

**JANUARY 17th & 18th  
Kilbride GAA Complex**

**Four Mile House, Co. Roscommon**

# **FEÌS ROSCOMÀIN**



**"THE FOUR PROVINCES FEIS"**

## **ADJUDICATORS:**

**Melissa Keane (Munster) ADCRG**

**Siobhan Dorman (Munster) ADCRG**

**Catherine Flanagan (Ulster) ADCRG**

## **MUSICIAN:**

**Sean Mortalo**



ONÓRACH  
MULHERN  
GERAGHTY

# TIMETABLE

## SATURDAY January 17<sup>TH</sup>

TIME	Grade	STAGE 1	STAGE 2	STAGE 3
9:00am	Bun	<b>U6/U9</b> Trophy Reel(1a), Light Jig(2a), Single Jig(3a), Slip Jig(4a)  <b>U5</b> Reel (5a) and Light Jig(6a)	<b>U7/9-10</b> Trophy Reel(7a), Light Jig(8a), Single Jig(9a), Slip Jig(10a)	<b>U8/10 – 12/O12</b> Trophy Reel(11a), Light Jig(12a), Single Jig(13a), Slip Jig(14a)
<b>Trophy Dance (Any Light Dance)</b>				
11am	Tús	<b>U6 /U9</b> Trophy Reel(16a), Light Jig(17a), Single Jig(18a), Slip Jig(19a), Heavy jig(20a), Hornpipe(21a), St. Patricks Day(22a)	<b>U7/9-10</b> Trophy Reel(23a), Light Jig(24a), Single Jig(25a), Slip Jig(26a), Heavy jig(27a), Hornpipe(28a), St. Patricks Day(29a)	<b>U8/10 – 12/O12</b> Trophy Reel(30a), Light Jig(31a), Single Jig(32a), Slip Jig(33a), Heavy jig(34a), Hornpipe(35a), St. Patricks Day (36a)
<b>Trophy Dance (Any Light Dance) (37a)</b>				
12:30pm	<b>TINY TOTS Celebration</b> <b>16 Bars Easy Reel</b>			
1:30pm	Mean	<b>U9/O14</b> Trophy Reel(38a), Light Jig(39a), Single Jig(40a), Slip Jig(41a), Heavy jig(42a), Trad set(43a), Hornpipe (44a)	<b>U7/9-10</b> Trophy Reel(45a), Light Jig(46a), Single Jig(47a), Slip Jig(48a), Heavy jig(49a), Trad set(50a), Hornpipe(51a)	<b>U8/10-12/12-14</b> Trophy Reel(52a), Light Jig(53a), Single Jig(54a), Slip Jig(55a), Heavy jig(56a), Trad set(57a), Hornpipe (58a)
<b>Trophy Dance (Any Heavy Dance) (59a)</b> <b>Mean Under 7 Trophy Dance (Any Light Dance)</b>				
3:30pm		<b>15-16 Girls Championships</b> <b>16-17 Girls Championships</b> <b>14-16 Boys Championships</b>		
5:00pm		<b>17-18 Girls Championships</b> <b>18-20 Ladies Championships</b> <b>O20 Ladies Championships</b> <b>16-18/ O18 Men's Championship</b>		
<b>Senior Parade of Champions</b> <b>Top 3 dancers</b>				

## SUNDAY January 18<sup>TH</sup>

TIME	Preliminary & Open Championships
9:00am	8-9 Girls Championships /Prelim 9-10 Girls Championships /Prelim 8-10 Boys Championships
10:30am	U6 Mixed Championships U7 Mixed Championships U8 Mixed Championships
	<b>Minor Parade of Champions Top 3 Dancers</b>
	Ceili Dances -4 hands -8 Hands
11:45pm	10-11 Girls Championships /Prelim 11-12 Girls Championships /Prelim 10-12 Boys Championships 12-14 Boys Championships
3:30pm	12-13 Girls Championships /Prelim 13-14 Girls Championships /Prelim 14-15 Girls Championships/Prelim
	<b>Junior Parade of Champions Top 3 dancers</b>

## ENTRY Process

Parents can enter dancers on [www.entrytable.ie](http://www.entrytable.ie). Only dancers registered with CLRG may enter.

Please indicate if dancers are to be entered for the prelim championship.

Please indicate which traditional set dancers will dance

Please include which light/heavy dancer will dance.

Inclusive of 8-9 and 14-15 championships, all competitions will include a preliminary result based on the first two round.

**100% recall up to 20 dancers, 50% recall for 21 or more.**

**Please Note:** All times are approximate, and dancers must be ready to commence 30 before stated time.

***Entries will CLOSE: Wednesday January 14<sup>th</sup>, 2026***

Entry for the Feis indicated that dancers entered, and their parents/guardians agree to adhere to the Feis and venue guidelines. FEES are non-refundable except in the case that the event does not go ahead as planned.

Championship: €40  
Prelim + Open Championship: €45  
Grade Solo Dances: €5 Per Dance  
Tiny Tots Celebration: €10

Trophy Reel: €10  
Trophy Dance: €10  
Ceili Dances: €6 Per Dancer  
Admission to Feis: €5 per adult

## ENTRY INFORMATION

**Bun Grad Dances:** Trophy Reel, Light Jig, Slip Jig, Single Jig,  
Trophy dance (any light dance)

**Tus Grad Dances:** Trophy Reel, Light Jig, Slip Jig, Single Jig, Heavy Jig, Hornpipe, St.  
Patrick's Day  
Trophy Dance (Any light dance)

**Mean Grad:** Trophy Reel, Light Jig, Slip Jig, Single Jig, Heavy Jig, Hornpipe, Traditional Set  
Trophy Dance (Any Heavy Dance)

\*Under 6 and Under 7 Any two light dances

### **Championship Dances:**

Under 6: Reel, Light Jig, Single Jig

6-7: Reel, Single Jig and Jig (light or heavy)

7-8/8-9: Reel, Jig, (light or heavy) and Traditional Set

9-10 upwards: Reel/Slip Jig, Heavy Jig/Hornpipe, Open Set

Translation	
Reel	Ril
Light Jig	Port Eadtrom
Slip Jig	Port Luascadh
Single Jig	Port Singil
Heavy Jig	Port Trom
Hornpipe	Cornpiopa
Trad Set	Seit Tradisiúnta

## Separate Results Hall

## RULES/RIALACHA

1. Age reckoned from January 1<sup>st</sup> 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:**
  - o 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.
  - o 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.
  - o 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 1<sup>st</sup> 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/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](http://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.

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 are allowed to wear bun wigs 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 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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.

**Accommodation:**

Hannon's Hotel	0906637644
Abbey Hotel	0906626240
Gleeson's Townhouse	0906626954
The Coachman's Inn	0872063386

**Directions:**

Located on the Sligo road out of Roscommon Town. The N61 at Four Mile House. The hall is located beside the church and primary School.