

Feis Iarthair na Gaillimhe

14th & 15th March 2026

High Cross College
Dublin Road, Tuam
Co. Galway

PARKING ONLY AT H54 WP66

Cláráithe leis An Coimisiún le Rinci Gaelacha

Moltóirí:	Denise Elebert	Leinster
	Louise Smith	Munster
	Rachel Corr	Ulster
	Angela McDonagh	Connacht
	Cristina Pini	Italy

Ceoltóirí:	Sean Mortalo	Leinster
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Feis Entries:	Feis Connect
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Dance Vendor:	Buckles & Bling
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Syllabus Approved by: Claire Crossan - Feis Registrar Comhairle Chonnacht



Dear teachers and parents,

We look forward to welcoming you all to Feis Iarthair na Gaillimhe 2026.

Our syllabus has changed this year, and we are delighted to let you know that we will be holding **separate Preliminary Championships** based on two rounds but with the opportunity to dance a solo set dance.

All Preliminary Championships, Open Championships and Trophy Grade Dances will receive a trophy and sash for the top 5.

All Prelim/Open Championships will be held on Saturday 14th March 2026.

All Grades will be held on Sunday 15th March 2026.

Knock Airport is a 45-minute drive to the venue.

Shannon Airport is a 1-hour drive to the venue.

Host hotel is Ard Rí House Hotel, Tuam 093-40100

Thank you for your support over the years and we look forward to seeing you all at the feis.

Ann Gibbons ADCRG
Lorraine Farrell ADCRG
Anne O'Connell TCRG

Rialacha

1. Age reckoned from January 1st, 2026.
2. Entries will only be accepted from teachers currently registered with An Coimisiún 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)/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 with 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.
Videoring 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 cancers who will be competing in the 12-13 age group next year (2027), who will be exempt from this rule from 1st September 2026
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/Árd 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 the 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.
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. **Bun Grád and Tús Grád:**
Dancers are not permitted tan on legs in Bun and Tús Grád.
Dancers up to and including the under 12 age group are not permitted to wear make-up (including false eye lashes and face tanner).
Dancers may only wear a traditional class costumer 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:** 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 (2026) or previous year (2025)
- Dancers must not have recalled in the actual Championship at Oireachtas Rince na hÉireann in the current year (2026) or previous year (2025).
- Dancers having won 2 Preliminary Championships may not compete in an Mean Grád competition for the remainder of the year, HOWEVER, if a dancer has won only one Preliminary Championship they may continue to compete in Mean Grád (with the exception of the dances that they won Preliminary 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 Championship 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.

Enquiries: Ann Gibbons 086-4059544 atlanticirishdanceacademy@gmail.com

Fees: Online entries at Feis Connect <https://forms.gle/H8S9RztQugAsT17n7>

Open Championship	€ 40.00	All payable online
Preliminary Championship (2 rounds)	€ 30.00	
Preliminary Solo Set Dance	€ 5.00	
Preliminary U/9 Mixed Incorporated with open	€45	
Grades Solo Dance	€ 5.00	
Grades Trophy Dance	€ 10.00	
Stars of the Future	€ 10.00	
Admission (Door)	€ 5.00	
Coffee/Snack Shop is Cash Only		

Panel of 5 adjudicators for all Open/Prelim Championships

Bun/Tús/Mean Grád – 32 Bars, Árd/Prelim – 40/48 Bars

Closing date for entries – Monday 9th March 2026 @ 6.00pm

APPROX. TIMETABLE & SCHEDULE

Saturday 14th March 2026

8.30am	Open Championship	9-10 Girls	Heavy Round/Light Round/Set
	Prelim Championship	9-10 Girls	Heavy Round/Light Round
	Open Championship	10-11 Girls	Heavy Round/Light Round/Set
	Prelim Championship	10-11 Girls	Heavy Round/Light Round
	Open Championship	Under 10 Boys	Heavy Round/Light Round/Set
	Prelim Solo Dance	9-10 Girls	Set Dance
	Prelim Solo Dance	10-11 Girls	Set Dance
10.30am	Open Championship	11-12 Girls	Heavy Round/Light Round/Set
	Prelim Championship	11-12 Girls	Heavy Round/Light Round
	Open Championship	12-13 Girls	Heavy Round/Light Round/Set
	Prelim Championship	12-13 Girls	Heavy Round/Light Round
	Open Championship	10-12 Boys	Heavy Round/Light Round/Set
	Prelim Solo Dance	11-12 Girls	Set Dance
	Prelim Solo Dance	12-13 Girls	Set Dance
1.30pm	Open Championship	13-14 Girls	Heavy Round/Light Round/Set
	Prelim Championship	13-14 Girls	Heavy Round/Light Round
	Open Championship	14-15 Girls	Heavy Round/Light Round/Set
	Prelim Championship	14-15 Girls	Heavy Round/Light Round
	Open Championship	12-14 Boys	Heavy Round/Light Round/Set
	Prelim Solo Dance	13-14 Girls	Set Dance
	Prelim Solo Dance	14-15 Girls	Set Dance
3.00pm	Open Championship	Under 6 Mixed	Reel, Single Jig, Light Jig
	Open Championship	6-7 Mixed	Reel, Single Jig, Light/Heavy Jig
	Open Championship	7-8 Mixed	Reel, Jig, Traditional Set
	Open/Prelim Champ	8-9 Mixed	Reel, Heavy Jig, Traditional Set
4.00pm	Open Championship	15-16 Girls	Heavy Round/Light Round/Set
	Open Championship	16-17 Girls	Heavy Round/Light Round/Set
	Open Championship	14-16 Boys	Heavy Round/Light Round/Set
6.00pm	Open Championship	17-18 Ladies	Heavy Round/Light Round/Set
	Open Championship	Over 18 Ladies	Heavy Round/Light Round/Set
	Open Championship	Over 16 Men	Heavy Round/Light Round/Set

All results will be announced in a separate results area

A panel of 5 adjudicators for all Prelim/Open Championships

APPROX. TIMETABLE & SCHEDULE
Sunday 15th March 2026

BUN GRÁD		Stage A	Stage B	Stage C
9.00am	Bun Grád	U6 & 6-7	7-8	8-9
Reel, Slip Jig, Single Jig, Light Jig, Trophy Light Dance				
Results in results hall				
9.45am	FUTURE STARS SPECIAL DANCE – 16 BARS REEL			
10.00am	Bun Grád	9-10	10-12	Over 12
Reel, Slip Jig, Single Jig, Light Jig, Trophy Light Dance				
Results in results hall				

TÚS GRÁD		Stage A	Stage B	Stage C
11.00am	Tús Grád	Under 7	7-8	8-9
Reel, Slip Jig, Single Jig, Light Jig, Trophy Light Dance, Heavy Jig, Hornpipe, Trad Set				
Results in results hall				
12.00pm	Tús Grád	9-10	10-12	Over 12
Reel, Slip Jig, Single Jig, Light Jig, Trophy Light Dance, Heavy Jig, Hornpipe, Trad Set				
Results in results hall				

MEAN GRÁD		Stage A	Stage B	Stage C
2.00pm	Mean Grád	Under 7	7-8	8-9
Reel, Slip Jig, Single Jig, Light Jig, Light Trophy Dance, Heavy Jig, Hornpipe, Trad Set				
Results in results hall				
3.30pm	Mean Grád	9-10	10-12	Over 12
Reel, Slip Jig, Single Jig, Light Jig, Light Trophy Dance, Heavy Jig, Hornpipe, Trad Set				
Results in results hall				

Grades Solo Dance	€ 5.00	Payable online only
Grades Trophy Dance	€ 10.00	
Stars of the Future	€ 10.00	
Admission (Door)	€ 5.00	Cash Only
Coffee/Snack Shop is Cash Only		

Bun/Tús/Mean Grád – 32 Bars, Árd/Prelim – 40/48 Bars

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