

# SOLO RULES

*2020*



CALISTHENICS  
VICTORIA

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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

- a) Minimum age for all competitors:
  - Calisthenic Solo - 8 years as of 31 December 2020
  - Graceful Solo - 11 years as of 31 December 2020
  - Duos – 11 years as of 31 December 2020
- b) Solo/Duo competitors must compete in their correct age group
- c) Competitors aged from 11 – 17 years 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 Auditions and the National Championships in a third section.
- d) Senior competitors 18 years and over may compete in all three sections offered in one calendar year

	8 – 10 yrs	11 – 17 yrs	18+ yrs
<b>Calisthenic Solo</b>	✓	✓	✓
<b>Graceful Solo</b>		✓	✓
<b>Duo</b>		✓	✓
		Can compete in <b>2 out of 3</b> sections offered	Can compete in <b>all 3</b> sections offered

## 1.2 ELIGIBILITY

- a) Entrants in solo sections must be registered with Calisthenics Victoria by **14<sup>th</sup> February, 2020**.
- b) Solo/Duo 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.*

- c) **Interstate Competitors:**
  - i) Interstate performers must have the appropriate Pupil Skill level required for Victorian Competitions. Proof of attainment must be forwarded to the Calisthenics Victoria Office prior to competition
  - ii) The Coach of the interstate competitor must be a fully qualified Level 1/2 Coach, registered with their State Body
  - iii) A request for a solo grading must be forwarded to the grading manager [solo.grading@calisthenics.asn.au](mailto:solo.grading@calisthenics.asn.au) prior to the 3<sup>rd</sup> February 2020, stating their previous solo experience/placings in both interstate and local competitions
  - iv) 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.

- v) Are not eligible to compete at Calisthenic Victoria State Championships
- d) Solo/Duo Coaches must be correctly registered as a Level One/Two Coach through their State Body.
- e) Solo/Duo competitors must have the correct Calisthenics Pupil Skill level for their age.

#### **ADDITIONAL COUNTRY RULE**

- f) 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/Duo competitors must compete as graded by the Calisthenics Victoria Solo Grading Committee, unless sections are combined
- b) All Duo competitors to compete in their correct age section regardless of team section they are competing in.
- c) If a Solo/Duo competitor has not competed for a period of two years, a request for grading must be made
- d) All Senior age competitors must apply for a grading and name must appear on the grading list
- e) 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.
- f) Novice, Elementary, Open Reserve and Open sections will be provided if there are at least 6 Open, Open Reserve, Elementary and Novice competitors, according to Calisthenics Victoria Grading.

### **1.5 SOLO GRADING CRITERIA**

#### **8-9 YEARS CALISTHENIC and 11-13 YEARS GRACEFUL SOLOISTS**

<b>Section in 2019</b>	<b>Criteria</b>	<b>Section for 2020</b>
NOVICE	Competitors who did not gain a place/10 points in 2019	NOVICE
	Competitors who gained 10 points (or more) in 2019 **	OPEN
OPEN	Competitors who have not gained a place / points in two years (2018 & 2019)	NOVICE
	Competitors who gained points in 2018 and/or 2019	OPEN

### 10-11 YEARS CALISTHENIC and 14 YEARS GRACEFUL SOLOISTS

Section in 2019	Criteria	Section for 2020
NOVICE	Competitors who did not gain a place or gained less than 8 points	NOVICE
	Competitors who gained between 8 and 14 points**	OPEN RESERVE
	Competitors who gained more than 14 points	OPEN
OPEN	Competitors who gained no/minimal points in 2018 and/or 2019**	OPEN RESERVE
	Competitors who gained points in 2018 and/or 2019	OPEN

**\*\* NOTE:** To ensure enough competitors to run separate Open and Open Reserve sections, it may be necessary to move the **top 10-12** competitors in some sections, regardless if the points achieved don't meet the criteria above.

### 12-17 YEARS CALISTHENIC and 15-17 YEARS GRACEFUL SOLOISTS

Section in 2019	Criteria	Section for 2020
NOVICE	Competitors who did not gain a place/10 points in 2019	NOVICE
	Competitors who gained 10 points (or more) in 2019	OPEN RESERVE
OPEN RESERVE	Competitors who have not gained a place / points in two years (2018 & 2019)	NOVICE
	Competitors who gained less than 10 points in 2019	OPEN RESERVE
	Competitors who gained 10 points (or more) in 2019	OPEN
OPEN	Competitors who have not gained a place / points in two years (2018 & 2019)	OPEN RESERVE
	Competitors who gained points in 2018 and/or 2019	OPEN

### 18 YEARS & OVER CALISTHENIC and GRACEFUL SOLOISTS

Section in 2019	Section in 2020			
	Senior Novice	Senior Elementary	Senior Open Reserve	Senior Open
<b>17 Years Novice</b>	Competitors gaining less than 15 points in 2019	15+ Points in 2019		
<b>17 Years Open Reserve</b>	Competitors gaining less than 10 points in 2019	10+ Points in 2019		
<b>17 Years Open</b>		Competitors gaining less than 10 points in 2019	10+ Points in 2019	
<b>Senior Novice *</b>	Competitors who did not gain a place / less than 10 points in 2019	Gained 10+ points in 2019		
<b>Senior Open Reserve</b>		No place for 2 years	Any points in 2018/19	10+ Points in 2019 CV/RSSS Finalist 2019
<b>Senior Open</b>			No place for 2 years	Any Points in 2019 CV/RSSS Finalist 2019

## SECTION 2: COMPETITION RULES

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### 2.1 CHECK IN

- a) Competitors must check-in at least 15 minutes prior to the commencement of their section/division.

### 2.2 NON-APPEARANCE

- a) 24 hours' notice must be given to the competition supervisor of a pending non-appearance.

*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) No refunds after entries close
  - i) Extenuating circumstances can be submitted to the CaliVic office for consideration (eg: injury ruling competitor out of entire season).
  - ii) Medical certificates must be provided to support extenuating circumstances and must be submitted by midnight Monday after scheduled appearance

### 2.4 RISK MANAGEMENT & OH & S

- a) Solo/Duo performers must not knowingly perform at a competition with an infectious disease.
- 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 or illness, 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.

### 2.5 ADMISSION PRICES

- a) Admission prices are set by each Competition, according to venue costs
- 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' tickets is 16 years & under, with free admission for children 5 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 6 entries are received for Open Reserve or Open, sections should be combined in relation to age
- b) Parts may be created at the competitions' discretion if the following entry numbers are received;
  - i) Solos - 22-26 competitors
  - ii) Duos – 20-24 competitors or more

### *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) 8 or less competitors
  - i) At least 2 remain unplaced
  - ii) 1st, 2nd 3rd HM & HC - No equals

- b) 9 or more competitors
  - 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
- c) 15 or more competitors  
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
8, 9, 10 yrs	1 ½ - 2 ½ minutes
11, 12, 13 yrs	2 - 3 minutes
14 yrs +	2 ½ - 3 ½ 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.



## SECTION 3: APPENDICES

### APPENDIX 1 - PUPIL SKILL LEVELS

- a) Victorian Skill Levels required in the year prior to competing
- b) An 80% Pass Rate is required for Aesthetic and Dance in the Grade 3 Skills Level for all entrants in 16 yrs Graceful Solo and Grade 4 Skills Level for all entrants in 17 yrs and Senior Graceful Solo.
- c) An 80% Pass Rate is also required in Free Exercises for participant born in the year 2000 and after for the 17 Calisthenic Solo & 18 year Senior Calisthenic Solo section
- d) The required Skills Level must be attained by 31st December of the year prior to the competition.
- e) 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
Grade 1	11 years	12 & 13 years
Grade 2	13 years	14 & 15 years
Grade 3	14 years	16 yrs - note: Graceful must attain 80% aesthetic/dance in one exam
Grade 4	15 years	17 yrs + note: Graceful must attain 80% aesthetic/dance in one exam. Solo/Duo must attain 80% free exercises/aesthetic/dance in one exam

#### *ADDITIONAL COUNTRY RULE*

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

- f) Soloists from Country Clubs who do not meet the Skills requirement, may request an exemption in writing, from Calisthenics Victoria Competition Committee.
- g) Soloists from Country Clubs who compete in solos in Melbourne and Ballarat, must have the Metropolitan Skills Levels.

## APPENDIX 2 - ROTATION OF SECTIONS OFFERED 2020

WEEKEND		COMPETITION	2020
1	A	Mt Eliza	Odd + Senior Graceful
	B	Aspire	Even + Duos + Senior Cali
2	A	Peninsula	Even + Duos + Senior Cali
	B	Western District	Odd + Senior Graceful
3	A	Dandenong	Odd + Senior Graceful
	B	Avonde	Even + Duos + Senior Cali
4	A	Bayside	Even + Duos + Senior Cali
	B	Ballaarat	Odd + Senior Graceful
5	A	South Eastern	Odd + Senior Graceful
	B	Eastern Starz	Even + Duos + Senior Cali
6-7		CV / VCCA	ALL

### 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