SCOIL RINCE COSCEOL

Presents: **FEIS NAOMH ÍOSAIF**

CHRISTMAS FEIS

Bun, Tus, Mean and Preliminary Championships

** **Sunday 6th Dec 2026** **

Saint Kevin's Community
Centre Philipstown,
Dunleer
Co Louth
A92A9W3



** **ONLINE ENTRY AT** www.entrytable.ie **

Adjudicators:

Lisa-Jane Caden ADCRG

Shona Kilkenny ADCRG

Carol Leavy ADCRG

Musician: Kevin Joyce

Syllabus approved by feis registrar, An Comhairle Uladh

Feis Naomh Íosaif: Christmas Feis 2026



- **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/Céili comp per dancer	€6/€2
Trophy competitions/Stars of the Future	€7
Preliminary competitions	€30
Door Entry to be paid on the day	€5

Contact Information for registered teachers only:
Email:cosceol@gmail.com

Phone: Sarah Ryan 0863743615
Phone: Colin Ryan 0863970198

Syllabus approved by feis registrar, An Comhairle Uladh

Feis Naomh Íosaif: Christmas Feis 2026

Times are approx until entries are received	Stage 1	Stage 2	Stage 3
9am	Stars of the Future competition		
915am	Bun under 6 Bun under 7	Bun under 8	Bun under 9
1030am	Bun under 10	Bun 10-12	Bun 12-14 Bun Over 14
1130pm	Tus under 7	Tus under 8	Tus under 9
	Tus under 10	Tus 10-12	Tus 12-14 Tus Over 14
Lunch			
130pm	Under 12 Ceili/ 4 Hand	O 12 Ceili / 4 Hand	
2pm	Mean under 7	Mean under 8	Mean under 9
	Prelim under 8 Prelim 8-10		
4pm	Mean under 10	Mean 10-12	Mean 12-14 Mean Over 14
530pm	Prelim under 11 Prelim under 12 Prelim 12-14 Prelim Over 14		

**All results will take place in a separate results hall upstairs*

Syllabus approved by feis registrar, An Comhairle Uladh

Rialacha/Rules

1. Adjudicators' decision is final
2. Age as at 1st January 2026
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: Reel122-124, LightJig 116, SingleJig 124, SlipJig124, Heavy Jig 96, Hornpipe144
    b. Tus Grad: Reel 116-118, Light Jig 116, Single Jig 124, Slip Jig 120, Heavy Jig 82, Hornpipe130
    c. Mean/ Ard Grad: Reel 113, Light Jig 116, Single Jig 124, SlipJig 113, Heavy Jig 73, Hornpipe 113
    d. Traditional Set Dances: St.Patrick's Day 94, The Blackbird 144, Job of Journey work 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 SlipJigs, 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). 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 Chantelle Deazley. If you have any concerns for any child's safety at the event, please contact her: vettingni@clrg.ie.

Syllabus approved by feis registrar, An Comhairle Uladh:



Feis Naomh Íosaif: Christmas Feis 2026

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 are 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.

Bun Dances:

Trophy Reel
Light Jig, Single Jig, Slip Jig,
Light Trophy Dance

Tus Dances:

Reel, Light Jig, Single Jig, Slip Jig
Light Trophy Dance,
Heavy Trophy Dance (Heavy Jig, Hornpipe or St Patrick's Day)

Mean Dances:

Reel, Light Jig, Single Jig, Slip Jig,
Light Trophy Dance
Traditional Set Dance
Heavy Trophy Dance (Heavy Jig or Hornpipe)

Preliminary Championships

Reel or Slip Jig
Heavy Jig or Hornpipe

Syllabus approved by feis registrar, An Comhairle Uladh: