

Quick Guide

TO SOLOS/DUOS/TRIOS TECHNICAL RULES

TIME LIMITS

NEW TIME LIMITS IN 2024



Time limits are based on music **TRACK LENGTH** (including silence)

PROPS

HAND-HELD PROPS can be used in all solos/duos/trios with performers able to start on stage with them touching the ground

LARGE PROPS cannot be used in solos

Refer to rules for definitions of prop types



AGES

MINIMUM AGE

(as of 31st Dec 2024)

Cali Solo - 5 yrs

Graceful Solo - 8 yrs

Duo - 8 yrs

Trio - 11 yrs

Duos/Trios must compete in their correct age group as per solo ages irrespective of the team they are in

COMBINED SECTIONS

REGIONAL COMPS ONLY

Where grades are combined due to entry numbers +1 point is added per division away from highest graded performer

PHOTOS



NO PHOTOGRAPHY at competition venues (in dressing rooms or onstage)

ITEMS

GRACEFUL - must have a balance of aesthetic movement & elevated dance steps/dance.

CALI, DUO, TRIO - must have a balance of calisthenic physical work & dance

NUMBERS

DUO - must have 2 on stage throughout item

TRIO - must have 3 on stage throughout item



RESULTS

Performers will stage side stage for results with place getters entering stage once number is called to accept award



PENALTIES FOR BREACH

BREACH OF TECHNICAL RULE = -5 points

BREACH OF COMPETITION OR ENTRY RULE = Monetary Fine

BANNED MOVEMENT = ineligible for score or place.



BANNED MVMTS

A hop before a side aerial is now allowed

For a full list of banned movements please see the rules



MALES

MALES up to & incl. 14 yrs can compete in solos, duos & trios. Males 15 yrs & over can compete in solos & can request an **EXEMPTION** to compete in solos only in 2024

ELIGIBILITY

Solo, Duo & Trio performers must compete as part of a team to be eligible to compete

ENTRIES & REFUNDS



No late entries accepted
Refunds only available for injuries with medical certificate