

NORTH EAST REGIONAL COUNCIL FEIS

**BRINKBURN COMMUNITY CENTRE, HARTON LANE,
SOUTH SHIELDS NE34 0PJ**

SATURDAY, 11 OCTOBER 2025

Adjudicators

**Olive Burns Crowley ADCRG Leinster Region
Charaina Kelly ADCRG Southern Region UK
Sarah Lennon ADCRG Ulster Region
Kevin McCarron ADCRG Midlands Region UK
Tracey Taafe Metcalfe ADCRG Ulster Region**

Musicians

**Liam O'Sullivan Newcastle
Brian O'Sullivan Glasgow
*CLARAITHE LEIS AN COIMISIUN LE RINCI
GAELACHA***

Rules governing the Feis:

- 1 Entries to reach Anne Curran Thomas, 20 Kitchener Terrace, Jarrow, Tyne & Wear NE32 5PU on or before **27 September 2025** (email: nercsecretary2019@gmail.com). All entries must be signed by registered teacher and may be paid by bank transfer to North East Feis (sort code: 30-99-50, account no: 54163663) – please use dancing school name as reference – or by cheque made payable to ‘North East Feis’. Age to be taken from 1 January 2025.
- 2 The adjudicator's decision is final.
- 3 All entries must be paid for. No refunds unless competition is cancelled.
- 4 Dancers may enter, and compete, in either the Tiny Tots Competition or the solo grade competitions, but not in both.
- 5 Beginners competitions are open to dancers who have never won a 1st place in that particular dance in any age group and they must dance basic steps. The Beginners Trophy Reel Competition is confined to dancers who have danced the Beginners Reel and have not previously won a Beginners Trophy Reel Competition in any age group.
- 6 Primary competitions are open to dancers who have never won a 1st place in that particular dance in any age group. The Primary Trophy Reel Competition is confined to dancers who have danced the Primary Reel and have not previously won a Primary Trophy Reel Competition in any age group.

- 7 Beginners and Primary Competitions are open to all regions and dancers, up to and including the Under 12 age group, may only wear traditional class costumes or long/short sleeved blouses/shirts and skirts/trousers, polo tops and skirts/trousers, body suits and skirts or tunics that conform to the regular costume length rule. Low-cut tops and short tight skirts are not permitted.
- 8 Intermediate Competitions are open to dancers who have never won a 1st place in that particular dance in their present age group. The Intermediate Trophy Reel Competition is confined to dancers who have danced the Intermediate Reel and have not previously won an Intermediate Trophy Reel Competition in their present age group.
- 9 If there are 5 or less competitors in any Beginners, Primary or Intermediate Competition, this will not count for grading purposes. However, a dancer may only win 3 such competitions and then they will have to move up to the next grade. If there are 15 or more competitors in any Beginners competition, the 1st, 2nd and 3rd placed dancers will move up to the next grade. If there are less than 15, only 1st place will count.
- 10 With exception of the Under 5, 6 and Under 7 age groups, a competitor, who has won an Open Championship, must dance in the Open grade in the calendar year this was won. Any dancer in the Under 5, 6 and Under 7 age groups, who has won an Open Championship, must dance Open for the dances performed in the Championship. They may dance their other dances in the appropriate grade.
- 11 Teams may contain up to 75% from a younger age group. A dancer may only compete in one team in the same age group, ie, one x 2 hand, one x 3 hand, etc – the only exception to this would be where a dancer could dance in a mixed and unmixed 8 hand ceili team in the same age group.
- 12 Dancers must be present when their competitions are called, otherwise they may lose their right to dance.
- 13 Dancers must dance in the solo competitions in order to dance in the Premier/Open Championship (Under 5, 6, 7, 8 and 9 age groups).

14 Preliminary Championships

- A minimum number of three Adjudicators must officiate.
- The first age group for a Preliminary Championship is under 10.
- Where a Preliminary Championship is held separate from an Open Championship, three rounds should be offered, namely, Reel or Slip Jig, Heavy Jig or Hornpipe, and any Set Dance.
- 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 there are separate Preliminary and Open Championships, dancers can compete in both at the discretion of the feis organiser.
- 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 Championship do not count for grading in solo competitions.
- A solo World Qualifier (in the previous 12 months) will NOT be eligible to compete in a Preliminary Championship; the exception to this would be any dancer who may have automatically qualified due to low numbers in his/her respective competition at the Regional Oireachtas.
- Dancers placing 1st – 3rd in an Open Championship with up to 20 competitors, or 1st – 5th in an Open Championship with more than 20 competitors, cannot compete in a Preliminary Championship for a period of 12 months.

15 The North East Region always runs Preliminary and Open Championships as separate competitions. In the case of the Preliminary Championships, if there are 5 or less competitors in any single age group, the competitions will be combined and held in a double age group.

16 All trophies are perpetual challenge trophies and must be returned when requested. The recipient/guardian is responsible for any loss or damage to trophies whilst in their possession.

17 Any objections to be made in writing and handed to Feis Secretary with a fee of £5.00. If objection is sustained, the fee will be returned. Objection must be lodged within one hour after completion of the competition.

18 All dancers must be suitably dressed at all times. Changing facilities will be provided. Therefore, there should be no changing in the competition halls. No hairspray or aerosols to be used in dancing areas.

19 Mobile telephones and electronic games must be switched off in dancing areas and no video or digital cameras or flash photography to be used during competitions. No smoking anywhere in the building.

20 The feis organisers will, as far as reasonably practicable, provide suitable surfaces for dancing. However, they cannot accept any liability for injuries sustained whilst dancing. The lodgment of an entry will be deemed to be an acceptance of this provision by a dancer.

21 Any competitor found to be using artificial carriage aids, and subsequently refuses to remove the 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.

22 Length of costume 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 wear black tights (of a denier not less than 70 percent) in order to continue in the competition. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must

agree to asking the dancer to wear tights. (Effective from 1 March 2022).

- 23 Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage as per the illustration attached. (See Addendum A of this syllabus). 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. (Effective from 1 March 2022).
- 24 Make-up will not be permitted for any dancer in the first two grades (Beginners and Primary) up to and including the under 12 age group worldwide. For the purpose of this rule, the term “make-up” includes tinted moisturizer and any artificial tanning products. 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.
- 25 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 worldwide. However, dancers, who are moving into the Under 13 Age Group in the following January, will be permitted to do block/en pointe work from 1 September of the year prior to this date.
- 26 North East teachers must send a copy of their entries to the Records Clerk, Dee Gorman, email address deemart1964@yahoo.co.uk by the closing date or a £20 fine will be imposed by the NERC.
- 27 Respect for fellow competitors on stage is a requirement at all times. Lack of respect or courtesy for fellow competitors by aggressive dancing on stage will be subject to penalty at the discretion of each individual adjudicator.
- 28 The Feis Committee may modify, alter or cancel any arrangement in this syllabus, as is deemed necessary, subject to the approval of the North East Regional Council.

Metronome speeds to be used at all North East Feiseanna (effective from 01.01.22):

DANCE	BEGINNER	PRIMARY	INTERMEDIATE/OPEN
REEL	122-124	116-118	113
SINGLE JIG	124	124	124
LIGHT JIG	116	116	116
SLIP JIG	124	120	113
HEAVY JIG	96	76	73
HORNSPIPE	144	118	113

Traditional Set Dance speeds:

St Patrick's Day	94
Blackbird	144
Garden of Daisies	138
Job of Journeywork	138
King of the Fairies	130
Three Sea Captains	96
Jockey to the Fair	90

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SOLO COMPETITIONS

Tiny Tots	Under 6 Ungraded reel (16 bars only)
Beginners	Under 5, 6, 7, 8, 9, 10, 11, 13 Reel, Single Jig, Light Jig, Slip Jig, Trophy Reel, Heavy Jig, Hornpipe
Primary	Under 5, 6, 7, 8, 9, 10, 11, 13, Over 13 Reel, Single Jig, Light Jig, Slip Jig, Trophy Reel, Heavy Jig, Hornpipe
Intermediate	Under 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, Over 15 Reel, Single Jig, Light Jig, Slip Jig, Trophy Reel, Heavy Jig, Hornpipe
Open	Under 5, 6, 7, 8, 9 Reel, Single Jig, Light Jig, Slip Jig, Heavy Jig, Hornpipe, Traditional Set – Under 9 only

PREMIER

Under 5: Reel

PRELIMINARY CHAMPIONSHIPS

Under 10, 11, 12, 13, 14, 15 and over 15 1st Round: Reel/Slip Jig, 2nd Round:
Heavy Jig/Hornpipe,

3rd Round: Recall Set Dance

OPEN CHAMPIONSHIPS

Age groups: Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 19, Senior

Under 6 and Under 7: 1st Round: Reel, 2nd Round: Single Jig

Under 8 and Under 9: 1st Round: Reel/Slip Jig, 2nd Round: Heavy

Jig/Hornpipe, Recall Round: Traditional Set Dance

Under 10 to Senior: 1st Round: Reel/Slip Jig, 2nd Round: Heavy Jig/Hornpipe:

Recall Round: Open Set Dance

SOLO RESULTS WILL BE GIVEN FOR FIRST TWO ROUNDS OF UNDER 10 TO SENIOR OPEN AND PRELIMINARY CHAMPIONSHIPS. TROPHIES AND SASHES WILL BE AWARDED TO TOP 5 DANCERS IN ALL PRELIMINARY AND OPEN CHAMPIONSHIPS. MARKS WILL BE AVAILABLE FOR SALE AFTER EACH CHAMPIONSHIP AT A COST OF £4.00.

WHERE THERE ARE 12 OR MORE DANCERS IN ANY OPEN AND PRELIM CHAMPIONSHIPS, THERE WILL BE A 50% RECALL.

SHOULD THERE BE LESS THAN 12 DANCERS IN ANY OPEN AND PRELIM CHAMPIONSHIPS, THEN ALL DANCERS WILL BE RECALLED.

FIGURE DANCE COMPETITIONS

Under 7 and Under 9: 2 Hand, 3 Hand and 4 Hand (Traditional)

Under 11, 13, 16 and Senior: 2 Hand, 3 Hand, 4 Hand (Traditional), 6 Hand and 8 Hand (Traditional)

ENTRY FEES

TINY TOTS UNGRADED REEL £7.00

SOLOS £5.00

TROPHY REEL £6.50

PREMIER (U5) £10.00

OPEN CHAMPIONSHIPS (U6 & U7) £15.00

OPEN CHAMPIONSHIPS (U8 & U9) £25.00

PRELIMINARY CHAMPIONSHIPS £40.00 (TO INCLUDE 2 SOLO ROUNDS)

OPEN CHAMPIONSHIPS (U10 – SENIOR) £40.00 (TO INCLUDE 2 SOLO ROUNDS)

FIGURE DANCING £1.00

FAMILY CEILING £85.00

(This applies to either Grades or Preliminary/Open Championship competitions, but not both. A family may claim two family ceilings if family members (from one family) compete in both Grades and Preliminary/Open Championship. Where a dancer enters four or more solo competitions, they can enter Open or Preliminary Championships at a charge of £10.00)

DOOR CHARGE £6.00 (Concessions £3.00)

APPROVED BY THE NORTH EAST REGIONAL COUNCIL

Roisin O'Donnell Dated: 04.08.25

PLEASE USE THE OFFICIAL ENTRY FORMS ATTACHED.

Addendum A (as mentioned in rule 23)



**PROVISIONAL TIMETABLE FOR THE NERC
FEIS 11TH OCT 2025**

Main Hall

0830 hours Under 10 & Under 11 Preliminary
Championships First 2 Rounds

0850 hours Under 10, 11 & 12 Open Championships
First 2 Rounds

0920 hours Under 10 & Under 11 Preliminary
Championships 3rd Round

0945 hours Under 10, 11 & 12 Open Championships
3rd Round

1035 hours U10 & U11 Prelims & U10, U11 & U12
Open Champs Results

1125 hours Under 8 & Under 9 Open Championships
(alternating) All Rounds

1155 hours Under 12 & Under 13 Prelims & Under
13 Open Champ First 2 Rounds

1240 hours Tiny Tots & L U N C H

1310 hours Under 6 & Under 7 Open Championships
(alternating) All Rounds

1330 hours Under 8, 9, 6 & 7 Open Championships
Results

1400 hours Under 12 & Under 13 Prelims & Under
13 Open Champ 3rd Round

1455 hours Under 14 & Under 15 Open
Championships First 2 Rounds

1535 hours Under 12 & Under 13 Prelims & Under
13 Open Championship Results

1555 hours Under 14 & Under 15 Open
Championships 3rd Round

1640 hours Under 14, Under 15 & Over 15 Prelim
Championships First 2 Rounds

1700 hours Under 14 & Under 15 Open
Championships Results

1730 hours Under 16, 17 & Senior Open
Championships First 2 Rounds

1800 hours Under 14, Under 15 & Over 15 Prelim
Championships 3rd Round

1825 hours Under 16, 17 & Senior Open
Championships 3rd Round

1900 hours U14, U15 & O15 Prelims & U16, U17 &
Senior Open Results

Gymnasium

Stage 1

Stage 2

0830 hours	Under 8 Beginners	
	Under 9 Beginners	
0925 hours	Under 8 Primary	Under
	9 Primary	
1005 hours	Under 8 Intermediate	Under
	9 Intermediate	
1035 hours	Under 8 Open	Under 9
	Open	
1105 hours	U5 & U6 Int/Open (alt)	
	Under 7 Int/Open (alt)	
1135 hours	U5 & U6 Beg/Prim (alt)	
	Under 7 Beg/Prim (alt)	
1255 hours	U5 Premier	
1310 hours	L U N C H	
1340 hours	U13 & U14 Intermediate (alt)	
	U12, U15 & O15 Intermediate (alt)	
1430 hours	Under 13 Primary	Over
	13 Primary	
1510 hours	Under 13 Beginners	
1540 hours	Under 10 Intermediate	
	Under 11 Intermediate	
1620 hours	Under 10 Primary	
	Under 11 Primary	
1710 hours	Under 10 Beginners	Under
	11 Beginners	
1755 hours	Finish	

**ALL DANCERS SHOULD BE READY TO DANCE,
IN COSTUME, 30 MINUTES BEFORE SPECIFIED
TIME. ALL PRELIM & OPEN CHAMPIONSHIPS
WILL START WITH THE LIGHT ROUND.**