



PRESENTS

# Feis Gleann Na BhFiach

## Date

13<sup>th</sup> & 14<sup>th</sup> January 2024

## Venue

The Gateway Hotel (formerly known as The Crown Plaza),  
Inner Relief Road, Dundalk, Co. Louth, A91 EF88

## Judges

Nikki O'Meara, Munster (Championships only)

Claire McDermot, Ulster (Championships/Grades)

Bernie Fegan, Leinster (Championships only)

Bernadine Cresham, Connacht (Championships only)

Michelle McKernon, Ulster (Championships only)

Conleth Mullen, Ulster (Championships/Grades)

## Musicians

Dean Crouch

Ronan Wadsworth

**Entries by Feis Connect only via the following link:**

<https://forms.gle/2xXYueA7vnQRVvMH7>

**NOTE:** Entries open 9am Wednesday 6th December, and will close strictly at  
6pm on Monday 4th January 2024.

Contact (Teachers only): Kerrie +353878831736 / Karla +353866011550

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Approved by Feis Registrar of An Comhairle Uladh:



# Provisional Timetable

## Saturday 13<sup>th</sup> January 2024

To facilitate the smooth running of the feis we reserve the right to move competitions to the other hall.

TIME	HAMILTON SUITE (MAIN HALL) GROUND FLOOR	TALLON SUITE (SET HALL) 1ST FLOOR
8AM	U10/U11 GIRLS (1ST & 2ND ROUND)	10-12 BOYS SETS U10 GIRLS SETS U11 GIRLS SETS
9AM	10-12 BOYS / U12 GIRLS (1ST & 2ND ROUND)	U12 GIRLS SETS
RESULTS		
10:30AM	U13/U14 (1ST & 2ND ROUND)  12-14 BOYS (1ST & 2ND ROUND)	12-14 BOYS SETS U13 GIRLS SETS U14 GIRLS SETS
RESULTS		
12:30AM	U7/U8 (1ST & 2ND ROUND)  8-10 BOYS/ U9 (1ST & 2ND ROUND) U5/U6 (3RD ROUND)	8-10 BOYS SETS U5/U6 (1ST & 2ND ROUND)  U7/U8 (3RD ROUND) U9 (3RD ROUND)
RESULTS		
2PM	U15/U16/U17 GIRLS (1ST & 2ND ROUND) 14-16 BOYS (1ST & 2ND ROUND) 16-18 BOYS (1ST & 2ND ROUND)	14-16 BOYS SETS 16-18 BOYS SETS U15/U16/U17 GIRLS SETS
RESULTS		
4:30PM	U18/U20/O20 GIRLS (1ST & 2ND ROUND)  O18 BOYS (1ST & 2ND ROUND)	O18 BOYS SETS U18 GIRLS SETS U20/O20 GIRLS SETS
RESULTS		
FINISH		

### NOTE:

All Boy Championships will start with their **SET round.**

All Girl Championships will start with their **LIGHT round.**

# Provisional Timetable

## Sunday 14<sup>th</sup> January 2024

To facilitate the smooth running of the feis we reserve the right to move competitions to the other hall

TIME	HAMILTON SUITE (MAIN HALL) GROUND FLOOR	TALLON SUITE (SET HALL) 1ST FLOOR
9AM	U8 BUN, TÚS & MEAN	U9 BUN, TÚS & MEAN
RESULTS		
11AM	U10 BUN, TÚS & MEAN	10 - 12 BUN, TÚS & MEAN
RESULTS		
1PM	TINY TOTS & U5 UNGRADED	
RESULTS		
2PM	U6 BUN, TÚS & MEAN	U7 BUN, TÚS MEAN
RESULTS		
4:30PM	12-14 BUN, TÚS, MEAN	O14 BUN, TÚS, MEAN
RESULTS		
FINISH		

Times shown are provisional and are subject to change depending on entries.

Results given in separate Results area after each competition.

Approved by Feis Registrar of An Comhairle Uladh:



# Championship/Prelim Information

- Recall for set dances in Under 10 to Over 20 Championship if 20 or more dancers.
- Championships Under 9 - Under 16 will incorporate a prelim result taken from Round 1 & 2.
- Trophies & Sashes will be awarded to the Top 5 dancers in Open & Prelim Championships.
  - Under 5 (Reel, Single or Light Jig)
  - Under 6 & Under 7 (Reel, Single, Light or Heavy Jig)
  - Under 8 & Under 9 (Reel, Heavy Jig & Trad Set)
  - Under 10- Senior (Reel or Slip Jig, Hornpipe or Heavy Jig & Any Set Dance)

Championships U5, U6 & U7.....	€25
Championships U8 - Senior.....	€35
Prelim only.....	€25
Championship & Prelim.....	€40

Admission: €5.00 per adult payable on the day

# Grades Information

- Trophies will be awarded to 1st - 5th prize-winners in all Trophy dances.
- Sashes will be presented to all 1st place winners in Bun, Tus and Mean Trophy competitions.

## DANCES

BUN	TÚS	MEAN
REEL (TROPHY DANCE)	REEL	REEL
LIGHT JIG	LIGHT JIG	SLIP JIG
SINGLE JIG	SINGLE JIG	LIGHT TROPHY
LIGHT TROPHY	SLIP JIG	HEAVY TROPHY
	LIGHT TROPHY	TRADITIONAL SET
	HEAVY TROPHY	
	TRADITIONAL SET	

**TINY TOTS & U5 UNGRADED.....€5**  
**GRADE DANCES.....€5**  
**TROPHY DANCES.....€7**

**Admission: €5.00 per adult payable on the day**

# Feis Rules Competition Rules

1. No refunds except in the case that the event does not run.
2. Entries only accepted from teachers registered with An Coimisiún le Rince Gaelacha.
3. The adjudicator's decision is final.
4. Age taken as at 1st January 2024.
5. Competitions are open to dancers from any region.
6. 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.
7. 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.
8. 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 adjudicators on the panel must agree to ask the dancer to put on tights.
9. A Prelim Championship must be adjudicated by 3 or more adjudicators and must consist of 2 rounds, 1 Light Round – Reel/ Slip Jig and 1 Heavy Round – Heavy Jig/Hornpipe. Prelim Championships may run as a 'stand-alone' competition or may be incorporated into the Open Championships. Dancers may compete in an Open or a Prelim or both.
10. To be eligible to compete in a Prelim Championships:
  - Dancers must not have placed in the top 3 in an Open Championships judged by 3 or more adjudicators.
  - Dancers must not have won a Prelim Championships 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 Prelim.
  - 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 Prelim Championships may not compete in any Mean Grád competition for the remainder of the year, HOWEVER, if a dancer has only won one Prelim Championship, they may continue to compete in Mean Grád (with the exception of the dances that they have won the Prelim Championships 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 Prelim Championships if they so wish.

- Boys who have qualified for the 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 Prelim Grade.

11. Music Speeds: **CHAMPIONSHIPS:** Reel 113, Light Jig 116, Sing Jig 124, Slip Jig 113, Heavy Jig 73, Hornpipe 113. **TRADITIONAL SET DANCES:** St Patrick's Day 94, The Blackbird 144, Job of Journeywork 138, Garden of Daisies 138, King of the Fairies 130, Three Sea Captains 96 or Jockey to the Fair 90.

12. All competitors will be required to dance a MINIMUM number of 40 bars, except the Slip Jig, Hornpipe where a MINIMUM number of 32 bars will be required.

13. In Bun Grad and Tus Grad, up to and including under 12, make-up and tan is not permitted. In Mean Grad, up to and including under 10 make-up and tan is not permitted.

14. In Bun Grad and Tus Grad, dancers are only permitted to wear class costumes or day clothes. No solo costumes are permitted.

15. Tus Grad competitions are confined to dancers who have never won 1st place or have been regraded, in that particular dance in Tus Grad or higher.

16. Mean Grád competitions are confined to dancers who have never won 1st place in that particular dance in MeanGrád or higher.

17. Dances permitted in Light Trophy Dance: Reel, Single Jig, Light Jig, Slip Jig.

18. Dances permitted in Heavy Trophy Dance: Heavy Jig, Hornpipe or St. Patrick's Day

19. Dances permitted in Traditional Set Dance: St. Patrick's Day, Blackbird, Job of Journey Work, Garden of Daisies, King of the Fairies, Three Sea Captains or Jockey to the Fair.

20. In order to comply with health and safety measures, all dancers lining up at 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.

21. Bun Grád competitions are confined to competitors who at the time of entry have never won 1st place (or being re-graded as per below) in that particular dance in any age group or grade. Basic Steps only are permitted in Bun Grad.

22. 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.

23. Re-grading of dancers: 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 up to next grade if there are over 40 competitors.

24. 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

#### Other Rules:

1. Any form of unauthorised photography which has the capability to capture a dancer's image whilst in motion, using electronic or manual means e.g. mobile phone, standard camera, video camera, with or without flash enhancement, is forbidden during competition.
2. Any parent who would not like their child to appear in photos taken by the feis committee should make the feis organiser aware prior to results being announced.
3. Changing of costumes, dressing or undressing is not permitted in the halls or public areas.
4. No block, en point, stationery or moving will be allowed for all ages up to and including Under 11. However, dancers who will be competing in the 12-13 age group in the following year, will be exempt from this rule from 1st September.
5. The feis committee will not accept any responsibility for personal injuries or articles lost at the feis.
6. The feis committee reserves the right to transfer competitions/results to a different stage or to alternate competitions if it becomes necessary in order to help the feis run smoothly. The committee reserves the right to use a relief adjudicator.
7. The feis committee reserve the right to refuse feis entries or entrance into the feis.
8. The Child Protection Designated Liason Officer for the Ulster region is Paula Bell. If you have any concerns for any child's safety at the event, please contact her: [CPDLOUlster@gmail.com](mailto:CPDLOUlster@gmail.com)