

MURCHU DUIGINN

SCHOOL OF IRISH DANCING

22ND ANNUAL OPEN FEIS

SUNDAY 11TH MAY 2025

Lea Valley Academy
Bullsmoor Lane, Enfield, EN3 6TW

ADJUDICATORS

Aileen Peake-Madden, London
Bernadine Cresham, Connacht
Christine Ayres, Australia

David Moore, Ulster
Donna Marie Boyle, Scotland
Gerard McQuaid, Ulster

Julie Evans, Ulster
Mary Teresa McHugh, Midlands
Siobhan McDonnell, Connacht

MUSICIANS

Aidan O'Neill, England

Kevin Murphy, Scotland

Majella Collins-Brooks, England

CLOSING DATE FOR ENTRIES IS WEDNESDAY 30TH APRIL 2025

FURTHER INFORMATION:

Maria Diggins-Murphy (Teachers Only)

mariadiggins@btinternet.com

0044 (0) 1923 850247 - 0044 (0) 7956187263

ENTRY INFORMATION:

Des Silke - 07875 953453 - desilke@instepfm.com



Cláríthe Feis An Comisiún le Rincí Gaelacha

Dear Dancers, Parents & Teachers,

We are looking forward to welcoming you to the 22nd Open Feis hosted by Murchu-Duiginn School of Irish Dancing. The Feis will be held on Sunday 11th May 2025 at Lea Valley Academy in Enfield, which is within a stone's throw from 3 major roads (M25, M11 and M1) and 30 minutes from Stansted Airport, 36 minutes from Luton Airport and 50 minutes from Heathrow Airport.

Lea Valley Academy has an amazing main hall with a large stage, along with two further dancing spaces for all of our dancers. There will also be two RESULTS areas to keep things moving throughout the day.

We have an extensive panel of adjudicators, with excellent musicians to accompany the children. As in previous years, awards in the championships will be 1st to 5th, trophies 1st to 3rd in all graded solos in addition to a sash for all trophy reel winners. In mixed championships, from under 10 upwards, the highest placed boy and girl will receive a perpetual cup. We will be having a Champion of Champions at the end of the day where the top "3" in each championship are invited to take part.

Teachers can download the entry pack from www.instepfm.com. When you have completed the entry pack please email it to des@instepfm or desilke@instepfm and a reference number and bank details will be provided for you to pay direct to the Murchu-Duiginn bank account. Instep Feis Management will be providing a full preliminary & championship result service throughout the weekend.

There will be full catering facilities with hot and cold food available throughout the weekend.

We look forward to welcoming you to our 22nd Annual Feis.

Ann Marie Flaherty BG, ADCRG
Fiona Diggins Murphy ADCRG
María Diggins Murphy BG, ADCRG



Standard Rules for SER Feiseanna – 2025

- 1 Lodgement of entries implies that you acknowledge and accept all of the Rules of An Coimisiun Le Rinci Gaelacha and the Southern England Regional Council plus the additional rules listed below, relating to the Feis.
- 2 Entries will only be accepted from Schools registered with An Coimisiun Le Rinci Gaelacha and entry forms must be signed by the registered teacher. Entries with no fee will not be processed or acknowledged.
- 3 New entries may be taken on the day of the Feis in line with SERC late entry rule.
- 4 Ages to be taken from 1st January 2025
- 5 All competitors may be required to produce their birth certificate / passport as proof of age.
- 6 Competitors must dance in their own age group for solo competitions except where there is no competition in their age group for that particular dance. Dancers cannot compete in a younger age group.
- 7 All decisions of the Adjudicators are FINAL.
- 8 Only the committee members may approach the Adjudicators during competitions.
- 9 ALL Grade Competitions are OPEN to all Regions.
- 10 Competitors may only dance each dance in one grade.
- 11 Where there are five or less competitors in a competition, results will not affect their grading.
- 12 In all Heavy dances the lead around must be danced on both the right and left foot.
- 13 The basic step rule will apply to all Novice competitions as per the Southern England Regional Council.
- 14 Novice grade - dancers who has not gained a 1st, 2nd or 3rd place in a Novice Grade competition or any medal in a higher grade for that particular dance.
- 15 Primary Grade - dancers who have not gained a 1st or 2nd place for that particular dance in any Age Group.
- 16 All Novice and Primary dancers may only wear a class costume, simple dancewear or appropriate attire (skirt & top or simple dress for girls and trousers, shorts and t-shirt or shirt for boys) in competitions up to and including the Under 12 Age Group. Make-up will not be permitted for any dancer in the first two grades up to and including the Under 12 age group Worldwide. Failure to comply with this rule may lead to disqualification.
- 17 Intermediate Grade - dancers who have not won a 1st place for that particular dance in a particular Age Group, or who has not won a Premier competition, Preliminary Championships or Open Championship.
- 18 Intermediate competitors can dance their grade dances and either the Preliminary or Open Championship.
- 19 The adjudication panel is at the discretion of the Feis organiser.
- 20 An Coimisiun has ruled that from 1st January of each year, that no block, en pointe, stationary or moving be allowed to be performed for all ages up to and including the under 12 age group Worldwide. The Under 12 Age Group will be allowed to Toe Walk from 1st September.
- 21 The Feis Organiser must provide non-slip flooring for every dance surface, however the Feis Organiser cannot accept any liability for injury sustained whilst dancing.
- 22 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.
- 23 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 costume stitching or any arm attachments by the time of their rotation they will not be permitted to perform.
- 24 Make-up Rule (4.5 in CLRG Rule Book) 4.5.2 Make-up (including false eyelashes) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group (POINT OF CLARIFICATION) For the purpose of this rule the term "Make-up" includes tinted moisturiser and any artificial tanning products. An Coimisiun hopes that teachers and parents will interpret and apply this rule in the spirit in which it is intended.
- 25 Dancers must be properly attired throughout the whole competition and must be in full costume and appropriate footwear when receiving awards. No changing allowed in competition areas.
- 26 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 all competitions.
- 27 Photographs taken at awards ceremonies are permitted, however these must be for your own use and not used for public display purposes, unless permission has been obtained.
- 28 Any competition can be moved to another hall at the discretion of the Feis Secretary.
- 29 All Championship cups are perpetual and recipients will be responsible for any loss or damage and for the safe return in adequate time to be presented to subsequent winners.
- 30 Parents are responsible for the conduct of their children, at all times, whilst attending the Feis.
- 31 The Feis Organiser accepts no responsibility for any loss or damage to personal property.
- 32 No Smoking, eating or drinking in any of the halls, except in designated areas.
- 33 Objections against any breach of the above rules must be made in writing, and signed, to the Feis Secretary and accompanied by a fee of £25.00, which will be refunded if the objection is upheld. If parents have any constructive comments to make about any aspect of Feiseanna, these would be welcomed by the council and should be put in writing. It should be noted that anonymous correspondence cannot be dealt with.
- 34 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. For competitions adjudicated by a panel of more than one adjudicator, all adjudicators on the panel must agree to ask the dancer to wear tights.
- 35 Appropriate undergarments covering the midriff must be worn. Undergarments must provide full coverage as per the illustration attached. (See Addendum A). 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

CLRG / SERC RULES WILL BE UPDATED / AMENDED IF THEY CHANGE BETWEEN THE PASSING OF THIS SYLLABUS AND THE EVENT.



Preliminary Championships in England, Scotland and Wales

Effective 1st January 2021

- A minimum number of three Adjudicators must officiate.
- The first age group for a Preliminary Championship is Under 10.
- Where a Preliminary Championship is held separate from an Open Championship, three rounds should be offered, namely; Reel or Slip Jig, Heavy Jig or Hornpipe and any Set Dance.
- Where a Preliminary Championship is combined with an Open Championship, then the result should be taken from eligible dancers' ranking after the first two rounds.
- Where there are separate Preliminary and Open Championships, dancers can compete in both at the discretion of the Feis organiser.
- Where a competitor wins two Preliminary Championships they must dance in Open Championship for a period of 12 months thereafter.
- For grading purposes, two wins will be taken as being in any two year rolling period. Where a dancer does not win a second Preliminary within two years of winning their first Preliminary Championship, then the first win will be deemed as having expired and the dancer starts afresh.
- Where there are less than 6 in a Preliminary Championship that win will not normally be considered for grading purposes. However, where a dancer wins three Preliminary Championships regardless of the number of competitors in each competition, that dancer must dance in Open Championship for a period of 12 months thereafter.
- Dances performed in a Preliminary Championships do not count for grading in solo competitions.
- Competitors that qualify for and compete in Oireachtas Rince na Cruinne in the previous 12 months cannot compete in a Preliminary Championship *except where the dancer auto qualified at their Regional or National Oireachtas due to lack of numbers*.
- Dancers placing 1st-3rd in an Open Championship with up to 20 competitors or 1st-5th in an Open Championship with more than 20 Competitors cannot compete in a Preliminary Championship for a period of 12 months.

PLEASE NOTE THE ABOVE RULES ARE NOT RETROSPECTIVE

General Data Protection Regulations (GDPR)

The Murchu-Duiginn Feis Committee and teachers of the Murchu-Duiginn School will protect all user's information in accordance with the EU General Data Protection Regulation 2018.

The Teachers of the Murchu-Duiginn School and fully paid up members of CLRG and comply with all CLRG GDPR Regulations currently in place as regards to running Feiseanna.

Data collected will be via the completed entry pack that is available for download from <https://www.instepfm.com>. All the data in the entry pack will be stored on a password protected laptop and only shared with the Feis Organiser.

SERC Rules Re: Awards

2 medals where there is 5 OR less competitors - 4 medals where there are 6-10 competitors

7 medals where there are 11-20 competitors - 10 medals where there are 21-30 competitors

14 medals where there are 31-40 competitors

1 medal for each additional 5 or part of 5 competitors



Murchu-Duiginn Feis 2025 - Grade Competitions				
AGE GROUPS	NOVICE (BUN GRAD) TROPHY	PRIMARY (TUS GRAD) TROPHY	INTERMEDIATE (MEAN GRAD) TROPHY	OPEN (ARD GRAD) TROPHY
Under 5 Mucky Duck Minis (16 Bars of a Reel to be performed)				
Under 6 6 & Under 7	Reel Light Jig Single Jig Slip Jig	Reel Light Jig Single Jig Slip Jig	Reel Light Jig Single Jig Slip Jig	Reel Light Jig Single Jig Slip Jig
Under 6 & Under 7 Heavy Jig & Hornpipe Ungraded - can be danced at any speed.				
Under 7		Traditional Set		
7 & Under 8 8 & Under 9	Reel Light Jig Single Jig Slip Jig Heavy Jig Hornpipe	Reel Light Jig Single Jig Slip Jig Heavy Jig Hornpipe	Reel Light Jig Single Jig Slip Jig Heavy Jig Hornpipe	Reel Light Jig Single Jig Slip Jig Heavy Jig Hornpipe
8 & Under 9		Open Set Dance		
9 & Under 10 10 & Under 11 11 & Under 12	Reel Light Jig Single Jig Slip Jig Heavy Jig Hornpipe	Reel Light Jig Single Jig Slip Jig Heavy Jig Hornpipe	Reel Light Jig Single Jig Slip Jig Heavy Jig Hornpipe	
12 & Under 13 13 & Under 15		Reel Light Jig Single Jig Slip Jig Heavy Jig Hornpipe	Reel Light Jig Single Jig Slip Jig Heavy Jig Hornpipe	
Over 15			Reel Light Jig Single Jig Slip Jig Heavy Jig Hornpipe	
Mixed Championships & Preliminaries				
Under 6 6 & Under 7 7 & Under 8 8 & Under 9 9 & Under 10 10 & Under 11 11 & Under 12 12 & Under 13 13 & Under 14 14 & Under 15 15 & Under 16 16 & Under 17 17 & Under 19 Senior Over 19	Open Championship includes 2 Solo Results		9 & Under 10 10 & Under 11 11 & Under 12 12 & Under 13 13 & Under 14 14 & Under 15 Senior Over 15	Preliminary Championship includes 2 Solo Results
Ceili & Figure Championships				
Under 11 11 & Under 13 13 & Under 16 Over 16	Humours of Bandon 4 Hand Reel Fairy Reel Progressive Dance		Ceili Championship	



Mixed Open Championships

Age Group	Round 1	Round 2	Round 3
Under 6	Reel (40 Bars)	Light Jig (40 Bars)	
6 & Under 7	Reel (40 Bars)	Light Jig (40 Bars)	
7 & Under 8	Reel (40 Bars)	Heavy Jig (40 bars)	Trad Set Dance
8 & Under 9	Reel (40 Bars)	Heavy Jig (40 bars)	Trad Set Dance
9 & Under 10	Heavy Jig / Hornpipe	Reel / Slip Jig	Trad/Open Set Dance
10 & Under 11	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance
11 & Under 12	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance
12 & Under 13	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance
13 & Under 14	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance
14 & Under 15	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance
15 & Under 16	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance
16 & Under 17	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance
17 & Under 19	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance
Senior O/19	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance

Competitors from U10 will perform 40 bars in the Reel & Heavy Jig & 32 bars in the Slip Jig & Hornpipe

Mixed Preliminary Championships

Age Group	Round 1	Round 2	Round 3
9 & Under 10	Heavy Jig / Hornpipe	Reel / Slip Jig	Trad/Open Set Dance
10 & Under 11	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance
11 & Under 12	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance
12 & Under 13	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance
13 & Under 14	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance
14 & Under 15	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance
Senior O/15	Heavy Jig / Hornpipe	Reel / Slip Jig	Open Set Dance

Preliminary dancers will perform 40 bars in the Reel & Heavy Jig & 32 bars in the Slip Jig & Hornpipe



MURCHU-DUIGINN FEIS - COMPETITION FEES

All Solo Trophy Dances (1st – 3rd Place)	£6.00
Figure & Ceili Championship (per dancer)	£5.00

DOOR ENTRY PER FAMILY - PLEASE INCLUDE WITH ENTRY **£8.00**

Mucky Duck Minis	£10.00
Open Mixed Championships U6 & U7 (includes 2 solo results)	£30.00
Open Mixed Championships U8 up (includes 2 solo results)	£40.00
Preliminary Championships U10 up (includes 2 solo results)	£40.00
Maximum for one child	£55.00
Family Fee for 2	£75.00
Family Fee for 3 or more	£95.00

Entry system and payment information

The entry pack can be downloaded from <https://www.instepfm.com>. When you have completed the entry pack please email it to des@instepfm or desilke@instepfm and a reference number and bank details will be provided for you to pay direct to the Murchu-Duiginn bank account.

CLOSING DATE FOR ENTRIES: WEDNESDAY 30TH APRIL 2025

Entry enquiries please Email:	desilke@instepfm or des@instepfm
Mobile:	0044 (0) 7875 953453
Website:	https://www.instepfm.com

SOUTHERN ENGLAND LOCAL RULE

Entries received on or before WEDNESDAY 30TH APRIL 2025 will be subject to standard fees.

Entries received between THURSDAY 1ST MAY 2025 and THURSDAY 8TH MAY 2025 will be subject to a £2.00 late fee per dancer.

Entries accepted on the day of the feis will be subject to a £5.00 admin fee per dancer.

