

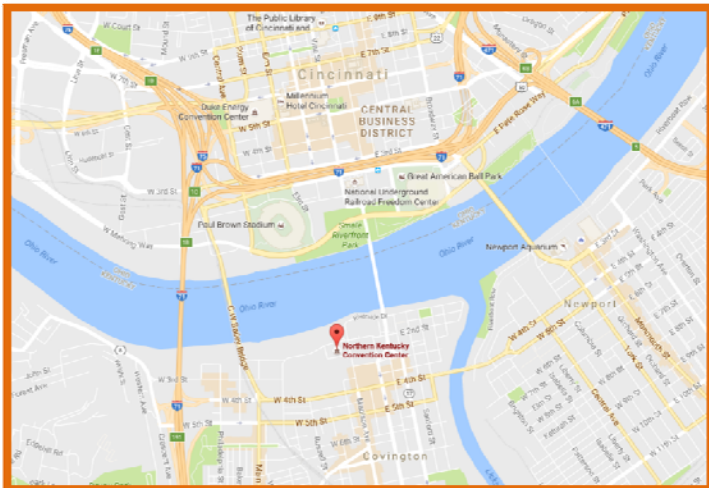


The Cincinnati Irish
Cultural Society
Proudly presents
33rd Annual

Cincinnati Feis

Sunday Oct 23, 2016

Northern Kentucky Convention Center
1 W Rivercenter Blvd., Covington KY



FEIS INFORMATION

Online registration opens from
Sept 1 to **Oct 7**

www.QuickFeis.com

Limited to
450 Beginners to Prizewinners
250 Preliminary/Open Championship

REGISTRATION OPENS AT 7:30 AM

**TEAM COMPETITIONS BEGIN
AT 8:00 AM PROMPTLY**

**ALL OTHER COMPETITIONS BEGIN
AT 8:30 AM PROMPTLY**

2016 NAFC CHAMPIONSHIPS

JERRY CAMPBELL SENIOR BELT
ROBERT GABOR JUNIOR TROPHY
GEORGE SWEETNAM MINOR TROPHY
Arizona - Grand Resort - Phoenix, AZ - Jan 16

U15 - Edward Calahan Music Scholarship
Catskill Mountain Feis - Aug 6

15 and over - James Brennan Music Scholarship
Montreal Feis - May 26

NAFC COMMISSION

Member of the North American Feis Commission
President: Lori Seeman
president@northamericanfeiscommission.org
Member of
An Coimisiun, Dublin, Ireland

FEIS ORGANIZERS

Mary McGing Duckworth, TCRG
Madeline Duckworth



Cincinnati Feis

REGULAR ENTRY FEES

US Funds ONLY – Payment due at time of registration
 Online registration will accept credit card payment only
Sorry - no checks will be accepted at any time.

REGULAR FEES Sept 1 - Oct 7

Solo Dancing / Adult /	\$ 9.00 <i>per competitor per comp</i>
Figures / Ceili	Team Fee <i>See details in Figure/ceili section</i>
Preliminary / Open Championship	\$ 45.00 <i>per competitor</i>
Family Fee	\$ 20.00 <i>per family</i>
Family Max	\$ 125.00 <i>per family (up to Oct 7) **</i>
Soda Bread	\$ 5.00

LATE FEES

After Oct 7, all changes and new registrations must be done **AT THE FEIS** and the following fees will be due in **IN ADDITION TO THE REGULAR FEES ABOVE.**

NEW REGISTRATIONS

will only be accepted if the feis has NOT capped.

CREDIT CARD OR CASH ONLY

Sorry - no checks will be accepted at any time

**** NO FAMILY MAX AFTER OCT 7 ****

	QUICKFEIS Sept 1 - Oct 7	IN PERSON At the Feis
CHANGE Fee – <i>per competitor</i>	NONE	\$ 25.00
NEW Registration Fee <i>per competitor</i>	NONE	\$ 50.00

FEIS RULES

- Payment must be made at the time of registration.
1. Entries are not valid until full payment is received.
 2. No personal checks will be accepted at any time.
 3. From Sept 1 - Oct 7 all registration must be done with **QUICKFEIS** at www.quickfeis.com.
 4. No mailed entries will be accepted.
 5. **NEW REGISTRATIONS** after Oct 7, provided the feis has not capped, can only be made **AT THE FEIS** and will incur a \$50 late fee in addition to all the regular fees.
 6. **Registration CHANGES** can only be made:
 - a. Sept 1 – Oct 7 - **ONLINE** with **QUICKFEIS** – return to your account and up to Oct 7 you can make all changes for **FREE**.
 - b. After Oct 7, all changes must be made **AT THE FEIS** and will incur a change fee of \$25 (this does not include adding any new competitions which will be charged the regular fees).
 7. All individual results/comments (grades and champs) will be available for free directly after the competitions. Grades can get their results at the awards area, champs will get theirs directly after awards are announced. All results will also be available for free online on your QuickFeis account.
 8. The Feis Committee has the right to cancel the Feis, reject entries, or, having received entry, cancel it for any just cause at any time prior to competition start.
 9. The Feis Committee has the right, as needed, to combine any competitions, or to split any competitions
 10. Parents are responsible for their child/children’s safety
 11. In all matters, except those pertaining to adjudicating, the decisions of the Feis Committee will be final
 12. Camping is permitted in designated areas only

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



Cincinnati Feis

BEGINNER 2 (ADVANCED BEGINNER) ALL HARD SHOE DANCES AT TRADITIONAL SPEEDS

A Beginner 2 dancer is anyone who has been dancing for more than one year and who has not won a 1st, 2nd or 3rd place as Beginner 2 dancer. A dancer who has won a 1st, 2nd or 3rd place in a Beginner 2 dance must move into Novice in that dance no later than January 1st of the next calendar year or with teacher's permission as soon as the next Feis (if said Feis has not closed to changes).

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

	GIRLS									BOYS								
	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
HORNSPIPE	306HP	307HP	308HP	309HP	310HP	311HP	312HP	313HP	314HP	356HP	357HP	358HP	359HP	360HP	361HP	362HP	363HP	364HP
ST. PATRICK'S DAY	306SP	307SP	308SP	309SP	310SP	311SP	312SP	313SP	314SP	356SP	357SP	358SP	359SP	360SP	361SP	362SP	363SP	364SP

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

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

	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	413SJ	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
*HORNSPIPE	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

PRIZE WINNER (OPEN)*ALL HARD SHOES DANCES CAN BE DONE AT EITHER TRADITIONAL SPEED OR SLOW SPEED

A dancer moves into Prizewinner as a result of placing 1st place 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
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
*HORNSPIPE	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



Cincinnati Feis

ALL CHAMPIONSHIP COMPETITIONS WILL BE ADJUDICATED BY A ROTATING PANEL OF 3 DIFFERENT JUDGES FOR EACH ROUND (TOTAL OF 9 JUDGES)

OPEN CHAMP AND PRELIM CHAMPS ARE REQUIRED TO DANCE ALL 3 ROUNDS

PC and OC competitions will be combined if less than 5 dancers registered

PRELIMINARY CHAMPIONSHIP – 3 ROUNDS

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 9 judges. In addition, awards will also be posted for each solo round (light, heavy, and set round) based on the scores of one judge (different judges scores for light and heavy).

BOYS/MEN & GIRLS/LADIES*

	<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

OPEN CHAMPIONSHIP – 3 ROUNDS

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 rotating panel of 9 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).

GIRLS / LADIES

BOYS / MEN

	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>	<u>U17</u>	<u>U18</u>	<u>O18</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14</u>	<u>U15</u>	<u>U16</u>	<u>U17</u>	<u>U18</u>	<u>O18</u>
Open Championship	710OC	711OC	712OC	713OC	714OC	715OC	716OC	717OC	718OC	719OC	761OC	762OC	763OC	764OC	765OC	766OC	767OC	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.



Cincinnati Feis

ADULT COMPETITIONS

ALL HARD SHOES DANCES CAN BE DONE AT EITHER TRADITIONAL SPEED 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 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.

	<u>Beginner 1 and 2</u>	<u>Novice / Prizewinner</u>
REEL	835RL	855RL
LIGHT JIG	835LJ	855LJ
SLIP JIG	835SJ	855SJ
TREBLE JIG	835TJ	855TJ
HORNPIPE	835HP	855HP

FIGURES AND CEILI

- 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 Mid-West feiseanna in accordance with the world and regional Oireachtas rules
- All team competitions will be first on stage and will begin competitions at **8:00 am promptly**
- **NEW REGISTRATION PROCESS:** Only ONE team member needs to register and will be charged the TEAM fee for the entire team. The team MUST wear the dancer number that was used to register the team. It is not necessary to notify the Feis nor QuickFeis who the other team members will be.

FIGURE DANCING

	<u>3 HAND Reel</u>	<u>4 HAND Reel/Jig</u>
Regular Team Fee	\$ 27.75	\$ 37.00
Under 7	931FD	941FD
Under 9	932FD	942FD
Under 11	933FD	943FD
Under 13	934FD	944FD
Under 15	935FD	945FD
Over 15	936FD	946FD

CEILI DANCING

	<u>8 HAND Ceili</u>
Regular Team Fee	\$ 74.00
Under 8	981C
Under 10	982C
Under 12	983C
Under 15	984C
Over 15	985C
Adult	986C

SODA BREAD COMPETITION (999SD)

Soda Bread must be submitted to the Registration table by 10:00 am

Entries will be adjudicated during the lunch break, and results will be posted in the grade-level results area



Cincinnati Feis



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. All dancers must be pupils of a person currently registered with An Coimisiun as a Dancing Teacher of any category.
- 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 NAFC – 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.
- Solo competitors in First Feis (if offered), Beginner, Advanced Beginner, Novice or Open (Prizewinner) competitions:
 - Must compete in their own age group.
 - Must be prepared to perform two steps in each event.
 - 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.
- 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.
- 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.
- Awards will be determined in proportion to the number of entries in each competition and to the degree of proficiency shown.
- 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 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.
- 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.
- 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.
 - Dancers must qualify for open championship via the method now in place for preliminary championship, i.e. two 1st place wins.
 - Dancers must compete in the preliminary championship competition in order to qualify for open championship
 - The regional syllabus where the Feis is being held may have different qualifications for entry.
- 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.
- Boys and girls CANNOT be combined EXCEPT according to the following:
 - All boys competitions below Preliminary Championships shall be initially entered in single year age groups;
 - 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:
 - Into double age groups, all boy or all girl; and
 - 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
 - Any competitions so combined shall be run as a single competition.
- Preliminary Championships are open to those who, at any NAFC recognized Feis:
 - Have won 1st place in both an open/prizewinner light and heavy shoe competition, and
 - 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.
 - The regional syllabus where the Feis is being held may have different qualifications for entry.
- Championships and Preliminary Championships require at least three adjudicators.
- 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.
- The status of the dancer does not change unless there are five or more dancers in a competition.
- 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].



Cincinnati Feis



21. 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.

22. 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.

23. Musicians employed by the Feis Committee will be solely under the direction and management of the Feis Committee on Feis day.

24. 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.

25. In matters pertaining to adjudication, the decision of the adjudicators is final.

26. Adjudicators are to monitor the quality of music at the stage(s) to which they are assigned.

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

28. The length of 2 hand and 3 hand dances in competition are to be 48 bars of music plus an 8 bar introduction

29. 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).

30. 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.

31. Make up is prohibited on a dancer in the first three grades (First Feis (if offered), Beginner I and Beginner 2 or their equivalent) up to and including the under 12 age group.

32. 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.

33. Each Feis is required to list their adjudicators on their syllabus and/or website at least three weeks before the close on entries, one-third of which are to be from outside the region where the Feis is being held.

34. Competitors in girl's competitions at the First Feis (if offered), Beginner I and Beginner 2 Grade will wear only the competitor's dancing school costume or a skirt and blouse.

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

36. 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.

COSTUME RULE

Effective January 2016, 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.

The Feis will not give any refunds for any rule violations – including these new costume rules

This went into effect January 2016