



News Release

Suite of Items for 2019

Dear Coaches, Club Administrators and Calisthenics Community

With the 2018 calisthenics season drawing to a close, with some clubs finished for the year, others with concerts and pupil skills classes still to come, we are pleased to advise you of the suite of items for team competitions in Victoria for 2019.

For those of you who were able to attend one of our Calisthenics Victoria Roadshows recently you would be aware of our 2019-2022 Strategic Plan that will be officially launched in early December and our exciting plans to create a range of 'products' to support the growth and development of calisthenics over the next 4 years. We all love calisthenics but we want more people to know and love it and we will be working on creating a range of new opportunities for people to get involved in calisthenics as well new opportunities to offer clearly defined pathways for development in our sport.

In preparation for these new opportunities there have been some minor changes to some of the items being performed by some sections, and as such, we wanted to get this information to you, as you begin to plan for 2019 (although, we sincerely hope you take some time to enjoy a break from your year this year so that you are refreshed and rested before the new year!).

If you have any questions about the information in this News Release, please don't hesitate to contact the Calisthenics Victoria office via admin@calisthenics.asn.au or call us on 9562 6011.

Thank you and we wish you an enjoyable finish to the 2019 season.

Shirley Pettit
Dir Competitions

Liam Murphy
CEO

Katrina Berryman
VCCA President

ROTATION OF ITEMS 2019

TINIES: All Divisions: Free Exercises, Rods, Character/Folk Dance, Song with Actions/Movements

SUB-JUNIORS

Championship (6 items)	Champ Reserve, Div 1 - 11 (6 items)
March	March
Clubs	Clubs
Free Exercises	Free Exercises
Rods	Rods
Aesthetics	Aesthetics
Song & Dance	Song & Dance

JUNIORS

Championship (6 items)	Champ Reserve, Div 1 -11 (6 items)
March	March
Clubs	Clubs
Free Exercises	Free Exercises
Rods	Rods
Aesthetics	Aesthetics
Song & Dance	Cal Revue

INTERS

Championship (6 items)	Champ Reserve, Div 1 - 3 (6 items)	Div 4 - 11 (6 items)
March	March	March
Clubs	Clubs	Clubs
Free Exercises	Free Exercises	Free Exercises
Rods	Rods	Rods
Rhythmical Aesthetics	Rhythmical Aesthetics	Aesthetics
Dance Arrangement	Dance Arrangement	Dance Arrangement

SENIORS

Championship (6 items)	Champ Reserve, Div 1 - 3 (6 items)	Div 4 - 11 (6 items)
March	March	March
Clubs	Clubs	Clubs
Free Exercises	Free Exercises	Free Exercises
Rods	Rods	Rods
Rhythmical Aesthetics	Rhythmical Aesthetics	Aesthetics
Dance Arrangement	Cal Revue	Cal Revue

MASTERS: All Divisions: March, Clubs, Free Exercises, Rods, Aesthetics, Calisthenic Revue

STANDARD RULES: Tinies, Sub-Junior, Junior, Champ Reserve – Div 11 Inters, Seniors Div 1 – 11 and Masters sections.

MINIMAL RULES: Champ Inters, Champ Seniors & Champ Reserve Seniors

* Champ Reserve Inters: Lighting in core items, not minimal rules

Champ Juniors: Lighting in core items allowed at CV State Championships when at The Palais only
Survey to be conducted May 2019 to consider future rotations 2021 - 2024