



GLENDARRAGH ACADEMY

Sunday 1st October 2023
33rd Feis Glendarragh

The Becket School

The Becket Way, Wilford Lane
West Bridgford, Nottingham
NG2 7QY

Adjudicators

Caoimhe McCormack - Ulster
Donna Griffin - Midlands
Jaqueline Kennedy - Ulster
Kevin McCormack - Leinster
Maria Stanley - Midlands
Lorraine Duggan - Munster
Lorraine Scallon - Ulster
Mary Theresa McHugh - Midlands
Lisa Waites - Southern Region
Maeve Madden - Midlands

Musicians

Majella Brooks - London
Aidan O'Neil - London
Sean Mortalo - Dublin



07970513523



GlendarraghAcademy



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glendarraghdance@gmail.com



Dear Teachers, Parents & Guardians,

We look forward to welcoming you to our 33rd Feis Glendarragh, due to be held on Sunday 1st October 2023. On behalf of the Glendarragh Dance Academy, we look forward to welcoming all those who have supported Feis Glendarragh in the past and hope to see new faces this year as well.

We are delighted to have acquired, the excellent facilities of Becket School. We will once again have access to the Large Championship Hall for set dances, Sports Hall with 2 full size championship stages and floor for grades as well as a gym, changing facilities and a practice area. The Becket School is situated within easy reach of East Midlands Airport, East Midlands Parkway Railway Station, Nottingham Railway station, and is very accessible by road with ample parking.

We are running combined Preliminary and Open Championships from U10-U15 Girls. The prelim result will be taken from the first 2 rounds of the championship result. We are running a separate Over 15 Mixed Preliminary competition which will consist 3 rounds, heavy round followed by light round, followed by set dance (There will be a recall if there 20 or more dancers).

We are also running separate Boys (double age group) Championships in the following age groups - U8-9, U10-11, U12-13, U14-15, U16-17 and Over 17.

The Championship/ Preliminary from U10-Senior will be adjudicated by 6 adjudicators, 3 on the first 2 rounds and then a separate panel of 3 adjudicators on the set round. There will be a 50% recall for more than 20 competitors. The U6-U9 championship will be adjudicated by a panel of 3 adjudicators and there will be 100% recall.

Once again, we will be having a Champion of Champions competition and those who place in the top three, in any of the Championships, will be eligible to compete. We have cups for these competitions, in memory of Denis Holtham and Helen Stack, two of our most loyal and longstanding parents who passed away in 2013.

We feel it is a fitting tribute for two people who had such a love of Irish Dancing.

We will upload photos and live feed videos over the course of the weekend on our Facebook and Instagram pages. So, feel free to give us a follow and we'll also keep you updated, leading up to the event and over the feis weekend.

We are very much looking forward to seeing you in October, please see further information below.

Kind Regards,
Aidan Comerford ADCRG
Helen Comerford TCRG
Ciara Buckley ADCRG
Arnyah Paxton TCRG
Colleen Roberts TCRG





Entries

TINY TOTS	£6.00
All Grade Dances are TROPHY DANCES (1st - 3rd Trophies)	£6.00
Under 6 & Under 7 Mixed Championships (including two solo results)	£35.00
Open Championships from U8 upward (includes two solo results)	£40.00
Preliminary Championships from U10 upward (includes two solo results)	£40.00
Maximum One Dancer Fee	£55.00
Family Fee (for two children or more)	£90.00
Door Admission (Adults only, children free)	£5.00

**ALL ENTRIES MUST BE RECEIVED AND PAID FOR IN ADVANCE AND ON AN OFFICIAL ENTRY FORM.
ONE ENTRY PER SCHOOL**

Entries to Glendarragh Academy by **FRIDAY 22ND SEPTEMBER 2023**

Payment via Bank Transfer, Details will be supplied on receipt of entries

Email: glendarraghdance@gmail.com

ENTRIES ON THE DAY WILL BE ACCEPTED SUBJECT TO A £5 ADMIN FEE

Grade Competitions

All grade competitions are 'trophy dances' where 1st, 2nd and 3rd will receive trophies.
All results will be awarded in a separate Results area to ensure smooth running of the next competitions.

32 Bar System

ALL dancers in the competition will be lined up at the side of the stage at the start of the competition. The first two dancers will walk into starting positions and get ready to dance. After the 8 bar introduction the dancers will begin their dance for 32 bars. After 32 bars they **bow and walk off the stage** while the next 2 dancers walk into their starting position to get ready to commence their performance of 32 bars - this is repeated until all dances have completed their dance.

Please Note: **There will be a gap of 8 bars in between each 2 dancers.**

The content of the 32 bar performance is at the discretion of each teacher. There will be stage stewards on each stage counting the next 2 dancers in and **dancers will not be penalised for starting late or continuing after 32 bars.**

Tiny Tots

Here is where we celebrate the upcoming stars in Irish Dancing. It was a great atmosphere at the last feis and all the children, families, teachers and adjudicators enjoyed it. Each dancer will perform 16 bars of Reel and will receive a special gift, trophy and a sash for taking part.

All U5 ungraded dancers and any U6 and U7 dancers that don't feel ready to do 32 bars in the Novice competition are welcome to take part.

Results

Marks packs will be available to purchase at the office.

All Grade, Prelim and Open Championship results will be presented in the separate results area.



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Grade Competitions

Age Group	Novice	Primary	Intermediate	Open
TINY TOTS		*Ungraded* Special Reel		
Under 6 Under 7	Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig	Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig	Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig	Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig
Ungraded	Trophy Heavy Jig, Trophy Hornpipe, Trophy Trad Set			
Under 8 Under 9	Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig Trophy Heavy Jig Trophy Hornpipe Trophy Trad Set	Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig Trophy Heavy Jig Trophy Hornpipe Trophy Trad Set	Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig Trophy Heavy Jig Trophy Hornpipe Trophy Trad Set	Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig Trophy Heavy Jig Trophy Hornpipe Trophy Trad Set
Under 10 Under 11 Under 12	Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig Trophy Heavy Jig Trophy Hornpipe	Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig Trophy Heavy Jig Trophy Hornpipe	Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig Trophy Heavy Jig Trophy Hornpipe	
	Trophy Trad Set			
Over 12		Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig Trophy Heavy Jig Trophy Hornpipe		
Ungraded	Trophy Trad Set			
Under 14 Over 14			Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig Trophy Heavy Jig Trophy Hornpipe	
Ungraded	Trophy Trad Set			



Open Championships

Under 6	Mixed	Reel	Light Jig / Hop Jig	
Under 7	Mixed	Reel	Light Jig / Hop Jig	
Under 8	Girls	Reel	Heavy Jig	Trad Set
Under 9	Girls	Reel	Heavy Jig	Trad Set
Under 10	Girls	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
Under 11	Girls			
Under 12	Girls			
Under 13	Girls			
Under 14	Girls			
Under 15	Girls			
Under 16	Girls			
Under 17	Girls			
Senior O/17*	Ladies			
7 to 9	Boys	Reel	Heavy Jig	Trad Set
9 to 11	Boys	Heavy Jig or Hornpipe	Reel	Open Set Dance
11 to 13	Boys			
13 to 15	Boys			
15 to 17	Boys			
Senior O/17*	Men			

***Seniors O/17* will be split into under 19 and over 19 depending on entries received**

U6, 7, 8 & 9 will be 100% Recall and will start with the REEL

U10 upwards - 100% Recall if 19 or less - 50% Recall if 20 or more and will start with the HEAVY ROUND

Preliminary Championships

Over 15	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
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Over 15 - 100% Recall if 19 or less - 50% Recall if 20 or more and will start with the HEAVY ROUND





2022 Feis Glendarragh - Winners

Under 6 Mixed	Fiachra Cunniffe	Duffy Travis King Academy	NW REGION
Under 7 Mixed	Annabelle Carey	Carey Academy	MIDLANDS
Under 8 Girls	Aoife Skitt	Duffy Travis King Academy	NW REGION
Under 9 Boys	Leo Coates	Marie Connell School	MIDLANDS
Under 9 Girls	Orla Baranowska	Duffy Travis King Academy	NW REGION
Under 10 Girls	Lily Kay	Keegan Academy	NW REGION
Under 10 Prelim	Lily Thomas	Devaney-Togher Academy	MIDLANDS
Under 11 Boys	Oscar Donnelly	Sharon Taylor Academy	SCOTLAND
Under 11 Girls	Maria Puente De LA Vega	Kelly Hendry School	NE REGION
Under 11 Prelim	Jasmin Springett	McGahan-Lees Academy	SE REGION
Under 12 Girls	Evie Roberts	Carey Academy	MIDLANDS
Under 12 Prelim	Sienna O'Donnell	Glendarragh Academy	MIDLANDS

JUNIOR CHAMPION OF CHAMPIONS EVIE ROBERTS - CAREY ACADEMY - MIDLANDS

Under 13 Girls	Ava Rose Folan	McGahan-Lees Academy	SE REGION
Under 13 Boys	George Gallagher	Carey Academy	MIDLANDS
Under 13 Prelim	Ella Ledwidge	Loughran School	NW REGION
Under 14 Girls	Anya Harry	Maguire O'Shea Academy	SE REGION
Under 14 Prelim	Martina O'Sullivan	Walshe Academy	
Under 15 Girls	Olivia Burns	Egan Rogers Academy	NW REGION
Under 15 Boys	Aidan Ward	McGahan-Lees Academy	SE REGION
Under 15 Prelim	Cara Lynch	Keegan Academy	NW REGION
Under 16 Girls	Molly McGrory	Turley Duggan Academy	MIDLANDS
Over 15 Prelim	Cerys Brooks	Sean Eireann	MIDLANDS
Under 17 Boys	-	-	-
Under 17 Girls	Sofia Martin	Kelly Hendry School	NE REGION
Under 19 Ladies	Grace McGrory	Turley Duggan Academy	MIDLANDS
Senior Men	Henry Paice	Scanlon School	MIDLANDS
Senior Ladies	Erin-Grace Cooke	Hennigan Irish Dance	SE REGION

SENIOR CHAMPION OF CHAMPIONS AIDAN WARD - MARIE CONNELL SCHOOL

Can we please ask ALL winners from 2021 feis to ensure their perpetual cups are returned in ample time.



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Directions

FROM THE M1 SOUTH - NORTH

Leave the M1 at Junction 24 and take the 4th exit (if coming from the South) or 1st exit (if coming from the North) onto the A453 signposted Nottingham South. Keep following the A453 until you come to a roundabout signposted Grantham, Melton, Newark and take the 1st exit onto the A52. At mini roundabout continue forward onto Clifton Lane - B679 signposted West Bridgford. At mini-roundabout bear right onto Wilford Lane B679 signposted through traffic. Turn left into The Becket Way which is the entrance to school.

Transport

EAST MIDLANDS AIRPORT - FLIGHT INFORMATION

Flights from Belfast, Knock, Munich, Berlin into East Midlands Airport. There is a regular Shuttle Bus from East Midlands Airport to Nottingham City Centre.

BIRMINGHAM AIRPORT - FLIGHT INFORMATION

Flights from Glasgow, Edinburgh & Dublin into Birmingham Airport.





Rules

RULES AS OF JUNE 2023

These rules should be read in conjunction with rules laid out by An Coimisiun Le Rinci Galeacha. – Link [Microsoft Word - Rules of An Comisiun le Rince Gaelachta 01 Jan 2020 \(updated 30 Jun 2022\).doc \(clrg.ie\)](#)

1. GENERAL

- 1.1 Adjudicator's decision is final.
- 1.2 Committee members only may approach adjudicators.
- 1.3 Any protest against breach of rules must be made in writing to the feis organiser within one hour of conclusion of a competition, with a fee of £25.00. Should the objection be upheld the fee will be refunded.
- 1.4 Entries will only be accepted from schools registered with An Coimisiun.
- 1.5 Lodgement of entries at a feis implies that you accept the rules relating to the feis in their entirety as laid down by the An Coimisiún le Rinci Gaelacha & Midland Regional Council.

2. AGE GROUPS

- 2.1 Age to be taken from 1st January of the current year. Where a competitor's birthday falls on 1st January he/she shall, be regarded as under the age attained on that day.
- 2.2 Competitors must dance in their own age group for solo competitions except where there is no provision for that dance in that age group.

3. GRADES

- 3.1 At any one Feis, a dancer may only dance each Solo Dance in ONE grade.
 - **Exception - Dancers ARE permitted to dance in both Novice Reel and Primary Reel competitions.**
- 3.2 **Novice** – Confined to competitors who have not progressed out of Novice grade (including Trophy Competitions) for that particular dance in any age group.
Primary - Confined to competitors who have not progressed out of Primary grade (including Trophy Competitions) for that particular dance in any age group.
Intermediate – confined to competitors who have not progressed out of Intermediate grade (including Trophy Competitions) for that particular dance in their present age group.
Open – Open solo dancers must be on syllabus for U6 – U9 age groups.
- 3.3 All grade competitions are open to all regions.
- 3.4 In a trophy competition, a dancer must have performed their choice of dance in the solo competition.
- 3.5 Grade Progression is as follows:

Grade	No. of Entries	No. of dancers to progress
Novice & Primary	5 or less	0
	6-10	1 Dancer
	11-20	2 Dancers
	21+	3 Dancers
Intermediate	5 or less	0
	More than 5	1st place only





Rules

4. PRELIMINARY/OPEN CHAMPIONSHIPS AND PREMIER COMPETITIONS:

4.1 Championship/Premier Competitions - Only Intermediate and Open dancers are eligible to compete (except under 6 and 7 – all grades are allowed to compete).

4.2 Under 6s & under 7s Championships/Premier must dance Reel & Light Jig or Hop (Single) Jig.

4.3 Under 8s and Under 9s must dance Reel and Heavy Jig. A recall is at the discretion of the feis organisers.

4.4 Under 10 and up. All dancers must be given a choice of Reel or Slip Jig and Jig or Hornpipe and recall set dance.

4.5 Subsidiary solos may be run at the discretion of the feis organisers.

4.6 IF a minimum number is stated for ANY championship to be held, then this must be consistent for ALL championship competitions. E.g., if you decide on a minimum number of 5 in order to run a separate boys or prelim championship then this must be consistent with the number required to run any championship

4.7 PRELIMINARY CHAMPIONSHIP 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.
- 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 month.

4.8 The Midland region allows dancers to participate in any 1 round of preliminary champs as a separate solo round – these dancers should not be included in the numbers indicated above with *.

5. DANCE MOVEMENTS

5.1 In Novice Grades only basic steps should be performed i.e. no intricate movements.

5.2 Rules appertaining to Dance movements such as toe movements as laid out by An Coimisiun apply





Rules

6. METRONOMIC SPEEDS

Novice Grade/Bun Grád	Primary Grade/Tús Grád	Intermediate Open Grade/ Meán/ Árd Grád	Traditional Set Dance
Reel 122-124	Primary: Reel 116 -118	Reel 113	St Patrick's Day 94
Hop Jig 124	Hop Jig 124	Hop Jig 124	The Blackbird 144
Light Jig 116	Light Jig 116	Light Jig 116	Garden of Daisies 138
Slip Jig 124	Slip Jig 120	Slip Jig 113	Job of Journeywork 138
Trad Jig 96	Heavy Jig 76	Heavy Jig 73	King of the Fairies 130
Trad Hornpipe 144	Hornpipe 118	Hornpipe 113	Three Sea Captains 96
			Jockey to the Fair 90

7. COSTUME & MAKE-UP

7.1 All costume and make-up rules as laid out by An Coimisiun apply – Link - [Updated Costume Rules at 01 Jul 21.doc \(live.com\)](#)

7.2 Undergarments - Appropriate undergarments covering the midriff must be worn. Dancers wearing undergarments that do not cover the areas of the body as in the illustrated will be asked to put on black tights of a denier of not less than 70.

See here for illustrations [Costume drawings \(clrg.ie\)](#) [Microsoft Word - Rules and Motions Passed by CLRG since 01 Sep 2021.docx](#)

7.3 Under no circumstances should dancers walk around any dancing venue in their underwear. Neither should dancers (regardless of age) change in to or out of costume in the main dancing hall, if at all possible. At all times, dancers should be properly attired.

8. FIGURE AND CEILI

8.1 Rules regarding age and re-dancing as laid out by An Coimisiun apply.

8.2 Figure Championship in the U7's year group may be a 6 hand dance, 8 hand Ceili or Figure Dance of 6 or more

8.3 Mixed Ceili – A mixed team must consist of at least 2 boys or 2 girls. .

9. MEDIA POLICY

9.1 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 camcorder, commercial film, with or without enhancement, is expressly forbidden during competitions.

10. CARRIAGE AIDS - All rules as set out in CLRG rules must be adhered to.

10.1 Any competitor found to be using artificial carriage aids and subsequently refuses to remove same, will be subject to disqualification. Medically prescribed apparatus (proof of which may be required) will be exempt from this ruling.

10.2 Any competitor wearing their shoes on the wrong feet will be treated in the same manner as if using carriage aids and be subject to disqualification.

10.3 In order to comply with health and safety measures, dancers may be required to perform the simple exercise of raising arms to shoulder level unhindered. If unable to do this due to costume stitching or arm attachments these dancers will not be permitted to perform.





Rules

11. ORDER OF DANCING, CONDUCT, MISHAPS ETC

11.1 Should a dancer lose a heel or a complete shoe or have an open lace he/she may stand back – allowing the other dancer(s), where applicable, to continue dancing uninhibited. In such a case, the dancer concerned will be permitted to redance as soon as it is deemed practicable by the stage steward.

11.2 Should a dancer fall on stage, whether in solos or in teams, the adjudicator **MUST** ring the bell to stop the performance of the dancer(s). Dancers so affected will be permitted to redance and will be marked then at the discretion of each individual adjudicator. If a dancer falls during the last 8 bars of any performance, then he/she would only be required to dance the last 16 bars of that dance.

11.3 Should a dancer slip, bump into another dancer or have a costume malfunction whether in solos or in teams, the bell will be rung at the discretion of the adjudicators to stop the performance of the dancer(s). Dancers so affected will be permitted to redance and will be marked then at the discretion of each individual adjudicator.

11.4 Where a dancer fails to complete his / her performance in any given round, that dancer will automatically receive ZERO marks from all adjudicators for that round.

11.5 Competitors beginning to dance before or after the stipulated set dance introduction will automatically receive ZERO marks from all adjudicators for that round.

11.6 A competitor must not walk off the stage during a performance unless instructed to do so by an adjudicator. A dancer who dismisses themselves from the stage without the permission of an adjudicator will not be marked for that particular dance.





2023 Feis Glendarragh Timetable

Sunday 1st October

SPORTS HALL					
Time	Stage 1	Time	Floor	Time	Stage 3
08:30	U10 G Champ R1&2			08:30	U12 G Champ R1&2
09:30	U11 G&B Champ R1&2			09:30	U13 G&B Champ R1&2
10:30	U6 & U7 Novice / Open (Alternating)	10:30	U6 & U7 Primary (Alternating)	10:30	U6 & U7 Intermediate (Alternating)
11:30	U8 & U9 Novice / Open (Alternating)	11:30	U8 & U9 Primary (Alternating)	11:30	U8 & U9 Intermediate (Alternating)
14:00	U14 G Champ R1&2			14:00	U16 G Champ R1&2
Junior Champ of Champs U6-U13					
15:15	U15 G&B Champ R1&2			15:15	U17 & O17 G&B Champ R1&2
16:00	U17 B&G Sets				

MAIN HALL	
Time	Stage
08:30	O15 Prelim (ALL Rounds)
09:30	U10 G Set
10:15	U12 G Set
11:00	U11 B&G Set
11:45	U13 B&G Set
12:30	U6 & U7 Mixed Champ
13:30	U8 & U9 Mixed Champ
14:30	TINY TOTS
15:15	U14 G Set
16:00	U16 G Set
16:45	U15 B&G Set
17:15	O17 B&G Set
Senior Champ of Champs U14 +	

Gym	
Time	Floor
08:45	U14 Intermediate
09:30	O12 Primary & O14 Intermediate (Alternating)
10:30	U12 Novice, Primary & Intermediate (Alternating)
13:30	U10 Novice, Primary & Intermediate (Alternating)
15:15	U11 Novice, Primary & Intermediate (Alternating)

PLEASE BE READY TO DANCE 30 MINUTES BEFORE YOUR SCHEDULED START TIME

ALL RECALLS WILL BE ANNOUNCED IN THE MAIN HALL



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