



An Coimisiún le Rincí Gaelacha (Faoi scáth Chonradh na Gaeilge)

Rules of An Coimisiún le Rincí Gaelacha (For Teachers and Adjudicators)

Mission Statement

“The main objective of An Coimisiún le Rincí Gaelacha is the preservation and promotion of Irish Dancing, including step dancing, ceili dancing and other team dancing. While of course its main function is the promotion of Irish dance, An Coimisiún is proud of working in association with Conradh na Gaeilge in promoting all aspects of our culture including the use and promotion of the Irish language”

Introduction

It must be noted that any person found to be in breach of a Rule/s contained herein, will be subject to penalty as determined by An Coimisiún

The “Rules of An Coimisiún le Rincí Gaelacha (Teachers and Adjudicators)” replace any previous rules and shall take effect from 1st January, 2020

In these Rules “teachers and adjudicators” means teachers and adjudicators who are registered with An Coimisiún.

An Coimisiún le Rincí Gaelacha is committed to ensuring that Irish dancing instruction and adjudication is provided at the highest level.

All registered teachers and adjudicators must work towards his/her commitment within the context of fairness and equal opportunity to all their pupils.

All registered persons must conduct themselves in a manner that enhances the image of An Coimisiún le Rincí Gaelacha and comply fully with the Social Media Guidelines for all Registered Teachers/Adjudicators and Members of CLRG.

An Coimisiún shall issue an official version of these Rules in English and in Irish, but should any variation in meaning arise between the text of the Rules in Irish and the text of the version in English any necessary decision shall be taken on the basis of the Rules in Irish.



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Where in any Rule the masculine pro noun occurs it shall be taken as implying the feminine as well unless the Rule clearly specifies otherwise.

Unless a Rule clearly specifies another meaning in the context of that Rule, in these Rules

An Coimisiún means

- (a) An Coimisiún le Rincí Gaelacha or
- (b) the Buainchoiste (“Executive Committee”) of An Coimisiún or a committee or a subcommittee or officer or member of An Coimisiún acting under specific authority formally delegated to that Buainchoiste, committee, subcommittee, officer or member of An Coimisiún.

A member of An Coimisiún means a person

- (a) nominated by Conradh na Gaeilge or
- (b) elected by registered adjudicators and teachers or
- (c) nominated or elected by certain bodies authorised to carry out the functions of An Coimisiún in countries outside Ireland and Great Britain, or
- (d) co-opted by members mentioned at (a) and (b) in accordance with the Constitution of An Coimisiún to be a member of An Coimisiún for the current year.

A “Region” means a geographical area specified as a Region by An Coimisiún.

A “Regional Council” means a subcommittee of An Coimisiún established by it to carry out certain functions of An Coimisiún within a specified Region.

A “Registered Cumann” means a dancing club or group currently registered in accordance with the Rules of An Coimisiún as a Cumann permitted to make entries in certain competitions.

An “Organiser” means

- (a) an organisation, club, committee, group of persons, or persons who hold, or seek permission to hold, dancing competitions under the Rules of An Coimisiún or
- (b) persons acting or working on behalf of such organisation, club, committee, group of persons or persons in the organisation and running of dancing competitions.



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A “Regional Authority” means

- (a) In the case of Ireland and Great Britain the Regional Council (if in existence), or in a region without a Regional Council a recognized Teachers’ Association or another committee to which An Coimisiún is prepared to delegate the appropriate authority;
- (b) In the case of the United States of America and Canada, the Irish Dance Teachers’ Association of North America (I.D.T.A.N.A.) or the North American Feis Commission (N.A.F.C.) depending on the matter concerned;
- (c) In the case of Australia, the Australian Irish Dancing Association (A.I.D.A.) and in New Zealand the Traditional Irish Dance Association of New Zealand (T.I.D.A.N.Z.)
- d) In the case of Continental Europe and Asia, the Regional Council of Continental Europe and Asia (RCCEA)

All registered persons should read the rules carefully and it is the responsibility of each registered person to ensure that they adhere to the rules.

1 Adjudicators and Teachers

- 1.1** In order to enter pupils in all CLRG sanctioned events, a person must be in, the first instance, registered and in good standing with An Coimisiún le Rincí Gaelacha as a TCRG (Solos) or TCRG/TMRF (Teams).

A dancer of a registered teacher may not compete in a non CLRG sanctioned event. Certain competitions recognized by An Coimisiún, e.g. Scor, are exempt from the provisions of this rule

- 1.2** In order to adjudicate all CLRG sanctioned events, a person must be in the first instance, registered and in good standing with An Coimisiún Le Rincí Gaelacha as an ADCRG
- 1.3** In order to enter teams in competition for Ceilí and Figure Dance a person must in the first instance be registered with An Coimisiún as a TMRF/TCRG/ADCRG

1.4 Rules regarding Registration

- 1.4.1** To be eligible for registration with An Coimisiún as an adjudicator a person must first be a current holder of the Higher Diploma of An Coimisiún (A.D.C.R.G.) as provided for in these Rules.
- 1.4.2** To be eligible for registration with An Coimisiún as a dance-teacher qualified to teach both step-dancing and ceilí dancing a person must first be a current holder of the Teacher’s Certificate of An Coimisiún (T.C.R.G.) as provided for in these Rules.



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- 1.4.3** To be eligible for registration with An Coimisiún as a qualified teacher of ceilí dancing a person must first be a current holder of the Ceilí Dancing Teacher's Certificate of An Coimisiún (T.M.R.F.) as provided for in these Rules.
- 1.4.4** A registered member who allows his registration to lapse, will in effect, if accepted, be subject to a re-joining fee of €100 in addition to the registration fee.
- 1.4.5** A person, who is a qualified ADCRG with An Coimisiún, but who fails to register with An Coimisiún for a period of 3 consecutive years, will, following subsequent application for re-registration, be subject to the restrictions referred to in Rule 3.2, as well as all Oireachtais and Major Championships as defined by An Coimisiún.
- 1.4.6** A fine of €500.00 (or the equivalent in other currencies) will be imposed on any person registered with An Coimisiún, who fails to disclose any pertinent information on their registration form (or during that year of registration) regarding workshops, dance camps, etc. and that further, he/she will not be allowed to put his/her name forward for election for one term (i.e. two years) for membership or officer-ship of An Coimisiún, Regional /Provincial Council, Executive Board or other relevant committees.
- The fine of €500 will also apply to any change of status that occurs during the said period of Registration unless An Coimisiún and the appropriate authorities have been notified, in writing, within 15 days of the change of status.
- 1.4.7** Failure to comply with the Vetting Policy of An Coimisiún Le Rince Gaelacha will bar any person from registration and from having any relationship with its activities throughout the world.

2. Rules for Dancing Classes

In these Rules "Registered Teacher" means a person currently registered with An Coimisiún as a teacher. "The appropriate authority" means the Regional Council or, in a region without a Council, the committee, sub- committee, association, person or persons delegated by An Coimisiún to administer the Transfer Rules in the region.

2.1. Transfer Procedure and Appeals Procedure (With Effect 01 Jan 2020)

An Coimisiún asks pupils, teachers and parents to note that those who fail to adhere to the terms set out in the notification of the updated re-styling rules will be sanctioned accordingly. For example, if a dancer fails to complete their re-styling period (e.g. by competing within the six months' re-styling period), An Coimisiún reserves the right to impose up to a further six months' re-styling period, beginning on the date on which the dancer competed incorrectly.



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- 2.1.1** An Coimisiún has recently reviewed and agreed to update the rules governing transfers. This is to protect dancers' welfare and maintain the integrity of competitions organised by An Coimisiún.
- 2.1.2** A six months' re-styling period will be mandatory for all dancers transferring from one dancing school to another. This will become effective, as and from 1st January 2020.
- 2.1.3** (i) It is not expected that there will be exceptions to the six months' re-styling period. However, in the interest of natural justice, a process to review particular circumstances will be provided by way of appeal.
- (ii) The current procedure for notifying An Coimisiún, a regional council or an affiliated or subsidiary body of An Coimisiún remains in place for record purposes only and a notification of transfer will continue to be made to the relevant body where (a) a change of school is involved (b) the closure of school is involved or (c) a dissolution of a school is involved or (d) an amalgamation of a school is involved, as has been the case heretofore.
- 2.1.4** An application for exemption to the six months' re-styling period (an Appeal) may be submitted by a new teacher, parent or pupil (if they are of legal age in the relevant jurisdiction). Such an application must be submitted directly to An Coimisiún on the official Exemption Application Form which is available on www.clrg.ie, from the regional dancing authority, a subsidiary or affiliated body, or directly from the office of An Coimisiún. Only one application by an individual dancer will be accepted.
- 2.1.5** The START DATE for the re-styling period WILL BE as per the POSTMARK on the envelope (if received through the regular post) or per the notification date on the e mail (if received online). Notifications will NOT be accepted via Facebook, Twitter, text-message or other social media platforms.
- 2.1.6** In every case, both the "previous" and "new" teacher will be notified of an appeal for exemption. Parents of the relevant dancers will also be notified (if not the appellant) in every application for exemption, except where the applicant is 18 years of age or over and is the Appellant.
- 2.1.7** Ordinary members of the Appeal Board will be elected (as is the case with other officers and committees) at a Bi-Annual General Meeting to be held every second year. They will then serve a two year term and may stand for re-election at a subsequent Bi-Annual General Meeting. The Chair of the Appeal Board will be a non-TCRG/TMRF/ADCRG (and a person without conflict) and will be NOMINATED and ratified at a Bi-Annual General Meeting.
- 2.1.8** (i) An Appeal Board in any case shall consist of three persons only, namely the Chair and two other persons elected as specified in Paragraph 7 to be nominated for each Appeal by the Chair for the time being.



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(ii) The Appeal Board may meet remotely i.e. by video link/ Skype/ FaceTime/ telephone or other electronic means and it shall not be necessary for the Appeal Board to meet in person.

(iii) An Appeal for exemption will be conducted in a transparent, objective non-discriminatory and timely manner. Each Appeal will be considered on its merits, taking account of individual needs and circumstances of the Appellant and with reference to the stated objectives of the re-styling period only, namely the protection of dancers' welfare and the protection of the integrity of competitions organised by An Coimisiún.

(iv) The result of an appeal will be furnished in writing to the appellant (including parents), the relevant body specified in Paragraph 3 hereof and to the new and old teacher.

2.1.9 The Chair of each regional council or subsidiary body/regional director of each affiliated region may be contacted by the Appeal Board if further information or clarification is required to determine an appeal. This will only be done to protect the health, safety and welfare of a dancer/dancers.

2.1.10 By way of clarification:

(i) If two or more registered teachers are teaching at a joint school where one or more teacher decides to terminate the relationship, ONLY those pupils of the school who remain with any of the registered teachers in that joint school will be exempt from undergoing a six months re-styling period. However, if a new joint school is established but is disbanded again within that six months period, then an exemption will not be granted in any circumstances. This is to protect the welfare, health and safety of dancers;

(ii) If a Bungrad/beginner-level dancer spends 3 months or less in their initial dancing school, then the 6 month restyling period will not apply;

(iii) The first dancing lesson given by the new teacher to the transferring pupil must take place at a venue normally/regularly used for dancing classes by that teacher. Hence, a dancing lesson given at a registered CLRG event or via the internet, (including all social media sources), does not constitute a dancing class and is not a basis to commence a new school relationship.

N.B. Where a pupil has not attended a class of a teacher registered with CLRG, or a registered teacher from any other Irish Dancing organisation for at least one year, that pupil need not be withheld from competition. A period of at least one year MUST have elapsed from the date on which the former pupil last attended the previous class.

A COPY OF EXEMPTION APPLICATION FORM IS AT END OF THIS DOCUMENT



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2.2 Inclusion of dancers resident outside of the region in ceilí and figure dancing teams.

The regulations relating to the above are as follows: -

- 2.2.1.** Where a team is comprised of dancers, resident in more than one region the team must dance in the region in which the majority of the team resides.
- 2.2.2.** Where a team consists of equal numbers of dancers from two different regions the team shall dance in the region of the teacher's choice.
- 2.2.3.** The above concessions can be availed of only where it is required in order to make up a team which otherwise would not be able to compete i.e. the concession must not be used by a teacher in order to maximise his/her entry. This in effect means not more than one team from the same school can include out-of-region dancers in the same competition.
- 2.2.4.** The concession outlined above cannot be utilised by a teacher in order to permit a dancer to compete in céilí or figure dance competition in the same age group in two different regions.
- 2.2.5.** Dancers from another region may be utilized by a teacher only when he/she has included in their team all suitable dancers from their class who are resident in the region.
- 2.2.6.** The members of a team must be pupils of the same school of dancing. A dancer may be borrowed with the consent of An Coiste Oireachtaisi, only in an emergency, i.e. injury or illness, which occurs during the actual Oireachtas. A formal application must be made in writing to An Coiste Oireachtaisi, for the above.

2.3 Class Insurance

When registering with An Coimisiún, before they commence teaching, teachers must produce evidence that:

- a) they are covered for Public Liability Insurance and
- b) they have complied with all legal requirements in order to teach Irish Dancing

2.4 Teacher's attendance at class

- 2.4.1** A registered teacher must be present at all classes. In extenuating circumstances, the teacher may apply to the Regional or appropriate Authority for exemption from this Rule.



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- 2.4.2** In a remote area where there is no registered teacher, permission may be sought from the Regional Council or appropriate Authority for exemption from Rule 2.4.1. Such exemption, if recommended by the Regional Council, must:
- be ratified by An Coimisiún
 - is for the duration of one registration year only
 - and must be reapplied for annually.

- 2.4.3** Dancers / pupils who teach independently and have received permission to teach under rule 2.4.1 & 2.4.2, may compete in registered competitions.

2.5 Dancing Schools

- 2.5.1.** For the purpose of these rules a dancing school is a school in which one or more registered teachers are teaching. The rules apply to all members of classes taught by any teacher(s) in the class.

- 2.5.2** Registered teachers forming a school are expected to register with An Coimisiún and **MUST INFORM** the regional authority.

- 2.5.3** Where two or more registered teachers are teaching a joint school, and one or more of them decides to leave the class and terminate the relationship, the pupils of the school may:

(a) Remain with any of the registered teachers previously in the joint school.
In this instance, Rule 2.1.2 will not apply.

(b) Move to another registered teacher. In this instance, Rule 2.1.2 will apply.

If a pupil leaves the class of one of these registered teachers and goes to the class of another registered teacher, and later returns to the class of the original teacher, Rule 2.1.2 applies as this is considered to be two moves

- 2.5.4.** Written notification of the termination of schools with one or more than one registered teacher must be given to all pupils of the school:

(a) Citing the Transfer Rule in its entirety

(b) A copy of the written notification must be forwarded to both
An Coimisiún and the relevant Regional Council/Authority



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2.5.5 If a pupil leaves the class of one of the registered teachers from the former joint school, and later returns to the class of another registered teacher from the original joint school, Rule 2.1.2 applies as this is considered to be two moves.

2.6 Photography at Feiseanna

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, commercial film, with or without enhancement, is expressly forbidden in competition, except in Beginner and Advanced Beginner categories (ie Bun and Tús Grád) are exempt from this ruling unless this is in contravention of the local laws of the region or country.

3. Rules for Adjudicating

3.1 Judging at registered competitions

3.1.1 Only an ADCRG currently registered with An Coimisiún may adjudicate at a registered competition

3.1.2 A registered ADCRG may not adjudicate at a competition, which is not registered with An Coimisiún, except where An Coimisiún has given express permission for this to happen

3.1.3 An ADCRG, SDCRG, TCRG, TMRF, a person granted Associate, Conditional or Temporary registration, a member of an Coimisiún or Regional Council, or a dancer of a registered teacher, may not compete in a non CLRG sponsored event or adjudicate, officiate, and give advice or guidance in any capacity to any other dancing organisation. This will include teacher and adjudicator exams, grade exams and workshops. A breach of this Rule will render a person liable to have their CLRG registration refused or revoked. Certain competitions recognised by An Coimisiún, e.g. Scór, are exempt from the provisions of this Rule

3.1.4 An Coimisiún may grant derogation from 3.1.2. and 3.1.3 above where a written application has been made via Coiste Rialacha, and approved by An Coimisiún, for the holding of an Open Platform event, i.e. an event where the pupils of teachers registered with one or more organisations other than An Coimisiún will also be allowed to take part. Any such permission would be renewable on an annual basis.



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3.2 Restrictions on adjudicating

3.2.1 An adjudicator must not judge ANY of the following relationships or ANY dancers who have been taught by the same relationships in the previous two years:

Spouse/Partner, Parent, Step Parent, Parent-in-Law, Step Parent-in-Law, Grandparent, Step Grandparent, Son, Step Son, Son-in-Law, Daughter, Step Daughter, Daughter-in-Law, Grandson, Step Grandson, Grandson-in Law, Granddaughter, Step Granddaughter, Granddaughter-in law, Brother, Step Brother, Half Brother, Brother In Law, Sister, Step Sister, Half Sister, Sister in Law, Fiancé, Fiancée, Aunt, Aunt-in Law, Uncle, Uncle-in Law, Niece, Niece-in Law, Grandniece, Nephew, Nephew-in Law, Grandnephew, First Cousin.

N.B. A relationship no longer exists once a divorce decree is issued.

An adjudicator must not judge ANY of the following:

3.2.2 Any dancer, (solo or team) whom the adjudicator, or a person acting on his/her behalf, has in the previous two years taught or coached, either in person or by video or other means, other than at a workshop open to all classes and organized by An Coimisiún or by one of its subsidiary bodies.

(See Rules 3.6.1 to 3.6.3)

NB: Where a dancer has transferred from the class of an adjudicator, due to a change of residence as permitted under existing CLRG rules, and therefore does not serve a six-months retraining period, the adjudicator will be exempt from this ruling.

3.3.3 Pupils (solo or team) of a teacher who either himself/herself or a person acting on his/her behalf, has in the previous two years taught or coached, either in person or by video or other means, pupils (solo or team) of the adjudicator.

3.3.4 Pupils of a class whose members the adjudicator has in the previous two years assessed, either in person or by video, other than at an official Dancer's Certificate examination of An Coimisiún.

3.3.5 Any dancer (solo or team) who the adjudicator himself/herself has taught in the previous two years. This will include dancers who may no longer being taught by the adjudicator for whatever reason. However, a dancer who has transferred from the class of the adjudicator, and then subject to the six months, suspension period, will be exempt from the above ruling, as in the interest of the child, and under the laws of natural justice, such dancer may not be subject to two separate rules running consecutively.



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- 3.3.6** Any dancer (solo or team) whose teacher has in the previous two years assessed, either in person or by video, pupils of the adjudicator other than at an official Dancer's Certificate examination of An Coimisiún.
- 3.3.7** Any pupil of a school where the adjudicator forms part of a partnership, regardless of whether or not the adjudicator has at any time provided tuition to that dancer.
- 3.3.8** Any pupil of a dance class attended by the adjudicator's son/daughter, either while he /she is attending that class, or for two years after the son/daughter has left said class.
- 3.3.9** An Adjudicator, who teaches the children of another Registered Teacher/Adjudicator, will not be permitted to adjudicate the dancers of that Teacher/Adjudicator for two years after the children have left the class.
- 3.3.10** Any Adjudicator involved in a show and / or open dance camp may not adjudicate any dancer involved in the same show and / or open dance camp for a period of two years.
- N.B. Cultural Events / Cultural Tours / Events that are part of an educational curriculum are exempt from this ruling.
- 3.3.11** Where a child has transferred from the class of the adjudicator and been subject to the six months suspension period, he/she is exempt from this ruling as, in the interest of natural justice, a child may not be subject to two separate rules running consecutively.
- 3.3.12** A workshop open to all classes and organised by An Coimisiún, or by one of its subsidiary bodies, is exempt Rule 3.3.10.
- 3.3.13** An adjudicator cannot judge any dancer who has attended the class of the said adjudicator within the last six months, for practicing purposes only, whilst attending a full-time college/university course in a different region.
- 3.3.14** An adjudicator may not judge the pupils of a workshop given by their teaching staff. Effective date 1st January 2021.



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3.4 **General Restrictions on adjudicating**

3.4.1 An Adjudicator may judge only two primary/regional qualifying events in one year provided that the two events take place in two different countries.

N.B. With effect from 2022, An Adjudicator can only officiate at one Primary Qualifying / Oireachtas per year.

3.4.2 An Adjudicator may only judge one “major” in any one dancing year.

(a) A dancing year for adjudication purposes is defined as being from the start date of the major event until the last day of the same event in the following year.

(b) the “major” events are defined as Oireachtas Rince na hEireann, Oireachtas Rince na Cruinne, British Nationals/Great Britains Championships (depending on year in which each is the secondary qualifier) and the North American Nationals.

3.4.3 When a DANCER is prohibited from entering a “major event” due to relationship or association conflicts arising from the employment of a particular adjudicator, the DANCER may not be prohibited from entering any other “major event” in the ensuing twelve months.

(a) Twelve months for the purposes of this rule is defined as being from the start date of the prohibited major event until the last day of the same event in the following year.

(b) the “major” events are defined as Oireachtas Rince na hEireann, Oireachtas Rince na Cruinne, British Nationals/Great Britains (depending on year in which each is the secondary qualifier) and the North American Nationals.

(c) In this case, the right of the DANCER to enter a “major event” will take precedence over the right of the adjudicator to officiate said “major event”, even if the adjudicator in question is not the same party but an associated or related party to the first adjudicator mentioned herein.

3.4.4 An adjudicator must be registered with An Coimisiún two years immediately prior to Oireachtas Rince na Cruinne or Oireachtas Rince na hEireann in order to be eligible to make application to adjudicate. An adjudicator must also have judged at least one registered feis, which has included judging as a member of a panel of three or more adjudicators on a Championship event.



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- 3.4.5.** The restrictions imposed by An Coimisiún on newly qualified adjudicators (ADCRG) (see Rule 3.4.4) will apply to all persons formerly registered as such with another organization. whose applications for registration with An Coimisiún are successful.
- 3.4.6.** An adjudicator can only adjudicate at Oireachas Rince na Cruinne or Oireachtas Rince na hÉireann once every five (5) years.
- 3.4.7** No region can discriminate against any adjudicator, with effect from 1st January, 2022.

3.5 Adjudicators re-registering

A person, who is a qualified ADCRG with An Coimisiún, but who fails to register with An Coimisiún for a period of 3 consecutive years, will, following subsequent application for re-registration, be subject to the restrictions referred to in Rule 3.4.4, as well as all Oireachtais and Major Championships as defined by An Coimisiún

3.6 OPEN Workshops, Dance Camps, Shows

- 3.6.1** Where a workshop is conducted by a registered ADCRG for another registered ADCRG or TCRG, the Rules pertaining to workshops will apply to both parties (See Rules 3.2)
- 3.6.2** Only An Coimisiún, may formally designate a workshop as an “Open Workshop / Open Dance Camp”, and grant an exemption to the person conducting the workshop.
- 3.6.3** Exemptions from the Workshop Rules are reserved for workshops formally designated “Open Workshops” as defined in 3.3.12 and 3.6.2 above. Workshops/dance camps organised on a commercial/leisure basis may not be regarded as “Open Workshops”, and are excluded from any such exemption.
- 3.6.4** Applications for “Open” status dance camps to CLRG must first be sanctioned by the Regional authority where the camp is to be held.
- 3.6.5** Pupils of registered teachers may only attend open workshops / open dance camps that are sanctioned by An Coimisiún and listed on CLRG website.



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4. Rules for Dancing

4.1 Steps

4.1.1 Teachers, when composing steps are urged to include traditional foot movements such as cross keys, drums, boxes and rocks.

4.1.2 Reel - The lead around may be danced on the right foot twice or can it can be danced on the right and left foot. The two steps following the lead must be performed on the right and left foot.

Slip Jig - The lead around may be danced on right foot twice or can be danced on right and left foot. The first step must be performed on the right and left foot. The last step will be performed on right foot only.

Treble Jig - The lead and two steps must each be performed on the right and left foot.

Hornpipe - The lead and first step must each be performed on the right and left foot. The last step (half step) will be performed on the right foot only.

Where a dancer is required to perform a step on the right foot and the left foot, all movements in the first 8 bars of the footwork must be replicated on the opposite foot in the second 8 bars.

4.1.3 **Rince Seit Tradisiúnta / Traditional Set Dances Guidelines:**

- (i) ALL versions of traditional set dances are acceptable once danced in a traditional style.
- (ii) Clicks are not permitted in any traditional set dance.
- (iii) Dancers are not permitted to move in a counter direction when executing "rolls." "Rolls" may be danced on the spot or moving in the direction of the leading foot e.g. the first bar of music in the King of the Fairies may be danced on the spot or to the right when dancing on the right foot and on the spot or to the left when dancing on the left foot.
- (iv) "Rocks" in any traditional set dance must be fully completed and not cut short.
- (v) Job of Journeywork: "Boxes" in this traditional set dance may be executed in either FOUR or FIVE beats. The "box" must be completed by the two shoes touching at the toe piece. There is no "stamp" immediately following the "box".
- (vi) St. Patrick's Day: In the 5th bar of the set (Lead) and also the 5th and 10th bars of the set, dancers must hit their toe to their heel. Banging of the toe on the floor is not permitted.
- (vii) Single and double trebles are acceptable in the step (lead) of all traditional set dances.



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4.2 Toe Movements

4.2.1 No block, en Pointe movements, stationary or moving, are allowed to be performed for all age up to and including the under 12 age group.

For clarification purposes, this means that if the full weight is put on the foot, that is en pointe. This is not allowed in any movement.

However, dancers who are moving into the under 13 age group in January will be permitted to do block / en-Pointe work from September 1st of the year prior to this date. For Regions in the Southern Hemisphere a different date may be applied in the case of this rule, on the advice of the appropriate Authority

4.3 Metronomic Speeds

4.3.1. The minimum speed for all set dances in Jig time to be 66 and in Hornpipe time it will be 76

4.3.2 The following speeds will be played at all registered feiseanna organized by An Coimisiún Le Rincí Gaelacha throughout Ireland with a view to introducing them globally.

Reel	Bun Grád	122-124
Light Jig	Bun Grád	116
Single Jig	Bun Grád	124
Slip Jig	Bun Grád	124
Heavy Jig	Bun Grád	96
Hornpipe	Bun Grád	144
Reel	Tús Grád	116 - 118
Slip Jig	Tús Grád	120
Heavy Jig	Tus Grád	82
Hornpipe	Tús Grád	130
Reel, Slip Jig,	Meán/Árd Grád	113
Hornpipe	Meán /Árd Grád	113
Heavy Jig	Meán /Árd Grád	73

Traditional Set Dances

Blackbird	144
St. Patrick's Day	94
Job of Journeywork	138
Garden of Daisies	138
King of the Fairies	130
Three Sea Captains	96
Jockey to the Fair	90



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5. Costume Rules

That costumes or costuming be defined as any element of performance / presentation clothing worn by a dancer in the course of a competition, including, but not limited to, dress, waistcoat, trousers, shoes, headwear, capes, shawls, socks, underwear and make-up.

- 5.1.1 **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. Effective date: 1st February, 2020
- 5.1.2 **Necklines** must be at collarbone level or above. This does not preclude the use of alternative fabrics, e.g. lace, as an inset.
- 5.1.3 **Costumes** must consist of full front, side and back sections, along with short/long sleeves. Cut-away styles, without a full skirt backing, are not acceptable.
- 5.1.4 In order to protect dancers from hazardous objects on stage while competing, costumes may not be decorated with feathers.
- 5.1.5 **Dance Drama costumes** must be in keeping with the theme of the story portrayed.
- 5.1.6 **Competitors** in all age groups, up to but excluding Meangrad (Intermediate), may only wear traditional class costumes or long / short-sleeved blouses / polo tops and skirts / tunics that conform to the regular costume length rules as above. Low-cut tops and short, tight skirts are not permitted.
- 5.1.7 Where chiffon or lace material is used as sleeves, the sleeves must start at the shoulder line and end at the cuff.
- 5.1.8 **Costumes** for both boys and girls should not include representations such as globes, medals or any other item symbolic of an award having been achieved
- 5.1.9 **Appropriate underwear**, covering the midriff, must be worn. (See the section on underwear for details.) Where tights are worn, they must be of a denier of not less than 70.



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- 5.1.4** Body suits should be of premium fabric and not showing the body contour in detail. Recommended fabrics include: velvet and lycra. See the attached illustrations for details.
- 5.1.5** Skirts worn over bodysuits should be the same length as full costumes and sit at the dancer's mid-thigh at the back, with sufficient material to allow for movement when raising the leg. Tight sport skirts or gym skirts are not suitable. Wrap-around skirts should be secured with a pin.
- 5.1.6** Costumes should have traditional themes and cartoon characters are not permitted.
- 5.1.7** **Female Adult Dancers** participating in Adult competitions entitled "Adult Competitions" both solos and teams are required to wear tights of a denier not less than 70.
- 5.1.8** Boys / Mens costuming must adhere to principles of modesty, and enable dancers to safely execute their movements and steps. Adjudicators who determine a costume to lack modesty may use the Costume Infraction (Tick Box) programme in order to flag the dancer and ensure the teacher is notified.

5.2 **Make-up**

- 5.2.1** Make-up will not be permitted for any dancer in the first two grades (Bungrád and Tusgrád or equivalent) up to and including the under 12 age group worldwide.
- 5.2.2** Make-up (including false eyelashes and tanner on the face) is not permitted for dancers, in either solo or team competitions, up to and including the Under 10 age group.

Clarification:

Both make up rules refer to the age group of the competition, not the actual age of the dancer. For example, 9 year old dancers, competing in a team that is entered Under 12, may wear make-up or at a feis where the youngest Open Championship age group is Under-11, then all dancers in that competition may wear make-up.

5.3 **Composition and Dimensions of Dancing Shoes**

- 5.3.1** The heel and its "top piece" must consist only of leather, leather composite, plastic or fiberglass, or a combination of these materials.



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- 5.3.2** The heel and its top piece must not contain any metal components or attachments other than nails or screws to attach the heel to the shoe or the top piece to the heel.
- 5.3.3** Where nails are used to attach the top piece to the heel they must not exceed 25% of the total surface area of the top piece.
- 5.3.4** The maximum permissible height of a heel from the surface of the top piece to the point where the heel joins the upper of the shoe is 1.5 inches. (This height includes both heel and top piece and is measured to the back of the upper of the shoe).
- 5.3.5** A certain amount of tapering from where the heel joins the upper of the shoe to where it joins the top piece is permissible (i.e. the heel may be broader at the top than at the bottom) but such tapering must be at a constant angle, i.e. the side of the heel must not be curved and no protrusions from the side or back of the heel is allowed.
- 5.3.6** It is possible, indeed probable, that in the future new construction techniques for shoes will evolve and/or new materials become available which will require a review of these directives. However, at no time in the future should new materials other than those listed above be used in shoes, or any divergence from these directives is introduced without prior authorization being sought from An Coimisiún.
- 5.3.7** Any competitor found to be altering their shoes or wearing them on the wrong feet will be treated in the same manner as if using carriage aids, and be subject to disqualification from that particular competition.

For heavy rounds in competitions, dancers may not wear soft shoes that have been altered with the addition of heels and tips in an attempt to turn them into hard shoes. Dancers found to be wearing such altered shoes for heavy rounds may be denied access to that round of the competition.

5.4 Artificial Carriage Aids

- 5.4.1** 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.
- 5.4.2** 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



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6. Examinations

6.1 An Coimisiún shall establish an Examination Authority (“An Udarás Scrúdaithe”) to administer examination affairs on behalf of An Coimisiún.

The membership, responsibilities and duties of that Authority are prescribed in paragraphs 6.4.1. to 6.6.1 below.

6.2 Board of Examiners

6.2.1 A Board of Examiners consisting of individuals suitable to serve as examiners shall be established in accordance with paragraphs 2.6.1 to 2.8.1. below. From this Board will be selected the persons to form the examination panel when an examination is being arranged.

6.3 Grade Examinations for Dancers

6.3.1 Any member of the Board of Examiners may be chosen to act as examiner on dancers’ examinations, but An Coimisiún will also establish a panel of Grade Examiners for dancers.

6.3.2 Any request for a Grade examination to be held must be submitted by a TCRG/ADCRG or Regional Authority.

6.3.3 Grade Exams, up to and including Grade 10, must be examined by at least 4 different Grade Examiners plus 2 different SDCRG examiners for Grades 11 and 12.

6.4 The Examination Authority: Membership

6.4.1 The membership of the Examination Authority will be as follows-

- (i) The Cathaoirleach (Chairperson) of An Coimisiún
- (ii) Eight examiners elected at the AGM of An Coimisiún
- (iii) Three members of An Coimisiún elected at the A.G.M. of An Coimisiún who are neither currently examiners nor candidates for appointment as such, either at the time of nomination to the Authority or during their term of membership of the Authority.

6.4.2 An Coimisiún will elect the Cathaoirleach of the Examination Authority at the A.G.M. of An Coimisiún.



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6.5 The Examination Authority; Duties and Responsibilities

6.5.1 The Examination Authority will, within the rules and directives of An Coimisiún, arrange and organise the Coimisiún examinations for Scrúdaithéoir (Examiner)) the A.D.C.R.G.(Adjudicator), T.C.R.G. (Teacher) and TMRF (Ceili Teacher) Certificates. In fulfilling this responsibility, the Authority will be responsible for:

- (i) Fixing of examination dates
- (ii) Selection of examination venues
- (iii) Arrangement of timetables
- (iv) Selection of examination boards from the panel of examiners (in the choosing of examiners every reasonable effort shall be made to ensure that over a period of time, taking into account experience, ability, costs etc. members of a panel receive a fair share of examination work).
- (v) Engagement of musicians
- (vi) Specifying of closing dates for application
- (vii) Confirmation and notification of examination results
- (viii) Any other examination arrangements.

6.5.2 The Examination Authority shall, when necessary, make recommendations to An Coimisiún concerning the following aspects of the teacher and adjudicator examinations:

- (i) Conditions of entry
- (ii) Examination syllabi
- (iii) Systems of examination
- (iv) Qualifying marks
- (v) Examination fees of candidates
- (vi) Rates of remuneration of examiners

An Coimisiún itself shall make the final decisions in these matters.

6.5.3 The Examination Authority shall be responsible for certifying all examination results.

6.5.4 The Examination Authority shall provide a regular report to An Coimisiún on the work of the committee in the previous quarter and its future plans. As well, within a reasonable time following an examination the Authority shall provide a meeting of An Coimisiún with details of the successful candidates and statistics of the number of candidates and the numbers of successes and failures.

6.5.5 The Examination Authority shall be responsible for the provision of comprehensive training of new examiners.



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- 6.5.6** The Examination Authority shall have authority to recommend to An Coimisiún that entry to an examination be refused to any person considered unsuitable for registration with An Coimisiún as an adjudicator or teacher,
- 6.5.7** The Examination Authority shall co-operate closely with other committees and sub-committees of An Coimisiún, particularly those whose responsibilities and work are directly or indirectly connected with those of the Examination Committee.
- 6.5.8** The Examination Authority shall carry out any further duties that An Coimisiún may from time to time assign, including, but not limited to, the examination and recommendation to An Coimisiún of candidates for Temporary or Conditional/Associate Registration.

6.6 Examination syllabi – rules and conditions.

- 6.6.1** Examination syllabi will be available for the A.D.C.R.G., T.C.R.G., T.M.R.F. and Grade Examinations and will include all necessary information regarding them. The information will cover conditions of entry, examination fees, and examination sections and the requirements for each, systems and methods of examination, minimum qualifying marks, conditions for repeating examinations and any other information considered necessary by An Coimisiún.

The conditions, directions and information given in examination syllabi shall have the same standing and status as other rules of An Coimisiún and must be read and followed accordingly.

6.7 Certification and Examinations Results.

- 6.7.1** As soon as feasible following an examination and when the examiners have completed their correction of papers etc. and their individual results are ready, a meeting of the Authority shall take place to certify the results. The results will then be communicated to the candidates without delay. When candidates have received their results details of the successful candidates will be sent to the appropriate Regional Authority and a report on the examination will be provided to An Coimisiún.
- 6.7.2** An examiner, Coimisiún member, or an employee of An Coimisiún must not reveal the examination result of any candidate, or express an opinion as to the likely result, to any person until the result has been confirmed by the Examination Authority and notified to the candidate.



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6.7.3 The actual marks obtained by candidates in any section of an examination are confidential to the candidate, the examiners, the Examination Authority and employees of An Coimisiún and must not be otherwise revealed except by the candidates themselves.

6.8 The Irish Language and Examinations

6.8.1 Candidates may take any sections of the examination (except the Irish section) in either the Irish or English language as they may so wish and must be facilitated accordingly.

6.8.2 A candidate permanently resident or intending to teach in Ireland in Ireland must pass in the Irish language section as well as in the other sections of the examination concerned in order to qualify for the A.D.C.R.G., TC.R.G. or T.M.R.F. Certificates.

6.8.3 In the case of adjudicators and teachers who have qualified for certificates without passing the Irish language section due to living abroad at the time of examination (and who later come to reside permanently in Ireland or are teaching in Ireland, but not necessarily residing in Ireland), such certificates shall not be valid for annual re-registration purposes after more than two years of the holders coming to live (or teach) in Ireland until they take and pass the Irish section of the appropriate examination.

Such adjudicators and teachers must therefore take the Irish language examination when required by An Coimisiún to do so. An Coimisiún may however at its discretion extend the two-year period in certain cases.

In the case of those who are already teaching but not residing in Ireland, they will have the opportunity to take grades 1-4 until such time that they are ready for the Irish exam.

6.8.4 In the marking of the Irish section some allowance may be made for candidates' ages and educational background.

6.8.5 An Udarás shall appoint an examiner for the Irish language section of the examination.



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AN COIMISIUN LE RINCI GAELACHA

SIX MONTH RE-STYLING EXEMPTION APPEAL FORM

Dancer's Name: _____

Date of Birth: _____ Dancing Region : _____

Competitive level of dancer: (Bungrad, Primary, Open, etc.)

Previous Dancing School : _____

Contact details of previous school :

E mail address _____

Mobile/Cell no. _____

Date of last Class in previous dancing school: _____

Current Dancing School: _____

Contact details of current school:

E mail address: _____

Mobile/Cell no. _____

Date of First Class in current school: _____

Reason for initial transfer from previous school to current school:

Reason for Appeal to be Exempted from Restyling Period: _____ _____ _____

Name of Appellant : _____

Signature of the Appellant _____ Date: _____

All sections of the Appeal Form must be completed. Further information may be submitted on accompanying paper. Please submit this form for the attention of the Appeal Board to transfers@clrg.ie . The decision of the Appeal Board is final and binding.