

# Sunflower Feis

Saturday, May 3, 2025



## VENUE

Lawrence Arts Center  
940 New Hampshire St, Lawrence, KS 66044  
Main Number - (784) 843-2787

---

## HOTELS

### **Springhill Suites Lawrence Downtown**

1 Riverfront Plaza, Lawrence, KS 66044

tel: 785-841-2700

\$159 before April 2 (includes complimentary breakfast)

[Direct booking link](#)

### **Double Tree by Hilton Lawrence**

200 McDonald Dr, Lawrence, KS 66044

Tel: (785) 841-7077

\$159 before April 2 (does not include complimentary breakfast)

[Direct booking link](#)

---

## REGISTRATION

- REGISTRATION accepted at iFeis.net.
- LATE REGISTRATION \$30 fee after April 13.
- ONLINE REGISTRATION CLOSES April 22.
- CAP: 400

## HIGHLIGHTS

- Second Chance: Novice, Prizewinner & PC
- Tir Na Nog
- Music Competition (Friday night)
- Arts & Baking

## ADDITIONAL DETAILS & CONTACT

- START TIME: 8am
- Contact [feis@driscoll dancers.com](mailto:feis@driscoll dancers.com) with questions or clarifications.
- THANK YOU for coming to our Feis!

Should the Feis be canceled for any reason, registration will be refunded LESS a \$5 fee per registration. This is the only exception to the NO REFUNDS rule.

## SPECIALS & CULTURAL

### ARTS & BAKING

Arts & Baking must be submitted on Saturday by 10:00 a.m. and should be picked up by 3:00 p.m. at the registration table.

**Art**                **913ART (U13), 916ART (13 & over)**  
**Baking**         **913BAK (U13), 916BAK (13 & over)**

### MUSIC COMPETITIONS: INSTRUMENTAL & VOCAL

Requirements:

- Advanced instrumental competitors will play two Irish Dance tunes of contrasting tempo - tunes must be played twice through.
- Beginner students will play one tune twice through. A beginner is one who has played for one year or less.
- Vocal competitors will sing one traditional Irish song.
- Ensemble will perform one tune twice through or one traditional Irish song if vocal is included. An ensemble is any group of 2 or more musicians consisting of instrumental and/or vocal. Competitors may only enter in one ensemble.
- Electronic or amplified instruments will not be accepted.

<b>Violin/Fiddle/Viola Advanced</b>	<b>914VFA (U14), 917VFA (O14)</b>
<b>Violin/Fiddle/Viola Beginner</b>	<b>914VFB (U14), 917VFB (O14)</b>
<b>Flute/Tin Whistle Advanced</b>	<b>914FTA (U14), 917FTA (O14)</b>
<b>Flute/Tin Whistle Beginner</b>	<b>914FTB (U14), 917FTB (O14)</b>
<b>Harp Advanced</b>	<b>914HRA (U14), 917HRA (O14)</b>
<b>Harp Beginner</b>	<b>914HRB (U14), 917HRB (O14)</b>
<b>Accordion/Concertina Advanced</b>	<b>914ACA (U14), 917ACA (O14)</b>
<b>Accordion/Concertina Beginner</b>	<b>914ACB (U14), 917ACB (O14)</b>
<b>Voice</b>	<b>914ACB (U14), 917ACB (O14)</b>
<b>Ensemble</b>	<b>914ENS (U14), 917ENS (O14)</b>

## NUMBERING SYSTEM

<b>1<sup>st</sup> Digit</b>	<b>Level Category: FIRST FEIS Dances all begin with "1", BEGINNER 1 with "2", and so forth</b>
<b>2<sup>nd</sup> and 3<sup>rd</sup> Digits</b>	Age Group, Girls begin at 01 and Boys begin at 51. So "05" means girls under 5, while 61 means boys under 11. 99 is for ADULT dancers
<b>4<sup>th</sup> and 5<sup>th</sup> Digits (Letters)</b>	Competition Type: <b>RL</b> = REEL <b>LJ</b> = LIGHT JIG <b>SJ</b> = SLIP JIG <b>SN</b> = SINGLE JIG <b>TJ</b> = TREBLE JIG <b>HP</b> = HORNPIPE <b>PD</b> = ST PATRICK DAY <b>TS</b> = TRADITIONAL SET
<b>Last Digit</b>	Competitions ending with 2 signify SECOND CHANCE competitions

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

<b>For 2025</b>	<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:	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007
----------	------	------	------	------	------	------	------	------	------	------	------	------	------	------

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

## TIR NA NOG

<u>U7</u>	
Tir Na Nog	107TNN

Limited to children who have never had Irish dance lessons

## 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)

**Dancers competing in the First Feis category are limited to participating in the First Feis Category ONLY**

	<u>GIRLS</u>								<u>BOYS</u>							
	<u>U5</u>	<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>O11</u>	<u>U5</u>	<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>O11</u>
REEL	105R L	106R L	107R L	108R L	109R L	110R L	111R L	112R L	155R L	156R L	157R L	158R L	159R L	160R L	161R L	162R L
LIGHT JIG	105LJ	106LJ	107LJ	108LJ	109LJ	110LJ	111LJ	112LJ	155LJ	156LJ	157LJ	158LJ	159LJ	160LJ	161LJ	162LJ
SINGLE JIG	105S N	106S N	107S N	108S N	109S N	110S N	111S N	112S N	155S N	156S N	157S N	158S N	159S N	160S N	161S N	162S N
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 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)

	<u>GIRLS</u>									<u>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>O12</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>O12</u>
REEL	205 RL	206 RL	207 RL	208 RL	209 RL	210 RL	211 RL	212 RL	213 RL	255 RL	256 RL	257 RL	258 RL	259 RL	260 RL	261 RL	262 RL	263 RL
LIGHT JIG	205L J	206L J	207L J	208L J	209L J	210L J	211L J	212L J	213L J	255L J	256L J	257L J	258L J	259L J	260L J	261L J	262L J	263L J
SINGLE JIG	205S N	206S N	207S N	208S N	209S N	210S N	211S N	212S N	213S N	255S N	256S N	257S N	258S N	259S N	260S N	261S N	262S N	263S N
SLIP JIG	205S J	206S J	207S J	208S J	209S J	210S J	211S J	212S J	213S J									

## BEGINNER 2 (ADVANCED BEGINNER)

A dancer who has been dancing for more than one year and who has not won a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place as Beginner 2 dancer. A dancer who has won a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place in a Beginner 2 dance must move into Novice in that dance no later than January 1<sup>st</sup> 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)

ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS

	GIRLS									BOYS								
	<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U1</u> <u>0</u>	<u>U1</u> <u>1</u>	<u>U1</u> <u>2</u>	<u>U1</u> <u>3</u>	<u>O1</u> <u>3</u>	<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U1</u> <u>0</u>	<u>U1</u> <u>1</u>	<u>U1</u> <u>2</u>	<u>U1</u> <u>3</u>	<u>O1</u> <u>3</u>
REEL	306 RL	307 RL	308 RL	309 RL	310 RL	311 RL	312 RL	313 RL	314 RL	356 RL	357 RL	358 RL	359 RL	360 RL	361 RL	362 RL	363 RL	364 RL
LIGHT JIG	306L J	307L J	308L J	309L J	310L J	311L J	312L J	313L J	314L J	356L J	357L J	358L J	359L J	360L J	361L J	362L J	363L J	364L J
SLIP JIG	306S J	307S J	308S J	309S J	310S J	311S J	312S J	313S J	314S J									
SINGLE JIG	306S N	307S N	308S N	309S N	310S N	311S N	312S N	313S N	314S N	356S N	357S N	358S N	359S N	360S N	361S J	362S N	363S N	364S N
TREBLE JIG	306T J	307T J	308T J	309T J	310T J	311T J	312T J	313T J	314T J	356T J	357T J	358T J	359T J	360T J	361T J	362T J	363T J	364T J
HORNSPIPE	306 HP	307 HP	308 HP	309 HP	310 HP	311 HP	312 HP	313 HP	314 HP	356 HP	357 HP	358 HP	359 HP	360 HP	361 HP	362 HP	363 HP	364 HP
ST PATRICK'S DAY	306P D	307P D	308P D	309P D	310P D	311P D	312P D	313P D	314P D	356P D	357P D	358P D	359P D	360P D	361P D	362P D	363P D	364P D

## NOVICE

A dancer moves into Novice as a result of placing 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> in that dance as indicated in Beginner 2. A dancer who wins 1<sup>st</sup> in a Novice dance must move into Prizewinner level in that dance no later than January 1<sup>st</sup> of the next calendar year or with teacher's permission as soon as the next feis (if said feis has not closed to changes).

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

	GIRLS										BOYS									
	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U1</u> <u>0</u>	<u>U1</u> <u>1</u>	<u>U1</u> <u>2</u>	<u>U1</u> <u>3</u>	<u>U1</u> <u>4</u>	<u>U1</u> <u>5</u>	<u>O1</u> <u>5</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U1</u> <u>0</u>	<u>U1</u> <u>1</u>	<u>U1</u> <u>2</u>	<u>U1</u> <u>3</u>	<u>U1</u> <u>4</u>	<u>U1</u> <u>5</u>	<u>O1</u> <u>5</u>
REEL	407 RL	408 RL	409 RL	410 RL	411 RL	412 RL	413 RL	414 RL	415 RL	416 RL	457 RL	458 RL	459 RL	460 RL	461 RL	462 RL	463 RL	464 RL	465 RL	466 RL
LIGHT JIG	407L J	408L J	409L J	410L J	411L J	412L J	413L J	414L J	415L J	416L J	457L J	458L J	459L J	460L J	461L J	462L J	463L J	464L J	465L J	466L J
SINGLE JIG	407S N	408S N	409S N	410S N	411S N	412S N	413S N	414S N	415S N	416S N	457S N	458S N	459S N	460S N	461S N	462S N	463S N	464S N	465S N	466S N
SLIP JIG	407S J	408S J	409S J	410S J	411S J	412S J	413S J	414S J	415S J	416S J										
*TREBLE JIG	407 TJ	408 TJ	409 TJ	410 TJ	411 TJ	412 TJ	413 TJ	414 TJ	415 TJ	416 TJ	457 TJ	458 TJ	459 TJ	460 TJ	461 TJ	462 TJ	463 TJ	464 TJ	465 TJ	466 TJ

*HORNSPIPE	407 HP	408 HP	409 HP	410 HP	411 HP	412 HP	413 HP	414 HP	415 HP	416 HP	457 HP	458 HP	459 HP	460 HP	461 HP	462 HP	463 HP	464 HP	465 HP	466 HP
TRADITIONAL SET	407 TS	408 TS	409 TS	410 TS	411 TS	412 TS	413 TS	414 TS	415 TS	416 TS	457 TS	458 TS	459 TS	460 TS	461 TS	462 TS	463 TS	464 TS	465 TS	466 TS

2ND CHANCE	GIRLS										BOYS									
	U7	U8	U9	U1 0	U1 1	U1 2	U1 3	U1 4	U1 5	O1 5	U7	U8	U9	U1 0	U1 1	U1 2	U1 3	U1 4	U1 5	O1 5
REEL	407 RL2	408 RL2	409 RL2	410 RL2	411 RL2	412 RL2	413 RL2	414 RL2	415 RL2	416 RL2	457 RL2	458 RL2	459 RL2	460 RL2	461 RL2	462 RL2	463 RL2	464 RL2	465 RL2	466 RL2
SLIP JIG	407S J2	408S J2	409S J2	410S J2	411S J2	412S J2	413S J2	414S J2	415S J2	416S J2										
*TREBLE JIG	407 TJ2	408 TJ2	409 TJ2	410 TJ2	411 TJ2	412 TJ2	413 TJ2	414 TJ2	415 TJ2	416 TJ2	457 TJ2	458 TJ2	459 TJ2	460 TJ2	461 TJ2	462 TJ2	463 TJ2	464 TJ2	465 TJ2	466 TJ2
*HORNSPIPE	407 HP2	408 HP2	409 HP2	410 HP2	411 HP2	412 HP2	413 HP2	414 HP2	415 HP2	416 HP2	457 HP2	458 HP2	459 HP2	460 HP2	461 HP2	462 HP2	463 HP2	464 HP2	465 HP2	466 HP2

## PRIZE WINNER (OPEN)

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

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

	GIRLS										BOYS									
	U7	U8	U9	U1 0	U1 1	U1 2	U1 3	U1 4	U1 5	O1 5	U7	U8	U9	U1 0	U1 1	U1 2	U1 3	U1 4	U1 5	O1 5
REEL	507 RL	508 RL	509 RL	510 RL	511 RL	512 RL	513 RL	514 RL	515 RL	516 RL	557 RL	558 RL	559 RL	560 RL	561 RL	562 RL	563 RL	564 RL	565 RL	566 RL
SLIP JIG	507S J	508S J	509S J	510S J	511S J	512S J	513S J	514S J	515S J	516S J										
*TREBLE JIG	507 TJ	508 TJ	509 TJ	510 TJ	511 TJ	512 TJ	513 TJ	514 TJ	515 TJ	516 TJ	557 TJ	558 TJ	559 TJ	560 TJ	561 TJ	562 TJ	563 TJ	564 TJ	565 TJ	566 TJ
*HORNSPIPE	507 HP	508 HP	509 HP	510 HP	511 HP	512 HP	513 HP	514 HP	515 HP	516 HP	557 HP	558 HP	559 HP	560 HP	561 HP	562 HP	563 HP	564 HP	565 HP	566 HP
TRADITIONAL SET	507 TS	508 TS	509 TS	510 TS	511 TS	512 TS	513 TS	514 TS	515 TS	516 TS	557 TS	558 TS	559 TS	560 TS	561 TS	562 TS	563 TS	564 TS	565 TS	566 TS

2ND CHANCE	GIRLS										BOYS									
	U7	U8	U9	U1 0	U1 1	U1 2	U1 3	U1 4	U1 5	O1 5	U7	U8	U9	U1 0	U1 1	U1 2	U1 3	U1 4	U1 5	O1 5
REEL	507 RL2	508 RL2	509 RL2	510 RL2	511 RL2	512 RL2	513 RL2	514 RL2	515 RL2	516 RL2	557 RL2	558 RL2	559 RL2	560 RL2	561 RL2	562 RL2	563 RL2	564 RL2	565 RL2	566 RL2
SLIP JIG	507S J2	508S J2	509S J2	510S J2	511S J2	512S J2	513S J2	514S J2	515S J2	516S J2										
*TREBLE JIG	507 TJ2	508 TJ2	509 TJ2	510 TJ2	511 TJ2	512 TJ2	513 TJ2	514 TJ2	515 TJ2	516 TJ2	557 TJ2	558 TJ2	559 TJ2	560 TJ2	561 TJ2	562 TJ2	563 TJ2	564 TJ2	565 TJ2	566 TJ2
*HORNSPIPE	507 HP2	508 HP2	509 HP2	510 HP2	511 HP2	512 HP2	513 HP2	514 HP2	515 HP2	516 HP2	557 HP2	558 HP2	559 HP2	560 HP2	561 HP2	562 HP2	563 HP2	564 HP2	565 HP2	566 HP2

## PRELIMINARY CHAMPIONSHIP

A dancer who wins 1<sup>st</sup> 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).

<u>BOYS/MEN &amp; GIRLS/LADIES*</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>O17</u>
PRELIMINARY CHAMPIONSHIP	609PC	610PC	611PC	612PC	613PC	614PC	615PC	616PC	617PC	618PC
PRELIMINARY CHAMPIONSHIP 2nd Chance	609P2C	610PC2	611PC2	612PC2	613PC2	614PC2	615PC2	616PC2	617PC2	618PC2

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

## OPEN CHAMPIONSHIP

Preliminary dancers who win three (3) 1st places in a calendar year, must move to Open Championship the following calendar year. When a third win is achieved over several calendar years, the dancer must move to Open Championship at their next Feis. Only in the case of back-to-back feiseanna, in which the third win on the first day will not change the dancer's status for the second Feis. 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.

**Competitions will be combined in groups of 5 when possible per rules (see Championship rules below). BOYS will be combined with girls if needed.**

<u>OPEN CHAMPIONSHIP</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>
<u>GIRLS / LADIES</u>	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC	720OC
<u>BOYS / MEN</u>	760OC	761OC	762OC	763OC	764OC	765OC	766OC	767OC	768OC	769OC	770OC

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 AND ADVANCED ADULT COMPETITIONS

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 never placed in the top three in a youth Preliminary Championship competition of more than five competitors. Dancers who are in the Adult categories cannot enter any competition other than Adult specified competitions. If a dancer chooses to compete in the youth/& over category after previously competing in the Adult competitions, they are required to abstain from participating in Adult competitions for a continuous period of five years.

To progress in Adult Grade levels, dancers are to follow the same progression rules as used in youth/& over categories or progress with teacher's permission.

A dancer moves into the Adult Championship level by winning 1st place in reel, slip jig, treble jig, and hornpipe in Adult Prizewinner competitions

or by their teacher's permission. When a dancer begins competing in the Adult Championship level, they may not compete in Adult Grades.

Upon winning two Adult Championships, the dancer may progress on to Advanced Adult Preliminary Championship at teacher's discretion.

**ADVANCED ADULT COMPETITIONS**

An Advanced Adult dancer is anyone ages 18 or older who has previously placed in the top three of a Preliminary championship or competed in Open championship levels in the youth/& over levels regardless of when the competitor was active.

An Advanced Adult Preliminary dancer is defined as any dancer over the age of 18 who has previously placed in the top three of a youth Preliminary championship competition of five or more competitors or an adult dancer who has won two Adult Championship competitions at a feis. Teachers may also use their discretion to move a dancer to Advanced Adult Preliminary. When a dancer begins competing in the Advanced Adult Preliminary level, they may not also compete in Adult Championship (unless a feis opts to combine competitions) nor in youth/& over competitions.

An Advanced Adult Open level dancer is defined as any dancer over the age of 18 who has previously competed in a youth/& over open championship competition or has won two Advanced Adult Preliminary competitions at a feis. Teachers may also use their discretion to move a dancer to Advanced Adult Open. When a dancer begins competing in the Advanced Adult Open Championship level, they may not also compete in Adult Championship or Advanced Adult Preliminary Championship (unless a feis opts to combine competitions), nor in youth/& over competitions.

A dancer competing in Adult or Advanced Adult may not compete in the youth/& over category. Once a dancer begins competing in Advanced Adult, they may not return to youth/& over.

**ADULT/ADVANCED ADULT MUSIC TEMPO and DANCE LENGTH**

IN GRADE LEVEL COMPETITIONS, HARD SHOES DANCES CAN BE DONE AT EITHER TRADITIONAL SPEED OR SLOW SPEED. All grade level dances are 32 bars in length.

For Adult Championship, Advanced Adult Preliminary Championship, and Advanced Adult Open Championships, 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. Advanced Adult Open Championships dancers will perform a Set Dance of choice for their third round. When a feis offers a third round for Adult or Advanced Adult Preliminary Championship, Adult Championship dancers will perform a traditional set dance, and Advanced Adult Preliminary will perform a Set Dance of choice.

**COMBINING COMPETITIONS**

Where there are fewer than five entries in either Advanced Adult competition (Advanced Adult PC or Advanced Adult OC) or fewer than five entries in Adult championship competitions at a feis, the feis may choose to run these competitions as one combined competition, and the feis may offer separated/disaggregated results for Advanced Adult and Adult dancers. When a feis opts to combine these competitions, first combine Advanced Adult PC and Advanced Adult OC competitions if either or both have fewer than five registered competitors, before combining the joint Advanced Adult PC/OC competition with Adult Championship.

	<u>Beginner 1</u>	<u>Beginner 2</u>	<u>Novice</u>	<u>Prizewinner</u>
ADULT REEL	299RL	399RL	499RL	599RL
ADULT LIGHT JIG	299LJ	399LJ	499LJ	599LJ
ADULT SINGLE JIG		399SN	499SN	599SN
ADULT SLIP JIG	299SJ	399SJ	499SJ	599SJ
ADULT TREBLE JIG		399TJ	499TJ	599TJ
ADULT HORNPIPE		399HP	499HP	599HP
ADULT TRADITIONAL SET (OPTIONAL)		399TS	499TS	599TS

<b>ADULT CHAMPIONSHIP</b>					699AC	
<b>ADVANCED ADULT PRELIMINARY</b>						699AAPC

<b>ADVANCED ADULT OPEN CHAMPIONSHIP</b>						799AAOC
---	--	--	--	--	--	---------

A teacher may exercise their discretion:

- for determination of a dancer's level in Adult or Advanced Adult categories;
- if an Adult Championship dancer does not place in two consecutive years; the dancer may then return to Adult Prizewinner;
- if an Advanced Adult Preliminary dancer does not place in two consecutive years; the dancer may then move to Adult Championship;
- if an Advanced Adult Open dancer does not place in two consecutive years; the dancer may then move to Advanced Adult Preliminary Championship.

## FIGURES AND CEILI

- There are no restrictions on figure age groups.
- Figure age groups will be determined by the oldest dancer.
- Ceili teams (8 hands) are allowed to repeat dancers at all Mid-America feiseanna in accordance with the world and regional Oireachtas rules.
- Advanced Adult dancers are eligible to compete in Adult ceili and figure competitions.
- Adult and Advanced Adult dancers may not compete in youth/& over ceili and figure competitions. • Youth/& over dancers may not compete in Adult ceili and figure competitions.

	FIGURE DANCING	
	2 HAND Reel	3 HAND Reel
<b>Under 7</b>	9207FD	9307FD
<b>Under 9</b>	9209FD	9309FD
<b>Under 11</b>	9211FD	9311FD
<b>Under 13</b>	9213FD	9313FD
<b>Under 15</b>	9215FD	9315FD
<b>Over 15</b>	9216FD	9316FD
<b>ADULT</b>	9299FD	9399FD

CEILI DANCING	
4 Hand Ceili (Jan 1-June 30)	
<b>Under 9</b>	9409FD
<b>Under 11</b>	9411FD
<b>Under 13</b>	9413FD
<b>Under 16</b>	9416FD
<b>Over 16</b>	9417FD
<b>ADULT</b>	9499FD



CEILI DANCING	
8 Hand Ceili (Jan 1-June 30)	
Under 9	9809FD
Under 11	9811FD
Under 13	9813FD
Under 16	9816FD
Over 16	9817FD
ADULT	9899FD

## MID-AMERICA REGIONAL DANCING COMPETITION RULES

- 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.
- 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.
- A competitor may be disqualified for any of the following reasons:
  - Conduct unbecoming a lady or gentleman.
  - Failure to report on time to compete. (Penalty: disqualification from said event)
  - 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.
- 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.
- Steel taps or “bubble” heels on dancing shoes and any display of awards 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/pants and top. All other categories are excluded from this rule. Modest attire is encouraged when a competitor is not dancing.
- Competitor’s number must be worn and visible to adjudicators when performing in all competitions. Use of reflective plastic number covers is discouraged.
- The number of awards given is determined by the Feis Committee and is based on the scores and ranks given by the adjudicator(s).
- 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.
- 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.
- The Feis reserves the right to reject any entry for cause, to cancel all or part of the Feis and to limit competitor’s

performing time. The decision of the Feis Committee is final in all matters connected with the Feis.

12. All Feiseanna must have a process to allow parents to request that their child or children's name(s) not be listed on the posted competitor list prior to the day of the Feis.
13. Competitors must answer all questions as required by the Feis Entry committee, including teacher's name, and include the entry fee for entry to be accepted. Failure to do so will result in a rejected entry.
14. With the exception of First Feis and Beginner 1 the status of the dancer does not change unless there are five or more dancers in the competition.
15. Photography
  - a. With the exception of First Feis, Beginner 1 and Beginner 2 (or their equivalent), photography of any kind which has the capability of capturing a dancer's image while in motion is strictly forbidden.
  - b. A Feis may elect to allow in motion photography for publicity purposes, but the pictures are considered the sole property of the Feis and solely for Feis use only; these are not to be used for personal gain through commercial use or sale, and under no circumstances can they be published on any website or other areas, without the express written permission of the persons involved.
  - c. Additionally, a professional photographer may be formally contracted by a Feis to capture non-motion photographs, such as portrait photography, awards ceremonies, etc. and/or in motion photography provided it is taken at a vendor station or suitable location:
    - i. away from the dancing stages and,
    - ii. requested by a consenting parent, guardian, or dancer (over the age of 18).
16. No block, en Pointe, toe walking movements, stationary or moving is allowed to be performed for all ages up to and including the under 12 age group. However, after September 1 of each year an exception is made for those dancers who are 11 dancing in the under 12 age group.
17. No substance that can become airborne should be used on any dance floor in an attempt to improve traction. 18. A dancer may not compete in two different levels in the same dance at the same feis. (IDTAMA, 6/1/2024)

## GRADE LEVEL RULES

1. Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner) competitions:
  - a. Must compete in their own age group.
  - b. Must be prepared to perform two steps in each event.
2. With the exception of First Feis and Beginner 1, a dancer's level is determined in each dance (Reel, Light Jig, Single Jig, Slip Jig, Hornpipe, Treble Jig, and Traditional Set). Traditional Set Dances are limited to those dances determined by An Coimisiun Le Rince Gaelacha as traditional set dances.
3. A Feis Committee may combine competitions if there are less than 5 competitors entered as follows:
  1. Two consecutive age groups, combined into the higher of the two groups, within that grade.
  2. Three consecutive age groups, combined into the highest age group, within that grade.
  3. All Boys' grades competitions shall be initially entered in single year age groups within that grade.
  4. If there are less than 5 Boys entered in any one age group within that grade, competitions may be combined in the following order:
    - a. Double, All Boys, age group into the higher of the two groups within that grade
    - b. If a double, All Boys age group does not create 5 or more entries, the Boys shall be combined into the corresponding single year Girls' age group.
    - c. If the combined Boys and Girls age group still does not create 5 or more entries, that competition may be combined as stated in rule #2 above.

5. 100 and 200 level competitions may be combined as follows:
- Ages under 8 and below, CANNOT be combined with other age groups within that grade, but Boys and Girls may be combined in the corresponding single year Girls' age group within that grade.
  - Ages under 9 and above may first be combined into 2 consecutive age groups within that grade. If the combined competition still does not create 5 or more entries, that competition may be combined using rules 2, 3 and 4 above.
4. Each region may determine the system for moving dancers from one grade to another, as they see appropriate for their region.
5. The syllabus is to contain all grade categories.
6. Competitors have the option to remain in the same category for the remainder of the Feis year.
7. A dancer, at the discretion of the teacher, may move into the next Grade (not Open Championships) without satisfying the requirements. However, once a dancer competes in the higher level, they can never move back to a lower category, (except as outlined in Rule 1, above).
8. Grade Levels
- 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.
  - 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.
  - 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.
  - Novice Grade:** A novice who wins a 1st place will advance to the Open Prizewinner category in that particular dance.
  - Open Prizewinner Grade:** A competitor who does not qualify as a beginner, advanced beginner or as a novice.
  - 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 never placed in the top three in a youth Preliminary championship competition of more than five competitors.
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
------------------	-------------------

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

11. First Feis, Beginner 1 and Beginner 2 perform only basic steps to coincide with the Grade Exam Syllabus.(IDTAMA, 1/1/17) 12. Dancers competing in the First Feis category are limited to participating in the First Feis Category only. (IDTAMA, 1/1/17)

## CHAMPIONSHIP LEVEL RULES

1. First place winners in the Open Championship category cannot return to a Preliminary or Open Prizewinner competition. Placing in a Regional or National Oireachtas does not change the status of a competitor. A dancer who moves into Open Championship must stay a minimum of 2 years. If after 2 years they have not placed, they are allowed to return to Preliminary. An Open Championship dancer who places is not allowed to return to Preliminary until 2 years after their last placement.
2. Entrants in any Championship event may not enter in any other (Grade) events, but may enter in Figure Dances and Specials, ie Treble Reel Competition, etc.
  - a. Dancers must qualify for Open Championship via the method now in place for Preliminary Championship, i.e. three 1st place wins.
  - b. Dancers must compete in the Preliminary Championship competition in order to qualify for Open Championship
3. Preliminary Championship is open to those who:
  - a. Win 1st place in each of the Open Prizewinner dances (reel, slip jig, treble jig, and hornpipe) or move into Preliminary Championships with teacher's permission.
  - b. Have never won 1st, 2nd or 3rd in Open Championship. A Preliminary Championship dancer who wins three first place awards will move on to Open Championship at the next Feis they enter, or as soon as the third win is achieved, in any age category, in the following years. Only in the case of back-to-back feiseanna (successive days), in which case the 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.
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.
5. One of the following statements MUST be in the feis syllabus:
  - a. When there are less than five dancers registered in a particular Open Championship age category, the boys and girls will NOT be combined.

OR

  - b. When there are less than five dancers registered in a particular Open Championship age category, the boys and girls WILL be combined.
6. The boys' open championship age categories will match the girls' open championship age categories.

7. Every competitor in Preliminary or Open Championship must have a minimum of 8 rotations or 10 minutes between each of their rounds.

## FIGURE/CEILI TEAM RULES

1. Teachers or team captains are responsible that their teams are complete and in position when the competition is announced.
  - a. There are no restrictions on figure age groups.
  - b. Figure age groups will be determined by the oldest dancer.
  - c. 8 hand teams are allowed to repeat dancers at all Mid-America 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, Beginner I and Beginner 2 or their equivalent) up to and including the under 12 age group. Make-up (including false eyelashes and tanner on the face) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.

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 girls' competitions at the First Feis, Beginner I and Beginner 2 Grade will wear only the competitor's dancing school costume or a skirt/pants and top.
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.
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

## MODESTY RULES

### FROM AN COIMISIUN

Changing costumes, dressing and undressing of dancers will not be acceptable in the halls or public areas. For the sake of modesty and in the interests of safety of young people, dancers will not be permitted to walk around the feis scantily dressed.

Respect for fellow competitors on stage is a requirement at all times.

Lack of respect or courtesy for fellow competitors by aggressive dancing on stage will be subject to penalty at the discretion of each individual adjudicator.

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