



RULES

These rules should be read in conjunction with rules laid out by An Coimisiun Le Rinci Galeacha.

AGE GROUPS

- 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.
- Competitors must dance in their own age group for solo competitions except where there is no provision for that dance in that age group.

GRADES

- Novice** – Confined to competitors who have not progressed out of Novice grade (including Trophy Competitions) for that particular dance in any age group
- Primary** - Confined to competitors who have not progressed out of Primary grade (including Trophy Competitions) for that particular dance in any age group.
- Intermediate** – confined to competitors who have not progressed out of Intermediate grade (including Trophy Competitions) for that particular dance in their present age group.
- Open** – Open to all dancers.
- All grade competitions are open to all regions.
- No competitor may compete in the same competition more than once
- In a trophy competition a dancer must have performed their choice of dance in the solo competition.
- 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

PRELIMINARY/OPEN CHAMPIONSHIPS AND PREMIER COMPETITIONS:

- Championship/Premier Competitions - Only Intermediate and Open dancers are eligible to compete (except under 6 and 7 – see below).
- Competitors can only dance in either Preliminary or Open Championship; they may not compete in both.
- PRELIMINARY CHAMPIONSHIP -To compete in a Preliminary Championship a competitor cannot have been placed 1st, 2nd or 3rd in an Open championship or 1st in a Preliminary Championship in this current year, providing there were 10 or more competitors. NB – 10 dancers must have danced the required dances for the championship. The Midlands region allow dancers to participate in 1 round of preliminary champs as a separate solo round
- Under 6s & under 7s Championships/Premier must dance Reel & Light Jig. A recall is at the discretion of the feis organisers. All grades are allowed to compete but **must have performed these dances on the day of the feis**.
- Under 8s and Under 9s must dance Reel and Heavy Jig. A recall is at the discretion of the feis organisers. To be eligible to compete, dancers must perform 2 dances in the solo rounds on the day of the feis.
- Under 10 and up. All dancers should be given a choice of Reel or Slip Jig and Jig or Hornpipe and recall set dance.
- Subsidiary solos may be run at the discretion of the feis organisers.
- If a minimum number is stated for a championship to be held, then this must be consistent for both mixed and unmixed championships. E.g. if you decide on a minimum number of 5 in order to run a separate boys championship then this must be consistent with the number required to run any championship. This may well be prevalent in the younger age groups where numbers can be low. For example if you have this rule on your syllabus and you only have 4 entries for Under 6 – you should not run the championship. This is in accordance with the sex discrimination act.

MRC 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.

CARRIAGE AIDS

- Any competitor found to be using artificial carriage aids and subsequently refuses to remove 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.
- 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 from that particular competition.
- In order to comply with health and safety measures, all dancers lining up side stage prior to any round of a competition will 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, by the time of their rotation, these dancers will not be permitted to perform.

ORDER OF DANCING, CONDUCT, MISHAPS ETC

- 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.
- 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.
- 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.
- 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.
- Competitors beginning to dance before or after the stipulated set dance introduction will automatically receive ZERO marks from all adjudicators for that round.
- 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 particular dance.

COSTUME & MAKE-UP

- All costume and make-up rules as set out in CLRG rules must be adhered to EXCEPT see below:
- All competitors in all age groups in Novice may only wear traditional class costumes or long / short-sleeved blouses / polo tops and skirts / tunics that conform to the regular costume length rules as above. Low-cut tops and short, tight skirts are not permitted. **NB Primary competitors in the Midlands Regional are allowed to wear solo costumes.**
- Adjudicators who determine a costume to be too short or to lack modesty may use the Costume Infraction (Tick Box) Program in order to flag the dancer and ensure the teacher is notified. As the Costume Infraction Program is used for ALL costume violations, adjudicators wishing to specify length as the infraction can write the letter 'L' in the Tick Box column.
- Under no circumstances should dancers walk around any dancing venue in their underwear. Neither should dancers (regardless of age) change into or out of costume in the main dancing hall, if at all possible. At all times, dancers should be properly attired.

DANCE MOVEMENTS

- Rules appertaining to Dance movements such as toe movements, metronomic speeds as laid out by An Coimisiun apply.
- In Novice Grades only basic steps are to be performed i.e. no intricate movements, clicks, rocks, twists, etc.

FIGURE AND CEILI

- In Figure and Ceili competitions - rules regarding age and re-dancing as laid out by An Coimisiun apply.
- Figure Championship in the U7's year group may be a 6 hand dance, 8 hand Ceili or Figure Dance of 6 or more
- Ceili 8 Hand competitions any 8 Hand may be performed in accordance with Ar Rince Foirne.
- Mixed Ceili – A mixed team must consist of at least 2 boys or 2 girls.

GENERAL

- Adjudicator's decision is final.
- Committee members only may approach adjudicators.
- Any protest against breach of rules must be made in writing to the feis organiser within one hour of conclusion of a competition, with a fee of £10.00. Should the objection be upheld the fee will be refunded.
- Entries will only be accepted from schools registered with An Coimisiun.
- 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 Coimisiun le Rinci Gaelacha & Midland Regional Council.