CLANN DE RINCI FEIS

to be held at
Birtley Community Centre, Ravensworth Road, Birtley
on Saturday, 28 November 2026

Adjudicator: Sally Boyle ADCRG Newcastle
Musician: Daniel Bolger London

Rules governing the Feis:

1. Entries to be sent by email to deemart1964@yahoo.co.uk on or before 13 November 2026 (please request bank details for payment when sending entries).
2. No late entries will be accepted.
3. All entries must be signed by registered teacher.
4. Age to be taken from 1 January 2026 and the adjudicator's decision is final.
5. Dancers may enter, and compete, in either the Tiny Tots Competition or the solo grade competitions, but not both.
6. Beginners competitions are open to dancers who have never won a 1st place in that particular dance in any age group and they must dance basic steps. The Beginners Trophy Reel Competition is confined to dancers who have danced the Beginners Reel and have not previously won a Beginners Trophy Reel Competition in any age group.
7. Primary competitions are open to dancers who have never won a 1st place in that particular dance in any age group. The Primary Trophy Reel Competition is confined to dancers who have danced the Primary Reel and have not previously won a Primary Trophy Reel Competition in any age group.
8. Competitors in Beginners and Primary Competitions, up to and including the Under 12 age group, may only wear traditional class costumes or long/short sleeved blouses/shirts and skirts/trousers, polo tops and skirts/trousers, body suits and skirts or tunics that conform to the regular costume length rule. Low-cut tops and short tight skirts are not permitted.
9. Intermediate Competitions are open to dancers who have never won a 1st place in that particular dance in their present age group. The Intermediate Trophy Reel Competition is confined to dancers who have danced the Intermediate Reel and have not previously won an Intermediate Trophy Reel Competition in their present age group.
10. If there are 5 or less competitors in any Beginners, Primary or Intermediate Competition, this will not count for grading purposes. However, a dancer may only win 3 such competitions and then they will have to move up to the next grade. If there are 15 or more competitors in any Beginners competition, the 1st, 2nd and 3rd placed dancers will move up to the next grade. If there are less than 15, only 1st place will count.
11. Competitors must be present when their competitions are called, otherwise they may lose their right to dance.
12. Any objections to be made in writing and handed to Feis Secretary with a fee of £5.00. If objection is sustained, the fee will be returned. Objection must be lodged within one hour after completion of the competition.
13. All dancers must be suitably dressed at all times. Changing facilities will be provided. Therefore, there should be no changing in the competition halls. No hairspray or aerosols to be used in dancing areas.
14. Mobile telephones and electronic games must be switched off in dancing areas.

15 No video or digital cameras or flash photography to be used during competitions.
16 No smoking is allowed in the halls.
17 The feis organisers will, as far as reasonably practicable, provide suitable surfaces for dancing. However, they cannot accept any liability for injuries sustained whilst dancing. The lodgment of an entry will be deemed to be an acceptance of this provision by a dancer.
18 Any competitor found to be using artificial carriage aids, and subsequently refuses to remove the same, will be subject to disqualification from that particular competition. Medically-prescribed apparatus (proof of which may be required) will be exempt from this ruling.
19 Make-up (including false eyelashes and tanner on the face) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group. For the purpose of this rule, the term "make-up" includes tinted moisturizer and any artificial tanning products. Make-up will not be permitted for any dancer in the first two grades (Beginners and Primary) up to and including the under 12 age group worldwide.
20 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%) in order to continue in the competition.
21 Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage as per the illustration attached. (See Addendum A of this syllabus). 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.
22 Solo costumes (including headwear) worn in championship competitions must not include any "Identifying Designs" (these are defined as any element on any costume worn in championship solo competitions identifying a status of achievement or an Irish dance competition award, eg, globes). It is expected that all dancers, teachers, parents and guardians will uphold these standards without the need for formal enforcement.
23 No block, en pointe, stationary or moving, will be allowed to be performed for all ages up to and including the Under 11 Age Group worldwide.
24 Adult competitions are open to dancers aged 18 or older, who have not competed during the previous five (5) years, except as an adult level dancer. Female competitors in these adult competitions must wear black tights (of a denier of not less than 70 percent) and the costume rules of CLRG also apply to these competitions.
25 North East teachers must send a copy of their entries to the Records Clerk, Dee Gorman, email address deemart1964@yahoo.co.uk by the closing date or a £20 fine will be imposed by the North East Regional Council.
26 Respect for fellow competitors on stage is a requirement at all times. Lack of respect or courtesy for competitors by aggressive dancing on stage will be subject to penalty at the discretion of each individual adjudicator.
27 CLARAITHE LEIS AN COIMISIUN LE RINCI GAELACHA.

SOLO COMPETITIONS

Tiny Tots	**Under 6 Ungraded reel (16 bars only)**
Beginners	**Under 5, 6, 7, 8, 9, 10, 11 and 13**
Dances	**Reel, Single Jig, Light Jig, Slip Jig, Trophy Reel, Heavy Jig, Hornpipe**
Primary	**Under 5, 6, 7, 8, 9, 10, 11, 13 and Over 13**
Dances	**Reel, Single Jig, Light Jig, Slip Jig, Trophy Reel, Heavy Jig, Hornpipe**
Intermediate	**Under 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15 and Over 15**
Dances	**Reel, Single Jig, Light Jig, Slip Jig, Trophy Reel, Heavy Jig, Hornpipe**
Adult	**Trophy Light, Trophy Heavy and Trophy Trad Set**

ENTRY FEES

Tiny Tots Ungraded Reel	**£7.50**
Solos	**£5.50**
Trophy Competitions	**£7.00**
Door Charge	**£6.00/£3.00 for concessions (no charge for children)**

APPROVED BY THE NORTH EAST REGIONAL COUNCIL

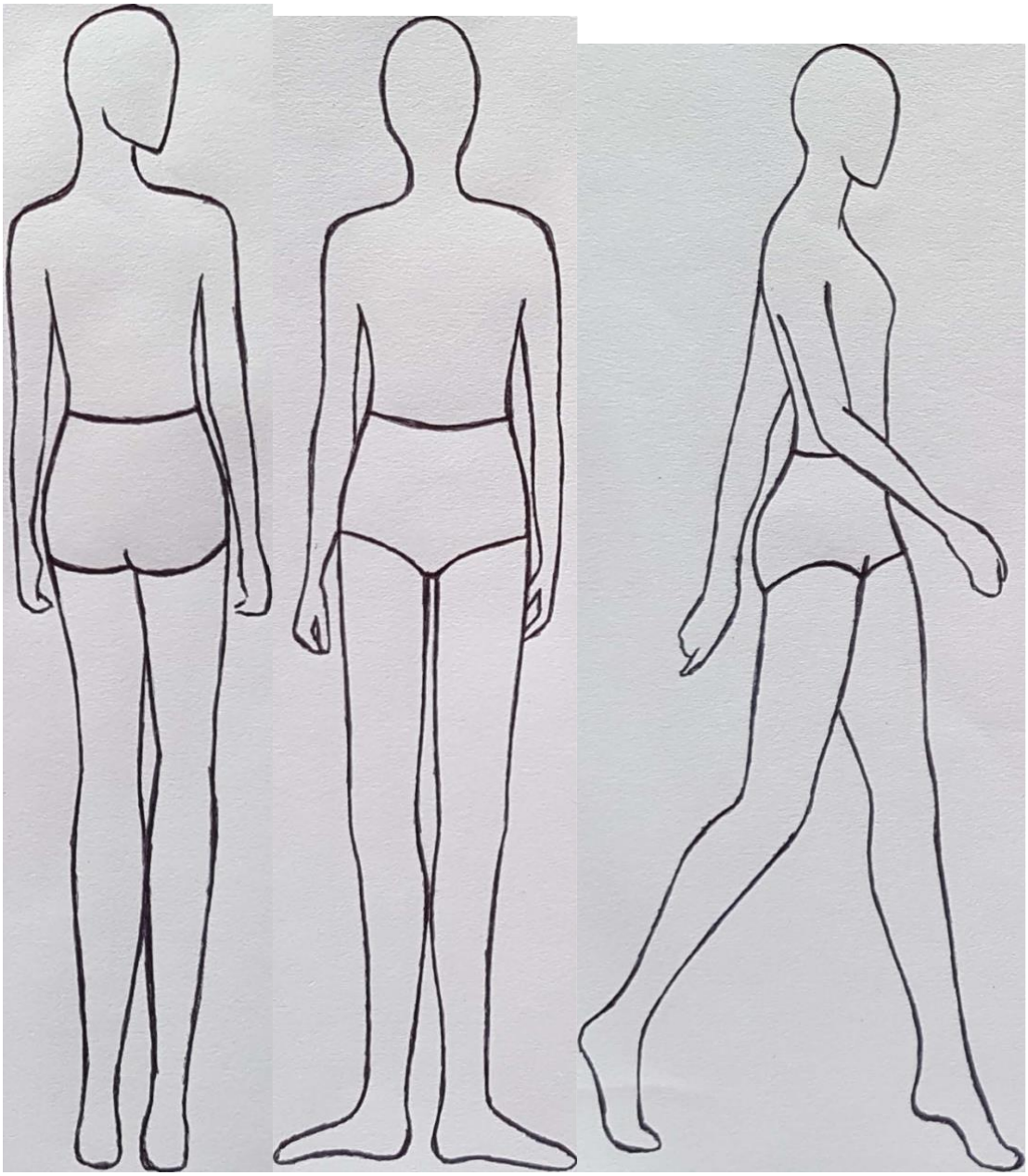
Signed: *Roísín O'Donnell* **Feis Registrar** **Date: 15.09.26**

(Although syllabus states yearly age groups, in some sections, competitions may be combined to two yearly age groups, depending on number of entries – Feis Organiser will advise teachers of any changes prior to the Feis)

Metronome speeds (effective from 01.01.22):

DANCE	BEGINNER	]PRIMARY	INTERMEDIATE/OPEN
REEL	122-124	116-118	113
SINGLE JIG	124	124	124
LIGHT JIG	116	116	116
SLIP JIG	124	120	113
HEAVY JIG	96	76	73
HORNPIPE	144	118	113

Addendum A (as mentioned in rule 21)



ENTRIES FOR CLANN DE RINCI FEIS SCHOOL: ……

(Please use B = Beginners, P = Primary and I = Intermediate)

Name of Dancer	**Tiny Tots** £7.50	**Age Group**	**Reel** £5.50	**Single Jig** £5.50	**Light Jig** £5.50	**Slip Jig** £5.50	**Trophy Reel/ Adult Light/Hvy /TSD** £7.00	**Heavy Jig** £5.50	**Horn-pipe** £5.50	**Fees £**

TEACHER'S NAME/SIGNATURE: …… TOTAL FEES: …….