

# FEILE RINCE NA REALTAÍ

*Proudly presented by*

## *Scoil Rince Realta*

### WHEN

5<sup>th</sup> October 2025

Commencing 9am

### WHERE

Nendrum College

Darragh Rd, Comber, BT23 5BX

### CONTACT

scoilrincerealta09@gmail.com  
07870442418 (*teachers only*)



### ADJUDICATORS

**Aimee Starkie-McCarthy**  
Drogheda

**Conleth Mullen**  
Derry

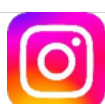
**Miriam McCarthy**  
Drogheda

### MUSICIAN

**Ciaran Brennan**  
Meath



Realta School  
of Irish Dance



Scoilrincerealta



# FEILE RINCE NA REALTAÍ



## ***Dear teachers, parents, and dancers***

We would like to welcome you back to the sixth Feile Rince Na Realtai taking place in Nendrum College, Comber, on Sunday 5th October 2025. We are located just 30 minutes from Belfast.

## **Location**

Nendrum College  
Darragh Rd  
Comber  
BT23 5BX

## **Entry Details**

Entries are now open. Each competitor will be required to complete entry online along with online payment.

Entries will be accepted by teachers and parents

SEN Reel Special £6

***16 bars 1 at a time (All presented)***

Stars of the Future Presentation £6

***16 bars 1 at a time (All presented)***

Grade Dances £5

Trophy Dances £6

Preliminary Championship £30

Spectator Fee £5 (Pay on the day)

Paypal Fee £2

All dancers will be placed in the Reel and Trophy dances.

All grade dance winners will receive a riser.

Top 5 in the Trophy dance will receive a trophy and sash.

3 Judge Preliminary Championship, Overall results and 2 solo results

1st-5th will receive Trophy and Sash.

## **Enquiries**

Maeve Rankin

07870442418

[scoilrincerealta09@gmail.com](mailto:scoilrincerealta09@gmail.com)

Please follow 'Feile Rince Na Realtai' on Facebook or Instagram for updates and entry details.

We look forward to welcoming you to County Down.

Maeve Rankin ADCRG

*Syllabus approved by Feis Registrar of An Comhairle Uladh*



# FEILE RINCE NA REALTAÍ

## PROVISIONAL TIMETABLE

	STAGE 1	STAGE 2	STAGE 3
9am	6-7 Bun 9-10 Bun  <b>RESULTS</b>	7-8 Bun 10-12 Bun 12-14 Bun O14 Bun <b>RESULTS</b>	8-9 Bun U6 Bun  <b>RESULTS</b>
10:30am	U5 Ungraded Reel <b>Stars of the Future Presentation</b>  SEN Reel Special		
11am	U7 Tus 9-10 Tus  <b>RESULTS</b>	7-8 Tus 10-12 Tus  <b>RESULTS</b>	8-9 Tus 12-14 Tus O14 Tus  <b>RESULTS</b>
1:30pm	<b>LUNCH</b>		
2:30pm	U7 Mean 9-10 Mean	7-8 Mean 10-11 Mean	8-9 Mean 11-12 Mean 12-14 Mean O14 Mean
5pm	U8 Prelim 8-10 Prelim 10-12 Prelim 12-14 Prelim O14 Prelim		

*Please Note: The timetable will be finalised when all the entries have been received*

### BUN GRAD DANCES

Reel, Light Jig, Single Jig & Light Trophy (Any listed Bun dance)

### TUS GRAD DANCES

Reel, Light Jig, Single Jig, Slip Jig, Light Trophy & Heavy Jig

### MEAN GRAD DANCES

Reel, Single or Slip Jig, Light Trophy, Jig and Heavy Trophy

### PRELIM PRIOMH COMORTAS DANCES

Reel/Slip and Jig/Hornpipe

*Syllabus approved by Feis Registrar of An Comhairle Uladh*





# FEILE RINCE NA REALTAÍ

## FEIS RULES



- Age as of January 1st. (year of feis)
- 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.
- Appropriate underwear, covering the midriff, must be worn. (See the section on underwear for details.) Where tights are worn, they must be of a denier of not less than 70.
- Body suits should be of premium fabric and not showing the body contour in detail. Recommended fabrics include: velvet and lycra. See the attached illustrations for details.
- Skirts worn over bodysuits should be the same length as full costumes and sit at the dancer's mid-thigh at the back, with sufficient material to allow for movement when raising the leg. Tight sport skirts or gym skirts are not suitable. Wrap-around skirts should be secured with a pin
- Costumes should have traditional themes and cartoon characters are not permitted.
- 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.
- 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.
- Bun Grad competitions are confined to competitors who at the time of entry have never won 1st place in that particular dance in any age group or grade. Basic steps are only permitted in Bun Grad.
- Tus Grad competitions are confined to competitors who have never won 1st place 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 Hornpipes must be similar to those used in St Patricks Day and Blackbird.
- In Bun and Tus Grad competitions, one dancer moves up to the next grade if there are less than 20 competitors, two dancers move up to the next grade if there are between 21 and 40 competitors and three move up to the next grade if there are over 40 competitors.
- Mean Grad competitions are confined to dancers who at the time have never won 1st place for that particular dance in Mean Grad or Ard Grad in that age group or a higher age group.
- A Preliminary 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. Preliminary Championships may run as a "stand-alone" competition or may be incorporated into the open championship. Dancers may compete in an Open or a Preliminary Championship or both.
- 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. When wearing body suits with skirts (commonly known as black-out attire) black tights (of a denier less than 70) must be worn from the age of 14 and above. Effective date: 1st February 2020.
- 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



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their rotation due to costume stitching or arm attachments, these competitors will not be permitted to perform.

- No refunds will be issued.

## 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.

- Dancers must perform to the following speeds:

**Bun Grad:** Reel 122-124, Light Jig 116, Single Jig 124, Slip Jig 124, Heavy Jig 96, Hornpipe 144

**Tus Grad:** Reel 116-118, Light Jig 116, Single Jig 124, Slip Jig 120, Heavy Jig 82, Hornpipe 130

**Mean/Ard Grad:** Reel 113, Light Jig 116, Single 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, Jockey to the Fair 90

- All competitors will be required to dance a MINIMUM number of 40 bars, except in Slip Jigs, Hornpipes & Bun Grad Reels where a MINIMUM number of 32 bars will be required.
- Where there is a Treble Reel competition, all competitors will be required to dance a MINIMUM of 16 bars.
- 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 phones, iPads, standard cameras, video camcorders, cine recorder, commercial film, with or without flash enhancement, is forbidden during competition.
- Changing of costumes, dressing and undressing, is not permitted in the halls or public areas.
- No block, en point, stationery or moving will be allowed for all ages up to and including Under 12. However, dancers in will be competing in the 12-13 age group in the following year, will be exempt from this rule from 1st September.
- 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 organiser in advance.
- The Child Protection Designated Liaison Officer for the Ulster Region is Chantelle Deazley. If you have any concerns for any child's safety at the event, please contact her: CPDLOUlster@gmail.com.