

2024 Solo/Duo/Trio Rules

Change Table

The 2024 Solo/Duo/Trio rules have been divided into three sections.

- 1. Conditions of Entry** – outlining the eligibility and conditions of entry into solo/duo/trio competitions. Breaches of these rules incur a fine.
- 2. Competition Rules** – outlining the rules that govern competition running and structure. Breaches of these rules incur a fine.
- 3. Technical Rules** – outlining all technical rules required for performance on stage. Breaches of these rules incur a -5 point deduction (unless banned movement).

2024 SOLO/DUO/TRIO RULE NUMBER	DETAIL OF CHANGE
Conditions of Entry – Rule 2(b) & 2(e)	Males over the age of 15 yrs can compete in solos and can do so without competing in a team with an exemption. This is in line with the Calisthenics Victoria Strategic Plan and commitment to participation for all members of the community.
Competition Rule – Rule 6(a)	Due to privacy legislation and child safety requirements all photography of performers on stage (except for official photographers) and in dressing rooms is prohibited.
Competition Rule – Rule 7(a)	During results performers will remain side stage. Award winners will be then presented on stage. The format of presentation of results has been modified in line with feedback from the community.
Technical Rule – Rule 1(a) & 1(b)	Item requirements for all solo/duo/trio performances added.
Technical Rule – Rule 2	Banned movements added, with the ban on a hop prior to side aerial removed.
Technical Rule – Rule 4	Definition and usage of props included. <ul style="list-style-type: none"> • Hand-held props can be carried on stage by one performer and a performer can start on stage with the hand-held prop touching the floor (cannot go off stage to get more hand-held props). • Large props cannot be used in solo/duo/trios
Technical Rule – Rule 5	Outline of allowed lighting per solo type included.
Technical Rule – Rule 6	Time limits updated. Changes allow more performers to be included per day to ensure costs do not need to rise in line with increased theatre hire charges.
Technical Rule – Rule 7	Outline of allowable curtains included.
Technical Rule – Rule 8	No less than two performers may be left out of places, or all performers must be placed
Technical Rule – Rule 9	Outline of penalties.
General	Removal of false start rule meaning that performers may represent for a place should they run off stage due to lapse of memory etc.