

# Glendarragh

## Irish Dance Academy



### 30th Feis Glendarragh

12th - 13th October 2019

#### The Becket School

The Becket Way, Wilford Lane  
West Bridgford, Nottingham  
NG2 7QY

#### Adjudicators

Anne Byrne-Gibbons	ADCRG	Connaught
Conleth Mullan	ADCRG	Ulster
Dara O'Shea Delap	ADCRG	Scotland
Justine Ward-Mallinson	ADCRG	NW Region
Julie Loughlin	ADCRG	SE Region
Marcus Maloney	ADCRG	Leinster

#### Musicians

Dean Crouch	London
Anthony Davis	Birmingham
Liam O'Sullivan	Newcastle



07970513523



GlendarraghAcademy



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glendarraghdance@gmail.com



## Dear Teachers, Parents & Guardians,

We look forward to welcoming you to our 30th Feis Glendarragh, due to be held on 12th-13th October 2019. On behalf of the Glendarragh Dance Academy, we look forward to welcoming all those who have supported Feis Glendarragh in the past and hope to see new faces this year as well.

We are delighted to have acquired, the excellent facilities of Becket School. We will once again have access to the Large Championship Hall, Sports Hall, changing facilities and practice area. A full catering service will be available throughout the day, provided by our fantastic parents and helpers, along with our scrumptious, homemade cake stall and candy floss stand! The Becket School is situated within easy reach of East Midlands Airport, East Midlands Parkway Railway Station, Nottingham Railway station, and is very accessible by road with ample parking.

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We have six fantastic adjudicators and three excellent musicians, and all Open and Preliminary Championships will be judged by a panel of three adjudicators. Once again, we will be having a Champion of Champions competition at the end of each day and those who place in the top three, in any of the Championships, will be eligible to compete. We have cups for these competitions, in memory of Denis Holtham and Helen Stack, two of our most loyal and longstanding parents who passed away in 2013. We feel it is a fitting tribute for two people who had such a love of Irish Dancing.

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### **\*\*NEW FOR 2019\*\***

**U9 Preliminary Championship**  
**U5 \*Ungraded\* Special Reel**  
**32 Bar System for all Grades**  
**Separate Grades Results Area**

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We will upload photos and live feed videos over the course of the weekend on our Facebook and Instagram pages. So, feel free to give us a follow and we'll also keep you updated, leading up to the event and over the feis weekend.

We are very much looking forward to seeing you in October, please see further information below.

Kind Regards,  
**Aidan Comerford ADCRG**  
**Helen Comerford TCRG**  
**Ciara Buckley TCRG**  
**Arnyah Paxton TCRG**



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## Entries

Under 5 *Ungraded* Special Reel	£5.00
All Grade Dances are TROPHY DANCES (1st - 3rd Trophies)	£4.50
Under 6 & Under 7 Mixed Championships (including two solo results)	£25.00
Open Championships from U8 upward (includes two solo results)	£30.00
Preliminary Championships from U9 upward (includes two solo results)	£30.00
Family Fee (for two children or more)	£70.00
Door Admission (Adults only, children free)	£5.00

All entries to the Feis Secretary by **Wednesday 2nd October 2019**

All cheques to be made payable to: "Feis Glendarragh"

Please post your entries to: Des Silke

133 Hatfield Mead, Morden, Surrey, SM4 5PG

**ENTRIES WILL BE ACCEPTED ON THE DAY OF THE FEIS**

### Grade Competitions

All grade competitions are 'trophy dances' where 1st, 2nd and 3rd will receive trophies.

All grade results will be awarded in a separate Results area to ensure smooth running of the next competitions.

### 32 Bar System

ALL dancers in the competition will be lined up at the back of the stage at the start of the competition. The adjudicator will take down the numbers of all the competitors. The first two dancers will walk into starting positions and get ready to dance. After the 8 bar introduction the dancers will begin their dance for 32 bars. After 32 bars they bow (quickly) and return to their original place in the line at the back of the stage whilst the next 2 dancers commence their performance of 32 bars.

Please Note: There will be no gap of 8 bars in between each 2 dancers.

The content of the 32 bar performance is at the discretion of each teacher. There will be stage stewards on each stage counting the next 2 dancers in and dancers will not be penalised for starting late or continuing after 32 bars.

### U5 \*Ungraded\* Special Reel

This will also be ran within the 32 bar system and each dancer entered will receive a special gift and a sash for taking part.

### Results

Des Silke will be doing our results this year and as usual, marks packs will be available to purchase at the office.

We aim to ensure all Prelim and Open Championships are presented in the main Championship Hall.





## Grade Competitions

Age Group	Novice	Primary	Intermediate	Open
Under 5	*Ungraded* Special Reel			
Under 6	Trophy Reel	Trophy Reel	Trophy Reel	Trophy Reel
Under 7	Trophy Hop Jig	Trophy Hop Jig	Trophy Hop Jig	Trophy Hop Jig
	Trophy Light Jig	Trophy Light Jig	Trophy Light Jig	Trophy Light Jig
	Trophy Slip Jig	Trophy Slip Jig	Trophy Slip Jig	Trophy Slip Jig
Ungraded	Trophy Heavy Jig, Trophy Hornpipe, Trophy Trad Set			
Under 8	Trophy Reel	Trophy Reel	Trophy Reel	Trophy Reel
Under 9	Trophy Hop Jig	Trophy Hop Jig	Trophy Hop Jig	Trophy Hop Jig
	Trophy Light Jig	Trophy Light Jig	Trophy Light Jig	Trophy Light Jig
	Trophy Slip Jig	Trophy Slip Jig	Trophy Slip Jig	Trophy Slip Jig
	Trophy Heavy Jig	Trophy Heavy Jig	Trophy Heavy Jig	Trophy Heavy Jig
	Trophy Hornpipe	Trophy Hornpipe	Trophy Hornpipe	Trophy Hornpipe
	Trophy Trad Set	Trophy Trad Set	Trophy Trad Set	Trophy Trad Set
Under 10	Trophy Reel	Trophy Reel	Trophy Reel	
Under 11	Trophy Hop Jig	Trophy Hop Jig	Trophy Hop Jig	
Under 12	Trophy Light Jig	Trophy Light Jig	Trophy Light Jig	
	Trophy Slip Jig	Trophy Slip Jig	Trophy Slip Jig	
	Trophy Heavy Jig	Trophy Heavy Jig	Trophy Heavy Jig	
	Trophy Hornpipe	Trophy Hornpipe	Trophy Hornpipe	
Ungraded	Trophy Trad Set			
Over 12		Trophy Reel		
		Trophy Hop Jig		
		Trophy Light Jig		
		Trophy Slip Jig		
		Trophy Heavy Jig		
		Trophy Hornpipe		
Ungraded	Trophy Trad Set			
Under 14			Trophy Reel	
Over 14			Trophy Hop Jig	
			Trophy Light Jig	
			Trophy Slip Jig	
			Trophy Heavy Jig	
			Trophy Hornpipe	
Ungraded	Trophy Trad Set			





## Open Championships

Under 6	Mixed	Reel	Light Jig	
Under 7	Mixed	Reel	Light Jig	
Under 8	Girls	Reel	Heavy Jig	Trad Set
Under 9	Girls	Reel	Heavy Jig	Trad Set
Under 10	Girls			
Under 11	Girls			
Under 12	Girls			
Under 13	Girls			
Under 14	Girls	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
Under 15	Girls			
Under 16	Girls			
Under 17	Girls			
Senior O/17*	Ladies			
7 to 9	Boys	Reel	Heavy Jig	Trad Set
9 to 11	Boys			
11 to 13	Boys			
13 to 15	Boys	Heavy Jig or Hornpipe	Reel	Open Set Dance
15 to 17	Boys			
Senior O/17*	Men			

\*Seniors will be split into under 19 and over 19 depending on entries received

U6, 7, 8 & 9 will be 100% Recall and will start with the REEL

U10 upwards - 100% Recall if 20 or less - 50% Recall if 21 or more and will start with the HEAVY ROUND

## Preliminary Championships

Under 9	Mixed	Reel	Heavy Jig	Trad Set
Under 10	Mixed			
Under 11	Mixed			
Under 12	Mixed			
Under 13	Mixed	Heavy Jig or Hornpipe	Reel or Slip Jig	Open Set Dance
Under 14	Mixed			
Under 15	Mixed			
Over 15	Mixed			

U9 will be 100% Recall and start with the REEL

U10 upwards - 100% Recall if 20 or less - 50% Recall if 21 or more and will start with the HEAVY ROUND





## 2018 Feis Glendarragh - Winners

Under 6	Hollie Taylor	Inis Cara	MIDLANDS
Under 7	Lily Murphy	Glendarragh Academy	MIDLANDS
Under 8 Girls	Evie Roberts	Carey Academy	MIDLANDS
Under 9 Boys	Ciaran Mitchell	Carey Academy	MIDLANDS
Under 9 Girls	Sorrel Newnham	Inis Cara	MIDLANDS
Under 10 Girls	Leah Staunton	Brooks Academy	SE REGION
Under 10 Prelim	Jack Sabine	Glendarragh Academy	MIDLANDS
Under 11 Boys	Aidan Ward	Marie Connell School	MIDLANDS
Under 11 Girls	Minnie Yarnold	Carey Academy	MIDLANDS
Under 11 Prelim	Archie Coughlan	McCarthy-O'Rourke Academy	SE REGION
Under 12 Girls	Ellie Kate McCarthy	McGahan-Lees Academy	SE REGION
Under 12 Prelim	Millie Fewkes	Glendarragh Academy	MIDLANDS

**\*\*Under 12 Champion of Champions  
AIDAN WARD - MARIE CONNELL SCHOOL MIDLANDS\*\***

Under 13 Girls	Aliyah Neason	Carey Academy	MIDLANDS
Under 13 Boys	Finn Bradley	Carey Academy	MIDLANDS
Under 13 Prelim	Dearbhla McGarrity	Scoil Rince De Barra	ULSTER
Under 14 Girls	Ciara Sabine	Glendarragh Academy	MIDLANDS
Under 14 Prelim	Ruby McGavock	Turley-Duggan Academy	MIDLANDS
Under 15 Girls	Alliyah O'Hare	Scanlon School	MIDLANDS
Under 15 Boys	Joe Pavier	Inis Cara	MIDLANDS
Under 15 Prelim	Bernadette Gilleran	Scanlon School	MIDLANDS
Under 16 Girls	Ellie Ormsby	Nolan Bailey	CONNACHT
Under 17 Girls	Orlaith Bradley	Scoil Rince De Barra	ULSTER
Under 17 Boys	Ciaran Coyle	Scanlon School	MIDLANDS
Under 17 Prelim	Claire Dolan	Kelly Hendrey School	NE REGION
Under 19 Ladies	Katie Coates	Kidd School	MIDLANDS
Senior Men	Alex Winfield	Carey Academy	MIDLANDS
Senior Ladies	Lucy Shilling	O'Connor & Hennigan IDA	SE REGION

**\*\* Over 12 Champion of Champions  
CIARAN COYLE & ALLIYAH O'HARE - SCANLON SCHOOL MIDLANDS\*\***

Can we please ask ALL winners from last year to ensure their perpetual cups are returned in ample time.



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## Directions

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### FROM THE M1 SOUTH - NORTH

Leave the M1 at Junction 24 and take the 4th exit (if coming from the South ) or 1st exit (if coming from the North) onto the A453 signposted Nottingham South. Keep following the A453 until you come to a roundabout signposted Grantham, Melton, Newark and take the 1st exit onto the A52. At mini roundabout continue forward onto Clifton Lane - B679 signposted West Bridgford. At mini-roundabout bear right onto Wilford Lane B679 signposted through traffic. Turn left into The Becket Way which is the entrance to school.

## Transport

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### EAST MIDLANDS AIRPORT - FLIGHT INFORMATION

Flights from Glasgow, Dublin, Knock, Edinburgh, Munich, Amsterdam, Berlin & Belfast into East Midlands Airport. There is a regular Shuttle Bus from East Midlands Airport to Nottingham City Centre.

### BIRMINGHAM AIRPORT - FLIGHT INFORMATION

Flights from Shannon, Cork and Derry into Birmingham Airport.

## Accommodation

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### Base Hotel - St James Hotel, Nottingham

[www.stjames-hotel.com](http://www.stjames-hotel.com)

t: +44(0)115 941 11 14

We have agreed a discount for twin, double and family rooms at the St James Hotel, however this discount is limited therefore we advise you book early to avoid missing the agreed rate.

Twin/Double - £85.00 including breakfast

Family - £105.00 including breakfast

**Reference - GA001068**

St James Hotel is located in Nottingham City Centre, a short walk away from the train station. There is a car park above the hotel and separate charges will apply.





# Rules

## RULES AS AT JUNE 2019

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

### 1. GENERAL

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

- 3.1 At any one Feis, a Novice and Primary Dancer may only dance each Solo Dance in ONE grade.  
**\* Exception - Dancers ARE permitted to dance in both Novice and Primary Reel competitions (NEW MAY 2019).**
- 3.2 **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 to all dancers.
- 3.3 All grade competitions are open to all regions.
- 3.4 In a trophy competition, a dancer must have performed their choice of dance in the solo competition.
- 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 - see below).
- 4.2 Under 10 and up. All dancers must be given a choice of Reel or Slip Jig and Jig or Hornpipe and recall set dance. This must be offered for both Open and Preliminary Championships.





- 4.3 Competitors can only dance in either Preliminary or Open Championship; they may not compete in both UNLESS they are danced as a combined competition.
- 4.4 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 Championships as a separate solo round - these dancers should not be included.
- 4.5 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.
- 4.6 Under 8s and Under 9s must dance Reel and Heavy Jig. A recall is at the discretion of the feis organisers.  
**\* Dancers no longer have to dance in the open grade competition to be eligible to compete in the U6,7,8 & 9 Championships (NEW MAY 2019) but ALL DANCES MUST BE OFFERED IN THE OPEN GRADES FOR THESE AGE GROUPS**
- 4.7 Subsidiary solos may be run at the discretion of the feis organisers.
- 4.8 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, 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 four entries for Under 6 - you should not run in the championship.

## 5. DANCE MOVEMENTS / SPEEDS

- 5.1 Rules appertaining to Dance movements such as toe movements, metronomic speeds, as laid out by An Coimisiun, apply.

### Metronomic Speeds - MUST BE ADHERED TO FROM 1 SEPTEMBER 2019

Novice Grade/Bun Grád	Primary Grade/Tús Grád	Intermediate Open Grade/ Meán/Árd Grád
Reel ..... 122-124	Primary: Reel ..... 116	Reel ..... 113
Hop Jig ..... 124	Hop Jig ..... 124	Hop Jig ..... 124
Light Jig ..... 116	Light Jig ..... 116	Light Jig ..... 116
Slip Jig ..... 124	Slip Jig ..... 120	Slip Jig ..... 113
Trad Jig ..... 96	Heavy Jig ..... 82	Heavy Jig ..... 73
Trad Hornpipe ..... 144	Hornpipe ..... 130	Hornpipe ..... 113

- 5.1 In Novice Grades, only basic steps should be performed. I.E. no intricate movements.

## 6. COSTUME AND MAKE-UP

- 6.1 All costume and make-up rules as set out in CLRG rules must be adhered to EXCEPT see \*in 6.2.
- 6.2 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.**
- 6.3 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.
- 6.4 Under no circumstances should dancers walk around dancing venue in their underwear. Neither should dancers (regardless of age) change in to or out of costume in the main dancing hall, it at all possible. At all times, dancers should be properly attired.
- 6.5 Make-up, including false eyelashes and tan on face, is not permitted for any dancer in solo or team competition, up to and including the Under 10 age group. Nor in the first two grades up to and including the Under 12 age group. Leg tan is NOT part of this rule.





## 7. FIGURE AND CEILI

- 7.1 In Figure and Ceili competitions - 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 Ceili 8 Hand competitions and 8 Hand may be performed in accordance with Ar Rince Foirne.
- 7.4 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

- 9.1 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.
- 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 from that particular competition.
- 9.3 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.

## 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 re-dance 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 re-dance 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 re-dance 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, 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 particular dance.





## 2019 Feis Glendarragh - Timetable

### Saturday 12th October Championship Hall

9:00 am	U9 Preliminary
10:00 am	U10 Preliminary
11:00 am	U11 Preliminary
12:00 pm	U8 & U9 Girls 7 to 9 Boys
2:30 pm	U10 & U11 Girls 9 to 11 Boys
4:30 pm	U12 Girls U12 Preliminary
6:30 pm	CHAMPION OF CHAMPIONS

### Sunday 13th October Championship Hall

9:00 am	U13 & U14 Girls 11 to 13 & 13 to 15 Boys
11:30 am	U7 Mixed & U6 Mixed U5 Ungraded Special Reel
1:30 pm	U15 & U16 Girls
3:00 pm	U17 Girls 15 to 17 Boys
4:30 pm	Senior ladies Over 17 ** Senior Men Over 17
6:00 pm	CHAMPION OF CHAMPIONS

\*Seniors will be split into under 19 and over 19 depending on entries received

U6, 7, 8 & 9 will be 100% Recall and start with the REEL

U10 upwards - 100% Recall if 20 or less - 50% Recall if 21 or more and will start with the HEAVY ROUND

### Sports Hall

	STAGE 1	STAGE 2	STAGE 3
9:00 am	U8 Nov	U8 Pri/Int	U8 Open
10:00 am	U12 Nov	U12 Pri	U12 Int
11:00 am	U9 Nov	U9 Pri/Int	U9 Open
12:00 pm	U10 Nov	U10 Pri	U10 Int
2:30 pm	U11 Nov	U11 Pri	U11 Int

### Sports Hall

	STAGE 1	STAGE 2	STAGE 3
9:00 am	U7 Nov U7 Ungraded Heavy Dances	U7 Pri/Int	U7 Open
10:00 am	U6 Nov U6 Ungraded Heavy Dances	U6 Pri/Int	U6 Open
11:30 am	O12 Pri	12&U14 Int	O14 Int
2:00 pm	U13 & U14 Preliminary		
3:30 pm	U15 & O15 Preliminary		

\*The Ungraded Traditional Set Dance competitions for U10 upward will take place after the Heavy dances for each age group



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