing Competition Rules
Effective January 1, 2016

1. In the case of all solo and team competitions in all grades, the age of a competitor on January 1st of the year in which the competition is held will determine the right of entry. For the purpose of this rule, a competitor whose birthday occurs on January 1st shall be deemed to be under the age attained on that date.
2. Competitions are open to all but those holding a TMRF, TCRG, ADCRG designation. A Feis can only accept entries from pupils of teachers registered with An Coimisiun, regardless of their domicile, and where applicable, registered with both the IDTANA and the North American region in which they reside
3. A competitor may be disqualified for any of the following reasons:
 - a) Conduct unbecoming a lady or gentleman;
 - b) Failure to report on time to compete (Penalty: disqualification from said event);
 - c) Falsification of age or other important fact, i.e., teaching, award winning, competing under another competitor's name or number, etc.

Penalty for (a) or (c): Competitor will be disqualified from the Feis at which the occurrence happened and from all NAFC registered Feiseanna for a period of one year beginning at the date of the occurrence.
4. Competitions may be closed if there are no competitors at the assigned stage ready to compete when the competition is scheduled or announced. This may not pertain to a situation where competitors are involved in stage conflicts.
5. Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner) competition:
 - a) must compete in their own age group;
 - b) must be prepared to perform two steps in each event;
 - c) cannot change competition on the day of the Feis.
6. Steel taps or "bubble" heels on dancing shoes, display of awards, wearing of shorts or other unconventional dress is prohibited. Authentic Gaelic dress is desired. Dancers competing in First Feis (if offered), Beginner and Advanced Beginner (Beginner I and II) must wear a class costume or a skirt and blouse. All other categories are excluded from this rule. Modest attire is encouraged when a competitor is not dancing.
7. Competitor's number must be worn and visible to adjudicators when performing in all competitions. Use of clear reflective plastic number covers is discouraged.
8. Awards will be determined in proportion to the number of entries in each competition and to the degree of proficiency shown.
9. Complaints regarding the running or rules of a Feis must be in writing stating names and other factual information and signed by the complainant. A ten dollar fee (cash) 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 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 on the entry form as required by the Feis Entry Committee, including teacher's name, and enclose the entry fee when mailing. Failure to do so will result in a rejected entry. Entries must be postmarked on or before the closing date or they will be subject to a late fee as determined by the Feis committee and published on the syllabus and/or entry form.
14. Open Championships
 - a) Entrants in any Championship event may not enter in any other regular grade solo events but may enter in Figure Dances and/or special competitions for which they are eligible (traditional set, treble reel, non-traditional set dance).
 - b) Entrants in Open Championships should specify on the entry form their choice of set dance.
 - c) Open Championship competitions in the minimum required age groups must be offered separately in the syllabus, yet the Feis Committee may combine an age group with the next higher age group if there are fewer than 5 competitors entered in the lower age groups. A Feis Committee is not permitted to combine dancers from one open championship age group with any age groups which is more than one age group higher than the age group in which the dancers are entered.
 - d) A dancer is required to perform a light shoe dance (reel or slip jig for ladies and reel only for men) and a set dance. A Feis can also opt to require a third dance (choice of jig or hornpipe).
 - e) Dancers must qualify for Open Championship via the method now in place for Preliminary Championship, i.e., two first place wins.
 - f) Dancers must compete in the Preliminary Championship competition in order to qualify for Open Championship.
15. Girls and Boys competitions in Open Championship may be combined in the syllabus. If three 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. If separate Boys and Girls competitions in Open Championships are offered in the syllabus, they may not be combined under any circumstance on the day of the Feis.
16. Preliminary Championships
 - a) Are open to those who at any NAFC recognized Feis:
 - (1) Have place 1st in both an Open (Prizewinner) light and heavy shoe competitions and
 - (2) Have never won 1st, 2nd or 3rd in Open Championship.
 - b) A dancer who wins two (2) first place Preliminary Championship awards in one calendar year will move onto Open Championship the following year (as of January 1); if the second first place win does not occur in the same feis year as the first win, as soon as the second win is achieved, in any age category, the dancer must move up to Open Championship level immediately. Only in the case of a back to back Feiseanna (successive days) the first place win in the first Feis will not change the dancer's status for the second Feis.
 - c) A dancer in a Preliminary Championship 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) jig/hornpipe or (c) both a set dance and jig/hornpipe.
 - d) Boys and girls will be combined in Preliminary Championships. Please note the separation policy for 5 or more boys.
 - e) Preliminary Championship competitions must be offered separately in the syllabus for the minimum required age groups, yet the Feis Committee may combine an age group with the next higher age group if there are fewer than 5 competitors entered in the lower age group. A Feis Committee is not permitted to combine dancers from one Preliminary



- Championship age group with any age group which is more than one age group higher than the age group in which the dancers are entered.
17. Open Championships and Preliminary Championships require at least three adjudicators.
 18. 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. If after competing two full feis years at the Open Championship level, a dancer has not placed first, second or third, he/she may opt to return to Preliminary Championship status.
 19. The status of a dancer does not change unless there are five or more dancers in a competition.
 20. Grade Category Definitions:
 - a) **Beginner:** A beginner is a competitor who has not taken a full year of Irish dance lessons, thereby giving Beginners a full year with such status. A Beginner must move into the Advanced Beginner category for the next year.
 - b) **Advanced Beginner:** 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 minimum requirements.
 - c) **Novice:** A Novice dancer who wins a 1st place in a dance will advance to the Open (Prizewinner) category in that particular dance.
 - d) **Open (Prizewinner):** A competitor who does not qualify as a Beginner, Advanced Beginner or Novice.
 - e) **Adult Beginner:** An adult beginner is a competitor who never took Irish dancing lessons as a juvenile and is over 18 years of age.
 21. The syllabus must contain all grade categories.
 22. Each region may determine the system for moving dancers from one grade to another.
 23. A Feis Committee may combine two consecutive age categories into the higher of the two categories within that grade when less than five (5) competitors are entered.
 24. 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.
 25. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.
 26. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced. Competitors may compete in the next higher age group. A competitor may compete in no more than two different age groups for any one category (4-hand, 8-hand, etc.)
 27. In matters pertaining to adjudicators, the decision of the adjudicator is final.
 28. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.
 29. Dance Speeds:
 - a) First Feis (if offered), Beginner, Advanced Beginner and Adult dancers are required to dance at traditional speeds only.
 - b) Novice and Open (Prizewinner) dancers may choose between traditional and Oireachtas speeds.
 - c) Adult dancers are allowed to dance traditional or Oireachtas speed dances in the novice and prizewinner grade levels, but this does not apply to contemporary set dances.
 30. Any form of unauthorized photography which has the capability to capture a dancer's image while in motion, using electronic or manual means, i.e. mobile phone, standard camera, video camera, or commercial film, with or without enhancement is expressly forbidden in competition except in Beginner and Advanced Beginner Categories.
 31. 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 Sept 1st of each year an exception is made for those dancers who are 11 dancing in the under 12 age group.
 32. Make up is prohibited on a dancer in the first three grades (First Feis [if offered]), Beginner and Advanced Beginner or their equivalent) up to and including the under 12 age group.
 33. 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.
 34. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.
 35. Solo competitions will be danced at the following tempos:
 - a) Beginner/Adv Beginner Reel – 118
 - b) All Other Reel – 113
 - c) Light Jig – 116
 - d) Single Jig – 120
 - e) Beginner/Adv Beginner Slip Jig – 118
 - f) All Other Slip Jig – 113
 - g) Treble Jig (Traditional) – 92
 - h) Slow Treble Jig – 73
 - i) Hornpipe (Traditional) – 138
 - j) Hornpipe(Non-Traditional) – 113

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

