

Lawrence Academy Dance Company  
Studio  
presents the 49<sup>th</sup> annual

# **Rock of Cashel** **Championships**

*(Claraithe leis an Coimisiun le Rinci Gaelacha)*

**Golden GAA COMPLEX, Golden,  
Co. Tipperary  
25<sup>th</sup> & 26<sup>th</sup> April 2020**

## **Moltóirí**

Breeda Mulcahy ADCRG Munster  
Gerard Carson ADCRG Ulster  
Melissa Convery Masterson ADCRG Ulster

## **Ceoltóir**

Colin McGill Loais

## **Tabulation**

Mairead Hackett Hasty Munster

## **All enquiries to:**

**Michelle Lawrence ADCRG 0877827730**

**Carmel Lawrence TCRG 0878782978**

**All grades open to all regions Worldwide**

**Entries taken on day of Feis, Door Entry €5**

Syllabus approved by Feis Registrar:



*David P Daly ADCRG*  
On behalf of Comhairle na Mumhan.

27<sup>th</sup>, FEB 2020

Dear Teachers & Parents,

Thank you for your continued support over the years and we look forward to welcoming you to our 49<sup>th</sup> annual ROCK OF CASHEL CHAMPIONSHIPS. Our venue is the Golden Parish hall, which is just 4 miles from Cashel town center on the main Cashel/Limerick road N74. It is a large sports arena with male & female changing area, practice area, car park and refreshments will be available all day.

**CATERING & VENDORS:**

Vinnys Take Away / Tea & Sweet Room open all day / Dance City Dance Wear

**AWARDS:**

**Saturday - Grades**

Sashes & Trophies for Top 3 in all Priomh Comortas

Perpetual Cups for all Priomh Winners.

Trophies for 1<sup>st</sup> place in all grade solo competitions.

Trophy for Highest placed Boy in Priomh where there is no Boy placed in Top 3

**Sunday – Championships & Prelim**

Sashes & Trophies for Top 5 in all Craobh Comortas

Trophy for Highest placed Boy in Craobh Comortas where there is no Boy placed in Top 5

Top 5 Prelim Winners on Sunday during Craobh Comortas will be awarded Rock of Cashel Trophies, Sash for 1<sup>st</sup> place. Additional fee to enter Prelim on Sunday as below.

50% Recall in Craobh Comortas (from 9-10 upwards) where there more than 20 competitors.

Accommodation: Baileys Hotel Cashel: 00353 62 61937

Ashmore House B&B Cashel: 00353 62 61286

Nearby airports: Cork airport: 99km 1 hour via M8 / N73 / N20

Shannon Airport: 86km 1 hour 56mins Via N24

Dublin Airport: 170km 1 hour 40 mins via M8 / M7

We would like to wish all competitors and teachers the very best of luck in the upcoming Oireachtas Rince na Cruinne 2020.

Many thanks,

Carmel, Michelle, Elaina & Kara\*

**ENTRY FEES:**

***Teams: €3 per dancer***

***Grades: Solo €4 / Trophy €5***

***Priomh Comórtas (Saturday only): €15.00 (2 solo + overall result)***

***Family Fee Grades only (to a max of 20 solos): €60.00 (excluding championships & teams)  
(Priomh Comortas Saturday : Adjudicate by ONE adjudicator – 2 Dances -1 light & 1 heavy, light dance (Any light dance) & heavy dance choice of Port Trom, Cornphiopa or Seit Tradisiunta)***

***Craobh Comórtas: €30.00 (3 solo + overall result + set of marks)***

***Craobh Comórtas + Incl Preliminary: €40.00 (3 solo + 2 overall results + set of marks)***

***Prelim Only (incorporated in Craobh Comortas) : €20 (2 solo + 1 overall result)***

***Prelim Under 10 – Under 15 only***

***Priomh Comórtas Sunday : €15.00 (2 solos + 1 overall result)***

***(Adjudicate by ONE adjudicator – 2 Light Dances )***

## *Rock of Cashel Championships 'Saturday 25<sup>th</sup> April 2020'*

TIME	COMPETITION	GRADE	STAGE A	STAGE B	STAGE C
9 am	Trophy Reel	Ungraded	Under 5		
	Light Jig	Ungraded	Under 5		
9am	Trophy Reel	Bun		5 - 6	
	Light Jig	Bun		5 - 6	
	Reel	Bun	Under 7 / Over 11	7-9	9 - 11
	Single Jig	Bun	Under 7 / Over 11	7-9	9 - 11
	Slip Jig	Bun	Under 7 / Over 11	7-9	9 - 11
	Trophy Light Dance	Bun	Under 7 / Over 11	7-9	9 - 11
	Light / Heavy Jig	Bun	Under 7 / Over 11	7-9	9 - 11
<b>RESULTS</b>					
11.30 am	Trophy Reel	Tús	Under 8 / Over 12	8-10	10 - 12
	Single Jig	Tús	Under 8 / Over 12	8-10	10 - 12
	Slip Jig	Tús	Under 8 / Over 12	8-10	10 - 12
	Trophy Light Dance	Tús	Under 8 / Over 12	8-10	10 - 12
	Light / Heavy Jig	Tús	Under 8 / Over 12	8-10	10 - 12
	Traditional Set Dance	Tús	Under 8 / Over 12	8-10	10 - 12
<b>RESULTS</b>					
2.00 pm	2/ 3/ 4 & 8 Hands		Under 11	Over 11	
	Trophy Reel	Primary	Under 8 / Over 12	8-10	10 - 12
	Single Jig	Primary	Under 8 / Over 12	8-10	10 - 12
	Trophy Light Dance	Primary	Under 8 / Over 12	8-10	10 - 12
	Heavy Jig	Primary	Under 8 / Over 12	8-10	10 - 12
	Traditional Hornpipe	Primary	Under 8 / Over 12	8-10	10 - 12
	Traditional Set Dance	Primary	Under 8 / Over 12	8-10	10 - 12
<b>RESULTS</b>					
4.00 pm	Trophy Reel	Méan	Under 8 / Over 12	8-10	10 - 12
	Slip Jig	Méan	Under 8 / Over 12	8-10	10 - 12
	Trophy Light Dance	Méan	Under 8 / Over 12	8-10	10 - 12
	Heavy Jig	Méan	Under 8 / Over 12	8-10	10 - 12
	Hornpipe	Méan	Under 8 / Over 12	8-10	10 - 12
	Traditional Set Dance	Méan	Under 8 / Over 12	8-10	10 - 12
	Priomh Comórtas	Méan	Under 8 / Over 12	8-10	10 - 12
<b>RESULTS</b>					

## *Rock of Cashel Championships 'Sunday 26<sup>th</sup> April 2020'*

TIME	CHAMPIONSHIP	DANCES
<b>9am Sharp</b>	9-10	P.Trom/Cornphiopa , Cor, Seit Nua
	10-11	P.Trom/Cornphiopa , Cor,P/ Luasca, Seit Nua
<b>11.00 am</b>	11-12	P.Trom/Cornphiopa , Cor,P/ Luasca, Seit Nua
	12-13	P.Trom/Cornphiopa , Cor,P/ Luasca, Seit Nua
<b>1.00 pm</b>	5-6 (Príomh Comórtas)	Cor, Port Eadrom no Port Singil 2 Rounds / 1 Adjudicator
	6-7 (Príomh Comórtas)	Cor, Port Eadrom & Port Singil 2 Rounds / 1 Adjudicator
	7-8	Cor, Port Trom & Seit Tradisiunta
	8-9	Cor, Port Trom & Seit Tradisiunta
<b>2.30 pm</b>	Lunch	
<b>3.00 pm</b>	13-14	P.Trom/Cornphiopa , Cor,P/ Luasca, Seit Nua
	14-15	P.Trom/Cornphiopa , Cor,P/ Luasca, Seit Nua
<b>4.30 pm</b>	15-16	P.Trom/Cornphiopa , Cor,P/ Luasca, Seit Nua
	16-17	P.Trom/Cornphiopa , Cor,P/ Luasca, Seit Nua
	Over 17	P.Trom/Cornphiopa , Cor,P/ Luasca, Seit Nua

**Please note that all times are approximate & competitions  
CAN START up to 30 minutes before scheduled time.**

CHAMPIONSHIPS WILL ALTERNATE AS ABOVE

All results in Main Hall



## 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>

