

RULES AS AT JUNE 2025

These rules should be read in conjunction with rules laid out by An Coimisiún Le Rinci Galeacha. – Link [CLRG Rules V2 June25.pdf](#)

1. GENERAL

- 1.1. Adjudicator's decision is final.
- 1.2. Committee members only may approach adjudicators.
- 1.3. Any protest of breach of rules must be made in writing to the feis organiser within one hour of conclusion of a competition, with a fee of £25.00. Should the objection be upheld the fee will be refunded.
- 1.4. Entries will only be accepted from schools registered with An Coimisiún.
- 1.5. Lodgement of entries at a feis implies that you accept the rules relating to the feis in their entirety as laid down by the An Coimisiún le Rinci Gaelacha & Midland Regional Council.

2. AGE GROUPS

- 2.1. Age to be taken from 1st January of the current year. Where a competitor's birthday falls on 1st January, he/she shall, be regarded as under the age attained on that day.
- 2.2. Competitors must dance in their own age group for solo competitions except where there is no provision for that dance in that age group.

3. GRADES

- * At any one Feis, a dancer may only dance each Solo Dance in ONE grade. **Exception - Dancers ARE permitted to dance in both Novice Reel and Primary Reel competitions.**
- 3.2. **Novice** – Confined to competitors who have not progressed out of Novice grade (including Trophy Competitions) for that dance in any age group.
Primary – Confined to competitors who have not progressed out of Primary grade (including Trophy Competitions) for that dance in any age group.
Intermediate – confined to competitors who have not progressed out of Intermediate grade (including Trophy Competitions) for that dance in their present age group.
Open – Open solo dancers must be on syllabus for U6 – U9 age groups.
- 3.3. All competitions are open to dancers from all regions.
- 3.4. Grade Progression is as follows:

Grade	No of Entries	No of dancers to progress
Novice & Primary	5 or less	0
	6-10	1 dancer
	11 – 20	2 dancers
	21+	3 dancers
Intermediate	5 or less	0
	More than 5	1st place only

4. PRELIMINARY/OPEN CHAMPIONSHIPS AND PREMIER COMPETITIONS:

- 4.1. Championship/Premier Competitions - Only Intermediate and Open dancers are eligible to compete (except under 6 and 7 – all grades are allowed to compete).
- 4.2. Under 6s & under 7s Championships/Premier must dance Reel & Light Jig or Hop (Single) Jig.
- 4.3. Under 8s and Under 9s must dance Reel and Heavy Jig. A recall is at the discretion of the feis organisers.
- 4.4. Under 10 and up. All dancers must be given a choice of Reel or Slip Jig and Jig or Hornpipe and recall set dance.
- 4.5. Subsidiary solos may be run at the discretion of the feis organisers.
- 4.6. IF a minimum number is stated for ANY championship to be held, then this must be consistent for ALL championship competitions. E.g., if you decide on a minimum number of 5 to run a separate boys or prelim championship then this must be consistent with the number required to run any championship

4.7. PRELIMINARY CHAMPIONSHIP RULES

Rules for the preliminary Championship are in accordance with the agreed rules common throughout the UK.

- A minimum number of three Adjudicators must officiate.
- The first age group for a Preliminary Championship is Under 10.
- Where a Preliminary Championship is held separate from an Open Championship, three rounds should be offered, namely, Reel or Slip Jig, Heavy Jig or Hornpipe and any Set Dance.
- Where a Preliminary Championship is combined with an Open Championship, the result will be taken from eligible dancers' ranking after the first two rounds.
- Where there are separate Preliminary and Open Championships, dancers can compete in both at the discretion of the Feis organiser.
- Where a competitor wins two Preliminary Championships, they must dance in Open Championship for a period of 12 months thereafter.
 - For grading purposes, two wins will be taken as being in any two-year rolling period. Where a dancer does not win a second Preliminary within two years of winning their first Preliminary Championship, then the first win will be deemed as having expired and the dancer starts afresh.
 - Where there are less than 6* in a Preliminary Championship that win will not normally be considered for grading purposes. However, where a dancer wins three Preliminary Championships regardless of the number of competitors in each competition, that dancer must dance in Open Championship for a period of 12 months thereafter.
- Dances performed in a Preliminary Championships do not count for grading in solo competitions.

- Competitors that qualify for and compete in Oireachtas Rince na Cruinne in the previous 12 months cannot compete in a Preliminary Championship except where the dancer auto qualified at their Regional or National Oireachtas due to lack of numbers.
 - Dancers placing 1st-3rd in an Open Championship with up to 20 competitors or 1st-5th in an Open Championship with more than 20 Competitors cannot compete in a Preliminary Championship for a period of 12 months.
- 4.8. The Midland region allows dancers to participate in any 1 round of preliminary champs as a separate solo round – these dancers should not be included in the numbers indicated above with *.

5. DANCE MOVEMENTS

- 5.1. In Novice Grades only basic steps should be performed i.e. no intricate movements.
- 5.2. Rules appertaining to Dance movements such as toe movements, metronomic speeds as laid out by An Coimisiun apply.

Metronomic Speeds:

Novice Grade/Bun Grád	Primary Grade/Tús Grád	Intermediate Open Grade/ Meán/Árd Grád	Traditional Set Dance
Reel 122-124	Primary: Reel 116 -118	Reel 113	St Patrick's Day 94
Hop Jig 124	Hop Jig 124	Hop Jig 124	The Blackbird..... 144
Light Jig 116	Light Jig 116	Light Jig 116	Garden of Daisies 138
Slip Jig 124	Slip Jig 120	Slip Jig 113	Job of Journeywork 138
Trad Jig 96	Heavy Jig 76	Heavy Jig 73	King of the Fairies..... 130
Trad Hornpipe 144	Hornpipe 118	Hornpipe 113	Three Sea Captains..... 96
			Jockey to the Fair 90

6. COSTUME & MAKE-UP

- 6.1. All costume and make-up rules as laid out by An Coimisiun apply – [Link CLRG Rules V2 June25.pdf](#) – Section 5 and addendum
- 6.2. Undergarments - Appropriate undergarments covering the midriff must be worn. Dancers wearing undergarments that do not cover the areas of the body as in the illustrated will be asked to put on black tights of a denier of not less than 70.
- 6.3. Under no circumstances should dancers walk around any dancing venue in their underwear. Neither should dancers (regardless of age) change in to or out of costume in the main dancing hall, if possible. At all times, dancers should be properly attired.

7. FIGURE AND CEILI

- 7.1. Rules regarding age and re-dancing as laid out by An Coimisiun apply.
- 7.2. Figure Championship in the U7's year group may be a 6 hand dance, 8 hand Ceili or Figure Dance of 6 or more
- 7.3. Mixed Ceili – A mixed team must consist of at least 2 boys or 2 girls.

8. MEDIA POLICY

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, commercial film, with or without enhancement, is expressly forbidden during competitions.

9. CARRIAGE AIDS - All rules as set out in CLRG rules must be adhered to.

- 9.1. Any competitor found to be using artificial carriage aids and subsequently refuses to remove same, will be subject to disqualification. Medically prescribed apparatus (proof of which may be required) will be exempt from this ruling.
- 9.2. Any competitor wearing their shoes on the wrong feet will be treated in the same manner as if using carriage aids and be subject to disqualification.
- 9.3. In order to comply with health and safety measures, dancers may be required to perform the simple exercise of raising arms to shoulder level unhindered. If unable to do this due to costume stitching or arm attachments these dancers will not be permitted to perform.

10. ORDER OF DANCING, CONDUCT, MISHAPS ETC

- 10.1. Should a dancer lose a heel or a complete shoe or have an open lace he/she may stand back – allowing the other dancer(s), where applicable, to continue dancing uninhibited. In such a case, the dancer concerned will be permitted to redance as soon as it is deemed practicable by the stage steward.
- 10.2. Should a dancer fall on stage, whether in solos or in teams, the adjudicator MUST ring the bell to stop the performance of the dancer(s). Dancers so affected will be permitted to redance and will be marked then at the discretion of each individual adjudicator. If a dancer falls during the last 8 bars of any performance, then he/she would only be required to dance the last 16 bars of that dance.
- 10.3. Should a dancer slip, bump into another dancer or have a costume malfunction whether in solos or in teams, the bell will be rung at the discretion of the adjudicators to stop the performance of the dancer(s). Dancers so affected will be permitted to redance and will be marked then at the discretion of each individual adjudicator.
- 10.4. Where a dancer fails to complete his / her performance in any given round, that dancer will automatically receive ZERO marks from all adjudicators for that round.
- 10.5. Competitors beginning to dance before or after the stipulated set dance introduction will automatically receive ZERO marks from all adjudicators for that round.
- 10.6. A competitor must not walk off the stage during a performance unless instructed to do so by an adjudicator. A dancer who dismisses themselves from the stage without the permission of an adjudicator will not be marked for that dance.

CLRG/MRC Rules will be updated/amended if they change between the passing of this syllabus and the event.

Syllabus passed byMRC Feis Registrar Date