

# L.A.D.C CHRISTMAS FEIS

## GRADES ONLY

CLARAITHE LEIS AN COIMISIUN LE RINCI GAELACHA

Halla Na Feile, Cashel, Co Tipperary E25 YV67

Sunday December 5<sup>th</sup> 2021



**Adjudicator:** ANN GIBBONS Galway

**Musician:** COLIN MCGILL Laois

**PRE-ENTRY:** Entries will open  
Thursday Nov 11<sup>th</sup> 12pm Close Nov 25<sup>th</sup> 12pm  
<https://entrytable.ie/#/search>

**Fees:** €5 per dance

**Admission:** €5

**ALL ADULTS IN ATTENDANCE MUST BE FULLY VACCINATED (or recovered from COVID-19 within previous 6 months) AS PER GOVERNMENT GUIDELINES. CERTIFICATES MUST BE PRESENTED TO GAIN ENTRY ON THE DAY . ACCOMPANIED MINORS UNDER 18 DO NOT NEED TO BE VACCINATED.ALL GOVERNMENT GUIDELINES WILL BE ADHERED TO.**

**All Enquiries to: Carmel Lawrence 087-8782978 [carmellawrence@gmail.com](mailto:carmellawrence@gmail.com)**

*Signed*

A handwritten signature in black ink, appearing to read "Daire P. Kelly".

*Feis registrar 4/11/2021*

*On behalf of Comhairle Na Mumhan*

*Registered with  
An Coimisiún Le Rincí Gaelacha*

The approval of this syllabus is to ensure that the competitions etc adhere to rules pertaining to Comhairle Na Mumhan and CLRG. It is important to highlight that, during the Covid 19 pandemic, it is solely the responsibility of the organisers to ensure that all Feiseanna abide by the relevant advice and directives of the Government and Public Health Authorities at the time of the Feis

Dear Teachers, Parents and dancers,

We are delighted to welcome you all to Cashel for our CHRISTMAS Grades feis .

Please take note of the many changes in place due to covid 19 and government/venue regulations.

**Proof of Immunity:** Our Feis can take place once all participants show Proof of Immunity. Government regulations in relation to evidence of COVID-19 vaccination or immunity following recovery will be implemented. Organised indoor events and mass gatherings are permitted where all adults are immune (fully vaccinated or recovered from COVID-19 within previous 6 months), or accompanied minors (under 18). Photo ID will be required when checking Proof of Immunity. Accompanied minors under 18 do not need to be vaccinated.

**COVID-19 Contact Tracing:** We are required to retain the names and contact details of attendee for 28 days to facilitate contact tracing. We will collect the name and contact details of the Group Lead/Parent/guardian when entering the venue.

Entries will only be accepted, via online system, <https://entrytable.ie/#/search> on a first come first served basis. Entries will not be accepted without fees.

Times are estimated and may change when entries are complete.

We are delighted to be able to run this event , in light of current circumstances.

**ALL GOVERNMENT GUIDELINES WILL BE ADHERED TO** Please read the syllabus carefully so that all Teachers, Parents, and dancers will be aware of all safety measures in place so that everything can run smoothly. For Example, entering and exiting stage, number of bars performed etc. so that the dancers will feel comfortable on the day, knowing the procedures that are in place.

We want you to know, your safety is our number one priority.

We look forward to your support.

Thank You.

*Carmel & Michelle*

1.	9am	UNGRADED	COR	reel	U5
		UNGRADED	PORT EADROM	light jig	U5
2.		BUN	COR	reel	U6
3.			PORT EADROM	light jig	U6
4.		TUS	COR	reel	U6
5.			PORT EADROM	light Jig	U6
6.			PORT SINGIL	single jig	U6
7.		MEAN	COR	reel	U6
8.			PORT EADROM	light Jig	U6
9.			PORT SINGIL	single jig	U6
10.			PORT LUSCADH	slip jig	U6
11.	10am	BUN	COR	reel	6-7
12.			PORT EADROM	light jig	6-7
13.		TUS	COR	reel	6-7
14.			PORT EADROM	light Jig	6-7
15.			PORT SINGIL	single jig	6-7
16.		MEAN	COR	reel	6-7
17.			PORT LUSCADH	slip Jig	6-7
18.			PORT SINGIL	single jig	6-7
19.			PORT EADROM/TROM	light/heavy jig	6-7
20.	11am	BUN	COR	reel	7-8
21.			PORT SINGIL	single jig	7-8
22.			PORT EADROM/TROM	light/heavy jig	7-8
23.		TUS	COR	reel	7-8
24.			PORT LUSCADH	slip Jig	7-8
25.			PORT SINGIL	single jig	7-8
26.			PORT EADROM/TROM	light/heavy jig	7-8
27.		MEAN	COR	reel	7-8
28.			PORT EADROM	light Jig	7-8
29.			PORT SINGIL	single jig	7-8
30.			PORT LUSCADH	slip jig	7-8
31.			PORT TROM	heavy jig	7-8
32.			SEIT TRAD	trad set	7-8
33.	12.30PM	BUN	COR	reel	8-9
			PORT EADROM	light jig	8-9
34.			PORT SINGIL	single jig	8-9
35.			PORT LUASCADH	Slip Jig	8-9
36.		TUS	COR	reel	8-9
37.			PORT LUSCADH	slip Jig	8-9
38.			PORT SINGIL	single jig	8-9
39.			PORT EADROM/TROM	light/heavy jig	8-9
40.		MEAN	COR	reel	8-9
41.			PORT EADROM	light Jig	8-9
42.			PORT SINGIL	single jig	8-9
43.			PORT LUSCADH	slip jig	8-9
44.			PORT TROM	heavy jig	8-9
45.			SEIT TRAD	trad set	8-9
2-2:30 PM		LUNCH			
46.	2,30pm	BUN	COR	reel	9-10
47.			PORT EADROM	light jig	9-10
48.			PORT SINGIL	single jig	9-10
49.			PORT LUSCADH	slip jig	9-10
50.		TUS	COR	reel	9-10
51.			PORT LUSCADH	slip Jig	9-10
52.			PORT SINGIL	single jig	9-10
53.			PORT EADROM/TROM	light/heavy jig	9-10
54.			TRAD CORNPHIOPA	hornpipe	9-10
55.		MEAN	COR	reel	9-10
56.			PORT EADROM	light Jig	9-10
57.			PORT SINGIL	single jig	9-10
58.			PORT LUSCADH	slip jig	9-10
59.			PORT TROM	heavy jig	9-10
60.			SEIT TRAD	trad set	9-10
61.	4pm	BUN	COR	reel	10-11
62.			PORT EADROM	light jig	10-11
63.			PORT SINGIL	single jig	10-11
64.			PORT LUSCADH	slip jig	10-11

65.	TUS	COR	reel	10-11
66.		PORT LUSCADH	slip Jig	10-11
67.		PORT SINGIL	single jig	10-11
68.		PORT EADROM/TROM	light/heavy jig	10-11
69.		TRAD CORNPHIOPA	hornpipe	10-11
70.	MEAN	COR	reel	10-11
71.		PORT EADROM	light Jig	10-11
72.		PORT SINGIL	single jig	10-11
73.		PORT LUSCADH	slip jig	10-11
74.		PORT TROM	heavy jig	10-11
75.		SEIT TRAD	Trad set	10-11
76.	5.30pm	BUN	COR	reel
		PORT EADROM	light jig	11-12
77.		PORT SINGIL	single jig	11-12
78.		PORT LUSCADH	slip jig	11-12
79.	TUS	COR	reel	11-12
80.		PORTLUSCADH	slip Jig	11-12
81.		PORT SINGIL	single jig	11-12
82.		PORT EADROM/TROM	light/heavy jig	11-12
83.		TRAD CORNPHIOPA	hornpipe	11-12
84.	MEAN	COR	reel	11-12
85.		PORT EADROM	light Jig	11-12
86.		PORT SINGIL	single jig	11-12
87.		PORT LUSCADH	slip jig	11-12
88.		PORT TROM	heavy jig	11-12
89.		CORNPIOPA	hornpipe	11-12
90.		SEIT TRAD	Trad set	11-12
91.	6.30 pm	BUN	COR	reel
		PORT EADROM	light jig	O12
92.		PORT SINGIL	single jig	O12
93.		PORT LUSCADH	slip jig	O12
94.	TUS	COR	reel	O12
95.		PORTLUSCADH	slip Jig	O12
96.		PORT SINGIL	single jig	O12
97.		PORT EADROM/TROM	light/heavy jig	O12
98.		TRAD CORNPHIOPA	hornpipe	O12
99.	MEAN	COR	reel	O12
100.		PORT EADROM	light Jig	O12
101.		PORT SINGIL	single jig	O12
102.		PORT LUSCADH	slip jig	O12
103.		PORT TROM	heavy jig	O12
104.		CORNPIOPA	hornpipe	O12
105.		SEIT TRAD	Trad set	O12

1. Entries will be accepted by Parents and Teachers. Only dancers registered with CLRG may enter. <https://entrytable.ie/#/search>
2. You are responsible for ensuring the entry is correct.
3. Entries open Thursday November 11th @ 12pm and close Thursday November 25<sup>th</sup>@ 5pm.
4. **TIMES ON SYLABUS ARE ESTIMATED UNTIL ALL ENTRIES ARE RECEIVED**
5. Teachers/parents will be sent dancers numbers before the feis.
6. **NO REFUNDS WILL BE GIVEN UNLESS THE EVENT IS CANCELLED.**
7. Admission €5 payable on the day
8. Entry for the feis indicates that dancers and their parent/guardian agree to adhere to the feis and venue guidelines. When entering feis we will receive your contact details this will be held for contact tracing up to 14 days after the event.
9. Please No coaching from floor as we have to stay seated.
10. **COVID SAFETY** – We will be following all government guidelines to ensure we run a safe event We will continue to monitor the ever-changing guidelines. COVID OFFICER: Camel Lawrence

#### **DATA PROTECTION**

As a feis organiser and a member of An Coimisiún le Rincí Gaelacha (CLRG), We aim to protect all user information in accordance with the EU General Data Protection Regulation 2018.

Please see link for more information: [General Data Protection Regulation \(GDPR\) Compliance Guidelines](#)

As a member of CLRG, we comply with the CLRG GDPR Regulations. Please see link for more information: [Privacy Policy \(clrg.ie\)](#) We are committed to ensuring that your information is secure. In order to prevent unauthorised access or disclosure, we have put in place suitable procedures to safeguard and secure the information we collect. Some personal data is required to be shared in order to gain information about who is taking part in our competition. This information may be shared with CLRG and members of the feis committee. If you have any concerns with the way your data is being collected, stored or used, please contact [carmellawrence@gmail.com](mailto:carmellawrence@gmail.com) All Information will be destroyed 28 days after **the feis**.

**BY ENTERING THE FEIS, YOU AGREE TO:**

- Comply with all contact tracing procedures
- Stay at least 2 metres apart from those not in your group • Wear a face covering when circulating, can remove when sitting .
- Children under 13 don't have to wear masks .
- No dancer wears mask when dancing
- Sanitise your hands often , several stations will be available in the hall.
- Arrive at your assigned time and be prepared to dance at your assigned times.
- **Please note: There is no access to the venue before your time. Arrive 20 mins before your time.**
- **Follow the one-way system which will be clearly marked.**
- **Follow centres guidelines at all times.**
- **That your have read and agree with the COVID Waiver of liability agreement as listed below**

**PLEASE COME TO THE FEIS READY TO DANCE, WIGS MAKE UP ETC SHOULD BE DONE BEFORE YOU ARRIVE TO THE VENUE.**

**OTHER SAFETY MEASURES IN PLACE:**

- All surfaces will be sanitised by cleaners between each group entering the centre.
- All dancers, parents, and teachers are expected to clean their area when leaving.
- Toilets will be sanitised regularly throughout the day by cleaners.
- Chairs will be set out to adhere to social distancing.
- If there are falls or sickness on stage, only the accompanying adult will be permitted to assist.
- Separate entry and exit points.
- A Covid officer will be always present.



**IF YOU HAVE A TEMPERATURE, SORE THROAT, HEADACHE, LOSS OF TASTE, LOSS OF SMELL, ETC. YOU SHOULD NOT ATTEND THE FEIS. PLEASE NOTE THAT ANYONE WHO REFUSES TO COMPLY WITH THE RULES OF THE FEIS WILL BE ASKED TO LEAVE, IN THE INTEREST OF THE SAFETY OF ALL ATTENDEES OF THE FEIS.**

## WHAT TO EXPECT ON THE DAY FOR THE DANCER

- Dancers, when called, will line up side stage on the socially distanced x marks. Please be prepared to go straight up to dance. There will be no practise area as the centre cannot allow due to distancing guidelines.
- **O13 competitors will be required to wear masks sidestage.**
- Dancers will dance two at a time, the music will continually play for each group of 8. When dancer has finished , you bow and walk off from where you finish your steps and the next two dancers are ready to dance **(This is all done in 8bars )**. There will be a break in music after each group of 8 .
- Once each age /grade group is completed for that particular time slot, dancers and their parents will be ushered via a one way system to the results area .

## AWARDS

- All competitors receive an award in the reel.
- 50% result in other rounds
- Trophy for 1<sup>st</sup> place in all competitions

### **Waiver of liability agreement**

By attending the feis we require you to carefully consider the following agreement as you/your child's entry to Feis confirm you accepts the following:

#### **ACKNOWLEDEMENT OF PANDEMIC**

I am aware that the World Health Organisation and other governmental and health authorities have declared Covid-19 a pandemic. I am aware that social distancing is to be practiced and that any increased social contact during this pandemic poses an increased risk of transmissions which could cause injury, illness or death.

#### **CONFIRMATION OF HEALTH AND NON-TRAVEL**

I confirm that I (or on behalf of the participant) am in good health and have not travelled internationally in the past 14 days and will inform my teachers, who will inform the feis organisers, should they plan to travel abroad.

**ACKNOWLEDEGEGMNT AND VOLUNTARY ASSUMPTION OF RISK** I am aware that other persons may attend the feis and may have been exposed to the Covid-19 virus. I am aware of the risks, dangers and hazards associated with attending the feis at this time and I (or on behalf of the participant) freely accept and fully assume all such risks, dangers and hazards and the possibility of personal injury, illness or loss resulting there from. I am aware that I (or on behalf of the participant) may require first aid, which may require 'hands- on' care and social distancing may not be possible in this instance.

**WAIVER OF CLAIMS** I agree to waive any and all claims that I now or in the future may have against the feis organisers, any of their directors, employees, contractors, assigns, and/or successors (the "releases") and to release the releases from any and all liability for any injury, illness or loss may suffer as a result of attendance at the feis due to Covid-19. I agree the feis organisers have carried out a thorough risk assessment prior to the running of the feis and have put in place all measures to negate any risk of the virus being spread and/or contracted during same.

**INDEMNIFICATION** I agree to hold harmless and indemnify the releases from any and all liability for any injury, illness or loss to from attendance at the feis as the case may be, due to Covid-19. I confirm that I have read and understood this agreement and I am aware that, by signing this agreement, I am waiving certain legal rights which I may have against the releases.

**I CONFIRM THAT BY ATTENDING TO THE FEIS THAT I AM VOLUNTARILY IN AGREEMENT WITH THE ABOVE**





## Feis Rules

### FEIS RULES AND CONDITIONS

- In Bun and Tus grad competitions, dancers are permitted to wear either class costumes or day wear e.g. skirts and tops (Munster Specific rule)
- The use of artificial carriage aids is strictly forbidden except in cases of a medical condition where a doctor's certificate may be requested. 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.
- In order to comply with the 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 the costume stitching or any arm attachments by the time of their rotation will not be permitted to perform.
- Make up / false - eye lashes will not be permitted for dancers in either solo or team competitions, up to and including the Under 10 age group. Effective from 1<sup>st</sup> March 2014.  
(Please note that dancers in this age group who might be in a Ceili Team Under 11 will be permitted make up for team this age group competitions, i.e. Under 11 Ceili Championships.)
- 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.
- In Reel competitions under 5 years, dancers must perform Easy Reel material only... (Munster specific rule).
- Should a dancer fall on stage, the adjudicator MUST ring the bell to stop the performance of the dancer(s). The dancer(s) so affected will be permitted to re-dance at the discretion of the adjudication panel, or by a majority of adjudicators, where there is a judging panel. Should, in the opinion of the stage steward, having obtained medical advice if necessary, a dancer be unfit to re dance and if such dancer insists on his/her right to do so then the dancer concerned may be permitted to re-dance on completion of a declaration form exonerating the committee of liability for any consequences.
- Should a dancer lose a heel or a complete shoe he/she may stand back allowing the other dancer, 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.
- No blocks en pointe, stationary or moving, is allowed for all ages up to and including under 12 age group, with exceptions of 11 to 12 age group who may perform who may perform this work as, and from, 1<sup>st</sup> September.
- All Graded competitions are open to all regions
- Port competitions must have both a light and heavy result where both jig types have been performed.
- Grading up rule (Effective January 1<sup>st</sup> 2009) : For those competitions where grading up occurs :Less than or equal to 20 (1 dancer grades up); 21 – 39 inclusive (2 dancers grade up) ; Greater than or equal to 40 (3 dancers grade up)

#### **Bun Grad:**

- Confined to competitors who have never previously won first place for the dance specified for that competition in any other registered competition in any other grade or under any age limit
- Dancers must perform basic material only

#### **Tus Grad:**

- Confined to competitors who have never previously won first place for the dance specified for that competition in any other registered competition in any other grade or under any age limit other than in Bun Grad
- Dancers must perform their first advanced material. This should exclude clicks, twists, swivels, cross keys, rocks etc.

#### **Primary Grad (Munster specific criteria):**

- Confined to competitors who have never previously graded out of a competition for the dance specified for that competition in any other registered competition in any other grade or under any age limit other than Bun or Tus or Primary Grade.
- Dancers can perform the same level of material acceptable in Mean or Ard Grad competition.
- Solo costumes can be worn by dancers in this grade
- Once a dancer wins a dance in Primary grade, they are no longer eligible to enter that dance in that grade again

#### **Mean Grad:**

- Confined to competitors who have never previously won first place under the upper age-limit specified for the competition (or under a higher age-limit) outside of Bun grad and Tus grad.
- A registered competition for the dance specified for the competition
- The same level of material can be performed for Mean grad as Ard Grad.
- A competition in which there are five competitors or less shall not count for grading purposes i.e. the winner of such a competition shall be entitled to dance again in a competition for the same dance in the same age group and grade. (1994).

#### **Ard Grad:**

- Open to any dancer who :
  - is a pupil of a registered teacher
  - is qualified to compete as regards age and place of residence
  - is not suspended from competitions under any rule or by a decision of An Coimisiún or a Regional Authority.
  - is entered with the permission of his teacher.
- A competition in which there are five competitors or less shall not count for grading purposes i.e. the winner of such a competition shall be entitled to dance again in a competition for the same dance in the same age group at mean grad. (2007)



- Where a dancer has won first prize and thereafter fails to win a prize for that particular dance, the teacher of that dancer may, when a period of two years has elapsed, apply to the regional council to have the dancer re-graded as a mean grad dancer.

## Craobh Comortas (Championship):

- A competition may be entitled a "Championship" only when it is an Ard Grad competition and
  - Is judged by at **least 3 Adjudicators**.
  - Competitions, in the case of a step dancing competition are required to perform at least two dances, one of which must be a heavy dance and the other a light dance.
  - U6 Craobh Comórtas are not permitted (Munster specific – Sep 1<sup>st</sup> 2015).
  - All competitors will receive an award in the light round of any Craobh Comórtas competition.

## Priomh Comortas (Premier Championship):

- The title "Priomh Comortas" or Premier Championship may be ascribed to a competition in any grade judged by **one adjudicator**, where the following conditions apply:
  - **Two dances** to be performed by each competitor.
  - In a Priomh Comortas with an upper age of 8 years or less the compulsory dances must consist of either:
    - Those stipulated for the older age groups and set out above or
    - Two light dances (Munster Specific).
  - When a dancer wins First place in a Priomh Comortas competition, they are deemed to have won **both dances** in that competition, even if they are not awarded first place when individual round results are awarded.
  - U6 Championships must be Priomh Comórtas (Munster specific – Sep 1<sup>st</sup> 2015).

## Preliminary Championship Ruling (Effective from Sept. 1<sup>st</sup> 2016)

- A Preliminary Championship is:
    - judged by at **least 3 Adjudicators**.
    - A Preliminary Championship must consist of 2 Rounds, 1 Light Round – Reel / Slip Jig & 1 heavy Round – Heavy Jig / Hornpipe.
  - A dancer is not eligible to enter a Preliminary Championship if they have been placed First in an **Open Championship** from **1<sup>st</sup> January 2015** and the following year.
  - Dancers may compete in an **Open or a Preliminary** Championship or both.
  - Once a dancer qualifies for Oireachtas Rince na Cruinne, they must **not** enter a Preliminary Championship They may not compete in Preliminary Championships in the year that they qualified or the following calendar year.
- ### Exceptions
- Dancers who qualify for Oireachtas Rince na Cruinne where there are **five dancers or less** in their Regional Oireachtas are exempt from this ruling. They may remain in the Preliminary Championships if they so wish.
  - If a dancer wins **two Preliminary Championships** from the 1<sup>st</sup> January, they are no longer eligible to enter a Preliminary Championships for the remainder of that year and the following year.
  - If a dancer wins a Preliminary Championship where there are **five dancers or less** in the competition, the dancer will still be eligible to enter a Preliminary Championship.

## Feis procedures

- The Feis Committee reserves the right to refuse Admission / Entry to the Feis.
- Any objections, other than those related to adjudicator's decisions, must be lodged in writing to the Feis Committee. There will be a fee of EUR 20 associated with such an objection. If the feis committee cannot resolve the issue satisfactorily, the objection will be forwarded to Comhairle na Mumhan.
- 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, cine recorder, commercial film, with or without flash enhancement, is expressly forbidden in competition. (Jan 2005), except in Bun & Tus Grád competitions.
- The use of taped music (e.g. iPad, iPod, Tape Recorder) is permitted for Subsidiary Ceili competitions.

## Feis admin

- Entries will only be accepted from teachers currently registered with An Coimisiún.
- Age is reckoned from January 1<sup>st</sup>
- The Adjudicators decision is final.
- The committee, as far as is practicable, will provide a stage surface suitable for dancing. However, the committee cannot accept any liability whatsoever for injuries sustained while on stage. The lodgement of any entry will be deemed to be an acceptance of this provision by a dancer and by his/her parent/guardian/teacher.

Feis Rules also available at: <http://www.munsterdancing.com/index.php?pageID=52>

