

The O'Shea Family and Friends  
ARE PROUD TO PRESENT



March  
18<sup>th</sup> & 19<sup>th</sup>  
2023

Pillo Hotel,  
Ashbourne

## Feis Mhaigh Life Syllabus

### Moltoiri – Adjudicators

Ailis O'Dowda (England)  
Kathleen Murray (England)  
Donna Griffin (England)  
Gerard McQuaid (Ireland)  
Isabella Fogarthy (Ireland)  
Fiona McCabe (Ireland)

### Ceoltoiri - Musicians

Liam O'Sullivan (UK)  
Brian O'Sullivan (UK)  
Kevin Joyce (Ireland)

**All Enquiries to:**

Dara +44 7720 057562 [delapdancer@aol.com](mailto:delapdancer@aol.com)

Facebook : [www.facebook.com/AineOSheaMemorialFeisandBall](http://www.facebook.com/AineOSheaMemorialFeisandBall)





## Dear Teachers, Parents and Dancers

The O'Shea Family & Friends are proud to present the 3rd Áine O'Shea Memorial Championships back at the Pillo Hotel, Ashbourne, Co Meath, A84 KR91, ideally located only 20mins from Dublin Airport.

To cater for our up and coming champions we will be offering Príomh Comórtasí competitions in the following age groups;

Bún, Tús & Lár - U7, U8, U9, U10, U11, U12, 12 -14 & O14 on Sunday 19<sup>th</sup>

This year we have added an U6 "Stars of the Future" competition open to all younger dancers.

We will once again be holding the Special competition (Step down the line in the Heavy Jig or Hornpipe) to honour Áine O'Shea in the following age groups; U15, U17, U19 & O19, on Saturday and U9, U11, U13 on Sunday, which is open to all grades. We will be running Mixed Open Championships from Under 7 to Over 18 and Preliminary Championships from Under 10, the Preliminary result will be taken after the first 2 rounds of the Open Championship. All Championships will have 3 solo results and an overall result. All Open Championships, U10 – O18, will be adjudicated by 6 adjudicators (three for rounds 1 & 2 and three for Round 3).

Following the success in 2022, we will be having a Champion of Champions U14 to Over 18 on Saturday and U7 to U13 on Sunday to celebrate our 2023 winners.

There will also be Mixed 4 hand & 8 hand ceili championships in the following age groups; U13, 13 & U16 & Over 16 on Saturday.

Des Silke ADCRG & Maire Dixon ADCRG from Instep Feis Management will be providing the tabulation and entry services for our event. This syllabus along with and Entry Pack and a Provisional Timetable will be displayed on [www.instepfm.com](http://www.instepfm.com) Full instructions on the entry procedure are included in the Entry Pack.

On behalf of the O'Shea family and friends, we look forward to welcoming you all to this year's Áine O'Shea Memorial Championships.

The O'Shea Family

**All Enquiries to**

Dara +44 7720 057562 [delapdancer@aol.com](mailto:delapdancer@aol.com)

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## Entries –

The Syllabus and Entry pack will be available through Des Silke from Instep Feis Management. He will be providing Grade, Preliminary and Open championship results throughout the event as well as processing all entries for the Feis.

For the syllabus and entry pack please visit

[www.instepfm.com](http://www.instepfm.com)

This site will provide full instructions on how to submit your entry.

**Closing Date: Friday 10<sup>th</sup> March 2023**

(Entries after this date will incur a €5 admin fee)

### Entry Fees:

Stars of the future competition	€10
Aine O'Shea Special Competitions	€5
4 & 8 Hand Ceili Championships	€5/dancer
Príomh Comortaisi (includes 2 solo results) – 1 Adjudicator	€20
Craobh Comortas Inc Preliminary Championships (includes 3 solo results)	€50
Preliminary Championship only	€45
<u>General Admission to the Feis</u>	<u>€7</u>

### Venue Details :

**Pillo Hotel, Ashbourne, Co Meath, A84 KR91**

Reservation Telephone: +353 (0)1 835 0800

Reservation Email: [reservations@pillohotelashbourne.com](mailto:reservations@pillohotelashbourne.com)

Website: <https://www.pillohotelashbourne.com>

Family rooms are available - book early to avoid disappointment

*Dublin airport - Only 21mins away*





## Bún, Tús & Lár Grád Príomh Comórtaisi

Please note dancers may only enter "ONE" Príomh Comórtas competition and may not compete across multiple grades.

### Light Dances

Cor Reel    Port Luasca Slip Jig    Port Singil Single Jig    PortEadrom Light Jig

### Heavy Dances

Port Trom Heavy Jig    Cornphiopa Hornpipe

**Please indicate your choice of dances on the entry pack**

### Bún Grád –

Sunday 19<sup>th</sup> - Under 7 - Reel & light Jig  
 - 7 – 8 - Choice of any 2 light dances  
 - 8 - 9 - Choice of any 2 light dances  
 - 9 - 10 - Choice of any 2 light dances  
 - 10 - 11 - Choice of any 2 light dances  
 - 11 – 12 - Choice of any 2 light dances  
 - 12 – 14 - Choice of any 2 light dances

### Tús Grád–

Sunday 19<sup>th</sup> - Under 7 - Reel & light Jig  
 - 7 - 8 - Choice of any 2 light dances  
 - 8 – 9 - Choice of any 2 light dances  
 - 9 - 10 - Choice of any light dance & any heavy dance  
 - 10 - 11 - Choice of any light dance & any heavy dance  
 - 11 - 12 - Choice of any light dance & any heavy dance  
 - 12 - 14 - Choice of any light dance & any heavy dance  
 - Over 14 - Choice of any light dance & any heavy dance

### Lár Grád–

Sunday 19<sup>th</sup> - Under 7 - Reel & light Jig  
 - 7 - 8 - Choice of any 2 light dances  
 - 8 - 9 - Choice of any 2 light dances  
 - 9 - 10 - Choice of Reel or Slip Jig & any heavy dance  
 - 10 - 11 - Choice of Reel or Slip Jig & any heavy dance  
 - 11 - 12 - Choice of Reel or Slip Jig & any heavy dance  
 - 12 - 14 - Choice of Reel or Slip Jig & any heavy dance  
 - Over 14 - Choice of Reel or Slip Jig & any heavy dance

### Ceili Championships

4 hand - Under 13 - 13 & Under 16 - Over 16  
 8 hand - Under 13 - 13 & Under 16 - Over 16





## Provisional Timetable / Days

### Saturday – 18<sup>th</sup> March 2022

Under 15 Aine O'shea Special Comp  
Under 17 Aine O'shea Special Comp  
Under 19 Aine O'shea Special Comp  
Over 19 Aine O'shea Special Comp

Under 14 Craobh Comortas  
Under 15 Craobh Comortas  
Under 16 Craobh Comortas  
Under 17 Craobh Comortas  
Under 18 Craobh Comortas  
Over 18 Craobh Comortas

Under 16 Ceili Championship  
Over 16 Ceili Championship

Champion of Champions

### Sunday – 19<sup>th</sup> March 2022

Under 7 Priomh Comortaisi  
Under 8 Priomh Comortaisi  
Under 9 Priomh Comortaisi  
Under 10 Priomh Comortaisi  
Under 11 Priomh Comortaisi  
Under 12 Priomh Comortaisi  
Under 13 Priomh Comortaisi  
Under 15 Priomh Comortaisi  
Over 15 Priomh Comortaisi

Under 9 Aine O'shea Special Comp  
Under 11 Aine O'shea Special Comp  
Under 13 Aine O'shea Special Comp

Under 6 Future Stars  
Under 7 Craobh Comortas  
Under 8 Craobh Comortas  
Under 9 Craobh Comortas  
Under 10 Craobh Comortas  
Under 11 Craobh Comortas  
Under 12 Craobh Comortas  
Under 13 Craobh Comortas

Under 13 Ceili Championship

Champion of Champions





## 2022 Áine O'Shea Memorial Feis – CHAMPIONSHIP WINNERS

U6	ALEXANDRIA SCALLY	AINE MURPHY ACADEMY
U7	RUBY HOARE	KAVANAGH PORTER ACADEMY
U8	ELLA BARRY	FEELY BATES ACADEMY
U9	MARCUS O'SULLIVAN	AINE MURPHY ACADEMY
U10	CAOILFHIONN O'REILLY	SCOIL RINCE MONA NI RODAIGH
U11	KATE PHELAN	FLYNN O'KANE ACADEMY
U12	HOLLY BRENNAN	CURLEY BRENNAN
U13	HANNA MIODUSZEWSKA	CABE ACADEMY
U14	BLAITHIN MOHAN	CLANN McCAUL
U15	CAOIMHE O'HALLORAN	AINE MURPHY ACADEMY
U16	LUCY CREGOE	CURLEY BRENNAN
U17	ELLIOT KWELELE	McGEE SCHOOL
U18	CAELAINN KILKENNY	TURLEY DUGGAN ACADEMY
O18	SEAN MORTALO	HOLLY & KAVANAGH





# LEINSTER 2023 RULES (RIALACHA)

- 1 Age as on 1st January in each year of feis.
- 2 Entries only accepted from teachers registered with An Coimisiun Le Rinci Gaelacha.  
Make up and false tan is not permitted in Bun and Tús Grád up to and including under 12 age group. Make-up including false eyelashes is not permitted for dancers, in either solo or team competitions, up to and including Under 10 age group.
- 4 Competitors in Bun Grad & Tus Grad, up to and including the Under 12 age group, may only wear traditional class costumes or long/short-sleeved blouses/shirts & skirts/trousers, polo tops & skirts/ trousers, body suits & skirts or tunics that conform to the regular costume length rule. Low-cut tops and short tight skirts are not permitted.  
The use of artificial carriage aids is strictly forbidden. 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.
- 5 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.
- 6 Bun Grád competitions confined to dancers who have never won 1st prize for that particular dance in any age group or grade. Basic steps only.  
In Bun and Tús Grád competitions one dancer moves up to the next grade if there are less than 20 competitors, between 21 and 40 competitors two dancers move up and if in excess of 40 competitors three dancers move up to the next grade.
- 7 Tús Grád competitions confined to dancers who have never won 1st prize for that particular dance in any age group in Lár, Méan or Árd.
- 8 Lár grad competitions confined to dancers who have never won 1st prize for that particular dance in any age group in Lár, Méan or Árd.
- 9 Méan grad competitions confined to dancers who have never won 1st prize for that particular dance in that age group or a higher age group in either Méan or Árd Grád.  
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
- 10 Traditional set dance must be chosen from the following list:- St. Patrick's day, Garden of Daisies, Job of Journeywork, The Blackbird, King of the Fairies, Jockey to the Fair or Three Sea Captains.
- 11 With regard to toe movements no block, en pointe, stationary or moving, is allowed to be performed for all ages up to and including under 12 years. However, according to the an Coimisiun rule, dancers who will compete under 13 from 1st January may perform en pointe from September of the previous year.
- 12 Any form of unauthorised photography, which has the capability to capture a dancers' image, whilst in motion, using electronic/manual means, e.g. mobile phones, Ipads, video, still camera, commercial film with/without a flash enhancement or any other means of recording is strictly forbidden.
- 13 Parents are responsible for the conduct and behaviour of their children at all times whilst attending the Feis within and around the hall.  
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 on stage 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 or guardian. (or teacher)
- 14 An Coimisiún rules will apply if disputes arise that are not covered by the above rules.
- 15 Objections must be lodged within one hour of the announcement of the results of a competition and must be accompanied by a fee of €20.
- 16 Changing of costumes, dressing and undressing, is not permitted in the halls or public areas.
- 17 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.
- 18 Comhairle Laighean Child Safety officer is Orla Nic Conuladh. DLPLeinster@gmail.com Please contact her if you have any concerns in regard to any child safety at the event.

*Syllabus approved by: Phoebe O'Donoghue,  
Feis Registrar, Comhaire Laighean*





## **PRELIMINARY CHAMPIONSHIP RULE FOR IRELAND EFFECTIVE FROM 1<sup>st</sup> JANUARY 2022**

### **Leinster Rule 13**

**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 Preliminary 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 Oireachtas Rince na Cruinne in the current year (2022) or previous year (2021).*

*Dancers must not have recalled in the actual Championship at Oireachtas Rince na hEireann in the current year (2022) or previous year (2021).*

*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 won the Preliminary Championship with).*

*Syllabus approved by: Phoebe O'Donoghue,  
Feis Registrar, Comhaire Laighean*

