

## West of Ireland Championships

**February 8th & 9th 2025**



**Town hall Claremorris, Co.Mayo**

**Adjudicators:**

Sally Flood - Aikken (Scotland)  
Michael Ryan - (Munster)  
Rachael Corr - Ulster

**Musician:**

Stephen Devlin - Ulster

### Venue

Townhall, Claremorris, Co. Mayo F12 X4E3

Entries via [www.entrytable.ie](http://www.entrytable.ie)

**CLOSING DATE: SUNDAY 2<sup>nd</sup> FEBRUARY 2025**



Follow: The Linda Martyn School of Irish Dancing for Live updates

Contact: [lindamartynsd@gmail.com](mailto:lindamartynsd@gmail.com) or 00353877782892 (Teachers Only)

Syllabus Approved by Ellen Curley, Feis Registrar of An Comhairle Connacht.

# CLARÁITHE LEIS AN COIMISIÚN LE RINCE GAELACHA

## West of Ireland Championships 2025

Dear Teachers, Parents & Dancers,

On behalf of the Linda Martyn S.D, we look forward to welcoming you all to the West of Ireland Championships which will be held on the 8<sup>th</sup> and 9<sup>th</sup> of February, in the newly refurbished Townhall in Claremorris, Co.Mayo.  
[www.townhall.ie](http://www.townhall.ie) F12X4E3

The venue is 30 minutes from Knock Airport. Flights to knock from many UK destinations.

### ACCOMODATION:

**Base Hotel:** McWilliam Hotel, Claremorris (4 mins away) [www.mcwilliampark.ie](http://www.mcwilliampark.ie)

### **Other accommodation nearby:**

Dalton Inn, Claremorris (3 mins away) [www.daltoninn.com](http://www.daltoninn.com)

Knock House Hotel (15 mins away) [www.knockhousehotel.ie](http://www.knockhousehotel.ie)

Drumhaven B&B, Knock (15 mins away) [www.drumhavenknock.com](http://www.drumhavenknock.com)

Sheridans Milltown (15 mins away) [www.sheridansmilltown.com](http://www.sheridansmilltown.com)


Ard Ri Hotel, Tuam (25 mins away) [www.ardrihousehotel.ie](http://www.ardrihousehotel.ie)

### Some important information about the feis:

### PRIZES

- Perpetual Cup/Tiara for Open Championship winners.
- Trophy & Sash for Top 5 in Open and Prelim and Meán Priomh Comortas.
- Trophy & Sash for top 5 in trophy dance (Bun and Tus)
- Medal for every dancer in Reel Competitions and all solo Light rounds in Prelim/Open.
- There is a Stars of the Future Competition and all will receive a prize

### OTHER IMPORTANT FEIS INFORMATION

- Championship sized stage with non-slip covering.
- Everyone will dance their set in Open Championship (if 20 or less dancers in competition).
- 100% recall if less than 20 in competition.
- **\*A separate Open Set Dance SOLO Competition for 9-10\* NO FEE\* OPTIONAL**
- Grades open to all regions and will follow Connacht rulings. ***\*Please see feis rules\****
- Separate practice area.
- Separate Results room to ensure the smooth running of the feis.
- Buckles and Bling and Flanagan's Dancewear will be present over the weekend.
- **Admission €5 payable on the day. CASH ONLY! No card facilities.**
- Live commentary on the day via  page 'Linda Martyn School of Dancing'.
- Pre-entry at [www.entrytable.ie](http://www.entrytable.ie)

We look forward to extending a warm welcome to you all in Mayo and sincerely thank you in advance for your support.

Kind regards,

Linda & all the Linda Martyn S.D

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## Saturday 8<sup>th</sup> February

Below is a provisional timetable. Times may alter slightly once all entries have been submitted.

<b>Time: 9.am Approx</b> <i>*Light Round first*</i>	9-10 Championship (Prelim & Open) Mixed  10-11 Championship (Prelim & Open) Mixed	<ul style="list-style-type: none"> <li>• Reel/Slip</li> <li>• Jig/Hornpipe</li> <li>• Trad Set</li> <li>• Reel/Slip</li> <li>• Jig/Hornpipe</li> <li>• Open Set</li> </ul>
	<b>*Open Set Dance Competition* OPTIONAL</b>	<b>9-10</b>
<b>11.30am Approx</b> <i>*Heavy Round First*</i>	11-12 Championship (Prelim & Open) Mixed <b>ALTERNATING</b> 12-13 Championship (Prelim & Open) Mixed	<ul style="list-style-type: none"> <li>• Jig/Hornpipe</li> <li>• Reel/Slip</li> <li>• Open Set</li> </ul>
	<b>Lunch Break</b>	
<b>2pm Approx</b> <i>*Heavy Round First*</i>	13-14 Championship (Prelim & Open) Mixed <b>ALTERNATING</b> 14-15 Championship (Prelim & Open) Mixed	<ul style="list-style-type: none"> <li>• Jig/Hornpipe</li> <li>• Reel/Slip</li> <li>• Open Set</li> </ul>
<b>4pm</b>	Under 13, Under 16, Over 16 Céilí	
<b>Junior Champion of Champions (Top 3 in Prelim &amp; Open) 9-10 – 14-15</b> 16 Bars of Light Dance		
<b>4.30pm</b> <i>*Heavy Round First*</i>	15-16 Championship (Open) Mixed <b>ALTERNATING</b> 16-17 Championship (Open) Mixed	<ul style="list-style-type: none"> <li>• Jig/Hornpipe</li> <li>• Reel/Slip</li> <li>• Open Set</li> </ul>
<b>6pm</b> <i>*Heavy Round First*</i>	17-18 Championship (Open) Mixed 18-20 Championship (Open) Mixed O20 Championship (Open) Mixed <b>ALTERNATING</b>	<ul style="list-style-type: none"> <li>• Jig/Hornpipe</li> <li>• Reel/Slip</li> <li>• Open Set</li> </ul>
<b>Senior Champion of Champions (Top 3) 16 Bars of Light Dance</b>		

- 100% recall if less than 20 in competition.
- Perpetual Cup/Tiara for Open Championship Winners.
- Trophy and sash for top 5 in Championship and Prelim.
- Separate Results Hall
- Full Dances will be danced (48 bars Reel & Heavy jig, 40 Bars Slip & Hornpipe).
- Preliminary (9-10 – 14-15) incorporated into Open Championship.
- **\*A separate Open Set Dance SOLO Competition for 9-10\* NO FEE\* OPTIONAL**

# CLARÁITHE LEIS AN COIMISIÚN LE RINCE GAELACHA

## Competitions

### Sunday 9<sup>th</sup> February

Below is a provisional timetable. Times may alter slightly once all entries have been submitted.

<u>Time</u>	<u>Stage 1</u>	<u>Stage 2</u>	<u>Stage 3</u>	
<b>9am</b>	U6 Bun	6-7 Bun	7-8 Bun	<ul style="list-style-type: none"> <li>• Reel</li> <li>• Slip Jig</li> <li>• Single Jig</li> <li>• Light Jig</li> <li>• <b>Trophy Light Dance</b> (Choice of any dance already danced).</li> </ul>
<b>10am</b>	8-9 Bun	9-10 Bun	10-12 Bun O-12 Bun	<ul style="list-style-type: none"> <li>• Reel</li> <li>• Slip Jig</li> <li>• Single Jig</li> <li>• Light Jig</li> <li>• <b>Trophy Light Dance</b> (Choice of any dance already danced).</li> </ul>
<b>11am</b>	U6 Tus	6-7 Tus	7-8 Tus	<ul style="list-style-type: none"> <li>• Reel</li> <li>• Slip Jig</li> <li>• Single Jig</li> <li>• Light Jig</li> <li>• Heavy Jig</li> <li>• St. Patrick's Day</li> <li>• <b>Trophy Light Dance</b> (Choice of any dance already danced)</li> <li>• <b>Trophy Heavy Dance</b> (Choice of any dance already danced)</li> </ul>
<b>12pm</b>	8-9 Tus	9-10 Tus	10-12 Tus O-12 Tus	<ul style="list-style-type: none"> <li>• Reel</li> <li>• Slip Jig</li> <li>• Single Jig</li> <li>• Light Jig</li> <li>• Heavy Jig</li> <li>• St. Patrick's Day</li> <li>• <b>Trophy Light Dance</b> (Choice of any dance already danced)</li> <li>• <b>Trophy Heavy Dance</b> (Choice of any dance already danced)</li> </ul>
<b>1pm</b>	U6 Meán	6-7 Meán	7-8 Meán	<ul style="list-style-type: none"> <li>• Reel</li> <li>• Slip Jig</li> <li>• Single Jig</li> <li>• Light Jig</li> <li>• Heavy Jig</li> <li>• Hornpipe</li> </ul>

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				<ul style="list-style-type: none"> <li>• Trad Set</li> <li>• <b>Priomh Comórtas</b> (Any 2 light dances U6 &amp; 6-7) (Any heavy and any light 7-8)</li> </ul>
<b>2pm</b>  *Light Round danced first.	7-8 Open Championship  8-9 Open Championship <b>(ALTERNATING)</b>		(Reel, Heavy Jig, Trad Set)  (Reel, Heavy Jig, Trad Set)	
			U6 Open Championship  6-7 Open Championship <b>(ALTERNATING)</b>	
	<b>Parade of Champions (U6-U9) Top 3 winners Open &amp; Meán Priomh. 16 Bars of Light Dance.</b>			
<b>3.30pm</b>	<b>*Stars of the future Competition*</b>			<b>16 -24 bars of Reel.</b>
	<b>STAGE 1</b>		<b>STAGE 2</b>	
<b>4pm</b>	8-9 Meán		9-10 Meán	<ul style="list-style-type: none"> <li>• Reel</li> <li>• Slip Jig</li> <li>• Single Jig</li> <li>• Light Jig</li> <li>• Heavy Jig</li> <li>• Hornpipe</li> <li>• Trad Set</li> <li>• <b>Priomh Comórtas</b> (Any heavy and any light dance.)</li> <li>•</li> </ul>
<b>5pm</b>	10-12 Meán		0-12 Meán	<ul style="list-style-type: none"> <li>• Reel</li> <li>• Slip Jig</li> <li>• Single Jig</li> <li>• Light Jig</li> <li>• Heavy Jig</li> <li>• Hornpipe</li> <li>• Trad Set</li> <li>• <b>Priomh Comórtas (Any heavy and any Light).</b></li> </ul>

## CLARÁITHE LEIS AN COIMISIÚN LE RINCE GAELACHA

**Stars of the future** – Aimed at young dancers who may not be 100% ready for a feis. Each dancer can perform 16-24 bars of reel music on stage one at a time. They may be accompanied by a parent or teacher. These dancers are not permitted to compete in Bun Grád competitions or any other adjudicated competition.

- Stars of the future €10.00 (All dancers receive a prize)
- Solo dance €5.00 (Trophy for 1<sup>st</sup>. A Medal for every dancer in all reel competitions).
- Light/Heavy Trophy Dance in Bun & Tus €10.00 (Trophy & Sash for Top 5).
- Meán Priomh €25 (includes 3 results) Trophy & Sash for Top 5.
- Open Championship U6 €25
- Open Championship €40 (includes 3 results.) **(U7 upwards)**
- Prelim & Open Championship €45 (includes 4 results) **(9-10 - 14-15)**
- Ceili Championship: €5.00 per dancer.
- Admission €5.00 payable on the day. **CASH ONLY. No Card FACILITIES**
- **Open Set Dance Competition (9-10 ONLY) – NO FEE**  
This competition is an open invitation for all 9-10s to perform their open set dance. It's a stand alone competition and separate from the championship.

Please tick relevant box on [www.entrytable.ie](http://www.entrytable.ie) when entering Open Set 9-10.

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### Rialacha

1. Age reckoned from January 1<sup>st</sup> 2025
2. Entries will only be accepted from teachers currently registered with An Comisiún le Rincí Gaelacha.
3. No refunds except in the case that the event does not run.
4. The adjudicator's decision is final.
5. Objections must be lodged in writing within one hour of the announcement of a competition & be accompanied by a fee of €30 which will be refunded should the objection be valid.
6. The feis committee as far as is practical will provide a stage surface suitable for dancing. However, the committee cannot accept any liability whatsoever for injuries sustained while on stage. The lodgement of any entry will be deemed to be acceptance of this made by the dancer & his/her parent(s) or guardian(s).
7. The feis committee reserve the right to refuse feis entries and refuse entrance to the venue.
8. The feis committee reserve the right to move competitions/results to a different stage or alternate age groups to ensure the smooth running of the event.
9. **Photography:**
  - Any form of unauthorised photography that has the capability to capture a dancer's image whilst in motion, using electronic or manual means e.g. mobile phone, standard camera, video camera, with or without flash enhancement, is forbidden during all competitions.
  - Awards presentation photos will be put on the organising feis Social Media page. If you do not wish your child to be on this page you must inform the organisers of the feis before the awards are made.
  - Videoring of competitions is strictly forbidden.
10. In prelim and open competitions up to and including under 10, make up (including false lashes and face-tan) is not permitted.
11. No block/en point (stationary or moving) permitted for all ages up to and including under 12 with the exception of dancers who will be competing in the 12-13 age group next year (2026), who will be exempt from this rule from 1<sup>st</sup> September 2025.

### 12. **Music Speeds:**

Grade	<u>Reel</u>	<u>Light Jig</u>	<u>Single Jig</u>	<u>Slip Jig</u>	<u>Heavy Jig</u>	<u>Hornpipe</u>
Bun Grád	122 - 124	116	124	124		
Tús Grád	116 - 118	116	124	120	84	130
Mean/Árd Grád	113	116	124	113	73	113

### 13. **Costumes:**

- Length of costumes must adhere to principles of modesty and enable dancers to safely execute their movements and steps.
  - Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage (as per illustrations on [www.clrg.ie](http://www.clrg.ie)).
  - Adjudicators who determine a costume to lack modesty or be too short may ask a competitor to change into black tights (of a denier not less than 70%) in order for the dancer to continue in the competition. If the competition is being judged by more than 1 adjudicator, all adjudicators on the panel must agree that dancer be asked to put on tights.
  - Changing of costumes is not permitted in halls or public areas. Dancers must use changing rooms provided.
  - In order to comply with health and safety measures, all dancers lining up side stage for any round, may be asked to raise their arms to shoulder level unhindered. If unable to do this by the time of their rotation, due to costume stitching/arm attachments, the dancer will not be permitted to perform.
14. **Stars of the Future:** this competition is aimed towards dancers of any age who may not be ready for graded competitions. Dancers must not dance in Bun Grád or any other adjudicated competition at the event.

### 15. **Bungrád and Túsgrád:**

- Dancers are not permitted to wear wigs or tan on legs in Bun and Tús Grád.
- Dancers up to and including the under 12 age group are not permitted to wear make up (including false eye lashes and face tanner).
- Dancers may only wear a traditional class costume or long/short sleeve blouse/shirt/t-shirt and skirt/trousers, bodysuit/leotards and skirt (must conform to the regular costume length rule). Low cut

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tops or short tight skirts are not permitted. Appropriate undergarments covering the midriff must be worn.

- Bun Grád competitions are confined to dancers who at the time of entry have never won 1<sup>st</sup> place (or graded out) of that particular dance in any age group or grade. Basic steps only are permitted in Bun Grád.
- Tús Grád competitions are confined to dancers who at the time of entry have never won 1<sup>st</sup> place (or graded out) of that particular dance in any age group in Tus Grád, Mean Grád, Preliminary or Árd Grád grades. Basic steps or their first hard/advanced version of each dance are permitted in Tús Grád. Steps in Tús Grád heavy jigs and hornpipes should be similar to those performed in traditional sets.

- “Grading up” in Bun and Tús Grád:

- 1 – 5 dancers = 0 dancers grade up
- 6 – 20 dancers = 1 dancer grades up
- 21 – 30 dancers = 2 dancers grade up
- 30 + dancers = 3 dancers grade up

16. **Mean Grád:** Mean Grád competitions are confined to those who at the time of entry have never won 1<sup>st</sup> place (or graded out) of that particular dance in any age group in Mean Grád, Preliminary or Árd Grád grades.

17. **Preliminary:** 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 (2025) or previous year (2024).
- Dancers must not have recalled in the actual Championship at Oireachtas Rince na hÉireann in the current year (2025) or previous year (2024).
- 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 Prelim Championship with).
- **Exceptions pertaining to particular regions:**
  - 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 Championships.