



**PRESENTED BY SCOIL RINCE COSCEOL  
FEIS NAOMH ÍOSAIF:  
CHRISTMAS FEIS**

**Bun, Tus, Mean and Preliminary Championships**

**\*\* Sunday 1st Dec 2024 \*\***

**Saint Kevin's Community Centre  
Philipstown, Dunleer  
County Louth  
Eircode: A92 A9W3**

**\*\* ONLINE ENTRY ONLY**

**[www.entrytable.ie](http://www.entrytable.ie) \*\***

**Adjudicators:**

**Tracey Dunphy, Co. Dublin ADCRG**

**Joan Rafter, Co. Cavan ADCRG**

**Helan Greene, Co. Clare ADCRG**

**Musician: Kevin Joyce, Co Louth**

Syllabus approved by feis registrar, An Comhairle Uladh



## Feis Naomh Íosaif: Christmas Feis 2024



- Cups/Trophies will be awarded to 1st-5th prizewinners in all Trophy Competitions.
- All dancers will be placed in ALL Trophy competitions
- In all other solo competitions, trophies will be presented to 1st place winners.
- In Bun Grad solo competitions, if there are additional upgraded dancers, these too will receive a trophy.
- Preliminary championships include two solo results plus overall championship result.
- Please read the rules included in the syllabus or for more information see the website of An Comhairle Uladh: <http://www.comhairleuladh.com/>

### Entry Fees

|                                         |     |
|-----------------------------------------|-----|
| Bun, Tus and Mean solo competitions     | €5  |
| Trophy competitions/Stars of the Future | €7  |
| Preliminary competitions                | €25 |
| Door Entry to be paid on the day        | €5  |

#### Contact Information for registered teachers only:

Email: [cosceol@gmail.com](mailto:cosceol@gmail.com)

Phone: Sarah Ryan 0863743615

Phone: Colin Ryan 0863970198

Syllabus approved by feis registrar, An Comhairle Uladh:

## Feis Naomh Íosaif: Christmas Feis 2024

|               | Stage 1                                                                                                                                                                | Stage 2                                                                                     | Stage 3                                                                                               |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 9am           | <b>Stars of the Future Under 6</b>                                                                                                                                     |                                                                                             |                                                                                                       |
|               | <b>Bun under 6</b><br>(Reel, Light-jig, Single-jig, Slip-jig, Light Trophy Dance)<br><b>Bun under 7</b><br>(Reel, Light-jig, Single-jig, Slip-jig, Light Trophy Dance) | <b>Bun under 8</b><br>(Reel, Light-jig, Single-jig, Slip-jig, Light Trophy Dance)           | <b>Bun under 9</b><br>(Reel, Light-jig, Single-jig, Slip-jig, Light Trophy Dance)                     |
|               | <b>Tus under 7</b><br>(Reel, Light-Jig, Single-Jig, Light Trophy Dance, Heavy Trophy Dance)                                                                            | <b>Tus under 8</b><br>(Reel, Light-Jig, Single-Jig, Light Trophy Dance, Heavy Trophy Dance) | <b>Tus under 9</b><br>(Reel, Light-Jig, Single-Jig, Light Trophy Dance, Heavy Trophy Dance)           |
|               | <b>Mean under 7</b><br>(Reel, Light-Jig, Single-Jig, Light Trophy, Heavy Trophy)                                                                                       | <b>Mean under 8</b><br>(Reel, Light-Jig, Single-Jig, L.Trophy, H.Trophy)                    | <b>Mean under 9</b><br>(Reel, Light-Jig, Single-Jig, Light Trophy, Heavy Trophy)                      |
|               | <b>Preliminary Championship Under 8</b>                                                                                                                                |                                                                                             |                                                                                                       |
|               | <b>Preliminary Championship 8 - 10 (alternating)</b>                                                                                                                   |                                                                                             |                                                                                                       |
| 2pm<br>Approx | <b>Bun under 10</b><br>(Reel, Light-jig, Single-jig, Slip-jig, Light Trophy Dance)                                                                                     | <b>Bun 10-12</b><br>(Reel, Light-jig, Single-jig, Slip-jig, Light Trophy Dance)             | <b>Bun 12-14 and Over 14</b><br>(Reel, Light-jig, Single-jig, Slip-jig, Light Trophy Dance)           |
|               | <b>Tus under 10</b><br>(Reel, Light-Jig, Single-Jig, Light Trophy, Heavy Trophy)                                                                                       | <b>Tus 10-12</b><br>(Reel, Light-Jig, Single-Jig, Light Trophy, H Trophy)                   | <b>Tus 12-14 and Over 14</b><br>(Reel, Light-Jig, Single-Jig, Light Trophy Dance, Heavy Trophy Dance) |
|               | <b>Mean under 10</b><br>(Reel, Single-Jig, Slip-Jig, Light Trophy Dance, Heavy Dance, Trad)                                                                            | <b>Mean 10-12</b><br>(Reel, Single-Jig, Slip-Jig, Light Trophy, Heavy Dance, Trad)          | <b>Mean 12-14 and Over 14</b><br>(Reel, Single-Jig, Slip-Jig, Light Trophy Dance, Heavy Dance, Trad)  |
|               | <b>Preliminary Championship 10-11</b>                                                                                                                                  |                                                                                             |                                                                                                       |
|               | <b>Preliminary Championship 11-12 (alternating)</b>                                                                                                                    |                                                                                             |                                                                                                       |
|               | <b>Preliminary Championship 12-14</b>                                                                                                                                  |                                                                                             |                                                                                                       |
|               | <b>Preliminary Championship Over 14 (alternating)</b>                                                                                                                  |                                                                                             |                                                                                                       |

Syllabus approved by feis registrar, An Comhairle Uladh:



# Feis Naomh Íosaif: Christmas Feis 2024

## Rialacha/Rules

1. Adjudicators' decision is final
2. Age as at 1st January 2024
3. Competitions are open to dancers from all regions.
4. 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.
5. Make-up (including false eyelashes and face-tan) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.
6. 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.
7. "Tus Grad is 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."
8. Dancers may only perform a dance in Mean Grad, if they have never won 1st prize for that dance in Mean or Ard Grad in that age or a higher age.
9. Dances permitted in Rince Trom are : Heavy Jig or Hornpipe
10. Dancers must perform to the following speeds:
  - a. Bun Grad: Reel 122-124, Light Jig 116, Single Jig 124, Slip Jig 124, Heavy Jig 96, Hornpipe 144
  - b. Tus Grad: Reel 116-118, Light Jig 116, Single Jig 124, Slip Jig 120, Heavy Jig 82, Hornpipe 130
  - c. Mean/Ard Grad: Reel 113, Light Jig 116, Single Jig 124, Slip Jig 113, Heavy Jig 73, Hornpipe 113
  - d. Traditional Set Dances: St. Patrick's Day 94, The Blackbird 144, Job of Journeywork 138, Garden of Daisies 138, King of the Fairies 130, Three Sea Captains 96, Jockey to the Fair 90
11. All competitors will be required to 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.
12. No block, en pointe work, stationary or moving is allowed to be performed for ages up to and including U11
13. The feis committee reserves the right to (a) transfer competitions/ results to a different hall and (b) alternate competitions, if it becomes necessary, in order to help the feis run more smoothly
14. 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 phone, standard camera, video camcorder, cine recorder, forbidden in competition. commercial film, with or without flash enhancement, is expressly prohibited.
15. Re-grading of dancers: 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 up to next grade if there are over 40 competitors.
16. Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage (as per illustration on [www.clrg.ie](http://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. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must agree to ask the dancer to put on tights.
17. Changing of costumes, dressing and undressing, is not permitted in the halls or public areas.
18. If you wish your child to be excluded from any photographs that may be uploaded onto social media websites, please ensure that you inform the feis organiser in advance.
19. The Child Protection Designated Liaison 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](mailto:CPDLOUlster@gmail.com).



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### Preliminary Championship Rules - To be eligible to compete in a Prelim Championship:

20. Dancers must not have placed in the top 3 in an Open Championship judged by 3 or more adjudicators.
21. 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 prelim competition the dancer is still eligible to compete in Preliminary Championship.
22. Dancers must not have qualified for Oireachtas Rince na Cruinne in the current year or previous year.
23. Dancers must not have been recalled in the actual Championship at Oireachtas Rince na hEireann in the current year or previous year.
24. 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 have won the Prelim Championship with).
25. 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.
26. 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 Grade.

