



# The 7<sup>th</sup> Annual 'Kelly Hendry Feis'

## February 4<sup>th</sup> & 5<sup>th</sup> 2023

'The FED'  
(Former 'Lancastrian Suite')  
Lancaster Road  
Gateshead  
NE11 9JR

### Adjudicators

Alan Murphy	Connaght, Ireland
Donna Griffin	Midlands, UK
Sylvan Kelly	Connaght, Ireland
Caroline Devaney	Midlands, UK
Chris Ryan	Munster, Ireland
Barbara Slater	North East, UK
Lori Hall	Leinster, Ireland

### Musicians

Liam O'Sullivan	North East Region, UK
Anthony Davis	Midlands Region, UK
Brian O'Sullivan	Scottish Region, UK

### Entries

To: <https://www.instepfm.com>  
Closing Date: January 21st 2023

### All enquiries to:

E: [info@kellyhendryschool.com](mailto:info@kellyhendryschool.com)  
F: [www.facebook.com/kellyhendryfeis/](https://www.facebook.com/kellyhendryfeis/)

CLARAITHE LEIS AN COIMISIUN LE RINCI GAELACHA



Dear Teachers, Parents & Guardians,

We are beyond excited to welcome you to our 7th Annual 'Kelly Hendry Feis'. We would like to take this opportunity to thank those who've supported our previous Feiseanna and look forward to welcoming you back in February along with some new faces. With the feis taking place the weekend before the prestigious 'All Ireland Championships', we anticipate the standard of dancing (and the craic) to be amazing so we hope you can join us!

We are delighted to announce we have secured the wonderful 'FED' (former Lancastrian Suite) again to host our Feis. The venue boasts 3 large halls along with separate results rooms, changing facilities, practice areas, amazing catering facilities provided by the venue and plenty of free parking. The venue is only a few miles from Newcastle train station and Newcastle airport and is conveniently located just off the A1 for those driving. There are plenty of deals online for flights and hotels in Newcastle and Gateshead and we've listed a few of these in our syllabus to help with your planning.

We will be running the Open Championships from U10-Senior on Saturday 4<sup>th</sup> and all Grade Competitions, Prelim Championships and the U5-U9 Championships on Sunday 5<sup>th</sup>.

All dancers in the Open & Prelim Championships will have an opportunity to dance their Set Dance as there will be a separate 'Set Dance Competition' for those not in the recall. All solo grade competitions are 'Trophy Competitions' where the top 3 dancers in every grade will receive a trophy AND a sash.

**'TINY TOTS COMPETITION':** We are delighted to announce we'll be running an ungraded 'Little Tots' Competition for dancers up to the age of U6 who are either first-time feis dancers or who perhaps don't feel confident enough to dance a full dance in the U5 or U6 Beginner Competition. This will be a 16 bar 'step down the line' competition where dancers will dance one at a time and ALL dancers will receive a special award (teachers are welcome to join their dancers on stage to assist). We're sure this will be one of the main highlights of the feis and we can't wait to see all these amazing dancers of the future take to the stage.

We'll once again have our amazing 'Howay the Lads and Lasses' freestyle competitions to look forward to too - always the highlight of the weekend! We will also welcome all our Champions to the stage at the end of each day to take part in our Champions Parade and the judges will then crown the winner of the Minor, Junior and Senior 'Champion of Champions'.

We'll be uploading photos and live feed videos over the course of the weekend on our Facebook page so feel free to give us a follow and we'll also keep you updated leading up to the event.

We are very much looking forward to welcoming you in 2023!

Kindest Regards,

Kelly Hendry	ADCRG
Kaylie Wallace	TCRG



## **Open Championships, Prelims, Trophies, Awards & Parades**

**Open Championships** - U10 to Senior Championships will be judged by a panel of 6 adjudicators - 3 judges for the first 2 rounds and a new panel of 3 judges for the recall round. There will be a 50% recall for Competitions with 15 or more entrants (once final entries are in; we may be able to increase the number of recalls depending on timetable - this will be at the discretion of the Feis organisers). There will also be a separate 'Set Dance Trophy Competition' judged by 1 adjudicator for non-recall dancers, so that all competitors get to perform their Set Dance. Solo Results will also be given for the first 2 Rounds.

U5, U6, U7, U8 & U9 Championships will be judged by a panel of 3 adjudicators. There will be a 100% recall in these competitions. All Championships will be mixed unless there are 7 or more boys in any given age group.

**Preliminary Championships** - These will be judged by a panel of 3 adjudicators and are open to all regions **(PLEASE PAY CLOSE ATTENTION TO THE PRELIM RULES TO CHECK ELIGIBILITY)**. Dancers will dance a choice of Reel/Slip Jig for the first round, Heavy Jig/Hornpipe for the second round and Set Dance for the recall. There will be a 50% recall for Competitions with 15 or more entrants (once final entries are in; we may be able to increase the number of recalls depending on timetable - this will be at the discretion of the Feis organisers). There will also be a separate 'Set Dance Trophy Competition' judged by 1 adjudicator for non-recall dancers, so that all competitors get to perform their Set Dance. Solo Results will also be given for the first 2 Rounds.

**Awards** – Our beautiful cups have been custom made for our Championship winners and our Prelim winners. There will also be top 5 sashes/pennants and trophies in both of these competitions as well as beautiful medals for the remaining competitors. We are also presenting awards for the 'Top Girl' or 'Top Boy' in each Open Championship as well as awarding the top local dancer with our 'Northern Star Award' (see below). Any dancer who does not recall in an Open/Prelim Championship will be eligible to take part in a separate 'Set Dance Trophy' judged by 1 Adjudicator. The winner will be presented with a sash and trophy, with the remaining dancers being presented with set dance medals. This allows every Championship dancer to dance their set dance on the day.

**Trophies** – Instead of running separate 'Trophy Competitions', we are offering top 3 trophies and sashes in ALL grade competitions. This will allow more children the opportunity of winning lots of trophies and sashes. There will also be an additional 'Traditional Set Dance Trophy Competition' for U6, 7, 8, 9 & 10's where again, the top 3 dancers will be awarded trophies and sashes.

**Northern Star Award** – Our 'Northern Star Award' will be presented to the highest placed North East Dancer in every Championship. We are proud to recognise the talent in our region and look forward to presenting our 2023 'Northern Stars'.

**Howay the Lads and Lasses** – Always one of the highlights of the Feis! We want to allow the dancers to have some fun at our feis, so we are once again including a fun 16-Bar Reel Choreography Trophy Competition. Dancers can compete as a soloist, in pairs or groups and we encourage you all to come up with some fun ideas for this competition. Dancers can dance in soft or heavy shoes and costumes to match your routine are welcomed, however, please ensure they cover the collarbone and they are of suitable length to comply with An Coimisiun rules. This will provide great entertainment for the end of each day and we can't wait to see what routines you put together!

**Tiny Tots** – Our younger dancers will all take to the stage (with their teacher if they wish) to dance a 16 bar reel 'step down the line'. This competition is ungraded and is perfect for dancers up to the age of U6 who are perhaps new starters, have never competed in a feis or who simply don't feel confident enough to dance a full dance in U5 or U6. All dancers will receive a special award and no doubt a VERY loud cheer from our audience!

**Parades** – We would like to invite the top 3 dancers in all Open Championships, the winner of the Preliminary Championships & the 'Northern Star' winner in each age group to join us for our 'PARADE OF CHAMPIONS' at the end of each day. We will host our Junior & Senior Parade on Saturday and our Minor Parade on Sunday. We will then crown our 'Champion of Champions' from our Open Championship winners and present them with a special award!

### **Teacher Refreshments**

The teachers' hospitality suite will be located upstairs in the venue serving hot and cold drinks and refreshments. Please ensure you have your teacher ID to gain access.

### **Results**

We have 'Instep Feis Management' doing our results this year. Full marks for Prelim and Open Championships will be available to purchase after the relevant competition.

### **Vendor & Catering Info**

The food at the feis was incredible last year and we are delighted to announce that the venue will once again be providing catering for the feis in 2023. You also have the Metro Centre Shopping Mall (2-minute drive), which has a number of restaurants to choose from. Vendor information to follow soon...



## Helpful websites

Facebook page	<a href="http://www.facebook.com/kellyhendryfeis/">www.facebook.com/kellyhendryfeis/</a>
Venue	<a href="http://www.thelancastriansuite.com">www.thelancastriansuite.com</a>
Hotel	<a href="http://www.booking.com">www.booking.com</a>
Train	<a href="http://www.thetrainline.com">www.thetrainline.com</a>
Flight	<a href="http://www.skyscanner.net">www.skyscanner.net</a>
Bus	<a href="http://www.nationalexpress.com">www.nationalexpress.com</a> & <a href="http://www.megabus.com">www.megabus.com</a>
Tourism	<a href="http://www.newcastle Gateshead.com">www.newcastle Gateshead.com</a>

## Directions to Venue

<u>Venue Information</u>	The Fed Lancaster Road Dunston Gateshead, Tyne & Wear NE11 9JR
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By Rail/Metro: From Newcastle Central Station take the Metro to "the Metro Centre Station". Head east on Scotswood View. At the roundabout, take the 1st exit and stay on Scotswood View. Turn left towards Cross Lane. At the roundabout, take the 2nd exit onto Cross Lane. Continue straight onto Wellington Road. Turn right onto Lancaster Road. Turn left onto Halifax Road. Turn right then arrive: Lancaster Road, Gateshead NE11 9JR, UK

From the North: From the A1 take the exit to the Metro Centre. Merge onto St Michael's Way. Keep right to continue to Cross Lane. Turn right towards Cross Lane. At the roundabout take the second exit onto Cross Lane. Cross lane will become Wellington Road. Turn right onto Lancaster Road. Turn left onto Halifax Road. Turn right then arrive: Lancaster Road, Gateshead NE11 9JR, UK

From the South: After Washington Services keep left and stay on the A1(M). Take the Dunston Exit. Turn right onto Dunston Road. Continue onto Wellington Road. Turn left onto Lancaster Road. Turn left onto Halifax Road. Turn right on to Lancaster Road and arrive at the Venue.

## Travel

Local Airport:	Newcastle International
Local Train Station:	Newcastle Central
Local Bus Station:	National Express, St James Boulevard, Newcastle
Local Taxis:	Blueline, 0191 2626666 *Newcastle also operates an 'UBER' service if you have the app.

Flight info (*Indirect flight):	Dublin	Ryan air, Aer Lingus, British Airways
	Cork	Aer Lingus
	Belfast	Easy Jet
	London (Heathrow)	British Airways
	Bristol	Easy Jet
	Cardiff	Eastern Airways
	Southampton	Flybe
	*London (Stansted)	Ryan Air
	*London (Gatwick)	Ryan Air

## Hotel info

There are a number of hotels within close proximity to the venue. The feis venue is in 'Gateshead', however 'Newcastle' is only a couple of miles away and has lots of hotels to offer also (See 'Booking.com' for some great deals). The following hotels are within a couple of minutes drive from the feis venue. They're also located beside the 'Metro Centre' Shopping Mall and you also have a KFC, Frankie and Benny's and a TGI Friday's within walking distance:

● Marriott	Gateshead, Metro Centre (NE11 9XF)	+ 44 191 493 2233
● Holiday Inn Express	Gateshead, Metro Centre (NE16 3BE)	+ 44 871 902 1548
● Travel lodge	Gateshead, Metro Centre (NE16 3BE)	+ 44 871 984 8484
● Premier inn	Gateshead, Metro Centre (NE16 3BL)	+ 44 871 527 8792



## Solo Grades

\*\*\*TROPHIES & SASHES WILL BE AWARDED IN ALL GRADES TO THE TOP 3 DANCERS\*\*\*

Age	Trophy Reel (£5.00)	Trophy Slip Jig (£5.00)	Trophy Single Jig (£5.00)	Trophy Light Jig (£5.00)	Trophy Heavy Jig (£5.00)	Trophy Hornpipe (£5.00)	Trophy Trad Set (£5.00)
U5	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	
U6	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	O
U7	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	O
U8	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	O
U9	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	B, P, I, O	O
U10	B, P, I	B, P, I	B, P, I	B, P, I	B, P, I	B, P, I	O
U11	B, P, I	B, P, I	B, P, I	B, P, I	B, P, I	B, P, I	
U12	B, P, I	B, P, I	B, P, I	B, P, I	B, P, I	B, P, I	
U13	B, P, I	B, P, I	B, P, I	B, P, I	B, P, I	B, P, I	
O13	B, P, I	B, P, I	B, P, I	B, P, I	B, P, I	B, P, I	

## Ceili Competitions

Age (£4.00 Per Dancer)	Competition
U11, U13, U16, U19, Over 19 U13, U16, Over 16	8-Hand Ceili Mixed 4-Hand Ceili

## Howay the Lads & Lasses Trophy Competitions

Age (£5.00 Per Dancer)	Trophy Reel (16 Bars of own choreography)
Saturday & Sunday Competitions	All ages and grades from each day of Competitions

## Tiny Tots Competition

Age (£7.00 Per Dancer)	Reel (16 Bar 'Step down the line')
Sunday Competition	For new or inexperienced dancers up to U6

## Mixed Preliminary Championships (Open to all regions)

Age (£40)	1 <sup>st</sup> Round	2 <sup>nd</sup> Round	3 <sup>rd</sup> Round
U10	Reel OR Slip Jig	Heavy Jig OR Hornpipe	Traditional OR Open Set Dance
Under 11, 12, 13, 14, 15 & Over 15	Reel OR Slip Jig	Heavy Jig OR Hornpipe	Set Dance

## Mixed Open Championships

Age	1 <sup>st</sup> Round	2 <sup>nd</sup> Round	Recall
U5 (£20)	Reel		
U6 (£25)	Reel	Single Jig OR Light Jig	
U7 (£25)	Reel	Single Jig OR Light Jig OR Heavy Jig	
U8 (£35)	Reel	Heavy Jig	Hornpipe OR Traditional Set Dance
U9 (£35)	Reel	Heavy Jig	Traditional Set Dance
U10 (£40)	Reel OR Slip Jig	Heavy Jig OR Hornpipe	Traditional OR Open Set Dance
Under 11 to Senior (£40)	Reel OR Slip Jig	Heavy Jig OR Hornpipe	Open Set Dance

\*There will be a separate Boys Championship held if there are more than 7 Boys in any given age group. There will also be prizes for Top Girl or Boy in each Championship as well as a local 'Northern Star Award' in each group.

\*Dancers in the U5, U6, U7, U8 & U9 are required to dance their 'Championship' dances in their solo grades to be eligible to compete in their respective Championships (see rules).

## **Entries & Payment**

### ***Entries due by January 21st 2023.***

1. PLEASE SEE 'ENTRY PACK' TO COMPLETE YOUR ENTRY. ONE ENTRY PER SCHOOL.
2. You can enter by visiting <https://www.instepfm.com> where you will find instructions on how to enter. All entries must be completed via the website and full payment made by the 21st January 2023 to avoid paying late fees.
3. Once you've completed your entry via the website, you will receive a confirmation email along with the amount due.
4. All entries MUST be paid via Bank Transfer – ONE PAYMENT PER SCHOOL. Please contact Des Silke to request bank details to complete this payment: [desilke@instepfm.com](mailto:desilke@instepfm.com) or [desilke648@icloud.com](mailto:desilke648@icloud.com).
5. Entries will not be accepted if the accompanying fees are not paid before the closing date.
6. Teachers are responsible for ensuring the entry is correct. Upon receipt of the confirmation email, please check all information is correct. Details submitted by the teacher will be what appears in the official programme.
7. No refunds will be given unless the event is cancelled.
8. ALL entries to be paid in Sterling.

## **Entry Fees**

Solo Grades	£5.00	(Trophies & Sashes for top 3)
Traditional Set Dance Trophy	£5.00	(Trophies & Sashes for top 3)
8-Hand/4-Hand Ceili Competition	£4.00	Per dancer
Howay the Lads and Lasses	£5.00	Per dancer
Tiny Tots	£7.00	Per dancer
Open Champ: U5	£20.00	
Open Champs: U6 & U7	£25.00	
Open Champs: U8 & U9	£35.00	
Preliminary Champs: U10-O15	£40.00	(Includes 2 solo results)
Open Champs: U10-Senior	£40.00	(Includes 2 solo results)

## **Discounts**

Dancer Maximum	£50.00
Family Maximum	£85.00

Should an individual dancer's fees exceed £50, we would like to offer you our 'Dancer Maximum' rate of £50 per dancer. Should any family fee exceed £90, we would like to offer you our 'Family Maximum' rate of £85 per family.

We would also like to offer a Championship and Prelim discount for children entering 5 grades or more. These children can enter the Championship or Prelim at a discounted rate of £30 each.

Any dancer who is entered in a Prelim, who would also like to enter an Open Championship, may do so at an additional cost of £20.

## **Late Entries**

Late entries received after January 21st 2023 will be subject to a £5 late fee per dancer.

## **Door Entry**

Adult	£6.00
Children	FREE
Concession	£4.00
2-Day pass	£10.00
Programme	£6.00

## **Parking**

There will be plenty of parking wardens to direct you all on arrival and there is ample parking at the venue.





# **PROVISIONAL TIMETABLE - 2023**

## **Saturday 4<sup>th</sup> February 2023**

U10 – Senior Open Championships

U16-O19 Ceili Competitions

Howay the Lads & Lasses Competition

Parade of Champions

## **Sunday 5<sup>th</sup> February 2023**

U5 – U9 Open Championships

All Prelim Championships

All Grade Competitions

U11-U13 Ceili Competitions

Tiny Tots Competition

Howay the Lads & Lasses Competition

Parade of Champions



# **Rules Governing Feis**

## **General**

- 1 Entries to be logged via the following website: <https://www.instepfm.com>. The website details how to complete your entry online. Please ensure all entries and monies are received by January 21st 2023 to avoid paying late fees.
- 2 Entries must be paid via bank transfer. Please contact Des Silke to request payment details: [desilke@instepfm.com](mailto:desilke@instepfm.com)
- 3 Age to be taken from 1 January 2023.
- 4 Entries will only be accepted from teachers registered with An Comisiun Le Rinci Gaelacha.
- 5 There will be no refunds issued unless the competition is cancelled.
- 6 The adjudicator's decision is final.
- 7 Any objections to be made in writing and handed to Feis Secretary with a fee of £20.00. If objection is sustained, the fee will be returned. Objection must be lodged within one hour after completion of the competition.
- 8 Dancers must be suitably dressed at all times. Changing facilities will be provided; therefore, there should be no changing in public areas.
- 9 No video, digital cameras or flash photography to be used during competitions. We ask that mobile telephones and electronic games be switched to silent whilst in the dancing halls.
- 10 No smoking allowed anywhere in the building.
- 11 The feis organisers will, as far as reasonably practical, provide suitable surfaces for dancing. However, they cannot accept any liability for injuries sustained whilst dancing. The lodgment of an entry will be deemed to be an acceptance of this provision by a dancer.
- 12 Any competitor found to be using artificial carriage aids, and subsequently refuses to remove the same, will be subject to disqualification from that particular competition. Medically prescribed apparatus (proof of which may be required) will be exempt from this ruling.
- 13 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. No hairspray/aerosols to be used in dancing halls.
- 14 No block, en Pointe, stationary or moving, is allowed to be performed for all ages up to and including the Under 12 Age Group..
- 15 Subject to the approval of the NERC, the 'Kelly Hendry Feis' reserves the right to amend or cancel any competition. All teachers would be notified before the event of any changes.
- 16 Competitors must be ready to dance 30 minutes before their scheduled start time. They may lose their right to compete if they are not side stage when required.
- 17 North East teachers must send a copy of their entries to the Records Clerk, Jo Place, at [jo\\_place1@yahoo.co.uk](mailto:jo_place1@yahoo.co.uk) by the closing date or a £20 fine will be imposed by the North East Regional Council.
- 18 The Feis organisers have the right to refuse admission to the venue.
- 19 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%) in order for the dancer 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 (Effective from March 1st 2022).
- 20 Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage. Dancers wearing undergarments that do not provide full coverage will be asked to put on black tights of a denier not less than 70%. This is monitored by an adjudicator. 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 (Effective from March 1st 2022).
- 21 Respect for fellow competitors on stage is a requirement at all times. Lack of respect or courtesy for fellow competitors by aggressive dancing on stage will be subject to penalty at the discretion of each individual adjudicator.

## **Grades**

- 1 Beginner competitions are open to dancers who have never won a 1<sup>st</sup> place in that particular dance in any age group. Basic steps must be performed (no clicks or rocks).
- 2 Primary competitions are open to dancers who have never won a 1<sup>st</sup> place in that particular dance in any age group (excluding Beginners).
- 3 If there are 15 or more competitors in any Beginner Competition, the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place dancers will move up to the next grade. If there are less than 15 dancers, only the 1<sup>st</sup> placed dancer will move up.
- 4 Competitors in Beginners and Primary, up to and including the Under 12 age group, may only wear traditional class costumes or long/short sleeved blouses/shirts and skirts/trousers, polo tops and skirts/ trousers, body suits and skirts or tunics that conform to the regular costume length rule. Low-cut tops and short tight skirts are not permitted.
- 5 Make up will not be permitted for any dancer in the first two grades (Beginners and Primary) up to and including the Under 12 age group worldwide. For the purpose of this rule the term "make up" includes tinted moisturiser and any artificial tanning products.
- 6 Intermediate Competitions are open to dancers who have never won a 1<sup>st</sup> place in that particular dance in their present age group.
- 7 Where there are 5 or less competitors in any Beginners, Primary or Intermediate Competition, grades will not be affected. However, a dancer may only win 3 such competitions and then they will have to move up to the next grade.
- 8 With exception of the Under 5, 6 and 7 age groups, a competitor, who has won an Open Championship, must dance in the Open grade in the calendar year in which the Open Championship was won.
- 9 Any dancer in the Under 5, 6 and 7 age groups, who has won an Open Championship, must dance Open for the dances performed in the Championship. They are eligible to dance their other dances in the appropriate grade.







## **Championship Rules**

- In order to compete in their Open Championship, the Under 5, 6, 7, 8 and 9 dancers are required to dance their Championship dances in their Solo Grades to be eligible to dance in their Championship.
- All Open, Prelim & Local Championship Awards must be returned when requested and in plenty time for the following feis in February 2024.
- The recipient/guardian is responsible for any loss or damage to these awards whilst in their possession.

## **Prelim Rules**

- A minimum number of three Adjudicators must officiate.
- The first age group for a Preliminary Championship is Under 10.
- Where a Preliminary Championship is held separate from an Open Championship, three rounds should be offered, namely; Reel or Slip Jig, Heavy Jig or Hornpipe and any Set Dance.
- Where a Preliminary Championship is combined with an Open Championship, then the result should be taken from eligible dancers' ranking after the first two rounds.
- Where there are separate Preliminary and Open Championships, dancers can compete in both at the discretion of the Feis organiser.
- Where a competitor wins two Preliminary Championships, they must dance in Open Championship for a period of 12 months thereafter.
- For grading purposes, two wins will be taken as being in any two-year rolling period. Where a dancer does not win a second Preliminary within two years of winning their first Preliminary Championship, then the first win will be deemed as having expired and the dancer starts afresh.
- Where there are less than 6 in a Preliminary Championship that win will not normally be considered for grading purposes. However, where a dancer wins three Preliminary Championships regardless of the number of competitors in each competition, that dancer must dance in Open Championship for a period of 12 months thereafter.
- Dances performed in a Preliminary Championships do not count for grading in solo competitions.
- A solo world qualifier (in the previous 12 months) will NOT be eligible to compete in a Preliminary Championship; the exception to this would be any dancer who may have automatically qualified due to low numbers in his/her respective competition at the Regional Oireachtas.
- Dancers placing 1st-3rd in an Open Championship with up to 20 competitors or 1st-5th in an Open Championship with more than 20 Competitors cannot compete in a Preliminary Championship for a period of 12 months.
- All Open, Prelim & Local Championship Awards must be returned when requested and in plenty time for the following feis in February 2024.
- The recipient/guardian is responsible for any loss or damage to these awards whilst in their possession.

Syllabus approved by: Roisin O'Donnell (NE feis registrar)

Date: 24.11.22





### **Metronomic Speeds**

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

### **Traditional Set Dance Speeds**

St Patrick's Day	94
Blackbird	144
Garden of Daisies	138
Job of Journeywork	138
King of the Fairies	130
Three Sea Captains	96
Jockey to the Fair	90