



THE
POWER ACADEMY
❖ **FEIS** ❖

10th May

Fettercairn Community Centre
Fettercairn Road, Tallaght, Dublin 24,
D24W9N2

Grades and Prelim Feis:

Adjudicators:

Deborah Mulvenna, Belfast

Ann Byrne Gibbons, Galway

Alan Murphy, Mayo

Musician: Sean Mortalo, Dublin



Syllabus approved by: Deirdre Fagan Cox
Enquiries: Aoife Power TCRG

0860399109



Dear Teachers, Parents and Dancers,

From all of us at The Power Academy we are proud to present the first ever Power Academy Feis in Fettercairn Community Centre, Tallaght, Dublin 24, D24 W9N2. The venue provides plenty of free, supervised parking, a lovely coffee shop serving hot food all day with the Luas line conveniently located right outside the door.

We will be offering solo grade competitions in Bun, Tus and Mean as well as separate prelim competitions. We are also thrilled to be providing a Príomh Comórtas in all grade competitions. This will consist of two dances of choice from the syllabus. The overall result will be calculated based the combined results of both dances. The top 5 in the Príomh Comórtas will receive a sash and a trophy with all the other dancers receiving ribbon medals.

We are also offering 8-hand Ceili Competitions in the following age groups: U11, 11-13, O13. This is a fantastic opportunity for practice before the Irish Nationals in June. Prelim competitions will be offered in the following ages: U10, U11, U12, U13, U14, U15, U16, O16. The top 5 placings will receive a cups and sashes as well as ribbon medals for all other competitors.

We look forward to welcoming everyone to our first feis and we wish all competitors the very best of luck!

The Power Academy Team



Bun, Tus and Mean Dances:

Bun Grad

Trophy Reel, Light Jig, Single Jig, Príomh Comórtas

Tus Grád

(U7, 7-8, 8-9, 9-10) Trophy Reel, Light Jig, Slip Jig, Single Jig, Príomh Comórtas
(9-10, 10-11, 11-12, 12-14, O14) Trophy Reel, Light Jig, Slip Jig, Single Jig, Heavy Jig,
Traditional Set, Príomh Comórtas

Mean Grád

(U7) Trophy Reel, Slip Jig, Príomh Comórtas
(7-8, 8-9, 9-10, 10-11, 11-12, 12-14, O14) Trophy Reel, Slip Jig, Heavy Jig / Hornpipe,
Traditional Set, Príomh Comórtas

Prelims

U10, U11, U12, U13, U14, U15, U16, O16

Bun: U7, 7-8, 8-9, 9-10, 10-11, 11-12, 12-14, O14

Tus: U7, 7-8, 8-9, 9-10, 10-11, 11-12, 12-14, O14

Mean: U7, 7-8, 8-9, 9-10, 10-11, 11-12, 12-14, O14



Entries:

Entries will be available at:

Feis Connect

Closing Date: Monday 4th May 2026

(Entries after this date will include a €5 surcharge)

Entry Fees:

Grade solos €5

Trophy Reel €10

Priomh Comortas €20

Prelim €40

8 Hand Ceili €5 per dancer

Door entry €5

All fees are non-refundable except in the event that the feis does not proceed



Effective from 1st January 2022

A Prelim 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 Prelim Competition or both.

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 preliminary competition, the dancer is still eligible to compete in preliminary championship
- Dancers must not have qualified for Oireactas Rince na Cruinne in the current year 2026 or the previous year 2025
- Dancers must not have recalled in the actual championship at Oireactas Rince na hEireann in the current year 2026 or the previous year 2025
- 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 1 preliminary championship they may continue to compete in mean grad with the exception of the dances that they won the prelim championship with

An Comisiún Le Rince Gaelacha Leinster Feis Rules 2021

- Ages as of 1st Jan each year of feis
- Entries only accepted from teachers registered with an Comisiún Le Rince Gaelacha.
- Make-up and false tan is not permitted in Bun Grád and Tus Grád competitions up to and including U12. Make-up, including false eyelashes, is not permitted for dancers in either solo or team competitions up to and including U10 age group.
- Children competing in all age groups in Bun and Tus 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.
- The use of artificial carriage aids is strictly forbidden. Any competitor found to be using artificial carriage aids and subsequently refuses to remove them will be subject to disqualification from that particular competition. Medically prescribed apparatus (proof of which may be required) will be exempt from this ruling.
- 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 dance.
- Bun Grád competitions confined to dancers who have never won first prize for that particular dance in any age group or grade. Basic steps only.
- In Bun and Tus Grád competitions the following applies for grading out of dance: 1-5 dancers (no upgrade), 6-9 dancers (1 upgrade), 10-19 dancers (2 upgrades with a minimum of 10 dancers), 20-30 dancers (3 upgrades with a minimum of 20 dancers). There will be an extra upgrade per 10 dancers after that.
- Tus Grád competitions confined to dancers who have never won first prize for that particular dance in any age group in Lar, Mean or Ard.
- Mean Grád competitions confined to dancers who have never won first prize for that particular dance in any age group in Mean or Ard.
- Traditional Set Dance must be chosen from the following list: St Patrick's Day, Blackbird, Job of Journey Work, Garden of Daisies, King of the Fairies, Jocky to the Fair, Three Sea Captains.
- With regard to toes movements, no block, en pointe, stationary or moving allowed to be performed for all age groups up to and including under 12 years. However, according to an Comisiún rule, dancer who will compete U13 from 1st Jan may perform en pointe from September of the previous year.
- Any form of unauthorised photography, which has the capability to capture the dancers' image whilst in motion, using electronic / manual means, for example mobile phones, iPad, video camera, still camera, commercial film with / without flash enhancement or any other means of recording, is strictly forbidden.
- Parents are responsible for the conduct and behaviour of their children at all times while attending the feis.
- The 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 onstage 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, guardian or teacher.
- An Comisiún rules will apply if disputes arise that are not covered by the above rules.
- Objections must be lodged within 1 hour of the results of a competition and must be accompanied by a fee of 20 euro.
- Changing of costumes, dressing or undressing is not permitted in the halls or public areas.
- 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.
- Comhairle Laignean child safety officer is Orla Nic Conuladh dlpleinster@gmail.com Please contact her if you have any concern in regard to any child safety at the event.