

The An Tóstal Feis Committee proudly presents the 57th

An Tóstal Feis

Dates

Saturday 27th September, 2025 Sunday 28th
September, 2025

Mayflower Community Centre, Drumshanbo, Co
Leitrim N41Y8P6

Moltoirí Rince:

Nichola Quinn-Fitzgerald Limerick
Michael O'Meara Tipperary
Christine Maguire Duignan Galway

Ceoltoirí:

Paul O'Donnell

Tabulation:

Eileen Fagan

Syllabus approved by Claire Crossan
Feis Registrar (Comhairle Chonnacht)

Trophy Comp
Top 5
Trophy & Sash

NEW

***HORNPIPE
STEP DOWN
THE LINE U8***

***STARS OF THE
FUTURE
COMPETITION***



AN TOSTAL

Rules

Rialacha

1. Age reckoned from January 1st 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.
 - Videoing 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 1st September 2025.

12. Music Speeds:

Grade	Reel	Light Jig	Single Jig	Slip Jig	Heavy Jig	Hornpipe
Bun Grád	122 - 124	116	124	124		
Tús Grád	116 - 118	116	124	120	84	130
Mean/Ard 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).
- 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.



Rules (contd)

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 tan on legs in Bun and Tús Grád.
- Dancers up to and including the under 10 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 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 1st 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 1st place (or graded out) of that particular dance in any age group in Tús 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 1st 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.



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Accommodation:

Leitrim Inn and Blueway Lodge - <https://www.bluewaylodge.ie>
Battlebridge Camping and Caravan Park - <https://battlebridgecaravanandcamping.ie/>
Leitrim Lodge - <https://www.leitrimlodge.ie/>
Cryans Hotel - <https://cryanshotel.ie/>

Entries

All entries must be submitted on-line via www.entrytable.ie
Entries will Open Sept 8th and Close Monday 22nd Sept 2025

Entries can be made by parent/guardian and/or CLRG registered teacher using the link above
Please indicate if dancer is dancing preliminary championship Please indicate which traditional set dance will be performed Please indicate which light/heavy dance will be performed

Entries will be accepted on the day however, in the interest of fairness a €3 surcharge will be applied

A practice area and changing facilities are available. Tea, coffee, and light snacks will be available in the hall on both days of the Feis.

Vendor

Buckles and Bling will be vending on both days of the Feis

Fees

Open Championship U5 & U6: €30 (incl results)
U7 €35 Upwards (incl results)
Preliminary: €45 (Prelim 8-9 up to 15-16 inclusive, Incl results)
Open Championship: €40 (Incl results)
Stars of the Future: €10
Eva Mooney Memorial; €10
Grades Solo Dances; €5
Trophy Dance: €10

Door admission €5 per adult
€3 Students/OAP

Results

All results will take place in separate results hall

Further Information Contact: Tracy O'Neill T.C.R.G. 087 6870316 tracyoneillsd@icloud.com
Ita Gray, Feis Committee 087 2141390

**** The An Tostal Feis Committee Organisers accept NO responsibility for loss or injury to persons or articles in or around the hall/car park.****



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Provisional Timetable Saturday 27th September 2025



Time	Grade	Stage A	Stage B	Stage C	Dance
09.00	Bun	U6 6-7	7-8	8-9	<ul style="list-style-type: none">• Reel/Cor• Light jig/Port Éadtrom• Slip jig/Port Luasca• Single Jig/Port Singil <div>Trophy Comp</div> Any light dance
09.45		9-10	10-11	11-12/Over 12	
10.30	Tus	U6 6-7	7-8 10-11	8-9	<ul style="list-style-type: none">• Reel/Cor• Light Jig/Port Éadtrom• Slip Jig/Port Luasca• Single Jig/Port Singil• Heavy Jig/Port Trom• Hornpipe/Cornphíopa• Traditional set <div>Trophy Light Dance</div> (Any light dance) <div>Trophy Heavy Dance</div> (Any heavy dance)
11.15		9-10	10-11	11-12 Over 12	
12.00	Mean	U6 6-7	7-8	8-9	<ul style="list-style-type: none">• Reel/Cor• Light Jig/Port Éadtrom• Slip Jig/Port Luasca• Single Jig/Port Singil• Heavy Jig/Port Trom• Hornpipe/Cornphíopa• Traditional Set <div>Trophy Light Dance</div> (Any light dance) <div>Trophy Heavy Dance</div> (Any heavy dance)
12.30		9-10	10-11	11-12 Over 12	
13.30	STARS OF THE FUTURE				
13.45	Eva Mooney Memorial Shield Open to all ages and all dancers to perform a Reel				
15.00	U5/U6 Championship (Reel/Light Jig) 6-7 Championship (Reel/single jig/Light or Heavy Jig)				
16.00	<div><div>NEW</div>7-8 Championship (Reel/Light or Heavy Jig/Trad set) Bonus Hornpipe Competition U8 16 Bars (Step Down the Line) 8-9 Prelim/ Championship (Reel/Light or Heavy Jig or/Trad set)</div>				

Minor Parade of Champions Top three placing dancers from each of the above age groups are invited to dance 16 bars of light round. FUTURE STARS aimed at young dancers who may not be 100% ready for a feis. Each dancer will perform 16-24 bars easy reel to music onstage one at a time accompanied by parent or teacher



Provisional Timetable Sunday 28th September 2025

Time	Open Championship Craobh Comórtas
09.00	9-10 Prelim/Championship (Heavy/Light/Set (Trad or Open) 10-11 Prelim/Championship (Heavy/Light/Set (Open) (Alternating)
11.30	11-12 Prelim/Championship (Heavy/Light/Set (Open) 12-13 Prelim/Championship (Heavy/Light/Set (Open) (Alternating)
14.00	Junior Parade of Champions Top three placing dancers from each of the above age groups are invited to dance 16 bars of a light round.
14.30	13-14 Prelim/Championship (Heavy/Light/Set (Open) 14-15 Prelim/Championship (Heavy/Light/Set (Open) (Alternating)
16.00	15-16 Prelim/Championship (Heavy/Light/Set (Open) 16-18 Championship (Heavy/Light/Set (Open) Over 18 (Heavy/Light/Set (Open) (Alternating)
18.00	Senior Parade of Champions Top three placing dancers from each of the above age groups are invited to dance 16 bars of a light round.

Heavy round will be danced first in every age group.
The prelim result will be based on first two rounds of the championship.
100% Recall

Separate boys competition if >3 boys in competition

Please note: All times are approximate and dancers must be ready to commence 30 mins before stated time



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