

PHOENIX FESTIVAL



24TH JANUARY

2026

REGISTERED WITH AN COMISIUN LE RINCI GAELACHA

VENUE

Falkirk High School

**Westburn Avenue,
Falkirk**

FK1 5BZ

ADJUDICATORS

MICHAEL STANLEY, ULSTER

NIKKI MACLOONE, MUNSTER

MICHAEL O'MEARA, MUNSTER

CAOIMHE BOYLAN MCCORMACK, ULSTER

BRIAN GERAGHTY, CONNACHT

ELAINE KEANEY O'MEARA, LEINSTER

MUSICIANS

Willie Patterson, Scotland,

Kevin Murphy, Scotland

ENTRY FEES

SOLO GRADES £5.50 PER DANCE

STARS OF TOMORROW - £7.00

TROPHY REEL £7.50

OPEN CHAMPIONSHIP U5, U6 £20.00

OPEN CHAMPIONSHIP U7, U8, U9 £30.00

OPEN CHAMPIONSHIP/PRELIMINARY £45.00

SINGLE DANCER MAXIMUM £55.00

FAMILY MAXIMUM £85.00

**FACILITY FEE £10 PER FAMILY PAYABLE
WITH ENTRY FEES**

(COVERING DOOR ENTRY AND PROGRAMME)

FESTIVAL ORGANISER: MARGIE MORGAN A.D.C.R.G B.G

FESTIVAL SECRETARY: SALLY FLOOD – AITKEN A.D.C.R.G.

3, BIRNIE PLACE, FRASERBURGH, AB43 9WD

TEL: 07847 550 442

EMAIL – sallyaitken@hotmail.co.uk

Closing Date for Entries – 8th December 2025

CHEQUES MADE PAYABLE TO 'THE GLASGOW FESTIVAL OF IRISH DANCING'

**BANK TRANSFER DETAILS WILL BE PROVIDED UPON REQUEST, PLEASE CONTACT
THE SECRETARY.**

SCHEDULE OF COMPETITIONS

SOLO GRADES

B - BEGINNER, P - PRIMARY, I - INTERMEDIATE

Age Group	Trophy Reel	Single Jig	Light Jig	Slip Jig	Heavy Jig	Hornpipe
U6	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I
U7	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I
U8	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I
U9	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I
U10	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I
U11	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I
U12	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I
O12	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I	B,P,I

GRADED COMPETITIONS ARE OPEN TO ALL AREAS

OPEN CHAMPIONSHIPS

Age Group	1 st Round	2 nd Round	Recall
U5	Reel		
U6	Reel	Single Jig	
U7	Reel	Single Jig	Light or Heavy Jig
U8	Reel or Slip Jig	Heavy Jig	Hornpipe (1 Step)
U9	Reel or Slip Jig	Heavy Jig or Hornpipe	Traditional Set Dance
U10	Reel or Slip Jig	Heavy Jig or Hornpipe	Any Set Dance
U11	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
U12	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
U13	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
U14	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
U15	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
U16	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
U17	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
U19	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
Senior	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance

All Championships from U10-Senior will be adjudicated by a panel of 3 adjudicators for the first two rounds

And a new panel of 3 adjudicators for the final set dance round

Under 5 to Under 14 Championships will dance 3 at a time

Under 15 to Senior Championships will dance 3 at a time for the Heavy Round and 2 at a time for the Light Round

Time permitting there will be 100% recall in all Championships.

Preliminary Championships, for those eligible, will be calculated from the first 2 rounds of the championship. Please mark entry form accordingly.

FULL TIMETABLE WILL BE ISSUED ON RECEIPT OF ENTRIES

GRADE COMPETITION BARS

Grade	Reel	Single Jig	Light Jig	Slip Jig	Heavy Jig	Hornpipe
Beginner	32 Bars	40 Bars	40 Bars	32 Bars	32 Bars	32 Bars
Primary	32 Bars	40 Bars	40 Bars	32 Bars	32 Bars	32 Bars
Intermediate	32 Bars	40 Bars	40 Bars	32 Bars	32 Bars	32 Bars
Stars of Tomorrow	16 Bars					

OPEN CHAMPIONSHIP BARS

Age Group	1 st Round	2 nd Round	Recall
U 5	Reel - 32 Bars		
U6	Reel - 32 Bars	Single Jig – 40 Bars	
U7	Reel - 40 Bars	Single Jig – 40 Bars	Light Jig – 40 Bars Or Heavy Jig – 32 Bars
U8	Reel – 40 Bars Or Slip Jig - 32 Bars	Heavy Jig – 40 Bars	Hornpipe – 16 Bars (Step down the line)
U9	Reel – 40 Bars Or Slip Jig - 32 Bars	Heavy Jig – 40 Bars Or Hornpipe – 32 Bars	Traditional Set Dance
U10 - Senior	Reel – 40 Bars Or Slip Jig - 32 Bars	Heavy Jig – 40 Bars Or Hornpipe – 32 Bars	Set Dance

FESTIVAL RULES

1. All Rules of An Coimisiún le Rincí Gaelacha are applicable to this Feis unless stipulated that an agreed local rule applies.
2. Entries will only be accepted from teachers currently registered with An Coimisiún Le Rincí Gaelacha.
3. All entries must be made on the enclosed official entry form, which must be fully completed and signed by the teacher. The dancer's **FULL FIRST AND SURNAME** must be entered in **BLOCK CAPITALS**, together with **NAME** and **SPEED** of set dance.
4. Adjudicators' decisions are final. Adjudicators **MUST NOT** be approached by any teacher, parent, or competitor whilst the adjudicators are employed to carry out their duties at the competition. Only those officiating at the competition may approach adjudicators on matters relating to the competition.
5. Complaints are to be made in writing, accompanied with a £50 fee to the Feis secretary within 1 hour of the incident. The fee will be returned if the complaint is upheld.
6. Competitors must be present when their competition is called and fully obey all instructions/directions from Feis Stewards and Hall Keepers, or they may lose their right to dance. Dancers must be ready to dance 30 minutes before scheduled start time of the competition, as competition may commence up to 30 minutes early.
7. Competitors must use the designated areas to practice and must not practice in the competition halls, corridors, side stage etc. This rule will be strictly enforced. Any dancer found causing damage to floor surfaces out with the designated official practice area will be held personally liable for any necessary repairs and associated costs.
8. The Feis committee may modify or cancel any arrangements detailed in this syllabus as deemed necessary, subject to the approval of The Scottish Regional Council or An Coimisiún le Rincí Gaelacha.
9. Tempos for Intermediate competitions will be the same as those stipulated for the World Championships. Beginner and Primary competitions will be in accordance with those stipulated by the Scottish Regional Council, and all regions of GB.

All agreed speeds are outlined below

DANCE	BEGINNER	PRIMARY	INTERMEDIATE	OPEN
Reel	122/124	116/118	113	113
Single Jig	124	124	124	124
Light Jig	116	116	116	116
Slip Jig	124	120	113	113
Heavy Jig	96	76	73	73
Hornpipe	144	118	113	113

10. Beginner and Primary competitions are open to competitors from all regions.

11. Beginners are only permitted to dance steps equivalent to the basic reel, single jig, light jig, slip jig, heavy jig and hornpipe. Any competitors performing steps of a harder degree of difficulty in the beginner grade may be disqualified from that particular competition.

12. **BEGINNER:** A dancer winning 1st in BEGINNER grade, when there are at least 6 or more competitors, must dance that particular dance in PRIMARY grade (or above) for at least 12 months

13. **PRIMARY:** A dancer winning a 1st in PRIMARY grade, when there are at least 6 or more competitors, must dance that particular dance in INTERMEDIATE grade (or above) for a period of at least 12 months.

14. **INTERMEDIATE:** A dancer winning a 1st in INTERMEDIATE grade, when there are at least 6 or more competitors, must dance that particular dance in OPEN grade for a period of at least 12 months.

15. **OPEN CHAMPIONSHIPS:** A dancer placed 1st, 2nd or 3rd in an open championship must remain open for the dances performed in that championship for a period of at least 12 months.

16. Preliminary Championships

Preliminary competitions are included in all Open Championships from Under 10 upwards, provided there are 2 or more eligible competitors. Results will be taken from the first 2 rounds. In accordance with Scottish Regional Council rules, to be considered as eligible to compete in a Preliminary Championship, the following rules apply:

- Cannot have been placed in a top three position in an open Championship with up to 20 competitors within the last 24 months

- Cannot have been placed in a top 5 position in an open Championship with more than 20 competitors within the last 24 months
- A minimum number of three Adjudicators must officiate and must have included one light and heavy dance.
- Competitors who qualify for and compete in Oireachtas Rince na Cruinne in the previous 12 months cannot compete in a preliminary championship, except where the dancer auto-qualified at their Regional or National Oireachtas due to lack of numbers.
- The relevant notation must be made on the entry form to indicate that a dancer is entitled to also be entered into the preliminary championship.
- 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 Championships do not count for grading in solo competitions.

17.No coaching whilst dancers are on stage during any competition, no matter what grade. This rule has specifically been laid down by the SRC. Failure to comply with this could result in disqualification of the dancer.

18.Dancers must be in full costume and appropriate black footwear when receiving awards.

19.Dancers in Beginner and Primary competitions up to and including the Under 12 age group must abide by the Scottish Regional Council Costume rule, ie. must only wear class costume, skirt/trousers and blouse/shirt, or appropriate civilian clothing. An Coimisiún rulings on hem/neckline will also be strictly adhered to, low cut tops or short tight skirts are not permitted.

20. The Feis Committee regrets that there is a strict policy of NO REFUNDS under any circumstances

21. Make up rules (4.5 CLRG Rule Book)

4.5.1 Make- up will not be permitted for any dancer in the first two grades (Beginner and Primary) up to and including the Under 12 age group worldwide.

4.5.2. Make- up (including false eye lashes) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.

(POINT OF CLARIFICATION) For the purpose of this rule the term “make up” includes tinted moisturiser and any artificial tanning products. An Coimisiún hopes that teachers and parents will interpret and apply this rule in the spirit in which it is intended.

Effective March 1st 2014.

22. 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.

* For clarification purposes, this means that if the full weight is put on the foot, that is en pointe, this is not allowed in any movement. * (added 27.01.19)

4.6.2 However dancers who are moving into the under 13 age group in January will be permitted to do block / en-Pointe work from September 1st of the year prior to this date. For Regions in the Southern Hemisphere a different date may be applied in the case of this rule, on the advice of the appropriate Authority.

23.THE DRESS CODE IN ACCORDANCE WITH AN COIMISIUN RULING WILL BE STRICTLY OBSERVED, i.e., for the sake of modesty and in the interest of the safety to young people, dancers will not be permitted to walk around the Feis scantily dressed.

24.Changing facilities will be provided and must be used. No changing in the halls will be allowed. The use of hairspray will only be permitted in the designated changing areas NO HAIRSPRAY IS TO BE USED IN THE COMPETITION HALLS OR CORRIDORS.

25.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, standard camera, video camcorder, cine recorder, commercial film, with or without flash enhancement, is expressly forbidden in competition.

26.The use of mobile phones and electronic games is strictly prohibited in the dancing area.

27.Smoking is not allowed in the venue.

28.The committee, will, as far as practicable, provide stage surfaces for dancing. However, the committee cannot accept any liability whatsoever for injuries sustained while a dancer is on stage. The lodgement of an entry is deemed acceptance of this condition.

29.The Feis Committee are not responsible for any loss or damage to personal property. All personal property is the sole responsibility of the owners and organisers urge you not to leave items left unattended.

30.The Scottish Regional Council has a zero-tolerance policy on the consumption of alcohol in all dancing areas at Feiseanna.

PHOTOGRAPHY DISCLAIMER

PHOTOGRAPHS TAKEN AT THE FEIS MAY BE USED ON SCHOOL WEBSITES AND LIVE COMMENTARY SOCIAL MEDIA SITES. SHOULD YOU NOT WISH YOUR CHILD'S PHOTOGRAPH TO APPEAR ON THE INTERNET OR SOCIAL MEDIA SITES, PLEASE INFORM THE STAGE STEWARD OF YOUR CHILD'S NAME AND COMPETITION NUMBER WELL IN ADVANCE.

PROVISIONAL TIMETABLE

Hall A

09:00 am	Under 10 & Under 11 Championships
11:00 am	Under 12 & Under 13 Championships
02:00 pm	Under 14 & Under 15 Championships
04:30 pm	Under 16, Under 17, Under 19 & Senior Championship

Hall B

	Stage 1	Stage 2	Stage 3
09:00 am	Under 8 & Under 9 Championships		
10:00 am	Under 9 Intermediate	Under 8 & Under 6 Intermediate	Under 7 Intermediate
11:00 am	Under 9 Primary	Under 8 & Under 6 Primary	Under 7 Primary
12:00 pm	Under 9 Beginners	Under 8 & Under 6 Beginners	Under 7 Beginners
1:00 pm	Under 5, Under 6 & Under 7 Championships		
01:30 pm	***Stars of Tomorrow ***		
02:00 pm	Under 10 Intermediate	Under 11 Intermediate	Under 12 & Over 12 Intermediate (Alternating)
03:00pm	Under 10 Beginners & Primary (Alternating)	Under 11 Beginners & Primary (Alternating)	Under 12 & Over 12 Beginners & Primary (Alternating)

DIRECTIONS

The postcode to find the venue is

FK1 5BZ

Travel to Falkirk

By Train

The nearest train stations are Falkirk High and Camelon which has regular trains on
The Stirling, Glasgow and Edinburgh lines.

By Air

Edinburgh Airport is the closest airport to the venue and is served by all major domestic airlines and low-cost airlines for flights across the UK and Ireland. Glasgow airport is also close to the venue and again is served by many domestic airlines and low-cost carriers.

LOCAL HOTELS

Premier Inn Falkirk Central Hotel – 0333 777 7934

Park Hotel – 01324 628 331

Travelodge Falkirk – 0871 984 6359