

KATIE JEFFREY MCVEY TCRG
INVITES YOU TO
THE WEST OF SCOTLAND
IRISH DANCING CHAMPIONSHIPS



CHRYSTON HIGH SCHOOL
LINDSAYBEG ROAD, CHRYSTON,
GLASGOW, G69 9DL

SATURDAY 19TH SEPTEMBER 2026

Fellow Teachers

I would like to take this opportunity to invite you and your dancers to the 19th annual West of Scotland Championships.

I am delighted to announce that this year's event will be held once again at Chryston High School, which boasts a spacious auditorium with in-built stage, a large gym hall and an open planned atrium area, providing a modern and comfortable setting for dancers and spectators alike.

All graded competitions and open solo results will offer 100% award placement ensuring every dancer receives an award on the day.

This year's door entry fee will include access to an online programme, with all competitor numbers and school details being provided. All championship, prelim and solo results will also be posted online and accessed via the West of Scotland Championships Facebook page.

All open championships from Under 10 through to Senior will take place on the main stage in Hall A, with competitors dancing two at a time. We will commence with the light round, followed by the heavy round to avoid multiple shoe changes. Dependant on final entry numbers, we will endeavour to offer a full 100% recall in all age groups.

A separate prelim result will also be offered for eligible competitors, with these overall results being calculated after rounds 1 and 2 of the associated championships.

The final timetable will be confirmed by Monday 7th September once all entries are received, but an initial provisional timetable has been prepared to assist with travel plans, and I will endeavour to stick as closely to this as possible.

Finally, there will be two **Champion of Champions** competitions performed at the end of the day again this year, split as Under 5 to Under 12 and Under 13 to Senior. Each competition will celebrate the winners of each open championship age group, with each dancer competing for the Champion of Champions Title and to win a beautiful Crystal Trophy award.

I look forward to seeing you there.

Katie Jeffrey McVey T.C.R.G

Entry Fees

Solo Grades	£ 6.50 per dance
Trophy Grades	£ 7.50 per dance
Rising Stars	£ 7.50 per dance
U5 Championship	£ 20.00 per dancer
U6 Championship	£ 30.00 per dancer
U7 – U 9 Championships	£ 40.00 per dancer
U10 - Senior Championships (inlc prelim)	£ 45.00 per dancer
Dancer Maximum	£ 60.00 per dancer
Family Maximum	£ 95.00 per family
Door Entry* (on the day)	£ 10.00 per person
Concession* (on the day)	£ 5.00 per person

** Door entry includes access to online programme and all competitive results.*

Feis Secretary

Katie Jeffrey McVey
35 Glen Douglas Drive,
Cumbernauld, G68 0DW
07515 857 179
katiemcvey@ymail.com

To submit entries, follow the steps outlined below:

Complete dancer information on the excel entry file provided

Email updated excel entry file to katiemcvey@ymail.com

Transfer bank payment to **Katie McVey** as follows:

Acc: 00266107 / **Sort:** 83-16-13 / **Ref:** Name of Dance School

Please ensure entries and payment are submitted by **Monday 31st August**

Adjudicators

1. Kieran Rogers
2. Tracey Taaffe Metcalfe
3. Katie Maguire
4. Sarah Clarke
5. Steven Brunning
6. Rosetta McConomy Bradley

Cheshire
Co. Cavan
Essex
Hertfordshire
Nottingham
Derry

Musicians

1. Seamus O'Sullivan
2. Gerry Conlon

Glasgow
Glasgow

Feis 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 directly from teachers registered with AN COIMISIÚN LE RINCÍ GAELACHA.
3. All entries must be made on the enclosed official entry form, which must be completed and signed by the teacher. Entries will only be accepted from teachers en-bloc and not on an individual basis. One cheque per school.
4. The dancer's FULL FIRST NAME and SURNAME must be entered in BLOCK CAPITALS.
5. The Feis Committee may modify or cancel any arrangements detailed in this syllabus as is deemed necessary, subject to the approval of the Scottish Regional Council or An Coimisiún le Rincí Gaelacha.
6. Adjudicators' decisions are final.
7. Complaints can only be accepted if in writing, within 1 hour of the incident and accompanied with a £30 fee to the Feis Secretary. This should be submitted prior to the announcement of any result. The fee will be returned if the complaint is upheld.
8. Competitors must be present when their competition is called and fully obey all instructions and directions from Feis Stewards and Officials or they may lose their right to compete
9. The organisers reserve the right to start any competition up to 30 minutes prior to the scheduled times. Competitions will not be held open.
10. All first place championship trophies are perpetual trophies and must be returned engraved and in good condition at the request of the Feis Committee. First place Prelim championship trophies do not need to be returned.
11. Beginner and Primary competitions are open to competitors from all regions.
12. Beginners are only permitted to dance steps equivalent to the basic Reel/Single Jig/Light Jig/Heavy Jig and Hornpipe. Any competitor performing steps of a harder degree of difficulty in the Beginner's grade may be disqualified from that particular competition.
13. A dancer winning 1st in Beginner grade, when there are 6 or more competitors, must dance that particular dance in Primary grade (or above) for a period of 12 months.
14. A dancer winning 1st in the Primary grade, when there are 6 or more competitors, must dance that particular dance in Intermediate grade (or above) for a period of 12 months.
15. A dancer winning 1st in the Intermediate grade, when there are 6 or more competitors, must dance that particular dance in Open grade for a period of 12 months.
16. A dancer winning 1st, 2nd or 3rd in the Open grade must dance that particular dance in the Open grade for at least 12 months.
17. Open championship – a dancer winning 1st, 2nd or 3rd in an Open championship from Under 7 onwards must remain Open for the dances performed in that championship for a period of at least 12 months. Under 5 and Under 6 championships are ungraded and therefore dancers winning 1st 2nd or 3rd do not have to remain open for these dances.
18. Dancers in Beginner and Primary competitions up to and including the under 12 age group may only wear class costume, skirt and blouse or appropriate civilian clothing. Low cut tops or short tight skirts are not permitted. Failure to comply with this rule may lead to disqualification from the competition.
19. Effective from 1st February 2020, length of costumes must adhere to principals of modesty and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to be too short or to lack modesty may ask a competitor to change in to black tights (of a denier not less than 70 per cent) in order for the dancer to continue in the competition. When wearing body suits with skirts (commonly known as black-out attire) black tights (of a denier less than 70) must be worn from the age of 14 and above.

20. All championship competitions will commence with the light dance first.
21. All competitors will dance two at a time in the first two rounds.
22. Tempos for Solo Championships & Preliminary Championships 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. All agreed speeds are outlined below:

	Reel	Single Jig	Light Jig	Slip Jig	Heavy Jig	Hornpipe
Beginner	122-124	124	116	124	96	144
Primary	116-118	124	116	120	76	118
Intermediate	113	124	116	113	73	113
Open	113	124	116	113	73	113

23. Toe blocks or any other footwork danced "en-point" whether stationary or moving is not permitted for those dancers up to and including the Under 11 age group. (Per Rule 4.2.1 Rules for Registered Teachers & Adjudicators).
**For clarification purposes, this means that if the full weight is put on the foot, that is en point, which is not allowed in any movement. (Effective 27/01/2019 per rule 4.2.1 Rules for Registered Teachers & Adjudicators)*
24. All competitors must be in full costume and appropriate black dance footwear when receiving awards, otherwise such awards may be forfeited.
25. Attendees must comply with the Make Up Rules 4.5 per CLRG Rule Book – 4.5.2 Make-up (including false eyelashes) is not permitted for dancers in either solo or team competitions, up to and including the Under 10 age group. Make Up will not be permitted for any dancer in the first 2 grades (Beginner and Primary) up to and including the Under 12 age group worldwide. For the purposes of this rule, the term "make-up" includes tinted moisturiser and any artificial tanning products. An Coimisiún le Rincí Gaelacha hopes that teachers and parents will interpret and apply this rule in the spirit it is intended. Effective 01/03/2014.
26. The dress code in accordance with An Coimisiún ruling will be strictly observed. i.e. For the sake of modesty and in the interest of safety to young people, dancers will not be permitted to walk around the feis scantily dressed.
27. All mobile phones and electronic devices must be placed on silent in the competition areas.
28. The photography and videoing policy of An Coimisiún will be strictly observed, full details of which will be published in the official programme.
"Any form of unauthorised photography which has the capability to capture a dancer's mage 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".
29. The organisers will take photographs of competitors, competitions and presentations.
30. Such photographs may be subsequently used for marketing and promotional purposes of the event. Should you wish your child/children to be excluded from being photographed at the event this must be advised in advance to the Feis organisers.
31. Other than the photographs taken by the Feis organisers, all photographs of competitions, competitions and presentations may only be taken for personal use. They may not be redistributed, sold, lent or passed on to third parties. They may also not be used for commercial purposes or used in any publication or website without the express written permission of the organisers and the parents or guardians dancers included therein.
32. First aiders will be present should anyone need their assistance at the Feis.

33. For the purposes of Preliminary competitions, they 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:
- i. Cannot have been placed in a top three position in an open Championship with up to 20 competitors within the last 12 months.
 - ii. Cannot have been placed in a top 5 position in an open Championship with more than 20 competitors within the last 12 months.
 - iii. A minimum number of three Adjudicators must officiate, and must have included one light and one heavy dance.
 - iv. 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.
 - v. 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.
 - vi. 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.
 - vii. 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.
 - viii. Dances performed in a Preliminary Championships do not count for grading in solo competitions.

IMPORTANT: All competitors will be asked to confirm their eligibility to compete in a Preliminary Championships when registering. This list will then be used to announce the Preliminary Championship result. No changes to this list will be allowed after the commencement of the relevant Championship.

Please ensure that dancers are fully aware as to whether or not they are entitled to compete in the preliminary championship.

34. 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 or dancers.
35. Only competitors dancing in the Championship and feis officials will be allowed back stage at any time.
36. In line with Scottish Regional Council rules, the consumption of alcohol in the competition areas is strictly prohibited.
37. Smoking is not permitted anywhere within the venue.
38. The organisers retain the right to refuse admission to anyone in breach of any rule or where they believe there is a risk to any individual.
39. 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 areas designated as official practice areas will be held personally liable for any necessary repairs and associated costs.
40. The Feis Committee is not responsible for property lost or damaged during the event and everyone is strongly advised not to leave bags, clothing or personal items unattended at any time. All personal property is the sole responsibility of the owner.

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
Rising Stars	16 bars					

Open Championship Bars

Age Group	1st Round	2nd Round	Recall
U5	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	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	Open Set Dance

Dance Speeds

Grade	Reel	Single Jig	Light Jig	Slip Jig	Heavy Jig	Hornpipe
Beginner	122-124	124	116	124	96	144
Primary	116-118	124	116	120	76	118
Intermediate	113	124	116	113	73	113
Open	113	124	116	113	73	113

Directions

By Road

Chryston High School is conveniently located just minutes drive from the M80 and M73 motorways. The building is fully accessible and DDA compliant, and has ample free parking on site.

By Air

- Glasgow Airport: 16 miles / 20 mins drive
- Edinburgh Airport 36 miles / 40 mins drive
- Prestwick Airport 40 miles / 50 mins drive

By Rail

- Glasgow Central: 9 miles / 15 mins drive

Accommodation

- Best Western Garfield House 0141 779 2111
- Premier Inn Glasgow Stepps 0871 527 8452
- Crowwood House Hotel 0141 779 3861

Solo Grades

(B – Beginner, P – Primary, I – Intermediate)

Age Group	Reel	Single Jig	Light Jig	Slip Jig	Light Trophy	Heavy Jig	Hornpipe	Heavy Trophy
U6	B,P,I	B,P,I	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	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	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	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	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	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	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	B,P,I	B,P,I

Our **‘Rising Stars’** competition is available for dancers of any age who are not yet ready to compete in a graded competition. They will be required to dance 16 bars to beginner reel music either individually or collectively within a school.

Open Championships

(Solo results will be given for rounds 1 and 2)

(Prelim results will be given for age groups U10 – Senior)

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	Heavy Jig	Hornpipe (step down the line)
U9	Reel or Slip Jig	Heavy Jig or Hornpipe	Traditional Set Dance
U10	Reel or Slip Jig	Heavy Jig or Hornpipe	Open 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
U18	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance
Senior	Reel or Slip Jig	Heavy Jig or Hornpipe	Open Set Dance

West of Scotland Championships Provisional Timetable 2026

	Hall A	Hall B		
		Stage 1	Stage 2	Stage 3
08:30	Under 10 Champ	Under 6 & Under 7 Beg	Under 8 Beg	Under 9 Beg
10:00	Under 11 & 12 Champ	Under 6 & Under 7 Prim	Under 8 Prim	Under 9 Prim
11:30		Under 6 & Under 7 Int	Under 8 Int	Under 9 Int
12:30			Rising Stars	
13:30	Under 13 & 14 Champ		Under 5, 6, 7, 8 & 9 Champ	
15:30		Under 10 Beg & Prim	Under 11 Beg & Prim	Under 12 & Over 12 Beg & Prim
16:30	Under 15, 16, 18 & Senior Champ			
17:00		Under 10 Int	Under 11	Under 12 & Over 12 Int
20:00	Champion of Champions			