

## GENERAL RULES FOR FEISEANNA REGISTERED IN ULSTER REGION

These rules may or may not be particular to the Ulster region. Therefore any other directives from An Coimisiun regarding regulations for shoes, costumes, carriage aids etc. must be followed.

- All feiseanna in Ulster region must be registered with An Comhairle Uladh. An application form can be requested from the feis registrar.
- An adjudicator who judges a feis in the Ulster region may not judge any other feis (including class feiseanna and graded examinations) in the Ulster region until 6 months has elapsed.
- Any feis that wishes to include a rule stating that all dancers must wear the same colour and style of dancing attire, must apply in writing to An Comhairle. Only one feis per year will be granted permission and this will be at the discretion of An Comhairle.
- Age as at 1<sup>st</sup> January (year of feis)
- 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, body suits & skirts or tunics that conform to the regular costume length rule. Low-cut tops and short tight skirts are not permitted.
- Make-up (including false eyelashes and face-tan) is not be permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.
- Make-up will not be permitted for any dancer in the first two grades (Bungrád and Tusgrád or equivalent) up to and including the under 12 age group worldwide.
- Make-up (including false eyelashes and tanner on the face) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.

Clarification: Both make up rules refer to the age group of the competition, not the actual age of the dancer. For example, 9 year old dancers, competing in a

team that is entered Under 12, may wear make-up or at a feis where the youngest Open Championship age group is Under 11, then all dancers in that competition may wear make-up.

These rules must also be announced from side stage at the event. Participants should be reminded that should they be in breach of these rules and be required to remove their make-up, that they risk missing their rotation in the competition.

- Length of costume 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 wear black tights (of a denier not less than 70 percent) in order to continue in the competition. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must agree to asking the dancer to wear tights.
- Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage (as per illustration on [www.clrg.ie](http://www.clrg.ie)). Dancers wearing undergarments that do not cover the areas of the body as in the illustrated example will be asked to put on black tights of a denier of not less than 70%. This is monitored by the adjudicator. For competitions adjudicated by a panel of more than one adjudicator all adjudicator on the panel must agree to ask the dancer to put on tights.
- 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.
- Bun Grád competitions are confined to competitors who at the time of entry have never won 1<sup>st</sup> place (or being regraded as per below) in that particular dance in any age group or grade. Basic Steps only are permitted in Bun Grad.
- Tus Grad confined to dancers who have never won 1<sup>st</sup> prize (or being graded as per below) for that particular dance in any age in Tus Grad, Mean Grad or Ard Grad. Dancers may perform either basic steps or their first hard/difficult version of each dance. Steps in Tus Grad Heavy Jigs and Hornpipe must be similar to those used in St.Patrick's Day and Blackbird.

- In Bun Grád & Tus Grad competitions, one dancer moves up to next grade if there are less than 20 competitors, two dancers move up to next grade if there are between 21 and 40 competitors and three dancers move up to next grade if there are over 40 competitors.
- Mean Grád competitions are confined to dancers who at the time of entry have never won 1<sup>st</sup> place for that particular dance in Mean Grad or Ard Grád in that age group or a higher age group.
- 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 Prelim 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 prelim 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 or previous year.

Dancers must not have recalled in the actual Championship at Oireachtas Rince na hEireann in the current year or previous year.

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 have won the Prelim Championship with).

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

Boys who have qualified for Oireachtas Rince na Cruinne, but were not placed in the top 3 at their Regional Oireachtas and who otherwise fulfil the Prelim Criteria, may continue to compete in Preliminary Grade.

- Dancers must perform to the following speeds:

Bun Grad:

Reel 122-124, Light Jig 116, Single Jig 124, Slip Jig 124, Heavy Jig 96, Hornpipe 144

Tus Grad:

Reel 116-118, Light Jig 116, Single Jig 124, Slip Jig 120, Heavy Jig 82, Hornpipe 130

Mean/Ard Grad:

Reel 113, Light Jig 116, Single Jig 124, Slip Jig 113, Heavy Jig 73, Hornpipe 113

Traditional Set Dances:

St. Patrick's Day 94, The Blackbird 144, Job of Journeywork 138, Garden of Daisies 138, King of the Fairies 130, Three Sea Captains 96, Jockey to the Fair 90

- All competitors will be required a dance a MINIMUM number of 40 bars, except in Slip Jigs, Hornpipes & Bun Grad Reels where a MINIMUM number of 32 bars will be required.
- Where there is a Treble Reel competitions, all competitors will be required to dance a MINIMUM of 16 bars.
- 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 phones, ipads, standard cameras, video camcorders, cine recorder, commercial film, with or without flash enhancement, is forbidden during competition.
- Changing of costumes, dressing and undressing, is not permitted in the halls or public areas.
- No block, en point, stationery or moving will be allowed for all ages up to and including Under 12. However dancers in will be competing in the 12-13 age group in the following year, will be exempt from this rule from 1<sup>st</sup> September.
- If you wish your child to be excluded from any photographs that maybe uploaded onto social media websites, please ensure that you inform the feis organiser in advance.

- The Child Protection Designated Liason Officer for the Ulster Region is Paula Bell. If you have any concerns for any child's safety at the event, please contact her: [CPDLOUlster@gmail.com](mailto:CPDLOUlster@gmail.com).