

# Scoil Rince O'Dowd

*PRESENTS*



## *Grade & Prelim Feis*

***\*\*NEW FOR 2025\*\****

***4 HAND, 6 HAND & CEILI COMPETITIONS***

**Sunday 23rd February 2025**

**St. Peter's GAA Hall  
Lurgan  
BT67 9BA**

### **Adjudicators**

Ciara Lennon, Ulster  
Fiona McCabe, Leinster  
Sylvan Kelly, Connacht

### **Musician**

Stephen Devlin, Ulster

Syllabus approved by feis registrar of An Comhairle Uladh:

## PROVISIONAL RUNNING ORDER OF COMPETITIONS

<i>Time</i>	<i>Stage 1</i>	<i>Stage 2</i>	<i>Stage 3</i>
9am	8-9 Bungrad	6-7 Bungrad	7-8 Bungrad
	8-9 Tusgrad	Under 7 Tusgrad	7-8 Tusgrad
	8-9 Meangrad	Under 7 Meangrad	7-8 Meangrad
12pm	U8 4 hand & 6 hand competitions		
	U10 4 hand & 6 hand competitions		
	Under 6 Bungrad Under 8 preliminary championship 8-10 preliminary championship		
2pm	9-10 Bungrad	10-12 Bungrad	12-14 / Over 14 Bungrad
	9-10 Tusgrad	10-12 Tusgrad	12-14 / Over 14 Tusgrad
	9-10 Meangrad	10-12 Meangrad	12-14 / Over 14 Meangrad
	U12 4 hand & 6 hand competitions O12 4 hand & ceili competitions		
5pm	10-12 preliminary championship 12-14 preliminary championship Over 14 preliminary championship		

**Bungrad Dances:** Reel, Single Jig, Light Jig, Light Trophy

**Tusgrad Dances:** Reel, Light Jig, Single Jig or Slip Jig, Light Trophy, Heavy Jig

**Meangrad Dances:** Reel, Single Jig or Slip Jig, Heavy Jig, Light Trophy, Heavy Trophy

**Preliminary championships:** Reel/Slip Jig and Jig/Hornpipe

All dancers will be placed in the Reel and Trophy Dance competitions.

All grade dance winners will receive a riser.

Top 5 dancers in Trophy dance and Prelim competitions will receive a trophy and sash.

### ENTRY PROCESS

Entries by Feis Connect via following link:

<https://forms.gle/9vMiA7eJZKWcGqPW6>

Entries close 6pm Monday 17<sup>th</sup> February, 2025

### Entry Fees:

- £4 per dance.
- £5 per trophy dance.
- Preliminary championships £25 (includes 3 results and publication of marks)
- Teams £2 per competitor (teacher to email entries)
- £5 Door admission fee (payable on the day).

Fees are non-refundable except in the case that the event does not go ahead as planned.

Syllabus approved by feis registrar of An Comhairle Uladh:



## RULES

1. The adjudicators decision is final.
2. Age as at 1st January 2025.
3. Competitors in Bun Grad & Tus Grad, up to and including the Under 12 age group, may only wear traditional class costumes or long/short-sleeved blouses/shirts & skirts/trousers, polo tops & skirts/ trousers, body suits & skirts or tunics that conform to the regular costume length rule. Low-cut tops and short tight skirts are not permitted.
4. Make-up (including false eyelashes and face-tan) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group. Make-up will not be permitted for any dancer in the first two grades (Bungrád and Tusgrád or equivalent) up to and including the under 12 age group worldwide.
5. 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 modestly 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.
6. Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage (as per illustration on [www.clrg.ie](http://www.clrg.ie)). 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 adjudicator on the panel must agree to ask the dancer to put on tights.
7. In order to comply with health and safety measures, all dancers lining up side stage prior to any round at any competition will be required to perform the simple exercise of raising their arms to shoulder level unhindered. If unable to do this by the time of their rotation due to costume stitching or arm attachments, these competitors will not be permitted to perform.
8. Bun Grád competitions are confined to competitors who at the time of entry have never won 1st place (or being regraded as per below) in that particular dance in any age group or grade. Basic Steps only are permitted in Bun Grad. Tus Grad confined to dancers who have never won 1st prize (or being graded as per below) for that particular dance in any age in Tus Grad, Mean Grad or Ard Grad. Dancers may perform either basic steps or their first hard/difficult version of each dance. Steps in Tus Grad Heavy Jigs and Hornpipe must be similar to those used in St.Patrick's Day and Blackbird.
9. In Bun Grád & Tus Grad competitions, one dancer moves up to next grade if there are less than 20 competitors, two dancers move up to next grade if there between 21 and 40 competitors and three dancers move up to next grade if there are over 40 competitors.
10. Mean Grád competitions are confined to dancers who at the time of entry have never won 1st place for that particular dance in Mean Grad or Ard Grád in that age group or a higher age group.
11. Changing of costumes, dressing and undressing, is not permitted in the halls or public areas.
12. No block / en pointe, stationary or moving is allowed to be performed for all ages up to and including under 12. However, dancers who will be competing in the 12-13 age group in the following year, will be exempt from this rule from 1<sup>st</sup> September.
13. Dances permitted in **Light Trophy Dance** – Reel, Light Jig, Single Jig or Slip Jig. Dances permitted in **Heavy Trophy Dance** – Heavy Jig, Hornpipe, St. Patrick's Day, The Blackbird or Job of Journeywork.
14. The feis committee reserves the right to transfer results to a different hall and alternate competitions if it becomes necessary in order to help the feis run smoothly.
15. Music will be played at the following speeds: **Bungrad:** Reel 122-124, Light Jig 116, Single Jig 124. **Tusgrad:** Reel 116-118, Light Jig 116, Single Jig 124, Slip Jig 120, Heavy Jig 82. **Meangrad:** Reel, Slip Jig & Hornpipe 113, Single Jig 124, Heavy Jig 73. **Traditional Set Dances:** St. Patrick's Day 94, Blackbird 144, Job of Journeywork 138.
16. All competitors will be required to dance a MINIMUM number of 40 bars, except in Slip Jigs, Hornpipes and Bungrad Reels where a MINIMUM number of 32 bars will be required.

Syllabus approved by feis registrar of An Comhairle Uladh:



17. If you wish your child to be excluded from any photographs that maybe uploaded onto social media websites, please ensure that you inform the feis organisers in advance.
18. The Child Protection Designated Liaison Officer for the Ulster region is Paula Bell. If you have any concerns for any child's safety at the event please contact her on [CPDLOUlster@gmail.com](mailto:CPDLOUlster@gmail.com)

## **PRELIM RULES AND ELIGIBILITY**

To be eligible to compete in a Prelim Championship:

- Dancers must not have placed in the top 3 in an Open Championship judged by 3 or more adjudicators.
- Dancers must not have won a Preliminary Championship more than 2 times in the current year, HOWEVER, if there are 5 or less in a prelim competition the dancer is still eligible to compete in Preliminary Championship.
- Dancers must not have qualified for Oireachtas Rince na Cruinne in the current year or previous year.
- Dancers must not have recalled in the actual Championship at Oireachtas Rince na hEireann in the current year or previous year.
- Dancers having won 2 Preliminary Championships may not compete in any Mean grad competition for the remainder of the year however, if a dancer has won only one Preliminary Championship they may continue to compete in Mean grad (with the exception of the dances that they have won the Prelim Championship with).
- Dancers who qualify for Oireachtas Rince na Cruinne where there are five dancers or less in the competition at their Regional Oireachtas are exempt from this ruling. They may remain in the Preliminary Championships if they so wish.
- Boys who have qualified for Oireachtas Rince na Cruinne, but were not placed in the top 3 at their Regional Oireachtas and who otherwise fulfil the Prelim Criteria, may continue to compete in Preliminary Grade.

## **DATA PROTECTION**

As a feis organiser and a member of An Coimisiún le Rincí Gaelacha (CLRG), I aim to protect all user information in accordance with the EU General Data Protection Regulation 2018. Please see link for more

information: <http://www.eugdpr.org/eugdpr.org-1.html>

<http://www.clrge.ie/index.php/en/about-us/privacy-policy.html>

Some personal data is required to be shared in order to gain information about who is taking part in our competition. This information will be given to the feis organiser via email. This information may be shared with An Comhairle Uladh, CLRG and members of the feis committee.

**Any enquiries please feel free to contact:**

**Aislinn McCavigan, 07706234681**

**Sinead McGivern, 07900262586**

**Or via [feisanlorgan@gmail.com](mailto:feisanlorgan@gmail.com)**

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