

## 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)
- In Bun Grád and Tús Grád, make-up will not be permitted up to and including the Under 12 age group. Dancers in all age groups must wear either class costumes or 'day clothes'
- 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.
- Costume Length: 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 body suits 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.
- 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 30 competitors, two dancers move up to next grade if there between 31 and 50 competitors and three dancers move up to next grade if there are over 50 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.
- To be eligible to compete in a Preliminary Championship, dancers must
  - a) never previously won an Open Championship judged by 3 or more adjudicators,
  - b) never previously won more than three preliminary championships judged by 3 or more adjudicators
  - c) not have qualified for Oireachtas Rince na Cruinne in either current or previous year.
- 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 to 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 competition, 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, stationary or moving will be allowed for all ages up to and including Under 12. However dancers 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 may be uploaded onto social media websites, please ensure that you inform the feis organiser in advance.
- The Child Protection Designated Liaison Officer for the Ulster Region is John McEntegart. If you have any concerns for any child's safety at the event, please contact him [CPDLOUlster@gmail.com](mailto:CPDLOUlster@gmail.com).