



170

185

188

173



Wrocław Feis

20.01.2024

Wrocław Feis

20.01.2024

Syllabus

Venue:

Centrum Kultury Agora/Agora Cultural Center
ul. Serbska 5a
51-111 Wrocław

Adjudicators:

Esther Bromley
Mary Sweeney

Musician:

Kristián Fišl

Run by:

Irish Spin School of Irish Dance



Ambasáid na hÉireann | An Pholainn
Embassy of Ireland | Poland
Ambasada Irlandii | Polska

Honorary patronage of Embassy of Ireland in Poland



Honorary Patronage of the Mayor of Wrocław

Honorary patronage of the Mayor of Wrocław

Sponsors & support

Prestige
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CRYSTAL PARADE
INSPIRATION FOR CREATION



Cement Ożarów
ACRHM COMPANY

EVOLUTION

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Partners



wrocławskie
centrum rozwoju
społecznego

Wrocławskie Centrum
Rozwoju Społecznego
Wrocław Centre for
Social Development



CENTRUM
KULTURY
AGORA
SERBSKA 5A

Centrum Kultury Agora
Agora Cultural Center



Fundacja Kultury Irlandzkiej
Fondúireacht Chultúr na hÉireann
Irish Culture Foundation

Fundacja Kultury Irlandzkiej
Irish Culture Foundation



Celtycki Wrocław
Celtic Wrocław



Muzyka w Obiektywie
Music in the Spotlight



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Greeting

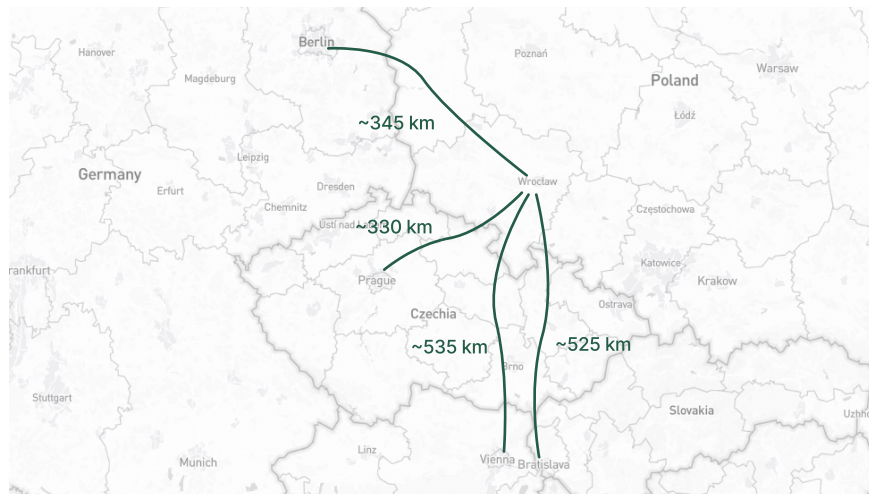
Dear Friends / A Chairde,

I am very pleased to welcome you to **Wrocław** – the capital of Lower Silesia – in south-west Poland. Wrocław Feis is the second international Irish dance competition in our region. I hope that, despite the winter season, you will have fun during the competition, and in your free time you will have the opportunity to visit our beloved city!

We are delighted to inform you that the **Ambassador of Ireland in Poland took honorary patronage over the Wrocław Feis Championships for the second time.**

Please let me provide you with a little bit of information which you may find helpful getting here and moving around the city.

Wrocław is the **third largest city in Poland**. Situated in the south-west of Poland on the river Odra, close to the German and Czech borders, Wrocław is easily accessible for visitors from both western and southern Europe. Distance from other nearest capital cities:



Wrocław Copernicus Airport is located in the western outskirts of the city, only 14 kilometres away from the Wrocław Feis venue (25 minute drive or 40 minutes by public transport).

The feis venue is located in **Różanka** district. More details can be found in the *Travel & Accommodation* section of the Syllabus.

Free parking is available in the vicinity of the feis venue.

As to the venue itself, it comprises a large hall with **two stages**: 6 × 7,5 metres, changing rooms as well as a warm-up area. There will also be a **restaurant** serving refreshments and meals open throughout the Feis. **Results will be given in the second hall.**



Greeting

Registration will start on **15.11.2023**.

Apart from solo competitions on every level: beginner, primary and intermediate, Wroclaw Feis Championship will include Trophy Light and Trophy Hard competitions, as well as the **Premier Championship**.

In addition, we will hold the following group competitions: **2hand and 4/6 hand**, plus the special competition - **Treble reel**, where each contestant will have the opportunity to perform in a creative outfit of their design. The theme for this competition is '**Gnomes**'. More information on Wroclaw Gnomes can be found at:

<https://culture.pl/en/article/wroclaw-in-search-of-gnomes>

Furthermore, we are planning to introduce a special contest '**My First Feis**' for our youngest dancers (Under 10). Competing in 'My First Feis' is free of charge. Each contestant will receive a medal and a treat.

Additionally, we will introduce a new competition: **Family Dance**, where dancers can perform their choreography with the family members.

More information can be found in the *Additional Wroclaw Feis Rules* section.

We have invited professional makeup artist: Veronika Čelikovská. You can book makeup sessions directly via Instagram: [@beny.makeup.hair](https://www.instagram.com/beny.makeup.hair)

Adult dancers and spectators are invited to a live Irish music session at **Academus Pub in the city centre**. The event will begin at **8pm**.

We are very pleased to announce that this year special prizes will be added to some of the prizes - **vintage Irish medals** from the dancer Levi McGrattan. Thank you for your support!

All the up-to-date information as well as documents can be found on our website www.wroclawfeis.com.

I hope that Wroclaw Feis will not only be a chance to take part in the organised competitions, but also a great opportunity to visit our beautiful city and look for the gnomes hiding in most unusual places.

Yours respectfully/Mise le meas

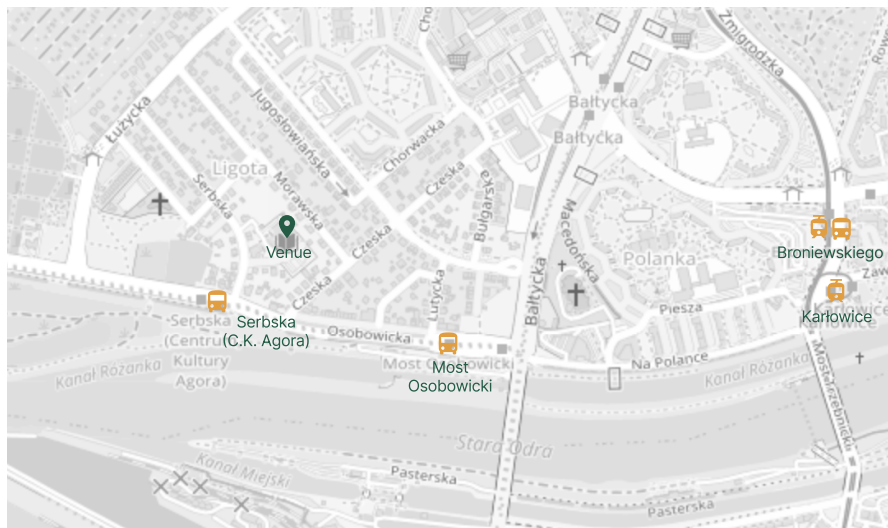
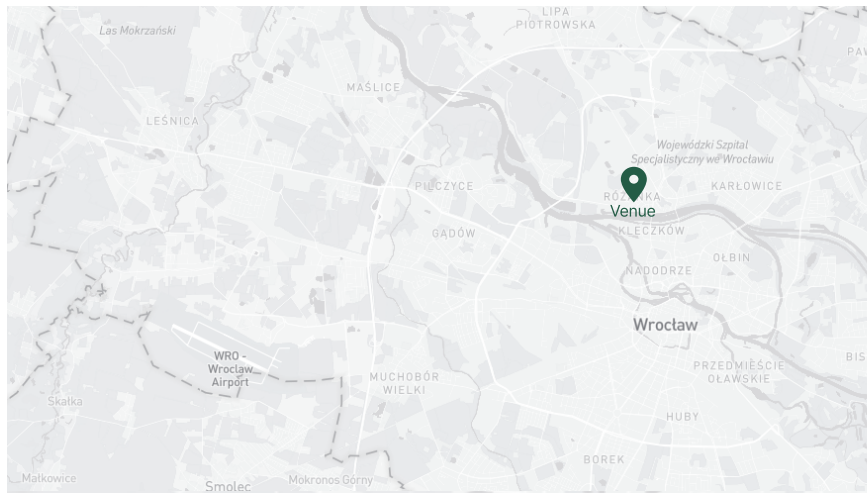
Małgorzata Szarycz T.C.R.G.

Irish Spin

Basic information

Wroclaw Feis venue is located in Różanka district in the north of Wroclaw. You can get there by train, tram or bus.

For transportation, we recommend using app Jakdojade (it also has English version).



- Nearest train station: 1,8 km - **Wrocław Różanka**; 1,9 km - **Wrocław Nadodrze**
- Nearest tram station: 1,4 km - **Karłowice** (Trams 6, 8, 16); 1,5 km - **Broniewskiego** (Trams 1, 6, 7, 15)
- Nearest bus stops: 200 m - **Serbska (C.K. Agora)** (Bus 129, 142)

Parking spaces for participants and spectators are available at the venue.

Wroclaw offers a wide range of accommodation to suit your needs.

Sponsors & support



Cement Ożarów

Financial support



Prestige MJM

3x tickets for "Rythm of the Dance", 24.01.2024



Evolution Training Centre

20x vouchers for personal training with the measurement of body fat



Feisty Fitzzy

3x voucher for \$50 for using in the online store



Crystal Parade

10% discount with the code **WROCLAWFEIS10**, 2x voucher for £25, 1x£50 for using in the online store



Stakato

Dance shop at the feis

Partner information



wrocławskie
centrum rozwoju
społecznego

WCRS

Wrocławskie Centrum Rozwoju Społecznego

Wrocławskie Centrum Rozwoju Społecznego (Wrocław Centre for Social Development) is an organisation involved in promoting social sustainability and general well-being. It supports senior citizens, families and foreigners living in Wrocław. Part of its mission is also integrating families and raising awareness of the importance of a healthy lifestyle. The Centre's activity is addressed to all citizens of Wrocław regardless of their age, sex or nationality. Social campaigns, projects aimed at integration, or supporting of non-governmental organisations are just a few examples of ventures the Centre gets involved in.



Partner information



Centrum Kultury Agora (Agora Cultural Center)

Agora Cultural Center is a modern institution providing a multi-directional, innovative and original program, based on cooperation and excellent artists, creators and animators. We want to invest in young talents and present new phenomena in art. Follow cultural trends, create a friendly space for users to be accessible and develop their passions. The aim is to shape a conscious, individual recipient of culture and develop sensitivity to art. We strive to be a space where dialogue between the creator and his recipients is possible. A wide range of rooms and infrastructure facilitates the organising of meetings, workshops, lectures, concerts or movie nights, accompanied by hot beverages and home-made cakes.



IRISH SPIN

Irish Spin School of Irish Dance

Irish Spin School of Irish dance was opened in 2016 by Małgorzata Szarycz – certificated Irish Dance instructor (TCRG). Our main goal is to popularise Irish culture in our region. We practise the sport version of Irish Dance, but also acquire knowledge about the traditional forms.

We offer professional trainings of Irish Dance for children and for adults. We provide preparation to dance tournaments both solo (soft shoes and hard shoes dances) and team competitions. Our program is based on balance practices, endurance and strength training and also stretch sessions.



Celtycki Wrocław

Celtic Wrocław is a group of enthusiasts focused around the idea of popularising Celtic music and culture. They organise Irish music sessions, dances, workshops and concerts, often collaborating with other organisations and cultural institutions.

Fees

Solo competitions	25,30 PLN
Team competitions 2/4/6 hand	18,40 PLN per dancer
Trophy competitions (Trophy, Traditional Sets, Treble Reels)	29,90 PLN
Premier Championship	115,00 PLN
Premier solo round	46,00 PLN
RCCEA Feis fee per dancer	1 EUR/4,60 PLN
Family Dance	23,00 PLN per family
My first Feis	free
Admittance fee for spectators	free

Payments have to be made via bank transfer [PLN] at least 3 days before event:

Irish Spin Małgorzata Szarycz

ING Bank 15 1050 1575 1000 0092 2068 5615

No refunds will be made.

RCCEA fee can be paid separately in EUR or PLN in cash at the event.

In case of questions, please email info@wroclawfeis.com.

Dancers' numbers will be available for collection by teachers or school representatives from the registration point located in the hallway.

The fee for an entire school willing to participate in the feis must be paid beforehand.

Registration and results:

Only by teachers, through www.feisme.net

For assistance with the registration please email admin@feisme.net.

Registration between: **November 15th 2023 - January 06th 2024**

The Feis will run in accordance with the Rules of An Coimisiún Le Rincí Gaelacha.

Entries will only be accepted from persons currently registered with An Coimisiún.



Timetable

Live timetable: <https://bit.ly/live-timetable-2024>

Approx. time	Level	Dance	Scene	Comp. no.	Category
8:00	Beginner	Reel	A	1	U8
	Beginner	Reel	B	2	U10
	Beginner	Reel	A	3	U13
	Beginner	Reel	B	4	U16
	Beginner	Light jig	A	5	U8
	Beginner	Light jig	B	6	U10
	Beginner	Light jig	A	7	U13
	Beginner	Light jig	B	8	U16
	Beginner	Slip jig	A	9	U10
	Beginner	Slip jig	B	10	U13
	Beginner	Slip jig	A	11	U16
	Beginner	Single jig	A	12	U10
	Beginner	Single jig	B	13	U13
	Beginner	Single jig	A	14	U16
	Beginner	Trophy light	A	15	U8
	Beginner	Trophy light	B	16	U12
	Beginner	Trophy light	A	17	U16
	Pre-beginner	First Feis	AB	18	U16
	Beginner	Heavy jig	A	19	U8
	Beginner	Heavy jig	B	20	U11
	Beginner	Heavy jig	A	21	U13
	Beginner	Heavy jig	B	22	U16
	Beginner	Hornpipe	A	23	U13
	Beginner	Hornpipe	B	24	U16
	Beginner	Trophy hard	A	25	U11
	Beginner	Trophy hard	B	26	U13
	Beginner	Trophy hard	A	27	U16
Results on the Results Stage					
9:15	Beginner	Reel	A	28	U32
	Beginner	Reel	B	29	O32

Approx. time	Level	Dance	Scene	Comp. no.	Category
9:15	Beginner	Light jig	A	30	U27
	Beginner	Light jig	B	31	O27
	Beginner	Slip jig	A	32	U30
	Beginner	Slip jig	B	33	O30
	Beginner	Single jig	A	34	U31
	Beginner	Single jig	B	35	O31
	Beginner	Trophy light	A	36	U35
	Beginner	Trophy light	B	37	O35
	Beginner	Heavy jig	A	38	U24
	Beginner	Heavy jig	B	39	U33
	Beginner	Heavy jig	A	40	O33
	Beginner	Hornpipe	A	41	U32
	Beginner	Hornpipe	B	42	O32
	Beginner	Trophy hard	A	43	U30
	Beginner	Trophy hard	B	44	O30
Results on the Results Stage					
9:45	Primary	Reel	A	45	U11
	Primary	Reel	B	46	U13
	Primary	Reel	A	47	U16
	Primary	Light jig	A	48	U13
	Primary	Light jig	B	49	U16
	Primary	Slip jig	A	50	U13
	Primary	Slip jig	B	51	U16
	Primary	Single jig	A	52	U12
	Primary	Single jig	B	53	U16
	Primary	Trophy light	A	54	U11
	Primary	Trophy light	B	55	U13
	Primary	Trophy light	A	56	U16
	Primary	Heavy jig	A	57	U13
	Primary	Heavy jig	B	58	U16

Approx. time	Level	Dance	Scene	Comp. no.	Category
9:45	Primary	Hornpipe	A	59	U12
	Primary	Hornpipe	B	60	U16
	Primary	Trophy hard	A	61	U13
	Primary	Trophy hard	B	62	U16
	Beginner/Primary	Trad Set	A	63	U14
	Any	2-hand	A	64	U16
	Any	Family dance	AB	65	all
	Any	Treble reel	AB	66	U16
Results on the Results Stage					
11:00	Primary	Reel	A	67	U20
	Primary	Reel	B	68	U29
	Primary	Reel	A	69	O29
	Primary	Light jig	A	70	U24
	Primary	Light jig	B	71	U32
	Primary	Light jig	A	72	O32
	Primary	Slip jig	A	73	U23
	Primary	Slip jig	B	74	O23
	Primary	Single jig	A	75	U24
	Primary	Single jig	B	76	O24
	Primary	Trophy light	A	77	U24
	Primary	Trophy light	B	78	U30
	Primary	Trophy light	A	79	O30
	Primary	Heavy jig	A	80	U20
	Primary	Heavy jig	B	81	O20
	Primary	Hornpipe	A	82	U24
	Primary	Hornpipe	B	83	O24
	Primary	Trophy hard	A	84	U26
	Primary	Trophy hard	B	85	O26
	Beginner/Primary	Trad Set	A	86	U19
Beginner/Primary	Trad Set	B	87	U29	

Approx. time	Level	Dance	Scene	Comp. no.	Category
11:00	Beginner/Primary	Trad Set	A	88	U19
	Any	2-hand	A	89	O16
	Any	4/6-hand	A	90	Any
11:45	Speeches of Secretary of Embassy of Ireland in Poland and President of Wroclaw				
approx. 12:10	Any	Treble reel	AB	91	O16
Results on the Results Stage <u>after lunch</u>					
Lunch break					
13:00	Intermediate	Reel	A	92	U14
	Intermediate	Reel	B	93	U16
	Intermediate	Slip jig	A	94	U14
	Intermediate	Slip jig	B	95	U16
	Intermediate	Trophy light	A	96	U12
	Intermediate	Trophy light	B	97	U16
	Intermediate	Heavy jig	A	98	U14
	Intermediate	Heavy jig	B	99	U16
	Intermediate	Hornpipe	A	100	U16
	Intermediate	Trophy hard	A	101	U13
	Intermediate	Trophy hard	B	102	U16
Results on the Results Stage					
14:00	Intermediate	Reel	A	103	U19
	Intermediate	Reel	B	104	U28
	Intermediate	Reel	A	105	O28
	Intermediate	Slip jig	A	106	U19
	Intermediate	Slip jig	B	107	U30
	Intermediate	Slip jig	A	108	O30
	Intermediate	Trophy light	A	109	UU19
	Intermediate	Trophy light	B	110	U30
	Intermediate	Trophy light	A	111	O30
	Intermediate	Heavy jig	A	112	U19
	Intermediate	Heavy jig	B	113	U30

Approx. time	Level	Dance	Scene	Comp. no.	Category
14:00	Intermediate	Heavy jig	A	114	O30
	Intermediate	Hornpipe	A	115	U19
	Intermediate	Hornpipe	B	116	U30
	Intermediate	Hornpipe	A	117	O30
	Intermediate	Trophy hard	A	118	U19
	Intermediate	Trophy hard	B	119	U30
	Intermediate	Trophy hard	A	120	O30
	Intermediate	Trad Set	A	121	O16
Results on the Results Stage					
15:00	Open	Premier*	AB	122	U16
	Open	Premier*	AB	123	U19
	Open	Premier*	AB	124	U22
	Open	Premier*	AB	125	U30
	Open	Premier*	AB	126	O30

* - Premier Championship will run as follows: heavy round, light round and set round.



Rules

GRADE COMPETITION RULES

1. Beginners Grade competitions are confined to dancers who have never won 1st, 2nd or 3rd prize (please refer to the grid) in any competition for that particular dance.
2. In Beginners Grade competitions only basic steps may be performed.
3. Primary Grade competitions are confined to dancers who have never won 1st, 2nd or 3rd prize (please refer to the grid) for that particular dance other than in Beginners Grade.
4. Intermediate Grade competitions are open to all dancers who have not previously won 1st or 2nd prize (please refer to the grid) for that particular dance in Intermediate under the same or higher age limits. If a dancer in Continental Europe and Asia wins in Intermediate, they advance to the next level for the rest of the calendar year. Teachers can move dancers back at their own discretion at the start of the next calendar year.

Grade	Number of entries	Number of dancers to progress
Beginner	5 or less	0
Beginner	6 to 10	1st & 2nd Place
Beginner	11	1st, 2nd & 3rd Place
Primary	5 or less	0
Primary	6 to 10	1st Place
Primary	11 to 20	1st & 2nd Place
Primary	21	1st, 2nd & 3rd Place
Intermediate	5 or less	0
Intermediate	6 to 10	1st Place
Intermediate	11	1st & 2nd Place

5. For all Beginner, Primary and Intermediate competitions (excluding trophy competitions) the 32 bar method will be applied. Two and three hands are danced to 40 bars of music. Ceili and figure dances are subject to the rules applied at Oireachtais. All Open dancers (see point 9c) will be required to dance to 48 bars of music in the reel and jig and 40 bars in the slip-jig and hornpipe.



Rules

MUSIC SPEEDS

Dance	Beginner	Primary	Intermediate/Open
Reel	121/123	116/118	113
Light jig	116	116	116
Single jig	124	124	124
Slip jig	121	118	113
Heavy jig	89	79	73
Hornpipe	142	130	113

TROPHY, PRELIMINARY CHAMPIONSHIP & CHAMPIONSHIP RULES

6. Beginner, Primary and Intermediate Trophy Competitions, if included in the syllabus, will be a choice light and heavy dance. Dancers will dance 16 bars down the line in their chosen dance(s).
7. Traditional Set Dance competitions, dancers will have a choice out of 7 traditional dances: St. Patrick's Day, Blackbird, Job of Journeywork, Garden of Daisies, King of Fairies, Jockey to the Fair & Three sea Captains. If a dancer wins first place in any traditional set dance competition, that dancer moves on the next level in all 7 traditional set dances.
8. Traditional set dances may only be performed in the following competitions: Traditional Set dance competitions, Adult Championships and in the Under 8, Under 9 and Under 10 Open Championships.
9. The Wroclaw Feis Premier Championship will be judged by 2 adjudicators.
 - a. Premier Championship U10: dancers are to perform the following: 1st round – Reel or Slip Jig, 2nd round – Heavy Jig or Hornpipe, and 3rd round – Traditional Set.
 - b. If within this group there will be any Under 6 dancers, they will be required to dance 32 bars of the Reel for the 1st round and of the Light jig for the 2nd round. The top U6 dancer will be recognised and placed.
 - c. All Premier Championships will be judged as two solos and an overall Championship. Dancers will be required to dance 48 bars of music for the Reel & Heavy Jig, and 40 for Slip Jig & Hornpipe and a Modern Set. If there are more than 10 in the competition there may be a recall for the Modern Set round.
10. Where there are 5 or less dancers in any Championship placement will not affect grading.



Rules

OFFICIAL CLRG RULES

11. The lodgement of an entry will be taken to mean that teachers and pupils understand these rules and undertake to abide by them.
12. Objections must be lodged in writing within one hour of the announcement of the result of a competition accompanied by a fee of 40 Euro, which will be refunded if the objection is upheld.
13. The Adjudicators' decisions are final.
14. Only Feis officials may approach the adjudicators during competition sessions.
15. Age will be taken as on 1st January 2024 (whatever age you turn this year, in 2024, you dance under that age all year long, e.g., if a dancer's date of birth is 29 May 2014, she/he dances under 10 in the year 2024). Evidence of age may be requested, therefore dancers should have a valid ID with them in the event of a query as to their age.
16. Competitors must be in costume and ready to dance 30 minutes before their competitions are scheduled. Competitors must also be in full dancing costume and dancing shoes for award ceremonies.
17. The dress code in accordance with An Coimisiún rules will be strictly observed. For the sake of modesty and in the interest of safety to young people, dancers will not be permitted to walk around the Feis scantily dressed.
18. All Beginners and Primary dancers of all age groups may only wear a class costume, simple dancewear or appropriate attire (skirt and top/blouse, simple dress for girls and ladies, trousers and t-shirt/shirt for boys and gents. Make-up is not permitted for any dancer in the first two grades up to and including the Under 12 age group worldwide.
19. The Costume Rules of An Coimisiún, as amended, also apply in Continental Europe and Asia; it can be found in the "Rules" section on www.clrg.ie for reference. Female adult dancers participating in competitions entitled 'adult competition' and/or 'adult grade competition' (both solo and team) are required to wear tights of a denier not less than 70.
20. Team dances (four hands and upward) must be performed as per the Coimisiún handbook "Ar Rinci Ceili".
21. By entering in competitions, dancers (or their legal representatives, in case of minors) consent to their names being stated in the feis results and in the public

Rules

Internet archives or any other feis entry/results system as may replace it.

22. Provided that dancers are not disturbed by flashlights or the like, photography and video recording by persons other than official feis photographers is allowed during Beginners and Primary competitions and during all award ceremonies.

During Intermediate, Preliminary and Open competitions, ONLY the official feis photographer is permitted to take photos. Those who do not wish to be photographed should make themselves known to the Feis Organisers.

23. An Coimisiún has ruled that from 1st January each year, 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 September 1st.

24. Within the limits specified in the Rules of An Coimisiún, the Organisers may at their discretion cancel or combine competitions with insufficient entries.

25. Order and quiet must be kept in the hall, particularly while competitors are dancing. Mobile phones must be switched to silent mode and any calls need to be taken outside the competition hall.

26. The Feis organizers cannot accept any liability for injury or loss or damage to property while on the premises.

27. No refunds will be made.

ADDITIONAL WROCLAW FEIS RULES

28. Smoking in the venue, as well as right next to the access doors and ventilation windows is strictly forbidden.

29. If you notice any defects or problems in the competition area, please inform the organisers about it.

30. Following the GDPR rules, any personal information the dancers or their guardians provide to the Wroclaw Feis team will only be used to communicate information pertaining to their attendance at this year's feis. The Wroclaw Feis team and Irish Spin School of Irish Dance will not use or forward this information to any third party.

31. In case of an emergency when there is a need for evacuating the building, please make your way towards the nearest emergency exit. Look out for staff

Rules

members in reflective vests who will point you in the right direction to ensure a smooth and safe evacuation process.

32. "My First Feis" competition is designed for youngest dancers not older than 10 y.o. who never competed in any Feis. During the competition dancers will be asked to dance simple threes, promenade steps or simple sevens for 16 bars of reel (speed 116). This competition is free of charge. For all participants medals and sweet treats have been prepared. Teachers can line up their own pupils and help them with the counting.

33. "Family Dance" competition is designed for dancers under 18 and their family members. Each team needs to prepare 32 bar dance to reel time (speed 113). Special costumes can be prepared for this competition.

34. "Treble Reel" is Wroclaw's Gnome themed competition danced to 16 bars of music. Each competitor who will dance in gnome costume will receive a special trophy.

35. By participating in the event you are confirming that you read, understood and will follow all rules included in this Syllabus.

36. By participating in the event, you consent to your image being recorded and made public.

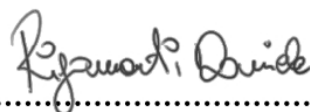
37. Practising in hard shoes is allowed **only** in designated places.

38. The Organiser is not taking any responsibility for belongings left in the venue.

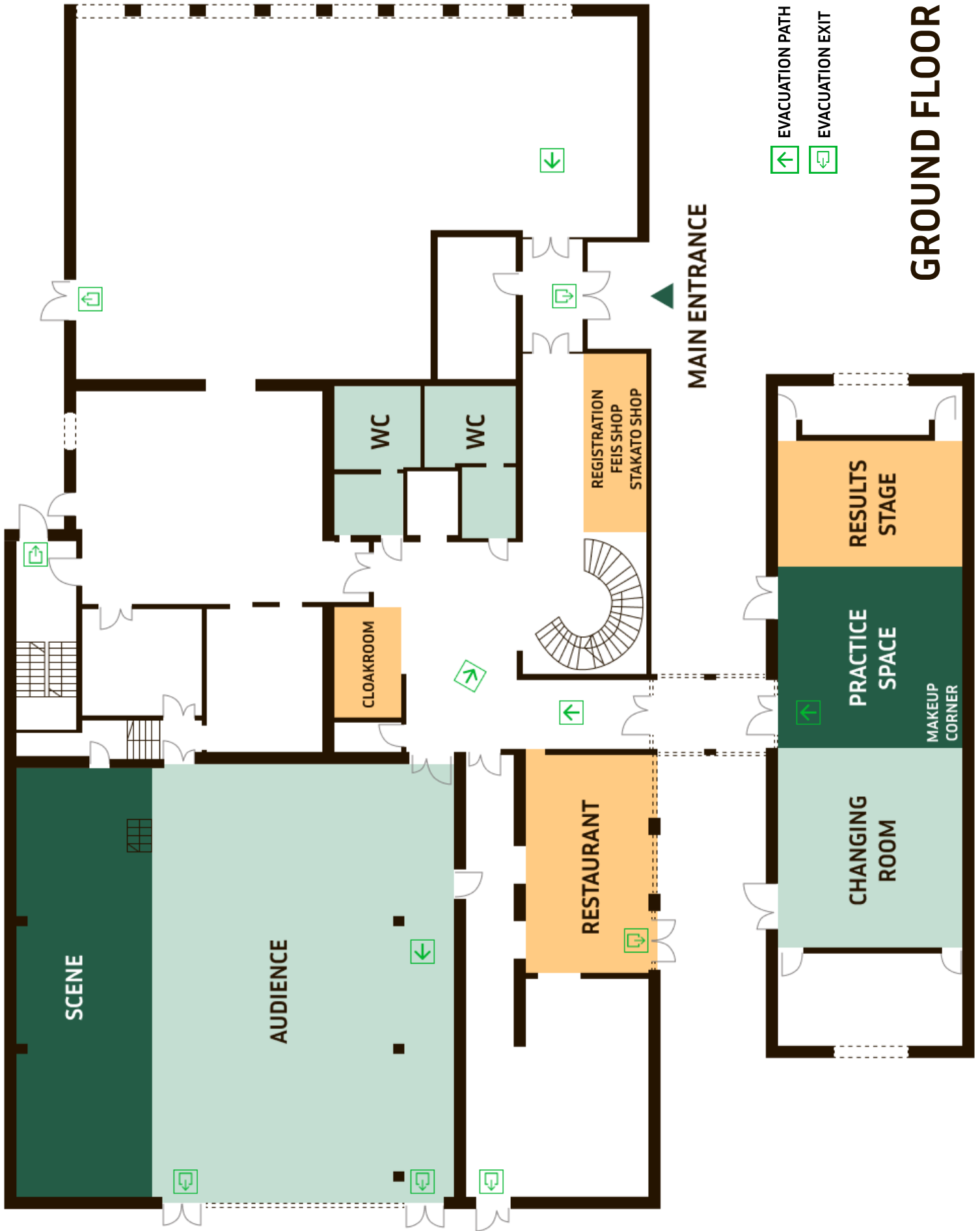
Clairithe Leis an Coimisiún le Rincí Gaelacha
Approved by feis registrar Daniele Rigamonti

26 - 10 - 2023

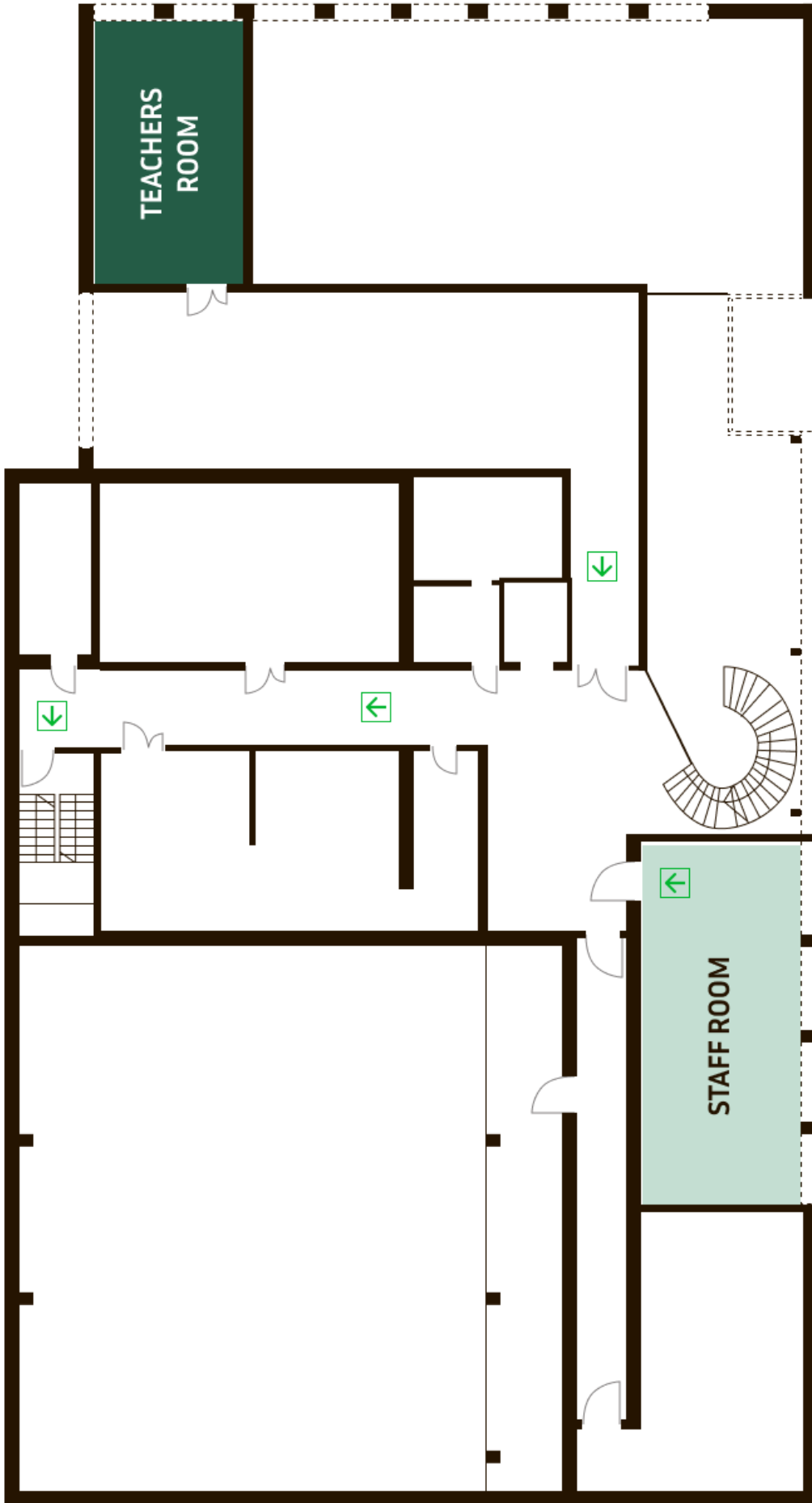
.....
Date



.....
Daniele Rigamonti



GROUND FLOOR



EVACUATION PATH
 EVACUATION EXIT

1st FLOOR



Wrocław Feis

20.01.2024

Issued 12.01.2024

Event run by Irish Spin Irish Dance School



IRISH SPIN