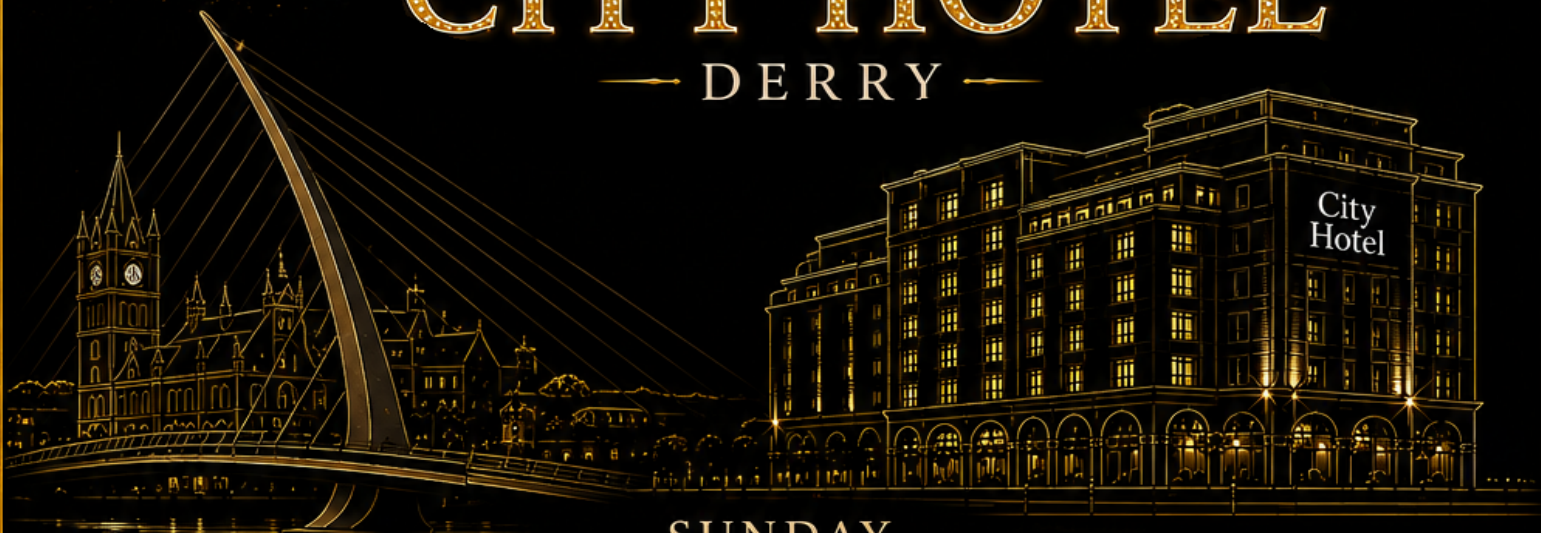


— OFFICIAL SYLLABUS —



Féis na Nollag DOIRE

CITY HOTEL
— DERRY —



SUNDAY
29TH
NOVEMBER
— 2026 —

ADJUDICATORS

JULIE EVANS
O'DONNELL
-DERRY-

SARAH
CLARK
-LONDON-

CAITRIONA
QUINLAN
-LONDON-

MUSICIAN

STEPHEN DEVLIN



— FEIS COMMITTEE CONTACT DETAILS —



emmabonnerdance@outlook.com



Emma 07517083680

• ALL DANCERS, TEACHERS & FAMILIES WELCOME! •

A VERY WARM WELCOME
FÉIS NA NOLLAG DOIRE
SUNDAY 29TH NOVEMBER 2026 • CITY HOTEL, DERRY

It is hard to believe that we are getting ready to host our very first Emma Bonner Academy Feiseanna, and I honestly couldn't be more excited to welcome you all to Derry!

For me, Irish dancing has never just been about medals, trophies or results. It is about the memories we make along the way, the friendships our dancers build, the confidence they gain and, most importantly, the love of dancing.

That is exactly what I want our feiseanna to be about.

I have always believed that our Grade dancers are the championship dancers of tomorrow. Every champion starts somewhere, learning their first steps, getting their first pair of shoes, nervously walking onto a stage and discovering that they can do something they perhaps didn't think they could. So, I wanted our Grade dancers to have the opportunity to experience the excitement of a feis from the very beginning.

We want you to have a stage to perform on, an audience cheering you on, music playing, nerves, excitement, smiles, and that wonderful feeling when you realise you've done it!

And of course, we want to celebrate every single dancer.

For me, every child who steps onto our stage deserves to feel proud. It takes so much courage to get up there, especially when those little nerves kick in, and I want every dancer to know just how proud we are of them for having a go and giving it their best.

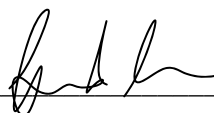
In all Trophy Dances, we will have trophies and sashes for 1st to 5th place, celebrating those special achievements on the day. But whether a dancer takes home a trophy or not, every child will be celebrated, encouraged and cheered on. I hope they all leave our feis with a big smile, a lovely memory and a little more confidence than they arrived with.

Because for me, every child who dances is a winner. ❤️

And because we are heading into the festive season, we couldn't possibly have our first feis without a little bit of Christmas magic...

 **SANTA WILL BE JOINING US!** 

Syllabus approved by: Feis Registrar, An Comhairle Uladh



SCHEDULE

FEIS NA NALLOG DOIRE

U8 CHAMPIONSHIP
U7 CHAMPIONSHIP
U6 CHAMPIONSHIP
U5 CHAMPIONSHIP
STARS OF THE FUTURE

U6 BUNGRAD U6 TUSGRAD U6 MEANGRAD	U7 BUNGRAD U7 TUSGRAD U7 MEANGRAD
U8 BUNGRAD U8 TUSGRAD U8 MEANGRAD	U9 BUNGRAD U9 TUSGRAD U9 MEANGRAD
U10 BUNGRAD U10 TUSGRAD U10 MEANGRAD	U11 BUNGRAD U11 TUSGRAD U11 MEANGRAD
U12 BUNGRAD U12 TUSGRAD U12 MEANGRAD	12 – 14 BUNGRAD & O14 BUNGRAD 12 – 14 TUSGRAD & O14 TUSGRAD 12 – 14 MEANGRAD & O14

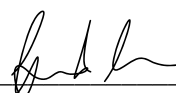
8-10 Prelim Championship
10-12 Prelim Championship
12-14 Prelim Championship
Over 14 Prelim Championship

DANCES

Bungrad: Reel, Single Jig, Light Jig, Slip Jig, Light Trophy Dance
Tusgrad: Reel, Single Jig, Slip Jig, Light Jig, Light Trophy Dance, Heavy Jig, Heavy Trophy Dance
Meangrad: Reel, Slip Jig, Light Trophy Dance, Heavy Jig/Hornpipe, Heavy Trophy Dance
Championships: U5 Reel & Single Jig;
U6 Reel, Single Jig, Light Jig;
U7 Reel, Single Jig, Jig U8 Reel, Heavy Jig, Traditional Set
Preliminary Championships: Reel/Slip Jig, Heavy Jig/Hornpipe, Trad Set

COST

Solos €6 Trophy Dance €7 Future Stars €7
Championships €35 (2 Round) €40 (3 Rounds)
Preliminary Championships €40



ENTRY PROCESS

Entries by

Parents can enter via the following link:

Entries Close:

Entries fees are non-refundable unless the event is cancelled. Entries are only accepted from parents of dancers, whose teachers are registered with An Coimisiun Le Rinci Gaelacha.

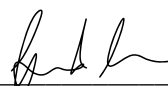
Emails to: emmabonnerdance@outlook.com

RULES and ELIGIBILITY

Rules

- Age as at 1st January 2026.
- Entries only accepted from teachers registered with An Coimisiún le Rincí Gaelacha.
- The adjudicator's decision is final.
- Make-up (including false eyelashes and face-tan) is not be permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.
- Clarification: Both make up rules refer to the age group of the competition, not the actual age of the dancer. For example, 9 year old dancers, competing in a team that is entered Under 12, may wear make-up or at a feis where the youngest Open Championship age group is Under 11, then all dancers in that competition may wear make-up.
- These rules must also be announced from side stage at the event.
- Participants should be reminded that should they be in breach of these rules and be required to remove their make-up, that they risk missing their rotation in the competition.
- Length of costume must adhere to principles of modesty and enable dancers to safely execute their movements and steps.
- Adjudicators who determine a costume to be too short or to lack modestly may ask a competitor to wear black tights (of a denier not less than 70 percent) in order to continue in the competition.
- Appropriate undergarments covering the midriff must be worn.
- Undergarments must provide full coverage (as per illustration on 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 adjudicator on the panel must agree to ask the dancer to put on tights.
- In order to comply with health and safety measures, all dancers lining up side stage prior to any round at any competition will be required to perform the simple exercise of raising their arms to shoulder level unhindered.
- If unable to do this by the time of their rotation due to costume stitching or arm attachments, these competitors will not be permitted to perform.
- Bun Grad competitions are confined to competitors who at the time of entry have never won 1st place (or being graded as per below) in that particular dance in any age group or grade. Basic steps only are permitted in Bun Grad.
- Tus Grad confined to dancers who have never won 1st place (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 basis steps or their first hard/difficult version of each dance.
- In Bun and Tus Grad competitions one dancer moves up to the next grade if there is less than 20 competitors, two dancers move up if there are between 21 and 40 competitors and three dancers move up if there are over 40 competitors.

Syllabus approved by: Feis Registrar, An Comhairle Uladh



- Mean Grad competitions are confined to dancers who at the time of entry never won 1st place for that particular dance in Mean or Ard Grad in that age group or a higher age group.
- A Preliminary Championship must be adjudicated by 3 or more Adjudicators and must consist of 2 Rounds, 1 Light Round – Reel/Slip Jig and 1 Heavy Round – Heavy Jig/Hornpipe.
- Preliminary Championships may run as a “stand-alone” competition or may be incorporated into the Open Championship. Dancers may compete in an Open or a Preliminary Championship or both.

RULES AND ELIGIBILITY

To be eligible to compete in a Prelim Championship:

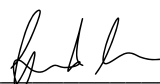
- Dancers must not have placed in the top 3 in an Open Championship judged by 3 or more adjudicators.
- Dancers must not have won a Preliminary Championship more than 2 times in the current year, HOWEVER, if there are 5 or less in a prelim competition the dancer is still eligible to compete in Preliminary Championship.
- Dancers must not have qualified for Oireachtas Rince na Cruinne in the current year or previous year.
- Dancers must not have recalled in the actual Championship at Oireachtas Rince na hEireann in the current year or previous year.
- 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).
- 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 Grade.

METRONOMIC SPEEDS

- METRONOMIC SPEEDS are as follows:
- BUN GRAD: Reel 122-124, Light Jig 116, Single Jig 124, Slip Jig 124, Heavy Jig 96, Hornpipe 144.
- TUS GRAD: Reel 116-118, Light Jig 116, Single Jig 124, Slip Jig 120, Heavy Jig 82, Hornpipe 130.
- MEAN/ARD GRAD: Reel 113, Light Jig 116, Single Jig 124, Slip Jig 113, Heavy Jig 73, Hornpipe 113.
- 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 or Jockey to the Fair 90.
- All competitors will be required to dance a MINIMUM number of 40 bars, except Slip Jig. Hornpipe & Bun Grad Reel where a MINIMUM number of 32 bars will be required.

OTHER RULES

- Any form of unauthorized, 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 camera, with or without flash enhancement, is forbidden during competition.
- Any parent who would not like their child to appear in photos taken by the feis committee should make the feis organiser aware prior to the results being announced.
- Changing of costumes, dressing or undressing is not permitted in the halls or public areas.
- No block, en point, stationery or moving, will be allowed for all ages up to and including Under 12.



- However, dancers who will be competing in the 12-13 age group in the following year, will be exempt from this rule from 1st September.
- The feis committee will not accept any responsibility for personal injuries or articles lost at the feis.
- The feis committee reserves the right to transfer competitions/results to a different stage or to alternate competitions if it becomes necessary in order to help the feis run smoothly. The committee reserves the right to use a relief adjudicator.
- The feis committee reserve the right to refuse feis entries or entrance into the feis.
- The Child Protection Designated Liason Officer for the Ulster Region is Chantelle Deazley. If you have any concerns for any child's safety at the event, please contact her: vetting.ni@clrg.ie

