



Member of the North American Feis Commission
Lori Seeman, President
president@northamericanfeiscommission.org

Member of An Coimisiun le Rinci Gaelacha, Dublin, Ireland

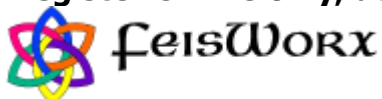
Katy Koll & Anne Rogan, Feis Chairs
10000lakesfeis@gmail.com
www.10000lakesfeis.com

Sunday, June 17, 2018

The Depot

225 3rd Avenue South
Minneapolis, Minnesota 55401

Register Online only, at:



www.feisworx.com

Entry deadline: June 1, 2018
Or when limit is reached

Feis limited to first 750 entries

Champ: 250 Non-Champ: 500

**There is a \$35 late fee for registrations made after Friday, June 1, 2018.
Registrations must be fully paid in order to be considered complete.**

All results will be available online at
www.feisworx.com after the feis.

Entry fees will not be refunded for any reason

DIRECTIONS & VENUE INFO:

Visit the feis website www.1000lakesfeis.com or follow this Google Maps link.
<https://tinyurl.com/DepotRenMPLS>

10,000 Lakes Feis Black Out Guidelines

June 17th, 2018

- NO COSTUMES
- WIGS & HEADBANDS OPTIONAL

GIRL DANCERS Must wear:

- Black shorts or black skirts
- Plain black shirts
- White socks or black tights
- Dance shoes

BOY DANCERS Must wear:

- Black pants or black shorts
- Plain black shirts
- Black or white socks
- Dance shoes

Pre-Registration

Saturday, June 16, 2018

The Depot – 12 noon til 2pm &
Renaissance Minneapolis Hotel – 6pm til 8pm

Registration

Sunday, June 17, 2018

The Depot – 7:00 am
Opening Ceremony at 7:45 am

Competitions commence promptly at 8:00am

Championship stages will proceed
From **youngest** dancers to **oldest** dancers

Competitions will be combined in accordance with
NAFC rules whenever possible to increase likelihood of
5+ dancers per competition.

**Due to venue restrictions, there will be
NO CAMPING**

Accommodation Block available now!

The Depot Minneapolis - Renaissance Hotel & Residence Inn

3rd Avenue South, Minneapolis, MN 55401

Phone: (612)375-1700

Use this link to book your room online.

<https://tinyurl.com/NMAC10000>

Further information on hotel and area dining & entertainment options are available at the feis website:

www.1000lakesfeis.com

2018 NAFC CHAMPIONSHIPS

February 24, 2018
Arizona Grand Resort
Phoenix, Arizona

Gerry Campbell Perpetual Senior Belt

Robert Gabor Junior Trophy

George Sweetnam Minor Trophy

**The James Brennan
15 & Over Music Scholarship Competition
will be held at the Rochester Feis, July 14, 2018**

**The Edward Callaghan
Under 15 Music Scholarship Competition
will be held at the Flower City Feis, October 7, 2018**

Dances shaded in Blue are Special Dance Competitors – 1st Place awarded Trophy/Special Award

FIRST FEIS

The First Feis level has been established for dancers who are competing in their very First Feis. Once a dancer competes in the First Feis category, the dancer must move into Beginner 1 or Beginner 2. AT THIS LEVEL, DANCERS ARE NOT ALLOWED TO COMPETE IN SOLO COSTUMES (only school costumes are allowed).

	GIRLS									BOYS							
	U5	U6	U7	U8	U9	U10	U11	U12	O11	U5	U6	U7	U8	U9	U10	U11	O11
REEL	105RL	106RL	107RL	108RL	109RL	110RL	111RL	112RL		155RL	156RL	157RL	158RL	159RL	160RL	161RL	162RL
LIGHT JIG	105LJ	106LJ	107LJ	108LJ	109LJ	110LJ	111LJ	112LJ		155LJ	156LJ	157LJ	158LJ	159LJ	160LJ	161LJ	162LJ
SLIP JIG	105SJ	106SJ	107SJ	108SJ	109SJ	110SJ	111SJ	112SJ									

BEGINNER 1 (BEGINNER)

A dancer who has been dancing for less than one year. A Beginner 1 must move to Beginner 2 no later than January 1st 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.

	GIRLS									BOYS								
	U5	U6	U7	U8	U9	U10	U11	U12	O12	U5	U6	U7	U8	U9	U10	U11	U12	O12
REEL	205RL	206RL	207RL	208RL	209RL	210RL	211RL	212RL	213RL	255RL	256RL	257RL	258RL	259RL	260RL	261RL	262RL	263RL
LIGHT JIG	205LJ	206LJ	207LJ	208LJ	209LJ	210LJ	211LJ	212LJ	213LJ	255LJ	256LJ	257LJ	258LJ	259LJ	260LJ	261LJ	262LJ	263LJ
SLIP JIG	205SJ	206SJ	207SJ	208SJ	209SJ	210SJ	211SJ	212SJ	213SJ									

BEGINNER 2 (ADVANCED BEGINNER) **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).

	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	
HORNPIPE	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 ***Hard shoes dances may be danced at either Traditional 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 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).

	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	413SL	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
*HORNPIPE	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 ***Hard shoes dances may be danced at either Traditional or Slow speed.**

A dancer moves into Prizewinner as a result of placing 1st as indicated in Novice.

	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
LIGHT JIG	507LJ	508LJ	509LJ	510LJ	511LJ	512LJ	513LJ	514LJ	515LJ	516LJ	557LJ	558LJ	559LJ	560LJ	561LJ	562LJ	563LJ	564LJ	565LJ	566LJ
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
*HORNPIPE	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

PRELIMINARY CHAMPIONSHIPS

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 48 bars of the Reel or 40 bars of the Slip Jig **and** 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 posted for each solo round (Light and Heavy round) based on the scores of one judge (different judges' scores for Light and Heavy).

	U9	U10	U11	U12	U13	U14	U15	U16	U17	O17
Preliminary Championship	609PC	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC

OPEN CHAMPIONSHIPS

A dancer who wins two First Place awards in one calendar year will move on to Open Championship the following year, or as soon as the second 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 first 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. A Feis may elect to have a recall of 50% of the competitors for the Set Dance round if there are over 20 dancers in the competition.

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).

Where there are less than 5 competitors registered, the Girls and Boys competitions WILL be combined and may be combined with next higher age group.

	GIRLS / LADIES						BOYS / MEN					
	U10	U12	U14	U16	U18	O18	U10	U12	U14	U16	U18	O18
Open Championship	710OC	712OC	714OC	716OC	718OC	719OC	760C	762OC	764OC	766OC	768OC	769OC

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.

ADULT Beginner 1 & 2 hard shoe dances will be done at Traditional speeds. Novice/Prizewinner hard shoe dances can be done at either Traditional or Slow speed.

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.

	BEGINNER 1 AND 2	NOVICE/PRIZEWINNER
REEL	835RL	855RL
LIGHT JIG	835LJ	855LJ
SLIP JIG	835SJ	855SJ
TREBLE JIG	835TJ	855TJ
HORNPIPE	835HP	855HP

FIGURE DANCING

	2-HAND REEL/JIG	3-HAND REEL	4-HAND REEL/JIG
Under 7	921	931	941
Under 9	922	932	942
Under 11	923	933	943
Under 13	924	934	944
Under 15	925	935	945
Over 15	926	936	946

CEILI DANCING

	8-Hand Girls Ceili Dance	8-Hand Mixed Ceili Dance
Under 9	981	991
Under 11	982	992
Under 13	983	993
Under 16	984	994
Over 16	985	995
Adult	986	996

Figure Dancing: Teachers or team captains are responsible that their teams are complete and in position when the competition is announced.

- There are no restrictions on figure age groups. (Effective December 2014)
- Figure age groups will be determined by the oldest dancer. (Effective December 2014).
- Ceili teams (8 hands) are allowed to repeat dancers at all Midwest Feisanna in accordance with the world and regional Oireachtas rules.

Please note that the Special Competitions below are excluded from the Family Dance Maximum.

All proceeds from the Treble Reel Competition will be donated to Cancer Research in honor of Mulhern School of Irish Dance Family members, Dee Scott and the late Joey Levato.

TREBLE REEL SPECIAL			
		U13	O13
Novice/Prizewinner*		513TR	514TR
PC/OC*		713TR	714TR

MUSIC COMPETITIONS

Music classifications are: Reels, Jigs, (Double, Slip and Single), Hornpipe, Airs, Marches, and Polkas.

Electronic or amplified instruments will not be permitted.

A Tin Whistle must have a metal body, a plastic tip, and only 6 holes

A Beginner is anyone who started playing a particular instrument after Jan. 1, 2011.

Beginners will play one piece from one of the above classifications.

Advanced competitors will play 2 pieces of contrasting tempo.

Competitors in Set Dance Music will play one set dance tune from the prescribed list, which is available upon request.

Recitation should be an Irish piece of prose or poetry (maximum 3 minutes) in English or Irish.

- Duets must have two different instruments and play two pieces of contrasting tempo.
- Trios must have at least two different instruments and play two pieces of contrasting tempo.
- Instrumental groups shall have not less than 4 members and will play their choice of music for a max of 7 min..
- Ceili Band A will play two pieces of contrasting tempo.
- Ceili Band B will play two Reels in succession plus a maximum of two tunes in succession from among the other classifications.
- Entrants may compete in only one category for each instrument.
- Miscellaneous instruments may include any other acoustic instrument such as Harmonica, Cello, Dulcimer, Viola, Fife, Pipes etc.

TIN WHISTLE	7Yrs & Under	9 Yrs & Under	11 Yrs & Under	13 Yrs & Under	14 Yrs & Over
Beginner	1601	1602	1603	1604	1605
Advanced	1606	1607	1608	1609	1610
FIDDLE	10 yrs & Under		12 yrs & Under		13 yrs & over
Beginner	1611		1612		1613
Advanced	1614		1615		1616
FLUTE					
Beginner	1617		1618		1619
Advanced	1620		1621		1622
BODHRAN					
Beginner	1623		1624		1625
Advanced	1626		1627		1628
BUTTON ACCORDION					
Beginner			1629		1630
Advanced			1631		1632
PIANO ACCORDION					
Beginner	1633		1634		1635
Advanced	1636		1637		1638
HARP					
Beginner	1639		1640		1641
Advanced	1642		1643		1644
CONCERTINA					
Beginner			1645		1646
Advanced			1647		1648
MISC. INSTRUMENT					
Beginner			1649		1650
Advanced			1651		1652
TRADITIONAL SET MUSIC					
			1653		1654
SINGING - IRISH					
Beginner			1655		1656
Advanced			1657		1658
SINGING - ENGLISH					
Beginner			1659		1660
Advanced			1661		1662
RECITATION					
Following competitions to be submitted by teacher:			1663		1664
DUETS			1665		1666
TRIOS			1667		1668
INSTRUMENTAL GROUPS			1669		1670
CEILI BAND A			1671		1672
CEILI BAND B			1673		1674

DANCING COMPETITION RULES

Adopted By The North American Feis Commission, 2010, WITH MIDWEST REGIONAL VARIATIONS, Updated 1/1/2017.

Effective January 1, 2018: Teachers are requested to press upon pupils that 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 interest of safety of young people, dancers will not be permitted to walk around the feis scantily dressed.

Effective 1/1/2017 GENERAL FEIS 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, 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 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 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 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, display of awards, wearing of shorts or other unconventional dress is prohibited. Authentic Gaelic dress is desired. First Feis (if offered), Beginner and Advanced Beginner, aka 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.
6. Competitor's number must be worn and visible to adjudicators when performing in all competitions, except in Championships. Use of reflective plastic number covers is discouraged.
7. Awards will be determined in proportion to the number of entries in each competition and to the degree of proficiency shown.
8. 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.
9. 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.
10. 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.
11. 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.
12. Competitors must answer all questions as required by the Feis Entry committee, including teacher's name, and enclose the entry fee when mailing. Failure to do so may 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.
13. The status of the dancer does not change unless there are five or more dancers in a competition.
14. 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. 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. 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: (a) away from the dancing stages and, (b) requested by a consenting parent, guardian, or dancer (over the age of 18).
15. 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.

16. No substance that can become airborne should be used on any dance floor in an attempt to improve traction.

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. (c) Cannot change competition on the day of the Feis. 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.

2. Combining male and female dancers in any age category is left to the discretion of each region of the IDTANA. Competitions may be combined with the next higher age group if there are less than 5 competitors entered. Competitions can only be combined up (or down) one age group.

3. Boys and girls CANNOT be combined EXCEPT according to the following: (a) All boys competitions below Preliminary Championships shall be initially entered in single year age groups; (b) If there are less than 5 entries in any one age group, combination of the competitions shall be done according to the following rules, in order of preferential application: (1) Into double age groups, all boy or all girl; and (2) If a double age group does not create 5 or more entries, the boys shall instead be combined into the corresponding single year girls' age group; and (3) Any competitions so combined shall be run as a single competition. The Mid-America syllabus is to contain all grade categories. A Feis Committee may combine two or three consecutive age categories in the highest of the age categories within that grade when less than five (5) competitors are entered. (IDTAMA, 1/1/17)

4. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region. The syllabus is to contain all grade categories. 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. (See Rule 14, above). Competitors have the option to remain in the same category for the remainder of the Feis year. 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 18, above].

5. Grade Levels: 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. 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. Novice Grade: A novice who wins a 1st place will advance to the Open (Prizewinner) category in that particular dance. Open Grade (Prizewinner): A competitor who does not qualify as a beginner, advanced beginner or as a novice. Adult Beginner: An adult beginner is a competitor who never took Irish dancing lessons as a juvenile and is over 18 years of age.

6. First Feis (if offered), Beginner I, and Beginner 2 dancers are required to dance at traditional speeds. Novice and Open/Prizewinner dancers may choose between traditional and Oireachtas speeds.

7. All regions in North America will follow this common set of speeds for all grade competitions at feiseanna in North American (IDTANA, 1/1/17).

	<u>First Feis</u>	<u>Beginner</u>	<u>Advanced Beginner</u>	<u>Novice</u>	<u>Prizewinner</u>
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 SET SPEEDS

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

8. First Feis, Beginner 1 and Beginner 2 perform only basic steps to coincide with the Grade Exam Syllabus. (IDTAMA, 1/1/17)
9. 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. The regional syllabus where the Feis is being held may have different qualifications for entry.
2. Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances. Entrants in Championships should specify, on the entry form, their choice of soft shoe, hard shoe, and set dance. Entrants cannot change competition or category on the day of the competition. (a) Dancers must qualify for open championship via the method now in place for preliminary championship, i.e. two 1st place wins. (b) Dancers must compete in the preliminary championship competition in order to qualify for open championship (c) The regional syllabus where the Feis is being held may have different qualifications for entry.
3. Preliminary Championships are open to those who, at any NAFC recognized Feis: (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 (IDTAMA). (b) Have never won 1st, 2nd or 3rd in Open Championship. A dancer who wins two first place awards will move on to Open Championship at the next Feis they enter, or as soon as the second 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 first 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. (c) The regional syllabus where the Feis is being held may have different qualifications for entry.
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. (IDTAMA, 1/1/17). When there are less than five dancers registered in a particular Open Championship age category, the boys and girls WILL be combined.
5. The boys' Open championship age categories will match the girls' Open championship age categories. (IDTAMA, 1/1/17).
6. Any competitor in Preliminary or Open Championship must have a minimum of 8 rotations or 10 minutes between their rounds. (IDTAMA, 1/1/17).

FIGURE/CEILI TEAM RULES

1. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced. There are no restrictions on figure age groups. (Effective December 2014) Figure age groups will be determined by the oldest dancer. (Effective December 2014). 8-Hand teams are allowed to repeat dancers at all Mid-West 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.

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 (if offered), Beginner 1 and Beginner 2 or their equivalent) up to and including the Under 12 age group.

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 girl's competitions at the First Feis (if offered), Beginner 1 and Beginner 2 Grade will wear only the competitor's dancing school costume or a skirt and blouse.
4. In order to compete in Mid-America feiseanna, dancers from the youngest age group up to and including Under 9 in all categories must follow our regional guidelines for U8 and U9 costume rules. This will go into effect January 2015. Effective January 2015, at all Mid-America Region feiseanna, boys and girls competing in age groups up to and including Under 9 must follow the costume rule as stated:

MID-AMERICA REGION COSTUME RULE

- Dresses may be one piece or two pieces.
- No animal prints.
- No low cut necklines.
- No decorations including rhinestones or sequins of any kind.
- No reflective fabric (this does not include satin).
- No embellishments.
- Base material and appliqué materials must be solid colors (No plaids, stripes, patterns, flowers or reflective materials, etc.).
- Any embroidery and appliqué used on the dress must be of a traditional nature.
- Length must comply with An Coimisiun.
- No jewelry.
- Plain satin bows in the hair are allowed but bows may not be attached to the dress or used for a cape.
- Plain colored satins that do not include sequins, glitter, or crystals are permitted.
- Buckles are allowed on shoes that do not include rhinestones.
- All current school costumes are grandfathered into the rule regardless of threads or materials. All rhinestones would need to be removed (Jan 2012).
- The costume rule applies to class costumes worn for solo competitions.
- All of the above applies to headpieces, socks and shoes.
- This rule applies for Boy and Girl Solo Championships and Traditional Set competitions at the Mid-America Oireachtas. ·

The above Under 8 Rule was approved to include the Under 9 age group (Jan 2012). The consequence for not following the Mid-America Region costume rule is as follows:

- The dancer will not be allowed to dance in a costume that is in violation of the rule but will be permitted to dance wearing an alternative costume that adheres to the rule.

ADDITIONAL 10,000 LAKES FEIS 2018 RULES

1. The Feis Committee has the option of splitting competitions as necessary.
2. At the discretion of the Feis Committee, stage assignments may change; announcements will be made at the original stage and/or over the public address system. It is the competitor's responsibility to report promptly to the correct stage.
3. Competitors must be at their assigned stage ready to compete when their competitions are ready or announced. A competitor may be eliminated from a competition for reporting late. Competitions will be closed when no more competitors are at the stage ready to compete. No competition shall be re-opened except on the sole direction of the Feis Coordinators.
4. Parents not accompanying competitors under age 18 are strongly encouraged to provide their child(ren)'s chaperones with signed medical authorizations. Parents/Chaperones are solely responsible for their children's/charges' safety.
5. Due to venue restrictions, there will be NO CAMPING.
6. Food services will be provided at the Feis. Outside food and beverages will not be allowed into the building.
7. All medals/trophies must be picked up on the day of the Feis. Only awards omitted in error will be mailed by the Feis Committee. **YOU MUST HAVE YOUR COMPETITOR'S NUMBER CARD TO CLAIM YOUR AWARDS; NO EXCEPTIONS!!**
8. Any outstanding payment problem will prevent the competitor(s) from competing in this year's Feis and entering in 2019.
9. Checks returned by the bank will incur all fees charged for the return.
10. The Feis will strongly encourage adjudicators to dance all competitions two-at-a-time.

10,000 Lakes Feis Entry Fees

Solo Competitions \$ 9.00 each

Figure/Ceili Competitions \$ 9.00/dancer

Preliminary / Open Championship Competitions ..\$ 50.00

Special Dance Competitions\$ 12.00 each

(All Special Dance Competitions are shaded in **BLUE** in the syllabus. Specials are **not** included in the Family Maximum)

Non-Dance Competitions\$ 9.00 each

Family Event Fee \$20.00/Family

(Not included in Family Maximum. This includes on-line results available from Feisworx after the feis, and eliminates the need for wristband purchases or purchase of individual admission tickets)

Family Maximum \$140.00

(Special Dance Competitions, Family Event Fee & Late Charges are NOT included)

Late Charge (per dancer):

After June 1, 2018 \$35.00

Any competition changes/additions the *day of the feis* are up to the discretion of the Feis Committee and may not be granted. If a change/addition is allowed, in addition to dance and late fees there will be a \$15 service fee, all payable in cash or check.

ABSOLUTELY NO REFUNDS