



Irish Dancing in Leinster

COMHAIRLE LAIGHEAN



Leinster Council



Affiliated to An Coimisiún le Rincí Gaelacha

## Comhairle Laighean

An Coimisiún le Rincí Gaelacha

### Leinster Feis Rules 2022

1. Age as on 1<sup>st</sup> January in each year of feis.
2. Entries only accepted from teachers registered with an Coimisiún le Rincí Gaelacha.
3. Make up and false tan is not permitted in Bun Grád and Tús Grád competitions up to and including the under 12 age group. Makeup including false eyelashes is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 **age group**.
4. Competitors in Bun Grad & Tus Grad, up to and including the Under 12 age group, may only wear traditional class costumes or long/short-sleeved blouses/shirts & skirts/trousers, polo tops & skirts/ trousers, bodysuits & skirts or tunics that conform to the regular costume length rule. Low-cut tops and short tight skirts are not permitted.
5. The use of artificial carriage aids is strictly forbidden. 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.
6. 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.
7. Bun Grád competitions are confined to dancers who have never won 1<sup>st</sup> prize for that particular dance in any age group or grade. Basic steps only.
8. In Bun and Tús Grád competitions, one dancer moves up to the next grade if there are less than 20 competitors, between 21 and 40 competitors two dancers move up and if in excess of 40 competitors three dancers move up to the next grade.
9. Tús Grád competitions are confined to dancers who have never won 1<sup>st</sup> prize for that particular dance in any age group in Lár, Méan or Árd.

10. Lár grad competitions are confined to dancers who have never won 1<sup>st</sup> prize for that particular dance in any age group in lár, Méan or Árd.
11. Méan grad competitions are confined to dancers who have never won 1<sup>st</sup> prize for that particular dance in that age group or a higher age group in either Méan or Árd Grád.
12. **Costume Length:** The length of costumes 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 change into black tights (of a denier not less than 70 per cent) in order for the dancer to continue in the competition. When wearing bodysuits with skirts (commonly known as black-out attire) black tights (of a denier less than 70) must be worn from the age of 14 and above. As a point of clarification, this rule is not limited to just bodysuits but also to tops/ blouses and skirts/shorts of all colours and is in effect from the 14-15 age group upwards.

13. **PRELIMINARY CHAMPIONSHIP RULE FOR IRELAND**  
**EFFECTIVE FROM 1<sup>st</sup> JANUARY 2022**

A Preliminary Championship must be adjudicated by 3 or more Adjudicators and must consist of 2 Rounds, 1 Light Round – Reel/Slip Jig, and 1 Heavy Round – Heavy Jig/Hornpipe. Preliminary Championships may run as a “stand-alone” competition or may be incorporated into the Open Championship. Dancers may compete in an Open or a Preliminary Championship or both.

**RULES AND ELIGIBILITY**

To be eligible to compete in a Preliminary Championship:

- Dancers must not have placed in the top 3 in an Open Championship judged by 3 or more adjudicators.
- Dancers must not have won a Preliminary Championship more than 2 times in the current year, **HOWEVER**, if there are 5 or less in a Preliminary competition the dancer is still eligible to compete in Preliminary Championship.
- Dancers must not have qualified for Oireachtas Rince na Cruinne in the current year (2022) or previous year (2021).
- Dancers must not have receded in the actual Championship at Oireachtas Rince na hEireann in the current year (2022) or previous year (2021).
- 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 Preliminary Championship with).

**EXCEPTIONS PERTAINING TO OIREACHTAS RINCE LAIGHEAN ONLY:**

- Dancers who qualify for Oireachtas Rince na Cruinne where there are five dancers or less in the competition at Oireachtas Rince Laighean are exempt from this ruling. They may remain in the Preliminary Championships if they so wish

14. Traditional set dance must be chosen from the following list:- St. Patrick's day, Garden of Daisies, Job of Journeywork, The Blackbird, King of the Fairies, Jockey to the Fair or Three Sea Captains.
15. With regard to toe movements no block, en pointe, stationary or moving, is allowed to be performed for all ages up to and including under 12 years. However, according to the an Coimisiun rule, dancers who will compete under 13 from 1<sup>st</sup> January may perform en pointe from September of the previous year.
16. Any form of unauthorised photography, which has the capability to capture a dancers' image, whilst in motion, using electronic/manual means, e.g. mobile phones, I pads, video, still camera, commercial film with/without a flash enhancement or any other means of recording is strictly forbidden.
17. Parents are responsible for the conduct and behaviour of their children at all times whilst attending the Feis within and around the hall.
18. Feis committee, as far as practicable, will provide a surface floor suitable for dancing. However, the committee cannot accept any liability whatsoever for injuries sustained whilst on stage or within the practice area. The lodgement of an entry will be deemed to be an acceptance of this provision by a dancer and by her/his parent or guardian. **(or teacher)**
19. An Coimisiún rules will apply if disputes arise that are not covered by the above rules.
20. Objections must be lodged within one hour of the announcement of the results of a competition and must be accompanied by a fee of €20.
21. Changing of costumes, dressing and undressing, is not permitted in the halls or public areas.
22. Social Media Rule – Feis Organisers must continually make all persons aware that the taking of photographs of any children without parental permission is not permitted. **Those who do not wish to be photographed should make themselves known to the Feis Organiser.**
23. Comhairle Laidhean **Child Safety officer** is Orla Nic Conuladh. DLPLinster@gmail.com Please contact her if you have any concerns in regard to any child safety at the event.