

CONTENTS

SUB-SECTION 1: CONDITIONS OF ENTRY	2
1) Ages.....	2
2) Eligibility.....	2
3) Entries.....	3
4) Refunds.....	3
SUB-SECTION 2: COMPETITION RULES	4
1) Risk Management and OH&S.....	4
3) Admission Prices.....	4
4) Sections.....	4
5) Males in Dressing Rooms.....	4
6) Photography.....	5
7) Awards.....	5
8) Stage Awareness.....	5
SUB-SECTION 3: TECHNICAL RULES	6
1) Item Requirements.....	6
2) Banned Movements.....	6
3) Minimum/Maximum Number.....	6
4) Stage Markings.....	6
5) Props.....	7
6) Lighting.....	7
7) Music Time Limits.....	7
8) Curtains.....	8
9) Results.....	8
10) Demonstrators/prompting.....	8
11) Penalties for Breach of Rules.....	8
12) Right of Review for Technical Rules/Banned Movements Breach.....	8

SUB-SECTION 1: CONDITIONS OF ENTRY

1) Ages

- a) The minimum age for all competitors is;
 - i) Calisthenic Solo – 5 years as of 31 December 2024
 - ii) Graceful Solo – 8 years as of 31 December 2024
 - iii) Duo – 8 years as of 31 December 2024
- b) Duo competitors must compete with a partner in their correct age group as follows (performers cannot work up/down an age group):
 - i) 8-10 yrs – Sub Juniors Duo
 - ii) 11-13 yrs – Juniors Duo
 - iii) 14-17 yrs – Intermediates Duo
 - iv) 18+ yrs – Seniors Duo
 - v) 26+ yrs – Seniors/Masters Duo (dependent on team section competing in)

	5 – 7 yrs	8 – 10 yrs	11 – 17 yrs	18+ yrs (Seniors)	26+ yrs (Masters)
Calisthenic Solo	✓	✓	✓	✓	✓
Graceful Solo		✓	✓	✓	✓
Duo		✓	✓	✓	✓
		Can compete in all 3 sections offered	Can compete in all 3 sections offered	Can compete in all 3 sections offered	Can compete in all 3 sections offered

2) Eligibility

- a) Entrants in solo/duo sections must be registered with Calisthenics Victoria by 16th February 2024.
- b) Solo/Duo performers must compete in 1 team item at Victorian State Championships in the same year of competition (excluding males over 14 yrs of age).
- c) Interstate Competitors:
 - i) Performers must provide proof that they are registered with their State Calisthenics Body and compete in 1 team item in their own states' main competition.
 - ii) Are not eligible to compete at Calisthenic Victoria State Championships
- d) Solo/Duo Coaches must be correctly registered with their applicable State Body.
- e) Males of all ages are eligible to perform in solos in 2024.
- f) Performers may perform in the CaliStars Stream in addition to Recreational Stream or the 2024 Solo/Duo/Trio Stream.

2024 CaliStars Solo/Duo Rules



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, a late administration fee of \$50.00 per item entry will apply.

4) Refunds

- a) Refunds (minus a \$10.00 administration fee) are only available should the performer withdraw.

2024 CaliStars Solo/Duo Rules

SUB-SECTION 2: COMPETITION RULES



1) Risk Management and OH&S

- a) Solo/Duo performers must not knowingly perform at a competition with an infectious disease or illness.
- b) In the event of an onstage injury, coaches/guardians are responsible for stopping the item and removing the injured competitor, or an adjudicator may ring their bell. If this is not done, the Stage Manager will then assume responsibility.
 - i) The performer(s) may re-present their item and will be eligible to gain a place.
 - ii) If performer(s) does not re-present no crit will be given.
- 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).

3) 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) Concessions are applicable to holders of Australian Government Pensioner Concession Cards (Aged, Disability, Veterans Affairs etc.) and Health Care Card Holders.
- d) Seniors Cards are not valid for concession prices at Calisthenic events.
- e) The Calisthenics Victoria age for children' tickets is 17 years & under, with free admission for children 3 years & under – seated on parent lap in allocated seating session (unless venue policies specify otherwise).
- f) Free admission will only be given to one Registered Coach per competitor.

4) Sections

- a) Performers will compete in age group sections ie: Tinies, Sub Juniors, Juniors, Inters, Seniors, Masters

5) Males in Dressing Rooms

- a) Non-competing males can drop off and collect their children from the dressing room only but cannot stay in the change room during competition.
- b) Competing males will be allocated a separate dressing room from female performers.

2024 CaliStars Solo/Duo Rules



6) Photography

- a) Photography is prohibited backstage in dressing rooms and of any performers on stage or during results.

7) Awards

- a) Results will be presented at the conclusion of each section.

8) Stage Awareness

- a) Stage awareness time will be given to all performers prior to competition commencement

SUB-SECTION 3: TECHNICAL RULES

1) Item Requirements

- a) Graceful solo – item must have a balance of aesthetic movement and elevated dance steps/dance.
- b) Calisthenic solo & Trio – item must have a balance of calisthenic physical work and dance.

2) Banned Movements

- a) The following movements are banned up to and including **Junior age group** only;
 - i) Handstand to forward roll
 - ii) Rotation from straddle into a standing lunge
 - iii) Walkover/valdez where entire weight is on one arm
 - iv) Lowering head to floor from handstand and pushing into walkover
- b) The following movements are banned for **ALL age groups**;
 - i) Handstand to chest drop
 - ii) Fish flop
 - iii) Any gymnastic movement (*except for side aerial*) originating from a run-up and/or spring (including but not limited to)
 - Cartwheel with a run-up
 - Dive-roll
 - Spring into handstand
 - Spring into walkover
 - Round-off
 - Hand springs
 - Head springs
 - iv) Bridge holding ankles
 - v) Revolving head stand
 - vi) Chest roll and all variations of this movement
 - vii) Supported chest balance
 - viii) Rod in mouth
 - ix) Walking on the top of the foot or walking 'en pointe' without shoes
 - x) Front (Forward) Aerial

3) Minimum/Maximum Number

- a) The specified number of competitors must remain on stage and be visible throughout the item, excluding entry/opening and exit/closing.
 - i. Duos – minimum/maximum = 2

4) Stage Markings

- a) Stage markings in addition to the centre dots may be placed on stage with stage tape by the coach prior to performance.

2024 CaliStars Solo/Duo Rules



5) Props

- a) No sparklers, flames, gun powder, party poppers, or any highly flammable materials
- b) No glass, glass glitter
- c) No drawing pins
- d) No live animals
- e) No attachments to any curtains
- f) Hand-Held props – a prop that can be carried onto the stage by one performer only, can be stored in dressing room, and does not need a sandbag to be placed.
- g) Hand-Held props can be placed on stage by the individual performer in blackout prior to item commencing and can finish on the floor at the conclusion of an item.
- h) Large props – a prop that cannot be carried by one performer alone and requires sandbags to be set on stage.

	HAND-HELD PROPS	LARGE PROPS
Calisthenic Solo	Yes	No
Graceful Solo	Yes	No
Duo	Yes	No
Trio	Yes	No

6) Lighting

	BLACKOUT (entry & exit only)	FULL LIGHTING (lighting sheet required)	SMOKE/HAZE (if available)	FOLLOW SPOT
Tinies – 5, 6, 7 yrs	Yes	No	No	No
Sub Juniors – 8, 9, 10 yrs	Yes	No	No	No
Juniors – 11, 12, 13 yrs	Yes	No	No	No
Inters – 14, 15, 16, 17yrs	Yes	No	No	No
Seniors – 18+ yrs	Yes	No	No	No
Masters	Yes	No	No	No

Reduced lighting strength options will be available to all performers should it be needed.

7) Music Time Limits

- a) Time limits are based on music track length (ie: entire track including silence). A piece of music cannot exceed the maximum length and not be shorter than the minimum length stated below.

AGE GROUP	MINIMUM MUSIC LENGTH	MAXIMUM MUSIC LENGTH
Tinies & Sub Juniors	1 minute, 30 seconds	2 minutes, 30 seconds
Juniors	2 minutes	3 minutes
Inters & Seniors	2 minutes	3 minutes 15 seconds
Masters	2 minutes	3 minutes

2024 CaliStars Solo/Duo Rules

8) Curtains

	HOUSE CURTAIN	MID CURTAIN	BACK CURTAIN (page only if available at venue)	SCRIM	CYC
Tinies – 5, 6, 7 yrs	No	No	Yes	No	No
Sub Juniors – 8, 9, 10 yrs	No	No	Yes	No	No
Juniors – 11, 12, 13 yrs	No	No	Yes	No	No
Inters – 14, 15, 16, 17yrs	No	No	Yes	No	No
Seniors – 18+ yrs	No	No	Yes	No	No
Masters	No	No	Yes	No	No

NB: Side legs (wings) are not to be moved on any occasion by coaches or competitors.

9) Results

- a) Places will be awarded as follows – 1st, 2nd, 3rd, HM, HC, Star Performer

10) Demonstrators/prompting

- a) Performers may have a demonstrator/coach side stage prompting or appear at the front of stage to demonstrate routines.

11) Penalties for Breach of Rules

BREACH OF BANNED MOVEMENT	BREACH OF TECHNICAL RULE	BREACH OF COMPETITION RULE OR ENTRY RULE
Ineligible to receive a mark or place in item in which movement is performed in	-5 points	Fine as determined by Calisthenics Victoria or deregistration of coach/club

12) Right of Review for Technical Rules/Banned Movements Breach

- a) A Right of Review for a technical rule or banned movement penalty is only available when the competition is being recorded by videographer. This will be overseen by competition supervisor in conjunction with the Adjudicator.
- b) The Coach/performer will be notified prior to the end of the section, results will be deferred pending review of video and outcome of review being finalised.