



Presents

Féile Rince na hIarmhí

**Multyfarnham Community Centre,
Multyfarnham, Co. Westmeath. N91 AX5A**

Saturday January 21st 2023 - open championships

Sunday January 22nd 2023 - Grades

ENTER ONLINE

**[HTTPS://FORM.JOTFORM.COM/22
3195830115047](https://form.jotform.com/223195830115047)**

Entries close on Jan 14th 2023



Presents

Féile Rince na hIarmhí

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Moltóirí:

Rachael Corr ADCRG -Ulster

Don Mc Carron - Ulster

Sarah Jayne McLafferty- Connaught

Geoltóir: Stephen Devlin.Co.Down

Cláirithe leis An Comisiúin le Rincí Gaelacha

Feis Registrar : Phoebe O Donaghue

Date 16/11/22

WELCOME LETTER

A VERY WARM WESTMEATH WELCOME AWAITS YOU AT OUR VERY FIRST
FÉILE RINCE NA HLARMHÍ. CHAMPIONSHIP & GRADES FEIS
ON JANUARY 21ST & 22ND 2023.

OUR VENUE, MULTYFARNHAM COMMUNITY CENTRE IS APPROXIMATELY 10
MINUTES FROM MULLINGAR, JUST OFF THE N4, NESTLED IN THE QUAIN
VILLAGE OF MULTYFARNHAM.

OUR PURPOSE BUILT CHAMPIONSHIP STAGE WILL SERVE AS THE PERFECT
PLATFORM TO HOST OUR COMPETITIONS.

PLEASE FIND BELOW ALL INFORMATION REGARDING THIS YEARS'
CHAMPIONSHIPS AND GRADES FEIS INCLUDING OUR SYLLABUS &
PROVISIONAL TIMETABLE.

WE LOOK FORWARD TO YOUR SUPPORT AND ATTENDANCE.

FURTHER INFORMATION AND UPDATES CAN BE FOUND ON
THE CARSON ACADEMY FACEBOOK PAGE.

ANY QUERIES PLEASE CONTACT; FGALLAGHER@HOTMAIL.COM
OR 0863090547.

MANY THANKS,
THE CARSON ACADEMY TEACHERS

PROVISIONAL TIMETABLE

Saturday January 21st 2023

**BELOW IS THE PROVISIONAL RUNNING ORDER OF THE DAY.
TIMES WILL BE ALLOCATED ONCE ENTRIES CLOSE**

8-9 GIRLS CHAMPIONSHIP (PRELIM & OPEN)

9-10 GIRLS CHAMPIONSHIP (PRELIM & OPEN)

8-10 BOYS CHAMPIONSHIP

10-11 GIRLS CHAMPIONSHIP (PRELIM & OPEN)

11-12 GIRLS CHAMPIONSHIP (PRELIM & OPEN)

10-12 BOYS CHAMPIONSHIP

12-13 GIRLS CHAMPIONSHIP (PRELIM & OPEN)

13-14 GIRLS CHAMPIONSHIP (PRELIM & OPEN)

12-14 BOYS CHAMPIONSHIP

U13/013 4&8 HAND CEILÍ CHAMPIONSHIPS

14-15 GIRLS CHAMPIONSHIP (PRELIM & OPEN)

15-16 GIRLS CHAMPIONSHIP (PRELIM & OPEN)

14-16 BOYS CHAMPIONSHIP

16-17 GIRLS CHAMPIONSHIP

17-18 GIRLS CHAMPIONSHIP

16-18 BOYS CHAMPIONSHIP

18-20 GIRLS CHAMPIONSHIP

OVER 20 GIRLS CHAMPIONSHIP

OVER 18 BOYS CHAMPIONSHIP

CARSON ACADEMY

Grades schedule

Sunday Jan 22nd 2023

Stage A

stage B

U6 Bungrad

u7 Bungrad

u6 Túsgrad.

u7 Túsgrad

Tiny Tots

U6 Príomh Comórtas

U7 Championship

U8 Championship

7-8 Bungrad.

8-9 Bungrad

7-8 Túsgrad.

8-9 Túsgrad

7-8 Méangrad.

8-9 Méangrad

9-10 Bungrad.

10-12 Bungrad

9-10 Túsgrad.

10-12 Túsgrad

9-10 Méangrad.

10-12 Méangrad

12-14 Bungrad.

O14 Bungrad

12-14 Túsgrad.

O14 Túsgrad

12-14 Méangrad.

O14 Méangrad

Sunday 22nd January

Below is the running order of the day, times will be allocated when all entries have been submitted

	Age	Stage A		Age	Stage B
1	Under 6	Bungrad Trophy Reel	1A	6-7	Bungrad Trophy Reel
2	Under 6	Bungrad Single Jig	2A	6-7	Bungrad Single Jig
3	Under 6	Bungrad Light Jig	3A	6-7	Bungrad Light Jig
4	Under 6	Bungrad Light Trophy Dance	4A	6-7	Bungrad Light Trophy Dance
5	Under 6	Tusgrad Trophy Reel	5A	6-7	Tusgrad Trophy Reel
6	Under 6	Tusgrad Single Jig	6A	6-7	Tusgrad Single Jig
7	Under 6	Tusgrad Light Jig	7A	6-7	Tusgrad Light Jig
8	Under 6	Tusgrad Light Trophy	8A	6-7	Tusgrad Light Trophy
9	Tiny Tots				
10	Under 6 Priomh Comortas				
11	Under 7 Championship				
12	Under 8 Championship				
13	7-8	Bungrad Trophy Reel	13A	8-9	Bungrad Trophy Reel
14	7-8	Bungrad Single Jig	14A	8-9	Bungrad Single Jig
15	7-8	Bungrad Light Jig	15A	8-9	Bungrad Light Jig
16	7-8	Bungrad Light Trophy Dance	16A	8-9	Bungrad Light Trophy Dance
17	7-8	Tusgrad Trophy Reel	17A	8-9	Tusgrad Trophy Reel
18	7-8	Tusgrad Single Jig	18A	8-9	Tusgrad Single Jig
19	7-8	Tusgrad Light Jig	19A	8-9	Tusgrad Light Jig
20	7-8	Tusgrad Heavy Trophy	20A	8-9	Tusgrad Heavy Trophy
21	7-8	Mengrad Trophy Reel	21A	8-9	Mengrad Trophy Reel
22	7-8	Meangrad Light Trophy	22A	8-9	Meangrad Light Trophy
23	7-8	Mengrad Heavy Trophy	23A	8-9	Mengrad Heavy Trophy
24	7-8	Mengrad Priomh Comortas	24A	8-9	Mengrad Priomh Comortas
25	9-10	Bungrad Trophy Reel	25A	10-12	Bungrad Trophy Reel
26	9-10	Bungrad Single Jig	26A	10-12	Bungrad Single Jig
27	9-10	Bungrad Light Jig	27A	10-12	Bungrad Light Jig
28	9-10	Bungrad Light Trophy Dance	28A	10-12	Bungrad Light Trophy Dance
29	9-10	Tusgrad Trophy Reel	29A	10-12	Tusgrad Trophy Reel
30	9-10	Tusgrad Single Jig	30A	10-12	Tusgrad Single Jig
31	9-10	Tusgrad Light Jig	31A	10-12	Tusgrad Light Jig
32	9-10	Tusgrad Heavy Trophy	32A	10-12	Tusgrad Heavy Trophy
33	9-10	Mengrad Trophy Reel	33A	10-12	Mengrad Trophy Reel
34	9-10	Meangrad Light Trophy	34A	10-12	Meangrad Light Trophy
35	9-10	Mengrad Heavy Trophy	35A	10-12	Mengrad Heavy Trophy
36	9-10	Mengrad Priomh Comortas	36A	10-12	Mengrad Priomh Comortas
37	12-14	Bungrad Trophy Reel	37A	Over 14	Bungrad Trophy Reel
38	12-14	Bungrad Single Jig	38A	Over 14	Bungrad Single Jig
39	12-14	Bungrad Light Jig	39A	Over 14	Bungrad Light Jig
40	12-14	Bungrad Light Trophy Dance	40A	Over 14	Bungrad Light Trophy Dance
41	12-14	Tusgrad Trophy Reel	41A	Over 14	Tusgrad Trophy Reel
42	12-14	Tusgrad Single Jig	42A	Over 14	Tusgrad Single Jig
43	12-14	Tusgrad Light Jig	43A	Over 14	Tusgrad Light Jig
44	12-14	Tusgrad Heavy Trophy	44A	Over 14	Tusgrad Heavy Trophy
45	12-14	Mengrad Trophy Reel	45A	Over 14	Mengrad Trophy Reel
46	12-14	Meangrad Light Trophy	46A	Over 14	Meangrad Light Trophy
47	12-14	Mengrad Heavy Trophy	47A	Over 14	Mengrad Heavy Trophy
48	12-14	Mengrad Priomh Comortas	48A	Over 14	Mengrad Priomh Comortas

ENTRIES

ENTRIES ARE OPEN VIA THE BELOW LINK;

 [HTTPS://FORM.JOTFORM.COM/223195830115047](https://form.jotform.com/223195830115047)

LATE ENTRIES WILL HAVE A SURCHARGE OF €5.00

UNDER 6 PRIOMH COMORTAS: €20.00

(OVERALL RESULT & 2 SOLOS)

UNDER 7-SENIOR (OPEN ONLY): €35.00 (

OVERALL RESULT & 2 SOLOS)

UNDER 8-UNDER 16 (PRELIM & OPEN): €40.00

(OVERALL RESULTS & 2 SOLOS)

SOLO GRADE DANCES: €5.00

TEAMS: €5.00 PER DANCER

TROPHY DANCES: €7.00

TINY TOTS: €7.00

CARSON ACADEMY

MEANGRAD PRIOMH COMORTAS: €20.00

(OVERALL RESULT & 2 SOLO)

ADMISSION: €5.00 PER ADULT PAYABLE ON THE DAY

SYLLABUS APPROVED BY FEIS REGISTRAR: PHOEBE O'DONOGHUE

Competition Rules

1. Age as at 1st January 2023

2. Entries only accepted from teachers registered with An Coimisiun Le Rinci Gaelacha

3. Objections must be lodged within one hour of commencement of the results of a competition and must be accompanied by a fee of €20. 4. BUN, TUS and MEAN Grad ARE OPEN TO ALL AREAS

5. Children competing in all ages in Bun and Tus competitions may only wear: Class costumes, Skirt and blouse or appropriate Civilian Clothing. No low cut or off the shoulder tops or short tight skirts are permitted.

6. Bun Grad confined to dancers who have never won 1st prize for that particular dance in any age or grade or who have been upgraded. Basic Steps only.

7. Tus Grad confined to dancers who have never won 1st prize for that particular dance in any age in Tus Grad, Mean Grad or Ard Grad or who have been upgraded.

8. In Tus Grad dancers may perform either basic steps or their first hard/difficult version of each dance. Steps in Tus Grad Heavy Jigs and Hornpipes must be similar to those used in St. Patricks Day and The Blackbird.

9. Dancers may only perform a dance in Mean Grad, if they have never won 1st prize for that dance in Mean or Ard Grad in that age or a higher age. However, a dancer who won a particular dance in a higher age in the previous year, may dance that dance again in Mean Grad in the next calendar year in their own or a higher age group. A dancer who wins a Preliminary Championship may not dance those dances in Mean Grad for the remainder of the calendar year.

10. Dances permitted in Light Trophy are: Reel, Light Jig, Single Jig or Slip Jig.

11. Traditional Set Dances: - St. Patrick's Day, The Blackbird, Job of Journeywork, Garden of Daisies, King of the Fairies, Jockey to the Fair, 3 Sea Captains.

12. Make-Up and false tan are not permitted in Bun and Tus Grad up to and including under 12 competitors.

13. Make-Up (including false eyelashes and face tan) will not be permitted for all age groups up to and including Under 10.

14. Dancers must perform to the following metronomic 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 Grad: Reel 113, Light Jig 116, Single Jig 124, Slip Jig 113, Heavy Jig 73, Hornpipe 113. Traditional Set Dances (minimum): St. Patrick's Day 94, Blackbird 144, Job of Journeywork 138, Garden of Daisies 138, King of the Fairies 130, Three Sea Captains 96, Jockey to the Fair 90.

15. With regards to toe movements No block, enpointe, stationery or moving will be allowed for all ages up to and including Under 12. However An Coimisiun Rule, dancers who will compete under 13 from January 2023 may perform enpointe movements from September 2022.

16. The committee as far as practicable will provide a surface flooring suitable for dancing, however, the committee cannot accept any liability whatsoever for injuries sustained while on stage, or with the practice areas. The lodgement of an entry will be deemed to be an acceptance of this provision by a dancer and by his/her parent or guardian.

17. 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 phone, iPad, standard camera, video camcorder, cine recorder, commercial film, with or without flash enhancement, is expressly forbidden in all competitions. 1

18. Parents are responsible for the conduct and behaviour of their children at all times, whilst attending the feis within and around the venue. 19. Social Media Rule - Taking photos without parental permission is not permitted. Those who do not want to be photographed should make themselves known to the Feis Organiser. 20. Comhairle Laighean Child Safety Officer is Orla Nic Conuladh. Please contact her if you have any concerns in regard to child safety at the event.

DLPLinster@gmail.com

21. 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 modestly 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 must agree to asking the dancer to wear tights.

22. Changing of costumes, dressing and undressing, is not permitted in the halls or public area.

23. An Coimisiun rules will apply if disputes arise that are not covered by the above rules.