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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

<table>
<thead>
<tr>
<th></th>
<th>8 – 10 yrs</th>
<th>11 – 17 yrs</th>
<th>18+ yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calisthenic Solo</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Graceful Solo</td>
<td></td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Duo</td>
<td></td>
<td>✔</td>
<td>✔</td>
</tr>
</tbody>
</table>

Can compete in 2 out of 3 sections offered
Can compete in all 3 sections offered

1.2 ELIGIBILITY
a) Entrants in solo sections must be registered with Calisthenics Victoria by 14th 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 prior to the 3rd 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**

<table>
<thead>
<tr>
<th>Section in 2019</th>
<th>Criteria</th>
<th>Section for 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>NOVICE</td>
<td>Competitors who did not gain a place/10 points in 2019</td>
<td>NOVICE</td>
</tr>
<tr>
<td></td>
<td>Competitors who gained 10 points (or more) in 2019 **</td>
<td>OPEN</td>
</tr>
<tr>
<td>OPEN</td>
<td>Competitors who have not gained a place/points in two years (2018 &amp; 2019)</td>
<td>NOVICE</td>
</tr>
<tr>
<td></td>
<td>Competitors who gained points in 2018 and/or 2019</td>
<td>OPEN</td>
</tr>
</tbody>
</table>
### 10-11 YEARS CALISTHENIC and 14 YEARS GRACEFUL SOLOISTS

<table>
<thead>
<tr>
<th>Section in 2019</th>
<th>Criteria</th>
<th>Section for 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>NOVICE</td>
<td>Competitors who did not gain a place or gained less than 8 points</td>
<td>NOVICE</td>
</tr>
<tr>
<td></td>
<td>Competitors who gained between 8 and 14 points**</td>
<td>OPEN RESERVE</td>
</tr>
<tr>
<td></td>
<td>Competitors who gained more than 14 points</td>
<td>OPEN</td>
</tr>
<tr>
<td>OPEN</td>
<td>Competitors who gained no/minimal points in 2018 and/or 2019**</td>
<td>OPEN RESERVE</td>
</tr>
<tr>
<td></td>
<td>Competitors who gained points in 2018 and/or 2019</td>
<td>OPEN</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Section in 2019</th>
<th>Criteria</th>
<th>Section for 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>NOVICE</td>
<td>Competitors who did not gain a place/10 points in 2019</td>
<td>NOVICE</td>
</tr>
<tr>
<td></td>
<td>Competitors who gained 10 points (or more) in 2019</td>
<td>OPEN RESERVE</td>
</tr>
<tr>
<td>OPEN RESERVE</td>
<td>Competitors who have not gained a place / points in two years (2018 &amp; 2019)</td>
<td>NOVICE</td>
</tr>
<tr>
<td></td>
<td>Competitors who gained less than 10 points in 2019</td>
<td>OPEN RESERVE</td>
</tr>
<tr>
<td></td>
<td>Competitors who gained 10 points (or more) in 2019</td>
<td>OPEN</td>
</tr>
<tr>
<td>OPEN</td>
<td>Competitors who have not gained a place / points in two years (2018 &amp; 2019)</td>
<td>OPEN RESERVE</td>
</tr>
<tr>
<td></td>
<td>Competitors who gained points in 2018 and/or 2019</td>
<td>OPEN</td>
</tr>
</tbody>
</table>

### 18 YEARS & OVER CALISTHENIC and GRACEFUL SOLOISTS

<table>
<thead>
<tr>
<th>Section in 2019</th>
<th>Senior Novice</th>
<th>Senior Elementary</th>
<th>Senior Open Reserve</th>
<th>Senior Open</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 Years Novice</td>
<td>Competitors gaining less than 15 points in 2019</td>
<td>15+ Points in 2019</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17 Years Open Reserve</td>
<td>Competitors gaining less than 10 points in 2019</td>
<td>10+ Points in 2019</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17 Years Open</td>
<td>Competitors gaining less than 10 points in 2019</td>
<td></td>
<td>10+ Points in 2019</td>
<td></td>
</tr>
<tr>
<td>Senior Novice *</td>
<td>Competitors who did not gain a place / less than 10 points in 2019</td>
<td>Gained 10+ points in 2019</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior Open Reserve</td>
<td>No place for 2 years</td>
<td>Any points in 2018/19</td>
<td>10+ Points in 2019 CV/RSSS Finalist 2019</td>
<td></td>
</tr>
<tr>
<td>Senior Open</td>
<td>No place for 2 years</td>
<td>Any Points in 2019 CV/RSSS Finalist 2019</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SECTION 2: COMPETITION RULES

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 Calisthenics 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
time 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

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>8, 9, 10 yrs</td>
<td>1 ½ - 2 ½ minutes</td>
</tr>
<tr>
<td>11, 12, 13 yrs</td>
<td>2 - 3 minutes</td>
</tr>
<tr>
<td>14 yrs +</td>
<td>2 ½ - 3 ½ minutes</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Exam Level</th>
<th>ACF Minimum Ages</th>
<th>ACF/Calisthenics Victoria Solo Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Test 1</td>
<td>7 years</td>
<td>8 years</td>
</tr>
<tr>
<td>Test 2</td>
<td>7 years</td>
<td>9 years</td>
</tr>
<tr>
<td>Test 3</td>
<td>9 years</td>
<td>10 &amp; 11 years</td>
</tr>
<tr>
<td>Grade 1</td>
<td>11 years</td>
<td>12 &amp; 13 years</td>
</tr>
<tr>
<td>Grade 2</td>
<td>13 years</td>
<td>14 &amp; 15 years</td>
</tr>
<tr>
<td>Grade 3</td>
<td>14 years</td>
<td>16 yrs - note: Graceful must attain 80% aesthetic/dance in one exam</td>
</tr>
<tr>
<td>Grade 4</td>
<td>15 years</td>
<td>17 yrs + note: Graceful must attain 80% aesthetic/dance in one exam. Solo/Duo must attain 80% free exercises/aesthetic/dance in one exam</td>
</tr>
</tbody>
</table>

ADDITIONAL COUNTRY RULE

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

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>8 years</td>
<td>Test 1</td>
</tr>
<tr>
<td>9 years</td>
<td>Test 2</td>
</tr>
<tr>
<td>10 &amp; 11 years</td>
<td>Test 3</td>
</tr>
<tr>
<td>12 &amp; 13 years</td>
<td>Grade 1</td>
</tr>
<tr>
<td>14 &amp; 15 years</td>
<td>Grade 2</td>
</tr>
<tr>
<td>16 &amp; 17 years &amp; Over</td>
<td>Grade 3</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>WEKEND</th>
<th>COMPETITION</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>A Mt Eliza</td>
<td>Odd + Senior Graceful</td>
</tr>
<tr>
<td></td>
<td>B Aspire</td>
<td>Even + Duos + Senior Cali</td>
</tr>
<tr>
<td>2</td>
<td>A Peninsula</td>
<td>Even + Duos + Senior Cali</td>
</tr>
<tr>
<td></td>
<td>B Western District</td>
<td>Odd + Senior Graceful</td>
</tr>
<tr>
<td>3</td>
<td>A Dandenong</td>
<td>Odd + Senior Graceful</td>
</tr>
<tr>
<td></td>
<td>B Avonde</td>
<td>Even + Duos + Senior Cali</td>
</tr>
<tr>
<td>4</td>
<td>A Bayside</td>
<td>Even + Duos + Senior Cali</td>
</tr>
<tr>
<td></td>
<td>B Ballarat</td>
<td>Odd + Senior Graceful</td>
</tr>
<tr>
<td>5</td>
<td>A South Eastern</td>
<td>Odd + Senior Graceful</td>
</tr>
<tr>
<td></td>
<td>B Eastern Starz</td>
<td>Even + Duos + Senior Cali</td>
</tr>
<tr>
<td>6-7</td>
<td>CV / VCCA</td>
<td>ALL</td>
</tr>
</tbody>
</table>

## ALLOCATION OF ITEMS:

<table>
<thead>
<tr>
<th>GRACEFUL SOLO</th>
<th>CALISTHENIC SOLO</th>
<th>DUO</th>
</tr>
</thead>
<tbody>
<tr>
<td>ODD</td>
<td>11, 13, 15, 17</td>
<td>9, 11, 13, 15, 17</td>
</tr>
<tr>
<td></td>
<td>Plus Senior Graceful (18+)</td>
<td></td>
</tr>
<tr>
<td>EVEN</td>
<td>12, 14, 16</td>
<td>8, 10, 12, 14, 16</td>
</tr>
<tr>
<td></td>
<td>Plus Senior Calisthenic Solo</td>
<td>Junior, Intermediate &amp; Senior</td>
</tr>
</tbody>
</table>