



**Sunday 1st May 2022**

Parklands Hotel & Country Club  
196 Ayr Road, Newton Mearns, G77 6DT

**ADJUDICATORS**

Colette McAllister, Leinster

Niall Holly, Leinster

Laura Crossan, Leinster

**MUSICIAN**

Kevin Murphy, Glasgow



**Registered with An Coimisiún Le Rincí Gaelacha**



# Welcome to Feis Alba 2022



Dear Teachers, Parents and Dancers,

After missing out on Feis Alba in 2020 and 2021 due to COVID-19, we are looking forward to welcoming you to Feis Alba 2022 in our prestigious new venue. Parklands Hotel & Country Club is situated in the south side of Glasgow, the hotel provides an unbeatable combination of quality accommodation and leisure facilities. The hotel is ideally located within walking distance of both Whitecraigs and Patterton train stations, and is only a 10 mile drive to Glasgow City Centre.

Hot and cold food will be available throughout the day, provided by the venue's own catering department. Michael's Restaurant has extensive seating and boasts a modern patio for al fresco dining. There is ample onsite parking available in the main car park.

We are delighted to welcome our vendors:

- Paula's Wigs 'n' Bling
- Swanson's Sports
- Dress 2 Feis



The vendors will be situated in our separate Presentation area which also offers plenty of space for dancers to warm up.

## NEW FOR 2022

1. All competitions are Trophy Competitions with first placed prize winners receiving a trophy and a sash.
2. **“Future Stars”** - dancers of any age who are not yet ready to compete in graded or ungraded competitions at Feis Alba are welcome to take part in our Future Stars display. They will be required to dance 16 bars to beginner reel music either individually or collectively within a school and they will all receive a special prize for their performance.
3. **Ungraded** Reel and Single Jig competitions for dancers Under 5 or younger (born 2017 or later) with results **NOT** counting for grading purposes irrespective of the number of dancers competing.
4. Any dancer Under 5 or younger (born 2017 or later) may also compete in Under 6 graded competitions if they so wish with results subject to the normal grading rules.
5. **U11 Fairy reel competition** – to be danced up to and including the “Diamond and Square” movement.





# Solo Dancing



Age Group	Future Stars
Dancers of any age	16 bars to Beginner Reel music

Age Group	Ungraded
Under 5	Reel
2017 or younger	Single Jig

Age Group	Beginner	Primary	Inter	Open	Premiership
Under 6 2016 or younger	Reel	Reel	Reel	Reel	
	Single Jig	Single Jig	Single Jig	Single Jig	R1 Reel
	Light Jig	Light Jig	Light Jig	Light Jig	R2 Single Jig
	Slip Jig	Slip Jig	Slip Jig	Slip Jig	
Under 7 2015	Reel	Reel	Reel	Reel	
	Single Jig	Single Jig	Single Jig	Single Jig	
	Light Jig	Light Jig	Light Jig	Light Jig	R1 Reel
	Slip Jig	Slip Jig	Slip Jig	Slip Jig	R2 Single Jig
	Treble Jig	Treble Jig	Treble Jig	Treble Jig	
Under 8 2014	Reel	Reel	Reel	Reel	
	Single Jig	Single Jig	Single Jig	Single Jig	
	Light Jig	Light Jig	Light Jig	Light Jig	R1 Reel
	Slip Jig	Slip Jig	Slip Jig	Slip Jig	R2 Double Jig
	Treble Jig	Treble Jig	Treble Jig	Treble Jig	
	Hornpipe	Hornpipe	Hornpipe	Hornpipe	

Please note that all dancers in the above Premierships will dance 40 bars in their Reel AND 40 bars in the Single Jig/Double Jig.

Dancers must compete in at least 2 solo competitions to be eligible to enter the Premiership.

<b>Age Group</b>	<b>Beginner</b>	<b>Primary</b>	<b>Inter</b>	<b>Open</b>	<b>Premiership</b>
<b>Under 9 2013</b>	Reel	Reel	Reel	Reel	
	Single Jig	Single Jig	Single Jig	Slip Jig	
	Light Jig	Light Jig	Light Jig	Treble Jig	R1 Jig / Horn
	Slip Jig	Slip Jig	Slip Jig	Hornpipe	R2 Reel / Slip
	Treble Jig	Treble Jig	Treble Jig	Traditional Set	
	Hornpipe	Hornpipe	Hornpipe		
<b>Under 10 2012</b>	Reel	Reel	Reel	Reel	
	Single Jig	Single Jig	Single Jig	Slip Jig	
	Light Jig	Light Jig	Light Jig	Treble Jig	R1 Jig / Horn
	Slip Jig	Slip Jig	Slip Jig	Hornpipe	R2 Reel / Slip
	Treble Jig	Treble Jig	Treble Jig		
	Hornpipe	Hornpipe	Hornpipe		
<b>Under 11 2011</b>	Reel	Reel	Reel	Reel	
	Single Jig	Single Jig	Single Jig	Slip Jig	
	Light Jig	Light Jig	Light Jig	Treble Jig	R1 Jig / Horn
	Slip Jig	Slip Jig	Slip Jig	Hornpipe	R2 Reel / Slip
	Treble Jig	Treble Jig	Treble Jig		
	Hornpipe	Hornpipe	Hornpipe		
<b>Under 12 2010</b>	Reel	Reel	Reel	Reel	
	Single Jig	Single Jig	Single Jig	Slip Jig	
	Light Jig	Light Jig	Light Jig	Treble Jig	R1 Jig / Horn
	Slip Jig	Slip Jig	Slip Jig	Hornpipe	R2 Reel / Slip
	Treble Jig	Treble Jig	Treble Jig		
	Hornpipe	Hornpipe	Hornpipe		
<b>Over 12 2009 or older</b>	Reel	Reel	Reel		
	Single Jig	Single Jig	Slip Jig		
	Light Jig	Light Jig	Treble Jig		
	Slip Jig	Slip Jig	Hornpipe		
	Treble Jig	Treble Jig			
	Hornpipe	Hornpipe			
<b>Under 13 2009</b>				Reel	
				Slip Jig	R1 Jig / Horn
				Treble Jig	R2 Reel / Slip
				Hornpipe	
<b>Under 14 2008</b>				Reel	
				Slip Jig	R1 Jig / Horn
				Treble Jig	R2 Reel / Slip
				Hornpipe	

Age Group	Beginner	Primary	Inter	Open	Premiership
Under 15 2007				Reel	
				Slip Jig	R1 Jig / Horn
				Treble Jig	R2 Reel / Slip
				Hornpipe	
Under 17 2006 & 2005				Reel	
				Slip Jig	R1 Jig / Horn
				Treble Jig	R2 Reel / Slip
				Hornpipe	
Senior 2004 or earlier				Reel	
				Slip Jig	R1 Jig / Horn
				Treble Jig	R2 Reel / Slip
				Hornpipe	

Please note from the U9 – Senior Premierhips, dancers will dance one step down the line in both rounds. In the event of small numbers some age groups may be combined.

Dancers must compete in at least 2 solo competitions to be eligible to enter the Premiership.

Graded competitions are open to all regions.

The Feis secretary is **Kathleen McLaughlin** and all entries should be posted to:

**146 Carmunnock Road, Kings Park, Glasgow, G44 5AG.**

<b><u>Entry Fees</u></b>	<b>Future Stars</b>	<b>£6.00</b>
	<b>Trophy Dances</b>	<b>£6.00</b>
	<b>Premiership</b>	<b>£10.00</b>
	<b>U11 Fairy Reel per dancer</b>	<b>£3.00</b>
	<b>Dancer Maximum</b>	<b>£40.00</b>
	<b>Family Maximum</b>	<b>£70.00</b>
	<b>Door Admission</b>	<b>£6.00</b>
	<b>Concession</b>	<b>£3.00</b>

- ❖ Age to be taken from **1st January 2022**
- ❖ Entry forms and fees must reach the feis secretary by **Monday 14th March**
- ❖ Cheques made payable to **Kathleen McLaughlin**
- ❖ Please note that **only 1 cheque per school will be accepted**





# Feis Rules



1. All Rules of An Coimisiún le Rincí Gaelacha are applicable to this Feis unless stipulated that an agreed local rule applies.
2. Entries will only be accepted from teachers currently registered with An Coimisiún le Rincí Gaelacha.
3. All entries must be made on the enclosed entry form, which must be fully completed and signed by the teacher. Entries will only be accepted from teachers en-bloc.
4. The Feis committee may modify or cancel any arrangements detailed in this syllabus as is deemed necessary, subject to the approval of the Scottish Regional Council or An Coimisiun le Rinci Gaelacha.
5. The adjudicators' decisions are final.
6. Adjudicators **must not** be approached by any teacher, parent or competitor whilst the adjudicators are employed to carry out their duties at the competition. Only those officiating at the competition may approach the adjudicators on matters relating to the competition.
7. Complaints must be submitted in writing, accompanied with a £20 fee to the feis secretary within 1 hour of the incident. The fee will be returned if the complaint is upheld.
8. Competitors must be present when their competition is called and fully obey all directions from the Feis Stewards and Hall Stewards, or they may lose their right to dance. Competitors must be ready to dance 30 minutes prior to scheduled start time
9. Tempos for Intermediate and Open competitions will be the same as those stipulated for the World Championships. Beginner and Primary competitions will be in accordance with those stipulated by the Scottish Regional Council.

All agreed speeds are outlined below.

	<b>Beginner</b>	<b>Primary</b>	<b>Intermediate</b>	<b>Open</b>
<b>Reel</b>	<b>122-124</b>	<b>116-118</b>	<b>113</b>	<b>113</b>
<b>Single Jig</b>	<b>124</b>	<b>124</b>	<b>124</b>	<b>124</b>
<b>Light Jig</b>	<b>116</b>	<b>116</b>	<b>116</b>	<b>116</b>
<b>Slip Jig</b>	<b>124</b>	<b>120</b>	<b>113</b>	<b>113</b>
<b>Heavy Jig</b>	<b>96</b>	<b>76</b>	<b>73</b>	<b>73</b>
<b>Hornpipe</b>	<b>144</b>	<b>118</b>	<b>113</b>	<b>113</b>

10. Beginner and Primary competitions are open to competitors from ALL REGIONS.
11. Dancers in Beginner and Primary competitions up to and including Under 12 age group may only wear class costume, skirt and blouse or appropriate civilian clothing. Low cut tops or short tight skirts are not permitted. Failure to comply with this rule may lead to disqualification from the competition.
12. **Make-up Rules (4.5 in CLRG Rule Book)**
  - 4.5.1 Make-up will not be permitted for any dancer in the **first two grades** (Beginner and Primary) up to and including the Under 12 age group worldwide
  - 4.5.2 Make-up (including false eyelashes) is not permitted for dancers, in either solo or team competitions up to and including the Under 10 age group

**(POINT OF CLARIFICATION)** For the purposes of this rule the term "make up" includes tinted moisturiser and any artificial tanning products. An Coimisiún hopes that teachers and parents will interpret and apply this rule in the spirit in which it is intended.

Effective March 1st, 2014.

13. Beginners are only permitted to dance steps equivalent to the basic reel, single jig, light jig, slip jig, heavy jig and hornpipe. Any competitor performing steps of a harder degree of difficulty in the Beginner grade may be disqualified from that particular competition.
14. **Beginner:** A dancer winning **1st or 2nd** in BEGINNER grade, when there are 6 or more competitors must dance that particular dance in PRIMARY grade for at least 24 months.
15. **Primary:** A dancer winning **1st** in PRIMARY grade, when there are 6 or more competitors must dance that particular dance in INTERMEDIATE grade for at least 24 months
16. **Intermediate:** A dancer winning **1st** in INTERMEDIATE grade, when there are 6 or more competitors, must dance that particular dance in OPEN grade for at least 24 months.
17. **Open:** A dancer winning **1st, 2nd or 3rd** in OPEN competition (including Open Championships) must dance that particular dance in OPEN grade for at least 24 months.
18. **Coaching whilst dancers are on stage, during any competition, no matter what grade, is strictly prohibited. This rule has specifically been laid down by The SRC. Failure to comply with this could result in disqualification of the dancer.**
19. Dancers must be in full costume and appropriate black competition footwear when receiving awards, otherwise such awards may be forfeited.
20. THE DRESS CODE IN ACCORDANCE WITH AN COIMISIUN RULES WILL BE STRICTLY APPLIED i.e. for the sake of modesty and in the interest of safety to young people, dancers will not be permitted to walk around the feis scantily dressed.
21. Toe blocks or any other footwork danced “en-pointe” whether stationary or moving is not permitted for those dancers up to and including the Under 12 age group.
22. 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 camcorder, cine recorder, commercial film, with or without flash enhancement, is expressly forbidden in competition by anyone except the official Feis photographer.
23. **Please note.** Should you wish your child/children to be excluded from presentation photographs at the event please inform the stage steward in advance.
24. No changing in dancing areas will be allowed. **No hairspray** to be used in competition halls or corridors.
25. Competitors must not practice in competition halls, corridors or side stage etc. This rule will be strictly enforced. **Any dancer found causing damage to floor surfaces etc. will be liable for the cost of any necessary repairs.**
26. The use of mobile phones and electronic games is strictly prohibited in dancing areas.
27. **Smoking is not allowed anywhere in the building or its grounds.**
28. The Committee are not responsible for property lost during the Feis and everyone is advised not to leave bags or clothing etc. unattended.
29. **The Scottish Regional Council has a zero tolerance policy on the consumption of alcohol in all dancing areas at Feiseanna. Furthermore the consumption of alcohol in non-licensed premises is a breach of Scottish law and may be subject to further action by the appropriate authorities.**
30. **COVID-19 Rules will be applied as per Scottish Government guidelines at the time of the Feis.**