

ST NINIAN'S OPEN FEIS 2026



SATURDAY 30TH MAY

**LENZIE ACADEMY
LARCH AVENUE
LENZIE G66 4HT**

REGISTERED WITH AN COIMISIUN LE RINCI GAELACHA



ADJUDICATORS

**MICHELLE HAUGHEY
ADCRG**

**CAITRIONA QUINLAN
ADCRG**

**CIARA LENNON
ADCRG**

**PASCHAL LYONS
ADCRG**

**DERMOT CULLEN
ADCRG**

**DAN ARMSTRONG
ADCRG**

MUSICIANS

**ORLA BRUCE
SCOTLAND**

**KEVIN MURPHY
SCOTLAND**

**WILLIAM PATERSON
SCOTLAND**

**SEAMUS O'SULLIVAN
SCOTLAND**

Email: stniansopenfeis@gmail.com



ENTRY FEES

TROPHY REEL	£7.00
SOLO GRADES	£5.00
U6 – U9 Premiership*	£25.00
U10 – Senior Championship/Preliminary**	£40.00
Dancer Maximum	£45.00
Family Maximum	£80.00
Door Entry (on the day)	£5.00
<p>*Dancers entering U6-U9 Premierships MUST enter and compete in a minimum of TWO solo competitions.</p>	
<p>**If a dancer enters 4 or more solo dances, they can enter a combined Championship/Preliminary Championship competition at the subsidised rate of £15.00.</p>	

FEIS SECRETARY

Eulalia Stewart Ayton (ADCRG)
9 Maroney Drive, Stepps, G33 6PB

Email: stniniansopenfeis@gmail.com

Cheques should be made payable to 'St Ninian's Open Feis'

Only One Cheque Per School

All entries must be returned to the Feis Secretary by **Monday 4th May 2026**

Check our Facebook page – St Ninian's Open Feis for updates.



SOLO GRADES

Age Group	Trophy Reel	Single Jig	Light Jig	Slip Jig	Heavy Jig	Hornpipe
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
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
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
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
U10	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I
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
O12	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I

BEGINNER & PRIMARY GRADES ARE OPEN TO ALL REGIONS

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PREMIERSHIPS

(judged by one adjudicator)

Age Group	Round 1	Round 2	Recall
U6	REEL		
U7	REEL	SINGLE JIG	
U8	REEL	SINGLE JIG	DOUBLE JIG
U9	REEL	HEAVY JIG/HORNSPIPE	TRAD SET

OPEN CHAMPIONSHIPS

(PRELIMINARY CHAMPIONSHIP RESULT CALCULATED AFTER 2 ROUNDS)

Age Group	Round 1	Round 2	Recall
U10	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
U11	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
U12	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
U13	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
U14	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
U15	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
U16	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
U17	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
U19	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
SENIOR	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance

FEIS RULES

- 1. ALL RULES OF AN COIMISIÚN LE RINCÍ GAELACHA ARE APPLICABLE TO THIS FEIS UNLESS STIPULATED THAT AN AGREED LOCAL RULE APPLIES.**
- 2. ENTRIES WILL ONLY BE ACCEPTED FROM TEACHERS REGISTERED WITH AN COIMISIÚN LE RINCÍ GAELACHA.**
- 3. ALL ENTRIES MUST BE MADE ON THE ENCLOSED OFFICIAL ENTRY FORMS, WHICH MUST BE FULLY COMPLETED AND SIGNED BY THE TEACHER. ENTRIES WILL ONLY BE ACCEPTED FROM TEACHER'S EN-BLOC AND NOT ON AN INDIVIDUAL BASIS. THE DANCER'S FULL FIRST AND SURNAME MUST BE ENTERED IN BLOCK CAPITALS.**
- 4. THE FEIS COMMITTEE MAY MODIFY OR CANCEL ANY ARRANGEMENTS DETAILED IN THIS SYLLABUS AS DEEMED NECESSARY, SUBJECT TO THE APPROVAL OF SRC OR AN COIMISIUN LE RINCÍ GAELACHA**
- 5. THE ADJUDICATOR'S DECISIONS ARE FINAL SUBJECT TO THE RULES IN THE SYLLABUS.**
- 6. COMPLAINTS MUST BE SUBMITTED IN WRITING WITH A £20 FEE TO THE FEIS SECRETARY WITHIN AN HOUR OF THE INCIDENT. THE FEE WILL BE RETURNED IF THE COMPLAINT IS UPHELD.**
- 7. COMPETITORS MUST BE PRESENT WHEN THEIR COMPETITION IS CALLED AND FULLY OBEY ALL DIRECTIONS FROM THE FEIS STEWARDS AND HALL KEEPER, OR THEY MAY LOSE THEIR RIGHT TO DANCE.**
- 8. COMPETITORS MUST BE IN COSTUME READY TO DANCE NO LESS THAN 30 MINUTES BEFORE THE TIMES SCHEDULED FOR THEIR COMPETITIONS.**
- 9. COMPETITORS MUST USE THE DESIGNATED AREAS TO PRACTICE AND MUST NOT PRACTICE IN THE COMPETITION HALLS, CORRIDORS, SIDE STAGE ETC. THIS RULE WILL BE STRICTLY ENFORCED. ANY DANCER FOUND CAUSING DAMAGE TO FLOOR SURFACES OUT WITH THE AREAS DESIGNATED AS OFFICIAL PRACTICE AREAS WITH BE HELD PERSONALLY LIABLE FOR ANY NECESSARY REPAIRS.**
- 10. ALL CHAMPIONSHIP TROPHIES ARE PERPETUAL CHALLENGE TROPHIES AND MUST BE RETURNED AT THE REQUEST OF THE FEIS COMMITTEE.**

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FEIS RULES

11. TEMPOS FOR INTERMEDIATE & OPEN COMPETITIONS, REGARDING REEL, SLIP JIG, HEAVYJIG AND HORNSPIPE WILL BE THE SAME AS THOSE STIPULATED FOR THE WORLD CHAMPIONSHIPS. BEGINNER AND PRIMARY COMPETITIONS ARE OPEN TO COMPETITORS FROM ALL REGIONS. SPEEDS WILL BE IN ACCORDANCE WITH THOSE STIPULATED BY THE SCOTTISH REGIONAL COUNCIL. ALL AGREED SPEEDS ARE OUTLINED BELOW.

	BEGINNER	PRIMARY	INTERMEDIATE	OPEN
REEL	124	116	113	113
SINGLE JIG	124	124	124	124
LIGHT JIG	116	116	116	116
SLIP JIG	124	120	113	113
HEAVY JIG	96	76	73	73
HORNSPIPE	144	118	113	113

12. MAKE UP RULES (4.5 CLRG RULE BOOK) 4.5.1 MAKE- UP WILL NOT BE PERMITTED FOR ANY DANCER IN THE FIRST TWO GRADES (BEGINNER AND PRIMARY) UP TO AND INCLUDING THE UNDER 12 AGE GROUP WORLDWIDE. 4.5.2. MAKE- UP (INCLUDING FALSE EYE LASHES) IS NOT PERMITTED FOR DANCERS, IN EITHER SOLO OR TEAM COMPETITIONS, UP TO AND INCLUDING THE UNDER 10 AGE GROUP. (POINT OF CLARIFICATION) FOR THE PURPOSE OF THIS RULE THE TERM "MAKE UP" INCLUDES TINTED MOISTURISER AND ANY ARTIFICIAL TANNING PRODUCTS. AN COIMISIUN HOPES THAT TEACHERS AND PARENTS WILL INTERPRET AND APPLY THIS RULE IN THE SPIRIT IN WHICH IT IS INTENDED. EFFECTIVE MARCH 1ST 2014.

13. FIRST AIDERS WILL BE PRESENT SHOULD ANYONE NEED THEIR ASSISTANCE AT THE FEIS.

14. NO COACHING WHILST DANCERS ARE ON STAGE DURING ANY COMPETITION, NO MATTER WHAT GRADE. THIS RULE HAS SPECIFICALLY BEEN LAID DOWN BY THE SRC. FAILURE TO COMPLY WITH THIS COULD RESULT IN DISQUALIFICATION OF THE DANCER.

15. BEGINNER AND PRIMARY COMPETITIONS ARE OPEN TO COMPETITORS FROM ALL REGIONS.

16. BEGINNERS ARE ONLY PERMITTED TO DANCE STEPS EQUIVALENT TO THE BASIC REEL, SINGLE JIG, LIGHT JIG, SLIP JIG, HEAVY JIG AND HORNSPIPE. ANY COMPETITORS PERFORMING STEPS OF A HARDER DEGREE OF DIFFICULTY IN THE BEGINNER GRADE MAY BE DISQUALIFIED FROM THAT PARTICULAR COMPETITION.

FEIS RULES

BEGINNER: A DANCER WINNING 1ST IN BEGINNER GRADE, WHEN THERE ARE AT LEAST 6 OR MORE COMPETITORS, MUST DANCE THAT PARTICULAR DANCE IN PRIMARY GRADE (OR ABOVE) FOR AT LEAST 12 MONTHS

PRIMARY: A DANCER WINNING A 1ST IN PRIMARY GRADE, WHEN THERE ARE AT LEAST 6 OR MORE COMPETITORS, MUST DANCE THAT PARTICULAR DANCE IN INTERMEDIATE GRADE (OR ABOVE) FOR A PERIOD OF AT LEAST 12 MONTHS.

INTERMEDIATE: A DANCER WINNING A 1ST IN INTERMEDIATE GRADE, WHEN THERE ARE AT LEAST 6 OR MORE COMPETITORS, MUST DANCE THAT PARTICULAR DANCE IN OPEN GRADE FOR A PERIOD OF AT LEAST 12 MONTHS.

OPEN – A DANCER WINNING 1ST, 2ND OR 3RD IN OPEN GRADE MUST DANCE THAT PARTICULAR DANCE IN OPEN GRADE FOR A PERIOD OF AT LEAST 12 MONTHS. OPEN CHAMPIONSHIPS – A DANCER PLACED 1ST, 2ND OR 3RD IN AN OPEN CHAMPIONSHIP MUST REMAIN OPEN FOR THOSE DANCES PERFORMED IN THAT CHAMPIONSHIP FOR A PERIOD OF AT LEAST 12 MONTHS.

PRELIMINARY COMPETITIONS ARE INCLUDED IN ALL OPEN CHAMPIONSHIPS FROM UNDER 10 UPWARDS, PROVIDED THERE ARE 2 OR MORE ELIGIBLE COMPETITORS.

- RESULTS WILL BE TAKEN FROM THE FIRST 2 ROUNDS.
- IN ACCORDANCE WITH SCOTTISH REGIONAL COUNCIL RULES, TO BE CONSIDERED AS ELIGIBLE TO COMPETE IN A PRELIMINARY CHAMPIONSHIP, THE FOLLOWING RULES APPLY:
- CANNOT HAVE BEEN PLACED IN A TOP THREE POSITION IN AN OPEN CHAMPIONSHIP WITH UP TO 20 COMPETITORS WITHIN THE LAST 12 MONTHS
- CANNOT HAVE BEEN PLACED IN A TOP 5 POSITION IN AN OPEN CHAMPIONSHIP WITH MORE THAN 20 COMPETITORS WITHIN THE LAST 12 MONTHS A MINIMUM NUMBER OF THREE ADJUDICATORS MUST OFFICIATE, AND MUST HAVE INCLUDED ONE LIGHT AND ONE HEAVY DANCE.
- COMPETITORS WHO QUALIFY FOR AND COMPETE IN OIREACTAS RINCE NA CRUINNE IN THE PREVIOUS 12 MONTHS CANNOT COMPETE IN A PRELIMINARY CHAMPIONSHIP, EXCEPT WHERE THE DANCER AUTO-QUALIFIED AT THEIR REGIONAL OR NATIONAL OIREACTAS DUE TO LACK OF NUMBERS.
- THE RELEVANT NOTATION MUST BE MADE ON THE ENTRY FORM TO INDICATE THAT A DANCER IS ENTITLED TO ALSO BE ENTERED INTO THE PRELIMINARY CHAMPIONSHIP, 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 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.

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FEIS RULES

17. NO BLOCK, EN POINTE MOVEMENTS, STATIONARY OR MOVING, ARE ALLOWED TO BE PERFORMED FOR ALL AGES UP TO AND INCLUDING THE UNDER 12 AGE GROUP. *FOR CLARIFICATION PURPOSES, THIS MEANS THAT IF THE FULL WEIGHT IS PUT ON THE FOOT, THAT IS EN POINTE, THIS IS NOT ALLOWED IN ANY MOVEMENT.* (ADDED 27.01.19) - HOWEVER DANCERS WHO ARE MOVING INTO THE UNDER 13 AGE GROUP IN JANUARY WILL BE PERMITTED TO DO BLOCK / EN-POINTE WORK FROM SEPTEMBER 1ST OF THE YEAR PRIOR TO THIS DATE. FOR REGIONS IN THE SOUTHERN HEMISPHERE A DIFFERENT DATE MAY BE APPLIED IN THE CASE OF THIS RULE, ON THE ADVICE OF THE APPROPRIATE AUTHORITY.

18. THE DRESS CODE IN ACCORDANCE WITH AN COIMISIUN RULING WILL BE STRICTLY OBSERVED, I.E. FOR THE SAKE OF MODESTY AND IN THE INTEREST OF THE SAFETY TO YOUNG PEOPLE, DANCERS WILL NOT BE PERMITTED TO WALK AROUND THE FEIS SCANTILY DRESSED. ALL DANCERS MUST BE IN FULL COSTUME AND APPROPRIATE BLACK FOOTWEAR WHEN RECEIVING AWARDS, OTHERWISE SUCH AWARDS MAY BE FORFEITED.

19. DANCERS IN BEGINNER AND PRIMARY COMPETITIONS UP TO AND INCLUDING THE UNDER 12 AGE GROUP MUST ABIDE BY THE SCOTTISH REGIONAL COUNCIL COSTUME RULE, IE. MUST ONLY WEAR CLASS COSTUME, SKIRT/TROUSERS AND BLOUSE/SHIRT, OR APPROPRIATE CIVILIAN CLOTHING. AN COIMISIUN RULINGS ON HEM/NECKLINE WILL ALSO BE STRICTLY ADHERED TO, LOW CUT TOPS OR SHORT TIGHT SKIRTS ARE NOT PERMITTED.

20. THE USE OF HAIRSPRAY WILL ONLY BE PERMITTED IN DESIGNATED CHANGING AREAS. NO HAIRSPRAY TO BE USED IN COMPETITION HALLS

21. ANY FORM OF UNAUTHORISED PHOTOGRAPHY WHICH HAS THE CAPACITY TO CAPTURE A DANCER'S IMAGE IN MOTION, USING ELECTRICAL OR MANUAL MEANS, E.G. MOBILE PHONE, STANDARD CAMERA, VIDEO CAMERA, CINE RECORDER, COMMERCIAL FILM, WITH OR WITHOUT FLASH ENHANCEMENT IS STRICTLY FORBIDDEN IN COMPETITION BY ANYONE.

22. PLEASE NOTE - SHOULD YOU WISH YOUR CHILD / CHILDREN TO BE EXCLUDED FROM BEING PHOTOGRAPHED DURING THEIR PERFORMANCE OR THROUGHOUT THE EVENT THIS SHOULD BE ADVISED IN ADVANCE. UPDATES WILL BE POSTED ON SOCIAL MEDIA THROUGHOUT THE DAY, THEREFORE IT IS IMPERATIVE THAT FEIS ORGANISERS ARE ADVISED OF ANYONE WHO IS TO BE OMITTED.

23. THE COMMITTEE ARE NOT RESPONSIBLE FOR PROPERTY LOST DURING THE FEIS AND EVERYONE IS ADVISED NOT TO LEAVE BAGS OR CLOTHING ETC. UNATTENDED.

24. SMOKING IS NOT PERMITTED ANYWHERE IN THE VENUE.

25. THE CONSUMPTION OF ALCOHOL IS STRICTLY FORBIDDEN ALL AREAS OF THE FEIS.

26. NO REFUNDS CAN BE GIVEN AFTER THE CLOSING DATE FOR ENTRIES.

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