

MURCHU-DUIGINN

SCHOOL OF IRISH DANCING

23rd ANNUAL FEIS

SUNDAY 10th MAY 2026



**Lee Valley Academy
Bullsmoor Lane
Enfield, EN3 6TW**

ADJUDICATORS

Brian Shinnners

Charaina Kelly

Charles Moore

Clare McDermott

Phoebe O'Donoghue

Michael Ryan

Rebecca Loughran

Shane Cummins

Tara Loughran

Munster

SE Region

Munster

Ulster

Leinster

Munster

NW Region

Munster

NW Region

MUSICIANS

Daniel Bolger

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For further information please call or email:
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Entry Information: please call or email:

Des Silke - +44(0)7875 953453 - desilke@instepfm.com

CLOSING DATE FOR ENTRIES IS WEDNESDAY 29th APRIL 2026

Claraithe Feis An Coimisiún le Rincí Gaelacha

Dear Dancers, Parents & Teachers,

We are looking forward to welcoming you to the 23rd Open Feis hosted by Murchu-Duiginn School of Irish Dancing. The Feis will be held on Sunday 10th May 2026 at the Lee Valley Academy, Bullsmoor Lane, Enfield, EN3 6TW and 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.

Lee 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 RESULT 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.com 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 23rd Annual Feis.

Ann Marie Flaherty, BG, ADCRG

Fiona Diggins Murphy ADCRG

Maria Diggins Murphy, BG, ADCRG



Standard Rules for SER Feiseanna – 2026

- 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 2026.**
- 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 A Novice is a dancer 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.
- 14 The basic step rule will apply to all Novice competitions as per the Southern England Regional Council.
- 15 The Primary Grade is for dancers who have not won 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
- 17 The Intermediate Grade is for 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
- 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 rotating 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
- 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
- 34 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.
- 35 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.
- 36 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
- 37 **Costumes (including headwear) worn in championship competitions must not include any "Identifying Designs". "Identifying Designs" are defined as any element on any costume worn in a championship solo competition identifying a status of achievement or an Irish dance competition award (i.e. GLOBES). Effective date 1st September 2025.**

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 : 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 2026 - Grade Competitions

AGE GROUPS	NOVICE TROPHY	PRIMARY TROPHY	INTERMEDIATE TROPHY	OPEN TROPHY
Under 5	Tiny Tots (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

2 GRADE SOLO DANCES MUST BE ENTERED TO BE ELIGIBLE FOR THE OPEN CHAMPIONSHIP

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 Championships 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 Championships includes 2 Solo Results
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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
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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) or Heavy 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 48 bars in the Reel & Heavy Jig & 40 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)	£6.50
Figure & Ceili Championship (per dancer)	£5.00

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

Tiny Tots	£10.00
Championship U6 & U7 (2 grade dances must be entered)	£20.00
Championship U8 & U9 (If dancing 3 or more solo grades)	£30.00
Championship U8 & U9 (If dancing championship ONLY)	£45.00
Open Mixed Championships U10 up (includes 2 solo results)	£45.00
Preliminary Championships U10 up (includes 2 solo results)	£45.00
Maximum for one child	£60.00
Family Fee for 2	£80.00
Family Fee for 3 or more	£100.00

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 29th APRIL 2026

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

SOUTHERN ENGLAND LOCAL RULE

Entries received on or before WEDNESDAY 29th APRIL 2026 will be subject to standard fees.

Entries received between THURSDAY 30th APRIL 2026 and FRIDAY 8th MAY 2026 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.

MURCHU-DUIGINN FEIS 2025 CUP HOLDERS

Mixed	U6	LILY DUFFY	THE FRB ACADEMY
Mixed	U7	ROMANA THOMPSON	HERLIHY BURGOINE SCHOOL
Mixed	U8	SADIE CLARKE-SINGLETON	CARA GAEL
Mixed	U9	SAOIRSE MULLINS	STEPHANIE POWER SCHOOL
Mixed	U10	RAFFERTY BROOKS-STEVENSON	BROOKS ACADEMY
Mixed		CLODAGH McCARRON-ZYLFIU	MCCARRON DANCE
Mixed	U11	FIADH FITZGERALD	SCOIL RINCE CEIM OIR
Mixed	U12	NELA FUSKO	MURCHU-DUIGINN SCHOOL
Mixed		LEO COATES	MARIE CONNELL SCHOOL
Mixed	U13	EVA JANE MOSS	BROOKS ACADEMY
Mixed		PETER McGOVERN	MURCHU-DUIGINN SCHOOL
Mixed	U14	CALLUM HAMMOND	SCOIL RINCE CEIM OIR
Mixed		EMILY ROSE HOURIHAN	SCOIL RINCE CEIM OIR
Mixed	U15	LUKE McMORROW	MAGUIRE-O'SHEA ACADEMY
Mixed		ISLA CURSON	CARA GAEL
Mixed	U16	LEILA THOMSON	KELLY ACADEMY
Mixed	U17	TILLY BROWN	TRAINOR ACADEMY
Mixed	U19	ARCHIE COUGHLAN	MURCHU-DUIGINN SCHOOL
Mixed		GRACE GOODENOUGH	SCOIL RINCE CEIM OIR
Mixed	SENIOR	SE O'TOOLE	BROOKS ACADEMY
Mixed		ELLA McCARTHY	BLAIR McCARTHY SCHOOL
Champion of Champions	MINOR		
	JUNIOR		
	SENIOR		
PRELIMINARY	U10	FLOSSY PAKEMAN	SCANLON SCHOOL
PRELIMINARY	U11	ARLANA CUNNINGHAM	HERLIHY BURGOINE SCHOOL
PRELIMINARY	U12	WILLOW BOURNE	McHALE ACADEMY
PRELIMINARY	U13	SUMMER DOYLE	BROOKS ACADEMY
PRELIMINARY	U14	LILY EVANS	HEADD-McDERMOTT ACADEMY
PRELIMINARY	U15	MOLLY ALBERINK	TURLEY-DUGGAN ACADEMY
PRELIMINARY	O15	AOIFE GEANEY	TROY-O'HERLIHY SCHOOL