

Syllabus approved by the Chair of Comhairle Chonnachta.

The Alan Murphy Academy of Irish Dance proudly presents the 9th Annual

BALLINROBE **CHAMPIONSHIPS**

JUNE 14th & 15th 2025

At Ballinrobe Racecourse, Co. Mayo.

Adjudicators:

Caoimhe Boylan-McCormack ADCRG, Ulster

Mariam Elbadri ADCRG, Leinster

Michelle Lawrence ADCRG, Munster

Musician:

Paul O'Donnell

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Dear Teachers/Parents,

It's that time of year again everyone! It's with great pride that I look forward to welcoming you all back for the 9th Annual Ballinrobe Championships at the incredible Ballinrobe Racecourse in the heart of Co. Mayo on June 14th and 15th. As always, a lot of work has gone in to ensuring it will be a thoroughly enjoyable and well-run weekend of Irish dancing and even bigger and better than previous years. We've assembled a highly experienced and esteemed panel of adjudicators for the feis,

Here's some important info about the feis:

- Schools competition with perpetual cup for winning school.
- Separate boys competition if 5 or more boys.
- Huge championship stage, 20ft X 40ft.
- Separate results room to keep things moving along quickly.
- Everyone will dance their set in Open Championships if 20 or less dancers in competition.
- Very special prizes for all Open Championship winners.
- Top 5 dancers in Bun, Tus and Mean Trophy Dances, and Prelim and Open Championships receive sashes and trophies.
- Delighted to include a Stars of the Future competition this year for children of any age - it can be for dancers attending their first feis or dancers perhaps not fully ready for a feis (it's 16 bars of a reel and may be accompanied by a parent or teacher. All dancers receive a teddy, ribbon medal and sweets).
- Freestyle competitions (each competitor dances 16 bars of a reel, either in lights or heavies. It can something fun and innovative, and you can use your arms. Extra special prize for our winners).
- Online entry opening soon via www.entrytable.ie (Admission €5 on the day).
- Food and refreshments served throughout the 2 days by McHugh's Coffee Pod.
- Live updates from the feis, including results and photos, will be available at: www.facebook.com/TheBallinrobeChampionships and www.instagram.com/TheAlanMurphyAcademy

If you have any questions or queries about the feis, accommodation, syllabus, etc., please don't hesitate to contact me, I'd be thrilled to help. See you in June!

Warmest regards, Alan Murphy, ADCRG.



ALL OPEN AND PRELIMINARY CHAMPIONSHIPS, SATURDAY JUNE 14TH

9am	Mixed	8-9 Craobh Comortas	Reel, Heavy Jig, Any traditional set + Prelim
9.30am	Mixed	9-10 Craobh Comortas	Reel/Slip Jig, Heavy Jig/Hornpipe, Set Dance + Prelim
	Mixed	10-11 Craobh Comortas	Reel/Slip Jig, Heavy Jig/Hornpipe, Set Dance + Prelim
11.45pm	Mixed	Under 6 Craobh Comortas	Reel, Single Jig, Light Jig
	Mixed	6-7 Craobh Comortas	Reel, Single Jig, Light Jig/Heavy Jig
	Mixed	7-8 Craobh Comortas	Reel, Light Jig/Heavy Jig, Any traditional set
1pm	Mixed	11-12 Craobh Comortas	Reel/Slip Jig, Heavy Jig/Hornpipe, Set Dance + Prelim
	Mixed	12-13 Craobh Comortas	Reel/Slip Jig, Heavy Jig/Hornpipe, Set Dance + Prelim
3pm	Freestyle Competition	U13 Mixed	16 Bars of Reel (can be danced in light or heavy shoes)
3.30pm	Mixed	13-14 Craobh Comortas	Reel/Slip Jig, Heavy Jig/Hornpipe, Set Dance + Prelim
	Mixed	14-15 Craobh Comortas	Reel/Slip Jig, Heavy Jig/Hornpipe, Set Dance + Prelim
	Freestyle Competition	Over 13 Mixed	16 Bars of Reel (can be danced in light or heavy shoes)
5.15pm	Mixed	15-16 Craobh Comortas	Reel/Slip Jig, Heavy Jig/Hornpipe, Set Dance + Prelim
	Mixed	16-18 Craobh Comortas	Reel/Slip Jig, Heavy Jig/Hornpipe, Set Dance
	Mixed	Over 18 Craobh Comortas	Reel/Slip Jig, Heavy Jig/Hornpipe, Set Dance
PARADE	OF	CHAMPIONS	PARADE OF CHAMPIONS

PLEASE NOTE: ALL TIMES ARE APPROXIMATE AND COMPETITIONS MAY START UP TO 30 MINUTES EARLY (Changes may also be made to timetable when online entry date closes to ensure smooth running of the feis).

ALL GRADES, SUNDAY JUNE 15TH (3 STAGES FOR GRADES)

TIME	GRADE	AGE GROUP(S)	DANCES
9am	Bungrad	Under 6 6-7 7-8	Easy Reel Light Jig Single Jig Slip Jig Trophy Light Dance (Any light dance)
	Ungraded	Under 5 (Can also dance Under 6)	Reel Light Jig Single Jig Slip Jig Trophy Light Dance (Any light dance)
10.30am	STARS OF THE FUTURE	Any Age	16 bars Reel
11.15am	Tusgrad	Under 6 6-7 7-8	Reel Light Jig Single Jig Slip Jig Heavy Jig Hornpipe St. Patrick's Day Trophy Light Dance (Any light dance) Trophy Heavy Dance (Any heavy dance)
12.45pm	Meangrad	Under 6 6-7 7-8	Reel Light Jig Single Jig Slip Jig Heavy Jig Hornpipe St. Patrick's Day Trophy Light Dance (Any light dance) Trophy Heavy Dance (Any heavy dance)
2.15pm	Bungrad	8-9 9-10 10-12 Over 12	Easy Reel Light Jig Single Jig Slip Jig Trophy Light Dance (Any light dance)
3.30pm	Tusgrad	8-9 9-10 10-12 Over 12	Reel Light Jig Single Jig Slip Jig Heavy Jig Hornpipe St. Patrick's Day Trophy Light Dance (Any light dance) Trophy Heavy Dance (Any heavy dance)
5pm	Meangrad	8-9 9-10 10-12 12-14 Over 14	Reel Light Jig Single Jig Slip Jig Heavy Jig Hornpipe St. Patrick's Day Trophy Light Dance (Any light dance) Trophy Heavy Dance (Any heavy dance)

Entry fees:

- Ardgrad Championship €40 (includes copy of results)
- Ardgrad Championship including Preliminary Championship €45
- U5 Trophy Dance €10, solos €5
- Bungrad, Tusgrad and Meangrad competitions €5 per dance
- Bungrad, Tusgrad and Meangrad Trophy Dances €10 each
- Stars of the Future Competition €10
- Freestyle Competition €6

Vendor: Buckles & Bling

Accommodation nearby:

There's a huge range of accommodation options available in Claremorris town and surroundings, including:

Friarsquarter House, Ballinrobe – (094) 95 41154 www.friarshouse.com

Ryan's Hotel, Cong – (094) 95 46004 www.ryanshotelcong.ie

McWilliam Park Hotel, Claremorris - (094) 93 78000 www.mcwilliampark.ie

Flight information: Ireland West Airport is just a 40 minute drive to Ballinrobe Racecourse.

Flights to Knock are available from many destinations including: London Heathrow, London Stansted, London Luton, Liverpool, East Midlands, Manchester, Birmingham, Edinburgh, and Bristol.

RULES:

- Age will be reckoned from 1st January 2025.
- Entries accepted only from schools registered with An Coimisiun le Rinci Gaelacha.
- The Adjudicator's decision is final. Adjudicators are only to be approached by Committee members.
- Any objections must be made in writing to feis organisers within one hour, signed and accompanied by a fee of €20 which will be returned if objection is sustained.
- The feis committee will not be responsible for any personal injury or articles lost at the feis. The committee, as far as practical, 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 acceptance of these rules by a dancer and his/her parents/guardian.
- Any form of unauthorised photography which has the ability to capture a dancer's image whilst in motion is strictly forbidden. The use of camcorders is also forbidden during dancing.
- Bungrád competitions are confined to those who have never won a first prize in that particular dance in any age group. Only basic steps may be performed.
- Túsgrád competitions are confined to dancers who have not won a first prize in that particular dance in Túsgrád, Meángrád or Árdgrád.
- Competitors in Bungrád and Túsgrád may only wear class costume, dress or skirt and top and the use of make-up, fake tan and wigs is not permissible.
- Meángrád competitions are confined to dancers who have not won a first prize in that particular dance in Meán- grád or Árdgrád. No block, en-pointe work, stationary or moving, is allowed to be performed in all ages up to and including Under 12.
- **PRELIMINARY RULES (Please read carefully)**
- To be eligible to compete in a Preliminary 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 Preliminary 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 (2025) or previous year (2024).
- Dancers must not have recalled in the actual Championship at Oireachtas Rince na hEireann in the current year (2025) or previous year (2024).
- 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 won the Prelim Championship with).