



# Wrocław Feis

## 28.01.2023

*Claraithe Leis an Coimisiún le Rincí Gaelacha*  
*Approved by feis registrar Lucy Johnstone, 09.11.2022*

*Lucy S Johnstone*

# Wrocław Feis

## 28.01.2023

## Syllabus

### Venue:

Złotnickie Centrum Spotkań  
/ Zlotnickie Meeting Centre  
ul. Wielkopolska 7  
54-027 Wrocław

### Adjudicator:

Anne-Marie Cunningham Bleckmann

### Musician:

Kristián Fišl

### Run by:

Irish Spin School of Irish Dance



IRISH SPIN

### Partners:



wrocławskie  
centrum rozwoju  
społecznego

Wrocławskie Centrum  
Rozwoju Społecznego  
*Wrocław Centre for  
Social Development*



Złotnickie  
Centrum Spotkań

Złotnickie Centrum Spotkań  
*Zlotnickie Meeting Centre*



Fundacja Kultury Irlandzkiej  
Fondúireacht Chultúr na hÉireann  
Irish Culture Foundation

Fundacja Kultury Irlandzkiej  
*Irish Culture Foundation*



Celtycki Wrocław  
*Celtic Wrocław*



Muzyka w Obiektywie  
*Music in the Spotlight*

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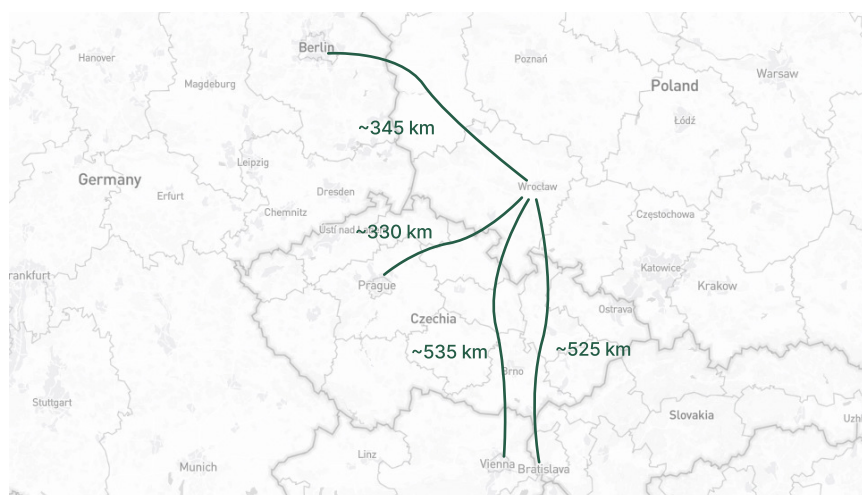
# Greeting

*Dear Friends / A Chairde,*

I am very pleased to welcome you to **Wrocław** – the capital of Lower Silesia – in south-west Poland. Wrocław Feis is the first international Irish dance competition in our region. I hope that, despite the winter season, you will have fun during the competition, and in your free time you will have the opportunity to visit our beloved city!

Please let me provide you with a little bit of information which you may find helpful getting here and moving around the city.

Wrocław is the **third largest city in Poland**. Situated in the south-west of Poland on the river Odra, close to the German and Czech borders, Wrocław is easily accessible for visitors from both western and southern Europe. Distance from other nearest capital cities:



**Wrocław Copernicus Airport** is located in the western outskirts of the city, only 5 kilometres away from the Wrocław Feis venue (10 minute drive or 35-40 minutes by public transport).

The feis venue is located in **Złotniki district**, part of Leśnica - a historical borough of Wrocław. There is very good communication to and from Leśnica to other parts of Wrocław, including the city centre. More details can be found in the *Basic information* section of the Syllabus.

**Free parking is available** in the vicinity of the feis venue.

As to the venue itself, it comprises a large hall with floor area **7 × 8 metres**, two changing rooms as well as a warm-up area. There will also be a café serving refreshments open throughout the Feis.

# Greeting

Due to safe and health reasons, limited number of spectators are allowed in the competition area. **Registration will start on 15.12.2022.**

Apart from solo competitions on every level: beginner, primary and intermediate, Wrocław Feis Championship will include **Trophy Light** and **Trophy Hard** competitions, as well as the **Premier Championship**.

In addition, we will hold the following **group competitions**: 2-hand and 4/6 hand, plus the special competition - Treble reel where each contestant will have the opportunity to perform in a creative outfit of their design. The theme for this competition is '**Gnomes**'.

More information on Wrocław Gnomes can be found at:

<https://culture.pl/en/article/wroclaw-in-search-of-gnomes>

Furthermore, we are planning to introduce a special contest '**My First Feis**' for our **youngest dancers (Under 10)**. Competing in 'My First Feis' is **free of charge**. Each contestant will receive a medal and a treat. More information can be found in the Additional Wrocław Feis Rules section.

The following accompanying events will be held on the day of the Championship:

- **Irish Culture Foundation** will organise a workshop for the youngest dancers while waiting for the results. Taking part in the workshop will provide a great opportunity to take a break from the crowd and noise.
- Adult dancers and spectators are invited to a **live Irish music session**. Details of location and time will be provided at a later date.

All the up-to-date information as well as documents can be found on our website [www.wroclawfeis.com](http://www.wroclawfeis.com).

I hope that Wrocław Feis will not only be a chance to take part in the organised competitions, but also a great opportunity to visit our beautiful city and look for the gnomes hiding in most unusual places.

*Yours respectfully/Mise le meas*

**Małgorzata Szarycz T.C.R.G.**

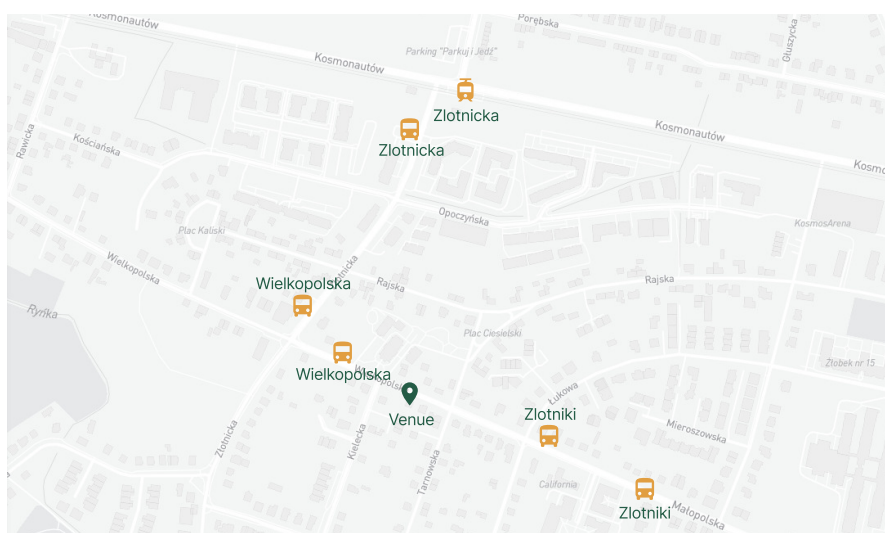
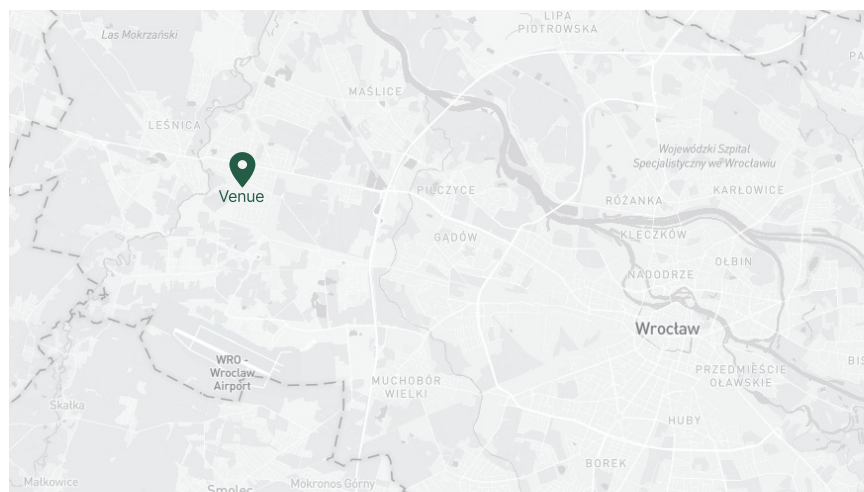
Irish Spin



# Basic information

Wrocław Feis venue is located in Złotniki district in the west of Wrocław, close to the airport. You can get there by train, tram or bus.

For transportation, we recommend using app Jakdojade (it also has English version).



- Nearest train station: **Wrocław Leśnica**, 2 km (Kolejowa Street 20), **Wrocław Żerniki** - 2,8 km, **Wrocław Stadion** - 5 km
- Nearest tram stops: **Złotnicka**, 600 m (line 3, 10, 20)
- Nearest bus stops: **Wielkopolska**, 150 m (line 148)

Parking spaces for participants and spectators are available at the venue.

Wrocław offers a wide range of accommodation to suit your needs.

# Partner information



wrocławskie  
centrum rozwoju  
społecznego

## **WCRS**

Wrocławskie Centrum Rozwoju  
Społecznego

Wrocławskie Centrum Rozwoju Społecznego (Wrocław Centre for Social Development) is an organisation involved in promoting social sustainability and general well-being. It supports senior citizens, families and foreigners living in Wrocław. Part of its mission is also integrating of the families and raising awareness of the importance of healthy lifestyle. The Centre's activity is addressed to all citizens of Wrocław regardless of their age, sex or nationality. Social campaigns, projects aimed at integration, or supporting of non-governmental organisations are just a few examples of ventures the Centre gets involved in.



## **ZCS**

Złotnickie Centrum Spotkań

Złotnickie Centrum Spotkań (Złotnickie Meeting Centre) is a place providing the local community with opportunities to socialise. Apart from that, the Centre focuses on preserving traditions and values, as well as passing on knowledge of Wrocław's historical and multicultural background. Besides, all the projects are aimed at increasing the local community's awareness in the areas of culture, education, pro-social and pro-ecological development.

A wide range of rooms and infrastructure facilitates the organising of meetings, workshops, lectures, concerts or movie nights, accompanied by hot beverages and home-made cakes.



# Fees

Wrocław Feis venue is located in Zlotniki district in the west of Wrocław, close to the airport. You can get there by train, tram or bus.

Solo competitions	5 EUR
Team competitions 2/4/6 hand	4 EUR per dancer
Trophy competitions (Trophy, Traditional Sets, Treble Reels)	6 EUR
Premier Championship	20 EUR
RCCEA Feis fee per dancer	1 EUR
Admittance fee for spectators	free

Payments have to be made **in cash on the day of the feis at the entry table** (in EUR or PLN).

Bank transfer payments can be done upon request.

In case of questions, please email [info@wroclawfeis.com](mailto:info@wroclawfeis.com).

Dancers' numbers will be available for collection by teachers or school representatives from the registration point located in the cafeteria.

**The fee for an entire school willing to participate in the feis must be paid beforehand.**

## Registration and results:

Only by teachers, through [www.feisme.net](http://www.feisme.net)

For assistance with the registration please email [admin@feisme.net](mailto:admin@feisme.net).

Registration between: **December 15th 2022 - January 15th 2023**

The Feis will run in accordance with the Rules of An Coimisiún Le Rincí Gaelacha.

Entries will only be accepted from people currently registered at An Coimisiún.





# Timetable

Approx. time	Level	Dance	Comp. no.	Category
8:00	Beginner	Reel	1	U10
	Beginner	Reel	2	U13
	Beginner	Light jig	3	U10
	Beginner	Light jig	4	U13
	Beginner	Slip jig	5	U10
	Beginner	Slip jig	6	U13
	Beginner	Single jig	7	U10
	Beginner	Single jig	8	U13
	Beginner	Trophy light	9	U10
	Beginner	Trophy light	10	U13
	Pre-beginner	First Feis	11	U10
	Beginner	Heavy jig	12	U10
	Beginner	Heavy jig	13	U13
	Beginner	Hornpipe	14	U10
	Beginner	Hornpipe	15	U13
	Beginner	Trophy hard	16	U10
	Beginner	Trophy hard	17	U13
9:15	Results			
9:30	Primary	Reel	18	U10
	Primary	Reel	19	U13
	Primary	Light jig	20	U10
	Primary	Light jig	21	U13
	Primary	Slip jig	22	U10
	Primary	Slip jig	23	U13
	Primary	Single jig	24	U10
	Primary	Single jig	25	U13
	Primary	Trophy light	26	U10
	Primary	Trophy light	27	U13
	Primary	Heavy jig	28	U10
	Primary	Heavy jig	29	U13



# Timetable

Approx. time	Level	Dance	Comp. no.	Category
9:30	Primary	Hornpipe	30	U10
	Primary	Hornpipe	31	U13
	Primary	Trophy hard	32	U10
	Primary	Trophy hard	33	U13
	Beginner/Primary	Trad Set	34	U10
	Beginner/Primary	Trad Set	35	U13
	Any	2-hand	36	U13
	Any	4/6-hand	37	U13
	Any	Treble reel	38	U13
11:15	Results			
11:30	Intermediate	Reel	39	U10
	Intermediate	Reel	40	U13
	Intermediate	Slip jig	41	U10
	Intermediate	Slip jig	42	U13
	Intermediate	Trophy light	43	U10
	Intermediate	Trophy light	44	U13
	Intermediate	Heavy jig	45	U10
	Intermediate	Heavy jig	46	U13
	Intermediate	Hornpipe	47	U10
	Intermediate	Hornpipe	48	U13
	Intermediate	Trophy hard	49	U10
	Intermediate	Trophy hard	50	U13
	Intermediate/Open	Trad Set	51	U10
	Intermediate/Open	Trad Set	52	U13
	Open	Premier	53	U10
	Open	Premier	54	U13
13:00	Results			
13:15-45	Lunch			



# Timetable

Approx. time	Level	Dance	Comp. no.	Category
13:45	Beginner	Reel	55	U18
	Beginner	Reel	56	O18
	Beginner	Light jig	57	U18
	Beginner	Light jig	58	O18
	Beginner	Slip jig	59	U18
	Beginner	Slip jig	60	O18
	Beginner	Single jig	61	U18
	Beginner	Single jig	62	O18
	Beginner	Trophy light	63	U18
	Beginner	Trophy light	64	O18
	Beginner	Heavy jig	65	U18
	Beginner	Heavy jig	66	O18
	Beginner	Hornpipe	67	U18
	Beginner	Hornpipe	68	O18
	Beginner	Trophy hard	69	U18
	Beginner	Trophy hard	70	O18
14:45	Results			
15:00	Primary	Reel	71	U18
	Primary	Reel	72	O18
	Primary	Light jig	73	U18
	Primary	Light jig	74	O18
	Primary	Slip jig	75	U18
	Primary	Slip jig	76	O18
	Primary	Single jig	77	U18
	Primary	Single jig	78	O18
	Primary	Trophy light	79	U18
	Primary	Trophy light	80	O18
	Primary	Heavy jig	81	U18
	Primary	Heavy jig	82	O18



# Timetable

Approx. time	Level	Dance	Comp. no.	Category
15:00	Primary	Hornpipe	83	U18
	Primary	Hornpipe	84	O18
	Primary	Trophy hard	85	U18
	Primary	Trophy hard	86	O18
	Beginner/Primary	Trad Set	87	U18
	Beginner/Primary	Trad Set	88	O18
	Any	2-hand	89	O13
	Any	4/6-hand	90	O13
	Any	Treble reel	91	O13
16:45	Results			
17:00	Intermediate	Reel	92	U18
	Intermediate	Reel	93	O18
	Intermediate	Slip jig	94	U18
	Intermediate	Slip jig	95	O18
	Intermediate	Trophy light	96	U18
	Intermediate	Trophy light	97	O18
	Intermediate	Heavy jig	98	U18
	Intermediate	Heavy jig	99	O18
	Intermediate	Hornpipe	100	U18
	Intermediate	Hornpipe	101	O18
	Intermediate	Trophy hard	102	U18
	Intermediate	Trophy hard	103	O18
	Intermediate/Open	Trad Set	104	U18
	Intermediate/Open	Trad Set	105	O18
	Open	Premier	106	U18
	Open	Premier	107	O18
19:30	Results			

# Rules

## TROPHY, PRELIMINARY CHAMPIONSHIP & CHAMPIONSHIP RULES

1. Beginners Grade competitions are confined to dancers who have never won 1st, 2nd or 3rd prize (please refer to the grid) in any competition for that particular dance.
2. In Beginners Grade competitions only basic steps may be performed.
3. Primary Grade competitions are confined to dancers who have never won 1st, 2nd or 3rd prize (please refer to the grid) for that particular dance other than in Beginners Grade.
4. Intermediate Grade competitions are open to all dancers who have not previously won 1st or 2nd prize (please refer to the grid) for that particular dance in Intermediate under the same or higher age limits. If a dancer in Continental Europe and Asia wins in Intermediate, they advance to the next level for the rest of the calendar year. Teachers can move dancers back at their own discretion at the start of the next calendar year.

Grade	Number of entries	Number of dancers to progress
Beginner	5 or less	0
Beginner	6 to 10	1st & 2nd Place
Beginner	11	1st, 2nd & 3rd Place
Primary	5 or less	0
Primary	6 to 10	1st Place
Primary	11 to 20	1st & 2nd Place
Primary	20	1st, 2nd & 3rd Place
Intermediate	5 or less	0
Intermediate	6 to 10	1st Place
Intermediate	11	1st & 2nd Place

5. For all Beginner, Primary and Intermediate competitions (excluding trophy competitions) the 32 bar method will be applied. Two and three hands are danced to 40 bars of music. Ceili and figure dances are subject to the rules applied at Oireachtais. All Open Championship dancers will be required to dance to 48 bars of music in the reel and jig and 40 bars in the slip-jig and hornpipe.



# Rules

## MUSIC SPEEDS

Dance	Beginner	Primary	Intermediate/Open
Reel	121/123	116/118	113
Light jig	116	116	116
Single jig	124	124	124
Slip jig	121	118	113
Heavy jig	89	79	73
Hornpipe	142	130	113

6. Beginner, Primary and Intermediate Trophy Competitions, if included in the syllabus, will be a choice of A) light B) heavy dance. Dancers will dance 16 bars down the line in their chosen dance(s).
7. Traditional Set Dance competitions, dancers will have a choice out of 7 traditional dances: St. Patrick's Day, Blackbird, Job of Journeywork, Garden of Daisies, King of Fairies, Jockey to the Fair & Three sea Captains. If a dancer wins first place in any traditional set dance competition, that dancer moves on the next level in all 7 traditional set dances.
8. Traditional set dances may only be performed in the following competitions: Traditional Set dance competitions, Adult Championships and in the Under 8, Under and Under 10 Open Championships.
9. The Wroclaw Feis Premier Championship will be judged by 1 adjudicator.
- Premier Championship U10: dancers are to perform the following: 1st round – Reel or Slip Jig, 2nd round – Heavy Jig or Hornpipe, and 3rd round – Traditional Set.
  - If within this group there will be any Under 6 dancers, they will be required to dance 32 bars of the Reel for the 1st round and of the Light jig for the 2nd round. The top U6 dancer will be recognised and placed.
  - All Premier Championships will be judged as two solos and an overall Championship. Dancers will be required to dance 48 bars of music for the Reel & Heavy Jig, and 40 for Slip Jig & Hornpipe and a Modern Set. If there are more than 10 in the competition there may be a recall for the Modern Set round.
10. Where there are 5 or less dancers in any Championship placement will not affect grading.

# Rules

## OFFICIAL CLRG RULES

11. The lodgement of an entry will be taken to mean that teachers and pupils understand these rules and undertake to abide by them.
12. Objections must be lodged in writing within one hour of the announcement of the result of a competition accompanied by a fee of 40 Euro, which will be refunded if the objection is upheld.
13. The Adjudicators' decisions are final.
14. Only Feis officials may approach the adjudicators during competition sessions.
15. Age will be taken as on 1st January 2023 (whatever age you turn this year, in 2023, you dance under that age all year long, e.g., if a dancer's date of birth is 29 May 2013, she/he dances under 10 in the year 2023). Evidence of age may be requested, therefore dancers should have a valid ID with them in the event of a query as to their age.
16. Competitors must be in costume and ready to dance 30 minutes before their competitions are scheduled. Competitors must also be in full dancing costume and dancing shoes for award ceremonies.
17. The dress code in accordance with An Coimisiún rules will be strictly observed. 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.
18. All Beginners and Primary dancers of all age groups may only wear a class costume, simple dancewear or appropriate attire (skirt and top/blouse, simple dress for girls and ladies, trousers and t-shirt/shirt for boys and gents. Make-up is not permitted for any dancer in the first two grades up to and including the Under 12 age group worldwide.
19. The Costume Rules of An Coimisiún, as amended, also apply in Continental Europe and Asia; it can be found in the "Rules" section on [www.clrg.ie](http://www.clrg.ie) for reference. Female adult dancers participating in competitions entitled 'adult competition' and/or 'adult grade competition' (both solo and team) are required to wear tights of a denier not less than 70.
20. Team dances (four hands and upward) must be performed as per the Coimisiún handbook "Ar Rinci Ceili".
21. By entering in competitions, dancers (or their legal representatives, in case of minors) consent to their names being stated in the feis results and in the public

# Rules

Internet archives or any other feis entry/results system as may replace it.

22. Provided that dancers are not disturbed by flashlights or the like, photography and video recording by persons other than official feis photographers is allowed during Beginners and Primary competitions and during all award ceremonies. During Intermediate, Preliminary and Open competitions, ONLY the official feis photographer is permitted to take photos. Those who do not wish to be photographed should make themselves known to the Feis Organisers.

23. An Coimisiún has ruled that from 1st January each year, no block, en pointe, stationary or moving, be allowed to be performed for all ages up to and including the under 12 age group worldwide. The Under 12 Age Group will be allowed to toe walk from September 1st.

24. Within the limits specified in the Rules of An Coimisiún, the Organisers may at their discretion cancel or combine competitions with insufficient entries.

25. Order and quiet must be kept in the hall, particularly while competitors are dancing. Mobile phones must be switched to silent mode and any calls need to be taken outside the competition hall.

26. The Feis organizers cannot accept any liability for injury or loss or damage to property while on the premises.

27. No refunds will be made.

## **ADDITIONAL WROCLAW FEIS RULES**

28. Smoking in the venue, as well as right next to the access doors and ventilation windows is strictly forbidden.

29. If you notice any defects or problems in the competition area, please inform the organisers about it.

30. Following the GDPR rules, any personal information the dancers or their guardians provide to the Wrocław Feis team will only be used to communicate information pertaining to their attendance at this year's feis. The Wrocław Feis team and Irish Spin School of Irish Dance will not use or forward this information to any third party.

31. In case of an emergency when there is a need for evacuating the building, please make your way towards the nearest emergency exit. Look out for staff



# Rules

members in reflective vests who will point you in the right direction to ensure a smooth and safe evacuation process.

32. Due to safe and health reasons, limited number of spectators are allowed in the competition area. Priority to enter the hall will be given to dancers and their guardians. Please follow any instructions from the ushers at the entrance to the sports hall and respect their decisions.

33. "My first Feis" competition is designed for youngest dancers not older than 10 y.o. **who never competed in any Feis**. During the competition dancers will be asked to dance simple threes, promenade steps or simple sevens for 16 bars of reel. This competition is free of charge. Please note that to register for this competition, you need to be present next to the stage after U13 soft shoes beginner competitions. For all participants medals and sweet treats have been prepared.





# Wrocław Feis

28.01.2023

Issued 01.12.2022

Event run by Irish Spin Irish Dance School



IRISH SPIN