

SINEAD NOLAN ACADEMY OF IRISH DANCE



Proudly Presents



Grades & Prelim Feis

Sunday 22nd November 2026

BALLYHOLLAND COMMUNITY CENTRE
11 BETTY'S HILL ROAD, NEWRY BT34 2LY

Adjudicators

Terry McKevitt – Ulster
Majella McEntegart – Ulster
Shane Cummins – Munster

Musician - Stephen Devlin, Ulster

Entry Details:

Grade Dances: £5

Trophy Dances: £6

Prelim Championship: £25

Door Admission: £5

Trophies will be awarded to 1st - 5th prize-winners in all Trophy and Preliminary competitions.

Sashes will be presented to all 1st place winners in Bun, Tus and Mean Trophy competitions as well as 1st - 5th in all Preliminary competitions.

Enquiries:

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@feisantlur



Time	Dance	Stage 1	Stage 2	Stage 3
9:00am	Reel	Bun U/6 + 6-7	Bun 7-8	Bun 8-9
	Light Jig	Bun U/6 + 6-7	Bun 7-8	Bun 8-9
	Single Jig	Bun U/6 + 6-7	Bun 7-8	Bun 8-9
	Light Trophy Dance	Bun U/6 + 6-7	Bun 7-8	Bun 8-9
	Reel	Stars of the Future		
Results				
11:00am	Reel	Bun 9-10	Bun 10-12	Bun 12-14 + O14
	Light Jig	Bun 9-10	Bun 10-12	Bun 12-14 + O14
	Single Jig	Bun 9-10	Bun 10-12	Bun 12-14 + O14
	Light Trophy Dance	Bun 9-10	Bun 10-12	Bun 12-14 + O14
Results				
12:30pm	Reel	Tus U7	Tus 7-8	Tus 8-9
	Light Jig	Tus U7	Tus 7-8	Tus 8-9
	Single Jig	Tus U7	Tus 7-8	Tus 8-9
	Slip Jig	Tus U7	Tus 7-8	Tus 8-9
	Light Trophy Dance	Tus U7	Tus 7-8	Tus 8-9
	Heavy Trophy Dance	Tus U7	Tus 7-8	Tus 8-9
	Reel	Tus 9-10	Tus 10-12	Tus 12-14 + O14
	Light Jig	Tus 9-10	Tus 10-12	Tus 12-14 + O14
	Single Jig	Tus 9-10	Tus 10-12	Tus 12-14 + O14
	Slip Jig	Tus 9-10	Tus 10-12	Tus 12-14 + O14
	Light Trophy Dance	Tus 9-10	Tus 10-12	Tus 12-14 + O14
	Heavy Trophy Dance	Tus 9-10	Tus 10-12	Tus 12-14 + O14
Results				
2:00pm	Reel	Mean U7	Mean 7-9	Mean 9-11
	Single Jig	Mean U7	Mean 7-9	Mean 9-11
	Slip Jig	Mean U7	Mean 7-9	Mean 9-11
	Light Trophy Dance	Mean U7	Mean 7-9	Mean 9-11
	Heavy Trophy Dance	Mean U7	Mean 7-9	Mean 9-11
	Traditional Set	Mean U7	Mean 7-9	Mean 9-11
	Reel	Mean 11-13	Mean 13-15	Mean O15
	Slip Jig	Mean 11-13	Mean 13-15	Mean O15
	Light Trophy Dance	Mean 11-13	Mean 13-15	Mean O15
	Heavy Trophy Dance	Mean 11-13	Mean 13-15	Mean O15
	Traditional Set	Mean 11-13	Mean 13-15	Mean O15
Results				

4:00pm	U8 Prelim Championship 8-10 Prelim Championship
5:00pm	10-12 Prelim Championship 12-14 Prelim Championship O14 Prelim Championship

Feis Rules

1. Adjudicator's decision is final.
2. Age taken as of January 1st 2026.
3. Entries only accepted by teachers registered with An Coimisiún le Rincí Gaelacha.
4. Competitions are open to dancers from any region.
5. In Bun Grad and Tus Grad, up to and including under 12, make-up and tan is not permitted. In Mean Grad, up to and including under 10 make-up and tan is not permitted.
6. In Bun Grad and Tus Grad, dancers are only permitted to wear class costumes or day clothes. No solo costumes are permitted.
7. Tus Grad competitions are confined to dancers who have never won 1st place or have been re-graded, in that particular dance in Tus Grad or higher.
8. Mean Grád competitions are confined to dancers who have never won 1st place in that particular dance in MeanGrád or higher.
9. No block/en point (stationary or moving) will be allowed for ages up to and including Under 12. However dancers which will be competing in the 12-13 age group in the following year, will be exempt from this rule from 1st September.
10. Dances permitted in Light Trophy Dance: Reel, Single Jig, Light Jig, Slip Jig.
11. Dances permitted in Heavy Trophy Dance: Heavy Jig, Hornpipe or St. Patrick's Day
12. Dances permitted in Traditional Set Dance: St. Patrick's Day, Blackbird, Job of Journey Work, Garden of Daisies, King of the Fairies, Three Sea Captains or Jockey to the Fair.
13. 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 modesty may ask a competitor to wear black tights (of a denier not less than 70 percent) in order to continue in the competition. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must agree to asking the dancer to wear tights.
14. 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.
15. Changing of costumes, dressing and undressing, is not permitted in the halls or public areas.
16. 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.
17. 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.
18. Tus Grad 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.
19. 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 between 21 and 40 competitors and three up to next grade if there are over 40 competitors.
20. Mean Grád competitions are confined to dancers who at the time of entry have never won 1st place for that particular dance in Mean Grad or Ard Grád in that age group or a higher age group.

21. The Preliminary Championship will consist of 2 Rounds, 1 Light Round – Reel/Slip Jig and 1 Heavy Round – Heavy Jig/Hornpipe.
22. To be eligible to compete in the Preliminary Championship dancers must:
- Never have previously placed in the top 3 in an open championship judged by 3 or more adjudicators,
 - Not have won a preliminary championship more than 2 times in the current year, however, if there are 5 or less in a preliminary championship the dancer is still eligible to compete in Preliminary Championships,
 - Not have qualified for Oireachtas Rince na Cruinne in either the current 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 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.
23. Dancers must perform to the following speeds: 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, Jockey to the Fair 90
24. All competitors will be required a 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.
25. 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.
26. Any form on unauthorised photography which has the capability to capture a dancers image whilst in motion using electronic or manual means e.g mobile phone, standard camera, video camcorder, with or without flash enhancement is strictly prohibited during competition.
27. Any objections must be lodged in writing within one hour of result, accompanied by fee of £20.00.
28. The Feis committee will not accept any responsibility for personal injuries or articles lost at the Feis.
29. 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 organisers in advance.
30. 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

