



Hosted by the Watters School of Irish Dancing
www.OrlandoFeis.com

Saturday May 23rd, 2026

Back-to-back with the Alter Ego Feis

Venue – Caribe Royale, 8101 World Center Dr, Orlando, FL 32821
For reservation information, please see website: www.OrlandoFeis.com

Officials - For full list of adjudicators and musicians, see website: www.OrlandoFeis.com

Syllabus approved by Areleen Torres on behalf of IDTANA Southern Region
Approval date: April 15th 2026

The Southern Region Executive Board has granted this feis Open Platform Status (CLRG rule 3.1.4).

Register online: www.feisworx.com
Website: www.orlandofeis.com
Questions to myrawatters@aol.com

Member of An Coimisiún le Rincí Gaelacha, Dublin, Ireland

REGISTRATION & PAYMENTS

Enter at www.feisworx.com

Entries will be capped at 500 dancers

Feis entry cut-off date: May 1st 2026

Late fee of \$30 per dancer after May 1st

No online entries after May 18th.

However, entries will be taken on the day of the feis with a \$30 late fee.

No online changes to entries after May 18th.

However, changes will be taken on the day of the feis with a \$10 change fee.

Sorry, no refunds for any reason

COMPETITION FEES

Solos	\$13 per dance
Figures	\$11 per dance <i>(Offered at Orlando Feis only)</i>
Trophy competitions	\$16 per dance
Art Competition	\$16 per entry
Prelim Championship	\$45 (2 rounds) <i>(Includes 2 extra solo results)</i>
Open Championship	\$55 (3 rounds) <i>(Includes 2 extra solo results)</i>
Adult Championship	\$55 (3 rounds) <i>(Includes 2 extra solo results)</i>
Advanced Adult Championship	\$55 (3 rounds) <i>(Includes 2 extra solo results)</i>
Family fee	\$37 <i>(Includes digital program) Unlimited guests welcome, no wristbands</i>
Family maximum	\$180 <i>(Does not include family fee, late fee, change fee or feisworx service fee)</i>
Late entries <i>(after May 1st)</i>	\$30 per dancer
At-the-feis changes	\$10 per dancer
At-the-feis-entries	\$30 per dancer
Feisworx Fee	\$9.75

COMPETITION NUMBER CARDS

Numbers will be printed at home and will be available to print from May 20th onward to anyone who has fully paid.

BEGINNER 1 (BEGINNER)

	<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>O12</u>	<u>Adult</u>
REEL	205RL	206RL	207RL	208RL	209RL	210RL	211RL	212RL	213RL	299RL
LIGHT JIG	205LJ	206LJ	207LJ	208LJ	209LJ	210LJ	211LJ	212LJ	213LJ	299LJ
SLIP JIG	205SJ	206SJ	207SJ	208SJ	209SJ	210SJ	211SJ	212SJ	213SJ	299SJ
SINGLE JIG	205SN	206SN	207SN	208SN	209SN	210SN	211SN	212SN	213SN	299SN

BEGINNER 2 (ADVANCED BEGINNER)

**Traditional (Fast) speed only*

	<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>O13</u>	<u>Adult</u>
REEL	306RL	307RL	308RL	309RL	310RL	311RL	312RL	313RL	314RL	399RL
LIGHT JIG	306LJ	307LJ	308LJ	309LJ	310LJ	311LJ	312LJ	313LJ	314LJ	399LJ
SLIP JIG	306SJ	307SJ	308SJ	309SJ	310SJ	311SJ	312SJ	313SJ	314SJ	399SJ
SINGLE JIG	306SN	307SN	309SN	310SN	311SN	312SN	313SN	314SN	356SN	399SN
TREBLE JIG*	306TJ	307TJ	308TJ	309TJ	310TJ	311TJ	312TJ	313TJ	314TJ	399TJ
HORNPIPE*	306HP	307HP	308HP	309HP	310HP	311HP	312HP	313HP	314HP	399HP

NOVICE

**Traditional (Fast) or Slow speed*

***These dances will be charged the solo fee per dance*

	<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>	<u>Adult</u>
REEL	407RL	408RL	409RL	410RL	411RL	412RL	413RL	414RL	415RL	416RL	499RL
LIGHT JIG	407LJ	408LJ	409LJ	410LJ	411LJ	412LJ	413LJ	414LJ	415LJ	416LJ	499LJ
SLIP JIG	407SJ	408SJ	409SJ	410SJ	411SJ	412SJ	413SJ	414SJ	415SJ	416SJ	499SJ
SINGLE JIG	407SN	408SN	409SN	410SN	411SN	412SN	413SN	414SN	415SN	416SN	499SN
TREBLE JIG*	407TJ	408TJ	409TJ	410TJ	411TJ	412TJ	413TJ	414TJ	415TJ	416TJ	499TJ
HORNPIPE*	407HP	408HP	409HP	410HP	411HP	412HP	413HP	414HP	415HP	416HP	499HP
TRADITIONAL SET**	407TS	408TS	409TS	410TS	411TS	412TS	413TS	414TS	415TS	416TS	499TS

PRIZEWINNER

**Traditional (Fast) or Slow speed*

***These dances will be charged the solo fee per dance*

	<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>	<u>Adult</u>
REEL	507RL	508RL	509RL	510RL	511RL	512RL	513RL	514RL	515RL	516RL	599RL
LIGHT JIG											599LJ
SLIP JIG	507SJ	508SJ	509SJ	510SJ	511SJ	512SJ	513SJ	514SJ	515SJ	516SJ	599SJ
SINGLE JIG											599SN
TREBLE JIG*	507TJ	508TJ	509TJ	510TJ	511TJ	512TJ	513TJ	514TJ	515TJ	516TJ	599TJ
HORNPIPE*	507HP	508HP	509HP	510HP	511HP	512HP	513HP	514HP	515HP	516HP	599HP
TRADITIONAL SET**	507TS	508TS	509TS	510TS	511TS	512TS	513TS	514TS	515TS	516TS	599TS

NON-CHAMP TROPHY SPECIALS

	<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>	<u>Adult</u>
NON-TRAD SET	507NT	508NT	509NT	510NT	511NT	512NT	513NT	514NT	515NT	516NT	599NT
TREBLE REEL	507TR	508TR	509TR	510TR	511TR	512TR	513TR	514TR	515TR	516TR	599TR

PRELIM CHAMPIONSHIP

48 bars of reel or 40 bars of slip-jig, 40 bars of the hornpipe or 48 bars of the treble jig.
 If more than 5 boys/men enter an age group, they will be split into a separate category.
 All championship competitors will perform HARD shoe first.

	<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>
PRELIM CHAMPIONSHIP	609PC	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC

OPEN CHAMPIONSHIP

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.
 If more than 3 boys/men enter an age group, they will be split into a separate category.
 All championship competitors will perform HARD shoe first.

	<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>U19</u>	<u>O19</u>
OPEN CHAMP	709OC	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC	720OC

ADULT CHAMPIONSHIP

Adult Championship: Dancers 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 Traditional set dance.
 Advanced Adult Championship: Dancers 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 Non-Traditional set dance.
 All championship competitors will perform HARD shoe first.

	<u>Adult</u>	<u>Adv Adult</u>
ADULT CHAMP	799AC	799AV

CHAMP TROPHY SPECIALS

	<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>	<u>Adult</u>	<u>Any</u>
NON TRAD <i>(Prelim only)</i>	609NT	610PC	611NT	612NT	613NT	614NT	615NT	616NT	617NT	618NT		
NON TRAD <i>Adult & Adv Adult champs</i>											899NT	
TREBLE REEL		810TR	811TR	812TR	813TR	814TR	815TR	816TR	817TR	818TR	899TR	
TRAD SET		810TS	811TS	812TS	813TS	814TS	815TS	816TS	817TS	818TS	899TS	

FIGURES

No figures will be offered at the Alter Ego Feis.

	<u>2 hand</u>	<u>3 hand</u>	<u>Family dance</u>
Under 7	9207	9307	
Under 9	9209	9309	
Under 11	9211	9311	
Under 13	9213	9313	
Under 15	9215	9315	
Over 15	9216	9316	
Adult	9299	9399	
Child/Adult combo*	9298	9398	
All ages			999

	<u>4 hand</u>	<u>6 hand</u>	<u>8 hand</u>
Under 9	9409	9609	9809
Under 11	9411	9611	9811
Under 13	9413	9613	9813
Under 16	9416	9616	9816
Over 16	9417	9617	
Under 19			9819
Over 19			9820
Adult	9499	9699	9899
Child/Adult combo*	9498	9698	9898

*Child/Adult combo is any combination of children and adult dancers. They do NOT need to be related.

Family dance is any number of related family members, performing any figure dance.

ART COMPETITION

Competitors of any age can enter by submitting a piece of art at the registration desk on the night before the feis, or up to 1pm on the day of the feis. **Artwork must be Irish in theme. For the Orlando Feis, artwork should be 2-dimensional. For the Alter Ego Feis, artwork should be 3-dimensional.** Results will be posted at approximately 2pm on the day of the feis. The competition may be divided into age groups depending on the number of entries.

All ages	890
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SPECIAL CHILD

Open to dancers with special needs. All age groups. Perform any dance. 2 steps approximately

All ages	870
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ADULT COMPETITION RULES

An Adult dancer is defined as any dancer who started Irish dancing at the age of 18 or older OR any dancer 18 or older who has not competed in at least five years in a youth competition AND has not placed in the top 3 of a Prelim Championship **within the last 10 years**, or competed in Open Championship levels in the youth/& Over levels **within the last 15 years**.

Dancers who are in the Adult categories cannot enter any competition other than Adult specified competitions, including teams, other than Dance Drama. 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.

ADULT DANCERS ARE ALLOWED TO DANCE TRADITIONAL OR OIREACHTAS SPEED DANCES IN THE NOVICE AND PRIZEWINNER GRADE LEVELS.

An Adult dancer is defined as any dancer who started Irish dancing at the age of 18 or older OR any dancer 18 or older who has not competed in at least five years in a youth competition AND has not placed in the top 3 of a Prelim Championship **within the last 10 years**, or competed in Open Championship levels in the youth/& Over levels **within the last 15 years**.

An Advanced Adult dancer is defined as anyone age 18 or older who has previously placed in the top three of a Preliminary Championship **within the last 10 years**, or competed in Open Championship levels in the youth/& Over levels **within the last 15 years**. An Advanced Adult dancer has opted to leave Youth/& Over categories and once the dancer begins competing in Advanced Adult, the dancer may not return to Youth/& Over categories.

Dancers competing at the Adult Championship level may move to the Advanced Adult level per teacher's discretion.

All Advanced Adult levels consist of one light round (reel or slip jig) and one heavy round (treble jig or hornpipe) to facilitate the possibility of merging at Southern Region feiseanna. Feiseanna may offer additional Advanced Adult level competitions including traditional set, non-traditional set, etc.

SOUTHERN REGION 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 \$50.00 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. Entries must be received on or before the closing date or they will be subject to a late fee of (Determined by the Feis).
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. These are not to be used for personal gain through commercial use or sale. 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. 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.

GRADE LEVEL RULES

1. Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner), Adult and Master competitions:
 - a. Must compete in their own age group.
 - b. Must be prepared to perform two steps in each event.
2. With the exception of First Feis and Beginner 1, a dancer's level is determined in each dance (Reel, Light Jig, Single Jig, Slip-Jig, Hornpipe, Treble Jig, and Traditional Set). Traditional Set Dances are limited to those dances determined by An Coimisiun Le Rince Gaelacha as traditional set dances.
3. A Feis Committee may combine competitions if there are less than 5 competitors entered as follows:
 - a. Three consecutive age groups, if including the youngest or oldest multi-year age groups, or up to five consecutive single-age groups, combined into the highest age group, within that grade.
4. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region.
5. The syllabus is to contain all grade categories.

6. Competitors have the option to remain in the same category for the remainder of the Feis year.
7. A dancer, at the discretion of the teacher, may move into the next Grade (not Open Championships) without satisfying the requirements. However, once a dancer competes in the higher level, they can never move back to a lower category, (except as outlined in Rule 1, above).
8. Grade Levels
 - a. **First Feis:** A dancer who has never competed in a Feis. A dancer can only be in this category for a single day and cannot compete at any other level in the Feis. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.
 - b. **Beginner 1 (Beginner) Grade:** A beginner is a competitor who has not yet taken a full year of Irish Dance lessons, thereby giving beginners a full year with such status. A Beginner must move into the Beginner 2/Advanced Beginner category the next year. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.
 - c. **Beginner 2 (Advanced Beginner) Grade:** An advanced beginner who wins 1st, 2nd or 3rd place will advance to the Novice category in that particular dance. Competition dances are reel, light jig, slip jig, traditional treble jig and traditional hornpipe, as a minimum requirement. Dancers must compete with Basic Steps that coincide with the Grade Exam Syllabus.
 - d. **Novice Grade:** A novice who wins a 1st place will advance to the Open (Prizewinner) category in that particular dance. In Novice competitions with 20 or more dancers, a dancer who wins 1st or 2nd place in a dance will advance to the Open/PW category in that particular dance (Dec 2012)
 - e. **Open Prizewinner Grade:** A competitor who does not qualify as a beginner, advanced beginner or as a novice.
 - f. **Adult:** An Adult dancer is defined as any dancer who started Irish dancing at the age of 18 or older OR any dancer 18 or older who has not competed in at least five years in a youth competition AND has not placed in the top 3 of a Prelim Championship **within the last 10 years**, or competed in Open Championship levels in the youth/& Over levels **within the last 15 years**.
9. First Feis (if offered), Beginner 1, and Beginner 2 are required to dance at traditional speeds. Novice and Open/Prizewinner dancers may choose between traditional and Oireachtas speeds.
10. The following dance speeds must be adhered to:

	First Feis	Beg 1	Beg 2	Novice	Prizewinner
Reel	122	122	122	113	113
Light Jig	115	115	115	115	115
Slip Jig	122	122	122	113	113
Single Jig	124	124	124	124	124
Treble Jig			92	73/92	73/92
Hornpipe			138	113/138	113/138

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

11. First Feis, Beginner 1 and Beginner 2 perform only basic steps to coincide with the Grade Exam Syllabus.
12. Dancers competing in the First Feis category are limited to participating in the First Feis Category only.

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 and Specials, i.e. Treble Reel Competition, etc.
3. Dancers must qualify for Open Championship via the method now in place for Preliminary Championship, i.e. three 1st place wins (or two if the dancer resides in Mexico).
4. Dancers must compete in the Preliminary Championship competition in order to qualify for Open Championship
5. Preliminary Championships
 - a. Are open to those who at any CLRG-registered Feis:
 - i. Have placed 1st in both an Open (Prizewinner) light and heavy shoe competitions and
 - ii. Have never won 1st, 2nd or 3rd in an Open Championship.
 - b. Effective August 1, 2020, a dancer who lives in the Southern Region (excluding Mexico) and who wins 1st place in a third Preliminary Championship Competition in any Region MAY move up to Open Championship competitions immediately, at the discretion of their dancing teacher.
 - c. A dancer who lives in the Southern Region when they win 1st place in a third Preliminary Championship competition MUST move up to Open Championship competitions no later than the one calendar year anniversary of the third Preliminary Championship win.
 - d. Preliminary Championship competitions with 26 or more competitors may be split in half according to age.
 - e. A separate boys competition may be offered if there are five (5) or more boys entered in a specific Preliminary Championship competition within a single age group.
6. If three (3) 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.
7. Every competitor in Preliminary or Open Championship must have a minimum of 8 rotations or 10 minutes between each of their rounds.
8. In the event the same organization is running 2 feiseanna in one weekend the following must occur:
 - a. In championship competitions, 2/3 of adjudicators must be different from the previous day.
 - b. 2nd chance competitions may only be offered on one feis.

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 Southern Region 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.
6. Dancers that meet the definition of an "Adult Dancer" may compete in Adult Ceili competitions. "Adult Dancer" includes Adult Grade Level, Adult Championship, and Advanced Adult, as defined by the qualifications found elsewhere in these rules.

7. In the event that the same organization is running 2 feiseanna in one weekend, the following may occur: Figure and Ceili competitions may be offered at only one of the feis' on that weekend.

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. Makeup 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. Make-up (including false eyelashes and tanner on the face) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.

Clarification: Both make up rules refer to the age group of the competition, not the actual age of the dancer. For example, 9-year-old dancers, competing in a team that is entered Under 12, may wear make-up or at a feis where the youngest Open Championship age group is Under11, then all dancers in that competition may wear make-up. These rules must also be announced from side stage at the event. Participants should be reminded that should they be in breach of these rules and be required to remove their make-up, that they risk missing their rotation in the competition.
2. Any competitor found to be using artificial carriage aids and subsequently refuses to remove same, will be subject to disqualification from that particular competition. Medically prescribed aids (proof of which may be required) will be exempt from this rule.
3. Competitors in 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/pants and top.
4. Costume Length: Length of costumes 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 change into black tights (of a denier not less than 70 per cent) in order for the dancer to continue in the competition.

MODESTY RULES

FROM AN COIMISIUN

- 1.1. 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.
- 1.2. Respect for fellow competitors on stage is a requirement at all times.
- 1.3. 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.
- 1.4. Length of costume must adhere to principles of modesty and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to wear black tights (of a denier not less than 70 percent) in order to continue in the competition. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must agree to asking the dancer to wear tights. Effective March 1, 2022.

- 1.5. Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage. Dancers wearing undergarments that do not cover the areas of the body as in the illustrated example will be asked to put on black tights of a denier of not less than 70%. This is monitored by the adjudicator. For competitions adjudicated by a panel of more than one adjudicator all adjudicators on the panel must agree to ask the dancer to put on tights.
(Effective March 1, 2022)

REFUND POLICY

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