

Syllabus approved by the Chair of Comhairle Chonnachta.

The Murphy Cunniffe Academy of Irish Dance proudly presents the 7th Annual

BALLINROBE **CHAMPIONSHIPS**

JUNE 17th & 18th 2023

At Ballinrobe Racecourse, Co. Mayo.

Adjudicators:

Claire McCole ADCRG, Connacht
Don McCarron ADCRG, Ulster
Fiona Mannion ADCRG, Connacht

Musician:

Paul O'Donnell

Enquiries to Alan Murphy ADCRG:

087-2567115

AlanMurphyIrishDance@gmail.com

Dear Teachers/Parents,

It's that time of year again everyone! It's with great pride that Máirín Cunniffe-Daly and I look forward to welcoming you all back for the 7th Annual Ballinrobe Championships, which this year return to their original home, the incredible Ballinrobe Racecourse in the heart of Co. Mayo on June 17th and 18th. As always, a lot of work has gone in to ensuring it will be a thoroughly enjoyable and well-run weekend of Irish dancing and even bigger and better than previous years. We've assembled a highly experienced and esteemed panel of adjudicators for the feis, and we have some exciting additions to the syllabus this year, including a Tiny Tots/First Feis Competition and Freestyle competitions, with perpetual cups for the winners.

Here's some important info about the feis:

- Schools competition with perpetual cup for winning school.
- Separate boys competition if 5 or more boys.
- Huge championship stage, 20ft X 40ft.
- Separate results room to keep things moving along quickly.
- Everyone will dance their set in Open Championships if 20 or less dancers in competition.
- Very special prizes for all Open Championship winners.
- Top 5 dancers in Bun, Tus, Mean, Prelim and Open championships receive sashes and trophies.
- Delighted to include a Tiny Tots/First Feis competition this year for children up to Under 7 - it can be for dancers attending their first feis or dancers perhaps not fully ready for a feis (it's 16 bars of a reel and may be accompanied by a parent or teacher. All dancers receive a teddy, ribbon medal and sweets).
- Freestyle competitions (each competitor dances 16 bars of a reel, either in lights or heavies. It can be something fun and innovative, and you can use your arms. Perpetual cup for winners).
- Online entry soon via www.entrytable.ie (Admission €5 on the day).
- Food and refreshments served throughout the 2 days by McHugh's Coffee Pod.
- Live updates from the feis, including results and photos, will be available at: www.facebook.com/TheBallinrobeChampionships and www.instagram.com/TheMurphyCunniffeAcademy

If you have any questions or queries about the feis, accommodation, syllabus, etc., please don't hesitate to contact me, I'd be thrilled to help. See you in June!

Warmest regards, Alan Murphy, ADCRG.



ALL GRADES, SATURDAY JUNE 17TH (3 STAGES FOR GRADES) PLUS OPEN U16, 16-18 & OVER 18

| TIME | GRADE | AGE GROUP(S) | DANCES |
|---------|--|-------------------------------------|---|
| 9am | Bungrad | Under 6 6-7 7-8 8-9 | Ril Port Eadrom Port Singil Port Luasca Priomh Chomortas (Ril + Port Eadrom, no re-dancing) |
| | Ungraded | Under 5 (Can also dance Under 6) | Ril Port Eadrom Port Singil Port Luasca Priomh Chomortas (Ril) |
| 10.45am | Tiny Tots Competition | Up to U7 | 16 bars Ril |
| 11.30am | Tusgrad | Under 6 6-7 7-8 8-9 | Ril Port Eadrom Port Singil Port Luasca Port Trom Cornphiopa Priomh Chomortas (Any 2 light dances Under 6 and 6-7. Any light dance and any traditional set 7-8, 8-9 & 9-10) |
| 1pm | Meangrad | Under 6 6-7 7-8 8-9 | Ril Port Singil Port Luasca Port Eadrom Port Trom Cornphiopa Priomh Chomortas (Any 2 light dances Under 6 and 6-7. Any light dance and any traditional set 7-8, 8-9 & 9-10) |
| 2.30pm | Bungrad | 9-10 10-12 Over 12 | Ril Port Eadrom Port Singil Port Luasca Priomh Chomortas (Ril + Port Eadrom, no re-dancing) |
| 3.15pm | Tusgrad | 9-10 10-12 Over 12 | Ril Port Eadrom Port Singil Port Luasca Port Trom Cornphiopa Priomh Chomortas (Any light dance and any traditional set dance) |
| 4.30pm | Meangrad | 9-10 10-12 12-14 Over 14 | Ril Port Singil Port Luasca Port Eadrom Port Trom Cornphiopa Priomh Chomortas (Any light dance and any traditional set) |
| ***** | OPEN | CHAMPIONSHIPS | ***** |
| 5.30pm | Under 16 Mixed 16-18 Mixed Over 18 Mixed | Craobh Comortas | Ril/Port Luasca, Port Tromp/Cornphiopa, Set Dance + Prelim (Up to U16) |

ALL REMAINING OPEN AND PRELIMINARY CHAMPIONSHIPS FROM U6 – U15, SUNDAY JUNE 18TH.

| | | | |
|----------------|------------------------------|-------------------------|---|
| 9am | Mixed | 8-9 Craobh Comortas | Ril, Port Trom, Any traditional set + Prelim |
| 10am | Mixed | 9-10 Craobh Comortas | Ril/Port Luasca, Port Trom/Cornphiopa, Set Dance + Prelim |
| | Mixed | 10-11 Craobh Comortas | Ril/Port Luasca, Port Trom/Cornphiopa, Set Dance + Prelim |
| 12.30pm | Mixed | Under 6 Craobh Comortas | Ril, Port Singil, Port Eadrom |
| | Mixed | 6-7 Craobh Comortas | Ril, Port Singil, Port Eadrom |
| | Mixed | 7-8 Craobh Comortas | Ril, Port Trom, Any traditional set |
| 1.30pm | Mixed | 11-12 Craobh Comortas | Ril/Port Luasca, Port Trom/Cornphiopa, Set Dance + Prelim |
| | Mixed | 12-13 Craobh Comortas | Ril/Port Luasca, Port Trom/Cornphiopa, Set Dance + Prelim |
| 3.45pm | Freestyle Competition | U13 Mixed | 16 Bars of Reel (can be danced in light or heavy shoes) |
| 4.45pm | Mixed | 13-14 Craobh Comortas | Ril/Port Luasca, Port Trom/Cornphiopa, Set Dance + Prelim |
| | Mixed | 14-15 Craobh Comortas | Ril/Port Luasca, Port Trom/Cornphiopa, Set Dance + Prelim |
| | Freestyle Competition | Over 13 Mixed | 16 Bars of Reel (can be danced in light or heavy shoes) |
| PARADE | OF | CHAMPIONS | PARADE OF CHAMPIONS |

PLEASE NOTE: ALL TIMES ARE APPROXIMATE AND COMPETITIONS MAY START UP TO 30 MINUTES EARLY (Changes may also be made to timetable when online entry date closes to ensure smooth running of the feis).

Dance translations:

Ril - Reel
Port Luasca - Slip Jig
Port Eadtrom - Light Jig
Port Singil - Single Jig
Port Trom - Heavy Jig
Cornpíopa - Hornpipe

Entry fees:

- Ardgrad Championship €40 (includes copy of results)
- Ardgrad Championship including Preliminary Championship €45
- U5 Championship (1 dance) €10, solos €5
- Bungrad, Tusgrad and Meangrad competitions €5 per dance
- Bungrad, Tusgrad and Meangrad Príomh Comortas €20 (includes 3 results)
- Tiny Tots Competition €7
- Freestyle Competition €5

Vendor: Buckles & Bling

Accommodation nearby:

There's a huge range of accommodation options available in Claremorris town and surroundings, including:

Friarsquarter House, Ballinrobe – (094) 95 41154 www.friarshouse.com

Ryan's Hotel, Cong – (094) 95 46004 www.ryanshotelcong.ie

McWilliam Park Hotel, Claremorris - (094) 93 78000 www.mcwilliampark.ie

Flight information: Ireland West Airport is just a 20-minute drive to Claremorris Town Hall.

Flights to Knock are available from many destinations including: London Heathrow, London Stansted, London Luton, Liverpool, East Midlands, Manchester, Birmingham, Edinburgh, and Bristol.

RULES:

- Age will be reckoned from 1st January 2023.
- Entries accepted only from schools registered with An Coimisiun le Rinci Gaelacha.
- The Adjudicator's decision is final. Adjudicators are only to be approached by Committee members.
- Any objections must be made in writing to feis organisers within one hour, signed and accompanied by a fee of €20 which will be returned if objection is sustained.
- The feis committee will not be responsible for any personal injury or articles lost at the feis. The committee, as far as 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 these rules by a dancer and his/her parents/guardian.
- Any form of unauthorised photography which has the ability to capture a dancer's image whilst in motion is strictly forbidden. The use of camcorders is also forbidden during dancing.
- Bungrád competitions are confined to those who have never won a first prize in that particular dance in any age group. Only basic steps may be performed.
- Túsgrád competitions are confined to dancers who have not won a first prize in that particular dance in Túsgrád, Meángrád or Árdgrád.
- Competitors in Bungrád and Túsgrád may only wear class costume, dress or skirt and top and the use of make-up, fake tan and wigs is not permissible.
- Meángrád competitions are confined to dancers who have not won a first prize in that particular dance in Meán- grád or Árdgrád. No block, en-pointe work, stationary or moving, is allowed to be performed in all ages up to and including Under 12.
- **PRELIMINARY RULES (Please read carefully)**
- 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 (2023) or previous year (2022).
- Dancers must not have recalled in the actual Championship at Oireachtas Rince na hEireann in the current year (2023) or previous year (2022).
- 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).