



2022 SOLO RULES



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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 Calisthenics Victoria Affiliated Competitions

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SECTION 1: CONDITIONS OF ENTRY

1.1 AGES

- a) Minimum age for all competitors:
 - Calisthenic Solo - 5 years as of 31 December 2022
 - Graceful Solo - 8 years as of 31 December 2022
 - Duos – 11 years as of 31 December 2022
 - Trios – 18 years as of 31 December 2022
- b) Solo/Duo/Trio competitors must compete in their correct age group
- c) Competitors aged from 8 – 10 years may compete in both solo disciplines (calisthenic & graceful)
- d) Competitors aged from 11 – 17 years may compete in all three disciplines offered – Graceful Solo, Calisthenic Solo or Duo in any calendar year.
- e) Competitors aged 18 years and over competing as Seniors may compete in up to four disciplines offered – Graceful Solo, Calisthenic Solo, Duo, Trio in one calendar year.
- f) Competitors aged 26 years and over competing as Masters may compete in the Duo section only

	5 – 7 yrs	8 – 10 yrs	11 – 17 yrs	18+ yrs (Seniors)	26+ (Masters)
Calisthenic Solo	✓	✓	✓	✓	
Graceful Solo		✓	✓	✓	
Duo			✓	✓	✓
Trio				✓	
		Can compete in both sections offered	Can compete in all three sections offered	Can compete in all 4 sections offered	

1.2 ELIGIBILITY

- a) Entrants in solo/duo/trio sections must be registered with Calisthenics Victoria by **21st February 2022**.
- b) No skill level is required for entry in 2022.
- c) Solo/Duo/Trio performers competing at Metropolitan Solo Competitions (Melbourne & Ballarat) must compete in 2 Core Items at Victorian State Championships in the same year of competition.
Sanction - forfeiture of any prizes or trophies won during that Solo season and ineligibility to compete in Solos/Duos in the following year, unless exceptional circumstances proven.
- d) **Interstate Competitors:**
 - i) A request for a solo grading must be forwarded to the grading manager solo.grading@calisthenics.asn.au prior to the 1st February 2022, stating their previous solo experience/placings in both interstate and local competitions

- ii) Performers must provide proof that they are registered with their State Calisthenics Association and compete in 2 core items in their own states' main competition.
- iii) Are not eligible to compete at Calisthenic Victoria State Championships
- e) Solo/Duo Coaches must be correctly registered as a Level One/Two Coach through their State Body.
- f) Graceful & Calisthenics Solo performers are only eligible to enter the competition region that corresponds to their home address (by local council area) as set out in entry information.

ADDITIONAL COUNTRY RULE

- g) All solo entrants at a Country Competition must be a registered member of a Club

1.3 ENTRIES

- a) Competitions must be entered as per competition entry information available on the CaliVic website.
- b) No late entries will be accepted unless exceptional circumstances are proven. Calisthenics Victoria reserves the right to determine exceptional circumstances.

1.4 GRADINGS

- a) Solo competitors must compete as graded by the Calisthenics Victoria Solo Grading Committee, unless sections are combined
- b) All Duo/Trio competitors to compete in their correct age section regardless of team section they are competing in.
- c) All competitors must apply for a grading and name must appear on the grading list in order to compete
- d) Solo entries in Elementary, 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.
- e) Novice, Elementary, Open Reserve and Open sections will be provided if there are at least 5 Open, Open Reserve, Elementary and Novice competitors, according to Calisthenics Victoria Grading.

SECTION 2: COMPETITION RULES

2.1 CHECK IN

- a) Competitors must follow the check-in instructions given when schedules are released dependent on their venue requirements.

2.2 NON-APPEARANCE

- a) 24 hours' notice must be given to the competition supervisor of a pending non-appearance for reasons other than illness.
- b) Two hours' notice must be given to the competition supervisor of a pending non-appearance due to illness such as exhibiting COVID-19 symptoms.

Sanction - \$50.00 fine to be paid within 14 days. Failure to pay within 14 days will generate a second letter requesting fine to be paid within another 14 days. Failure to action this request will result in a 12 month ban from solo/duos in the following year.

2.3 REFUNDS

- a) To protect the health of all performers and the community, performers must not attend competitions should they exhibit any COVID-19 symptoms. Refunds of entry fees will be available to performers needing to withdraw due to sickness/exhibiting COVID-19 symptoms. A medical certificate or evidence of COVID-19 Test must be provided to support any refund request due to sickness.
- b) No other refunds will be offered after entries close
 - i) Extenuating circumstances can be submitted to the CaliVic office for consideration (eg: injury ruling competitor out of entire season, close contact isolation requirement).
 - ii) Medical certificates/evidence must be provided to support extenuating circumstances and must be submitted by midnight Monday after scheduled appearance

2.4 RISK MANAGEMENT AND OH & S

- a) Solo/Duo/Trio performers must not knowingly perform at a competition with an infectious disease or illness.
- b) In the event of an onstage injury, coaches are responsible for stopping the item and removing the injured competitor. If this is not done, the Stage Manager will then assume responsibility.
- c) Competitors appearing with existing injury do so at their own risk. Calisthenics Victoria personal accident insurance does not cover pre-existing injury or illness.
- d) Competitions must have a First Aid Kit available at each venue throughout the length of competition.
- e) All participants at competitions are required to follow the venue Risk Management requirements as per information distributed with schedules (subject to restrictions at competition time).

2.5 ADMISSION PRICES

- a) Admission prices are set by Calisthenics Victoria
- b) Companion Card Holders are 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. Companion Tickets are only able to be purchased at the ticket box. The Companion Card contains a photo ID of the person it is allocated to.
- c) Pensioner Concessions are applicable to holders of Australian Government Pensioner Concession Cards (Aged, Disability, Veterans Affairs etc.)
- d) Health Care Cards and Seniors Cards are not valid for concession prices at Calisthenic events
- e) The Calisthenics Victoria age for children's tickets is 16 years & under, with free admission for children 3 years & under.
- f) Free admission will only be given to one Registered Level One/Two Coach per competitor

2.6 COMBINED / SPLIT SECTIONS

- a) Where fewer than 5 entries are received for Elementary, Open Reserve or Open, sections should be combined in relation to age.
- b) Where fewer than 4 entries are received for Duos/Trios the section will be cancelled and entry fees refunded.

ADDITIONAL COUNTRY RULE

- a) 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**
- b) Competitors from Clubs in Melbourne, Ballarat or Geelong who compete in a COMBINED NOVICE/OPEN SECTION at Country Competitions will incur the following deductions:
 - i) Metro OPEN competitors – 4 points
 - ii) Metro OPEN RESERVE competitors – 2 points
 - iii) Metro NOVICE competitors – 0 points
 - iv) No deductions will apply when running full Open sections
- c) 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)
- d) 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 (no penalties will be applied but will be taken into account in grading).
- e) If a Competition does not receive enough entries to run separate sections for each age group, sections should be combined as follows:
 - 9 & 10 years
 - 11 & 12 years
 - 13 & 14 years (time limit 2 – 3 ½ minutes)
 - 15 & 16 years
- f) 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 years but with a 2-point penalty.

2.7 MALES IN DRESSING ROOMS

- a) Calisthenics Victoria Policy only 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.
- b) Males other than those in the above point are not permitted in female dressing rooms.

2.8 RESULTS

At Metropolitan Competitions the following places are to be awarded:

- a) 6 or less competitors
 - i) Adjudicators discretion as to how many places awarded as long as there is never one competitor only left unplaced.
- b) 8 or less performances
 - i) At least 2 remain unplaced
 - ii) 1st, 2nd 3rd HM & HC - No equals
- c) 9 or more performances
 - i) In sections of 9 or more must leave at least 2 unplaced
 - ii) 1st-3rd No equals
 - iii) HM No more than 2
 - iv) HC No more than 2
- d) 15 or more performances

Special Mention may be awarded

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

2.9 RIGHT OF REVIEW

- a) 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)
- b) 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

2.10 TIME LIMITS

AGE GROUP	TIME
5, 6, 7 yrs	1 ½ – 2 minutes
8, 9, 10 yrs	1 ½ - 2 ½ minutes
11, 12, 13 yrs	2 - 3 minutes
14 yrs +	2 ½ - 3 ½ minutes
Masters	2 – 3 minutes

2.11 TIMING OF ITEMS

- a) All Competitions must time and penalise, and only use Timekeepers accredited by Calisthenics Victoria
- b) Timekeepers/Assessors must not have any relationship to a competitor or coach.

2.12 TINIES ALLOWABLE MOVEMENTS

- a) Competitors participating in the 5 & 6 yrs age group
 - a. No walkovers and/or variations of the movement
 - b. No headstands
 - c. No aerials