



**CALISTHENICS
VICTORIA**

SOLO COMPETITION ENTRY

CONDITIONS, OPERATIONAL AND ADMINISTRATIVE RULES

2019

In conjunction with ACF National Rules & Administrative Procedures

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The contents of these rules must be read in conjunction with the ACF National Rules and Regulations. Victorian Flexible Rules and terms of conditions of entry are part of the requirement of entry to all Victorian Metropolitan and Country Competitions & Eisteddfods

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SECTION 1: CONDITIONS OF ENTRY

1.1 AGES

- 1.1.1. Minimum age for all competitors:
 - Calisthenic Solo - 8 years
 - Graceful Solo - 11 years
 - Duos – 11 years
- 1.1.2. Solo/Duo competitors must compete in their correct age group
- 1.1.3. **RESTRICTION:** Competitors aged from 11 years & over may compete in any two of the three sections offered – Graceful Solo, Calisthenic Solo or Calisthenic Duo in any calendar year, except if they are selected to appear at the National Competition. They must not participate in all three sections at metro/regional competitions, but may appear in the National Solo Selections and the National Championships in a third section.

1.2 CHECK IN

- 1.2.1 Competitors must **Check In** at least 15 minutes prior to the commencement of their section/division, otherwise they will not be permitted to appear.

1.3 ELIGIBILITY

- 1.3.1. Solo/Duo participants competing at Metropolitan Solo Competitions (Melbourne & Ballarat) must compete in 2 Core Items at Victorian State Championships in the same year of competition, or they forfeit any prizes or trophies won during that Solo season. They would also be ineligible to compete in Solos/Duos in the following year, unless they can prove exceptional circumstances
- 1.3.2. **Interstate Competitors:**
 - 1.3.2.1. Interstate participants must have the appropriate Pupil Skill level required for Victorian Competitions. Proof of attainment must be forwarded to the Calisthenics Victoria Office by the **8th February 2019**
 - 1.3.2.2. The Coach of the interstate competitor must be a fully qualified Level 1/2 Coach, registered with their State Body
 - 1.3.2.3. A request for a solo grading must be forwarded to the grading manager solo.grading@calisthenics.asn.au prior to the 9th February 2018, stating their previous solo experience/placings in both interstate and local competitions
 - 1.3.2.4. Participants must provide proof that they are registered with their State Calisthenics Association.
 - 1.3.2.5. **Must compete in 2 core items in their own states main competition**
 - 1.3.2.6. **Are not eligible to compete at Calisthenic Victoria State Championships**
- 1.3.3. Solo/Duo entries in Open Reserve and Open sections must not be accepted from any competitor/s unless their name appears on the eligible solo list provided by the Calisthenics Victoria Office on an annual basis. **This also applies for ALL senior (18+) entries (ie Novice, Elementary, Open Reserve and Open)**
- 1.3.4. Solo/Duo Coach/s must be correctly registered through their State Body. They must be a Registered A.S.C. Level One/Two Coach and a financial member of the V.C.C.A., or reciprocal State Coaching Body, at the time of lodging entries
- 1.3.5. The Coach must have viewed the Banned Movements Video on an annual basis.

ADDITIONAL COUNTRY RULE

- 1.3.6. If a Club enters and **competes with teams** in at least one age group, they are permitted to enter soloists in any age group
- 1.3.7. All solo entrants at a Country Competition must be a registered member of a Club

1.4 ENTRIES

- 1.4.1. All entries will be accessed by way of MyStage. Once the cutoff date for entry has been attained, no further bookings will be accepted
- 1.4.2. **A media release will occur when entries open**
- 1.4.3. **Closing date: March competitions - Monday 11th February 2019; April competitions - Monday 25th February 2019**
- 1.4.4. **Competitions are offered as per Appendix 2**

1.5 GRADINGS

- 1.5.1 Solo/Duo competitors must compete as graded by the Calisthenics Victoria Solo Grading Committee, unless sections are combined
- 1.5.2 Solo/Duo competitors must compete in their correct age group
- 1.5.3 Competitors in the Duos do not have to be from the same Club, and each member of the pair must have the correct Calisthenic Pupil Skills Level for their age
- 1.5.4 All Duo competitors to compete in the age section that they are registered to work in for teams (ie Junior, Inter or Senior) regardless of the actual age
- 1.5.5 If a Solo/Duo competitor has not competed for a period of two years, a request for grading must be made
- 1.5.6 For grading purposes, competition results should be forwarded to the Solo Grading Manager, c/- Calisthenics Victoria office, within one week of the completion of the competition

1.6 MUSIC

- 1.6.1 **All music to be on a USB drive**
- 1.6.2 **USB drive to be clearly identified with the following:**
 - 1.6.2.1 **Full name of competitor**
 - 1.6.2.2 **Section (eg Graceful 13 year Novice)**
- 1.6.3 **Smart phones / ipods etc will not be accepted**

1.7 NON APPEARANCE

- 1.7.1. Failure to give 24 hours' notice of a pending non-appearance will incur a fine of \$50 to be paid within 14 days.
- 1.7.2. Failure to pay this fine, will generate a second letter from the Director of Competitions with a request for a \$50 fine to be paid within 14 days, otherwise a 12 month ban from solos/duos will apply the following year.
- 1.7.3. **PENALTY FINES MUST BE ENFORCED**
- 1.7.4. Director of Competition to communicate such 12 month ban to Solo Grading Competition to delete the competitor's name from the Grading List.

1.8 NOVICE/ELEMENTARY/OPEN RESERVE/OPEN SECTIONS

- 1.8.1 Novice, Elementary, Open Reserve and Open sections will be provided if there are at least 6 Open, Open Reserve and Novice competitors, according to Calisthenics Victoria Grading.

1.9 REFUNDS

- 1.9.1 No refunds after entries close
- i. Extenuating circumstances can be submitted to the Director of Competitions for consideration (eg injury ruling competitor out of entire solo season). In these instances, Director of Competitions to direct competitions to refund
 - ii. Failure to advise competition of withdrawal 24 hours prior to commencement of competition (generally 6pm Thursday) incurs a \$50 fine
 - iii. Medical certificate can be submitted to avoid fine
 - iv. Medical certificate to be submitted by midnight Monday after scheduled appearance
- 1.9.2. Failure to pay the \$50 fine within a seven days of date of letter will result in withdrawal from the remainder of current and following solo seasons.

1.10 REGISTRATION

- 1.10.1 Entrants in solo sections must be registered with Calisthenics Victoria by **8th February, 2019.**

1.11 RISK MANAGEMENT

- 1.11.1 Club administrators /parent(s) are responsible to ensure the health and safety of all others at competition venues, including fellow competitors and the calisthenic public. This includes knowingly allowing a competitor with an infectious disease to be present/competing
- 1.11.2 In the event of an onstage injury, it is the coaches' responsibility to stop the item and remove the injured competitor. If this is not done, the Stage Manager will then assume responsibility as part of the Duty of Care of the role.

SECTION 2: OPERATIONAL

2.1 ADMISSION PRICES

- 2.1.1. Admission prices are set by each Competition, according to venue costs
- 2.1.2. Companion Card Holder is entitled to concession priced entry and the CARER they are with receives complementary admission. The carer **MUST** be with the person requiring care at the time of purchase and are only able to be purchased at the ticket box. The Companion Card contains a photo ID of the person it is allocated to
- 2.1.3. **Pensioner Concessions** are applicable to holders of Australian Government Pensioner Concession Cards (Aged, Disability, Veterans Affairs etc.)
- 2.1.4. Health Care Cards and Seniors Cards are **not valid** for concession prices at Calisthenic events
- 2.1.5. The ACF/Calisthenics Victoria age for children' tickets is 16 years & under, with free admission for children 5 years & under.
- 2.1.6. Free admission will only be given to the Registered Level One/Two Coach whose name appears on the Competition Entry Form.

2.2 COMBINED / SPLIT SECTIONS

- 2.2.1 Where fewer than 6 entries are received for Open Reserve or Open, sections should be combined in relation to age

- 2.2.2 If large number of entries are received, divisions may be created if over 20

2.2.3 ADDITIONAL COUNTRY RULE

- 2.2.3.1 Where Novice & Open Competitors are combined at Country Solo Competitions, Competitors listed on the Country Solo Open Grading list will incur a **2 point deduction**

- 2.2.3.2 Competitors from Clubs in Melbourne, Ballarat or Geelong who compete in a COMBINED NOVICE/OPEN SECTION at Country Competitions will incur the following deductions:

Metro OPEN Competitors	4 points
Metro OPEN RESERVE Competitors	2 points
Metro NOVICE Competitors	0 points

No deductions will apply when running full Open sections

- 2.2.3.3 Country competitors who appear on the METRO GRADING LIST are subject to the same penalties as competitors from Clubs in Melbourne, Ballarat and Geelong (as listed in above 2 points)

- 2.2.3.4 If enough soloists from Melbourne, Ballarat or Geelong Clubs (minimum of 3 in a section) enter Country Competitions, they should be adjudicated separately with only one award given.

- 2.2.3.5 If a Competition does not receive enough entries to run separate sections for each age group, we recommend sections are combined as follows:

- 9 & 10 years
- 11 & 12 years
- 13 & 14 years (time limit would need to be 2 – 3½ minutes to cover both ages)
- 15 & 16 years

- 2.2.3.6 If only 1 entry is received in a particular age group e.g. 15 years, and none in 16 years, it is recommended the competitor be put in with the 13 & 14 year olds but with a 2 point penalty.

2.3 INJURIES

- 2.3.1. Competitors appearing with existing injury or illness, do so at their own risk as their insurance will be null and void.

2.4 MALES IN DRESSING ROOMS

- 2.4.1 Calisthenics Victoria Policy permits fathers/male guardians in dressing areas, as dressers, at all **Tinies and Sub Junior age Competitions**, provided that the **organisers are advised on arrival and other competitors sharing the dressing room are agreeable**. All competitors (girls and boys) should wear body suits to avoid any problems

- 2.4.2 Males other than those in 2.4.1 are not permitted in female dressing rooms.

2.5 O.H. & S.

- 2.5.1 Competitions must have a First Aid Kit available at each venue throughout the length of competition.

2.6 RESULTS

At Metropolitan Competitions the following places are be awarded:

2.6.1 8 or less competitors

- At least 2 remain unplaced
- 1st, 2nd, 3rd HM & HC - No equals

2.6.2 9 or more competitors

- In sections of 9 or more must leave at least 2 unplaced
- 1st-3rd No equals
- HM No more than 2
- HC No more than 2

2.6.3 15 or more competitors

Special Mention may be awarded

- At Adjudicator's discretion on whether it is awarded. Maximum of 2
- No points announced - does not have to be next down points from HC
- May be awarded up to and including 13 years (Juniors)

ADDITIONAL COUNTRY RULE

The above does not apply when awarding places at Country Competitions in 2019

2.7 RIGHT OF REVIEW

- 2.7.1 A Right of Review is only available when all items have been recorded. These may be referred to regardless of whether or not all Coaches/Competitors have requested their items to be recorded. (Refer to ACF Rule 1.6 Right of Review)

- 2.7.2 If DVD/video facilities are available to be used for the **“Right of Review”**, a suitably qualified Competition Official must be appointed to oversee the process. They must have signed the Confidentiality Agreement

- 2.7.3 ASCA (Vic) approved competitions are Avonde, CVI and RSS

2.8 TIME LIMITS

AGE GROUP	TIME
Sub Juniors	1 ½ - 2 ½ minutes
Juniors	2 - 3 minutes
Inters	2 ½ - 3 ½ minutes
Seniors	2 ½ - 3 ½ minutes (including 17 year old sections)

2.9 TIMING OF ITEMS

- 2.9.1 All Competitions must time and penalise, and only use Timekeepers accredited by Calisthenics Victoria
- 2.9.2 Timing penalties should be handed to Adjudicators on the appropriate penalty form, immediately following the item, with the recorded time on the sheet
- 2.9.3 Timekeepers/Assessors must not have any relationship to a competitor.

SECTION 3: COMPETITION ADMINISTRATION

3.1 ADJUDICATORS

- 3.1.1 Adjudicators/Writers must be paid for the scheduled sessions times, even if they finish a section early
- 3.1.2 Payments must be made within a two week period.

3.2 BREACH OF REGULATIONS

- 3.2.1 In the instance where an affiliated Victorian Calisthenic Competition is deemed to have breached a Rule or Regulation consistent with the Victorian Calisthenic Competition Regulation(s) they will be requested to provide information/explanation to the Victorian Competition Committee with regard to the alleged breach
- 3.2.2 Following investigation of the alleged breach and considering any extenuating circumstances, the Victorian Competition Committee may or may not determine to impose a penalty for the alleged breach as follows:
 - 3.2.2.1 On the first occasion the Competition will incur a \$200 fine
 - 3.2.2.2 On the second occasion (within 3 years) the competition will incur a \$500 fine
 - 3.2.2.3 On the third occasion (within 3 years) the competition will be deregistered for the following calendar year
- 3.2.3 Competitions so penalised shall have a right of appeal to the Calisthenics Victoria Board consistent with the Calisthenics Victoria Constitution, By Laws and Grievance Policy whose decision shall be final. If the penalty is deemed to be upheld any and all fines shall be payable within 14 days from the date of the decision. Failure to pay any fine(s) imposed will result in the competition being deregistered.

3.3 CONDITIONS

- 3.3.1 All Competitions must operate under ACF Rules and Special Victorian Competition Rules
- 3.3.2 **Competition officials (eg Stage Manager/MC, Supervisor, Front Desk, Timers) must be at least 18 years of age. Volunteers under the age of 18 must be under the control of an adult**
- 3.3.3 All Competition officials, coaches, and back stage crew must hold a valid Working With Children Check / VIT Registration
- 3.3.4 Competitions must not be conducted on Mothers' Day, Father's Day, or at Easter and only after 1.00pm on Anzac Day
- 3.3.5 All Competitions agree to adhere to the programmed order of items
- 3.3.6 All Competitions agree to charge the **Entry Fees**, and pay the **Prize money** set annually by the Combined Competition Committees Meeting (Country Competitions excluded.)
- 3.3.7 For Competition Committees to be registered with Calisthenics Victoria they must ensure that at least one representative attends the Combined Team Competition Committees' meeting held in May and November each year. **Non-attendance will result in de-registration of that Competition.**

3.4 CONFIDENTIALITY AGREEMENTS

- 3.4.1 These Statements are valid for 5 years, and should be forwarded to the Calisthenics Victoria office for data collection
- 3.4.2 All Confidentiality Agreements should have been renewed in 2015, and thereafter in 2020, 2025
- 3.4.3 They must be signed by –
 - 3.4.3.1 Timers & Assessors ;
 - 3.4.3.2 DVD/video operators;
 - 3.4.3.3 Nominated Competition Officials who will be involved in the Right of Review process.

3.5 TIMETABLES

- 3.5.1 No Competition to commence before 9.00am, unless prior permission has been given by the Director of Competitions
- 3.5.2 No Competition to commence before 6.00 pm on a Friday evening unless prior permission has been given by the Director of Competitions (State Championship exempt)
- 3.5.3 All competitions for these age groups must be finished by the following times (excluding school holiday periods):

Sub Juniors	9.00 pm	6.00 pm Sunday
Juniors	10.00 pm	8.00 pm Sunday
Intermediates	10.30 pm	
Seniors	10.30 pm	

- 3.5.3 There must be a minimum of 6 solo entries per age group otherwise that section must be cancelled. (Country Competitions excepted where 2 age groups may be combined)
- 3.5.4 Novice, Elementary, Open Reserve and Open sections must be provided if there are at least 6 Open, Open Reserve, Elementary and Novice competitors, according to Calisthenics Victoria Grading.

Any queries, please contact the Calisthenics Victoria Director of Competitions dir.comp@calisthenics.asn.au

SECTION 4: APPENDICES

4.1 APPENDIX 1 - PUPIL SKILL LEVELS

- 4.1.1. Victorian Skill Levels required in the year prior to competing
- 4.1.2. Mandatory Minimum Ages for Skills Exams came into effect at January 1st 2014. Candidates present within the calendar year of the minimum age(s) as stated below
- 4.1.3. The Calisthenics Skills Program is designed for pupils to be examined at two yearly intervals
- 4.1.4. An 80% Pass Rate is required for Aesthetic and Dance in the Grade 3 Skills Level for all entrants in 16 years Graceful Solo and Grade 4 Skills Level for all entrants in the 17 year and 18 year and over (Senior) Graceful Solo. To be eligible for the 17 Calisthenic Solo & 18 year Senior Calisthenic Solo section an 80% Pass Rate is also required in Free Exercises for participant born in the year 2000 and after
- 4.1.5. The required Skills Level must be attained by 31st. December of the year prior to the competition. If an 18 year old competitor wishes to compete in the Senior Calisthenic Solo section but has not competed for a period of 12 months or more, they must fulfill the Skills requirement

Exam Level	ACF Minimum Ages	ACF/Calisthenics Victoria Solo Requirements
Test 1	7 years	8 years
Test 2	7 years	9 years
Test 3	9 years	10 & 11 years
Standard Grade 1	10-12 years	Not applicable
Grade 1	11 years	12 & 13 years
Standard Grade 2	12-14 years	Not applicable
Grade 2	13 years	14 & 15 years
Standard Grade 3	13-15 years	Not applicable
Grade 3	14 years	16 yrs - note: Graceful must attain 80% aesthetic/dance in one exam
Standard Grade 4	15 years	Not applicable
Grade 4	15 years	17 yrs + note: Graceful must attain 80% aesthetic/dance in one exam. <i>Solo/Duo must attain 80% free exercises/aesthetic/dance in one exam</i>

ADDITIONAL COUNTRY RULE

4.1.6 Pupil Skills Levels for soloists from **Country Clubs** to compete in **Country Competitions**

8 years	Test 1
9 years	Test 2
10 & 11 years	Test 3
12 & 13 years	Grade 1
14 & 15 years	Grade 2
16 & 17 years & Over	Grade 3

4.1.7 Soloists from Country Clubs who do not meet the Skills requirement, may request an exemption in writing, from Calisthenics Victoria Competition Committee.

4.1.8 Soloists from Country Clubs who compete in solos in Melbourne and Ballarat, must have the Metropolitan Skills Levels.

4.2 APPENDIX 2 - ROTATION OF SECTIONS OFFERED

WEEKEND	COMPETITION	2019	2020	2021	2022
1	A Mt Eliza	Odd	Odd	Even	Even
	B Aspire	Even	Even	Odd	Odd
2	A Peninsula	Even	Even	Odd	Odd
	B Western District	Odd	Odd	Even	Even
3	A Dandenong	Odd	Odd	Even	Even
	B Avonde	Even	Even	Odd	Odd
4	A Bayside	Even	Even	Odd	Odd
	B Ballarat	Odd	Odd	Even	Even
5	A South Eastern	Odd	Odd	Even	Even
	B Eastern Starz	Even	Even	Odd	Odd
6-7	CV / VCCA	ALL	ALL	ALL	ALL

4.3 ALLOCATION OF ITEMS:

	GRACEFUL SOLO	CALISTHENIC SOLO	DUO
ODD	11, 13, 15, 17 Plus Senior Graceful (18+)	9, 11, 13, 15, 17	
EVEN	12, 14, 16,	8, 10, 12, 14, 16 Plus Senior Calisthenic Solo	Junior, Intermediate & Senior