



## FEIS INFORMATION

**SUNDAY**  
**March 22, 2020**

**Hyatt Regency Dulles**  
**2300 Dulles Corner Blvd.**  
**Herndon, VA**  
(right next to Dulles Airport!)



*Feis start time is at 8:00 am*

**Springtime Fun Costume**

**Encouraged for GRADES ONLY**

*full costume mandatory for all CHAMPS*

*Syllabus approved on xx xxx 2020*

## NAFC COMMISSION

*Member of the North American Feis Commission*

*President: Jim Graven*

*[president@northamericanfeiscommission.org](mailto: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*

## FEIS REGISTRATION SUMMARY

- Up to March 11, all registration only accepted at [www.quickfeis.com](http://www.quickfeis.com)
- Feis caps are: (registration will close for those levels only once that cap has been reached)
  - Grades .....300
  - Championship.....315
- All results will be printed and given out for FREE at the feis for both championship and grades levels
- All results will also be available for FREE on your QuickFeis account during and after the feis
- Competitions will be combined and split to ensure that as many competitions will have 5 or more dancers



# McGrath Morgan Cherry Blossom Feis



## COMPETITION FEES

Competition Fees	FEES
Solo Grades Dancing	\$ 10
Preliminary Championship	\$ 40
Open Championship	\$ 50
Art Entries	\$ 7
Soda Bread	FREE
Figures/Ceili Dancing <i>(Not included in the Family Cap calculation)</i>	<b>TEAM FEE</b> <i>See details below in figure/ceili section</i>
Family Admission Fee <i>(Not included in the Family Cap calculation)</i>	\$25
Family Cap <i>(Only applies to regular competition fees – not second chance comp or specials, and only up to March 11)</i>	\$ 180

## LATE FEES

Please note that LATE FEES are in ADDITION to the competition fees listed above. All fees are PER dancer

LATE FEES	Up to March 11 (online)	After March 11 (at Feis)
New Registrations	\$ 0	\$ 50
Changes	Free	\$ 35
Payment type	CC only	CC or cash

- We will accept new registrations and changes at the feis provided the feis has not capped
- Credit card or cash payments will be accepted at the feis as the only acceptable payments – sorry no checks
- Charity TR will not have any late fees even if registering at the feis

## FEIS RULES

- **NUMBER OF COMPETITORS:** The Feis Committee reserves the right to combine or split competitions.
- All grades up to and including U14 will dance three at a time.
- All champs up to and including U14 will dance hard shoe three at a time and soft shoe two at a time. All champs will dance hard shoe first.
- **ENFORCEMENT:** All Feis rules will be strictly enforced.
- **RESULTS:** Personal results will be FREE and will be handed out shortly sometime after winners are announced. Results will also be available online for free at [www.quickfeis.com](http://www.quickfeis.com)
- New registrations will be taken at the feis only provided the feis has room within the competition. Cash and credit cards will be accepted. No checks will be accepted for any feis payments.

**SORRY - NO CHECKS ACCEPTED**  
**STRICT NO REFUND POLICY**

## DAY OF FEIS FEES

- **NEW** Registration will be accepted at the feis IN PERSON, per the late fee schedule.
- **CHANGE** fees:
  - Fee is PER dancer
  - Includes switching any number of competitions
  - Any additional competition will be charged the REGULAR price per competition, in addition to the CHANGE fee (per dancer)

**FREE PRINTED RESULTS AVAILABLE WHEN ALL THE COMPETITIONS YOU REGISTERED IN ARE COMPLETED AND ANNOUNCED**

PC and OC dancers will get their individual results during announcements

Individual results will have the raw score the adjudicator gave, ranks, points (for championship only) and any comments they may have made

Free results are also available online at

[www.quickfeis.com](http://www.quickfeis.com)

(log into your QuickFeis account)





# McGrath Morgan Cherry Blossom Feis



## NUMBERING SYSTEM

1 <sup>st</sup> Digit	Level Category: FIRST FEIS Dances all begin with "1", BEGINNER 1 with "2", and so forth
2 <sup>nd</sup> and 3 <sup>rd</sup> Digits	Age Group, Girls begin at 01 and Boys begin at 51. So "05" means girls under 5, while 61 means boys under 11.
4 <sup>th</sup> and 5 <sup>th</sup> Digits (Letters)	Competition Type: <b>RL</b> = REEL <b>LJ</b> = LIGHT JIG <b>SJ</b> = SLIP JIG <b>TJ</b> = TREBLE JIG <b>HP</b> = HORNPIPE <b>PD</b> = ST PATRICK DAY <b>TS</b> = TRADITIONAL SET    ...

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

For 2020	<u>U5</u>	<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>	<u>U17</u>	<u>U18</u>
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)

## BEGINNER (Beginner 1)

All hard shoe dances at traditional speeds

A dancer who has been dancing for less than one year. A Beginner 1 must move to Beginner 2 no later than January 1<sup>st</sup> of the dancer's second year of instruction, or may move to Beginner 2 earlier with teacher's permission and provided that the Feis has not closed to changes. Note: a Beginner 1 dancer who starts in September, may continue as a Beginner 1 until December of the following year (16 months) before moving into Beginner 2.

AT THIS LEVEL, DANCERS ARE NOT ALLOWED TO COMPETE IN SOLO COSTUMES (only school costumes are allowed)

Girls/Boys	<u>U5</u>	<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>O15</u>
REEL	205RL	206RL	207RL	208RL	209RL	210RL	211RL	212RL	213RL	214RL	215RL	216RL
LIGHT JIG	205LJ	206LJ	207LJ	208LJ	209LJ	210LJ	211LJ	212LJ	213LJ	214LJ	215LJ	216LJ
SLIP JIG	205SJ	206SJ	207SJ	208SJ	209SJ	210SJ	211SJ	212SJ	213SJ	214SJ	215SJ	216SJ

## ADVANCED BEGINNER (BEGINNER 2)

all hard shoe dances at traditional speeds

A dancer who has been dancing for more than one year and who has not won a 1st, 2nd, or 3rd, in Beginner 2. A dancer who has won a 1st, 2nd, or 3rd 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)

Girls/Boys	<u>U5</u>	<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>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





# McGrath Morgan Cherry Blossom Feis



## NOVICE \*all hard shoes dances can be done at either traditional speed or slow speed

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).

<i>Girls/Boys</i>	<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>
<b>REEL</b>	407RL	408RL	409RL	410RL	411RL	412RL	413RL	414RL	415RL	416RL
<b>LIGHT JIG</b>	407LJ	408LJ	409LJ	410LJ	411LJ	412LJ	413LJ	414LJ	415LJ	416LJ
<b>SLIP JIG</b>	407SJ	408SJ	409SJ	410SJ	411SJ	412SJ	413SJ	414SJ	415SJ	416SJ
<b>SINGLE JIG</b>	407SN	408SN	409SN	410SN	411SN	412SN	413SN	414SN	415SN	416SN
<b>TREBLE JIG</b>	407TJ	408TJ	409TJ	410TJ	411TJ	412TJ	413TJ	414TJ	415TJ	416TJ
<b>HORNPIPE</b>	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

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

<i>Girls/Boys</i>	<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>
<b>REEL</b>	507RL	508RL	509RL	510RL	511RL	512RL	513RL	514RL	515RL	516RL
<b>LIGHT JIG</b>	507LJ	508LJ	509LJ	510LJ	511LJ	512LJ	513LJ	514LJ	515LJ	516LJ
<b>SLIP JIG</b>	507SJ	508SJ	509SJ	510SJ	511SJ	512SJ	513SJ	514SJ	515SJ	516SJ
<b>TREBLE JIG</b>	507TJ	508TJ	509TJ	510TJ	511TJ	512TJ	513TJ	514TJ	515TJ	516TJ
<b>HORNPIPE</b>	507HP	508HP	509HP	510HP	511HP	512HP	513HP	514HP	515HP	516HP

## ADULT COMPETITIONS

A dancer over the age of 18 who has not danced in the above described competitions for a period of five years. Dancers who are in the Adult categories cannot enter any competition other than Adult specified competitions. A dancer who wishes to return to any category other than Adult must remain out of Adult competitions until they retire from dancing for five consecutive years.

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

	<u>First Feis &amp; Beginner</u>	<u>Advanced Beginner</u>	<u>Novice</u>	<u>Prize Winner</u>
<b>REEL</b>	835RL	845RL	855RL	865RL
<b>LIGHT JIG</b>	835LJ	845LJ	855LJ	865LJ
<b>SLIP JIG</b>	835SJ	845SJ	855SJ	865SJ
<b>SINGLE JIG</b>	835SN	845SN	855SN	865SN
<b>TREBLE JIG</b>	835TJ	845TJ	855TJ	865TJ
<b>HORNPIPE</b>	835HP	845HP	855HP	865HP





# McGrath Morgan Cherry Blossom Feis



## PRELIMINARY CHAMPIONSHIP

Preliminary Championship competition dancers will perform 2 rounds: (will start with hard shoe round first)

1. 48 bars of reel or 40 bars of slip jig
2. 40 bars of the hornpipe or 48 bars of the treble jig

If there are five or more boys in PC, then boys will be entered into a separate competition

<i>Ladies &amp; Gents</i>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>	<u>U17</u>	<u>U18</u>	<u>U20</u>	<u>O20</u>
<b>Preliminary Championship</b>	608PC	609PC	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC	620PC	621PC

## OPEN CHAMPIONSHIP

Open Championship dancers will perform three rounds: (will start with hard shoe round first)

1. 48 bars of reel or 40 bars of slip jig
2. 40 bars of the hornpipe or 48 bars of the treble jig
3. Set Dance of their choice

If there are three or more boys in OC, then the boys will be entered into a separate competition

<i>Ladies &amp; Gents</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>U18</u>	<u>U20</u>	<u>O20</u>
<b>Open Championship</b>	709OC	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	720OC	721OC

## FIGURES AND CEILI

### NEW REGISTRATION PROCESS:

- Only ONE team member needs to register and will be charged the fee for the entire team.
- Only the team member who registers will have their dancer number in the stage book and will be considered the "team captain" for whom scores will be given.
- The "team captain" MUST wear the dancer number that was used to register the team.
- It is not necessary to notify the Feis nor QuickFeis who the other team members will be.
- The team age group is determined by the OLDEST dancer on their team.
- All ADULT team members are usually 18 or older.

	<u>2 HAND Reel</u>	<u>3 HAND Reel</u>	<u>4 HAND Reel/Jig</u>
<b>TEAM FEES →</b>	<b>\$20</b>	<b>\$30</b>	<b>\$40</b>
<b>Under 10</b>	923FD	933FD	943FD
<b>Under 13</b>	924FD	934FD	944FD
<b>Under 15</b>	925FD	935FD	945FD
<b>Over 15</b>	926FD	936FD	946FD
<b>Adult</b>	---	---	947FD

## IRISH ARTS

**BAKING** - Deliver a baked entry (white or brown bread, fancy or special bread, etc). Must deliver by 11am.

**IRISH ARTS** - Must be original artwork by entrant depicting Celtic theme or subject. Must deliver by 11am.

	<u>Under 16</u>	<u>16 and Over</u>
<b>Baking (FREE)</b>	916B	917B
<b>Irish Art (\$7 per entry)</b>	916IH	917IH







# McGrath Morgan Cherry Blossom Feis



## IDTANA SOUTHERN REGION-DANCING COMPETITION RULES

These rules were approved by the IDTANA Southern Region on June 30, 2011 and are effective January 1, 2012

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, or ADCRG designation. All dancers must be pupils of a person currently registered with An Coimisiun as a Dancing Teacher of any category.
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.

  - d) Any competitor found to be "altering" their shoes or wearing them on the "wrong feet" will be treated in the same manner as is using carriage aids, and will be subject to disqualification from that particular competition (CLRG AGM 2011)
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 will not pertain to a situation where competitors are involved in stage conflicts: in that case the competition(s) will remain open for a reasonable amount of time to allow the dancer(s) in question to arrive at the stage and compete.
5. Solo competitors in 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
  - c) Cannot change competition on the day of the Feis.
6. All current costume rules of An Coimisiun le Rince Gaelacha will prevail.
7. Competitor's number must be worn and visible to adjudicators when performing in all competitions, except in Championships. 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 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. 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. There will be no refund of entry fees for any reason.
13. Open Championships:
  - a) Entrants in any Open 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 groups 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/hornpipe)
  - e) Dancers must qualify for Open Championship via the method now in place for Preliminary Championship i.e. two 1st place wins.
  - f) Dancers must compete in the Preliminary Championship competition in order to qualify for Open Championship.
14. 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.
15. Preliminary Championships:
  - a) Are open to those who at any NAFC recognized Feis:
    - (1) Have placed 1st in both an Open (Prizewinner) light and heavy shoe competition 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 on to Open Championship the following year (as of Jan 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
    - (1) a set dance) or
    - (2) a jig/hornpipe or
    - (3) both a set dance and jig/hornpipe
  - d) Boys and Girls will be combined in preliminary championships – Please note the separation policy involving five or more boys





# McGrath Morgan Cherry Blossom Feis



- 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 groups 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.
16. Open Championships and Preliminary Championships require at least three adjudicators.
17. 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 for 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.
18. The status of the dancer does not change unless there are five or more dancers in a competition.
19. In championship events or solo set dance events: Introductions for set dances will be played only once and competitors must set their speeds during that one playing, no variation in speed will be allowed once dancing is due to commence. Dancers beginning before or after the stipulated set-dance introduction will automatically receive a zero for that round from the/or all adjudicators. (CLRG AGM 2011)
20. Grade Category Definitions:
- (1) **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.
  - (2) **Advanced Beginner:** An Advanced Beginner who wins 1st, 2nd, or 3rd place will advance to the Novice category in that particular dance. 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. (Dec. 2012)
  - (3) **Open (Prizewinner):** A competitor who does not qualify as a Beginner, Advanced Beginner or Novice.
  - (4) **Adult Beginner:** An adult beginner is a competitor who never took Irish dancing lessons as a juvenile and is over 18 years of age.
  - (5) **Other Adult Grades:** will follow the descriptions provided above.
- b) \*\* Competitors have the option to remain in the same category for the remainder of the Feis year (until the following January 1st)
- c) \*\* The syllabus must contain all grade categories
- d) \*\* Boys and Girls enter the appropriate age group in the appropriate grade for each dance; after entries have been closed, in any competition where five or more boys are entered, the feis committee will run a separate competition for these boys.
- e) \*\* A feis committee may only combine two consecutive calendar year age groups (within that grade only) when fewer than five(5) competitors are entered in either age group, with the exception of the oldest age group listed.
21. 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.
22. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.
23. Teachers or team captains are responsible that their teams are complete and in positions when the competition is announced. Competitors may compete in their own age group or in the next higher age group, however a competitor may compete in only one age group.
24. In matters pertaining to adjudicators, the decision of the adjudicator is final.
25. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.
26. **First Feis** (if offered), Beginner and Advanced Beginner dancers are required to dance at traditional speeds only. Novice and Open (Prizewinner) dancers may choose between traditional and Oireachtas speeds. Adult categories are included in these specifications
27. 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 (CLRG AGM 2011)
28. 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.
29. 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.
30. 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.
31. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.

## 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**

