



Legnica Feis

14.02.2026

Claraithe Leis an Coimisiún le Rincí Gaelacha
Approved by feis registrar Rosalie Wagenaar, 20/11./2025

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Legnica Feis

14.02.2026

Syllabus

Venue

Teatr Avatar
Świętego Piotra 14
59-220 Legnica

Adjudicator

Mary McElroy SDCRG

Musicians

Kristián Fišl & Doina Bora

Run by

Scoil Rince Armirnen & Irish Spin School of Irish Dance



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



Fundacja Kultury Irlandzkiej
Fondúireacht Chultúr na hÉireann
Irish Culture Foundation

Honorary patronage of Ambassador of Ireland to Poland
H.E Patrick Haughey

Fundacja Kultury Irlandzkiej (Irish Culture Foundation)

Sponsors & support

CRYSTAL PARADE
INSPIRATION FOR CREATION

Partners



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 **Legnica**, a city in southwestern Poland, in the central part of Lower Silesia. Legnica Feis is the **third** international Irish dance competition in our region.

We are delighted to inform you that the **Ambassador of Ireland to Poland** took honorary patronage over the Legnica Feis.

Legnica is a historic city in southwestern Poland, located in the Lower Silesian Voivodeship. It is one of the region's oldest urban centers, with roots dating back to the early Middle Ages. The city features a blend of Gothic, Renaissance, and Baroque architecture, including the Piast Castle — one of the oldest castles in Poland. Legnica is also known for its rich industrial past, cultural diversity, and green spaces such as the picturesque Park Miejski. Today, it serves as an important local center for education, culture, and commerce within the Legnica–Głogów Copper District.

Distance from other cities in Europe:



- Prague (Czech Republic) – **approx. 260 km**
- Vienna (Austria) – **approx. 440 km**
- Berlin (Germany) – **approx. 280 km**
- Bratislava (Slovakia) – **approx. 420 km**
- Warsaw (Poland) – **approx. 420 km**

The nearest airport is in Wrocław, approx. 1 hour away from the event venue.

Greeting

The feis venue is located in the historical city center of Legnica. More details can be found in the *Travel & Accommodation* section of the Syllabus.

Nearby Galeria Piastów offers plenty of restaurants and shops.

As to the venue itself, it comprises a large hall with one stage: 7×8 metres (Tuchler Consor flooring), changing rooms as well as a warm-up area.

Like last time we will use **Dynamic Timetable**. You will be able to check if there are any delays in the competition schedule. In such cases you will see the updated start time of the next competitions.

Because we have only one stage, **dancers in Beginner and Primary competitions will dance in threes** at the same time. Also we are forced to restrict the number of dancers to **250**. Results will be given alternately with the competitions.

Sadly, we inform you that we will not do the Premier Championship this year. It is due venue limitations and time restrictions. We still however want to give as many chances to progress to a higher level as possible.

Registration will start on **01.12.2025**.

Apart from solo competitions on every level: beginner, primary and intermediate, Legnica Feis Championship will include Trophy Light and Trophy Hard competitions.

In addition, we will hold the following group competitions: **2-hand** and **4/6-hand**, plus the special competition - **Blind Hornpipe**.

Furthermore, we are planning to run a special contest **"First Feis"** for our youngest dancers (Under 10). Competing in "First Feis" is free of charge. Each contestant will receive a medal and a treat. More information can be found in the *Additional Legnica Feis Rules* section.

Because our Feis is held on Valentines Day, **we prepared a small gift for all dancers: Claddagh charm**, which could be hung on a cellphone case. ♥

Please refer to the wiki page about the Claddagh symbol.

I hope that Legnica Feis will not only be a chance to take part in the organised competitions, but also a great opportunity to fall in love in a beautiful Polish city.

Yours respectfully/Mise le meas

Małgorzata Szarycz T.C.R.G.

Scoil Rince Armirnen

Prizes

- Awards for all in Reel, Trophy, Traditional Set competitions and Blind Hornpipe
- Cups for all first places (also separate trophies for ceili and team dancers)
- Medal and a treat for “First Feis” contestants.

Sponsors

CRYSTAL PARADE
INSPIRATION FOR CREATION

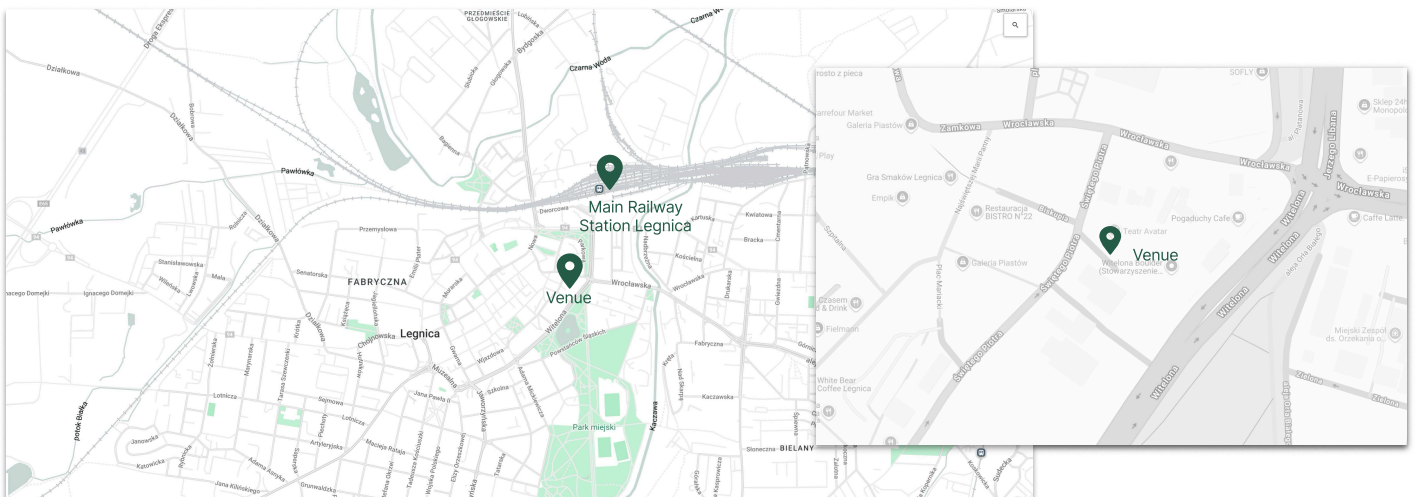
Crystal Parade

2x gift voucher for £30

Other sponsorships TBC

Travel & Accommodation

Teatr AVATAR is located at ul. Świętego Piotra 14, 59-220 Legnica, Poland.



Note: The entrance is from ul. Biskupia (near Kino Piast).

Travel & Accommodation

Here are convenient options to reach Legnica from Wrocław:

- By train: Take a train from Wrocław Główny to Legnica. The journey takes about 45 minutes and there are hourly services. Ticket prices from approx. 23 PLN.
- By car: The drive distance is about 65 km and can take approximately one hour depending on traffic.

Arriving by train may be the most practical option to get to Legnica. Once in Legnica station, you can take a short taxi ride or walk to Św. Piotra 14.

In Legnica, parking is free on weekends. The Paid Parking Zone (SPP) operates only on weekdays, Monday to Friday, from 9:00 a.m. to 5:00 p.m..

Legnica offers a wide range of accommodation to suit your needs but the near location of Wrocław allows you to have comfortable accommodation there as well.

Organiser & partner information



Scoil Rince Armirnen

Scoil Rince Armirnen is an Irish dance school based in Wrocław, Poland, founded by Małgorzata Stępień, a certified teacher (T.C.R.G.) under the CLRG organization.

The school offers individual and small-group classes for dancers of all levels, from beginners to advanced competitors. Training includes both soft and hard shoe dances, traditional sets, and preparation for competitions and Grades exams.

In 2023 and 2024 Małgorzata organized two editions of Wrocław Feis under the Irish Spin School of Irish Dance.

Partner information



Irish Spin School of Irish Dance

Irish Spin is a school of Irish dance founded in 2016 in Wrocław, Poland. It offers classes for children, teenagers, and adults at various levels, from beginner to intermediate, covering both soft shoe and hard shoe styles. The school also runs special groups focused on technique, ceili dancing, endurance, and flexibility. Irish Spin regularly participates in cultural events and workshops, especially around St. Patrick's Day, promoting Irish dance and culture in Poland.



Teatr Avatar (Avatar Theatre)

Teatr Avatar is a performance group based in Legnica, Poland, combining theatre, dance, and acrobatics in visually striking shows. It is known for using fire, light, and aerial elements, creating dynamic reinterpretations of classic stories such as Frankenstein or A Christmas Carol. The group also runs the Akademia Avatara, offering classes in acrobatics, aerial arts, and contemporary dance for all ages. Its mission is to promote artistic expression, creativity, and inclusivity through movement and performance.



Fundacja Kultury Irlandzkiej (Irish Culture Foundation)

The **Fundacja Kultury Irlandzkiej** (Irish Culture Foundation) is a non-profit organisation based in Poznań, Poland, established in 2003. Its mission is to promote Irish culture in Poland through cultural, educational, and artistic activities. One of its main initiatives is "Irlandia w szkole" ("Ireland in School"), a program designed to introduce Polish students to Irish history, traditions, and cultural heritage. The Foundation also organises events, workshops, and performances to foster wider appreciation of Ireland's cultural richness.



Fees

Solo competitions	5,5 EUR	24,20 PLN
Team competitions 2/4/6 hand	4 EUR	17,60 PLN
Trophy competitions (Trophy, Traditional Sets, Treble Reels)	6,5 EUR	28,60 PLN
RCCEA Feis fee per dancer	1 EUR	4,40 PLN
Admittance fee for spectators	5 EUR	22,00 PLN
Family fee for spectators (parents + their children)	15 EUR	66,00 PLN
TCRGs, All registered dancers, children under 5, Seniors over 60, My First Feis	free	

Payments (competition fees only) have to be made via bank transfer [PLN] at least 3 days before event:

Scoil Rince Armirnen Małgorzata Stępień

ING Bank 15 1050 1575 1000 0092 2068 5615

No refunds will be made.

In case of questions, please email **info@legnicafeis.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.feismaster.eu**

For assistance with the registration please email feismaster@feismaster.eu

Registration between: **December 01st 2025 - February 07th 2026**

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.

Provisional timetable

Time	Level
8:00	Solo competitions beginner level O16
9:45	Solo competitions primary level O16 + Group and Ceili dances, Blind Hornpipe
12:15	Solo competitions beginner level U16 + My First Feis
15:15	Solo competitions primary level U16 + Group and Ceili dances, Blind Hornpipe
17:45	Solo competitions intermediate U16
19:45	Solo competitions intermediate O16

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.
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

Grade	Number of entries	No. 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 Championship dancers will be required to dance to 48 bars of music in the reel and jig and 40 bars in the slip-jig and hornpipe.

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

Rules

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. Where there are 5 or less dancers in any Championship placement will not affect grading.

OFFICIAL CLRG RULES

10. The lodgement of an entry will be taken to mean that teachers and pupils understand these rules and undertake to abide by them.

11. 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.

12. The Adjudicators' decisions are final.

13. Only Feis officials may approach the adjudicators during competition sessions.

14. The age of a competitor shall be taken as on 1st January 2026. Where a competitor's birthday falls on 1st January, he/she shall, for the purposes of the feiseanna, be regarded as under the age attained on that day (whatever age you turn this year in 2026, you dance under that age e.g. Date of birth is 29 May 2010, in the year 2012, you dance under 13 all year long). 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.

15. 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.

16. 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.

17. 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

Rules

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.**

18. 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.

19. Team dances (four hands and upward) must be performed as per the Coimisiún handbook “Ar Rinci Ceili”.

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

21. 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.

22. 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.

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

24. 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.

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

26. No refunds will be made.

Rules

ADDITIONAL LEGNICA FEIS RULES

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

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

29. Following the GDPR rules, any personal information the dancers or their guardians provide to the Legnica Feis team will only be used to communicate information pertaining to their attendance at this year's feis. The Legnica Feis team and Scoil Rince Armirnen will not use or forward this information to any third party.

30. Image Use Consent Clause – Competition Participation. By entering Legnica Feis, dancer, parent or legal guardian of the participant consent to Scoil Rince Armirnen recording and publicly using images or videos of the participant taken during the competition.

These images may be used for promotional, educational, and informational purposes, including publication on the school's website, social media, printed materials, and presentations, without limitation of time or territory.

No financial compensation will be provided for such use, and that the images will be used respectfully, maintaining the dignity and reputation of the participant.

This consent is a condition of participation and may be withdrawn in writing at any time, effective from the date of withdrawal.

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

32. **"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 - only RCCEA fee (1Euro) is required. Registration for this competition can be done via feismaster.eu or next to the registration table. All participants need to be present next to the stage after U13 soft shoes beginner competitions. For all participants medals and sweet treats have been prepared. Teachers can line up their own pupils and help them with the counting.

33. **Blind Hornpipe** is a special competition where the adjudicator cannot see the dancer and judges solely based on the sound of the dancer's steps. The dancer

Rules

performs the hornpipe as usual (16 bars, speed 130 bpm), but visual aspects like posture, costume, or stage presence are hidden. This emphasizes musicality, rhythm, and precision of footwork.

34. Please remember that taking photos and recordings is strictly forbidden during all intermediate competitions. Official Legnica Feis photographer will take pictures during these competitions.

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

36. Practising in hard shoes is allowed in designated places only.

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

Claraíthe Leis an Coimisiún le Rincí Gaelacha

Approved by feis registrar Rosalie Wagenaar, 28/11/2025

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Legnica Feis

14.02.2026

Issued 29.11.2025

Event run by Scoil Rince Armirnen & Irish Spin Irish Dance School

