

The O'Shea Family and Friends
Are proud to present



October
10th & 11th
2026

At
City North Hotel
T- 00353 1 690 6666

Feis Mhaigh Life Syllabus

Moltoiri - Adjudicators

Carol Scanlon (Birmingham)
Roisin Cahalan (Limerick)
Michael Stanley (Belfast)
Annette Doolan-Kane (Dublin)
Julie Evans (Derry)

Ceoltoiri - Musicians

Paul O'Donnell (Belfast)
Sean Mortalo (Dublin)

All Enquiries to:

Dara +44 7720 057562 delapdancer@aol.com

Facebook : www.facebook.com/AineOSheaMemorialFeisandBall





Dear Teachers, Parents and Dancers

We are proud to present the 6th Áine O'Shea Memorial Championships at the City North Hotel, Gormanston, Co. Meath, K32 W562 ideally located only 15 mins north from Dublin Airport.

We will be offering solo grade competitions in the following age groups; Bún, Tús & Meán – U6, U7, U8, U9, U10, U11, U12, 12 -14 & O14 on Sunday 12th. Again this year we will be running the “Stars of the Future” competition open to all younger dancers before we start our Grades stages.

We will once again be holding the Special competition (Step down the line in the Heavy Jig or Hornpipe) to honour Áine O'Shea in the following age groups U9, U11, U13 and U15 on Saturday and U17, U19 & O19 on Sunday, which is open to all grades. We will be running Mixed Open Championships from Under 6 to Over 18 and Preliminary Championships from Under 9, the Preliminary result will be taken after the first 2 rounds of the Open Championship. All Championships will have 2 solo results and an overall result. All Open Championships, U10 – O18, will be adjudicated by 5 adjudicators.

We will have a junior Champion of Champions on Saturday and a senior Champion of Champions on Sunday to celebrate our 2026 winners.

There will also be Mixed 4 hand & 8 hand ceili championships in the following age groups; U13, 13 & U16 & Over 16 on Saturday.

Eileen Fagan will be providing the tabulation for our event.

All entries will be taken through www.entrytable.ie

Full instructions on the entry procedure are included on the site,

We look forward to welcoming you all for a great weekend of dancing.

All Enquiries to

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Entries –

For entries please visit

www.entrytable.ie

This site will provide full instructions on how to submit your entry.

Closing Date: Monday 1st October 2026

(Entries after this date will incur a €5 admin fee)

Entry Fees:

Aine O'Shea Special Competitions	€5
4 & 8 Hand Ceili Championships	€5/dancer
Grade Solos	€5
Grade Trophy Dance	€10
Championship U6,U7,U8,U9	€40
Championship	€45
Championship & Prelim	€50
Prelim Only	€40

<u>General Admission to the Feis</u>	<u>€10</u>
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All Fees are non-refundable except in the event that the Feis does not proceed

Venue Details :

City North Hotel, Gormanston, Co. Meath, K32 W562

Reservation Telephone: +353 (0)1 690 6666

Reservation Email: reservations@citynorthhotel.com

Website: <https://www.citynorthhotel.com>

Dublin airport – Only 15mins away





Provisional Timetable / Days

Saturday – 10th October 2025

Under 6 Championship
Under 7 Championship
Under 8 Championship
Under 9 Championship
Under 10 Championship
Under 11 Championship
Under 12 Championship
Under 13 Championship
Under 14 Championship
Under 15 Championship

Under 13 Ceili Championship

Under 9 Aine O'shea Special Comp
Under 11 Aine O'shea Special Comp
Under 13 Aine O'shea Special Comp
Under 15 Aine O'shea Special Comp

Junior Champion of Champions

Sunday – 11th October 2025

Under 17 Aine O'shea Special Comp
Under 19 Aine O'shea Special Comp
Over 19 Aine O'shea Special Comp

Under 16 Championship
Under 17 Championship
Under 18 Championship
Over 18 Championship

Under 16 Ceili Championship
Over 16 Ceili Championship

Champion of Champions

Under 6 stars of the future

Grade Competitions

<i>Bun</i>	<i>Tus</i>	<i>Mean</i>
Under 7	Under 7	Under 7
7-8	7-8	7-8
8-9	8-9	8-9
9-10	9-10	9-10
10-11	10-11	10-11
11-12	11-12	11-12
12-14	12-14	12-14
	Over 14	Over 14





Bún, Tús & Mean Grád Dances

Bún Grád :

Trophy Reel, Light Jig, Heavy Jig, Single Jig, Light Trophy

Tús Grád

Trophy Reel, Light Jig, Heavy Jig , Single Jig, Slip Jig, Light Trophy
Hornpipe from Under 10

Mean Grád

Trophy Reel, Single Jig, Slip Jig, Light Trophy
Heavy Jig, Traditional Set,
Hornpipe from Under 10

<i>Bun</i>	<i>Tus</i>	<i>Mean</i>
Under 7	Under 7	Under 7
7-8	7-8	7-8
8-9	8-9	8-9
9-10	9-10	9-10
10-11	10-11	10-11
11-12	11-12	11-12
12-14	12-14	12-14
	Over 14	Over 14

An **under 6** competition will be offered if there are sufficient numbers
Please indicate a preference on entry





LEINSTER 2026 RULES (RIALACHA)

- 1 Age as on 1st January in each year of feis.
- 2 Entries only accepted from teachers registered with An Coimisiun Le Rinci Gaelacha.
Make up and false tan is not permitted in Bun and Tús Grád up to and including under 12 age group. Make-up including false eyelashes is not permitted for dancers, in either solo or team competitions, up to and including Under 10 age group.
- 4 Competitors in Bun Grád & Tus Grád, 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.
- 5 The use of artificial carriage aids is strictly forbidden. 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 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.
- 6 Bun Grád competitions confined to dancers who have never won 1st prize for that particular dance in any age group or grade. Basic steps only.
In Bun and Tús Grád competitions one dancer moves up to the next grade if there are less than 20 competitors, between 21 and 40 competitors two dancers move up and if in excess of 40 competitors three dancers move up to the next grade.
- 7 Tús Grád competitions confined to dancers who have never won 1st prize for that particular dance in any age group in Lár, Méan or Árd.
- 8 Lár grad competitions confined to dancers who have never won 1st prize for that particular dance in any age group in Lár, Méan or Árd.
- 9 Méan grad competitions confined to dancers who have never won 1st prize for that particular dance in that age group or a higher age group in either Méan or Árd Grád.
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. 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
- 10 Traditional set dance must be chosen from the following list:- St. Patrick's day, Garden of Daisies, Job of Journeywork, The Blackbird, King of the Fairies, Jockey to the Fair or Three Sea Captains.
- 11 With regard to toe movements no block, en pointe, stationary or moving, is allowed to be performed for all ages up to and including under 12 years. However, according to the an Coimisiun rule, dancers who will compete under 13 from 1st January may perform en pointe from September of the previous year.
- 12 Any form of unauthorised photography, which has the capability to capture a dancers' image, whilst in motion, using electronic/manual means, e.g. mobile phones, Ipads, video, still camera, commercial film with/without a flash enhancement or any other means of recording is strictly forbidden.
- 13 Parents are responsible for the conduct and behaviour of their children at all times whilst attending the Feis within and around the hall.
Feis committee, as far as practicable, will provide a surface floor suitable for dancing. However, the committee cannot accept any liability whatsoever for injuries sustained whilst on stage or within the practice area. The lodgement of an entry will be deemed to be an acceptance of this provision by a dancer and by her/his parent or guardian. (or teacher)
- 14 An Coimisiún rules will apply if disputes arise that are not covered by the above rules.
- 15 Objections must be lodged within one hour of the announcement of the results of a competition and must be accompanied by a fee of €20.
- 16 Changing of costumes, dressing and undressing, is not permitted in the halls or public areas.
- 17 Social Media Rule – Feis Organisers must continually make all persons aware that the taking of photographs of any children without parental permission is not permitted. Those who do not wish to be photographed should make themselves known to the Feis Organiser.
- 18 Comhairle Laighean Child Safety officer is Orla Nic Conuladh. DLPLeinster@gmail.com Please contact her if you have any concerns in regard to any child safety at the event.

*Syllabus approved by: Deirdre Cox ,
Feis Registrar, Comhaire Laighean*

