

# Tracey Taaffe Academy of Dance

*Presents The 7<sup>th</sup>*

## ALL COUNTY IRISH DANCE CHAMPIONSHIPS GRADES DAY FEIS

MONDAY 5th MAY 2025

Bun, Tus, Mean Grad,

Preliminary Championship & Team Competitions

VIRGINIA COLLEGE SPORTS HALL  
VIRGINIA CO. CAVAN  
A82 V9K8

### MOLTÓIRI - ADJUDICATORS

Carol Leavy Joyce ADCRG Ulster Ireland

Sharon O'Brien ADCRG Leinster, Ireland

Francis Curley SDCRG Ulster, Ireland

### CEOLTÓIRI – MUSICIAN

Kevin Joyce Ireland

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### **PRE-ENTRY BY FOLLOWING LINK**

<https://forms.gle/oKPj34yfUdzudrog9>

**PRE-ENTRY Closes 6pm Monday 28<sup>th</sup> April**

Syllabus approved by: Sukhy Nijjar Feis Registrar An Comhairle Uladh



*Claraíthe Leis An Coimisiun Le Rinci Gaelacha*

# THE 7th ALL COUNTY IRISH DANCE CHAMPIONSHIPS GRADES DAY FEIS

## Dear Teachers, Parents and Dancers,

It is with great pleasure that Tracey Taaffe Academy of Dance presents the 7th All County Irish Dance Championships Grades Day Feis at Virginia College, Sports Facility, Virginia, Co. Cavan A82V9K8

Our venue is ideally located and very accessible from every location. We are very excited to host our event on the May Bank Holiday in the beautiful County of Cavan, surrounded by the lakes of Lough Ramor.

The Lakeside Manor Hotel is just a five-minute drive away from the venue with both Cavan Crystal Hotel and Hotel Kilmore just 15 minutes away.

Our one-day event will feature Solo Graded Competitions in Bun Grad, Tus Grad and Mean Grad and **Priomh Comortas**: one adjudicator championships (grades dancers have a choice of two soft shoe dances in Bun & Tus Grad) and (a choice of light and heavy dance in Mean Grad)

**Preliminary Championships**: three adjudicator championships (dancers have a choice of Reel or Slip Jig and Heavy Jig or Hornpipe)

This year we have introduced the "All County Championship Future Stars" open to dancers not yet ready to compete in open feiseanna. Dancers will perform a 16 Bar step in their Reel. (teachers are welcome to assist the children)

### Exquisite prizes throughout the weekend.

**Solos** 1<sup>st</sup> Place Trophy

**Trophy Dance (all dancers placed)** 1<sup>st</sup> Place Sash & Trophy, 2<sup>nd</sup>- 5<sup>th</sup> Place Trophy, 6<sup>th</sup> to final place medal

**Priomh Comortas** 1<sup>st</sup>- 5<sup>th</sup> Place Sash & Trophy, 6<sup>th</sup> to final place medal on ribbon.

### All County Championship Emerging Stars - All Dancers Awarded

**Preliminary Championships**: 1<sup>st</sup> – 5<sup>th</sup> Place Cup & Sash, 6<sup>th</sup> to final medal on ribbon.

AGE GROUP	BUN GRAD					
Under 6	Reel	Light Jig	Slip Jig	Single Jig		Priomh Comortas
6 - 7	Reel	Light Jig	Slip Jig	Single Jig		Priomh Comortas
7 - 8	Reel	Light Jig	Slip Jig	Single Jig		Priomh Comortas
8 - 9	Reel	Light Jig	Slip Jig	Single Jig		Priomh Comortas
9 -10	Reel	Light Jig	Slip Jig	Single Jig		Priomh Comortas
10 - 11	Reel	Light Jig	Slip Jig	Single Jig		Priomh Comortas
11 -12	Reel	Light Jig	Slip Jig	Single Jig		Priomh Comortas
12 -14	Reel	Light Jig	Slip Jig	Single Jig		Priomh Comortas
Over 14	Reel	Light Jig	Slip Jig	Single Jig		Priomh Comortas

AGE GROUP	TUS GRAD					
Under 7	Reel	Light Jig	Slip Jig	Single Jig		Priomh Comortas
7 - 8	Reel	Light Jig	Slip Jig	Single Jig	Heavy Jig	Priomh Comortas
8 - 10	Reel	Light Jig	Slip Jig	Single Jig	Heavy Jig	Priomh Comortas
10 - 12	Reel	Light Jig	Slip Jig	Single Jig	Heavy Jig	Priomh Comortas
12 - 14	Reel	Light Jig	Slip Jig	Single Jig	Heavy Jig	Priomh Comortas
Over 14	Reel	Light Jig	Slip Jig	Single Jig	Heavy Jig	Priomh Comortas

AGE GROUP	MEAN GRAD					
Under 8	Reel	Light Jig	Slip Jig or Single Jig		Traditional Set Dance	Priomh Comortas
8-10	Reel	Light Jig	Slip Jig or Single Jig		Traditional Set Dance	Priomh Comortas
10-12	Reel	Light Jig	Slip Jig or Single Jig		Traditional Set Dance	Priomh Comortas
12-14	Reel	Light Jig	Slip Jig or Single Jig		Traditional Set Dance	Priomh Comortas
Over 14	Reel	Light Jig	Slip Jig or Single Jig		Traditional Set Dance	Priomh Comortas

2 HAND COMPETITIONS U10, U14 & O14



# Mixed Preliminary Championships

Age Group	Round 1	Round 2
Under 8	Reel or Slip Jig	Heavy Jig or Hornpipe
8-10	Reel or Slip Jig	Heavy Jig or Hornpipe
10-12	Reel or Slip Jig	Heavy Jig or Hornpipe
12-14	Reel or Slip Jig	Heavy Jig or Hornpipe
14-16	Reel or Slip Jig	Heavy Jig or Hornpipe
Over 16	Reel or Slip Jig	Heavy Jig or Hornpipe

## Entry Fees

<b>Team Competitions</b> (per team dancer)	€3
<b>Solo Dance</b> Trophy 1st	€6
<b>Trophy Reel</b> 1st Trophy & Sash 2 <sup>nd</sup> - 5 <sup>th</sup> Trophy	€8
<b>All County Irish Dance Championships 'FUTURE STARS'</b>	€8
<b>Priomh Cómortás</b> Bun, Tus & Mean Grad championships) 1 <sup>st</sup> - 5 <sup>th</sup> Trophy & Sash (1 x Adjudicator)	€15
<b>Preliminary Championship</b> Cup & Sash 1 <sup>st</sup> - 5 <sup>th</sup> (3 X Adjudicators)	€25
<b>No Refunds unless the event is cancelled.</b>	
<b>Adult Admission to the Feis €5</b>	

Syllabus approved by: **Sukhy Nijjar** Feis Registrar An Comhairle Uladh



# MONDAY 5<sup>th</sup> MAY 2025

TIME	DANCE	GRADE	STAGE 1	STAGE 2	STAGE 3
9:00 AM	<b>ALL COUNTY IRISH DANCE CHAMPIONSHIPS 'FUTURE STARS'</b>				
	<b>COR - REEL - TROPHY 1<sup>st</sup> - 5<sup>th</sup></b>	BUN GRAD	U6 & 6-7	7-8 & 8-9	9-10
	<b>PORT EADROM - LIGHT JIG - Trophy</b>	BUN GRAD	U6 & 6-7	7-8 & 8-9	9-10
	<b>PORT LUASCA - SLIP JIG - Trophy</b>	BUN GRAD	U6 & 6-7	7-8 & 8-9	9-10
	<b>PORT SINGIL - SINGLE JIG - Trophy</b>	BUN GRAD	U6 & 6-7	7-8 & 8-9	9-10
	<b>PRIOMH COMORTAS - Any 2 Lights</b>	BUN GRAD	<b>U6, 6-7</b>	<b>7-8 &amp; 8-9</b>	<b>9-10</b>
	<b>Two Hand Competitions: Bun Grad U10</b>				
10:30 AM	<b>COR - REEL - TROPHY 1<sup>st</sup> - 5<sup>th</sup></b>	BUN GRAD	10-11	11-12	12-14 & O14
	<b>PORT EADROM - LIGHT JIG - Trophy</b>	BUN GRAD	10-11	11-12	12-14 & O14
	<b>PORT LUASCA - SLIP JIG - Trophy</b>	BUN GRAD	10-11	11-12	12-14 & O14
	<b>PORT SINGIL - SINGLE JIG - Trophy</b>	BUN GRAD	10-11	11-12	12-14 & O14
	<b>PRIOMH COMORTAS - Any 2 Lights</b>	BUNGRAD	<b>10-11</b>	<b>11-12</b>	<b>12-14 &amp; O14</b>
	<b>Two Hand Competitions: Bun Grad U14 O14</b>				
	12:00 PM	<b>COR - REEL - TROPHY 1<sup>st</sup> - 5<sup>th</sup></b>	TUS GRAD	U7 & 10-12	7-8 & 12-14
<b>PORT EADROM - LIGHT JIG - Trophy</b>		TUS GRAD	U7 & 10-12	7-8 & 12-14	8-10 & O14
<b>PORT LUASCA - SLIP JIG -Trophy</b>		TUS GRAD	U7 & 10-12	7-8 & 12-14	8-10 & O14
<b>PORT SINGIL - SINGLE JIG - Trophy</b>		TUS GRAD	U7 & 10-12	7-8 & 12-14	8-10 & O14
<b>PORT TROM - HEAVY JIG - Trophy</b>		TUS GRAD	10-12	7-8 & 12-14	8-10 & O14
<b>PRIOMH COMORTAS - Any 2 Lights</b>		TUS GRAD	<b>U7 &amp; 10-12</b>	<b>7-8 &amp; 12-14</b>	<b>8-10 &amp; O14</b>
<b>Two Hand Competitions Tus Grad U10 U14 O14</b>					

Syllabus Approved by Sukhy Nijjar, Feis Registrar An Comhairle Uladh



2:15 PM	<b>UNDER 8 PRELIMINARY CHAMPIONSHIP</b>	<b>CHOICE LIGHT</b>	<b>&amp; HEAVY DANCE</b>		
	<b>8 – 10 PRELIMINARY CHAMPIONSHIP</b>	<b>CHOICE LIGHT</b>	<b>&amp; HEAVY DANCE</b>		
	<b>COR - REEL – TROPHY 1<sup>st</sup> – 5th</b>	MEAN GRAD	U8 & 10-12	8-10	12-14 & O14
	<b>PORT EADROM -Trophy</b>	MEAN GRAD	U8 & 10-12	8-10	12-14 & O14
	<b>PORT LUASCA - SLIP JIG or SINGLE JIG - Trophy</b>	MEAN GRAD	U8 & 10-12	8-10	12-14 & O14
	<b>TRADITIONAL SET - Trophy</b>	MEAN GRAD	U8 & 10-12	8-10	12-14 & O14
	<b>PRÍOMH COMORTAS - Any Light Dance &amp; Heavy Jig or Hornpipe</b>	<b>MEAN GRAD</b>	<b>U8 &amp; 10-12</b>	<b>8-10</b>	<b>12-14 &amp; O14</b>
5:00 PM	<b>10 – 12 PRELIMINARY CHAMPIONSHIP</b>	<b>CHOICE LIGHT</b>	<b>&amp; HEAVY DANCE</b>		
	<b>12 – 14 PRELIMINARY CHAMPIONSHIP</b>	<b>CHOICE LIGHT</b>	<b>&amp; HEAVY DANCE</b>		
	<b>14 – 16 PRELIMINARY CHAMPIONSHIP</b>	<b>CHOICE LIGHT</b>	<b>&amp; HEAVY DANCE</b>		
	<b>OVER 16 PRELIMINARY CHAMPIONSHIP</b>	<b>CHOICE LIGHT</b>	<b>&amp; HEAVY DANCE</b>		

Syllabus approved by: **Sukhy Nijjar** Feis Registrar An Comhairle Uladh



## 2025 Rules (Rialacha)

Age as at the 1st of January 2025

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 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.

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) 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. As a point of clarification, this rule is not limited to just body suits but also to tops/ blouses and skirts/shorts of all colours and is in effect from the 14-15 age group upwards.

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 simple exercise of raising their arms to shoulder level unhindered. If they are 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 1st place (or being re graded 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 1st 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.

Mean Grád competitions are confined to dancers who at the time of entry have never won 1st place for that particular dance in Mean Grad or Ard Grád in that age group or a higher age group.

Preliminary Championship will be adjudicated by 3 Adjudicators and will consist of 2 Rounds, 1 Light Round – Reel/Slip Jig and 1 Heavy Round – Heavy Jig/Hornpipe. **Dancers may compete in an Open or 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 fewer in a prelim competition the dancer is still eligible to compete in the 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 rest 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 wish. Boys who 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 will 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.

**1-20 Competitors** - 1st Place regraded **21-40 Competitors** - 1st & 2nd places regraded **41 and over Competitors** - 1st, 2nd & 3rd places regraded

Any form of unauthorized photography which has the capability to capture a dancer's image whilst in motion, using electronic or manual means e.g., mobile phones, iPad, standard cameras, video camcorders, cine recorder, commercial film, with or without flash enhancement, is forbidden during competition.

Changing 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 who will be competing in the 12-13 age group in the following year will be exempt from this rule from 1st 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 adjudicator's decision is final. Any objections must be lodged in writing within one hour of the result, accompanied by fee of €20

The feis committee will not accept any responsibility for personal injuries or articles lost at the feis. The feis committee reserves the right to transfer competitions/results to a different stage or to alternate competitions if it becomes necessary in order to help the feis run smoothly.

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.

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