

<u>Entry fees:</u>	
Damhsa Aonair ~ solo's	€5.00
Rince Trófai	€6.00
Cead isteach	€5.00

Dances : Ríl ~ Reel, Port ~ Jig, Port singil ~ single jig, Port Luascadh ~ slip jig,
Chornphípa ~ Hornpipe, rince leithleach~ set dance, Rince liethleach
thrádisiúnta ~ Traditional set dance.

Tea's & Refreshments available
Light lunch provided for all TCRG'S in attendance {1.30-2.00pm}
Enquiries: Tel : 0749548441.

Trophy for Trophy Dances
Box medals for Solos
Perpetual Trophies for Árdghrád

Syllabus approved by Feis Registrar An Comhairle Uladh: Sukhy Nijjar



Féis Cuimhneachán

Dhomhnail Mhic Eamharcaigh



Áislann Rann na Feirste
{Ranafast Community Centre}



22ú Deireadh Fómhair 2023
Sunday 22nd October 2023

Moltóir: Orla Nic Conuladh ADCRG ~ Meath
Ceoltóir: Stephen Devlin ~ Belfast

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9.00 am

Faoi 8: Bungrád	Ríl, Port Singil/ Port Luascadh, Port, Rince Trófaí
Faoi 8: Túsgrád	Ríl, Port Singil/ Port Luascadh, Port, Rince Trófaí
Faoi 8: Méanghrád	Ríl, Port Singil/ Port Luascadh, Port, Rince Trófaí
Faoi 7: Árdghrád	Ríl {Trófaí}, Port Singil, Port
Faoi 8: Árdghrád	Ríl {Trófaí}, Port, Rince Leithleach Thráidisiúnta

10.30 am

Faoi 10: Bungrád	Ríl, Port Singil/ Port Luascadh, Port, Rince Trófaí
Faoi 10: Túsgrád	Ríl, Port Singil/ Port Luascadh, Port, Rince Trófaí
Faoi 10: Méanghrád	Ríl, Port Luascadh/Singil, Port/ Chornphíopa, Rince Trófaí
Faoi 9: Árdghrád	Ríl/ Port Luascadh {Trófaí}, Port /Chornphíopa, Rince Leithleach Thráidisiúnta {Trófaí}
Faoi 10: Árdghrád	Ríl/ Port Luascadh {Trófaí}, Port /Chornphíopa, Rince Leithleach {Trófaí}*

12.30 noon

Faoi 5:	Ríl, Port / Port Singil, Rince Trófaí, Rince Trófaí
Faoi 6: Bungrád	Ríl, Port Singil/ Port Luascadh, Port, Rince Trófaí
Faoi 6: Túsgrád	Ríl, Port Singil/ Port Luascadh, Port, Rince Trófaí
Faoi 6: Méanghrád	Ríl, Port Singil/ Port Luascadh, Port, Rince Trófaí
Faoi 6: Árdghrád	Ríl {Trófaí}, Port Singil/ Port Luascadh, Port

Lón 1.30 pm ~ 2.00 pm**2.00 pm**

Faoi 12: Bungrád	Ríl, Port Singil/ Port Luascadh, Port, Rince Trófaí
Faoi 12: Túsgrád	Ríl, Port Singil/ Port Luascadh, Port, Rince Trófaí
Faoi 12: Méanghrád	Ríl, Port Luascadh/Singil, Port/ Chornphíopa, Rince Trófaí
Faoi 11: Árdghrád	Ríl/ Port Luascadh, {Trófaí}, Port/ Chornphíopa, Rince Leithleach {Trófaí}*
Faoi 12: Árdghrád	Ríl/ Port Luascadh, {Trófaí}, Port/ Chornphíopa, Rince Leithleach {Trófaí}*
12-14: Bungrád	Ríl, Port Singil/ Port Luascadh, Port, Rince Trófaí
12-14: Túsgrád	Ríl, Port Singil/Luascadh, Port, Rince Trófaí
12-14: Méanghrád	Ríl, Port Singil/Luascadh Chornphíopa, Rince Trófaí

4.00 pm

Faoi 12 {under 12} / Os cionn 12 {Over 12}
Rince Céilí ar bith { Any Céilí dance }

Faoi 13: Árdghrád	Ríl/ Port Luascadh, {Trófaí}, Port/ Chornphíopa, Rince Leithleach {Trófaí}*
Faoi 14: Árdghrád	Ríl/ Port Luascadh, {Trófaí}, Port/ Chornphíopa, Rince Leithleach {Trófaí}*
Os cionn 14: Bungrád	Ríl, Port Singil/ Port Luascadh, Port, Rince Trófaí
Os cionn 14: Túsgrád	Ríl, Port Singil/ Port Luascadh, Port, Rince Trófaí
Os cionn 14: Méanghrád	Ríl, Port Luascadh/Singil, Port/Chornphíopa, Rince Trófaí

5.30 pm

Faoi 15: Árdghrád	Ríl/ Port Luascadh, {Trófaí}, Port/ Chornphíopa, Rince Leithleach {Trófaí}*
Faoi 16: Árdghrád	Ríl/ Port Luascadh, {Trófaí}, Port/ Chornphíopa, Rince Leithleach {Trófaí}*
Faoi 18: Árdghrád	Ríl/ Port Luascadh, {Trófaí}, Port/ Chornphíopa, Rince Leithleach {Trófaí}*
Os cionn 18: Árdghrád	Ríl/ Port Luascadh, {Trófaí}, Port/ Chornphíopa, Rince Leithleach {Trófaí}*

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Rialacha:

1. Féis is registered with An Coimisiún le rincí Gaelacha.
2. Age Reckoned from January 1st 2022.
3. Bungrád & Túsgrád rules as set by an Coimisiún.
4. Adjudicators decision is final.
5. Feis committee accept no responsibility for any items lost or stolen or any injury sustained during the event.
6. Rince Leithleach * ~ prize winners in árdghrád only.
7. Please note that all times stated on syllabus are approximate.
8. Competitors in Bun Grad & Tus Grad, up to and including the Under 12 age group, may only wear traditional class costumes or long/short-sleeved blouses/shirts & skirts/trousers, polo tops & skirts/ trousers, body suits & skirts or tunics that conform to the regular costume length rule. Low-cut tops and short tight skirts are not permitted.
9. Make-up (including false eyelashes and face-tan) is not bepermitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.
10. Make-up will not be permitted for any dancer in the first two grades (Bungrád and Tusgrád or equivalent) up to and including the under 12 age group worldwide.
11. 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. Clarification: Both make up rules refer to the age group of the competition, not the actual age of the dancer. For example, 9 year old dancers, competing in a team that is entered Under 12, may wear make-up or at a feis where the youngest Open Championship age group is Under 11, then all dancers in that competition may wear make-up. Theserules must also be announced from side stage at the event. Participants should be reminded that should they be in breach of these rules and be required to remove their make-up, that they risk missing their rotation in the competition.
12. 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 shortor 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 on the panel must agree toasking the dancer to wear tights.
13. Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage (as per illustration on www.clrg.ie). 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.
14. In order to comply with health and safety measures, all dancers lining up side stage prior to any round at any competition will be required to perform the simple exercise of raising their arms to shoulder level unhindered. If unable to do this by the time of their rotation due to costume stitching or arm attachments, these competitors will not be permitted to perform.

15. Bun Grád competitions are confined to competitors who at the time of entry have never won 1st place (or being regraded as per below) in that particular dance in any age group or grade. Basic Steps only are permitted in Bun Grad.
16. Tus Grad confined to dancers who have never won 1st prize (or being graded as per below) for that particular dance in any age in Tus Grad, Mean Grad or Ard Grad. Dancers may perform either basic steps or their first hard/difficult version of each dance. Steps in Tus Grad Heavy Jigs and Hornpipe must be similar to those used in St.Patrick's Day and Blackbird.
17. In Bun Grád & Tus Grad competitions, one dancer moves up to next grade if there are less than 20 competitors, two dancers move up to next grade if there are between 21 and 40 competitors and three dancers move up to next grade if there are over 40 competitors.
18. Mean Grád competitions are confined to dancers who at the time of entry have never won 1st place for that particular dance in Mean Grad or Ard Grád in that age group or a higher age group.
19. Dancers must perform to the following 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/Ard Grad: Reel 113, Light Jig 116, Single Jig 124, Slip Jig 113, Heavy Jig 73, Hornpipe 113 Traditional Set Dances: St. Patrick's Day 94, The Blackbird 144, Job of Journeywork 138, Garden of Daisies 138, King of the Fairies 130, ThreeSea Captains 96, Jockey to the Fair 90•All competitors will be required a dance a MINIMUM number of 40 bars, except in Slip Jigs, Hornpipes & Bun Grad Reels where a MINIMUM number of 32 bars will be required.
20. 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 phones, ipads, standard cameras, video camcorders, cine recorder, commercial film, with or without flash enhancement, is forbidden during competition.
21. Changing of costumes, dressing and undressing, is not permitted in the halls or public areas.
22. No block, en point, stationery or moving will be allowed for all ages up to and including Under 12. However dancers in will be competing in the 12-13 age group in the following year, will be exempt from this rule from 1st September.
23. If you wish your child to be excluded from any photographs that maybe uploaded onto social media websites, please ensure that you inform the feis organiser in advance.
24. The Child Protection Designated Liason Officer for the Ulster Region is Paula Bell. If you have any concerns for any child's safety at the event, please contact her: CPDLOUlster@gmail.com.

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