

# Feis Cúchulainn



Hosted By

*Scoil Rince Móna Ní Rodaigh*

**September 23<sup>th</sup> & 24th 2023**

**Venue** St Patrick's GFC Centre,  
Lordship, Dundalk,  
Co. Louth A91 X8XF

**Moltóirí :** Joanne Doyle Sansonetti ADCRG- France  
Louise Smith ADCRG – Munster  
Gemma Carney ADCRG - Connacht

**Ceoltóir :** Stephen Walker, Munster

**\*\*For the latest updates follow Feis Cúchulainn on Facebook\*\***

**Enquiries: [info@monanirodaigh.com](mailto:info@monanirodaigh.com)**

Entries by Feis Connect via the following link:

**<https://forms.gle/SpM275zGZ2cW7H1m9>**

**Entries are now open. Entries close Monday 18<sup>th</sup> September, 2023**

Syllabus Approved by Feis Registrar of An Comhairle Uladh: Sukhy Nijjar



## **Saturday 8.30 am**

*\*denotes approximate times- please be ready to compete 30 mins prior to indicated times.*

### **8.30am sharp**

- |                             |                |
|-----------------------------|----------------|
| 1. Craobh Comortas & Prelim | faoi 10        |
| 2. Craobh Comortas & Prelim | faoi 9 (Mixed) |
| 3. Craobh Rince Ceili       | faoi 10        |

### **10:30 am\***

- |                             |         |
|-----------------------------|---------|
| 4. Craobh Comortas & Prelim | faoi 11 |
| 5. Craobh Comortas & Prelim | faoi 12 |
| 6. Craobh Rince Ceili       | 10 – 12 |

### **2.00 pm\***

- |                             |         |
|-----------------------------|---------|
| 7. Craobh Comortas & Prelim | faoi 13 |
| 8. Craobh Comortas & Prelim | faoi 14 |

### **4.00 pm\***

- |                              |         |
|------------------------------|---------|
| 9. Craobh Comortas & Prelim  | faoi 15 |
| 10. Craobh Comortas & Prelim | faoi 16 |

### **6.00 pm \***

- |                        |             |
|------------------------|-------------|
| 11. Craobh Comortas    | 16 - 18     |
| 12. Craobh Comortas    | os cionn 18 |
| 13. Craobh Rince Ceilí | 12 - 15     |
| 14. Craobh Rince Ceilí | os cionn 15 |

**N.B. In each section, the first two rounds of each championship will be danced, followed by Set Dances.**

Syllabus Approved by Feis Registrar of An Comhairle Uladh: Sukhy Nijjar



**Sunday 8.30 am**

**Bun, Grad, Tus Grad, Mean Grad Competitions  
& Craobh Chomortasai faoi 6, faoi 7 & faoi 8**

	<b>Stage 1</b>	<b>Stage 2</b>	<b>Stage 3</b>
<b>08.30 am</b>	<b>8-9 Bun</b> Reel, Light Jig, Single Jig, Slip Jig & Light Trophy (T*)	<b>7-8 Bun</b> Reel, Light Jig, Single Jig, Slip Jig & Light Trophy (T*)	<b>U6 Bun</b> Reel, Light Jig, Single Jig, Slip Jig & Light Trophy (T*) <b>ALTERNATING WITH 6-7 Bun</b> Reel, Light Jig, Single Jig, Slip Jig & Light Trophy (T*)
<b>10.00 am</b>	<b>12-14 Bun</b> Reel, Light Jig, Single Jig, Slip Jig & Light Trophy (T*) <b>ALTERNATING WITH Over 14 Bun</b> Reel, Light Jig, Single Jig, Slip Jig & Light Trophy (T*)	<b>10-12 Bun</b> Reel, Light Jig, Single Jig, Slip Jig & Light Trophy (T*)	<b>9-10 Bun</b> Reel, Light Jig, Single Jig Slip jig & Light Trophy (T*)
<b>11.30 am</b>	<b>Craobh Chomortasai</b> (3 Rounds Alternating)  Bonus Competition: Hornpipe  <b>FOLLOWED BY</b> <b>U5 "Tomorrow's Champs"</b> <b>Ungraded Reel (16 Bars)</b>	<b>faoi 6 Mixed</b>  <b>faoi 7 Mixed</b>  <b>faoi 8 Mixed</b>  <b>faoi 8 Mixed</b> (16 Bars 'step down the line')	
<b>2.00 pm</b>	<b>TEAM COMPETITIONS Faoi 10</b> Cor na Siog Cor no Port Ceathrar	<b>TEAM COMPETITIONS Faoi 12</b> Cor na Siog Cor no Port Ceathrar	<b>TEAM COMPETITIONS Faoi 15</b> Cor na Siog Cor no Port Ceathrar
<b>2.30 pm</b>	<b>10-12 Tús</b> Reel, Light Jig, Single Jig, Slip Jig, Light Trophy (T*), Heavy Jig & Traditional Set Dance (T*) <b>ALTERNATING WITH Over 14 Tús</b> Reel, Light Jig, Single Jig, Slip Jig, Light Trophy (T*) Heavy Jig & Traditional Set Dance (T*)	<b>8-10 Tús</b> Reel, Light Jig, Single Jig, Slip Jig, Light Trophy (T*), Heavy Jig & Traditional Set Dance (T*)	<b>U8 Tús</b> Reel, Light Jig, Single Jig, Slip Jig, Light Trophy (T*) Heavy Jig & Traditional Set Dance (T*) <b>ALTERNATING WITH 12- 14 Tús</b> Reel, Light Jig, Single Jig, Slip Jig, Light Trophy (T*) Heavy Jig & Traditional Set Dance (T*)
<b>4.00 pm</b>	<b>10-11 Mean</b> Reel, Light Jig, Single Jig, Slip Jig, Heavy Jig, Hornpipe & Heavy Trophy (T*)	<b>9-10 Mean</b> Reel, Light Jig, Single Jig, Slip Jig, Heavy Jig, Hornpipe & Heavy Trophy (T*)	<b>Under 7 Mean</b> Reel, Light Jig, Single Jig, Slip Jig, Heavy Jig & Heavy Trophy (T*) <b>ALTERNATING WITH 7-9 Mean</b> Reel, Light Jig, Single Jig, Slip Jig, Heavy Jig & Heavy Trophy (T*)
<b>5.15 pm</b>	<b>11-13 Mean</b> Reel, Single Jig, Slip Jig, Heavy Jig, Hornpipe & Heavy Trophy (T*)	<b>13-15 Mean</b> Reel, Single Jig, Slip Jig, Heavy Jig, Hornpipe & Heavy Trophy (T*)	<b>Over 15 Mean</b> Reel, Single Jig, Slip Jig, Heavy Jig, Hornpipe & Heavy Trophy (T*)



## Championship Dances:

U6 Mixed	Reel, Single Jig, Light jig
U7 Mixed	Reel, Single Jig, Jig
U8 Mixed	Reel, Jig, Trad Set
U9 Mixed	Reel, Jig, Trad Set
U10- O18	Reel/Slip Jig, Jig/Hornpipe, Any Set

- U6, U7, U8 & U9 Mixed Championships will dance all 3 rounds
- From U10 upwards, if there are 5 or more boys there will be a separate Championship. This does **not** apply for Preliminary Championships.
- If there are 25 or less competitors in a championship, all dancers will be invited to dance their set round. If there are 26+ competitors a recall will take place.
- A preliminary championship will be incorporated into each Craobh Comortas from Under 9 up to and including under 16 years age groups where there is a minimum of 5 competitors eligible for the preliminary championship.
- Preliminary championship results will be based on 2 rounds and will be given before each Open Championship result. **It is imperative that Preliminary dancers are identified at time of entry.**

### TÁILLÍ/FEES

Ungraded 'Tomorrows Champs'	€5
Bun, Tus & Mean Grad Solos	€5
Bun, Tus & Mean Grad Trophy Competitions	€6
Teams	€3 per dancer
Craobh Comortas (Championship) U8- Senior	€35
Prelim only (u9- u16)	€25
Craobh Comortas & Prelim (u9- u16)	€40
Craobh Comortas U6 & U7	€25
Bonus Competition	No Fee
(16 bars Hornpipe 'step down the line')	
Admission:	€5

- Sashes & and Cups/Trophies will be awarded to top 5 dancers in Open & Prelim Championships
- Risers will be awarded to all 1<sup>st</sup> place winners in Graded solo competitions
- Sashes will be awarded to 1<sup>st</sup> place and Trophies awarded to 1<sup>st</sup> -5<sup>th</sup> place in Graded Trophy Competitions

Entries by Feis Connect Only via the following link:

<https://forms.gle/SpM275zGZ2cW7H1m9>

Entries are now open. Entries close **Monday 18<sup>th</sup> September, 2023**

For team entries and enquiries, please email: [info@monanirodaigh.com](mailto:info@monanirodaigh.com)

N.B. Entry for the feis indicates that dancers entered, and their parents/guardians agree to adhere to the feis and venue guidelines. Fees are non-refundable except in the case that the event does not go ahead as planned.

Syllabus Approved by Feis Registrar of An Comhairle Uladh: Sukhy Nijjar



## RIALACHA

- Entries only accepted from teachers registered with An Coimisiún le Rincí Gaelacha.
- Age taken as of 1st January 2023.
- The adjudicator's decision is final.
- An adjudicator who judges a feis in the Ulster region may not judge any other feis (including class feiseanna and graded examinations) in the Ulster region until 6 months has elapsed.
- Make-up (including false eyelashes and tanner on the face) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.
- Make-up will not be permitted for any dancer in the first two grades (Bun Grad & Tus Grad or equivalent) up to and including the Under 12 age group worldwide.
- Make up rules refer to the age group of the competition, not the actual age of the dancer. For example, a nine-year old dancer, competing in a team that is entered Under 12, may wear make-up or at a feis where the youngest Open Championship age group is Under 11, then all dancers in that competition may wear make-up. These rules must also be announced from side stage at the event. Participants should be reminded that should they be in breach of these rules and be required to remove their make-up, that they risk missing their rotation in the competition.
- Competitors in Bun Grad and Tus Grad, up to and including Under 12 age group may only wear traditional class costumes or long/short sleeved blouses & skirt/trousers, polo tops & skirt/trousers, body suits & skirts or tunics that confirm to the regular costume length rule. Low-cut tops and short tight skirts are not permitted.
- Bun Grad competitions are confined to competitors who at the time of entry have never won 1st place (or being graded as per below) in that particular dance in any age group or grade. Basic steps only are permitted in Bun Grad.
- Tus Grad confined to dancers who have never won 1st place (or being graded as per below) for that particular dance in any age in Tus Grad, Mean Grad or Ard Grad. Dancers may perform either basis steps or their first hard/difficult version of each dance. Steps in Tus Grad Heavy Jigs and Hornpipe must be similar to those used in St. Patrick's Day and Blackbird.
- In Bun and Tus Grad competitions one dancer moves up to the next grade if there are less than 20 competitors, two dancers move up if there are between 21 and 40 competitors and three dancers move up if there are over 40 competitors
- Mean Grad competitions are confined to dancers who at the time of entry never won 1st place for that particular dance in Mean or Ard Grad in that age group or a higher age group.



## **COSTUME LENGTH**

- Length of costumes must adhere to principles of modesty and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to change into black tights (of a denier not less than 70 per cent) in order for the dancer to continue in the competition. When wearing body suits with skirts (commonly known as black-out attire) black tights (of a denier less than 70) must be worn from the age of 14 and above. As a point of clarification, this rule is not limited to just body suits but also to tops/ blouses and skirts/shorts of all colours and is in effect from the 14-15 age group upwards.
- Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage (as per illustration on [www.clrg.ie](http://www.clrg.ie)). Dancers wearing undergarments that do not cover the areas of the body as in the illustrated example will be asked to put on black tights of a denier of not less than 70%. This is monitored by the adjudicator. For competitions adjudicated by a panel of more than one adjudicator all adjudicator on the panel must agree to ask the dancer to put on tights.
- 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.

## **PRELIMINARY CHAMPIONSHIPS:**

- A Preliminary 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 Preliminary Championship 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 prelim 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 or previous year. Dancers must not have recalled in the actual Championship at Oireachtas Rince na hEireann in the current year or previous year. 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 one Preliminary Championship they may continue to compete in Mean grad (with the exception of the dances that they have won the Prelim Championship with). Dancers who qualify for Oireachtas Rince na Cruinne where there are five dancers or less in the competition at their Regional Oireachtas are exempt from this ruling. They may remain in the Preliminary Championships if they so wish. Boys who have qualified for Oireachtas Rince na Cruinne, but were not placed in the top 3 at their Regional Oireachtas and who otherwise fulfil the Prelim Criteria, may continue to compete in Preliminary Grade.



- Dancers must perform to the following speeds:  
 Bun Grad: Reel 122-124, Light Jig 116, Single Jig 124, Slip Jig 124, Heavy Jig 96, Hornpipe 144  
 Tus Grad: Reel 116-118, Light Jig 116, Single Jig 124, Slip Jig 120, Heavy Jig 82, Hornpipe 130  
 Mean/Ard Grad: Reel 113, Light Jig 116, Single Jig 124, Slip Jig 113, Heavy Jig 73, Hornpipe 113  
 Traditional Set Dances: St. Patrick's Day 94, The Blackbird 144, Job of Journeywork 138, Garden of Daisies 138, King of the Fairies 130, Three Sea Captains 96, Jockey to the Fair 90
- All competitors will be required to dance a MINIMUM number of 40 bars, except in Slip Jigs, Hornpipes & Bun Grad Reels where a MINIMUM number of 32 bars will be required.
- 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 phones, ipads, standard cameras, video camcorders, cine recorder, commercial film, with or without flash enhancement, is forbidden during competition.  
 If you wish your child to be excluded from any photographs that maybe uploaded onto social media websites, please ensure that you inform the feis organiser in advance.
- Changing of costumes, dressing and undressing, is not permitted in the halls or public areas.
- No block, en point, stationery or moving will be allowed for all ages up to and including Under 12. However, dancers who will be competing in the 12-13 age group in the following year, will be exempt from this rule from 1st September.
- The Child Protection Designated Liaison Officer for the Ulster Region is Paula Bell. If you have any concerns for any child's safety at the event, please contact her:  
 CPDLOUlster@gmail.com.

### **OTHER RULES**

- Any objections must be lodged in writing within one hour of result, accompanied by fee of €25.00.
- The feis committee will not accept any responsibility for personal injuries or articles lost at the feis.
- The feis committee reserves the right to transfer competitions/results to a different area or to alternate competitions if it becomes necessary to help the feis run smoothly. The committee reserves the right to use a relief adjudicator.
- The feis committee reserve the right to refuse feis entries or entrance into the feis.



**All first place Cups, Belts, Shields, are perpetual awards. It is the responsibility of the winner from the relevant year, to ensure that they are returned to Mona Lennon no later than September 19th 2023. Any damage or loss will be the responsibility of the current holder.**

## **DATA PROTECTION**

As feis organisers and members of An Coimisiún le Rincí Gaelacha (CLRG), we aim to protect all user information in accordance with the EU General Data Protection Regulation 2018. Please see link for more information: <http://www.eugdpr.org/eugdpr.org-1.html>

As members of CLRG, we comply with the CLRG GDPR Regulations. Please see link for more information: <http://www.clrg.ie/index.php/en/about-us/privacy-policy.html>

We are committed to ensuring that your information is secure. To prevent unauthorised access or disclosure, we have put in place suitable procedures to safeguard and secure the information we collect. Some personal data is required to be shared to gain information about who is taking part in our competition. This information will be given to the feis organiser by registered teachers via email. This information may be shared with An Comhairle Uladh, CLRG and members of the feis committee. If you have any concerns with the way your data is being collected, stored, or used, please contact [info@monanirodaigh.com](mailto:info@monanirodaigh.com)

Syllabus Approved by Feis Registrar of An Comhairle Uladh: Sukhy Nijjar

