



# FEIS McCARRON

**Saturday 20<sup>th</sup> and Sunday 21<sup>st</sup> January 2024**

**Christ Church Secondary Academy  
Daleview Road  
Yardley Wood  
Birmingham  
B14 4HN**

## Adjudicators

**Olive Burns-Crowley ADCRG - Dublin  
Lori Hall ADCRG – Dublin  
Sarah Lennon ADCRG - Donegal  
Phoebe O'Donoghue-McDonnell ADCRG - Dublin  
Kieran Rogers ADCRG - Cheshire  
Julie Loughlin ADCRG - London**

## Musicians

**Dean Crouch: Cavan  
Aidan O'Neil: London**

REGISTERED WITH AN COIMISIÚN LE RINCÍ GAELACHA

## Welcome to our Feis

We are delighted to invite you all to Feis McCarron 2024. This year, we are again in a spectacular venue in Birmingham offering outstanding facilities. We are hosting an overall points trophy, awarded to the highest dance school results: The Gary Healy Memorial Cup, and we will be offering the hospitality, standard of competition and coverage of competition results on social media that you would come to expect of Feis McCarron. There will be catering facilities provided by the school venue, offering hot and cold food during the weekend. Our thanks to all sponsors of awards and to all others that have contributed to the preparation and running of the Feis.

**Gary Healy Memorial Cup:** Over the duration of the Feis, points will be awarded for all 1st 2nd and 3rd places in all grades and championships in all dances. One point will also be awarded for every McCarron All-Star competitor. The school with the most points at the end of the Feis will be awarded the perpetual Gary Healy Memorial Cup.

**McCarron All Stars:** This will be aimed at those youngest dances who love Irish dancing but are not quite ready for graded competition. We want to make this a fun and a memorable experience for all our newest Irish dancers so each child will perform 16 bars of light dance music, they will be introduced to our adjudicators and will be counted in to know when to start in the music. The competition is open to dancers who are aged **under 6 & Under 7** and have NOT previously danced in any grade (Novice, Primary, Intermediate or Open) competitions at a feis. The entry fee is £6.00 per child and each dancer will be awarded with a prize to mark their participation.

A panel of 3 adjudicators will judge all Open & Preliminary Championships.

All grade solo competition winners (1<sup>st</sup> – 3<sup>rd</sup>) will be awarded trophies. We will be awarding 1st-5th sashes in both Preliminary and Open Championship competitions.

**NEW! All results of open and preliminary championships will be provided in a dedicated results hall**

Entries will be taken on the day.

Enquiries to: [kevinmccarron@talk21.com](mailto:kevinmccarron@talk21.com)

McCarron Dance looks forward to meeting you and hopes that you have an enjoyable weekend.

*Kevin McCarron ADCRG BG*

*Helena McCarron ADCRG*

*Sinead McCarron TCRG*

*Leona McCarron-Brayne ADCRG*

*Siobhan McCarron*

*Rebecca Brewster*

*Rachel Butler*

### ENTRY FEES

Solo Trophy Competitions	£6.00
McCarron All Stars (special U6/U7 competition)	£6.00
Championship U6/U7 including 2 solo results	£30.00
Championship U8/U9 including 2 solo results	£40.00
Championship U10 upwards including 2 solo results	£40.00
Mixed Preliminary Championships including 2 solo results	£40.00
Figure/Céilí Competitions	£2.50 (per dancer)
Family Fee maximum	£90.00
Door entry per adult	£5.00

**PROGRAMME OF DANCES**

Age Group	Novice	Primary	Intermediate	Open
	<b>McCarron All Stars Special Competition Ungraded 16 bars, any light dance</b>			
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
	<b>Ungraded Trophy Heavy Jig Ungraded Trophy Hornpipe Ungraded Trophy Traditional Set</b>			Championship
Under 8 Under 9	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 Traditional Set Dance	Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig Trophy Heavy Jig Trophy Hornpipe Trophy Traditional Set Dance	Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig Trophy Heavy Jig Trophy Hornpipe Trophy Traditional Set Dance Championship
Under 10 Under 11 Under 12 Under 13 – Senior Preliminary/ Championship	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 Traditional Set Dance	Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig Trophy Heavy Jig Trophy Hornpipe Trophy Traditional Set Dance	Preliminary Championship U10, U11, U12, U13, U14, U15 Over 15  Open Championship U10, U11, U12, U13, U14, U15, U16, U17, U19, Senior Two solo results in all Championships
Over 12		Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig Trophy Heavy Jig Trophy Hornpipe Traditional Set Dance		
Under 14 Over 14			Trophy Reel Trophy Hop Jig Trophy Light Jig Trophy Slip Jig Trophy Heavy Jig Trophy Hornpipe Traditional Set Dance	

From Under 10 upwards separate solo awards will be given in the first two rounds of the  
Championship and Preliminary Championships  
Figure Competitions: Under 7, 9, 11, 13, 16, Senior - Céilí & Figure Championships

**Open and Preliminary Championships required dances**

Age group (Girls/boys/mixed)	1 <sup>st</sup> Round	2 <sup>nd</sup> Round	Recall
Under 6 & Under 7 Open Championship	Reel	Light Jig/Hop Jig	
Under 8 & Under 9 Open Championship	Reel or Slip Jig	Heavy Jig	Traditional Set Dance
Under 10 Open/Prelim Championship	Reel or Slip Jig	Heavy Jig or Hornpipe	Traditional or Open Set Dance
Under 11 – Senior Open Championship	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
Preliminary Championship Under 11 – Over 15	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance



## Rules as of June 2023

These rules should be read in conjunction with rules laid out by An Coimisiún Le Rincí Galeacha.

### 1 GENERAL

- 1.1 The 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 the 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 Coimisiún.
- 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 Rincí 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.
  - 3.1.1 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 dances must be on the 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

#### 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 Jig (single).
- 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 preliminary 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 Coimisiún apply.

## 6 METRONOMIC SPEEDS

Novice Grade/Bun Grád	Primary Grade/Tús Grád	Intermediate Open Grade/Meán/Árd Grád
Reel ..... 122-124	Primary: Reel ..... 116-118	Reel ..... 113
Hop Jig ..... 124	Hop Jig ..... 124	Hop Jig ..... 124
Light Jig ..... 116	Light Jig ..... 116	Light Jig ..... 116
Slip Jig ..... 124	Slip Jig ..... 120	Slip Jig ..... 113
Trad Jig ..... 96	Heavy Jig ..... 76	Heavy Jig ..... 73
Trad Hornpipe ..... 144	Hornpipe ..... 118	Hornpipe ..... 113

### Traditional Set Dance Speeds

St Patrick's Day.....	94
The Blackbird .....	144
Garden of Daisies.....	138
Job of Journeywork.....	138
King of the Fairies .....	130
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 - [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 CÉILÍ

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 Céilí – 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**

- 10.1 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.
- 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.

## **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 re-dance 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 re-dance 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 re-dance 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.



## Programme of Competitions

### Championships

All Championships will be run as mixed competitions from U10. Also included in the price, is a separate solo result for each of the first 2 rounds of the Championship. These results will be taken, one from each of the three adjudicators on the panel.

### Preliminary single round

Dancers who are ineligible to dance in the Intermediate grade for Reel, Slip jig, Heavy Jig or Hornpipe may enter for just one round of the Preliminary Championship i.e., Light or Heavy (£5.50). This is particularly pertinent for younger/new dancers who may have gained a first place in the Intermediate grade but are not quite ready for full Preliminary Championship level. Separate solo results are awarded in the first two rounds.

### Alongside our usual schedule of competitions we will be running the following two competitions:

#### Gary Healy Memorial Cup

This competition is in memory of Gary and all he achieved in his short life. Over the duration of the feis, points will be awarded for all 1st 2nd and 3rd places in all grades and championships in all dances. One point will also be awarded for every McCarron All-Star competitor. The school with the most points at the end of the feis will be awarded the perpetual Gary Healy Memorial Cup.

#### McCarron All Stars

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**TIMETABLE**  
**SATURDAY 20<sup>th</sup> JANUARY 2024**

<b>CHAMPIONSHIP HALL</b>	
9.00am	Under 12 and Under 13 Championship alternating
10.00am	
11.15am	U8 Championship
12.30pm	U9 Championship followed by U9 Céilí
1.30pm	U10 Championship
2.00pm	U11 Preliminary Championship
3.00pm	Under 10 preliminary Championship
4.30 pm	Under 11 Championship
5.30pm	Under 12 Preliminary Followed by Under 11 and Under 13 Céilí

<b>SPORTS HALL</b>			
	<b>STAGE 1</b>	<b>STAGE 2</b>	<b>STAGE 3</b>
9.00am	U8 Novice	U8 Primary	U8 Inter/Open
11.00am	U9 Novice	U9 Primary	U9 Inter/Open
1.30pm	U10 Novice	U10 Primary	U10 Inter
3.15pm	U11 and U12 Novice Alt	U11 and U12 Primary Alt	U11and U12 Intermediate Alt

**SUNDAY 21<sup>st</sup> January 2024**

<b>CHAMPIONSHIP HALL</b>	
9.00am	McCarron All Stars Competition
9:30am	U15 Championship & U14 Championship Alternating
11am	Under 13 Preliminary Championship
1.30pm	U16 and Under 17 Championship alternating
3.30pm	Senior Championship
	<i>(Separate U19 Championship will be run, if sufficient entries)</i>
	U16 Céilí & Over 16 Céilí

<b>SPORTS HALL</b>			
	<b>STAGE 1</b>	<b>STAGE 2</b>	<b>STAGE 3</b>
9.00am	U7 Novice	U7 Primary	U7 Int/Open
10.30am	U6 Novice	U6 Primary	U6 Int/Open
12.00pm	Under 6 and Under 7 Championship alternating	Followed by under 7 Céilí	
1:30pm	Over 12 Primary	Under 14 Intermediate	Over 14 Intermediate
2.30pm	U14 Preliminary Championship		
3.10pm	Under 15 /over 15 Preliminary Championship Alternating		

## TRAVEL & ACCOMMODATION:

### Airports:

Birmingham Airport, 9.2 miles

East Midlands Airport, 46.1 miles

### Train Stations:

Yardley Wood (local station, trains to/from Birmingham New Street & Stratford Upon Avon)

Solihull Station, 4.1 miles (West Midlands Railways and Chiltern Railways)

Birmingham Moor Street, 5.6 miles (Chiltern Railways)

Birmingham New Street, 5.7 miles (Network Rail)

Birmingham International Station (9 miles)

### Hotels:

**The Regency Hotel** 2.4 miles

Booking: 0121 745 6119

**Village Hotel Solihull**, 2.4 miles

Booking: + 44 121 796 9670

**Travelodge Birmingham Maypole**, 1.2 miles

Booking: 08715 591896

**Premier Inn Birmingham South**, 1.3 miles

Booking: 0333 777 3914

**Holiday Inn Express Solihull**, 3.1 miles

Booking:

**Travelodge Solihull**, 3.9 miles

Booking: 0871 984 6540

**Premier Inn Solihull Town Centre**, 4.3 miles

Booking: 0333 321 9272

### Shopping:

The venue and hotels are all within driving distance to retail and restaurant facilities:

- Parkgate Retail Park in Shirley is 2.3 miles away with an array of retail facilities and supermarkets.
- Solihull Town Centre is 4.5 miles away with a plethora of retail facilities, restaurants and cinema.