

Croi Na hÉireann



Championships & Grades Feis

PRESENTED BY THE AISLING KEOGH ACADEMY

DUBLIN  IRELAND

SUNDAY 21ST SEPTEMBER 2025

SCIENTOLOGY CENTRE

- ★ Bun, Tús & Mean Grád
- ★ Open Championships U6-U9
- ★ Prelim Championships
- ★ Tiny tots competition
- ★ Special Competitions
- ★ State of the art venue



ADJUDICATORS

Chris Ryan, Munster

Isabella Fogarty, Leinster

Sharon Taylor, Scotland

MUSICIAN

Ronan Wadsworth, Ulster



Follow "Aisling Keogh Academy Feis" on Facebook & instagram for updates



Feis syllabus approved by Comhairle Laighean Feis Registrar Deirdre Cox

Dear teachers, parents and dancers,



On behalf of the Aisling Keogh Academy, we invite you to join us for the Croí na hÉireann Championship & Grades Feis on Sunday 21st September 2025 in our fabulous venue, the Scientology Community Centre.

We have a wide range of grade competitions for dancers in Bun, Tús and Mean Grád. We also have introduced 3 adjudicator open championships (U6-U9), aswell as our 3 adjudicator Prelim Championships, Tiny Tots and our exciting special competitions with great prizes!

We have a panel of 3 esteemed adjudicators and will have wonderful music on the day.

KD Dance Bling and Diamond Dancewear will also be in attendance to cater for your Irish dancing needs.

We look forward to welcoming you to our feis!

Aisling Keogh ADCRG

087 2347056 / aislingkeogh30@gmail.com

- ★ Solo grades & Tiny tots €6
- ★ Trophy dance €7
- ★ Special competition €6
- ★ Prelim Championship €35 (2 solo results & overall result)
- ★ U6-U9 Open Championship €35 (3 solo results & overall result)
- ★ Family fee max €110
- ★ Adult admission €5

Entries may be made on the day subject to a €5 late fee.
Please note that all entry fees are non-refundable

COMPETITION INFORMATION

★ TOY BOX REEL SPECIALS ★

Dancers to perform 16 bars of a reel in softshoes - fancy dress optional and arm movements are permitted.

Separated into Under 10 and Over 10.

The winners will receive a Smyths Toys voucher!

★ 3 ADJUDICATOR OPEN CHAMPIONSHIP ★

Under 6/7 Championship: R1 Reel, R2 Single Jig, R3 Light/Heavy Jig

Under 8/9 Championship: R1 Reel, R2 Heavy Jig, R3 Traditional Set Dance

★ PRELIM CHAMPIONSHIPS ★

R1 Heavy Jig or Hornpipe, R2 Reel or Slip Jig

Taking place in the following age groups:

Under 8 - Under 9

Under 10 - Under 11

Under 12 - Under 13

Under 14 - Under 15

Under 16 and over

★ STARS OF THE FUTURE ★

For young dancers who may not be 100% ready for a feis.

Each dancer will perform 16 bars of Easy Reel on stage.

Parent or teacher may accompany the dancer.



IMPORTANT INFORMATION

★ ENTRIES ★

**PARENTS CAN ENTER DANCERS ON
www.entrytable.ie**

Entries will only be accepted from parents or dancers whose teachers are registered with An Coimisiún le Rincí Gaelacha (CLRG)

**Entries open: Monday 7th July 2025
Entries close: Friday 12th September 2025**

To avoid disappointment we encourage early online entries as numbers can be capped.

★ HOTEL INFORMATION ★

FEIS HOTEL

The Plaza Hotel, Tallaght

10 minutes from the venue

Please see social media for negotiated rates and code.



PROVISIONAL TIMETABLE

A final timetable will be published once online entries have closed.

	STAGE 1	STAGE 2	STAGE 3
8.00 am	6-7 Bun	7-8 Bun	8-9 Bun
9.00 am	6-7 Tus	7-8 Tus	8-9 Tus
10.00 am	U7 Mean	7-8 Mean	8-9 Mean
11.00 am	Under 6 Championship Under 7 Championship Under 8 Championship Under 9 Championship Under 8 – Under 9 Prelim (double age prelim) All above championships will alternate		
12.15 pm	Toy Box Reel Special Under 10 Toy Box Reel Special Over 10		

1.30 pm	Stars of The Future		
1.45 pm	U5 Bun	Under 6 Bun	
2.15 pm	9-11 Bun	11- 13 Bun	013 Bun
3.00 pm	9-11 Tus	11-13 Tus	013 Tus
3.30 pm	9-11 Mean	11-13 Mean	013 Mean
4.15 pm	U13 2 hands + 3 hands 013 2 hands + 3 hands		
4.30 pm	Under 10 – Under 11 Prelim Under 12- Under 13 Prelim Above competitions will alternate		
5.15 pm	Under 14 – Under 15 Prelim Under 16 and Over Prelim Above competitions will alternate		

BUN GRÁD DANCES:

Trophy Reel, Light Jig, Single Jig, Light Trophy

TÚS GRÁD DANCES:

Trophy Reel, Light Jig, Single Jig, Slip Jig, Light Trophy

MEAN GRÁD DANCES:

Trophy Reel, Single Jig, Slip Jig, Light Trophy, Heavy Jig, Traditional Set

COMHAIRLE LAIGHEAN CLRG LEINSTER FEIS RULES

1. Age as on 1st January in each year of feis.
2. Entries only accepted from teachers registered with an Coimisiún le Rincí Gaelacha.
3. Make up and false tan is not permitted in Bun Grád and Tús Grád competitions up to and including under 12 age group. 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.
4. Children competing in all age groups, in Bun and Tús Grád competitions may only wear class costumes, skirt and blouse, or appropriate civilian clothing. No low cut or off the shoulder tops or short tight skirts permitted.
5. The use of artificial carriage aids is strictly forbidden. Any competitor found to be using artificial carriage aids and subsequently refuses to remove 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.
6. 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.
7. Bun Grád competitions confined to dancers who have never won 1st prize for that particular dance in any age group or grade. Basic steps only.
8. Upgrading in Bun & Tús Competitions: 1-5 dancers: no upgrade. 6-9 dancers: 1 upgrade. 10-19 dancers: 2 upgrades (minimum of 10 dancers). 20-30 dancers: 3 upgrades (minimum of 20 dancers). There will be an extra one upgrade per 10 dancers after that.
9. Tús Grád competitions confined to dancers who have never won 1st prize for that particular dance in any age group in Lár, Méan or Árd.
10. Lár grad competitions confined to dancers who have never won 1st prize for that particular dance in any age group in Lár, Méan or Árd.
11. Méan grad competitions confined to dancers who have never won 1st prize for that particular dance in that age group or a higher age group in either Méan or Árd Grád.
12. Traditional set dance must be chosen from the following list:- a. St. Patrick's day, b. Garden of Daisies, c. Job of Journeywork, d. The Blackbird, e. King of the Fairies, f. Jockey to the Fair, g. Three Sea Captains

COMHAIRLE LAIGHEAN CLRG LEINSTER FEIS RULES

13. With regard to toe movements no block, en pointe, stationary or moving, is allowed to be performed for all ages up to and including under 12 years. However, according to the an Coimisiun rule, dancers who will compete under 13 from 1st January may perform en pointe from September of the previous year.

14. Any form of unauthorised photography, which has the capability to capture a dancers' image, whilst in motion, using electronic/manual means, e.g. mobile phones, iPad, video, still camera, commercial film with/without a flash enhancement or any other means of recording is strictly forbidden.

15. Parents are responsible for the conduct and behaviour of their children at all times whilst attending the Feis within and around the hall.

16. Feis committee, as far as practicable, will provide a surface floor suitable for dancing. However, the committee cannot accept any liability whatsoever for injuries sustained whilst on stage or within the practice area. The lodgement of an entry will be deemed to be an acceptance of this provision by a dancer and by her/his parent or guardian (or teacher).

17. An Coimisiún rules will apply if disputes arise that are not covered by the above rules.

18. Objections must be lodged within one hour of the announcement of the results of a competition and must be accompanied by a fee of €20.

19. Changing of costumes, dressing and undressing, is not permitted in the halls or public areas.

20. Social Media Rule – Feis Organisers must continually make all persons aware that the taking of photographs of any children without parental permission is not permitted. Those who do not wish to be photographed should make themselves known to the Feis Organiser.

21. Comhairle Laighean Child Safety officer is Orla Nic Conuladh. Email address: dlpLeinster@gmail.com. Please contact her if you have any concerns in regard to any child safety at the event.

22. To be eligible to compete in Prelim Príomh 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 Preliminary 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 (2025) or previous year (2024). Dancers must not have recalled in the actual Championship at Oireachtas Rince na hEireann in the current year (2025) or previous year (2024).