**RULES AS AT JUNE 2023**

These rules should be read in conjunction with rules laid out by An Coimisiun Le Rinci Galeacha. – Link [Microsoft Word - Rules of An Comisiun le Rince Gaelachta 01 Jan 2020 (updated 30 Jun 2022).doc (clrg.ie)](https://www.clrg.ie/images/Rules_of_An_Comisiun_le_Rince_Gaelachta_01_Jan_2020_updated_30_Jun_2022.pdf)

1. **GENERAL**
   1. Adjudicator’s decision is final.
   2. Committee members only may approach adjudicators.
   3. 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 £25.00. Should the objection be upheld the fee will be refunded.
   4. Entries will only be accepted from schools registered with An Coimisiun.
   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**
   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. 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**
   1. At any one Feis, a dancer may only dance each Solo Dance in ONE grade.
      1. Exception - Dancers ARE permitted to dance in both Novice Reel and Primary Reel competitions.
   2. **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 solo dancers must be on syllabus for U6 – U9 age groups.

* 1. All grade competitions are open to all regions.
  2. In a trophy competition, a dancer must have performed their choice of dance in the solo competition.
  3. Grade Progression is as follows:

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| --- | --- | --- |
| 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 |

1. **PRELIMINARY/OPEN CHAMPIONSHIPS AND PREMIER COMPETITIONS:**
   1. Championship/Premier Competitions - Only Intermediate and Open dancers are eligible to compete (except under 6 and 7 – all grades are allowed to compete).
   2. Under 6s & under 7s Championships/Premier must dance Reel & Light Jig or Hop (Single) Jig.
   3. Under 8s and Under 9s must dance Reel and Heavy Jig. A recall is at the discretion of the feis organisers.
   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.
   5. Subsidiary solos may be run at the discretion of the feis organisers.
   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 in order to run a separate boys or prelim championship then this must be consistent with the number required to run any championship
   7. PRELIMINARY CHAMPIONSHIP RULES

* 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, then the result should 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.
* 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 month.
  1. 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 \*.

1. **DANCE MOVEMENTS**
   1. In Novice Grades only basic steps should be performed i.e. no intricate movements.
   2. Rules appertaining to Dance movements such as toe movements as laid out by An Coimisiun apply
2. **METRONIMIC SPEEDS**

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

1. **COSTUME & MAKE-UP** 
   1. All costume and make-up rules as laid out by An Coimisiun apply – Link - [Updated\_Costume\_Rules\_at\_01\_Jul\_21.doc (live.com)](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.clrg.ie%2Fimages%2FUpdated_Costume_Rules_at_01_Jul_21.doc&wdOrigin=BROWSELINK)
   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.

See here for illustrations [Costume drawings (clrg.ie)](https://www.clrg.ie/images/Illustration_Re_Rule_5.1.8.pdf) [Microsoft Word - Rules and Motions Passed by CLRG since 01 Sep 2021.docx](https://www.clrg.dance/images/Rules_and_Motions_Passed_by_CLRG_since_01_Sep_2021.pdf)

* 1. 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 at all possible. At all times, dancers should be properly attired.

1. **FIGURE AND CEILI** 
   1. Rules regarding age and re-dancing as laid out by An Coimisiun apply.
   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
   3. Mixed Ceili – A mixed team must consist of at least 2 boys or 2 girls. .
2. **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.

1. **CARRIAGE AIDS - All rules as set out in CLRG rules must be adhered to.**
   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.
   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.
   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.
2. **ORDER OF DANCING, CONDUCT, MISHAPS ETC**
   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.
   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.
   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.
   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.
   5. Competitors beginning to dance before or after the stipulated set dance introduction will automatically receive ZERO marks from all adjudicators for that round.
   6. A competitor must not walk off the stage during a performance unless instructed to do so by an adjudicator. A dancer who dismisses themself from the stage without the permission of an adjudicator will not be marked for that particular dance.